

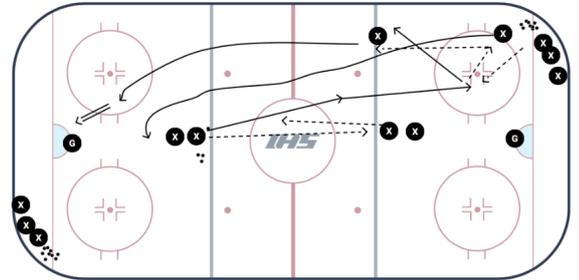
DURHAM OCT 22

Wednesday, October 22nd, 2025

2 Touch Pass

Details:

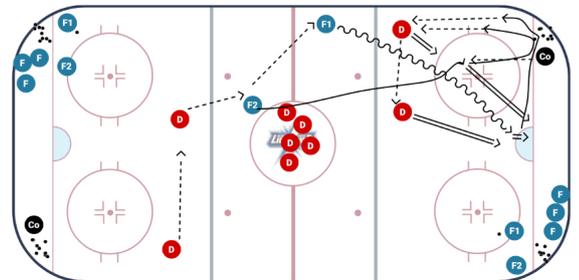
Players in the middle do two touch passes and continues to skate to the corner for a second touch pass back to the player in line. The player in line skates out with the puck making a pass to the player who swings. That player will go on to shoot while the player from the corner will go to the far line in the middle.



Cyclones Warm Up

Details:

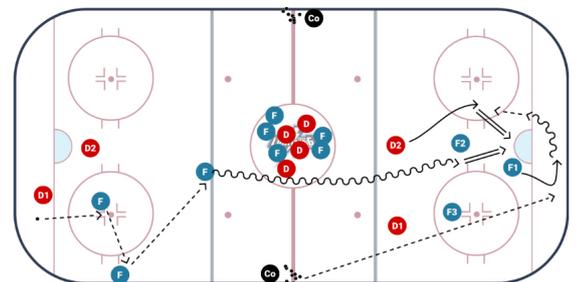
- F1 and F2 make criss cost pattern pass with D 1 and D2 until they get to the far blue line
- D1 and D2 make a middle pass to the F who passes it to the F on the wall, who will go in and shoot and stay infant
- F2 will follow in and get a pass from a coach and shoot, with the D following up the play to the blue line
- F2 will get a puck from the open corner and pass to the strong side D who will go over to their partner for a shot.
- F1 will leave the front of the net and take another puck and pass to the D on the strong side, who will fake a pass to their partner and then shoot.



Breakout 5 v 0 with D Dive

Details:

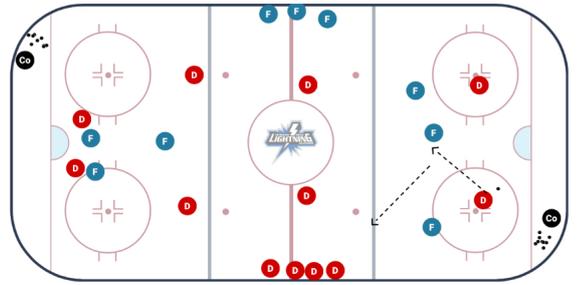
- Coach places a put in the corner, the 5 players breakout 5 on 0 and get a quick shot off on the goalie
- The 5 players will set up an offence zone structure, with the coach rimming the puck around the net.
- Net front player will go get the puck, bring it around the net while a new player establishes net front
- Player will pass to the D diving, who will have the option to shoot or pass.



3v2 Rush with D Shooting

Details:

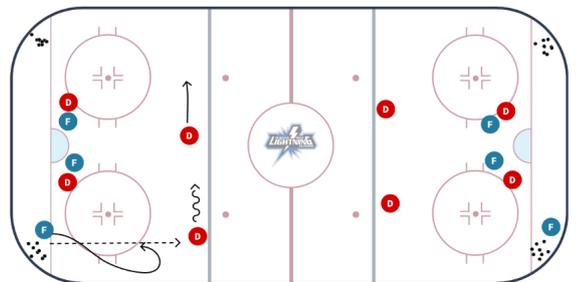
- Drill start with a coach placing a puck near the face-off circle in the zone
- Defence have to puck the puck up and hit the forwards attacking 3 on 2, the focus should be on getting up the ice quick
- After the players get up the ice, coach will pass one puck to the D who will look to pass or shoot using the high forward as a tipping option
- The second puck will be rimmed around to the other D, who will look to pass or shoot
- On the whistle, the net front D will gap up to the blue line with the next forward line and start the drill over again with two new D pairings defending the rush



O Zone 3-2 to Box Out Battles

Details:

- Drill starts with a 2 on 2 battle in front and the third forward carrying the puck up the wall
- Forward will pass to the D who will sprint to the middle. Forward will roll out and while the top D will decide to pass or shoot
- After 1 shot and a rebound, the flank forward will continue to net while a net front forward will leave and take a second puck repeats part 1
- This sequence will happen 3 times



GeeGee 5 Puck

Details:

- 5 on 5 scenarios changed on a whistle
- First puck starts with a dump in the corner and is played out for 6 to 7 seconds.
- Second puck is dumped in the opposite corner and is played out for 6 to 7 seconds
- Third puck and fourth pucks are dumped high and played out for 6 to 7 seconds
- 5th puck will be placed in the NZ zone, with the offensive team having to transition with the D team having to gap up and sort out NZ forecheck



Boston 2 on 2

Details:

- Drill starts with a coach dumping the puck in and a 2 on 2 battle
- Players change on the whistle and play the same puck
- New puck is put into play on goals or if it goes out of bounds

