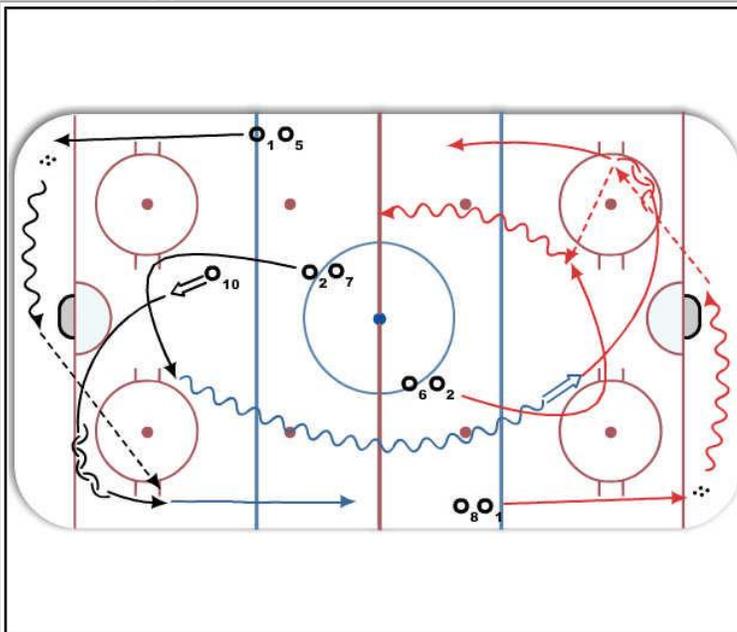


### Malmo Support Drill - 10 mins



Both sides at the same time. O10 begins with shot on net. While he is shooting, O1 is getting puck in corner and heading behind net.

After shot, O10 curls to corner below circles to receive pass from O1. (face passer, eye)

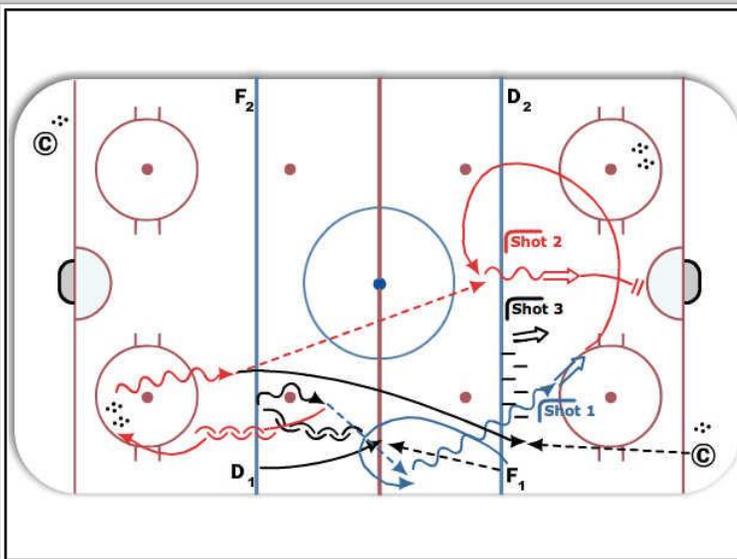
O10 heads up ice and passes to O2 skating in supporting middle with timing. O2 goes down and shoots on net.

While he crosses BL, O1 leaves to pick up puck in corner. – Continuous - Call for Passes !!

O10 to O1, O1 to O2, O2 to O1.

Key Points: Quality Passing, Proper Timing, Communication, Acceleration, Shoot in motion

### Zürich 3 – Shot - 10 mins

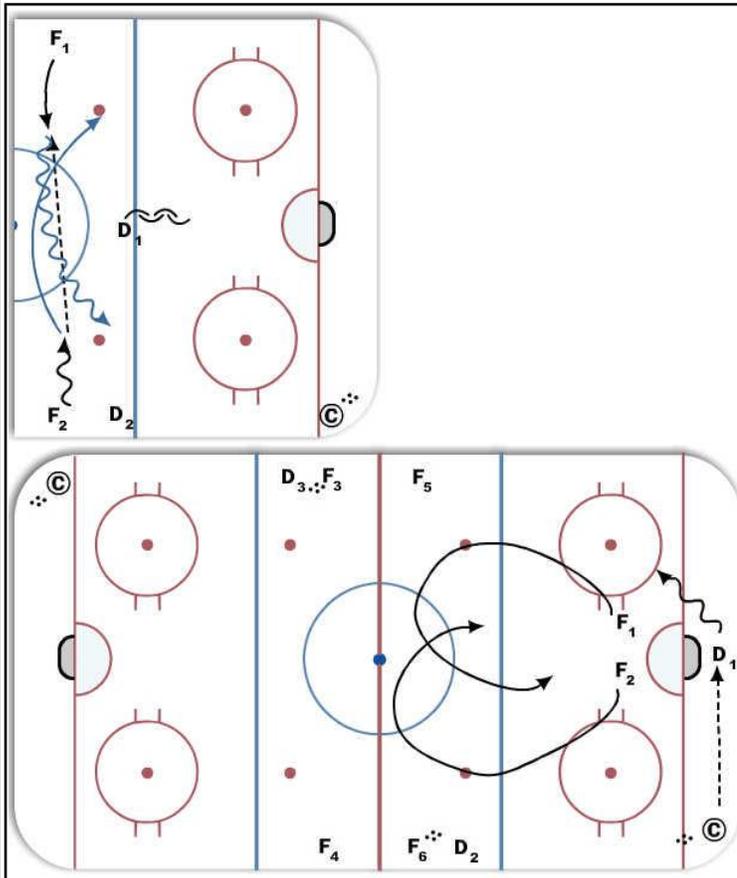


Both sides at the same time independently D1 skates Fwd to RL and pivots backwards. F1 leaves with puck and passes to D1 who skates backwards to at least BL and then pivots Fwd. to pass to F1 who curls/pivots to wall always facing puck and goes in and shoots.

