

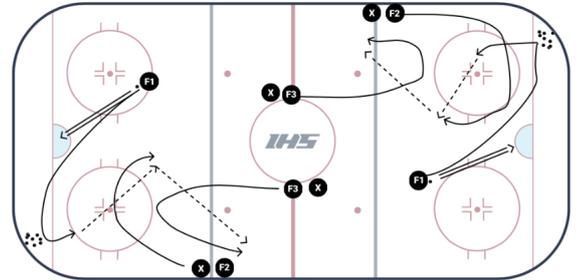
DURHAM OCT 7

Tuesday, October 7th, 2025

Team Canada Cup

Details:

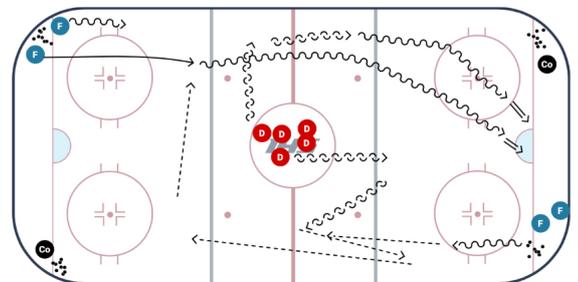
- Drill starts with a player on each side taking a shot and following into the corner to get a new puck
- F2 and F3 will swing where F1 will pass the puck to the middle. The middle pass will then get passed to the wall player who will go in to shoot and repeat the drill.



Kings Warm Up

Details:

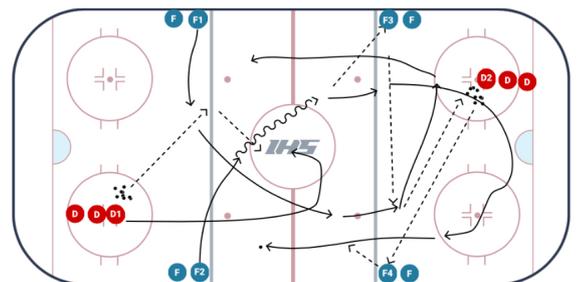
- F1 and D start the drill with touch passes until they hit the blue line, after they leave the puck with the D F1 will skate into the zone and get a pass from coach for a shot
- F2 in line will start skating up, timing their with the pass from the D making touch passes, they will go in and shoot and stay in front.
- The D will follow their pass and pivot at the blue line, getting a pass from coach and shooting from the blue line with two net front players



7 Pass 2 on 1

Details:

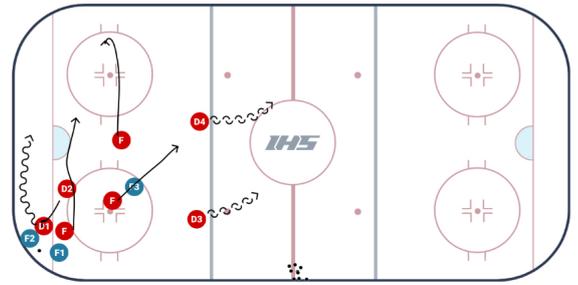
- D starts drill by passing to F1 who touch passes to F2
- F2 Passes the puck to F3 who then passes across the ice to F3 who is skating with speed
- F3 passes the puck to D2 who stretches the puck to F4 who while F1 and F2 Support the puck
- F1 and F2 get the puck back from F4 and continue to play a 2 on 1 vs D1
- Drill is then continues with F3 and F4 starting with D2



D Zone 3 on 5 to 5 on 3 Rush

Details:

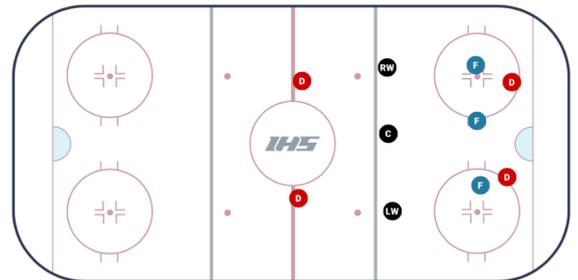
- Drill starts with a 2 v 2 scrum in the corner and D zone coverage assignments
- D2 shoulder checks and leaves the front of the front of the net to win the battle in the corner
- D zone team has to break out and transition out of the zone as quickly as possible creating a 3 on 2
- D zone D have to join the rush and try to make it a 5 on 2, while the high F must back check and take away options to the forwards



3 on 2 to 5 on 5

Details:

- Drill starts off 3 on 2 down low with the Defence trying to steal the puck and pass to the 3 waiting forwards.
- Once the D make a pass to the waiting forwards, they attack 3 on 2, with the original three forwards back checking and the two defensive D jumping into the rush turning it into a 5 on 5.

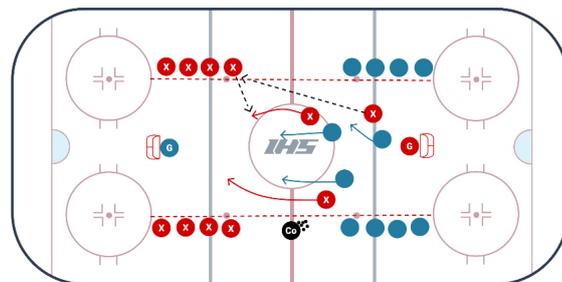


3 on 3 Play Fast

Details:

Objective

To develop players' ability to think and make decisions quickly, focusing on fast-paced transitions, creativity, and playing with speed in their minds rather than just their skating.



Execution

Place two nets at the tops of the circles in each zone, mark a line down the dot lane to keep side players in position, and divide players into two teams (blue and white). Three players from each team play inside the game area, while extra players are positioned outside the dot lane as side players.

- 1 Begin with a 3-on-3 game, with each team attacking the net closest to them.
- 2 On a turnover or change of possession, the team gaining possession must pass to one of their side players before transitioning to offense.
- 3 Side players must make one-touch passes or one-timers and can also pass to each other under the same rule.
- 4 If the puck goes out of play or past the goal line, the coach sends a new puck to a side player from the opposing team to restart play.
- 5 Coach can change shifts as needed - 20 to 30 seconds.

Coaching Points

- Transition quickly by immediately passing to a side player after a turnover.
- Encourage side players to stay engaged and ready for one-touch plays.
- Focus on quick thinking and creativity to exploit offensive opportunities.