

Categories

Collective tactics

Drill Title : FULL ICE WARM UP

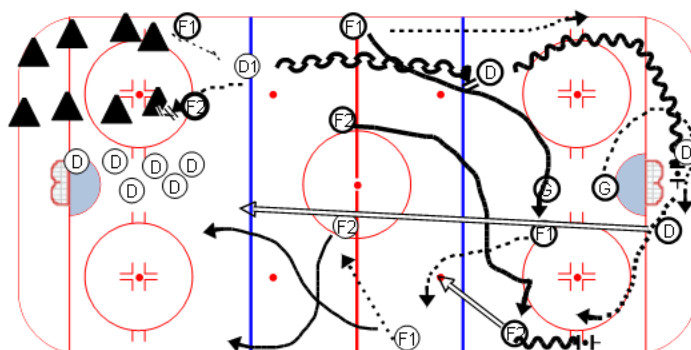
full ice warm up

Components : FWDS / D'S ALL ONE END**Content elements :****Description**

F1/F2 Pepper pass with D1 till red line;
F1 must hard rim to goaltender who
stops puck behind net

D1 has pivoted and wheels...and passes
to F2 who passes to F1...change lane to
other end

while D1 sprints to far blue line.
(whistle drill)

Key Points

Title : GAP DRILL PART I**Category #1 :**

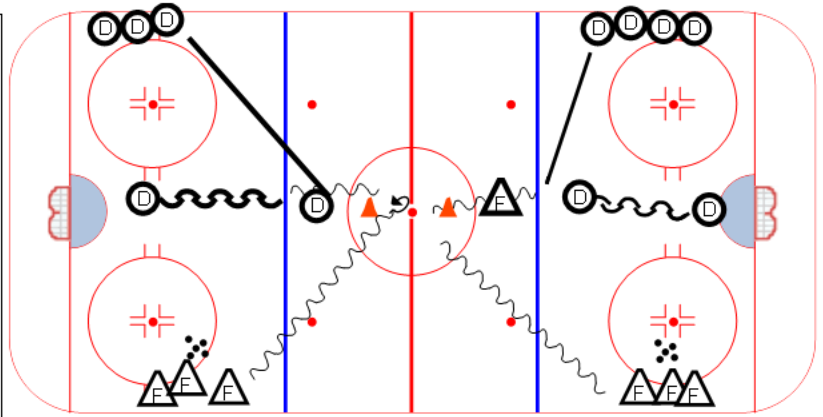
Quick Feet D-man drill

Category #2 :

Def drill

Description

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .

**Key points :**

Title : GAP DRILL PART II**Category #1 :**

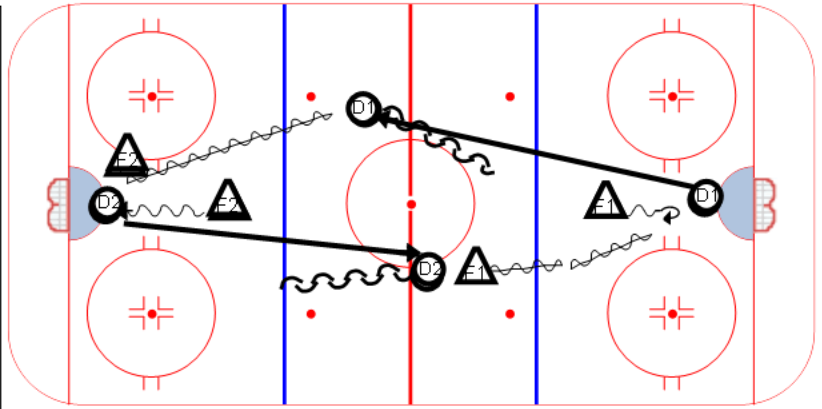
Quick Feet D-man drill

Category #2 :

Def drill

Description

GAP DRILL PART II-F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .

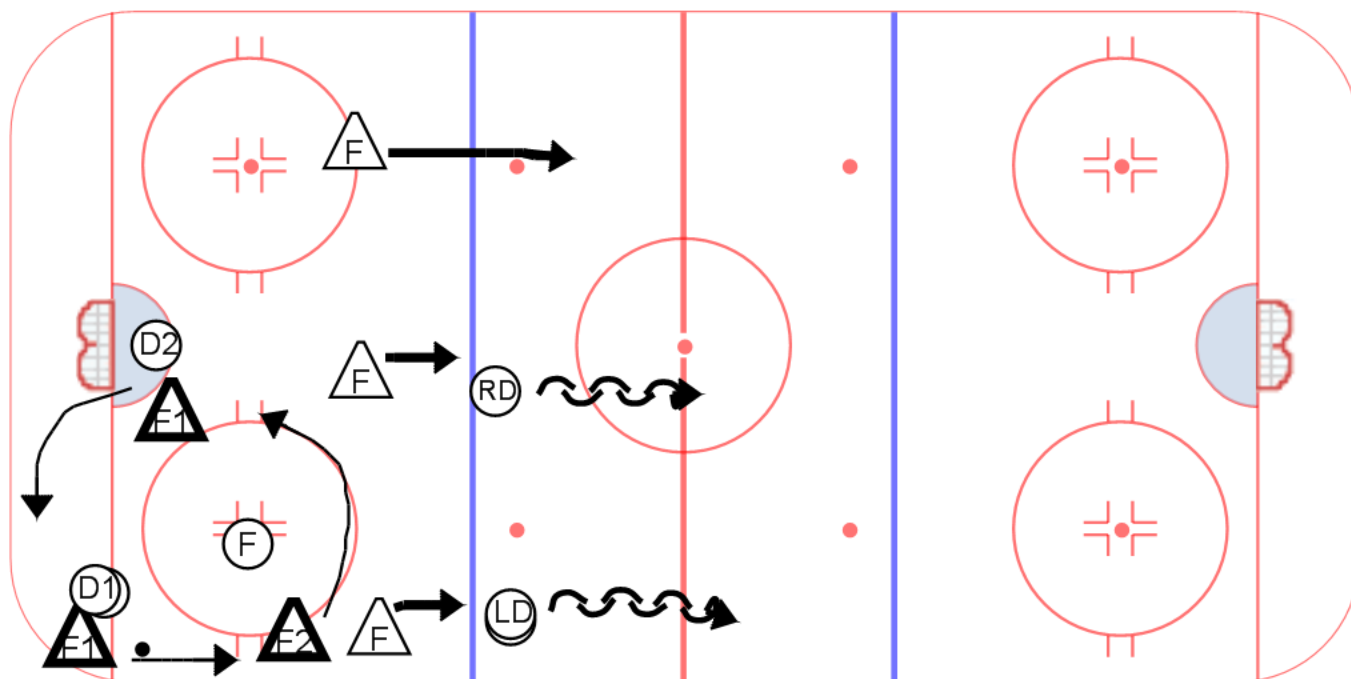
**Key points :**

Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

Title : FULL ICE 3:3 LOW (PART I)

Content elements : Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description

F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

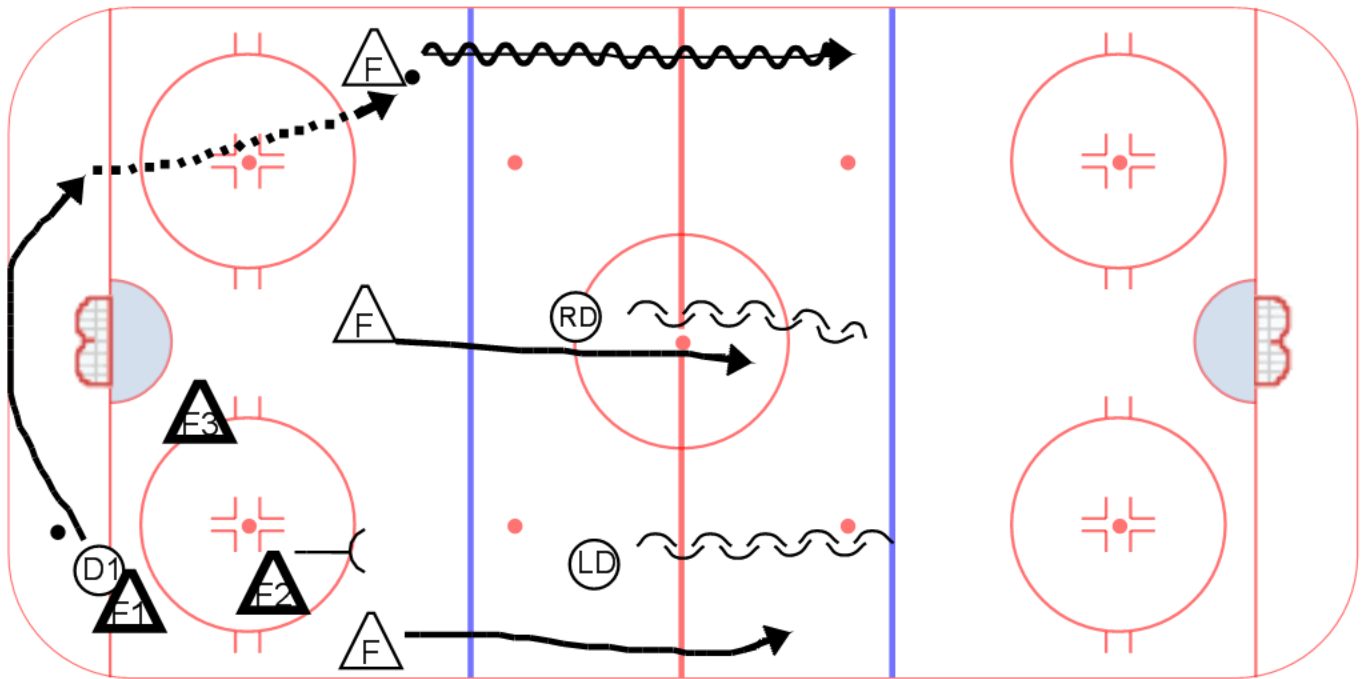
NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES)

