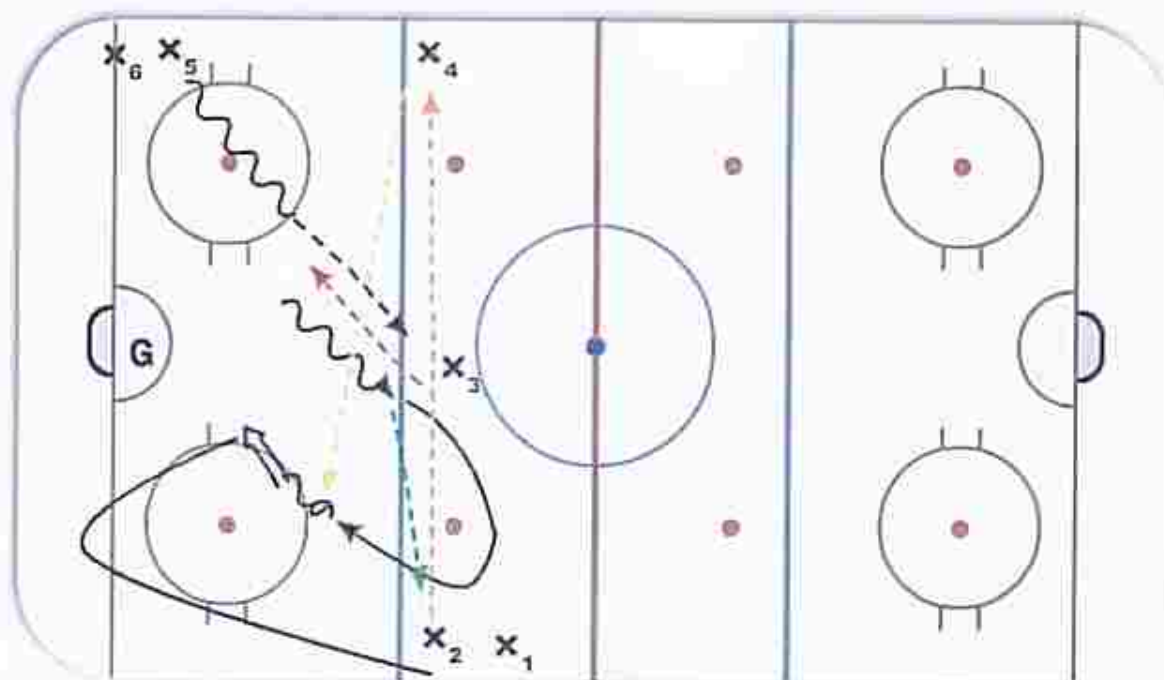


1 Touch Passing

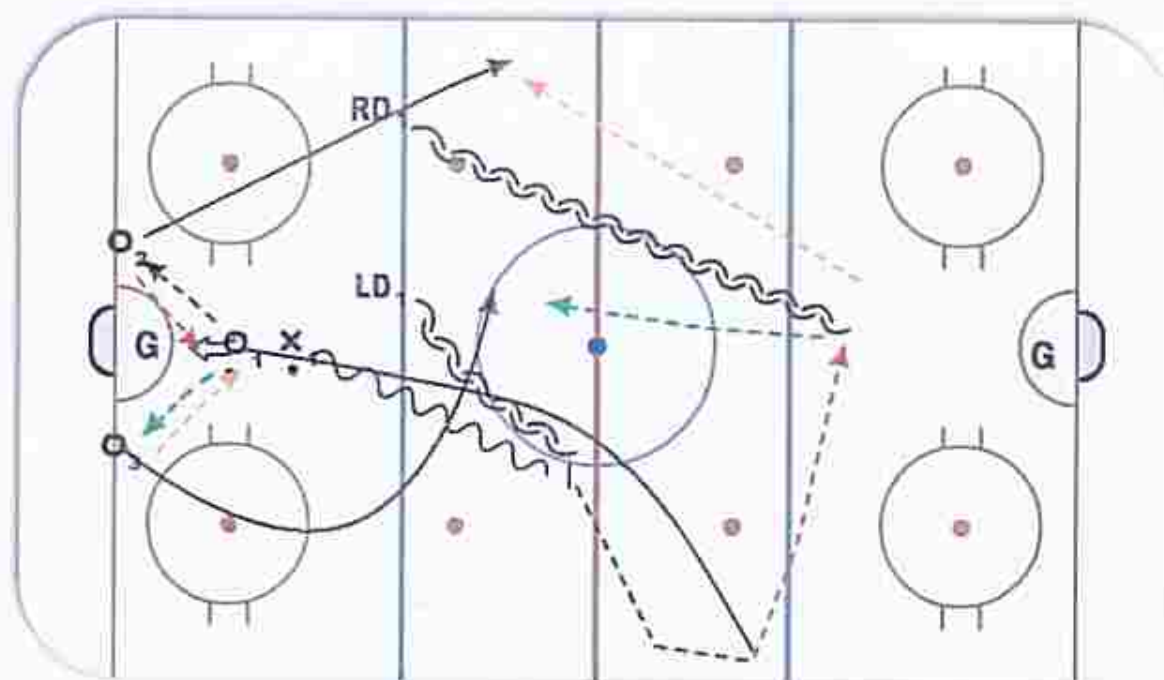


Description

X1 - X2, X2 - X3, X3 - X4, X4 - BACK OF LINE, SHOOTER - X1

Key Points: Touch passing

Pitt Transition

