

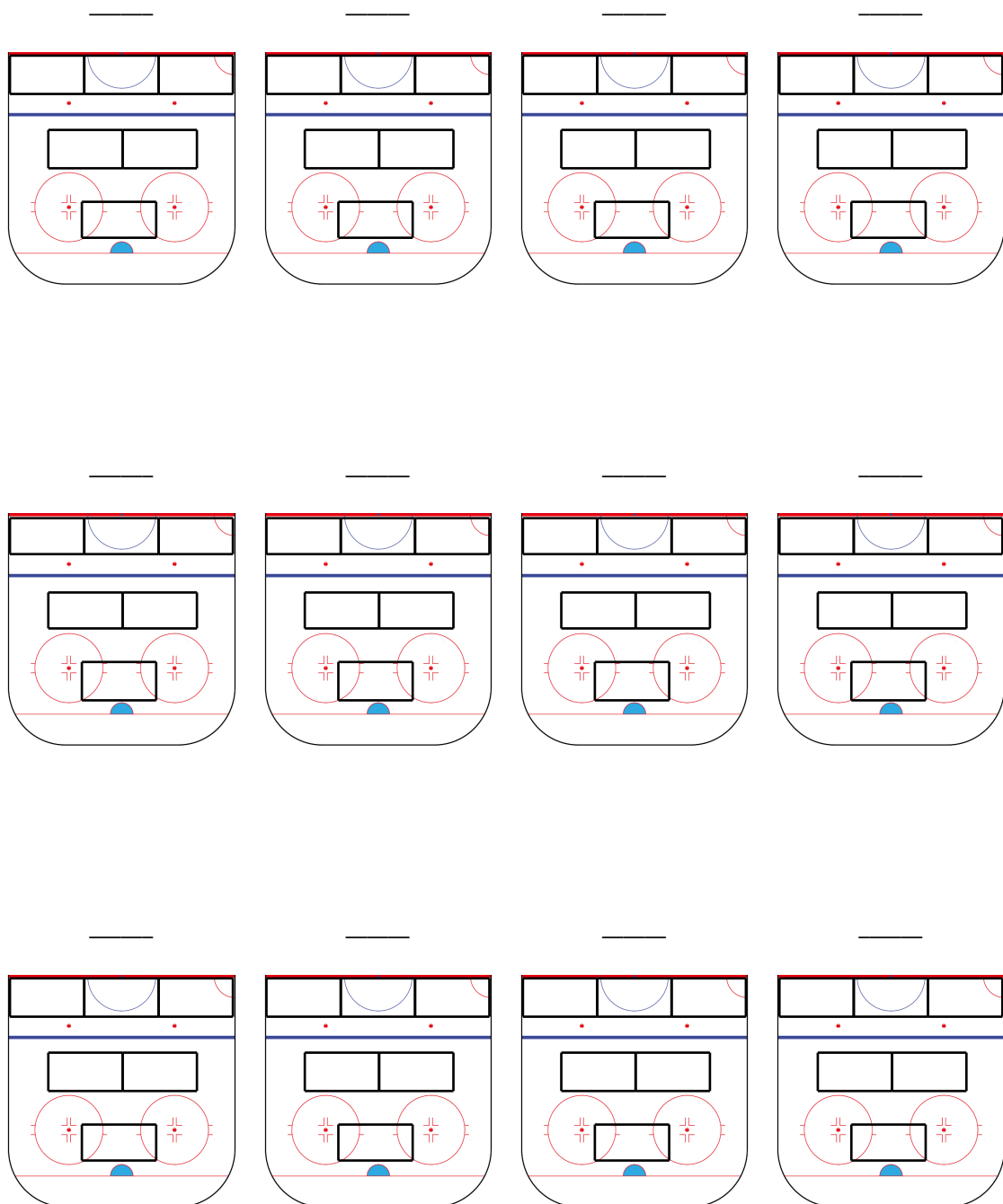
# Drill Club



DURATION: 40 minutes

DESCRIPTION:

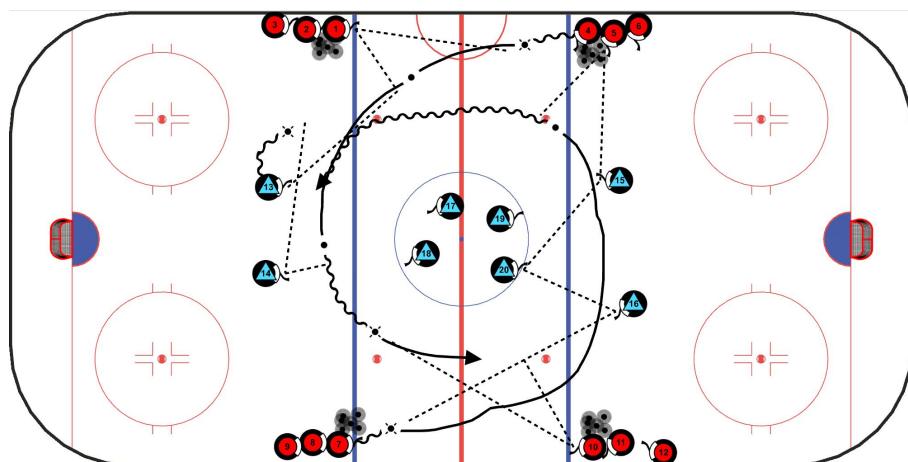
KEYPOINTS:





