

Keypoints: PASSES ON THE GO, SUPPORT, TIMING, STAY ON SIDE, GO TO THE NET

Organization - TWO DIAGONAL FORWARDS SKATE UP THE ICE AND ONE TOUCH PASS FROM FAR BLUE LINE PLAYER - THOSE TWO PENETRATE IN THE ZONE AND SHOOT ON THE NET. SKATE FAST TO OTHER BOARDS TO ONE TOUCH WITH NEW PLAYER FAR BLUE LINE WHO WILL SHOOT ON THE NET. - PLAYER WHO PASS THE PUCK SUPPORT SHOOTER. GOES TO THE NET AND JOIN OPPOSITE LINE. - FLOW DRILL, ON WHISTLE.

Variation
Goalie

2) MARLIES DUBBLE CHIP DRILL



Keypoints: GOOD CHIPS, REBOUNDS, OR ONE TIMERS

Organization - ON WHISTLE DIAGONAL PLAYERS SKATE WITH THE PUCK PASS TO OPPOSITE SIDE PLAYER WHO CHIPS AND SKATES FOR ONE TIMER OR REBOUND. - GREEN PLAYER RECEIVES CHIP AND SKATES TO FAR COACH OR TIRE, CHIPS, SHOOTS OR PASS TO RED PLAYER

Variation
Goalie

3) CZECK FLOW DRILL # 2

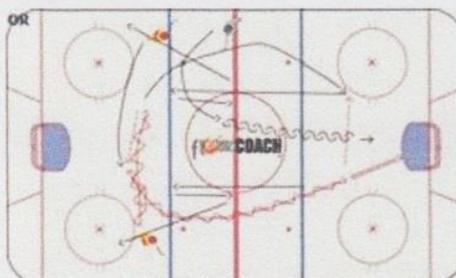


Keypoints: SUPPORT, TIMING, ALL PASSES ON GO, TRANSITION, COMMUNICATE, PASSES ON TAPE

Organization - VARIATION OF CZECK DRILL: DIFFERENCE, PLAYER 2 TAKES GIVE AND GO WITH PLAYER 1 COMING FROM OPPOSITE DIRECTION AND THEN SKATES TO FAR END TO START THE DRILL AGAIN.

Variation
Goalie

4) DALLAS EAKINS: TWO ON ONE WITH COMPULSORY SHOT ON THE NET



Keypoints: SUPPORT, SHOTS ON NET, D GAP

Organization - BOTH ENDS. ONE END AT THE TIME ON WHISTLE. - TWO FORWARDS CRISS CROSS AND DROP THE PUCK - D POPS FROM THE SIDE BOARDS - TWO ON ONE. - IF FORWARDS DO NOT HIT THE NET THEY BOTH SPRINT BACK TO FAR BLUE, STOP, BACK TO CENTER LINE, STOP AND SPRINT TO STARING POSITION. - NEXT WHISTLE TWO FORWRDS OPPOSITE END PRECEDE THE DRILL.

Variation

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