

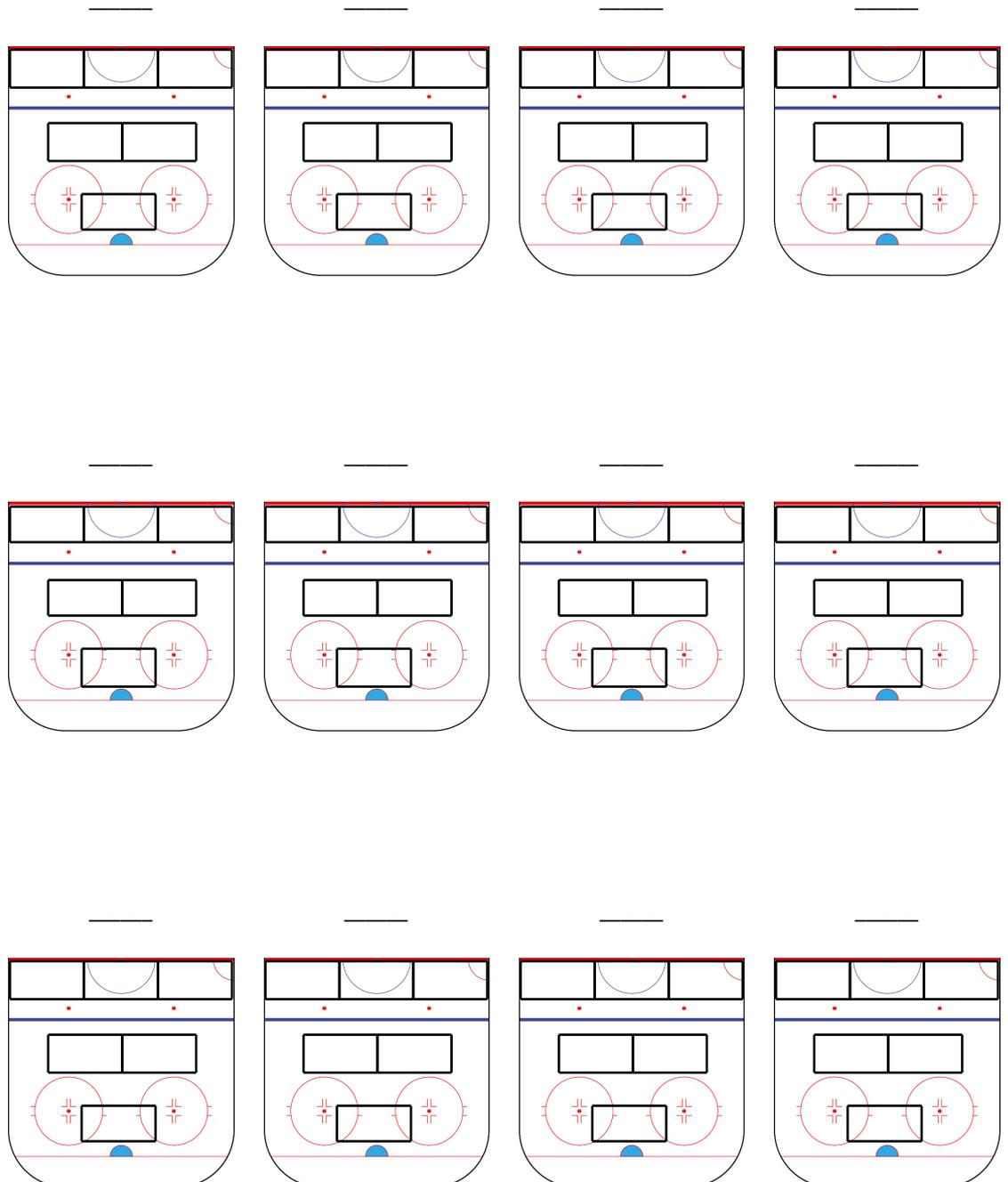
Enio



DURATION: 50 minutes

DESCRIPTION:

