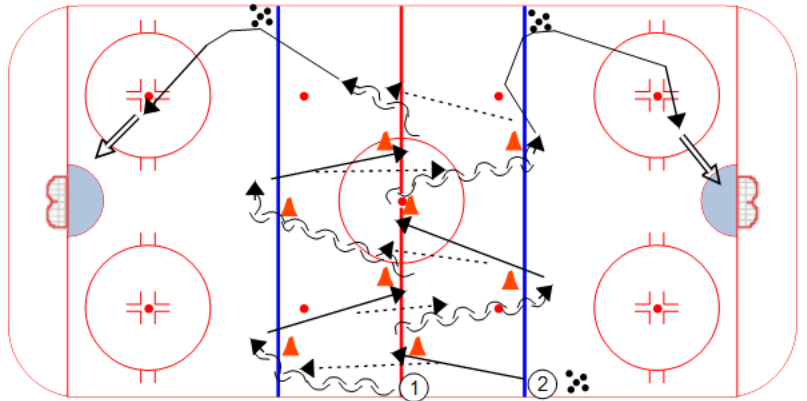


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Yo-Yo Passing Content elements: _____ Components : _____

Description

This ice hockey drill focuses on passing and footwork. Primarily for defense, but never hurts to get forwards involved as well. Follow the animation and diagram for the timing of this drill. Players need to keep their heads up and make at least one pass in between each set of cones. The more passes the better. When the players reach the far side of the ice, the player that receives the last pass pivots forward and goes in for a shot on net. The other player pivots forward, picks up a loose puck near the blue line and takes a shot on net.



Key Points : Transitions Passing Agility

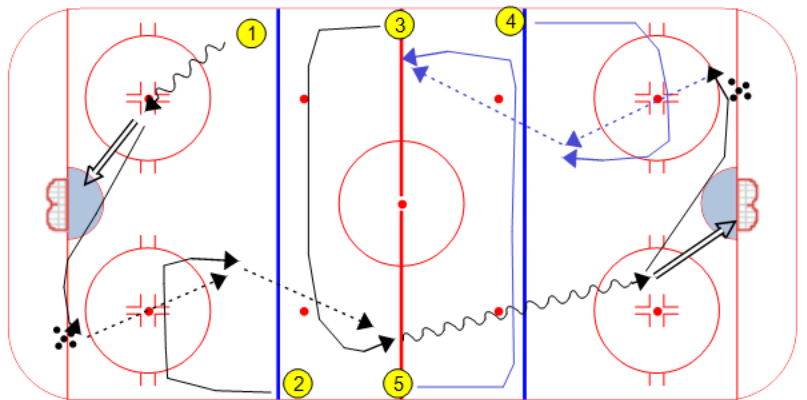
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : NJ Flow 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.



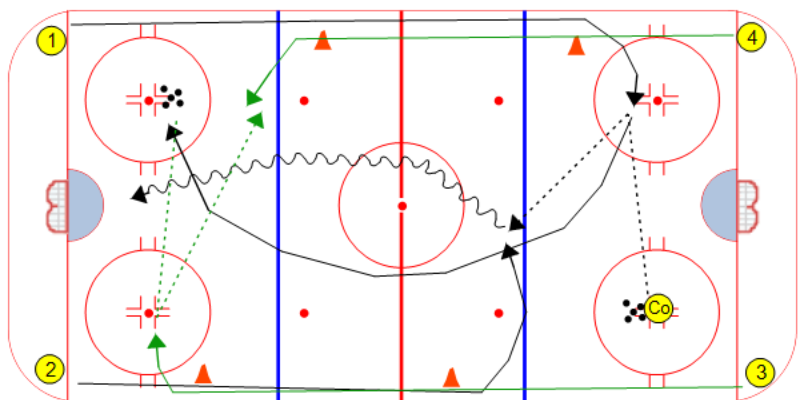
Key Points : Headman Passes Timing Heads Up

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

Title : Calgary Timing (Low Swing) Content elements: _____ Components : _____

Description

1 begins by skating up the boards and cutting low around the cone getting a pass from Co. 2 Times his start and breaks through the neutral zone, catching a pass from 1. 1 and 2 head up the ice together on a 2 on 0. Whichever player does NOT shoot the puck skates to the pile of pucks and makes a pass to 3. Drill continues.



Key Points : Timing Cutting Low Passing Driving the Net