



# Atlantic Centre of Excellence Centre d'Excellence de l'Atlantique

125 Station Street, Saint John, NB • E2L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641  
E-mail: acoehoc@nbrot.nb.ca • www.canadianhockey.ca



**2 vs 1 Continuous**

F1 starts up the wall and drops the puck for F2 who will come down the wall, then they will attack D1, 2vs1 down low. Then F1&F2 will come outside the blueline to get a pass from D2. Out of the far corner and attack 2vs1 again, then the other end starts 2vs1 down low, then gets pass from D in other end and attacks, this is continuous.

Key Execution Points (KEP)/Points clés d'exécution :

**Offense**

D1 retrieves puck in corner & reverses with 2, 2 then passes to D2 who one touches to 1 who will chip puck off glass for 2 who skates to red and places the puck in the corner, then this is continuous.

Key Execution Points (KEP)/Points clés d'exécution :

**Offense**

Whites vs Reds in neutral zone, the nets are on the bluelines. They play until hear coaches whistle and they will change. There will be coaches inside each blueline to feed new puck when one goes out of play or there is a goal.

Key Execution Points (KEP)/Points clés d'exécution :



"Partners in Hockey Development"



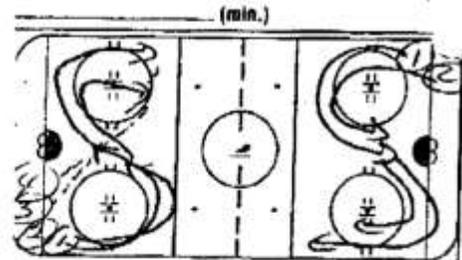
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## Flow Shooting

Drill starts on coaches whistle, 1 & 2 from both ends will leave, go around top of circle and shoot, continue around the next faceoff dot low and get a pass from the next two players in line. First player will drive wide and second player will time and do middle drive with 1 there for a rebound after he shoots. Players are to stop at the net after shooting.



Key Execution Points (KEP)/Points clés d'exécution :

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## Time/

Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

All players on bench on coaches whistle it begins

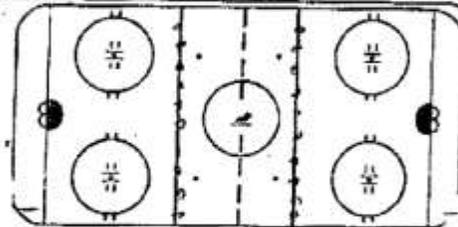
If you score you come right back to bench to release other

Player, if you don't you have to set puck back on blue line

then to bench to release other player. Losing team can untie

the winning teams skates for example. First team to score all

10 pucks wins



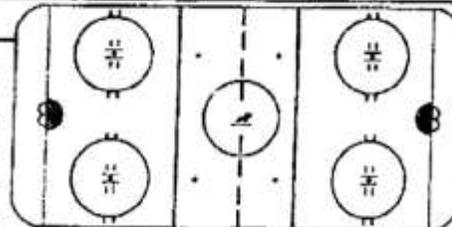
Key Execution Points (KEP)/Points clés d'exécution :

WHITE PUCKS RED PUCKS

## Time/ Temps :

Drill Name/Exercice :

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Key Teaching Points (KTP)/Points clés d'enseignement :

Key Execution Points (KEP)/Points clés d'exécution :

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