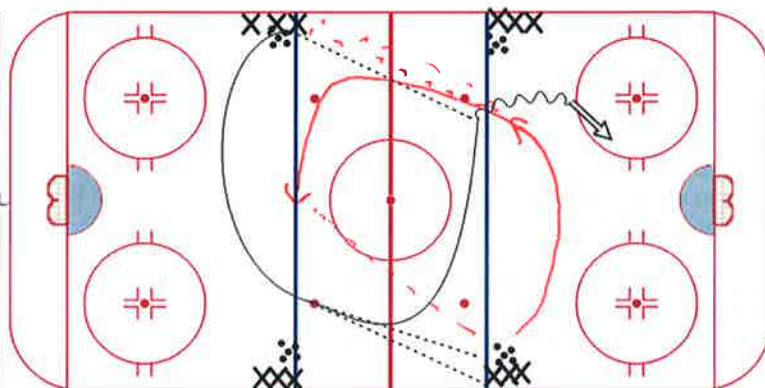


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Swedish 3 PassCategory #1 : Warm UpCategory #2 : ShootingDescription

Opposite sides go -
 Swing below blue line and catch pass
 from diagonal corner, quick return
 pass then slash to catch pass from corner
 player started from - in now take shot
 follow-up for rebound. Progress to stage 6
 net front for traffic / screen!

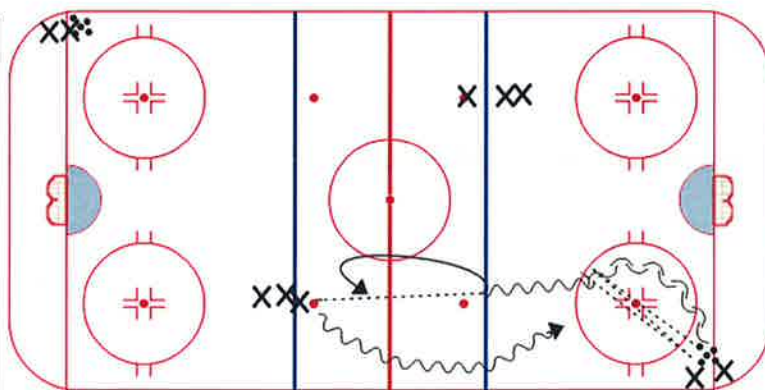


Key points : _____

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

Title : Red Wings NZ AnglingCategory #1 : 1v1Category #2 : GapDescription

- 1- player must skate over blue line before passing
- 2- player can't leave until he touches puck
- 3- player can't cut inside dot lane until they cross the blue line.

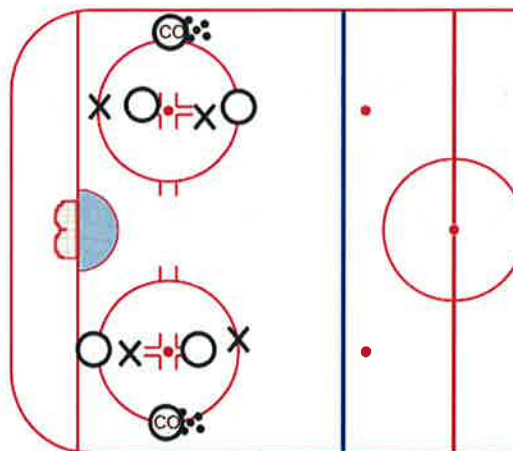


Key points : _____

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

Title : Puck Protection 2v1Category #1 : Small Area GamesCategory #2 : CompetitiveDescription

EITHER RUN out of both ends or 1-END &
 Rotate sides
 1st whistle - (C) puts puck in circle & X & O
 battle for control
 2nd whistle - whichever player has control, will
 pass to his partner on perimeter of circle and
 attack the player who lost, puck battle 2v1
 Play out 2v1 till 3rd whistle



Key points: _____

* CAN PROGRESS to ATTACKING 2v2

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

Title : Same side 2v2

Category #1 : 2v2

Category #2 : 2v2

Description

On the whistle F1 and F2 attack D.

The focus on this drill is for the forwards to make good decisions at the blueline.

Chip to self

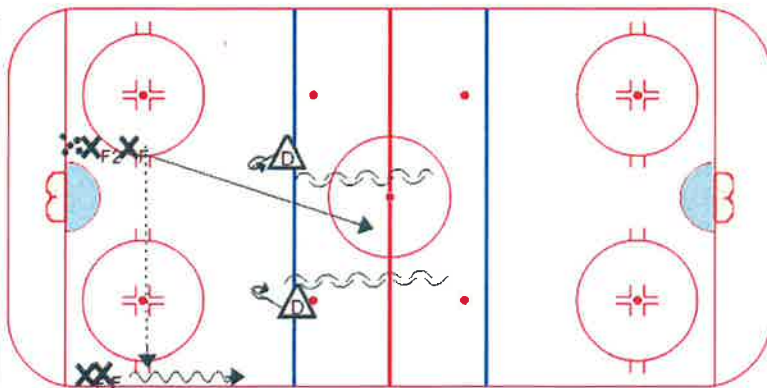
Chip to middle drive

Forwards interchanging to create confusion.

D's focus is for a good gap and good stick.

Physical on retrievals.

Good Communication between partners

**Key points :**

F NO Turnovers at BLUE

F Attack with Speed

F Smart Chips

D Talk/Physical

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

Possession Exit 2v2

Small Area Games

Competitive

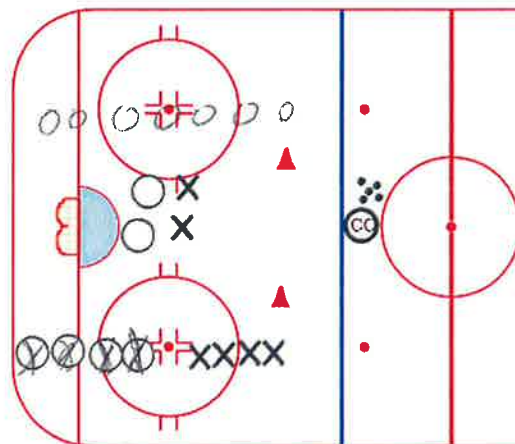
O's are on Defense

X's are of Offense

POINT SYSTEM

Offense - 1pt for shot / 1pt for possession longer than 10 sec / 3pts for goal

Defense - 2 pt for possession exit through cones



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

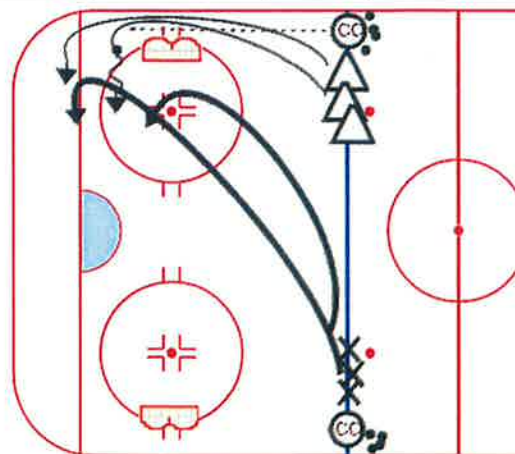
Title : Red Wings Angling 2v2

Category #1 : Small Area Games

Category #2 : Competitive

Description

* ROTATE which side (C) drops puck to, Team that is retrieving puck must go behind net so opposing team has to Angle!

**Key points:**