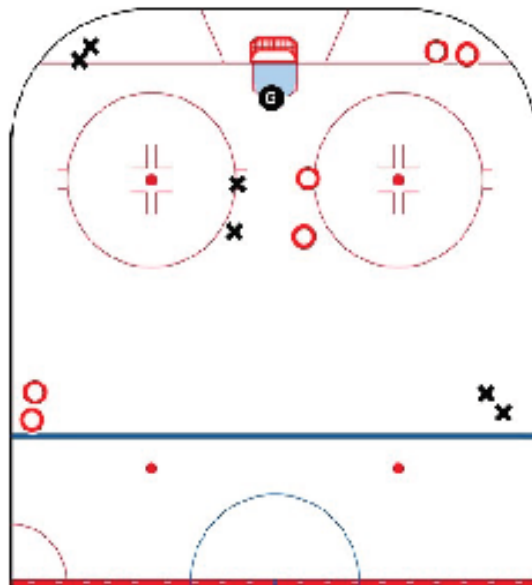




## Out of the smoke

Drill Name : Out of the smoke

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### Description :

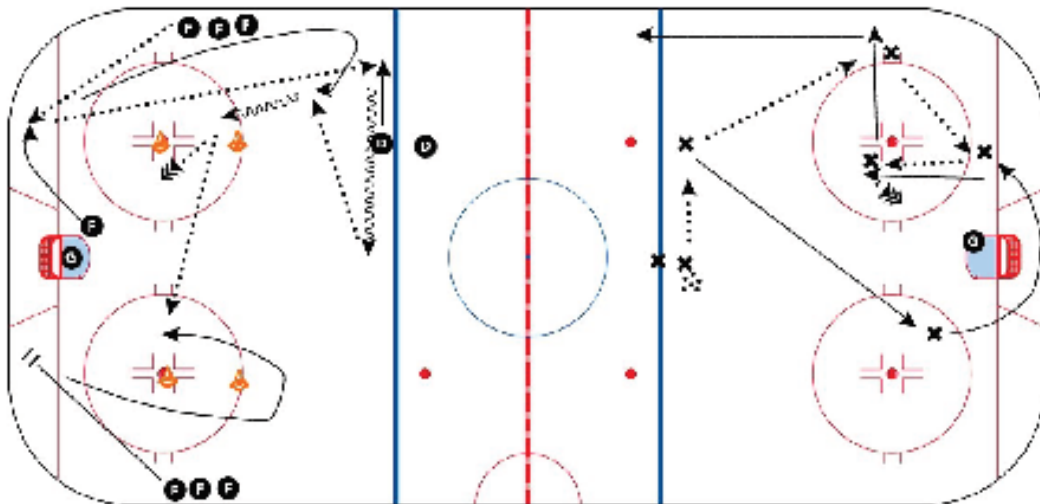
Players play 2v2. On change of possession players must pass to their line of players either at the top of the zone ,or corner.

Player attacks net with the puck with remaining player 2v2. Passer replaces out of the smoke player. Offensive players can pass to the line whenever they want to try and surprise or switch on the defensive team.



## PP Skills

Drill Name : PP Skills



### Description :

Side A Downhill Playmaking:

Net (F) will pick up a rim from the line and pass to (D). Then follow up to ice above the tops, getting tows downhill, outside the dot lane.

(D) will sprint the line, working on his feet and hands. Then kick back to down hill (F).

