

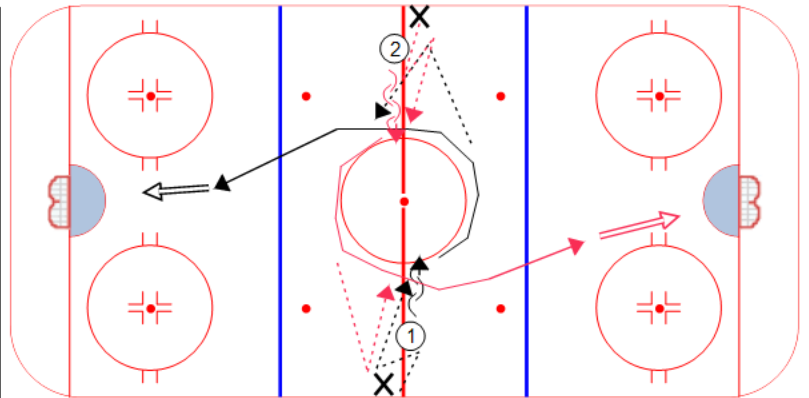
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 5 Pass Drill Content elements: _____ Components : _____

Description

1 gets a pass from X, returns the pass, and gets another pass back from X - while skating backwards. 1 pivots forward and heads around the circle. 1 passes to the far-side X and gets a pass back. 1 finishes by driving to the net for a shot.

Note: both sides leave simultaneously



Key Points : Passing Agility Give & Go Footwork

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

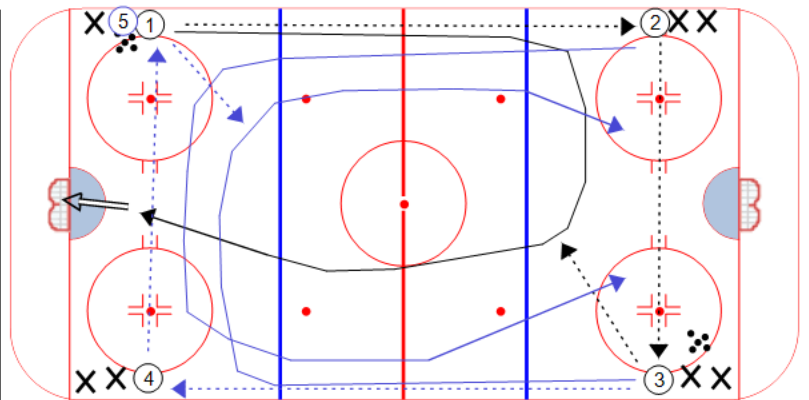
Title : Regroup Rider Content elements: _____ Components : _____

Description

1 passes to 2. 2 passes to 3. 1 curls deep in the zone for a pass back from 3 and heads up ice for a shot.

After 3 passes to 1, 3 grabs a new puck and passes to 4. 4 passes to 5. 2 and 3 criss-cross (regroup). 5 passes to either 2 or 3. 2 and 3 head up ice 2 x 0 for a shot.

Note: Blue is 2nd phase of the drill.



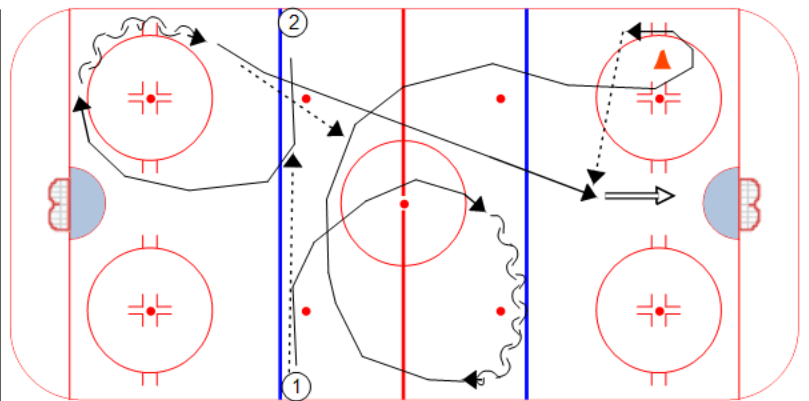
Key Points : Hard Passes Stretch Passes Regrouping Low Curl

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

Title : Open Up Escape Timing Dri 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.



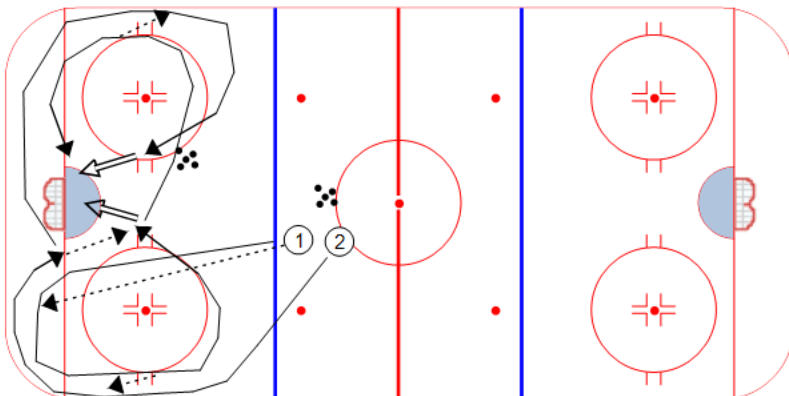
Key Points : Timing Pivots Escape Turns Driving the Net

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

Title : Low Cycle High Cycle Content elements: _____ Components : _____

Description

1 picks up the puck from the corner and skates around the top of the circle. 2 heads down the boards and gets a pass from 1. 2 drives down into the corner and gives a pass to 1 in the high slot for a quick shot. 1 & 2 drive the net for a rebound. 1 picks up a puck at the top of the far circle and heads down toward the far corner. 2 skates from the corner and up the wall around the top of the circle, getting a drop pass from 1. 2 continues around the top of the circle and takes a shot on net (or passes back to 1). 1 curls to the corner and drives the net. 1 & 2 stop in front for a rebound.



Key Points : Cycling Driving the Net Give & Go Quick Passing

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

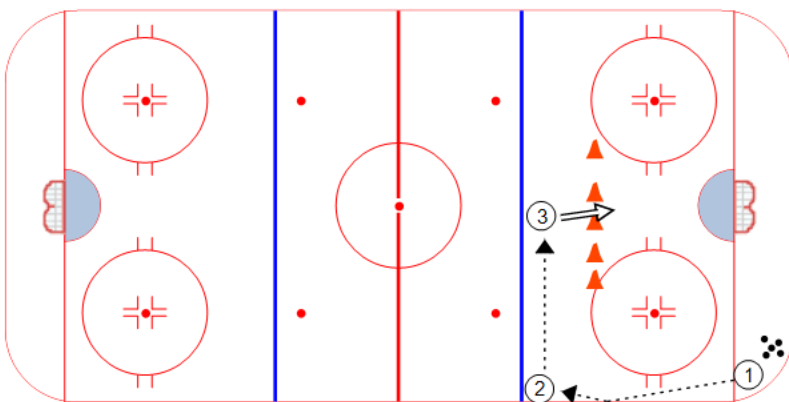
Title : Quick Point Pass & Shoot Content elements: _____ Components : _____

Description

1 flips puck up the wall. 2 controls the puck and quickly passes to 3. 3 catches and releases quickly.

Note: 1 takes 2's spot, 2 takes 3's spot, 3 takes 1's spot.

Shooter must keep head up to avoid cones!



Key Points : Controlling Puck Quick Point Passes Shooting in Traffic Quick Shot Release