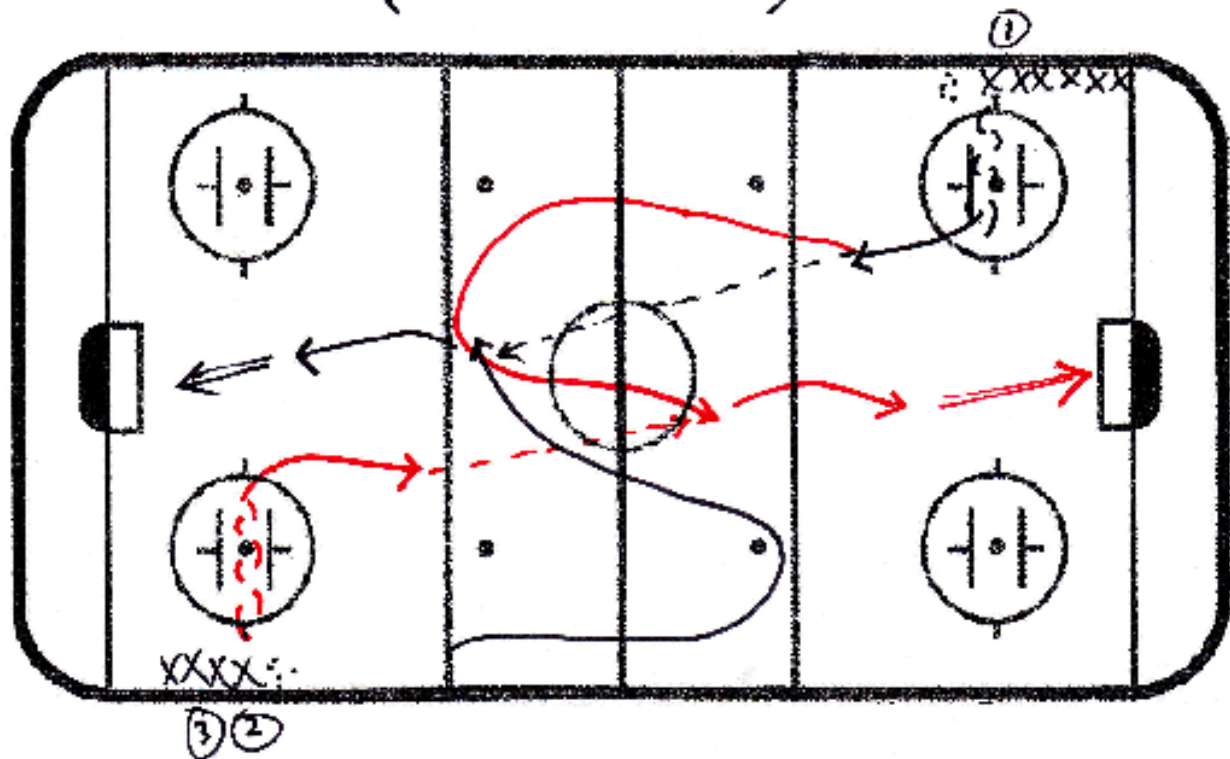


DRILL: AUSTRIA ACCELERATION DRILL
(CONTINUOUS)



