

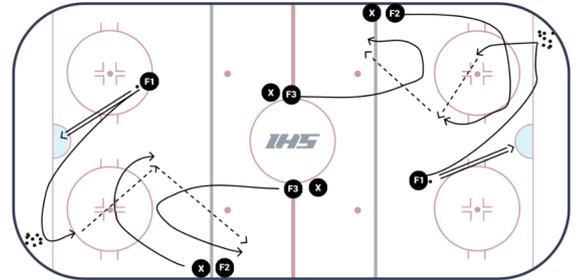
# DURHAM OCT 30

Thursday, October 30th, 2025

## Team Canada Cup

### Details:

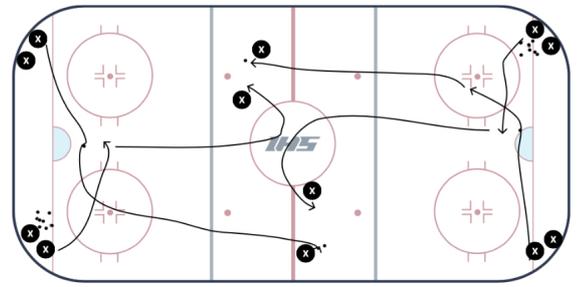
- Drill starts with a player on each side taking a shot and following into the corner to get a new puck
- F2 and F3 will swing where F1 will pass the puck to the middle. The middle pass will then get passed to the wall player who will go in to shoot and repeat the drill.



## Fast Break Angles

### Details:

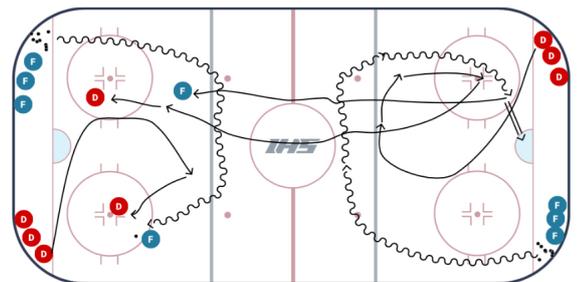
- Player 1 and 2 skate at each other from the corners.
- Player 1 leaves the puck for player 2 who tries to get full speed and take a straight line to the opposite net.
- Player 1 must sprint up the ice and gap up and angle the player to the board and separate player from puck in the NZ
- Players can't cut into the middle of the ice until they enter the zone



## 1 on 1 / 2 on 2 D Jump

### Details:

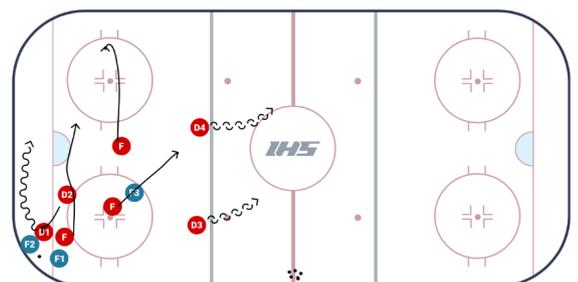
Forward starts the drill by playing a one on one and trying to score. On the whistle, another one on one starts on the far end with the players from the original one on one skating the length of the ice to join. The player defending will jump on offence trying to make it a 2 on 1 while the forward will back check trying to keep it 2 on 2.



## D Zone 3 on 5 to 5 on 3 Rush

### Details:

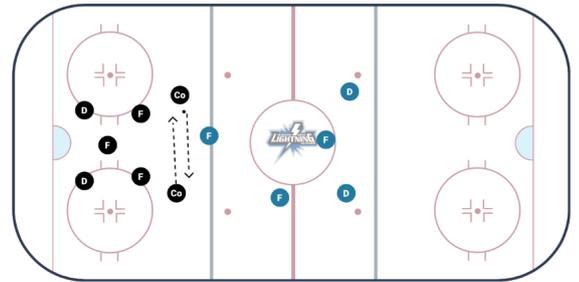
- Drill starts with a 2 v 2 scrum in the corner and D zone coverage assignments
- D2 shoulder checks and leaves the front of the front of the net to win the battle in the corner
- D zone team has to break out and transition out of the zone as quickly as possible creating a 3 on 2
- D zone D have to join 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



## NZ Forecheck to 5v5

### Details:

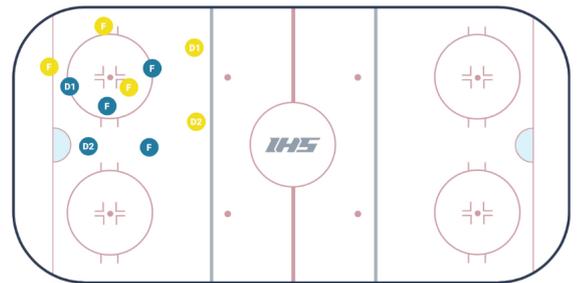
- Coaches will pass back and forth with the NZ forecheck adjusting to the puck position
- After a couple passes, the coach will place the puck in the NZ for a regroup or quick up
- 5 players waiting in the D zone will now Gap up and defend 5 on 5
- Drill plays out until a whistle



## 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



## Face Off Routes to 5 on 5



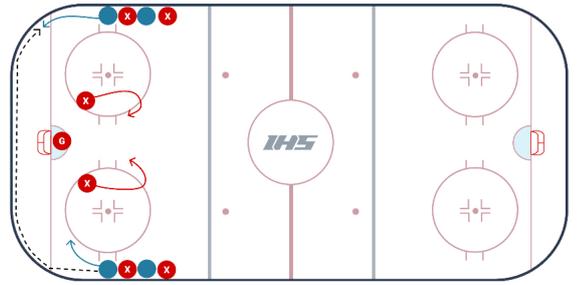
## 2 v 2 Rim Game

### Details:

The 2 v 2 Rim Game from [Jeff Meredith](#) is a competitive battle game that allows players to practice rimming the puck along the boards and picking up pucks from the boards.

### Setup

- Start with 2 defenders at the bottom of each of the face-off dots.
- On the whistle, one player rims the puck around the boards to their teammate on the other side. The teammate collects the puck to begin a 2 v 2.
- The defenders must skate to the top of the face-off circle before they can start to defend.
- Offense is trying to score, while defense is trying to collect the puck and get it to their teammates in line. They can directly pass it to their teammates, or they can rim the puck to them.
- Once the puck is to the next players in line, a new game begins. The players that were playing defense rotate out, the players playing offense rotate to defense, and the two players in line start by rimming and collecting the puck to begin the 2 on 2 game. The game is continuous.



### Coaching Points

- **Defense:** keep sticks on the ice to block passing lanes and angle players to the outside. Communicate with each other.
- **Offense:** be deliberate on your rims. Utilize the angle of the boards to work with you, not against you. Make sure the rim does not get past you. Stop the puck, collect it, and make a pass or a play to buy yourself more time.

### Variations

- Can set this game up at the hashmarks (as shown in the diagram) or set it up at the blue line to practice longer rims.