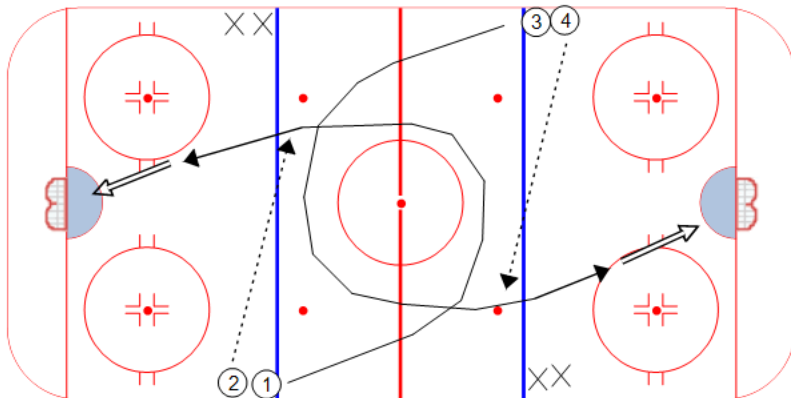


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 4 Corner Warmup Content elements: _____ Components : _____

Description

On the whistle, players 1 and 3 skate around the top of the circle and receive a pass from the next player in their line (2 and 4 respectively). Players 1 and 3 finish with a shot on net, stopping in front for a rebound.



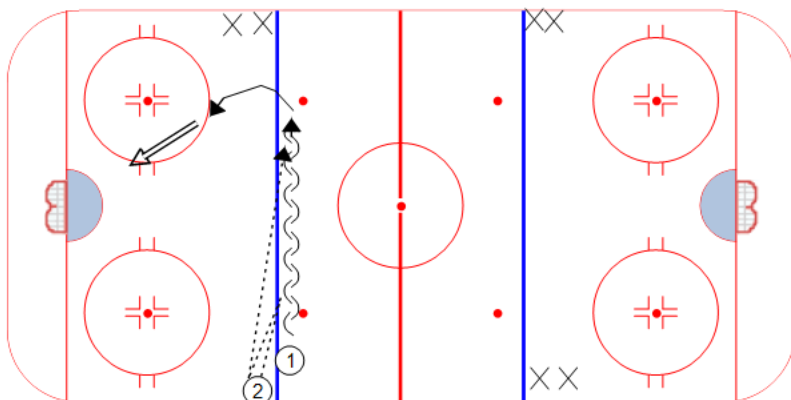
Key Points : Crossovers Passing Warmup Shooting Drive the Net

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 4 Corner Pivot Warmup Content elements: _____ Components : _____

Description

1 begins by skating backwards with a puck. 1 and 2 pass the puck several times before 1 pivots forward to take a shot on net.



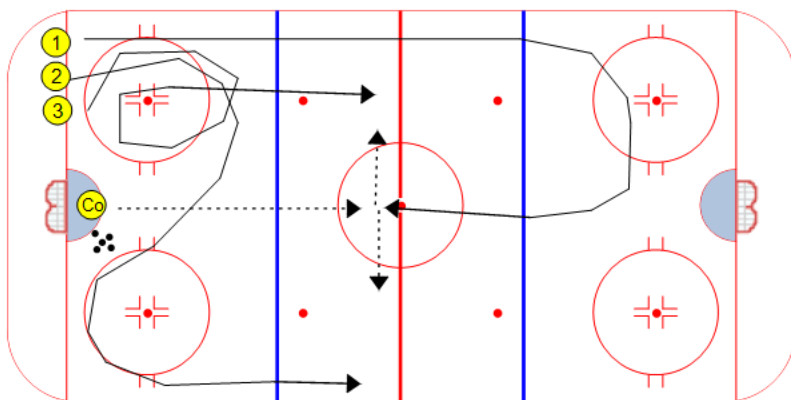
Key Points : Pivots Backward Passing Warmup Shooting

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Willow Tip Content elements: _____ Components : _____

Description

1 skates around the far face off dot and cuts up the middle. 2 skates the top and bottom of the circles and cuts up the far wall. 3 goes around the near circle and heads up the wall. Co shoots a puck on the ice to 1 - 1 tips it to either 2 or 3. Players proceede 3 on 0.



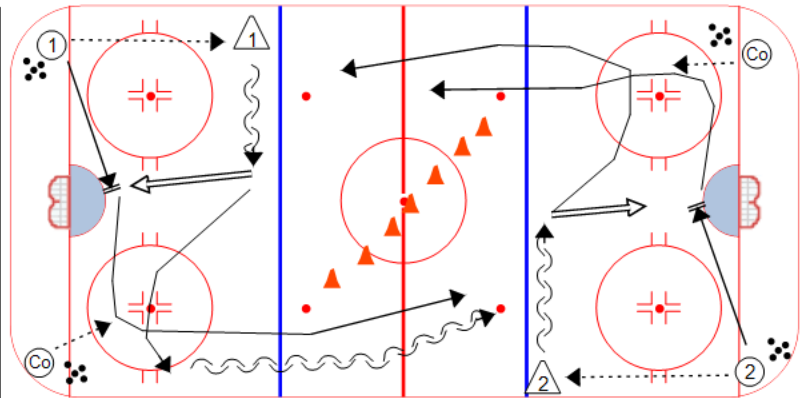
Key Points : Quick Puck Movement Timing Joining the Rush

