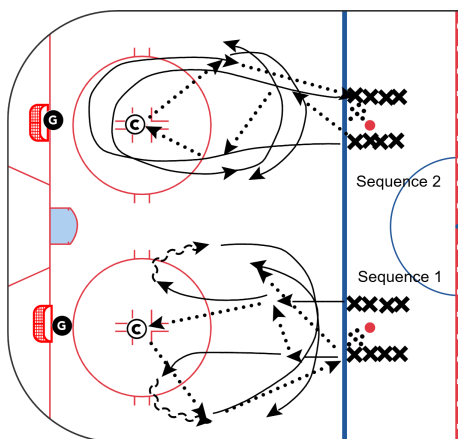


2on1 vs Coach Regroups (Half Ice)

12 mins



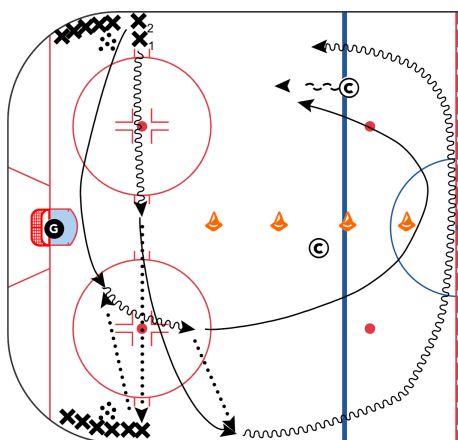
Progression 1: 2 players leave and pass the puck to coach and open up for a regroup pass back from coach. Then regroup with a player in the line and attack the coach 2v1.

Progression 2: Same as progression 1 accept players regroup behind the coach and get their speed with crossovers on the regroup.

Coaches provide token pressure, force a pass and heads up play. On rushes inforce F1-F2 support, seem passes, pick plays, pass off the pad, etc.

F1/F2 Entry Options sequence (coach pressure) Half Ice

12 mins

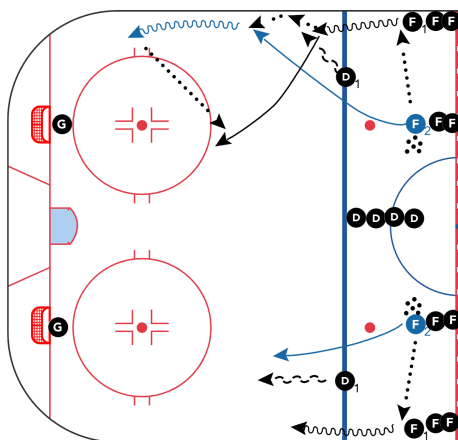


X1 passes cross ice then becomes wide lane option, X2 drives underneath and becomes inside option. X2 will receive a pass and attack inside lane. X2 kicks puck out to X1 past the red line for entry attack vs coach. sequences: 1) coach stays dot lane, slip play through coaches triangle. 2) coach stays dot lane, slip play behind coaches heels. 3) coach slides and pressures X1, pop play to X2. 4) coach stays dot lane and X2 runs pick play on coach while X1 drives inside lane. Next whistle coach takes on the 2v1 from the other side!

Note: You can progress to have the D replace the coaches.

Entries 2v1 F1-F2 Concepts (Half Ice)

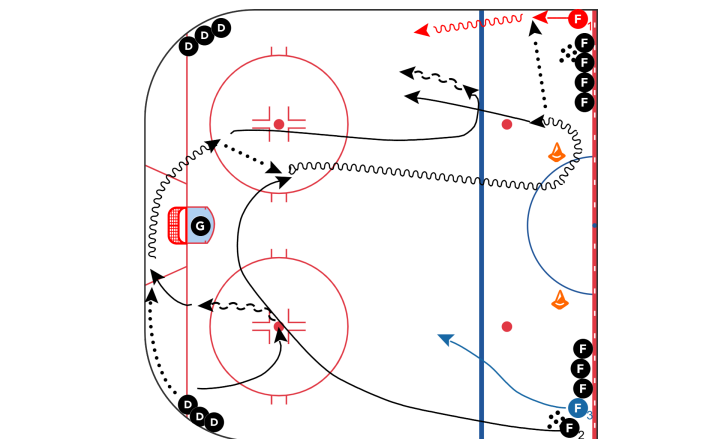
12 mins



Both sides go at the same time! F2 kicks it wide to F1 to start, they attack D1 2v1. D1 can ether slide or stay dot lane. Now F1 has to read D1 and is responsible to make a play. F1 options, (slip play to F2, deposit play to F2, wide drive and pass off the pad, pick play, middle cut). F2 responsibilities, (attack D's heels on the entry, support F1 and create a 2v1, then drive the net)

Entry Principles (advanced) Half Ice	15 mins
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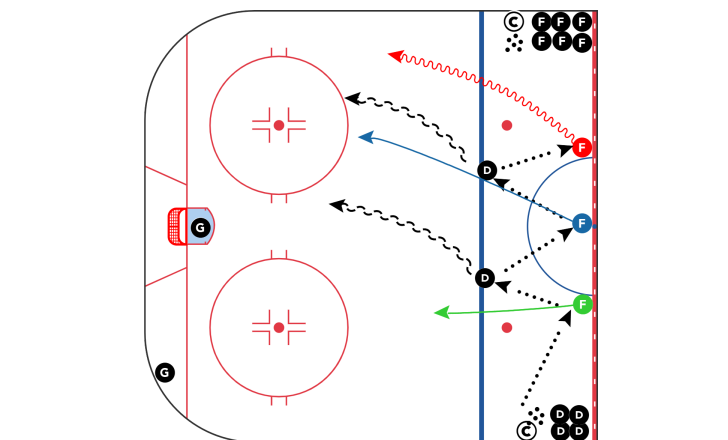
Entry Principles (advanced) Half Ice 15 mins



on whistle F2 leaves and becomes low mid support on breakout. D retrieves spotted puck and wheels the net to breakout F2. F2 skates all the way to red line, then passes to F1 for attack entry. Principles: F1 attack wide lane, F2 attack the D's heels, F3 stay wide lane 1 stick length behind. F1 and F2 are essentially creating a 2v1 vs D1. Progressions: 2v1, 3v1, 3v2 Entry progressions: slip pass, deposit, pick play, seem pass to F3
Start from other side on next rep!

Flames 5 pass 3on2 (Half Ice) 9 mins

Flames 5 pass 3on2 (Half Ice) 9 mins



2D line up on the blue line, 3 F line up on the red line. Coach initiates the drill by making a hard pass to one of the fwds. Each player has to touch the puck before they are allowed to attack! for younger groups just keep it hard at passes, for older groups they can do one touches! if a pass is missed, you start over, they cannot attack unless all 5 have received a pass! Add whatever entry philosophies you want on your entries! This is a good practice finisher, for 6-8min! high repetition