

**Title :** Carlson 2 pass

**Start:** On whistle

**Pucks:** D7 face off circles

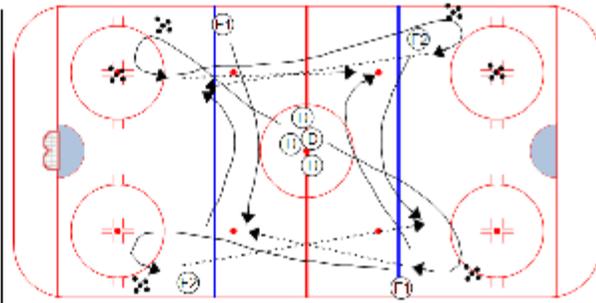
**Description**

On whistle D go back and retrieve puck - they look over their shoulder as they go back.

F1 comes across in support.

After the pass the D goes down the ice and executes the same skill.

F2 comes across in support.



**Key Points :**

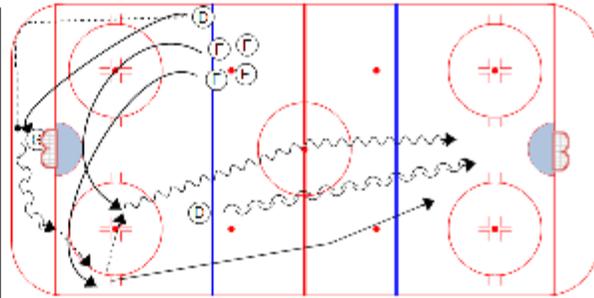
Look over shoulder

Don't over-handle puck, get to forehand

**Title :** Golie Setup      **Start:** On command      **Pucks:** at blueline

**Description**

D dumps puck behind net and goes and picks it up.  
 Two forwards go low in the zone with one going to the far boards and the other saving ice (i.e., delaying) until the D exits from behind the net.  
 The D passes to either forward who go down 2 on 1.  
 The D making the pass waits and plays the next 2 on 1.  
 Repeat at all 4 bluelines.



**Key Points :**      **Goalie stop puck**      |      **D quick first pass**

**Title :** Bison Shooting      **Start:** On whistle      **Pucks:** Opposite ends

**Description**

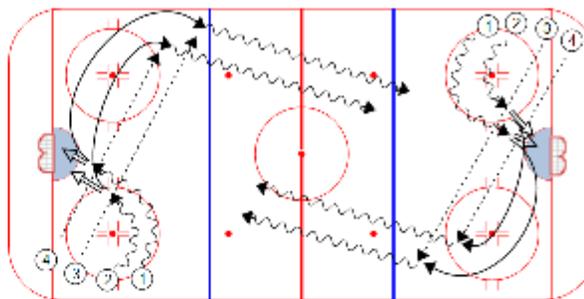
On whistle 1 and 2 skate around the face-off circle in sequence and take a shot on net.

They go around the other face-off circle and head up the ice.

3 --> 1 and 4 --> 2

1 and 2 go down the ice for a shot on net.

Both ends at same time.



**Key Points :**      follow shot for rebound      |      call for puck

**Title :** Scotties 1 vs 1 \*\*\*      **Drill Category:** Skill drills      **Key Word:** \_\_\_\_\_

**Description**

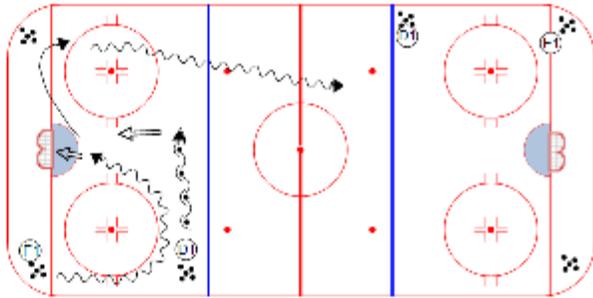
F1's in corner and D on blueline same side of ice - both with pucks.

F1 skates around top of circle and takes a shot.

F1 continues into opposite corner and picks up another puck and heads up ice for a 1 vs 1 with D1.

After F1 shoots, D1 drags a puck across the blueline and takes a shot on net.

After the shot, D1 gets into position for the 1 vs 1 vs. F1.



**Key Points :**

**Title :** Scotties 1 vs 1 \*\*\* (seq 2)      **Start:** On whistle      **Pucks:** all four ends

**Description**

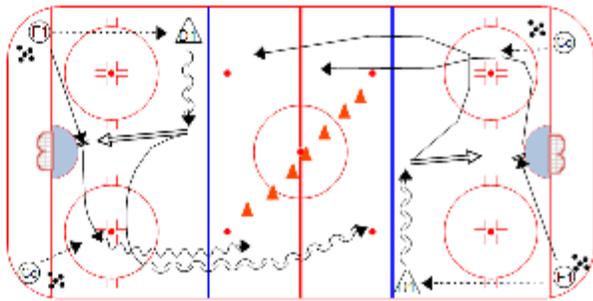
F1 begins by passing to D1. F1 goes to the front of the net. D1 moves laterally across the blue line and shoots (F1 tips shot and plays rebound).

After the play in front of the net is done, F1 cuts to the corner and gets a pass from Co.

D1 curls in and pivots backwards.

F1 and D1 proceed up ice in a 1 on 1.

Switch sides.



**Key Points :**

1 on 1

Lateral Movement

**Title :** Continuous Reverse Drill

**Start:** Continuous

**Pucks:** One puck

**Description**

1 Skates around circle and heads behind the net. 2 skates backwards and stops in front of the net, then calls (loudly) for a reverse. 1 banks the pass off the wall. 2 picks the puck up and skates around the tops of both circles to continue the drill with the next person in line.

Note: Force players to stop in front of the net so it's more game realistic. Don't let them cheat to the corner.

