

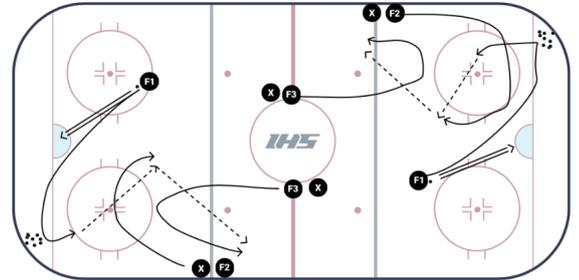
# DURHAM NOV 6

Thursday, November 6th, 2025

## Team Canada Cup

### Details:

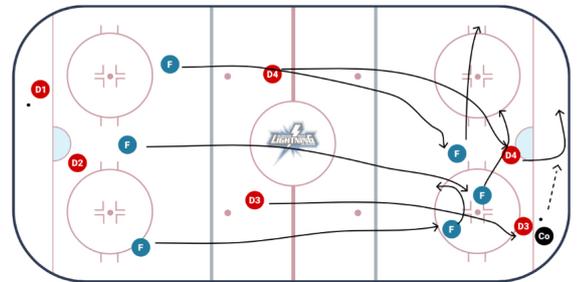
- Drill starts with a player on each side taking a shot and following into the corner to get a new puck
- F2 and F3 will swing where F1 will pass the puck to the middle. The middle pass will then get passed to the wall player who will go in to shoot and repeat the drill.



## Vaughan Breakout Options

### Details:

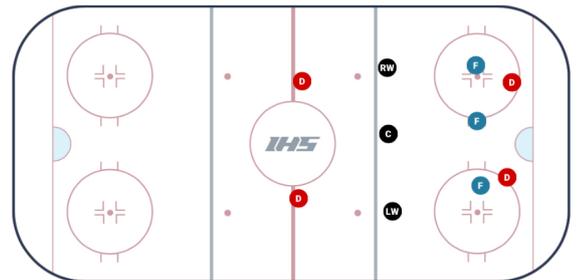
- Drill starts with a 5 on 0 Break out with two D in the NZ ready to go
- Team will break out and pass the puck to the coach in the corner with D3 and D4 getting into D zone coverage with the 3 forwards breaking out
- Players will break out again attacking 5 on 2
- On the whistle, offensive team will retrieve a new puck in the neutral zone and re group attacking 5 on 2



## 3 on 2 to 5 on 5

### Details:

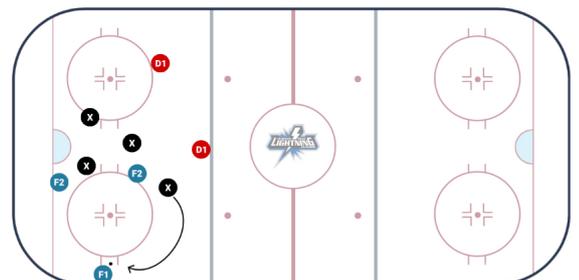
- Drill starts off 3 on 2 down low with the Defence trying to steal the puck and pass to the 3 waiting forwards.
- Once the D make a pass to the waiting forwards, they attack 3 on 2, with the original three forwards back checking and the two defensive D jumping into the rush turning it into a 5 on 5.



## 1-1-2 PK vs 2-3 PP

### Details:

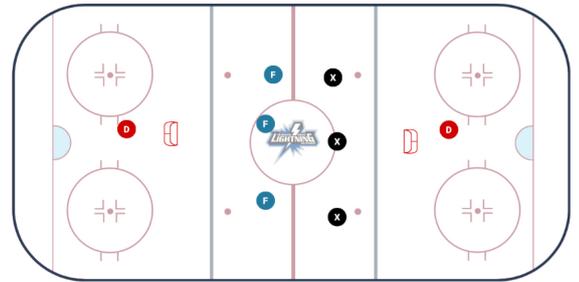
- Drill starts with the PP passing the puck to either half wall. The PK will attack the puck while maintaining a triangle in the middle of the ice. When PK gets the puck, they will ice it.
- PP will now set up their PP breakout and the PK will set up PK NZ forecheck
- PP has one minute to score from the time they touch the puck for their breakout



## 4 on 3 D activate

### Details:

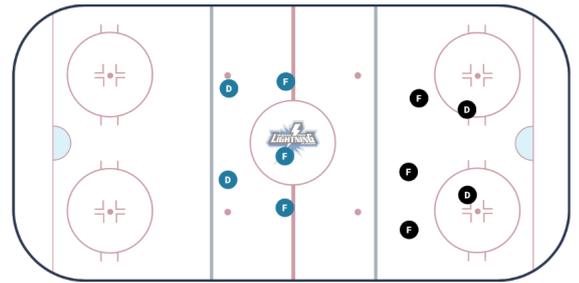
- Drill starts with a 3 on 3, team that wins the puck must pass to their D to activate their D to make a 4 on 3
- Defensive team must battle to win the puck back and pass to their D, in order to start their break out and get up the ice
- Goals will result in a new puck to the winning team



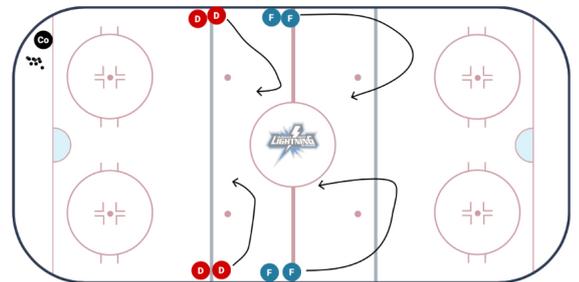
## Wild 1-2-5 Forecheck

### Details:

- F1 chips puck in deep and forechecks D hard and makes contact
- Breakout team breaks it out, passes to the next two forwards
- F2 and F3 now chip it deep and forecheck two hard
- Breakout team again breaks it out, passes it to the D who chip the puck back in and turns into a 5 v 5 forecheck vs breakout



## Net Drive Battles



## 4 v 2 PP

### Details:

- Teams will line up 4 on 2 on each net
- Puck will be dumped in by the coach and team who can win the battle gets first puck
- The team with 2 players will defend the PP and when they win the puck, must pass it over to their team of 4 on the other side
- Drill keeps going until a whistle or a new puck is needed.

