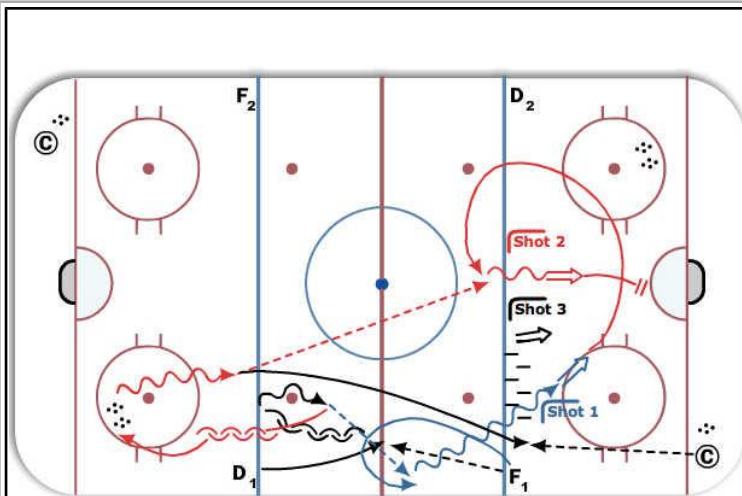


### Zürich 3 – Shot - 0 mins

4:28am



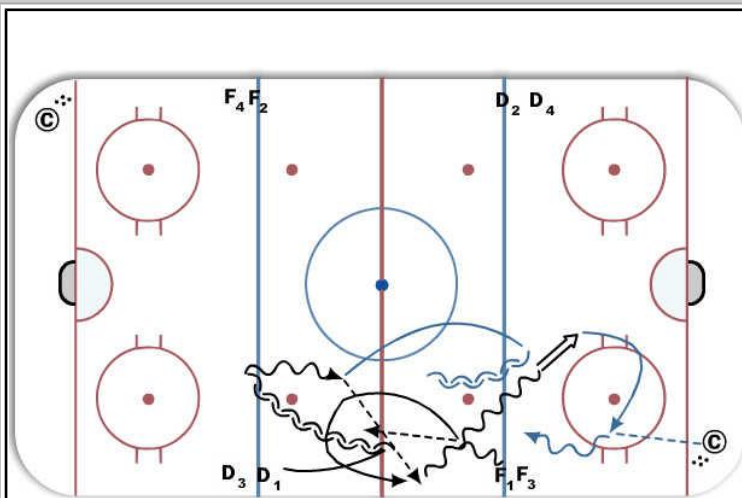
Both sides at the same time independently D1 skates Fwd to RL and pivots backwards. F1 leaves with puck and passes to D1 who skates backwards to at least BL and then pivots Fwd. to pass to F1 who curls/pivots to wall always facing puck and goes in and shoots.

D1 then gets puck in his corner and passes again to F1, who after 1st shot skates in NZ with timing to receive pass from D1 for a 2nd shot. D1 skates to BL for pass from coach and shoots long shot. F1 stays in front for screen & tip.

Key Points: Passing skills, Timing, Hit target, Screen/Flash, Play rebounds

### Zürich 1 on 1 Gap Control - 0 mins

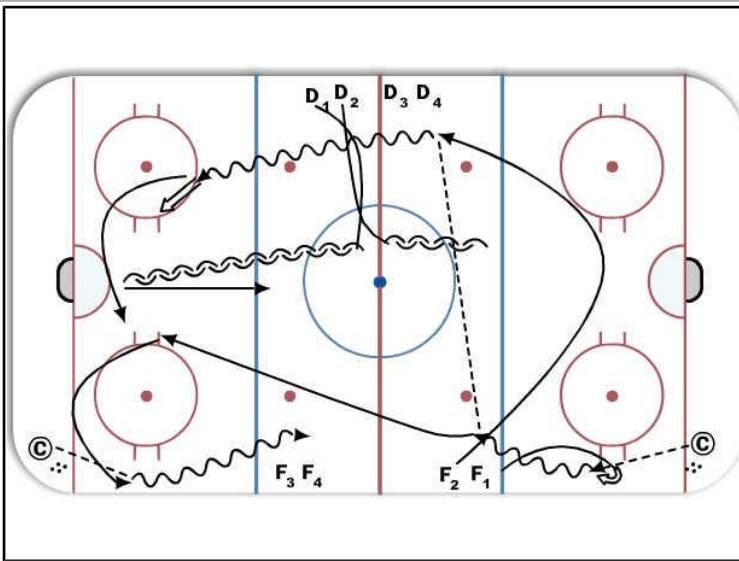
4:28am



\* Both sides at the same time independently. D1 skates Fwd to RL and pivots backwards. F1 leaves with puck and passes to D1 who skates backwards to at least BL and then pivots Fwd. to pass to F1 who curls/pivots to wall always facing puck and goes in and shoots.

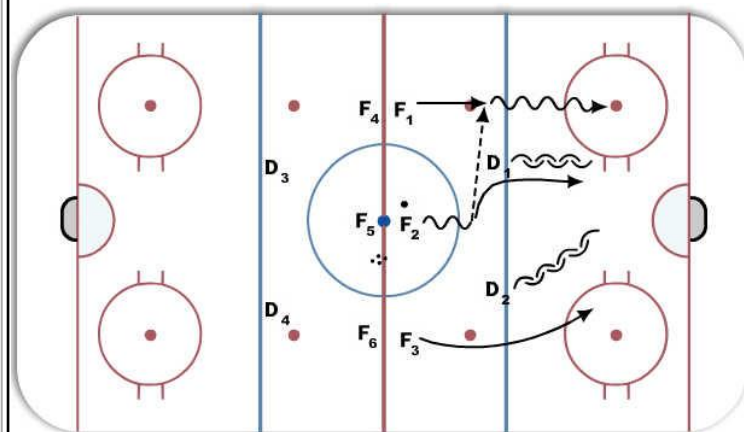
F1 after his shot on net turns towards near side to receive pass from coach and heads up ice other way 1 on 1 against D1. D1 must maintain tight gap and takes F1's speed back to hold line.

