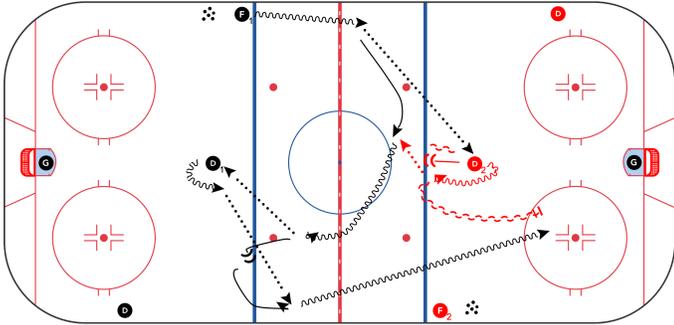




Brandon Double Back

10 mins



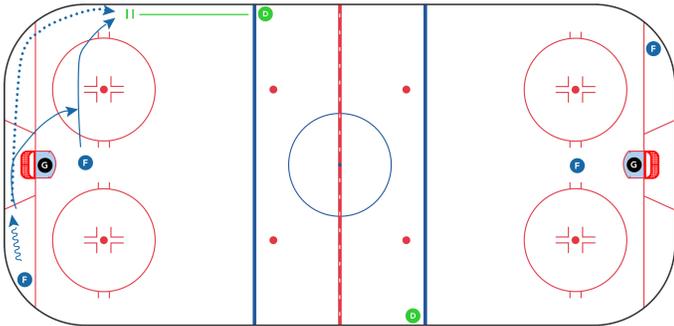
- F1 and F2 leave at the same time with pucks.
- F1 passes to D2 and F2 passes to D1.
- F1 and F2 receive returns pass in mid-ice and skate up the wide boards.
- F1 now passes to D1 and F2 to D2.
- F1 and F2 must touch the blue line and use an open pivot for a return pass.
- D1 comes up to play F2, and D2 does the same against F1.

Key Points

- Passing Execution - Crisp, Flat, Accurate Passes
- Gap Control - Body on Body (Outside vs. Inside Shoulder), Match Speed, Stick on the Inside
- Take What is Given - Poor Gap Take the Middle and Use Shot, Good Gap Put Out of Reach and Use Speed

Greyzone Battle Lead Up

10 mins



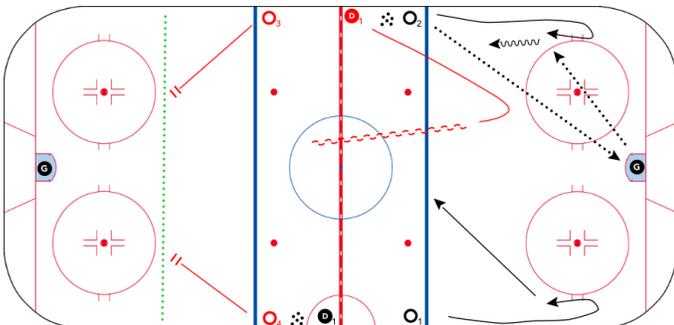
- F1 starts with puck and RIMS it to the weakside
- F2 races to the boards, reads the pressure and wins the battle
- Puck is either chipped out or moved to the middle

Key Points

- Read the Pressure
- Eat/Chips
- Communication
- Battle/Compete

One Puck 2v1, 3v2, 4v3

12 mins



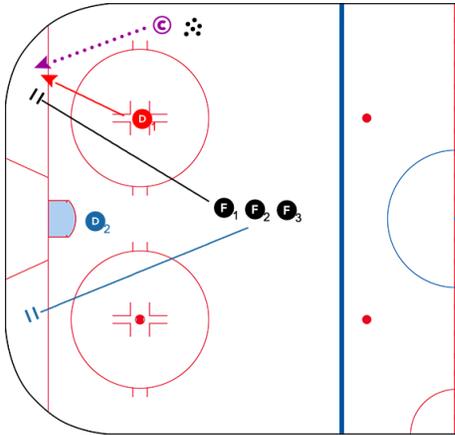
- O1 and O2 will try and score or forecheck to try to score again. O1 and O2 play 2v1 against D1 below the dotted line. If the puck comes over this line O3 or O4 can take it.
- D1 must gain possession of the puck and pass to O3 or O4. O3 and O4 then start the drill over in the opposite direction.
- On a save (puck is covered) or goal, the goaltender must pass to either O3 or O4.

