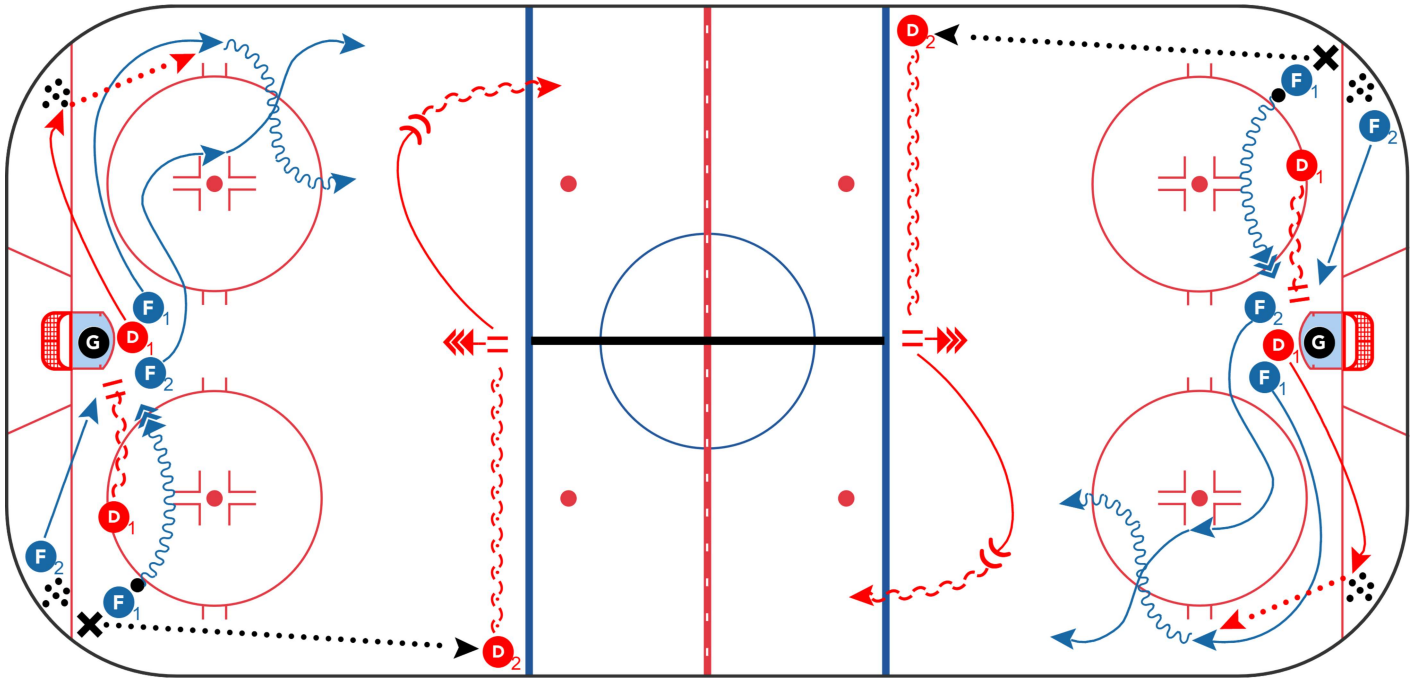
10-29

Duration: 90 mins

Goalie Warmup	10 mins
Partner Passing Warm up or last man standing	10 mins
3 v 3 angling drill	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.

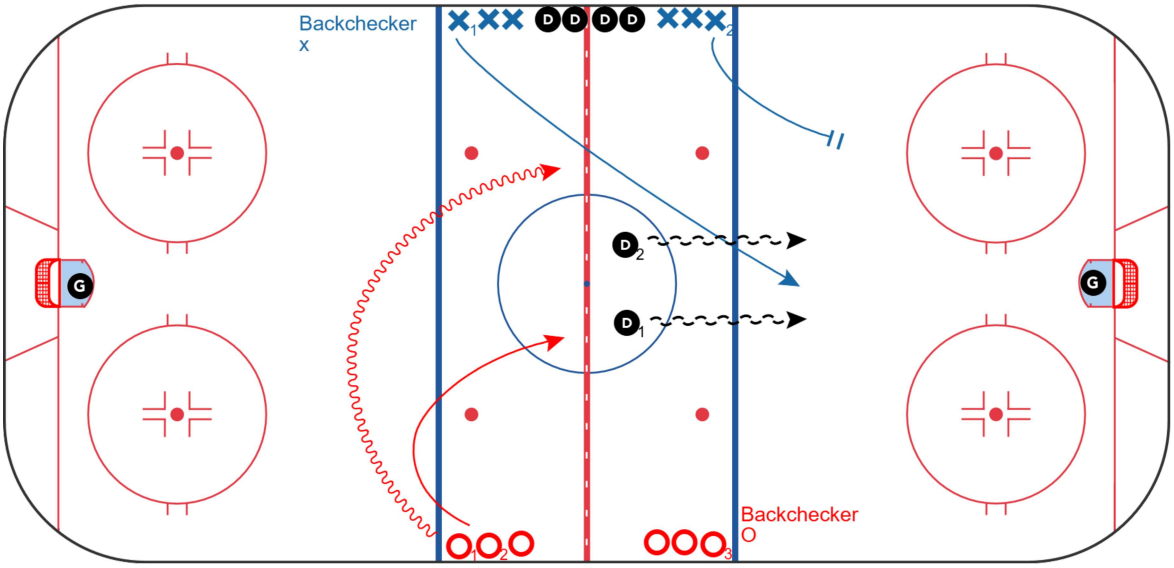
MINNESOTA DRILL OF THE WEEK
Created by: MN Hockey

Key Points

- Tips and Screens.
- Works on two different 2 on 1's.

- Clearing the front of the net.
- Multiple players moving at once.

30 in 30 - Drill 6 - 2 vs 3 Backcheck Drill — 10 mins



Description

- O 1 takes off with a puck & O 2 goes with him for a 2 vs 2 on D 1 & D 2.
- X 1 goes hard on the back check to gain the middle of the ice which turns it into a 2 vs 3.
- X 3 is the next to join play & waits just above the circle.
- Once defensive team gains possession they bump it up to X 2.
- X 2 & X 1 who back checked take off on two new defencemen with O 3 backchecking.

End with 3 v 3 Transition Game	10 mins
White: Peyton, Bryson, Aiden, Mason, Parker, Madden	10 mins
Black: Colton, Tyler, Bobby, Landon, Will, Tony	10 mins
White, Peyton, Bryson, Aiden, Mason, Parker, Madden, Bennett	10 mins