

# 2025 Jan 13 - PW

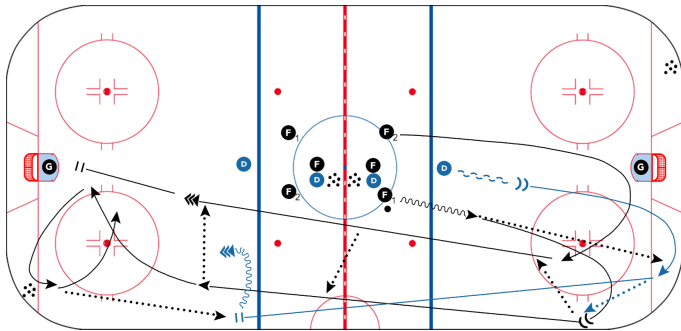
Duration: 60 mins

## Warm Up

5 mins

## Reese's Pieces

10 mins



Pucks start in the center circle and opposite corners. Both sides go at the same time and then switch sides half way through. F1 dumps the puck into the corner. D retreats backwards and then pivots to retrieve when the puck is dumped in. F1 opens up for a breakout on the half wall and F2 acts as center support. D makes a breakout pass to either forward and F1/F2 have a 2-0 rush. After the breakout pass, D sprints to the far blue line. After the 2-0, one F recovers a second puck in the corner and makes a low to high pass to D. The D walks to the middle and shoots. One F should stay net front for a screen/tip and the other should give the D a high tip option. Let the rebound play out before the next group begins.

### Key Points

On Breakout:

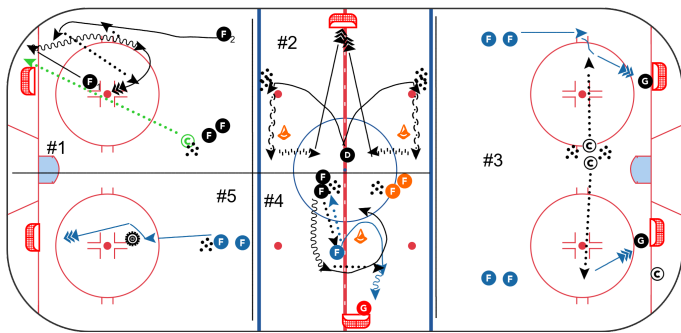
- Shoulder checks and retrieve the puck on forehand
- F support low, get toes up ice and communicate

On Point Shot:

- Head up and either shoot for sticks or shoot to score if a good screen
- One F takes away the goalies eyes and the other finds a "soft area" for a high tip

## Shooting PW

35 mins



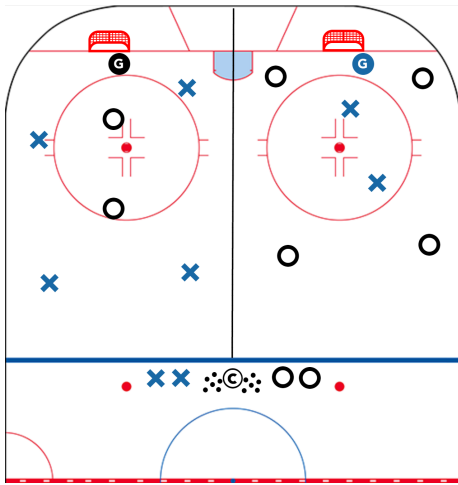
**#1) High Scissor Shooting** - Player 1 gains possession and starts up the wall. The point man moves down the wall. The players with the puck stays to the middle and exchanges it with the point man. The point man carries the puck low and hits the other player in the high slot for a scoring attempt.

**#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** - 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) Oulu Slingshot** - F passes to F who one touches it back to F. F swings around the cone as F jumps in the play with the puck. F passes to F who takes quick shot. F must swing below cone and receive pass from F to start the next sequence.

**#5) 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



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