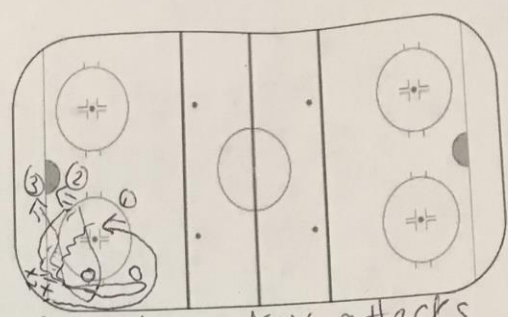


### ① Individual/Group Skill

3 shot drill: X<sub>1</sub> takes 1st puck around top cone w/ feet moving shoots. X<sub>2</sub> passes X<sub>1</sub> puck, X<sub>1</sub> attacks top cone again, escapes towards the boards & passes to X<sub>2</sub> for a give & go, shot. X<sub>2</sub> spots X<sub>1</sub>, a 3rd puck X<sub>1</sub> attacks low cone escapes towards the board & attacks the net low.

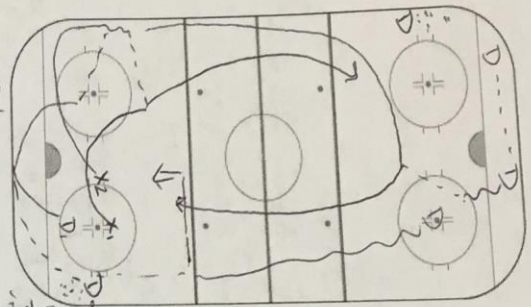
Key Points:



### ② Team Skill Warm up

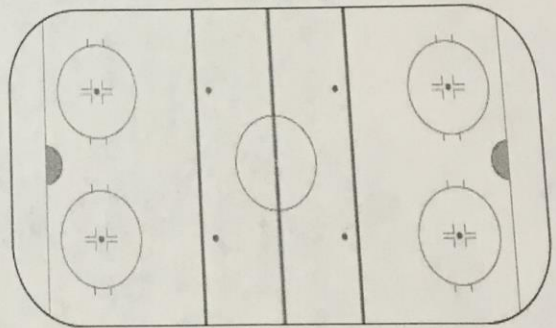
Scrambled Eggs: on D<sub>2</sub> chips to D<sub>1</sub>, X<sub>2</sub> plays role of the wing, X<sub>1</sub> plays center. D<sub>1</sub> breaks out to X<sub>2</sub>, X<sub>2</sub> direct pass to X<sub>1</sub>, X<sub>1</sub> goes down & shoots. X<sub>2</sub> continues & swings low to get pass from D<sub>1</sub> on opposite side. X<sub>2</sub> goes to original end shot w/ X<sub>1</sub> in front. D follows up & after second shot, forwards pass to D for walk & shoot.

Key Points:



duration \_\_\_\_\_  
time \_\_\_\_\_

Key Points:



### ③ Complete Drill/Game

3v3 Bermuda Triangle:  
duration 3v3 in zone. Goalies have no friends. ~~no friends~~  
time ~~possession~~  
On change of possession must regroup w/ coach & get open. If goalie gets scored on all 3 rotate clockwise. Make the puck, find space, regroup & attack quick. Goal = Another puck

Key Points:

