

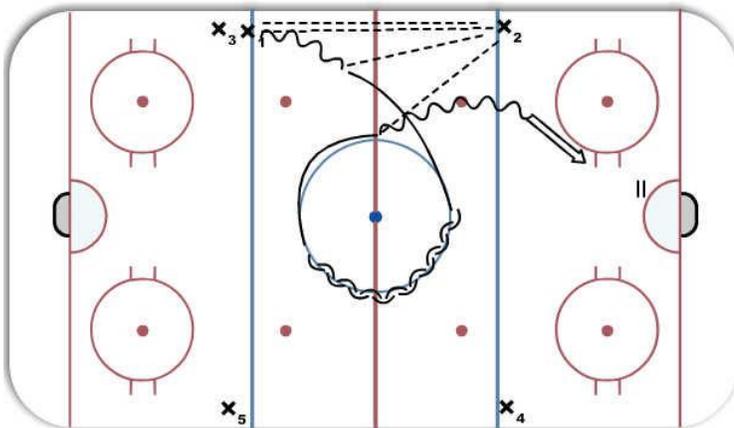


Date: 12/31/69 **Group:** Wildcats
Length: 115 mins
Start Time: 7:00pm **Focus:**
End Time: 8:55pm **Level:** PRO

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:

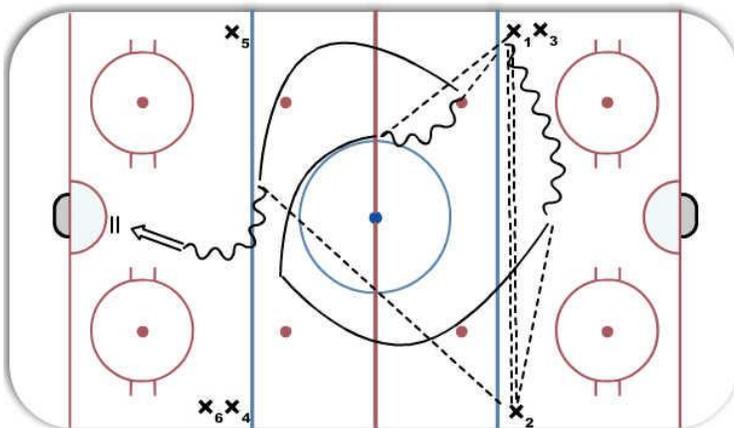
Drill Title: All Blues agility and passing (1 Diagram)



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 form 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)

