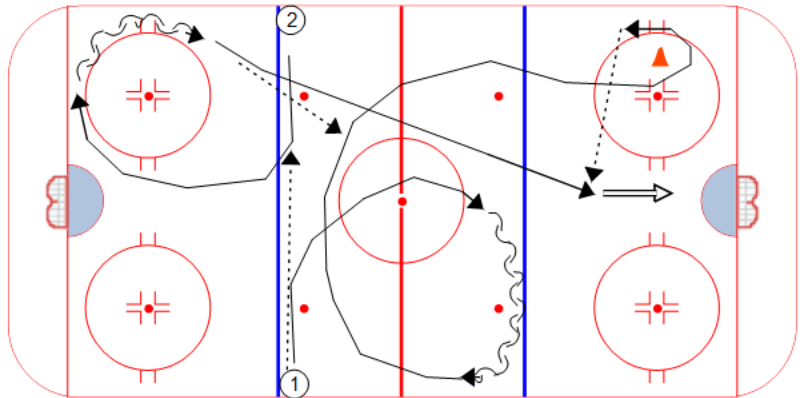


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Open Up Escape Timing Dri Content elements: _____ Components : _____

Description

On the whistle, 2 skates across the blue line. 2 gets a pass from 1. 2 continues into the zone pivoting around the bottom of the circle and stepping forward again. 1 loops through the NZ always facing 2 (never turning back on the puck). 2 passes to 1. 1 heads up the far wall and performs an escape/delay around the cone. 2 continues to drive up ice. 1 passes to 2. 2 shots on net. 1 & 2 drive the net looking for rebounds.



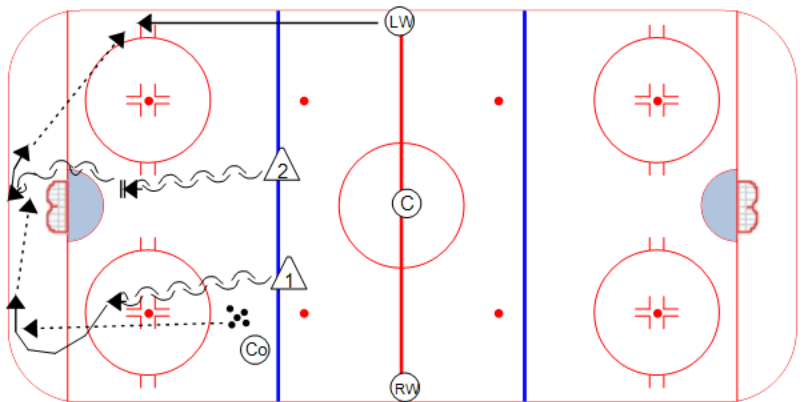
Key Points : Timing Pivots Escape Turns Driving the Net

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

Title : D Rotation Timing Content elements: _____ Components : _____

Description

Co dumps puck in. D1 retrieves puck - D2 stops in front of the net. When D1 gets the puck, D2 releases behind the net for a D to D pass. D2 passes to LW and continues to the corner. LW returns the pass to D2. D1 mirrors D2 and slides behind the net. D2 passes to D1. C & RW enter the zone (timed) for the breakout. D1 passes to RW and continues up ice behind C. RW returns the pass (give & go) to D1. D1 steps to the middle and banks a headman pass to C. LW heads up ice (per your team's breakout scheme). The 3 x 0 rush consists of C, LW, and D1. D2 and RW should assume the point positions.

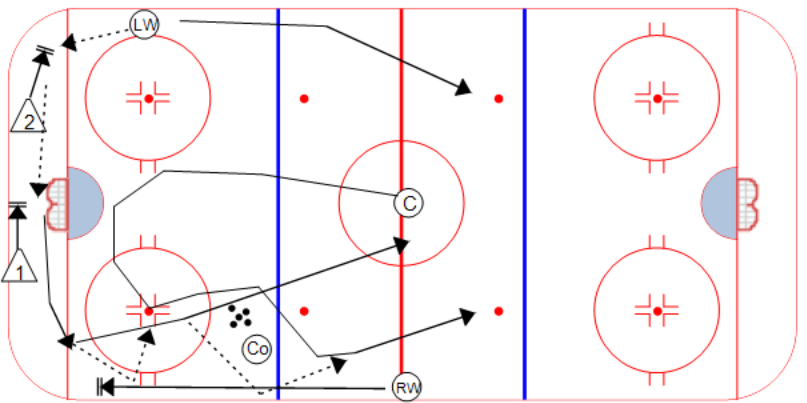


Key Points : D Movement Give & Go Covering for the D Indirect Passing

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

Title : D Rotation Timing (seq 2) Content elements: _____ Components : _____

Description

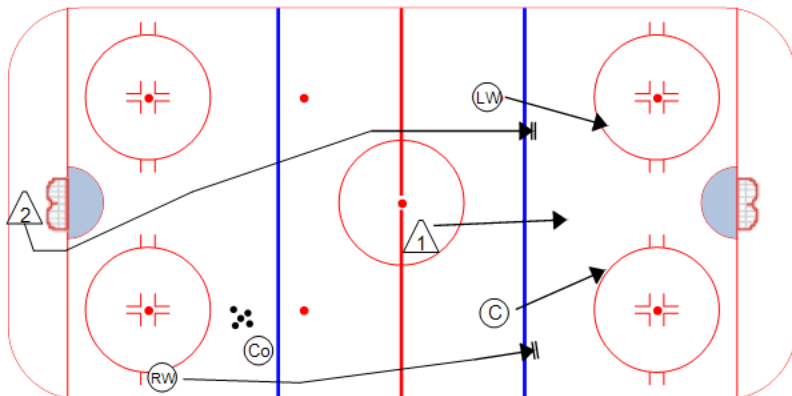


Key Points :

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

Title : D Rotation Timing (seq 3) Content elements: _____ Components : _____

Description



Key Points :

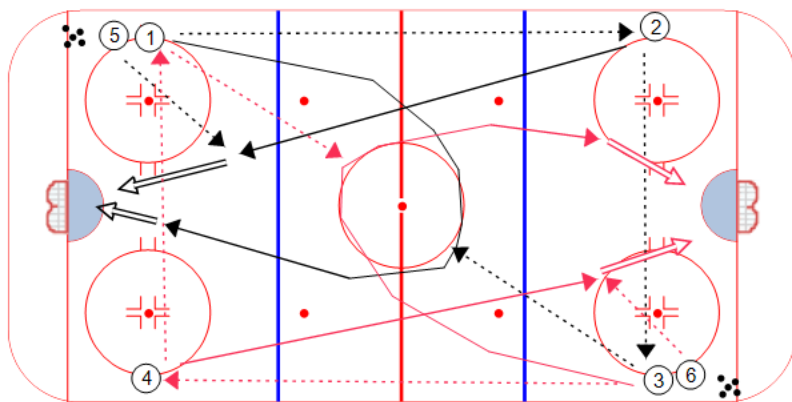
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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