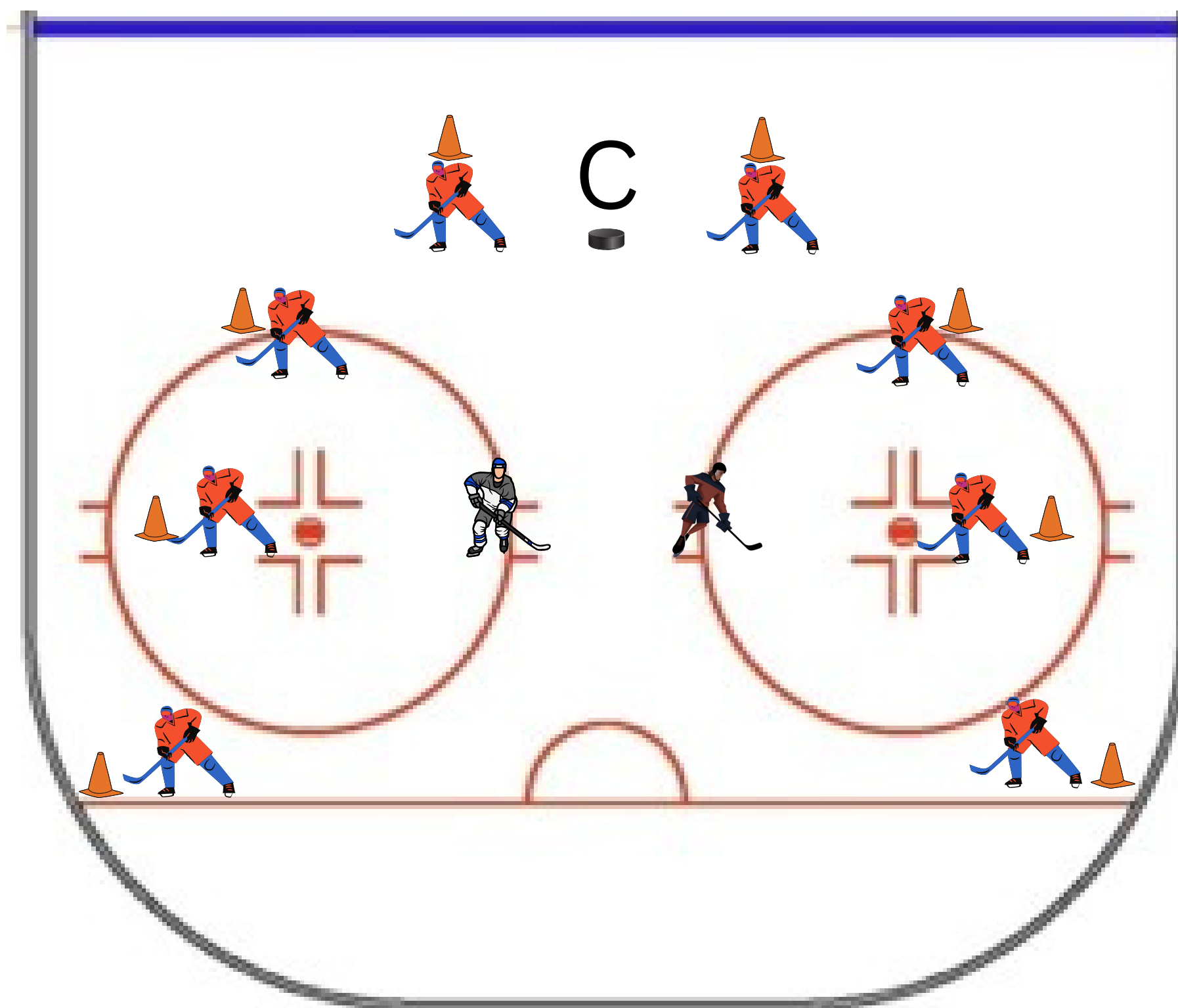# "The Pyramid"

What you need:

- Cones (number dependent upon the players participating)
- Pucks
- Min number of players: 8 (to cover enough of the zone and provide quick options
- Max 12 (gets too congested if more)

Process:

- 2 "attackers" start on the hashmarks
- "Shooters" occupy one cone each on the outside in a pyramid formation
- Coach dumps puck in (or on the goalie). Attackers play 1 v 1 inside of the pyramid. To go on offense, the attacker must pass the puck to one of the shooters.
- Shooters can shoot it at the net OR pass to ANOTHER SHOOTER (not the attackers)
- Play for 20-30s or until a goal or stoppage. Rotation is UP the pyramid (players closest to the coach are the next to be attackers, everyone else moves up one cone. Previous attackers go to the lowest two cones on the goal line

Variations:

- More or less players on the outside
- Shooters must immediately shoot at the net (no passing)
- Shooters can pass to attackers
- "roamer" that plays behind the net goal line to goal line and distributes out to a shooter
- "Time Bomb" - Shooters must pass or shoot on net within a 2-count. No holding onto the puck for long periods.

Offensive Skills

- reacting to a change of possession
- net front presence and reacting to the puck moving from one spot to another
- short area explosion
- passing and recieving
- tip drill
- adjusting your body to transition from a pass to a shot
- shooting
- identifying passing options

Defensive Skills

- reacting to a change of possession
- body positioning, box out and angling
- change of direction/pivoting
- short area explosion

Goaltender Skills

- rebound control
- angles, positioning and re-positioning