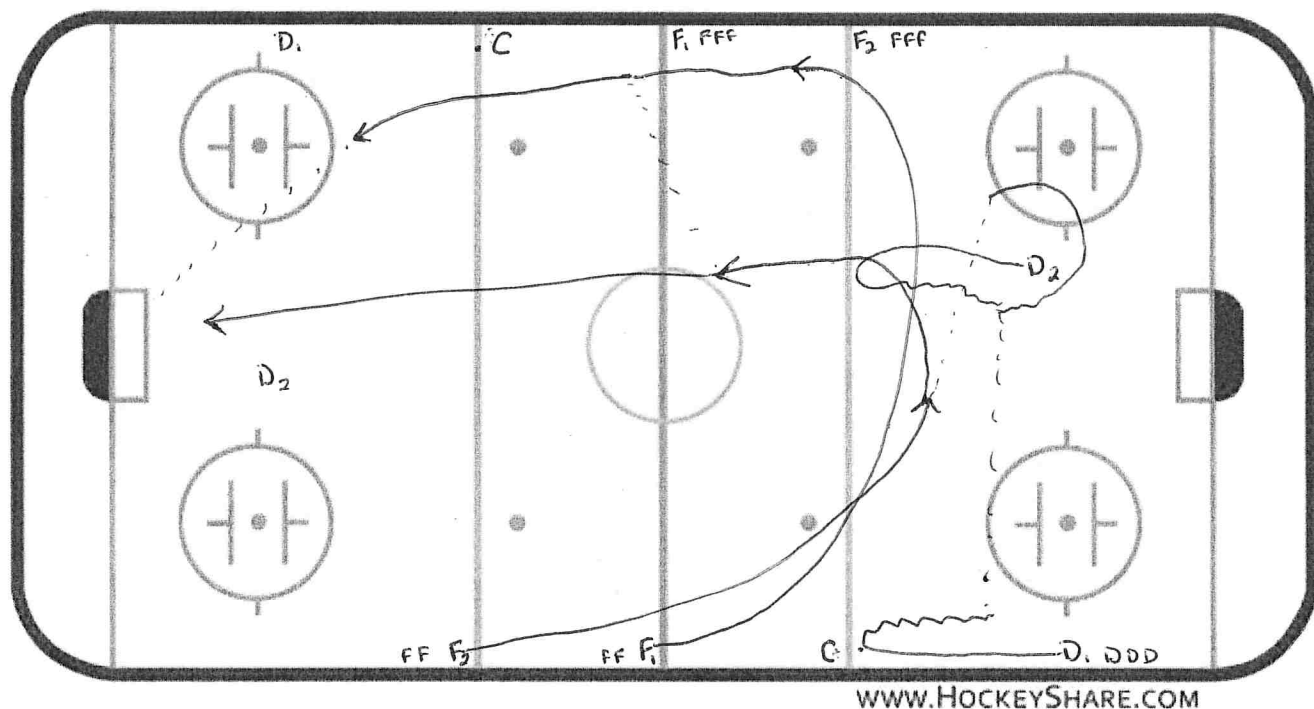


Drill Name: D to D Quick Feet



Description:

- Both sides go at the same time on the whistle
- On the whistle, Coach sets a puck on the blue line
- D₁ Skates to the puck, then transitions Backwards
- D₂ Skates up to the blue line, pivots backwards at blue line
- D₁ gives D to D pass to D₂
- At the same time F₁ Skates far route, F₂ supports the middle
- D₂ passes to F₂, F₂ pass to F₁
- F₁ Shoots from outside, F₂ Drives the net
- D₂ follows the play up ice, gets in D line when done
- D₁ now becomes D₂ for the next drill rep

