
pass to the wing and follow the pass skating behind the new puck carrier.

3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.

4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.

5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.

6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.

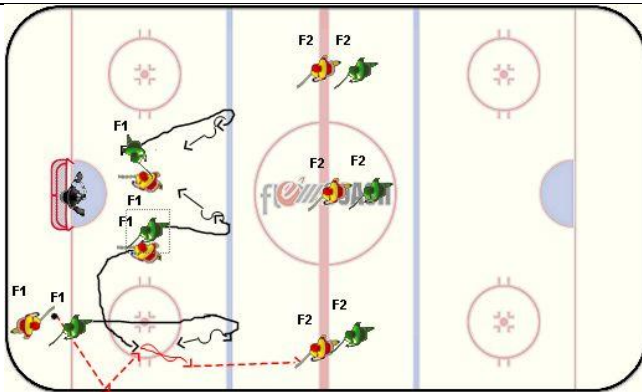
7. D makes the pass and follow the attack into the zone.

8. The group at the other end leaves after the D passes up ice.

<file:///D:/Daily%20Drill/B6%203-0%20With%20D%20Support.htm>

B6 3-0 Weave With D Regroup

<file:///D:/Daily%20Drill/B6%203-0%20With%20D%20Support.htm>



12'

DT400 3-3 Perry Pearn Game Rotation

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.

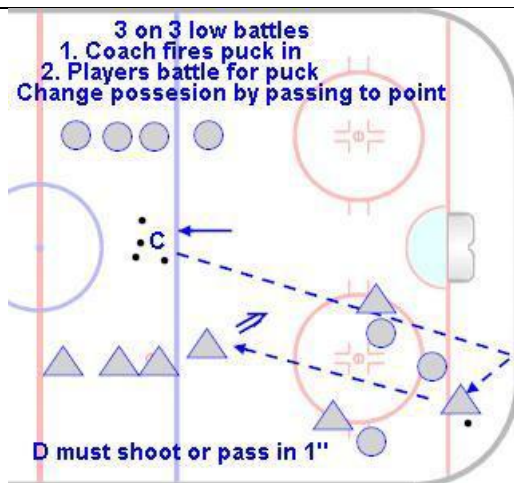
2. Three players attack three defenders.

3. Defenders must carry the puck out of the zone before passing to team waiting team mates.

4. Three new players attack vs the original offensive players.

5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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12'

D400 Transition Game of Low Battles with Point Support

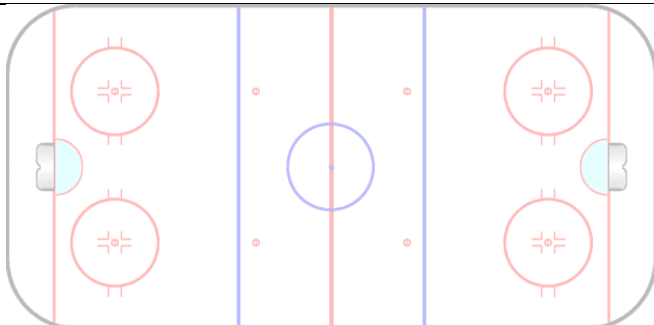
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to tree players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>



1' Meet in middle.



Explanation/Notes:



Explanation/Notes: