

STOMACH SAVE

Description :

- Coach has the pucks.
- Goalie is standing at the top of their crease.
- Coach takes a shot at the goalie's stomach.
- Goalie does not allow a rebound.

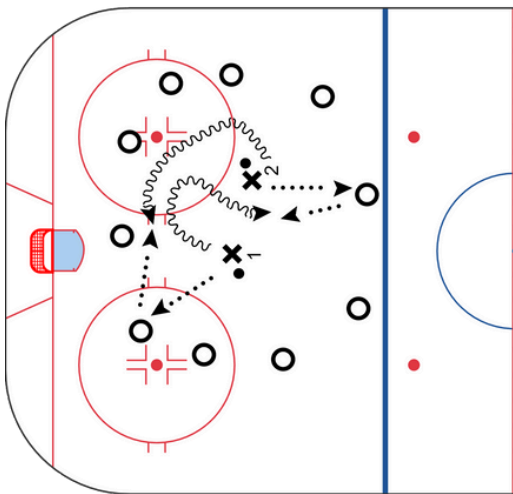
Key Points :

- Absorb the puck into the stomach by bringing the shoulders forward and hips back.
- Bring the glove to the stomach to catch the puck.

2V1 RUN AWAY

Description:

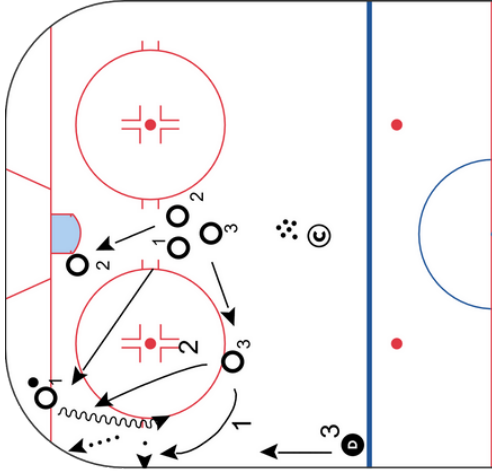
- Players are positioned in a circle.
- Two puck carriers (X1 and X2) are in the center of the circle.
- X1 and X2 move constantly within the circle.
- On the signal:
- X1 and X2 pass to a teammate.
- After passing, they quickly lift their heads.
- They must then receive a pass from a different teammate.
- X1 or X2 cannot receive a pass from the same player they initially passed to.



Key Points :

- Keep feet moving constantly.
- Make a quick change of direction after the pass.
- Lift the head for quick information gathering.

TRIPLE THREAT



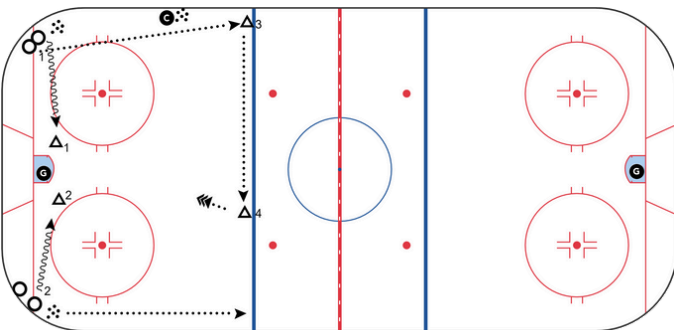
Description :

- Phase 1: Outside Switch
- O1 retrieves the puck and moves toward the blue line.
- O2 supports and moves in front of the net afterward.
- After eye contact with O3, they execute a switch.
- O3 moves to the outside and recovers the puck left by O1.
- It's also possible not to exchange the puck during the switch.
- A pass is made, followed by a shot.
- O1 and O3 then attack the net.
- Phase 2: Inside Switch (Cycling)
- O1 retrieves the puck and moves toward the blue line.
- O2 supports and moves in front of the net afterward.
- After eye contact with O3, they execute a switch.
- O3 moves inside and recovers the puck left by O1 along the boards.
- It's also possible not to exchange the puck during the switch.
- A pass is made, followed by a shot.
- O1 and O3 then attack the net.
- Phase 3: Switch With Defender
- F1 retrieves the puck and moves toward the blue line.
- After eye contact with D, they execute a switch.
- D passes to the outside and recovers the puck left by F1.
- F1 takes Triangle's position at the blue line.
- A pass is made, followed by a shot.
- O1 and O3 then attack the net.