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 on 1 Full Ice Content elements: _____ Components : _____

Description

F1 begins by passing to D1. F1 goes to the front of the net, D1 moves laterally across the blue line and shoots (F1 tips shot and plays rebound). After the play in front of the net is done, F1 cuts to the corner and gets a pass from Co. D1 curls in and pivots backwards. F1 and D1 proceed up ice in a 1 on 1



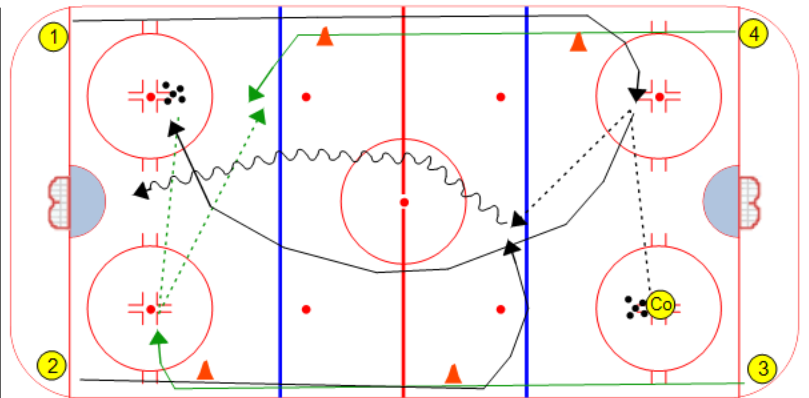
Key Points : 1 on 1 Lateral Movement Tipping/Rebounds Competition

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Calgary Timing (Low Swing) Content elements: _____ Components : _____

Description

1 begins by skating up the boards and cutting low around the cone getting a pass from Co. 2 Times his start and breaks through the neutral zone, catching a pass from 1. 1 and 2 head up the ice together on a 2 on 0. Whichever player does NOT shoot the puck skates to the pile of pucks and makes a pass to 3. Drill continues.



Key Points : Timing Cutting Low Passing Driving the Net

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

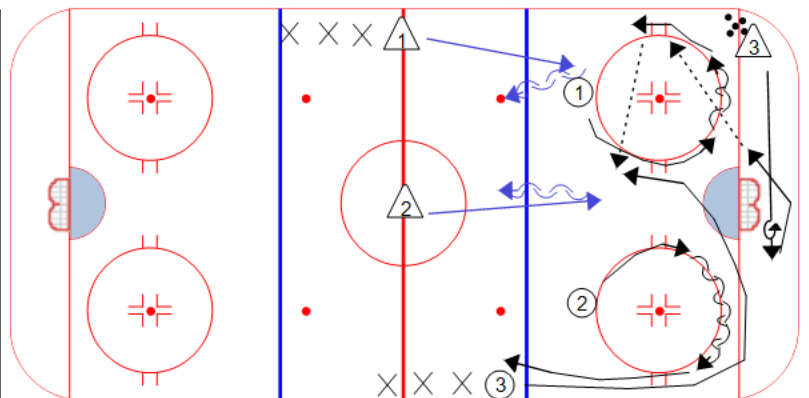
Title : Cross Lane Attack Content elements: _____ Components : _____

Description

On the whistle, D3 begins skating behind the net and does an escape turn behind the net and turns up ice for a quick breakout pass to 1.

1 and 2 head around their respective circles, always facing the puck. F3 curls low and cuts for a second pass on the breakout.

D1 and D2 skate in to the tops of the circles to set their appropriate gap and play the rush 3 on 2.



Key Points : Always Face Puck Gap Control 3 on 2 Escape Turns

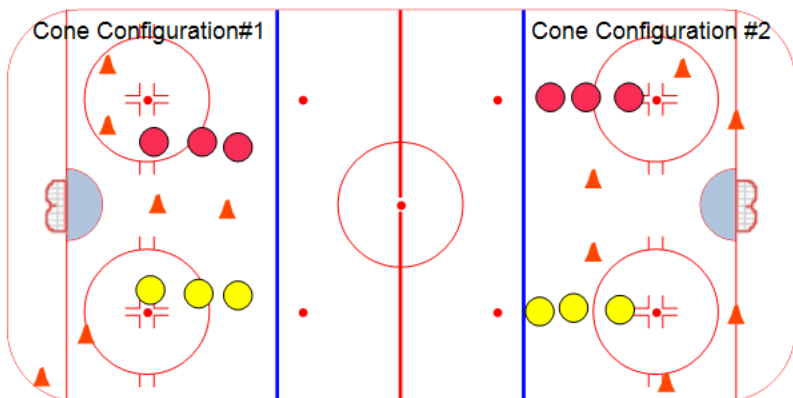
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 3 on 3 w/ Cone Passing Content elements: _____ Components : _____

Description

Players compete 3 on 3 inside the blue-line. On a possession change, players must pass the puck between one of the cone sets before they can shoot on net.

Notes: 2 different cone configurations shown. Cone patterns should reflect specific passing lanes coach wants to focus on.



Key Points :

- Small Area Game
- Quick Transition Passin
- Using "Lanes" on the Ic
- Competition