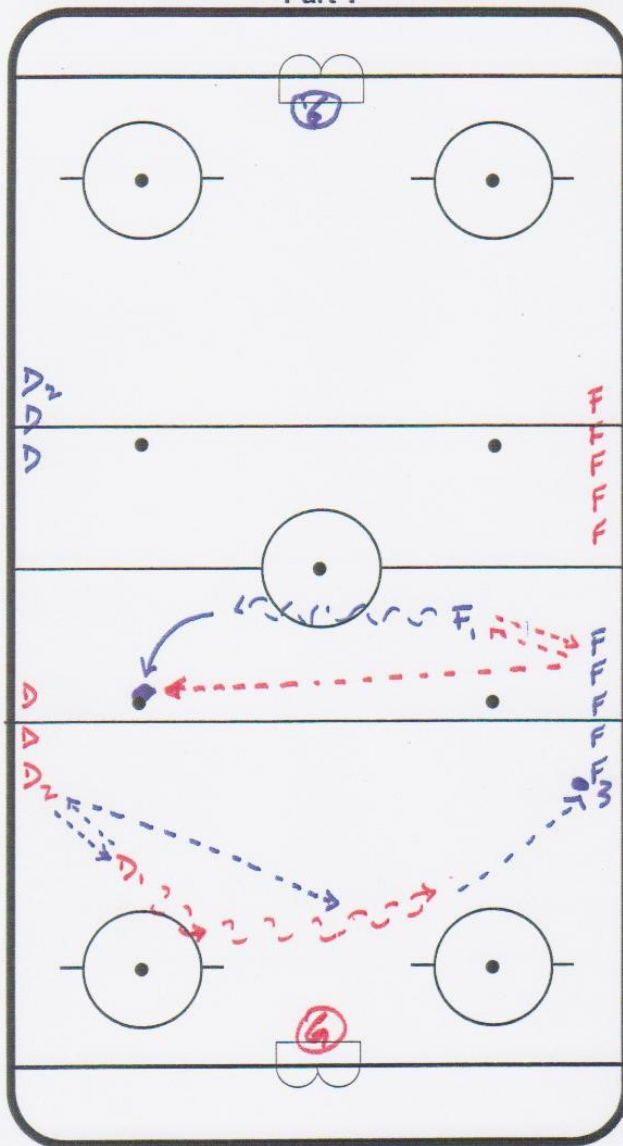


Category : FOOTWORK  
 Drill Name \_\_\_\_\_

Part 1



Action:

D1 AND D2 PASS, F AND F2 PASS

Set up:

START: D1 AND D2 BUMP PASSING

D1 TURN AND PASS TO F3.

