



PHASE II

Phase II of the Pee wee Manual is designed to assist coaches in developing practice plans for the first three months of a child's first year in the Pee wee Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of January, February and March:

Lesson 9	Lesson 9	Lesson 10	Lesson 11	Lesson 10	Lesson 11
Lesson 12	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 12
Lesson 13	Lesson 14	Lesson 13	Lesson 14	Lesson 15	Lesson 14
Lesson 15	Lesson 16	Lesson 15	Lesson 16	Lesson 15	Lesson 16



ICE OBJECTIVES**SKILL FOCUS****LESSON 9 OBJECTIVES**

1. Skating / passing skills
2. Moving puck control
3. Team tactics – breakout progressions
4. Attack options
5. Backchecking

- Agility skating / pivots
- Moving passing / receiving
- Puck support
- Drive skating

LESSON 10 OBJECTIVES

1. Balance and agility
2. Skating and passing
3. Shooting / scoring
4. Checking
5. 1 on 1 play

- Agility skating – pivots / backwards skating
- Shooting in motion
- Quick feet
- Angling
- Puck support

LESSON 11 OBJECTIVES

1. Skating and passing
2. Agility / creativity
3. 1 on 1's
4. Breakouts
5. Forechecking

- Passing / receiving
- Quick feet
- Defensemen mobility
- Puck support
- Angling

LESSON 12 OBJECTIVES

1. Skating agility
2. Offensive fakes
3. Defensemen mobility
4. 1 on 1 play
5. Forechecking
6. Tracking

- Pairs passing while moving
- Puck control variations.
- 1 on 1 – off. / def
- Angling on the forecheck
- Backchecking

LESSON 13 OBJECTIVES

1. Puck Control agility
2. Skills in combination
3. Transition
4. Body checking
5. Puck support / Defense NZ options

- Agility / puck control
- Scoring
- Passing support
- Angling / gap control

LESSON 14 OBJECTIVES

1. Agility puck control
2. Shooting
3. 1 on 1 forecheck
4. 2 on 1's
5. NZ forecheck

- Skate and puck control combinations
- Review of skating fakes
- Shooting – quick release
- Angling

LESSON 15 OBJECTIVES

1. Puck control agility
2. Checking
3. Regroups
4. Tracking

- Puck control creativity
- Puck support
- Body Contact
- Backchecking
- Angling

LESSON 16 OBJECTIVES

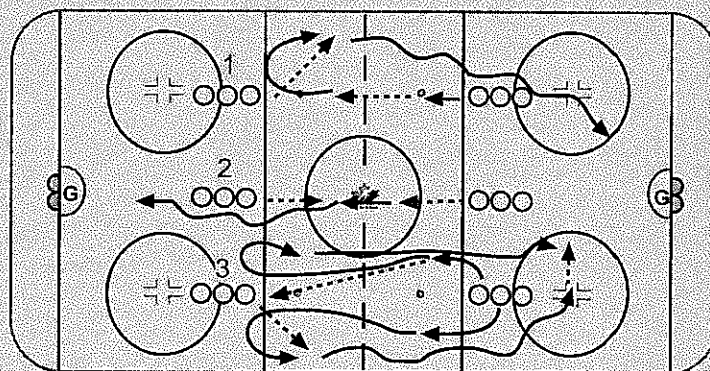
1. Puck control agility
2. Skating agility
3. Scoring
4. Defensive awareness
5. Angling

- Puck control creativity
- Scoring
- D to D passes
- Defensive positioning

10 MIN SPOKANE WARMUP

2 lines at each blueline in line with the dots

- 1 goes down ice with puck one touches to D1.
 - 1 goes to back of opposite line and Δ1 then one touches to ○1.
- 1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.

**15 MIN SKILLS STATIONS****1. CORNER CYCLE**

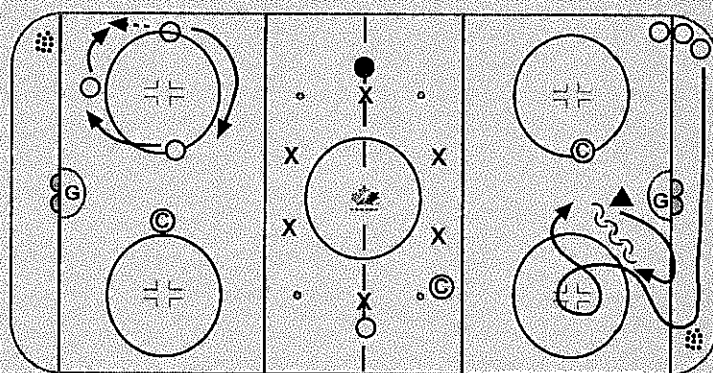
3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

2. PYLON AGILITY MIRROR

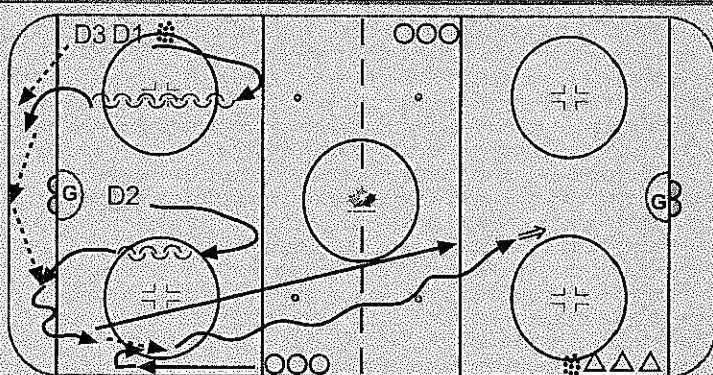
Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

3. SHOOTING / SCORING - CORNER CONTAIN

D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle

**10 MIN BREAKOUT - OVER PROGRESSION**

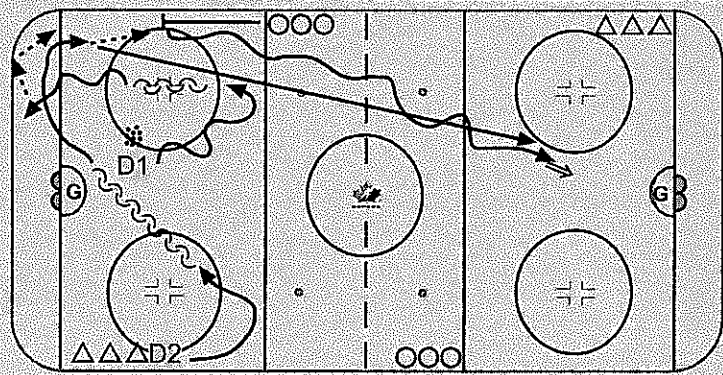
- Same drill as above except now 2 D involved for the over.
- D2 joins rush, then goes to hash mark on the wall.
- D1 fills in for D2.
- Drill goes on Coach's command.

**KEY EXECUTION POINTS**

- Quick feet, check shoulder, D2 feet pointed up ice to identify outlet, communicate, move puck, move feet.

5 MIN BREAKOUT - REVERSE PROGRESSION

- D1 spots puck for himself.
- D1 reverses to D2 who moves puck to forward.
- D2 joins play and fills in on middle hash mark.
- D1 reverses puck then joins line on hash marks on the wall.

