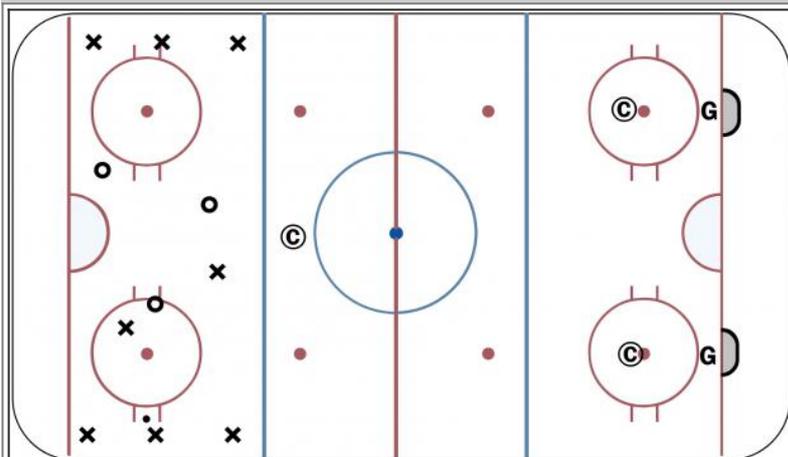




QPac Possession Warm-up - 10 mins

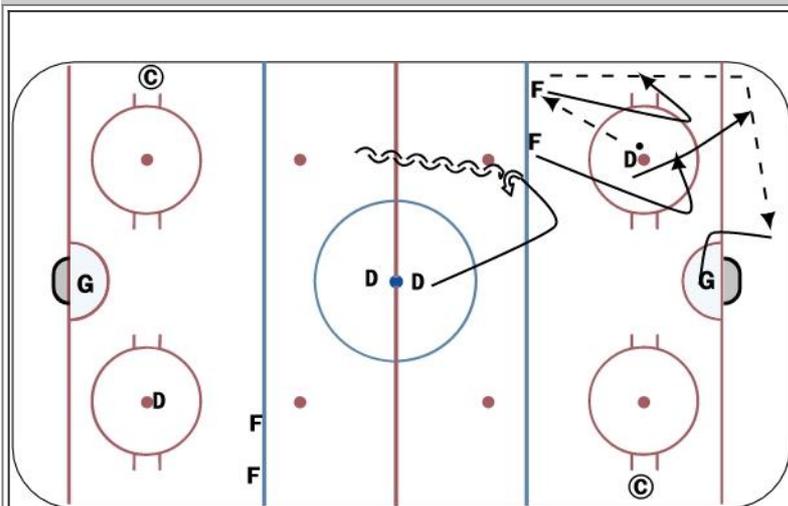
10:00am



- 8 vs 3
- 6 guys along wall stay in their area, with the two "bumpers" in the middle supporting the puck
- offensive team trying to keep it away from defenders, using guys in the middle
- 3 defensive players are trying to get possession and maintain it if they can create a turnover

