

Bantam: Practices 17 & 18

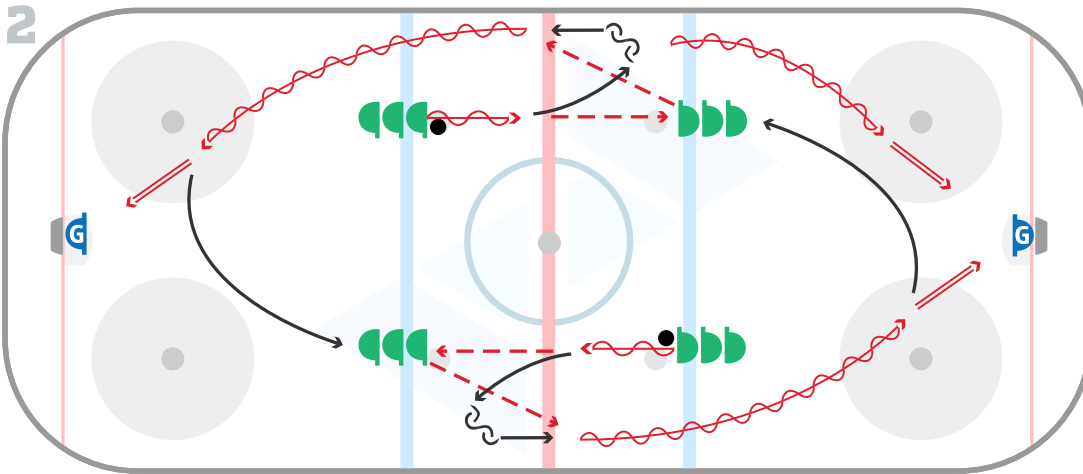
Time: 60 minutes | Theme: Timing & neutral zone regrouping | Equipment: Pucks & 2 cones

Warm-up

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

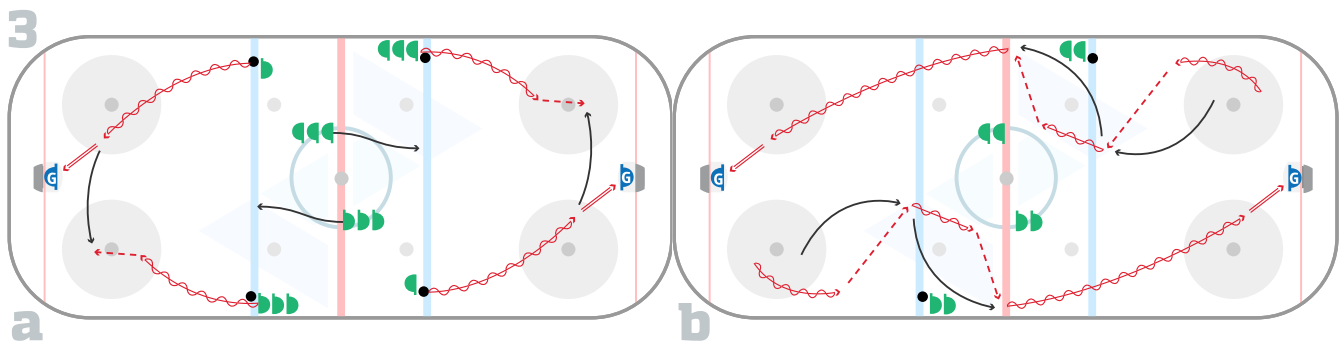
1. Creative Passing Variations

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/backwards, follow your pass, cross 'n' drop, and off the skate. Goalies will be at the far end taking shots from a coach.



2. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



3. Canada Cup

After taking a shot, the player receives a drop pass from a swinging player beginning at the blue line. A return pass is made, and this player makes a pass to a second swinging player from the red line. They finish with a shot and repeat the same flow.

