

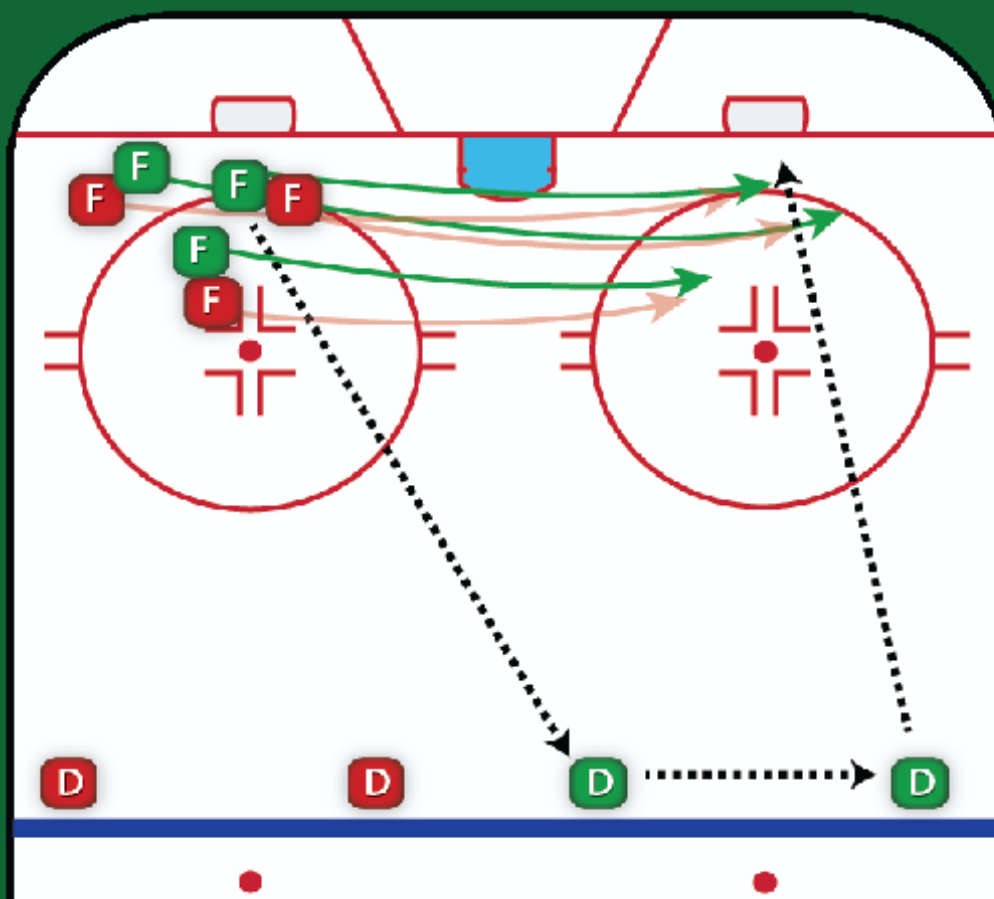


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“The vision of a Champion is someone who is bent over, drenched in sweat, at the point of exhaustion When No One Else Is Watching.”

Book: Legacy by James Kerr

SHOT/TIP/REBOUND GAME



OFFENSIVE OBJECTIVE:

- Score by getting to the hard area.
- Create layers at the net.
- Take the goalie's eyes away.

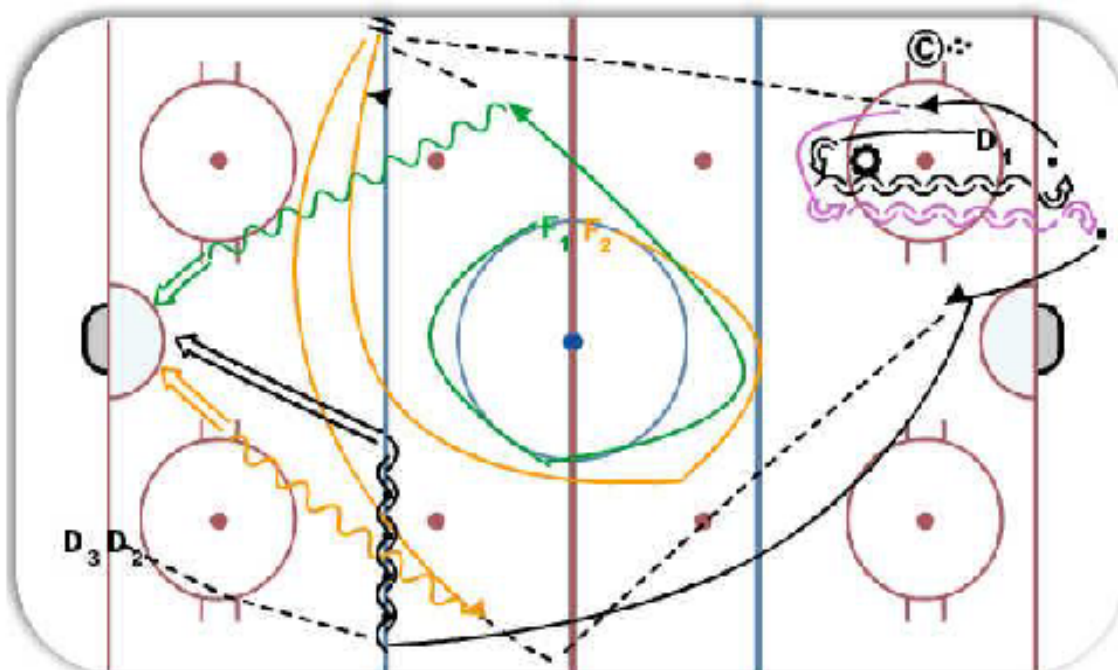
DEFENSIVE OBJECTIVE:

- Own the net front.
- Get your check on your hip.
- Take sticks away.

