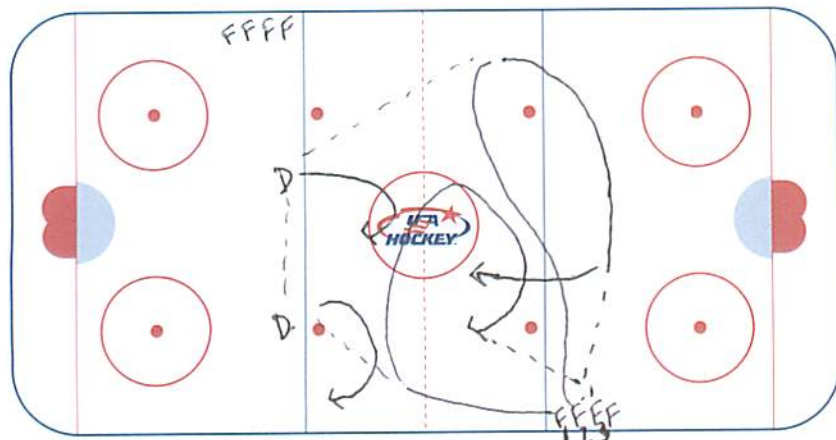




## SYSTEM/DRILL

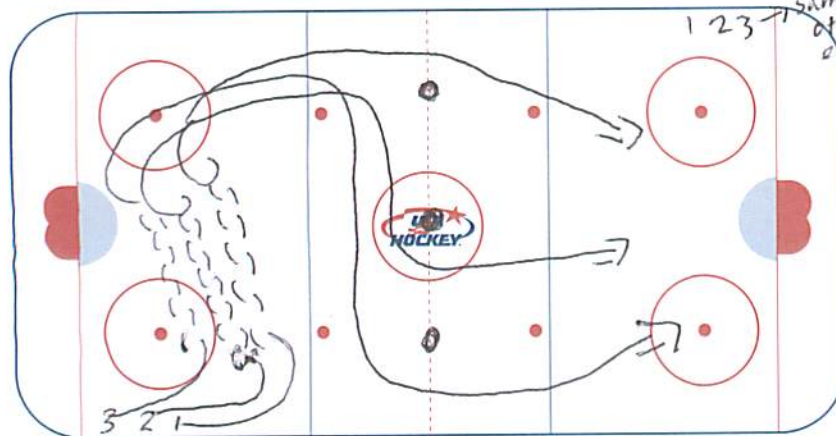
DRILL CLUB



Notes/Systems

### Description 2v2 DRILL

- F<sub>1</sub> passes puck to D, who goes D → D
- F<sub>2</sub> posts at blue line and gets pass from D while F<sub>1</sub> mirrors puck.
- F<sub>2</sub> then passes to F<sub>3</sub> in the line they came from.
- F<sub>3</sub> passes back to either F<sub>1</sub> or F<sub>2</sub> who then take on two D who just regrouped them.
- FWDS → Good decisions at the blue line entering zone.
- D → Get up and gap, communicate, good D decisions.

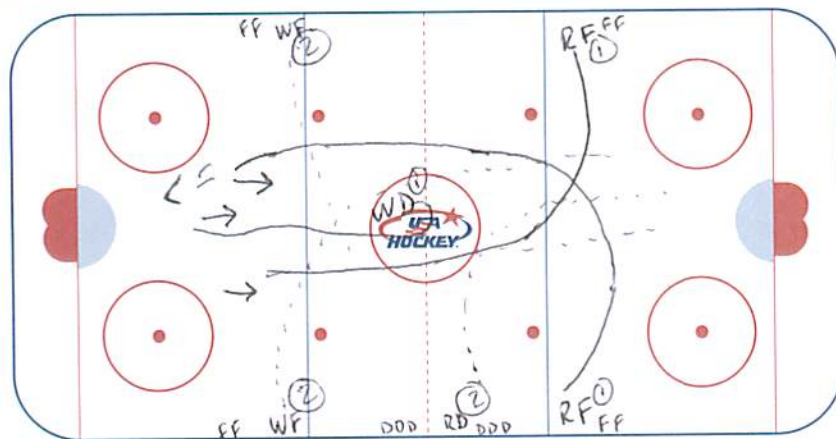


Notes/Systems opposite/diagonal ends go at same time

### Description SIX MAN SNAKE

\* WARMUP/SKATING DRILL

- On whistle 3 guys start skating forwards toward blue line (Opposite ends)
- 2nd whistle they pivot backwards towards opposite side's bottom of circle.
- 3rd whistle they escape turning towards line they came from working on their edges.
- 1 → Straight down for shot.
- 2 → Up around dot and around middle line, shot
- 3 → Around dot, for line and shot.



Notes/Systems

### Description 2v1 → 3v3 Backcheck.

ON whistle, 2 red forwards cross @ blue line and take a white defenseman on 2v1 for a shot

- Next whistle, 2 white forwards cross and take on a red D who stepped out 2v1.
- White D who just went gets up in the play on offense
- 2 Red F's slam on breaks and backcheck making it a 3v3.
- CONTINUOUS.