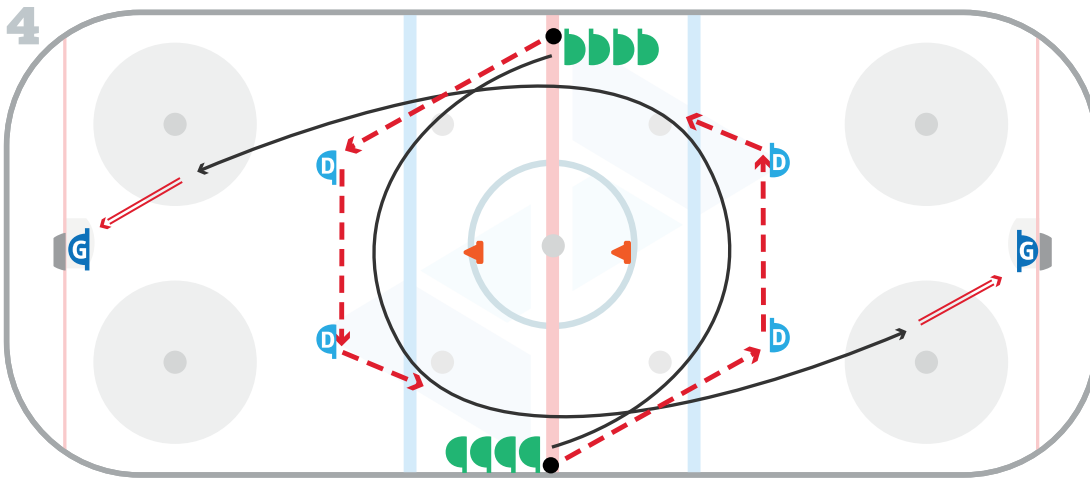
Legend

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

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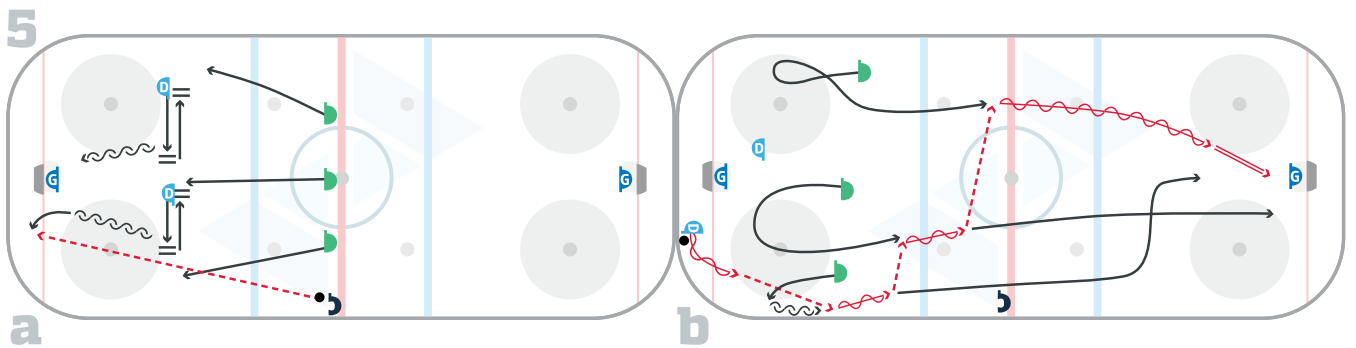
2 of 2

Time: 60 minutes | Theme: Timing & neutral zone regroup | Equipment: Pucks & 2 cones



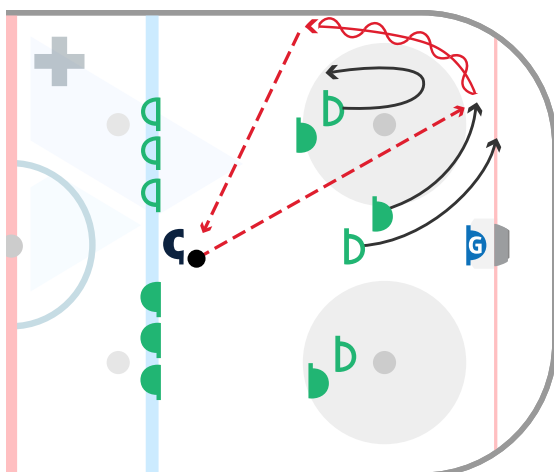
4. Three Option Regroup

Defensemen simulate neutral zone regroup by making a D-to-D pass and hitting three different passing options up to the forwards: strong-side winger pass, middle centre pass, or cross-ice weak-side winger pass.



5. One, Two, Three Option Attack

The two defensemen move laterally from side-to-side across the top of the circles and retrieve a dumped puck. They execute a quick-up breakout to the strong-side winger and the three forwards attack down the ice three-on-zero. The puck carrier has the option of shooting, passing to the player driving the net, or passing to the high third forward.



+ Coach Pass

Players play 3v3 in zone where every change of position requires the defending team to make a pass to the coach stationed up near the blue line. The coach makes a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.