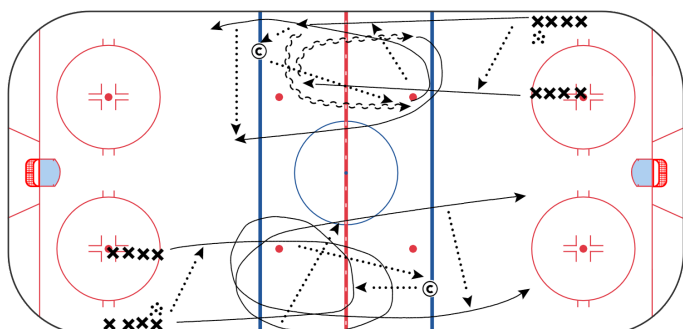


2on0 Coach Regroups

10 mins

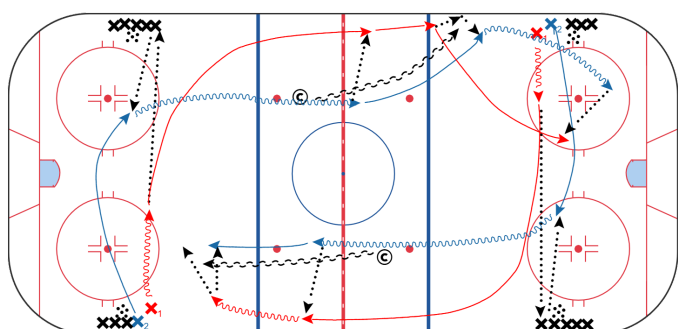


On Whistle, 2 players pass the puck back and forth and regroup with coach at the far blue line, then regroup with each other at the near blue line before attacking the far net 2on0.

Progressions: double Swing, fwd-backward then drop pass, one touch each to coach before regroup, regroup with coach then regroup with line, etc.

F1/F2 Entry Options sequence (coach pressure)

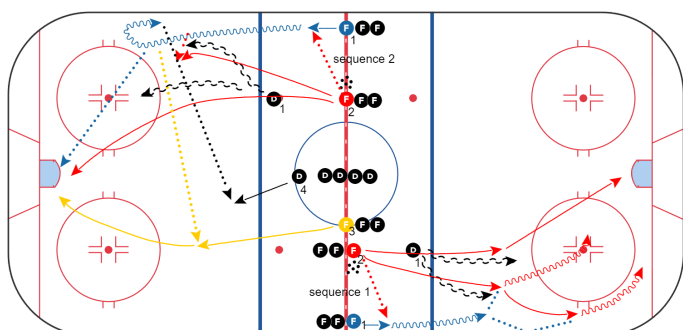
10 mins



Opposite sides leave at the same time. 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 end!

Entries (Triple Drive) 2 sequences

20 mins



sequence 1: F2 passes to F1 to start, they attack D1 2v1. D1 can either 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, middle cut)

F2 responsibilities, (attack D1s heels on the entry, support F1 and create a 2v1, then drive the net)

sequence 2: F2 passes to F1 to start, they attack D1 2v1, F3 drives far dot lane and is a stick length behind the puck (depth), Now F1 has to read D1 and is responsible to make a play.

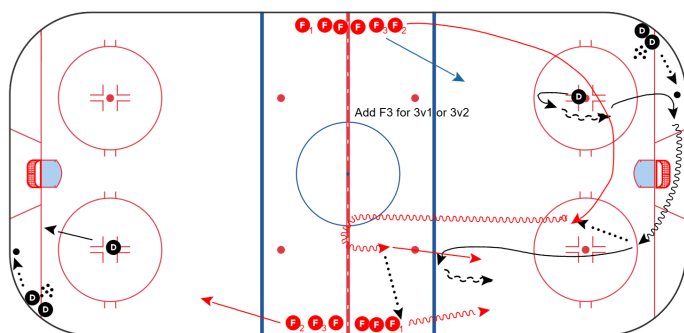
F1 options, (slip play to F2, deposit play to F2, wide drive and pass off the pad, middle cut, seem pass to F3, post up and pass to D4 trailer, NESAs)

F3 responsibilities: (stay in dot lane and manage depth, stick length behind the puck, be ready to support a deposit or NESAs)

D4 responsibilities: (get up ice, manage depth, ready for late option, "in and out, not a hang out")

Entry Principles (advanced)

10 mins



Both ends go at the same time! on whistle **F 2** leaves and becomes low mid support on breakout. **D** retrieves spotted puck and wheels the net to breakout **F 2**. **F 2** skates all the way to red line, then passes to **F 1** for attack entry.

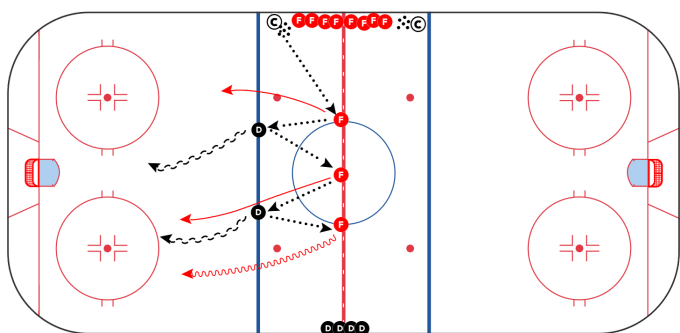
Principles: F1 attack wide lane, F2 attack the D's heels, F3 stay wide lane 1 stick length behind. F1 and F2 are essentially creating a 2v1 vs D1.

Progressions: 2v1, 3v1, 3v2

Entry progressions: slip pass, deposit, pick play, seem pass to F3

Flames 5 pass 3on2

10 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 flat 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