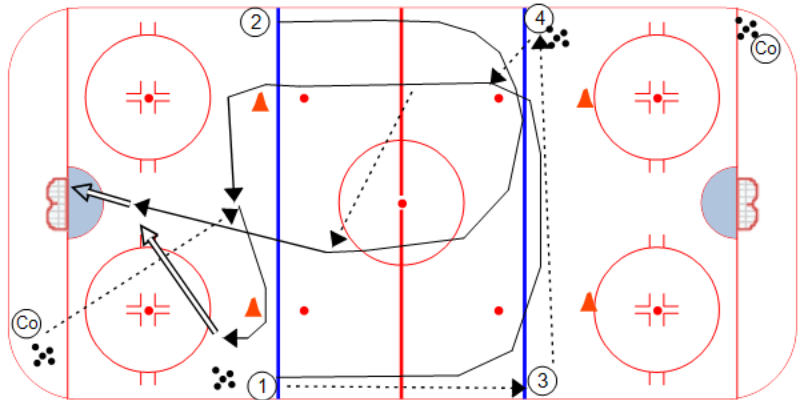


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Swing Tip Warmup Content elements: _____ Components : _____

Description

1 passes to 3 and curls into the zone. 3 passes to 4. 4 returns the pass to 1. 2 curls (timing the play) through the middle for a pass from 1. 2 shots on net and drives the net for a tip/screen. 1 cuts across the high slot (around the cones) laterally and receives a pass from Co. 1 drives around the far cone and puts a quick shot / tip play to the net. Both players drive the net attacking the rebound.



Key Points : Timing Tipping Lateral Movement Driving the Net

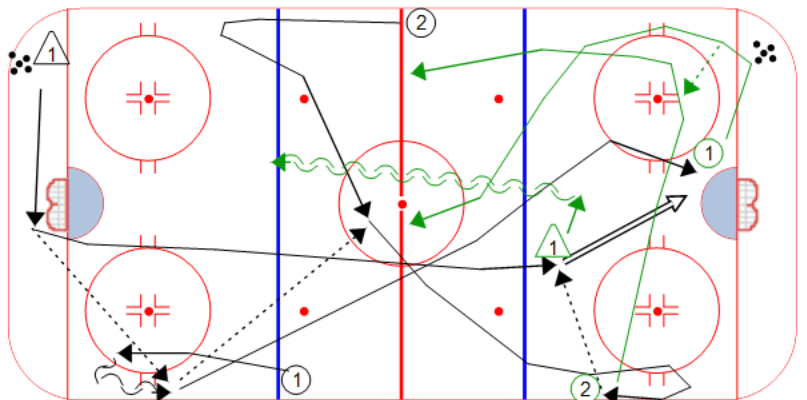
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Breakout 2 on 1 Timing Content elements: _____ Components : _____

Description

D1 starts behind the net and passes to F1. F1 cuts down to the hash marks - always facing D to receive the breakout pass. F2 cuts into the zone and across the ice, timing the play to receive the pass in the middle of the ice. F1 passes to F2. F1 drives the far post, F2 enters the zone and performs an escape turn. D1 follows the play and receives a pass from F2. D1 shoots for a tip on net. F1 & F2 drive the net.

After the play in front, F1 picks up a puck from the corner and F1 & F2 head up ice against D1 on a 2 on 1 rush.



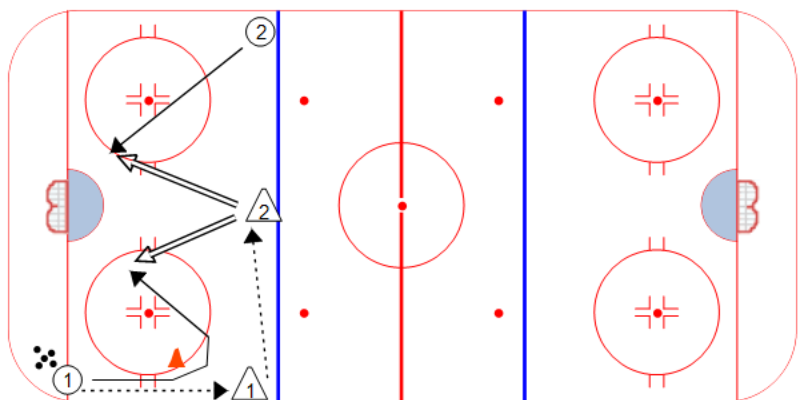
Key Points : 2 on 1 Timing Tipping Driving the Net

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

Title : Quick D Tip Content elements: _____ Components : _____

Description

F1 passes to D1. D1 passes to D2. F1 cuts up around the cone and crashes the net. F2 crashes the net. D2 shoots for a tip from F1 or F2. F1 & F2 crash the net looking for rebounds.



Key Points : Quick Puck Movement Tipping Crashing the Net Deflections