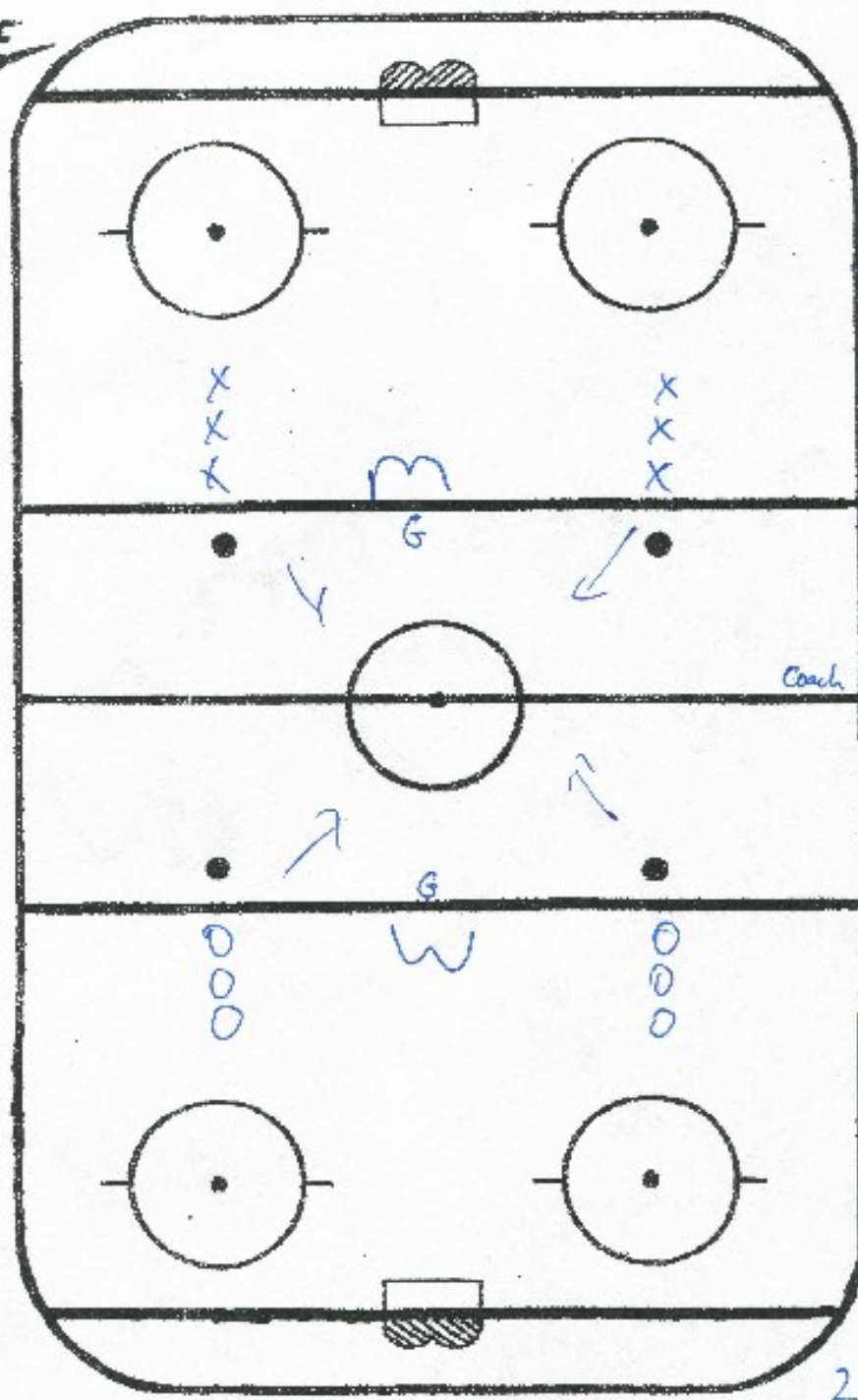


# Small Group Skill Drill



2 on 2

in middle - they

Can use

First Player

IN Each line

As a passer

They Can not

Move -

If puck goes

OUT OF Zone

Coach Puts

New Puck in

Play -

CAN ONLY

Handle Puck

For max

2 seconds

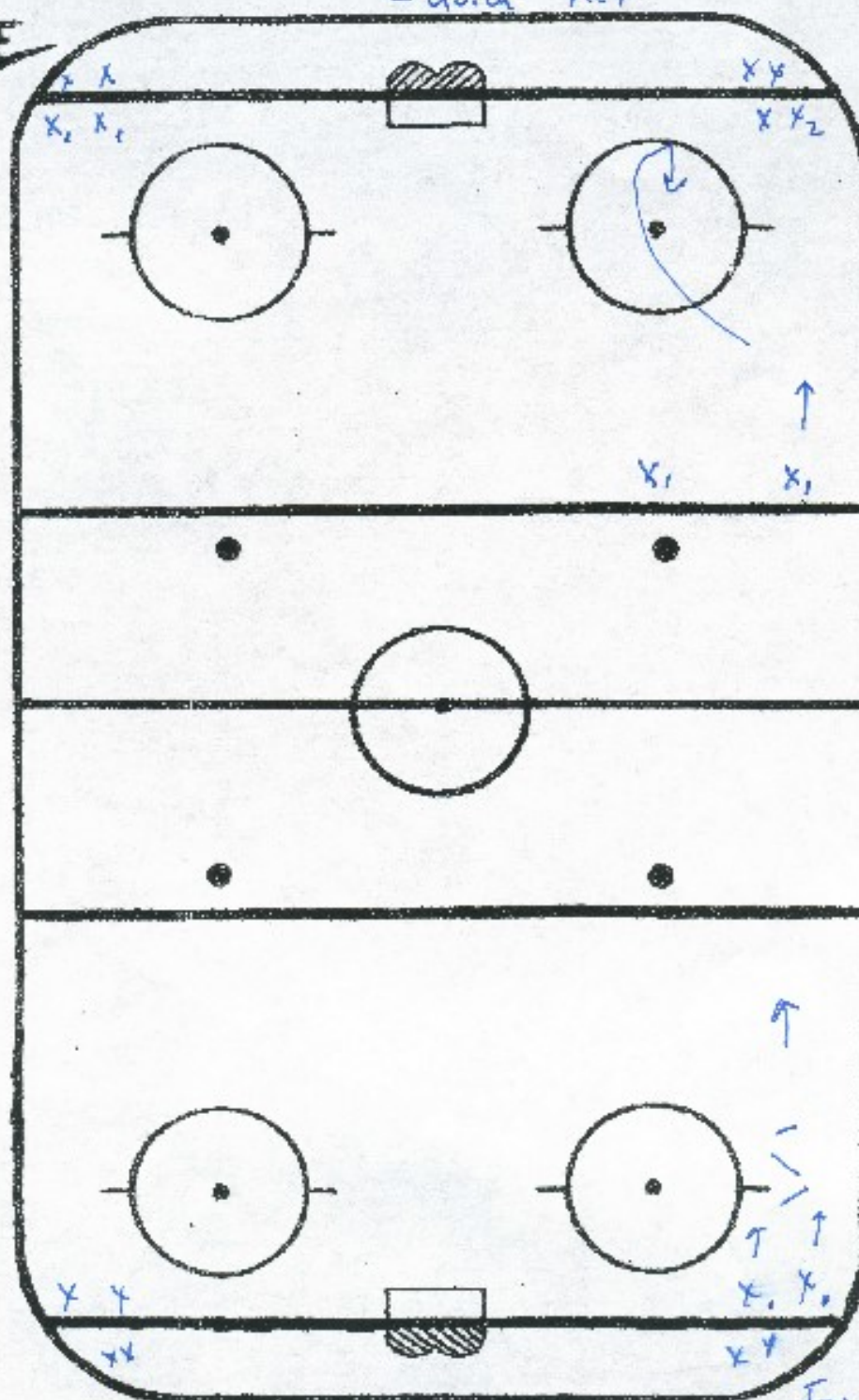
If more then 2 seconds - whistle + Puck

