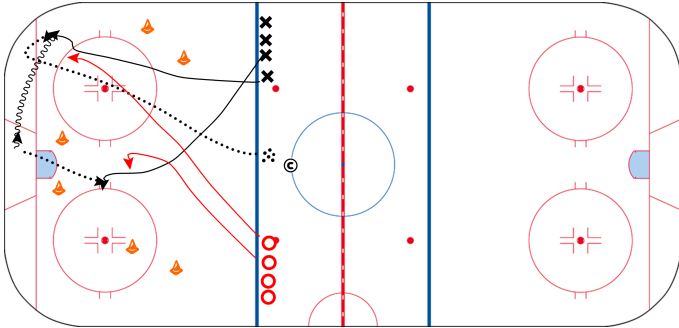


## Gate Game

0 mins



### SETUP:

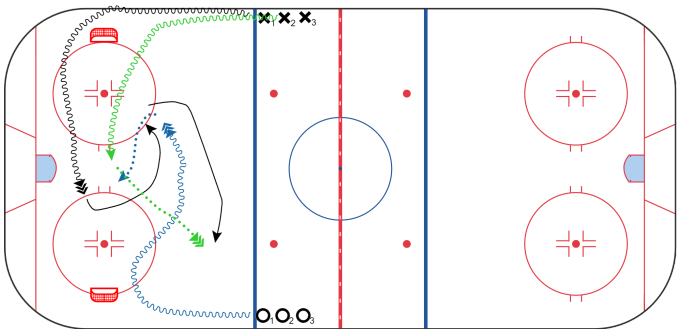
Remove the net from the end.  
Place 3 sets of pylons out as the "gates"  
Coach with pucks on blue line  
Teams line up on blue line

### ACTION:

1. Coach dumps puck to initiate 2v2/3v3 in zone
  2. Teams earn a point by completing successful, tape-to-tape, pass through any gate
- \*\*\* For a point to be earned the pass must be tape to tape and must be received cleanly \*\*\*

## Shooting Under Duress

0 mins



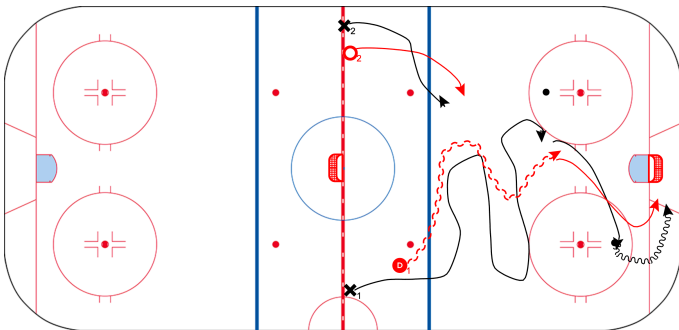
- On 1st whistle, X1 attacks around net for quick shot  
On 2nd whistle, O1 skates towards net and then attacks up ice to evade X1 who transitions to defend  
On 3rd whistle, X2 skates towards net and then attacks up ice as X1 and O1 transition to the 2v1  
On 4th whistle, O2 joins to make 2v2, on 5th whistle, X3 enters for 3v2 and on 6th whistle, O3 enters for 3v3

### Key Points

Quick Transition  
Urgency and Pace  
Good feet, better sticks.

## Finnish 2 Puck - 2v2

0 mins



### SETUP:

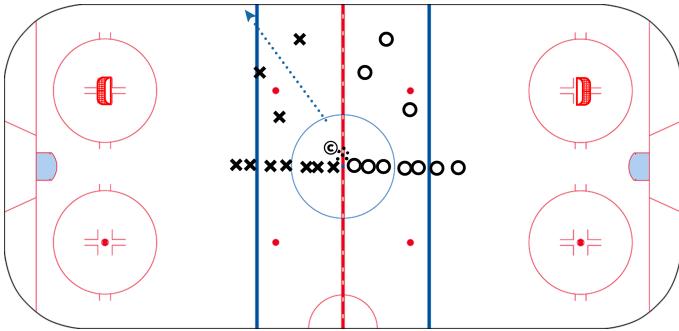
Move one net up to the red line  
Spot two pucks in the Zone circles (1 high between dot and circle, 1 low between dot and circle)

### ACTION:

1. On whistle X1 leaves and cvan skate to either of the two pucks set in the zone. D1 is to shadow skate and deny X1 access to puck.
2. As soon as X1 touches a puck, X2 and O2 are activated and join the play.
3. Play 2v2 on half the ice - blue line offside rule in place both directions.
4. On 2nd whistle they can either: (a) end drill and hard skate to far end or (b) leave puck and play the 2nd puck in zone

## Swiss 3v3

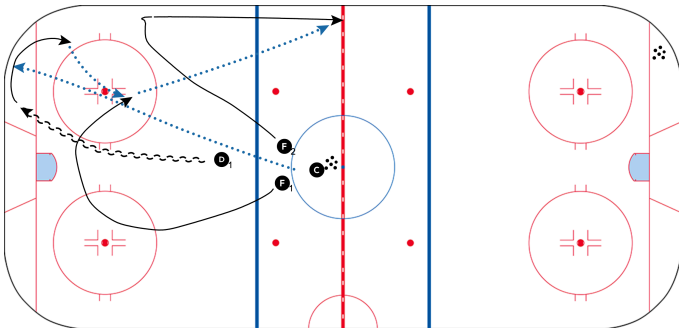
0 mins



3v3 played within the portion of ice from center dopt to the boards.  
Nets on the faceoff dots at each end.

## Calgary Breakouts - Part 1: Low C exit

0 mins



Both ends at same time on whistle.

Coach dumps puck; D retrieve puck and initiate exit with 2 Fs.

D use low C option exit pass to F1.

F1 head man to F2 who is exiting wide up ice.

### Key Points

**Urgent:** Sprint to spots. Present target and call for pass. Make it tape-to-tape. Crisp passes and Clean receptions. Time your support. Generate speed as we exit. Communicate.

**Purposeful:** D: scan shoulders before retrieval; look off pass before making it; jump back in to an option between dots after initiating exit. F's: time yourself to provide proper support in proper spots; talk to the passer; F1 stay in the middle lane; get your feet moving and accelerate out of your pass. F2 stay wide and in a spot where boards can protect you.

**Connected:** Efficient exits allows us to generate the attack and keep the opposition UNDER DURESS.