



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

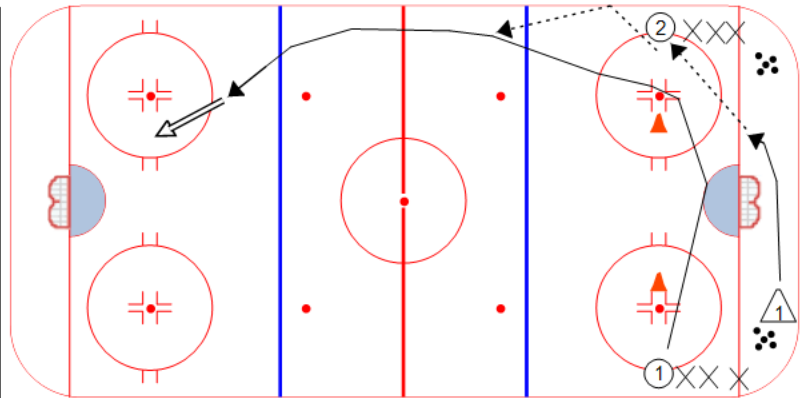
Title : D Pass Off the Glass Warm Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**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

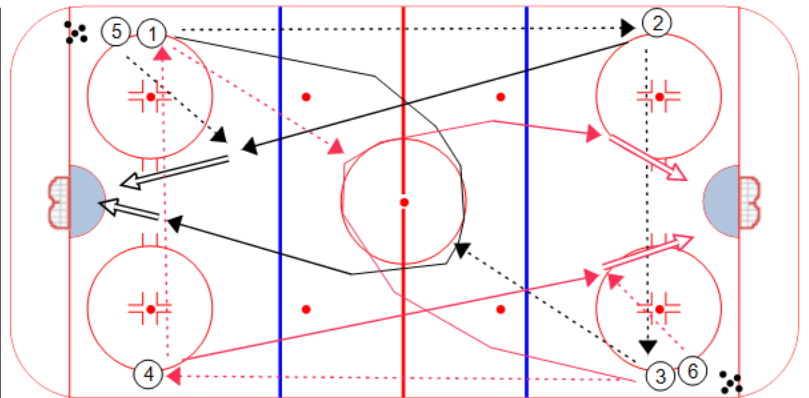
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 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