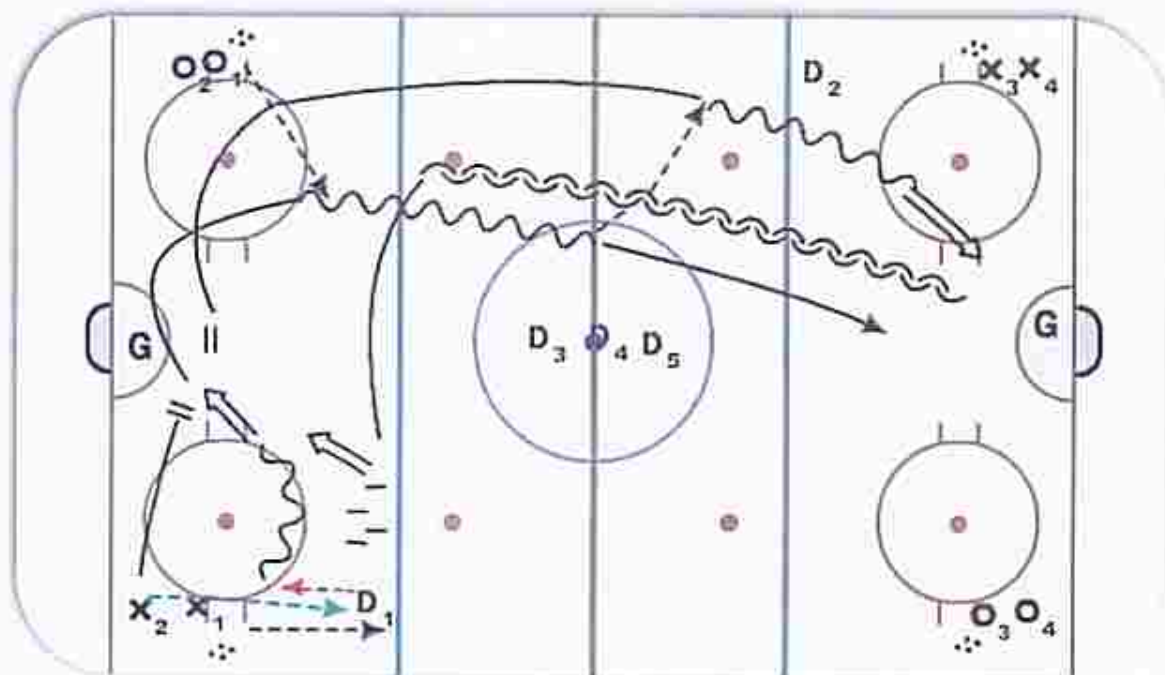


Description

O1/O2/O3 make a play on net. On shot X1 begins rush up the ice vs Def. Def gaps, O1 tracks and initiates transition. O2/O3 provide options. 3 seconds to make a play on net.

