

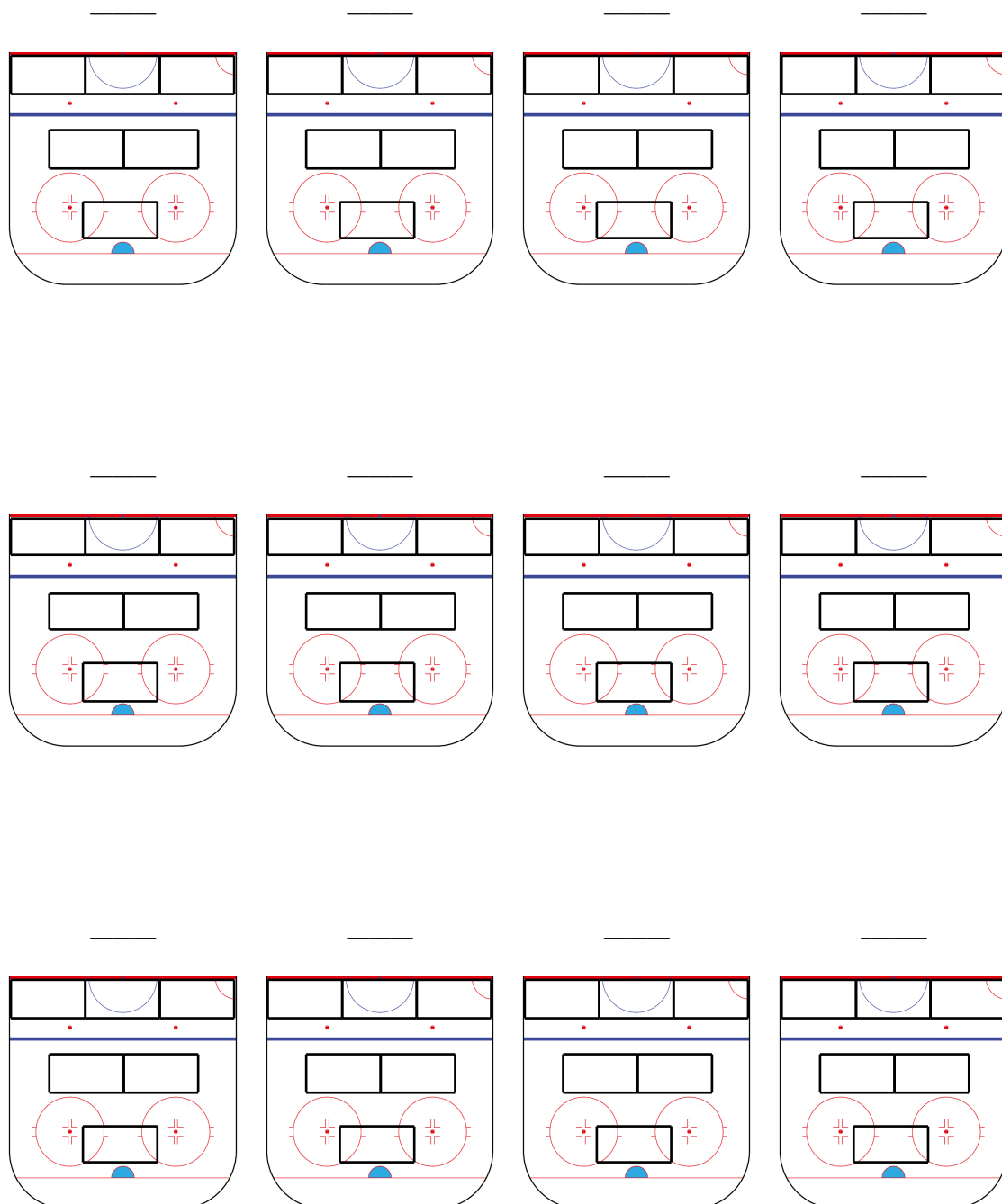
Drill Club 2018



DURATION: 40minutes

DESCRIPTION:
From new Norway U20 Package.

