

2025 Nov 10-PW/Ban

Date: Nov 3 2025

Time: 3:19 am

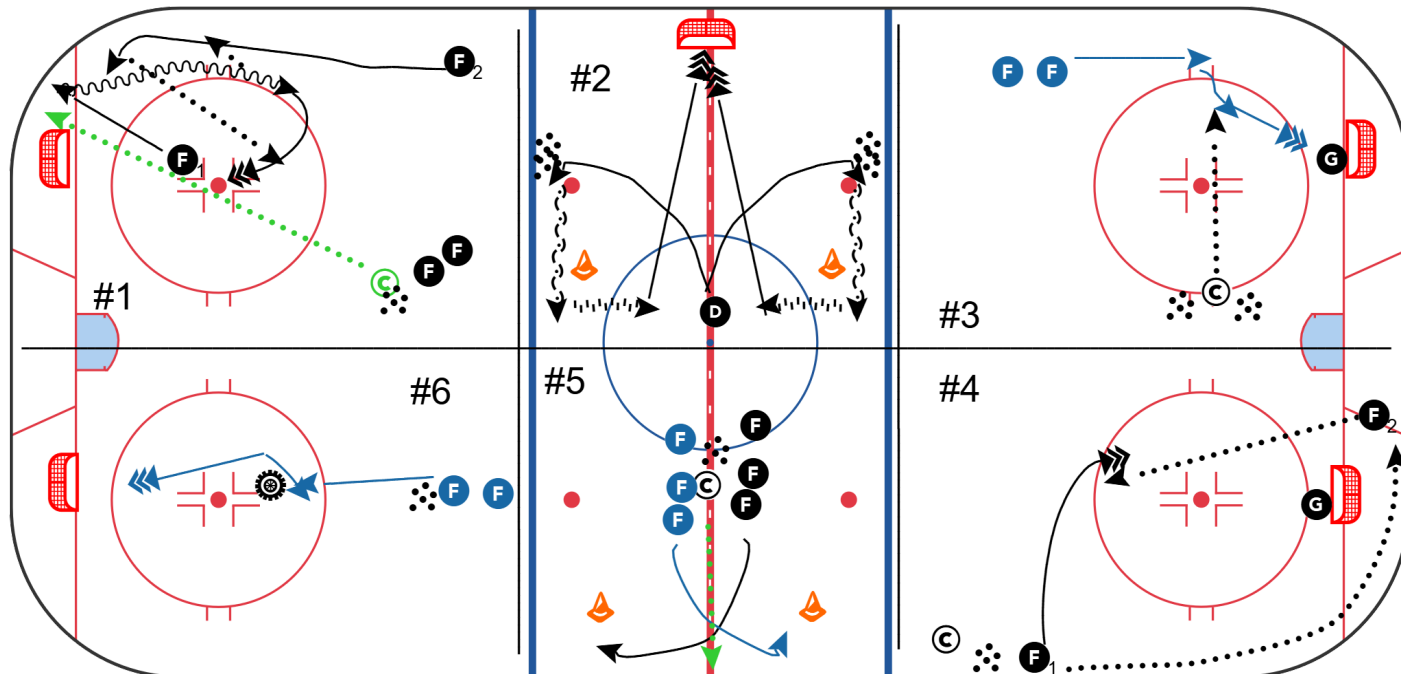
Duration: 60 mins

Free Skate/Goalie Stretch

5 mins

Shooting PW/Ban

45 mins



Description

#1) High Scissor Shooting - Player 1 gains possession and starts up the wall. The point man moves down the wall. The players with the puck stays to the middle and exchanges it with the point man. The point man carries the puck low and hits the other player in the high slot for a scoring attempt.

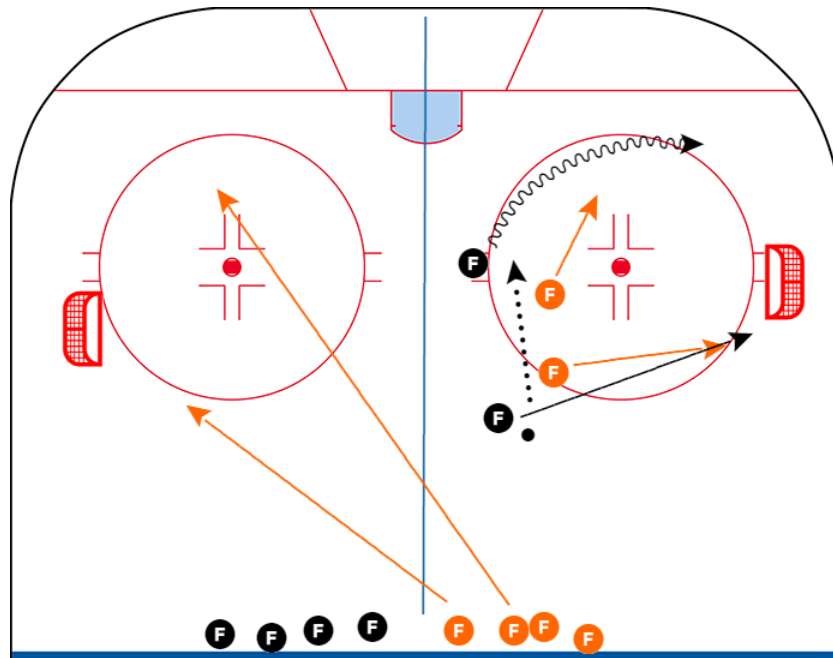
#2) D Slide & Shoot - Player skates forward to pick up a puck, backwards to the cone, laterally to the middle and shoots. Repeat on the other side for a 2nd shot.

#3) Quick Release/One-Timer - Players line up facing the far post, players attack the net with speed and receive a pass from coach or player. On forehand side, catch and release as quickly as possible. On back hand side, player should open hips for a one timer or quick release shot.

#4) Wrap, Pass & Shoot - Player in line wraps puck to covered F2 below the goal line. F2 picks up wrap, turns and finds F1 for a pass and quick shot.

#5) Guard the Gate - Drill starts with a 50/50 puck race. Players attempt to carry the puck past the far gate.

#6) Fake Shot Shooting - Player drives towards the tire in front of them. As they near the tire, they fake a shot, take a quick stride to their forehand side and get a shot off as quickly as possible



Description

Game starts off with 2v2. When Team Black gains offensive zone, 2 Orange players from their team slide into their attacking zone past the half way line. When Orange defenders get puck, they must pass to their teammates on far side and then their shift is over. When attacking Team Black players lose the puck, they must defend and back check. Once all players are on Team Black defending side, two new Black players slide into attacking zone to continue the drill.

Key Points

- Quick transitions
- Possess & protect the puck
- Back check concepts & communication