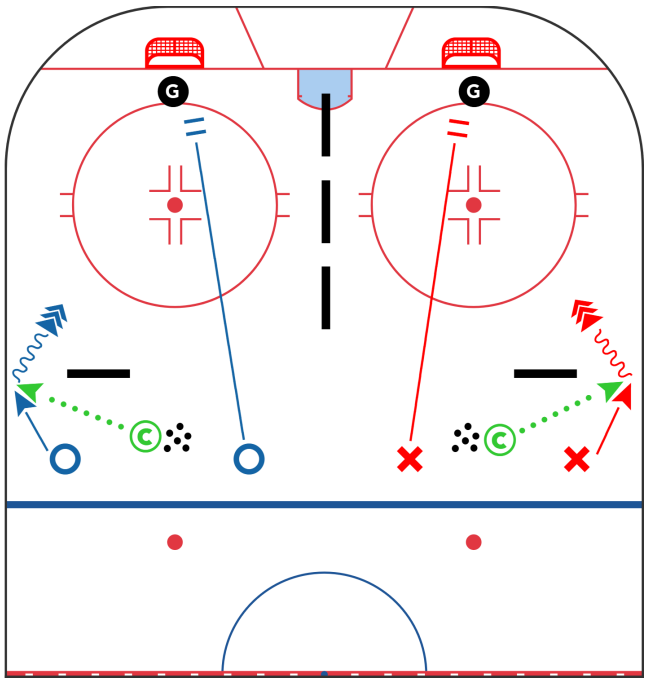
10/11

Duration: 70 mins

15 in 10 Warmup?	10 mins
5 man breakout add forechecker 3x	10 mins
Monkey in the Middle?	10 mins
3v2 Breakout into 3v2 2x	10 mins
3 v 2 off half wall	10 mins
2 v 0 Rebound Drill	10 mins



Description

- Both skaters start on either side of the coach at the top of the offensive zone. There is a divider in front of them.
- The coach lightly passes the puck into the boards, and the skater on that side gathers the puck, skates past the divider, and then puts a hard and low shot on the goalie.
- The other skater skates hard to the net, and their job is to try and collect the rebound and score.

MINNESOTA DRILL OF THE WEEK
Created by: MN Hockey

Key Points

- The shooter should keep the puck low so the goalie has a tougher time stopping it.
- The skater crashing the net should stop hard in front and not do a fly-by.
- Both players should be moving at game speed.

3v2 Powerplay game 10 mins