



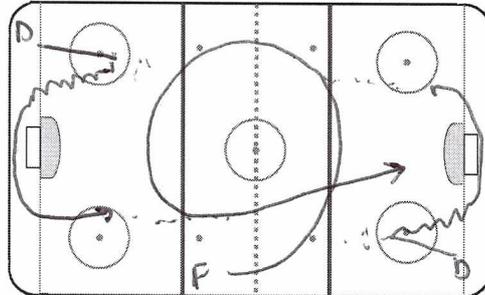
**Drill of the Week**  
**Ron Fogarty - Princeton**



**Def skate – pass warm up**

Pucks on top of circle  
 Defence in corner / forwards at blueline

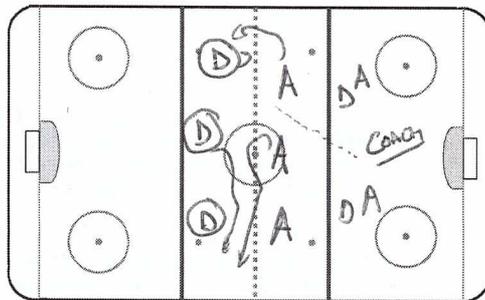
Defence skate to top of circle, pick up puck, skate backwards to the goal line, pivot forwards around the net and pass to the looping forward. Forward goes down for a shot.



**3 on 3 nz into 5 on 5**

3 attacking vs. 3 defending moving in neutral zone – with defending 3 on defensive side  
 Coach passes to an attacking player and group attacks 3 vs. 3

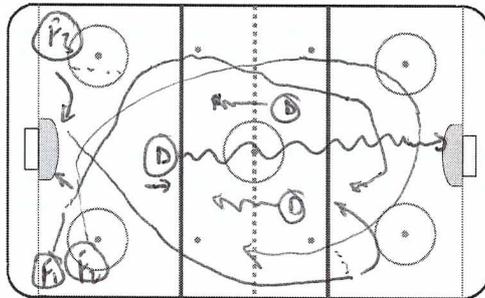
Can add the other 2 defensive forwards and 2 d men late to make it a 5 v 5 in zone



**shooting 2v1 , 3v2**

2 forwards out of the corner, can cycle/bump, attack goalie 2-0.

Line mate passes for a long 2 v 1  
 Passing forward then attacks goalie for a shot  
 Gets pass from other line, skates to far blue line for a regrouping 3 v 2 with his line mates after their 2 v 1 rush.



**Transition 3 v 1**

D1 at blue line, D2 at net, D3 in corner  
 D3 pass to D1 for a screen shot  
 D3 goes around cone, passes to D2  
 D2 to RW RW to D2 D2 to C C to LW  
 Go down the ice for a 3 v 1

*D2 goes to blueline*

