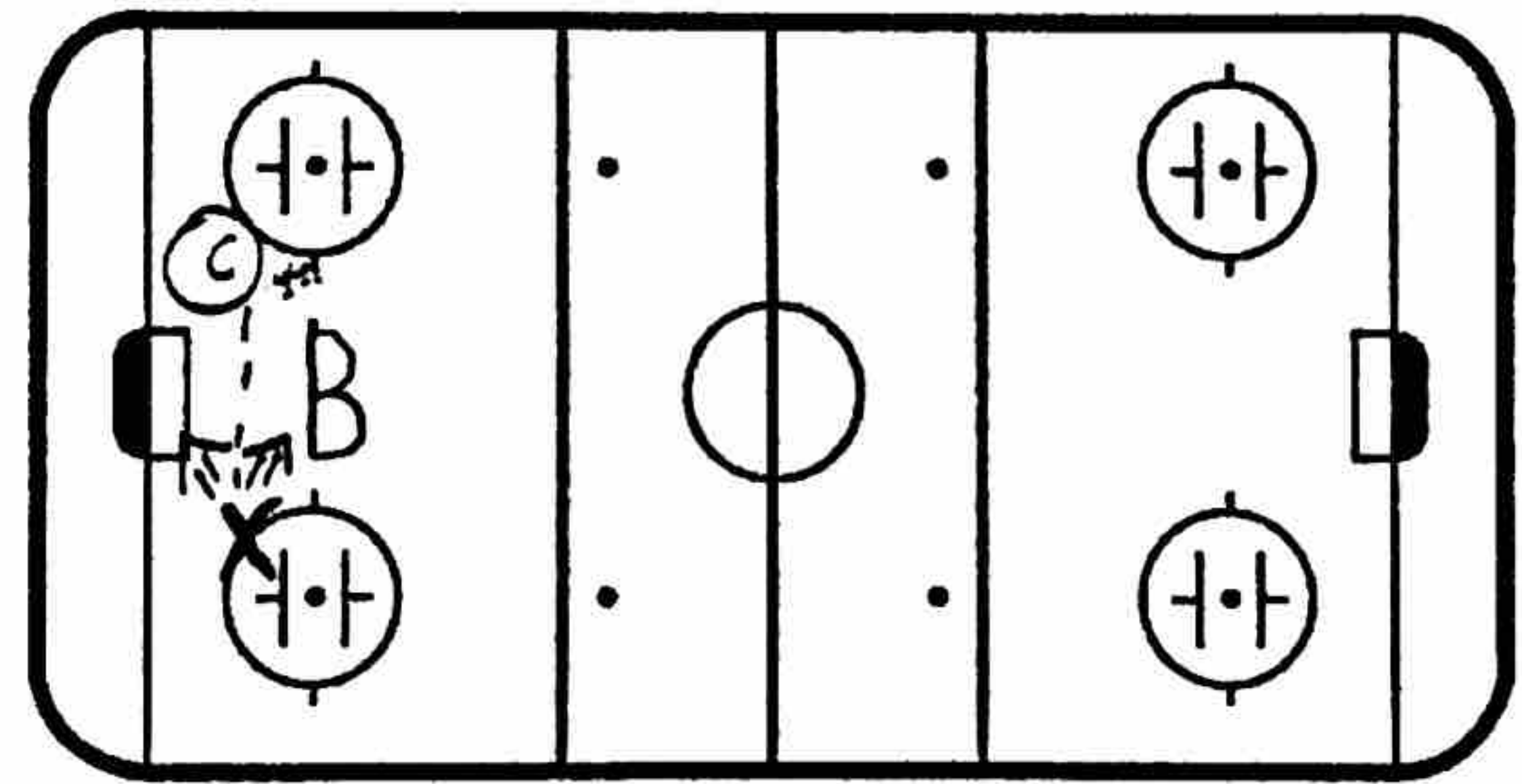




Date: _____

Skill Drill - "State Street Shooter"

