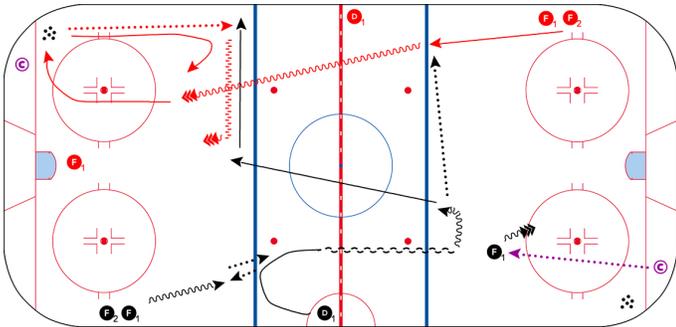




## Thunderbird

10 mins



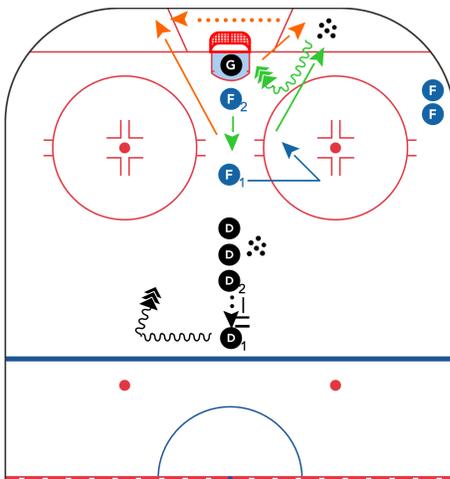
1. D1 pivots and touches the blue line and call for a pass from F1 who begins to take some ice.
2. F1 and D1 exchange one-touch passes.
3. Inside the blue line, D1 takes some ice and finds F2 on the far side of the ice with a flat pass.
4. F1 continues skating, receives a pass from the coach and shoots quickly.
5. F2 drives down to the far end and either shoots with F1 screening or finds D1 on the 2nd wave for a quick shot.
6. F2 keeps speed, grabs a puck from the corner and passes to D1 on the wall. D1 sprints to the middle and either shoots or passes to F2 on the high roll.
7. Both ends at the same time.

### Key Points

1. Sticks on the Ice
2. Communication - Eye Contact & Call for the Puck
3. Net Front Presence - Tips/Screens/Rebounds

## Blue Line Scoring

10 mins



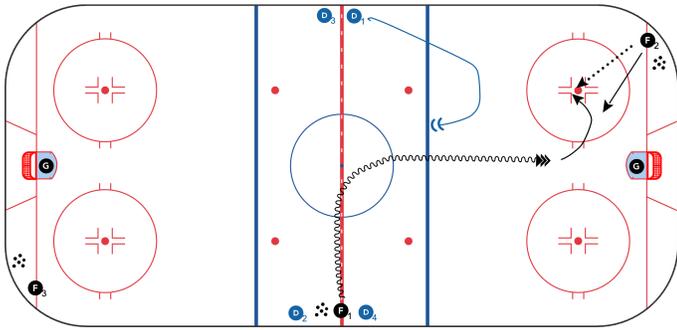
1. D2 passes to D1, D2 adds passive pressure. D1 sprints the line and shoots.
2. F1 reads and supports a flank on the opposite side, then drives downhill on a shot, looking for rebounds. F2 provides a net-front presence.
3. Repeats with D1/D2 & F1/F2 from the other side with a 2nd puck.
4. F1 grabs a 3rd puck, F2 pops out, and F1 either walks out or passes to F1 for a quick attack.
5. F1 grabs a 4th puck, F2 supports behind the net for a quick pass, and then attacks with F1.

### Key Points

- Fakes & deception
- Low shots
- Net front presence
- Tips, screens and rebounds

