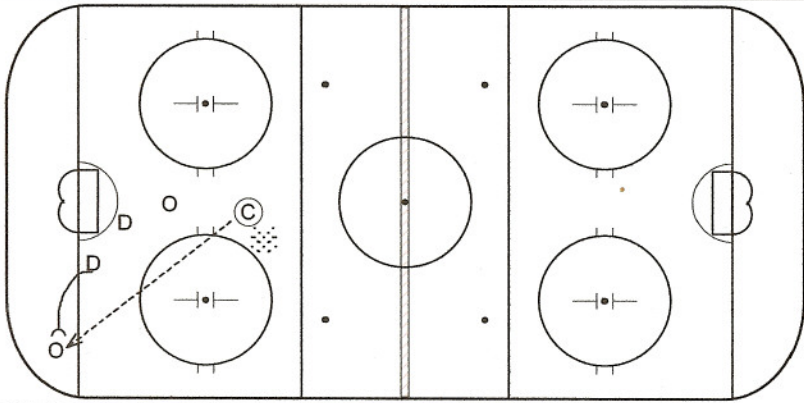


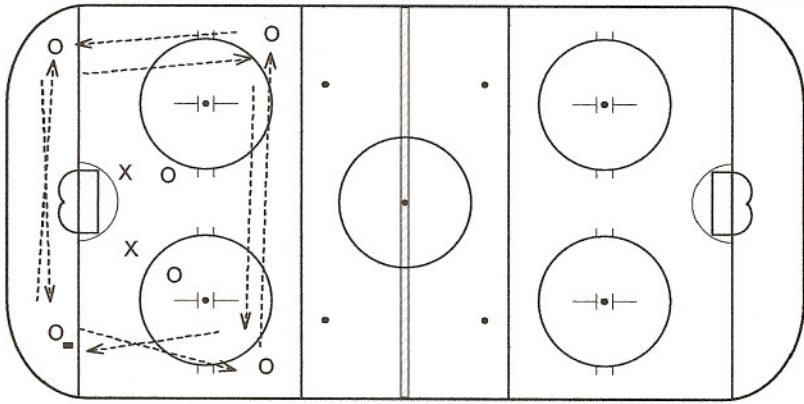
### 2Dv2F Low Side

Two Ds play against 2 Fs low and to one side of the zone. Proper DSP, P/C principles, and positional support are the focus.



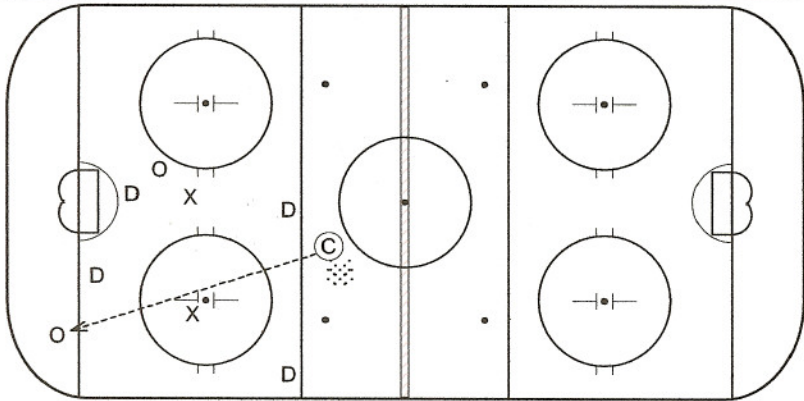
### Perimeter DSP Drill

- 1) Defending Xs try and keep proper DSP on slot players while perimeter players pass the puck to each other.
- 2) Passes to the slot are permitted if players get open.
- 3) Passes to the slot and/or shots from the points are now options for perimeter players.



### 4v4 Box

Players compete 4v4 with 2 Ds and 2 Fs per team. DZP, P/C and positional support should be stressed.



### DSP 3v3 Side/Low

1) 3v3 Side: Drill works puck side D with F1 and F3 (1st, 3rd frwds back into D zone) against 2 forwards and a D. Xs pass the puck back and forth. D players use straight line and transition skating to move at and from their respective checks. On the whistle the 3 attackers try to bring the puck to the net.

Progression:

- A) no sticks, butt ends on the ice, blades on the ice.
- B) staying only with your man to supporting any breakdown.

2) 3v3 Low: Drill works 2 Ds and F1 (1st frwd back in D zone) against opposing frwds. Progressions as above.

