

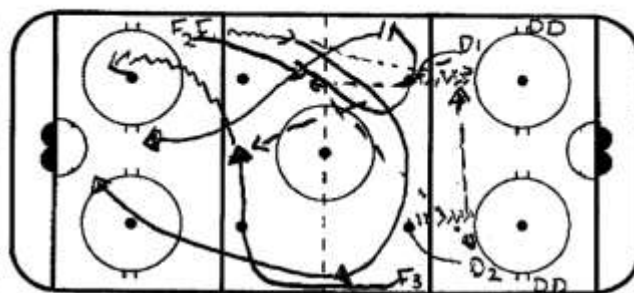
TIME: _____ DRILL: SKILL

- D₁ and D₂ Jump out and back pedal into zone.
- F₁ and F₂ leave F₁ gives puck to D₁, D₁ bumps it back to F₂, F₂ takes wide route to for wall, F₂ passes to D₂ and anchors wall, D₂ goes back to D₁, F₃ stretches, D₁ jumps up and picks an option, 3 F's attack F with puck shoots for a rebound with 2 F's going to the net, D men go hard to OZ. Can add shots from D

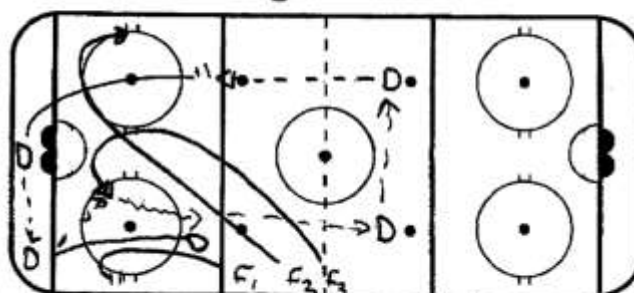
TIME: _____ DRILL: TEAM PLAY

Dump puck 2 D breakout 3 F's 2 more D in N2.
3 F's give N2 D puck for regroup N2 D go D to D then back to the 2 D that broke out. Breakout D go D to D the hit a regrouping F F's Dump puck in and change, One F stays to HV D men who are now breaking out 3 new F's changing from the bench. Continuous

3 men N2



Change Drill w/ 4ver



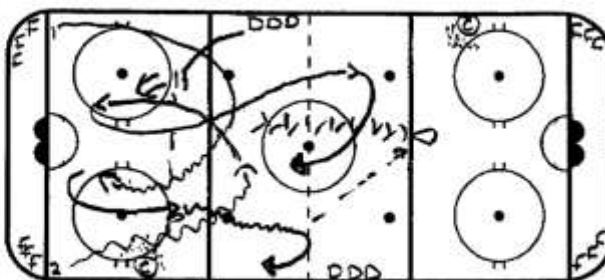
TIME: _____ DRILL: FAVORITE

F₁ and F₂ leave with puck swing outside blueline and attack 2on0 D then jumps in gets a pass from coach and shoot with F₁ and F₂ at net. After shot F₁ and F₂ breakout gets pass from coach and regroup with D men. F₁ and F₂ then attack 2on0 again with regrouping D men following up for another pass from coach and shot. Once D men regroup F₁ and F₂ other end starts. Continuous

TIME: _____ DRILL: COMPETATIVE

Nets back to back in one end O's must try to score on X net and X's on O net
30 sec shifts on whistle all 6 players head out of zone to clear for next 6.
losing team skates

Detroit Game Day



3vs3 1/2 ice nets back to back

