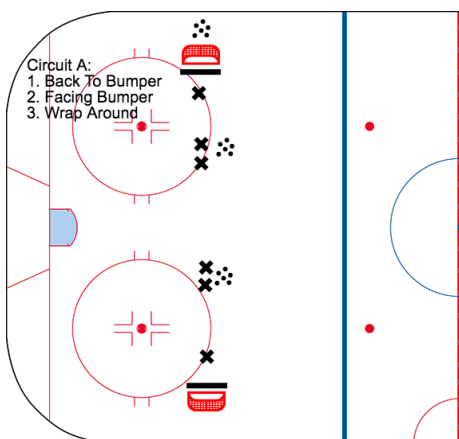




## Swedish Bumper Scoring Skills

5 mins



Circuit A:

1. Back To Bumper
2. Facing Bumper
3. Retrieve Loose Puck Behind Net - Wrap Around

Circuit B:

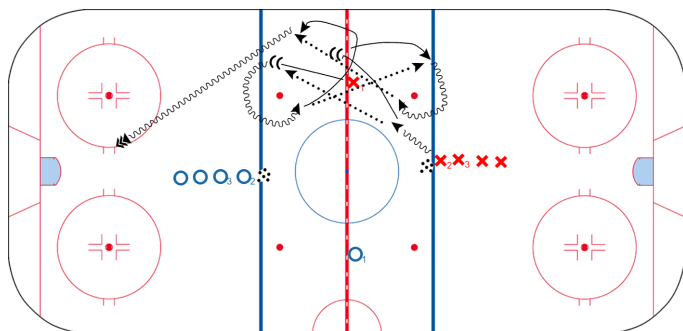
1. Back To Bumper
2. Open Up To 1 Timer Side, Pass From Line
3. Come Back to Middle In Motion, Pick Up Loose Puck Off Bumper

### Key Points

- Hands In Tight
- Elevate Puck
- Feet Move
- Find Loose Pucks

## Crazy 8's

8 mins

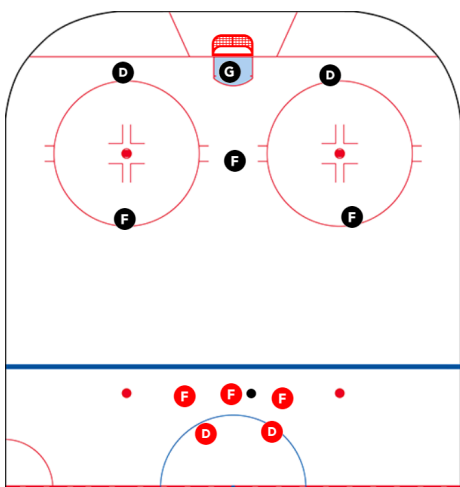


X1 takes off forwards and pivots backwards and receives a pass from X2. X1 skates forward around offside dot. X2 follows pass and opens up on other side of the redline pivots and receives pass back from X1. X1 now opens up on the other side of the redline and receives back from X2 who has skated around offside dot. X1 then goes in for a shot. X2 now pivots backwards and restarts the drill with X3.

"Both sides same time"

## 5v5 Mystery Puck

10 mins



Players in black are defensive players

Players in red are attacking

One player in red has puck hidden in glove or hand

First whistle: Red enters the zone with the puck hidden moving around the offensive zone trying to get loose

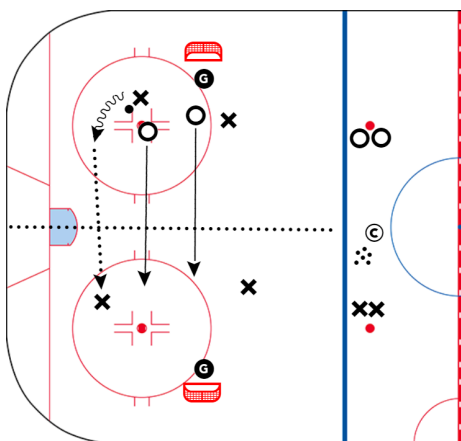
Black finds their man defensively and stays with them

Second whistle: Player hiding the puck for red drops it and the two lines play out 5v5

### Key Points

Man on man defense

Communicate and identify who you are covering



-There are also two players placed behind the backcheckers (other 1/2 of ice).

-When the backcheckers gain possession of the puck, they then break out the two players on their team waiting to attack the other way.

-After the offensive players are stopped, they become the backcheckers.

-The shift is as follows: start on offence, move to backcheck, lead the breakout, and then change.

-If there is a goal on the rush, a new puck is introduced for a 2v2 battle low

-Offensive players waiting should be no deeper than the inside hash marks