

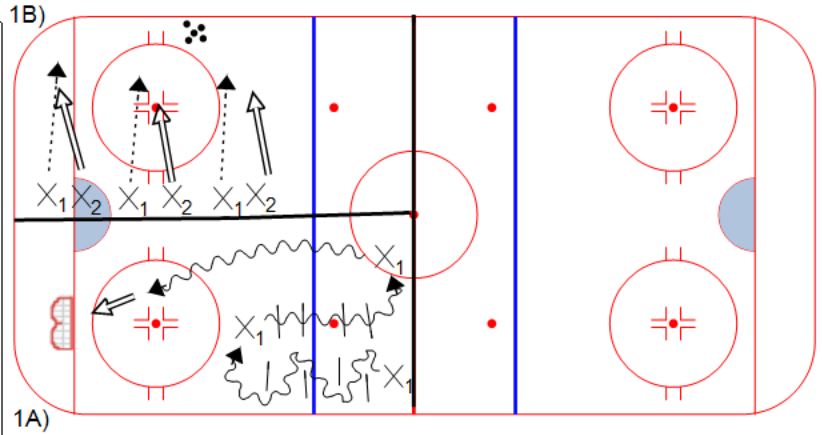
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Cycle 1 Block 2 (1) Category #1 :  Category #2 :

**Description**

#1A) - Puck Handling Patterns + Shot - Work the players through a pattern progression as they skate from bridge to bridge (or use cones or draw lines on the ice). Finish with shot on goal to warmup goalie.

#1B) - Skeet Shoot (Passing) - Players partner up. X1 passes a puck to space towards the boards. X2 tries to hit that puck with their own puck by making a hard pass at that puck that X1 put to space. Each player gets 3 attempts before switching roles.



Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

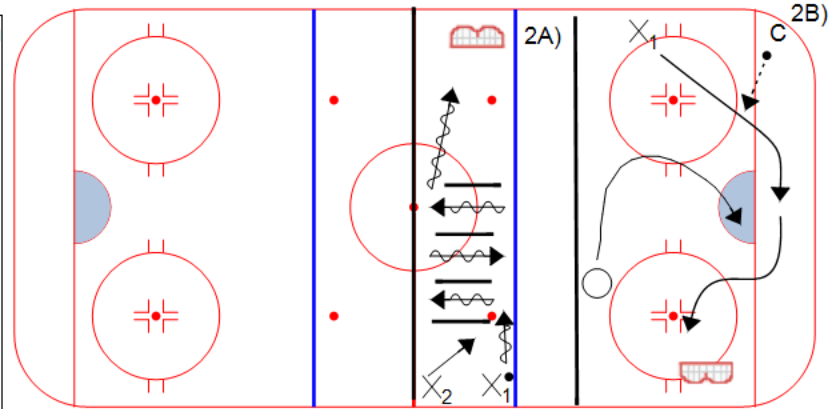
Title : Cycle 1 Block 2 (2) Category #1 :  Category #2 :

**Description**

#2A) - Puck Control w/Chaser - X1 skates through course created by dividers. X2 is pursuing X1 (backchecking), X2 tries to catch X1. X1 should use the dividers to cut off X2.

#2B) - RMU Progression - Angle, Far Post Drive 1v1

X skates across to support C. C passes to X. X attacks wide trying to cut to the middle around O who gaps up and angles to push X wide and defend while skating forwards.



Key points :

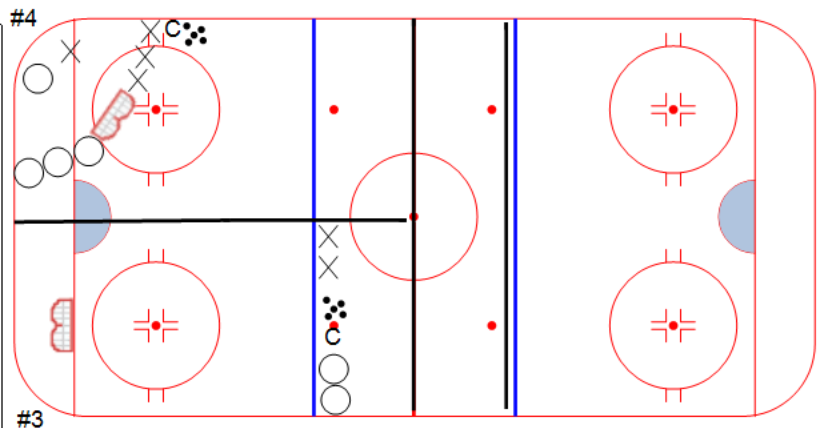
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Cycle 1 Block 2 (3) Category #1 :  Category #2 :

**Description**

#3 - 2v2 Tag Up - Split into 2 teams. Coach spots a puck in play. Players skate to retrieve the puck, work together to pass the puck back to coach before attacking the net to score. Shifts should be 30-40 seconds.

#4 - 1v1 Corner Battles - Coach spots a puck in play. The players nearest the net enters the game. Players can attack at all times to try and score. Shifts should be 30 seconds in length, Add new pucks as needed.



Key points :