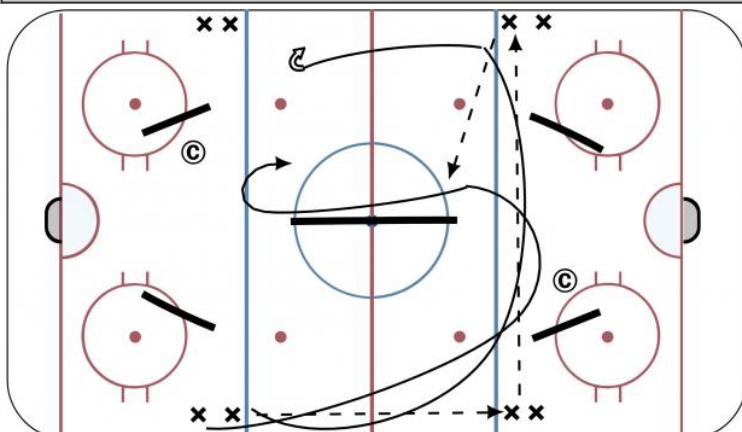




2 Man Hurricane - 10 mins

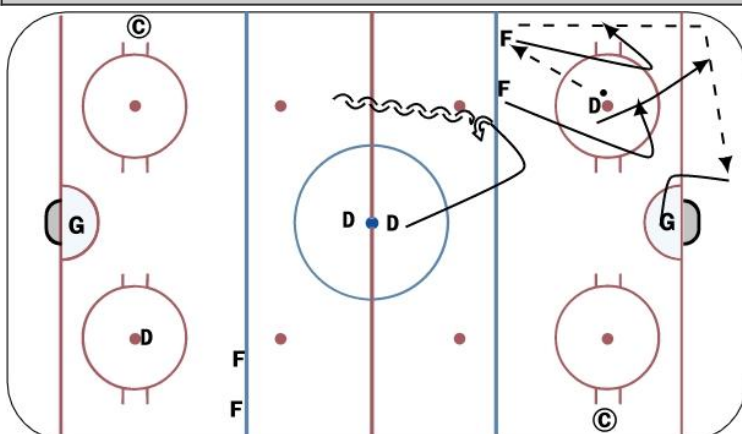
4:00pm



- Take ice - come below blueline - 2nd player (DON'T BE IN X1's WAKE!) be an outlet
- Pass goes to X2 in middle who bumps it wide to X1
- Pass to coach and open up to attack 2 v 0 in other direction
- HAVE TO HAVE MIDDLE DIRVE
- BOTH PLAYERS STOP IN FRONT OF NET

Spartan 2 v 1 - 10 mins

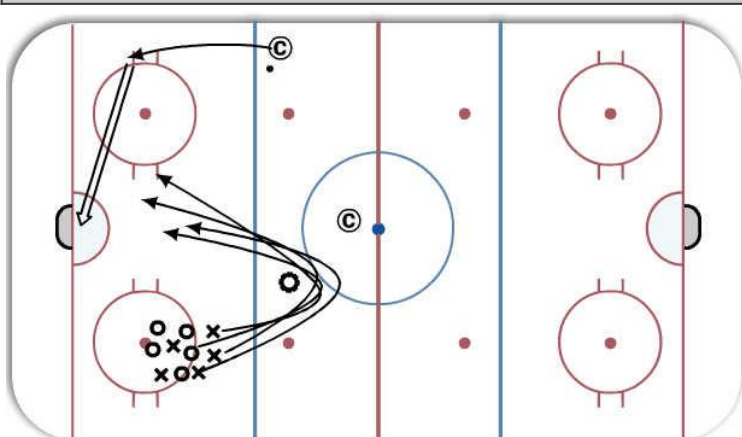
4:10pm



- D wins draw back to FWDs at blue
- FWD wraps puck - Goalie gets out to play puck
- D communicates with Goalie (FLARE or WHEEL)
- FWDs support D for breakout (open up, present stick, middle support)
- D in NZ gaps up to play 2 v 1
- As FWDs enter OZ, puck gets chipped low into cycle OR puck carrier "escapes" and chips low to supporting FWD who initiates cycle
- Take puck to net (2 v 1)
- SAME THING AT OTHER END

Knights DZC - 10 mins

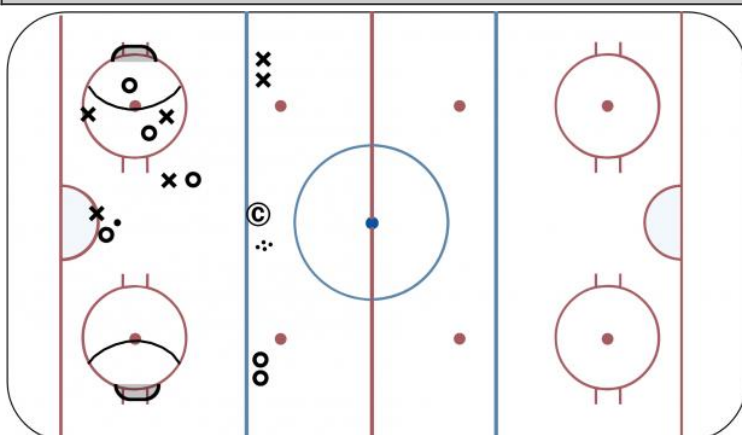
4:20pm



- Drill starts with 5 offensive and 5 defensive players all together
- On whistle, all players skate around tire and come back into zone
- Coach (or one offensive player) skates with puck and places a low shot on goal for rebound
- Offensive team works to gain possession
- Defensive team works and communicates to identify DZC responsibilities and shape

Hot Spot 4v4 - 10 mins

4:30pm



- 4v4 cross ice
- A goal can only count if the offensive team has at least one player in the expanded crease
- The objective is to get offensive players and pucks to the critical area
- Do NOT need to pass to coach on change of possession