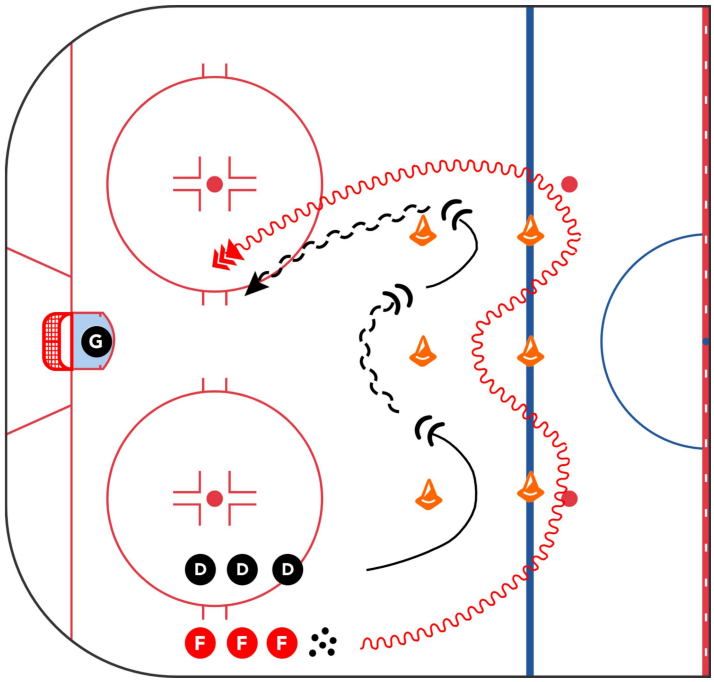
10-22 Use

Duration: 85 mins

Black: Parker Mason Bennett Aiden Tony Will	0 mins
White: Colton Tyler Landon Bryson Peyton	0 mins
Warmup 15 in 10 Or	10 mins
Monkey in the middle(different types of passes) while goalies do warmup with Jamie	10 mins
Makar Gap 1 vs 1	10 mins



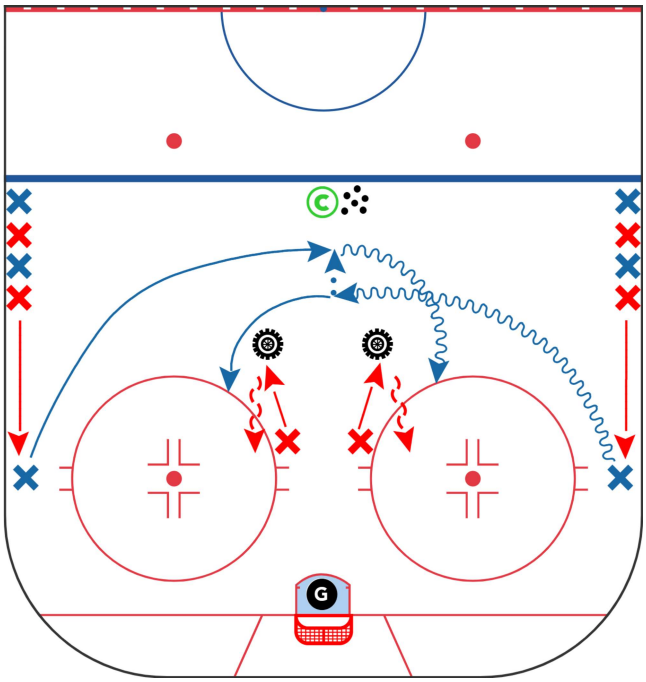
Description

- On whistle, F skates with puck and weaves through pylons at blue line
- At the same time, D follows the play, weaving through pylons and net
- Players come out of last pylon strong and play a 1v1

Key Points

- D faces forward the entire time, pivots around obstacles
- F cuts hard around pylons and keeps pace up

2 v 2 Offense to Defense to Break-Out 10 mins



Description

- The purpose of the drill is to get players to transition from offense to defense and to make quick break-out passes.
- The drill starts with Blue ✖ players crossing above the tires, making a drop pass, and attacking the Red ✖ players 2 v 2.
- As soon as the drill begins, the next Red ✖ players skate quickly into the break-out position by the hash marks.
- When the Red ✖ defending players get control of the puck, they quickly make a break-out pass to their Red ✖ teammates, who quickly cross above the tires and attack the Blue ✖ players who were originally on offense, and now these players become the defenders.
- The original Red ✖ players are finished and should sprint to the end of the line.

MINNESOTA DRILL OF THE WEEK
Created by: Wes Bolin, Head Coach of the Woodbury High School Boys Hockey team. Wes has also been a key leader of Minnesota Hockey's Player Development team.

Key Points

- Emphasize quick passes from defending players to break-out players.
- Allow offensive players to make a drop pass above the tires; defenders cannot defend above the tires.
- If a goal is scored or the G freezes the puck, the C can pass directly to the next players waiting for the break-out pass to keep the pace up.

Five-man breakout add 1,2,3 forecheckers	15 mins
Faceoff ozone/dzone	15 mins
Game to end, keep score	15 mins