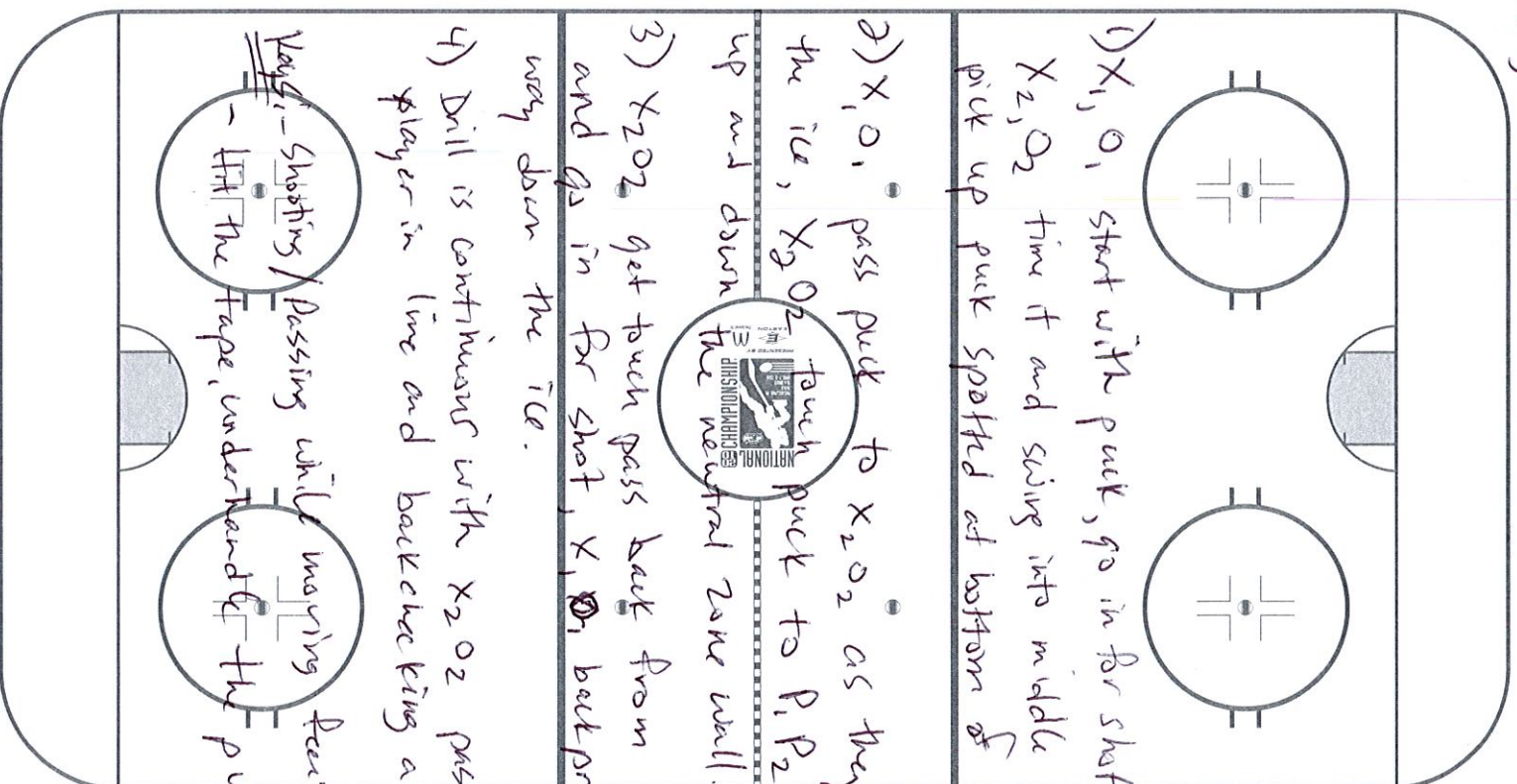
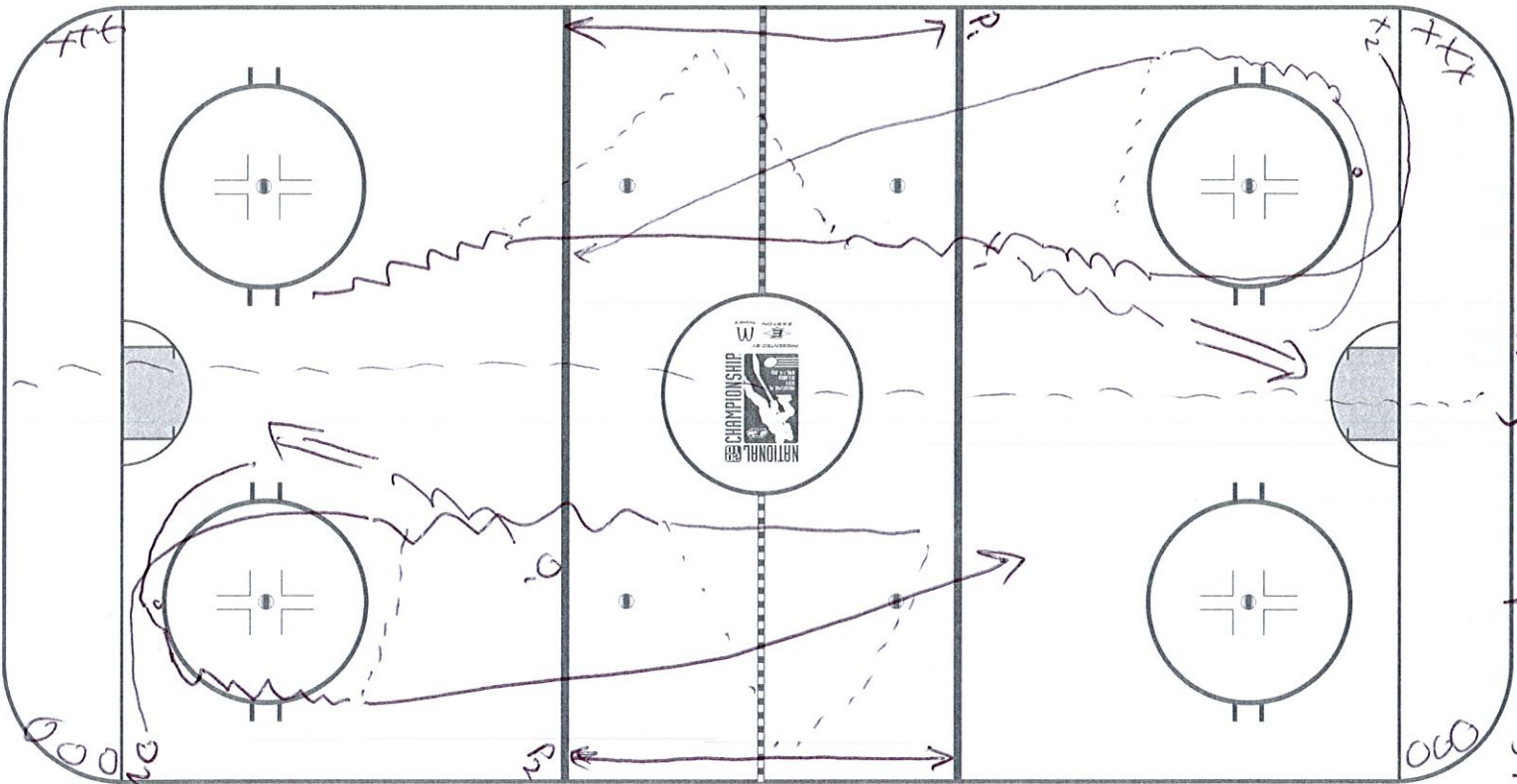


