



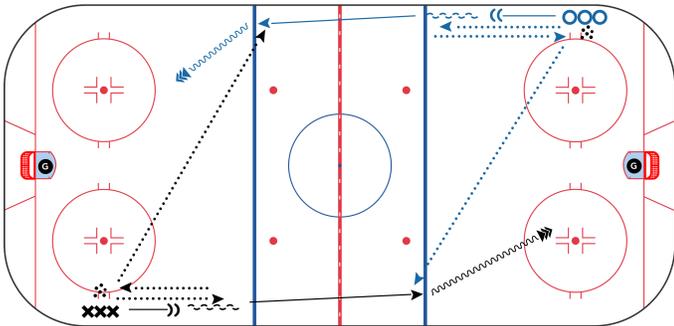
2025-11-27

Date: Nov 27 2025

Time: 7:15 pm

One Touch Explode

10 mins



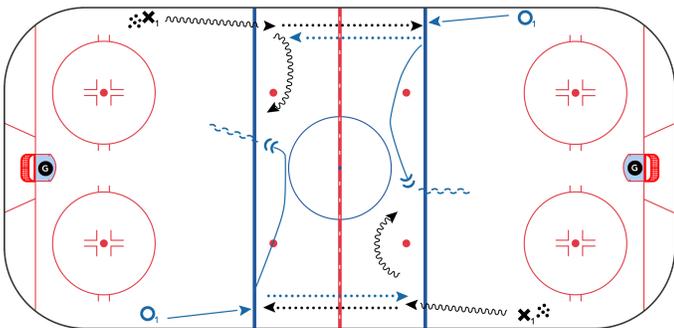
- X1 skates forward, pivots to backward, receives a pass, one-touches it back and explodes to the far blue line
- X1 then receives a pass from the opposite line, skates in and shoots

Key Points

- Communication
- Flat, hard, crisp passes
- Shooting in stride with head up

Quick Hit 1v1

10 mins



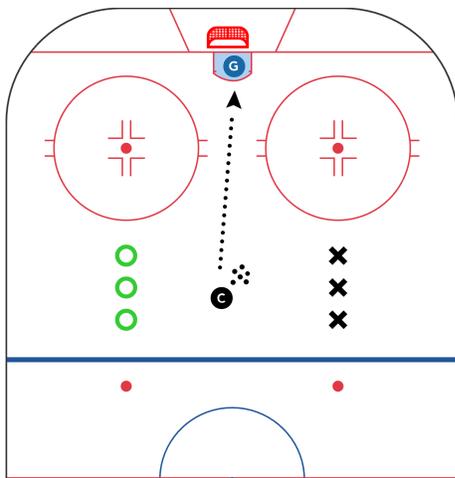
- X1/O1 take off at the same time. X1 starts with the puck.
- X1 passes to O1, O1 one touches it back.
- X1 tight turns and attacks the end they came from.
- O1 gaps up and defends.
- Play the 1v1 until a whistle.

Key Points

- Communication
- Hard, flat and crisp passes
- 1v1 - Stick on puck, body/body, net me man
- Battle & compete

1v1, 2v1, 2v2 USA

10 mins



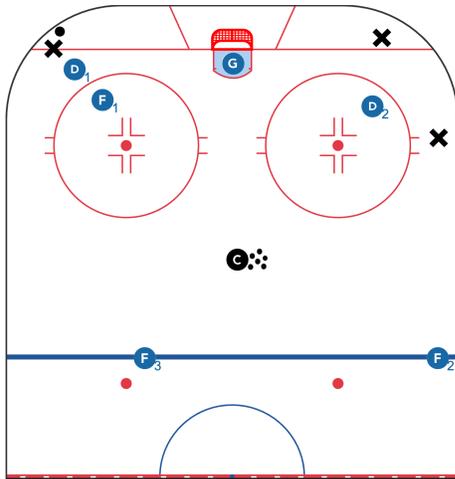
- 1v1 activates 2v2.
- Coach shoots the puck in, and the goalie plays the puck to the corner—one player from each line battles for the puck.
- The player winning possession passes to a teammate then goes to the net front.
- The teammate shoots and then joins the play.
- When the other team gains possession, they must carry the puck below the goal line before passing back to the teammate.
- Players can return to a third teammate who shoots but cannot join the play.

Key Points

- Get to the net to screen the goalie and look for deflections and rebounds.
- A coach can activate the second player if necessary.
- Play 45-60 seconds.

1v2, 2v3, 3v5 Low Zone Defence Overload

10 mins



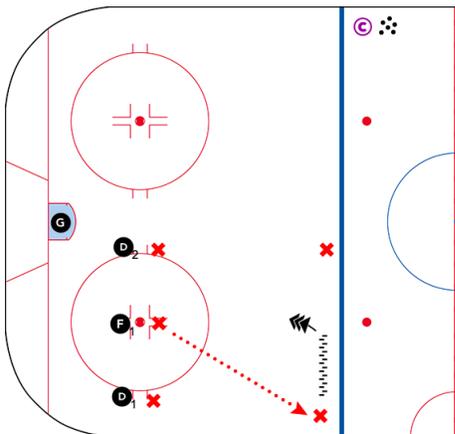
- COACH DUMPS A PUCK INTO THE CORNER TO START 1v2 PLAY. ONCE D RECOVERS THE PUCK, THEY PASS IT TO THE COACH WHO MOVES IT TO THE OTHER SIDE TO START 2v3.
- DEFENDERS RECOVER THE PUCK, AND MOVE IT TO THE COACH WHO CHANGE SIDES AGAIN FOR 3v5 AS DEFENSIVE WINGERS MOVE INTO POSITION AND DEFENDERS HUSTLE BACK TO THE OTHER SIDE.

