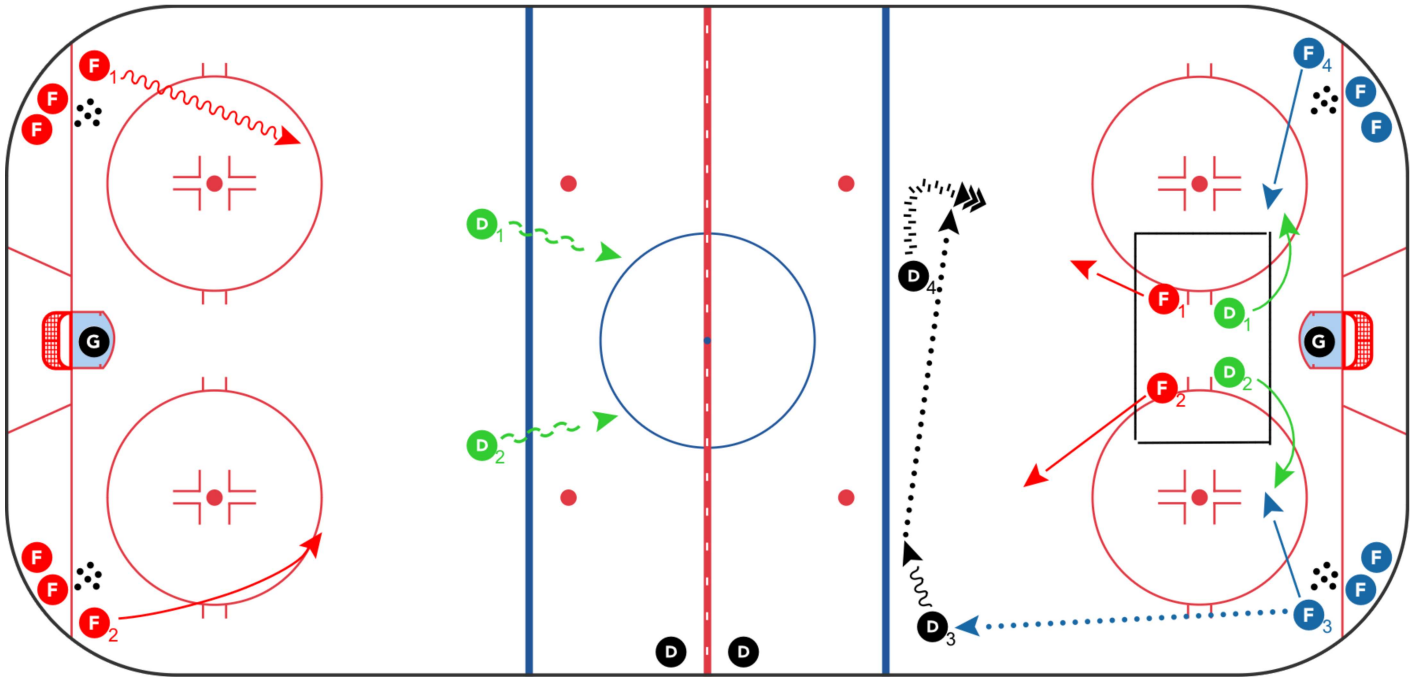
11-2

Duration: 50 mins

Gate passing w/ goalie warmup — 10 mins

Net Front 2 v 2 — 10 mins



Description

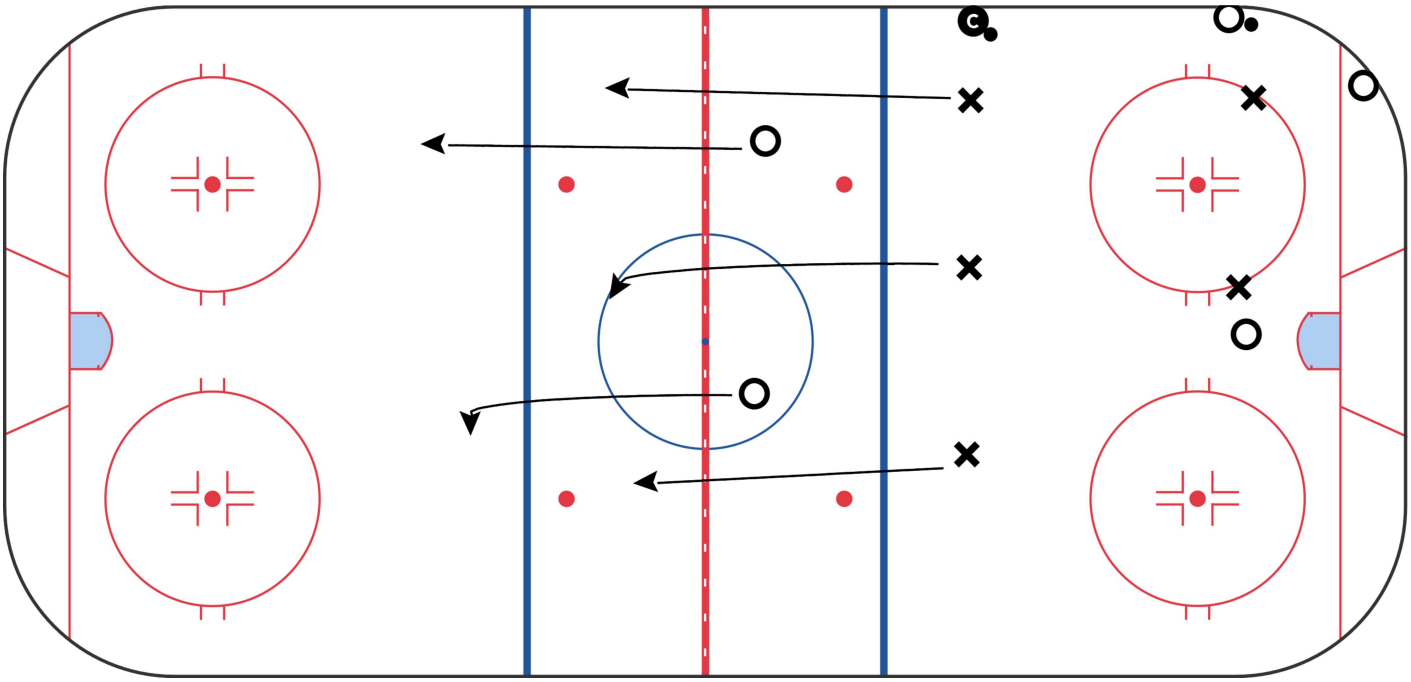
- F 1 & F 2 start the rush against D 1 & D 2. Play it out 2 v 2 in the zone.
- On the whistle, F 3 makes a pass to D 3 or D 4, who have stepped out to the blue line from center ice. F 3 & F 4 go to the net.
- F 1 & F 2 release to defend the shot from the point. D 1 & D 2 release to defend against F 3 & F 4.
- D 3 & D 4 make a play and try to get the puck through to the net. Play it out in the zone as a 4 v 4.
- On the whistle, F 3 & F 4 get a pass from the line and go 2 v 2 against D3 & D4.
- Drill repeats.

MINNESOTA DRILL OF THE WEEK
Created by: Kurt Halstrom, Osseo-Maple Grove Bantam coach

Key Points

- Communication.
- Deflections, Screens, Retrievals & Rebounds.
- Changing the angle of shots to get the puck through traffic.
- Defensive positioning (D-Side), Defending & Battling in front of the net.
- Encourage players to be creative, move and support the puck and generate passing or shooting lanes.
- Emphasis on timely decision-making, puck & player movement, puck support, puck possession and creating scoring opportunities.

3v2 into 5v5 with back pressure — 10 mins



Description

- Offensive zone forwards play quick 3on2 in corner against 2 D
- On whistle, coach spots puck to attacking line who skate 3on2 against D in neutral zone
- Original offensive forwards backtrack and communicate with D to pick up late forwards
- Play out 5on5

Key Points

Sorting out backcheck

creating offense from down low

Ozone/Dzone faceoff	10 mins

3v3 transition game to end	10 mins