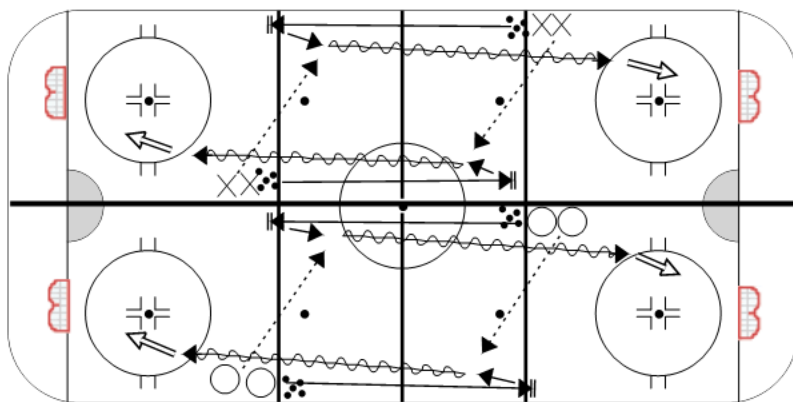


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Simple Shooting Stop/Pass Content elements: _____ Components : _____

Description

Player in front of line skates down to the blueline directly in front of him/her, stops at the blueline, and then receives a pass from opposite line. Continues down wall and shoots in the end in which he/she started from, after shooting touch post, return to line.



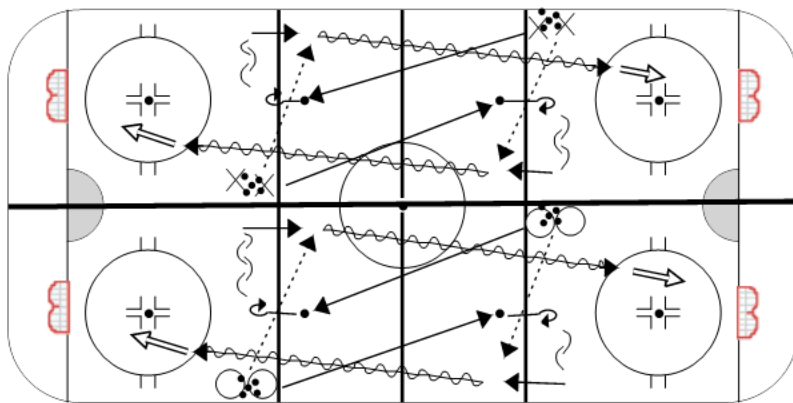
Key Points :

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

Title : Simple Shooting pivot/pass Content elements: _____ Components : _____

Description

First player skates to the opposite face off dot, pivots and then receives pass from opposite lines 2nd player, continues to skate to the end in which he/she started the shoots, after shoot, go and touch post then return to line.



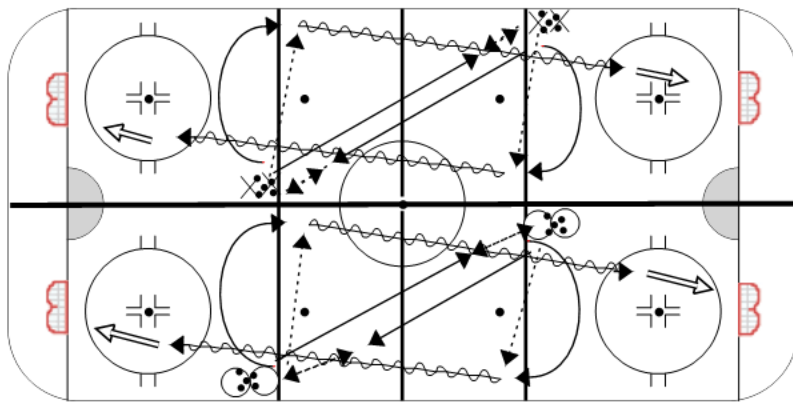
Key Points :

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

Title : Simple Shooting X-over/Pas Content elements: _____ Components : _____

Description

Player skates diagnol across the zone works touch pass with opposite line then crossover then gets puck passed back to him/her. Make sure that player continues down wall and shoots puck, after shooting go and touch the post then return to line.



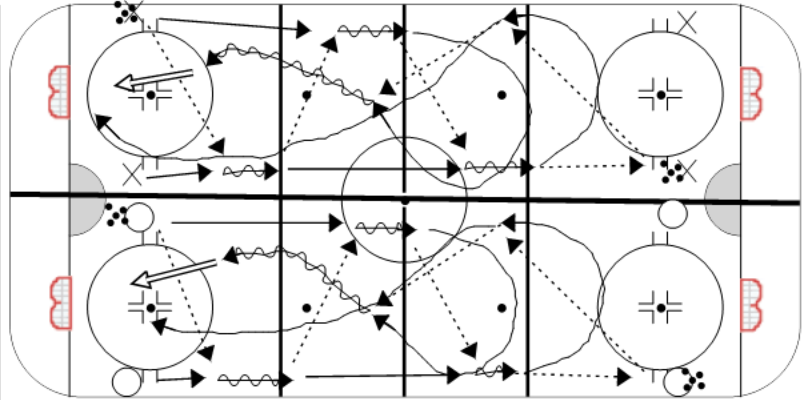
Key Points :

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

Title : Simple 2v0 up/back Content elements: _____ Components : _____

Description

One end goes makes passes down the ice 2v0 hits far blueline make pass down to line directly in front player make pass swings to other side and receives back, player with out puck swings then comes back to the player with puck, skates in for shoot. can have back check or can have 2-0. Opposite end starts when players get pass back, use pucks in same line for 3-5 minutes then switch.



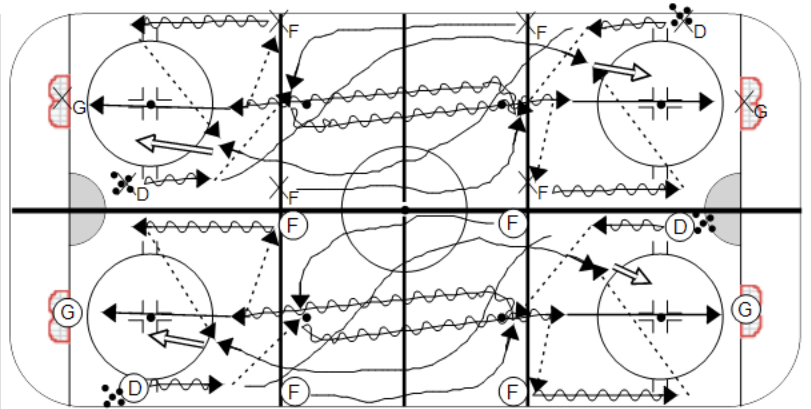
Key Points :

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

Title : D/F progression Add D sho Content elements: _____ Components : _____

Description

Same Drill, only after button hook the forward is to drive skate to the blue line over dots and use kick out skill, after the F on the wall accepts kick out he/she attacks the hashmark directly in front on them, or goes down wall hard, D, looks for late ice on opposite side of the drill and gets shot.



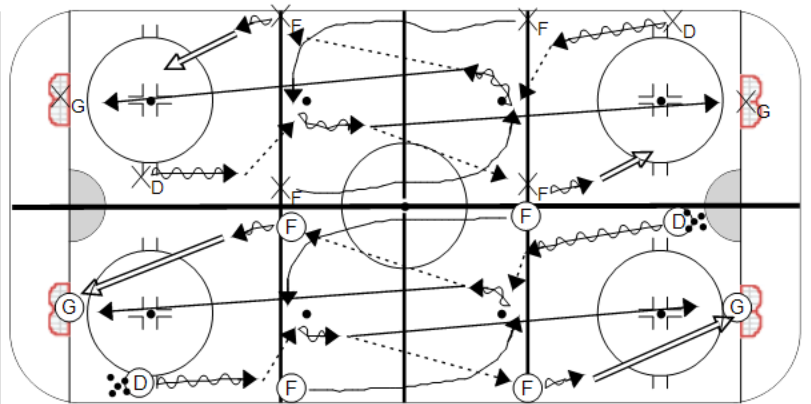
Key Points :

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

Title : D/F pass progression Content elements: _____ Components : _____

Description

Defensemen line at pucks, forwards opposite 4 bluelines. Whistle controls these drills, whistle Defense Delays with puck, forwards leave line opposite comes toward D, D times his/her departure with puck, passes puck to the forward forward button hooks to side of dot drive skate dots other end, once button hook in complete he/she advances puck to player at blue line, then drives net down dots. player Forward at blueline accepts puck, then quick shoot toward net. D follow up play and go to opposite side line. Make sure timing is done by Defense by delay.



Key Points :