



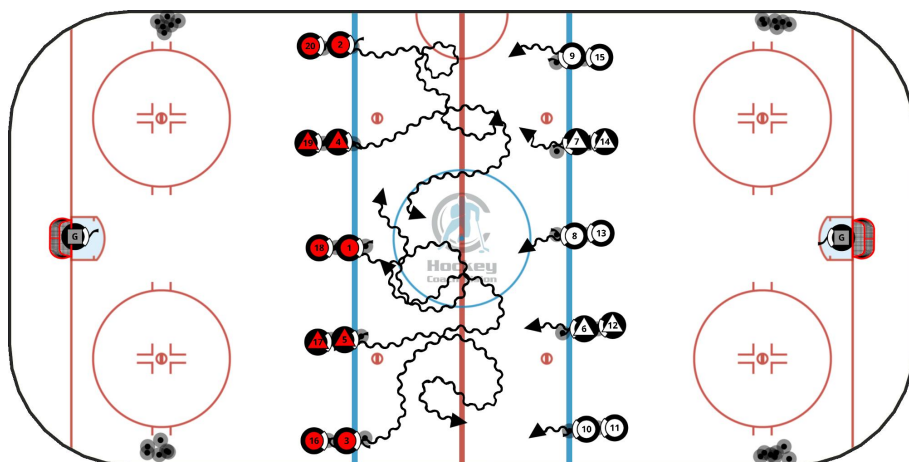
DURATION: 40 min.

DESCRIPTION:

- 1) Warm Up
- 2) Back Check to LZD
- 3) PP SAG
- 4) Conditioning Low Zone Grinder

KEYPOINTS:

1. DOUBLE SCRAMBLE



TIME: 10 min.

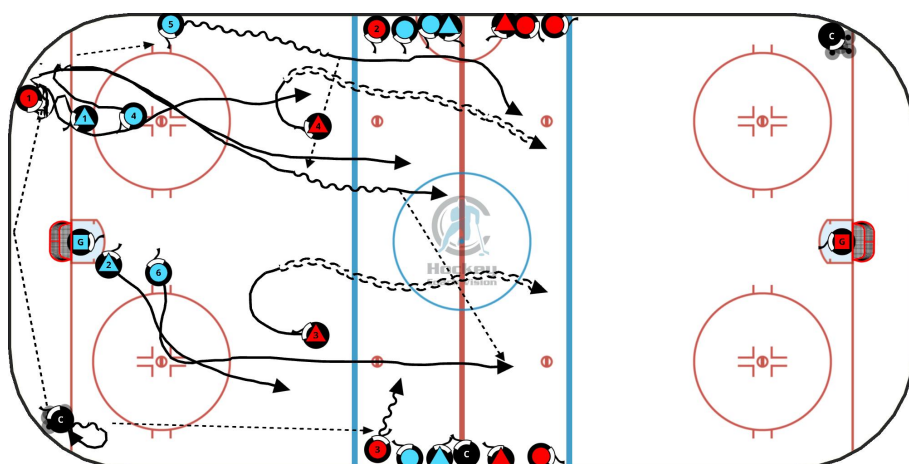
DESCRIPTION:

- Two teams line up on opposite blue lines.
- Start with 5 players from one side who move into middle zone stick handling in a random pattern.
- after 10 seconds, forwards skate forwards into the opposite zone for shots as Defensemen go back towards the other zone for shots.
- Coach starts second line of players 5 seconds after first group so that 10 players are skating randomly in the

KEYPOINTS:

- Heads up skating and stick handling.
- Warm up for goalie so start with long shots.

2. 3V3-2V2 GRINDER



TIME: 10 min.

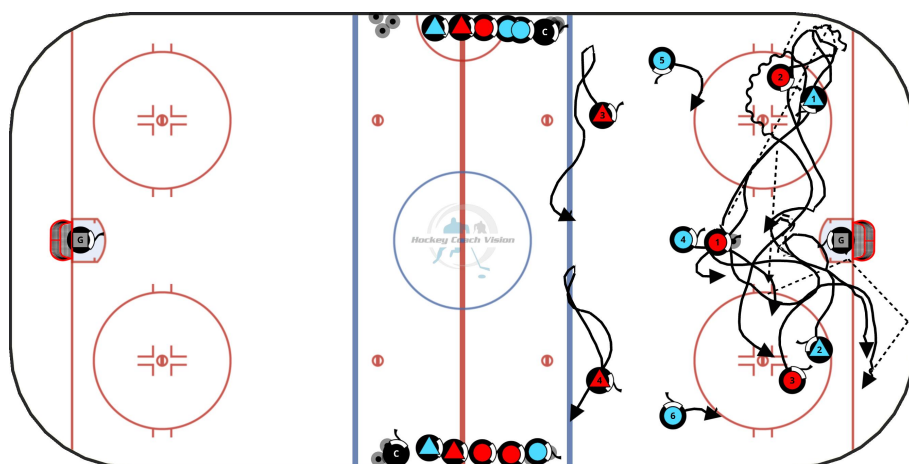
DESCRIPTION:

- Backchecker F1 sets up low. F2 and F3 high at blue line. Attackers set up around F1.
- On whistle, Coach passes to F1 as D1 tries to pin him so F4 can recover puck and go. F1 back checks hard.
- After F4, F5 and F6 clear the zone, coach passes another puck to F2 or F3 to attack back 2v2 against D1 and D2

KEYPOINTS:

- 2v2 and 3v3 are played at same time in both ends.
- If attackers score or defenders clear the

3. 11 TROY BACK CHECK TRANSITION/SUPPORT READ



TIME: 10 min.

DESCRIPTION:

- F1 starts play by chipping a puck to either corner then jumps in to support and create a quick 2@1 out of the corner.
- F3 moves to high slot to provide support and pass option.
- D1 and D2 must always force the puck carrier.
- Coach can allow play to continue 3@2, finishing with a low to high pass to high D for a point shot, before throwing new puck to F4, F5 or F6 for a counter attack the other way. In this option, Coach

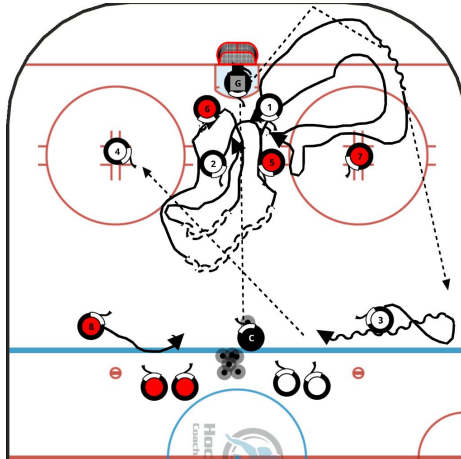
KEYPOINTS:

- Quick Transition from defense to offense and offense to defense.
- On breakout transition, all back checking



Notes:

4. 4V2 ROYAL ROAD SIG



TIME: 10 min.

DESCRIPTION:

- Coach starts 2v2 play low with a shot off of the goalie.
- Four extra players set up, two on the blue line and two on opposing face off dots from high players.
- The team that recovers the initial shoot in is on attack. They must pass to blue line player or dot player before attacking the net.
- If defenders recover a loose puck, they must also pass to the blue line player or dot player before attacking the net.

KEYPOINTS:

- High blue line player can move along the blue line until mid ice. Dot player must stay close to the face off dot.