

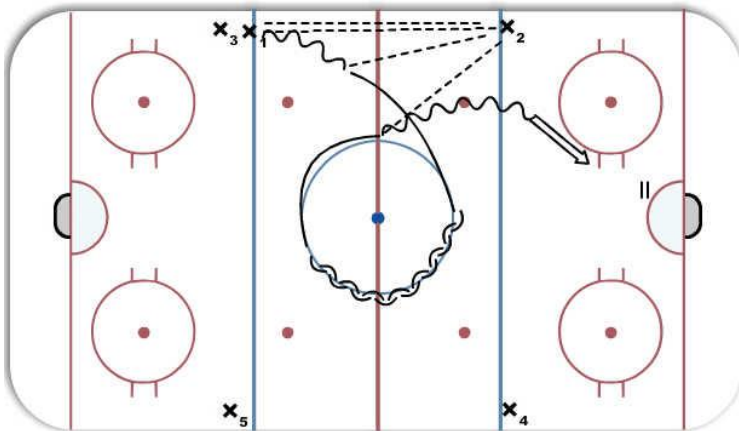


Date:	12/31/69	Group:	Wildcats
Length:	115 mins		
Start Time:	7:00pm	Focus:	
End Time:	8:55pm	Level:	PRO

Length	Start	Drill Name	Category	Notes
10	7:00pm	All Blues agility and passing	Warmup	
10	7:10pm	All Blues Support and stretch	Warmup	
10	7:20pm	All Blues 2 v 0 switch support.	Warmup	

**Notes:**

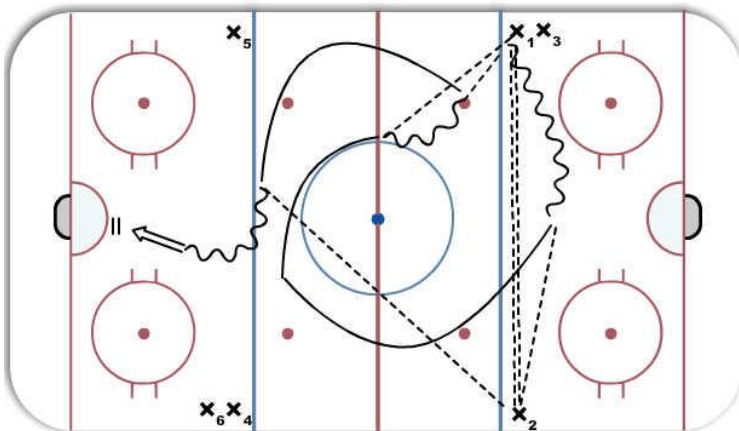
**Drill Title:** All Blues agility and passing (1 Diagram )



X1 leaves and passes to X2, X2 and X3 pass as many times as they can till X1 has agility skated round the sun always facing one end, Either X2 or X3 can pass to X1 who heads in to shoot

Key Points: Passing Skating Timing Shots

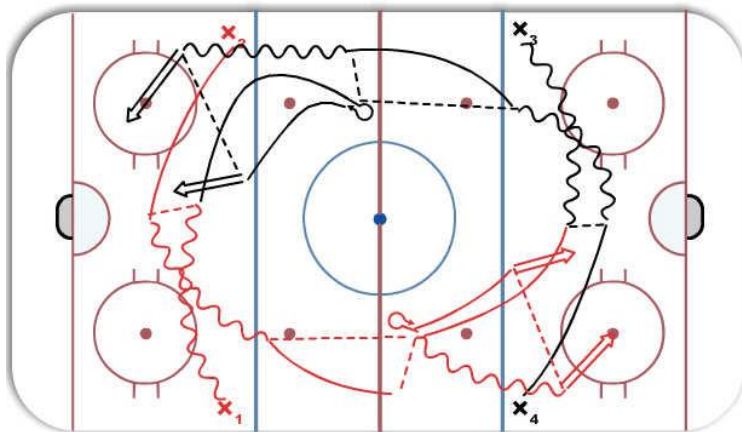
**Drill Title:** All Blues Support and stretch (1 Diagram )



X1 Breaks under the blue and passes to X2. X2 cross ice passes to X3, X2 goes round the sun to support X3 and gets a pass from X3 X1 takes 2 strides and returns puck to X3 for another cross ice pass to X2. X1 Stretches to the far blue and gets a pass for X2 and heads up ice for a shot

Key Points: Timing Passes Talking Head up

**Drill Title:** All Blues 2 v 0 switch support. (1 Diagram )



X1 Skates cross ice and make a drop pass to X2  
 X2 skates up and hits X3 with a up ice pass and drives wide for  
 return pass X3 Turns up the middle to be a middle lane option. X1  
 can shoot or pass to X3 for shot/one timer from middle.  
 Same at both ends  
 Timing is Key.  
 Always drop underneath

Key Points: Timing Talk Skating Passes Drop passes