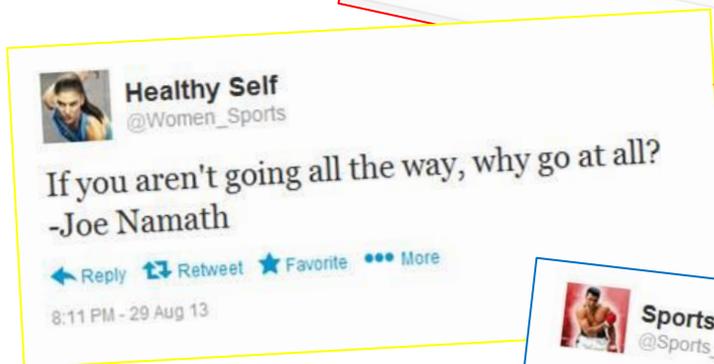
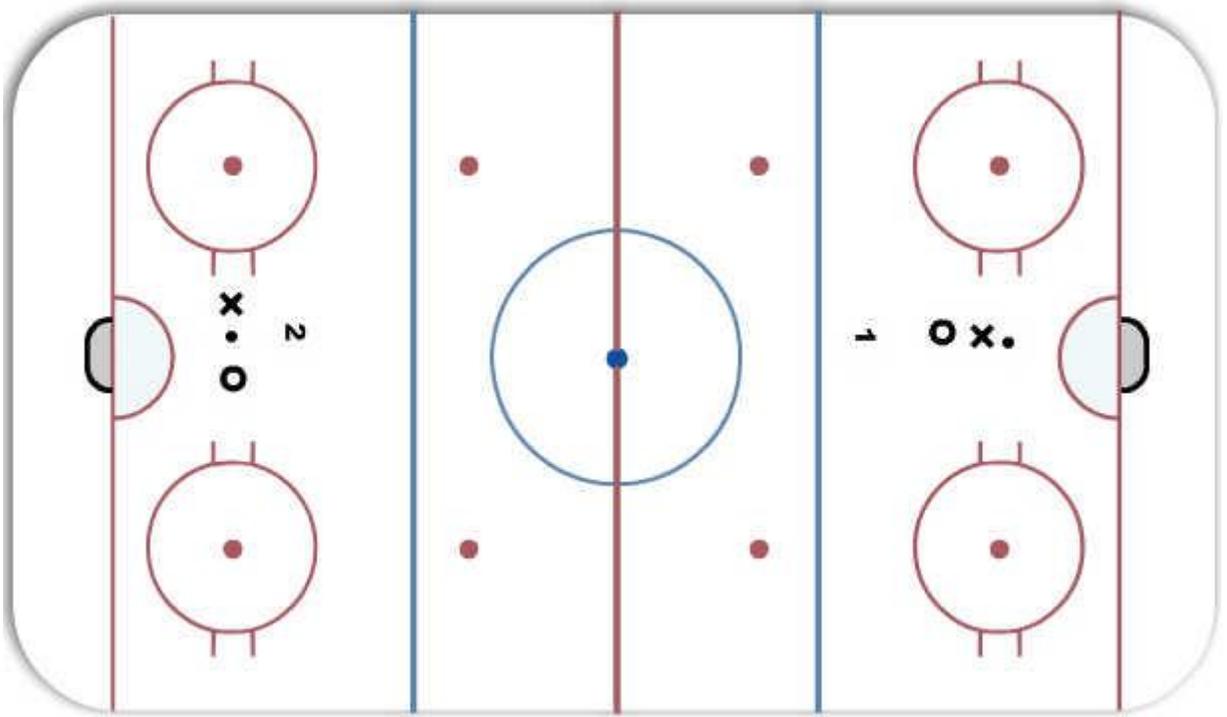




Enio,

My four drills for this year. Thanks for keeping this going.

