

Drill Name: D Man Burn Out

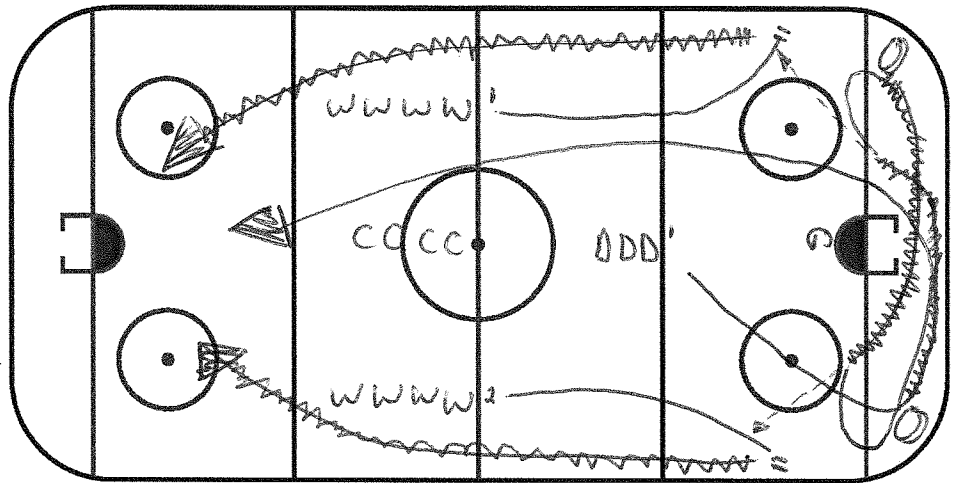


Purpose: Breakout / Support

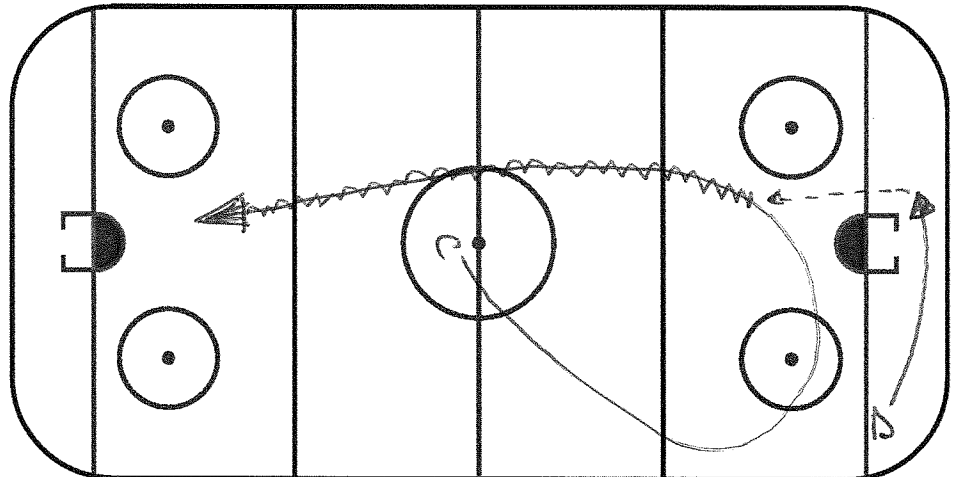
Creates Break Out situations. Aids in D agility, Winger chips, passes + starts. Centre support.

D' get push, wheel net + pass to W' who posts up. W' attacks + stops at net.

D' wheels net with push opposite way and passes to W².

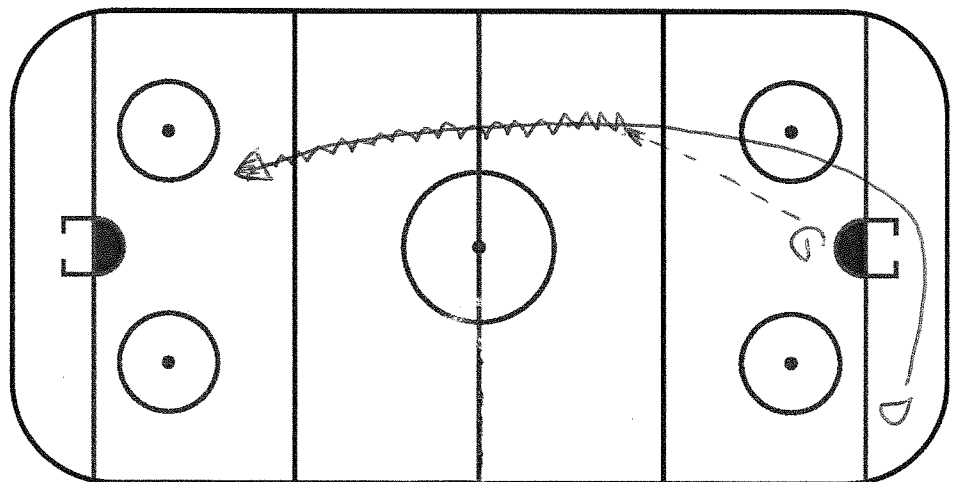


D' wheels net a third time with push and passes to "Low + Slow" C or C attaching to far wall.



Goalie makes pass to D man breaking out of zone.

D Makes three BO passes.



Can also have C get push each time to work on Low + Slow. C bumps to both wingers.

