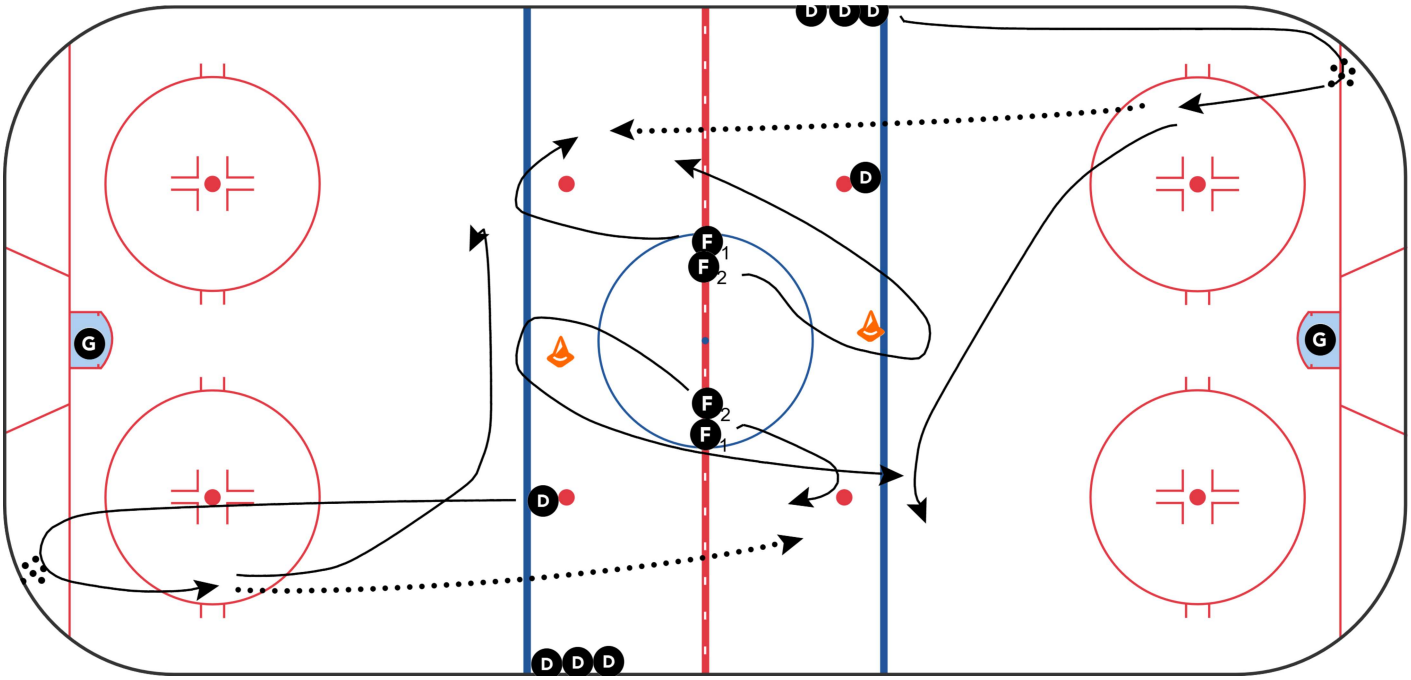
11-9-26 Bantam A

Date: Nov 9 2026 **Time:** 12:31 pm **Duration:** 50 mins

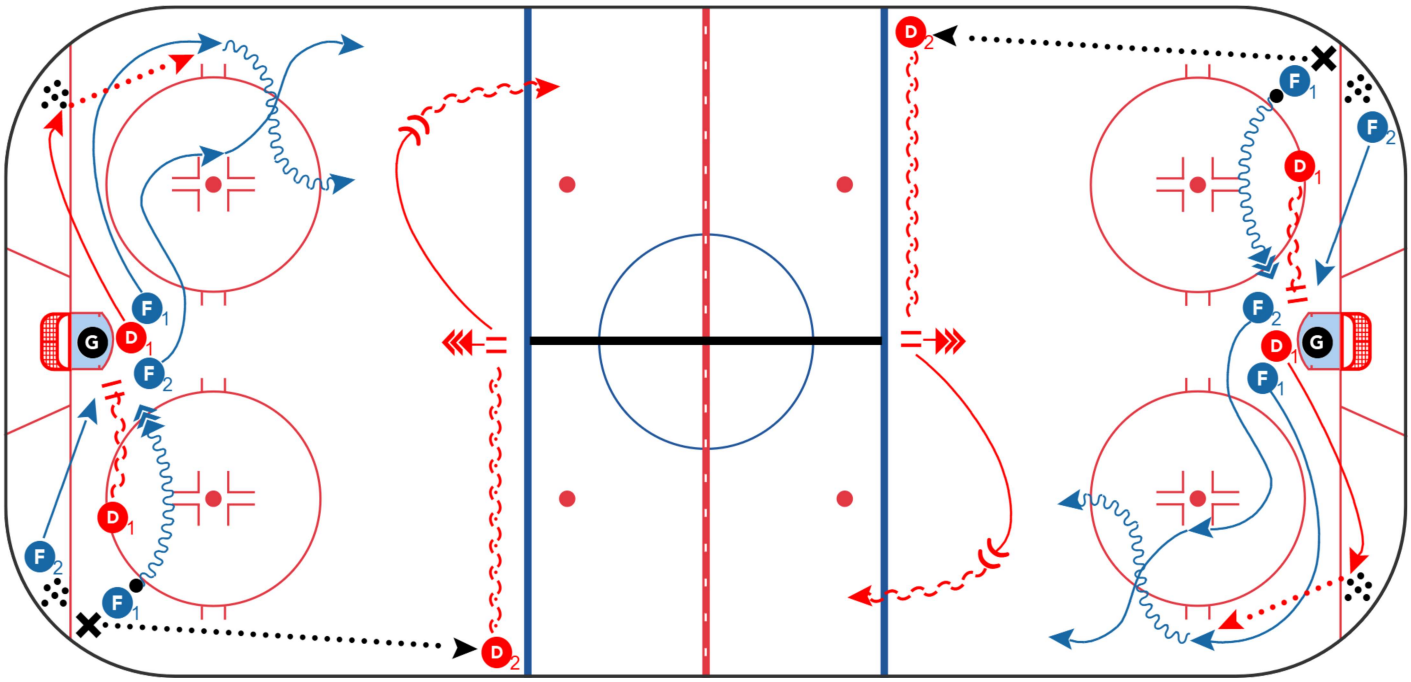
Gate Passing with goalie warm up — 10 mins

F/D Split — 10 mins

Stretch Pass into 2 0n 1 — 10 mins



Double 2 on 1 with Point Shot 10 mins



Description

- Both sides running at the same time. 8 players in total with 4 on each end.
- On the 1st Whistle, F 1 and F 2 go against D 1 and drive to the net to score. Emphasis on doing this quickly.
- On the 2nd whistle, the next player in the corner passes the puck up to D 2 at the blue line. D 2 walks the blue line and takes a shot on net. F 1 and F 2 are battling D 1 in front of the net and looking to screen and tip the puck. D 1 is trying to block shots and lift sticks in front of the net.
- On the 3rd whistle, D 1 picks up a puck in the corner and breaks out F 1 and F 2. D 2 slips over and plays a 2 on 1 into the opposite side of the ice.

