

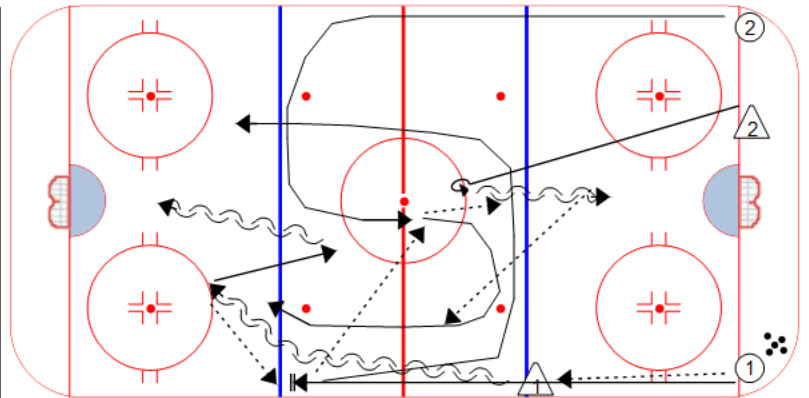
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Double Regroup 2 on 1 Content elements: _____ Components : _____

Description

F1 begins the drill by passing to D1. D1 skates backwards to the top of the far circles with the puck. F1 skates to the far blue line, stops and gets a pass from D1. F2 cuts up the far wall and swings through the NZ getting a pass from F1. D2 follows the play up and pivots backwards. F2 passes to D2. F1 and F2 criss-cross and get a regroup pass from D2. F1 and F2 head up ice 2 on 1 vs. D1.

Defensive Rotation Note: D2 now becomes D1 for the next group.



Key Points : Regrouping Movement Timing 2 on 1

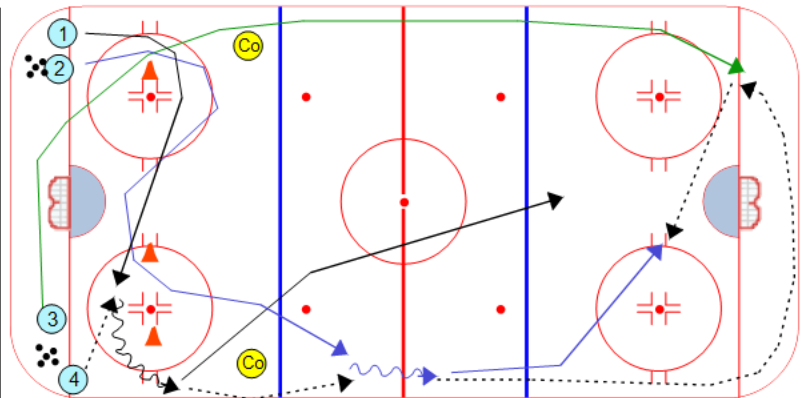
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Get the Puck Out! (3 Man) Content elements: _____ Components : _____

Description

On the whistle, 1, 2 and 3 all leave. 1 skates around the first cone cuts low and gets a pass from 4. 2 skates around the first cone, then cuts around the 2nd cone heading up ice. 3 skates behind the net and down the weakside wall. 1 uses the glass to get the puck out of the zone and to player 2. 2 gets the redline and dumps the puck hard around. 3 picks up the puck, 2 delays and cuts to the net, 1 follows the play as a trailer.

Notes: make sure 2 and 3 don't leave the zone until/unless the puck gets out! make sure player 2 dumps the puck hard enough around that the goalie can't make a play on it.



Key Points : Breakouts Using the Glass Dumping the Puck Triangular Attack

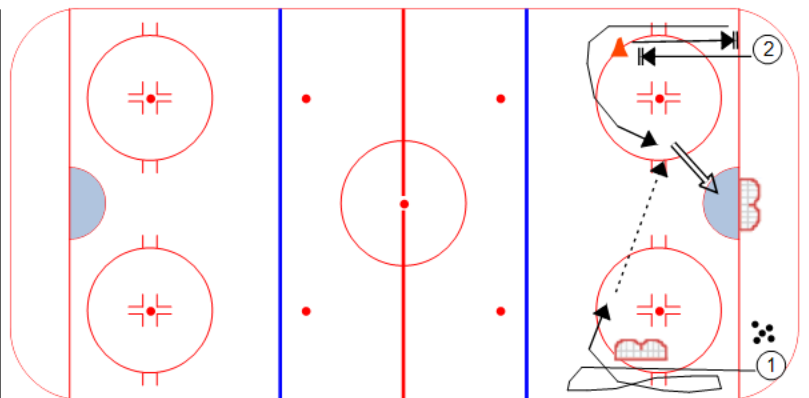
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Wall Protection Crash Content elements: _____ Components : _____

Description

F1 starts with a puck, skates past the far post on the net, escapes...skates down past the other post and performs another escape move. F1 then drives around the net. F2 (leaving at the same time as F1) skates to the cone and stops, then to the goal line and stops. F2 then cuts around the cone to the net.

F1 can pass to F2 or take a shot. Both players should crash the net looking for rebounds.



Key Points : Crashing the Net Escape Moves Puck Protection Rebounds