

Brad Patterson

Youngstown Phantoms (USHL)

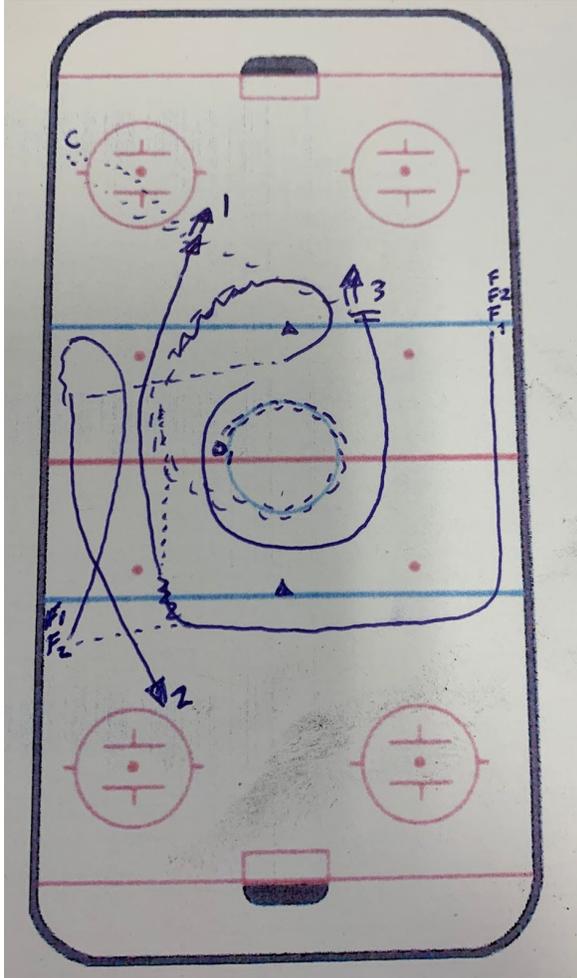


1. Touch First Offense

X2 and X1 Line up with feet on hash marks. X3 is in corner on goal line, X4 is on Blueline.

Coach passes a puck between X1/X2 so it dies near boards. As the puck leaves the coaches stick, X1/X2 race to puck. Whoever wins puck and makes a pass to either X3 or X4 is now on offense. Whoever loses the battle now tries to box out and defend back to net. If puck is passed to goal line X3 attacks cone and can pass to offensive player or attack from goal line. If puck is passed to blue line, X4 can move laterally across line and deliver puck to net or offensive player.

X1/X2 now fill X3/X4 spots, X3/X4 return to line.

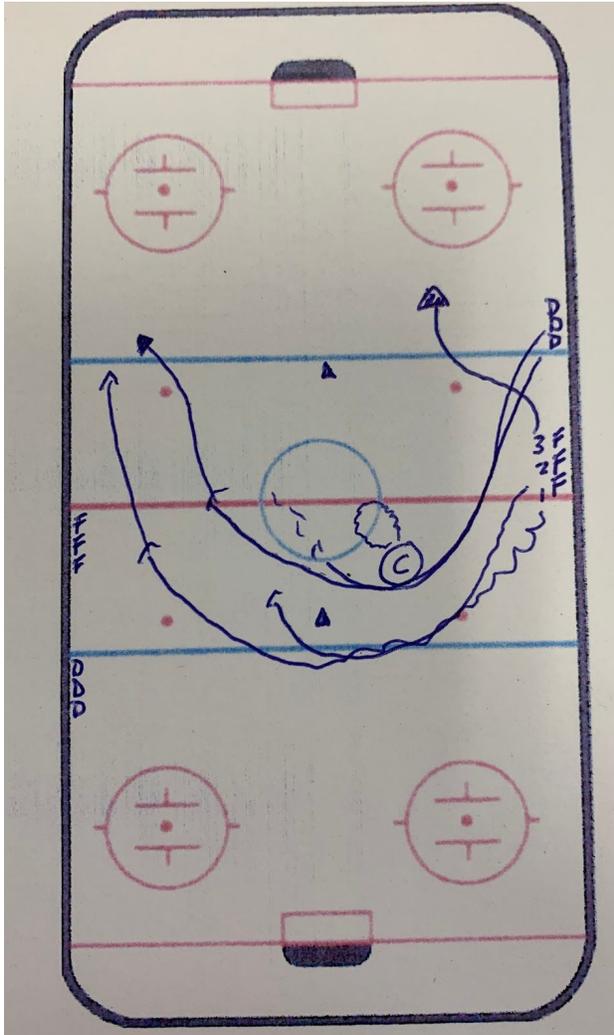


2. NZ3

Both sides do this at the same time. D1 use quick feet around circle mirroring F1. F2 passes to F1 as he approaches cone. F1 delivers puck to D1. F1 continuous and receives a pass from coach for a shot.

D1 pivots around cone and delivers pass to F2 who has presented himself low in NZ. F2 continuous for a shot.

D1 must now skate around the circle and present his stick at blue line where Coach will pass him a puck for a point shot. F1 must take goalies eyes away on point shot, F2 must play off net.



3. Win The Blue

Forwards line up on red line and leave on whistle. Forwards leave with a puck and must go around the cone before trying to carry puck into zone, or chip and touch puck first in zone.

D line up on blue line and leave on whistle, they must get around a coach who varies his spot in the NZ. D try to gap and shut play down in NZ.

If forwards gain access to blue line by carrying puck over it with possession or by chipping in and touching first, they are rewarded by getting a 3rd forward activated on the weak side of the ice. This play plays out for a quick OZP rep.



4. Shooter McGavin

2 nets are placed on goal line in line with face-off dots. X1/X2 vs O1/O2 anywhere below the hashmarks once coach has shot a puck in. X1/X2 can use X3 at anytime same with O1/O2/O3. All X3 can do is deliver a puck to the net.

On whistle, X1/X2/O1/O2 sprint out of zone. Coach throws a new puck into zone. X3/X4 play a new 2vs2 game vs O3/O4 low with X5/O5 filling the Shooter spots.