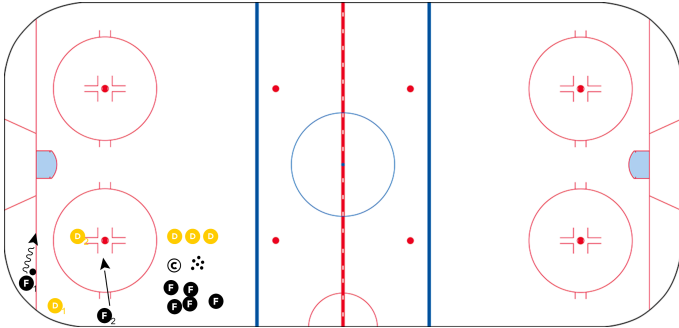




## Gold 2 v 1 DZ Breakdown

10 mins



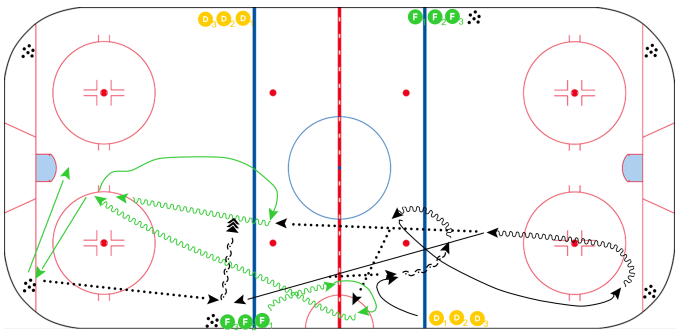
Simple Drill to teach Def how to make reads/

Coach will tell D1 what he wants him to do (Stay put, Go to F1 or Go to F2)

D2 reads it based on what he sees from D1

## Transition Warm Up 1

10 mins



\*\* On the Whistle, both ends at the same time.

1. On the whistle, the D step out and skate forwards, Pivot to backwards. F skates towards the D and make a pass. F provides wall support, D1 pivots to forwards and makes a pass. F1 goes in and takes a shot and gets back on side. D1 retrieves a new puck from the corner.

Option 1- 1F- D1 passes to F1, F1 shoots, F1 retrieves puck in the corner. D1 skates up to blueline, Pass to D, D walks to middle and shoots.

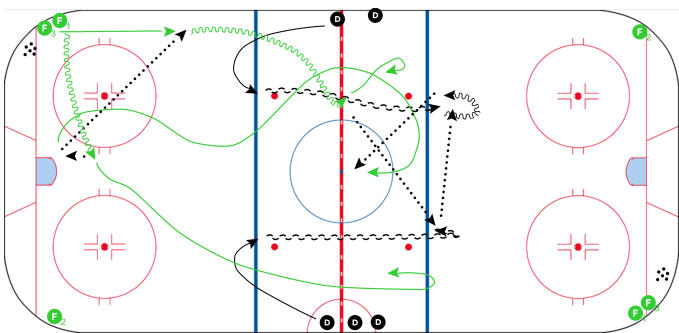
Option 2- 2F- a second F steps out at the far blue line. The D may pass to either F1 or F2 for 2 on 0.

Option 3- A thirds F stays on the far blue line. The D may pass to F1 F2 or F3. 3 on 0. A second D steps out D2D pass shot, repeat from other side for other d Man.

Add- Corner cycle, Pp options, High cycles.

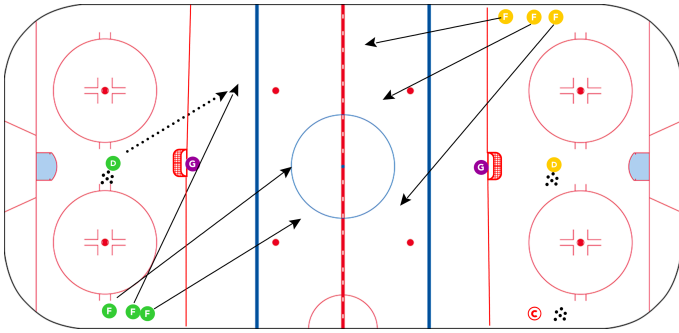
## Finesse WU Progression

10 mins



F1 and F2 Cross and Drop, F2 to F3 2 D step out and gap up ice, then regroup at far blueline, 2 D skate up to blue line.

Options - After 3 on 0 F picks up a puck and pass to D for D2d shot, A f picks up second puck in opposite corner, Pass to the D d2d shot, Corner Cycles, PP options, D hinges.



1. Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line.
2. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace).
3. Forwards must swing to get open. Opposing forwards can pressure Defenseman, but only 1 forward can the cross line. Defenseman can't cross line.
4. If there is a turn over in NZ forward must do a regroup transition back to their D-man before attacking the net.

### Key Points

First Touch Forhand  
 Middle Support  
 Vertical Attack  
 Pace  
 Shoot to score