# \* Every - Warmup Shooting / Skating Drill



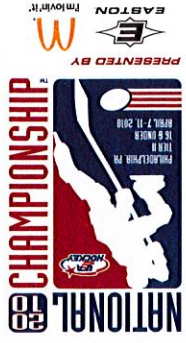
1)  $X_1, O_1$  start with puck, go in for shot  
 $X_2, O_2$  time it and swing into middle while  $X_1, O_1$   
 pick up puck spotted at bottom of the circle

2)  $X_1, O_1$  pass puck to  $X_2, O_2$  as they head up  
 the ice,  $X_2, O_2$  touch puck to  $P_1, P_2$  who move  
 up and down the neutral zone wall.

3)  $X_2, O_2$  get touch pass back from  $P_1, P_2$   
 and go in for shot,  $X_1, O_1$  backpressure all the  
 way down the ice.

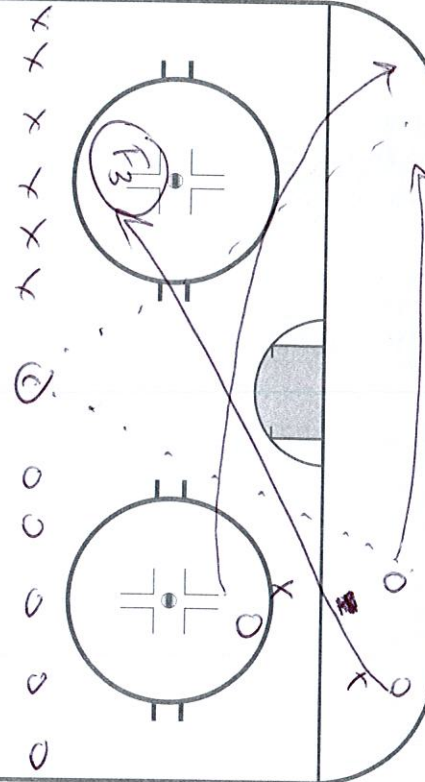
4) Drill is continuous with  $X_2, O_2$  passing to next  
 player in line and backchecking all the way back

~~Yag~~ - Shooting / Passing while moving feet under pressure  
 - Hit the tape, underhand the puck, shoot in stride