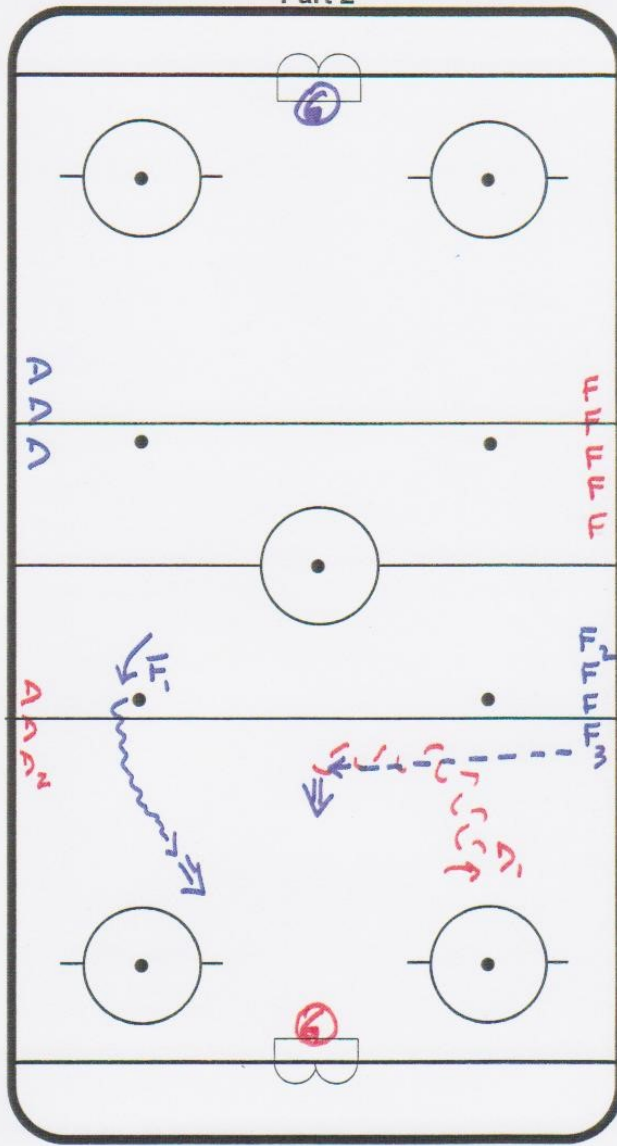
F1 AND F2 BUMP PASSING F1 TURN

AND OPTIONAL PASS TO D3.

Teaching Points:

AGILITY AND SHOOTING

Part 2



Action:

F1 RECEIVE PASS. D1 RECEIVE PASS.

Set up:

F1 RECEIVE PUCK FROM F2, BREAK AND SHOOT.

D1 RECEIVE PUCK FROM F3, OPEN

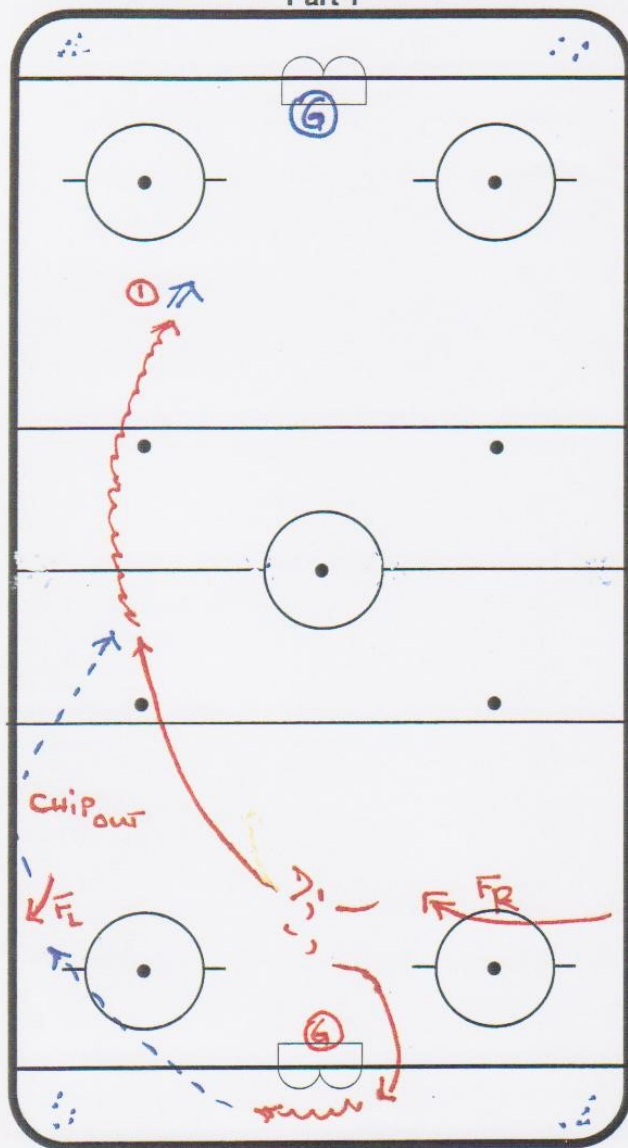
UP FOR 1X SHOT IF POSSIBLE

Teaching Points:

1X SHOOTING, SKATING

Category : WARMUP / ATTACK  
 Drill Name : 3 PLUS 1 "WALLIES"

Part 1



Action:

DEFENSEMAN BREAKS OUT 3 FORWARDS

Set up:

