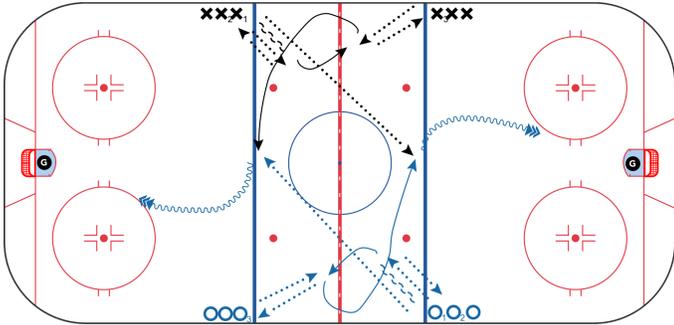




## 5 Pass One Touch

10 mins



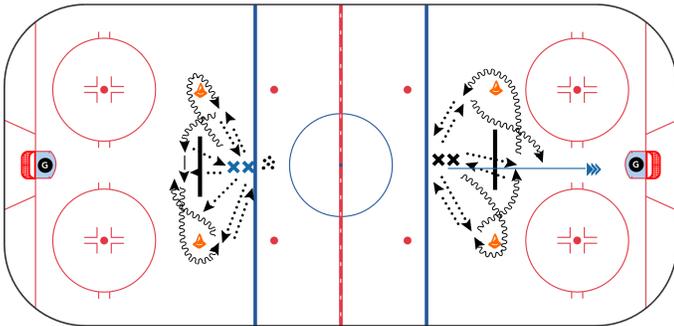
- X1/O1 takes a step towards middle ice, pivots, receives pass from X2/O2 then passes back.
- X1/O1 now receives pass from X3/O3 and passes it back to him.
- O1/X1 now makes a sharp turn to attack across the blue line for long lateral pass from the far side and then goes in for shot.

### Key Points

- Flat, hard passes
- Eyes up, shoot in stride
- Track and attack rebounds

## Saucer Passing Warm-up

10 mins



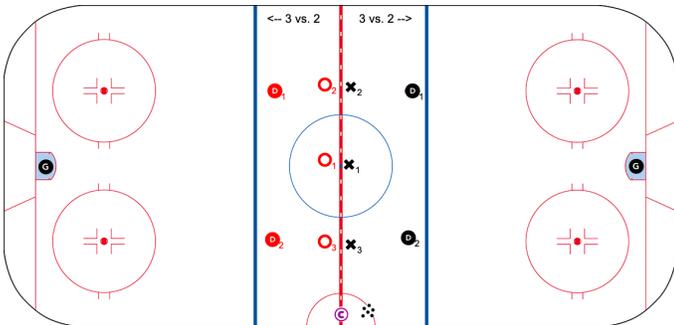
- Saucer Passing
- Saucer Passing with Tip

### Key Points

- Communication - Talking & Eye Contact
- Sticks on the Ice
- Handle Bad Passes

## Burkie's Breakout

10 mins



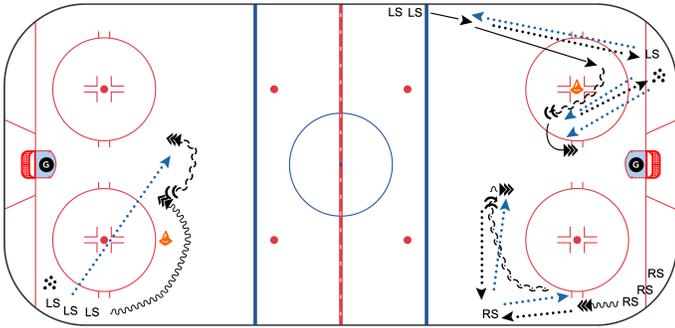
- On the whistle, O1/O2/O3 attacks D1/D2 in one end; X1/X2/X3 attacks D3/D4 in the opposite end.
- Play 3v2 until the next whistle; each end breaks out hard to the neutral zone.
- Coach dumps new puck to one end. If the puck is dumped to D3/D4's end, then D1/D2 and X1/X2/X3 forecheck. Vice versa, if the puck is dumped into the opposite end.
- Play 5v5 until the next whistle.

