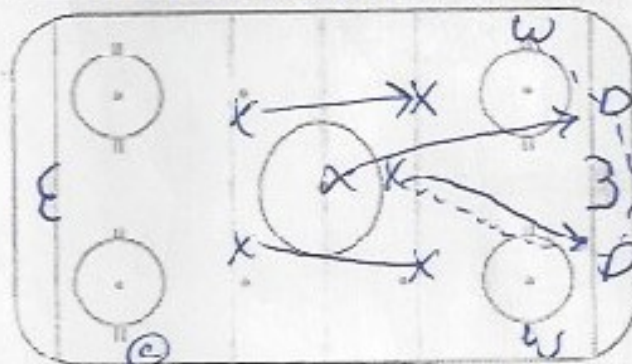


4-5 B/O  
ATTACK 3-2



HAVOC DRILL  
Date: \_\_\_\_\_  
3 B/O w FLYCHECKERS

TYPE: D Follow up  
CONTINUED: ☐ CONTINUED  
CONTROLLED: ☐ CONTROLLED



OBJECTIVE(S)

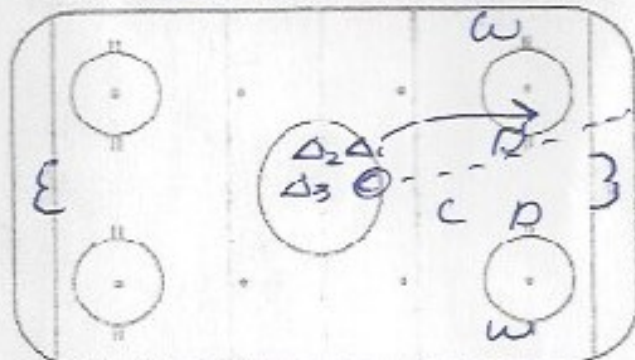
START

- Unit of 4 dump p on 5 man unit and FV
- THEY MUST B/O AGAINST FV SENDING F DOWN 3-2 ON 2 D.
- D FOLLOW UP
- ON C WHISTLE HE WILL GIVE p TO A F AND 4 WILL ATTACK AND DUMP p ON NEW UNIT OF FIVE AND FV
- NEW UNIT OF 5 MUST COMMUNICATE TO HELP EA. OTHER B/O
- CONTINUOUS
- COMMUNICATION
- WHAT IS AVAILABLE.

ROTATION

VARIATIONS/PROGRESSION

TYPE: TO 5-0  
CONTINUED: ☐ CONTINUED  
CONTROLLED: ☐ CONTROLLED



OBJECTIVE(S)

START

- C DUMPS p FOR UNIT OF 5 TO B/O W 1 FV Δ<sub>1</sub>
- THEY B/O p TO COACH WHO DUMPS AGAIN NOW Δ<sub>1</sub> Δ<sub>2</sub> GO FV
- B/O p TO COACH FOR 3RD B/O NOW 3 ΔΔΔ GO FV
- WHEN B/O GO DOWN 5-0
- D MEN MUST GET UP THE ICE - PLAY IT OUT!

KEYS

- \* COMMUNICATION
- \* QUICK PASSES
- \* GOOD SUPPORT

NEXT GROUP READY TO GO.

ROTATION

VARIATIONS/PROGRESSION

# D-ZONE Coverage.



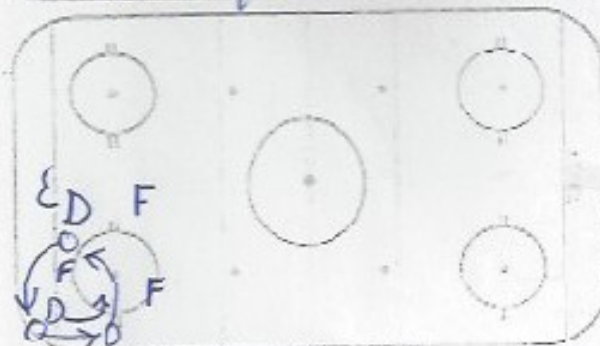
## D ZONE DRILL

Date: \_\_\_\_\_

3-5 Low Zone

Coverage.

☐ CONTINUED  
☐ CONTROLLED



OBJECTIVE:

START

- 3 ON OFFENCE
- BASIC CYCLE - OUR D/F STAY w/ THEIR CYCLE
- DZ STAYS STRONG IN FRONT WHILE D1/LOW F support EA OTHER.
- F2/F3 CAN HELP BUT PAY ATTENTION TO THEIR D - UP TOP.

- Allow them to cycle a few times then on GOAL WHISTLE - GO LIVE HARD 5 ON 3.

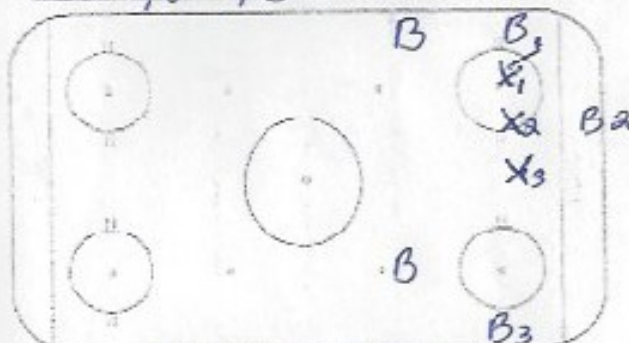
REVISION

VARIATIONS/PROGRESSION

Low Support

1-1, 2-2, 3-3

☐ CONTINUED  
☐ CONTROLLED



OBJECTIVE:

BATTLE DRILLS

START "BATTLE" KEY WORD.

5 B ON 3X'S.

- B1 STARTS w/p X1 tries to contain/PIN - X2 is SUPPORT
- BATTLE D-15 SECS
- WHISTLE X2 GOES AFTER B2 - NOW 2 ON 3X'S.
- PRESSURE/CONTAIN/PIN STICKS UP - AGGRESSIVE.
- WHISTLE B3 GOES X'S GO TO GET OVER AS FAST AS POSSIBLE TO BATTLE
- B's CAN USE D
- X'S MUST BLOCK OUT

- INTENSITY / AGGRESSIVE WANT THE P.

COMMUNICATION

- D SIDE OF THE P

ROTATION GOOD STICK POSITION

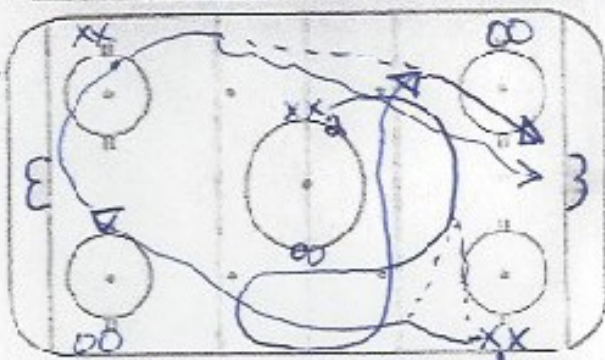
VARIATIONS/PROGRESSION



# RED DEVIL

TIME: \_\_\_\_\_  
CHALLENGE: Twist

☐ CONTINUED  
☐ CONTROLLED



OBJECTIVE: WORK FROM SIDES

START

- X1 up wall, X2 support
- X1 comin thru middle
- give n go
- X1 down ice for shot
- X2 takes inside cut route
- for stretch pass
- along blue line
- X1 shoots gets p from
- corner hits stretch pass
- then hard to net front.

- KEYS
- Speed
  - Communication
  - Good pass

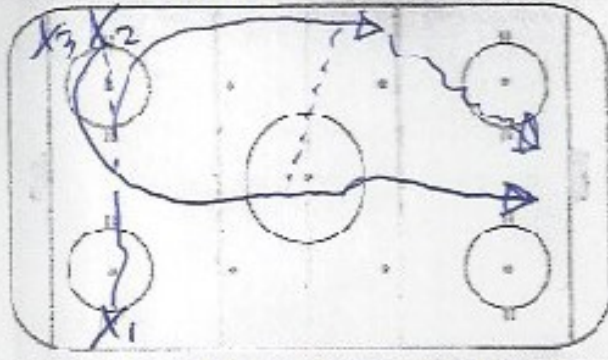
ROTATION

VARIATIONS/PROGRESSION

# DRUMS LEAD

TIME: \_\_\_\_\_  
CHALLENGE: Drive

☐ CONTINUED  
☐ CONTROLLED



OBJECTIVE: WORK - O - Z - ENTRIES

START

- Curbustle X1 carries p to
- mid zone passes to Stationary
- X2
- X2 gets feet moving drive
- middle hard.
- X2 Kicks p to X1 close to
- blueline drives net
- X1 shoots
- Both ends go on @ whistle

- KEYS
- fight for ice w/ speed
  - feracity
  - Shoot to score or
  - for rebound
  - all get to net.

ROTATION: X1/X2/X3

VARIATIONS/PROGRESSION

X3 Must Get wide  
for Flat option.