D Focus

Quick feet / Footwork w/ puck

Transition w/ puck

D to D passing

F focus

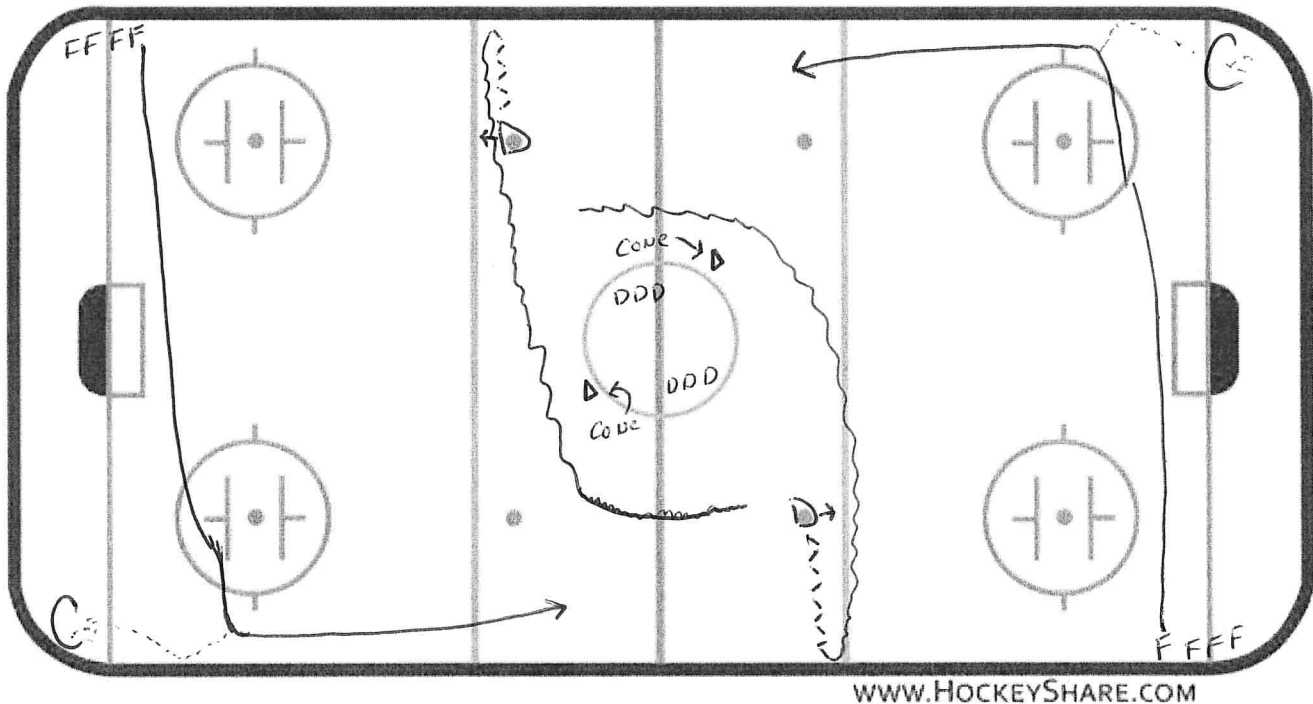
Supporting the transition

F₂ timing the play to get a pass

F₁ Getting Pass from F₂ & getting speed on entry

F₂ Driving the net for the F₁ Shot

Drill Name: Side Step 1 on 1



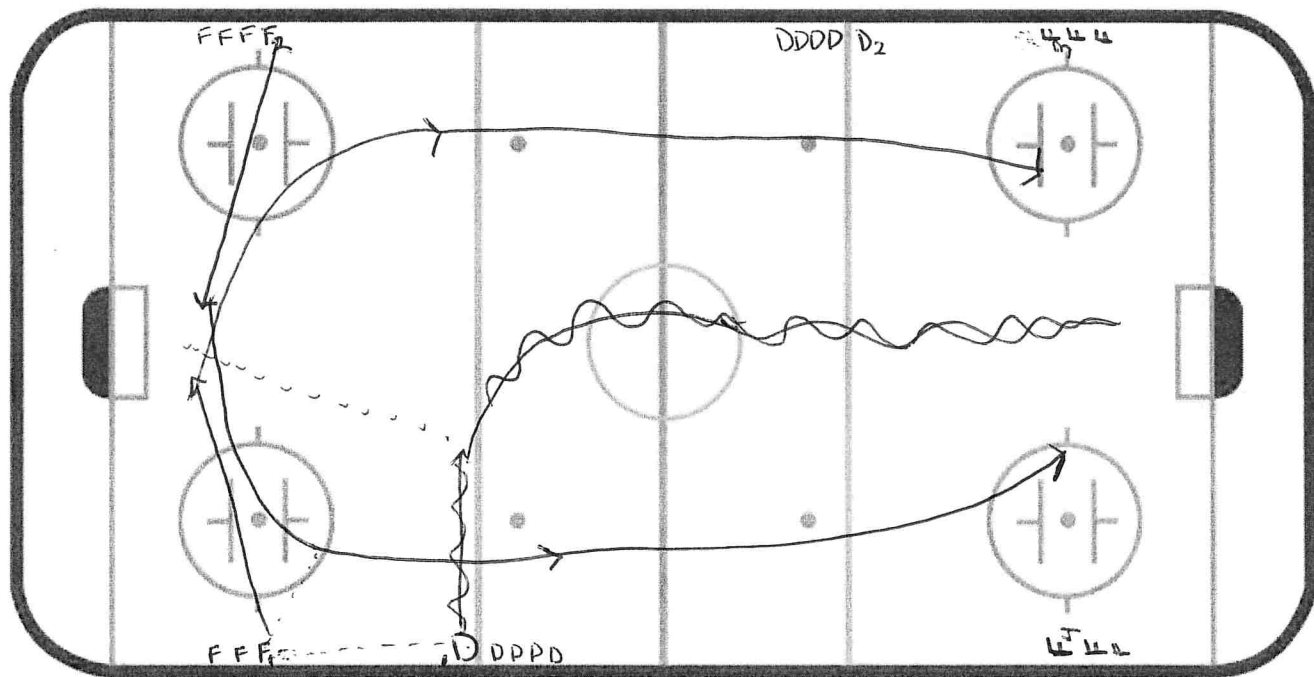
Description:

- Coaches in corner w/ pucks
- D lined up on N zone Dots facing the Forwards
- ON the whistle, D side Step (L foot over R foot) to the boards
 - hit stick on boards, then transition to skating backwards
 - Skate backwards below the cone
- ON that same whistle that activates the D, the first forward in each line Skates across the ice
- Coach will chip a puck up the boards
- F attacks the D 1 on 1

D Focus

- Quick Feet
- Foot work
- Stay below the cone
- Don't worry if F beat you through N zone
Keep feet moving
- After the side Steps, Skate backwards, NO forward Skating

Drill Name: Point Shot 2 on 1



Description:

- F₁ Pass to D₁
- F₁ & F₂ go to Net
- D₁ Shoots on Net w/ F₁ & F₂ in front
- F₂ Skates toward F₁ Line gets pass from the next F in line
- F₁ & F₂ Attack D₁ 2 on 1
- After that 2 on 1 Rush is over F₃ passes to D₂, F₃ & F₄ go to net
- D₂ walks the line & Shoots
- F₄ swings towards F₃ line, gets pass and Attacks D₂ 2 on 1 w/ F₄
- This drill goes back and forth continuously

D

Playing the 2 on 1

Shooting w/ traffic in front of Net

Shooting for Sticks for deflections

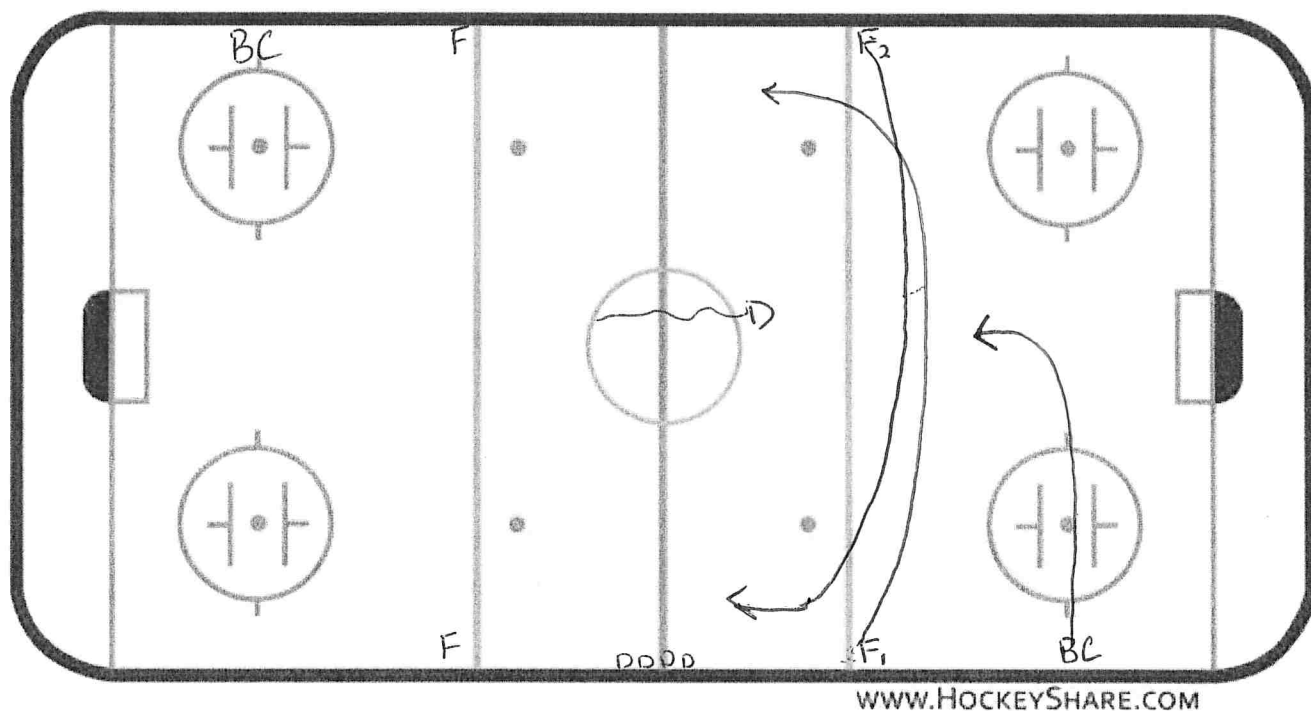
F

Net front presence

Attack D w/ speed

Being creative on the 2 on 1

Drill Name: Back Check 2 on 1



Description:

- Each rep starts on the whistle
- ON Whistle - F₁ & F₂ swing below blue line, F₂ Drop pass to F₁ & Attack 1)
- ON the same whistle, the Back Check line skates that route and back checks hard through the middle and tries catching the F w/ the puck
- After that rep is over, coach blows the whistle and that starts the other side

F

Quick Attack on 2 on 1

D

Playing the 2 on 1

Talk w/ the back checker on what to do

BC

Back check hard through the middle, look to catch the open Forward