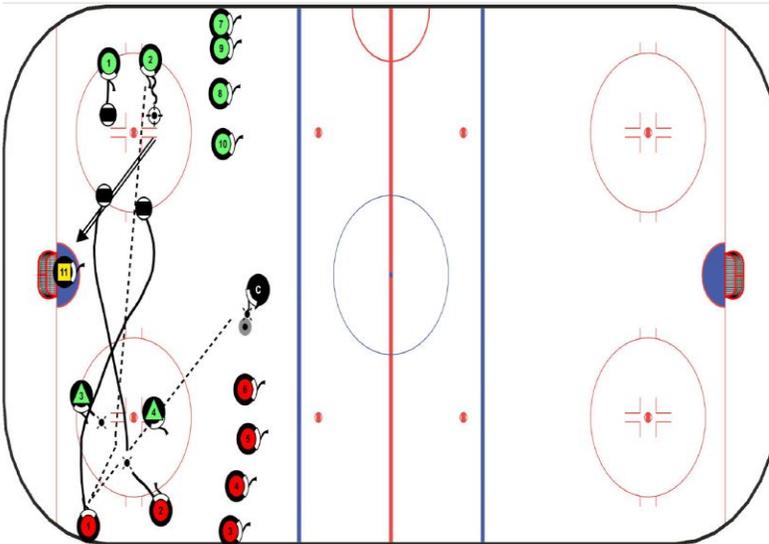




# DWL - 2020

## 1 - HARVARD 2V2 CONTINUOUS



TIME: 10

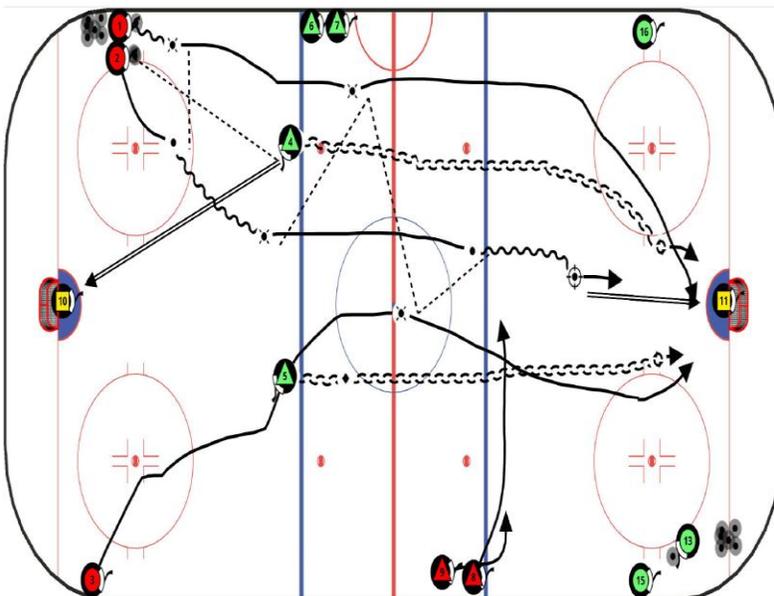
### DESCRIPTION:

Coach starts drill by passing puck to players on the wall who play 2 v 2 against defenders. Defenders must strip puck and pass to teammates along opposite wall who will now be on offense. Original offense will go to defense and original defense will go out.

