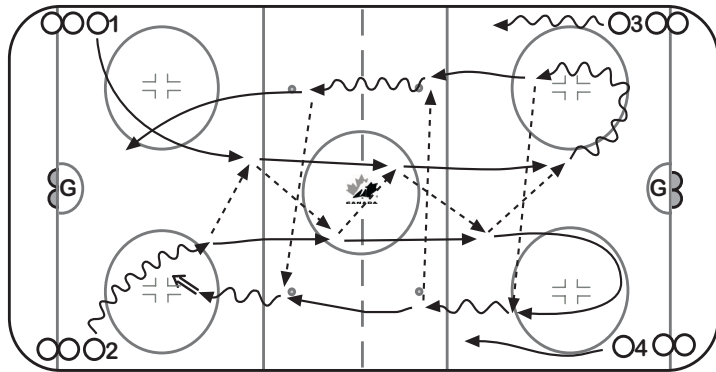


10 MIN NORTH DAKOTA PASSING

- O1 & O2 skate down mid-ice executing short passes.
- O3 & O4 skate to other end along opposite boards, executing wide passes.
- O3 & O4 return mid-ice with short passes to attack net 2-on-0.
- O1 & O2 return along opposite boards with wide passes to attack net 2-on-1.

KEY TEACHING POINTS

- Timing
- Pass reception & execution
- Awareness

**KEY EXECUTION POINTS**

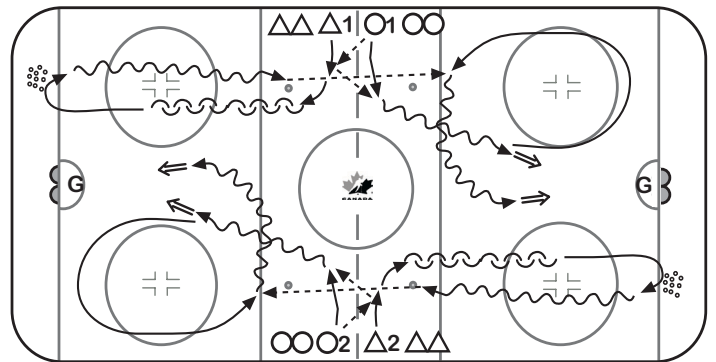
- Players initiate with stick signals & eye contact

10 MIN CANUCK TRANSITION

- On whistle, O1 skates toward opposite end for long shot.
- O2 starts as O1 reaches top of circle, etc.
- Progression: O1 starts without puck, receives pass from O2, O2 receives pass from O3, O3 from O4, O4 from O1.

KEY TEACHING POINTS

- Quick transition passing
- Support
- Attack with speed

**KEY EXECUTION POINTS**

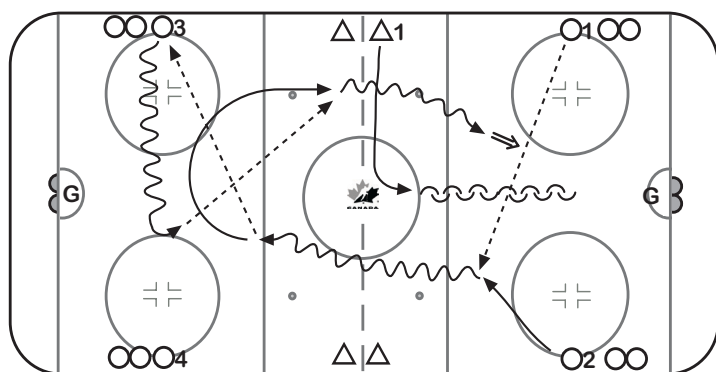
- Start on whistle

10 MIN 2 ON 1, 3 ON 1 OFFENSIVE SUPPORT

- O1 passes to O2.
- O2 skates to opposite zone, passes to O3.
- O3 jumps out, passes back to O2 and supports 2-on-1 attack vs D1.
- As O2 & O3 reach red line, O4 initiates in opposite direction to repeat.
- Variation: Add 3rd O for 3-on-1 play.

KEY TEACHING POINTS

- Offensive support
- Creativity
- Attack with speed

**KEY EXECUTION POINTS**

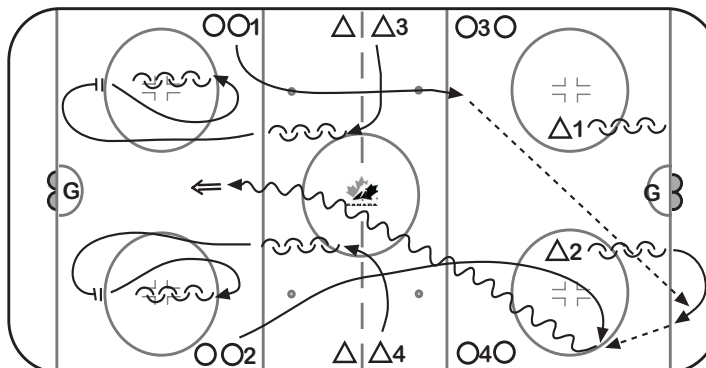
- Coach may specify offensive team tactics to be used

10 MIN CONTINUOUS 2 ON 2

- O1 & O2 skate inside dots into zone, spot puck for breakout with D1 & D2.
- O1 & O2 attack 2-on-2 vs D3 & D4.
- © whistle after rush.
- D3 & D4 jump up to tops of circles and backpeddle to initiate breakout with O3 & O4 to repeat.

KEY TEACHING POINTS

- Support
- Communication
- High tempo

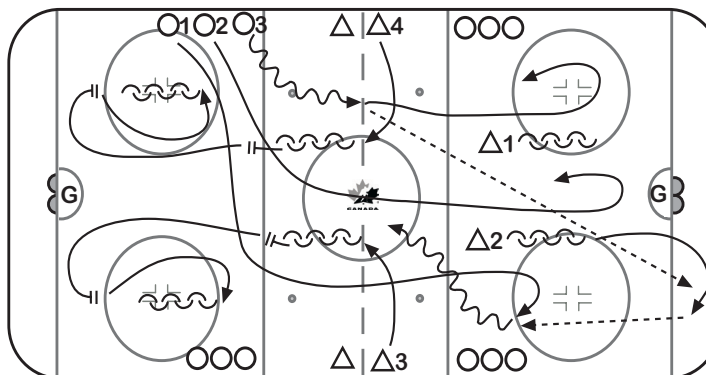


10 MIN CONTINUOUS 3 ON 2

- O4, O5 & O6 skate mid-lane, spot puck for breakout with D1 & D2.
- O4, O5 & O6 attack 3-on-2 vs D3 & D4.
- Whistle after rush.
- D3 & D4 jump to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.

KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options



10 MIN MELROSE 15 GOAL COMPETITION

- O1 & O2 attack net 2-on-0.
- Coach passes to O1 & O2 for 2-on-1 at other end vs D1.
- After 2-on-1, O3 jumps out to create offensive triangle for 3-on-2 vs D2 & D3.
- After rush, coach passes to high O for shot.
- Coach passes 2nd puck for breakaway chase.

KEY TEACHING POINTS

- Communication
- Competition between groups
- Teamwork