Key Points: Quality Passing, Timing, Communication, Speed, Gap Control, Ice Position



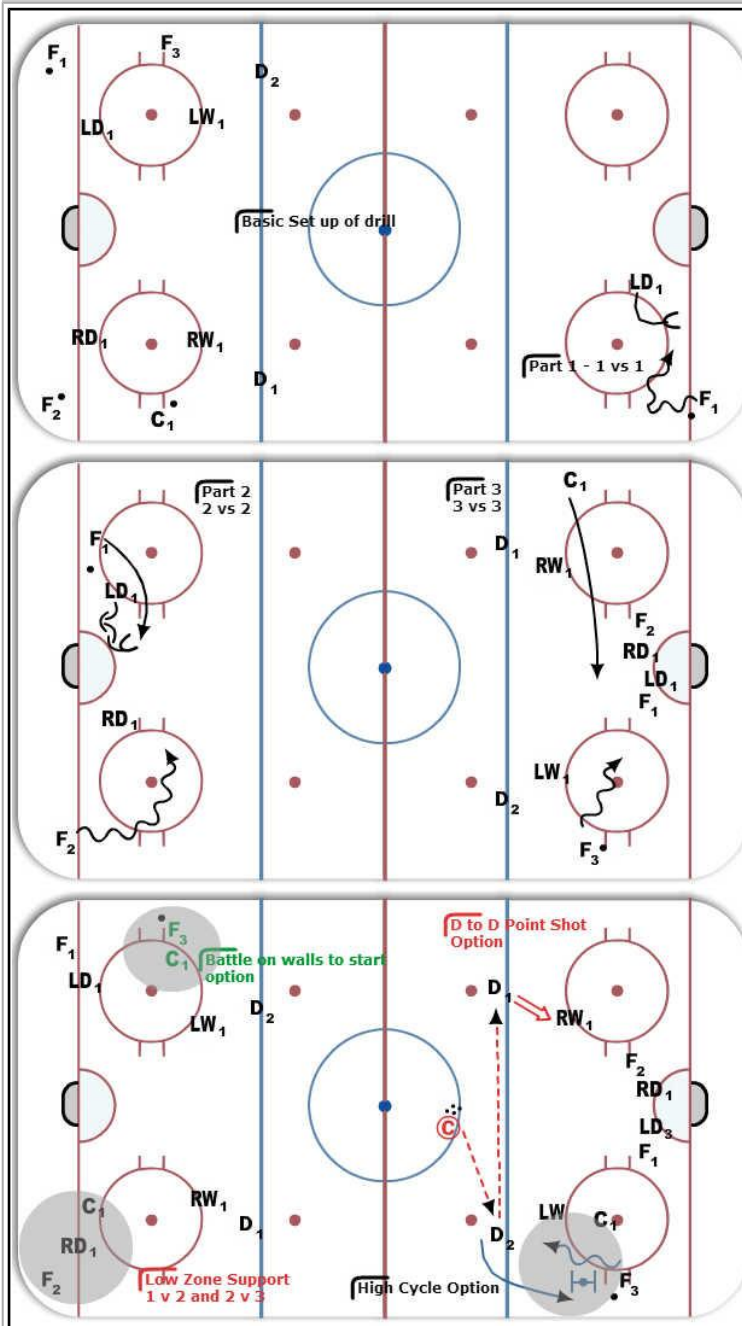
The defensemen are positioned at the red line along the boards and the Forwards are divided into two groups on the other side of the ice at both blue line along the boards. Coaches are positioned in the corners with pucks. The first two forwards from one line start skating into the zone to receive a puck from the coach to attack the one defenseman 2 on 1. After the shot is taken the player that played defense jumps into the offense heading the other way as the two forwards come down into position to join the defenseman the other way while another player from defense line jumps out to take the 3 on 1.

Key Points: Good Gap control, Positioning between both attackers, Force puck carrier to the outside, Skating speed on the attack, attack offensive zone. go to the net



Two lines start at the center red line facing opposite directions against 2 defenseman that are positioned at each blue line. Pucks are at the center. Both centers have one puck. On the whistle the designated three forwards attack the 2 defenseman 3 on 2 trying to create a scoring chance until a whistle. On the whistle the 3rd man high in the zone becomes a backchecker against the next 3 forwards at the center red line attacking the opposite 2 defenseman, 3 on 2, the backchecker can make it a 3 on 3. Play it until a whistle and 3rd man high becomes the next backchecker against 5 new players who have come off the bench. This is a continuous drill.

Key Points: Create width and depth to attack, Drive center lane, 3rd man high



10 players in position as shown in DZ. All three forwards have a puck each as shown. Is a three stage drill on whistle.

Part 1 - F<sub>1</sub> attacks LD<sub>1</sub> 1 v 1 to the net, let go for 10 secs.

Part 2 - The first puck is dead and now F<sub>1</sub> & F<sub>2</sub> attack the net vs LD<sub>1</sub> & RD<sub>2</sub>, let go for 10 secs.

Part 3 - The second puck is dead and now F<sub>1</sub>, F<sub>2</sub>, F<sub>3</sub> attack net vs LD<sub>1</sub>, RD<sub>1</sub> and C<sub>1</sub>, this time it becomes 5 vs 5 and defense are activated, again let play for 10-15 secs.

Key Points: Defensive Positioning, Compete, Battling 1 on 1, Quick feet /explosiveness, Legal use of hands and body, Tipping/ Screening, Protection and Support