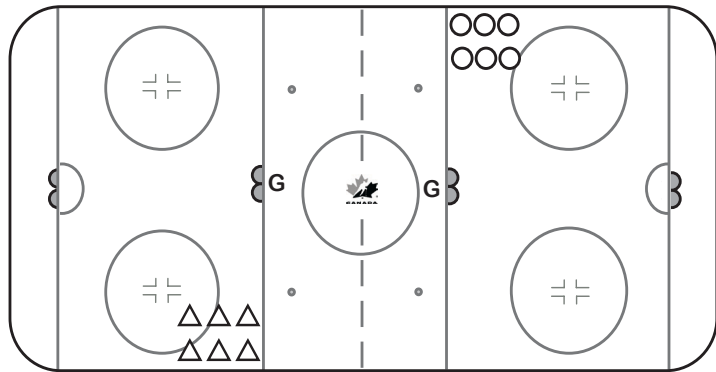


10 MIN 2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.

KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better

**KEY EXECUTION POINTS**

- Both sides start on whistle
- First team to 10 points wins

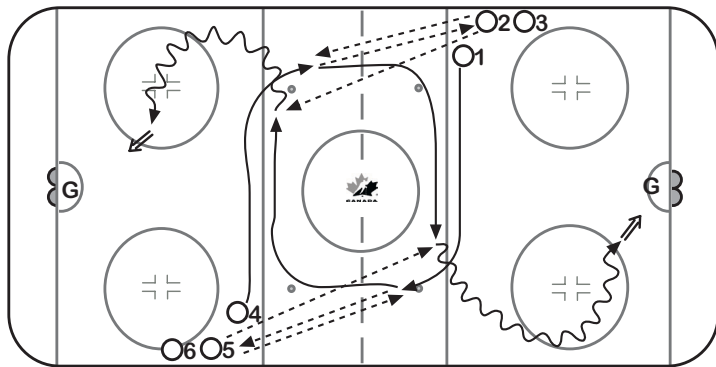
10 MIN GREYHOUND EXPRESS

- O1 skates flat along blue line for give-and-go with O5.
- O1 skates flat along othe blue line for pass from O2.
- O1 carries wide into zone, O2 follows to attack net 2-on-0.

- Both ends at once.

KEY TEACHING POINTS

- Quick puck movement
- Eyes on puck
- Drive to net

**KEY EXECUTION POINTS**

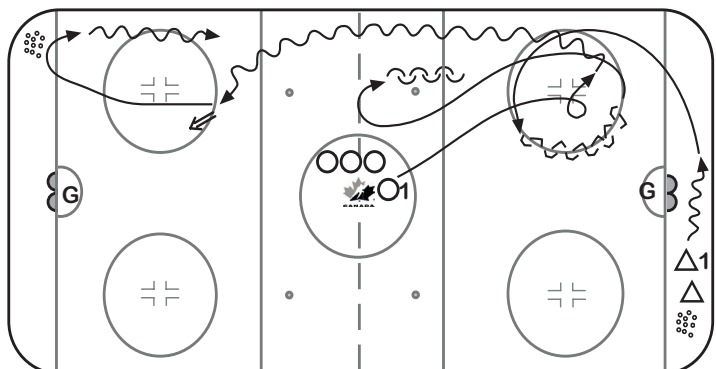
- Both ends at once

10 MIN QUINTAL 1 ON 1

- D1 skates behind net, O1 enters zone to support on half wall.
- D1 passes to O1 for attack on far net.
- D1 agility skates around circle, jumps up to red line.
- O1 retrieves puck in corner, returns for 1-on-1 vs D1.
- Both ends at once.

