

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

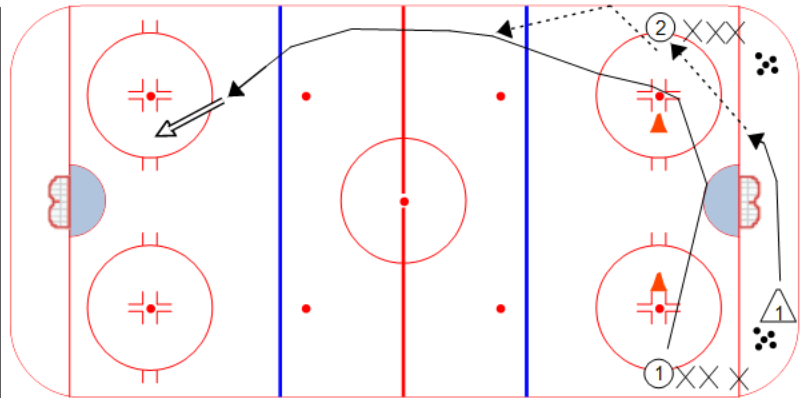
Title : D Pass Off the Glass Warm Content elements: _____ Components : _____

Description

D1 starts with a puck, skates behind the net and passes to F2. F1 cuts across the ice (below the cone). F2 chips the puck high and hard off the glass. F1 picks up the puck and skates down ice for a shot on net.

D1 will then pick up a pass from the opposite side he started on and pass to the next person from F1's line. F2 cuts across and gets the pass off the wall, heading down ice for a shot.

Drill is continuous.



Key Points : Breakout Passes Chipping off the Glass Skating Warmup Goalie Warmup

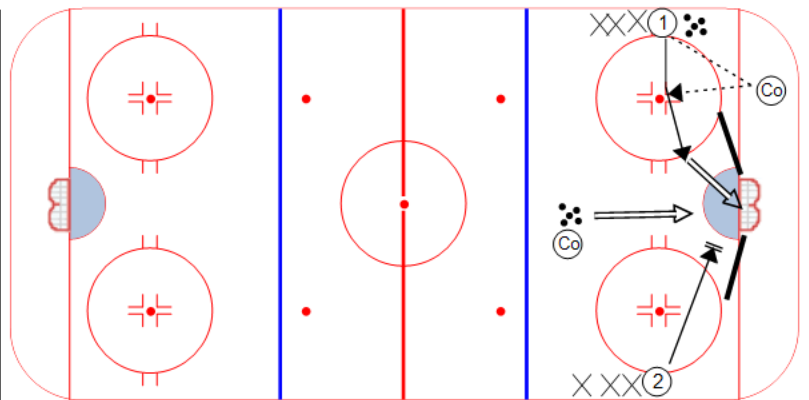
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Advanced Pepper Drive Content elements: _____ Components : _____

Description

Player 1 begins with the puck by passing to Co and driving to the net. Co returns the puck, 1 shoots on net. 2 leaves as soon as Co gives the puck back to 1 and drives the net for a rebound (stopping in front). 1 & 2 play the puck until the goalie freezes it, they score, or the puck leaves the front of the net.

Co 2 then takes a shot on goal for 1 & 2 to tip and play the rebound.



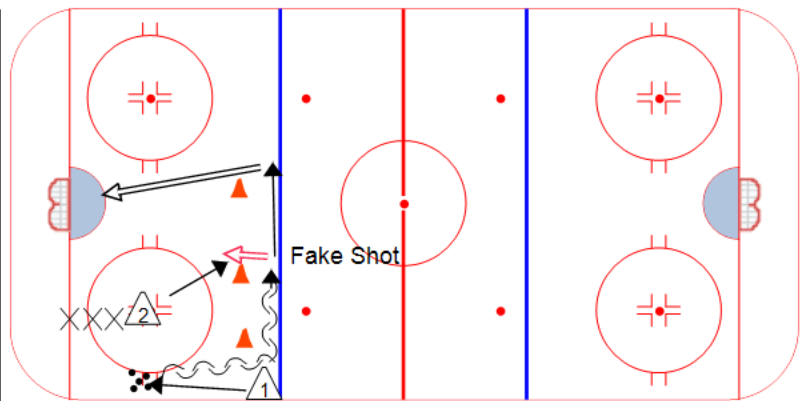
Key Points : Give & Go Attacking the Net Rebounds Tipping

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

Title : Advanced D Agility Drill Content elements: _____ Components : _____

Description

D1 starts forward, picks up a puck, pivots backwards up around the cones. D2 leaves to simulate a shot blocker rushing the point. D1 fakes a shot and continues laterally to the final cone. D1 shoots after the last cone. D2 then proceeds around the cone and continues the drill.



Key Points : Backward Agility Shot Fakes Lateral Mobility Puckhandling

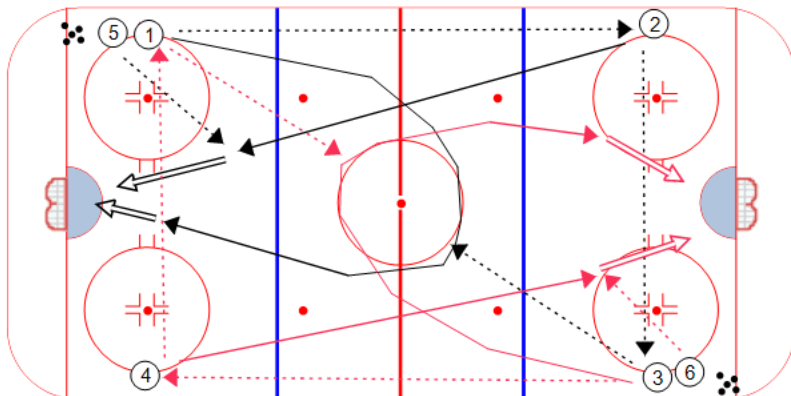
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Continuous Rider Drill Content elements: _____ Components : _____

Description

1 Passes to 2 and skates around the center circle. 2 passes to 3. 3 passes back to 1. 1 drives the net and shoots, stopping in front to tip the next shot. 2 heads up ice and gets a pass from 5 - 2 shoots on net with 1 tipping.

Drill continues with 3 passing to 4 after 3 makes the initial pass to 1.



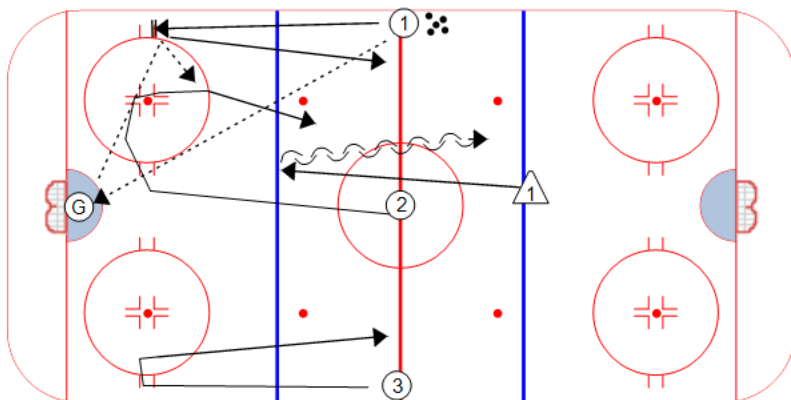
Key Points : Full Ice Passing Timing Quick Attack Tipping

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Title : Goalie Pass 3 on 1 Content elements: _____ Components : _____

Description

1 Dumps the puck on net. 1, 2, and 3 all hustle to breakout position. G makes an initial breakout pass to 1 or 3. D1 hustles in to the blue line. F1, 2, and 3 proceed up ice 3 on 1 vs. D1.



Key Points : Goalie Puck Handling Breakouts 3 on 1 Rush Passing