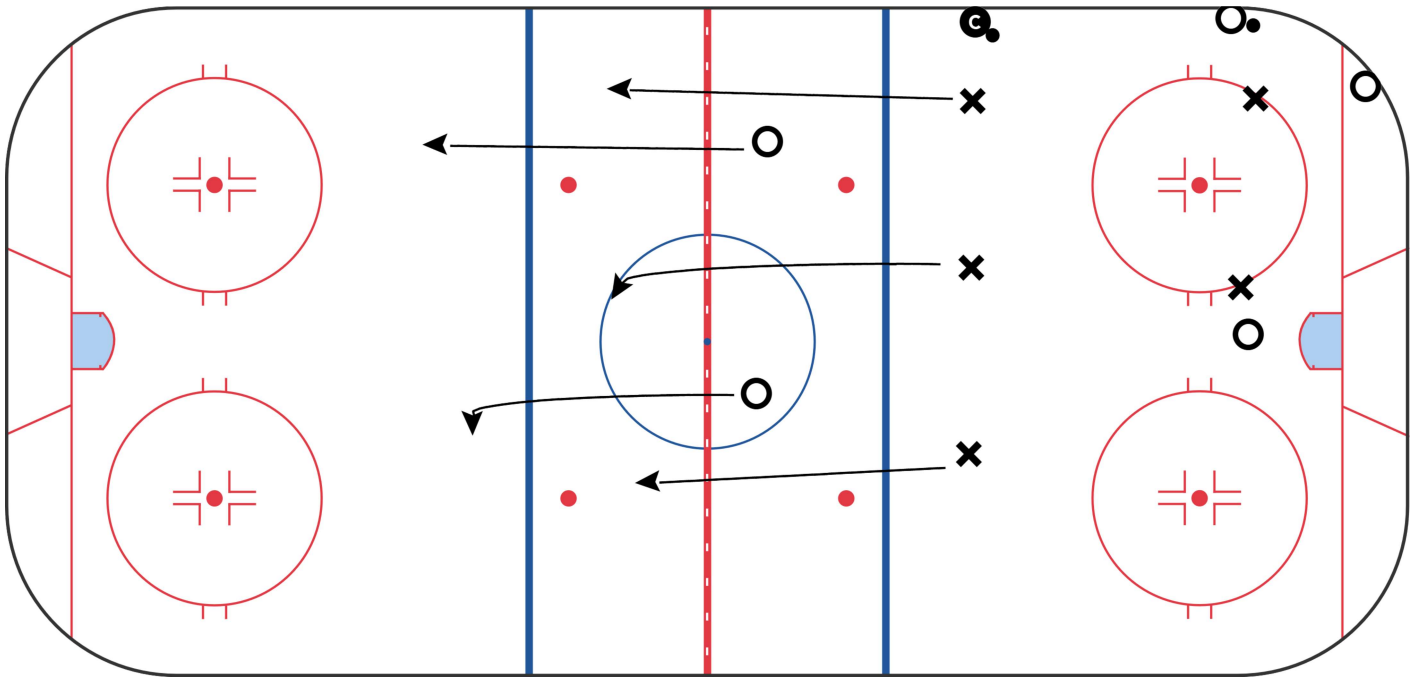
11-2 Bantam A

Duration: 50 mins

Gate passing w/ goalie warmup — 10 mins

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

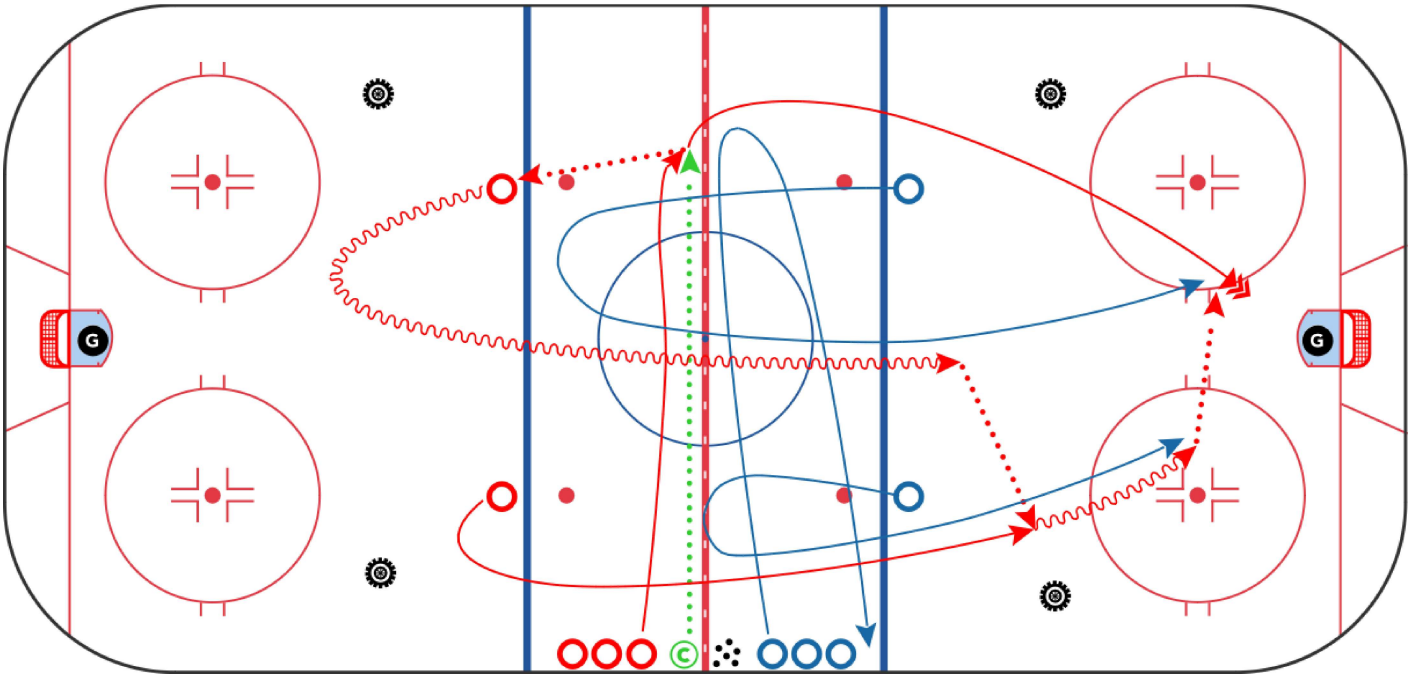
Key Points

Sorting out backcheck

creating offense from down low

Ozone/Dzone faceoff — 10 mins

1 vs 1 Race To 3 vs 2 — 10 mins



Description

- © spots a puck, player from each team tries to get the puck first in a 1 vs 1 battle.
- Player who gets the puck first passes it to his teammates at the blue line and joins them in a 3 vs 2 battle and player who does not gets the puck return to his original position.
- Players with a puck are the offensive team and players without a puck are the defensive team.
- After the shot on the net, drill starts again with new players from each team.

VIDEO IN SKETCHPAD
Instagram: @slugocki_hockey

3v2 on each end first to 3 — 10 mins