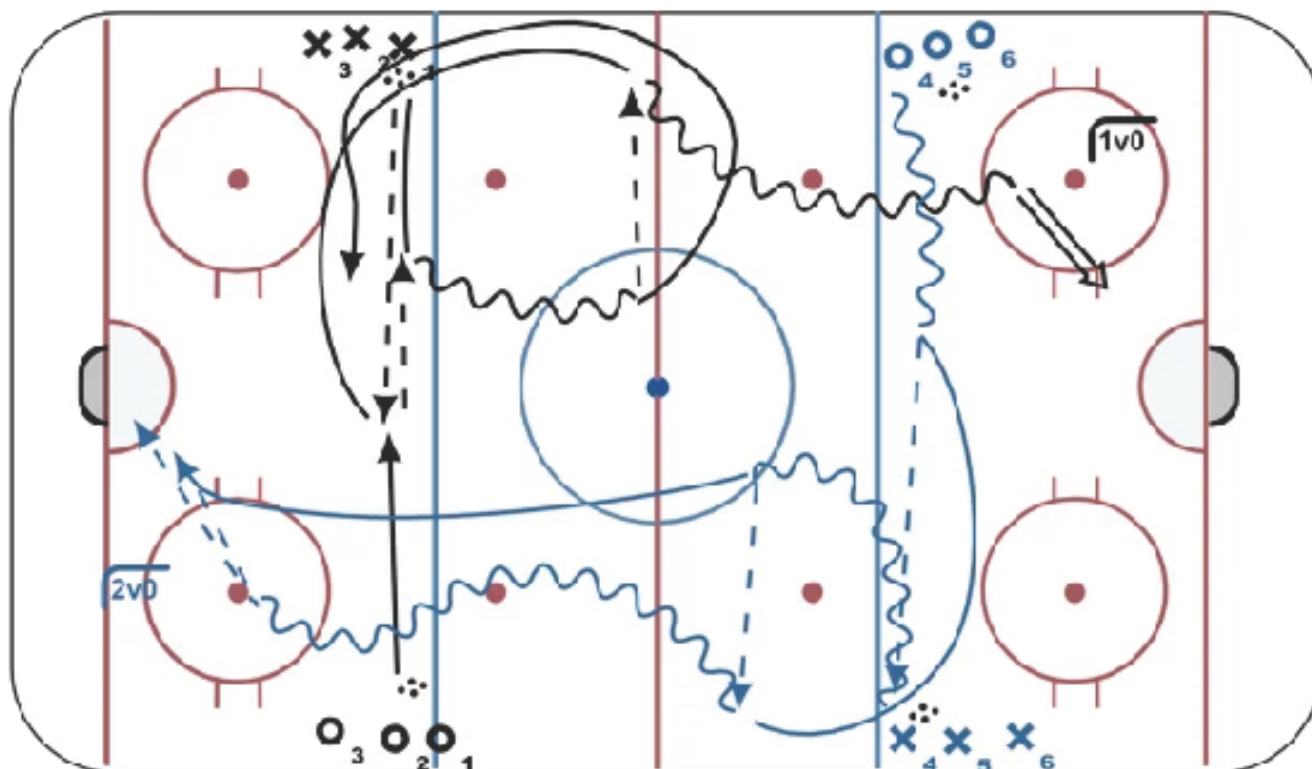


Bulldog 1v0/2v0 drive drive



Description

O1 starts without a puck

X1 passes to O1 who passes back and goes under x1 leaving their line

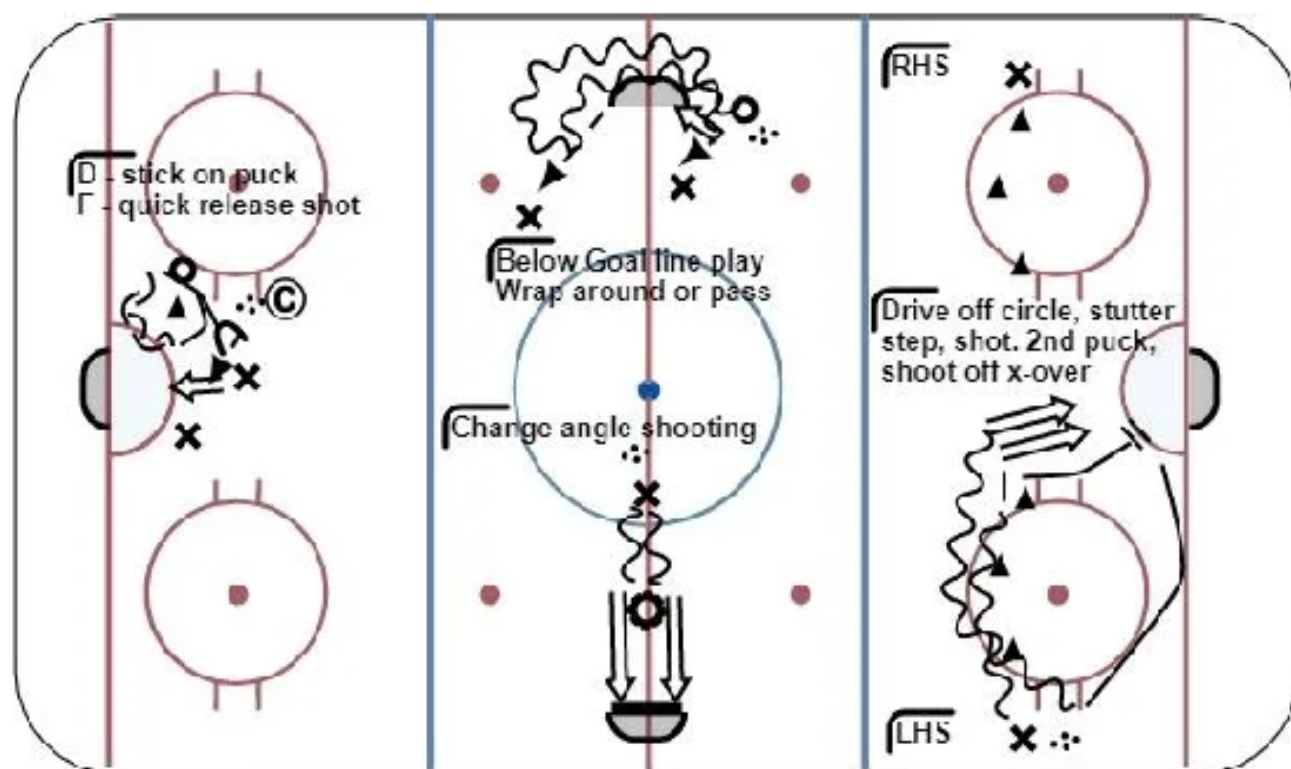
x1 turns up ice with the puck and passes to o1 along the wall (lateral pass) - O1 goes in for shot

X1 then crosses over hard to the wall and comes back towards line to start the drill on the other side

