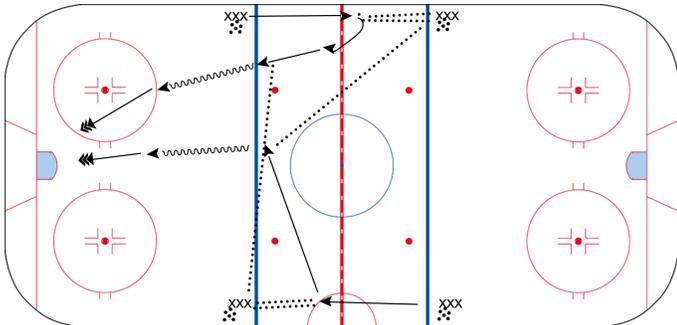


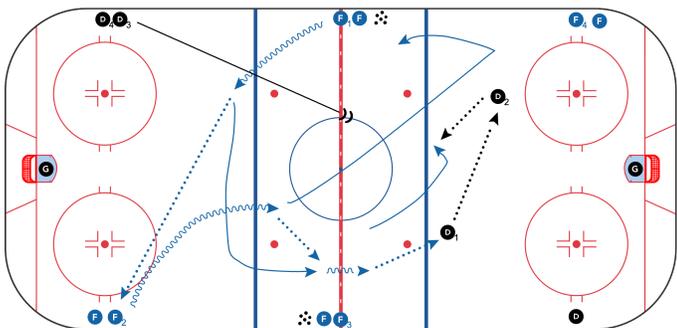


4 Blue line Options Drill 10 mins



Option 1: One touch, tight turn, receive cross ice pass
Option 2: One touch, cut to middle, receive long pass

Blues 2v1 10 mins



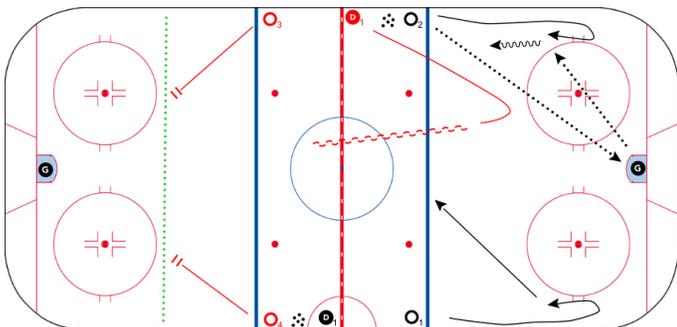
- F 1 GAIN THE BLUE LINE, PASSES THE PUCK AND PASSES TO F 2.
- F 2 STEPS OFF THE BOARDS AND GIVES A RETURN PASS TO F 1, WHO SWINGS WIDE TO THE BOARDS.
- F 1 GAINS THE RED LINE AND PASSES TO D 1.
- F 2 ANCHORS AND F 1 FILL THE MIDDLE LANE.
- D 1 PASSES TO D 2, D 2 PASSES F 2, F 1 & F 2 ATTACK D 3 2 VS. 1

PROGRESSION - 2v2

Key Points

- Communication
- Timing and Support with Speed - Fill Lanes
- Flat and Accurate Passes
- Battle to the Whistle

One Puck 2v1, 3v2, 4v3 12 mins



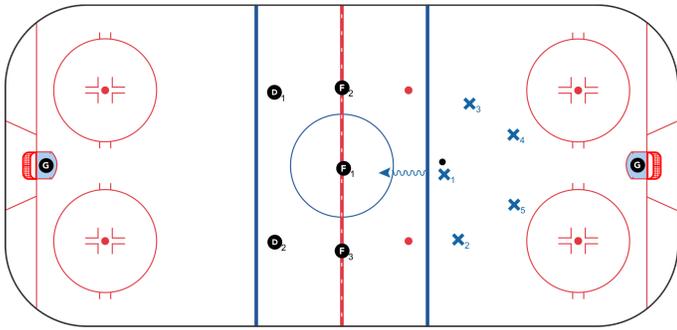
1. O1 and O2 will try and score or forecheck to try to score again. O1 and O2 play 2v1 against D1 below the dotted line. If the puck comes over this line O3 or O4 can take it.
2. D1 must gain possession of the puck and pass to O3 or O4. O3 and O4 then start the drill over in the opposite direction.
3. On a save (puck is covered) or goal, the goaltender must pass to either O3 or O4.

Key Points

1. Timing and Puck Support - Work Ethic Away from the Puck
2. The Transition from Offence -> Defence and Defence -> Offence
3. Zone Entries - Width and Depth on the Attack

Wild 1-2-5 Forecheck & Breakout

12 mins



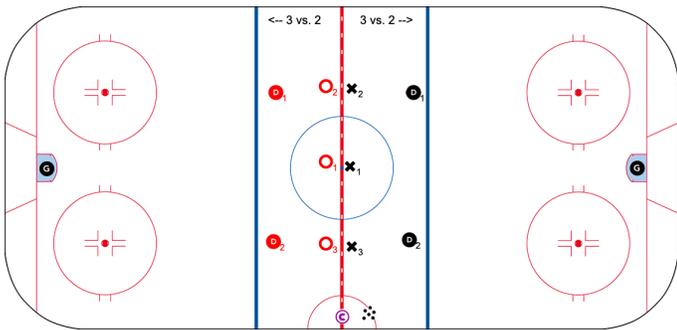
- X1 chips puck in deep and forechecks D hard, makes contact.
- Breakout team breaks it out, passes to next two forwards (X2/X3) who now chip it deep and forecheck two hard, making contact.
- Breakout team again breaks it out, passes to the D (X4/X5), then X1/X2/X3/X4/X5 come back, chip the puck deep and forecheck 5v5.

