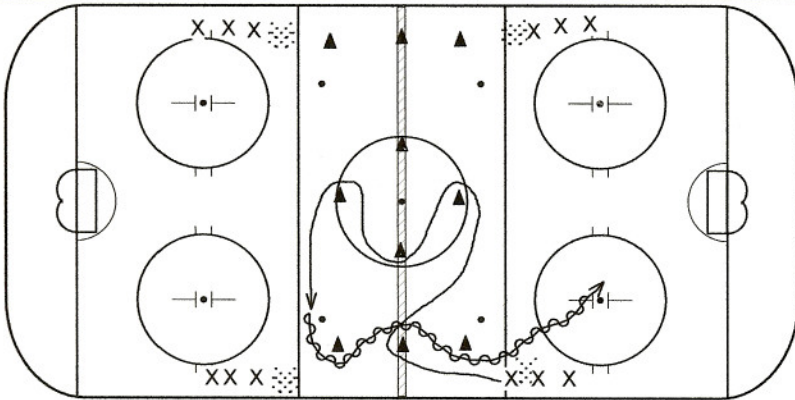


4B 13

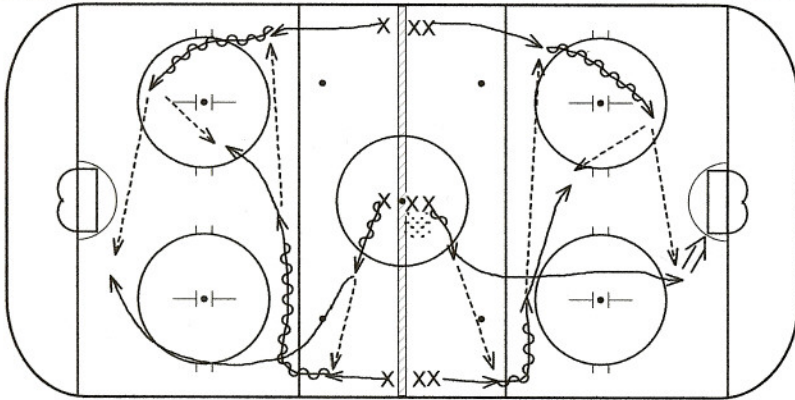
Players skate the cones as indicated. They turn at the second cone and then glide turn around the 3 center ice cones on their side before coming back through the 3 boards side cones.



OZE-Wide Option

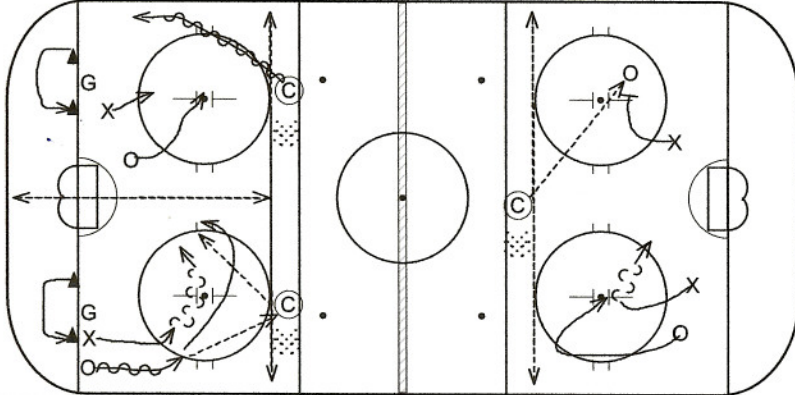
1) C passes to LW who enters OZ and slows down to cut along the blue line. C cuts behind LW and drives the post. LW passes to RW who drives wide with the puck. LW moves to give RW back side support as C give him wide support.

2) C passes to RW who slows down to cut along the blue line again. C skates down the middle in front of the RW and drives the post. RW passes to LW who drives wide with the puck. RW then continues and give the LW back side support while the C gives wide support again.



DSP 1v1/2v2

Players compete (1v1-2v2-3v3) with O players getting passes from the C, who has the option of being stationary or moving around the zone. O players keep returning the puck to the C until he blows the whistle allowing them to attack the net. D players try to maintain goal side position by executing straight line and transition skating while always keeping their eyes on the C/play.



Tech 1on1 R&R P/C Drill

Read and React:
Coach makes a variety of "good" and "bad" passes to Os and Xs have to read the situation before deciding their own course of action of either containing or pressuring O.

