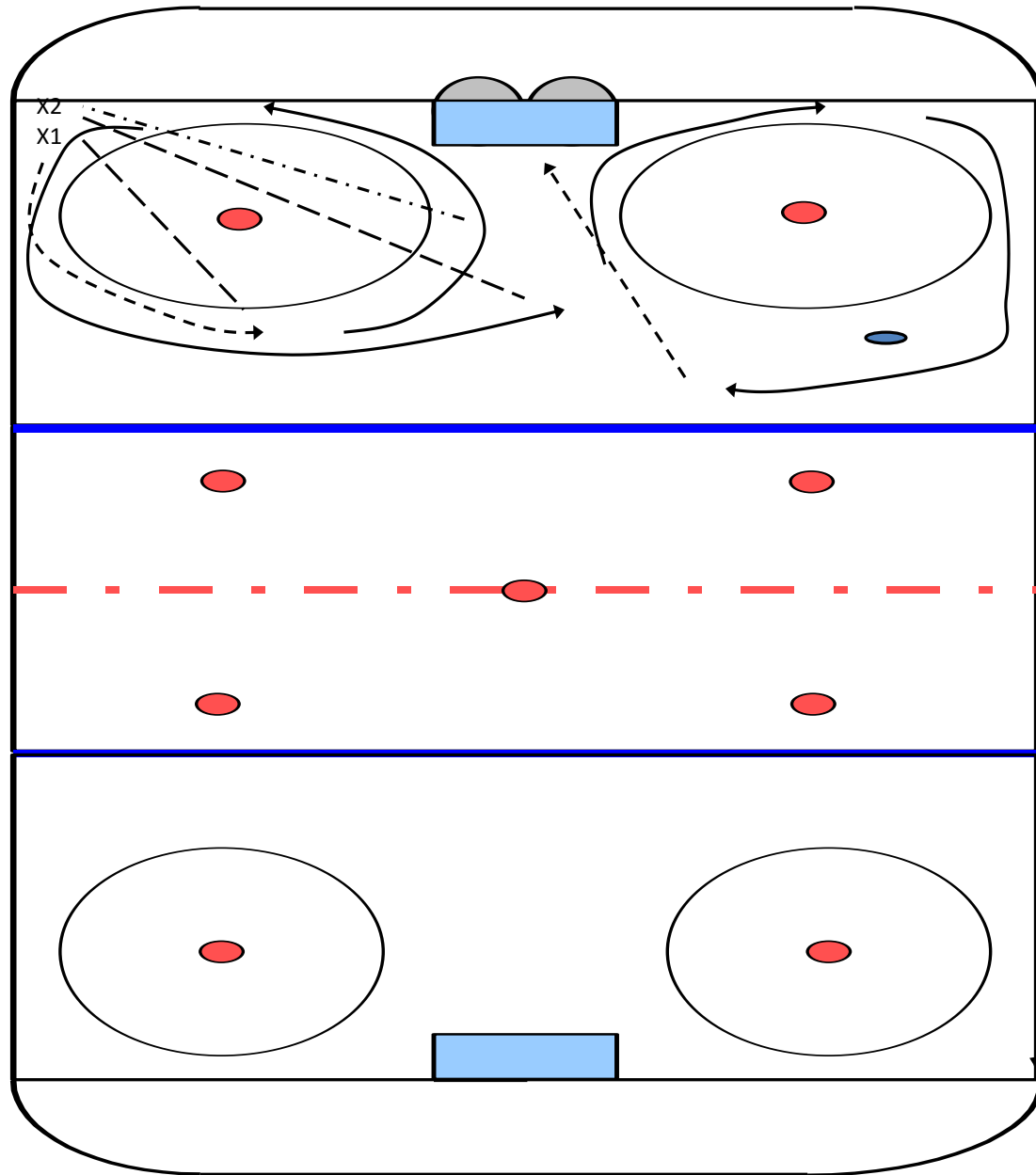


# OSU Circle Give and Go

## 5 Minutes

- 1) X1 faces one direction gets puck and then gives it back
- 2) X1 then continues around the circle to the slot to get a pass for a one time shot
- 3) Skate into corner and pick up puck and back pedal around Tire