Key Points: Tracking/Transition

Hammy's 2vs1

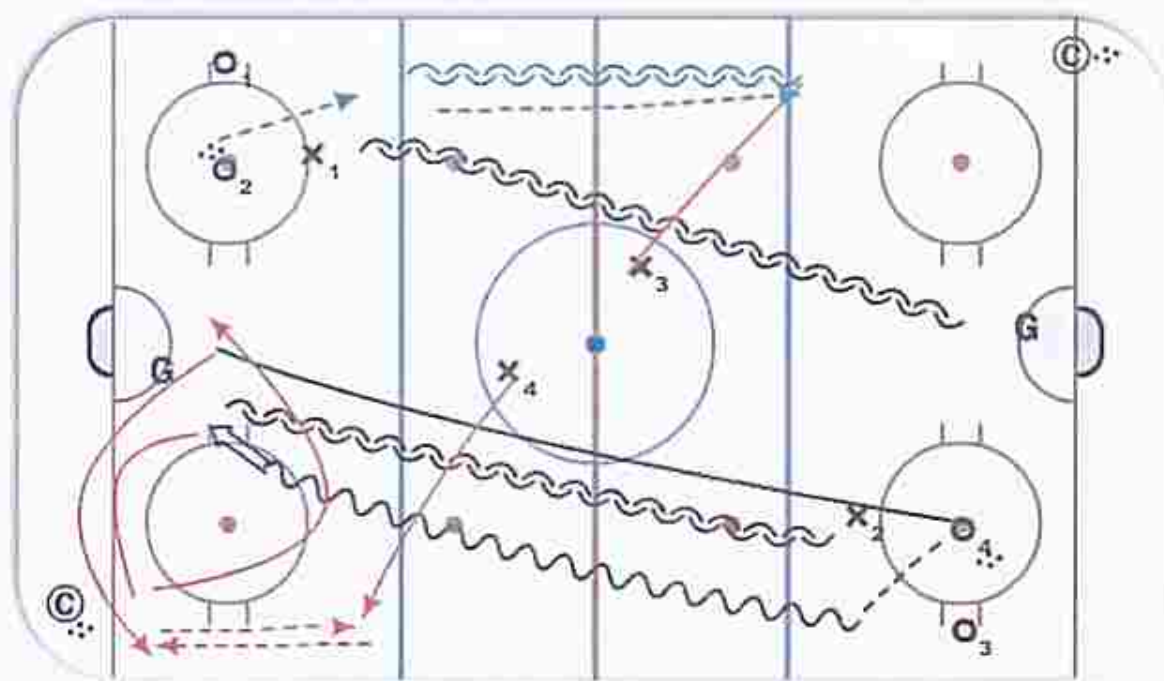


Description

Variation, 1 whistle x_1/x_2 transition back to original end with D_1 adding 2nd wave. 2 whistle x_1/x_2 transition back and D_2 slides + attempts to close gap against 2 new x 's

Key Points:

2 vs 1 - 3 times



Description

O1/O2 and O3/O4 play 2 vs 1 full ice vs X1 and X2. Full Ice 2 vs 1 has finished. O1/O2 and O3/O4 vacate to corner and receive a puck from the coach and the puck moves low/high/ low from D3/D4 and another 2 vs 1 occurs. D3/D4 vacate and pick up puck in NZ and regroup O1/O2 and O3/O4 for the third 2 vs 1.

Key Points: Full ice 2vs 1, O2 2 vs 1, Regroup 2 vs 1.