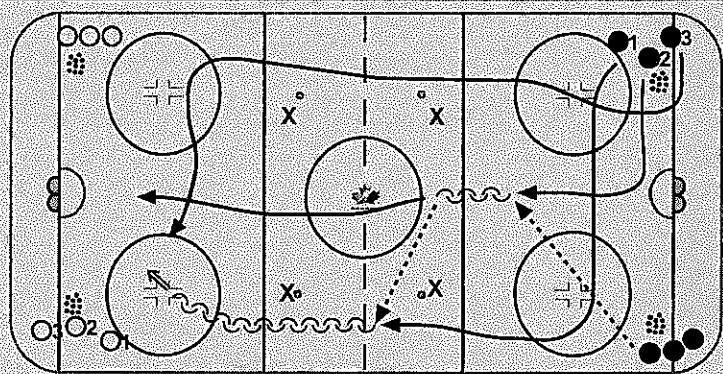


KEY EXECUTION POINTS

- Quick feet, protect net front, communicate

10 MIN 3-0 MID LANE DRIVE

- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.

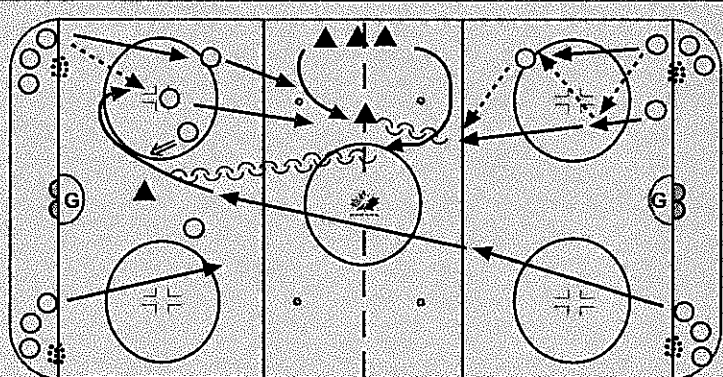


KEY EXECUTION POINTS

- Read and react with mid-lane

10 MIN FULL ICE BACKCHECK

- Forwards in all 4 Corners, D at red line
- 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.



10 MIN

SPOKANE WARMUP

2 lines at each blueline in line with the dots

1.

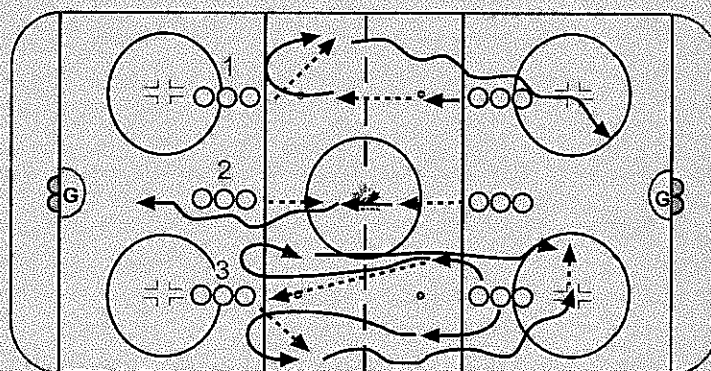
○1 goes down ice with puck one touches to D1. ○1 goes to back of opposite line and Δ1 then one touches to O1.

2.

O1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - SHORT SIDE PASS / DROP OPTION

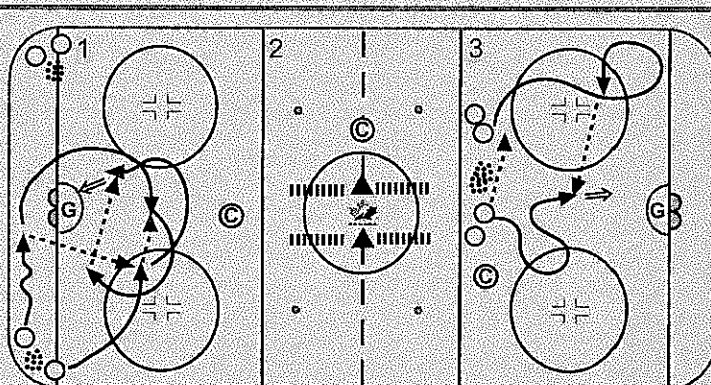
- Players in each corner. Puck carrier has option
- carry behind or pass short side.
- carry behind net pass cross crease
- pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2. AGILITY MIRROR

- Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3. SHOOTING / SCORING - DELAY - 1 TIMER

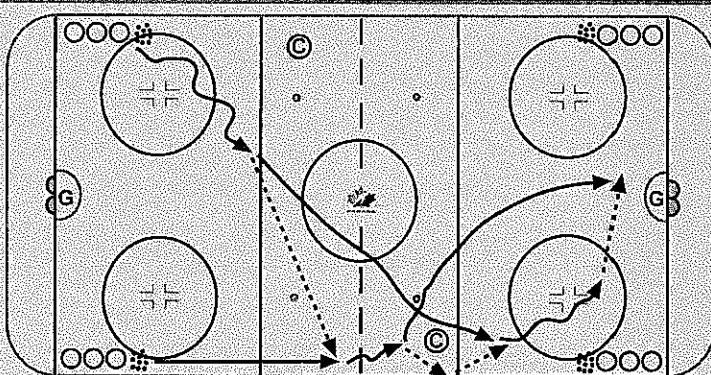
- Two lines near blueline. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



5 MIN

2 MAN SUPPORT

- F1 and F2 leave on whistle.
- F1 takes puck and feeds F2 going up the boards then skates to support.
- F2 draws coach to him and chips puck to open space for F1 to skate into it.
- F2 rejoins F1 on the rush.
- Both ends same time.

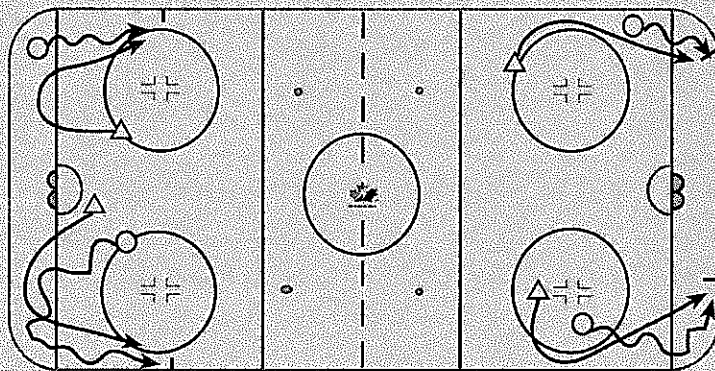


KEY EXECUTION POINTS

- F1 works to support.
- F2 waits for coach to commit then moves puck to open space.

