



Drill of the Week Club

1v1 BO/FX

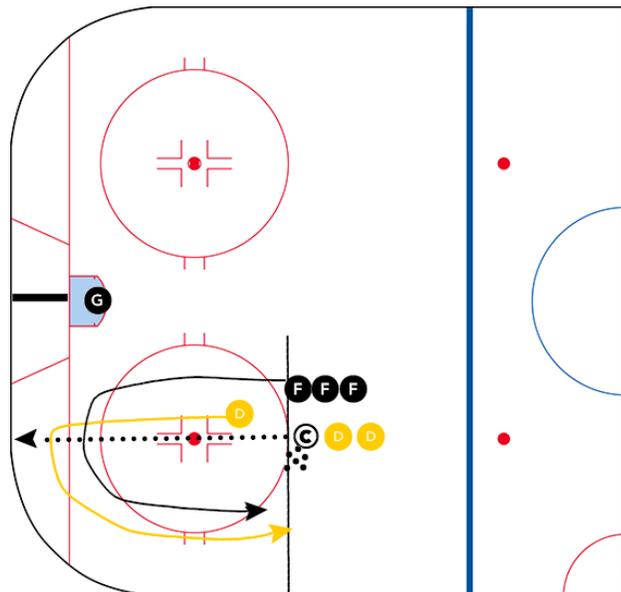
10 mins

Description:

- Coach dumps a puck in for the D to retrieve.
- Forward leaves the line to forecheck the D and tries to create a turnover.
- D is attempting to skate the puck past the top of the circles. If the forward creates a turnover he can attack the net.
- D cannot use the back of the net

Modifications:

- Two forechecking forwards (1v2)
- A coach or player can be added as an outlet pass for the D (2v1)
- Two D vs 2 forwards and allow use of the back of the net
- Retrieve and break the puck out in different ways, under different types of pressure



3v3 Tire Passing Warmup

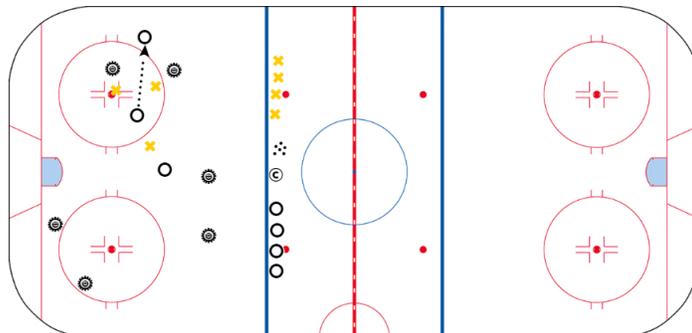
10 mins

Description:

Teams score a point by passing inbetween the tires to their teammate

Players have to work to get open and create passing lanes

Coach should move the location of the tires ever couple of minutes



3v2 Low, Long

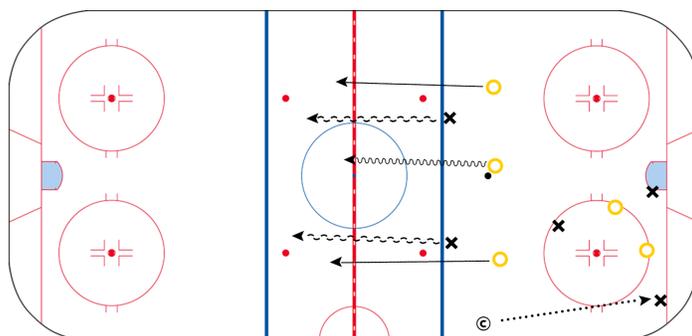
10 mins

Description:

Coach activates 3 low X's for 3v2 against O's.

On whistle, 3 O's take off against 2 X's as the players in the low 3v2 join (x's backcheck, o's join the rush)

Play out 5v5 with option to add second puck at far end



Description:

2v2 in the designated small area. Can use a marker if no access to bumpers. O player below the goal line and X player up top can only move side to side. Players involved in the 2v2 must pass to their support teammate on any change of possession. High support player can shoot and low support player is allowed to jam puck to the net. Players have to work to win space in the net front and work to get open.

Switch which team has high/low support each shift.