Category #1 : TEAM DRILL

Category #2 : BATTLING / RUSH DRILL

Title : FULL ICE 3:3 (PART II)

Content elements : _____ Components: _____

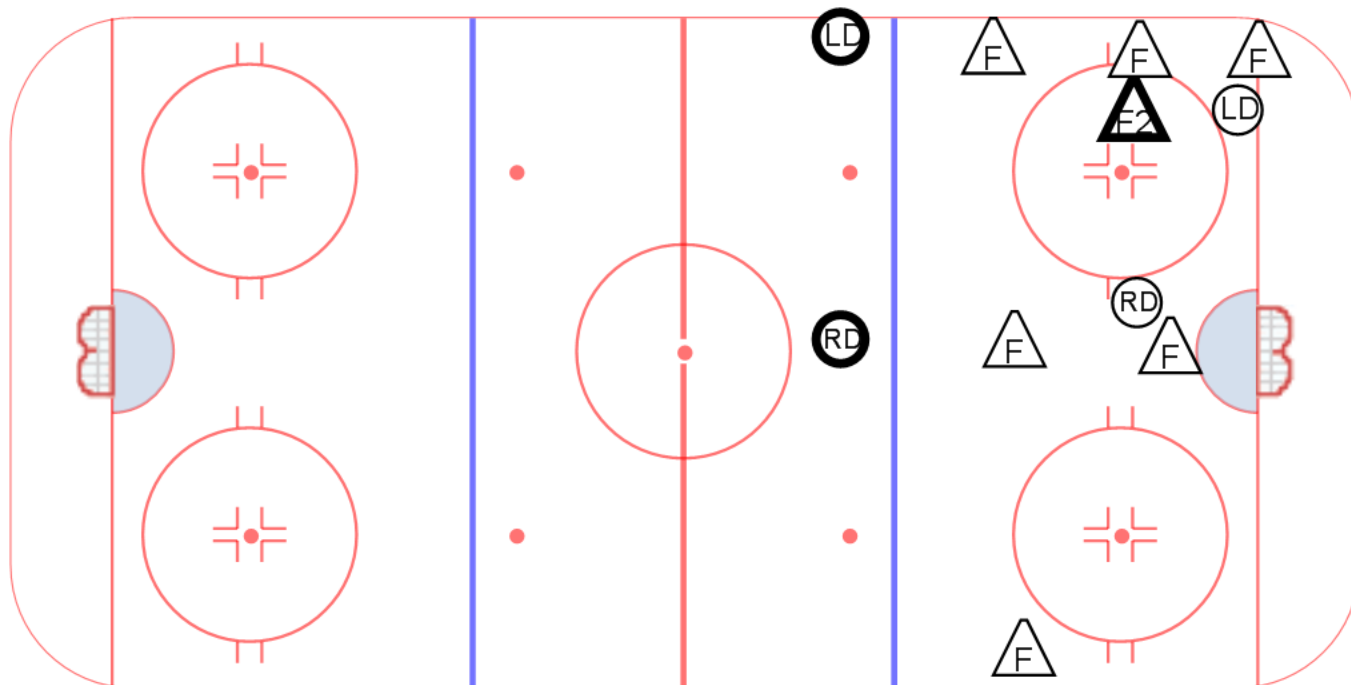


Key points :				
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Description

Category #1 : Category #2 : Title : FULL ICE 3:3 LOW PART III

Content elements : _____ Components: _____

Key points : Description

Title : SMALL ZONE 1:1 GAMES**Category #1 :**

BATTLING DRILL

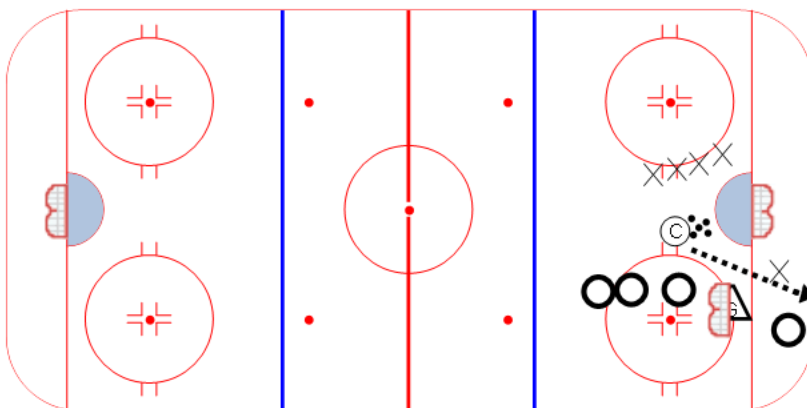
Category #2 :

COMP DRILLS

Description

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .

**Key points :**