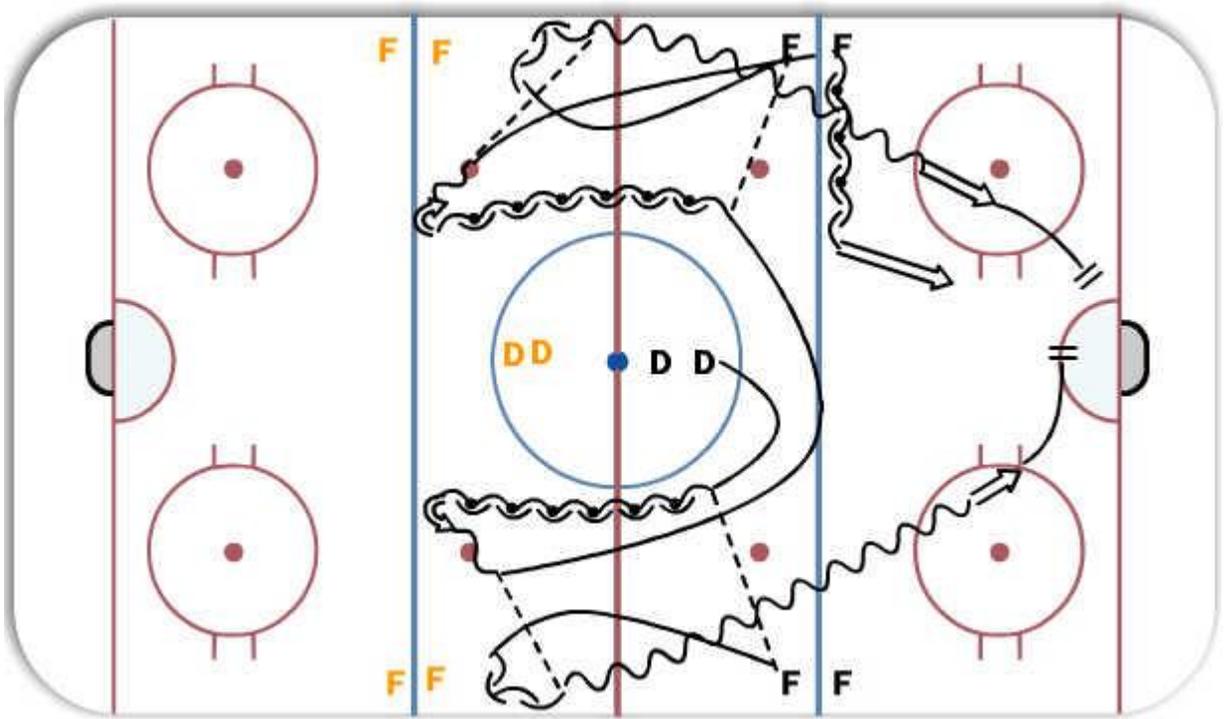




## **BEARS BLOCK OUT 1-ON-1**

1. XvO. O IS OFFENCE X IS DEFENCE. THE PUCK IS POSITIONED BEHIND X. O MUST BATTLE TO GET POSSESSION WHILE X BLOCKS OUT.
2. XvO. PLAYERS LINE UP BACK TO BACK, O IS OFFENCE, X IS DEFENCE. A PUCK IS DROPPED BETWEEN THE TWO PLAYERS AND THE BOTH MUST TURN QUICKLY AND PLAY OUT A 1-ON-1.

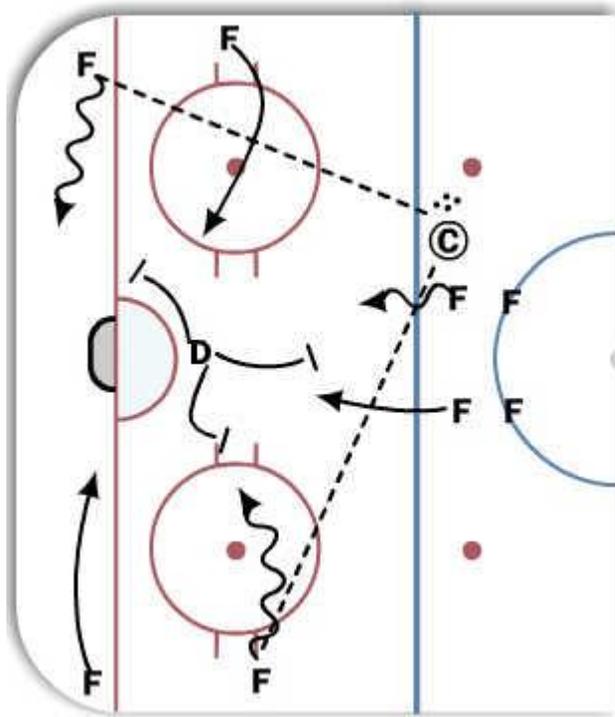
**KEY POINTS:** QUICK REACTIONS, HANDS AND FEET, STICK DOWN, NO GRABBING, STRONG DEFENCE.



## **LANCERS TRANSITION**

FORWARDS SPLIT INTO FOUR BLUE-LINE CORNERS, DEFENCE AT CENTRE. D1 SKATES UP ICE, PIVOTS AND SKATES BACK INTO OWN ZONE. F1 PASSES TO D1 AND REGROUPS, OPENING TO THE BOARDS FOR A RETURN PASS. F1 GOES ON TO SHOOT AND STAYS IN FRONT OF GOAL FOR ANY REBOUNDS. D1 FOLLOWS UP THEN TRANSITIONS BACK FOR A PASS FROM F2 ON THE OTHER SIDE. F2 TRANSITIONS TO BOARDS FOR A RETURN PASS AND GOES ON TO SHOOT. F2 ALSO STAYS IN FRONT OF GOAL. D1 SKATE TO THE BLUE-LINE BOARDS AND DRAGS A PUCK TO THE MIDDLE FOR A SHOT. F1 & F2 PLAY ANY TIPS OR REBOUNDS.

