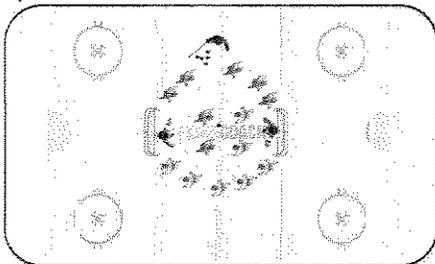


1) Aivars Centre Ice Scramble 2v2



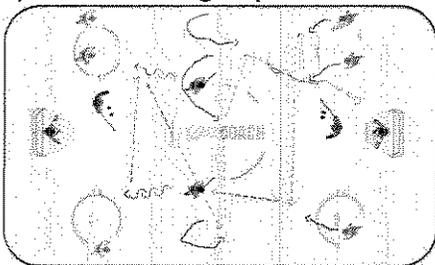
DRILL OBJECTIVE: Fun Game - Score upto 10

0 min.

KEY ELEMENTS:

ORGANIZATION: Two Teams as per diagram. Play 2v2 inside centre circle. Players on outside can shoot the puck if it comes to them. Quick pace. swap the centre ice players on whistle.

2) LA 4 Shot Regroups



DRILL OBJECTIVE: Warm Up - Puck

0 min.

KEY ELEMENTS:

ORGANIZATION: Split forward as lines in each end (D @ centre ice against boards)

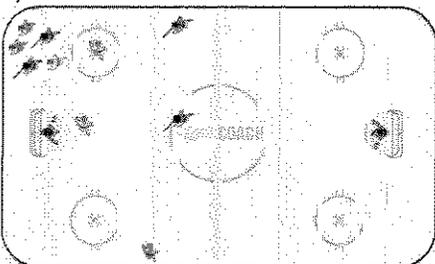
Coach gives line a puck - all 3 forwards must touch before outlet pass to Dmen
 Dmen transition back - receive puck from fws - execute D-D pass then outlet pass to fws
 All 3 forwards must touch puck again - last player goes in for shot - remaining 2 players regroup with coach with a new puck. Execute same pattern with same Dmen - continue until 3rd player is done.

Dmen then turn and receive puck from other coach and go down for shot on same goalie

Next line (with 2 new Dmen) from other end start as soon as original D make their shot

GOALIE: In Net

3) LA - Power in Numbers Defence



DRILL OBJECTIVE: Work on Dzone out

0 min.

KEY ELEMENTS:

ORGANIZATION: 2v3 in Dzone. Drill starts with engaged battle (2D v 2FW's + 1DFW in close support). Puck recovery battle. Defensive wingers focus on low positioning (slot support from weak side winger).

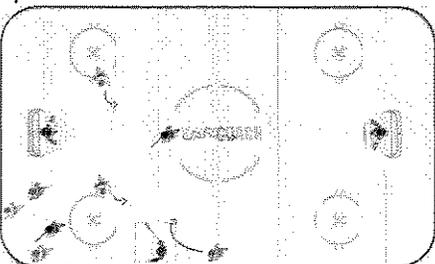
When puck is retrieved the defending players attack other end on offence.

F3 forward joins play from sidewall becoming the low forward in Dzone. Execute 3v3

VARIATION: - Have F3 on offense PULLOUT and leave players to play 2v3. Execute P.I.N. Dzone coverage.

GOALIE: In Net

4) LA - Mano v Mano Dzone 2v2



DRILL OBJECTIVE: Low Dzone work F1 & D1

0 min.

KEY ELEMENTS:

- Man on man coverage
- Communication on Dzone recovery
- Teach forwards how to play Dzone
- Teach wingers on how to position in Dzone for support and breakout

ORGANIZATION: Start as drawn

- F1 green and D1 play 2 v 2 low in zone against F2.3 Yellow
- F4.5 yellow await lose puck. attack D2 when puck becomes free. F with puck at far blue line MUST drive to corner and delay up wall. F5 drives to default cycle location in corner.
- F2 green waits for 2v1 to go by then backchecks to zone to create 2v2 low in zone. with D2

Coaches - hold blue line if winger gap is not good

Continuous flow

GOALIE: In Net

