

# Bantam: Practices 25 & 26

1 of 2

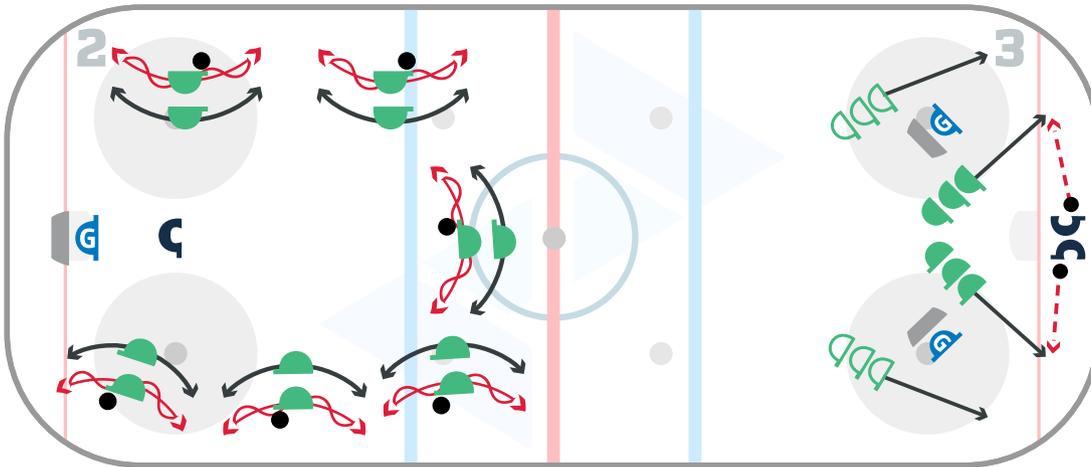
Time: 60 minutes | Theme: Small area battles & odd man rushes | Equipment: Pucks

## Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

## 1. Creative Passing Variations

Players work on different types of passes down the middle of the ice then branch off at the far blue line to either side and continue passing until they are back in line. Passing options include normal, forwards/backward, follow your pass, cross 'n' drop, and off the skate. Goalies will be at the far end taking shots from a coach.

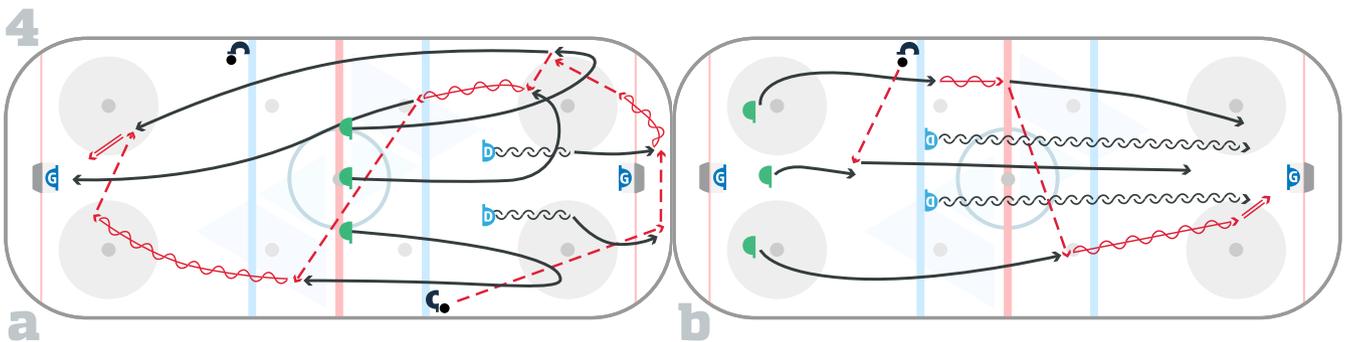


## 2. Sauce to Puck Battle

Players will stand ten ft apart and work on hucking sauce to one another. On the whistle, whoever has the puck will puck protect from the other player. A second whistle will signal them to resume passing.

## 3. Net Facing Corner

With the net facing the corner and players on either side of the net, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie.



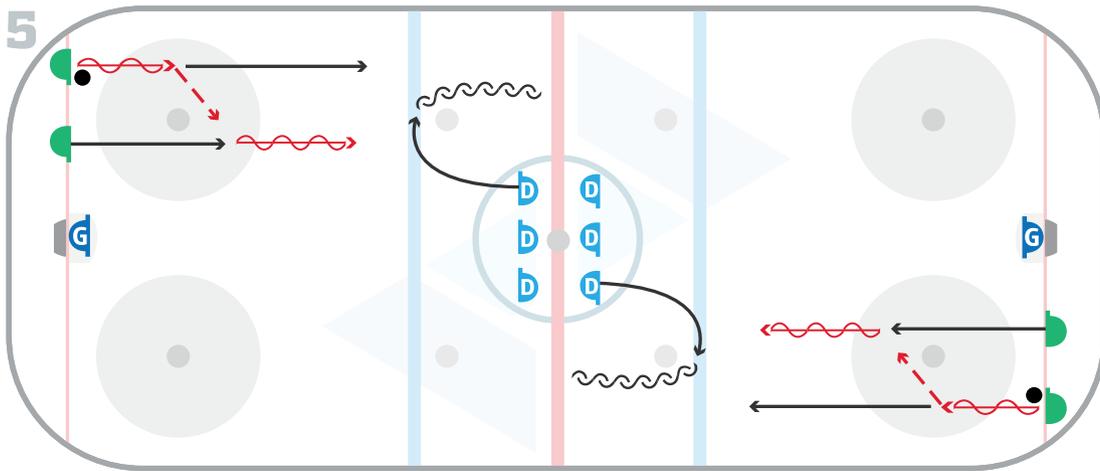
## 4. Three-on-Two

Two defensemen break out a line of forwards that complete a full ice three-on-zero line rush attack. The pair follow-up the ice for a point shot with a screen or deflection. The coach then spots a puck for a final three-on-one full ice attack against the original defenseman.

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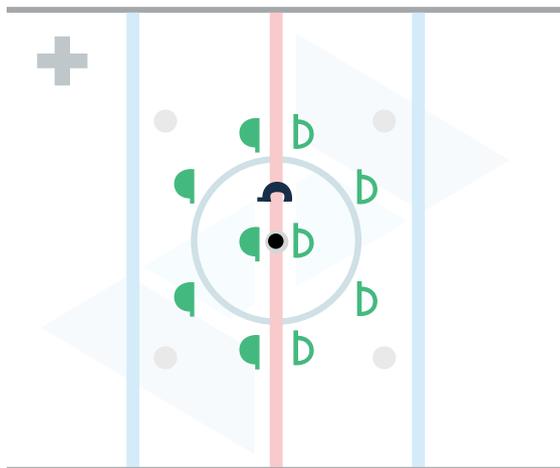
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## 5. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice circle, gap up, and defend the two-on-one rush.



## + Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.

### Legend

players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			