



2022-Jan 3-SQPW

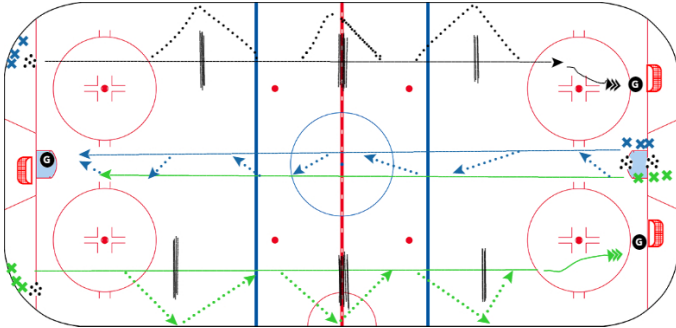
Date: Nov 14 2021

Time: 8:15 pm

Duration: 60 mins

Full Ice Agility & Puck Control with 2-0

10 mins



Board pass to self and jump the dividers, players finish off with an SOG. 2-0 passing back down the middle

Need 4 Nets

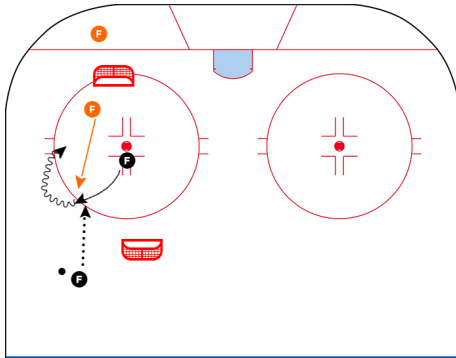
0 mins

1v1 - Gretzky

0 mins

1v1 with Low Outlet

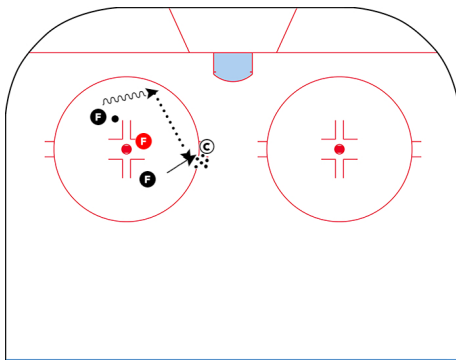
8 mins



Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.

Circle 2v1

8 mins



Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.

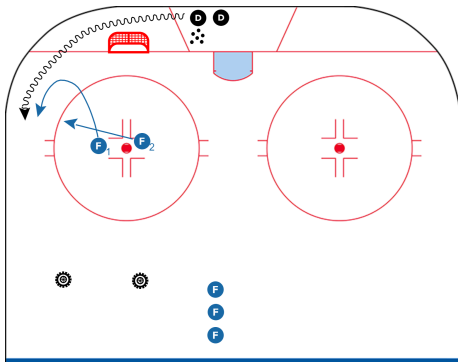
Key Points

Defensive players work on good stick position, angling and communication.

Players with the puck must protect the puck, move and communicate to create passing lanes.

Forecheck 2 vs 1

8 mins



D skates the puck around the net and attempts to skate the puck between two tires (or cones) at the top of the zone.

On coach signal, F1 forechecks, using good angling and stick on puck to force the defending player to the boards. On coach signal, F2 provides support on the forecheck. F1 & F2 attempt to create a turnover and attack the net quickly.

Variations:

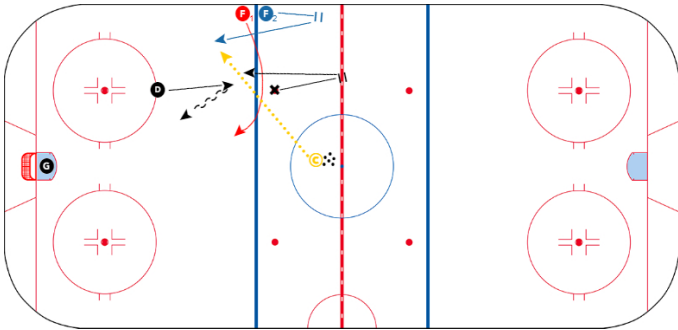
- Start all players higher and dump the puck in so the D must work on the retrieval as well.
- Use the full zone so the D can go to either side of the ice.
- Start the F at the same time so they must communicate F1/F2.

Key Points

- D should try to get feet up ice and have head up
- F1 work on timing, angling and body/stick positioning.
- F2 must read the play and provide appropriate support.
- F should attack the net quickly after turnovers.

1/4 Ice 2v1 with Backcheck

8 mins



- **D** starts on knees, pressures puck and talks with backchecker (**X**)
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out

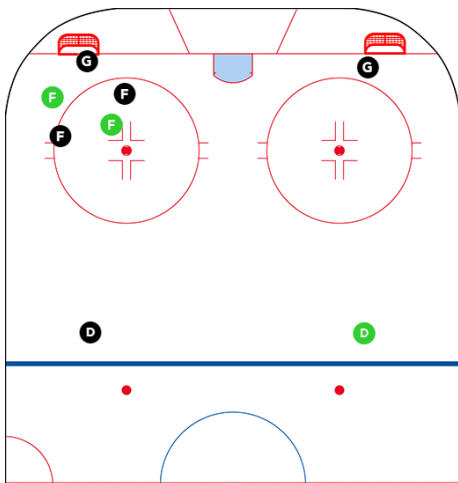
Drill By: Scott Rex, Brantford 99ers, Minor Midget

Key Points

- Hard, fast and intense game situation, **D** must force play

2v2 Point Shot SAG

9 mins



Work on box outs, net front positions

3v3 Hot Spot

9 mins