

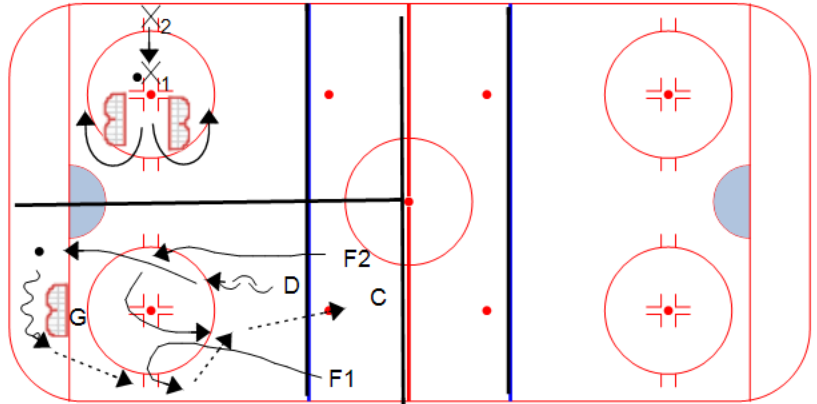
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

1A) 2v1 BO, RG, RUSH - C dumps puck. D retrieves to Breakout with F's. F's pass back to C in NZ to Regroup, get return pass from C and attack the D who made BO pass and gaps up and plays the rush back 2v1.

1B) Net Chase - X1 skates thru middle & turns to either side. X2 pursues from behind. X2 tries to force turnover by chasing behind net, stopping in front, or chasing behind net from other side. X1 must control puck with awareness. Go 15-20 sec or until turnover is forced.



Key points :

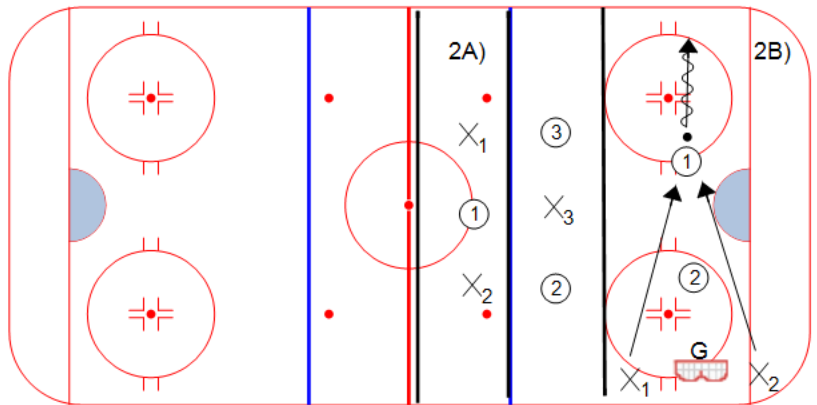
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

2A) Odd Man Keep Away - Split into 2 teams of 3. 1 player must stay on one side of blue line. 2 players must stay on other side of blue line. Players work to keep possession of the puck with their teammates. Players can pass the puck to teammate on other side of the blue line but cannot skate to other side.

2B) RMU: Backcheck 2v1+BC - X1 & X2 pursue O1 to force turnover. X1 & X2 immediately transition to offense after stealing the puck for a 2v1 rush vs O2 waiting in high slot. O1 Backchecks to make it 2v2.



Key points :

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

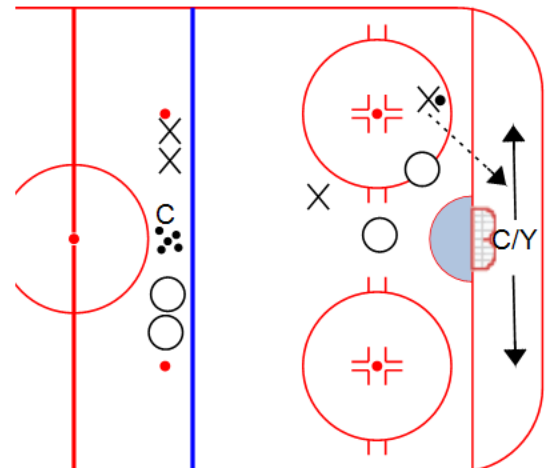
Title : Cycle 2 Block 3 (3) Category #1 : Category #2 :

Description

Single Net Gretzky Game

Teams play 2v2 or 3v3 with a Coach or Designated Player (Y) below the goal line that teams can use to pass to on change of possession prior to scoring, as well as use throughout their offensive possession to make it a 3v2 or 4v3 when trying to score.

Teams must transition from offense-to-defense and defense-to-offense quickly while also taking advantage of the odd-numbered situation on offense by using Gretzky.



Key points :