

# Team NS CWG 2027 On-Ice Training

|                           |  |
|---------------------------|--|
| <b>Date:</b>              | September 27 2025  |
| <b>Time:</b>              | 11:00am - Blue/1:30pm - Pink   |
| <b>Phase:</b>             | 1 - GPP  |
| <b>Session:</b>           | Camp 1: Ice session 2  |
| <b>Location:</b>          | GEC  |
| <b>Duration:</b>          | 75min  |
| <b>On-ice Lead:</b>       | 11:00am: Maya MacDonald (Blue); 1:30pm: Bethany Etsell (Pink)  |
| <b>On-ice Assistants:</b> | <b>Blue (11:00am):</b><br>Meredith Tulloch<br>Jill Marks<br>Amelia Fifield<br>Renaë Boutilier<br>Lauren Arnold<br><b>Pink (1:30pm):</b><br>Amanda Parnell<br>Leah Mombourquette<br>Lydia Doyle - tentative<br>El Welsh<br>Catherine Landry |

|                        |  |
|------------------------|--|
| <b>Training Goals:</b> | 1. Breakout Execution Under Pressure <ul style="list-style-type: none"> <li>Build the ability to move the ring cleanly out of the defensive zone against forecheck pressure, emphasizing timing, first-touch control, and decision-making in 2v1 and 2v2 situations.</li> </ul>                            |
|                        | 2. Compete & Transition Speed <ul style="list-style-type: none"> <li>Develop acceleration, body positioning, and resilience in live race/battle drills (race to boards, 3v3), ensuring athletes can win pucks, separate from defenders, and immediately transition to attack.</li> </ul>                   |
|                        | 3. Communication & Resilience in Chaos <ul style="list-style-type: none"> <li>Reinforce vocal communication, trust, and next-play focus in small-area and multi-player scenarios, cultivating a culture of finishing every rep with intensity and composure.</li> <li><b>FINISH EVERY PLAY.</b></li> </ul> |
| <b>Intensity:</b>      | 80-95%   |

# Team NS CWG 2027

## On-Ice Training

### Athlete Focus:

| Pillar                  | Skaters   | Goalies  |
|-------------------------|---|--|
| <b>Technical</b>        | <ul style="list-style-type: none"> <li>• Execute trapezoid passing with precision, lead passes in stride.</li> <li>• First-touch control under pressure in NZ (race to boards, pressure receive).</li> <li>• Develop quick give-and-go timing in fast break 2v2.</li> <li>• Finish plays with quality shots in stride.</li> </ul> | <ul style="list-style-type: none"> <li>• Angle discipline vs. diagonal/trapezoid entries.</li> <li>• Control rebounds on rush shots and second chances.</li> <li>• Track multiple threats in 2v2 and 3v3 play.</li> <li>• Maintain stance adjustments on close-in play (net traffic).</li> </ul> |
| <b>Tactical</b>         | <ul style="list-style-type: none"> <li>• Timing separation from GSIS defender in races and pressure receives.</li> <li>• Read breakout vs. forecheck in 2v1 → 2v1 transitions.</li> <li>• Support play in 2v2 and 3v3 through spacing and communication.</li> </ul>   | <ul style="list-style-type: none"> <li>• Anticipate outlet pass and adjust depth accordingly.</li> <li>• Communicate GSIS coverage with defenders.</li> <li>• Recognize ring carrier's shooting vs. passing cues in 2v2/3v3.</li> </ul>  |
| <b>Physical</b>         | <ul style="list-style-type: none"> <li>• Quick acceleration and change of direction in puck races.</li> <li>• Sustain high-intensity battle work in 3v3 cycles.</li> <li>• Core strength for stable ring protection.</li> </ul>   | <ul style="list-style-type: none"> <li>• Explosive lateral pushes to cover rapid ring movement.</li> <li>• Endurance to recover after extended 2–3 min battle drills.</li> <li>• Strength/balance in crease traffic play.</li> </ul>   |
| <b>Mental Readiness</b> | <ul style="list-style-type: none"> <li>• Anticipation in live-race drills (react fast to coach ring toss).</li> <li>• Confidence in decision-making under defensive pressure.</li> <li>• Stay composed in small-area chaos (3v3).</li> </ul>  | <ul style="list-style-type: none"> <li>• Patience in scramble situations, maintain structure.</li> <li>• Reset mentally after goals/defensive breakdowns.</li> <li>• Maintain concentration through rapid cycling reps.</li> </ul>   |
| <b>Culture</b>          | <ul style="list-style-type: none"> <li>• “Finish the play” mindset – no reps off.</li> <li>• Vocal communication in NZ passing and battle drills.</li> <li>• Trust teammates in tight-area support.</li> </ul>  | <ul style="list-style-type: none"> <li>• Positive reinforcement to defenders in net-front battles.</li> <li>• Leadership by calling coverage early and consistently.</li> <li>• Resilience: next-shot mentality in rapid cycles.</li> </ul>  |

