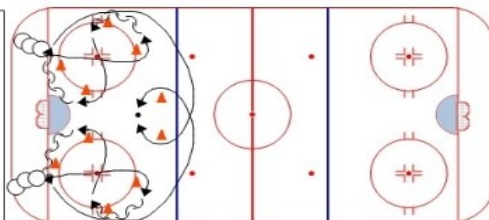


Title : Slovakian Agility Drill Category #1 : Agility Category #2 : Shooting

Description

1. Player from each line skates through the cones as shown
2. Pivot at each turn
3. Winner takes the puck and tries to score
4. Loser backchecks

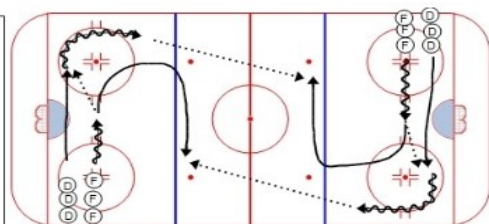


Key points :

Title : Super Swede Stretch Category #1 : Warmup Category #2 : Shooting

Description

- D Work on stretch passes. Fwds finish with shot.
- Option - after d make stretch pass, curl back to net and play rebound on Fwds shot.

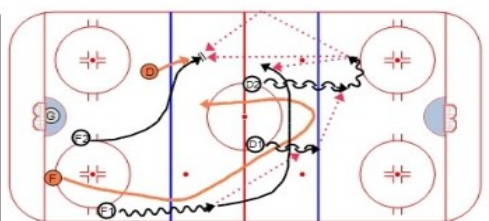


Key points :

Title : 2 on 1 with Pressure Content elements: Components :

Description

- F1 skates up ice with a puck while D1 & D2 retreat. D1 & D2 should be in good hinge position. F1 passes to D1. D2D pass to D2. F2 skates out to the post-up position. D2 can make three types of passes. 1) Direct to F1. 2) Direct to F2. 3) Indirect to F2.
- Play comes into the zone 2v1 against the D with orange F backchecking

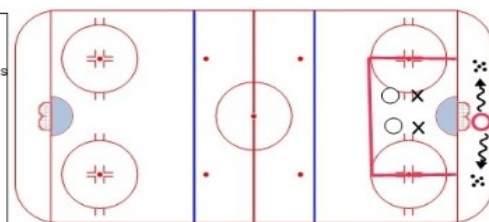


Key Points :

Title : 2 on 2 with Rover Behind Net Category #1 : Small Area Games Category #2 : Compete

Description

1. Players play 2 on 2, or 3 on 3 in front of net.
2. The rover stays behind the net and is on whichever team has the puck.
3. If there is a turnover, the team with the puck must pass to the rover before they can try to score.
4. Players stay in front of the goal line, rover behind the goalline.



Key points :

Time jumps into open ice

Quick release

decision making