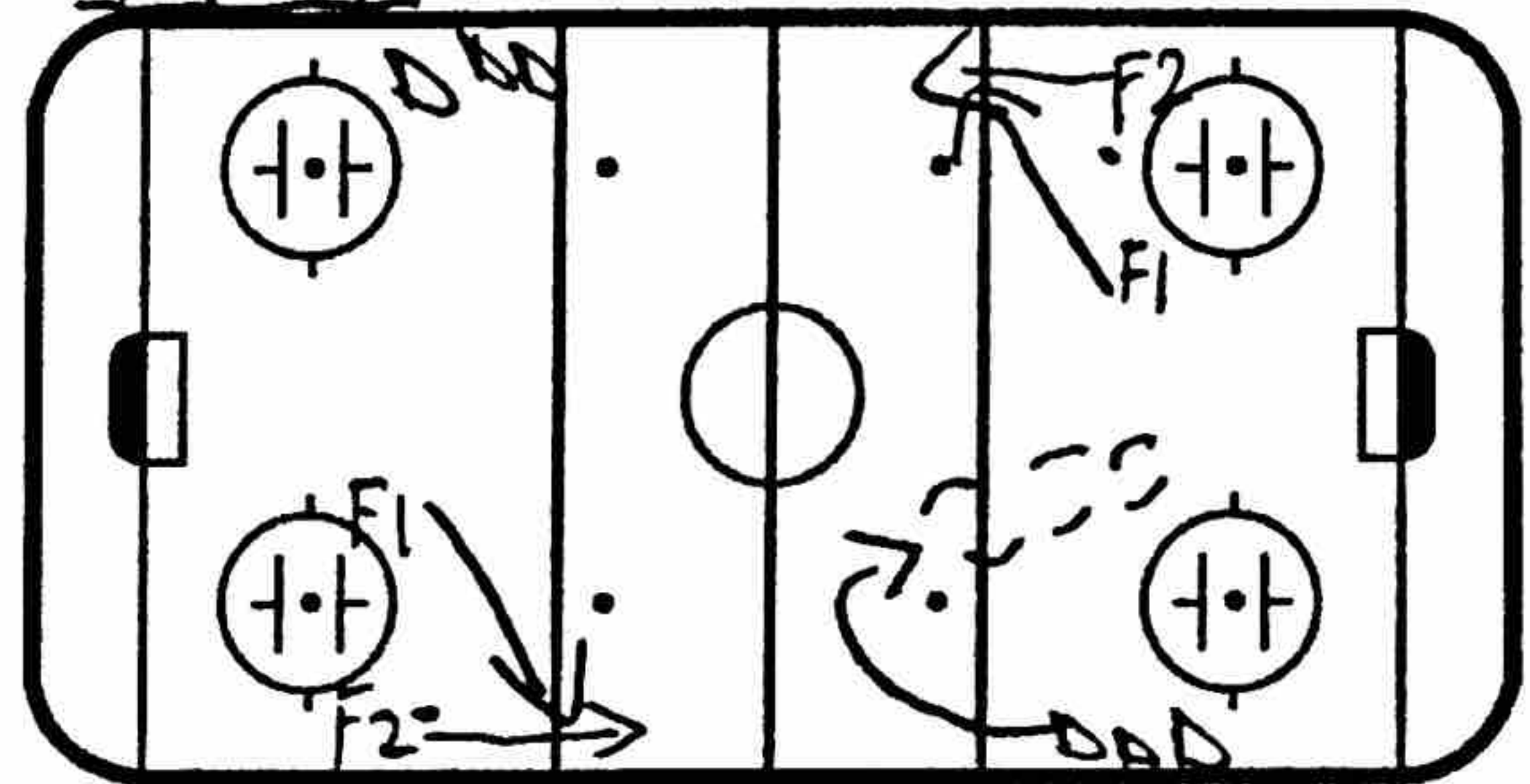
Put one net in crease - 2nd net Low Hash facing first net. Player alternates shooting 1x'ers & forehand push 1x'ers.