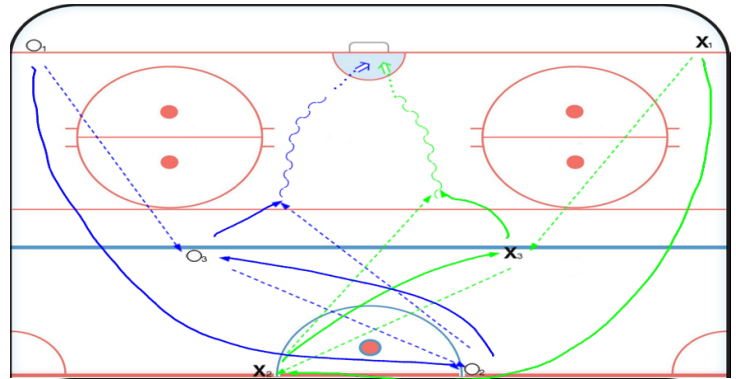
Duration: **All together**

## Trapezoid passing warmup

X1/O1 pass to X3/O3, then skate to become X2/O2

X3/O3 pass diagonally to X2/O2, then break in to zone and receive from X2/O2

X2/O2 receives pass and then gives pass to X3/O3, then skate to become X3/O3



Duration: **All Together**  
**Organize both sides.**

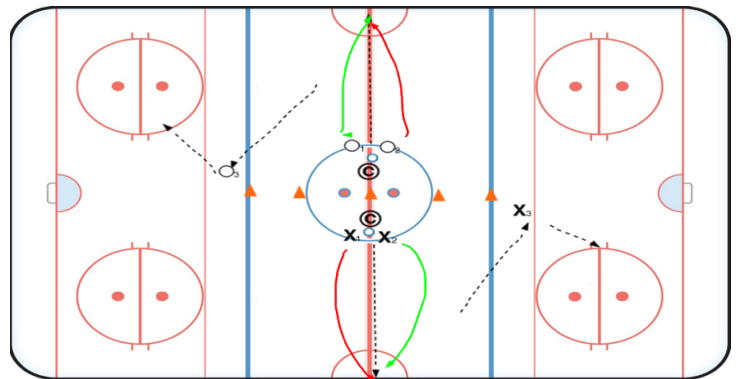
## Race to boards, Attacker/Defender NZ

2 athletes line up on either side of center line at the center circle insertion; coach throw as ring to boards

The athlete that wins the race is attacking, the other athlete is defending

Attacker moves in NZ while defender marks GSIS

On whistle, attacker gives outlet pass and tries to get free of defender for 1v1 and shot



Duration: **All Together**  
**Organize both sides.**

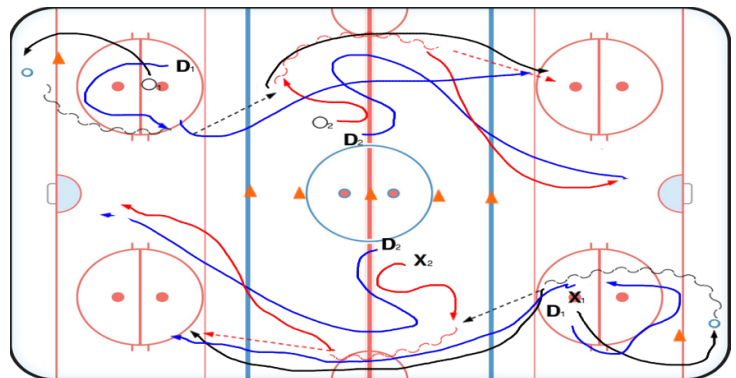
## Fast break jump middle both marked 2v2

Breakout athlete starts at top of circle, marked/forechecked

Teammate is in NZ, marked by a defender

Breakout athlete skates fast around cone outside to inside, picks up ring and jumps middle for breakout pass, then streaks to support NZ teammate

NZ attacker times skating, creating separation from defender, receives pass and looks for teammate for next pass