DIRECTIONS: ① X⁰ SKATES BKWDS TO A PUCK ACROSS THE ICE (APPROX. 4 m), PIVOTS FWD AND HEADS UP ICE

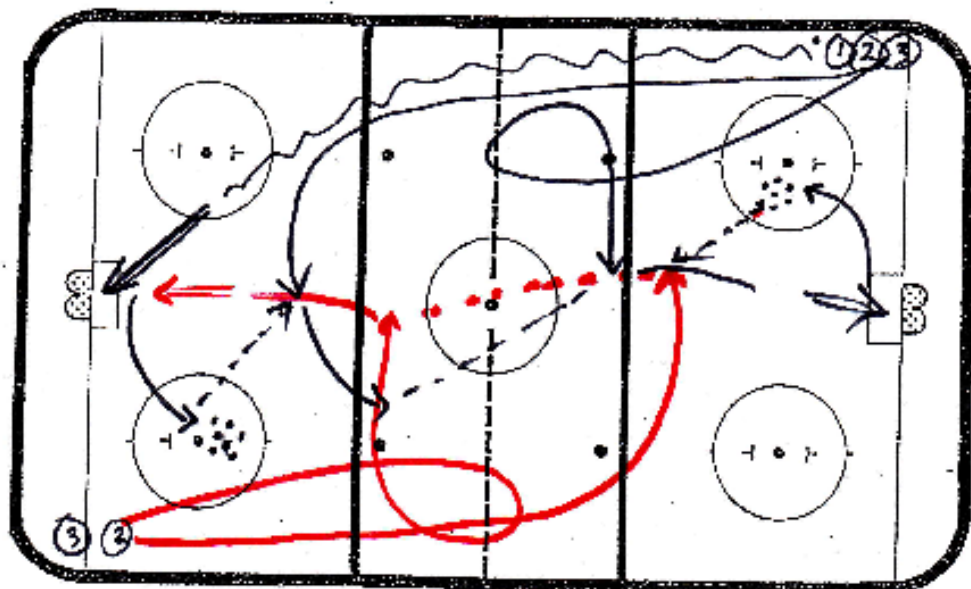
(2) X⁽³⁾ HAS TIMED HER SKATE, SKATES UP THE BOARDS AND TURNS TOWARD CENTRE

③ X^① PASSES TO X^② WHO DRIVES TO THE NET AND SHOTS

④ $X^{(1)}$ FOLLOWS AND THEN TURNS TO RECEIVE A PASS FROM $X^{(3)}$ WHO HAS STARTED THE ILLU AGAIN.

RED WINGS

DRILL PASS TO RECEIVING ZONES



DIRECTIONS

TO START DRILL, 3 PLAYERS LEAVE FROM THE CORNER (AFTER THAT ONLY 2)

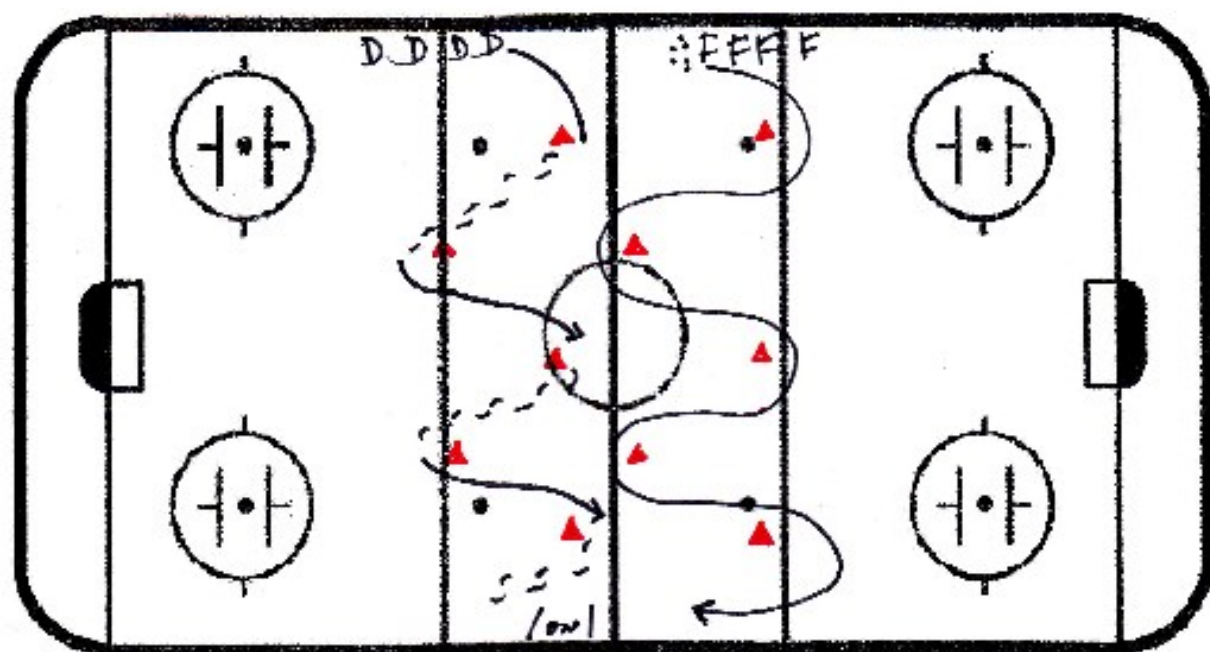
PLAYER ① SHOTS, PICKS UP A PUCK FROM THE CIRCLE AND PASS TO ②ND PLAYER JUST INSIDE THE BL.

