

## 10 MIN NEUTRAL ZONE GIVE AND GO DRILLS

**GIVE-AND-GO #1:**

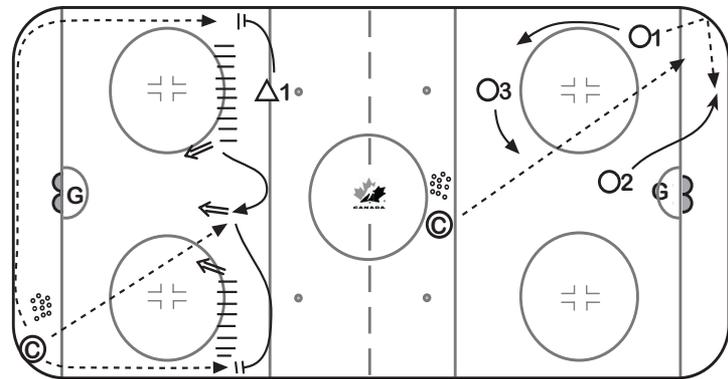
- O1 backpeddles, O2 passes to O1, back to O2.
- O1 pivots pylon for pass from O2, O1 drives & shoots.

**GIVE-AND-GO #2:**

- O1 backpeddles, O2 to O1 to O2 to O1, O1 pivots pylon.
- O1 passes to O2 to O3 to O2, O2 drives & shoots.

**KEY TEACHING POINTS**

- Quick feet, soft hands
- Communication
- Drive skate
- Tape-to-tape passes

**KEY EXECUTION POINTS**

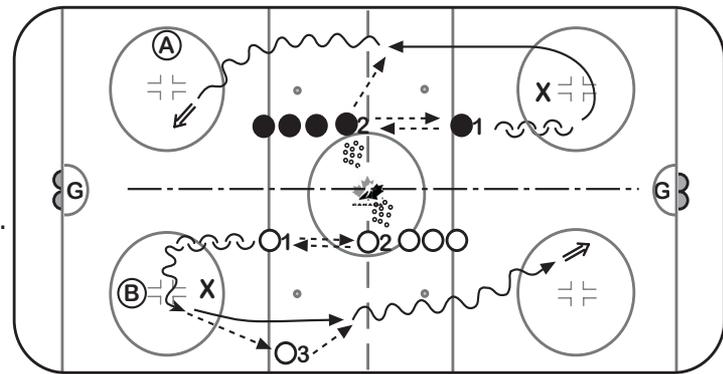
- Start on whistle
- One shot, skate out
- Next whistle when O1 reaches far blue line

## 10 MIN GOALIE HEADMAN - WARM-UP

- O1 softly dumps puck on goal, G stops & controls puck.
- O2 receives breakout pass from G.
- O2 skates hard to hashmarks, passes to O1.
- O1 skates wide to far end, soft dumps to G2 to repeat.

**KEY TEACHING POINTS**

- Communication
- Puck control
- Move puck quickly

**KEY EXECUTION POINTS**

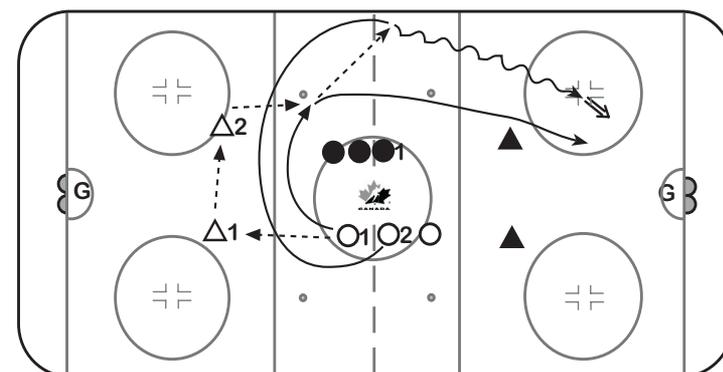
- Both ends start on whistle
- Extra pucks beside nets

## 10 MIN CANUCK 1 ON 0, 2 ON 0

- O1 passes to D1 to D2.
- O1 swings through NZ to either wide or mid-lane for pass from D2.
- O1 drives wide for shot.
- Progression: Add O2 following O1 for drive skate or crossover attack 2-on-0.

