

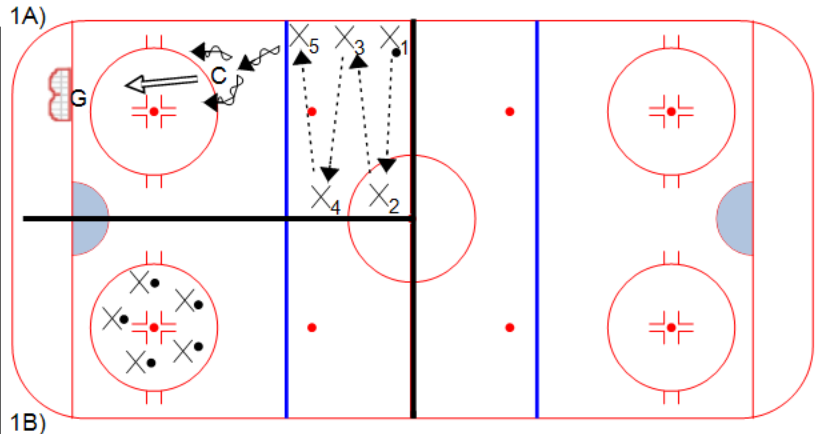
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

1A) Zig Zag Pass & Replace
X1 passes to X2 and immediately follows pass and skates to assume X2 spot. after a good hockey stop, be ready for next pass to come from previous spot. players continue to pass and replace the next spot until they assume X5 spot. X5 receives pass, attacks net for shot after making move around C.

1B) Chaos + Knockout Game
each player has puck inside circle. begin moving around with puck handling & avoiding other players. On coach's signal, players attempt to knock the other players' pucks out of the circle. The last player with their puck inside circle wins the round.



Key points :

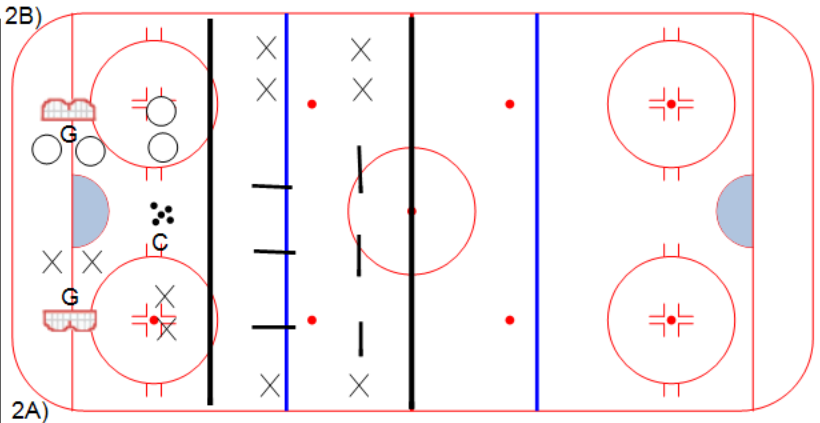
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

2A) Tight Space 2v2.
shifts of 2v2 for 45-60 seconds. spot new pucks as needed. no matter where players get puck, they are in a scoring position. encourage lots of shots and hunting pucks for rebounds and recoveries.

2B) Bridge/Line Stickhandling Patterns (motion) + Creative Time
- dribble underneath
- Circle Right, Circle Left
- Figure 8's
- Pivot
- Elevate
- Creative Time



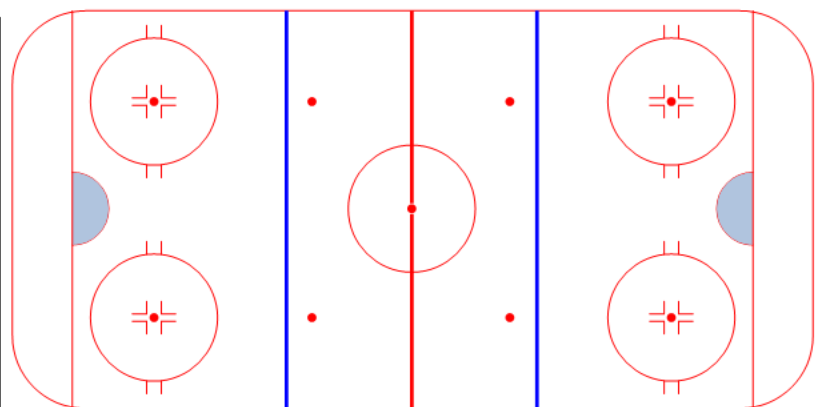
Key points :

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

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

Description

Players' Choice
Allow players to choose the game/competition to finish practice



Key points :