Key Points

- LOVE DEFENCE OVERLOAD TACTICS
- PLAYER CLOSEST TO THE PUCK CARRIER CLOSES OUT QUICKLY
- SUPPORT PLAYERS MOVES IN QUICKLY TO PUCK UP LOOSE PUCKS
- GOOD COMMUNICATION AND ACTIVE STICK

Create the Fort 3v5

15 mins



- X's win puck back to D. D sprints the line and shoots.
- The defensive team attempts to box out the offensive team and pick up sticks.
- The offensive team goes to the net.
- Double whistle ends the battle.
- 2nd whistle, coach spots a puck in the DZ for 3v3 battle down low.

*** Progression ***

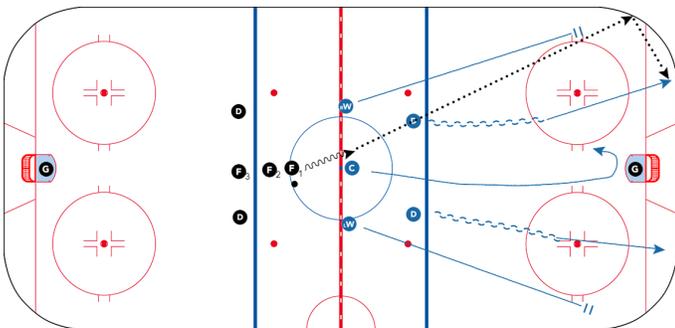
- D to D stretch pass off the face-off.

Key Points

- Box Out
- Clear View for Goalie
- Pick Up Sticks
- Transition

Pat Burns

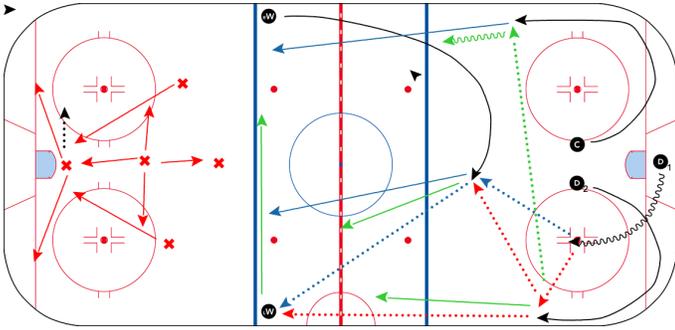
15 mins



- F 1 Gains Redline and chips puck deep, then forechecks F 1 route vs 5 Blue players who then breakout puck
- Once the puck is broken out Blue passes the puck to the F 2 who gains the red line and chips the puck deep and forechecks with F 1
- Once 2nd puck is broken out, Blue player passes the puck to F 3 who gains the red line and dumps the puck deep, both DEFENCE join the F 's and play 5 vs 5

PP Face-Off, PP Breakout, PP In-Zone

15 mins



- 1st Puck = PP Face-Off: Quick, Reverse, Spotted
- 2nd Puck = PP Breakout and Attack
- 3rd Puck = Puck Recovery, Spread it Out - Either Low -> High -> D to D or Net Cycle

*** Progressions ***

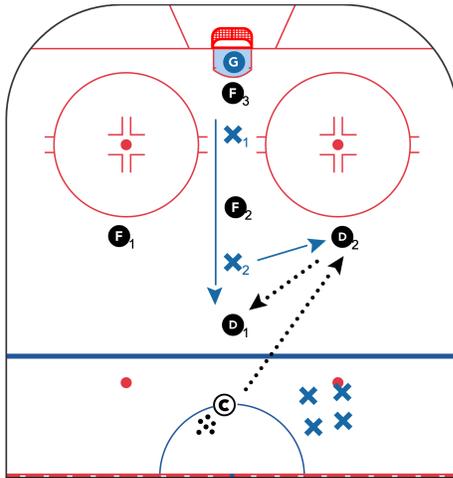
- 5v2, 5v3, 5v4

Key Points

- Sense of Urgency
- Timing and Support - Proper Spacing
- Shot Every 7 Seconds with Net Presence & Attacking Rebounds

Badger Bob

15 mins



Play 5v2 for 1 min. (PP tries to score as many times as possible within the 1min rep.) Coach passes puck to an attacker to start the drill. Play 5v2 in the zone.) Coach blows the whistle every 10-15 seconds to switch the penalty killers (X1 and X2 skate out while X3 and X4 skate in); PP until plays through the whistle to try and score. New PKers jump in and pressure.

PK plays full out and with full pressure on the PP. They must "reach with their feet" and "skate the distance" to pressure the attackers. PK must skate with stops and starts and always return to the middle before skating out to pressure the next player. Make sure PKers keep their sticks on the ice and are next to block shooting and passing lanes. Play full out for 10-15s.

PP tries to pass puck to open player and try to create scoring opportunity. Make sure to have good front net presence (FNP) and shoot off the pass and outwork the PK around the net.

Progression

3v5/4v5

Key Points

Penalty Kill:

- RODEO Pressure - full out; hard; Stops and Starts - recover to middle
- Good Sticks - on the ice; cut off passing lanes; dictate the puck's path
- Block Shots - pads on puck Outwork the PP

Power Play:

- Quality Passes - hard, flat, tape to tape FNP - front net presence
- Shoot off the pass
- Outwork the PK