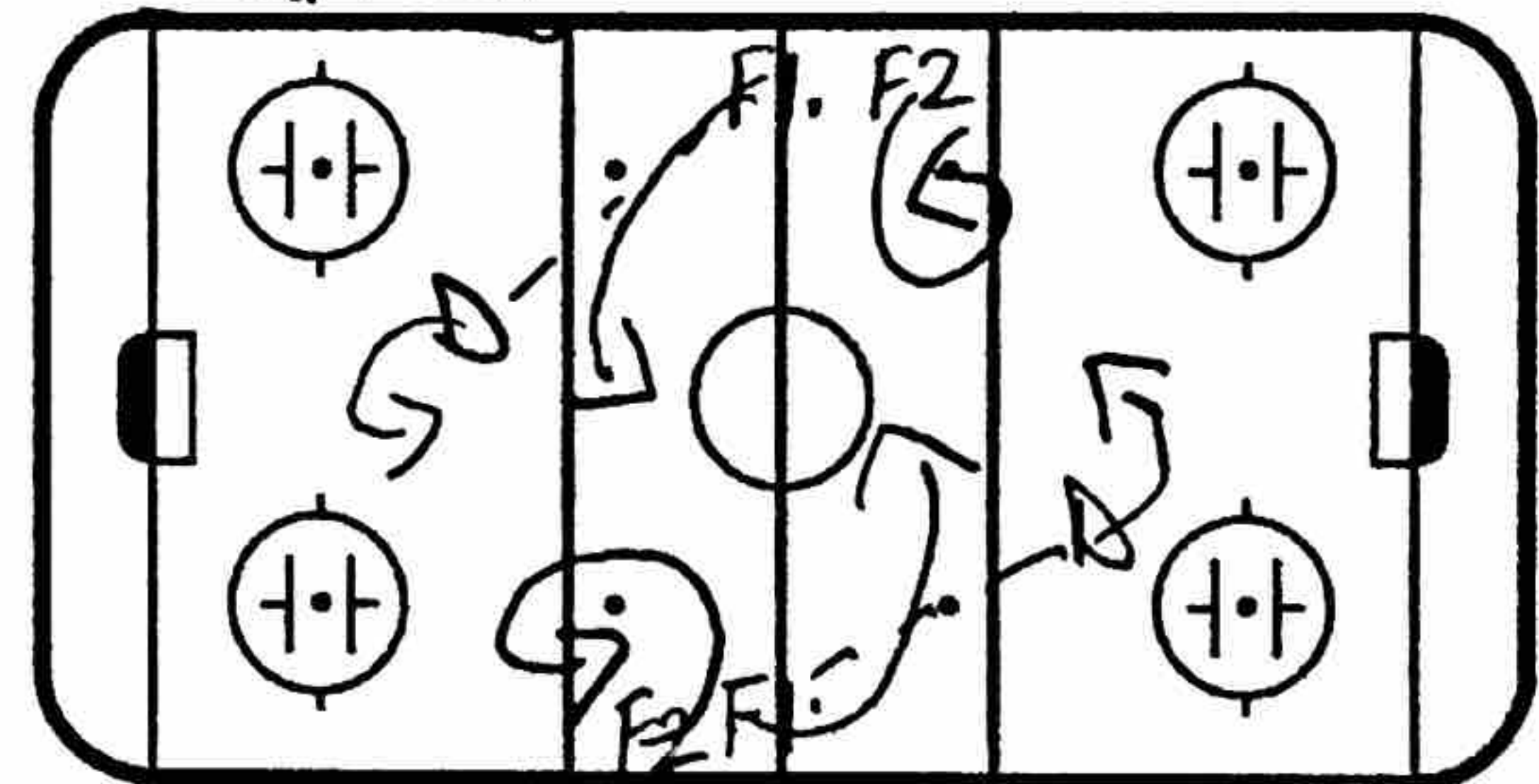
Warm Up Drill - "YJ Backcheck"

- ① F2 Carries a puck up the wall
- ② F1 Backchecks F2 & Steals the puck
- ③ D - work around dot - pivot backwards to middle ice
- ④ F1 now has puck - passes to D & then center supports the D he passed to.
- ⑤ F2 Supports D on the wall.
- ⑥ D passes to F1 or F2
Sending them on a 2v0
- ⑦ D follows up for second shot

