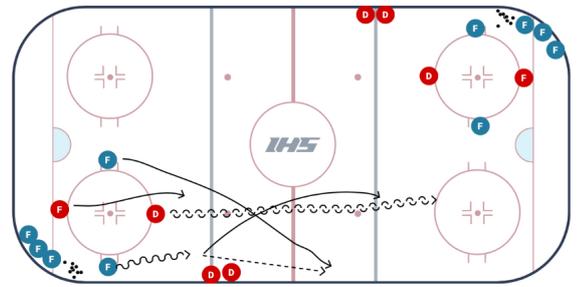


2 On 1 with Backcheck

Details:

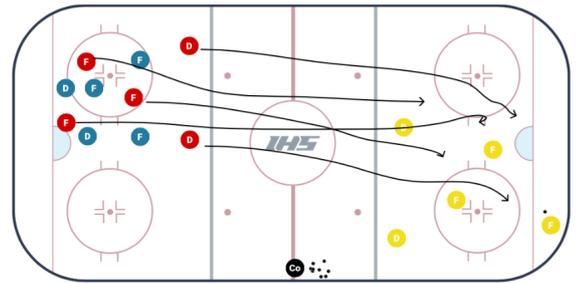
- Drill starts with a 2 on 1 with a back checker tracking to make it a 2 on 2
- Player with the puck can make a direct or indirect pass through the NZ
- Once the rush is complete, the D at the blue line will get a pass from the corner, with the 2 defensive players boxing out the two offensive players



O zone to D Zone Coverage

Details:

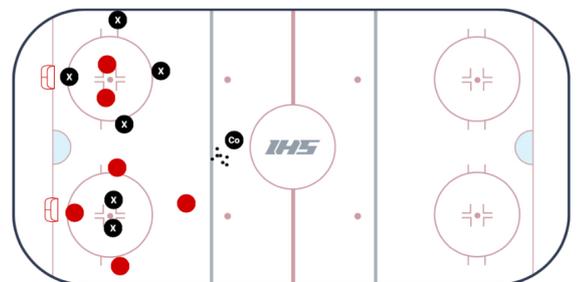
- Drill starts with a 5 on 5 in zone battle with the offensive team starting with the puck from the coaches pass
- On a goal or a whistle, the team on offence must back check to the other end of the ice where a 5 on 0 will be ready to take place
- The 5 on 0 team will get a pass from the coach, where they must make one pass behind the net to enable them a chance to score
- The back checking team must sort out info and communicate in order to get on the puck
- The drill continues on each whistle or goal



4 v 2 PP

Details:

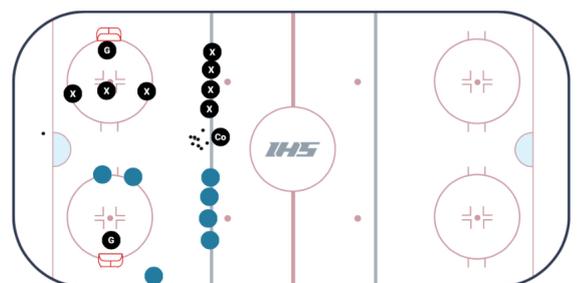
- Teams will line up 4 on 2 on each net
- Puck will be dumped in by the coach and team who can win the battle gets first puck
- The team with 2 players will defend the PP and when they win the puck, must pass it over to their team of 4 on the other side
- Drill keeps going until a whistle or a new puck is needed.



PWHL Jail Break

Details:

- Game start off 3 on 2 with coach dumping a puck in
- If the team with 3 scores, they are awarded 1 point. If the team with 2 scores, they are awarded a short handed goal (2 points) and get a chance to add a player to play 3 on 3.
- The goal of the game is to try to penalty kill smart and counter, and then trying to max out your points on each rep (3 points)
- Teams alternate being shorthanded on each whistle. First to 10 points wins the game



3 on 3 Transition

Details:

- 3 players will start the drill on offence and 3 players playing defence
- The 3 players of defence have to try to get the puck to the next three players in line before the offence line can score
- When the players in line get the puck, offence turns into defence and have to defend the players coming out of the line

