

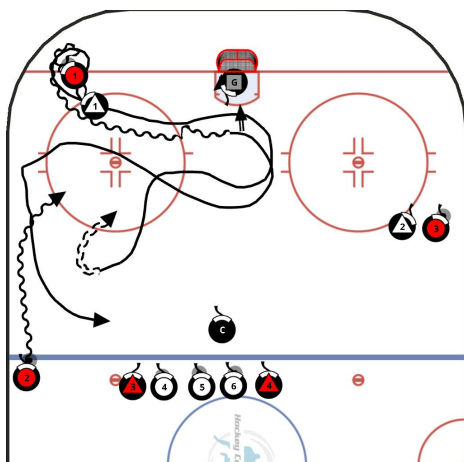


DESCRIPTION:

Hi Coaches! If you wish to see the animated version of these drills, just click the YouTube links in the email. Have a great season....Larry

KEYPOINTS:

TIME: 10 min.



DESCRIPTION:

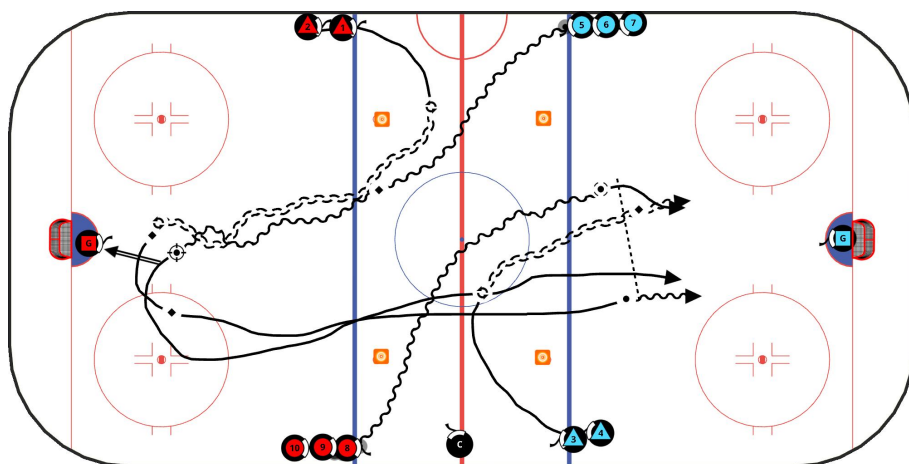
DESCRIPTION:

- On the whistle, F1 and D1 play 1@1 until the whistle. F1 then drives back to the wall, touching the wall to start F2 coming down the wall to create a 2@1.
- After 2@1, Coach whistles to start D2 and F3 playing 1@1 on far side. F1 and F2 must touch the near side wall with their sticks before joining F3 to create a 3@2.
- Play to the whistle or to a scored goal.

KEYPOINTS:

- Attack the net as quickly as possible.
- Drive to the net for rebounds.

TIME: 10 min.



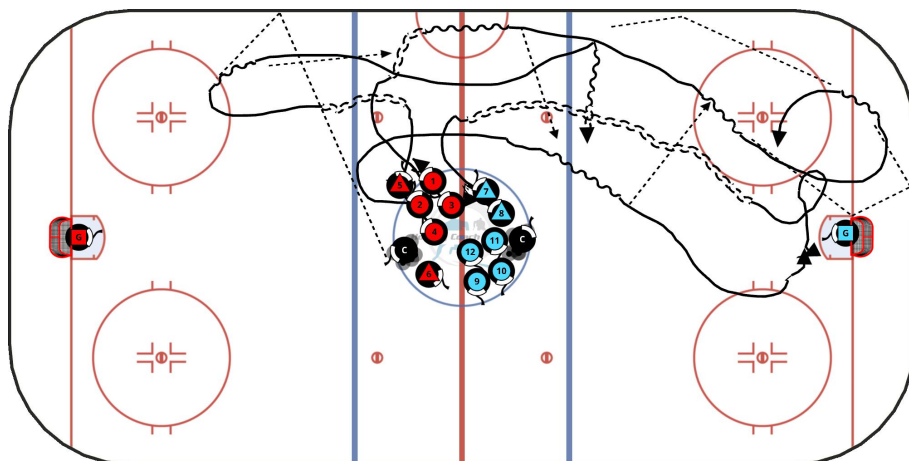
DESCRIPTION:

- After the 1@1, next two players jump the other way on the whistle. D1 jumps up to create a 2@1 as D5 backchecks hard.
- Play each 2@2 situation to the whistle

KEYPOINTS:

- Quick Transition both ways
- Communication...Get Loud!

