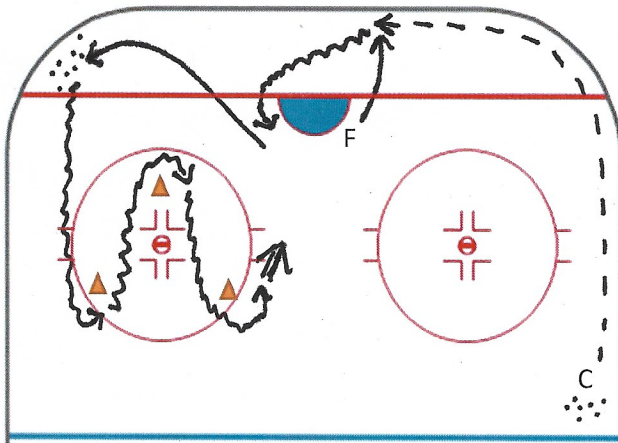
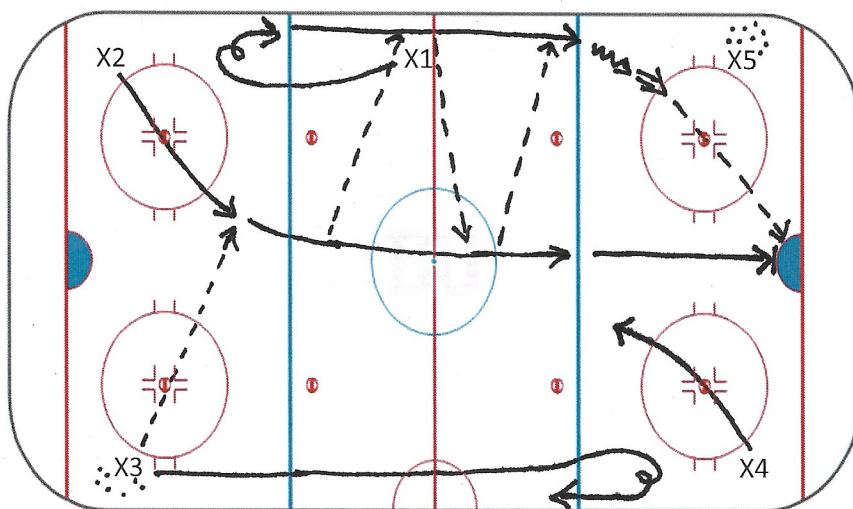


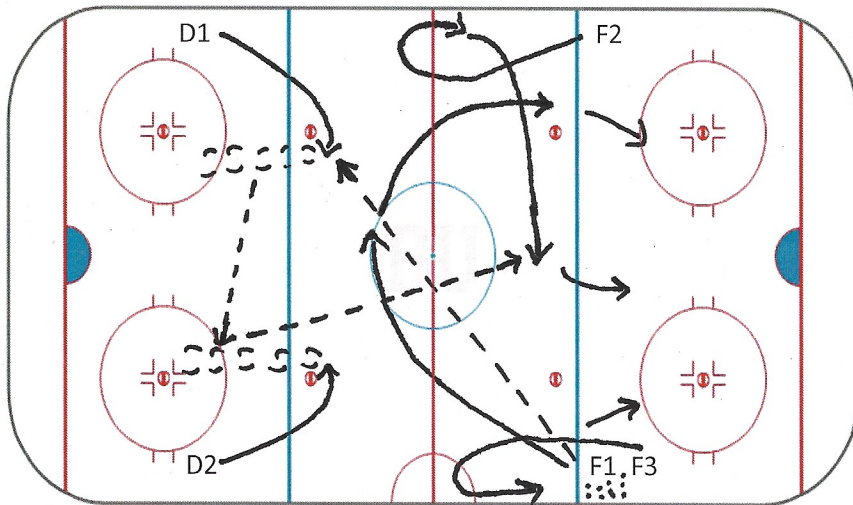
**DEFENSEMEN – SKILL DRILL** (shooting, activate from blueline)  
D1 starts at dot lane on blue, retrieves puck off the wall, carry puck inside dot along blue for quick shot. After shot, D1 activates down backside through dot looking for cross ice pass from D2 – catch and shoot or one T depending on shot.  
Next progression, after D1 carries and shoots at blue, D2 transfers side below goal line with a puck and passes to D1 closing at the dot area for quick shot.



