

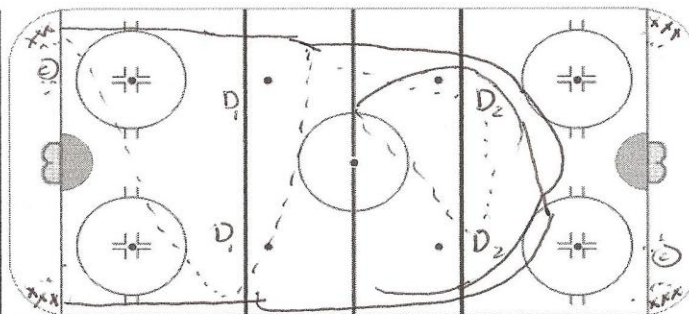
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : _____ Content elements: _____ Components : _____

Description

START WITH BASIC 2MAN PASS WITH REGROUP

- PLAY 2v.2 WITH D.
- IF WHISTLE, STOP AND GO AGAINST OPPOSITE D.
- D ON OFFENSE FOLLOWS TO BLUE LINE FOR POINT SHOT
- AFTER 2v.2 FINISHES, WHISTLE BLOWS
- X SENDS PUCK UP BOARDS AND THE Ys NOW BECOME D TRYING TO WIN BATTLE AT BL TO GET PUCK OUT

Key Points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : _____ Content elements: _____ Components : _____

Description

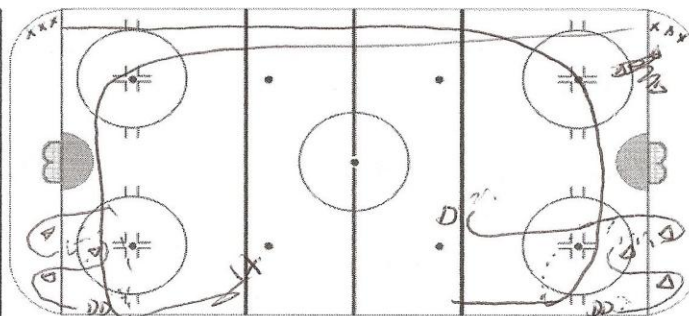
D START W/ PUCKS

- ON WHISTLE, Xs SKATE DOWN BOARDS AND CUT LOW.

- D SKATE THRU CONES AND PASS TO X THEN PLAYS D VS. OPPOSITE X

IF WHISTLE BLOWS, EVERYBODY STOPS AND X GOES AGAINST OTHER D.

- D NEEDS TO GAP BACK UP PROPERLY.

Key Points :