



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

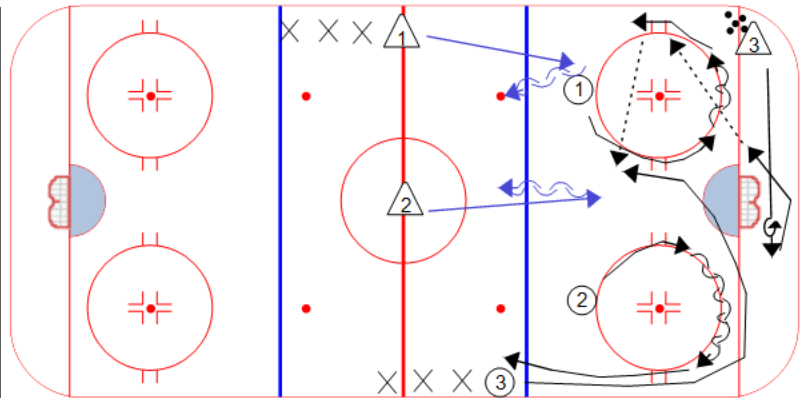
Title : Cross Lane Attack Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**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 : Low Shadow 1 on 1 Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

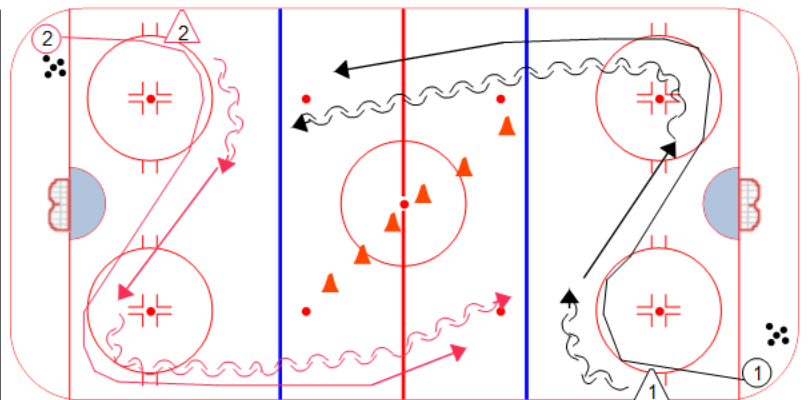
**Description**

F begins with a puck around the top of the near circle and bottom of the far circle. D shadows the F keeping a close gap. F and D play 1 on 1 up the ice.

Notes: D cannot make a play on F until the first blue line.

D Should react to the F, not the pattern of the drill

Put cones up diagonally in NZ to run from both ends.



Key Points :  Gap Control  Pivoting  1 on 1

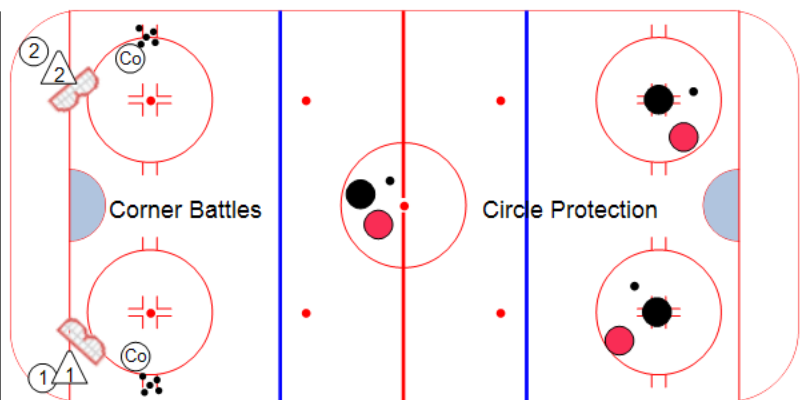
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Corner Battles / Circle Prote Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Corner Battles: 1 F and 1 D play 1 on 1 in the corner area.

Circle Protection: Players battle for control of the puck staying within the circles.



Key Points :  Competition  1 on 1 Battles