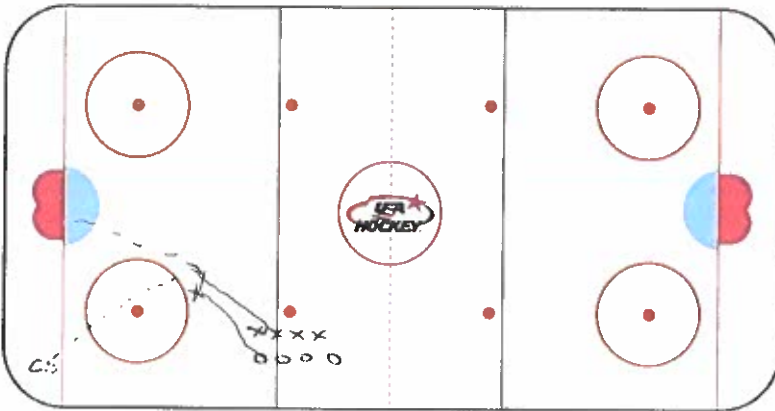




SYSTEM/DRILL

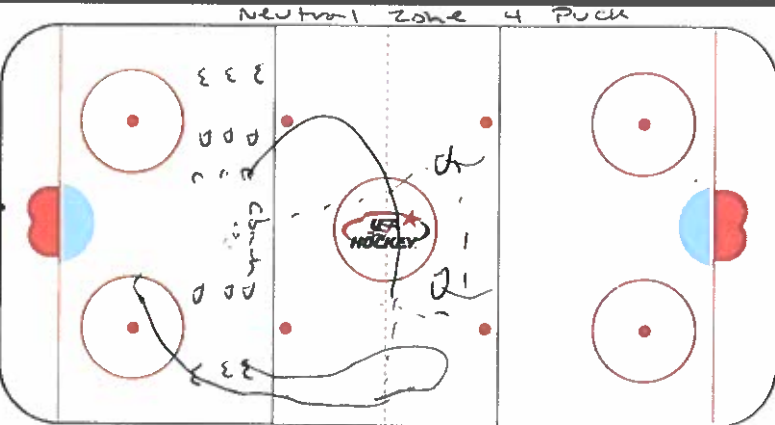
Lift Stick Shot in Stride



Description

- X skates to the net
- O skates with him as soft defender
- Coach passes to X
- As pass comes in, X lifts O's stick and gets off quick shot in stride

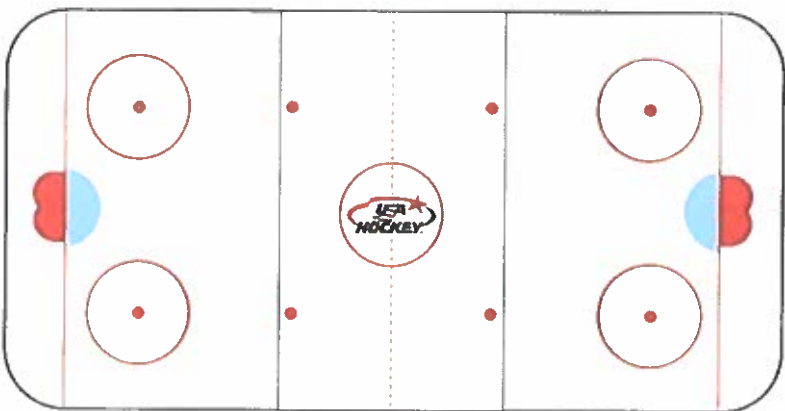
Notes/Systems



Description

- Coach spots puck to RD, RD passes to LD, LD to C, C to LW → LW shoots
- Puck 2 - Coach to LD, LD to RD, RD to C, C to RW → RW shoots
- Puck 3 - Coach to RD, RD to LD, LD to C → C shoots
- Puck 4 - Coach to LD, LD to RD, RW to LD → 2 v 0

