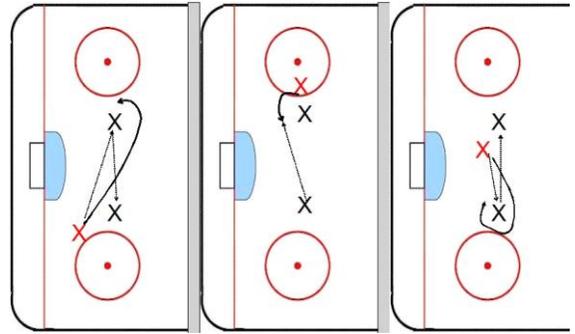


CORTLAND HOCKEY

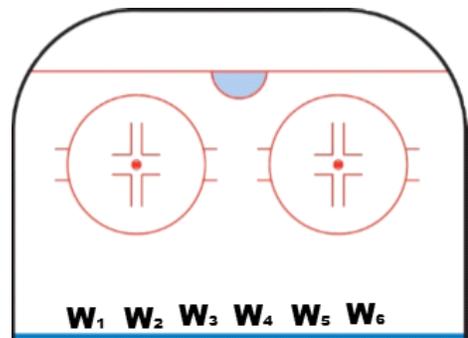
1 Peanut Pass

3 players standing in line-all stick length apart. Middle player skates figure 8 around other two-touch passing.



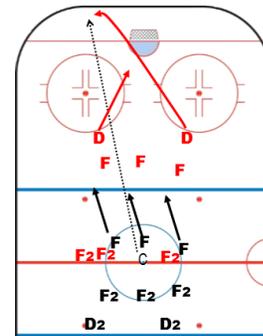
2 Pass to Left

Players will skate around inside the zone passing 1, 2, or 3 pucks around. To start, Payers stand on the blueline & look at teammate to their left: that is the person you will pass to during the drill. You will receive a pass from the person standing to your right.*W2 passes to W1, gets pass from W3**



3 AHL Exit/Entry

5 exit w/3F forecheck; pass to C who will dump in far end/pass for same 3F go from exit to FC vs new 5. **Defenders use Quicks to exit



4 Small Area Physical 3v3

Net regular position: playing area 1/2 ice inside top of circles. 3F on offense vs 2D+F on defense, C shoots puck below goal line to start. D get 1pt for clear & 2 pts for skate out of area; O get 1 pt for shot on net and 2 pts for goal. 3 minutes on offense for each team/20 second shifts