Options

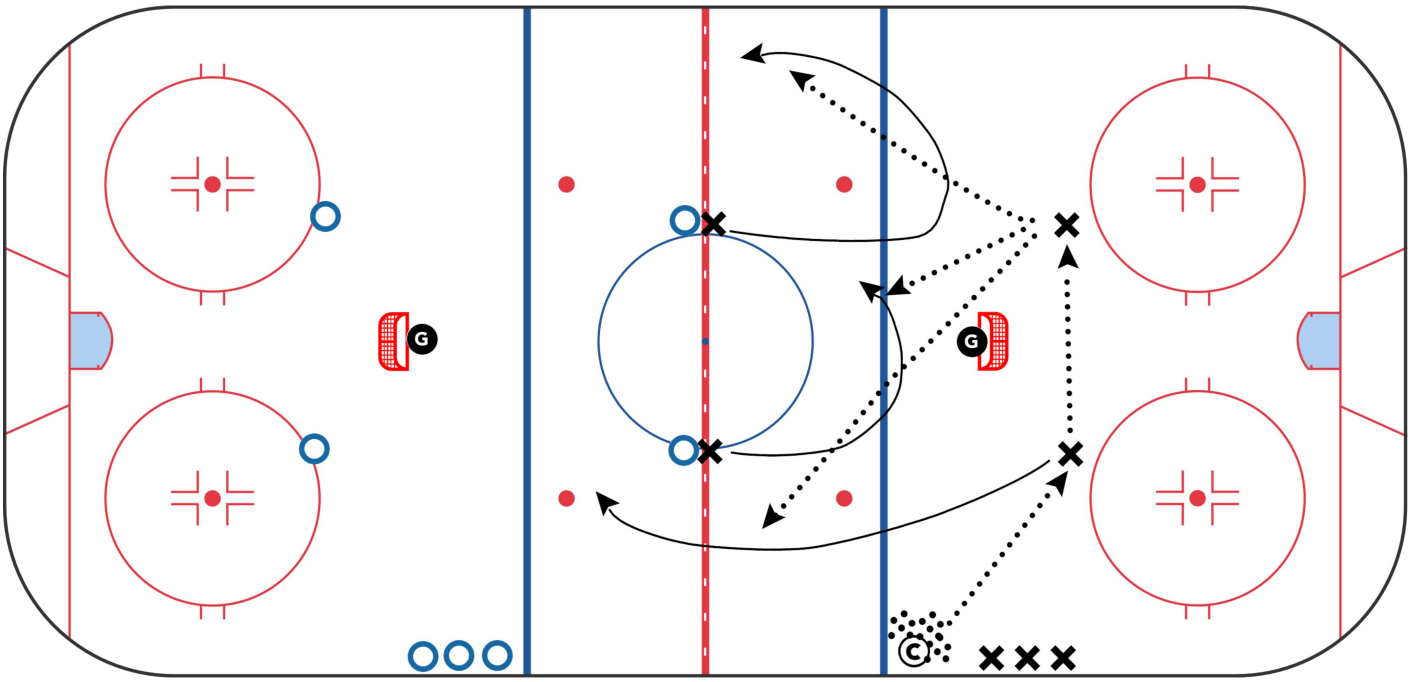
- D 1 who breaks out F 1 and F 2 is done after the breakout.
- D 1 who breaks out F 1 and F 2 follows up behind on the 2 on 1 as a backchecker.

MINNESOTA DRILL OF THE WEEK
Created by: MN Hockey

Key Points

- Tips and Screens.
- Works on two different 2 on 1's.
- Clearing the front of the net.
- Multiple players moving at once.

3 v 2 - Neutral Zone Regroup 10 mins



Description

Set Up: 2 Nets; Coach with Pucks; Each Team starts with 4 players (2 F @ Center Ice & 2 D behind nets)

- Coach initates play by passing to either team's defense; Coach will keep play going after a goal or freeze by passing a new puck to either team's defense
- When D received pass from Coach or F they MUST pass D to D; once they pass to their D partner they are activated and can join the rush 3v2.
  - If the other team steals the puck the D that joined the rush must skate back to their original position behind their net
- If the defending team steals the puck they MUST pass to their D pair to initiate a D to D pass with an activation of a Defenseman.

Coach resets new players after 1 to 1.5min of play.

Key Points

Coaches Point:

- Good D to D passes; head up/communication before pass
- F's should swing and create speed simulating neutral zone transition play

Black: Grant Aiden Will Parker Bobby Colton Landon	**0 mins**

White: Peyton Bryson Tony Max Tyler Bennett Mason	**0 mins**