

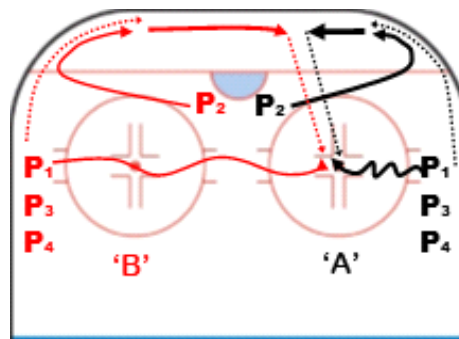


CORTLAND HOCKEY

2020-21 Drill of the Week Club

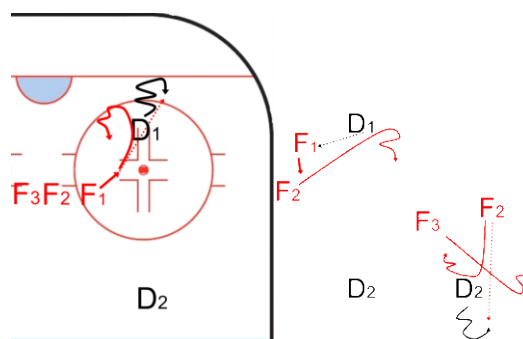
1 Meet It/Roll It

Players on wall at top of circle with P2 net front. P1 throws puck low for P2 to meet/roll toward net as P1 get Hunts The Dots. P2 passes to P1 for 1x or catch-release shot. Rebound, then P1 takes net front as P3 continues the drill



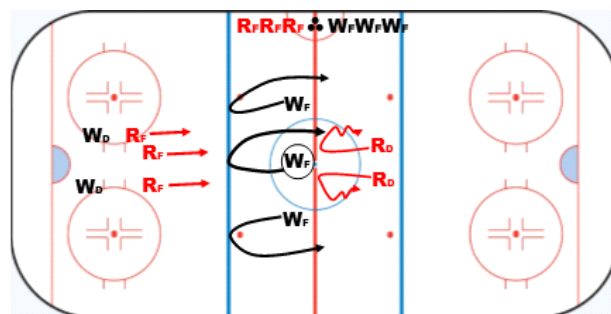
2 Tomahawks Exit

F Line at top inside hashmark w/D middle bottom & top of circle. D1 backpeddles as F1 carries puck toward him, passes, and pivots to support on same side. D attacks puck forward, steps up-ice and passes back to F1 as F2 skates across ice in support. F1 passes to F2 and goes back to line. F2 continues toward D2 whose backpeddling: F2 passes to D2 who attacks the puck. F2 supports across D2 for pass as F3 enters for pass on weakside. F2 passes to F3 & returns to line as F3 continues the drill



3 UVM 3v2 BC Continuous

Three Fs at center ice circle redline (1 w/puck) 2D at blue line, all other players along boards. On whistle, all Fs skate to far blue line, turn back to other end and attack 3v2. When F1 pass back across the redline 3 white F & 2D get in position facing the opposite end so when C blows whistle to start the new 3v2, the red F stop & backcheck through the middle. Continue



4 Small Area Physical 3v3

Net regular position with playing area inside top of circles to end boards, from hash marks wide of the net to far half-wall. 3F on offense vs 2D+F on defense, C shoots puck below goal line to start. D get 1pt for clear & 2 pts for skating puck out of area; O get 1 pt for shot on net and 3 pts for goal. 3 minutes on offense for each team/20 second shifts.