Spartan 2 v 1 - 10 mins

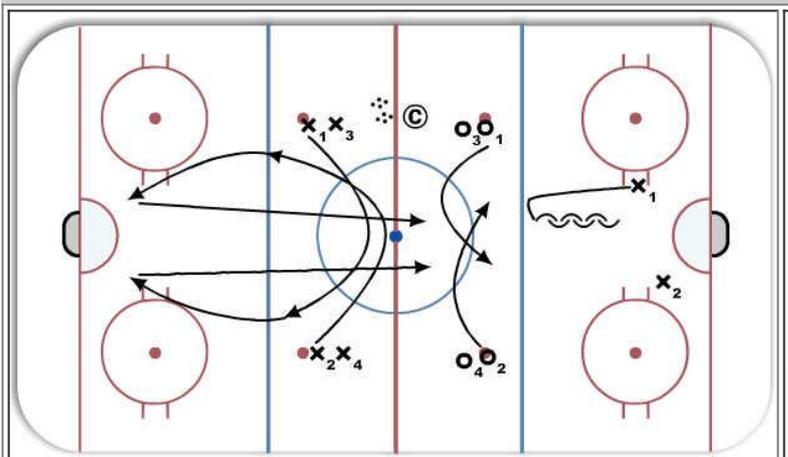
10:10am



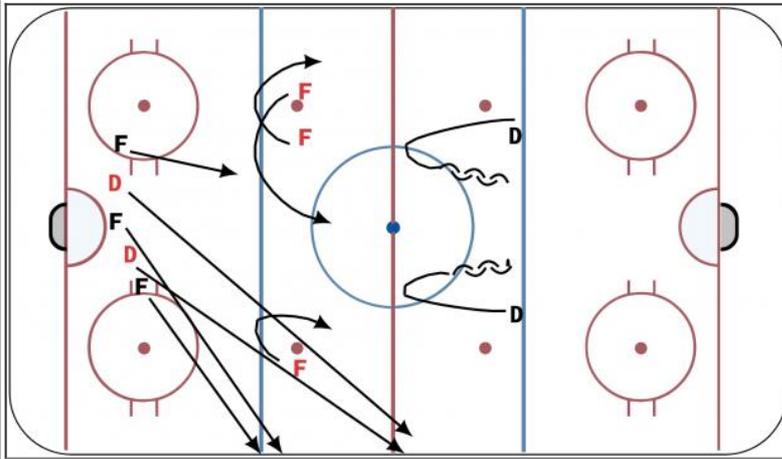
- D wins draw back to FWDs at blue
- FWD wraps puck - Goalie gets out to play puck
- D communicates with Goalie (FLARE or WHEEL)
- FWDs support D for breakout (open up, present stick, middle support)
- D in NZ gaps up to play 2 v 1
- As FWDs enter OZ, puck gets chipped low into cycle OR puck carrier "escapes" and chips low to supporting FWD who initiates cycle
- Take puck to net (2 v 1)
- SAME THING AT OTHER END

BC Bagger - 10 mins

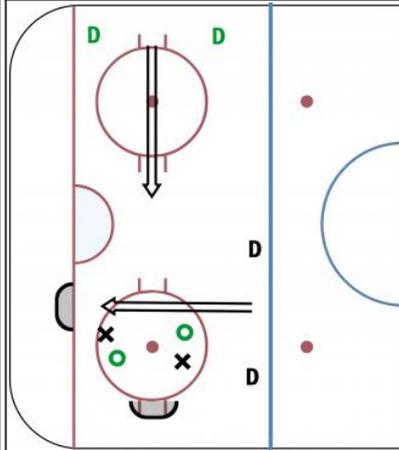
10:20am



- X1 & X2 cross in NZ and attack 2 v 0 (one pass early over blueline and shot on goal)
- ON WHISTLE - X1 & X2 STOP and race for loose puck at center ice - ATTACK NET
- Winner of puck race will jump up to play next 2 v 1 (O1 & O2) on whistle
- At same time, O1 & O2 will curl in NZ and attack 2 v 1 against winner of first race (X1)
- CONTINUOUS

Big Green 3 v 2 w/tracker - 10 mins**10:30am**

- Drill starts with long 3 v 2
 - On whistle, new FWD line regroups at blue and attacks 3 v 2 against D gapping up
 - One FWD from initial group tracks back to make it 3 v 3 - other two hard to bench
 - D skate hard to far bench
 - New line comes out, and a new pair of D for 3 v 2 in other direction (continuous)
- OPTION:
- can have one of defending D jump into play to make it a 4 v 3

SLU 2v2 Feed Your D - 10 mins**10:40am**

- Playing 2 v 2 with supporting D
- FWDs are looking to get pucks back to the point for shots
- D - pass to partner for snap/wrist shots
- FWDs need to generate traffic - get to the net front - low screen & high screen/back door
- FWDs can score off of rebound
- D can flip flop after each shot attempt