

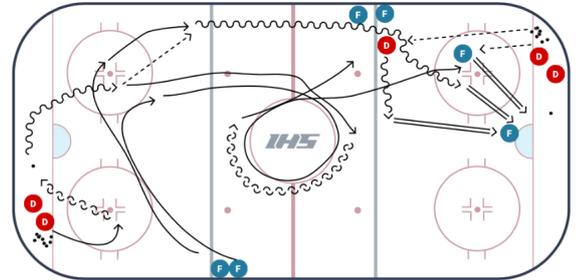
DURHAM DEC 4

Thursday, December 4th, 2025

Niagara Warm Up

Details:

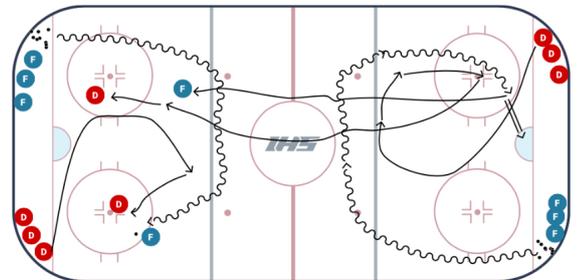
Defence pivots and retrieves loose puck while two forwards swing low. Defence makes a middle pass with the middle forward passing to the wall forward. This player will continue to shoot and stop in front of the net. The middle forward will skate a full circle around the middle while the defence will follow up the play and do the same thing skating backwards. They will now enter the zone and take a shot each.



1 on 1 / 2 on 2 D Jump

Details:

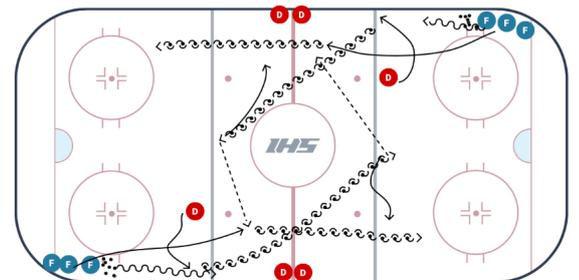
Forward starts the drill by playing a one on one and trying to score. On the whistle, another one on one starts on the far end with the players from the original one on one skating the length of the ice to join. The player defending will jump on offence trying to make it a 2 on 1 while the forward will back check trying to keep it 2 on 2.



1 on 1 Surf

Details:

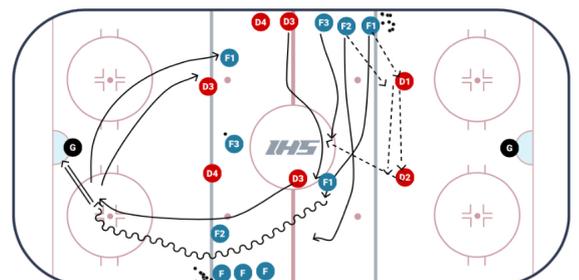
- Drill starts with a forward sprinting up the wall and the D getting off the wall and surfing and angling to win possession
- As the D wins possession, the next forward in line will streak without a puck from the corner calling for a pass from the D
- The D will make that pass and sprint up ice to gap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



Toronto 1 on 1 / 3 on 2

Details:

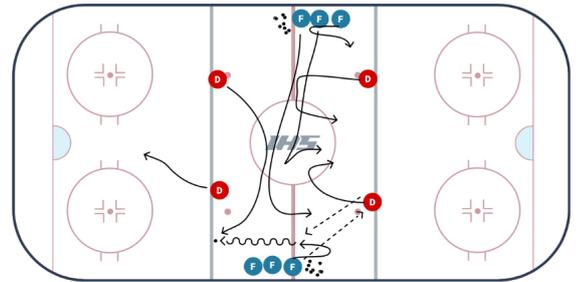
F1 starts by passing to D1 and getting open for a puck while D3 gaps up and tries to surf on the player. These two players continue to play a quick 1 on 1. On the whistle F2 and F3 make a pass to D1 and D3 will gap up and play a 2 on 1. F1 has to open up for a stretch option while D3 maintains tight gap. F2 and F3 will enter into the zone trying to obtain a middle entry 3 on 2.



1 v 2 to 3 v 2 Rush

Details:

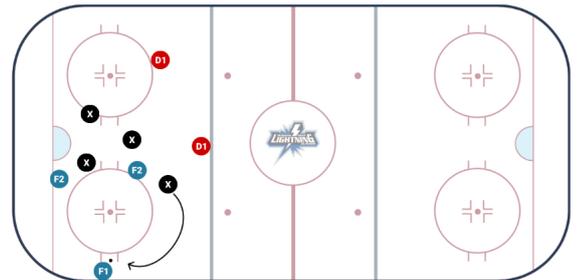
- First forward passes to the D and swings getting a pass back, attack the 2 D who are gaping up
- Weak side D will surf across the ice and separate the puck, while the second D will support
- Three new forwards will stretch the ice out with the centre supporting and will call for the puck and start a transition the opposite way resulting in a 3 on 2



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 break out and the PK will set up PK NZ forecheck
- PP has one minute to score from the time they touch the puck for their break out



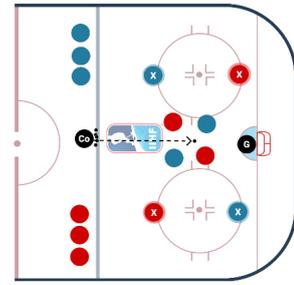
2 v 2 With Outlets

Details:

Objectives: Teaching puck support while on offense and of defending against players with and without puck on defense.

Description:

- Two versus two with four support players (the X's) on the perimeter.
- Players with puck move and pass the puck to any supporting player and work to score.
- Defenders look to block passing lanes and steal the puck back.
- The defenders can go on offense after they steal the puck back and pass it to one of their outlets.
- Players rotate into the game, then to support players, then out (after each rep).



Points of emphasis:

- Players in line should watch the game and cheer for great plays!
- Defensive:
 - Be aware of where players without the puck are
 - Pressure to prevent the opponent from winning space.
 - Stick pressure to intercept the pass and/or steal puck.
 - Readiness to regain puck possession after losing puck possession.
- Offensive:
 - Passing the puck to open teammates and moving after you pass (give & gos).
 - Being aware of where your teammates are before you get the puck so you can quickly make a play when the puck comes to you.
 - Quick passes and shots.

Variations:

- Can switch up the sides of the support players. Can have 2 on one team and 2 on the other team (like in the video) or you can have all support players be on offense and they pass back to the team that passed to them.

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