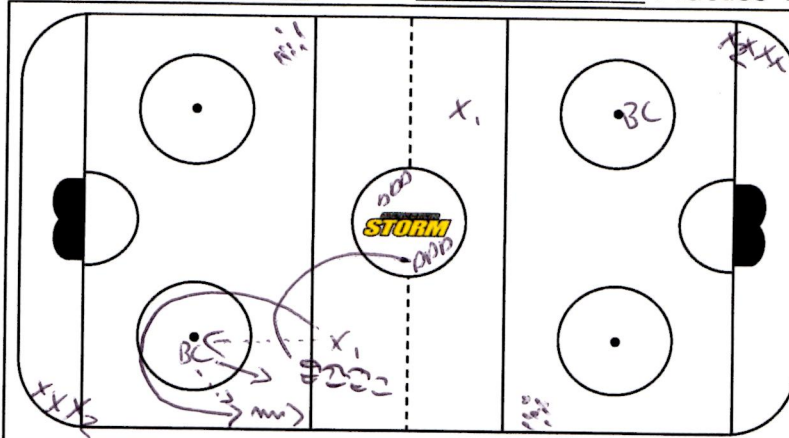
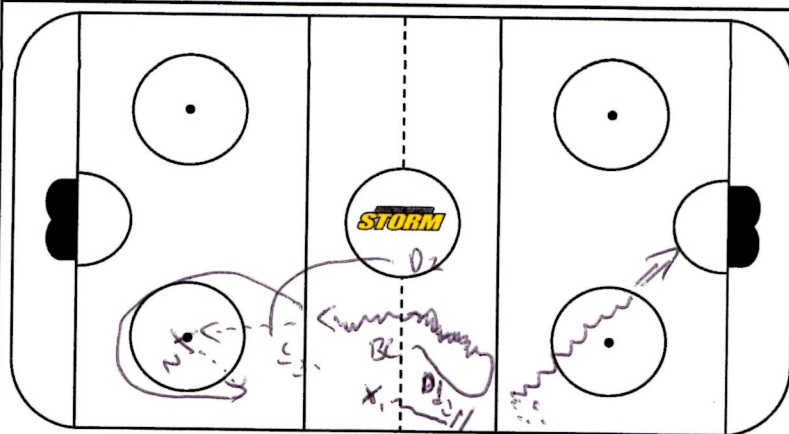


Date: _____ Team: _____ Practice Time: _____



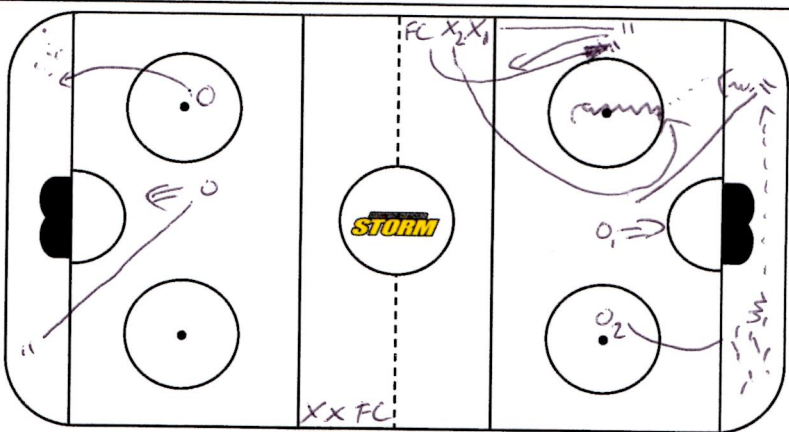
Drill Name Continuous Backchecker
 Description X₁ starts w/ pass to BC & skates below circle and receives pass back. Drives down ice. - D steps out and sets gap w/ X₁.
 Key points BC backchecks taking away mid lane.