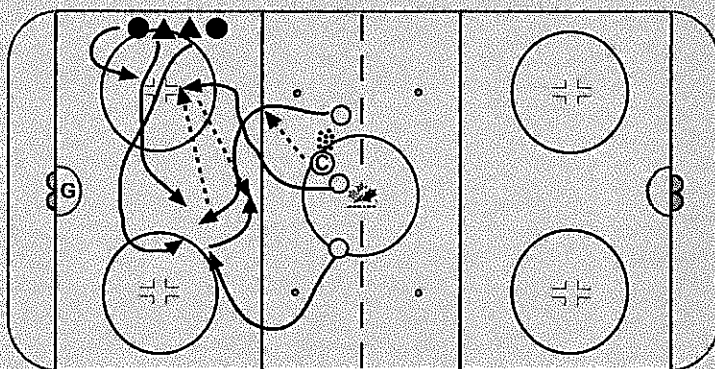
15 MIN ANGLE UP/ANGLE DOWN

- To work on angling skills and work on positioning to separate puck carrier from the puck
- Δ positions with various gaps from ○ who has the puck
- On whistle, Δ j-skates quickly and controlled and steers ○ in desired direction
- Δ drives body between ○ and puck - aim for the stick shaft



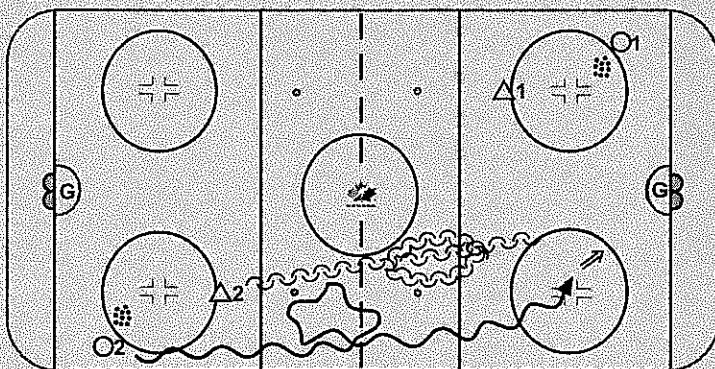
10 MIN 3 ON 3 PICK A MAN

- D on boards at blue line, fwd in 3 lines at centre.
- On signal fwd take off, and D have to react to each of the 3 fwrds and take a man
- If play gets broken up right away, coach dumps in new puck to continue.
- Players must battle hard.



5 MIN 1 ON 1 OILER

- Opposite corners go at the same time.
- Fwd skates to NZ, delays to boards, to create space, turns back up ice to attack 1-1.
- D skates backwards, pivots to close gap on forward, pivots backwards and plays the 1 on 1
- Forward use speed to drive puck wide, D take away middle ice.
- D skate figure 8 pattern
- Fwds are doing oval and turn towards the boards

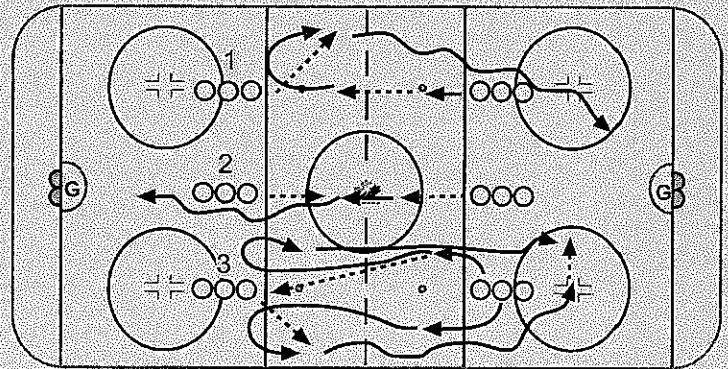


10 MIN

SPOKANE WARMUP

2 lines at each blueline in line with the dots

- 1 goes down ice with puck one touches to D1.
 - 1 goes to back of opposite line and Δ1 then one touches to ○1.
- 1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - BEHIND NET PASS OUT

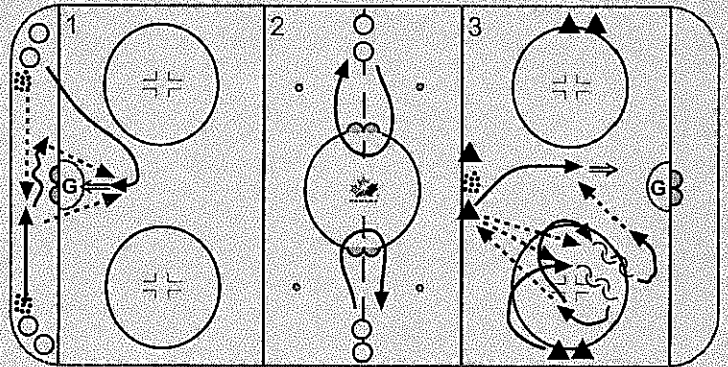
- Player sin opposite corner, pass is made behind net passer heads to net front for pass from behind net near side or far side.

2. AGILITY NETS

- Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.

3. D MAN MOBILITY

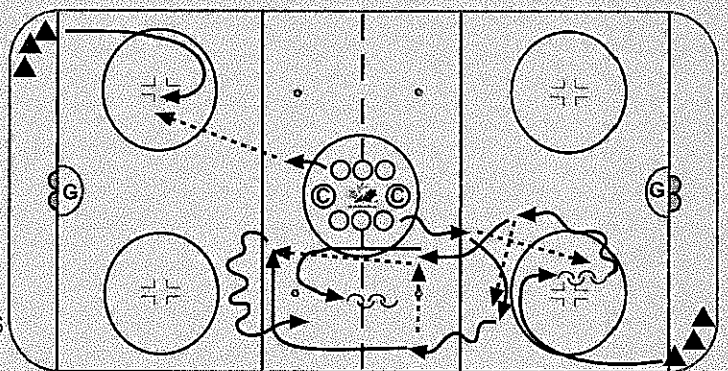
- D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



10 MIN

SUPPORT 1 ON 1

- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- D once again follows pass up ice, closes gap and plays the 1 on 1 coming back

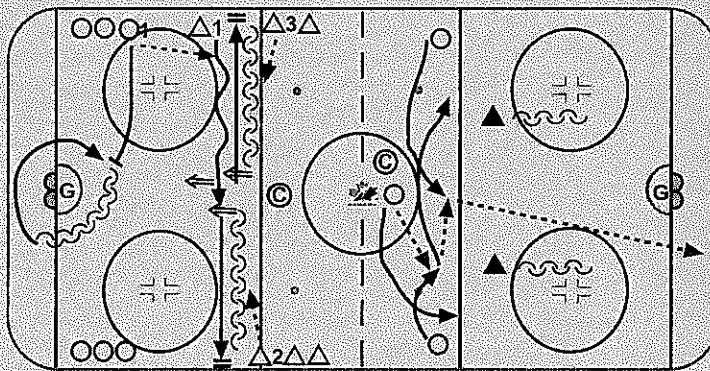


10 MIN

WHEELHOUSE SPRINT AND SHOOT AND 4 X BREAKOUT

A) WHEELHOUSE SPRINT AND SHOOT

- ○1 passes to Δ1.
- Δ1 sprints to mid-ice and shoots with ○1 screening or deflecting.
- Δ1 touches the far boards, backwards to center, receives a pass from Δ2 and shoots.
- Δ1 touches the boards again at the starting point, receives a pass from Δ3, moves to the middle and shoots.
- Every time Δ1 touches the boards, ○1 goes bwd to fwd around the net and gets ready for a deflection or screen.



