

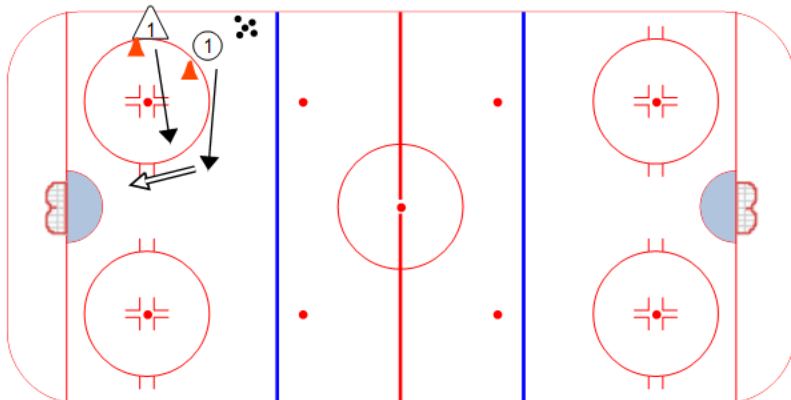
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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 : _____

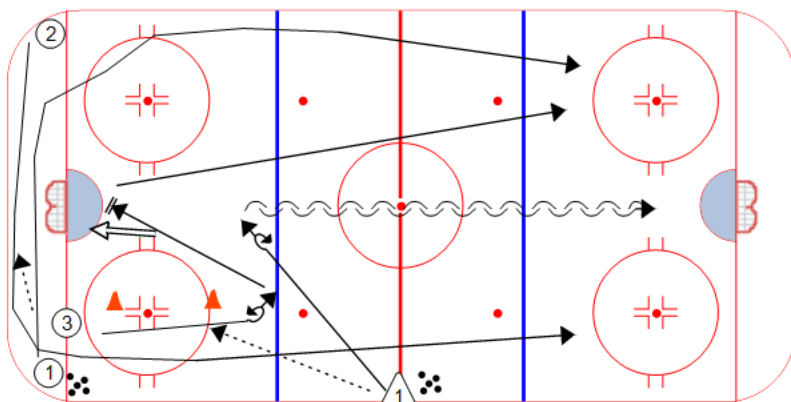
Title : 2 on 1 Backcheck Content elements: _____ Components : _____

Description

D1 starts with a puck. F3 skates forward and pivots around top cone getting a pass from D1.

F1 and F2 criss-cross behind the net - F1 starts with a puck and leaves a drop pass for F2. F1 & F2 head up ice 2 on 1.

F3 takes a shot on net and stops on the top of the crease. D1 skates to the middle of the zone and pivots backward to play the rush against F1 and F2. F3 backchecks the play.



Key Points :

Backchecking

2 on 1

Rushes

Driving the Net