

Title : Bull Dogs 1 on 1**Category #1 :**

1 on 1

Category #2 :

Gap Control

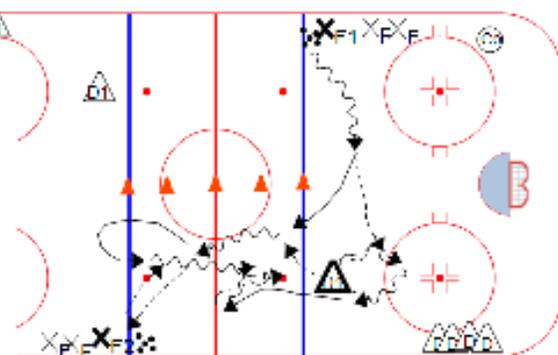
Description

symmetric drill - do same on both sides but stay on own side of cones!

F1 skates towards mid ice and passes to D1 who is retreating, then pivots and heads up ice while returning center support pattern pass

F1 heads up ice and does exchange with F2 while D1 gaps up and they play out the 1 on 1 until each coach provides soft whistle

Can get F2 to join for a 2 on 1

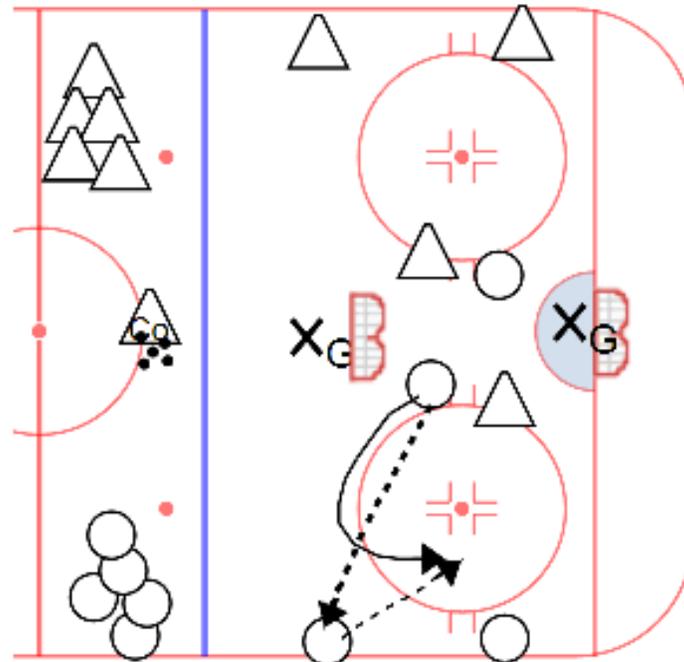
**Key points :**

center support

pass/receive speed

gap

dots

Category #1 : GAMESTitle : Deitrich 4v2v4 PPCategory #2 : COMPETEContent elements: Stick movement speedComponents : Attack Support

Key Points :

support

communicate

anticipate

score

Description

2 v2 in middle of ice

Each team has 2 players who must stay on wall and can only handle puck for 1.0s before pass

Before a team is allowed to shoot they must tag in with either of their wall players...and must they regain possession

Any player on possession team can shoot on either net

Move pucks immediately

Communicate

Get open in ready to score/support position

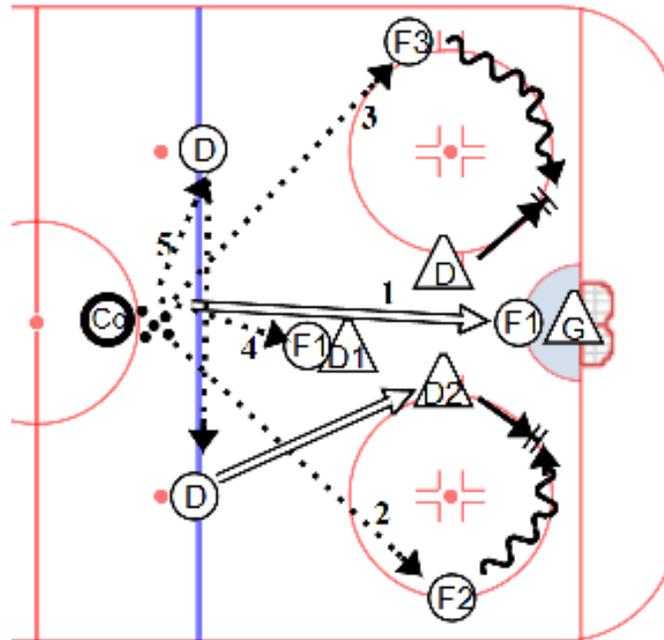
Category #1 : 1 END

Title : Big Box Out

Category #2 : Multi Skill

Content elements: offensive containment

Components : net Front Presence



Key Points :

Description

Diagram indicates STARTING positions.

There are 6 pucks (indicated numerically), each initiated by a coaches whistle.

Puck 1: Coach shoots while F1 attempts re-direct undefended. If puck is redirected to either side of net and D play that puck out as 2v1. On whistle F3/D return to starting position and F1 moves to the other side of net beside D1 (usually a forward).

Puck 2: Coach passes to F2 and plays 1v1 with D2.

Puck 3: Coach passes to F3 who plays 2v2 with F2, D and D2.

Puck 4: Coach passes to F1 who plays 3v3 with F2, F3, D, D1 and D2.