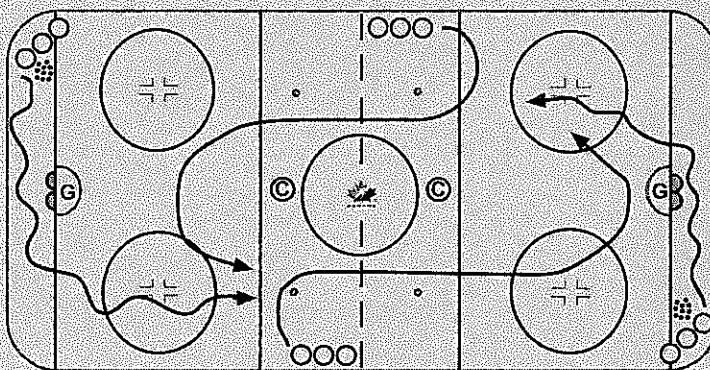
B) 4 X BREAKOUT

- Breakout 4 times end with 3 on 2
- Quick up - Wheel - Over - Reverse.
- Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again

10 MIN

1 MAN FORECHECK / ANGLING

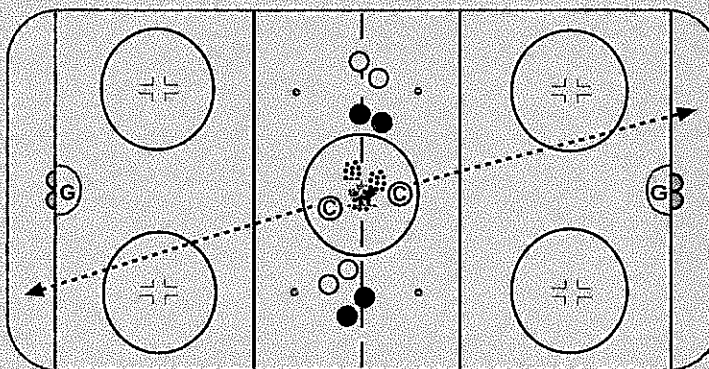
- Players in corner with pucks and players on the same side boards at far blueline. Same thing on other side.
- On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.
- Skater from blueline, must angle puck carrier in open ice and force wide to prevent scoring chance.
- If defender gets puck, then try to score original offensive player then has to defend.



5 MIN

2 ON 2 CORNER BREAKOUT

- Coach dumps puck into corner, 2 on 2 race for puck.
- First team to puck has to breakout and get puck over the blue line, then go back in for 2 on 2.
- Other team has to try and steal puck, if they get puck at any time before it gets to blueline they can immediately counter to try and score.
- can turn into 1 on 1 or 3 on 3

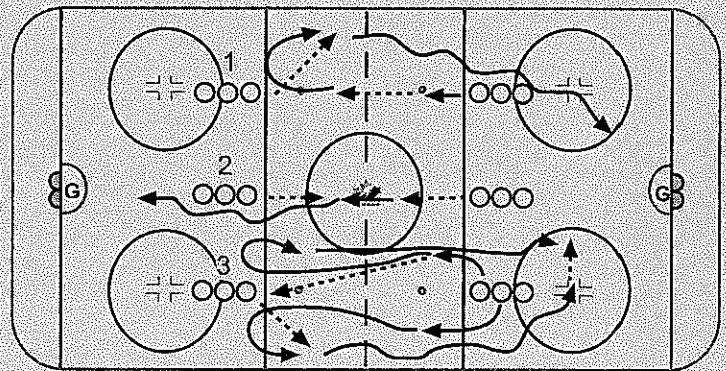


10 MIN

SPOKANE WARMUP

2 lines at each blueline in line with the dots

- 1 goes down ice with puck one touches to D1.
 - 1 goes to back of opposite line and Δ1 then one touches to ○1.
- 1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.
- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOUBLE SHOT DROP

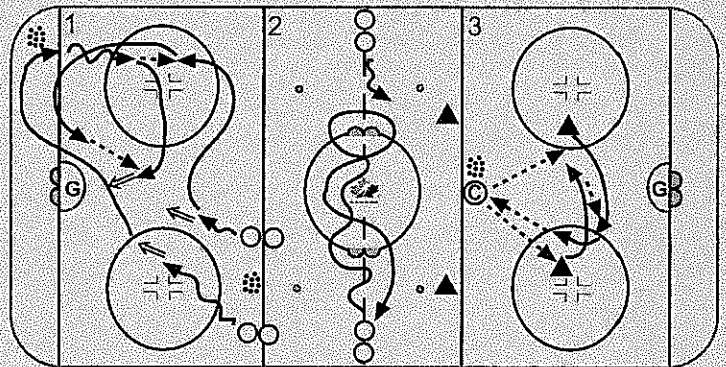
- Players start in 2 lines near blue line, both take shot on net. 1st player picks up puck from corner and skates up wall, 2nd player skates higher after shot and then comes down wall to get drop pass from Player 1, who then heads to net for pass from Player 2.

2. AGILITY NETS

- Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands

3. D MAN MOBILITY - OPEN ICE REVERSE

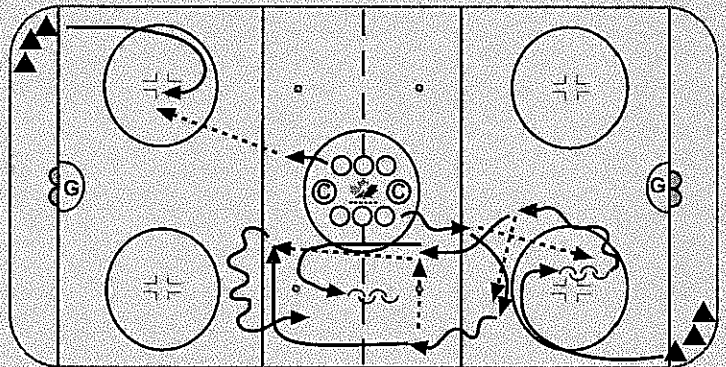
- 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 - 4 reps then switch D



10 MIN

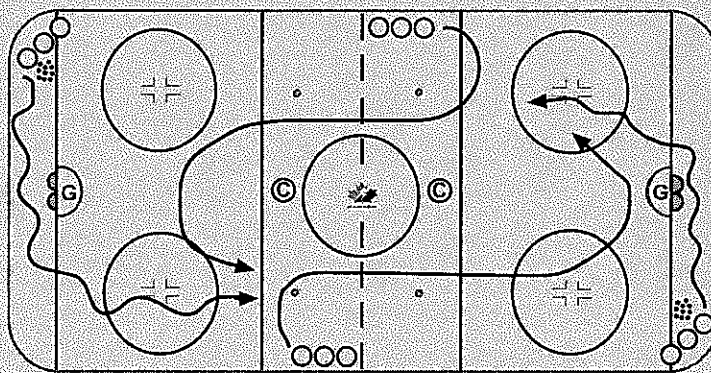
SUPPORT 1 ON 1

- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



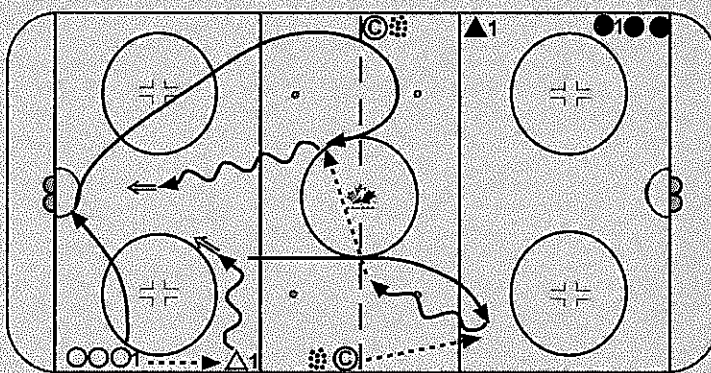
10 MIN 1 MAN FORECHECK / ANGLING

- Players in corner with pucks and players on the same side boards at far blue line. Same thing on other side.
- On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.
- Skater from blue line, must angle puck carrier in open ice and force wide to prevent scoring chance.
- If defender gets puck, then try to score original offensive player then has to defend.