**Duration:** Blue: Meredith, Amelia

Pink: Amanda, Leah

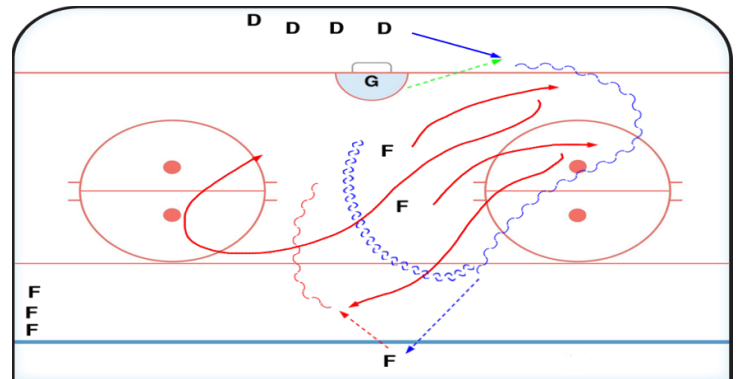
## Breakout 2v1 to 2v1 attack - Full end

Defender attempted to breakout with 2 forecheckers

If successful, pass goes to athlete outside blueline

Forecheckers receive pass back and go back 2v1 vs defender

If Forecheckers stop the play, they attack from where they stopped the play



**Duration:** Blue: Lauren, Jill, Renae

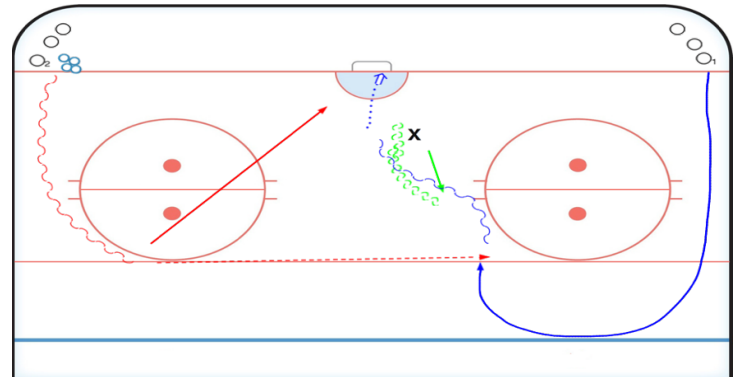
Pink: El, Catherine, Lydia

## Flat pass - D step up - finish the play

Attacker leaves from corner, loops out and back in to inside pie

Teammate times their skate to give good flat pass to attacker, then joins play loosely for rebounds (not to be used as a pass option)

D is playing "weak side" - steps up when pass is made and defends



**Duration:** All Together  
Organize both sides.

## Pressure Receive and Fwd break

2 athletes face each other across the blueline, the athlete in the "breakout" zone starts with ring; defender marks athlete in neutral zone

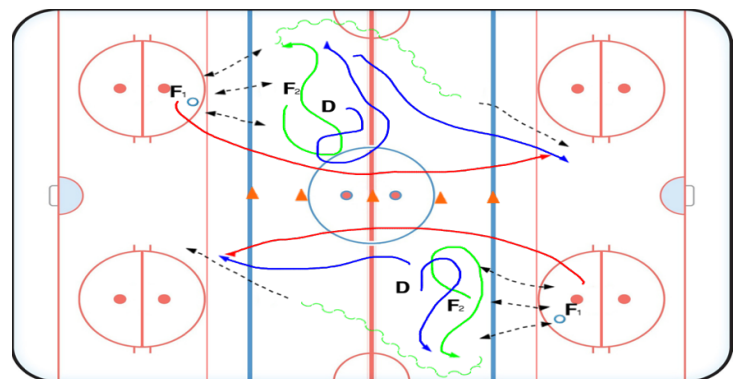
Athlete with ring passes 3 times to the teammate in the NZ; on 3rd pass, athlete breaks for the far offensive zone and NZ teammate moves to make pass

Defender marks NZ athlete tightly GSIS

On 3rd pass, must break from marked athlete and pickup streaking athlete for 1v1

### Notes

Remind defender to pay attention  
Remind reds to streak on 3rd pass  
Encourage GSIS defender positioning  
Encourage vertical and lateral movement of NZ athlete to create space to receive



There may not be time for this drill. Move to the rapid 3v3 if less than 10min remaining.