**KEY TEACHING POINTS**

- Timing
- Quick puck movement
- Drive skate
- Support

**KEY EXECUTION POINTS**

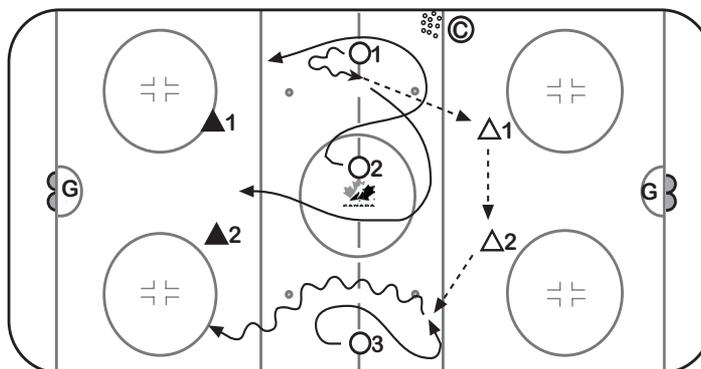
- Both sides start on whistle
- Next whistle when O1 reaches far blue line
- D1 & D2 move up to blue line each time

**10 MIN REGROUP 5 ON 2**

- Coach dumps puck, O's breakout, attack with speed.
- On whistles, players regroup to D1 & D2.
- O's must fill 3 lanes, get available and continue attack vs D3 & D4.

**KEY TEACHING POINTS**

- Fill all lanes, gap control
- Speed
- Communication



**KEY EXECUTION POINTS**

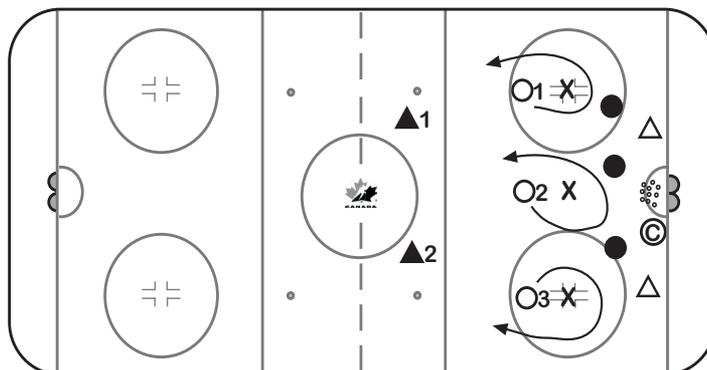
- Players must come back quickly on regroup

**10 MIN D-ZONE - OFFENSIVE BACKCHECK**

- On whistle, O's pivot around pylons, attack 3-on-2 vs D1 & D2.
- At coach's discretion, coach signals D's to backcheck.
- After initial rush, play live 5-on-5.
- Coach spots puck as goals are scored.

**KEY TEACHING POINTS**

- Read rush; identify player
- Defensive side
- Communication



**KEY EXECUTION POINTS**

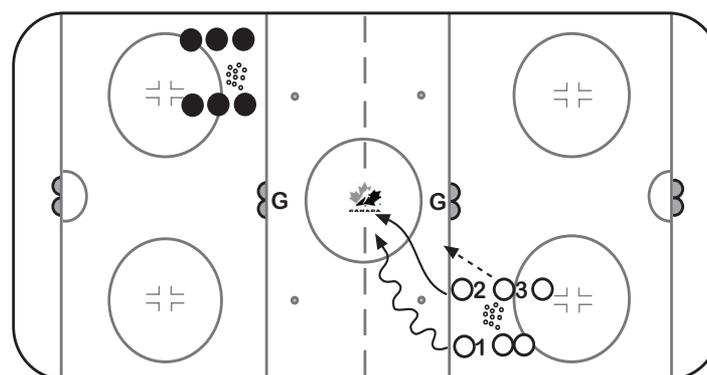
- One O starts with puck
- Players skate back down wall to original zone

**10 MIN 7 GOAL SCORE DRILL, 2 ON 0**

- Move nets to blue line.
- On whistle, O1 & O2 attack net 2-on-0.
- First pair to score twice gets a point - play to 7 points.
- O3 spots new puck as goal is scored.

**KEY TEACHING POINTS**

- Fun
- Competition
- Shoot to score



**KEY EXECUTION POINTS**

- 2nd pair starts from behind blue line on whistle