Puck 5: Coach passes to Left Side attacking D on blue line who makes D to D pass followed by a shot while all 3F and 3D play it out.

Puck 6: (not marked for clarity) Coach passes to Right Side attacking D on blue line who makes a shot followed by a shot while all 3F and 3D play it out.

D work to box out net under sticks and work in layers with defending players.

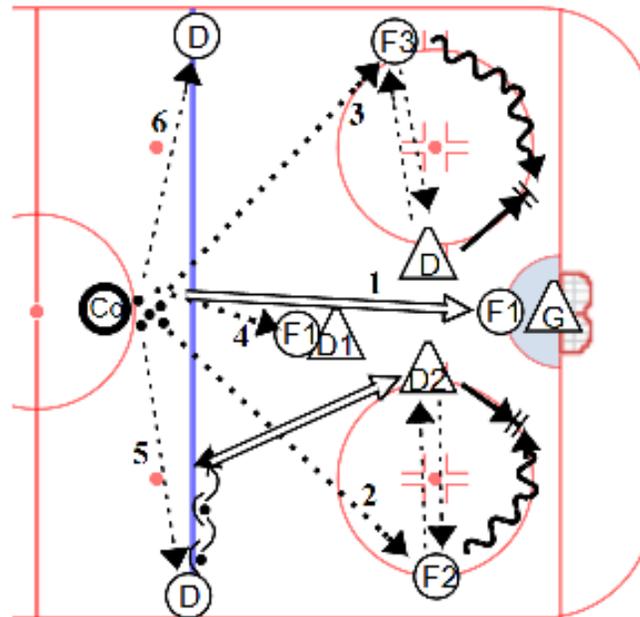
Category #1 : 1 END

Title : Big Box Out 2

Category #2 : Multi Skill

Content elements: offensive containment

Components : set Front Presence



Key Points :

Description

Diagram indicates STARTING positions.

There are 6 pucks (indicated numerically), each initiated by a coaches whistle.

Puck 1: Coach shoots while F1 attempts re-direct undefended. If puck is redirected to either and D play that puck out as 2v1. On whistle F3/D return to starting position and F1 moves to beside D1 (usually a forward).

Puck 2: Coach passes to F2 who does a 1-touch exchange with D2 then plays 1v1 with D2.

Puck 3: Coach passes to F3 who does a 1-touch exchange with D then plays 2v2 with F2, D

Puck 4: Coach passes to F1 who plays 3v3 with F2, F3, D, D1 and D2

Puck 5: Coach passes to Left Side attacking D on blue line who makes D to D pass followed all 3F and 3D play it out.

Puck 6: Coach passes to Right Side attacking D on blue line who makes D to D pass followed all 3F and 3D play it out.

D work to box out net under sticks and work in layers with defending players

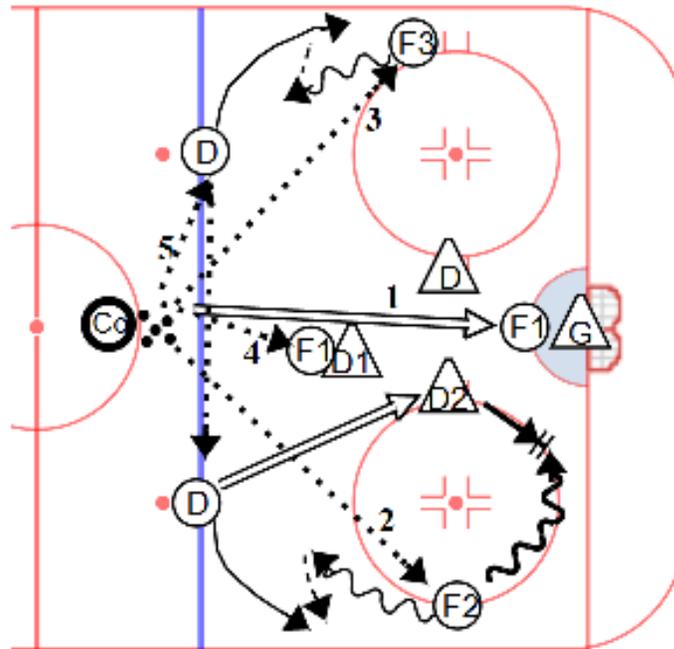
Category #1 : 1 END

Category #2 : Multi Skill

Title : Big Box Out 3

Content elements: offensive containment

Components : set Front Presence



Key Points :

Description

Diagram indicates STARTING positions.

There are 6 pucks (indicated numerically), each initiated by a coaches whistle.

Puck 1: Coach shoots while F1 attempts re-direct undefended. If puck is redirected to either and D play that puck out as 2v1. On whistle F3/D return to starting position and F1 moves to beside D1 (usually a forward).

Puck 2: Coach passes to F2 who does a high cycle with attacking Right D and plays 2v1 ag whistle attacking D returns to STARTING position but is live).

Puck 3: Coach passes to F3 who does a high cycle with attacking Left D and plays 3v2 with D2 (after whistle, Left attacking D returns to STARTING position and is live).

Puck 4: Coach passes to F1 who plays 3v3 with F2, F3, D, D1 and D2.

Puck 5: Coach passes to Left Side attacking D on blue line who makes D to D pass followed all 3F and 3D play it out.

Puck 6: (not marked for clarity) Coach passes to Right Side attacking D on blue line who makes followed by a shot while all 3F and 3D play it out