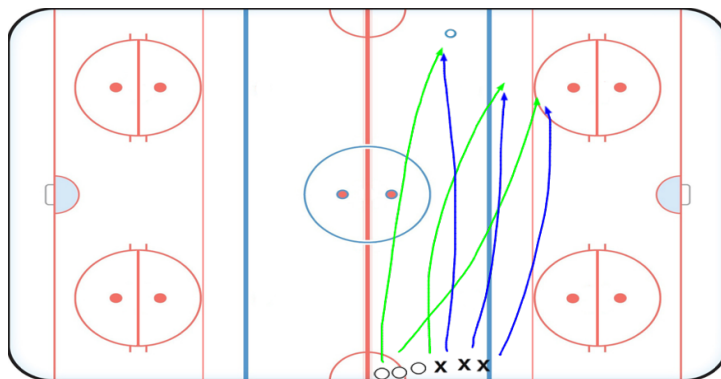
**Duration:** All Together  
Can run out of both ends.

## 3v3 2min Battle

6 athletes (3v3) start one side, play half 3v3 for 2-3 minutes or until score....

Rapid cycling

Use both ends...



# Team NS CWG 2027 On-Ice Training

| Time                | Activity   |
|---------------------|--|
| 3-5min              | Loosen up, chat, skate, individual warmup                              |
| 10min               | Trapezoid Passing  |
| 2min                | Hydrate  |
| 10-12min            | Center race to 1v1   |
| 10-12min            | Fast Break, jump middle 2v2 progression                                |
| 2min                | Hydrate  |
| 10minx2             | Stations:<br>1. Flat pass to step up 1v1<br>2. 2v1 forecheck to attack |
| 2min                | Hydrate  |
| 10min               | Pressure receive and Fwd Break   |
| 10min               | If time, or instead of pressure receive → 3v3 rapid from middle        |
| <b>Total: 75min</b> |  |

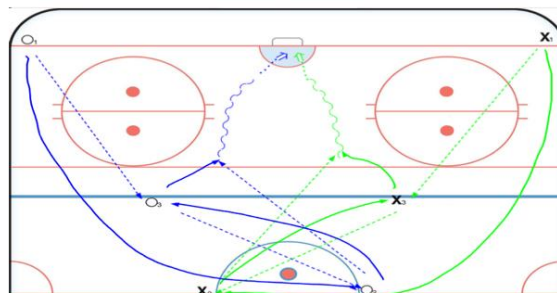
## Duration:

### Trapezoid passing warmup

X1/O1 pass to X3/O3, then skate to become X2/O2

X3/O3 pass diagonally to X2/O2, then break in to zone and receive from X2/O2

X2/O2 receives pass and then gives pass to X3/O3, then skate to become X3/O3



## Drill Detailed Explanation

- Both sides go with slight offset timing.
- X1/O1 pass to X3/O3 at blueline (X1/O1 skate to X2/O2 position).
- X3/O3 receive and give pass diagonally to X2/O2. X3/O3 then leave to break into zone.
- X2/O2 receives pass and gives pass back to X3/O3 in zone then skate to X3/O3 start position.

## Key Teaching Points

1. Strong stick to stick passes.
2. Awareness and lead passing to streaking athlete in stride.
3. Strong shot selection.
4. Goalies square and set for each shot. Ready for some chaotic opportunities with short time intervals.

## Duration:

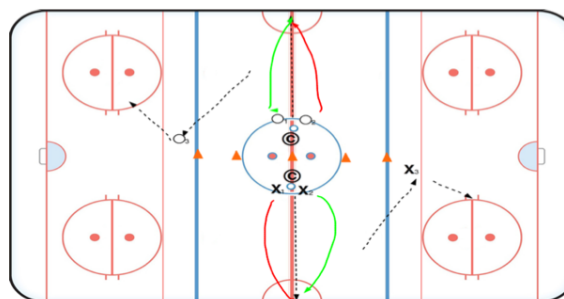
### Race to boards, Attacker/Defender NZ

2 athletes line up on either side of center line at the center circle intersection; coach throw as ring to boards

The athlete that wins the race is attacking, the other athlete is defending

Attacker moves in NZ while defender marks GSIS

On whistle, attacker gives outlet pass and tries to get free of defender for 1v1 and shot



## Drill Detailed Explanation

- Runs both sides of center ice and coaches tossing rings need to coordinate.
- 2 athletes on either side of center line, skates on circle intersection.
- On whistle 1, coaches on both sides throw ring to boards.
- Athletes race to ring.
- Athlete who gains possession is now attacker, other athlete is defender.
- Attacker skates to create space while being marked until whistle 2.
- On whistle 2, attacker finds teammate at blueline and passes, attempting to streak past defender.
- Defender maintains goalside.
- 1v1 to net.