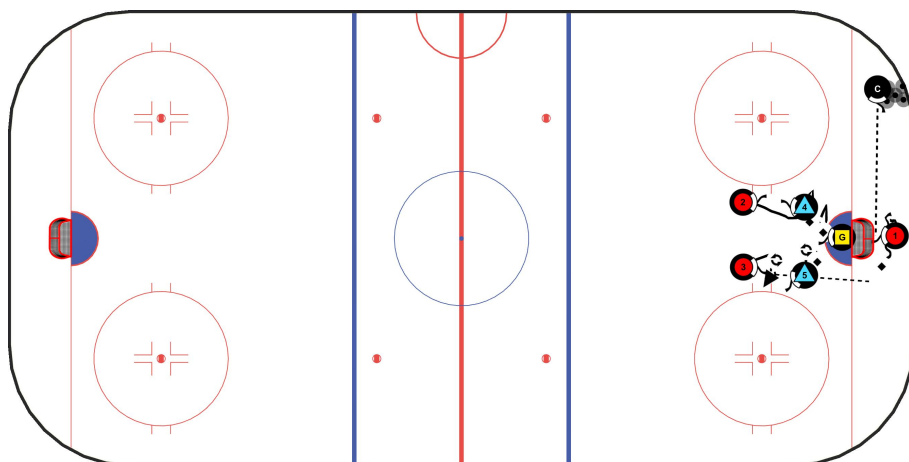
KEYPOINTS:





DRILL CLUB 2018

1 - AG GRETZKY 3:2



TIME: 10

DESCRIPTION:

-3 pucks. First 2 pucks «Gretzky» has to play the puck from behind the goal line with a 2:2 in front of the net.

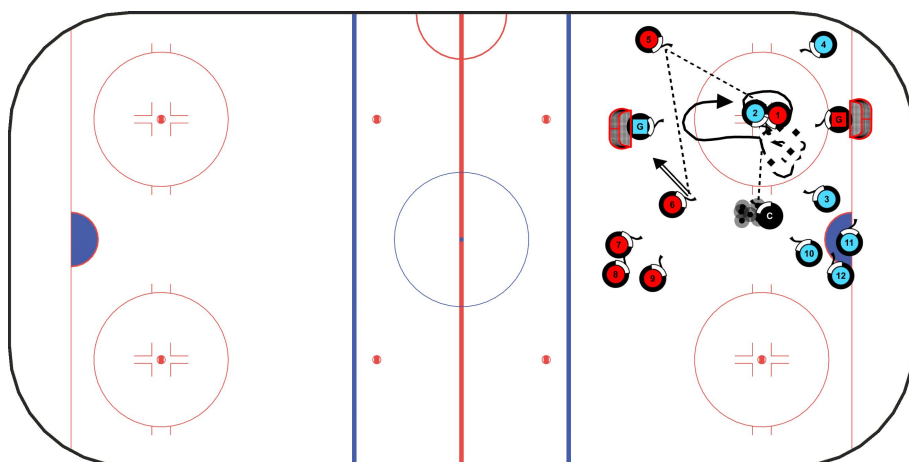
With the 3rd puck it's a full 3:2.

KEYPOINTS:

Offense: Create and find open ice to get open and to get shots through.

Defense: Head on a swivel, stick positioning/passing lanes, take away ice/time from the offensive players and win inside body position

2 - AG HAND GRENADE



TIME: 10

DESCRIPTION:

-3 players on each team who can score, 1 on 1 battle for possession in the middle and two stationary passers/shooters on each team on the sides.

-Coach chips in pucks to start and when the puck goes in the net or out of play.

-Change players either on set number of goals or after xxseconds.