Great Skill Drill for Dmen



# NYR Ranger Warm Up

Warm Up

5 min

2 on 0

The guy who doesn't shoot it

Outlets new 2 on 0

Can also make it a 3 on 0

This is Continuous

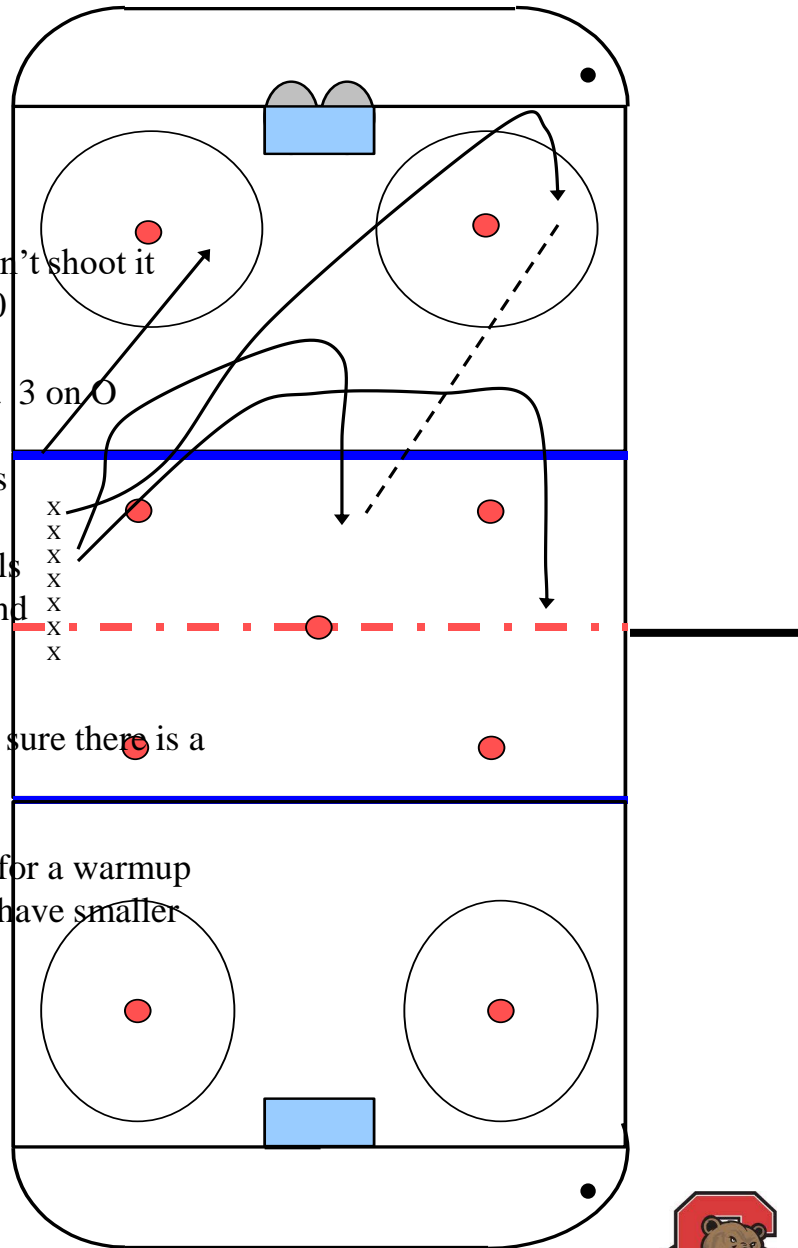
Focus on the details

1) Play the Rebound

2) Drive the Net

For 3 on 0 make sure there is a  
Middle lane Drive

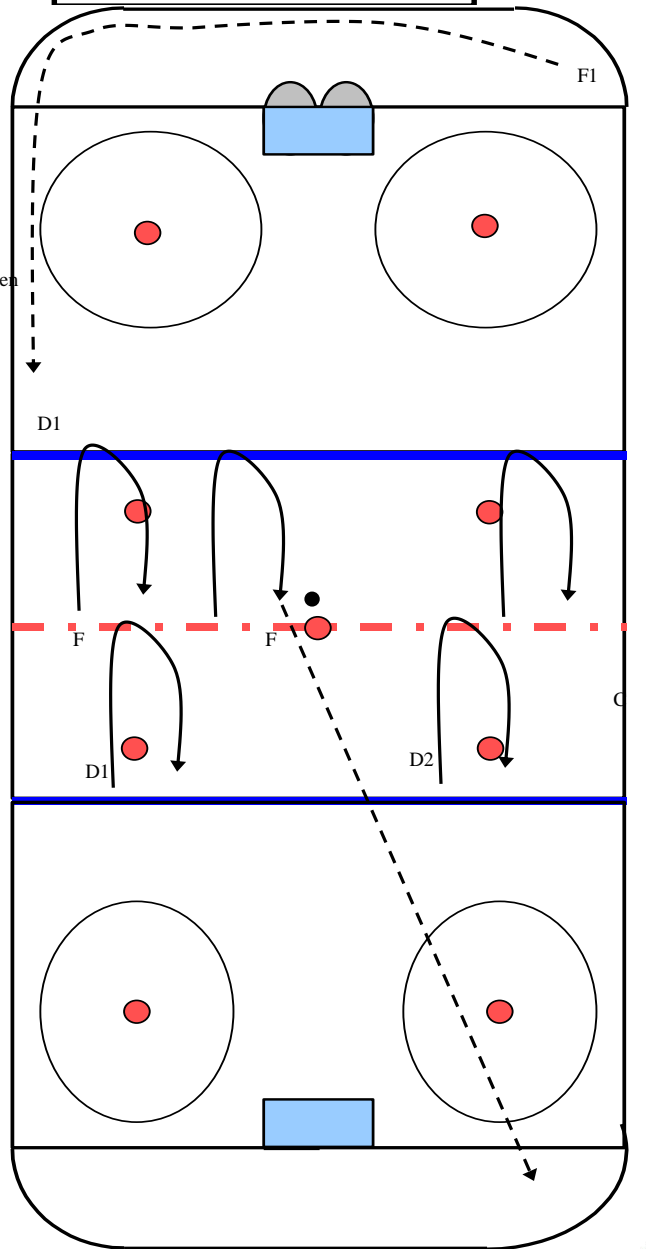
This Drill is ideal for a warmup  
Especially if you have smaller  
numbers