## Key Teaching Points

1. Reaction time to ring.
2. Body position to gain possession.
3. Skate vertically and horizontally to create space with the ring.
4. Defender goalside, inside pressure.
5. Accurate stick to stick pass in stride to support streak.
6. Strong attack to the net.
7. Defender goalside and also mark tight on blueline entry to interrupt pass and manage gap.
8. Goalies track 1v1 progress to maximize save opportunity from different angles under pressure.



## Duration:

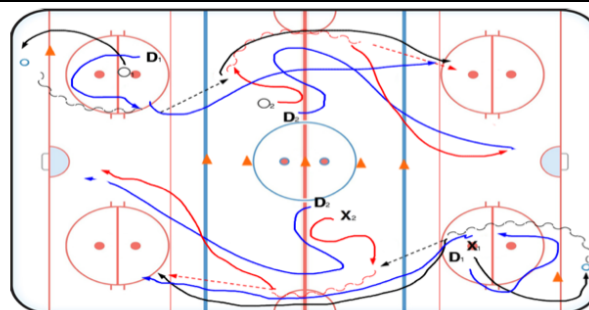
### Fast break jump middle both marked 2v2

Breakout athlete starts at top of circle, marked/forechecked

Teammate is in NZ, marked by a defender

Breakout athlete skates fast around cone outside to inside, picks up ring and jumps middle for breakout pass, then streaks to support NZ teammate

NZ attacker times skating, creating separation from defender, receives pass and looks for teammate for next pass



## Drill Detailed Explanation

- Runs both sides of center ice – place cones down the middle to remind players not to cross.
- Breakout player starts at top of circle. Teammate is in near neutral zone (NZ) ready to move into open for breakout pass.
- Defender is close to NZ player, goalside/inside position.
- Breakout player skates to corner outside to inside, picking up ring and giving pass to NZ teammate.
- player skates to quiet ice, while being marked to receive ring, the proceed on 1v1 with defender.
- Defender goalside-inside pressure then defend the 1v1.

## Key Teaching Points

1. Speed to jump middle for breakout pass, accurate stick-to-stick pass under marking pressure.
2. Forechecking goalside inside with pressure on carrier.
3. Skate to avoid mark and be open for receiving pass.
4. Receive cleanly and with control in stride.
5. Transition to attack with speed and physical dominance.
6. Choose high % shot for goal opportunity.
7. Defend with goalside-inside pressure, then transition to goalside 1v1 to prevent high risk shot.
8. Goalies, square to ring, watch for screens, control rebounds.

## Duration:

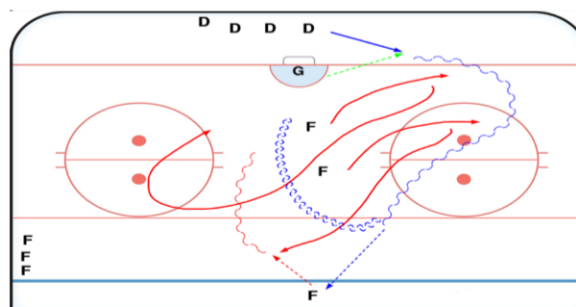
### Breakout 2v1 to 2v1 attack - Full end

Defender attempted to breakout with 2 forecheckers

If successful, pass goes to athlete outside blueline

Forecheckers receive pass back and go back 2v1 vs defender

If Forecheckers stop the play, they attack from where they stopped the play



## Drill Detailed Explanation

- Goalie throws ring to defender, who attempts to jump middle and break out with pass across blueline.
- 2 Forecheckers coordinate to contain, channel, and check ring carrier.
- If turnover occurs, forecheckers attack immediately.
- If breakout pass is successful, coach gives forecheckers ring for 2v1 attack.

## Key Teaching Points

1. Speed with ring, access middle ice and avoid containment.
2. Forecheckers contain space, then work together to channel and create pressure for turnover.
3. Once transitioned, defender assumes goalside body positioning and defends.
4. Once transitioned, forecheckers attack aggressively.
5. Goalies maintain positioning on breakout and attack. Watch for cross crease on 2v1. Control rebounds.

