

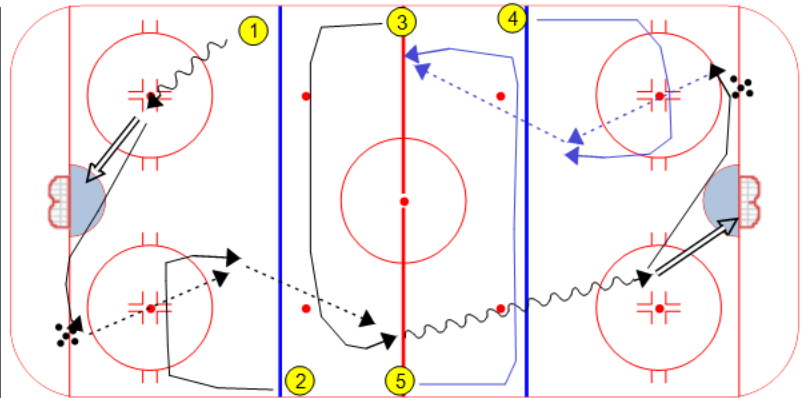
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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.



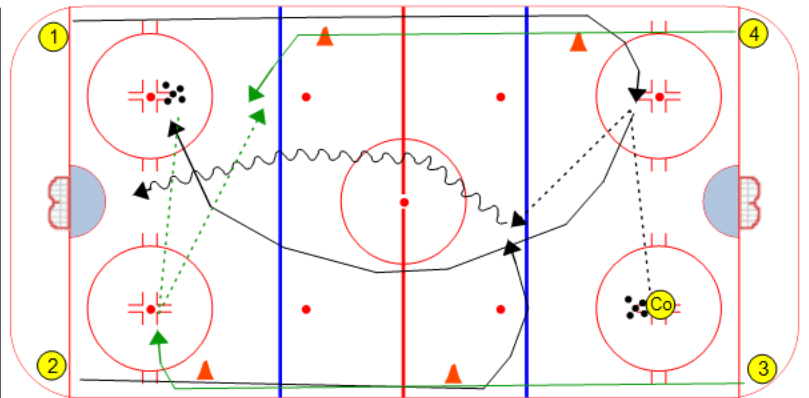
Key Points : Headman Passes Timing Heads Up

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

Title : Calgary Timing (Low Swing) Content elements: _____ Components : _____

Description

1 begins by skating up the boards and cutting low around the cone getting a pass from Co. 2 Times his start and breaks through the neutral zone, catching a pass from 1. 1 and 2 head up the ice together on a 2 on 0. Whichever player does NOT shoot the puck skates to the pile of pucks and makes a pass to 3. Drill continues.



Key Points : Timing Cutting Low Passing Driving the Net

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

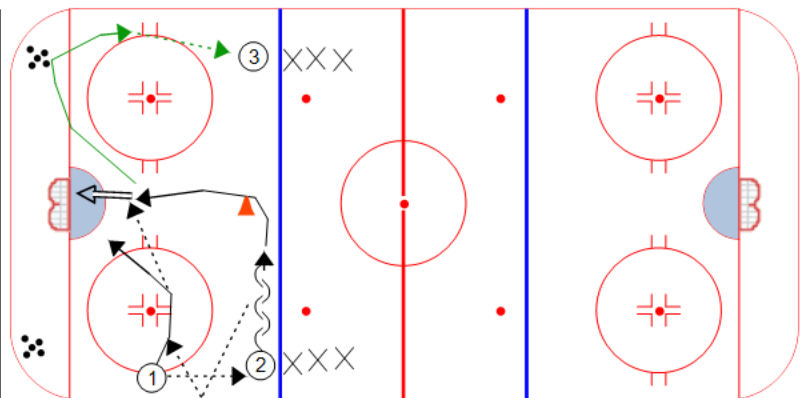
Title : Lateral Indirect Pass Net Dri Content elements: _____ Components : _____

Description

1 begins by passing or flipping a puck to 2. 2 moves laterally and passes off the boards in front of 1. 2 pivots forward and drives the net. 1 picks up the board pass and cuts to the middle, passing to 2 in the high slot. 2 shoots on net. 1 & 2 drive the net looking for rebounds.

1 is now done with the drill. 2 continues the drill by picking up a puck in the far corner and passing the puck up to 3.

Drill is continuous.



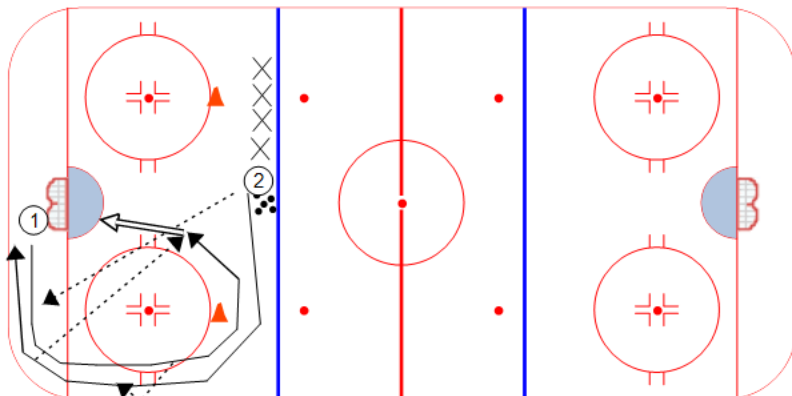
Key Points : Indirect Passing Lateral Movement Driving the Net Quick Puck Movemen

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

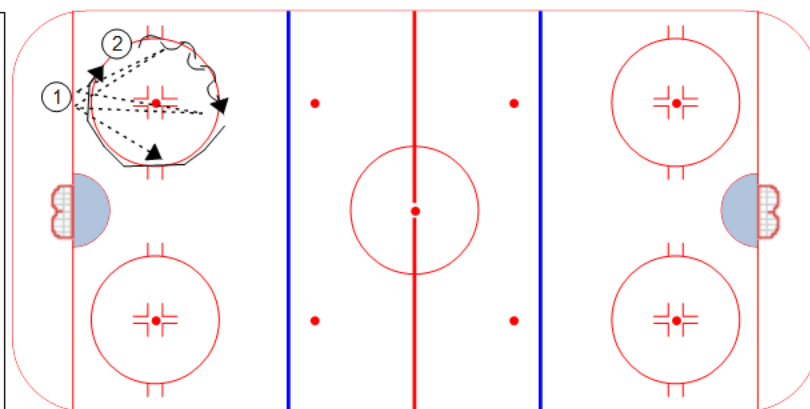
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Pivot Passing Category #1 : Skills Category #2 : Passing

Description

Player 2 skates around circle always facing Player 1. Player 1 and 2 exchange as many passes as possible.

Note: focus on #2 keeping his/her stick on the ice



Key points :

Pivots

Passing

Quick Feet