

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

Title : Forwards Scoring under pre Category #1 : Category #2 :

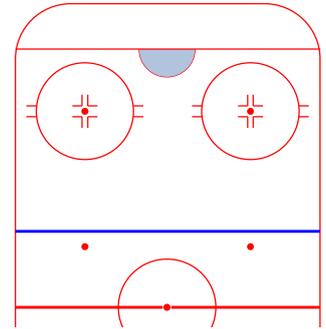
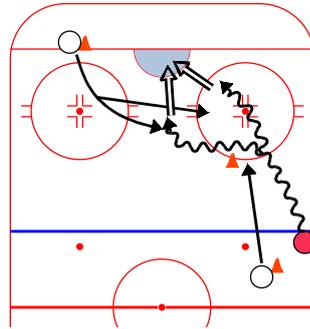
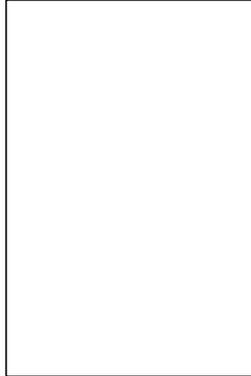
Kuvaus/Constraints

Red F starts and can cut to middle or drive to net depending on how he reads the D. And scores

whites react to red's start and tries to prevent him from scoring

quick release, protect the puck, shoot from the stride

Tavoitteet



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

Title : Warm up "rondo" Category #1 : Category #2 :

Kuvaus/Constraints

3v2(+1) or 2v1(+1)
keep away game
from the take away pass to your side of the redline(white)
two closest player move to pressure (red)

Tavoitteet

Small area puck control and protection

