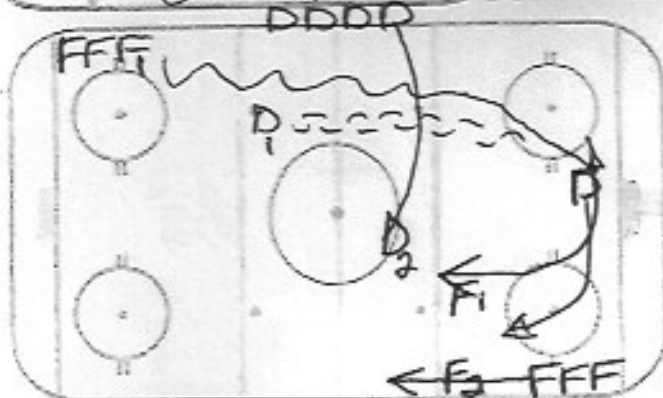




Date: \_\_\_\_\_

## FLAMES FLOW

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS	<input type="checkbox"/> CONTROLLED
	2 on 1		



OBJECTIVE: ADD D AS LATE F3

START

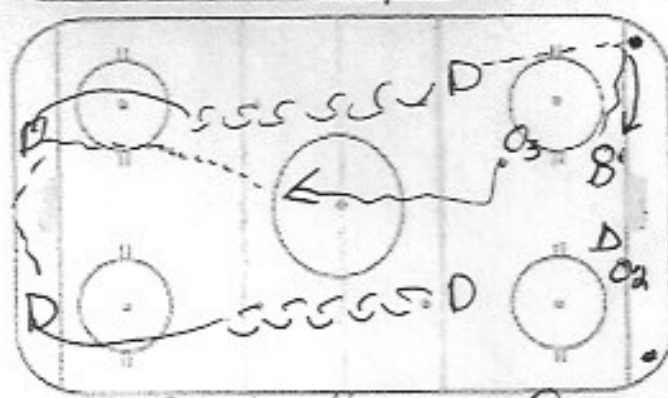
- F1/D1 START ON WHISTLE 1VS1
- AFTER 1VS1 - F1 GOES TO STRONG SIDE TO JOIN F2 GOING UP WALL 2 ON 1
- D2 JUMPS IN FOR 2 ON 1
- D1 WILL JUMP UP ICE AS LATE ATTACKER TO JOIN IN F1/F2

KEYS F2 WIDE W/ SPEED  
OTHER F GET TO PAINT  
- GOOD P DECISIONS  
SHOOT - PASS OR HIT  
DELAY D.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS	<input type="checkbox"/> CONTROLLED
	2-on-1's - Regroup		



OBJECTIVE: 2-on-1's OUT OF CORNERS

START

- D1 - GOES INTO CORNER, GETS P., TO D. D TO MIDDLE SHOOT.
- D2 - DOES SAME
- D3 - TAKES OF AND DUMPS P FOR D TO B/O AND REGROUP
- ORIGINAL D GAP UP TO PLAY THE 5 ON 2 BACK.
- ALL 3 FWD'S MUST GET BACK.

FWD'S - INTENSE BATTLES  
TO GET TO PAINT.

- STICK ON ICE

KEYS D - GOOD D-SIDE POSITIONING

- GET BACK FAST TO B/O
- ATTACK OZONE W/ SPEED
- GOOD ENTRY - GET P TO NET.

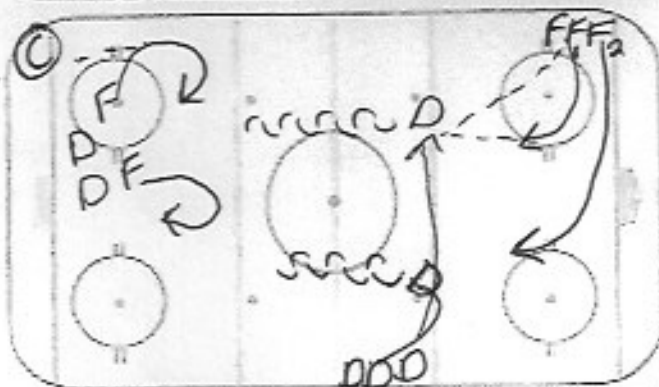
ROTATION

VARIATIONS/PROGRESSION



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

KINGS 2on2

TIME \_\_\_\_\_ DRILL NAME  
3on2 INTENSE☐ CONTINUOUS  
☐ CONTROLLED

OBJECTIVE: ALL F'S OUT OF 1 CORNER

START F1/F2 START BY PASSING

P TO D1 - D1 PASSES BACK

- THEY ATTACK D1/D2 TO

FAR END 2on2. PLAY

TILL C WHISTLE

- C SETS OUT 2ND P

F1/F2 GRAB IT ATTACK

AGAIN

- D1/D2 ADJUST CLOSE GAP

KEYS - SPEED - AGGRESSIVE

- DRIVE NET

- STICK DOWN

D - W/O STICKS - CLOSE GAP

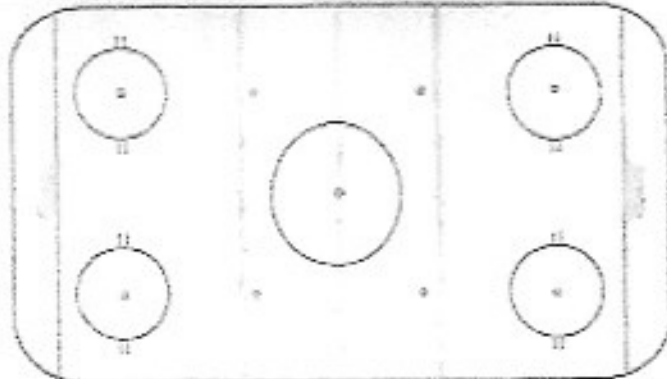
CONTROL THEIR HIPPS.

ROTATION

VARIATIONS/PROGRESSION 3on2

3on2 OUT OF CORNER.

TIME \_\_\_\_\_ DRILL NAME

☐ CONTINUOUS  
☐ CONTROLLED

OBJECTIVE:

START

KEYS

ROTATION

VARIATIONS/PROGRESSION



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

# KINGS MULTI DRILL

 TIME \_\_\_\_\_ DRILL NAME \_\_\_\_\_  
☐ CONTINUOUS ☐ CONTROLLED


OBJECTIVE(S)

START

3 F's GO BLUE AND BACK  
DUMP P FOR B/D

① THEY B/D GO TO FAR BLUE  
AGAIN, REGROUP @ BLUE AND  
ATTACK 3 ON 2

② AFTER 3 ON 2, (X) ON WALL  
ALL 5 GET OUT OF ZONE

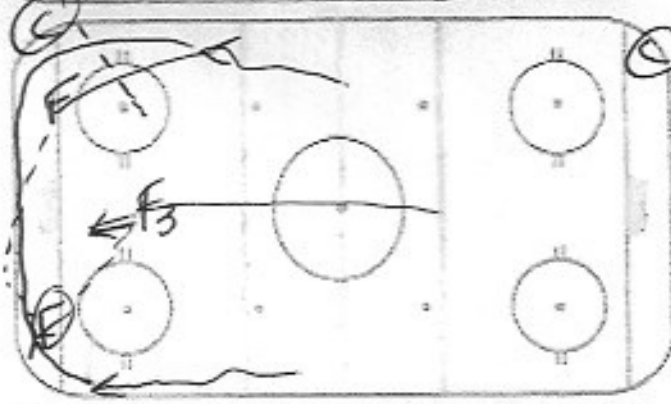
③ PASSES TO (X) - F.WOS ATTACK  
WALL TO GET P IN NZ

\* IF THEY DON'T MAKE HIT (X)  
CAN DUMP P AND THEY HAVE  
TO B/D AGAIN.

KEYS

ROTATION

VARIATIONS/PROGRESSION

 TIME \_\_\_\_\_ DRILL NAME \_\_\_\_\_  
☐ CONTINUOUS ☐ CONTROLLED


OBJECTIVE(S)

START WHEN THEY GET CONTROL

F1 - WIDE - HARD RIM

F2 - DOWN WALL - THEN KICKS BACK  
TO F1, F1 OUT TO F3.

③ SPOTS P THEY ATTACK SAME  
END 5 ON 0.

- AFTER 5-0 ON (C) WHISTLE  
THEY B/C TO D-ZONE  
AND GO HARD TO A

(C) FOR D-ZONE POSITIONS.

KEYS GAME INTENSITY ON  
EVERY SITUATION.

ROTATION

VARIATIONS/PROGRESSION