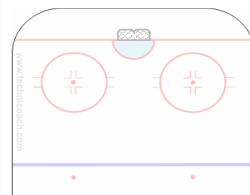




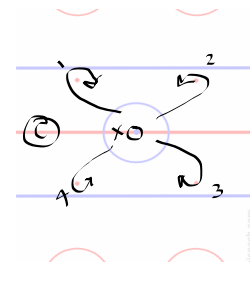
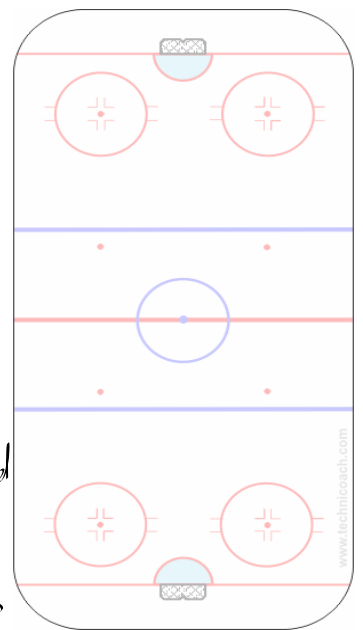
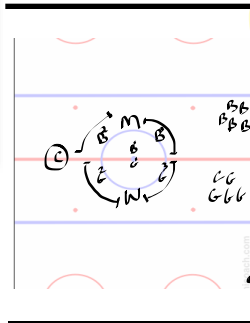
Dave Smith - Canisius College

1. Skill - passing/agility
2. Team drill - 2v2 Box out
3. Team drill - 3v1 +1
4. Compete game - ring battle
5. Warm up - Team



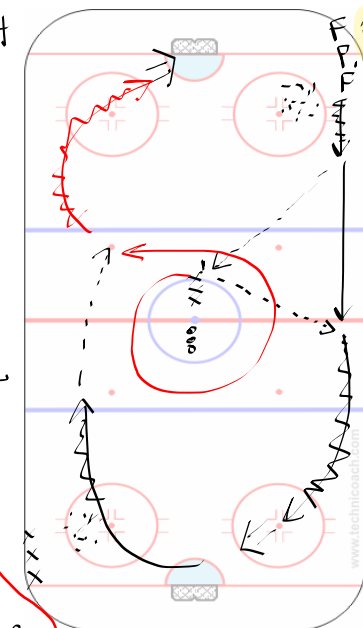
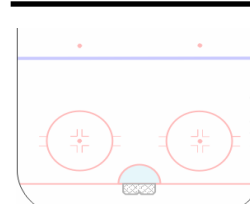
### Compete Game

- B' vs G' inside full circle
- B<sup>2</sup> & B<sup>3</sup> stay outside circle on their 1/2
- G<sup>2</sup> & G<sup>3</sup> same
- coach feeds pucks when needed
- Battle for goals



### Skill - 4 circle pass

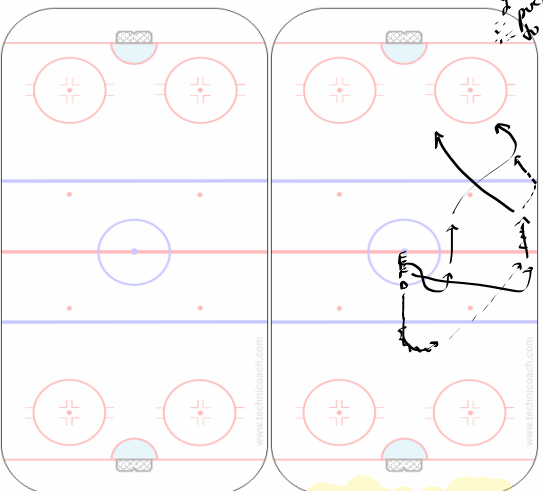
- X starts in middle
- give & go with O
- always return middle dot
- agility prods at dots 1,2,3,4
- vary dot order
- Pass bt dot & bt middle
- Spases total



### Bonus

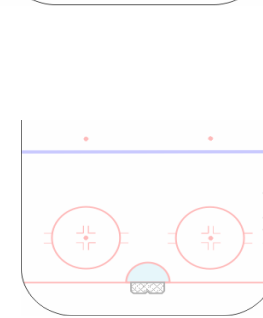
- F' pass to X
- give & go for shot
- X' goes opposite way around circle / timing
- F' shoot & get new puck
- carry & pass to X
- X driver & shoots

Both sides @ same time  
Tempo-Tempo



### Warm-up

- D backs up & gets puck from F' who opens on wall, F' middle lane. Attack 2v0.
- 2nd puck pt shot.
- Spacing @ net
- Net drive



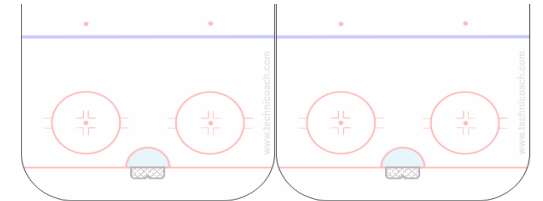
### Team Drill

#### 2v2 → 3pucks

1. X1 & X2 attack D1 & D2 2v2 full ice
2. F1 passes new puck to D2  
D2 can pass to D1 or F1 for shot  
D1 & D2 box out X1 & X2 who try to score with new puck from F1 to D2/D1
3. After new puck goes to net F1 circles back if F2 joins F1 for a new 2v2 Full ice

Link to box out game

<https://www.dropbox.com/s/o4pl1mj8mwdaipp/Game2v2BoxoutwithHightattack-7gg5bU.mov>



### Team Drill

#### 3v1 +1

- G attacks BD 3v1 with 1 Blue back checker
- B1 joins after go by and makes it 3v3 low (BD+BB+ B1)
- B2 & B3 follow in as wingers - (3v3 vs G)
- B1, B2, B3 breakout and attack new G-D with one G back checker
- Repeat full ice

