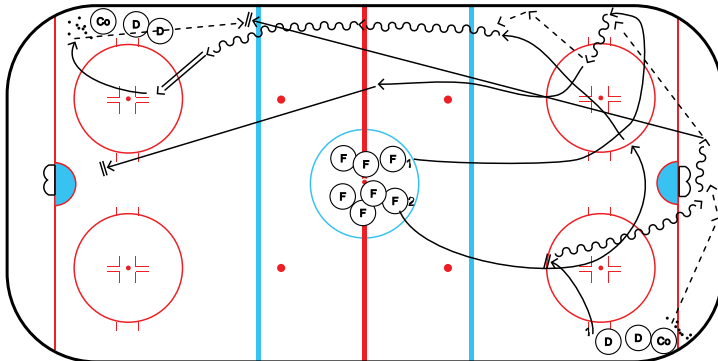


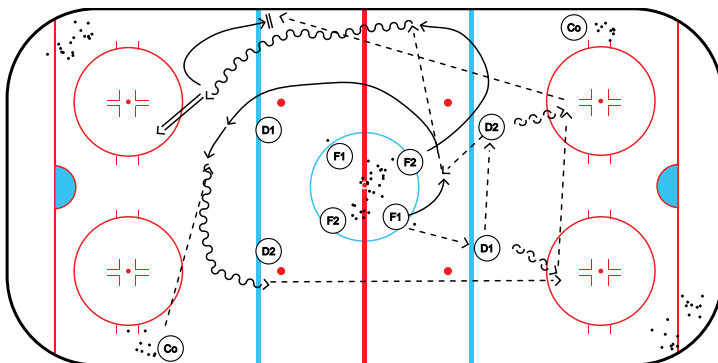
2 v 2 Puck Protection

2 v 2 (X vs O) players must battle for puck possession and retain puck support by small area puck protection or by an outlet to the first player in the line matching the same colour. Each whistle initiates a new 2 v 2 with a pass to any player at the front of the line. Field of play is the space between the blue lines.



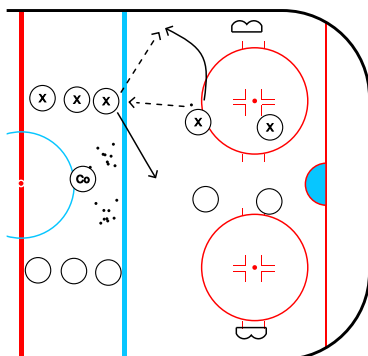
Running with the Bulls

F12 move low to support a break out pass from D1 after he gains the back of the net. Pass to F1 who steps to the middle and chips up the board to F2, F1 now takes the middle lane to drive the net. All 3 players sprint up ice and shoots on the rush, the shooter curls to the near corner and passes low to high to D1 who walks and shoots at the net. Players sprint back to the line (shift length) after each rep...both sides perform the rep in each end. Progression of passes are 1: D to W; 2: D to Middle; 3: D to W back to D (Change sides)



Flyers Quick Up

Part 1 as depicted - short passes to send F2 for shot and regroup. F1 curls behind opposite D for pass from coach. Part 2 transition pass from Defensemen up ice to create 2 v 0 attack. Part 3 low to high pass to D2 in ozone for shot and screen or tip in at the net.



2 v 2 / Reward 4 v 2

Starts as a 2 v 2 (ideally drop the puck) and during the progress of the game before a goal - the players change on the fly. Extra players are lined up in single file outside the zone and they cannot interfere with the play intone. Either team may add a maximum of 2 additional players provided that a proper direct pass is executed ie passer in the field of play must receive the direct return pass tape to tape. The field of play is the entire end zone. On goals against the game is re-set with a new face off.