

Enio,

I am excited to join the club. Please find my attached 4 drills and my favourite quote is below.

"Greatness is not reserved for the elite."

Thanks,

Trevor Large

Assistant Coach

Canisius College

Sweethands



**\*Select One or More Categories:**

Checking/Angling

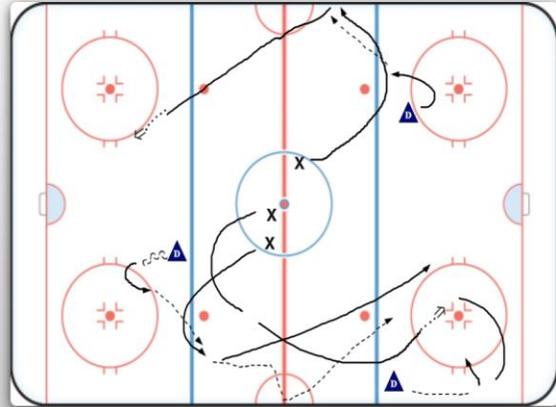
Fun & Games

Passing/Receiving

Puck Control

Shooting/Scoring

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**Description:**

1-0- long shot/point shot  
2-0- chip long shot  
layers

**Notes:**

Blank area for notes.

High Progression 1-4



*\*Select One or More Categories:*

Checking/Angling

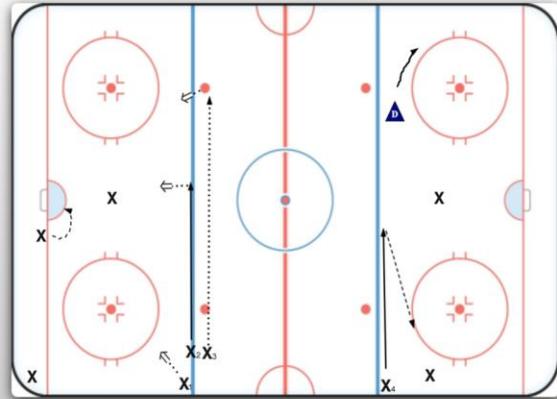
Fun & Games

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**Description:**

1. Catch & shoot
2. Walk & shoot
3. Pass across shot
4. Walk- pass back

**Notes:**

Blank area for notes.

Auto Low Attack Game



*\*Select One or More Categories:*

- Checking/Angling

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- Fun & Games

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- Passing/Receiving

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- Puck Control

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- Shooting/Scoring

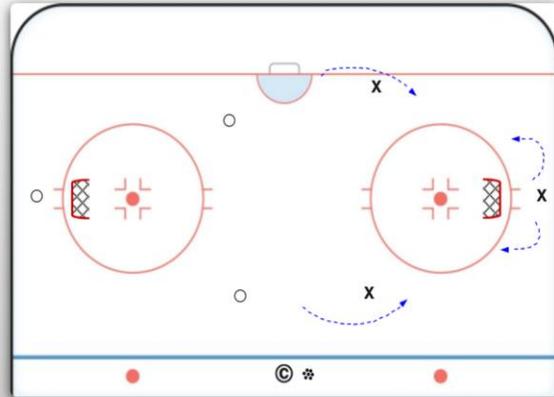
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**Description:**

3 v 3 low attack

One guy all the time offense starts behind net in oz

He can join when puck gets to him. One guy back behind net when team loses puck



**Notes:**

Attack both sides of net. Lanes.

Hard jams and rebounds..

## Detroit Double Breakout



**\*Select One or More Categories:**

Checking/Angling

Fun & Games

Passing/Receiving

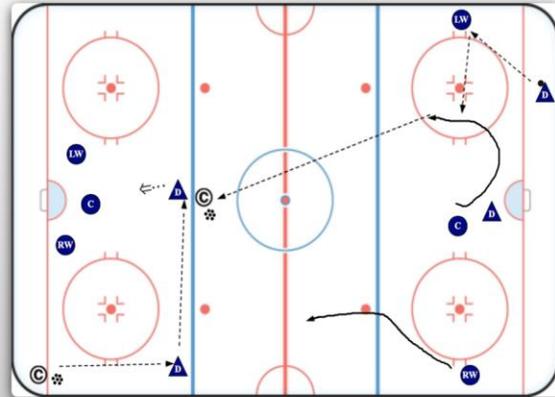
Puck Control

Shooting/Scoring

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**Description:**

- Full line breaks out puck vs. no pressure on C dump in.
- Once the line "captures" the blueline, they pass it back to C
- C dumps puck in a second time
- All players stop on the dump in and track back to DZ "through the dots towards the house first
- Line breaks out a second time.
- Line breaks out a second time.
- Players attack the OZ 5v0 trying to score off the rush
- C2 then gives pass to D1, D1 takes a quick shot towards the net.
- C2 gives a second pass to D1, D to D pass and shot from D2 from the middle of the ice.



**Notes:**

- Run breakout routes Quick 1, 2, 3 Semi 1, 2, 3, 4
- Add forecheck pressure if desired
- Ensure proper OZ entry
- Be sure players stop and backcheck through middle to the "house" first