

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

Title : Cycle 2 Block 4 (1) Category #1 : Category #2 :

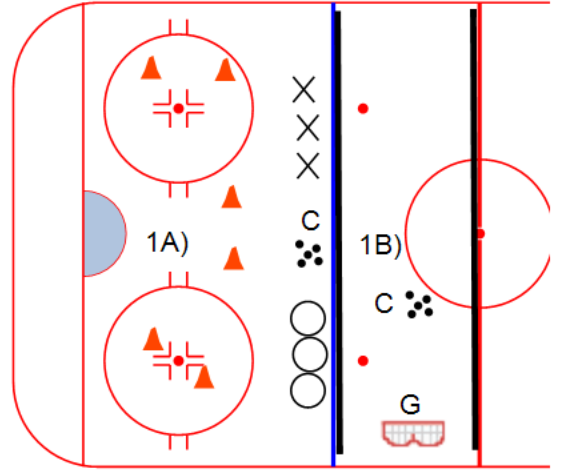
Description

1A) Thru the Gates

Warmup by splitting into two or three teams. Play 2v2 or 3v3. Teams score by COMPLETING a pass with a teammate thru one of the gates (gloves/cones/bridges) that are placed throughout the zone (2-4 gates). Score as many times as you can until whistle is blown for a line change.

1B) Goalie Nation

Warmup the goalie/s with a variety of movement and shots while the skaters warmup with "Thru the Gates". Approximately 8-10 minutes.



Key points:

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Title : Cycle 2 Block 4 (2) Category #1 : Category #2 :

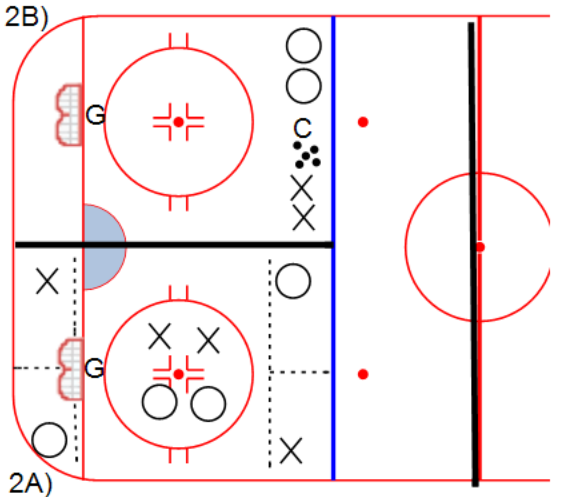
Description

2A) Crosby/Letang Game

Teams play shifts of 2v2 or 1v1 with an additional player from each team below the goal line and at the point (these outlets are stationary). Play 2v2 or 1v1 in the middle with teams passing to the high or low teammate on change of possession before scoring.

2B) Activate Game (1v1 then 2v2 to start)

Coach chips puck into play, first player from each team battle for control. In order to be on offense, the player that gains control must make a pass to next player in line to create 2v1...that team may try to score, team with 1 player is now defending and trying to get puck back to coach. Keep score, play to 5, losing team does 5 pushups.



Key points:

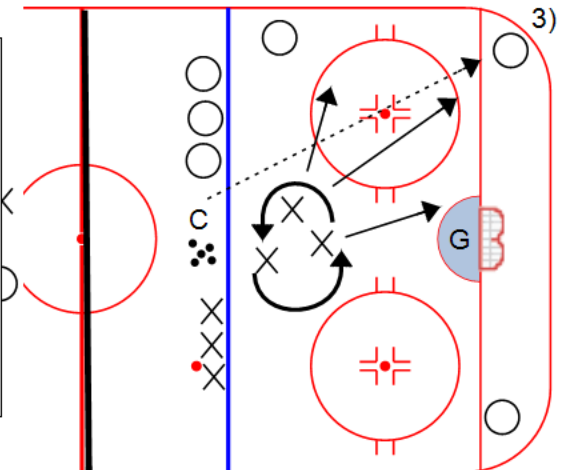
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Title : Cycle 2 Block 4 (3) Category #1 : Category #2 :

Description

3) Hurricane DZC (3v3 then 5v5)

Defensive players huddle in the upper middle of the zone and lock arms. On C whistle they spin as a unit in a circle like a hurricane. During spin, C spots puck to one of the offensive players setup in throughout the zone. On second whistle, defensive team breaks the spin and skates to get into DZ Coverage while offensive team immediately attacks. D team must sort it out, communicate, and get to good D posture quickly. Play it out 3v3 until puck is covered, goal is scored, or D team breaks out. Move to 5v5 after a few reps for each team.



Key points: