

5-0N-0 DUMP-IN RETRIEVAL

PURPOSE: To practice positioning and skills necessary in retrieving the puck on dump-ins.

SET-UP: All players start on the bench broken into groups of three forwards and two defensemen. The coach dumps the puck into the zone where a group of five picks it up and breaks out of their zone. As the puck carrier crosses the red line he must dump it in to the offensive zone where it is retrieved for a shot on net.

The coach blows the whistle to signal the group to return to the defensive end for the next puck to repeat the drill. (All players must return past the blue line.) Each group of five will have three opportunities to dump and retrieve before being replaced by the next group. Emphasis should be placed on smart dumps (away from the goaltender, spots that are tough for the opposition's defensemen to gain possession, and areas that offensive players are moving to), i.e. cross-corner or hard-around. This can be adapted to create a fun competition.

