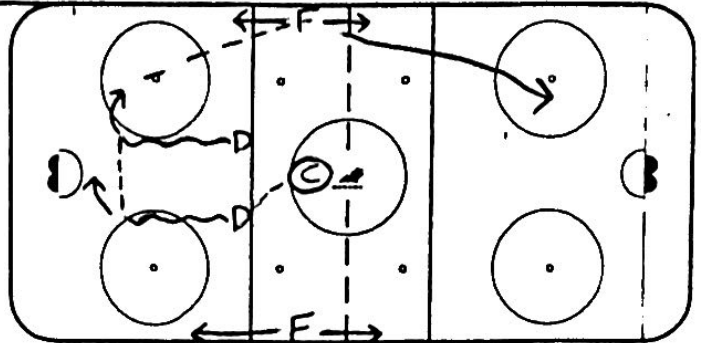


Jared Crooks - Mt Carmel Hockey Academy

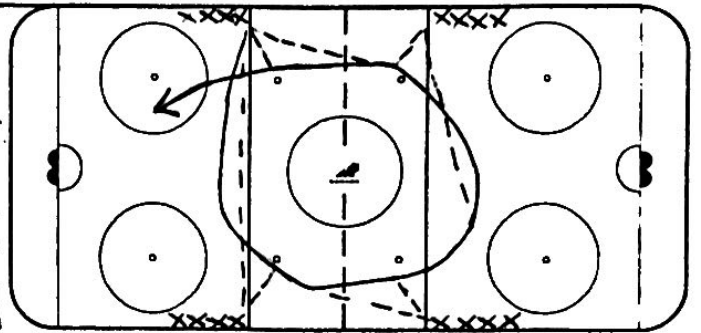
mins D Men Neutral Zone Key Points

1. Pick up puck from coach at blueline
2. Drag the puck backwards while scanning the neutral zone
3. Make a D to D pass
4. D Man steps up and delivers pass to forward who can decide where they post on the wall
5. Forward shoots. D men regap and go again x3



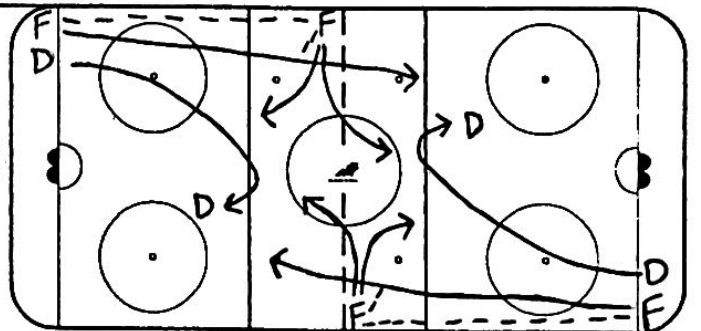
mins Around The World Key Points

1. Opposite corners go at same time
2. Skate across the blueline and deliver a pass to front of the line
3. Receive the puck back
4. Skate around the neutral zone with give and go at each line
5. After 4th give and go, drive in and take a shot



mins Read The Rush Key Points

1. Forward from corner passes to red line and receives touch pass back.
2. Forward at red line chooses which way they are going to attack
3. D man gaps up and reads if they are playing a 1 on 1, 2 on 1, or 3 on 1
4. Forwards read their numbers and adjust their attack accordingly
5. Can progress to 2 defensemen later on



mins 3 on 1 x 2 Key Points

1. Coaches manage pucks
2. On the whistle, each coach gives a puck to the offensive team on their side
3. Teams race to score their puck, while one defensive player prevents goals
4. If puck leaves zone, coach dishes another
5. Whistle on 1st goal. New players sub in

