

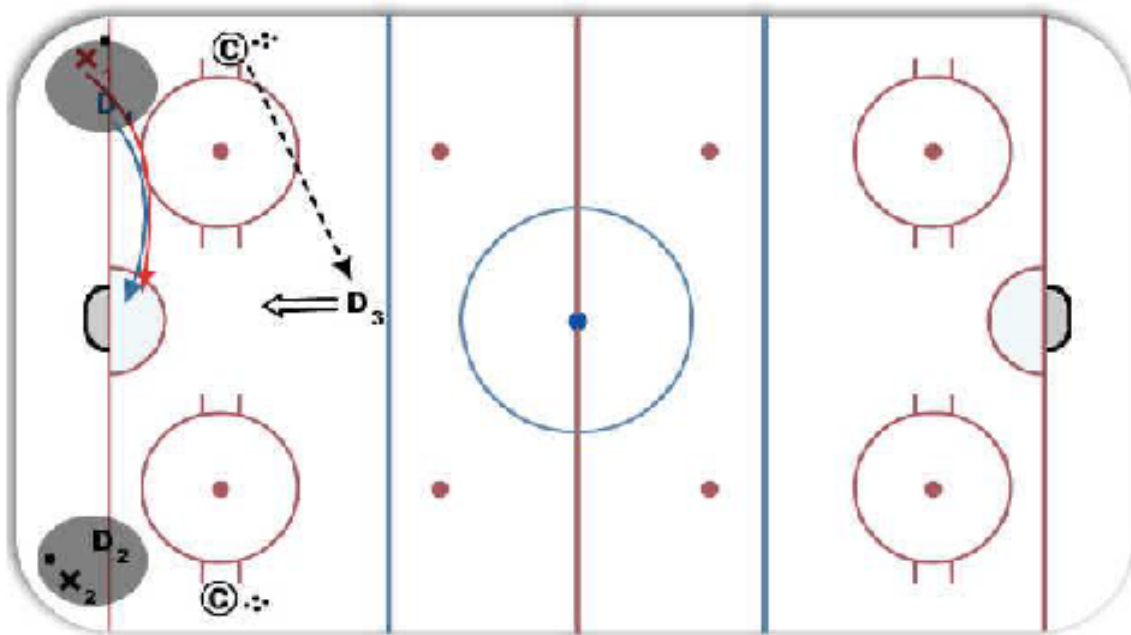
X1 retrieves puck in corner, moves up wall and does cut back just above hashmarks
X2 drives net front and then pops to dot after X1 performs cutback
X3 hovers in high position but then slides back door as X2 pops to dot

Tags: - Timing, - Be "hard" in your routes

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Beat Back



Description

D's and C's play defensive side - try to get a pin

W's play offensive side, protect puck with feet while continuing to move

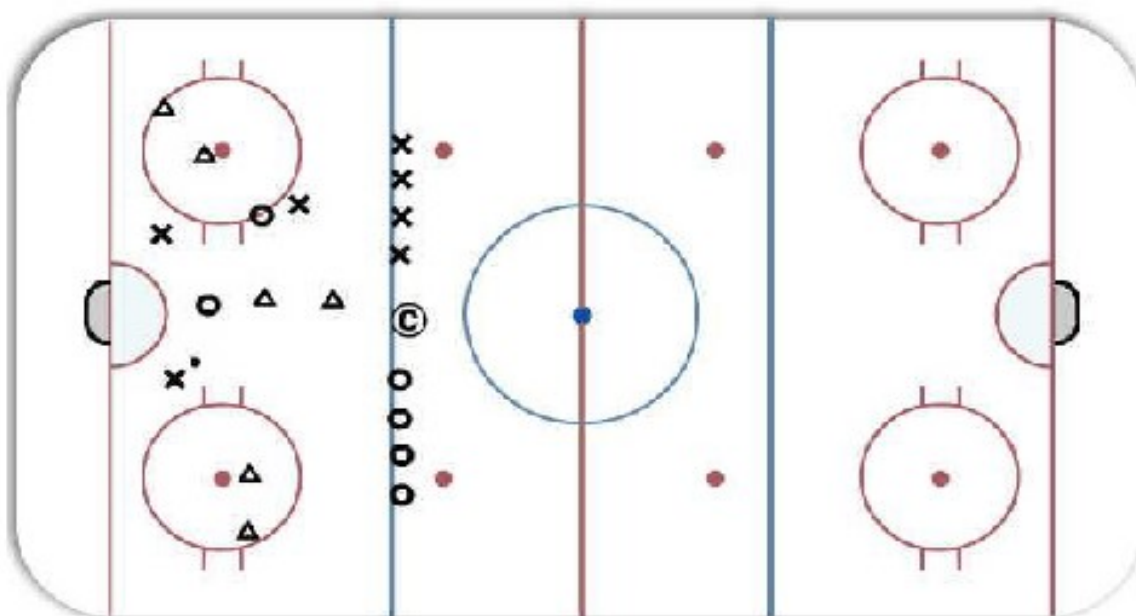
On whistle, Coach will pass new puck out to point for a shot - defensive player must not get beat back to the net!

Tags: DZ pins, Race back to net, Lift sticks in front

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

Gate Game



Description

3v2 (offense advantage)

3 x's work together to try to pass through one of the 3 gates to earn points.
2 o's try to defend

2v3 (defense advantage)

2 x's work together vs 3 defenders to try to pass through the gates

3 o's isolate the puck carrier and try to gain possession. Pass to Coach if possession gained.