



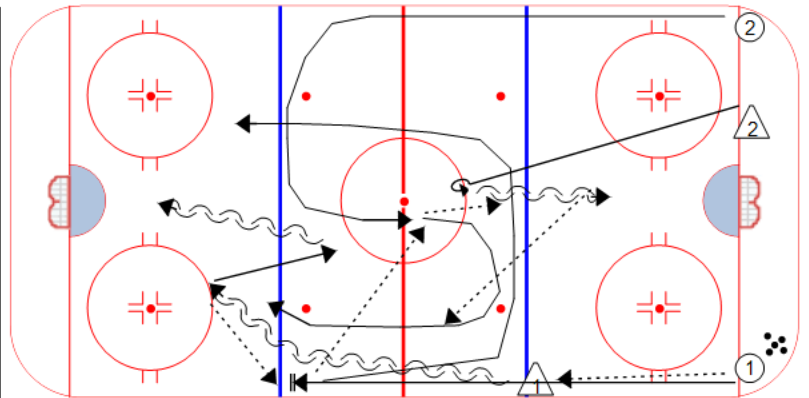
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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 :

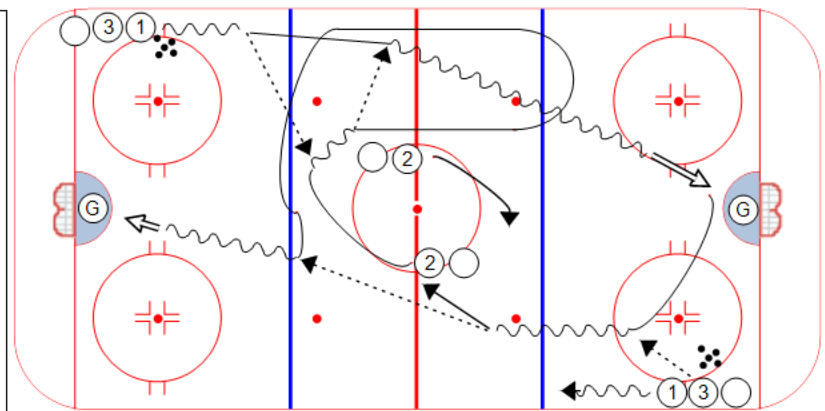
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : NZ Timing and Support Drill Category #1 :  Category #2 :

**Description**

\*\*Drill starts on the whistle. Both ends at the same time.

On the whistle, ① skates up with a puck and makes a pass to ② who provides support in the neutral zone. ② makes a return pass to ① and follows up the ice. ① takes a shot on the (G) as ② turns back up the ice and across the blue line. After the shot, ① turns to ③ and receives a pass. ① makes a long pass to ②. Shot on goal.



Key points :

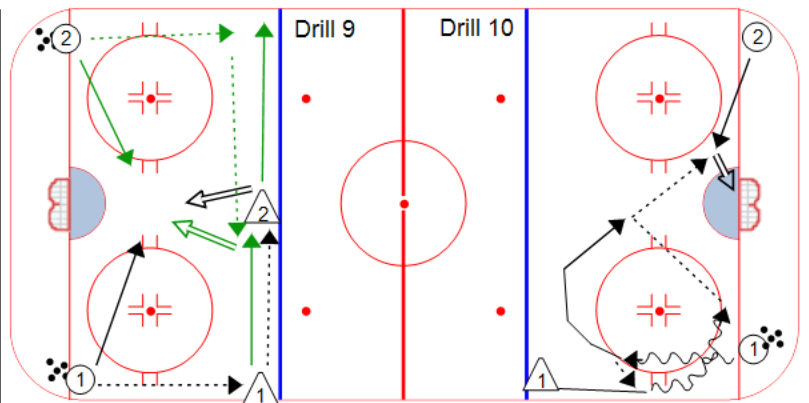
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Ten Quick Tip Drills Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Drill 9: F1 passes to D1. F1 drives the net. D1 passes to D2. D2 shoots. [Phase 2 - in GREEN] D2 slides to the far wall, D1 moves to the middle of the ice. F2 passes to D2. D2 passes to D1. F2 drives to the front of the net. F1 stays in front for a screen. D1 shoots.

Drill 10: F1 skates up with a puck, D1 drives down the wall without the puck. F1 leaves a drop pass for D1. F1 continues around the top of the circle. D1 continues around the bottom of the circle. D1 passes to F1. F2 drives back door. F1 quickly redirects the pass to F2 for a shot.



Key Points :