② CONTROLS PUCK AND PASSES TO ③ WHO HAS REGROUPED AT CENTRE AND SKATES ALONG BL

③ TAKES A SHOT, PICKS UP A PUCK IN THE CIRCLE AND PASSES TO ② WHO STARTS THE DRILL AGAIN.

***TIMING IS ESSENTIAL**

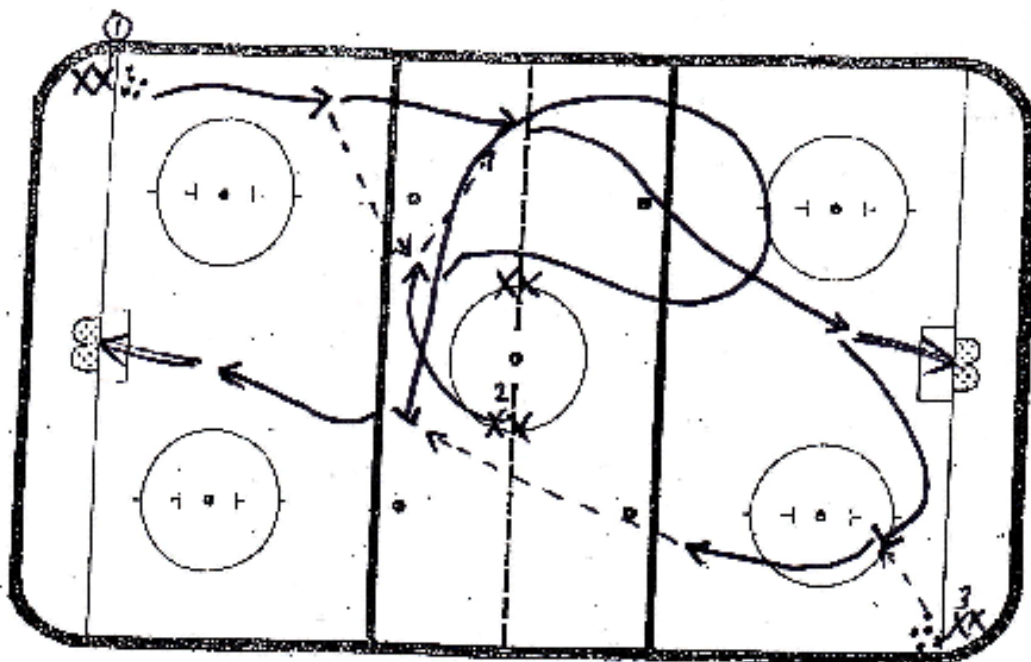
DRILL: RAY'S GAP CONTROL | on |



DIRECTIONS: F & D LEAVE AT THE SAME TIME.
 F SKATES AROUND \blacktriangle 's w PUCK.
 D SKATES AROUND \blacktriangle 's ALWAYS
 FACING F (TRANSITIONING FROM
 FWD \rightarrow BKWD)

AT FAR BOARDS F GOES | on |
 w D.

DRILL NEUTRAL ZONE TIMING AND SUPPORT DRILL



ON WHISTLE:

DIRECTIONS

X¹ SKATES UP W A PUCK AND PASSES TO X² WHO PROVIDES SUPPORT IN THE NEUTRAL ZONE. X² MAKES A RETURN PASS TO X¹ AND FOLLOWS UP THE ICE. X¹ SHOOTS ON GOAL AS X² TURNS BACK UP ICE AND ACROSS THE BL. AFTER THE SHOT, X¹ LOOPS TO THE CORNER TO GET A PASS FROM X³. X¹ THEN MAKES A LONG PASS TO X² AT THE FAR BL. X² SHOOTS ON NET.

*TIMING OF X² SKATE IS VERY IMPORTANT

* BOTH ENDS AT THE SAME TIME