Drill Name: Touch, Roll and Bomb



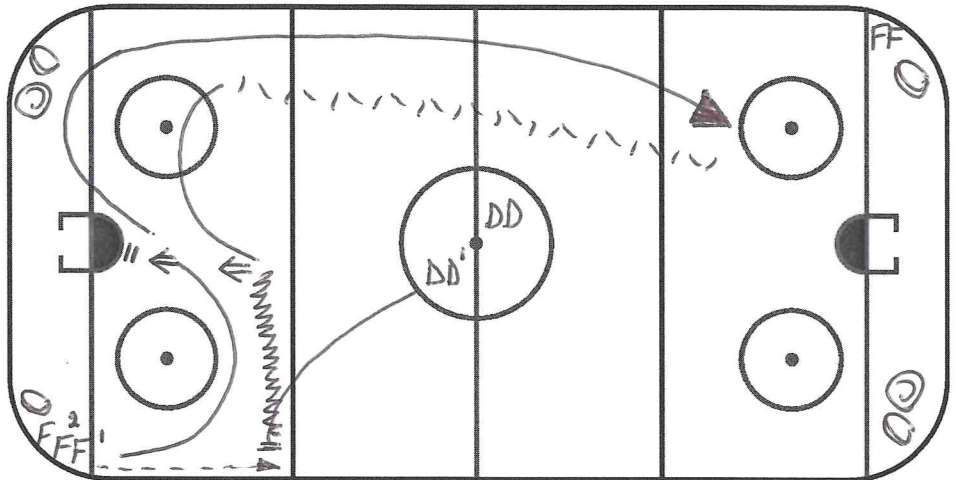
Purpose: Shooting, Net Front, 1v1

Creates F half wall opportunities. D drag / drive + shoot.
Net front screen / tip chances.
Opportunity for F + D to "box out" + "Front Man" in net front.

Both ends at same time. Pucks in all four corners.

F' roles off half wall for quick shot.

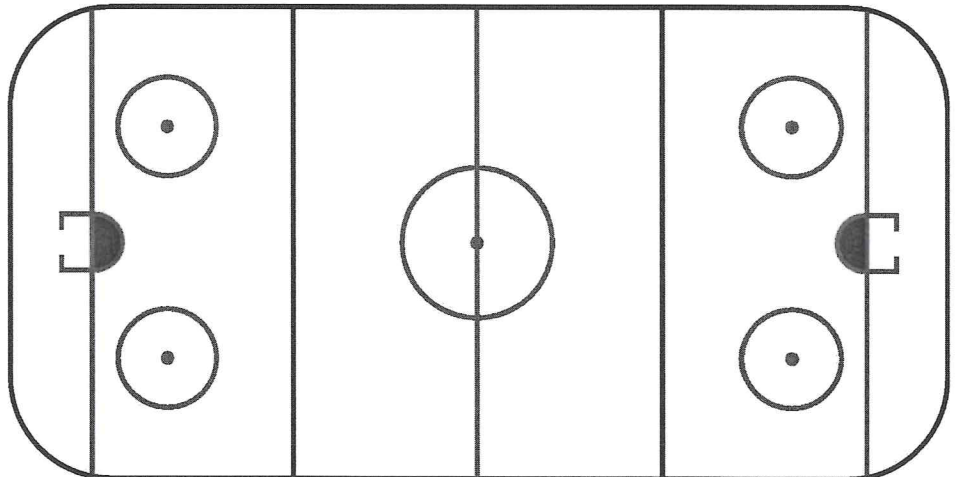
F² passes puck to D' who has come from inside the dots to corner blue.



F' screen / tips in net front. D' drags puck and takes point shot.

F' gets puck from C. D' gaps down.

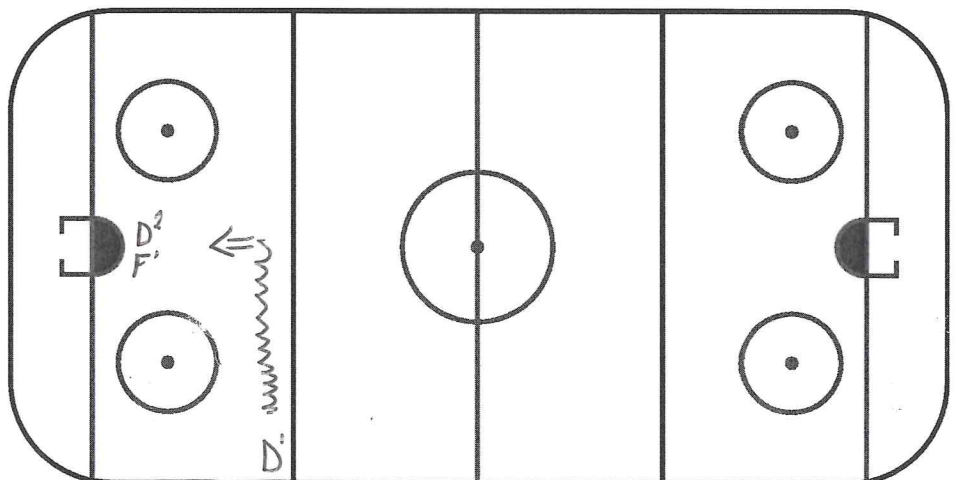
F' v D' 1v1 full length of ice.



*Addition

Add D into net front play to battle with net front Fwd.

D man who just finished 1v1 becomes Net front D.



Drill Name: Czech 2v1



Purpose: 2v1 + Support

Creates situations for D gaps control, Fwd puck support and transition. Clear 2v1 to work on D + F 2v1 concepts.

Step 1

D' attacks around NZ dot, then back skates to high DZ. F' attacks D' and passes puck.

F² supports D' and receives pass. F² then attacks corner blue.

Step #2

D² gaps up to red line when opposite players are transitioning. F² passes to D² and post up at corner blue. F' circles out and around middle circle and back to support F².

Step 3

D² passes to F² or F'. F² can chip puck. F² gets off boards for middle drive on 2v1 with F' wide.

D' gaps up + plays 2v1.

