



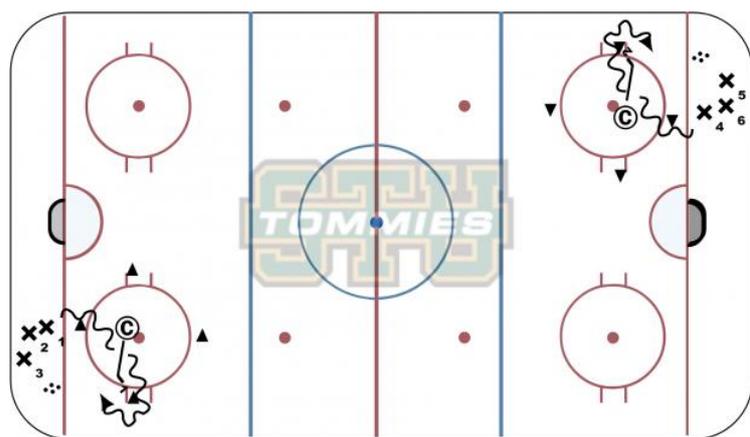
Date: 12/02/20
Length: 60 mins
Start Time: 5:00pm
End Time: 6:00pm
Group: _____
Focus: _____
Level: COL

Length	Start	Drill Name	Category	Notes
10	5:00pm	Cutting Hands on Circle	Skills	This skill is not taught enough.
10	5:10pm	Circle 2-Pass	Warmup	Hands moving, feet moving, puck protection. We put a coach in place of the pylons at the end so players need to protect the puck. We also have them cut back if we intentionally over play them.
10	5:20pm	NZ Support Warmup	Warmup	Get D working through a lot of skills early as forwards create good habits in support of the puck.
10	5:30pm	2-3 breakout	Systems	Work a small space breakout. If both forecheckers sit back then D can skate the puck until challenged. Indirect passing/saucer passing/passing through the triangle
10	5:40pm	2 vs 2 Fast Transition	Small Space Game	One of our team's favorites. Guarantees a pressured 2-0 on each change of possession. Hard back to get there to defend on any rebound.

Notes: Book:
 The Obstacle is the Way - Ryan Holiday

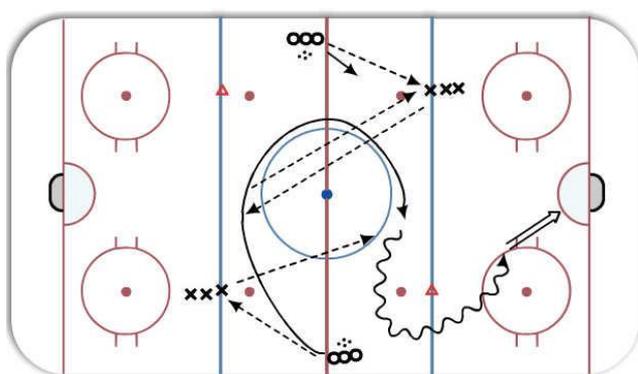
Quote:
 Be a Fountain not a Drain.

Cutting Hands on Circle



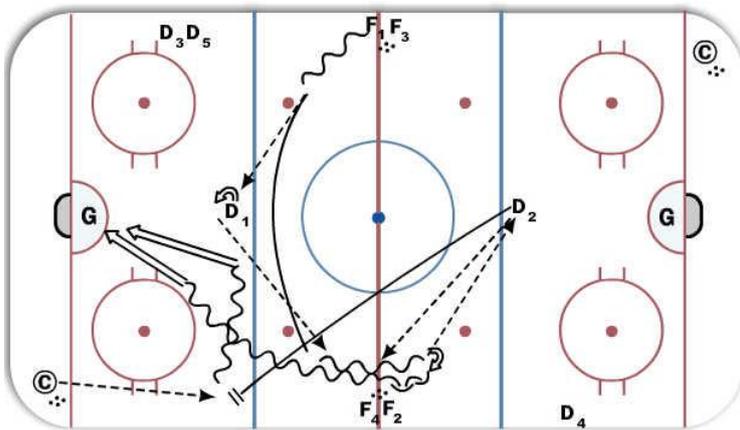
Players line up at bottom of circle
 Player enters the circle and must protect the puck away from the coach's stick and cut hands by running through the stick (cutting off their hands) with back to coach.
 Player proceeds to all pylons and each time she enters the circle she must cut the coach's hands.

Circle 2-Pass



1. Both lines leave at the same time (only one line is draw to keep the diagram clean)
2. First player passes to the x line at dot, then swings and runs a quick give and go with the other x line on opposite side of ice
3. After the give and go, the player swings to be open for a return pass from the x line she passed to at the beginning
4. Player drives wide around the cone and attacks 1 on 0

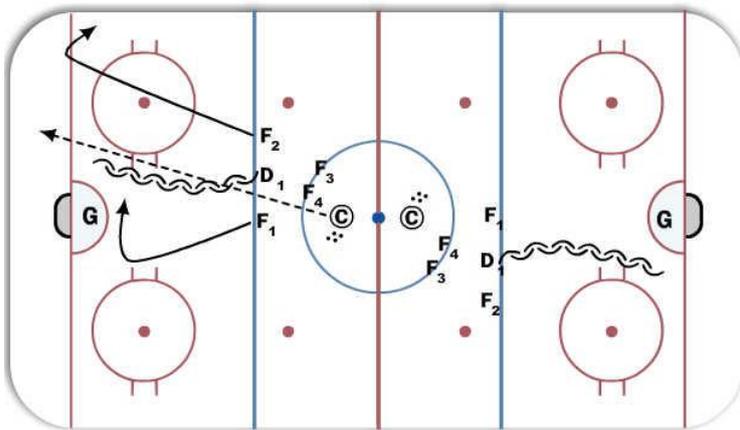
NZ Support Warmup



Both sides at same time
 F1 passes to D1 who makes evasive move, and then hits F1 with pass who then passes to D2 who passes to F1 as she supports.
 F1 goes for shot and D2 follows up for pass from corner and drag to middle for shot.

Key Points: Feet Moving HARD skate, stop and support far D Tip and deflect

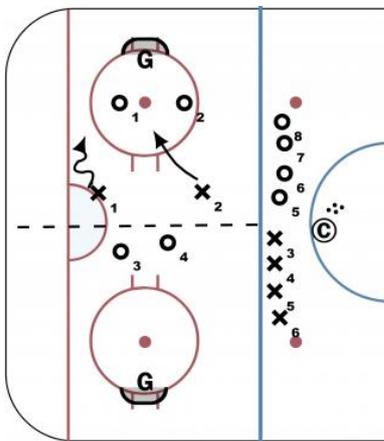
2-3 breakout



Coach spots a puck.
 D1, F1 and F2 must only breakout on the side of the ice that the puck goes into.
 F3 and F4 can choose to forecheck any way they want.
 The D cannot move the puck behind the net but players may take the middle lane in front of the net.
 The point of the drill is to read the forecheck and force a checker to come to the puck carrier so they can move it to whoever is open.
 Upon breakout players will go to red line and then attack back 3-0.

Hit D late entry on a delay.

2 vs 2 Fast Transition



Xs start on offense with Os defending the rush.
 Os trying to recover the puck and transition quickly up to O1 and O2.
 Xs are tracking back through the middle of the ice to defend.
 As soon as Xs cross the center line, two new Xs are jumping in looking for a transition pass from the original two Xs.

Play is continuous.

Clean transition passes will lead to a 2v0 in transition.