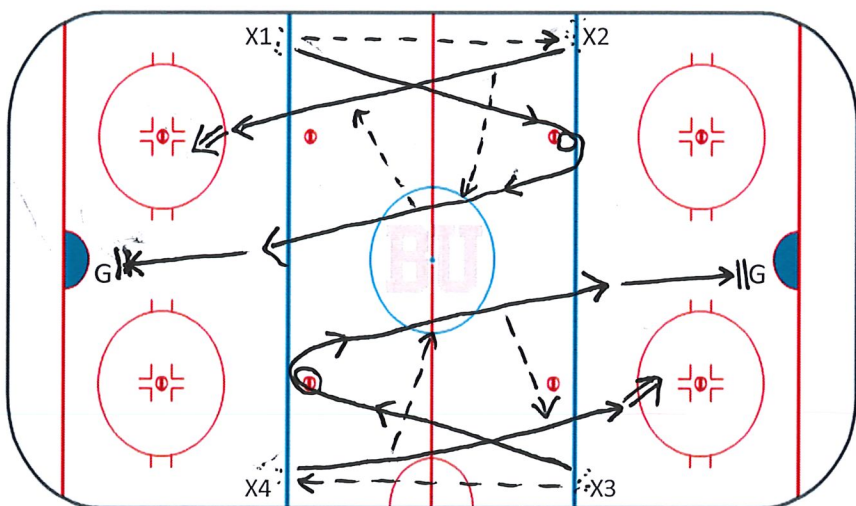


### SKILL DRILL – NZ STICKHANDLING

(puck handling, deception, shooting)

Warm up skill drill for forwards and defensemen. X1 and X2 leave at the same time with a puck skating diagonally through NZ. At each set of cones, execute a fake move right then wide stick handle move around the left side of cones. After the last set of cones, X1 makes a 5-foot pass to X4 while X2 does the same with X3. After that pass, X1 and X2 skate wide down the wall and receive a pass from their original line for shot on goal.

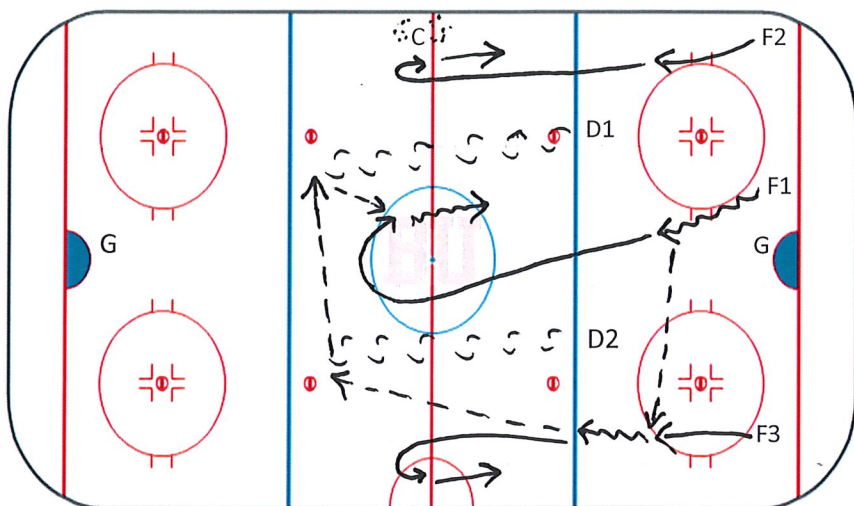
Adjust cones and start players from other side to execute fake move left then wide stick handle move around right side of cones.



### WISCO 2 on 0 / 3 on 0

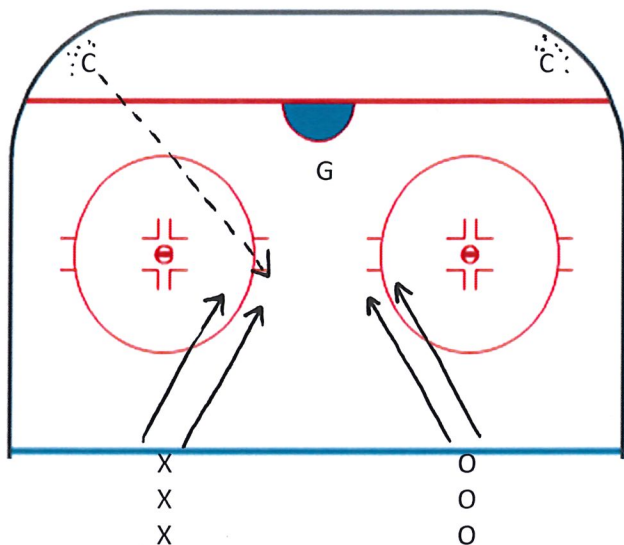
(passing, timing, middle lane drive, shooting)

Rush offense drill for forwards and defensemen. Lines diagonally across from each other go at same time. On whistle, X1 skates toward X2 with a puck exchanging a few passes while X3 and X4 do the same. At the dot, X1 pivots and transitions up ice 2 on 0 with X2 while X3 and X4 do the same. On zone entry, wide angle shot with middle lane drive execution. Allow players to change lanes in NZ skating up ice. Next whistle, other 2 lines diagonally across will go. To make it 3 on 0, only 3 players can go on whistle. X1 and X2 execute same sequence while X3 joins to make it 3 on 0. Alternate directions.



### LONG REGROUP/SHORT REGROUP

(NZ offense, controlled regroup, quick up)  
On whistle, F1 F2 and F3 skate up ice exchanging passes while D1 and D2 backward skate from blueline. When F's reach blueline, F's pass puck to D1 or D2 and then execute controlled/long regroup and attack 5 on 0 for shot at original end with D1 and D2 joining rush as needed. On whistle, coach will spot a puck on defensive side of red line, D1 and D2 sprint to retrieve it while F1 F2 F3 sprint out of OZ for a quick up/short regroup with D1 and D2 and attack 5 on 0 again. F's fill 3 lanes on short regroup. Next whistle, drill starts from other end.



**2v2 ACTIVATION GAME – PLAY UP TO 4v4** (full zone game, one net, teams are lined up on blueline, coaches in corners with pucks, on change of possession players must pass to a coach first before going on offense, a new player can only be added on a direct pass from the coach to that player waiting at the blueline, defensive team cannot cover coaches or opposing players at blueline)

On the whistle, 2 players from each team enter the zone looking for a pass from the coach to start the game 2v2. Encourage the attacking team to create a scoring chance immediately 2v2 by getting to the net. If a team scores, coach will give that team a new puck. If puck leaves the zone, coach will pass a new puck to the team that didn't have possession. Coach will determine shift length. If one or two players have a short shift, coach can let them stay in for next rep. Allow game to develop different situations - 3v2, 4v2, 3v3, 4v3, 4v4. Keep score.

Coaches – Thank you for the great drills this year and best of luck down the stretch!

Quote: "We don't need a perfect plan . . . We need perfect execution."

– Eric Kapitulik

Founder and CEO, The Program

Infantry Officer and Special Operations Officer 1<sup>st</sup> Marine Division