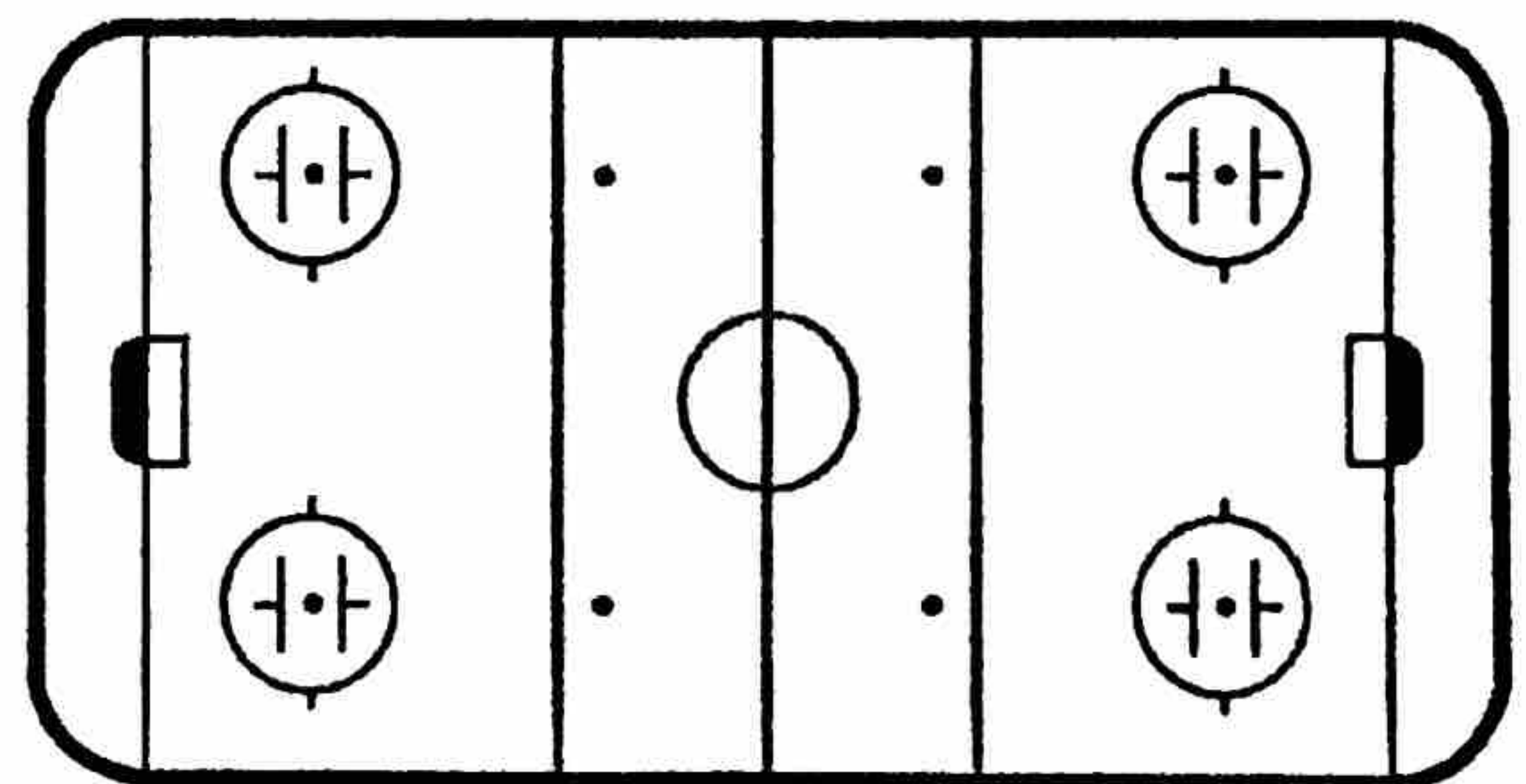
