

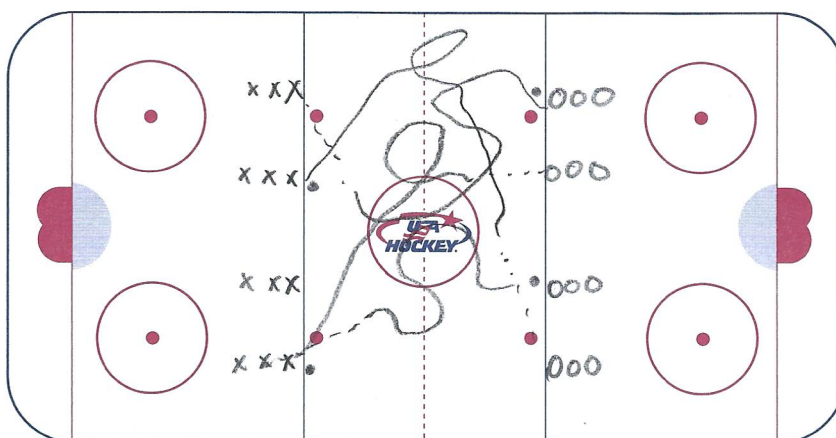
Notes/Systems PPP Small area 2v1 Skills

### Description

#### 1. Individual Skill Drill

##### \*2v1 PP Skill Game

• 2 offensive players vs. 1 defensive. Objective is for 2 offensive players to complete 4 (can change) successful passes. Objective for defensive player is to break up 2 passes (new puck inserted as necessary). Players must stay w/in boundary, can move boundary around in OZ. 1<sup>st</sup> team to achieve objective gets breakaway on goalie to score. Opt. for team w/a goal.



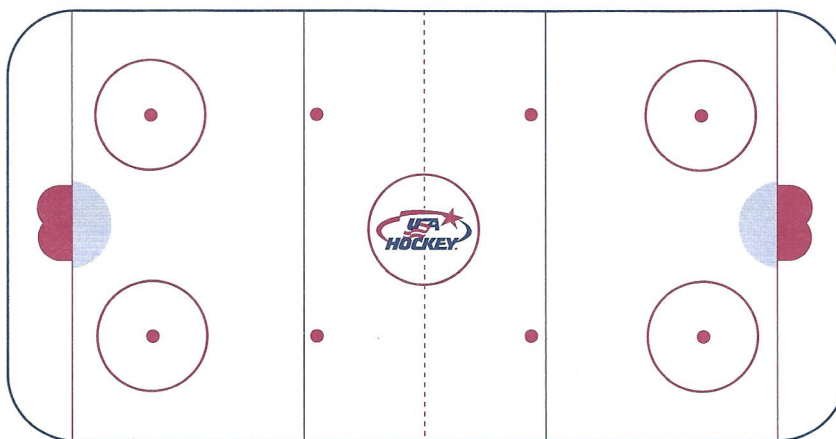
Notes/Systems

### Description

#### 2. Team Skill/Warm Up Drill

##### \*4 Puck Passing Chaos

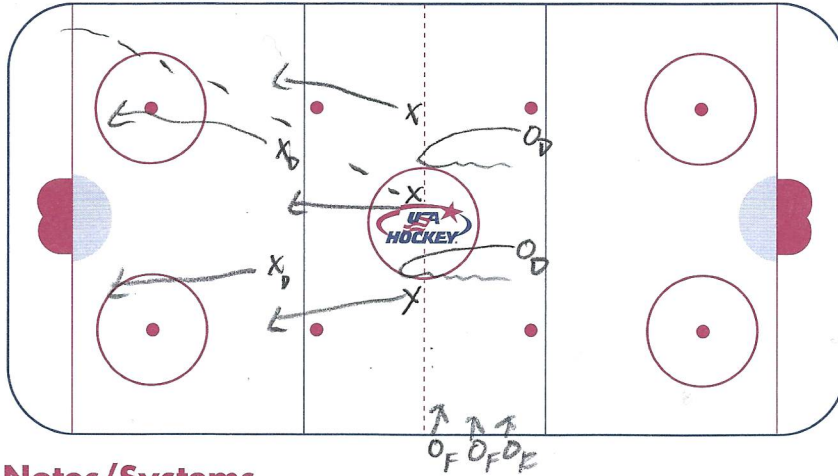
• 4 pucks 8 lines, many variations.  
-Var #1: Players w/ puck skate to NZ & pass to any other line, must call for puck & reduce in line you passed to. Can specify FH/BH passes, receive w/ feet, one touch back & forth XZ, etc.  
-Var #2: Players are free to skate wherever but must go across redline 2X before making pass, encourage escapes, touchbacks, cut backs, evasive puckhandling etc.



