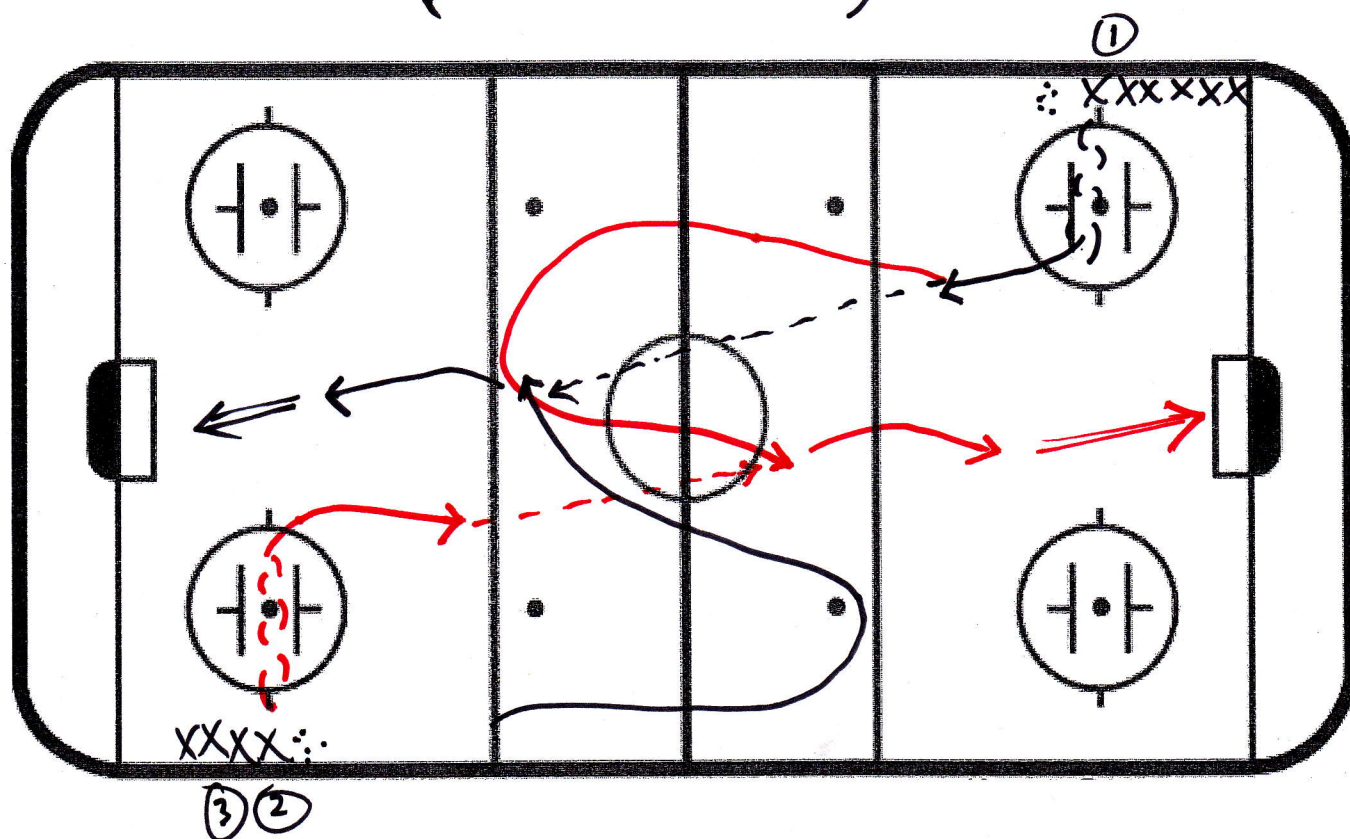


DRILL: AUSTRIA ACCELERATION DRILL (CONTINUOUS)

