

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

Title : Breakout Read & React Content elements: _____ Components : _____

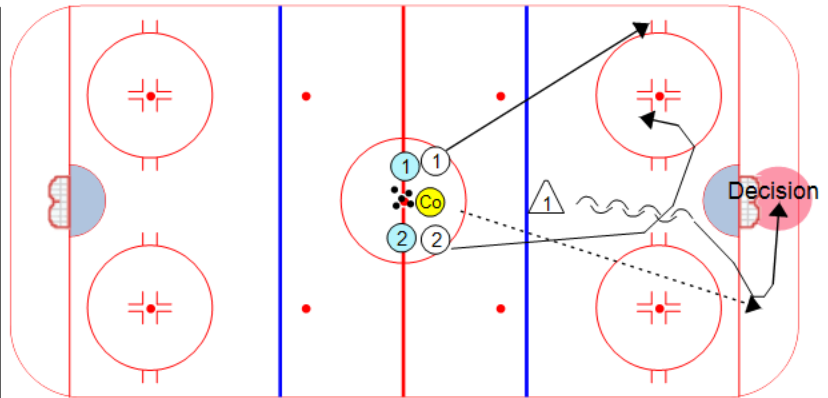
Description

Co dumps a puck into the corner for D1 to retrieve. D1 must make the appropriate decision to: 1) skate the puck out 2) make a pass to wing 3) make a pass to center 4) escape and skate the puck out the weak-side.

**Basic: Co instructs 1 & 2 whether or not to flip their sticks up-side-down when the D picks up the puck. D cannot pass to a F with an up-side-down stick.

**Advanced: Add forecheckers (in blue). Co can instruct where forecheckers should go, whether or not both offensive F go, sticks up-side-down, # of F

Basic Example: If F1 has his stick up-side-down, D must pass to F2



Key Points : Reading the Play Decisions Breakouts

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

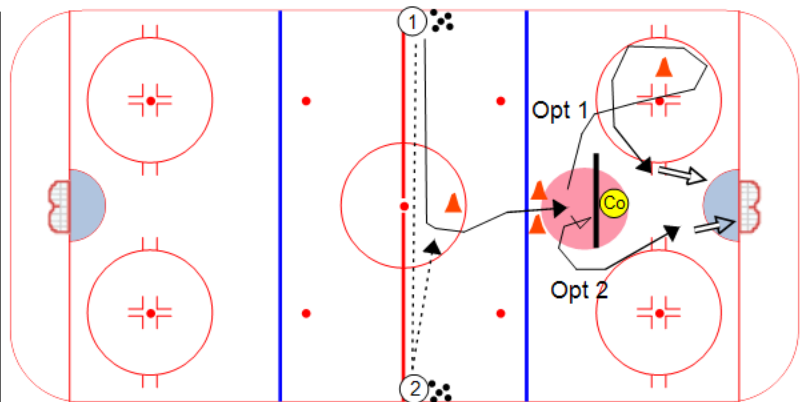
Title : Net Drive Reaction Content elements: _____ Components : _____

Description

1 begins by passing the puck to 2. 2 returns the pass as 1 skates around the middle cone. 1 drives down between the two cones at the blue line. When 1 crosses the blue line, Co signals left or right with his stick. 1 must go the way Co is pointing and execute the remainder of the drill as appropriate for either side.

Opt 1: 1 drives around to the cone, escapes to the wall and accelerates back around the top of the circle for a shot.

Opt 2: 1 performs a spin-move and drives the net



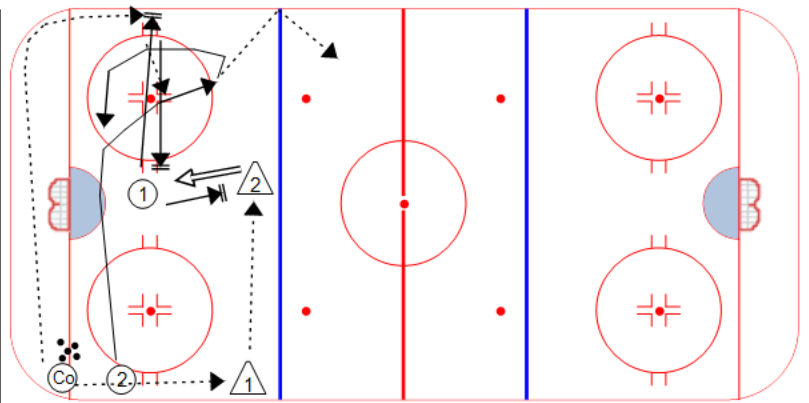
Key Points : Reaction Driving the Net Mental

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

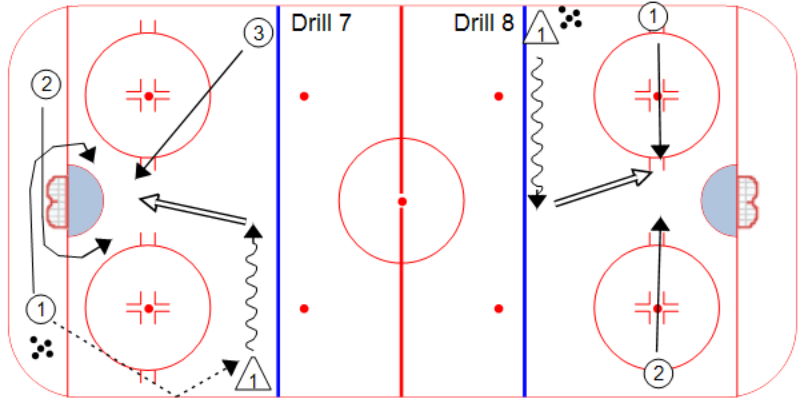
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Ten Quick Tip Drills 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 :