# The Lens - OZ Cycle, Rotation, & Offense



Offensive Zone 3v2 - top of circles and below (as many pucks as O can) - Coach spots puck to O's who attack below the goal in 3v2



- puck must be cycled below goal line before O's can attack  
- use fast/west coasters  
- 2nd puck to other corner and O's must retreat and rotate while maintaining a good F3 defensive positioning

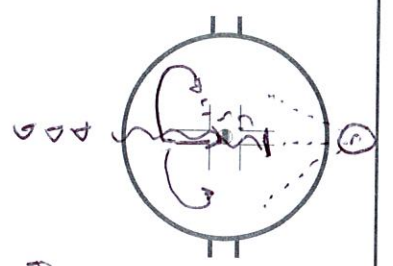
Keys: Puck protection if creativity below the dots

- Creating offense in OZ without sacrificing defensive positioning
- Sprint out of the zone as you would during a line change

# D Skills - Circle Escape

③ pucks per rep

\*Defense Skills Drill for small groups



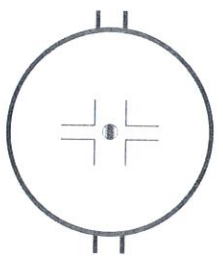
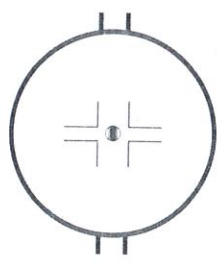
\* Each puck D gets up past dot

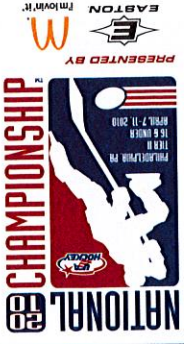
Puck 1 - to backboard, escape move, pass back to coach

Puck 2 - to backboard, escape move, pass back to coach

Puck 3 - to glove (or in feet) quick up to coach

Keys: D must stay inside the circle, work on agility, and evisiveness





Ry. D. 11/11

Avery

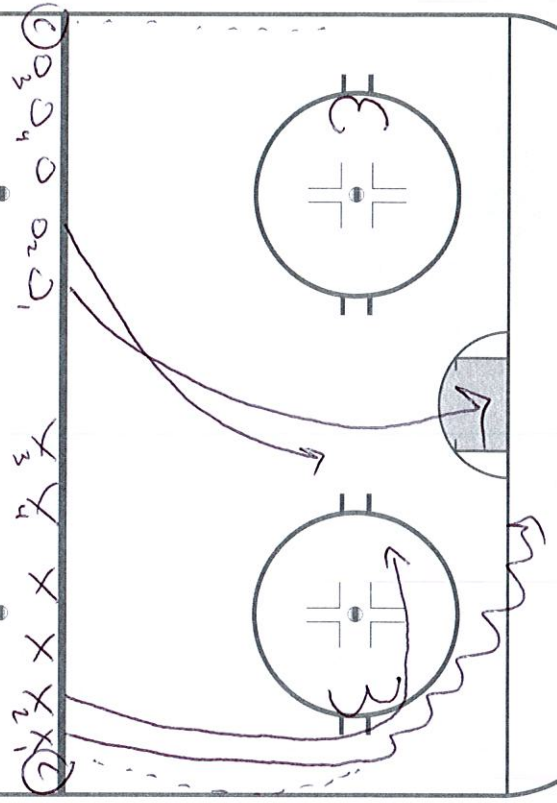
Small Area Camp

DAY 222

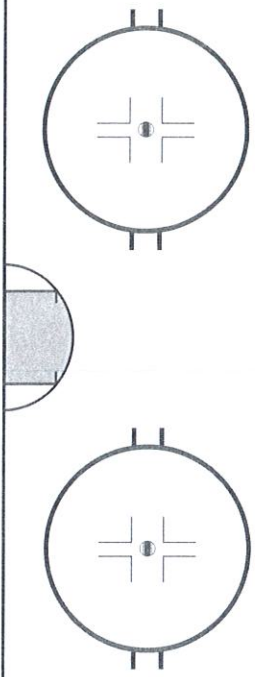
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# 2v2 Cross Ice Angling Competition



③ O<sub>3</sub> O<sub>4</sub> O<sub>2</sub> O<sub>1</sub> X<sub>3</sub> X<sub>4</sub> X<sub>1</sub> X<sub>2</sub> X<sub>3</sub> X<sub>4</sub>



- 1) ③ spots puck behind net for X<sub>1</sub>, X<sub>2</sub>  
- both players must go behind net

- 2) O<sub>1</sub> O<sub>2</sub> angle, finish your move then the hands, and attempt to transition to offense



- 3) Drill is played cross ice 2v2 for 15-20 seconds  
\* on whistle, O<sub>3</sub> O<sub>4</sub> go down, X<sub>3</sub> X<sub>4</sub> angle

Keys:  
- take good angle in a high speed situation  
- force down the wall rather than giving up the middle of the ice.

- quick transition on a turnover to catch team going the wrong direction