Duration (min): _____ Running time (min) _____



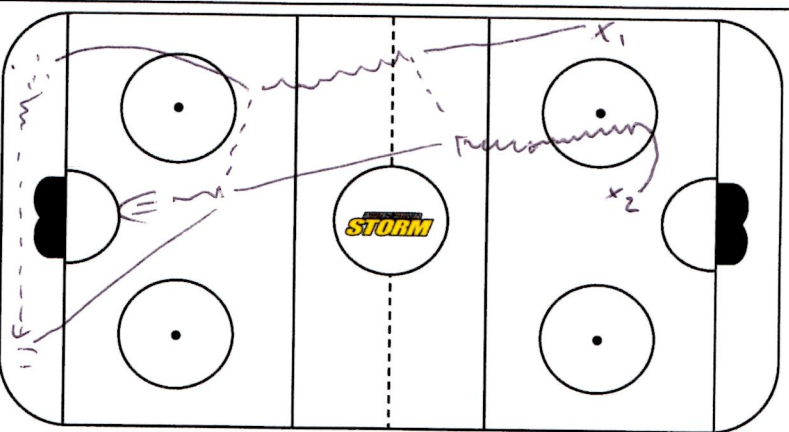
Drill Name Conto
 Description D₁ close gap and steps up on X₁ in neutral zone. - BC picks up loose puck and starts drill again with X₂ and new D. X₁ picks up new puck and shoots on goal!
 Key points * Both sides same time.

Duration (min): _____ Running time (min) _____



Drill Name Heads Up 2v0 continues
 Description O₁ + O₂ start drill w/ shot. O₂ picks up loose puck & passes to O₁ behind net. - X₁ (winger) & X₂ (centre) move into B/O positions
 Key points - FC makes strong pinch on either X₁, X₂ or O₁.

Duration (min): _____ Running time (min) _____



Drill Name Continued
 Description Forcing O₁ to get head up and make the right outlet pass. - X₁ + X₂ go down ice 2v0 - continuous.
 Key points _____

Duration (min): _____ Running time (min) _____

LEGEND:

© - Coach

F - Forwards

--- Passing

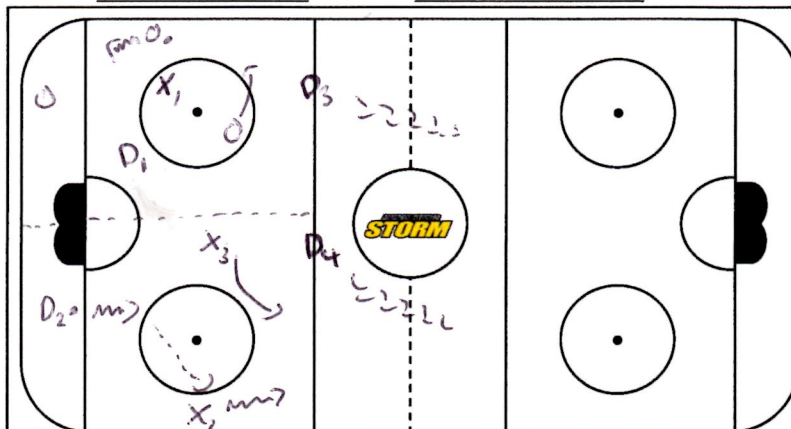
Stickhandling

→ Cross-overs

|| Stopping

⇒ Shooting

Date: _____ Team: _____ Practice Time: _____

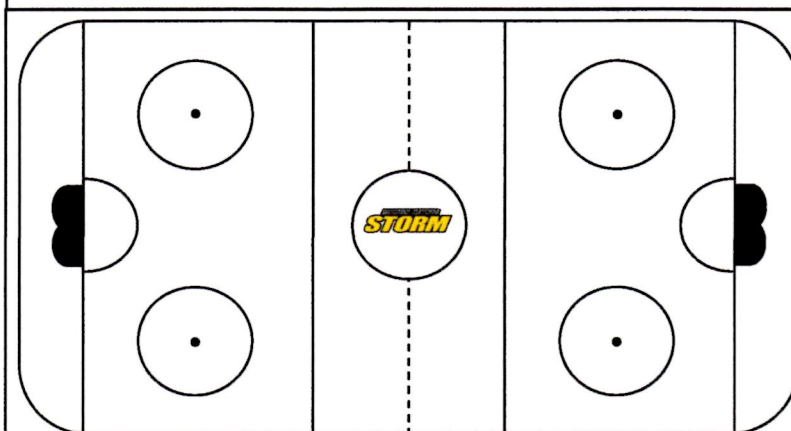


Drill Name 3v2 transition to 5v5

Description - On whistle O's play 3v2 down low against low X's. D1, D2 Play on 1/2 zone. Play 10-20 seconds. 2nd whistle D2 b/o X2 + X3 (X joins rush) vs D3 + D4

Key points _____

Duration (min): _____ Running time (min) _____

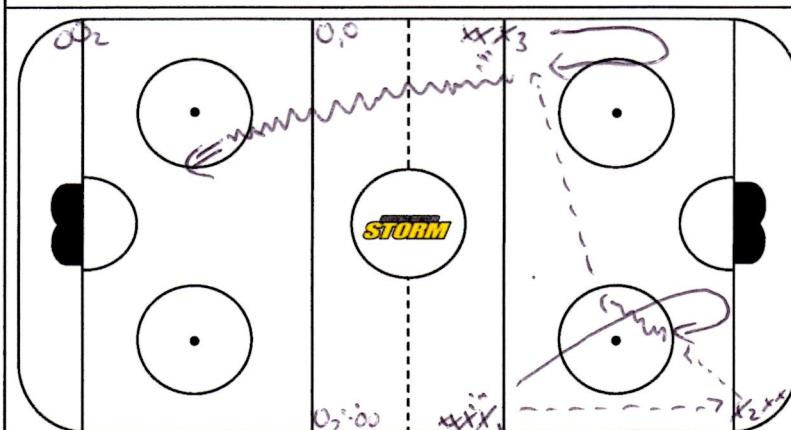


Drill Name _____

Description O's must back check. D3 + D4 communicate and identify with high O's. - Play out 5v5 down low in defensive zone.

Key points _____

Duration (min): _____ Running time (min) _____

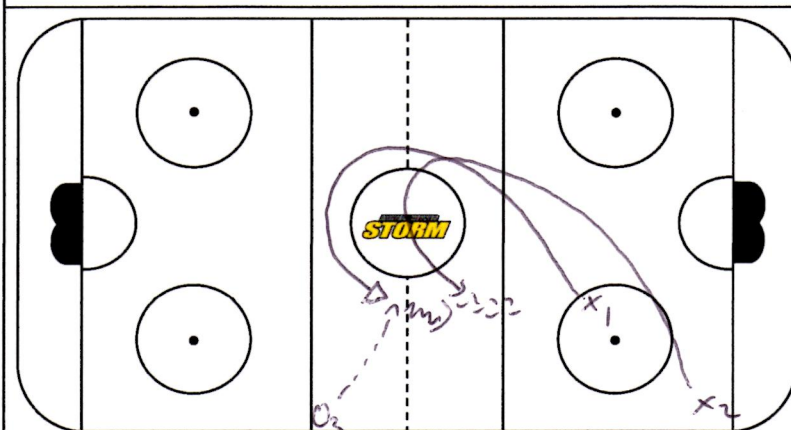


Drill Name Zamboni mid lane 1v1

Description - X1 pass to X2 and loops low for return pass. Passes cross ice to X3. - X3 goes down ice for shot

Key points _____

Duration (min): _____ Running time (min) _____



Drill Name Continued

Description X1 skates around centre circle and receives pass from O3. X2 mirrors X1 and reduces gap and plays mid lane 1v1

Key points Both sides @ same time

Duration (min): _____ Running time (min) _____