START: DEFENSEMAN BREAKOUTS

EITHER SIDE. BOARDWINGER

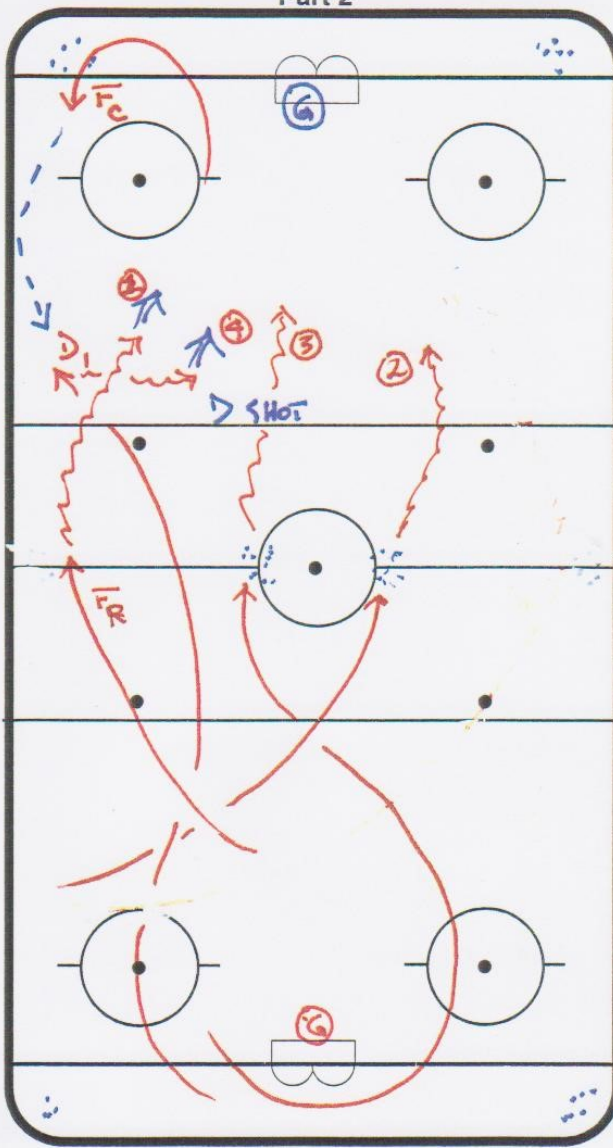
"CHIPS" PUCK OUT OF ZONE

FOR CENTER. CENTER BREAKS

Teaching Points:

SLOT SUPPORT BREAKOUTS, "CHIPOUT'S"

Part 2



Action:

BOARD "CHIPOUT" AND SHOOTING.

Set up:

AND SHOOT. WEAKSIDE WINGER (FL)

SUPPORT SLOT THEN OBTAIN PUCK FROM

SIDEBOARDS AND SHOOT. (FR) OPPOSITE

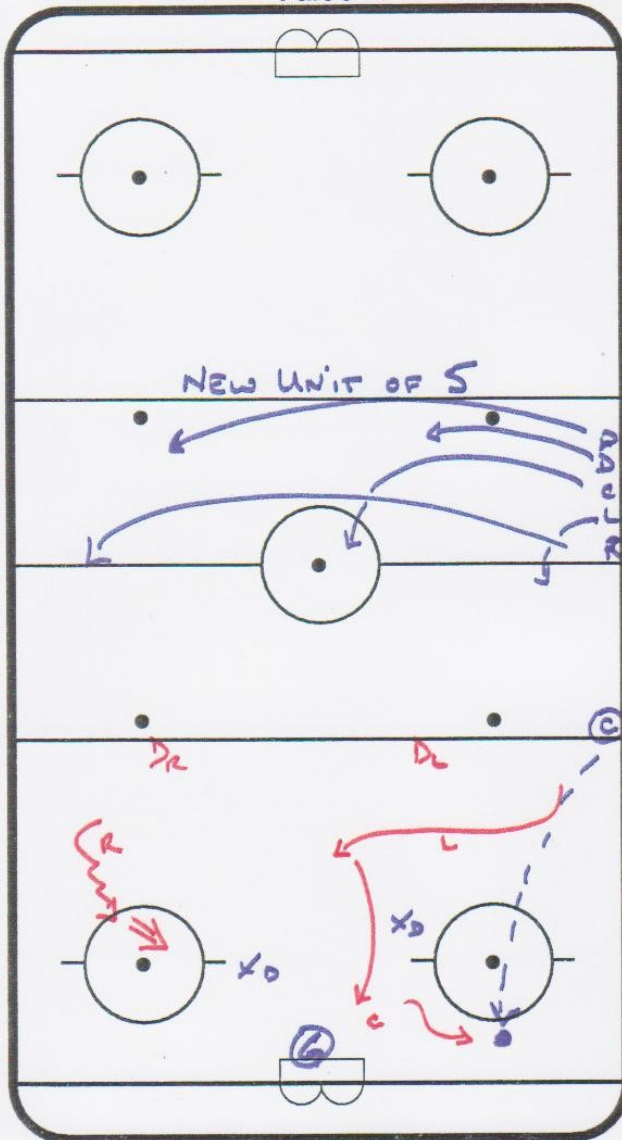
SIDE PUCK-SHOOT. (FC) PUCK TO (DI).

