



PRINCETON HOCKEY

"Yesterday prepares us today for tomorrow"

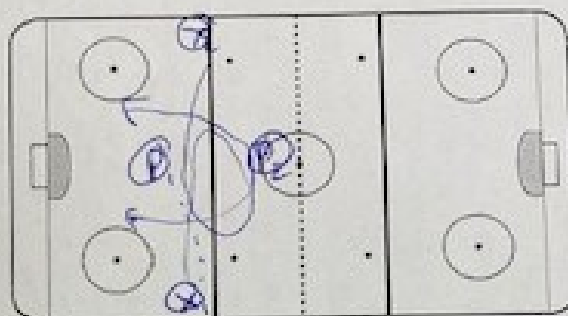


One touch 2-0 / 2-1

X1 and X2 skate towards P1 utilizing one touch passing. X1/X2 always facing the puck and move to P2. Continue one touch passing, regroup for a 2-0 wide shot and drive for a rebound.

Can use P1 for 2-1

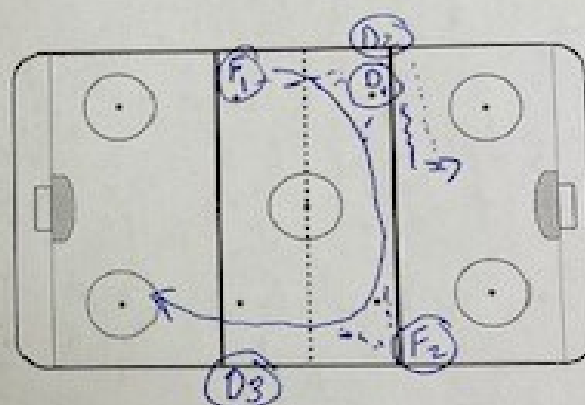
→ CAN GO BOTH WAYS



NZ Bump

F1 down boards to D1 give and go
F1 across to F2 give and go
D1 opens up and gets a pass from same line for a quick shot
F1 skates down boards for a shot

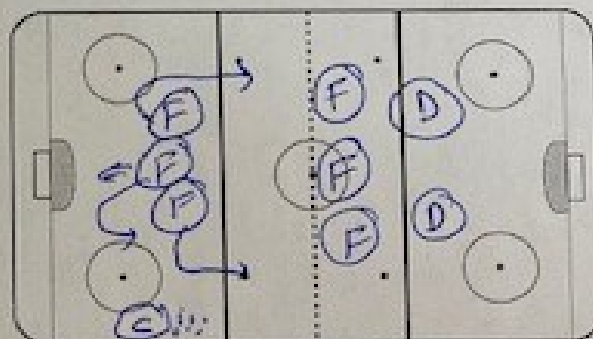
Drill goes both ways at the same time
F1 can stay for next rep acting as a screen/tip for D shot



Minnesota fore check 3 v 5

Start with a 3-0 shot on goal
Regroup with coach pass
Group of 5 ready in NZ for a dump puck and breakout. After clean or stalled breakout, forwards skate down for a 3-0 shot, defence return to the bench

Continuous coming off bench



3 v 3 team support

X vs. O
Staggered X and O along blueline and goal line.
On change of possession, team must utilize teammate on the line before scoring.
X and O on lines can also shoot.
Change on the fly with teammate on the line.

