

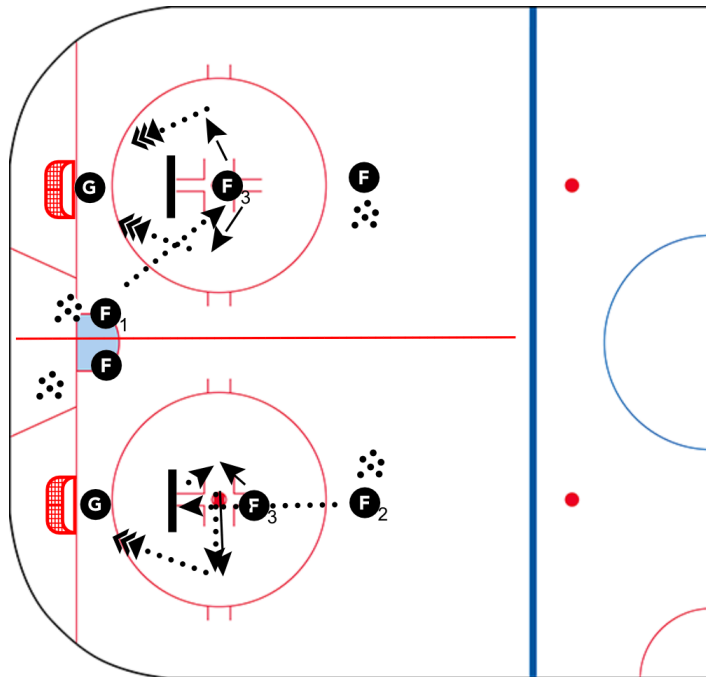


# DOW 2021-22

DOW 2021-22 - Thanks for hosting this Enio!

## Bumper Circuit

10 mins



### Description

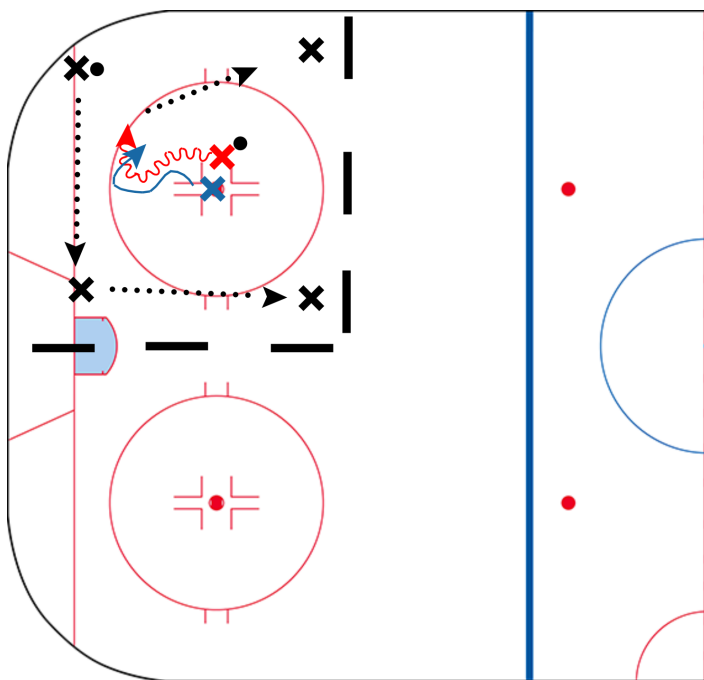
F1 passes to F3 who catches pass and uses a quick fake/lateral move to create a shot.

After shot, F3 resets quickly and receives a puck played off the bumper by F2, and reacts using a quick fake/lateral move to create a shot.

### Key Points

Quick puck delivery to net - use lateral push to create power and change shot angle.

Builds skills to enhance finding space, changing puck angle pre-shot & puck protection.



### Description

4 x **X** are in a box with a puck. They must pass their puck around between the four players using good communication and eye contact to keep that puck moving. While doing this they will also be aware of the 2nd puck being passed to them from either **X** or **X** who are playing keep away inside the box.

**X** & **X** are in the middle of box with another puck playing keep away. They can pass to any of the 4 Xs in the box but cannot play the puck to an X who already has a puck.