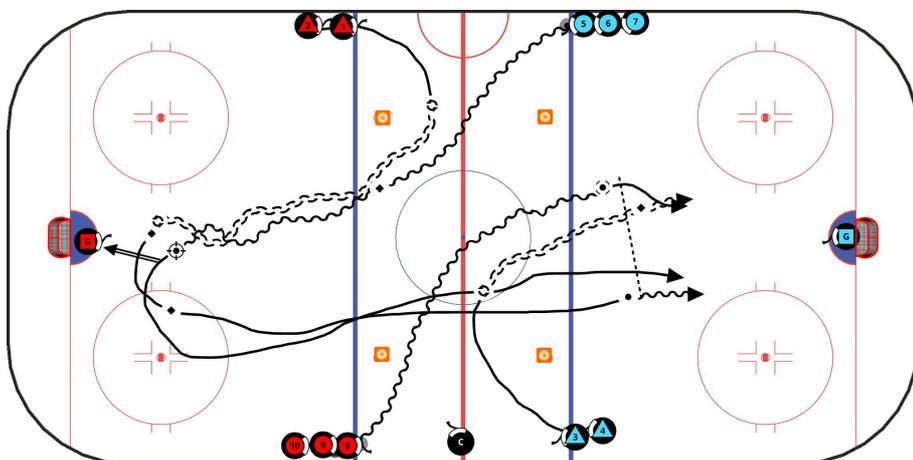
KEYPOINTS:





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1 - WALSHY'S 1@1, 2@2 QUICK TRANSITION - COPY



TIME: 10

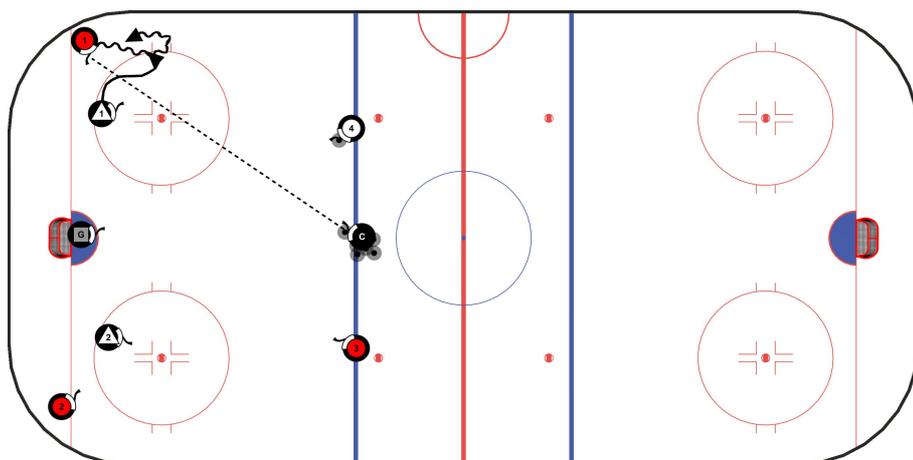
DESCRIPTION:

-After the 1@1, next two players jump the other way on the whistle.
D1 jumps up to create a 2@1 as D5 backchecks hard.
-Play each 2@2 situation to the whistle

KEYPOINTS:

-Quick Transition both ways
-Communication...Get Loud!

2 - RNCC19 LOW 1@1, 2@2, 3@3 SIG



TIME: 10

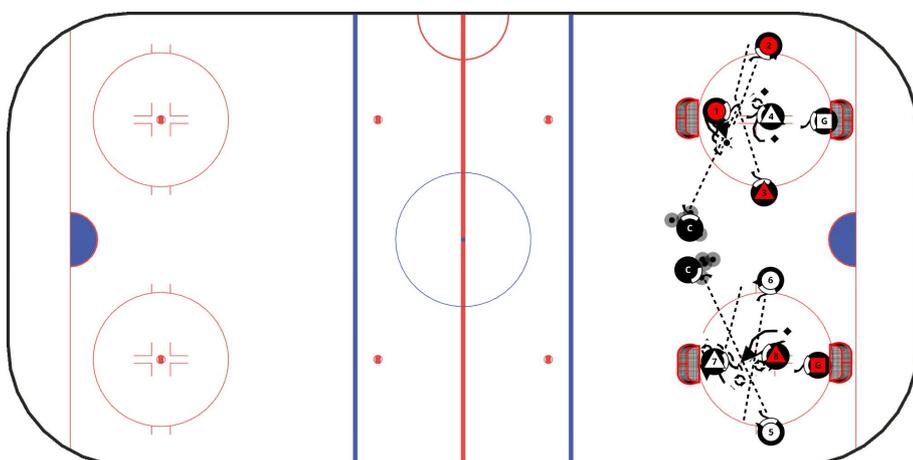
DESCRIPTION:

-F1 and F2 set up in both corners, covered closely by D1 and D2.
-Coach starts play by passing hard to F1 or F2 to start 1@1 play out of one of the corners.
-Play continues until next whistle when Coach makes a second hard pass to the second waiting forward to start 2@2 play.
-Play continues 2@2 until next whistle when F4 passes across to F3 who jumps into attack with F1

KEYPOINTS:

-Good body position by the defenders.

