

Date

Drill Number

Drill Type

Defensive

Drill Name

Cont 1v1

Purpose

1v1 situations

Description

on BL to start drill

D feeds F who clears

F1 head v D1 in full ice

when Rush clears F2 BL F2 clears D2 feeds

D has follow up ice to trace F2

F2 v D2 1v1 - continuous

Key Points

Speed

Goal

Angling

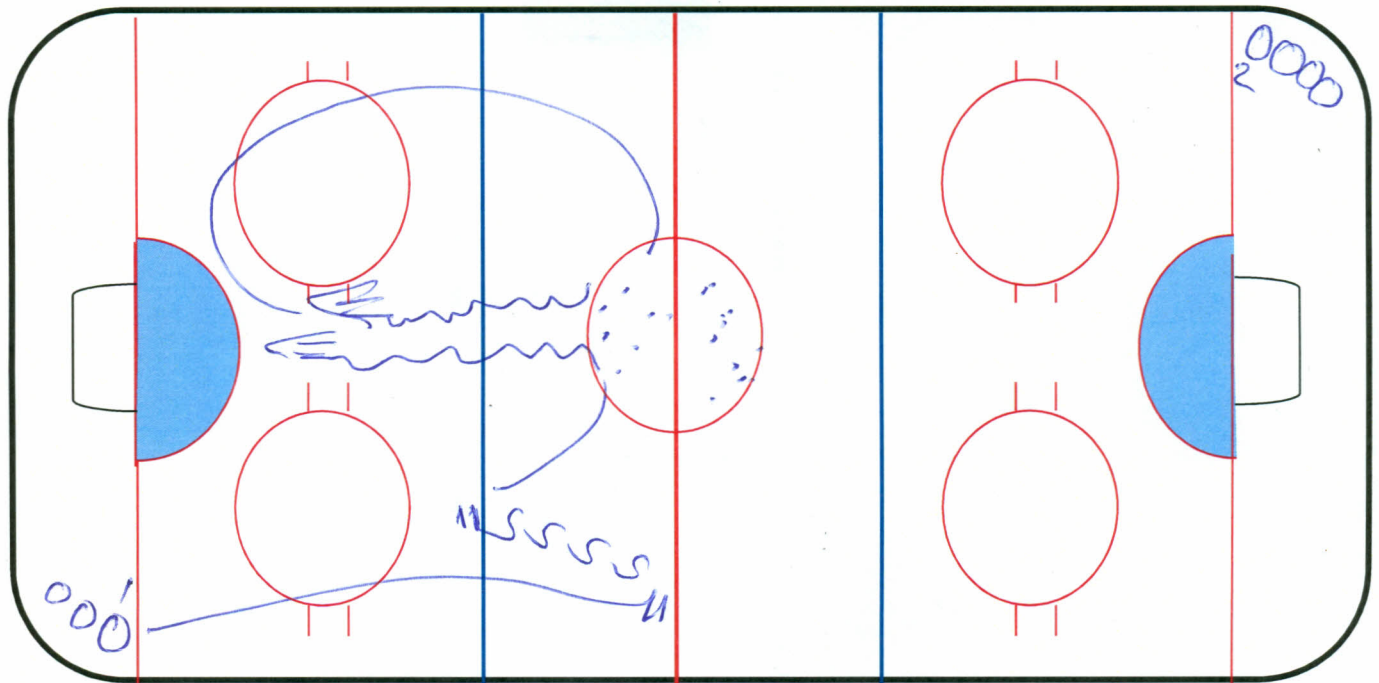
Play Head

Date

Drill Number

Drill Type

POST PRACTICE



Drill Name

2 GOAL CHALLENGE

Purpose

SCORING

Description

O' + O<sup>2</sup> AT SAME TIME

HARD TO RL, DEAD STOP, QUICK FEET BACK TO BL THEN COLLECT P FOR 1<sup>st</sup> SCORING ATTEMPT, RETURN FOR 2<sup>nd</sup> RUCK.

Key Points

IF PLAYER SCORES 2 HE IS OUT

IF HE SCORES 1, HE HAS 1 MORE TO SCORE.