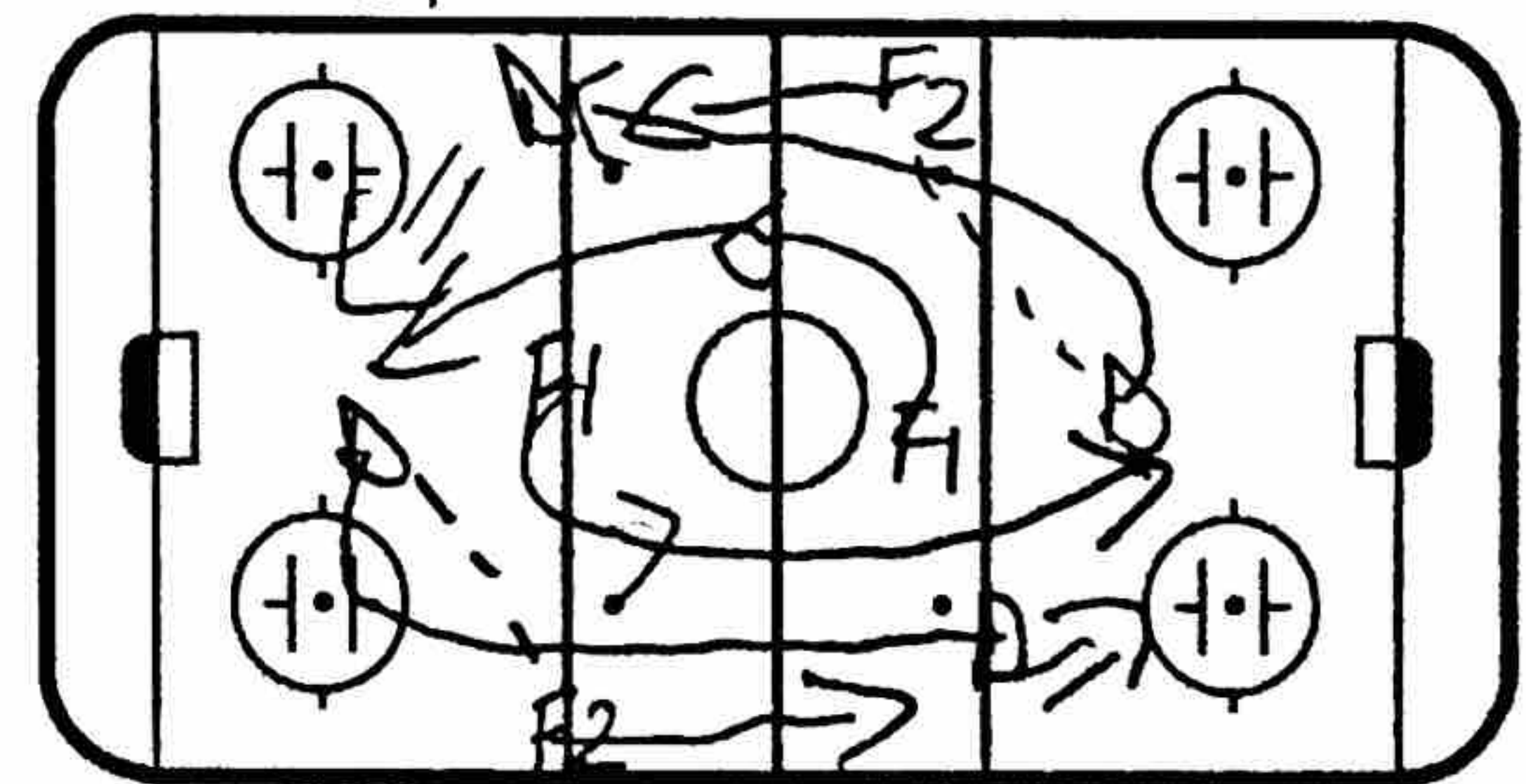
Part 1:



Part 2:



Part 3



Notes: _____



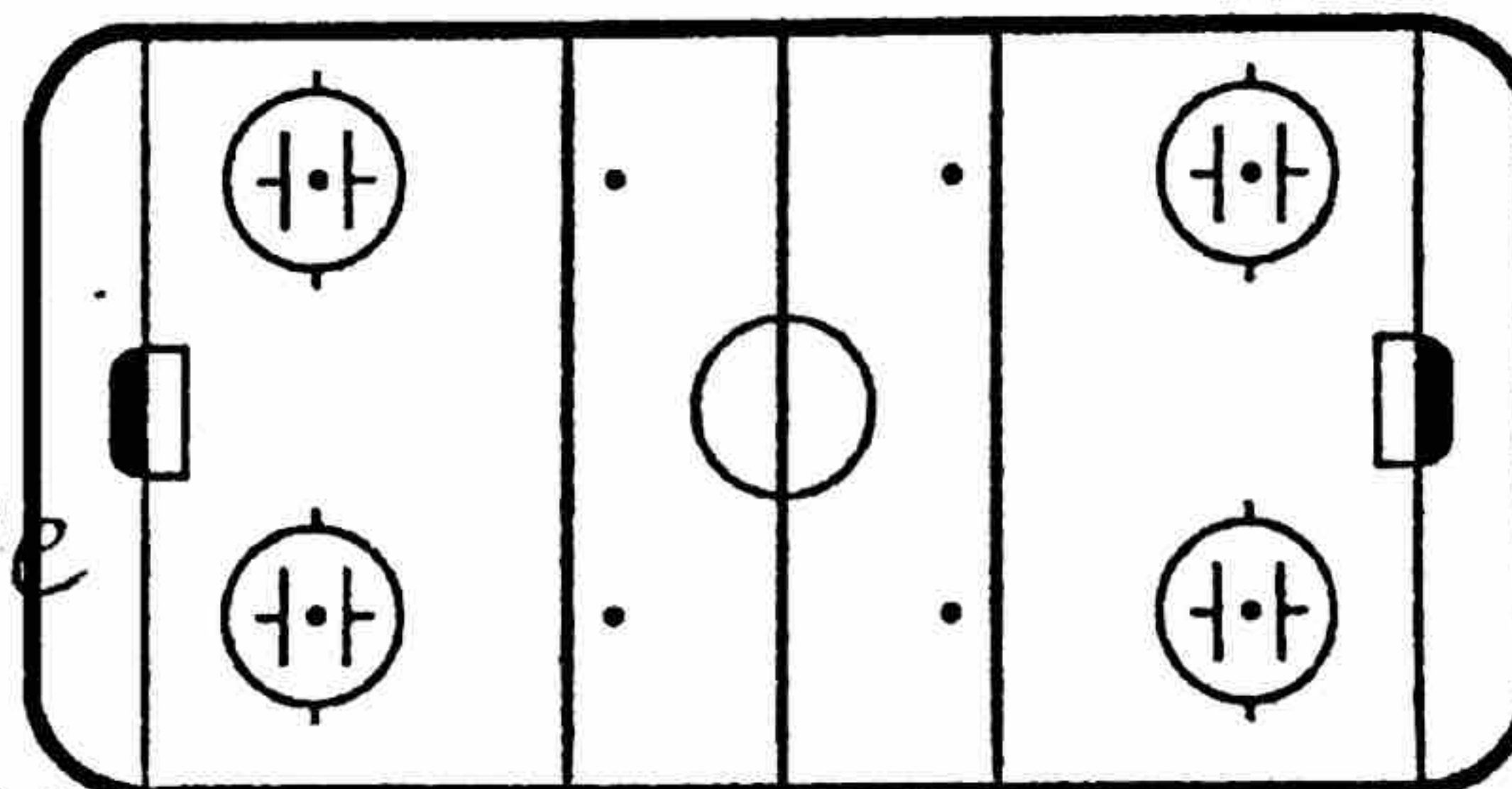
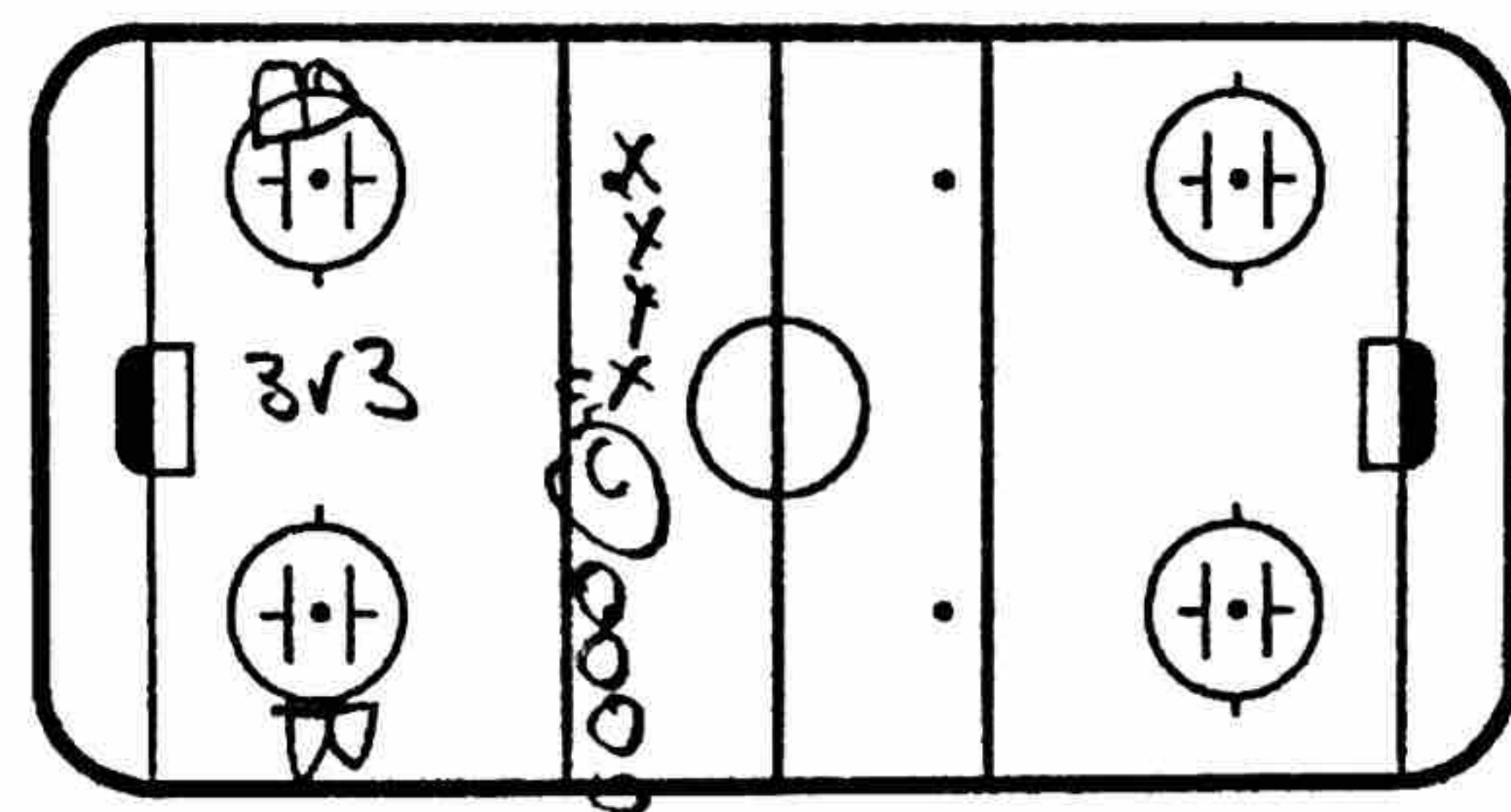
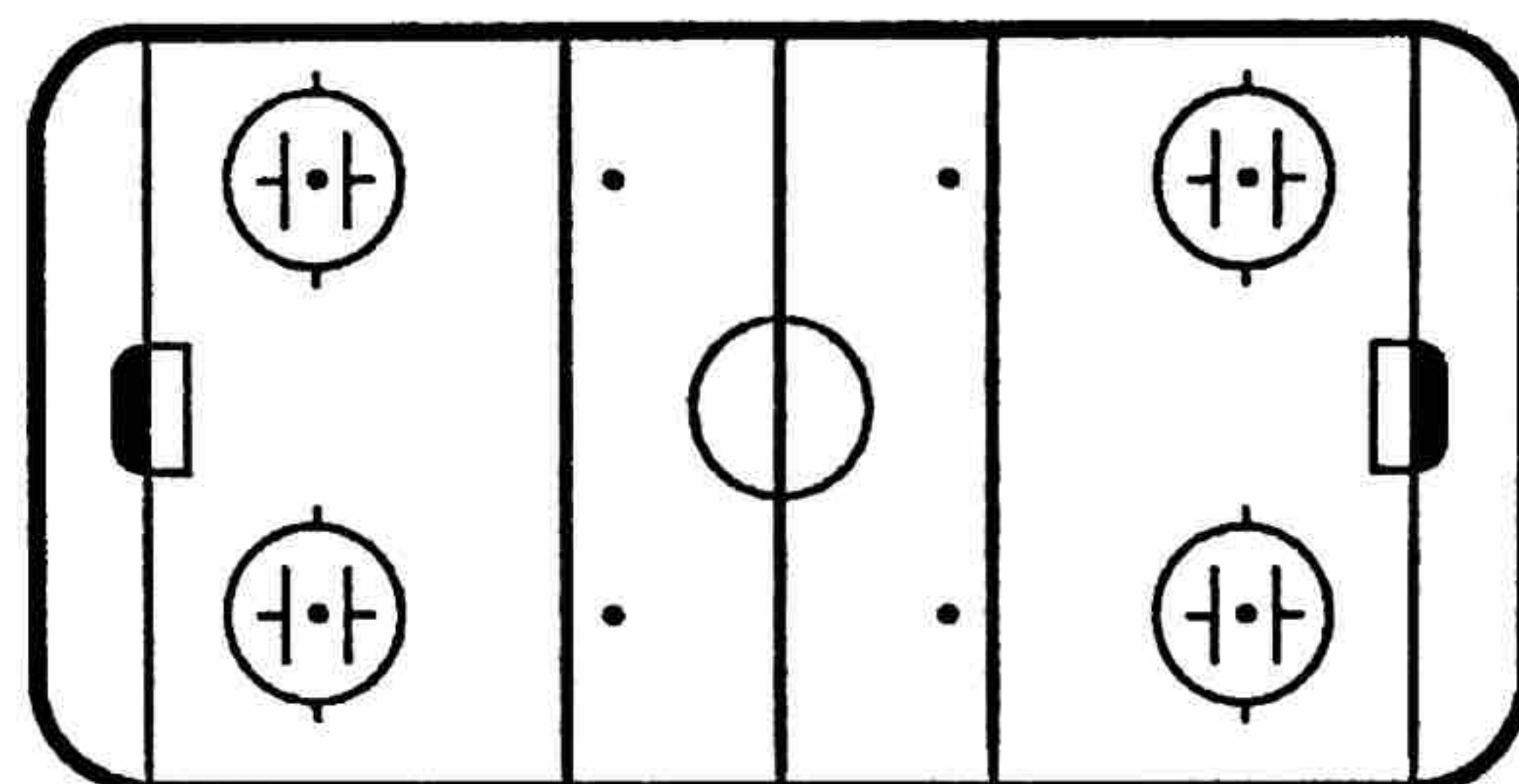
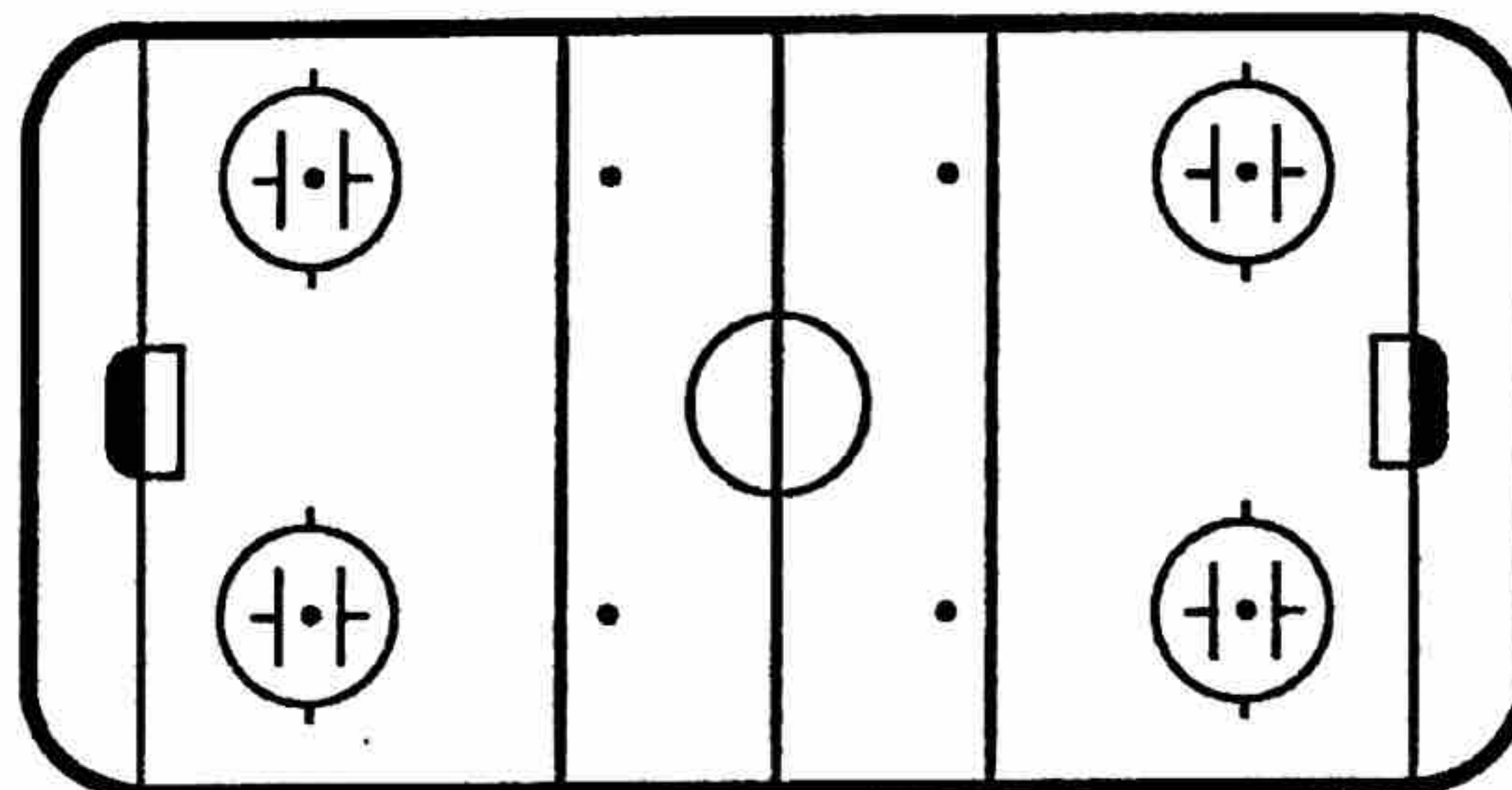
Date: _____

Offensive Drill "AIC Delay"

- ① F1 passes to D straight ahead of him.
- ② D escape turns to the wall + then makes stretch pass to F2.
- ③ F2 is up + across catching pass through middle from D. Once F2 catches pass he drives into the zone with speed

delay turns to the wall and passes to F1.

- ④ D follow up for second shot.



Compete Drill "MGM No Shot"

3v3 Cross Ice

Rules - 3 Shots on net = a "rep" win
A goal = A "rep" win

3 "rep" wins = a team win.

Emphasis:

Defensively - Stick on puck - Shot Block, Compete

Offensively - Puck Support - Get puck to the net

Notes: _____