



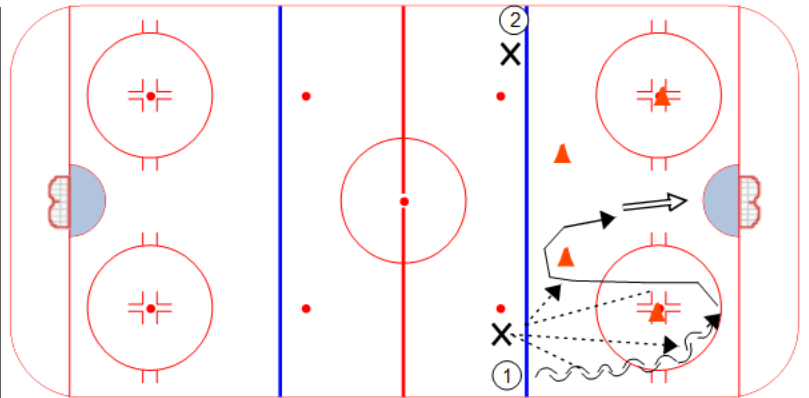
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Quick Pivot Warmup Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

1 begins with a puck skating backwards toward the first cone. 1 passes back and forth with the next person in line. 1 pivots forward around the first cone and continues passing with the next person in line. 1 drives around the top cone and shoots on net.

Follow shots - drive the net!



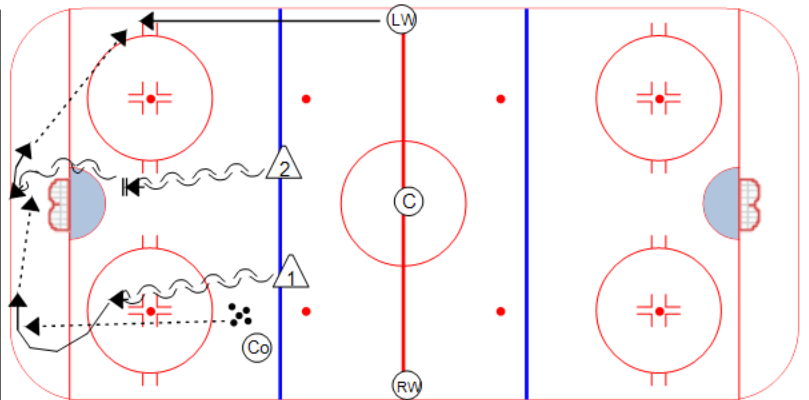
Key Points : Warmup Passing Pivoting Driving the Net

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.

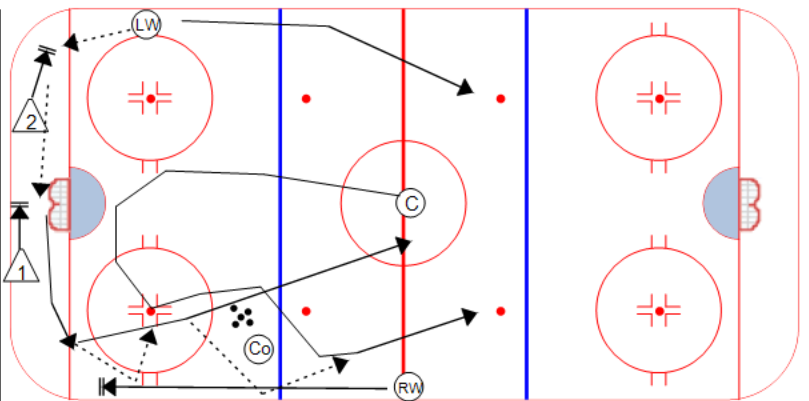


Key Points : D Movement Give & Go Covering for the D Indirect Passing

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

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

**Description**



Key Points : \_\_\_\_\_

