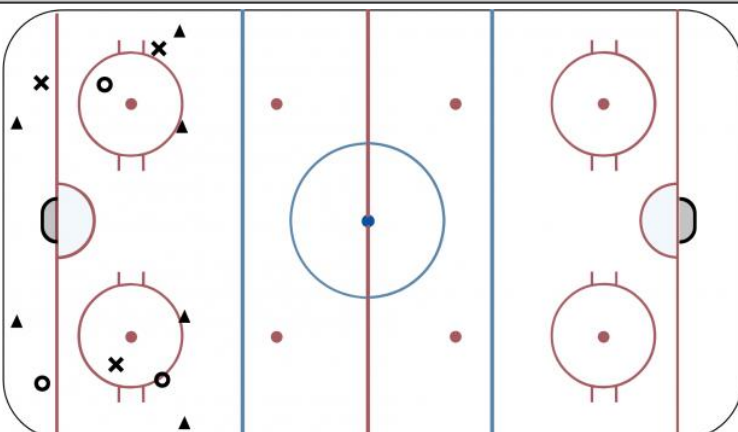


Notes: Quote: Ships don't sink because of the water around them; ships sink because of the water that gets in them.



7 Pass 2 v 1 - 10 mins

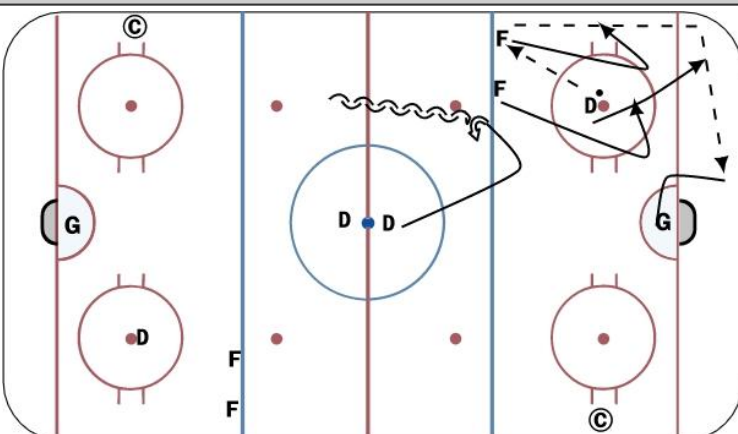
12:00pm



- Objective is for the two offensive players to complete 7 consecutive passes
- The defensive player is looking to intercept passes or clear the puck - when he does so, a new puck is put in by the coach. The pass count starts over at 0.
- Offensive player needs to move after passing the puck - come to the puck and get to the inside
- Build up from 2 v 1 into a 3 v 2

Spartan 2 v 1 - 10 mins

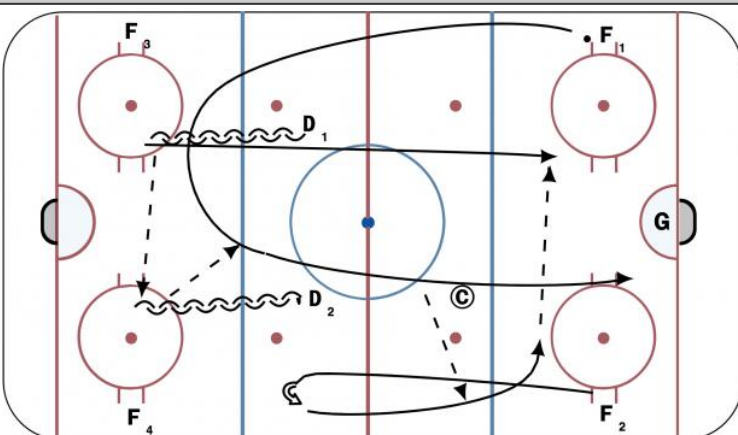
12:10pm



- D wins draw back to FWDs at blue
- FWD wraps puck - Goalie gets out to play puck
- D communicates with Goalie (FLARE or WHEEL)
- FWDs support D for breakout (open up, present stick, middle support)
- D in NZ gaps up to play 2 v 1
- As FWDs enter OZ, puck gets chipped low into cycle OR puck carrier "escapes" and chips low to supporting FWD who initiates cycle
- Take puck to net (2 v 1)
- SAME THING AT OTHER END

USA D Activation - 10 mins

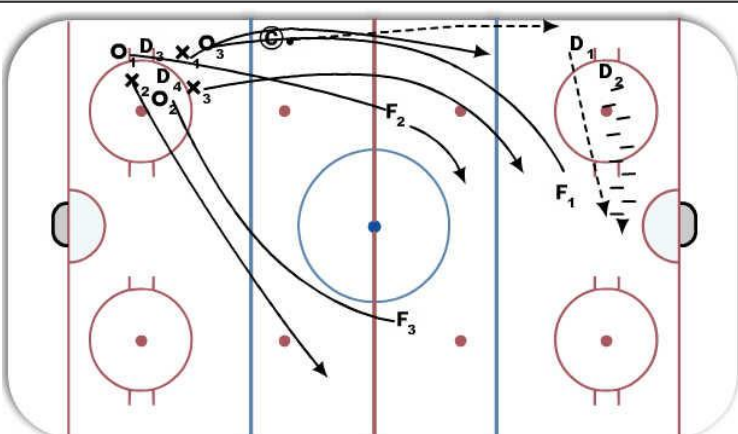
12:20pm



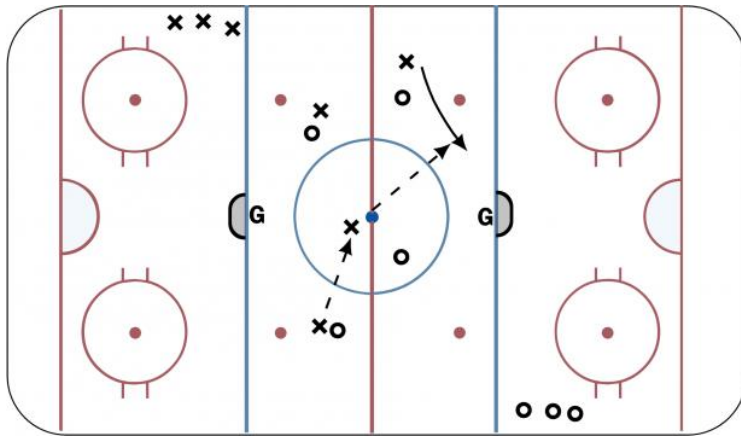
- F1 & F2 start together - F1 with the puck
- Attack NZ and D1 & D2 give ice
- F1 passes to D1 who passes to D2
- F1 provides good support through middle - low and slow
- F2 pivots and supports on wall
- D1 jumps into play filling wide lane
- F1 attacks coach and bumps it wide to F2 - F1 drive the inside has mark
- F2 cuts off of F1's back and passes to D1 who has jumped into play
- D2 follows up to offensive blueline - can add a second shot

Same Side NZ - 10 mins

12:30pm



- Drill starts with all FWDs and 2 D-men clustered together just inside blueline
- Other set of D are clustered just inside far blueline
- C chips puck to set of D
- Activates other players to get into their NZ spots (Regroup & Forecheck)
- Regrouping team looking to attack for end, forechecking team looking for turnover and transition



- 3 v 3 in NZ with a teammate who MUST STAY INSIDE THE CENTER ICE CIRCLE
- Must pass through SUPPORT MAN on any transition before shooting on goal
- CENTER MAN CAN SHOOT!