KEY TEACHING POINTS

- Attack with speed
- Quickness with puck
- Close gap

**KEY EXECUTION POINTS**

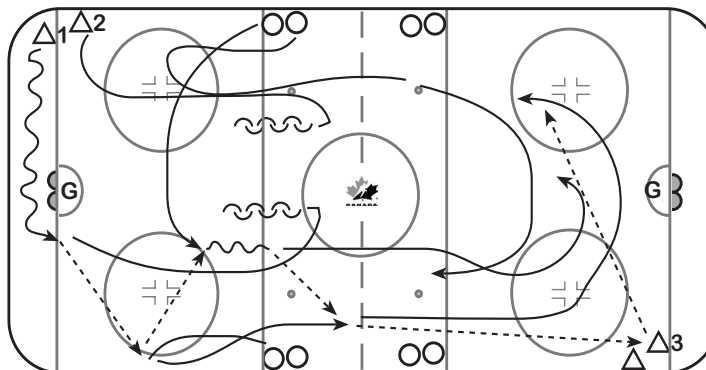
- Whistle control

10 MIN PHOENIX 3 ON 2

- D1 initiates breakout from behind net, joins rush for 5-on-0 attack.
- O's pass to D3, O's counter attack.
- D3 passes back to O's for 3-on-2 vs D1 & D2.
- Repeat from other end.

KEY TEACHING POINTS

- Attack options
- Regroup timing
- Support

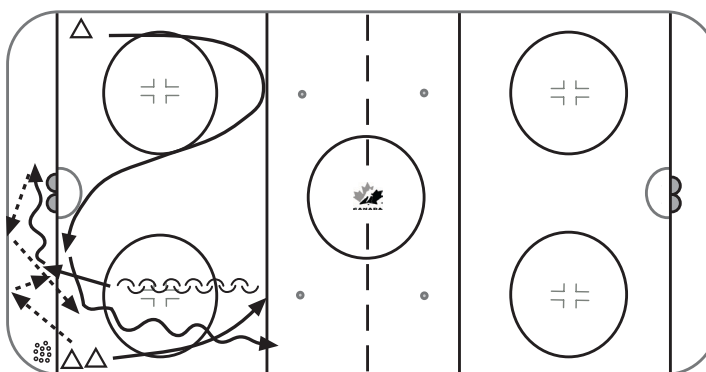


KEY EXECUTION POINTS

- Option: Add backchecker to create 3 on 3

10 MIN BREAKOUT OPTIONS

- "REVERSE" OPTION x 2
- "UP"
- D, quick feet to top of circle down through dot.
- Retrieve puck an up to forward who drops to hash mark.
- Forward goes down for shot and D join.
- Can exchange puck while going down ice.
- "WHEEL"

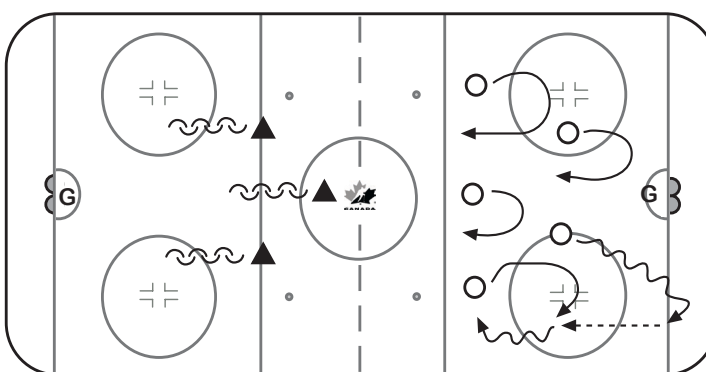


10 MIN RED WING TRANSITION

- Five O's breakout, attack 5-on-3 vs three D's.
- O's attack net with variety of team tactics.
- On whistle, O's regroup to red line, coach spots puck in NZ or DZ and O's counterattack a 2nd and 3rd time.

KEY TEACHING POINTS

- Quick counter attacks
- Good zone entries
- Creative offensive zone play



KEY EXECUTION POINTS

- Option: Add 1 or 2 backchecking O's to create 5-on-4 or 5-on-5