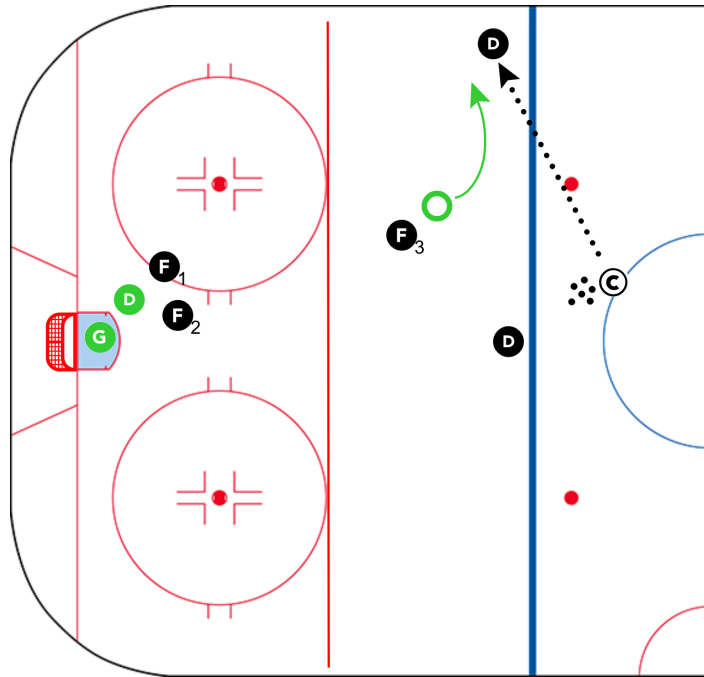
Play for ~20sec then rotate players.

### Key Points

Awareness/Vision

Puck protection & evasive skating

Communication



### Description

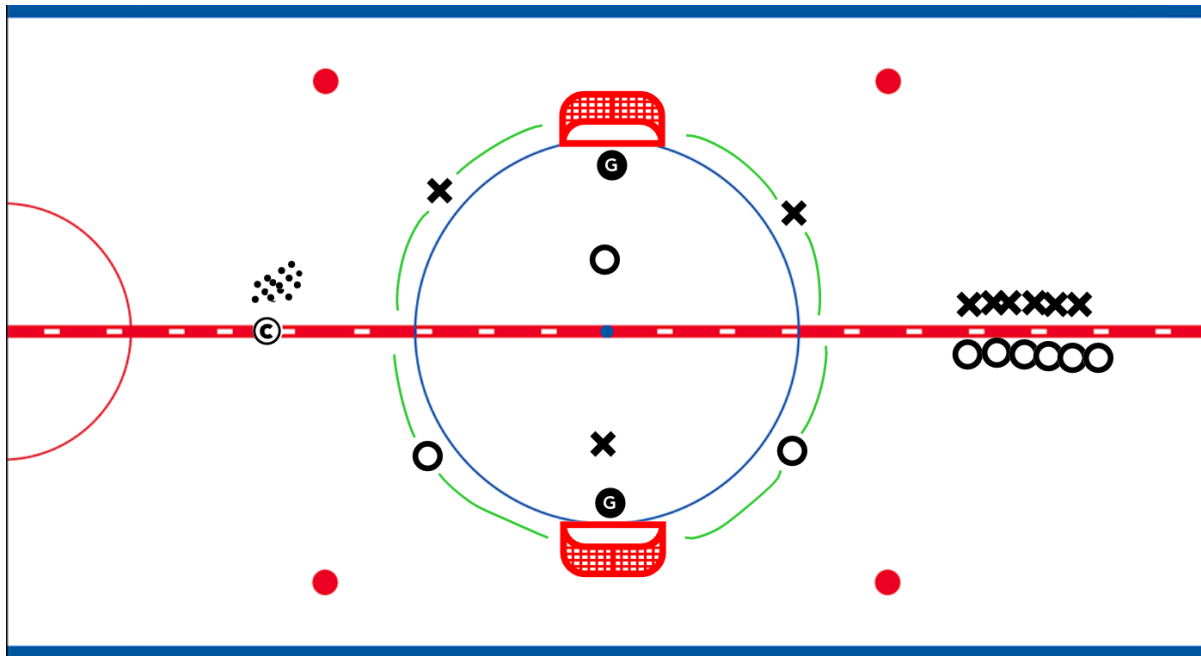
Black team starts with puck from C and use 3v1 advantage to allow each offensive player to touch the puck before transitioning the puck to their low Fs. Game is live after that (5v2).

Add-ons: Can add a 2nd defensive player below the tops of circles to create a 2v2 low/5v3 game.

Play out until a whistle.

### Key Points

Black team (high) must make good decisions to move the puck quickly and then transition to their low players to start offensive play.



### Description

Game sets up as drawn. Players outside the circle can slide from post to redline but cannot enter the circle (they can reach in circle/across redline with their stick). Players in the circle have to stay on their half (cannot cross the redline).

C dumps puck into the circle and the game plays out with the offensive team trying to use their possession to score. Defending team tries to win puck and counter attack.

C will spot a new puck if there is a goal, pucks go out of play or are covered by the goalie.

2 Pass rule every change of possession.

30 sec shifts

Play game to 5 - can have bonus point for backdoor goals (count as 2)

### Key Points

Deception = use deception to create pass/shooting lanes

Read & React = let the puck do the work; utilize good skill/tactics (hook & slip passes; look off passing; etc)

Use the whole space you have = slide into pockets to be an easy pass target and stay dangerous.

Decision making = need to be a step or two ahead of the defenders