**FORWARDS – SKILL DRILL** (low play at net, edges, shooting)  
One F at net front, coach rims puck low, F retrieves puck off the wall and attacks net from low either side for quick wrap/stuff play at net.  
F then retrieves a puck from corner and carries through 3 cones opening up on inside edges of both skates (2 and 10) at each cone. F squares hips to net for shot after 3<sup>rd</sup> cone.  
F has option to carry puck on forehand only through cones depending on skill level.

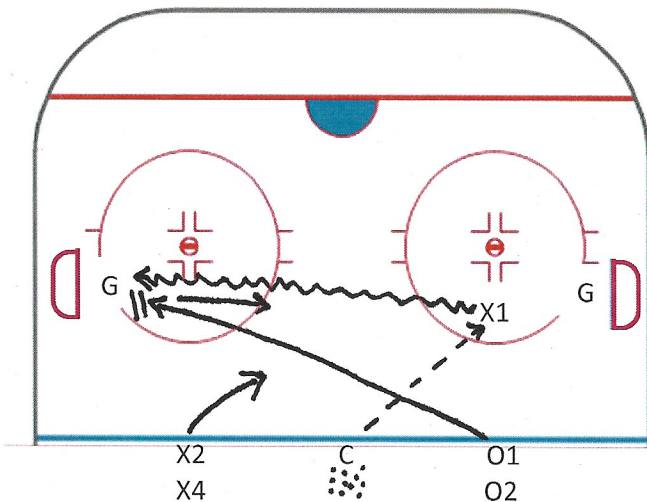


**CAROLINA FLOW SHOOTING** (passing & receiving, timing, MLD, shooting)  
Pucks are in lines X3 and X5. Drill is continuous. Coach decides when to switch pucks to lines X2 and X4.  
X1 starts drill by skating into zone without puck and pivots, X2 cuts diagonally across and receives pass from X3. X1 and X2 attack 2 on 0, X1 shoots/passes on zone entry, X2 middle lane drive to net for rebound or open up for one T. After X3 passes to X2, X3 skates up wall, pivots, X4 cuts diagonally across and receives pass from X5. X3 and X4 now attack 2 on 0 up ice. Then X5 skates up wall after pass and drill becomes continuous from there.



#### EAGLE – NZ OFFENSE

(NZ passing, routes, options, rush offense)  
Pucks are in line with F1 and F3. On whistle, D1 and D2 step out, F1 passes to D1, D1 passes to D2. F1 provides center support and then loops away, F2 provides wall support then gets across, F3 is kick out option. F1 F2 F3 attack with one D jumping up to make it 4 on 0. After shot, F1 F2 F3 receive a pass from the line and attack D1 and D2 the other way 3 on 2.



#### CALGARY BACK PRESSURE (2 nets cross ice set up, keep score, shooting/scoring under pressure)

Pucks with coach. X's and O's are at dot lane. X's trying to score on net closest to their line, O's trying to score on net closest to their line. Drill starts by coach passing puck to X1 and attacks his net. When coach passes, O1 leaves and chases X1 from behind trying to deny shot/scoring chance. After X1 shoots, coach blows whistle, O1 stops and skates in a straight line attacking his net. When coach passes to O1, X2 leaves and chases O1 from behind. Drill goes back and forth on the whistle and pass from coach. Keep score, make sure players stop at the net, puck is live on offense until whistle, back pressure player only leaves when coach passes to offensive player.

Coaches – Thank you for all the great drills this year!

Quote: *“When you win, say nothing, when you lose, say less.”*

– Paul Brown (first coach of the Cleveland Browns)