Key Points :

- Establish eye contact.
- Do not pass during the switch; instead, leave the puck for a teammate while protecting it.
- Get open using speed.

THE 2V2 BOX



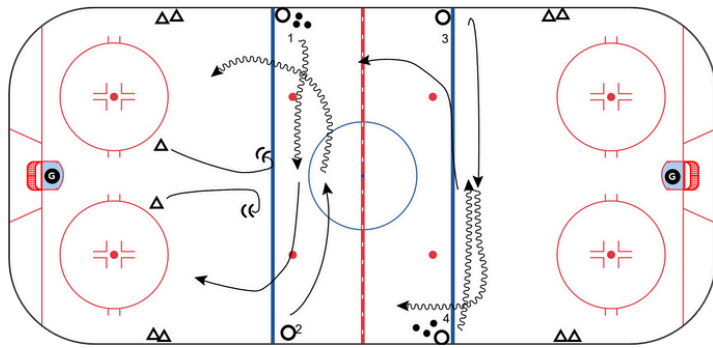
Description :

- **On the first whistle:**
- O1 passes to T3, who returns to T4 for a shot.
- O1 attacks the net against T1.
- **On the second whistle:**
- O2 passes to T4, who returns to T3 for a shot.
- O2 attacks the net against T2.
- After the second shot (whistle at coach's discretion):
- O1, O2, and O3 retrieve a puck sent by the coach along the boards.
- They then rush 3v2 against T3 and T4 on the other side of the ice.

Key Points :

- **Defenders**
- Take away sticks on blue line shots.
- Keep an eye on the puck.
- Do not allow offensive players to get close to the goalie.
- **Attackers**
- Adopt a three-point stance for more stability.
- Keep an eye on the puck.
- Get open by positioning in front of the defender and freeing the stick.

TWO TIMES 2V2



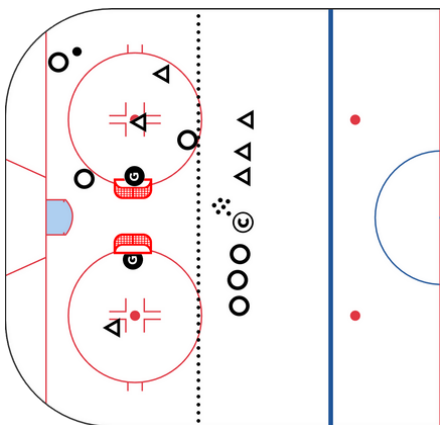
Description :

- On the first whistle:
- Defenders close the gap.
- O1 and O2 execute a switch and attack 2v2 against the defenders.
- On the second whistle:
- Defenders close the gap again.
- O3 and O4 execute a switch and attack 2v2 against the defenders.
- Position defenders at both blue lines to run the drill on both sides (one side at a time).

Key Points :

- **Attackers**
- Protect the puck during the switch.
- Gain speed afterwards.
- Vary zone entries based on defender positioning.
- **Defenders**
- Close the gap as much as possible during both sequences.
- Move feet quickly after the first sequence.

3V2 DOWN LOW



Description :

- 3v3 in a defined zone.
- Two nets placed back-to-back.
- Players can shoot at both nets.
- Run the drill for 20 to 30 seconds.

Key Points :

- Support the puck carrier by moving closer during 1v1 battles.
- Keep head up and stick on the ice.
- Communicate effectively and identify open space to receive a pass.
- Move feet and skate into space after making a pass.