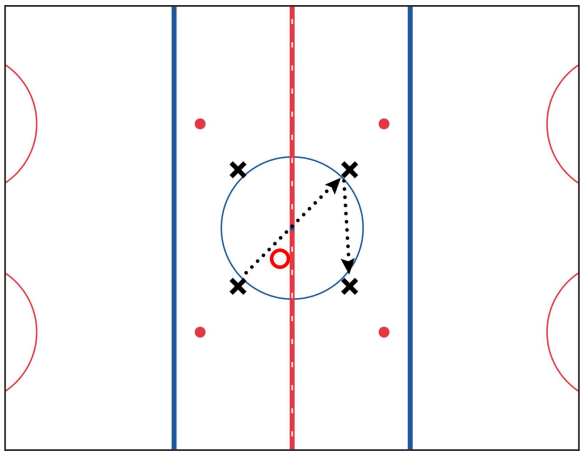
10/8

Duration: 50 mins

Monkey in the Middle — 10 mins



- Players split evenly amongst 4 or 5 circles.
- All players stand outside the circle expect the one in the middle.
- On the whistle, ✖ 's outside circle play keep away from ○ .
- Same player stays ○ until they get the puck.
- Every other pass has to go through ○ .

Alternate: Same player stays on ○ until whistle. Give them more time to perfect the skill of reaction and not being predictable.

GOALIES

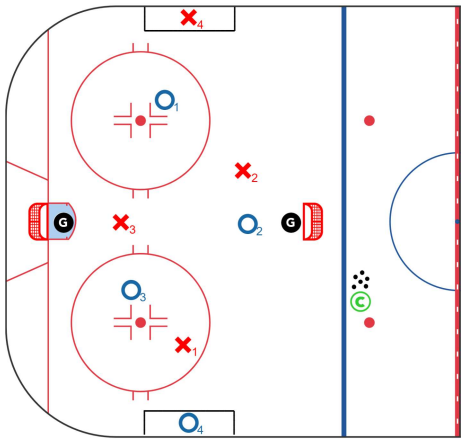
They have to be able to pass also so include them.

Key Points

- Goal is to be sneaky and not predictable at all.
- No running around in circles.
- Stay in control.

Continuous 2v2 — 10 mins

Double Net Scrimmage with Outlet — 10 mins



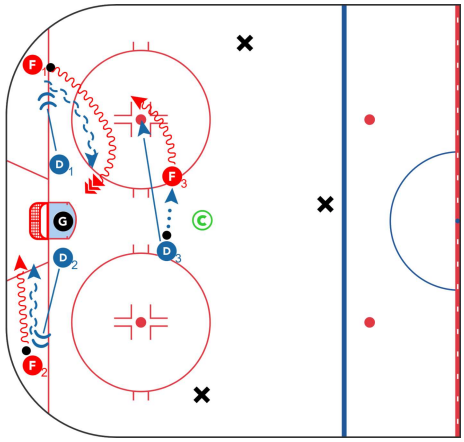
- There are two teams of four. Each team must have one player (✖ 4 and ○ 4) in the box against the boards, where they must stay.
- The teams can score on either net.
- To go on offense, you must pass to your fourth player, who is in their box.
- Play until there is a goal or the coach blows the whistle, and then switch.

MINNESOTA DRILL OF THE WEEK

Key Points

- Passing and working into open space.
- Fluid defending and offense, as both goals are in play at all times.
- Communication.

Rosemount 3 on 3 — 10 mins



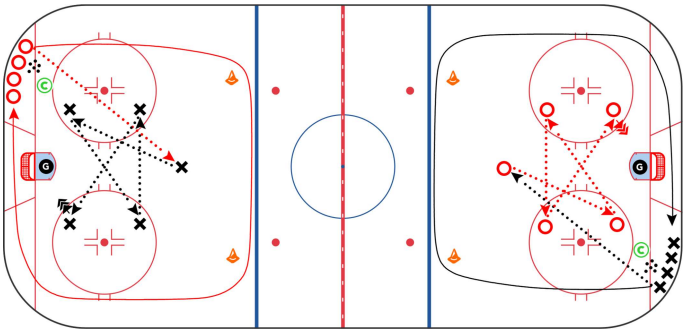
- This drill is a 1 on 1 which moves to a 2 on 2 and eventually a 3 on 3 below the top of the circles.
- The purpose of this drill is to get players to play defensively in their own zone below the top of the circles and develop creativity offensively.
- F 1, F 2 and D 3 start with pucks.
- Whistle 1: F 1 attacks D 1 however they can.
- Whistle 2: F 2 attacks D 2 while F 1 and D 1 join to make it 2 on 2.
- Whistle 3: D 3 passes to F 3 and then attacks F 3 while F 3 is trying to make a play. F 1 and F 2 join F 3 and D 1 joins D 2 and D 3 to make it 3 on 3 down low.
- Double Whistle: Stops drill.

MINNESOTA DRILL OF THE WEEK
Created by: Ricky Sainty, Rosemount High School Boys head coach, High Performance 16 Director and High Performance Section 3A/AA GM

Key Points

- Defensively: communicate, have your head on a swivel, take away time and space, and overall awareness.
- Offensively: creativity, moving the puck, creating time and space, and simplicity.

Baseball - Version 2 — 10 mins



- Divide players into two groups – one at each end of the ice and form two teams in each end.
- Place 2 pylons out near blue lines.
- Pick 5 players who are the fielders, and spread them out in the slot.
- On whistle player in corner must pass puck to one of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line.
- The fielders must pass to each other until all 5 players have touched puck before a shot is taken.
- If the fielders score before the skater gets back in line the skater is out.

Key Points

- Divide into teams and keep score.
- Teams change positions once 3 outs are made.