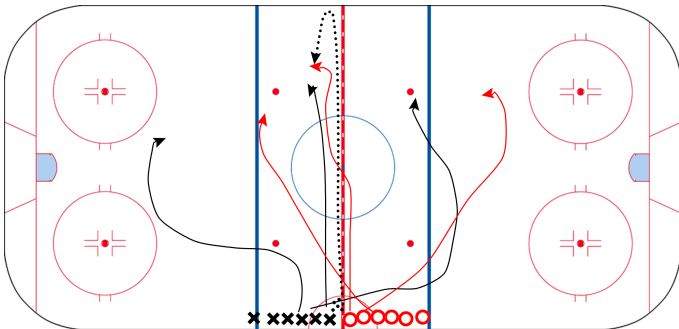


## Chase 3v3

0 mins



### SETUP:

1. Coach at red line with all the pucks
2. Players line up against boards at red line - one team on either side of red line beside the coach

### ACTION:

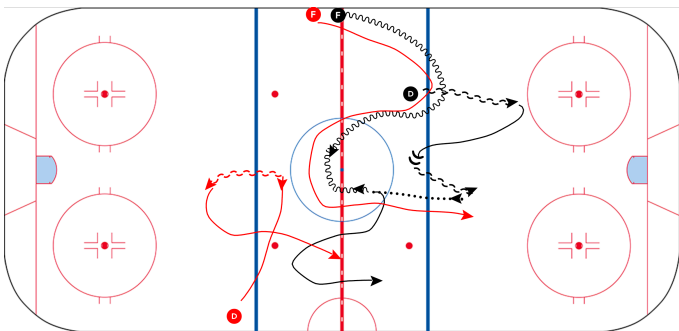
1. On whistle Coach fires puck off far boards - 3 players from each team are activated to play 3v3 full ice

### Key Points

1. Only 1 player from each team should chase initial puck
2. Look for both high and low support on initial chase

## Grey Zone Transition 2v2

0 mins



ON Whistle F (black) carries puck as shown - D (black), F (red) and D (red) mirror skate

After cutting back around center dot, F (black) makes forehand pass to D (black) which release F (red) as forechecker

F (black) must tag up beyond the red line and then work to get open while D (red) covers him

D (black) must evade F (red) in order to make Tape-to-Tape pass to F (black) \*\* no indirect pass \*\*

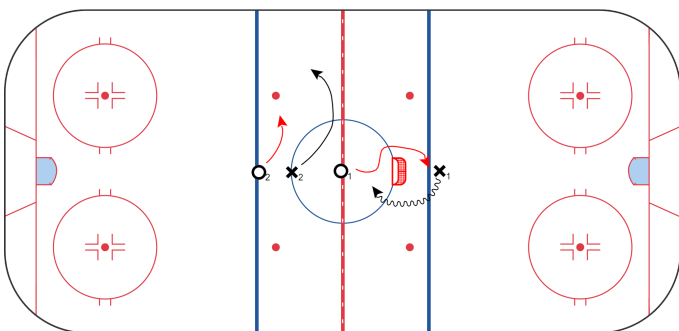
Play full ice 2v2

### Key Points

1. D ability to evade NZFC
2. F ability to get open for NZ transition
3. D ability to gap up in NZ
4. F ability to FC in NZ

## Yale Chase Out - 2v2

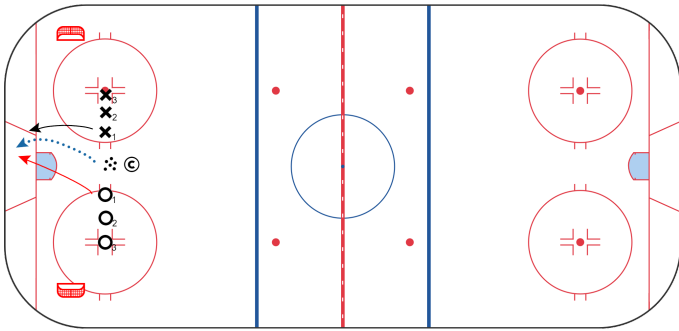
0 mins



On whistle, O1 chases X1 out from behind the net

X2 and O2 respond accordingly

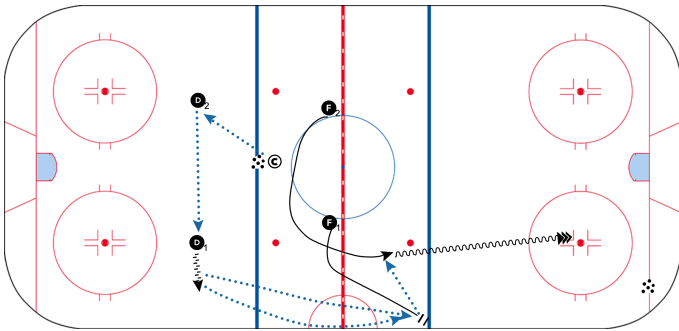
Play 2v2



Play 1v1/2v2/3v3 below the hashmarks side to side  
New puck is put when puck leaves the playing area

## Pittsburgh Chip - Part 1: D-to-D-Posted Winger

0 mins



Both ends at same time. On Whistle. \*\* Can use other C's or extra D to act as NZC protecting pass on on the back of F1 \*\*

C gives puck to D2 to start transition as F1 sprints to post up at far blueline.

D2 to D1 D-to-D pass with F2 slow and mirroring to be low centre option.

D1 makes post-up pass - direct or indirect - to F1.

F2 accelerate and provide under support for F1 to bump puck back or soft chip off wall for recovery. F2 attack net for shot.

**Key Points**

**Urgent:** Present target and call for pass. Make it tape-to-tape. Crisp passes and Clean receptions. Head up and look for what passing lane is open. Generate speed, width and depth on attack.

**Purposeful:** D: C varies puck placement to D2 (on backhand, in the air etc); quick feint and move puck; D1 jump up ice past forechecker; look off pass before making it; F1: sprint to spot and create some separation; protect the pass with your body. F2: be available for low centre pass first; time yourself to be at full speed as you attack blueline; drive net, stop at blue ice, hunt for rebounds.

**Connected:** Smooth and quick transition allows us to play with PACE.