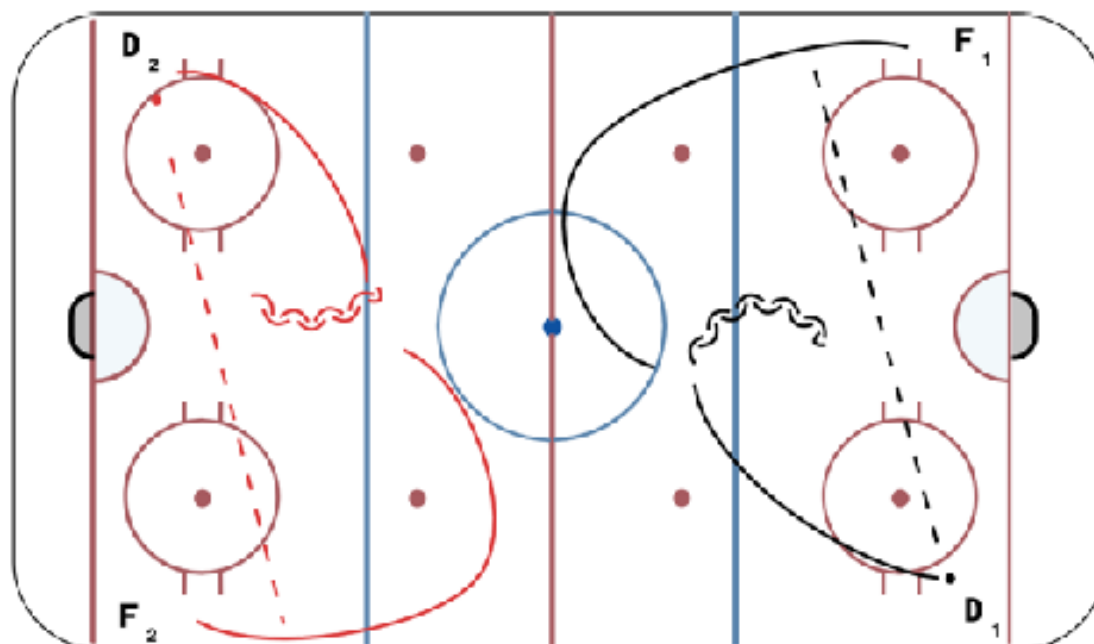


Seawolves 1 v 1



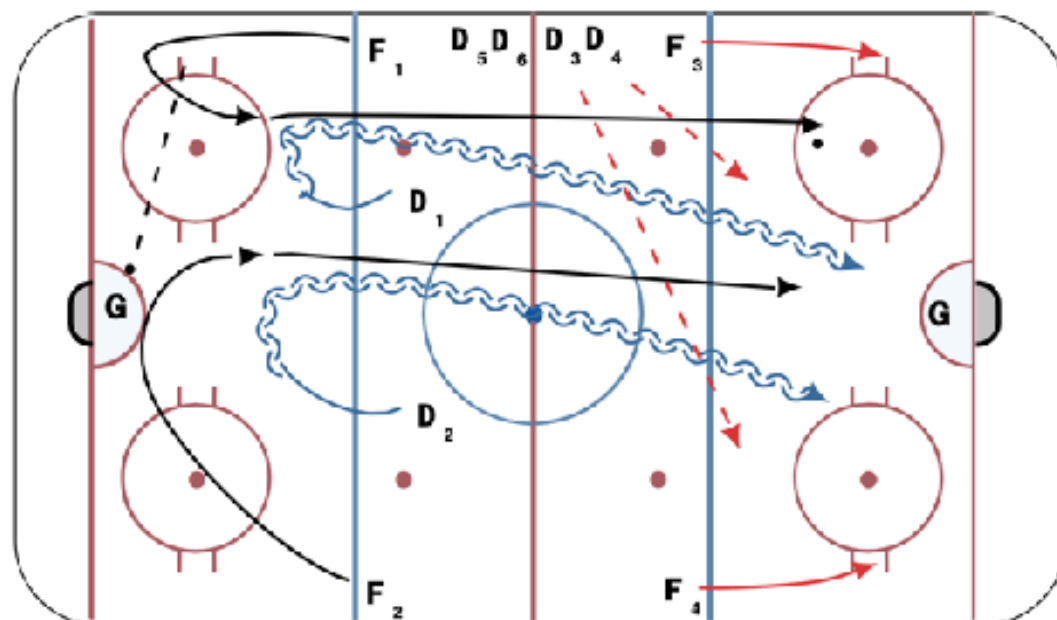
Description

D₁ passes to F₁ and attacks 1 v 1 in their end. On the whistle, D₂ passes puck to F₂ and D₁ tries to jump in the play to join the F₂ at the far end and try to make it a 2 v 1 while F₁ back checks to make it a 2 v 2. It's a continuous drill and the D at the other end doesn't pass the puck until the coach blows the whistle.

Defensive key points: communication, identify coverage, back checking

Offensive key points: communication, isolate defenders to create a 2 v 1

2 v 2 (1 Puck)

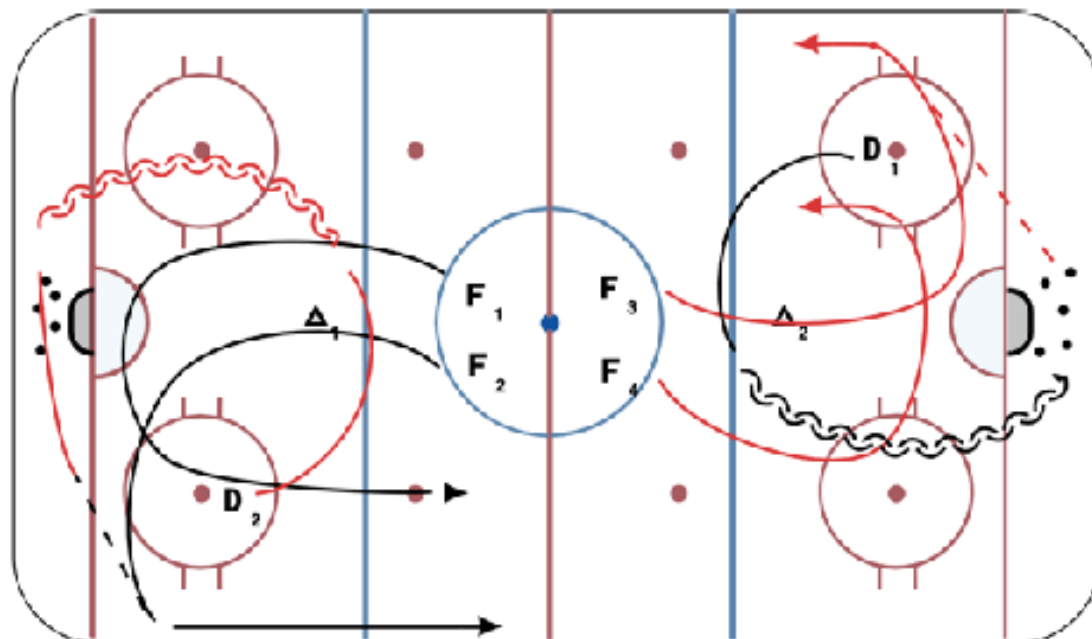


Description

Goalie starts off drill by making first pass to F1 or F2, forwards attack D2/D2, 2 v 2, through neutral zone. Forwards try to isolate a Dman and create a 2 v 1 off of the attack. If D do a good job gapping up, the forwards can chip the puck behind and retrieve. D3 and D4 slide into the blue line but are not a passing option for F1/F2. F3 and F4 slide down to the hash marks but don't get involved defending...they have to wait for D1 and D2 to pass them the puck or pick up a loose puck off of a rebound or errant pass. Once F3 or F4 control the puck they attack the other way 2 v 2, and D1/D2 and F1/F2 get back in line.

Notes: If a goal is scored, pull a puck out of the net and pass to the next forwards and attack going the other way.

Steelheads 2 v 1



Description

On whistle, D1 and D2 skate to cone and transition around it and retrieve puck behind net. Forwards leave middle of ice to support the D for a breakout pass. F1 and F2 support D for breakout pass and attack D1 at the far end. F3 and F4 support D for breakout pass and attack D2 at the far end.

D must get back around the cone for a second time, after the breakout pass, to defend the forwards from the other end.