3 - DMANNING PP#1



TIME: 10

DESCRIPTION:

-Teams play 3@1 in the circle. Two players outside circle with skates inside the hash marks
-Defender and one attacker move freely inside the circle
-Coach spots pucks as needed.
-Defender can score into empty net

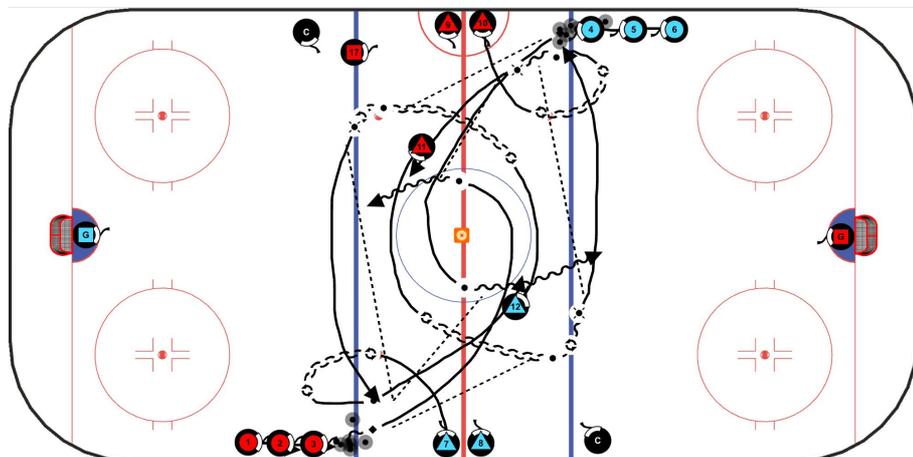
KEYPOINTS:

-attacking players move puck quickly on the perimeter then crash the net on shots.
-one touch Passing and one time shooting when possible.
-30 second shifts



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4 - D HORN 2



TIME: 10

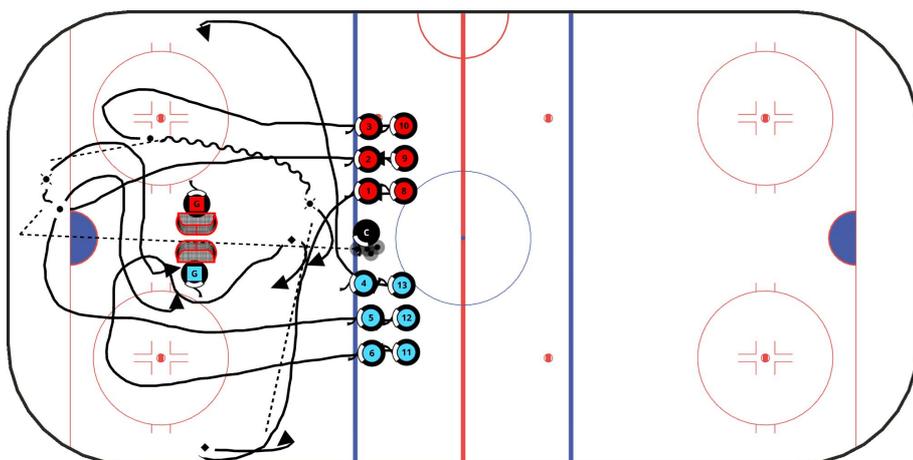
DESCRIPTION:

- D11 comes around the top of the center ice, pivots backwards, receives a pass from F3 and moves it quickly across to D10 who has moved into position beside him. D10 takes the pass, steps up to pass to F3 who is coming around the pylon. F3 skates in hard for a shot and D10 skates hard around the pylon to start the next repetition

KEYPOINTS:

- D men must move their feet quickly in this drill to be in position

5 - BACK TO BACK 3@3 SIG



TIME: 10

DESCRIPTION:

- Nets are placed back to back in middle of end zone as two teams line up on blue line
 - Coach fires puck between nets or around boards to put puck into play
 - One player from each team moves into the shooting position as two players from each team try to get possession of the puck

KEYPOINTS:

- Players can play 2@2 or pass to shooter for screen shot or