### KEYPOINTS:

- Defending while tired
- Execute
- Compete

## 2 - 3 V 2 RPI CONTINUOUS



TIME: 10

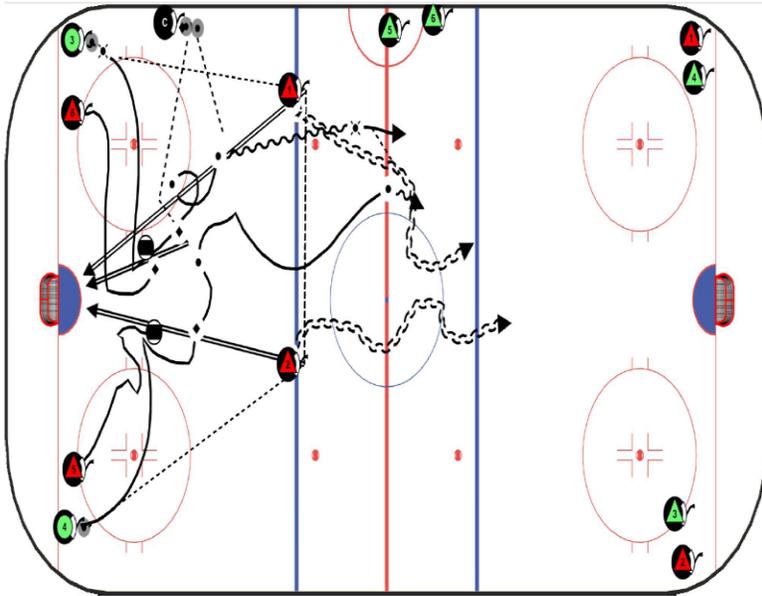
### DESCRIPTION:

Starts with pass from corner to D. D shoots then forwards go on 3 v 2. Play to the whistle. On whistle other end forward passes to new D coming in. The forwards from the 3 v 2 crush the net (take away goalie eyes with one for high rebound). D from 3 v 2 pick up forwards. New D take shot after shot new 3 v 2 go to other end.

### KEYPOINTS:

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### 3 - 2V2 4 PUCK



TIME: 10

#### DESCRIPTION:

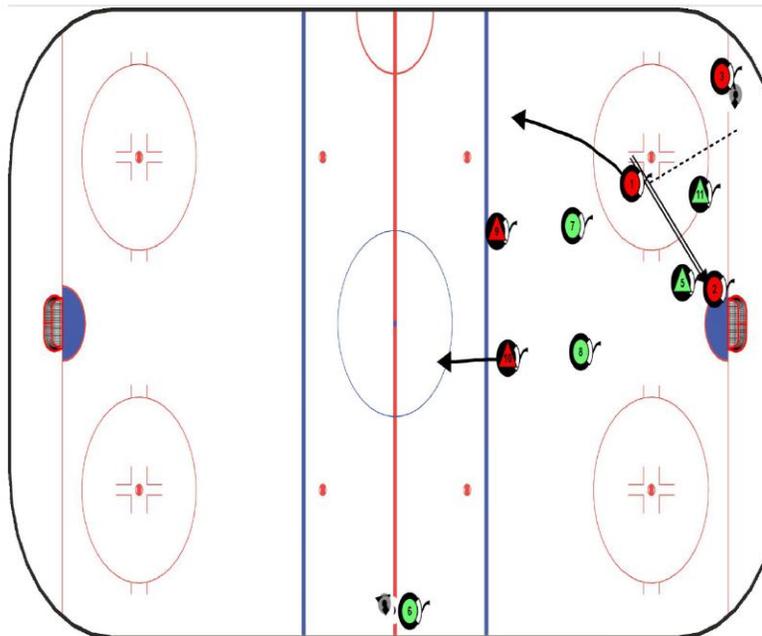
F3 passes to D1 who passes to D2 as F3 goes to the net against D6 for a tip/rebound (play it out). On whistle, F4 passes D2 who passes to D1 as F4 goes to the net against D5 for a 2v2 net front scenario. On whistle, Fs try to get open and get a pass from coach to have a 2v2 net front battle. Whistle blows, Fs will get another pass from coach and go full ice 2v2.

#### KEYPOINTS:

Net front presence  
Compete

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### 4 - CORNELL BACKCHECK



TIME: 10

#### DESCRIPTION:

3 (F1, F2, F3) v 2 (D2, D3) downlow. Whistle blows player (F6) from red line will skate behind the far net. D9 and D10 will come back hard. F7 and F8 will join rush. Players F1, F2, F3 will backcheck. D5 and D11 come down and make it 5v5.

#### KEYPOINTS:

Backcheck through dots  
Defensive positioning

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