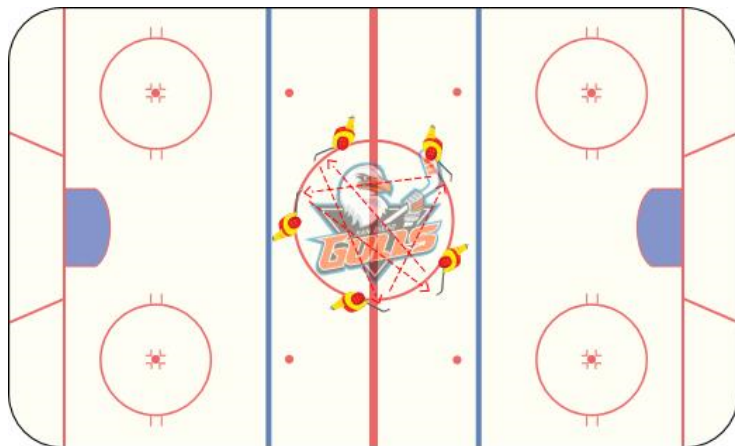


### 1) 5 Star Passing

0 min.



#### OBJECTIVE

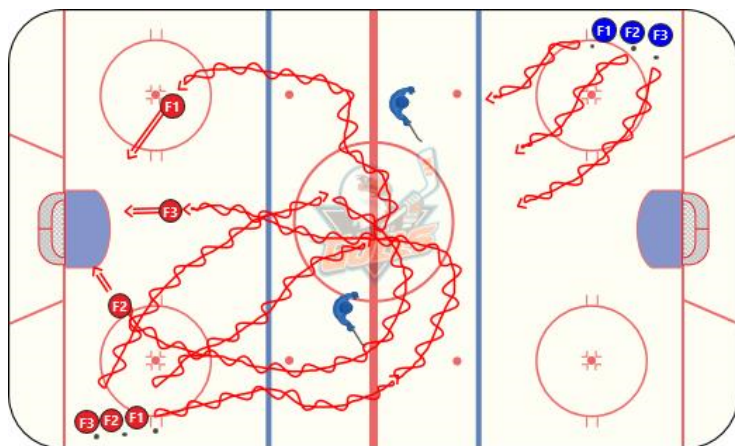
Quick release catch and release passing

#### ORGANIZATION

1. 5 players around the circle
- Pass to the player that is 2 players away from your right side so the route of the puck forms a star
2. Always pass to the same player
3. Always receive passes from the same player
4. Start with one puck then add pucks until you reach 5 pucks

### 2) NZ Chaos

0 min.



#### OBJECTIVE

NZ Skate with the puck and 3 interval shots

#### ORGANIZATION

3 players from opposite corners skate to NZ.

2 Coaches try to take puck away from them

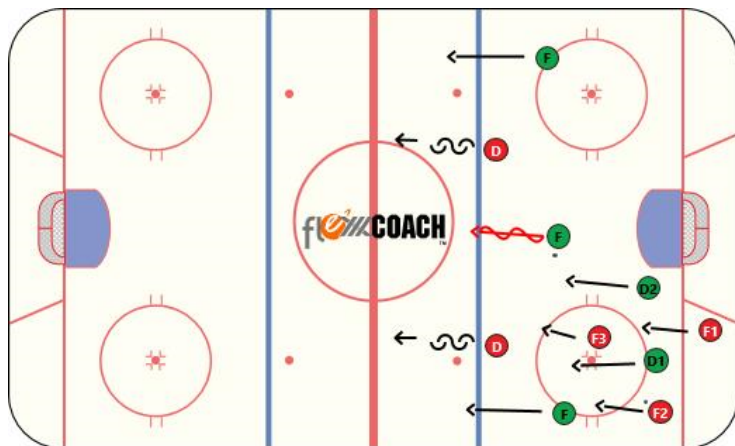
On whistle:

Players spread out and go for a shot in the zone they started from.

1st two Shots from each side and last shot from middle

### 3) 3v2 High / Low

0 min.



#### OBJECTIVE

Line Rush with Back to DZ

#### ORGANIZATION

1st Whistle : Starts 3v2 Low

2nd Whistle: Starts 3v2 High + 3 F's Low Backcheck & 2 D Low Join

Play it out until next whistle.

U Can add a 2nd puck for DZC or NZT / NZFC

#### VARIATION

2nd puck for DZC 5v5

2nd puck NZ Regroup / NZ FC

4) Corner 2v2

0 min.



OBJECTIVE

SAG, battle, puck protection

ORGANIZATION

- Coach chips puck in corner
- Players play out the 2v2 in small space (add more pucks as needed)
- Short reps (5-10 seconds)
- Can also be played 1v1

Post-Practice Comments: