

Made with
DrillDraw
v6

Practice No: _____

Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks :

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

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

Title : 4 games Content elements: _____ Components : _____

Description

1. every one must touch the puck before scoring

2. scoring and passing only from the backhand

3. scoring from the one timer

4. deke before scoring or passing

Key Points :

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

Title : 2v2 with jokers who can sc Content elements: _____ Components : _____

Description

2v2 with jokers who can score

Key Points :

defensive side

make space

Drill no. : _____

Duration : _____

Minutes _____

From : _____

To : _____

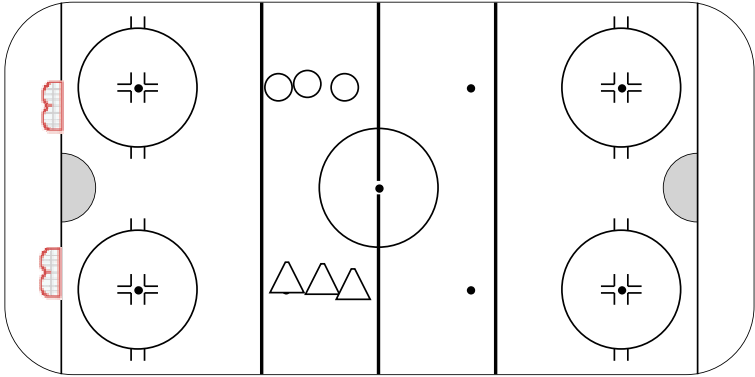
Title : shhot out relay

Content elements: _____

Components : _____

Description

Shoot out relay



Key Points : _____

Drill no. : _____

Duration : _____

Minutes _____

From : _____

To : _____

Title : 2v2 can score either one g

Content elements: _____

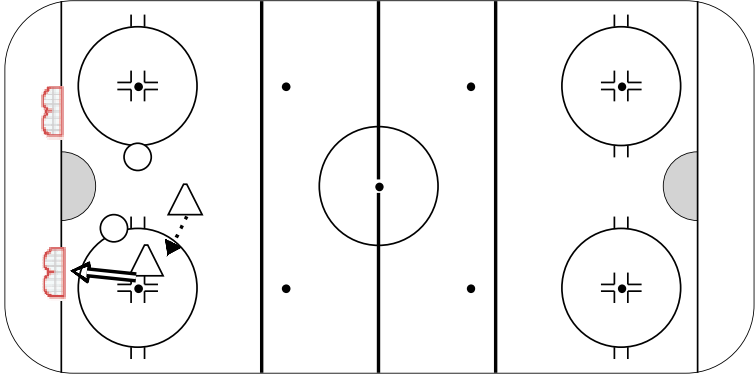
Components : _____

Description

2v2

you can score either one of the goals

you must pass once with your team mate before scoring



Key Points : marking

defensive side

make space
