

2025 Feb 17-PW

Date: Nov 25 2024

Time: 2:33 am

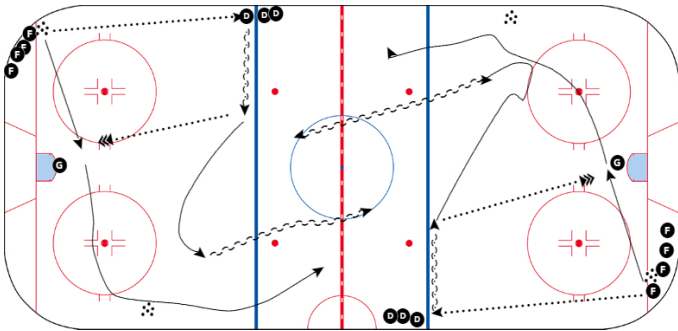
Duration: 60 mins

THEME: Full Ice Rushes

0 mins

Point Shot, 1v1 Full Ice

8 mins



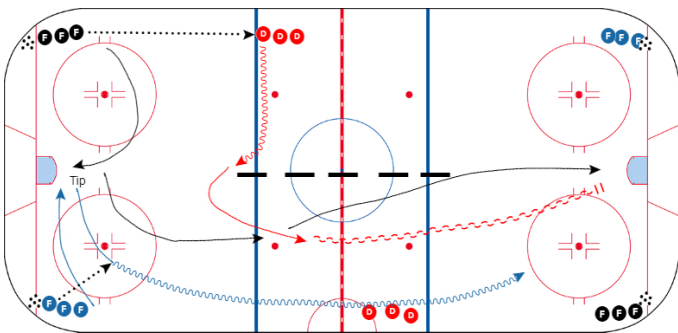
F passes to D at the point.

D walks the puck to the middle, low wrist shot and F tips, screens etc.

F then picks up a puck on the wall on the other side of the ice and plays a 1 on 1 vs the D that shot from the point

Screen/Tip Full Ice 2v1

8 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

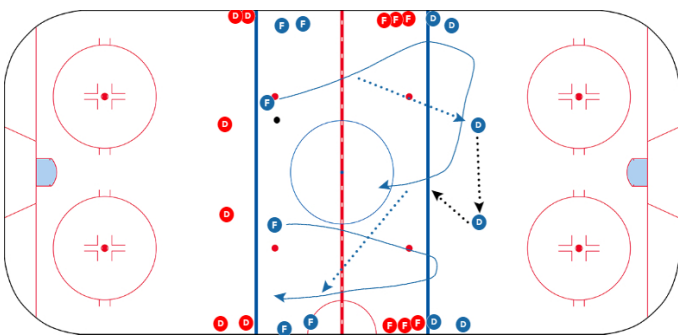
Attack 2 vs 1 on the D that took the shot

Rush Drills: Do 2v2 & 3v2

0 mins

Regroup 2v2, 3v2, 4v2

12 mins



The Blue F's begin by regrouping with the Blue D. Then, Blue F attack Red D.

Variations:

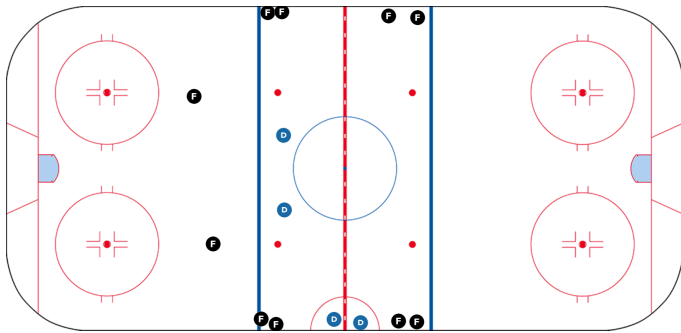
- 2v2
- D activate for 3v2
- 3v2
- D activate for 4v2

Key Points

- Puck support on NZ regroup
- Cover ice
- Attack with pace
- Line rush concepts

Forwards vs Def & G 2v2 Game

12 mins



- This game is a competition between the forwards and defense/goalies.
- The drill starts with a 2v2 from the top of the circles. The forwards attack on the rush, with a focus on creating scoring chances inside the house and scoring goals. The defense focus on tight gaps and breaking up the play before the puck cross the offensive blue line.
- The 2v2 continues until a goal is scored, goalie covers the puck or the defense execute a breakout to the next group.
- The next group of D should be out as soon as the original group passes center ice and the next group of F should be out when the puck passes their blue line.
- Utilize a scoring system that emphasizes multiple levels of succes.

Defense Scoring:

- 1 pt - Breaking up a play before the blue line
- 1 pt - Clean breakout
- 2 pts - Blocked shot

Forward Scoring:

- 1 pt - Shot on goal inside the house
- 2 pts - Goal

Key Points

Defense:

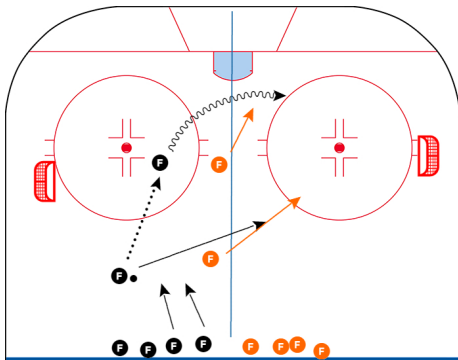
- Tight gaps
- Great stick position

Forwards:

- Attack with speed
- Shoot off the pass
- Hunt rebounds

Mancini 2v2

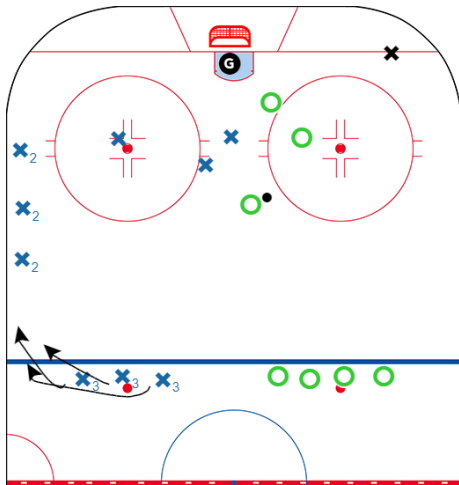
10 mins



Game starts off with one team going on a 2v2 versus the opposing team. As they attack, 2 new players from their team fill in behind at the half way line. If offensive players score, they get a new puck. If defenders get puck, they transition to offense and attack 2 new players waiting for them. When offensive players lose the puck, they can only battle to regain possession to half-way line. After that, they're done and switch out.

Key Points

- Quick transitions
- Possess & protect the puck



3v3 game. In this situation Green has the puck and they are trying to score. As soon as the **x**'s get the puck, the pass to the **x** 2's and they are the attacking team. Once the **o**'s steal it back they would pass to three new support players and on and on and on. Great for transition,

Key Points

Must work hard on Defense to get the puck back.