

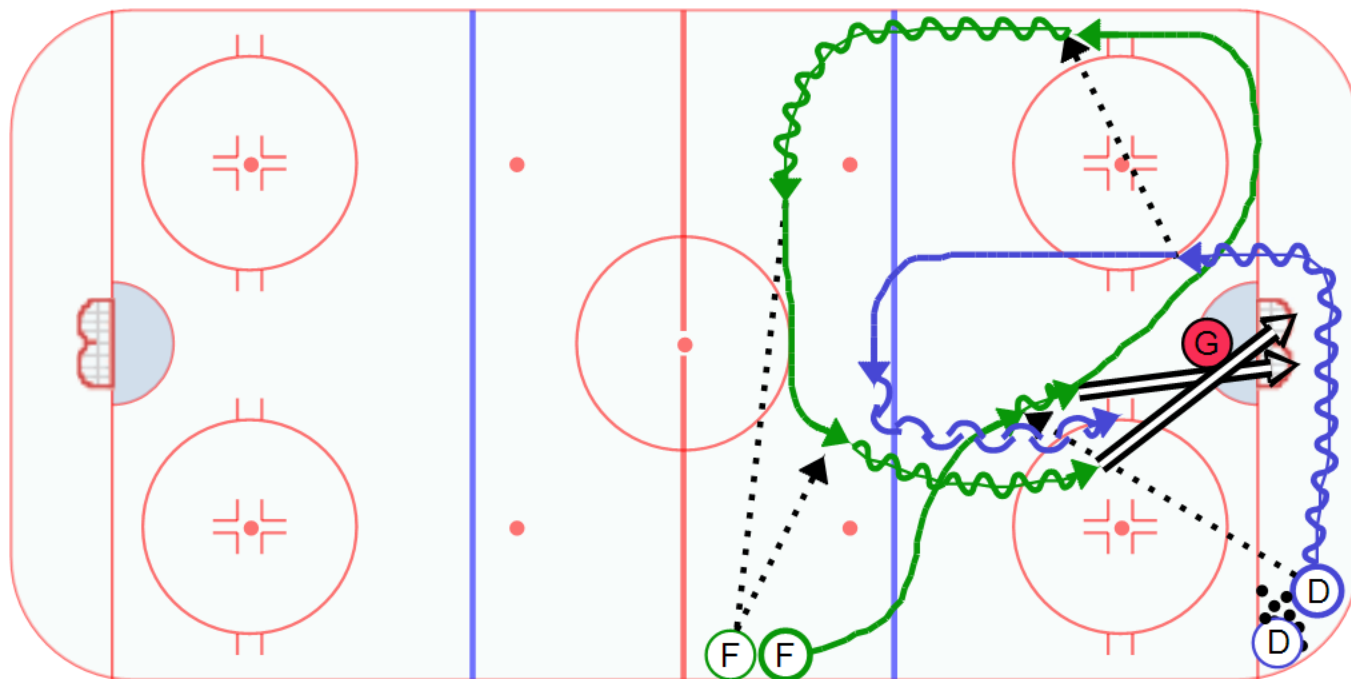
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Title : Pat's 1 on 1

Category #2 :

Content elements : _____ Components: _____



Key points :

Description

This type of warm up drill can be used for pre-game warm up or a good half-ice drill at practice. The forward starts the drill by skating into the slot and receiving a pass from the defense in the corner. After the shot, the defense carries a puck around the net and passes to the same forward who has timed their curl to receive a flat pass from the defense. After receiving the pass, the forward skates outside the blue line and gives a pass to the second player in line. The forward then receives a pass back and attacks the defense 1 on 1. There are several important keys to this drill: (1) Forwards need to time their curl so they receive a flat pass from the defense (2) Defense need to skate around the net and stay inside the dots as they turn up ice and deliver the pass (3) Once they give the pass to the forward, the defense needed to get their feet outside the blue line.

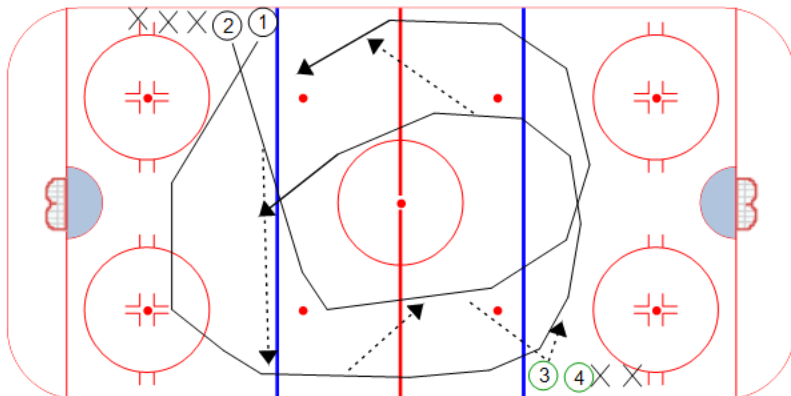
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Overspeed 2 on 0 Content elements: _____ Components : _____

Description

1 begins by cutting low into the zone. 2 starts after 1 and cuts high across the zone and gives 1 a pass. 1 cuts up the wall and gives a return pass to 2. 2 passes to 3. 2 swings to the far wall and up ice, 1 gets a pass from 3 and cuts up the middle of the ice. 1 and 2 attack the zone 2 on 0.

Drill is continuous - 3 & 4 leave after 1 & 2 clear the red line.



Key Points :

Timing

Rushes

Quick Passing

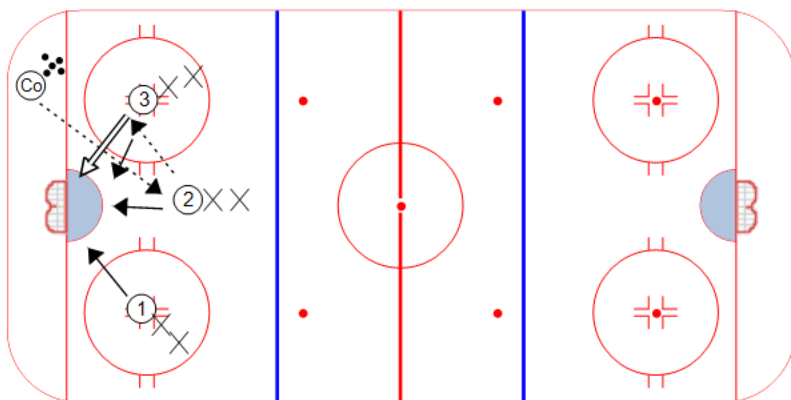
2 on 0

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

Title : Quick Pass Net Attack Content elements: _____ Components : _____

Description

Co passes to one of the 3 players. Player who receives the pass (2 in this diagram) passes to another player who shoots. All 3 players crash the net looking for a rebound.



Key Points :

Driving the Net

Quick Puck Movement

Rebounds

Rebound Control