

**Symbol legend :**

Forward without puck	Pass	Backward without puck
Backward with puck	Forward with puck	Forward with puck
Side steps	Shoot	Left pivot
Stop - complete	Defensif pressure	Defensif pressure
		Right pivot

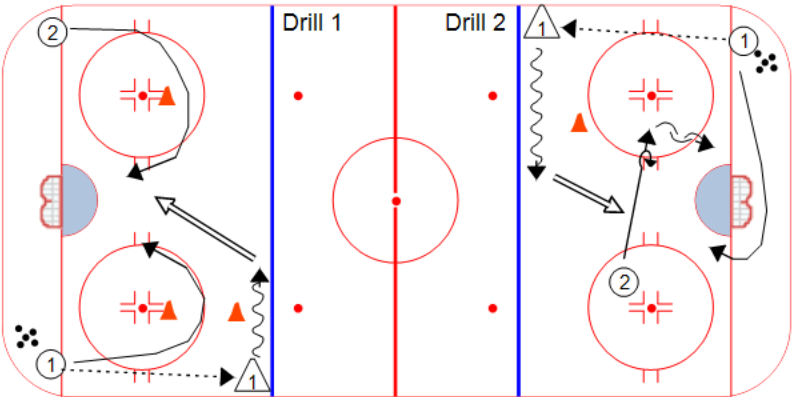
**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To :** \_\_\_\_\_

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

**Description**

**Drill 1:** F1 passes to D1. F1 & F2 curl around the cones heading toward the net for a tip and rebound. D1 moves laterally and takes a shot/pass to either F1 or F2.

**Drill 2:** F1 passes to D1. F1 cuts below the goal line and goes back door. F2 cuts across the high slot to screen, then pivots to face the shot for a tip or rebound. D1 shoots.



**Key Points :**  Timing  Tipping  Redirections  Rebounds

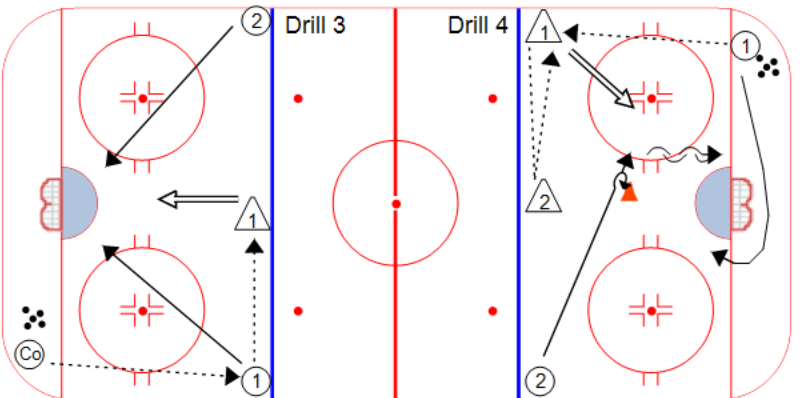
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**Title :** Ten Quick Tip Drills (seq 2) **Content elements:** \_\_\_\_\_ **Components :** \_\_\_\_\_

**Description**

**Drill 3:** Co passes to F1. F1 passes to D1. F1 and F2 drive to the net for a tip/rebound. D1 shoots.

**Drill 4:** F1 passes to D1. D2 passes to D2. D2 returns the pass to D1. F1 cuts below the goal line and stops back door. F2 cuts across the high slot, pivots (opening up to the shot) for a tip/rebound. D1 shoots.



**Key Points :**

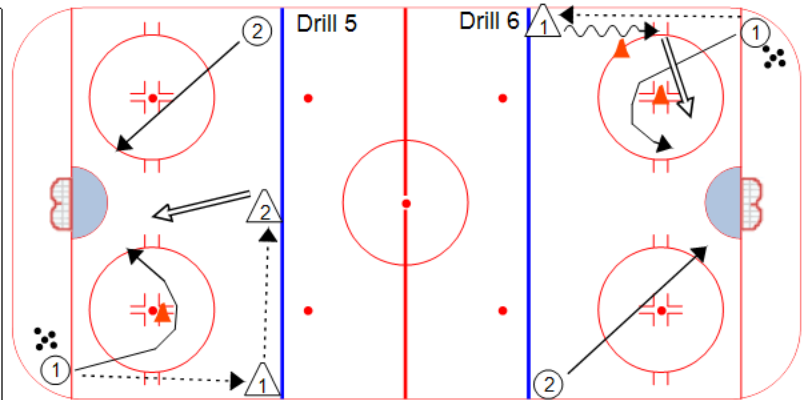
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Ten Quick Tip Drills (seq 3) Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Drill 5: F1 passes to D1. D1 passes to D1. F1 cuts around the cone and drives the net. F2 drives to the net. D2 shoots.

Drill 6: F1 passes to D1. F1 curls around the inside cone. F2 drives back door, stopping in front of the net for a tip/rebound. D1 drives down the wall and shoots after he/she passes the cone.



Key Points :

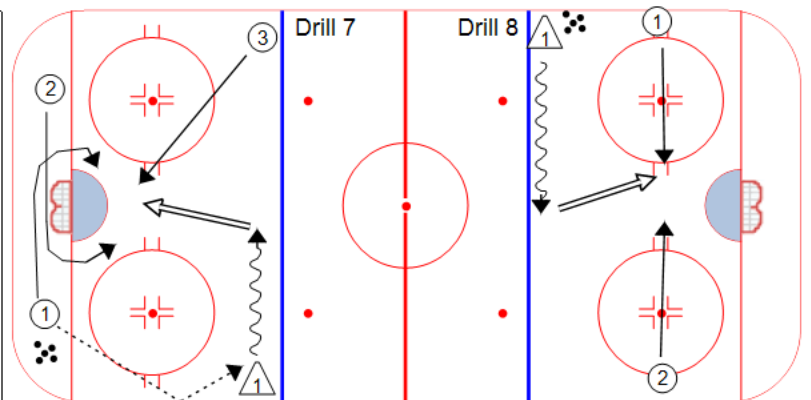
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Title : Ten Quick Tip Drills (seq 4) Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

Drill 7: F1 makes a board pass to D1. F1 drives below the goal line back door. F2 skates below the goal line coming strong-side. F3 drives the net. D1 moves laterally across the blue line and shoots.

Drill 8: D1 moves laterally across the blue line with a puck. F1 and F2 drive to the slot. D1 shoots.



Key Points :

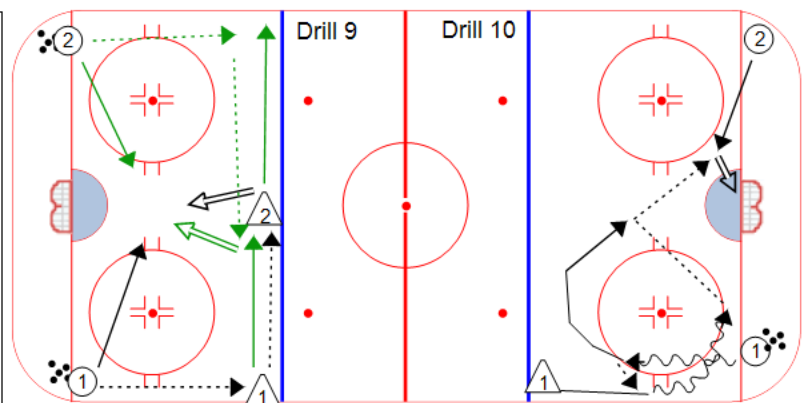
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Title : Ten Quick Tip Drills (seq 5) Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**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 :