

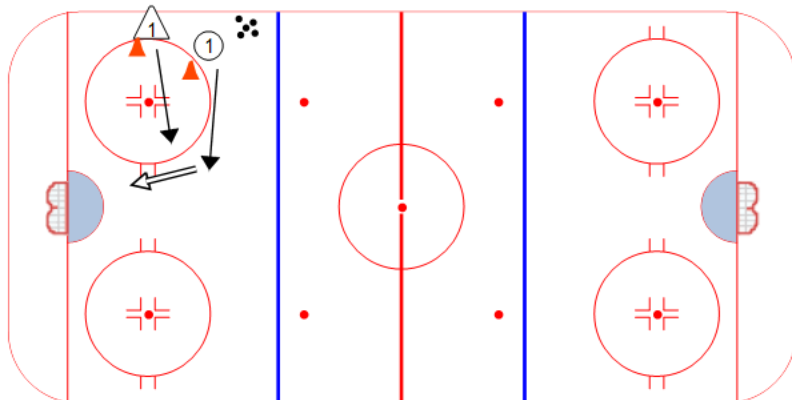
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Circle Top 1 on 1 Content elements: _____ Components : _____

Description

F1 starts with a puck about one step off the wall. D1 starts against the wall. On the whistle, both players leave playing 1 on 1. Play continues until puck is out of play, goalie freezes the puck, or a goal is scored.

Note: Use cones to prevent cheating at the start



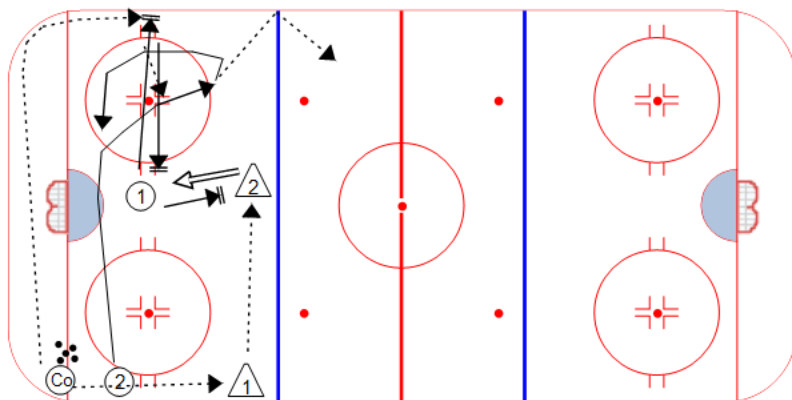
Key Points : 1 on 1 Angling Quick Shots Net Front Battles

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

Title : Wing Responsibility Content elements: _____ Components : _____

Description

Co wraps a puck around the boards. F1 stops the puck. F2 curls through the middle for a pass. F1 passes to F2. F2 skates with the puck and uses the glass to get the puck into the NZ. F1 returns to weak-side wing position in slot. Co passes a new puck to D1. D1 passes to D2. F2 curls back to the front of the net for a tip/rebound. F1 pressures D2 (inside-out). D2 shoots.



Key Points : Wing D-Zone Responsi Chip Puck Out Breakout Passes Point Shots

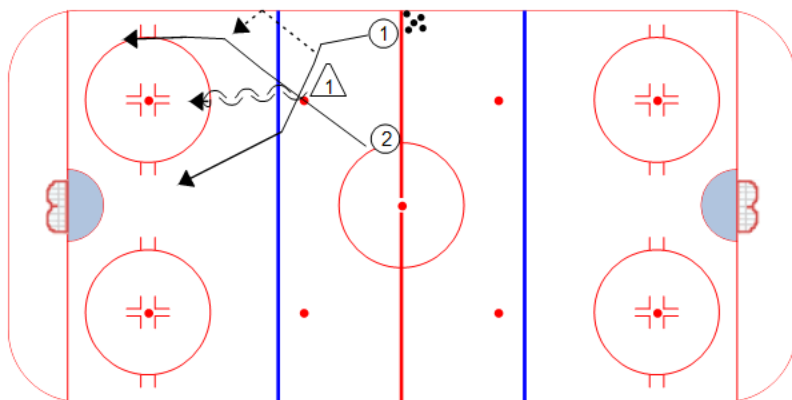
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Quick Zone Entry 2 on 1 Content elements: _____ Components : _____

Description

F1 starts with a puck on the red line. F2 starts without a puck on the red line near the edge of the center circle. D1 starts with good gap to F2. On whistle, all 3 players begin. F1 chips the puck around D1 off the wall and criss-crosses with F2. F2 picks up the puck. Play continues 2 on 1.

Variation Note: Add a backchecker to create a 2 on 2



Key Points : 2 on 1 Zone Entry Offensive Creativity Defensive Positioning