

NOV. 18th/2019



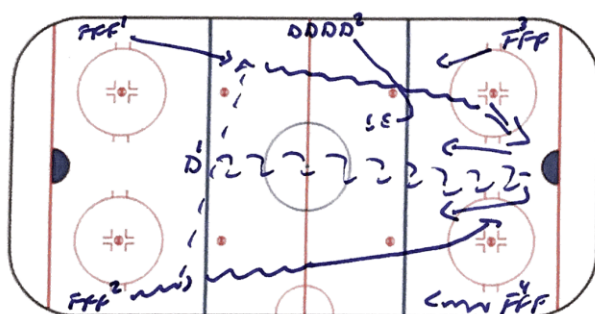
DRILL OF THE WEEK CLUB



2V0 DOUBLE EXCHANGE

- Players leave 2v0 and exchange/drop/pass puck in area indicated, and eventually come back to attack 2v0 @ original end.

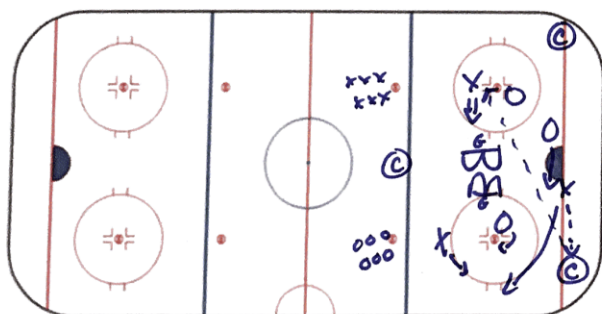
- * Speed off the puck
- * Communication



2V1 BACKCHECK

- F1/P2 GO 2V1 ON D1 UP ICE
- ON WHISTLE, P3/P4 LEAVE AND GO 2V1 ON D2, WITH D1 JOINING RUSH ON OFFENSE AND EITHER P1 OR P2 COMING BACK ON TRACK.

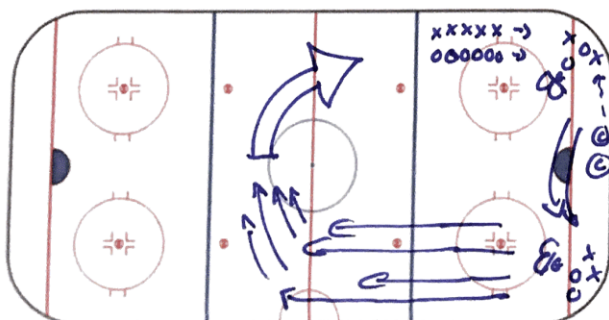
- * I.D. + TALK ON BACKCHECK
- * KNOW/USE OPTIONS ON ENTRY



GRAB ON THE SIDE

- 3V3 SMALL AREA GAME W NETS BACK-TO-BACK.
- TEAMS CAN SCORE ON ANY NET BUT MUST RELOAD WITH GRABY (C) UPON POSSESSION BEFORE THEY CAN ATTACK.

- * WORKING OFF THE PUCK
- * CREATIVITY AND COMPETE



2V2 20-SECOND CORNERS

- 2V2 BATTLES FOR 20 SECONDS.
- ON WHISTLE, PLAYERS JUMP TO NEXT CORNER FOR 2nd 20 SECONDS.
- NEXT WHISTLE PLAYERS SPURT THROUGH RED LINE TO MIMMICK HUSTLING BACK TO BENCH (TIRED)

- * COMPETE, GOOD STICKS, BOX OUTS.