

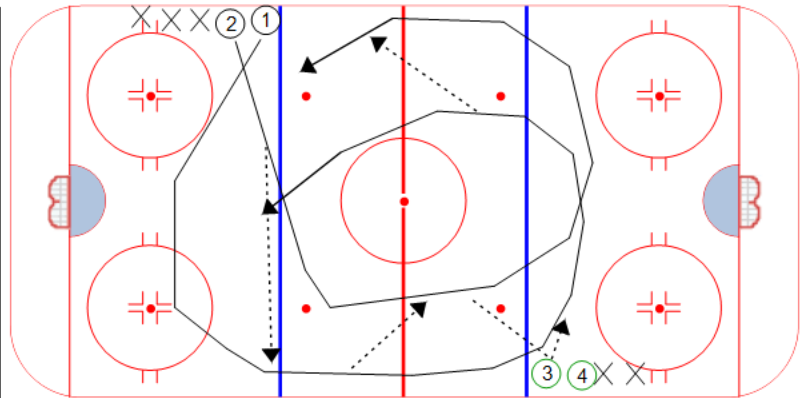
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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 re-run 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.



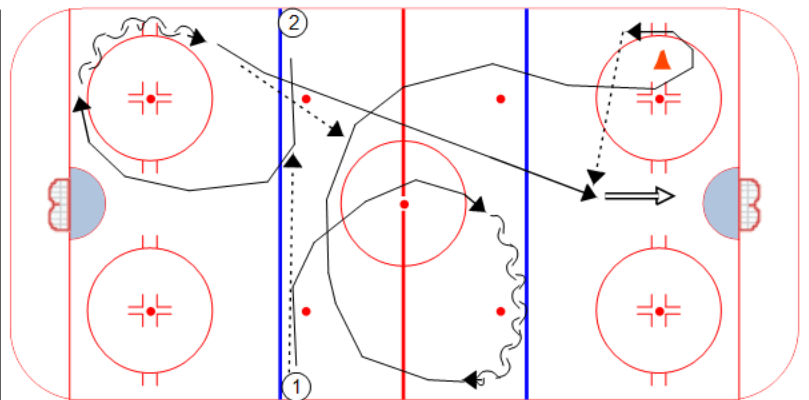
Key Points : Timing Rushes Quick Passing 2 on 0

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

Title : Open Up Escape Timing Drill Content elements: _____ Components : _____

Description

On the whistle, 2 skates across the blue line. 2 gets a pass from 1. 2 continues into the zone pivoting around the bottom of the circle and stepping forward again. 1 loops through the NZ always facing 2 (never turning back on the puck). 2 passes to 1. 1 heads up the far wall and performs an escape/delay around the cone. 2 continues to drive up ice. 1 passes to 2. 2 shots on net. 1 & 2 drive the net looking for rebounds.



Key Points : Timing Pivots Escape Turns Driving the Net

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

Title : Basic Concentration Content elements: _____ Components : _____

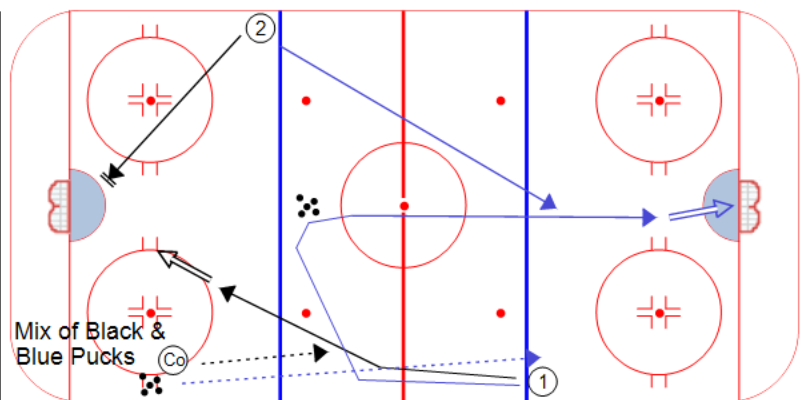
Description

Co begins with a mixture of black and blue pucks. F1 begins by skating toward Co. Co makes a pass to F1.

If Co passes a black puck, F1 drives in the zone and shoots on net. F2 drives to the net for a rebound or tip.

If Co passes a blue puck, F1 lets the pass go (does not touch the puck) and curls to the middle to pick up a new (black) puck and skates down ice for a shot. F2 backchecks F1.

Note: This drill is designed to force players to read the situation quickly and react accordingly. Drill should be



Key Points : Focus Concentration Decision Making Driving the Net