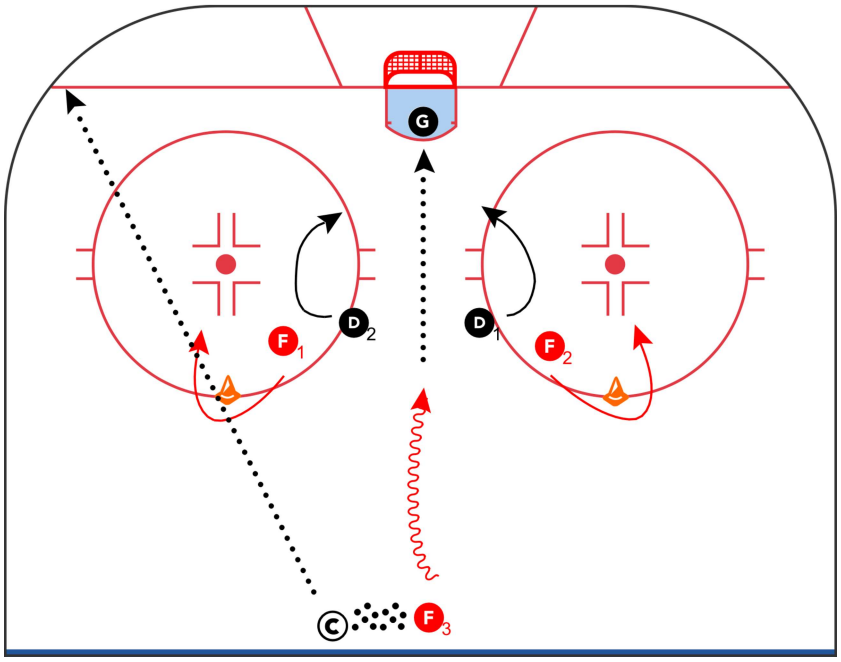
10-26

Duration: 55 mins

Continuous 2v2 to Start — 10 mins

30 in 30 - Drill 24 - 2 on 2 Box Out Drill — 10 mins



Description

- D line up just below hash marks & F above.
- When C shoots the D are not focusing on the puck but boxing out F . Let G play puck & tell D where it is.
- F are fighting for the opportunity to get to the loose puck.
- Play out 2 vs 2 for about 10 seconds.
- On whistle F must go around cone before they attack the net for a second puck from C . The second puck can be a shot, can be laid in an area or dumped in a corner.

Breakout 3v2 2x	10 mins
Sort it out	15 mins
Game	10 mins