## Rush 1v0, 2v1, 3v2

10 mins

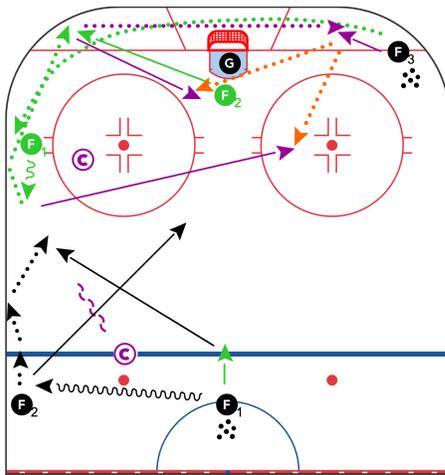


### Key Points

- Passing Execution
- Puck Management (Reading Space)
- Zone Entries

## Chip Entry, RIM Retrieval, Attack 3v0

8 mins



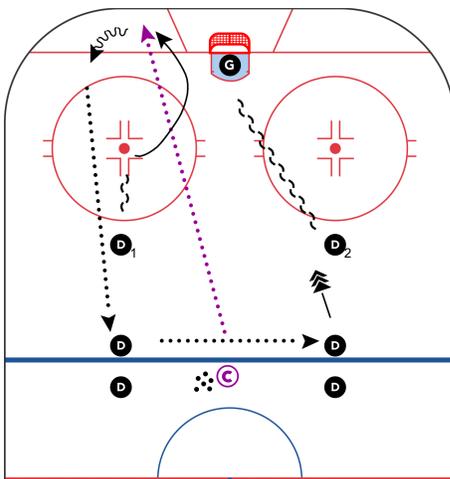
1. F1 passes to F2, F2 reads the gap of the coach and either chips for F1 to find F1 for a pass in the middle [gain the blue line first]. F1/F2 attack the net.
2. F3 rims a 2nd puck for F1 to retrieve along the wall. The coach provides passive pressure. F1 climbs up the wall and chips back down to a supporting F2.
3. F2 quickly moves the puck behind the net to F3. F3 has three options: 1) attack the net, 2) find supporting F1, and 3) find supporting F2.

### Key Points

- Get the line and then decide
- Read the gap of the D and decide on direct/indirect options
- Use the net to change the point of attack

## D Breakout Series

7 mins



- COACH CHIPS THE PUCK INTO THE CORNER, D1 STARTS BACKWARDS, PIVOTS TO FORWARD AND RETRIEVES PUCK.
- D2 REPORTS TO THE FRONT OF THE NET.
- D1 MOVES IT TO D3, D3 PASSES TO D4 FOR A SHOT ON NET.
- REPEAT FROM THE OTHER SIDE.

### OPTIONS:

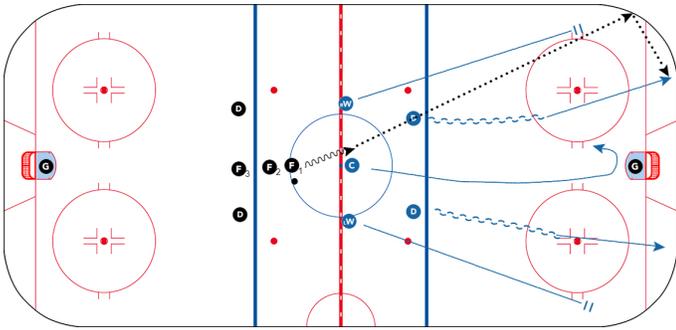
- UP
- WHEEL
- OVER
- REVERSE
- CUTBACK

### Key Points

- SHOULDER CHECK
- DECEPTION
- PUCK PROTECTION
- NO DUST
- QUICK RELEASES

## Pat Burns

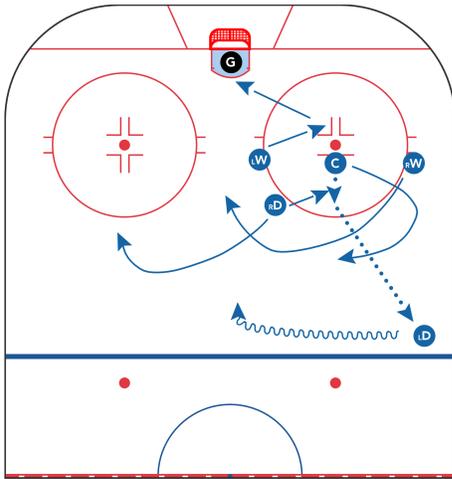
12 mins



- **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

## Spotted v1 - PP Face-Off

8 mins



RD & RW - Recover the puck and move it to the LD, then spread the zone, getting a net presence in front for a quick shot option.  
LW - Jumps immediately behind their centre on puck drop but heads to the front of the net on a clean face-off win to provide a screen or tip on a quick attack. You must be ready to drop below the goal line if you are not shot.

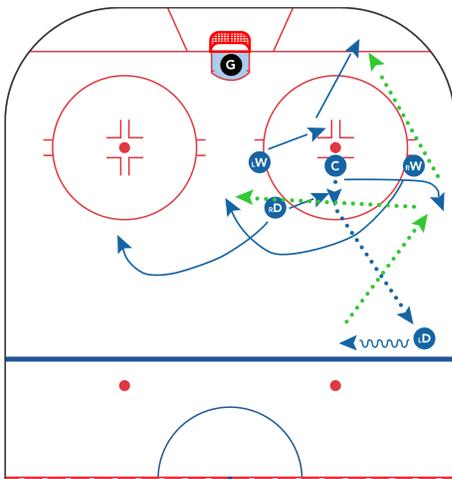
RW - Moves toward the face-off dot and then provides a high screen/tip option on a quick D shot or slot pass option.

### Key Points

- Bump & Jump
- Compete, Compete, Compete - Outwork the PK
- Shot Mentality - Shot within 7 seconds of puck drop

## Spotted v2 - PP Face-Off

7 mins



RD & RW - Recover the puck and move it to the LD, then spread the zone, getting a net presence in front for a quick shot option.

LW - Jumps immediately behind their centre on puck drop but heads to the front of the net on a clean face-off win to provide a screen or tip on a quick attack. You must be ready to drop below the goal line if you are not shot.

RW - Moves toward the face-off dot and then provides a high screen/tip option on a quick D shot or slot pass option.

### Key Points

- Bump & Jump
- Compete, Compete, Compete - Outwork the PK
- Shot Mentality - Shot within 7 seconds of puck drop