

Date : 08/29/2019

Practice No: 01

Duration : 45 MIN

Drill 1	Drill 4	Drill 7
Drill 2	Drill 5	Drill 8
Drill 3	Drill 6	Drill 9

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

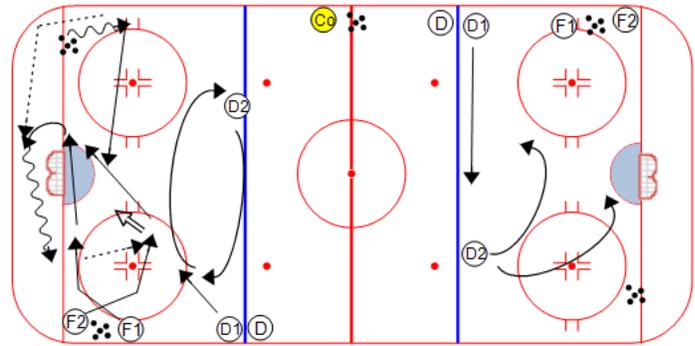
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : TPS 2v1

Key Points : Activating D into your OZP. Eye contact. Attacking as 5!!

- 1 end at a time.
- F1/F2 sissor cycle from 1/2 wall. shot(use Co.as D)
- F1 pick up puck corner. Cycle to F2 on net.
- F2 carries puck around net.
- 1. F2 High roll w/D1. Cycle or Keep. Shot or
- 2. F2 pass to D1 in honey hole. Shot. or
- 3. D2 High roll w/F2. D2 can shot, pass F1 @ net or F2 who replaces D. D1 sweeps zone.

D that does not shoot. Retrieves puck NZ from Co.
2F go 2v1 vs D that attacked net. Can use D 2nd wave.

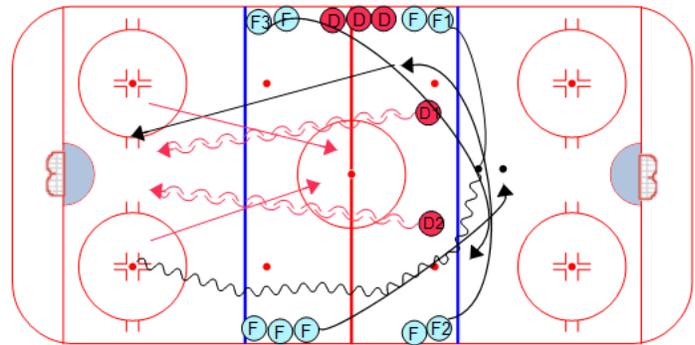


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Wilson 2 vs 2

Key Points : F-Attack the middle D-Gap, body/stick position, protect slot

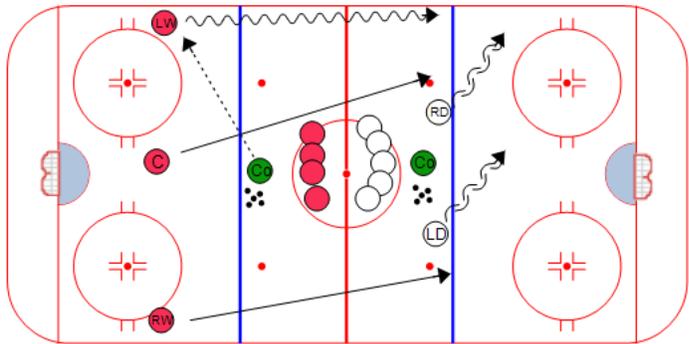
- on the whistle, F1 and F2 leave and pick up a loose puck inside the blue line and attack D1 and D2 2 vs 2
- play it out in the zone
- on the whistle, F3 and F leave and pick up the 2nd loose puck and attack D1 and D2(who have gapped up in NZ) for a 2nd 2 vs 2
- next drill starts the other way with 2 new D



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : VIPER Key Points : _____

Co pass straight down 3v2.
Opp D regap from far BL.
Play out 3v2. Coach sends in 2nd puck for low 3v2.
3 F opp color follow 2nd puck in to top of Circle
On Whistle coach passes puck to F straight 3v2 v opp
D who have regaped from opp BL



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 end 12 points Key Points : _____

Low 3V2
play to 12 points
F get 3 points for Goal
D get 2 points for skate out
get 1 points for clear out