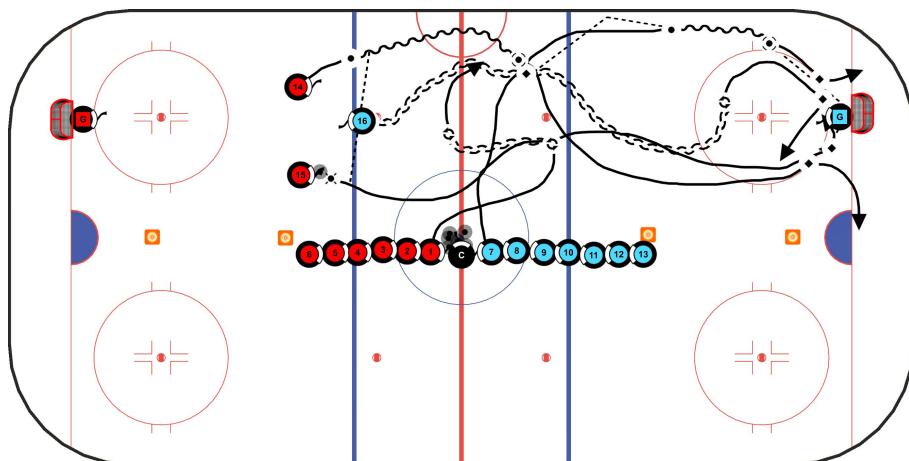
KEYPOINTS:

-Stick and body battle to gain possession and protect/win back puck.

-Body position and stick position ready to shoot/score.

-Quick Puck movement and use open passing lanes.

3 - AG CANADIAN FLOW 2:1-2:2



TIME: 10

DESCRIPTION:

Drill starts with a 2 on 1. When the puck crosses the redline a backchecker from defending team comes in to play.

The 2 defending players go on next attack against 1 new defending player from the other team.

If puck goes out of play or into the net the Coach plays a new puck in.

Backcheck to top of circles.

KEYPOINTS:

Speed coming into the attacking zone to gain advantage from the 2 on 1.

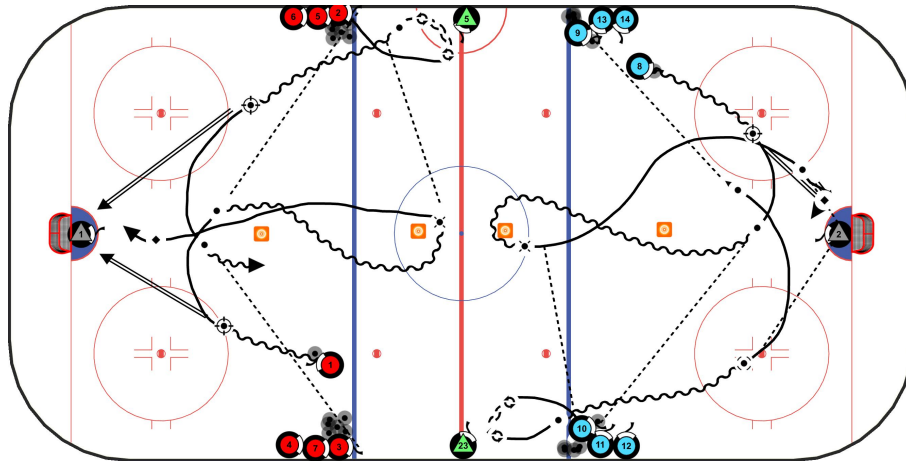
Communication between the defending player and the backchecker.

Move your feet and the puck out of pressure to break out of the def. zone.



DRILL CLUB 2018

4 - AG NORRGREN SPECIAL 2:0 DRIVE FOR REBOUND



TIME: 10

DESCRIPTION:

- P1 drives in wide and shoots, receives pass from P2, circles cone and hits P2 with wide pass at the blue line
- P2 drives wide and shoots to goalies outside pad to try to create a rebound scoring chance for P1
- P2 now cuts across to receive next pass from P3

KEYPOINTS:

- Red Players are doing a middle net drive, Blue players are doing a wide dot lane drive
- Shooters shoot for the outside pad of the goalie to create a rebound scoring chance
- Good timing on shooting and net drives