D1 then gets puck in his corner and passes again to F1, who after 1st shot skates in NZ with timing to receive pass from D1 for a 2nd shot. D1 skates to BL for pass from coach and shoots long shot. F1 stays in front for screen & tip.

Key Points: Passing skills, Timing, Hit target, Screen/Flash, Play rebounds

## Erka 2 v 1 Angling - 10 mins



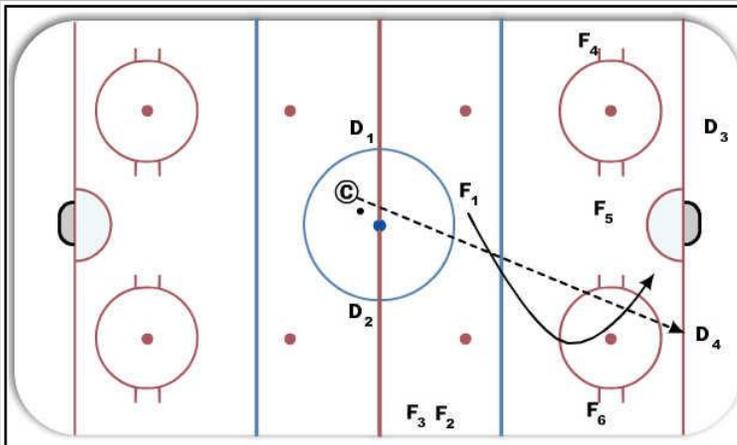
F's cross and attack 2 v 1 at speed to net.

After goal, stop in play or whistle - F's must come back out then come back into zone to angle D1 to steal puck then attack quickly to net again. Play it out...

D's can't exit till coach passes puck...

Key Points: 2 v 1 attacks Angling Compete Fast plays to net

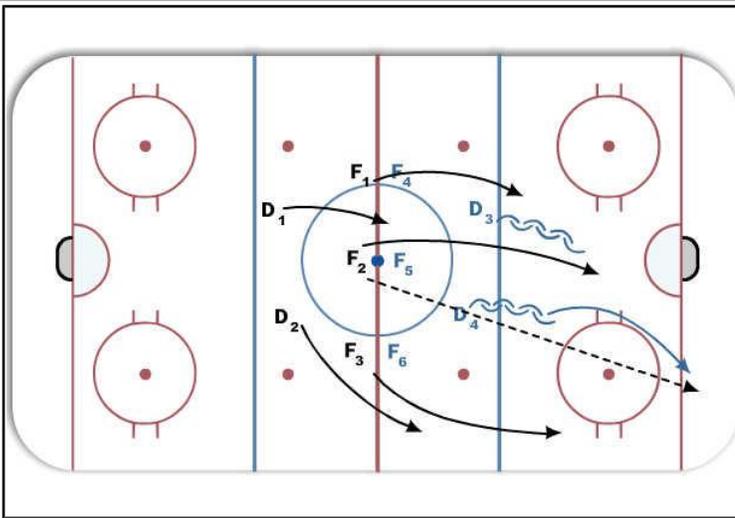
## Chicago 1-2-3 Fore-check - 10 mins



Coach dumps the puck in. Players breakout while coach sends in F1 to fore-check doing F1's role. Player's breakout the puck and pass to D3 and D4, who hinge D to D and dump the puck back in. Coach now sends F2 while player's breakout again. The 3rd time, coach sends in F3 on the fore-check while players play 5 on 5.

Key Points: Proper Angles Keep Feet Moving Good Stick

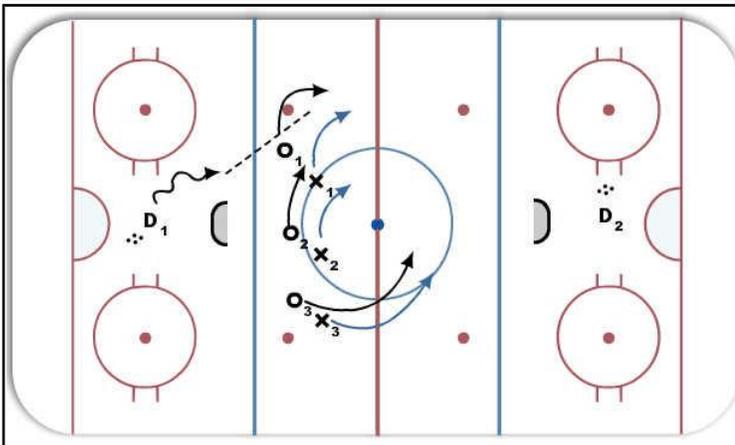
### 5 v 5 Agg. Fore-check - 10 mins



F2 dumps the puck in with a purpose away from the G. Defenders F4, F5 & F6 must be touching BL  
F4, F5 & F6 try to breakout (no dump-outs) or defend in Def. Zone  
D1 – F3 execute designated fore-check aggressively and try to win the puck back in order to score.  
D1 – F3 cooperate and counter attack quickly to the goal when they win the puck.  
3rd man high recognition and good angles  
Play 5 on 3 full ice if need for 30/40 seconds

Key Points: Outside Pressure Aggressive Speed Turnover Areas

### D Activate 4-3 - 10 mins



4-3 D activate beginning with a BO before the red line. Starts the other way when puck is turned over, play is stopped and misses net.

We need quick movement and support - also gain defensive position.