Teaching Points:

ANGLE SHOTS, NET CRASHING AND SCREEN



Part 3



Action:

COMPLETE SON 2 RUSH

Set up:

AFTER 3 ON 2 (PLUS 2D) RUSH

COACH GIVES A NEW PUCK TO

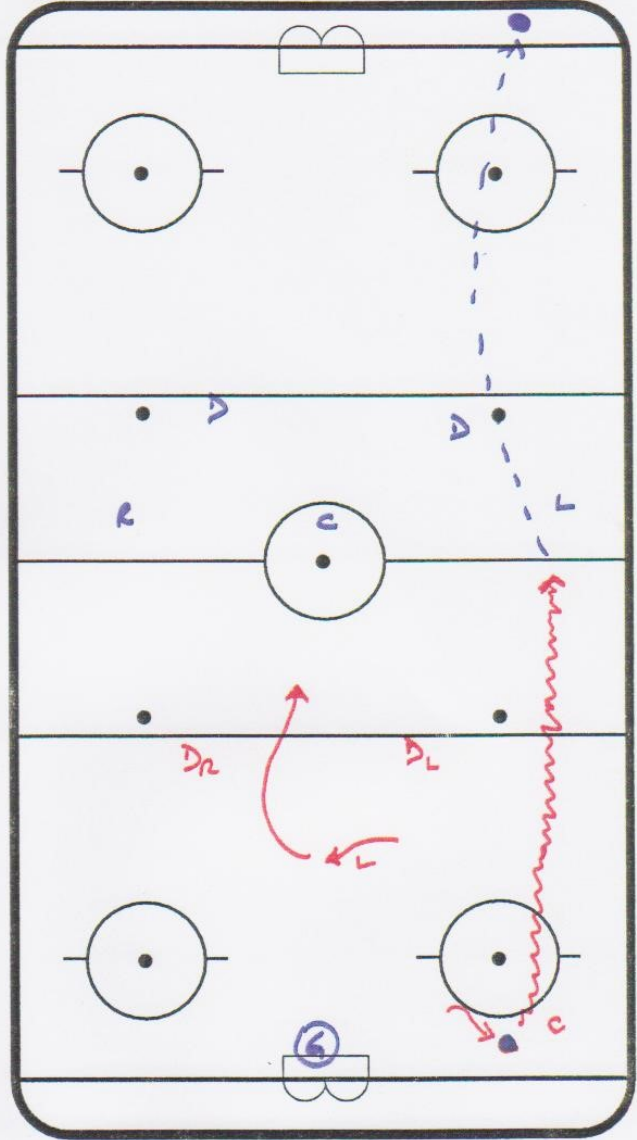
ANY FORWARD. THIS FORWARD

TAKES ONE LINEMATE WITH HIM

Teaching Points:

O-ZONE RUSH, PENETRATION

Part 4



Action:

COACH GIVE PUCK TO "NEW" FORECHECKER

Set up:

AND BECOMES THE "NEW" FORECHECK.

NEW UNIT OF 5 BREAKS OUT.