Notes/Systems

### Description

→ -Var #3: When player receives pass he must escape around his line, escape w/ cutback, Fwd/Back transition, etc. around the line  
• Var #4: Player receives pass, Player who made pass skates at him & puck carrier attacks passive pressure making evasive move.



Notes/Systems

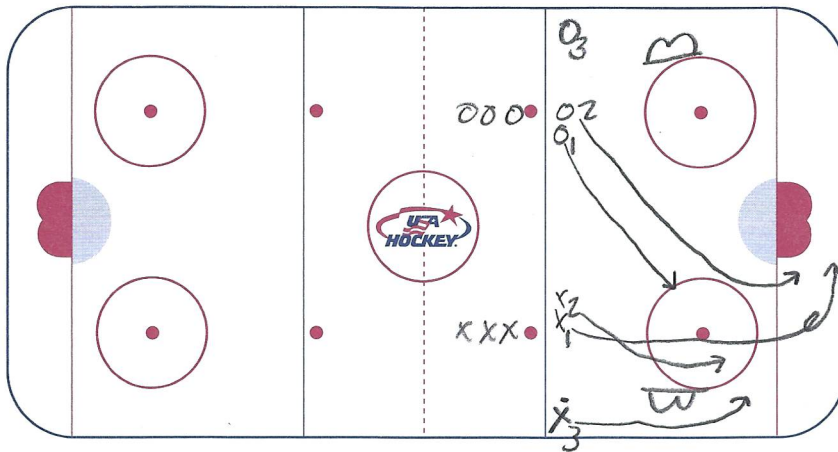
**Description**

③ Off/Def Team Drill

\*BARE (BO, Attack, Regroup, Forecheck)

-5 X's BO SVO, 2 O's gap up & take SVZ rush.

• Rush ends on whistle, puck is spotted in NZ, 3 O's Fuds jump on ice & NZ Forecheck X's execute a NZ regroup, X's deposit puck, O's now restart drill Break out, 2 new X's hop out to recreate rush. Start w/ 1 X Stay on to Forecheck initial BO, progress to 2 then 3.



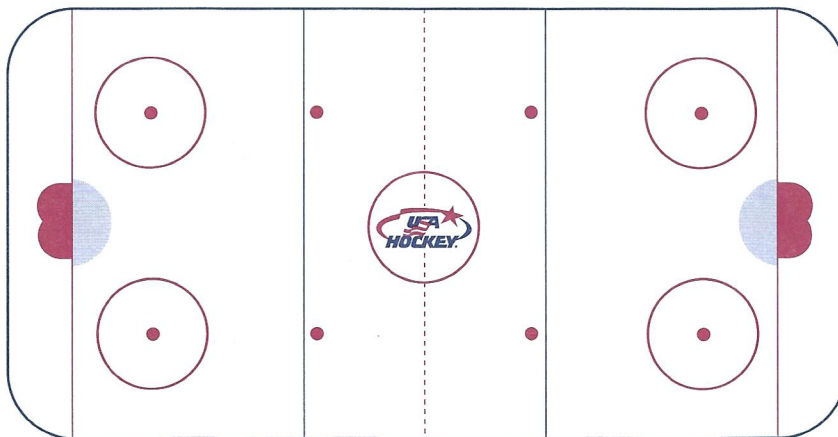
Notes/Systems

**Description**

④ Competitiveness

\*Bruins Angle

• Puck starts w/ X3 must skate behind net while X1 & X2 go to support O1, O2 Sprint to angle/break up. Play out 3v2, O's must pass to O3 to initiate change of pos. X1, X2, X3 the Sprint out & 2 new X's Sprint up to angle. The 3 O's while O3 is skating behind net. Defense → offense → out. X's now must pass to new X3 to change pos. back.



Notes/Systems

**Description**