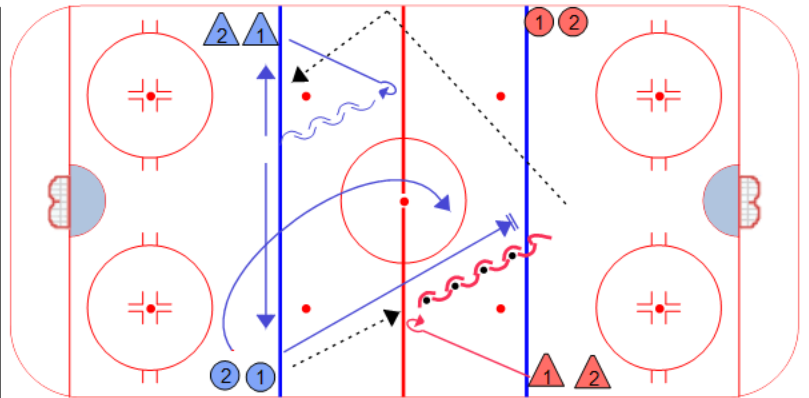


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 on 1 Quick Reads Content elements: _____ Components : _____

Description

1 skates to red line and pivots to backwards.
 1 skates to red line and pivots to backwards.
 1 passes to 1 and forechecks.
 2 occupies the mid ice lane and is not allowed to cross the defensive side of the red line.
 1 must read the pressure and pass to 1.
 1 is only allowed to skate along the blue line.



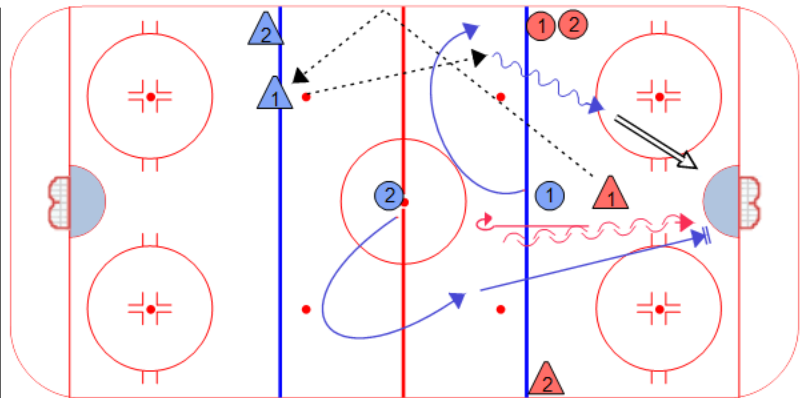
Key Points : Reads under pressure Quick Puck Movement Gap Control Net Drive

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

Title : 2 on 1 Quick Reads (seq 2) Content elements: _____ Components : _____

Description

1 plays a quick pass either to 1 or 2.
 They attack 2 vs 1 against 1.
 *** When either 1 or 2 intercept the pass they can attack immediately.
 After the transition is over, 1 begins by skating to red line and receiving a pass from 1.



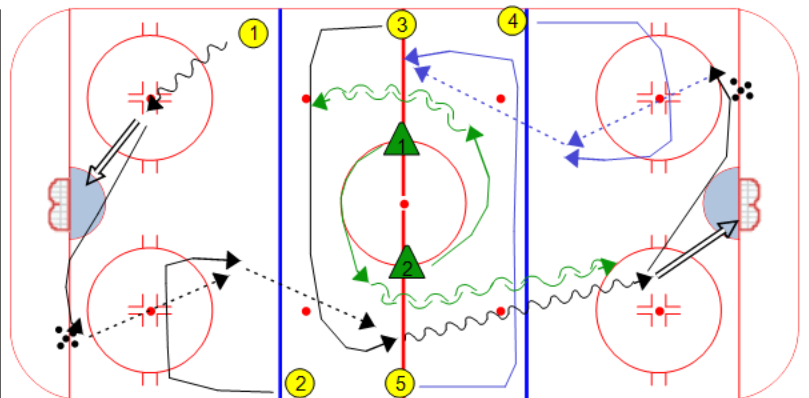
Key Points :

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

Title : NJ Flow (1 on 1) Content elements: _____ Components : _____

Description

1 begins by skating in and taking a shot on net, then continuing to pick up a puck in the corner. 2 cuts down the boards and curls the middle of the ice. 3 cuts across the blue line to the far side and skates up the boards. 2 gives a headman pass to 3 who continues in to shoot and start the drill over on the other side.
 Note: 1 goes into line where 2 left from, 2 goes into line where 3 left from.



Key Points : Headman Passes Timing Heads Up 1 on 1

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

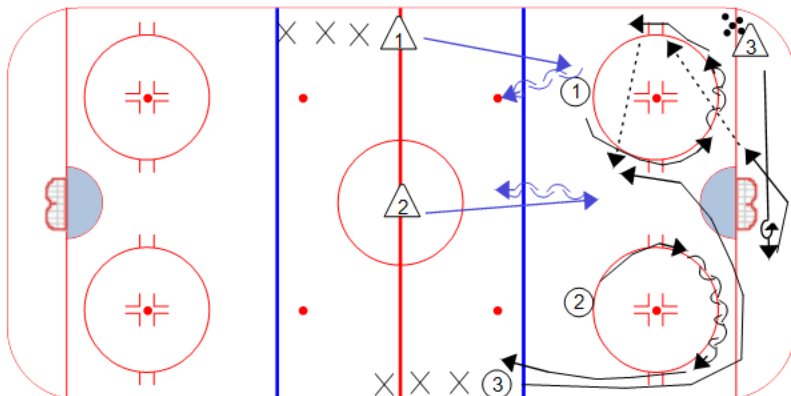
Title : Cross Lane Attack Content elements: _____ Components : _____

Description

On the whistle, D3 begins skating behind the net and does an escape turn behind the net and turns up ice for a quick breakout pass to 1.

1 and 2 head around their respective circles, always facing the puck. F3 curls low and cuts for a second pass on the breakout.

D1 and D2 skate in to the tops of the circles to set their appropriate gap and play the rush 3 on 2.



Key Points : Always Face Puck Gap Control 3 on 2 Escape Turns

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

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

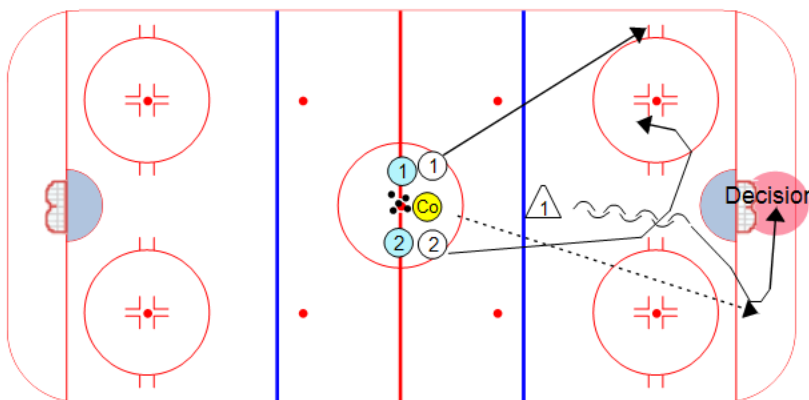
Description

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