Continuous - both sides at same time

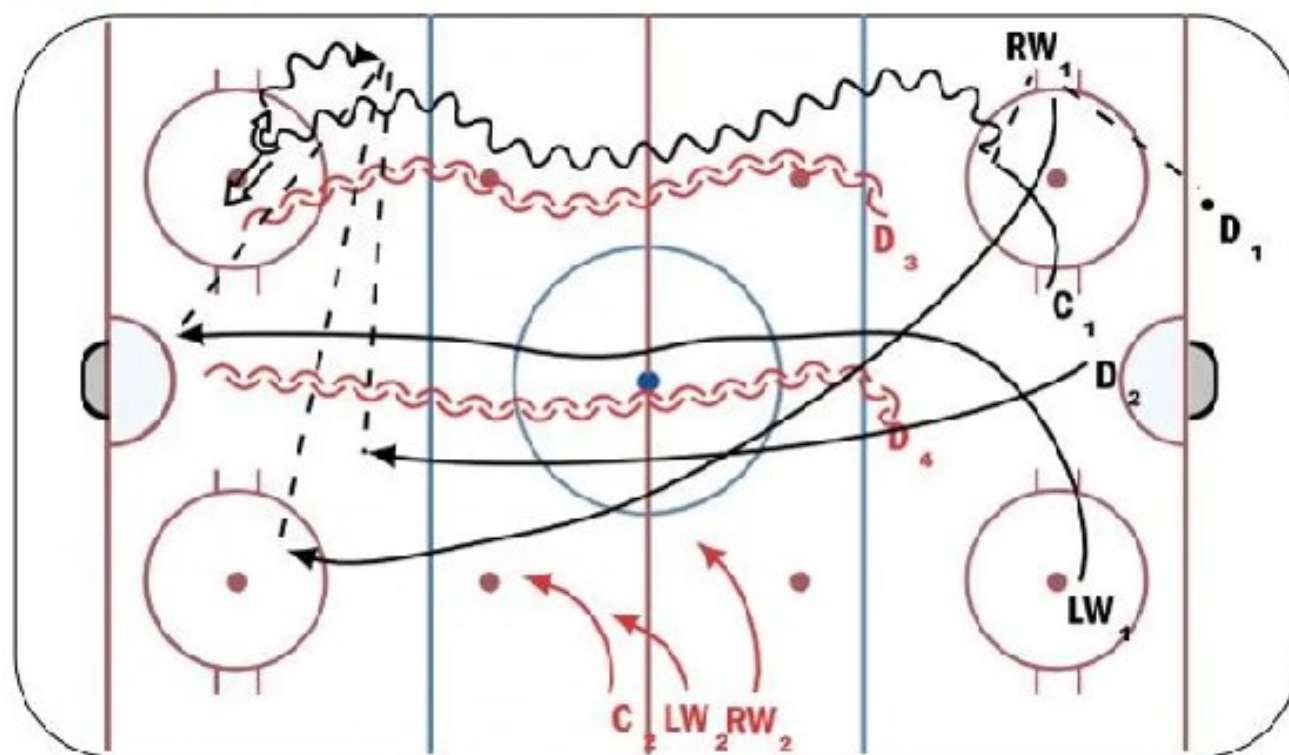
Progression: x1 becomes middle drive

Skills 2



Description

5v2 continuous



Description

Drill starts as BO, 5v2

D2 (or D1) MUST join the rush... D1 changes (after rush, D2 looks for opportunity to change)

C2 joins D3/D4 on defense after 1st scoring chance

LW2/RW2 join after 5-7 seconds to complete DZ coverage - becomes 5v5

Defensive group needs to gain possession and BO vs fresh D

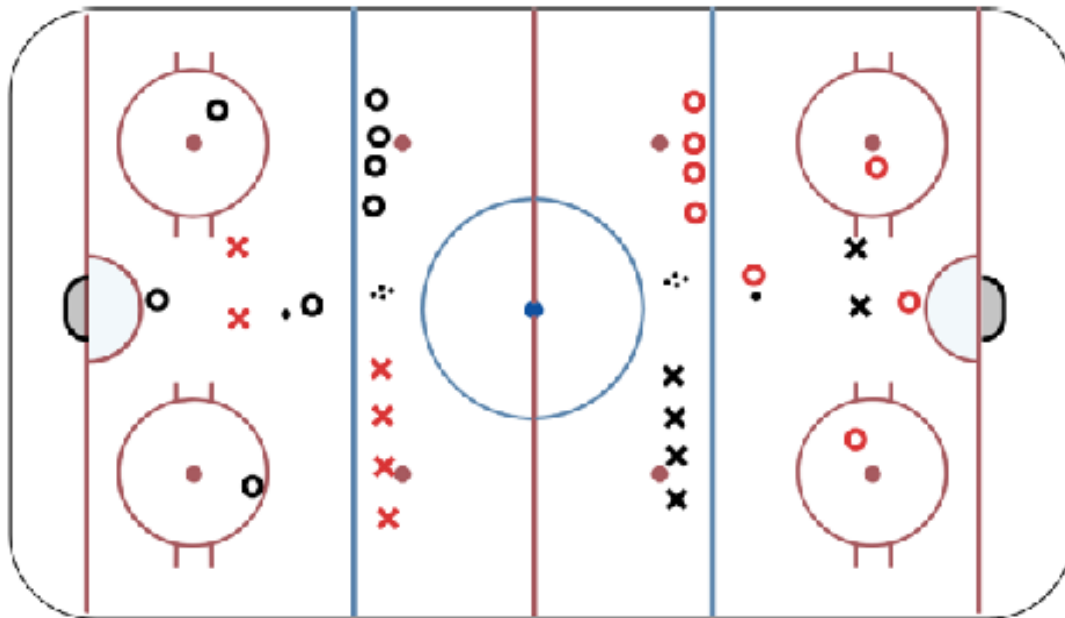
Next C/LW/RW ready to jump in after rush

*Goal or whistle = automatic possession for Defensive group

*Double whistle = STOP, teaching moment

Tags: 1. Create quality scoring chance off rush, 2. Communicate in DZ, 3. D join rush then change

Lake Louise 4v2 x 2



Description

4vs2 at both ends. Point is awarded for team on offense for each goal. Point is awarded for team on defense every time they skate puck out of zone with full control.

Tags: Attack downhill, Net front presence