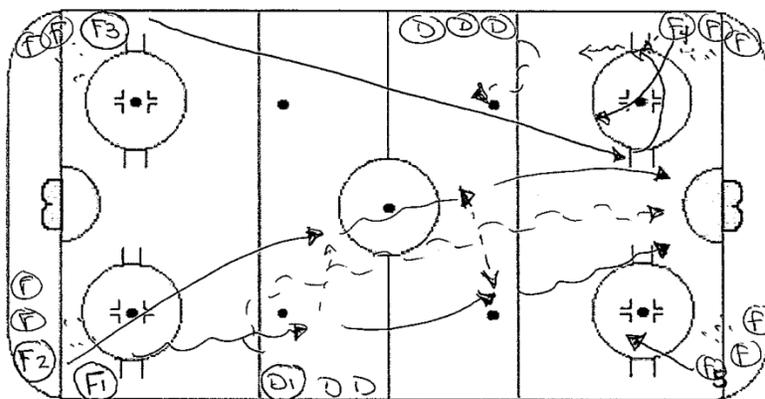


** Made with DrillDraw **

4 CORNER TIMING DRILL
 X1 leaves with puck diagonally and passes to a breaking X2. X1 then becomes STRETCH MAN away from play. X2 carries to blue line, passes to X3, then curls skating to far boards for return pass. X3 breaks with speed to middle of IC and returns pass to X2. X2 receives pass and finds X1 stretching. Pass to X1 then join rush as 2ND MAN.

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X3 circles back, retrieves puck and starts drill from opposite end.



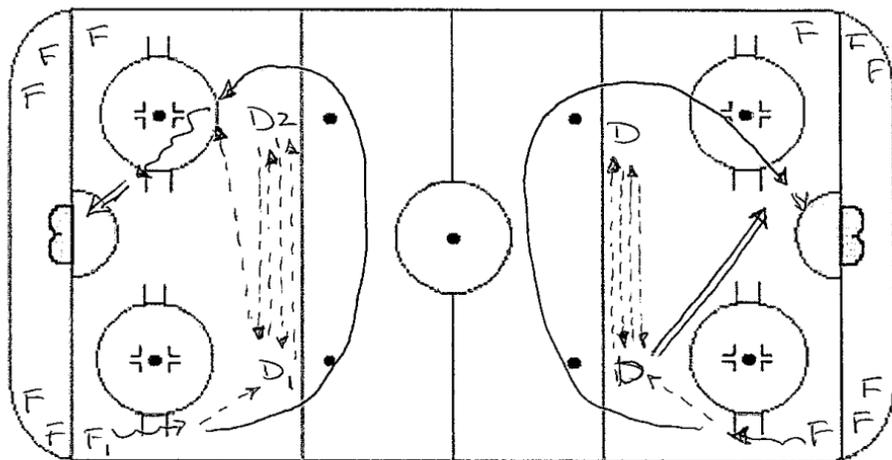
** Made with DrillDraw **

CONTINUOUS BACKCHECK DRILL

- ON CORNER WHISTLE F1 & F2 FROM CORNER ATTACK D1 FROM BLUE LINE BOARD 2 on 1. ON 2ND WHISTLE F3 FROM OPPOSITE CORNER ATTACKS AS A BACKCHECKER TRIES TO CATCH THE ATTACK AND CREATE A 2 on 2. AT THE TOP MARKS THE BACKCHECKER RELEASES, CURLS TO A CORNER & WORKS WITH THE FIRST FORWARD TO CREATE THE NEXT 2 on 1 WHILE (F3) OPPOSITE CORNER F BACKCHECKS TO TRY AND CREATE 2 on 2.

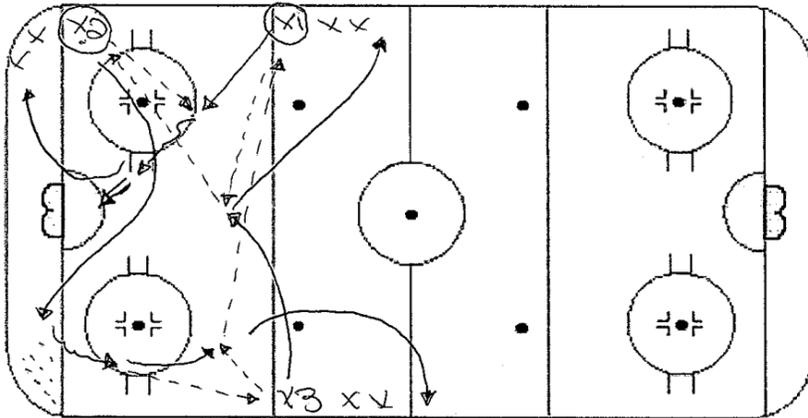
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- * GOOD DRILL TO STRESS TALK BETWEEN DEFENSEMAN & BACKCHECKER IN TERMS OF IDENTIFYING AND EXECUTING
 - 2 on 1 with backchecker tactic or
 - 2 on 2



" Made with DrillDraw "

WARMUP DRILL
 F's in every corner with pucks 2D on blueline
 F1 passes to D1, then skates with speed
 around both. D1 and D2 must execute 4
 passes between them then D1 passes back to
 F1 who skates in & shoots.
 OPTION 2: 4 passes then shoot for tip/redirect
 OPTION 3: F sets up screen D shoots to
 allow forward to deflect



** Made with DrillDraw **

HARLEM GLOBETROTTER ONE-TOUCH DRILL

- X1 leaves & drives shot, shoots a one-time pass from X2
- X2 go to net for rebound then into corner, retrieve puck and feed X3
- X3 one touch puck back to X2 who then one touches puck over to X1.
- X3 skates into zone to receive one-touch pass from X1, then one-touches to X2.
- X1 drive shot and then one-touch feed from X6.

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X1 shoots & joins X2 group

X2 joins X3 group

X3 joins X1 group