

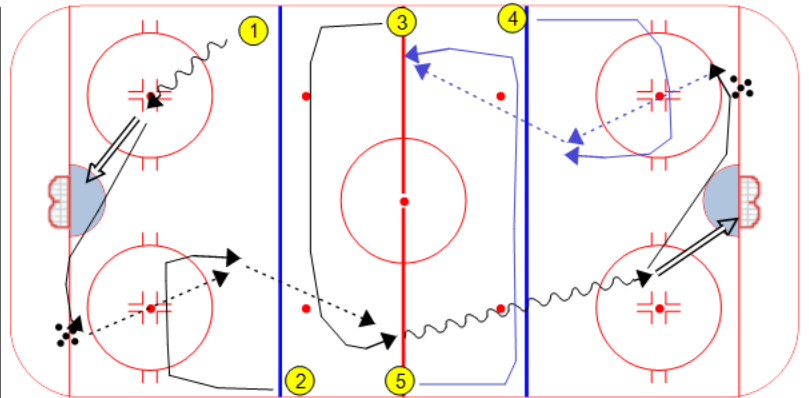
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : NJ Flow Content elements: _____ Components : _____

Description

1 begins by skating in and taking a shot on net, then continuing to pick up a puck in the corner. 2 cuts down the boards and curls the middle of the ice. 3 cuts across the blue line to the far side and skates up the boards. 2 gives a headman pass to 3 who continues in to shoot and start the drill over on the other side.

Note: 1 goes into line where 2 left from, 2 goes into line where 3 left from.



Key Points : Headman Passes Timing Heads Up

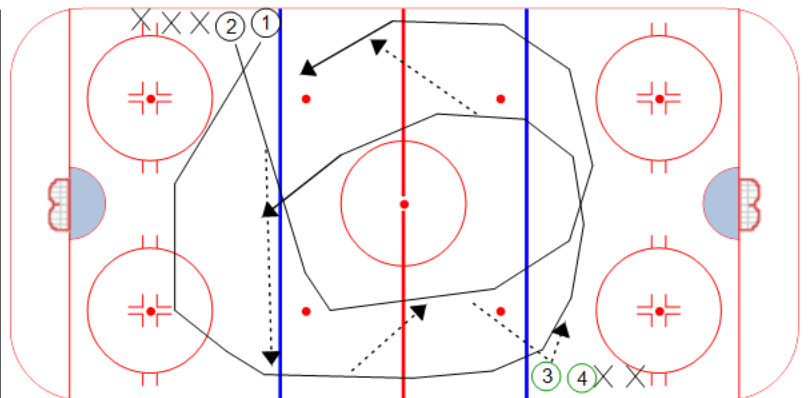
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Overspeed 2 on 0 Content elements: _____ Components : _____

Description

1 begins by cutting low into the zone. 2 starts after 1 and cuts high across the zone and gives 1 a pass. 1 cuts up the wall and gives a retrace pass to 2. 2 passes to 3. 2 swings to the far wall and up ice, 1 gets a pass from 3 and cuts up the middle of the ice. 1 and 2 attack the zone 2 on 0.

Drill is continuous - 3 & 4 leave after 1 & 2 clear the red line.



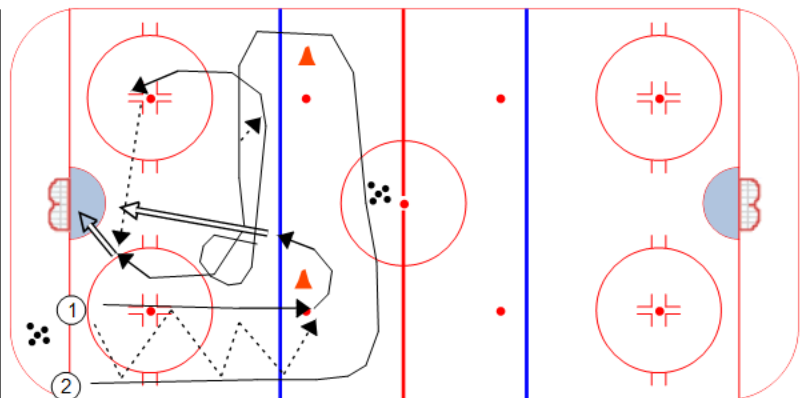
Key Points : Timing Rushes Quick Passing 2 on 0

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

Title : Pass, Drop Pass, Drive Content elements: _____ Components : _____

Description

1 and 2 begin passing the puck back and forth. After the players cross the blue line, 1 should be in control of the puck. 1 turns around the cone and takes a hard shot on net. 2 continues through neutral zone and picks up a puck at center ice, then drives around the far cone. After 1 shoots, he performs an escape turn to buy time, then cuts across the ice at the blue line. 2 cuts across the ice inside the blue line and leaves a drop pass for 1. 1 and 2 both converge on the net for a shot and rebound.



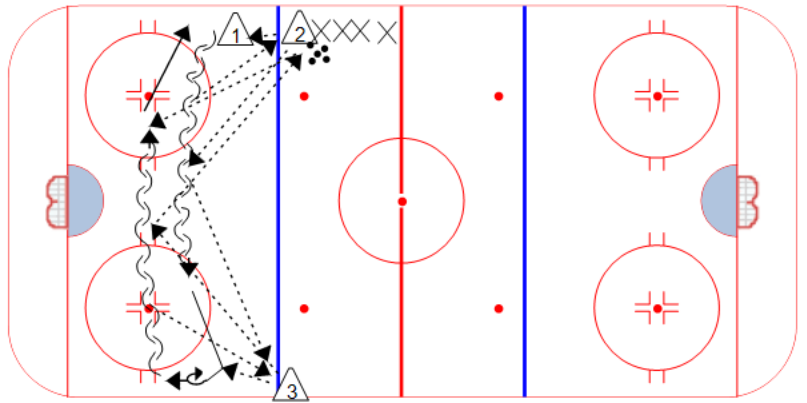
Key Points : Timing Drop Passes Passing Driving the Net

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

Title : D Agility Passing Content elements: _____ Components : _____

Description

D1 begins backward with a puck, passes to D2. D2 passes back to D1...D1 pivots forward and passes to D3...D3 gives a return pass to D1. D1 pivots backward again and passes to D3 and gets a return pass. D1 steps forward again and gives a pass to D2 and receives a return pass.



Key Points :

Lateral Movement

Touch Passing

Pivoting

Communication