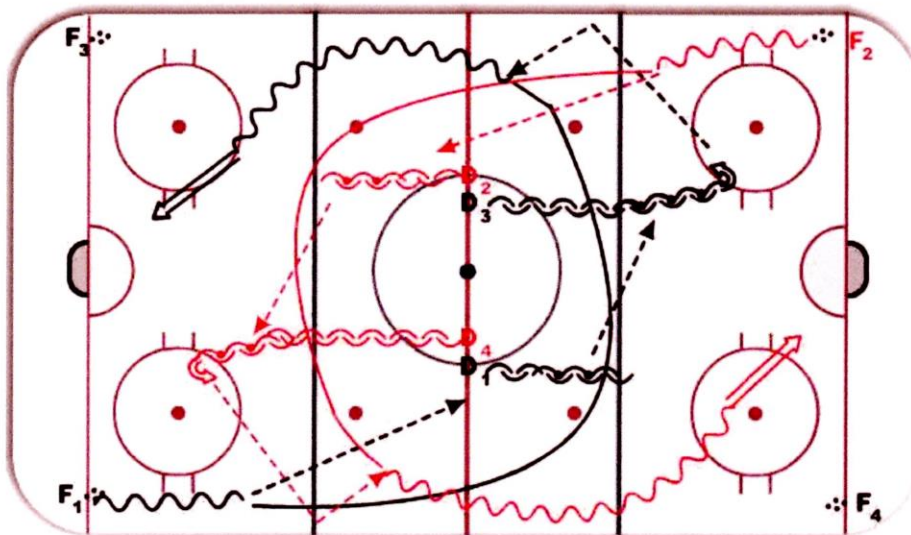


Canton Regroup



Description

F1 and F2 start out with puck at the same time.
 Pass up to D. Hinge regroup D to D.
 Pass up off boards to forward.
 Forward goes in one on zero.

Progress: D3 and D4 follow up play, D1 and D2 close gap for 2on 1.

Key Points:

[illegible]

F1 and D1 are 1 touch passing all the way to far blue (D is skating backwards). F1 leaves D1 at blue and goes in gets a pass from coach/player and hangs for rebound and or screen for next 2 shots. D1 who is left with puck at far blue looks wide for F4 flying thru neutral and delivers a good cross ice stretch pass. F# is doing the same thing on other side and getting pass from D2. These two F become the 2nd shooter at opposite ends. The last shot comes from the D1 and D2 who after making the stretch pass wide jump up in the play and gain position inside O blue line and take a pass from coach in/player in corner while F are battling front.

Notes

Switch sides halfway

Title : Perpetual Backcheck

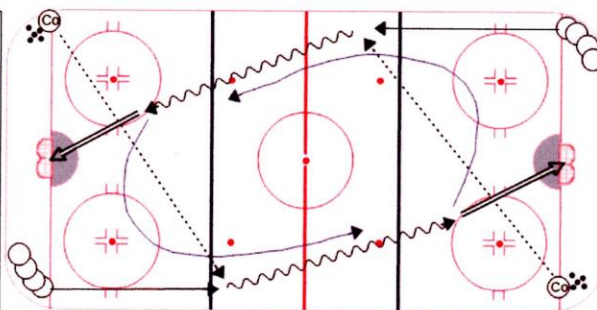
Category #1 : Backchecking

Category #2 : Shooting

Description

1. First player in each line leaves and receives a pass from the coach.
2. Each player skates full speed down the ice and takes a shot.
3. Next player in line can't leave until the shot has been taken.
4. After the shot, the shooter will peel off and backcheck the next player in line.
5. Drill continues perpetually.

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Key points :

Shoot in Stride

Full-ice Conditioning

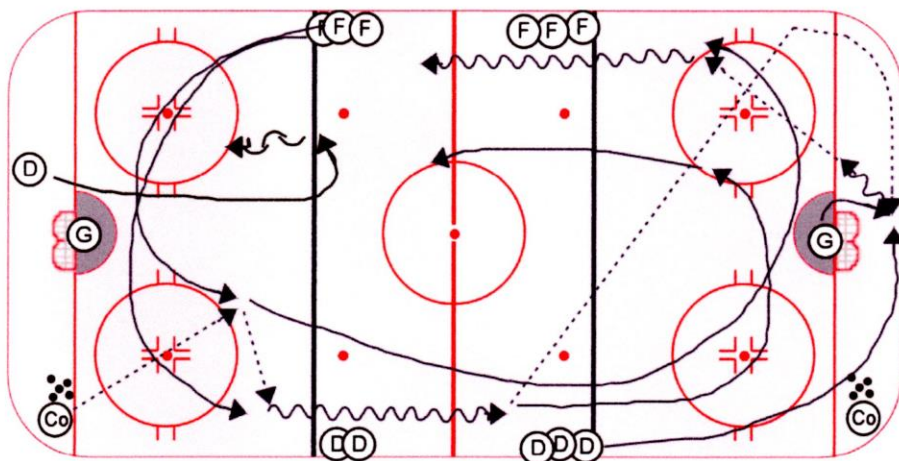
Title : Tom Renney Warm-up

Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Breakout

Content elements :

Components :



Key Points :

Breakouts

2 on 1

Description

Both sides go at the same time. After the dump in and breakout, both defensemen play 2 on 1 against the other line's forwards.

1. two forwards swing low and receive a pass from the coach, then step over the center line and dump it in.
2. goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line.
3. forwards attack 2 on 1 against the defenseman from the other line