TIME: 10 min.



DESCRIPTION:

- Coach chips a puck behind D5, picks it up and passes quickly to F1 or F2.
- F1 and F2 now attack with D5 jumping up to support. After the first attack, Coach chips new puck to corner for another low 2@1 or F can play it up to D for a shot/screen

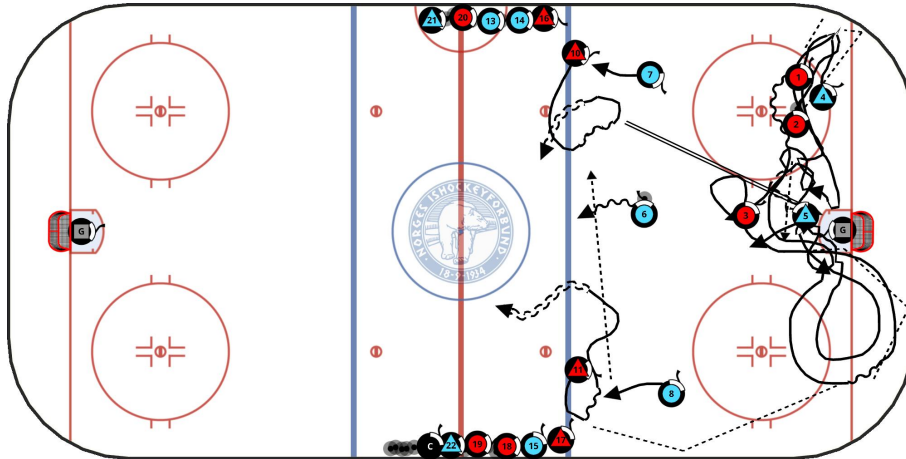
KEYPOINTS:

- Mix high and low attacks.
- D is available on rush as a trailer option
- Game speed
- Good timing and positional plays on wall break outs



Notes:

4. JACQUES BACK CHECK LOW WALK OUT A



TIME: 10 min.

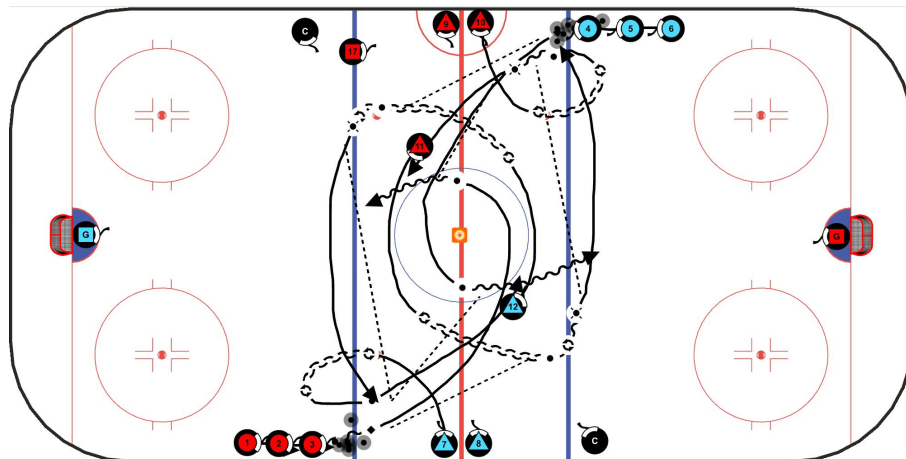
DESCRIPTION:

-F2 chips puck to corner to start battle between F1 and D4. F2 then supports to recover the loose puck and walk out of corner to create quick 2@1 with F3. After initial attack, bank pass up to D for a quick shot with a screen in front.

KEYPOINTS:

- On whistle, F6, F7 and F8 head up ice 3@2 and F1, F2 and F3 must back check hard to defend low 5@5
- D men can jump up to create a 4@3 rush if they can beat the back checkers up the ice.

5. D HORN 2



TIME: 10 min.

DESCRIPTION:

- D11 comes around the top of the center ice , pivots backwards, receives a pass from F3 and moves it quickly across to D10 who has moved into position beside him. D10 takes the pass, steps up to pass to F1 who is coming around the pylon. F1 skates in hard for a shot and D10 skates hard around the pylon to start the next repetition

KEYPOINTS:

- D men must move their feet quickly in this drill to be in position for each pass.
- After the D man takes the wide pass