

B202 Nzone Regroup 1-0 and 2-0

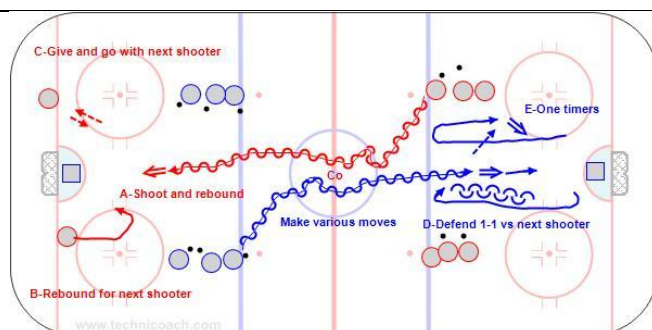
Key Points:

Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack.
4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagall ... 3080849924>



B202 Puck Handling and Shooting

Key Points:

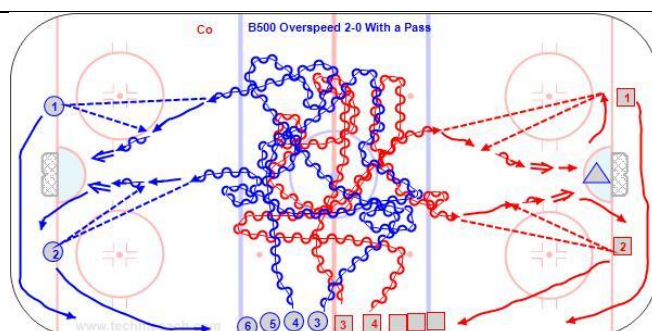
Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blueline; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.
3. Variations:
 - A- Shoot and rebound.
 - B-Rebound for the next shooter.
 - C-Shoot then give and go with next shooter.
 - D-Defend 1-1 vs. the next shooter.
 - E-Get in position for a one timer shot.

*Add other variations such as a shot pass.

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B202 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.



Key Points:

rebound.

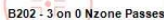
B202 Formation Two groups face each other across the neutral zone.

circle facing the puck and get another pass from Y2.

B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

After attacking one of two players could defend making it a 2-1 or 2-2.

- One Timers
- Use this drill as a Shootout Contest.



B202 - 3 on 0 Nzone Passes

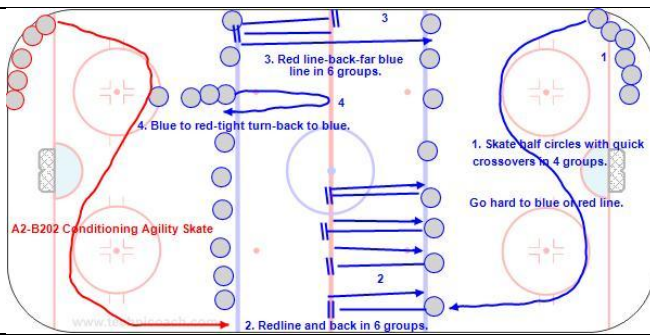


Players on inside skate
get open, call for pass
Passers pivot skate

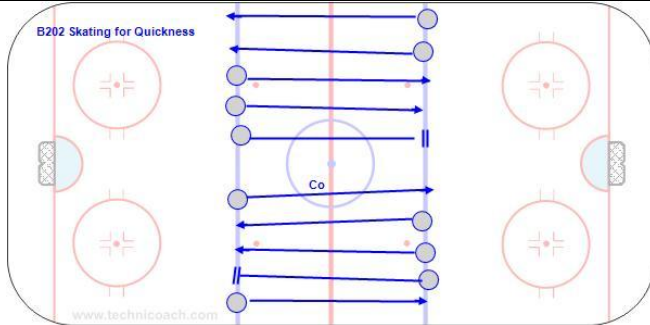
Rotate passers each minute
Everyone keeps moving

Make eye contact

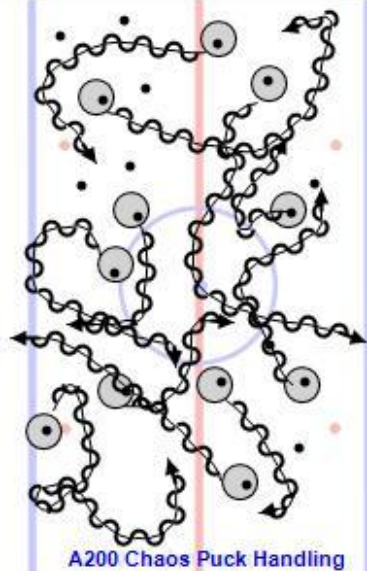
B202 Passing continuously



B202 Conditioning Agility Skate



B202 Skating for Quickness



B202 Chaos Puck Handling