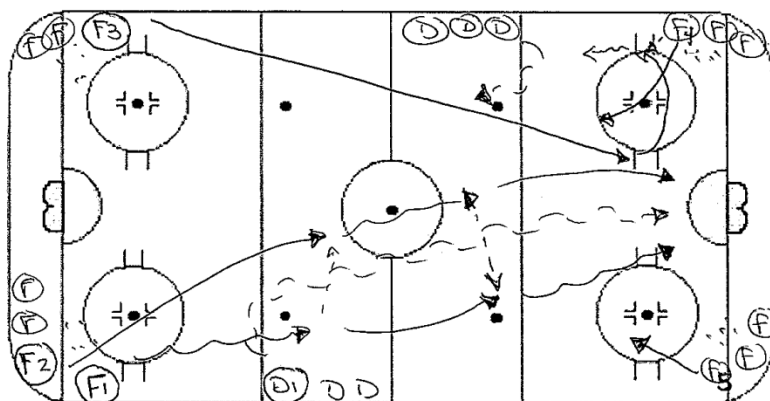


4 CORNER TIMING DRILL

X1 leaves with puck diagonally and passes to a breaking X2. X1 then becomes 2nd 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 ice and returns pass to X2. X2 receives pass and finds X1 stretching. Pass to X1 then join X2 as 2nd man.

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

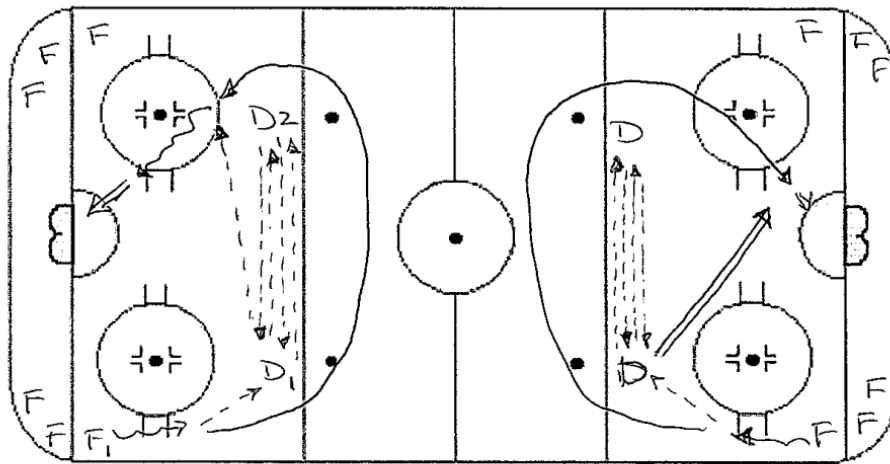


CONTINUOUS BACKCHECK DRILL

- ON COACHES WHISTLE F1 & F2 FROM CORNER ATTACK D1 FROM BACKLINE BOARDS 2v1. ON 2ND WHISTLE F3 FROM OPPOSITE CORNER ATTACKS AS A BACKCHECKER TRYING TO CATCH THE ATTACK AND CREATE A 2 ON 2. AT THE HIGHMARKS THE BACKCHECKER RELEASES, CURLS TO A CORNER & UNITES WITH THE FIRST FORWARD TO CREATE THE NEXT 2v1 WHILE (F3) OPPOSITE CORNER F

BACKCHECKS TO TRY AND CREATE 2 ON 2,

- * GOOD DRILL TO STRESS TALK BETWEEN DEFENSEMAN & BACKCHECKER IN TERMS OF IDENTIFYING AND EXECUTING
- 2v1 with backchecker tactic or
 - 2v2



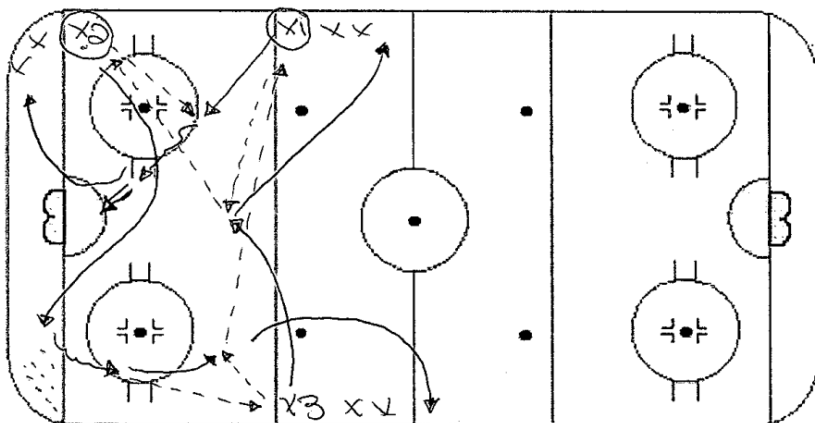
" Made with DrillDraw "

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



HARLEM GLOBETROTTER ONE-TOUCH DRILL

- X1 leaves & drives slot, 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 slot and shoot one-touch feed from X3.

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X1 shoots & joins X2 group

X2 joins X3 group

X3 joins X1 group