## DRILL CLUB

### 1 - ALIVE



TIME: 10

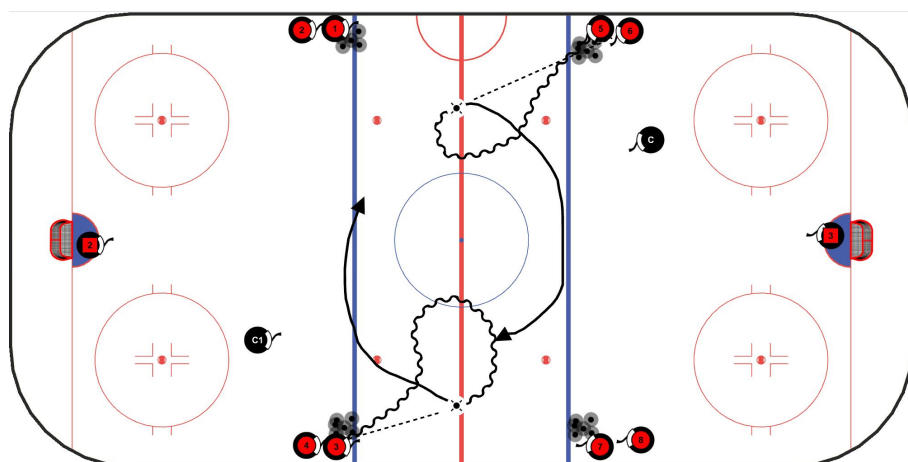
#### DESCRIPTION:

FWDS on all 4 Blues with pucks. D start in pairs just inside blue lines. Start on whistle and take a puck. All players are active and passing options. Every player on ice is a live option for a pass. Fwds on Zone entry can attack net.

#### KEYPOINTS:

- communicate
- rocket passes
- 90 degree attack options
- zone entry

### 2 - 4 BLUES PHOENIX



TIME: 10

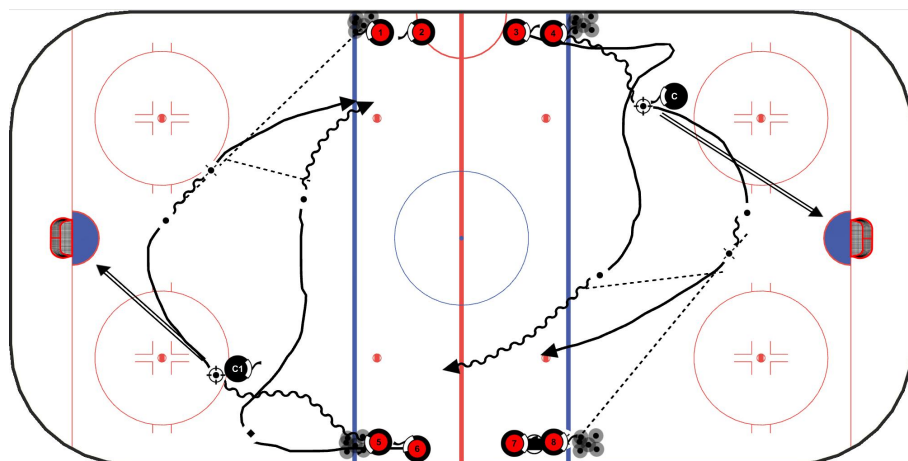
#### DESCRIPTION:

Players start on all 4 blue lines with pucks. On whistle players will drive towards center ice perform an evasive move then cut back towards wall and pass to their starting line. After pass they then drive under the circle and towards far goal getting a return pass from opposite side blue lines.

#### KEYPOINTS:

- Passing
- Communication

### 3 - 4 BLUES PHOENIX 2 SHOT



TIME: 10

#### DESCRIPTION:

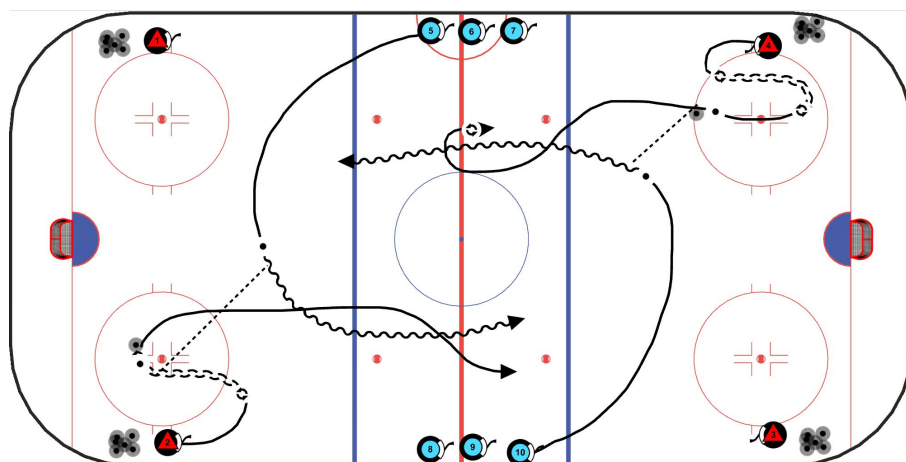
2 players start on each opposite blue line. On whistle 4 players are going. First players in line will have pucks and drive net and shoot around coach before getting pass from opposite blue line. 2nd player in each line will drive low and then slash across blue line to support and get pass from first shooter. Player 2 then drives the net and shoots and stays net front. First player then does drive around

#### KEYPOINTS:



## DRILL CLUB

### 4 - CIRCLE AGILITY 1 ON 1



TIME: 10

#### DESCRIPTION:

Fwds start at center ice. D on hash marks in D zone. On whistle opposite D start drill with a skate up and transition back to collect a puck. At same time Fwds come back to support for breakout pass. After breakout fwds will skate to far blue and crossover line before cutting back towards wall and returning to attack original D 1 on 1

#### KEYPOINTS:

- communicate
- rocket passes