Possession Change - Change on Goal OR whistle

\* Goalie Warm up - one Touch Pass

- Quick Hands

- Quick Feet



Opposite Corners  
Go - on whistle

$X_1 + X_2$

one touch Pass  
to Far Blue line

Inside Guy Keeps  
Puck Wrist

SHOT - Touch  
Cross BAR

$X_1$  on Wall

Skates Towards

$X_2$  - one  
touch's Pass

with him  
Skates to  
Bottom of  
Circle -

Then him +  
 $X_2$  - Go Back

Far end one touch

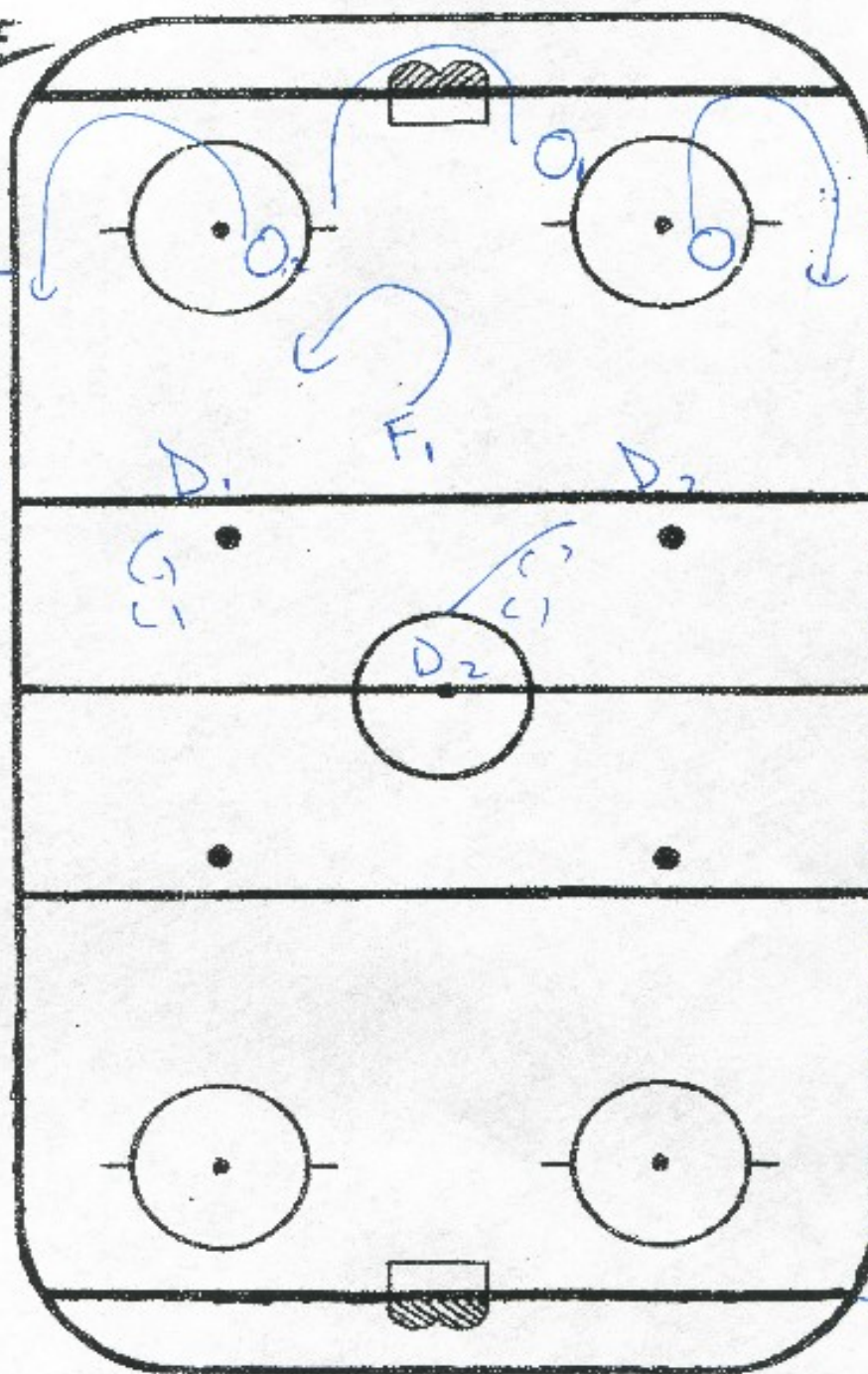
Pass - Repeat



# Defensive Drill



MAKE  
D-stand up  
IN N-Zone  
Knowing they  
Have Backside  
Pressure

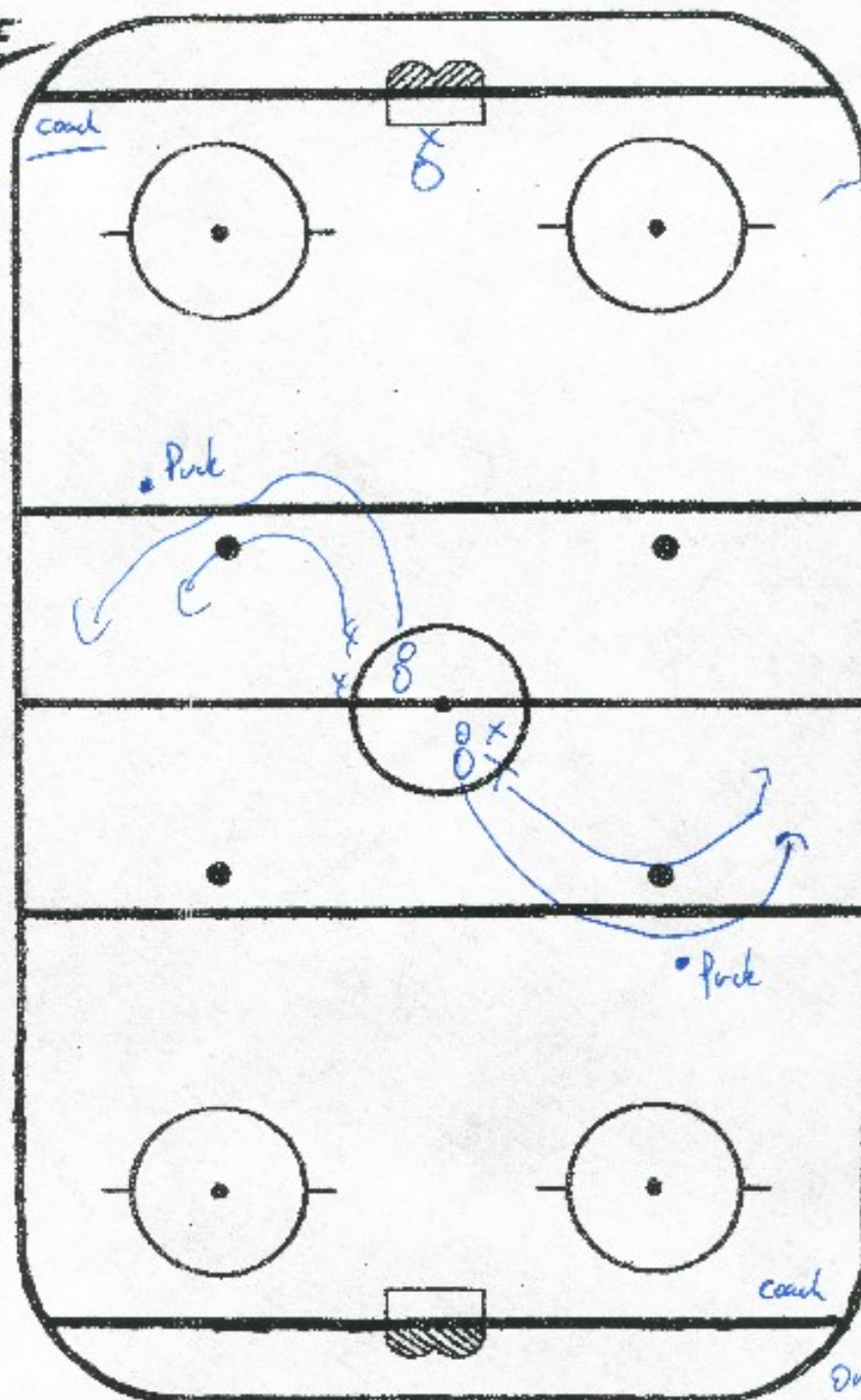


D<sub>1</sub> picks up  
Puck Behind Net  
F<sub>1</sub> mirrors D<sub>1</sub>  
Force Pass to  
D<sub>2</sub>  
F<sub>1</sub> Angles D<sub>2</sub>  
Back side Pressure  
allowing D<sub>1</sub>  
to stand up  
with confidence  
D<sub>2</sub> Fall  
Back to  
middle of ICE  
It is a  
3 on 3

Eventually Play it Out - MAN UP once in D-Zone  
\* IF d-team Turns Puck over Drill is Dead



# Competitive Drill -



Both players Touch Cross Bar and now Race to opposite End - Either Player Can Be Offence - Puck is waiting at close Blue line For the Race