- Goals can only be scored off of tips/re-directs, rebounds, or if the goalie is screened. Clean shots do not count!
- Drill starts with a 3v3 on either net.
- When the defensive team (green in this diagram) gets possession, they attack the opposite net and sprint for net front position.



Center Dot Swing



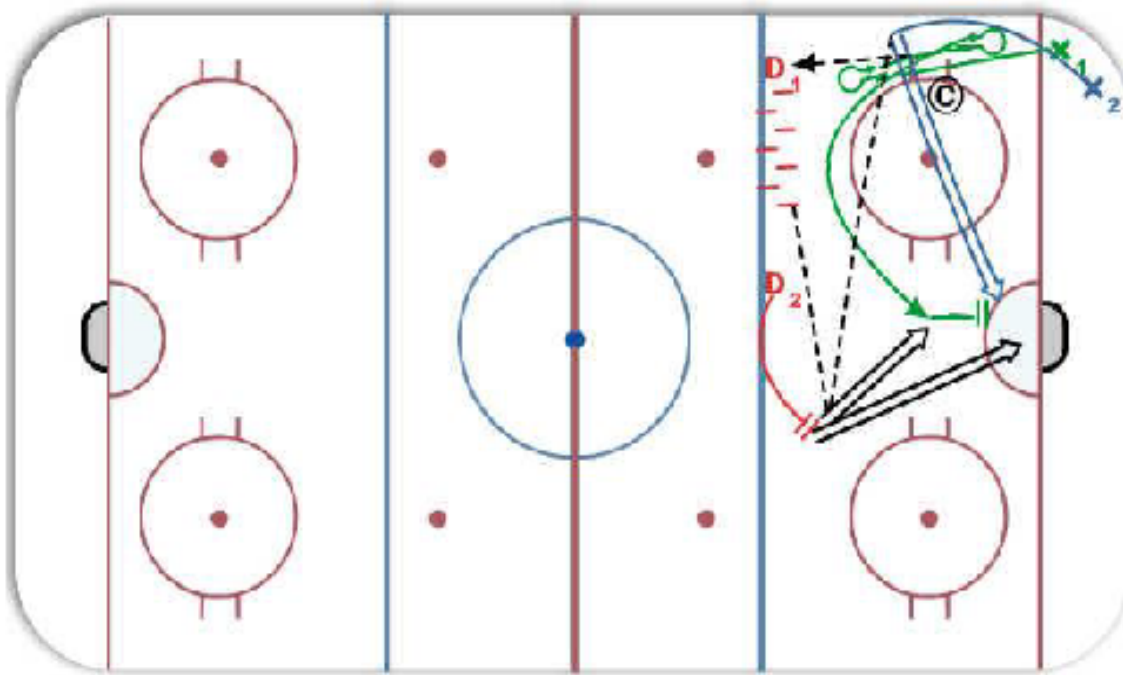
Description

Key Points: QUICK TRANSITION

F1 and F2 skate in opposite directions around the center ice circle. At the same time D1 who starts at the bottom of the circle skates around the cone/tire pivots backwards and picks up a puck thrown out by the coach for a quick transition. D1 must shoulder check to see where F1 and F2 are located. After D1 shoulder checks they should fire a stretch pass to the far blue line where F2 will be posted up (simulating a quick transition or bad line change). F1 will receive a one touch pass from F2 and go in and shoot at the opposite end of the ice. F2 then takes ice and times it so they receive the second pass from D1 (who has gone back around the tire/cone again, shoulder checked and surrounded the puck) which is an indirect pass off-the-wall. They skate in and shoot at the opposite end of the ice. After D1 makes the second pass they get up ice and receive a pass from the D in the opposite end of the ice. D1 receives pass, uses blue-line movement and takes a shot from the middle of the blue line with F1 and F2 staying net front for screens/rebounds.

* This drill can be done from both ends at the same time. There will be congestion in the neutral zone so communication is critical.

Cully Cutbacks



Description

X1 skates up the wall with the puck cuts-back to protect the puck (Coach applying a bit of pressure), X1 now cuts back again (towards the boards to protect the puck). X1 passes to Strong side D. SSD walks the line and passes to the weak side D. Weak side D has options:

- 1) Look for the seam pass to X2 who timed it and got to the half-wall
- 2) Hard pass to X1 going to the net for a deflection
- 3) Shoot for a rebound

If X2 gets the seam pass from waekside D they are coming off the wall and shooting from an off angle. X1 should already be net-front and taking the goaltenders eyes away and putting home any rebounds. X2 continues to drive the net after the shot for a rebound.

Key Points: Puck Protection, Blue line movement for D, Support, Timing, Screens/Rebounds, Shotpass

Euro 2on1



Description

All 3 players leave at the same time on the whistle. F1(w/a puck) skates over the top of the circle and takes shot on net. F1 continues skating into the far corner, picks up a puck and heads up the wall exiting the zone. D1(w/o a puck)skates to the near neutral zone dot, cuts back towards the wall and enters back in the zone for a takeover pass from F2. F2(w/puck)skates around the circle and leaves an exchange in a safe area with D1 and then continues to exit the zone. D1 now with possession of the puck takes two strides and funnels an off angle shot to the net stopping in front. D1 now gaps up on F1 and F2 who have criss-crossed outside the blue line and are now on the attack against D1. Play the 2 on 1 out to the whistle.

*Drill will be going at both ends of the ice. Also, all player's are interchangeable, meaning it doesn't always have to be a defenseman defending the 2 on 1.

Key Points: