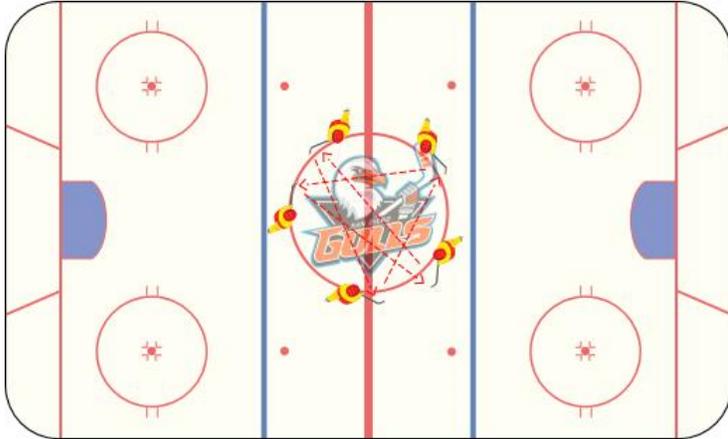


1) 5 Star Passing

0 min.



OBJECTIVE

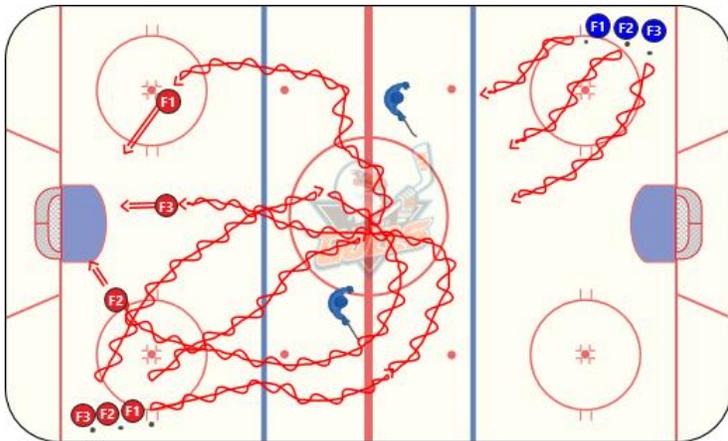
Quick release catch and release passing

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

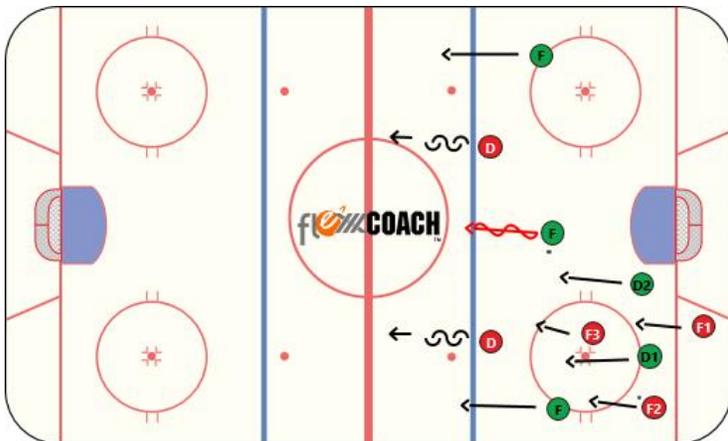
NZ Skate with the puck and 3 interval shots

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

