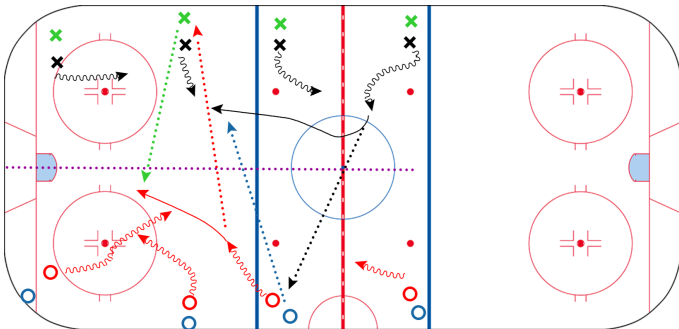


2025 Jan 6 - PW

Duration: 60 mins

4 Corner Long Passing

8 mins



On whistle, first player in all eight lines skates to the middle, dangles and then makes a pass to a player in a line on far side of the ice for a give and go pass. Players must stay on same side of the ice as they started and always pass to the far side. Continue for 30 seconds. On the whistle the next player in line goes.

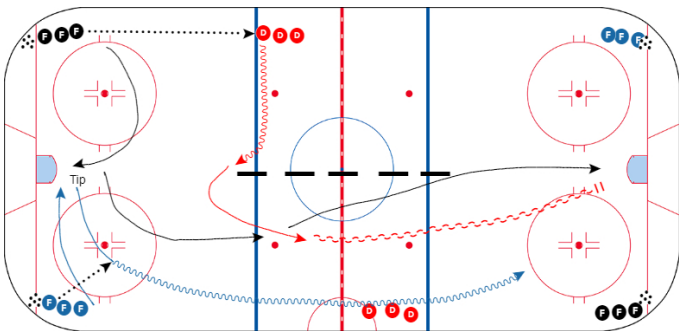
Shrink the area to half ice instead of far blue line to start

Key Points

Eye contact, communication, good targets. Flat hard passes.

Screen/Tip Full Ice 2v1

10 mins



F starts drill with a pass to the **D**

Both **F** and **F** get to the front of the net, **D** walks the line and shoots the puck for a tip/deflection and screen

F and **F** then start the attack the other way after receiving a pass from the **F** in the corner

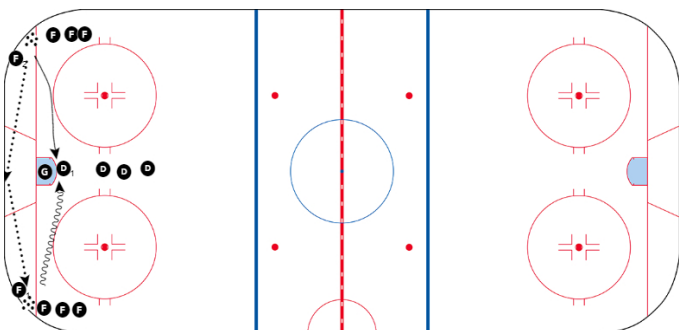
Attack 2 vs 1 on the **D** that took the shot

3 Stations

0 mins

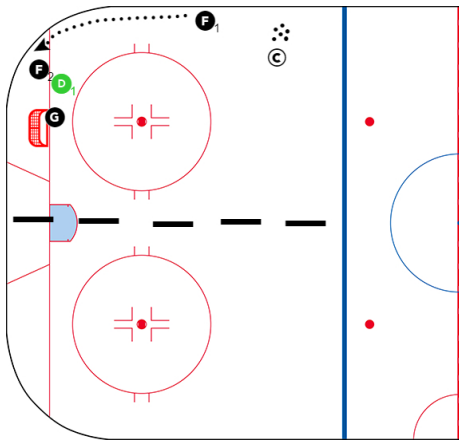
2v1 Behind the Net

8 mins



Wrap to 1v1, 2v1

8 mins



1v1:

Player in line wraps puck to covered F2 below the goal line. F2 picks up wrap and protects puck by escaping towards the boards and not opening up towards defender, trying to attack net. D1 starts right on F2 & activates when F2 touches puck with body contact & good stick on puck.

2v1:

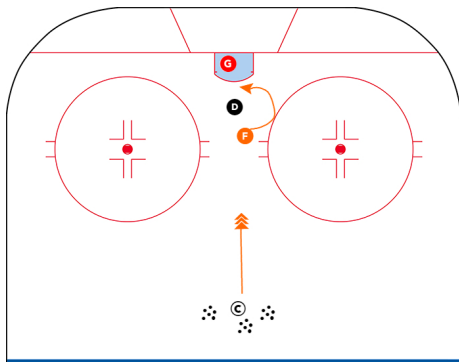
F1 in line wraps the puck to F2 covered by D1, F2 picks up wrap and protects puck, and looks to score or pass to F1 for shot off far post or in the high slot.

Key Points

Concepts: PUCK POSSESSION, make a play, escape with speed and purpose, passing lanes

1v1 Net Front

8 mins



Start the drill in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) shoots pucks toward the net attempting to create scoring opportunities and scrums.

Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds

Def - Maintain D-side positioning and tie up on shot attempts

Key Points

Defense

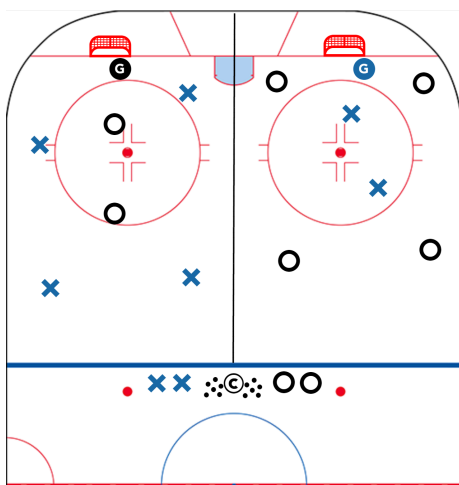
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

4v2+2 Power Play Game

10 mins



Coach draws a line down the middle of the zone. Both sides of the zone have four offensive players and two defending players.

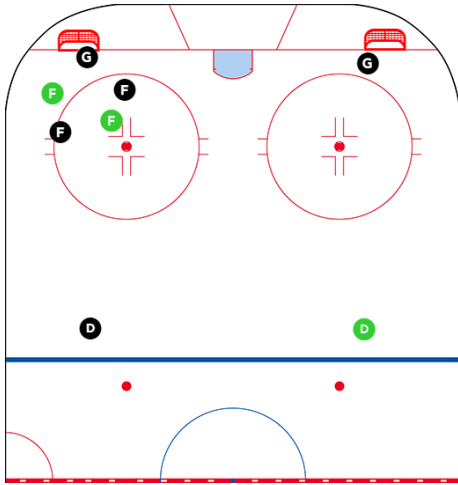
The four offensive players utilize puck movement and power play concepts to create scoring chances and try to score. The two defending players must use good stick and body positioning to create a turnover. If a defending player gains possession of the puck, they must pass the puck across the zone to one of their four offensive teammates. All players should take turns on offense and defense.

Point system:

- 1 point for a shot
- 1 point for a blocked shot
- 2 points for a goal
- More options: 1 point for a one-time pass, 2 points for a one-time shot on net

Key Points

- Emphasize quick puck movement including one-time passes and shots
- Give passes to and receive passes on forehand and underhandle the puck



Work on box outs, net front positions