Key Points

- Timing and Puck Support - Work Ethic Away from the Puck
- The Transition from Offence -> Defence and Defence -> Offence
- Zone Entries - Width and Depth on the Attack

1v1, 2v2, 3v2 Isolated

15 mins



- F1 and D1 start on a knee
- Coach dumps the puck into the corner, D1 tries to initiate a breakout, either by misdirecting and passing back to the coach, or by skating behind the net and passing back to the fwd line
- F1 tries to angle, separate puck from D1 and then attack the net for a shot on goal

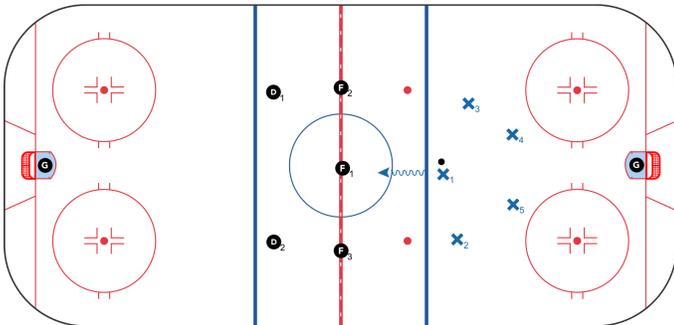
*** Progression - Add D2 and F2 (take away D->D), Add F3 (high support) ***

Key Points

- Inside/Out Pressure
- Stick on Stick & Body on Body
- Lift Stick - Hit/Pin/Seal

Wild 1-2-5 Forecheck & Breakout

12 mins



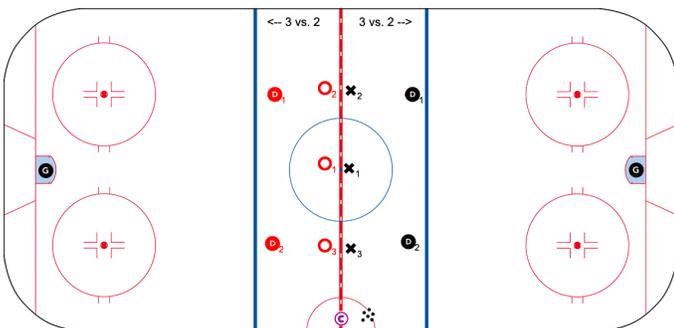
- X1 chips puck in deep and forechecks D hard, makes contact.
- Breakout team breaks it out, passes to next two forwards (X2/X3) who now chip it deep and forecheck two hard, making contact.
- Breakout team again breaks it out, passes to the D (X4/X5), then X1/X2/X3/X4/X5 come back, chip the puck deep and forecheck 5v5.

Key Points

- The first and second forecheckers look to make contact on forecheck
- The 3rd forechecked, seals the middle or and covers for the pinching D
- Good communication
- Game Speed

Burkie's Breakout

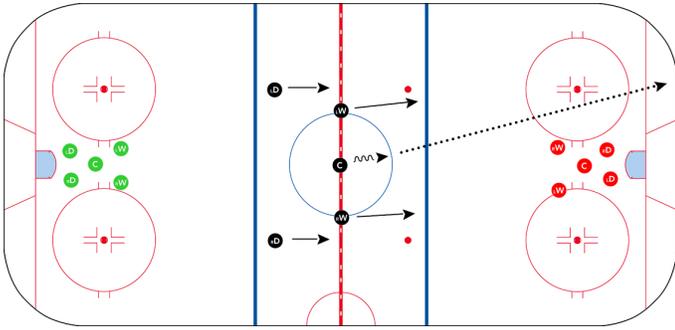
10 mins



- 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



- Three units of 5 in each zone. End Zone unit starts on a knee in five-card formation.
- Live 5v5 until the defending unit is able to break out and get the puck deep. After attacking the NZ unit takes a knee in the five-card formation and waits for the next attack.
- The end zone unit breaks the puck out, gains the red line and get the puck deep.
- The drill is continuous.

Key Points

- Relentless Pressure
- Quick Puck and Player Movement
- Battle and Compete