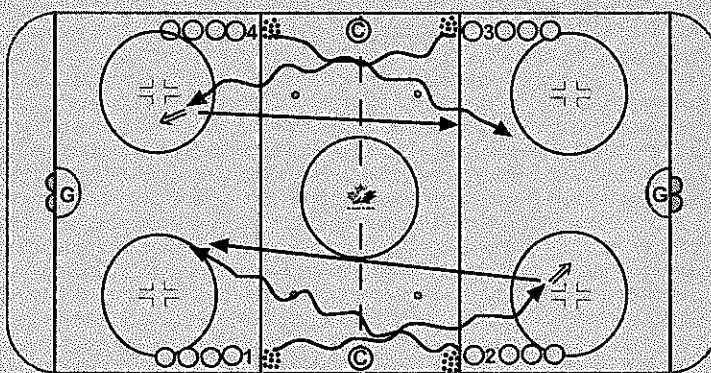
10 MIN PENETRATING PASS

- On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip. F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.
- Run out of both ends at the same time



5 MIN TRANSITION TRACK

- ○1 and ○3 leave at same time, drive wide and shoot.
- They recover with 5 hard strides to track thru middle and put backside pressure on ○2 and ○4 respectively.
- Drill moves from end to end continuously



KEY EXECUTION POINTS

- Recover on transition with 5 hard driving strides.
- Track back between dots.
- Stick on ice.

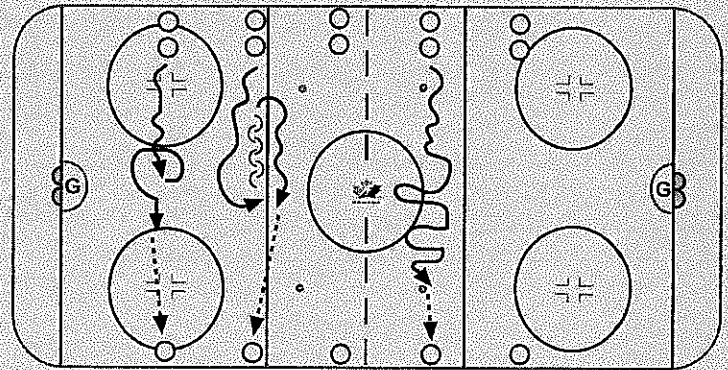
10 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

· Be creative, encourage deception



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW 1 ON 1

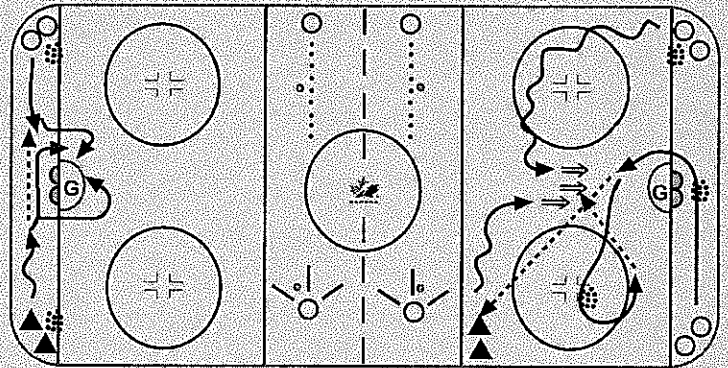
· Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides

2. STATIONARY PUCK HANDLING - PUCK DOTS / STATIONARY TOE DRAGS

· Place pucks in a straight line, 12 - 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand

3. SHOOTING / SCORING - 3 SHOT QUICK RELEASE

· Fwds in Corners, D at blue line. F1 skates behind net picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.



5 MIN

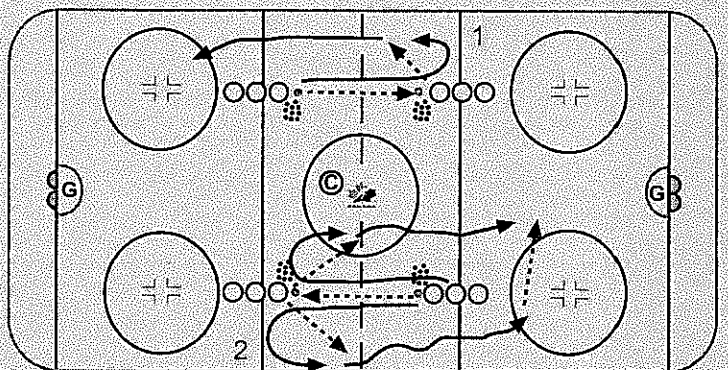
TRANSITION 1 ON 0 / 2 ON 0

OPTION 1

· All players line at 4 dots in Neutral zone - with pucks at each dot.
· Opposite corner go at the same time, pass, skate toward receiver, open up, transition, receive pass back and skate towards goal for shot on net. Stop at net after shot.

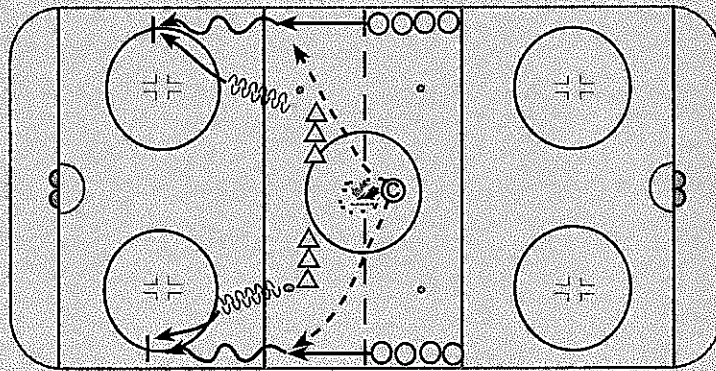
OPTION 2

· Send two players and they each peel off in a different direction, both transitioning as passing options, go in 2 on 0. stop at net after shot wait for tip or rebound from next set of 2



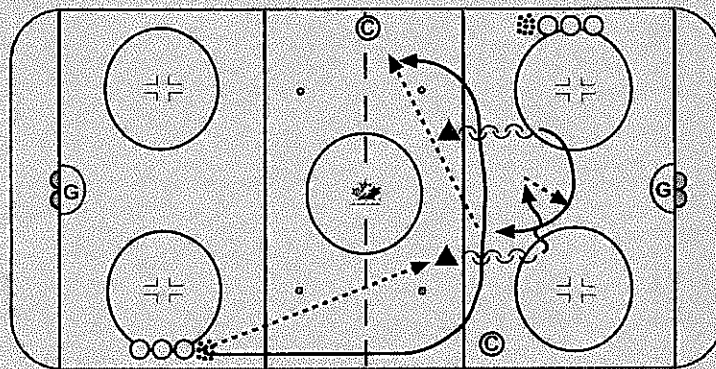
10 MIN 1 ON 1 BODY CHECKING

- To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks
- ○ starts from behind the redline
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- ○ must stay along the boards, Δ angles and makes body check
- Both players go back to respective lines on opposite side of ice from original starting point



10 MIN D EXCHANGE OPTIONS

- Drill begins out of opposite corners, carries puck to 1st blue line and moves it to D1 who back peddles and carries puck across as if to draw an opposing player.
- D2 supports below and moves toward middle receiving pass from D1.
- D2 steps up and passes to ○ who has skated across ice, ○ then goes down for a shot.
- D2 support from below puck.