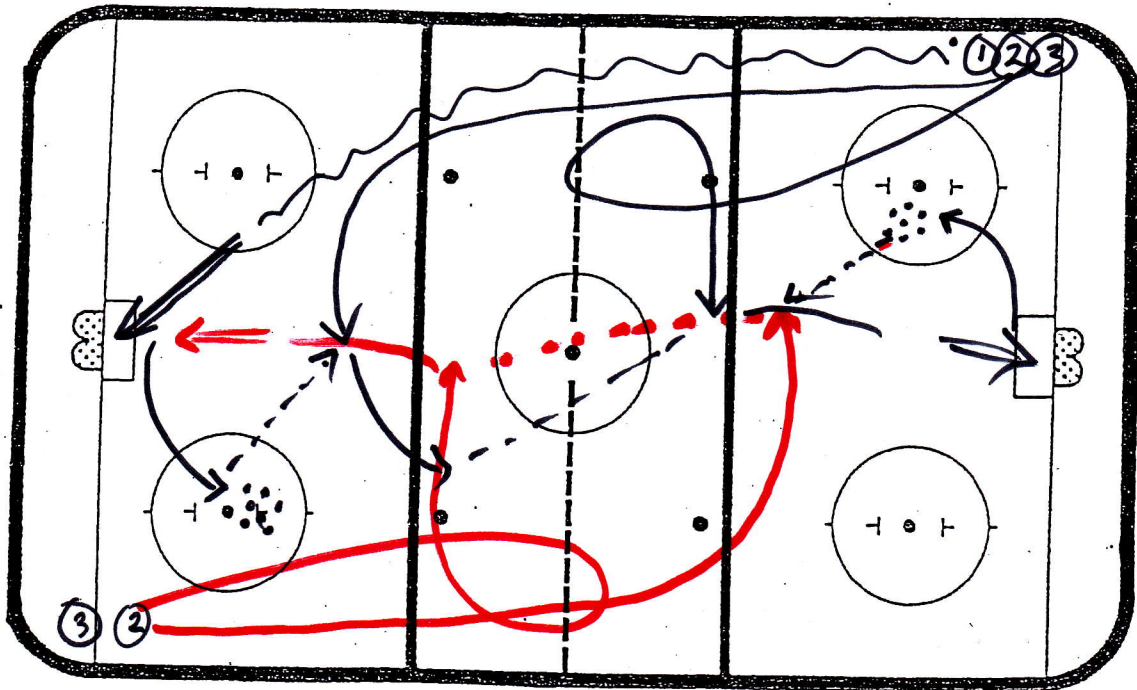


- DIRECTIONS:**
- ① X^① SKATES BKWDS TO A PUCK ACROSS THE ICE (APPROX. 4 m), PIVOTS FWD AND HEADS UP ICE
 - ② X^② HAS TIMED HER SKATE, SKATES UP THE BOARDS AND TURNS TOWARD CENTRE
 - ③ X^① PASSES TO X^② WHO DRIVES TO THE NET AND SHOTS
 - ④ X^① FOLLOWS AND THEN TURNS TO RECEIVE A PASS FROM X^③ WHO HAS STARTED THE DRILL AGAIN.

DRILL

RED WINGS

PASS TO RECEIVING ZONES



DIRECTIONS

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

PLAYER ① SHOOT, 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:



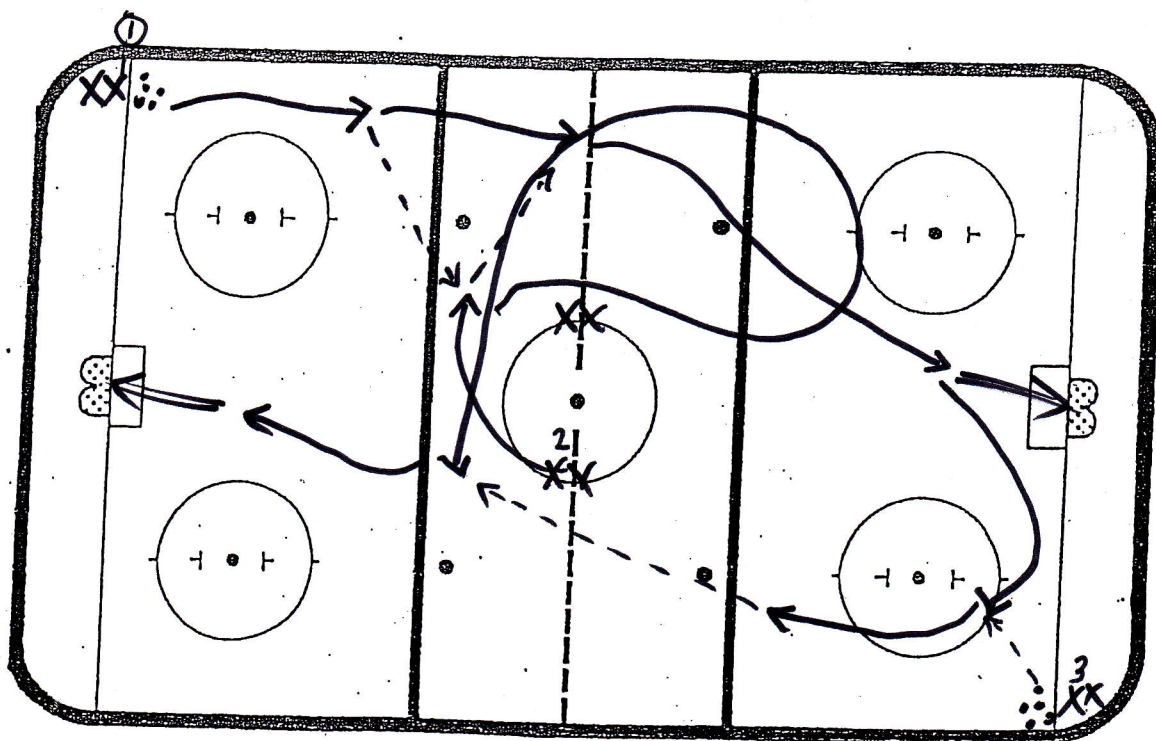
DIRECTIONS:

AT FAR

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