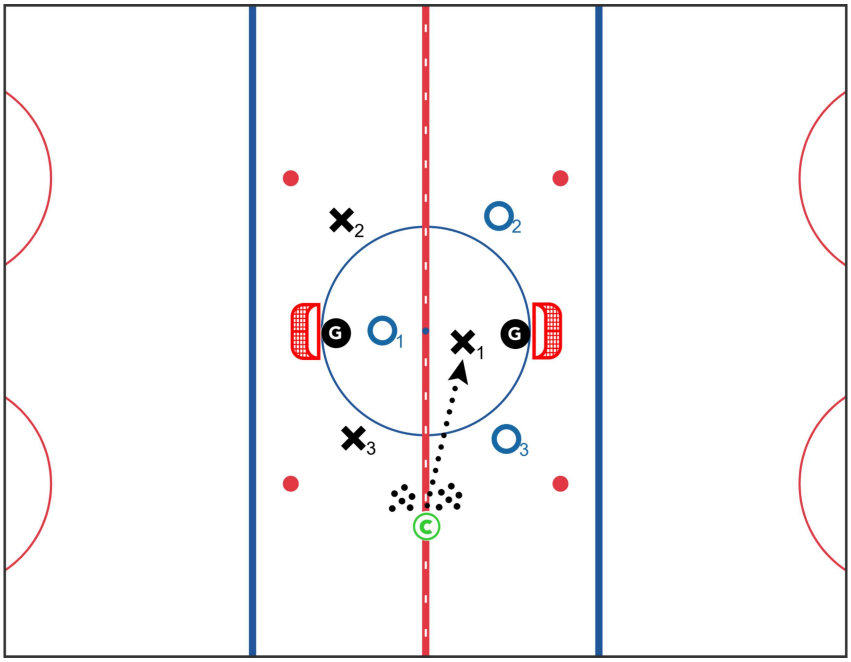
11-10-26 Bantam A

Date: Nov 9 2026 **Time:** 12:31 pm **Duration:** 60 mins

Gate Passing with goalie warm up	10 mins
Breakout into 3v2 2x	10 mins
In Zone 3v3 Continuous below the top of the circle	15 mins
Bubble Hockey	10 mins



Description

- Players have to be somewhat stationary in their positions.
- Players can move a little but must stay in their area.
- © starts the game by passing the puck to ✖ 1 or ○ 1.
- ✖ 1 has possession. They can pass to ✖ 2, ✖ 3 or shoot.
- ✖ 2 & ✖ 3 can pass to each other, back to ✖ 1 or shoot.
- ○ 1 is defending. If ○ 1 gains possession, they can pass to ○ 2, ○ 3 or shoot and ✖ 1 must defend.
- If the G freezes the puck or puck goes out of play, the opposite team receives a puck from the © .
- If a goal is score, the © gives the scoring team a new puck.

MINNESOTA DRILL OF THE WEEK
Created by: Amber Fryklund, CCM High Performance coach and District 12 Coach-in-Chief

Key Points

- Quick passes and shots.
- Open up for passes.
- Active sticks.
- Deception & creativity.

3v2 Power Play Game to end	15 mins
White: Max Bob Bennett Will Tony Aiden Grant	0 mins
Black: Madden Tyler Landon Colton Parker Mason Bryson Peyton	0 mins