

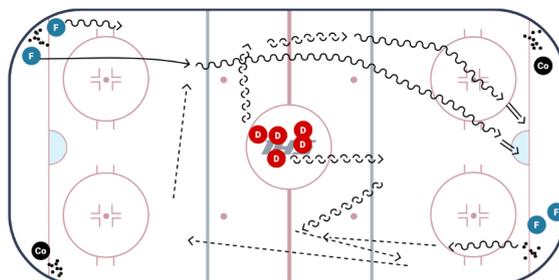
DURHAM DEC 2

Tuesday, December 2nd, 2025

Kings Warm Up

Details:

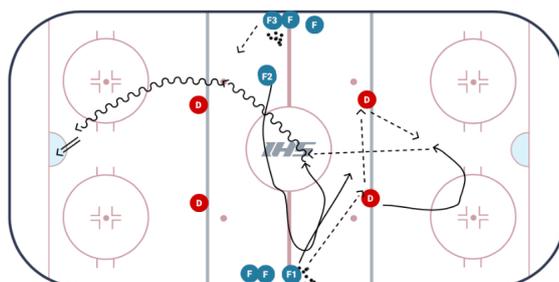
- F1 and D start the drill with touch passes until they hit the blue line, after the leave the puck with the D F1 will skate into the zone and get a pass from coach for a shot
- F2 in line will start skating up, timing their with the pass from the D making touch passes, they will go in and shoot and stay in front.
- The D will follow their pass and pivot at the blue line, getting a pass from coach and shooting from the blue line with two net front players



Rangers Quick Up

Details:

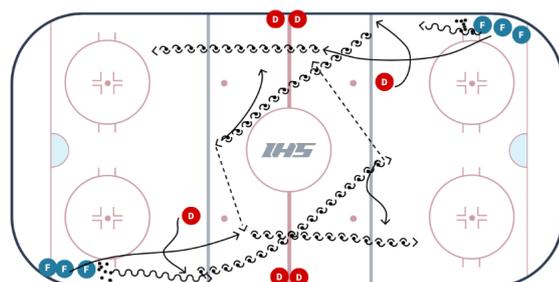
- F1 passes puck to the D and has to establish an active stick and angle on the forecheck.
- Defence will pass D 2 D and scan for F2 in the NZ looking for the pass. This player will now go 1 on 0 down and shoot.
- F3 will now repeat the drill with F1 turning into the NZ outlet pass



1 on 1 Surf

Details:

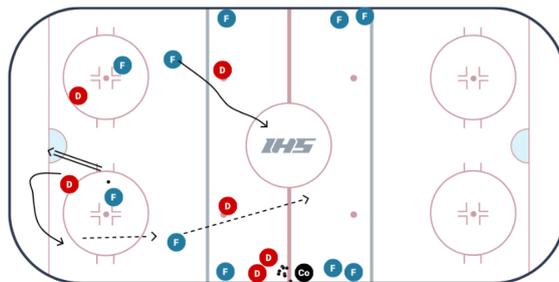
- Drill starts with a forward sprinting up the wall and the D getting off the wall and surfing and angling to win possession
- As the D wins possession, the next forward in line will streak without a puck from the corner calling for a pass from the D
- The D will make that pass and sprint up ice to gap up and play the 1 on 1 coming the other way



2 v 2 Transition

Details:

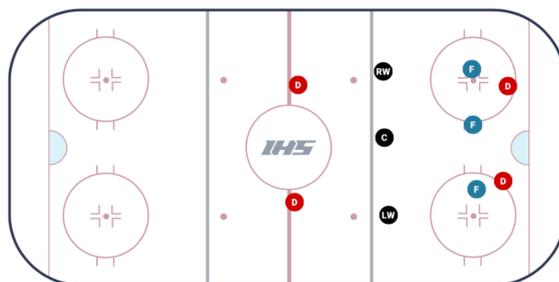
- Forwards start the 2 on 2 against two defenders while a new set of forwards and defence join into the drill waiting for a transition.
- Defenders must take the puck and move pucks up to the waiting forwards who will try to quick attack the two D jumping into the drill
- This continues on the other side until there is a goal or whistle from the coach to stop the drill



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.



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