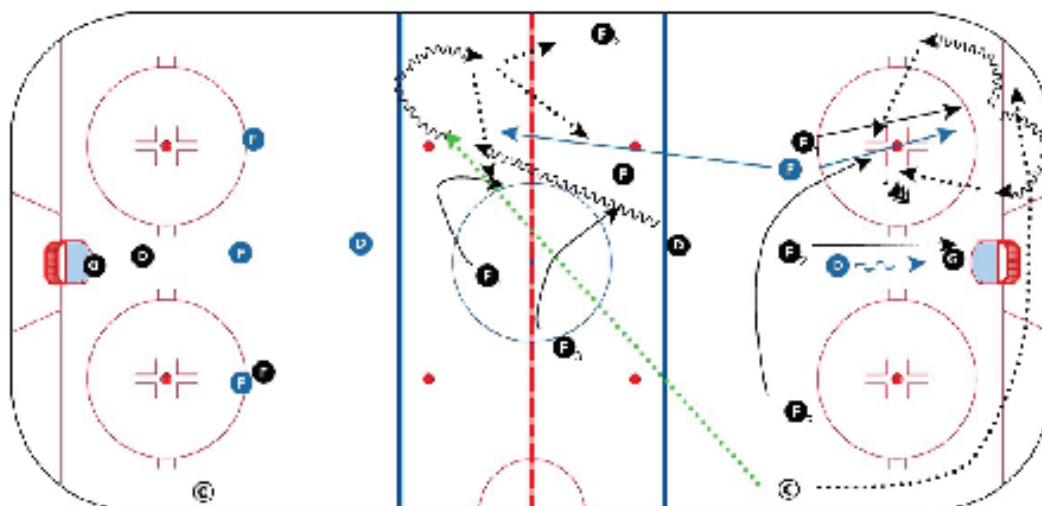
Weak side (F) will skate down to support BTN then skate to tops for downhill slide option.

Side B Bumper shooter

Top to hash to GL to Bumper for shot. Back door will rebound then start rotation.

# Quick Strikes

Drill Name : Quick Strikes



**Key Points :**

**D1 Puck (Up)**

**F1 Low Mid presence (Support mid ice)**

**F2 Low Wall option (Support as wall option for kick outs)**

**F3 Stretch option ( Slash through the logo)**

**Description :**

Coach rims ws corner for **F** to retrieve with pressure from **F**.

F2 Drives net 1v1 against D. F3 supports the dot. Offensive forward group gets shot on net. Stay for a rebound. Coach will blow Whistle and spot a second puck for D to sprint back for.

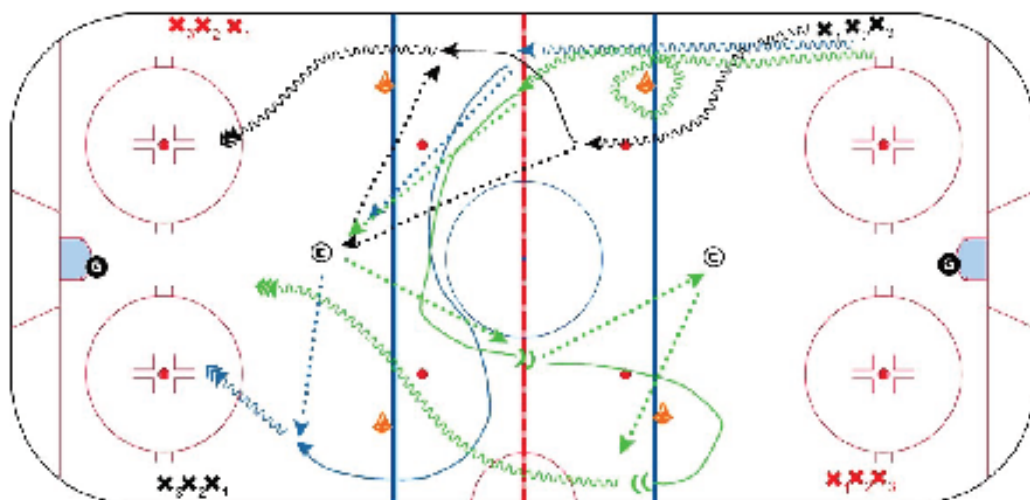
**NZ Quick Strike Part**

D1 skate hard back to puck and beats pressure from **F**. then Punches right up to the attack forward group. 3v1



# Rocket Drill

Drill Name : Rocket Drill



## Key Points :

Skate at top speeds.

Pass pucks hard and on the stick

Call for passes

Change speed for shots and stop at net for rebounds.

## Description :

On the Whistle.

✕ 1 Skates with puck to mid ice and passes to © , ✕ 1 skates around to the outside dot lane and recieves pass back. Change speed and shoot.

✕ 2 Skates with puck up the wall and passes to © , ✕ 2 skates to far side wall and recieve pass back. Change speed and shoot.

✕ 3 Skates with puck and does TT around near cone, then passes to © , ✕ 3 skates around bottom of the NZ circle and opens up to recieve pass back, then touches puck to opposite © . ✕ 3 then opens up around the near cone and recieves pass back from coach. Change speed, drive to the inside and shoot.