

Name: 2ON1 (CONT)

Description: D¹ BREAKS THEM OUT

THEN SPRINTS WITH PLAY

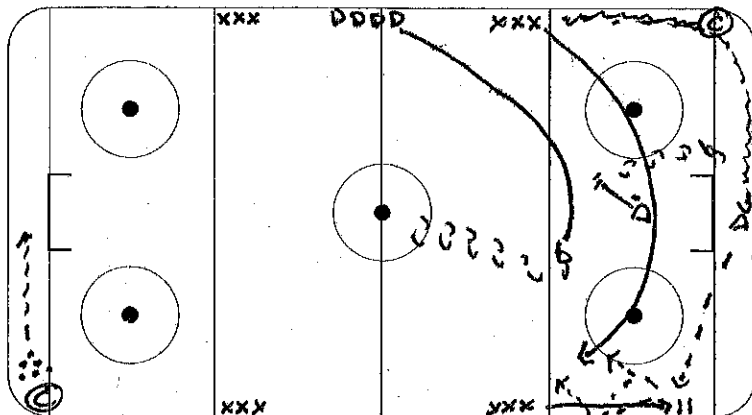
Key Points: UNTIL RED LINE, PEELS OFF,

D² PLAYS 2ON1 RELEASES AT

TOP OF CIRCLES, BREAKS OUT

NEXT TOO

Time: 8 MINS



Name: 2ON2 GAP CONTROL

Description: © PASSES TO X¹ OR X²

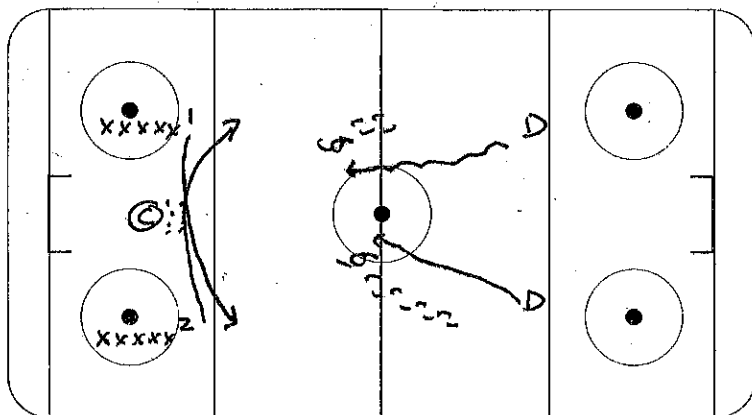
GO 2ON2 AGAINST D, ON

Key Points: WHISTLE RACE BACK TO

PICK UP SPOTTED PUCK, GO AGAIN,

D MUST MAKE IT BACK TO RED
LINE

Time: 8 MINS



Name: FLYNN'S TRANSITION

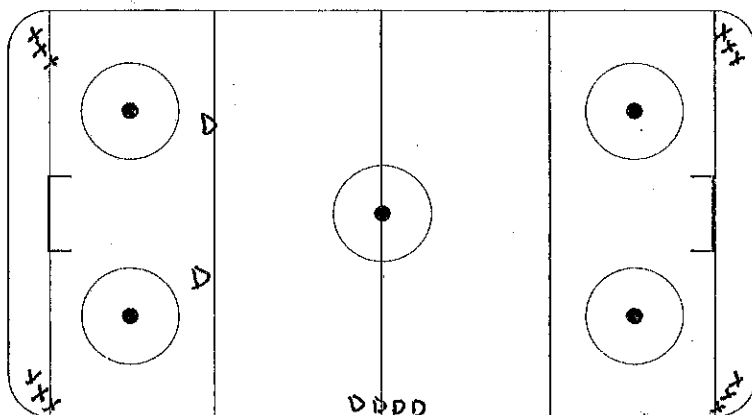
Description: 2 D BREAKOUT ALL

4 LINES.

Key Points: CURL DEEP, PUCK SIDE

WINGER POST UP.

Time: 8 MINS



Name: ACADIA SEAL DRILL

Description: D, DEFEND AT ALL TIMES,

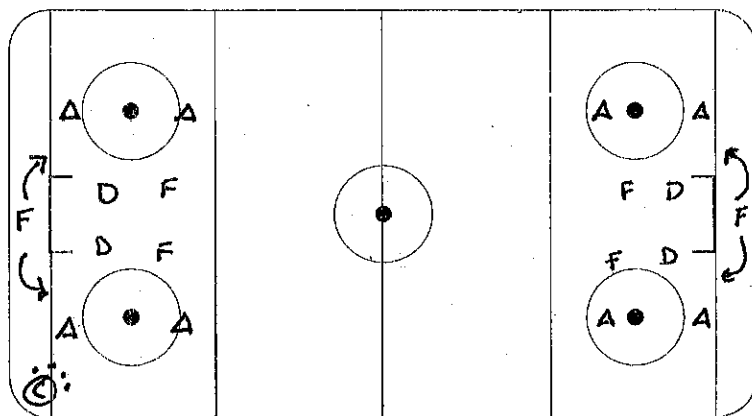
Key Points: © PASSES TO F

BEHIND THE NET, HE HAS

A COUPLE OF SECONDS TO MAKE

THE PASS, NO CROSSING GOALLINE

Time: 8 MINS



Good at:

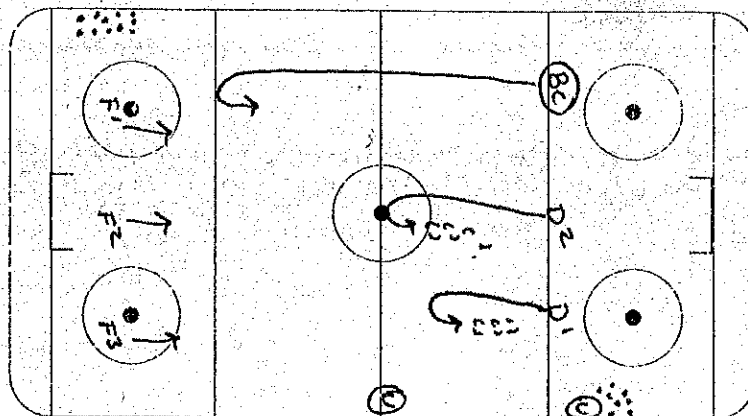
Work at:

Name: BUCK EYE BACKCHECK

Description: WHISTLE EVERYONE LEAVES,
ON 2ND WHISTLE, 2ND PUCK

Key Points: 3 ON 3 DOWN LOW

Time: 10 MINS



Name: EAGLE TRANSITION (3 ON 2)

Description: STAY IN LANES

D TO D

Points: WINGER POSTS UP

CENTER TIMES CURL

DRIVE WIDE, DRIVE NET, BY TIME

Time: 10 MINS

