

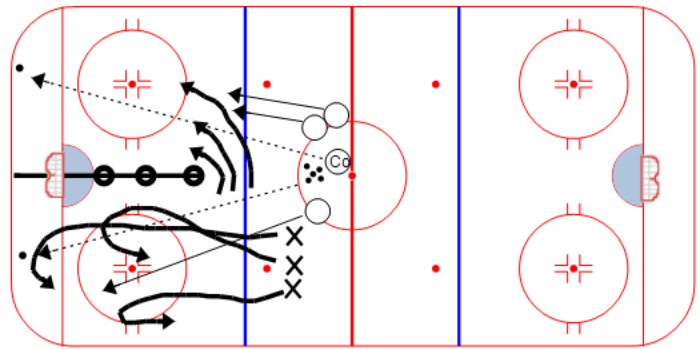
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Scissor BO

Key Points :

Tires split the ice in half

3 Xs move around in NZ
Coach dumps puck
O starts from knees and FC 3Xs on breakout
Xs breakout and pass to coach
Coach dumps in opposite corner
Xs track back around top tire
Xs breakout new puck vs 2 new Os FC from Knees



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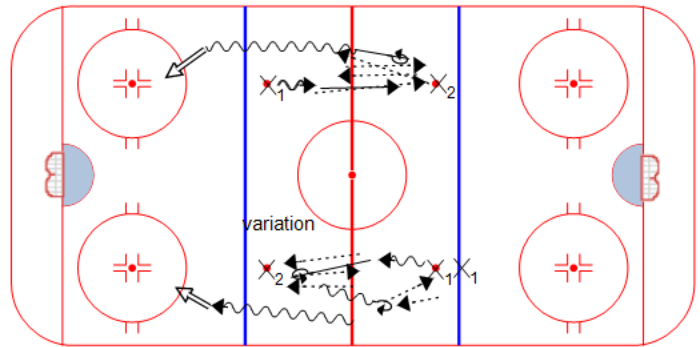
Title : quick hands

Key Points : face the puck take good ice

x1 start w/puck touch pass with x2 3 times.
pivot get pass back. take good ice shot

variation

counter back with your line pivot shot opposite end.

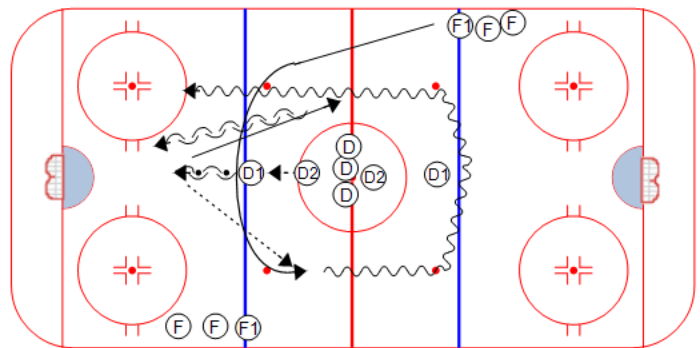


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Mr. V 1v1

Key Points :

Both ends same time
D1 starts backwards gets pass from D2
F1 comes around horn. D1 pass to F1 who makes complete circle.
D1 gaps up to Red Line gets toes up ice and plays 1v1 back.



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

Title : Carney 1v1

Key Points :

3 separate 1v1s

XF in corners are trying to protect for 7sec and then take the puck to the net while D works to get a stopped puck.

the High XF is attacking the net right away
D is angling or gapping depending on Gap / timing

