

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

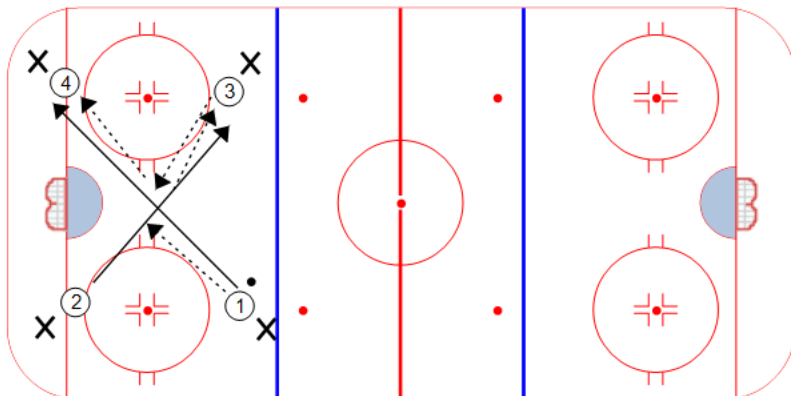
Title : Criss Cross Passing **Content elements:** _____ **Components :** _____

Description

1 starts with a puck. 2 skates across toward 3. 1 gives 2 a pass. 2 passes to 3. 1 skates across toward 4. 3 gives 1 a pass. 1 passes to 4. 3 skates across toward 2. 4 passes to 3. 3 passes to 2.

Drill is continuous.

Note: after you pass the puck, you go.



Key Points : **Passing** **Communication** **Mental** **High Tempo**

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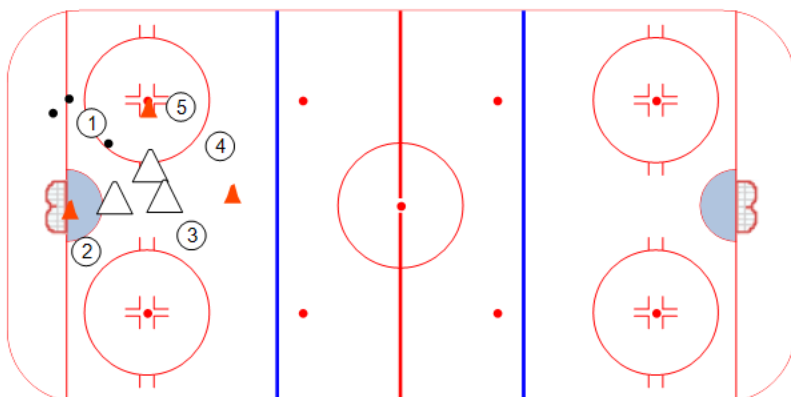
Title : 5 on 3 in the Middle **Content elements:** _____ **Components :** _____

Description

1 begins with a puck. Offensive players must pass puck as long as they can before Defense clears it.

Play 3 pucks per group (one at a time). Drill is over when D clears each puck.

Note: D cannot take the body



Key Points : **Passing** **Finding Lanes** **Heads up** **Covering Passing La**

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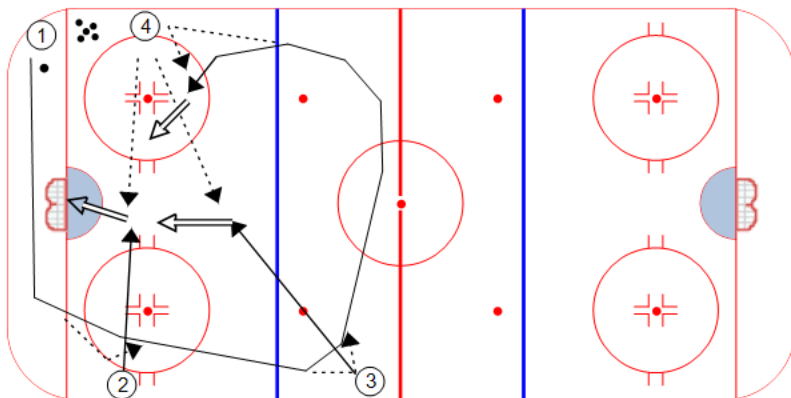
Title : Triple Give & Go **Content elements:** _____ **Components :** _____

Description

1 begins with a puck skating behind the net. 1 passes to 2 and gets a return pass. 2 drives to the middle of the rink and gets a pass from 4 - 2 shoots. 1 continues to give 3 a pass and receives a pass back from 3. 3 drives to the net, receiving a pass from 4 and shooting. 1 continues around NZ and passes to 4, drives the net, then receives a return pass from 4 and shoots on net.

2 and 3 should remain in front for tips/screens.

Players should rotate lines.



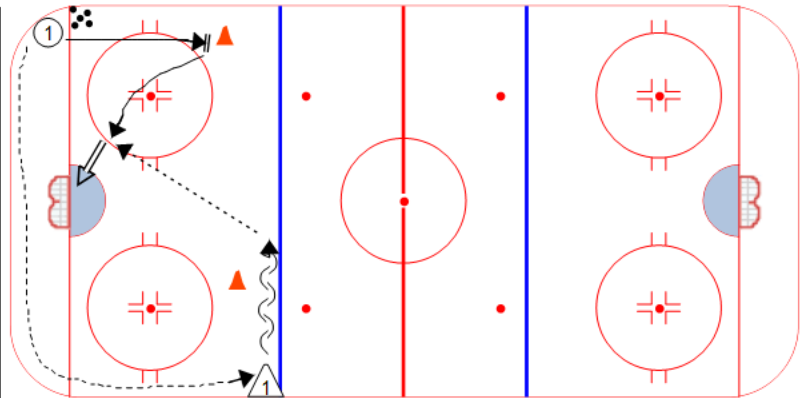
Key Points : **Give & Go** **Passing** **Driving the Net** **Quick Shot Release**

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

Title : Stop & Go Tip Content elements: _____ Components : _____

Description

F1 wraps the puck around the boards hard to D1. D1 holds the puck in. F1 skates to the cone, stops, and drives the net. D1 moves laterally to the middle and puts a hard shot/pass to F1 for a tip on net. F1 crashes net and plays rebound.



Key Points :

Keeping the Puck In

Lateral Movement

Tipping

Driving the Net