Date

Drill Number

Drill Type

DEF TRANSITION

Drill Name

Continuous 2v3

Purpose

Def drill

Description

F1 + F2 play low battle v D1 + D2 + D3 (2v3)

D1, D2, D3 must play aggressive to force transition to next F's

on transition F3 + F4 go hard on D3 + D4

highest of F1 + F2 must act and backcheck through funnel

play continues after end 2v3 and is continuous 2v3

Key Points

Back Screens

Selection

Communication

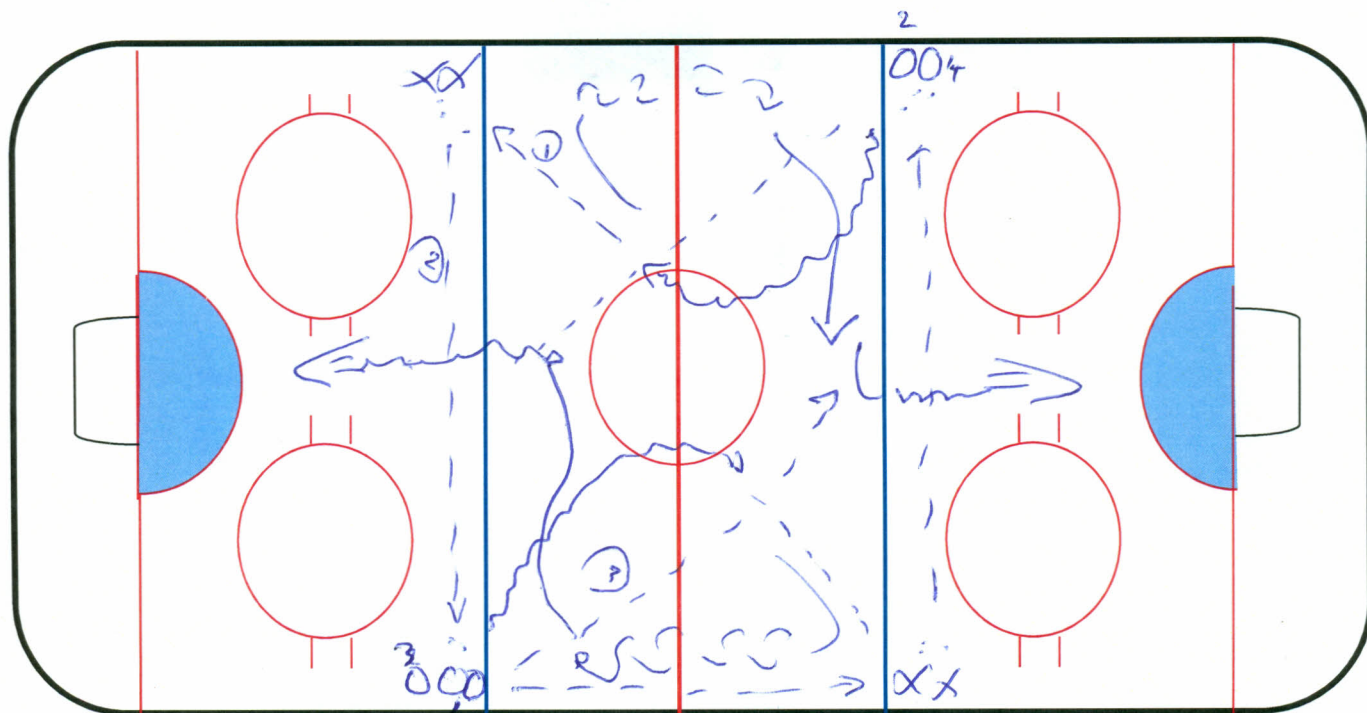


Date

Drill Number

Drill Type

WARM UP



Drill Name

FIND THE SEAM

Purpose

SKILL

Description

O' + O' GOE ON WHISTLE

SKATE PUCK TO CENTRE CIRCLE AND FEED X IN QUE

X'S FEED O'S WHO FIND O' + O'

O' + O' IN TO GOAL FOR SHOT

Key Points

QUICK FEET

GOOD PASSES

TIMING INTO SEAM

Ind or small group - best place 2 go to  
advance

Team Skill | Man by [Find int seam]

Of or of team skill [Don't do 3 del trans]

Complexities [look lv]

Justie

A chromel is a man  
that gets up when he can't  
do it himself