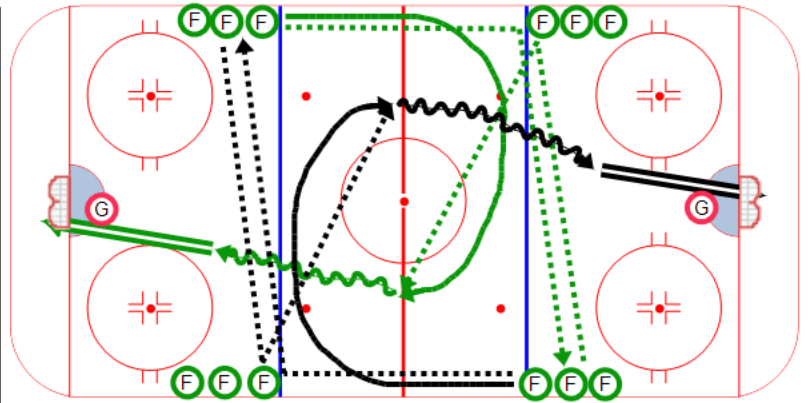


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 4 Corner Criss-Cross Passi Content elements: _____ Components : _____

Description

This Warm Up Ice Hockey drill is another variation of the other 4 Lines Drills. The same principles apply, it is most important for players to pay attention so they know where to pass the puck to and where to receive a pass from. In this variation, players receiving the pass in neutral ice need to attack the blue line with speed and shoot with their feet moving.



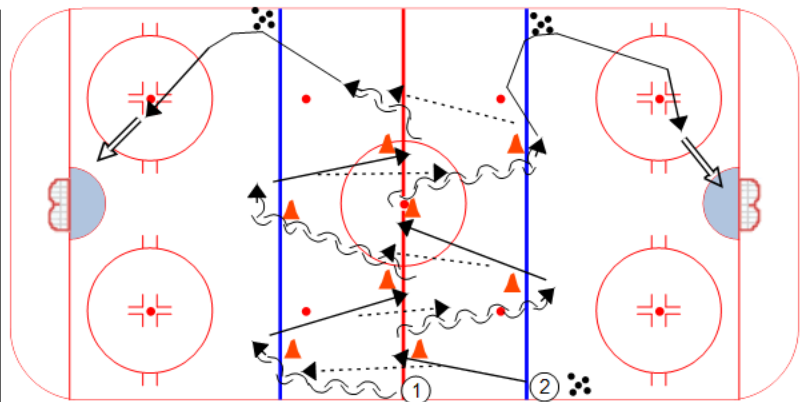
Key Points : Passing Feet Moving Warmup

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

Title : Yo-Yo Passing Content elements: _____ Components : _____

Description

This ice hockey drill focuses on passing and footwork. Primarily for defense, but never hurts to get forwards involved as well. Follow the animation and diagram for the timing of this drill. Players need to keep their heads up and make at least one pass in between each set of cones. The more passes the better. When the players reach the far side of the ice, the player that receives the last pass pivots forward and goes in for a shot on net. The other player pivots forward, picks up a loose puck near the blue line and takes a shot on net.



Key Points : Transitions Passing Agility

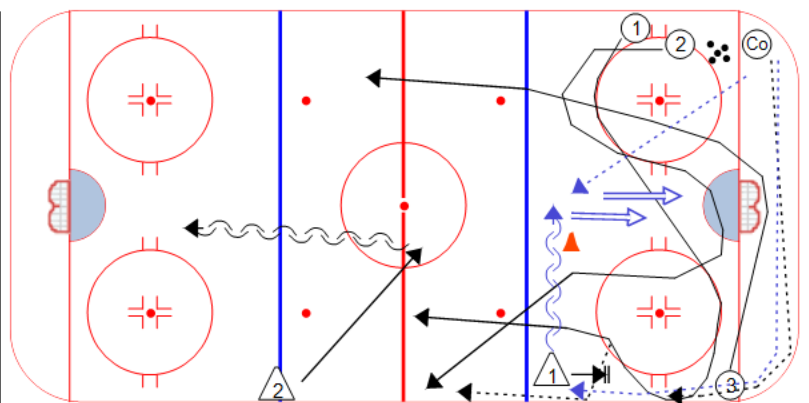
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Get the Puck Out Board Wr Content elements: _____ Components : _____

Description

1 & 2 skate tops of the circles, 3 skates behind the net and up the ice. Co wraps the puck around the wall, 1 picks up off wall, D1 pressures F1...F1 steps out and chips puck off the wall to F2. D2 closes gap and plays 3 on 1 rush back.

Co wraps another puck hard around to D1. D1 controls and walks to the middle for a shot. Co then passes another puck to D1 for another quick shot on net.



Key Points : Breakouts Indirect Passing 3 on 1 D Agility / Shooting

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

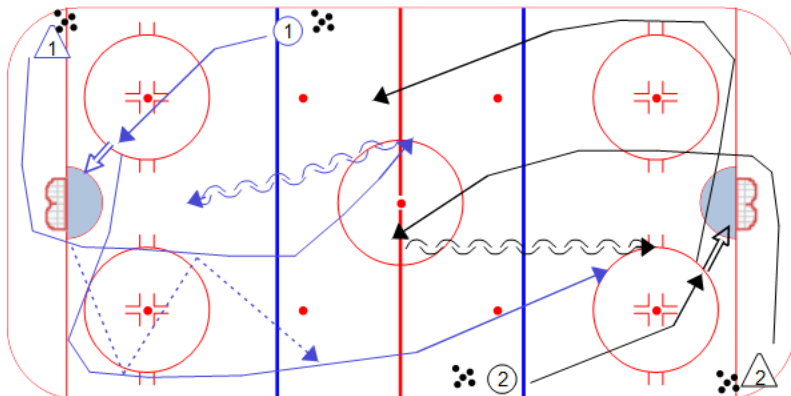
Title : Breakout Gap Control 1 on 1 Content elements: _____ Components : _____

Description

F1 starts by driving to the net for a shot. D1 skates behind the net and cuts up ice. After F1 shoots, he curls to far corner. F1 & D1 exchange passes. F1 continues down ice. D1 plays the rush against F2.

Note: Close Gap!!!

Note: Both ends leave simultaneously.



Key Points :

Gap Control

Passing

Agility

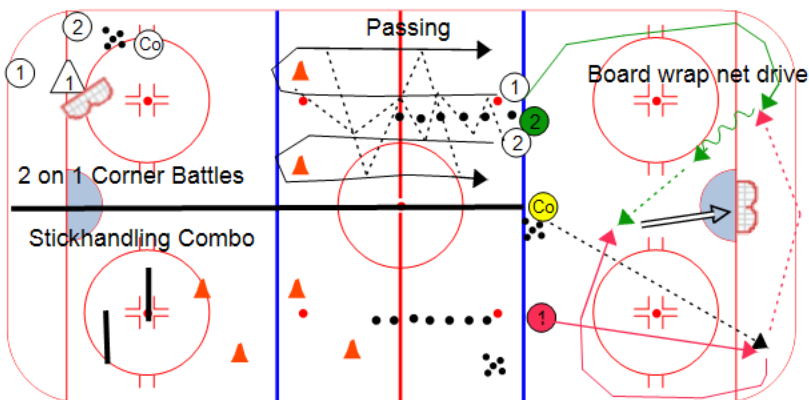
1 on 1

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

Title : 11-12-09 MM mm Stations Content elements: _____ Components : _____

Description

Passing: 1 & 2 pass through each opening of the SweetHands, then turn around the cones and return giving saucer passes over SweetHands.



Key Points :