# Caps Breakout to Point Shot/2v1

- 1) 3 Fwds self regroup and then dump the puck in and breakout

Details  
Should Checks on retrievals  
Firm/quick passes/communicate  
On breakouts

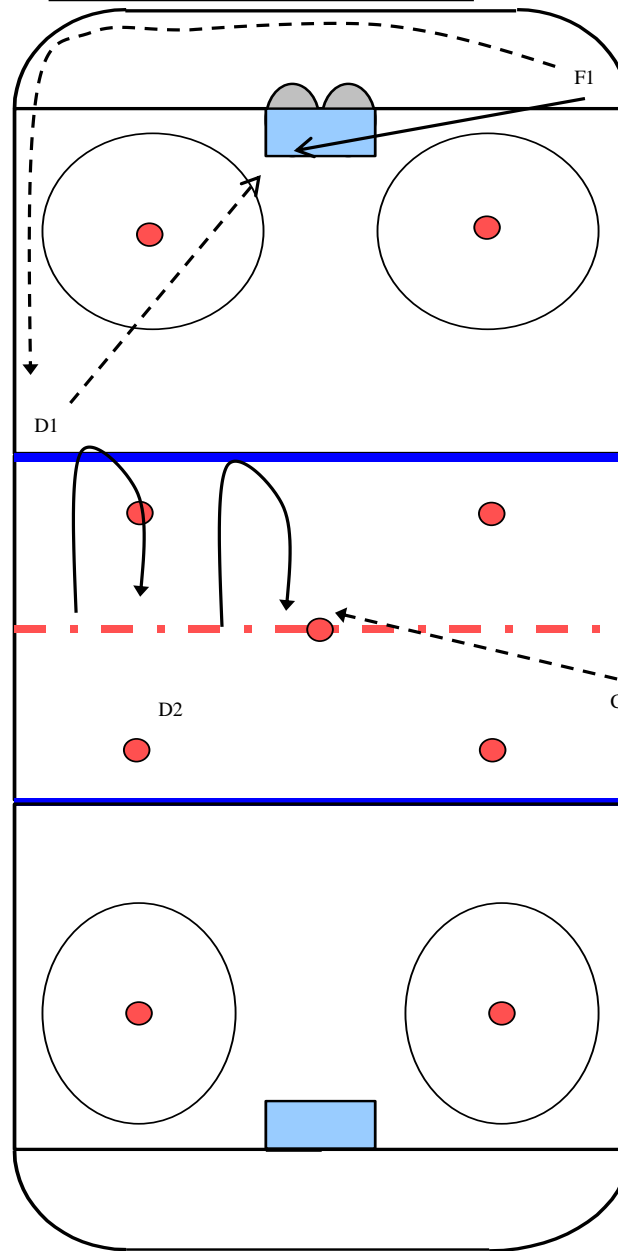


# **Caps Breakout Point Shot/2 on 1**

2) Last forward to touch puck on B/O goes in 1 on 0 and then wraps puck to blueline where D1 holds in puck for shot/F1 goes for screen

3) F1 and F2 regroup and get a puck from the coach to attack 2v1 against D2

4) After 2v1 drill starts again from the other side



## Add on Game

### Small Games

#### • **Out Number game**

- Drill begins 1v1
- Coach dumps a puck, players battle.
- A player can be added by passing to their line.
- Teams can have up to three players in the game per team

- It can be a 3v1, 3v2 or 3v3

