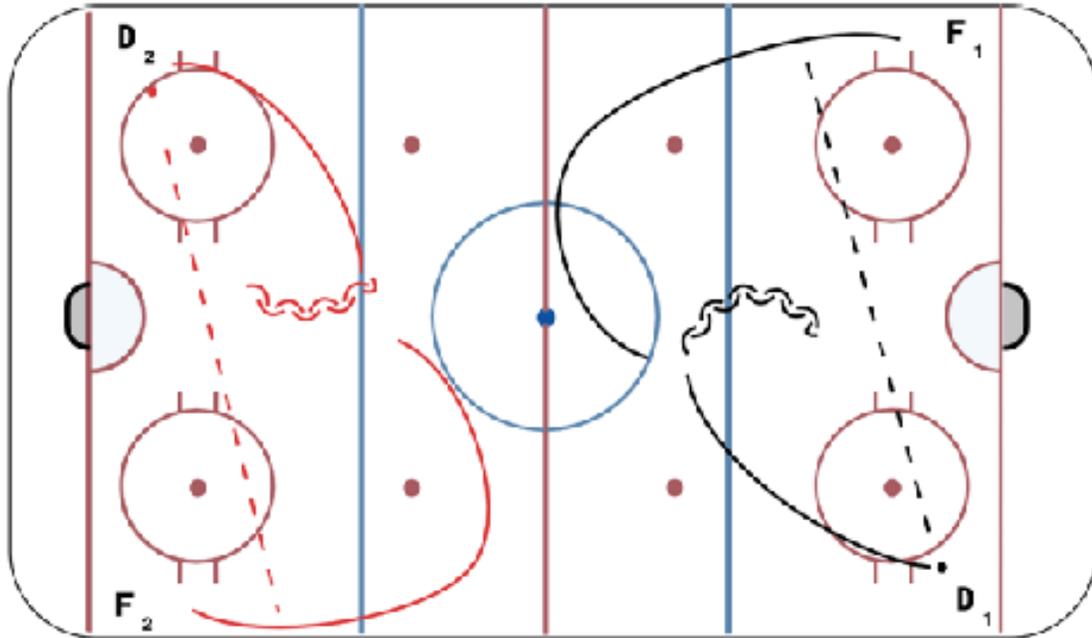


Seawolves 1 v 1



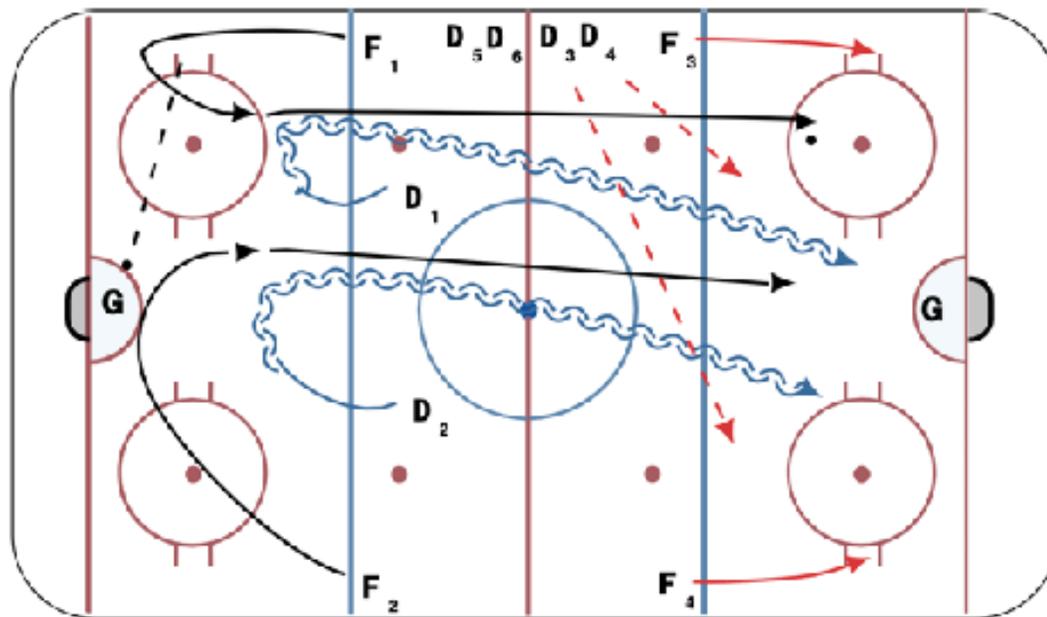
Description

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)

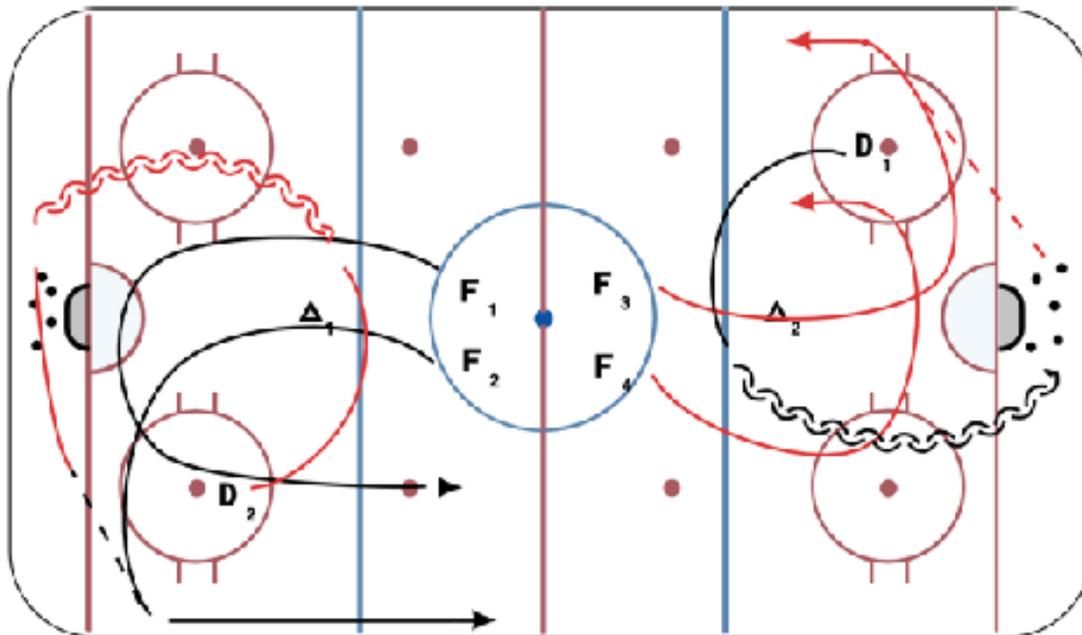


Description

Goalie starts off drill by making first pass to F₁ or F₂, forwards attack D₁/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.