

Date : Drill of the Week

Practice No: _____ Duration : _____

Quote: "Life is 10% what happens to you and 90% how you react to it."
 #SupportEveryone

Style	Drills				
Warm Up	TPS 3v1				
Pace	Quebec 3 Shot				
Team	Phoenix				
Pace	Bing-Bang-Bong				
Game	All Time Net Front				

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

Title : TPS 3v1Key Points : Activating D into your OZP. Eye contact. Attacking as 5!!

1 end at a time.

F1/F2 sissor cycle from 1/2 wall. shot(use Co.as D)

F1 pick up puck. Cycle-F2 on net. become F3.

F3 to net

F2 carries puck around net.

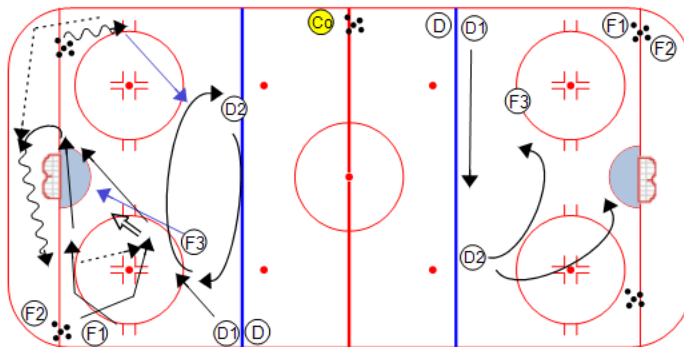
1. F2 pass to D1 in honey hole. Shot. or

2. D2 High roll w/F2. D2 can shot, pass F3 @ net or

F2 who replaces D. D1 sweeps zone.

D that does not shoot. Retrieves puck NZ from Co.

3F go 3v1 vs D that attacked net. Can use D 2nd wave.



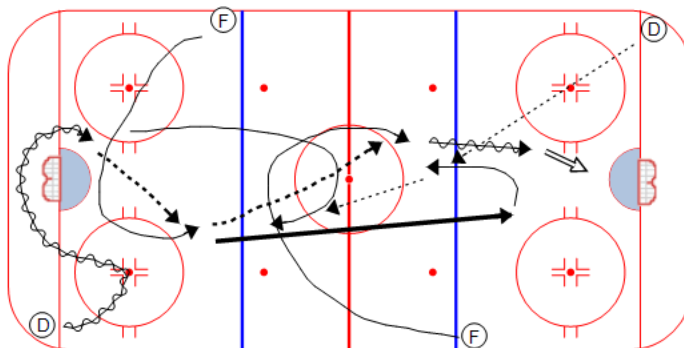
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Quebec 3 ShotKey Points : PASSING

D starts with puck - up and back to dot - rounds net
 makes pass to F inside the dots - F makes 2nd pass to
 other F curling inside dots, he takes shot.

F1 curls towards D line and receives a pass inside
 dots - then hits the original D inside the dots and they
 go 2v0 back towards their original end.

Other end then goes.

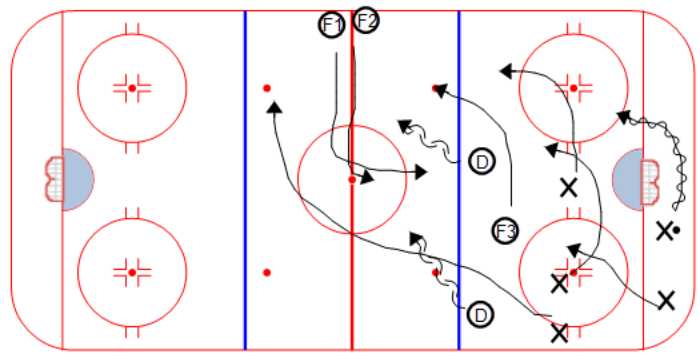


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Phoenix

Key Points :

BO 5vs F3 (Gman) & 2D (5v3)
 -Gman is the tracker all the way
 Whistle - puck spotted in NZ (Let XD's recover puck)
 -F1 & F2 touch center dot & NZFC 1-1-3 (F3 and 2D fill spots)
 Play Live 5v5

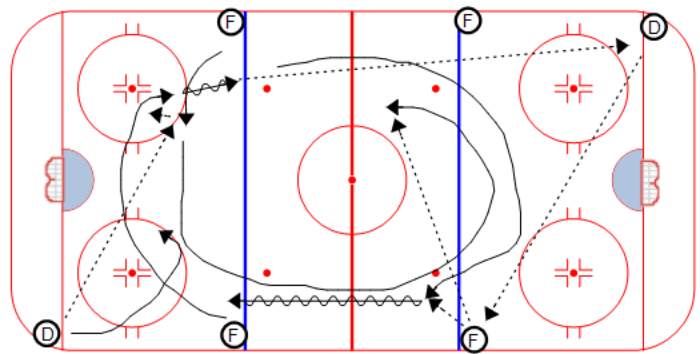


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Bing Bang Bong

Key Points :

D Steps out and passes to F at blue line
 F skates into pass and exchanges with F on opposite side of blue
 F w puck sends pass down to D on far side
 D passes to other F line and as original Fs swing, they get pass from other F line and go 2v1 on original D
 Other sends pass to F line to start other side as soon as pass is made to F going 2v1



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

Title : All Time Net Front

Key Points :

2v2 with all time net front guy

