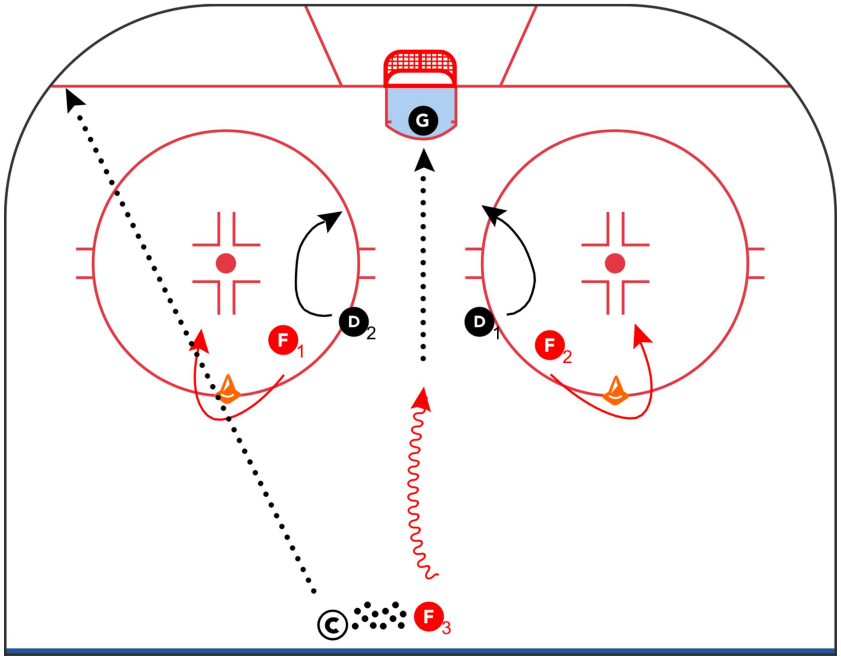
10-19

Duration: 50 mins

Goalie Warmup with 4 square — 10 mins

3v3 Angling Drill — 10 mins

30 in 30 - Drill 24 - 2 on 2 Box Out Drill — 10 mins



Description

- D line up just below hash marks & F above.
- When C shoots the D are not focusing on the puck but boxing out F . Let G play puck & tell D where it is.
- F are fighting for the opportunity to get to the loose puck.
- Play out 2 vs 2 for about 10 seconds.
- On whistle F must go around cone before they attack the net for a second puck from C . The second puck can be a shot, can be laid in an area or dumped in a corner.

3v2 Breakout into rushes 2x	10 mins

Sort it out	10 mins