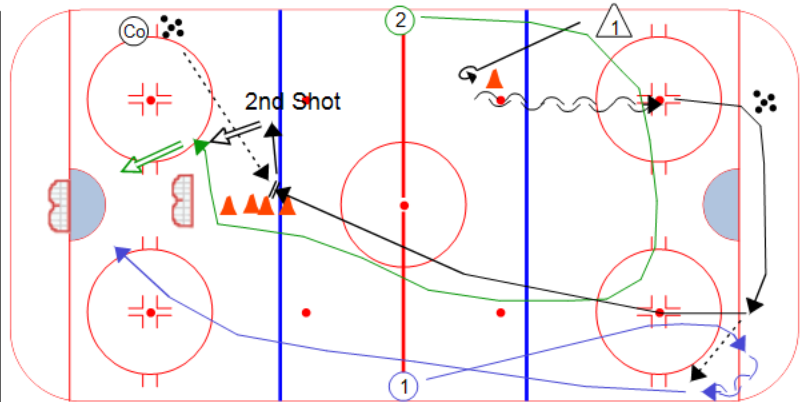


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Breakout Lateral Net Drive Content elements: _____ Components : _____

Description

D1 starts forward and pivots backward around the cone, then pivots forward picking up a puck below the goal line. F1 swings into the zone for a breakout pass from D1 (always facing the puck). F2 swings through the middle, getting a pass from F1. F1 drives up ice to the net. F2 carries the puck up ice and drives around the high net - and takes a quick shot on net. Both players drive the net for a rebound. D1 follows the play up ice and stops at the blue line. Co passes D1 - D1 steps laterally and puts a shot on net. F1 & F2 screen/tip.



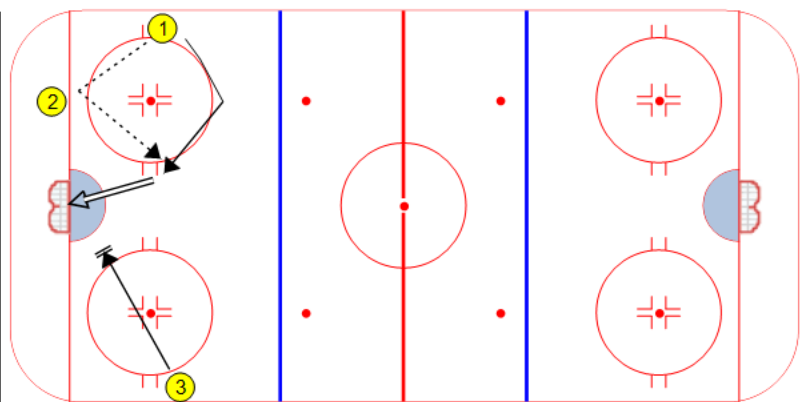
Key Points : Breakouts Driving the Net Screening Tipping

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

Title : Pepper Drive Content elements: _____ Components : _____

Description

1 begins by passing puck to 2 and cutting around the top of the circle. 2 quickly returns the pass to one for a one-timer. 3 drives the net hard for a rebound.



Key Points : Give-and-Go Driving the Net Quick Passes Quick Shots

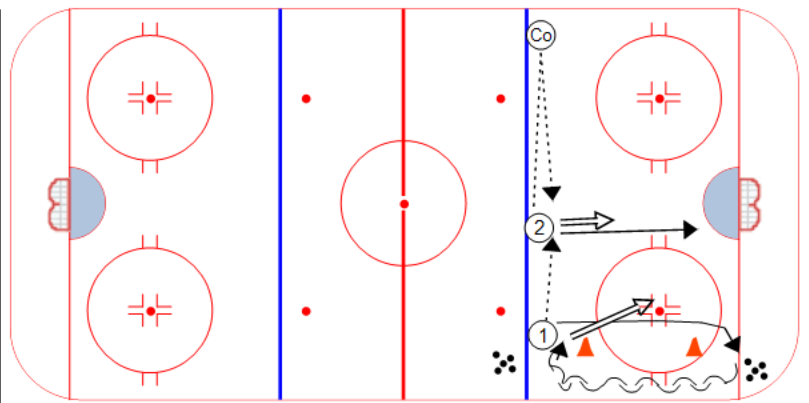
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : D to D Agility Skate & Tip Content elements: _____ Components : _____

Description

1 makes a quick D to D pass to 2. 2 passes to Co, Co returns the pass quickly to 2. 2 shoots and drives the net to screen/tip 1's shot. After 1 makes the first pass, he skates forward around the cones, picks up another puck, then skates backwards around the top of the cones and takes a shot.

1 should crash the net after his shot.



Key Points : D to D Passes Agility Tipping Screening