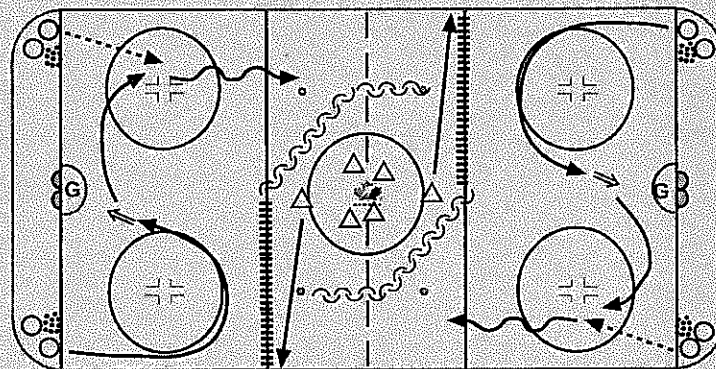


KEY EXECUTION POINTS

- Protect puck and draw coverage.
- D2 communicate, receive pass, step up.

10 MIN OLYMPIC 1 ON 1

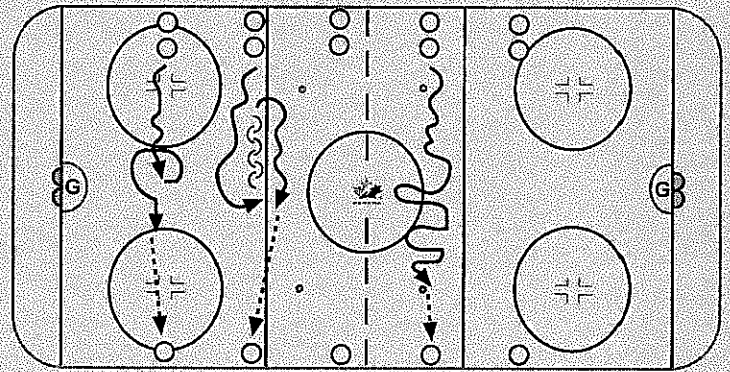
- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



10 MIN **CROSS ICE SKILLS WARMUP**

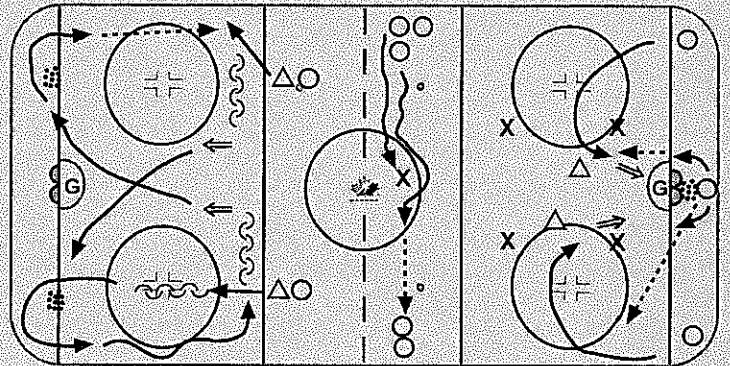
Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity
 - Be creative, encourage deception



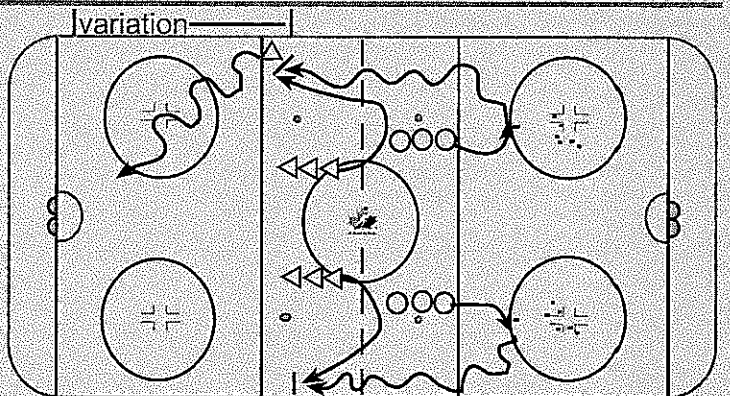
15 MIN **SKILLS STATIONS**

- Puck Retrievals
- Creativity drill – add chaser to keep speed up.
- 3 on 2 offensive attack. Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receives pass from behind net walks out of corner and shoots or passes



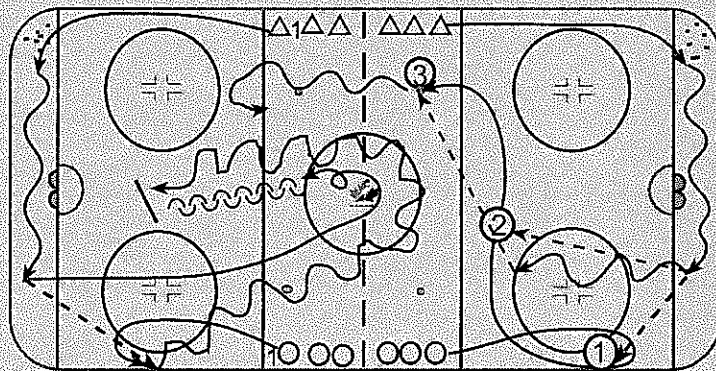
5 MIN **NEUTRAL ZONE FORECHECK**

- To work on angling, steering, positioning and body checks.
- On the whistle the ○'s start and swing to get the puck
- As ○ picks up the puck Δ starts.
- Δ steers/angles ○ outside to the boards and makes the check.
- Rotate players through all four positions
- Use variations such as Δ with no stick, ○ can regroup or Δ regains puck and goes for shot



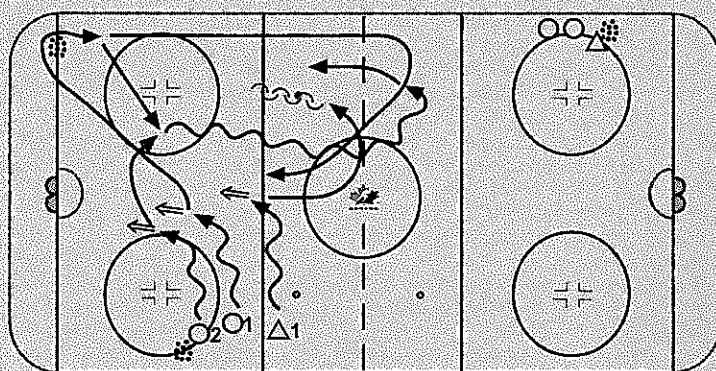
10 MIN 1 ON 1 CHECKING

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.
- ○ starts with a puck, takes a shot low from the outside and button hooks to the corner
- Δ starts when forward starts and goes to the corner for a puck
- Δ carries around the net and passes to ○. ○ breaks for far blue line with Δ pursuing and maintaining a tight gap.
- ○ horseshoes and comes back 1 on 1, Δ angles and attempts to make body check at blueline



MIN 3-0 ATTACK 2-1

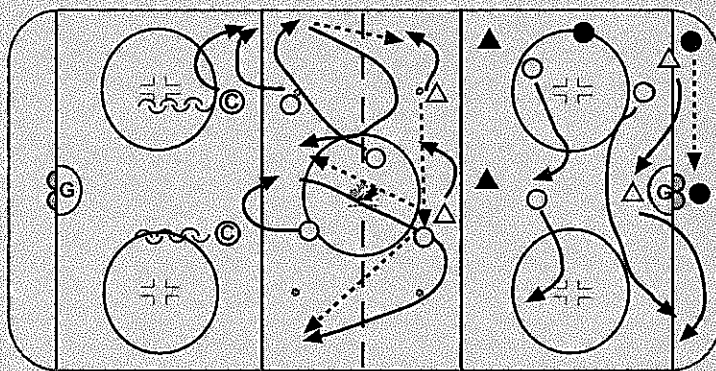
- ○1 drives and takes shot.
- ○2 follow up behind with shot.
- ○1 proceeds to go get puck from opposite corner, passes to ○2.
- ○1 and ○2 go to NZ and regroup. D1 slides across blueline and takes shot.
- D Reads and takes up gap and takes 2-1 back to same end.