Key Points

- The first and second forecheckers look to make contact on forecheck
- The 3rd forechecked, seals the middle or and covers for the pinching D
- Good communication
- Game Speed

Burkie's Breakout

12 mins



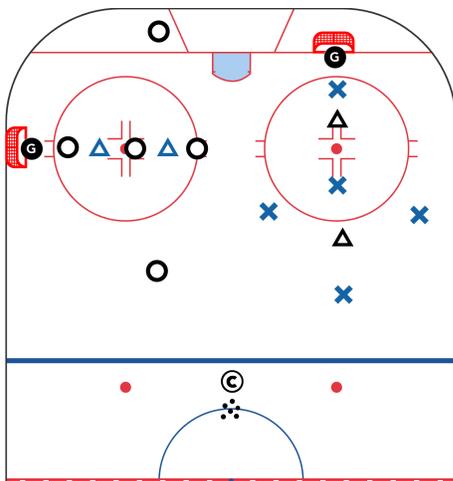
1. On the whistle, O1/O2/O3 attacks D1/D2 in one end; X1/X2/X3 attacks D3/D4 in the opposite end.
2. Play 3v2 until the next whistle; each end breaks out hard to the neutral zone.
3. Coach dumps new puck to one end. If the puck is dumped to D3/D4's end, then D1/D2 and X1/X2/X3 forecheck. Vice versa, if the puck is dumped into the opposite end.
4. Play 5v5 until the next whistle.

Key Points

1. Crisp accurate passes
2. Net Drive
3. Chaos Rush Hour Forecheck

Devils 5v2 PP

12 mins



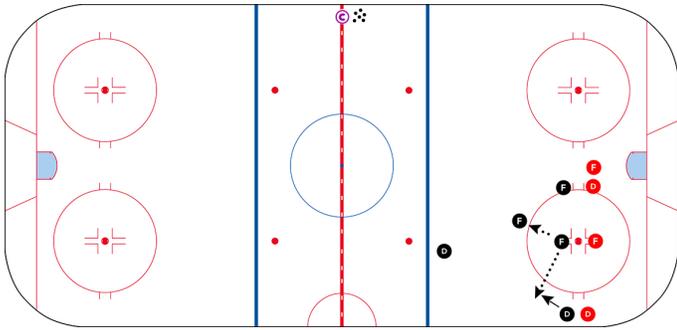
- The coach starts play by passing to the attacking players on either side to start 5v2 play. If defenders recover a loose puck, they move it quickly to their attacking unit on the other side. If the goalie freezes the puck, goes out over the blue line, or a goal is scored, the Coach throws in a new puck to the opposite side.

Key Points

- Outnumber and win races/battles to recover loose pucks
- Quick puck and player movement
- Crash the net for rebounds on all shots

Full Speed, Full Ice Power Play Scrimmage

15 mins



1. Coach sets up various game situations such as PP OZ face-off, PP breakout, etc.
2. Players compete on the full ice
3. Coach whistles the play dead if a situation isn't executed properly, or if a player is out of position.
4. Rotate players after about 45 seconds of action.

*** PROGRESSIONS ***

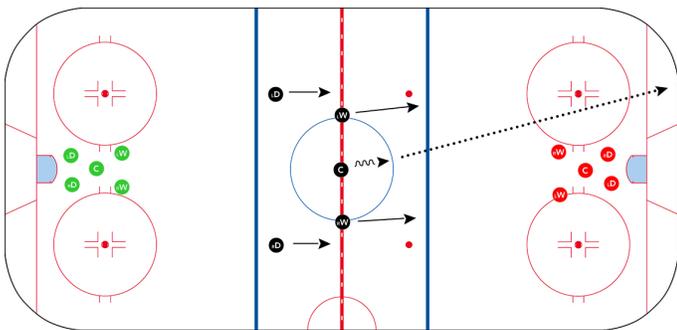
1. 2v5, 3v5, 4v5
2. PP OZ Face-Off -> PP Breakout -> PP Regroup

Key Points

1. Offensive Puck Support - 2v1 Mentality
2. Quick Puck Movement - Think a Play Ahead
3. Stop/Start Skating, Shot Blocking, Outwork the Power Play

Weiss FC 5v5 Scrimmage

12 mins



1. Three units of 5 in each zone. End Zone unit starts on a knee in five-card formation.
2. Live 5v5 until the defending unit is able to break out and get the puck deep. After attacking the NZ unit takes a knee in the five-card formation and waits for the next attack.
3. The end zone unit breaks the puck out, gains the red line and get the puck deep.
4. The drill is continuous.

Key Points

1. Relentless Pressure
2. Quick Puck and Player Movement
3. Battle and Compete