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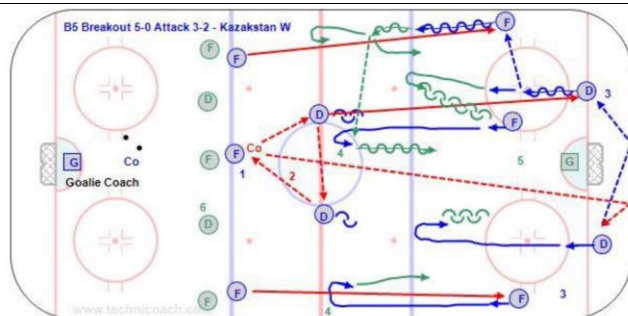
rebound for the next shooter.

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>

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### 15' Mel take goalies one at a time for 15'

T2 - B5 Breakout 5-0 Attack 3-2 - Kazakhstan W

Key Points:

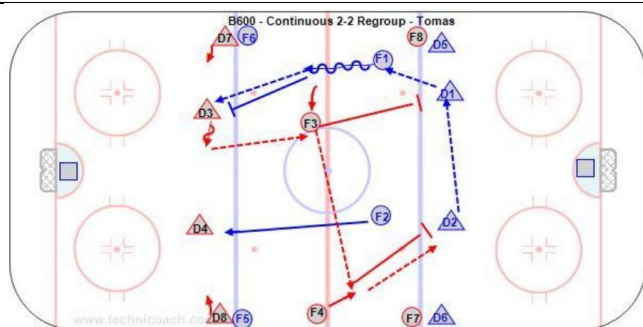
On the breakout either the player or the puck moves right away. Face the puck and give a target.

Description:

1. Line up at far blue line. 2. Coach pass to D who go D to D and back to coach who shoots puck in.
3. Five players break out.
4. Turn back at the red line and the three F attack the two D 3 on 2.
5. Play out the 3-3 until the whistle.
6. Next group repeat.

<https://youtu.be/aAmvQbFuEJ8>

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### 15'

B600 - Continuous 2-2 Regroup – Tomas

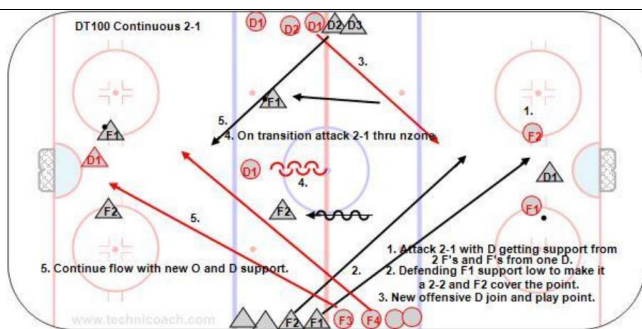
Key Points: Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
  2. F1-F2 regroup with D3-D4.
  3. F1-F2 forecheck vx. D3-D4.
  4. F3-F4 support D3-D4.
  5. D3-D4 make a regroup pass to F3-F4.
  6. F3-F4 now regroup with D5-D6 and forecheck.
  7. Continue the regroup and forecheck sequence.
- \* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
- \* Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>

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**15'**

DT100 Continuous 2-1 with 85ers.

Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. New offensive D join and play point.
4. On transition attack 2-1 thru nzone.
5. Continue flow with new O and D support. - Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.

<https://youtu.be/3USLKJdp3r8>



**15'**

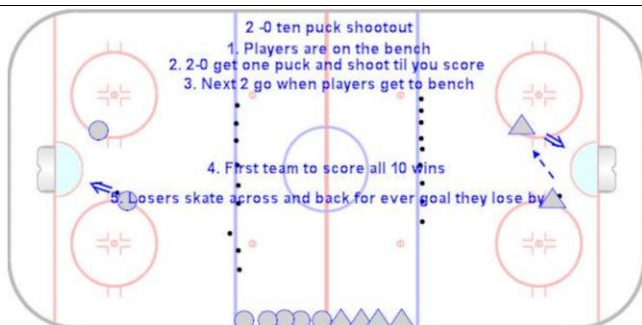
D100 5-5 One Pass in Each Zone

Key Points: Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<https://youtu.be/EhbNMhICMSs>



**15'E1** 10 puck 2-0 shootout E1 10 puck 2-0 shootout

Key Points: Allow only one or maybe two passes before shooting. Place 10 pucks on the goal line or less if you don't have much time.

Description:

1. Players are on the bench and can't leave until the scorers get within one stick length of the gate.
2. Race back to the bench hard to simulate changing on the fly.
3. Score then shoot again
4. Goalie can shoot the puck away but keep it in the zone.
5. Losing team do something like skate or push

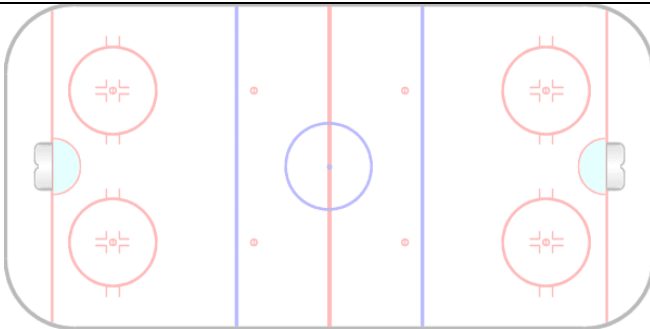
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ups for each goal they lose by.

E1 - 10 Puck 1-0 and 2-0 Shootout – College W

<https://youtu.be/juYo1G0qBNc>

**cheer**



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**Explanation/Notes:**