MIN FORECHECK/D ZONE COVERAGE

D Zone coverage

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate – wingers stay above ringette line.
 - NZ Forecheck / Offensive Zone Forecheck.
- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.

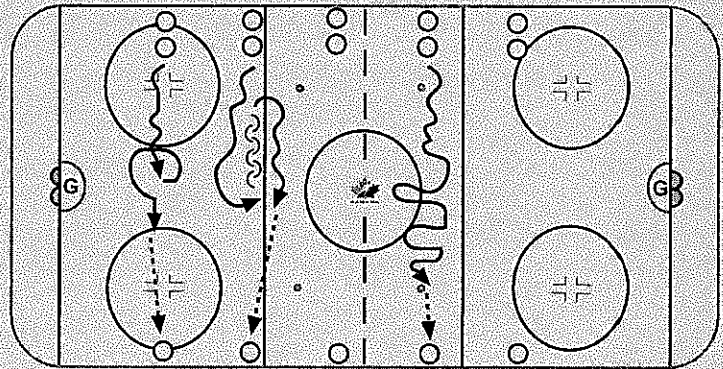


10 MIN CROSS ICE SKILLS WARMUP

- Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

- Transition skating
- Tight turns
- Pivots
- Puck Moves
- Creativity

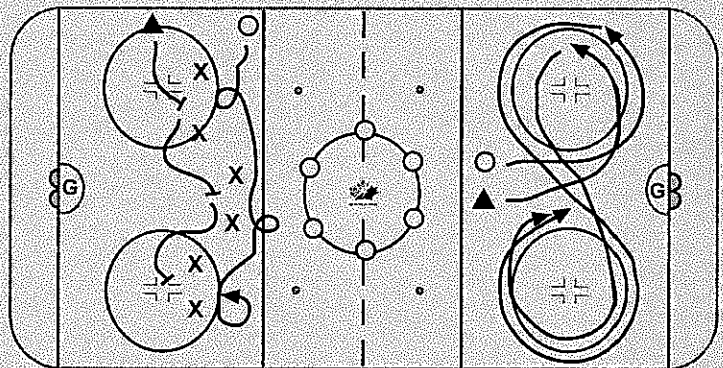
- Be creative, encourage deception

**15 MIN SKILLS STATIONS****1. CONTAINMENT**

- Place 3 sets of 2 pylons as shown. Fwd starts with puck and must attack a lane by going through a set of pylons.
- D has to jump up and contain and cut the fwd off before going through the pylons.
- Fwd stop start, change pace etc to lose D and get through for shot on net.

2. CIRCLE BUMP

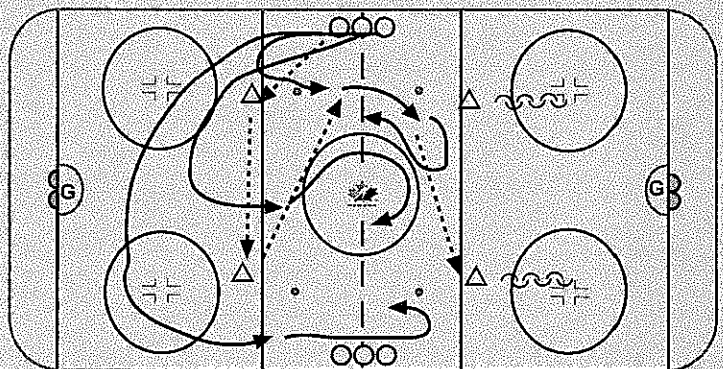
- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

**3. MIRROR 1 ON 1**

- Players start out near blue line. Fwd carries puck towards corner (Coach can also dump it in) D has to trail and mirror to contain the fwd as fwd carries puck around circle, then to other circle. -D has to transition to keep shoulders square with fwd and always face chest to chest.
- As fwd skates around top of 2nd circle, it becomes 1 on 1 until a goal is scored.

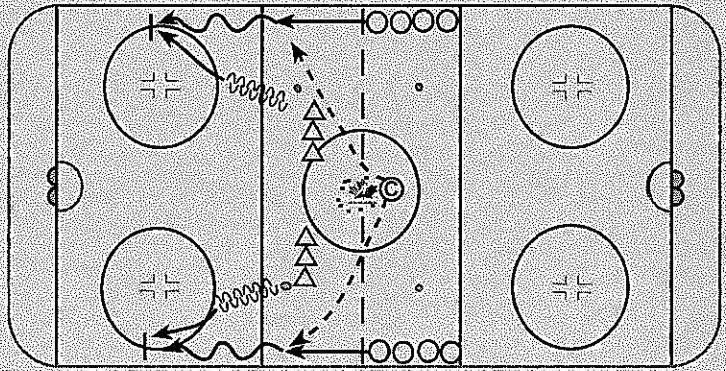
10 MIN NZ REGROUP ON WHISTLE

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



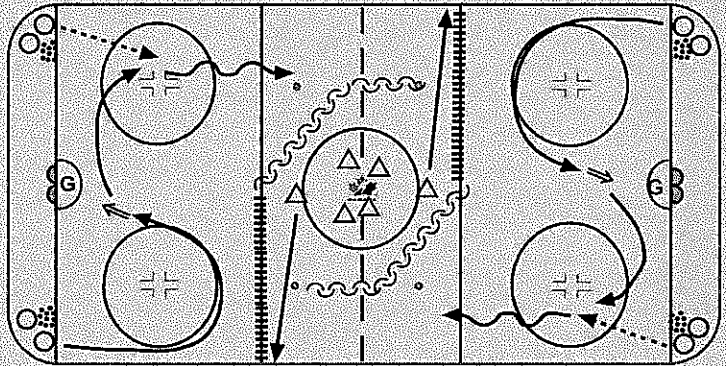
10 MIN 1 ON 1 CHECKING

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.
- ○ starts with a puck, takes a shot low from the outside and button hooks to the corner
- Δ starts when forward starts and goes to the corner for a puck
- Δ carries around the net and passes to ○: ○ breaks for far blue line with Δ pursuing and maintaining a tight gap.
- ○ horseshoes and comes back 1 on 1, Δ angles and attempts to make body check at blueline



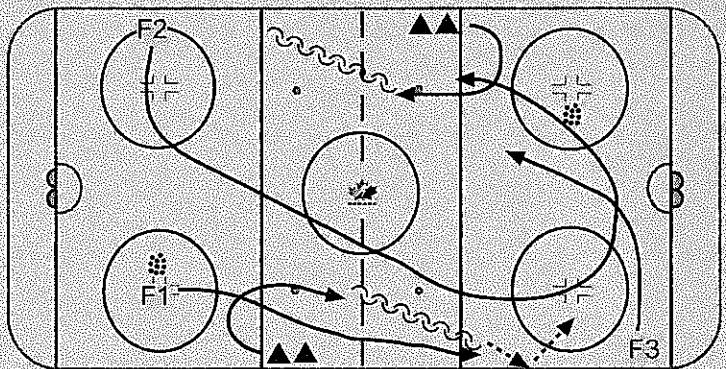
5 MIN OLYMPIC 1 ON 1

- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



10 MIN 1 ON 2 TRACK

- Drill begins with F1 on dot, D1 skates toward top of circle, pivots outside in to maintain gap.
- F 1 skates up ice 1 on 1, if D has good gap and proper angle, F1 chips puck off boards behind D.
- F2 sprints across ice to grab loose puck or support D in a 1 on 2.
- After 1 on 2, F2 picks up loose puck on the backcheck, or grabs puck from opposite turn up ice and skate to opposite end 1 on 1 against D from other side. F3 then tracks back.
- Keep sequence going continuously

