

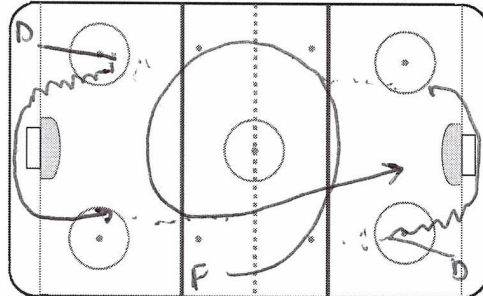
Drill of the Week Ron Fogarty - Princeton



Def skate – pass warm up

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

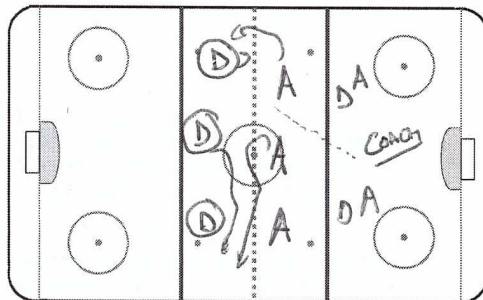
Defence skate to top of circle, pick up puck, skate backwards to the goal line, pivot forwards around the net and pass to the looping forward. Forward goes down for a shot.



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

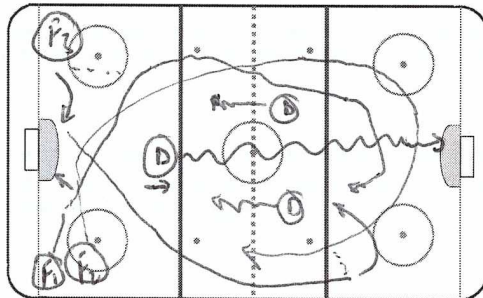


shooting 2v1 , 3v2

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