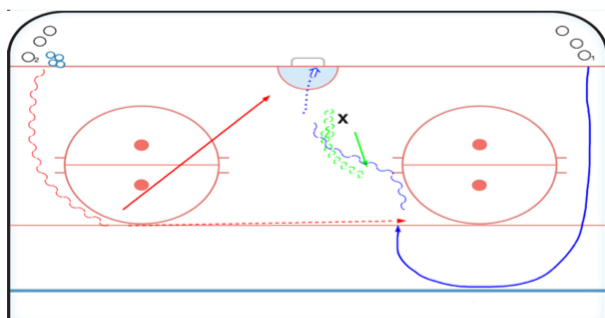
## Duration:

### Flat pass - D step up - finish the play

Attacker leaves from corner, loops out and back in to inside pie

Teammate times their skate to give good flat pass to attacker, then joins play loosely for rebounds (not to be used as a pass option)

D is playing "weak side" - steps up when pass is made and defends



## Drill Detailed Explanation

- Attacker on one side loops to receive ring at inside pie.
- Teammate times skating for accurate lead flat pass. Once pass is made, trails as rebound attacker.
- Receiver attacks defender with speed to a solid scoring opportunity.
- Defender is weakside D and must step up and defend the oncoming attacker.

## Key Teaching Points

1. Speed and accelerating to pass.
2. Stick to stick lead pass.
3. Defender steps up inside of attack line and generates backwards speed to defend gap.
4. Attacker moves to optimize scoring position.
5. Defender makes contact to prevent clean shot.
6. Goalie optimizes position to reduce scoring chance, watch for screen.

## Duration:

### Pressure Receive and Fwd break

2 athletes face each other across the blueline, the athlete in the "breakout" zone starts with ring; defender marks athlete in neutral zone

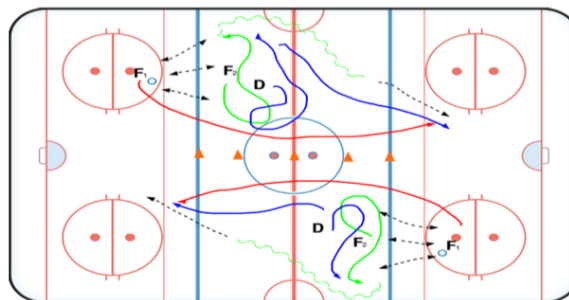
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Defender marks NZ athlete tightly GSIS

On 3rd pass, must break from marked athlete and pickup streaking athlete for 1v1

### Notes

Remind defender to pay attention  
Remind reds to streak on 3rd pass  
Encourage GSIS defender positioning  
Encourage vertical and lateral movement of NZ athlete to create space to receive



## Drill Detailed Explanation

- Run on both sides.
- Teammates face each other across blueline. Athlete inside the zone starts with the ring.
- Defender is goalside of NZ player.
- On whistle, teammates attempt to pass 3 times with NZ player under pressure.
- Defender continues goalside inside pressure for all passes.
- On 3<sup>rd</sup> pass to NZ teammate, passer releases and streaks to 1v1.
- NZ receiver moves to give open pass to teammate.
- Defender must follow streaking attacker.

## Key Teaching Points

1. Accurate stick to stick passes.
2. NZ player moving vertical and horizontal to create space.
3. Defender goalside/inside.
4. Passer releases quickly to take advantage of streak opportunity.
5. Defender pays attention to ensure can defend 1v1.
6. Goalie square and ready as 1v1 evolves.

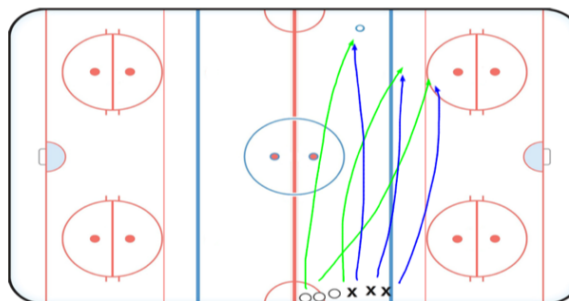
**Duration:**

**3v3 2min Battle**

6 athletes (3v3) start one side, play half 3v3 for 2-3 minutes or until score....

Rapid cycling

Use both ends...



**Drill Detailed Explanation**

- Can run out of both ends.
- Players line up on either side of a line (blue line/center line).
- Coach throws ring and 3 athletes from either side are now teammates for quick 3v3.

**Key Teaching Points**

1. Utilize teammates for support in attack.
2. Defend person-on then transition to triangle as needed.
3. Create offensive opportunities with speed, accurate passing and off-ring support.
4. Communicate defensively to ensure appropriate positioning to defend.
5. Goalies react within chaotic, fast 3v3.