

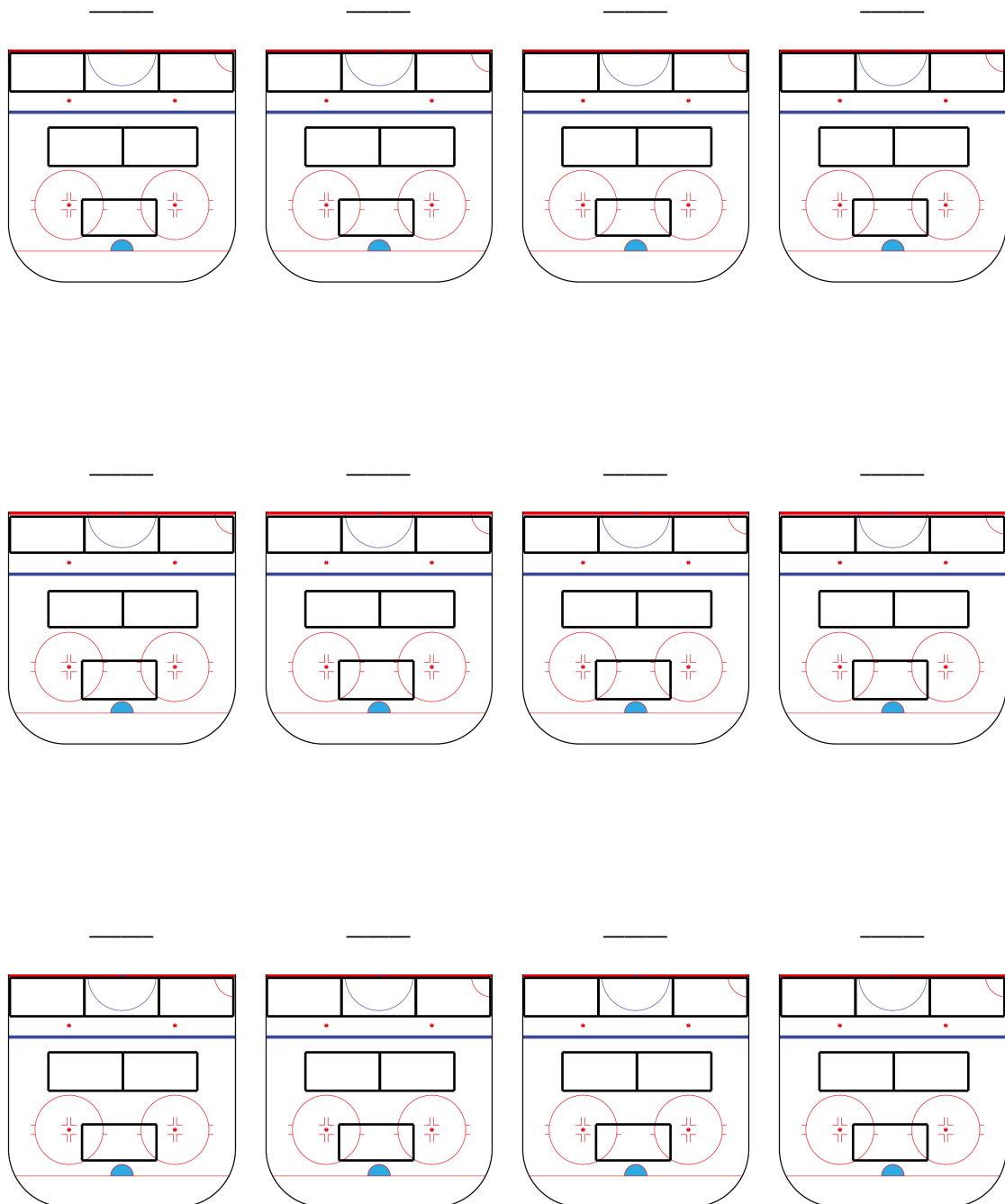
DWC



DURATION: 45 minutes

DESCRIPTION:

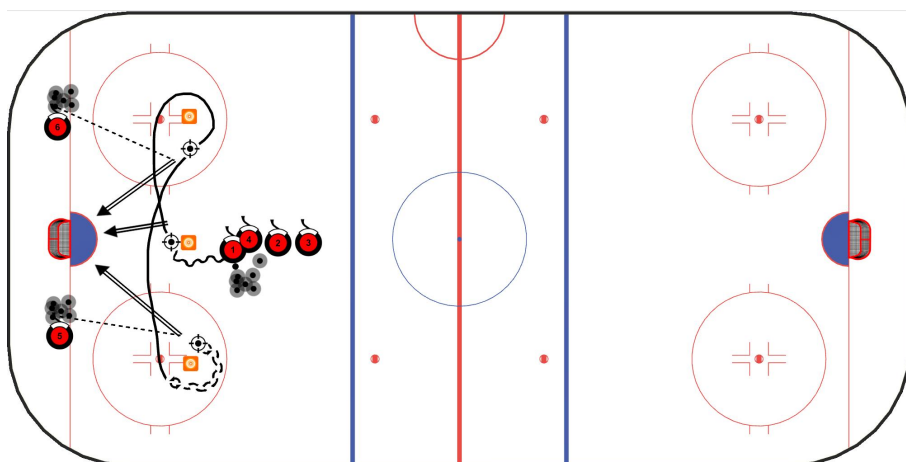
KEYPOINTS:





DWC

1 - CROSBY 3 SHOT



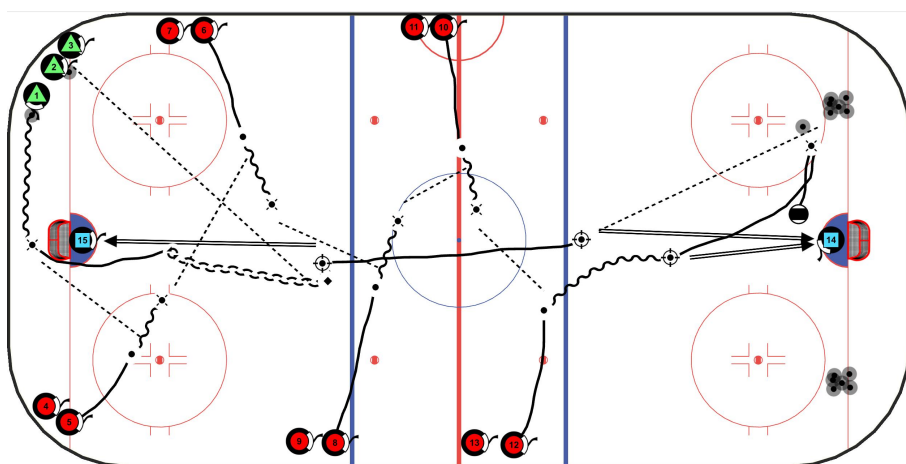
TIME: 10

DESCRIPTION:

F1 will go around the middle cone protecting the puck and take a shot. He will then go around the next cone ... opening up always facing F6 who passes to F1 for second shot. F1 will skate all the way to the third cone always facing F5 who passes him a puck for the third shot. F1 replaces F6, F6 replaces F5 and F5 goes to the back of the line.

KEYPOINTS:

2 - QUICK UP PASSING - D SHOTS



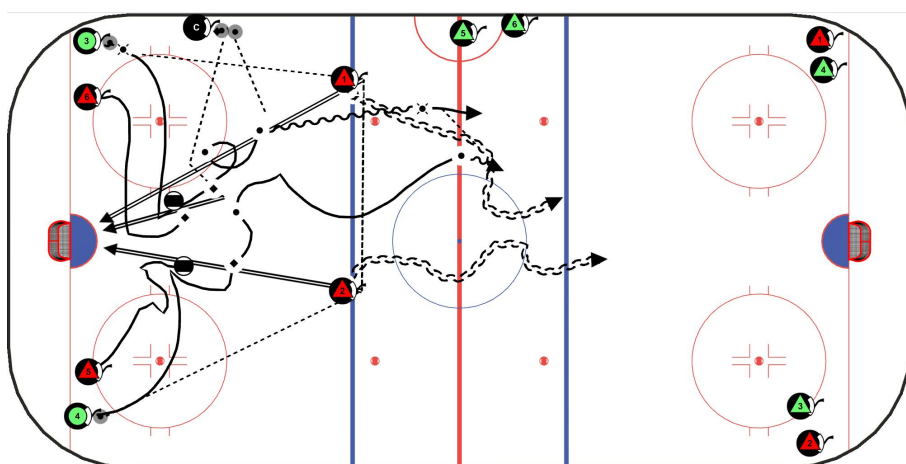
TIME: 10

DESCRIPTION:

D1 starts the drill by going around the net and passing to a skating F5. F5 passes to a breaking F6. This will continue up the ice with F12 going in to take a shot. In the meantime, D1 will skate to the blue line, pivot and skate backward to the blue line and get a pass from D2. D1 takes a shot and hustles up to the far blue line to get a pass from F12 who will go to either corner after his shot to get the puck and pass to D1. F12 will go to the net front to screen the goalie from a shot from the point by D1.

KEYPOINTS: Each forward should skate hard to replace the forward he just passed to.

3 - 2V2 4 PUCK



TIME: 10

DESCRIPTION:

F3 passes to D1 who passes to D2 as F3 goes to the net against D6 for a tip/rebound (play it out). On whistle, F4 passes D2 who passes to D1 as F4 goes to the net against D5 for a 2v2 net front scenario. On whistle, F5 try to get open and get a pass from coach to have a 2v2 net front battle. Whistle blows, F5 will get another pass from coach and go full ice 2v2.

KEYPOINTS:

Net front presence
Compete



DWC

4 - MONARCH 3V3 D

TIME: 15

DESCRIPTION:

Coach will pass to open player and those 3 will be on offense and the other 3 will defend and play 3v3 down low. If the defending team steals the puck they get free pass back to one of their D on the blue line. Those D can go D to D, shoot or pass to any of their forwards. Only one of the opposing Fs can force D at the blue one. Now if the new defending team steals the puck they pass back to their D and the game continues.

KEYPOINTS:

