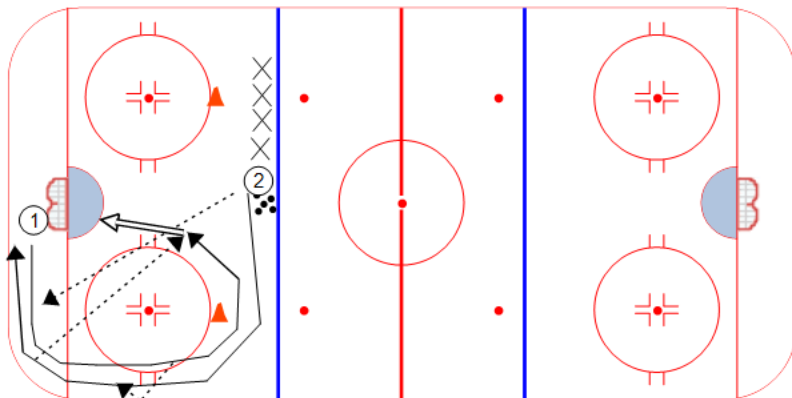


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Low Cycle Content elements: _____ Components : _____

Description

1 starts behind the net - 2 dumps a puck into the corner for 1. 1 picks up puck and cuts up the boards. 2 skates down the wall. 1 leaves a drop pass for 2. 1 continues around the top of the circle and drives the net. 2 cuts low down the ice and gives a pass to 1. 1 takes a shot and plays rebound. Drill continues in the opposite corner.



Key Points : Cycling Driving the Net Board Passes Offensive Lanes

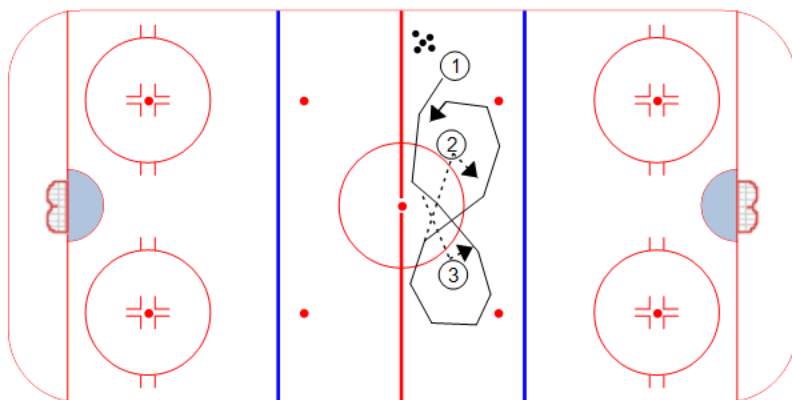
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Player Give & Go Figure 8 Content elements: _____ Components : _____

Description

1 begins with a puck and skates a figure 8 around 2 & 3....1 passes to 3 for a quick give & go, then passes to 2 for a quick give & go.

Players should execute 3 reps before switching.



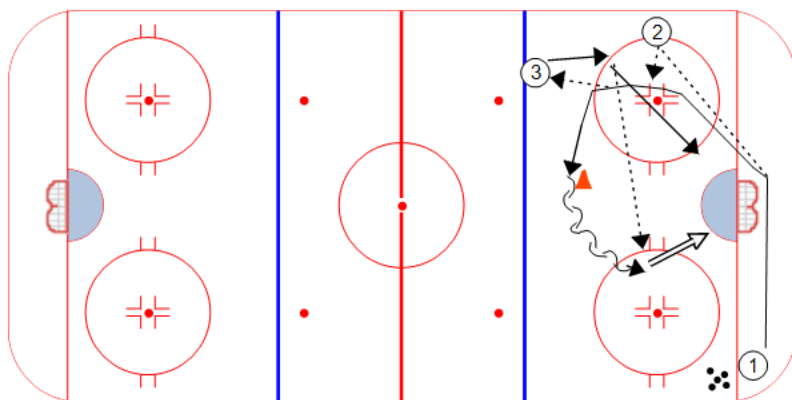
Key Points : Quick Passes Agility Tight Turns Give & Go

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

Title : Give & Go Breakout Drive Content elements: _____ Components : _____

Description

1 begins in the corner with a puck - skates behind the net and makes a breakout pass to 2. 1 continues skating quickly up ice, 2 gives 1 the pass back. 1 gives a quick pass to 3 and continues around the cone opening up to 3. 3 cuts down the boards and passes back to 1 who shoots on net. Both 1 and 3 should attack the net.



Key Points : Give & Go Breakouts Agility Driving the Net

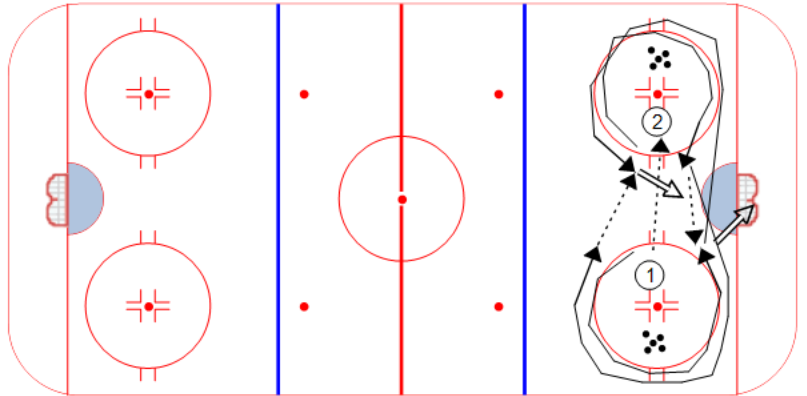
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : One Timer Figure 8 Content elements: _____ Components : _____

Description

1 Passes to 2 - 1 and 2 peel around the top of their respective circles. 2 passes back to 1 for a quick shot. 1 and 2 then curl around the bottom of the opposite circles they started on. 2 picks up a puck. 1 and 2 continue around the top of the circles - 2 passes to 1 for another quick shot on net.

1 and 2 should crash the net.



Key Points :

Driving the Net

Low Passing Plays

Quick Shot Release

Offensive Attack