### Key Points

- Crisp accurate passes
- Net Drive
- Chaos Rush Hour Forecheck

## One Timer Sequence

10 mins

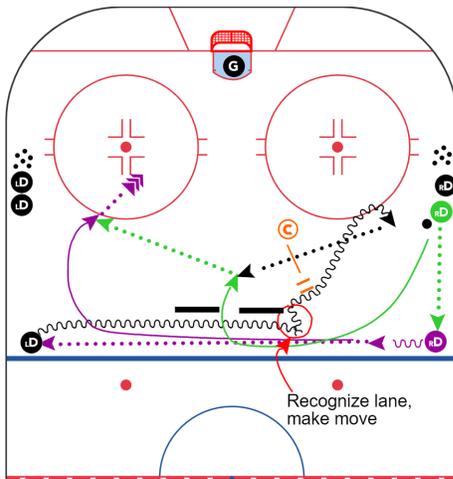


### Key Points

- Balance 50/50
- Adjust to Pass
- Sticks on the Ice
- Attack Rebounds

## Makar Walking the Blue Line

12 mins



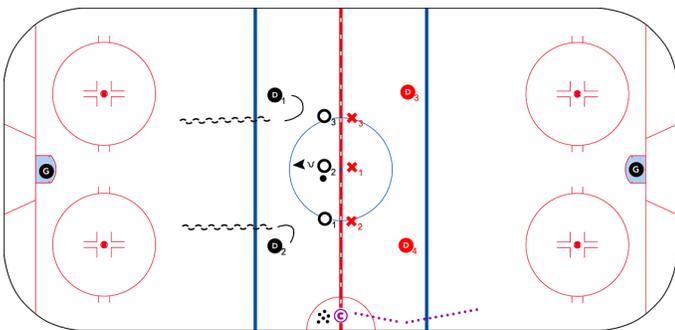
- Drill is set up as shown, **A** starts the play by making a pass to the point
- **B** takes two strides and then passes across to the opposite side, following their pass
- As **D** receives the pass, they skate across the line, and on the far side of the bumpers, make an evasive move around the coach who has jumped in the play
- At the same time, the **A** who started the drill skates to the top of the zone and enters the play in between the bumpers
- After evading the coach, **D** makes a punch turn and passes to either **A** or **B** for an attack on net

### Key Points

- Players keeping their head up throughout the entire sequence
- Opening up body while walking the blue line
- Using deception as players recognize and avoid pressure

## Hall NZ Attack Forecheck

12 mins



- The drill starts 3v2 with O1/O2/O3 attacking D1/D2.
- On the whistle, unit breaks the puck out hard to the NZ.
- Coach chips a puck behind D3/D4.
- X1/X2/X3 with D3/D4 attempt to regroup and attack while O1/O2/O3 with D1/D2 forecheck.
- Play out 5v5.

### \*\*\* Progression \*\*\*

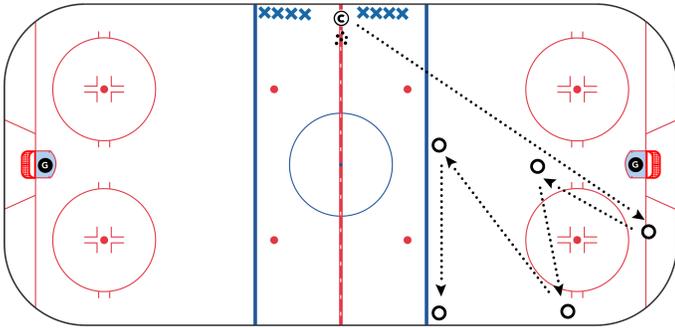
- **4v3 Diamond Point Attack**

### Key Points

- Communication
- Angling and Steering
- Quick Transition on Turnovers

## Neilson 5v2 PP

15 mins



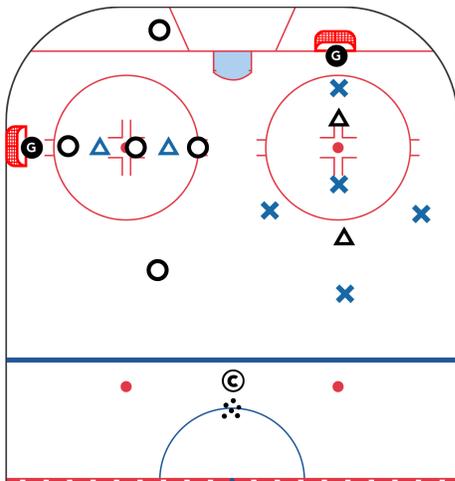
- PP unit sets up in a box-like formation. The Coach passes them a puck that must move as quickly as possible so all players touch the puck. They then slide to an attack formation for a quick attack.
- After the attack, Coach spots a puck deep for a breakout against 4 Man PK unit who provide active resistance but only attack fully when PP is set up.
- Vary the resistance.

### Key Points

- One touch passing
- One time shooting
- Puck and player movement
- Crash the net to find rebounds

## Devils 5v2 PP

15 mins



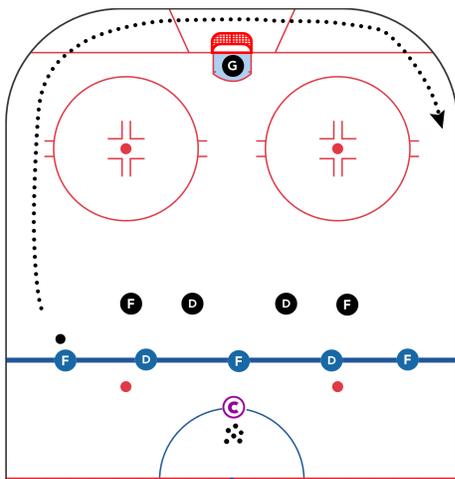
- The coach starts play by passing to the attacking players on either side to start 5v2 play. If defenders recover a loose puck, they move it quickly to their attacking unit on the other side. If the goalie freezes the puck, goes out over the blue line, or a goal is scored, the Coach throws in a new puck to the opposite side.

### Key Points

- Outnumber and win races/battles to recover loose pucks
- Quick puck and player movement
- Crash the net for rebounds on all shots

## PP/PK Half Zone Rim Recovery SIG

15 mins



- The PP unit is outside the blue line, ready to rim the puck in.
- The PK unit faces the PP unit on one knee, ready to defend after the rim.
- The coach is prepared to give a second puck if the PK can make a quick clear.

### Key Points

- Rims should be high on the glass, and PP forwards should outnumber the defenders on loose pucks to recover the puck quickly.
- The second PP and PK units move into the start position after the coach blows the whistle to stop playing with the first puck.
- The coach has the option of also rimming in the second puck.