Notes/Systems



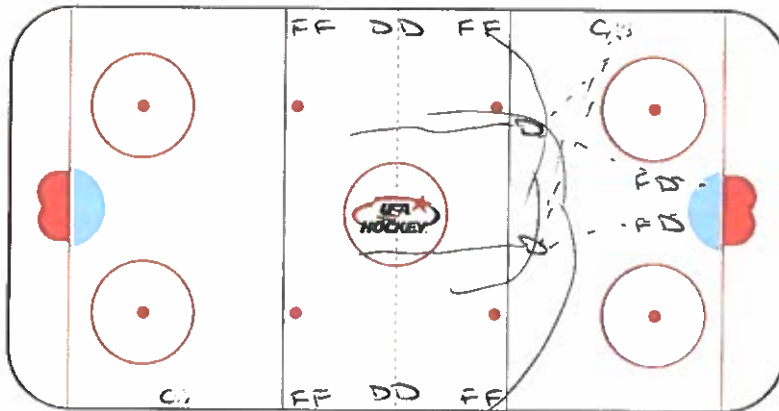
Notes/Systems





SYSTEM/DRILL

2v2 Big Screen

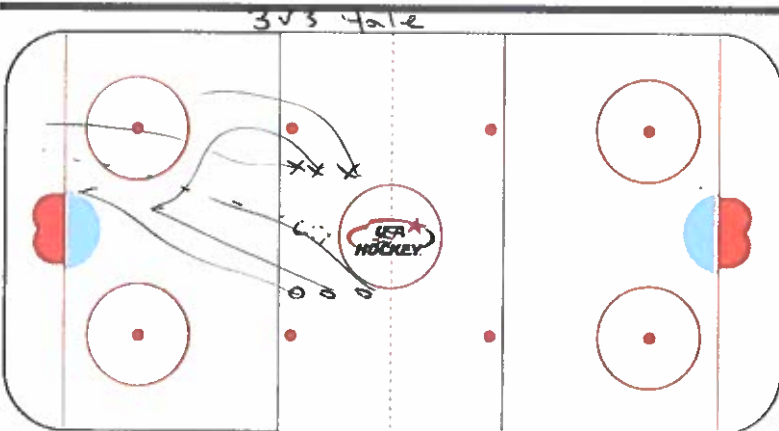


Description

- Drill starts with 2 F and 2 D at netfront
- Coach passes to D at point, shot to net/battle → whistle
- Repeat for other D at point → whistle
- 2 Forwards (1 from each line) cross cross, get puck from Coach
- Attack 2v2 full ice vs 2 D at Point
- Drill repeats at other end

Notes/Systems

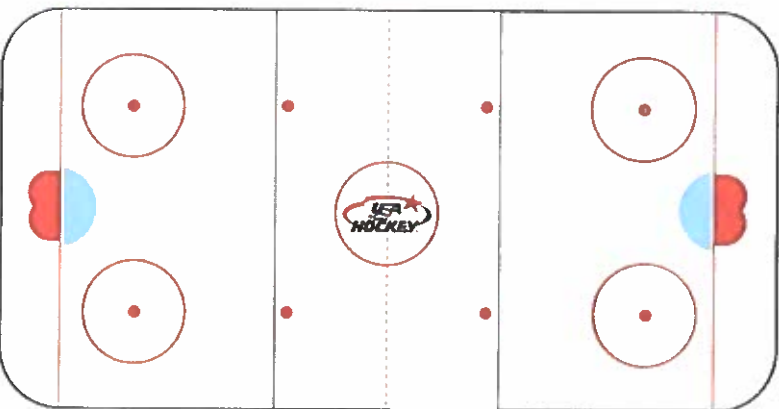
Complete Drill



Description

- Coach spots puck in corner
- X's on offense O's on Defense
- Play out 3v3 → O's must skate puck past blue line cleanly 3 times to end drill.
- works on man on man D coverage

Notes/Systems



Description

Notes/Systems