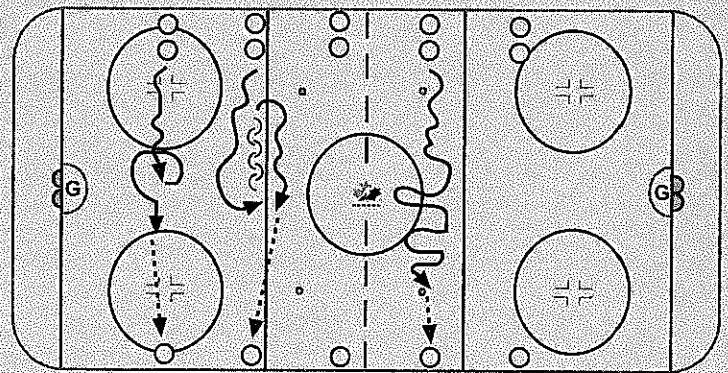


10 MIN CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

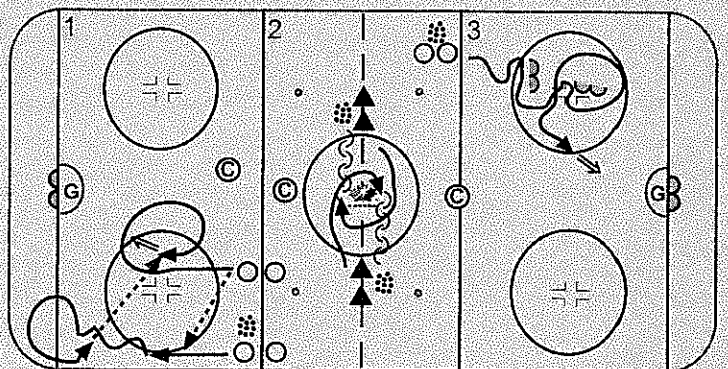
· Be creative, encourage deception

**15 MIN SKILLS STATIONS****1. SHOOTING / SCORING - DELAY 1 TIMER**

· Two lines just inside blueline. Player closest to middle of ice, passes to player along wall who drives hard to corner with puck. Delays and then passes to player in middle for 1 timer. Inside player may have to delay as well to get in best shooting angle. Change sides

2. DEFENSE TRANSITION PASSING

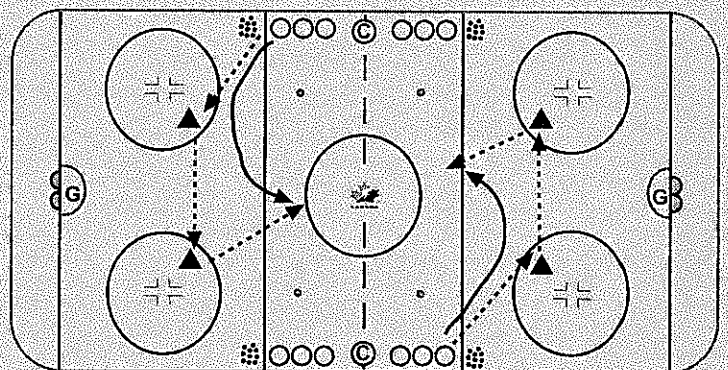
· D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep, do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.

**3. AGILITY NETS**

· Place two nets in corner as shown. Start with 1 player performing various moves around net to go in for shot. Add second player each with 1 puck, then 2 players 1 puck for give and go's.

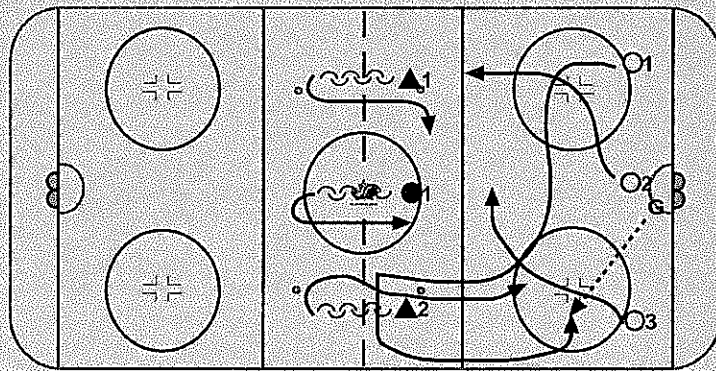
10 MIN D TO D TIMING 1 ON 0

- Fwds on each of the 4 blue lines along boards. 2 D in middle of the ice near top of circles.
- On whistle, fwd from opposite sides, both pass pucks to near side D. D then makes D to D pass, and fwd times skating pattern to receive pass from far side D in full stride to go in for shot. Stop at net after shot.
- Alternate sides on each whistle. D can go Double D to D for progression.



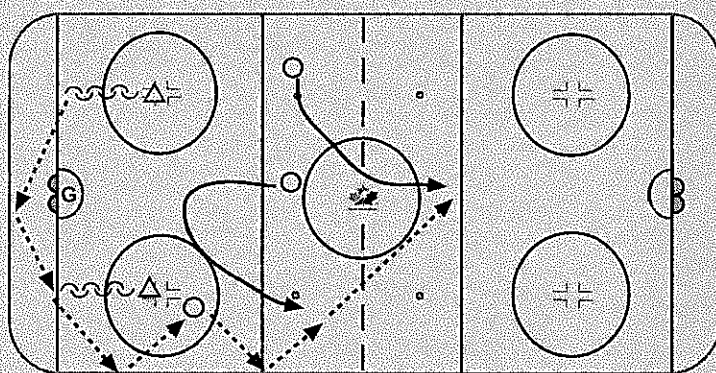
10 MIN 3 ON 3 COMMUNICATION

- Place offensive players in 3 lines as shown.
- Place 3 defensive players as shown in the Neutral Zone.
- On whistle, offensive player skate around at random, on whistle, goaltender plays puck to one of the forwards who then attack far net.
- Defenders have to communicate and support each other defensively in order to stop the attack.



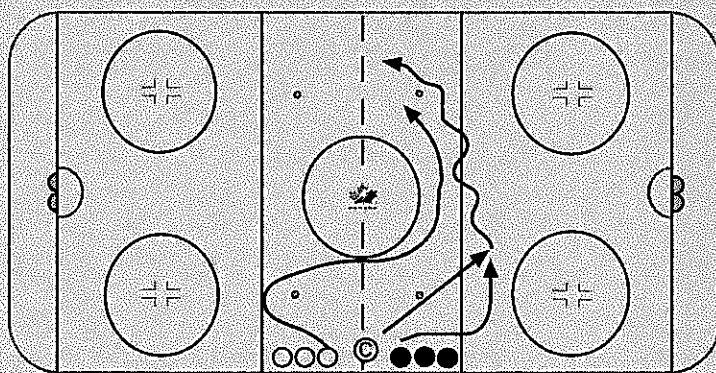
10 MIN BREAKOUT - INDIRECT PASSES

- D start on dot is circles.
- Fwds start in NZ
- D begins play by making an over pass off boards to partner
- D then chips off wall to ○1, who chips off wall to ○2 who relays to ○3.
- Fwds regroup and attack 3 on 2
- Go out of opposite end after fwds regroup.



5 MIN STAMPEDE ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.



KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.