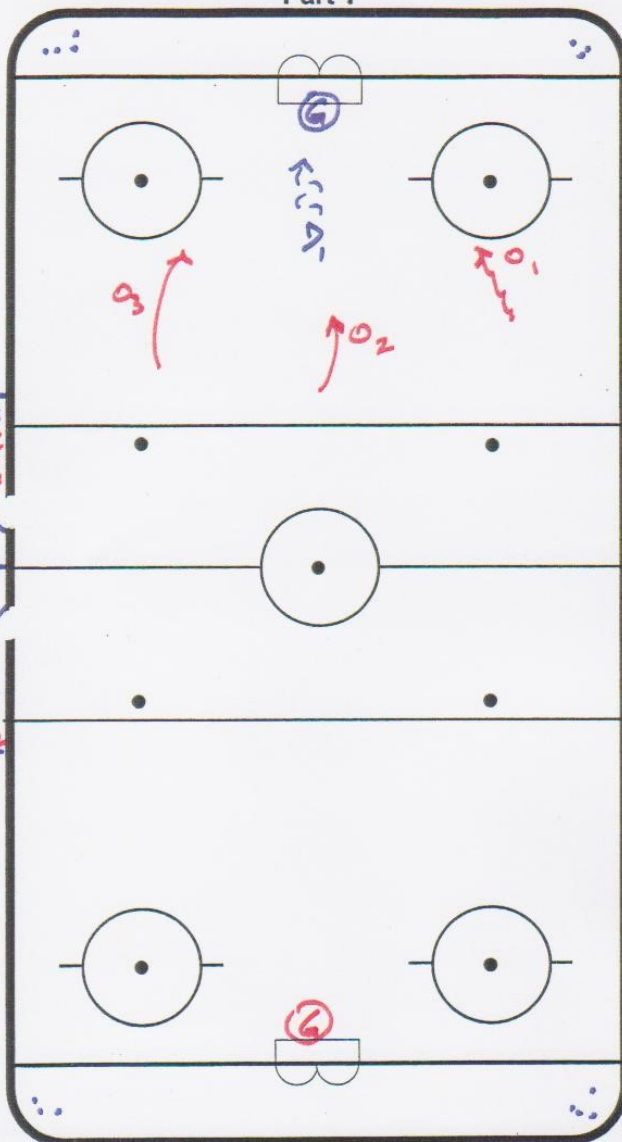
OPTION: ADD COUNTER AFTER RUSH

WITH 3RD FORWARD BEING N-ZONE P.

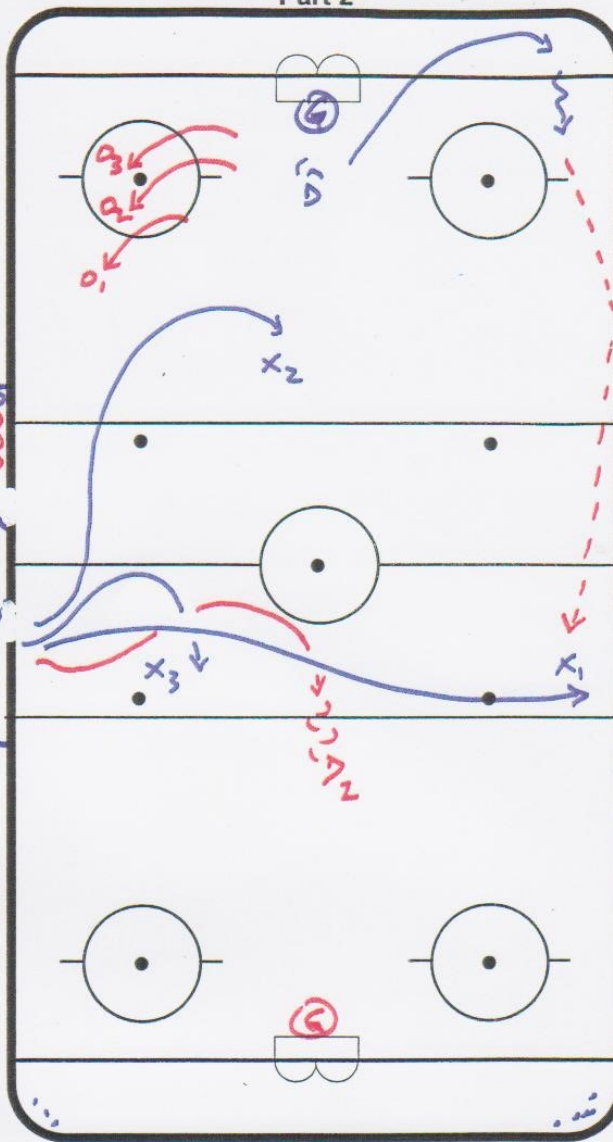
Teaching Points:

Category : ATTACK / TEAM TACTICAL  
 Drill Name LINECHANGE 3 ON 1's

Part 1



Part 2



Action:

PLAYERS ON BENCHES 3 ON 1 ATTACK

Set up:

START: 3 PLAYERS BREAK 3 ON 1

ON D. WHEN RUSH GETS INSIDE

DEFENSIVE ZONE CIRCLES 3 NEW

PLAYERS PLUS 1 DEFENSEMAN

Teaching Points:

OFFENSE FROM LINECHANGES.

Action:

PLAYERS BREAK FROM BENCH

Set up:

JUMP ONTO ICE FOR NEW 3 ON 1

AFTER 3 ON 1 CONTINUE AT

EACH END. OPTIONS: 3 ON 2

DEFENSEMEN.

Teaching Points:

3 ON 1 ATTACK SKILLS