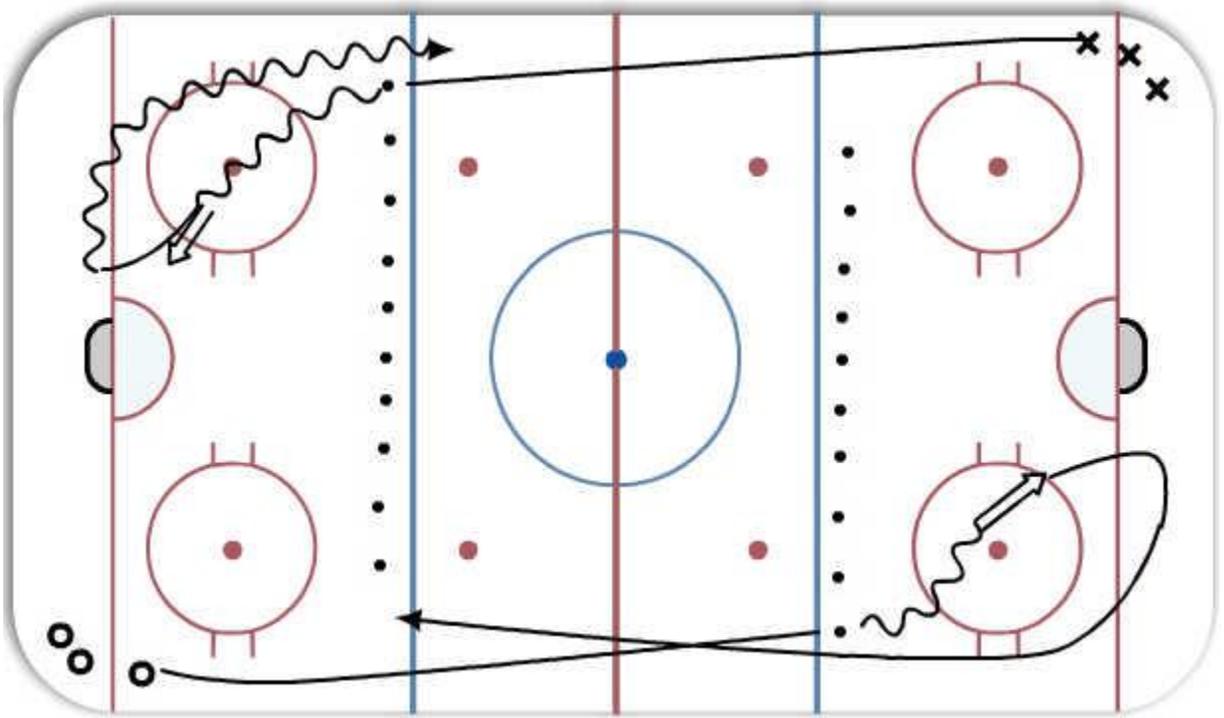
**KEY POINTS:** TIMING, COMMUNICATION, QUICK FEET, GOOD PASSING



## **KINGS 2-ON-1**

FORWARDS IN PAIRS, ONE ON EACH SIDE AND ONE UP TOP. ONE DEFENCEMAN IN FRONT OF GOAL. © PASSES TO THE 1<sup>ST</sup> PAIR, EITHER TO THE F IN THE CORNER OR THE F ON THE HASH MARKS, THEY THEN PLAY A 2-ON-1. PLAY ONE SHOT, ONE REBOUND, THEN CLEAR. © PASSES TO THE OTHER SIDE FOR THE SAME THEN THE 2 F AT THE TOP GO ON A 3<sup>RD</sup> 2-ON-1.

KEY POINTS: DEFENSIVE POSITIONING, RECOVERY, ACTIVE STICK, QUICK FEET.



## **10 PUCK SHOOT OUT**

PLAYERS SPLIT INTO TWO CORNERS

10 PUCKS ARE PLACED ON EACH BLUE-LINE. ONE PLAYER FROM EACH CORNER SKATES TO THE FAR BLUE-LINE, PICKS UP A PUCK AND TRIES TO SCORE. IF A GOAL IS SCORED, HE RACES BACK TO THE NEAR BLUE-LINE BEFORE THE NEXT PLAYER GOES. IF HE MISSES, HE COLLECTS THE REBOUND AND SKATES IT BACK TO THE NEAR BLUE-LINE AND PASSES TO THE NEXT IN LINE PLAYER.

THE FIRST TEAM TO SCORE WITH ALL TEN PUCKS WINS!