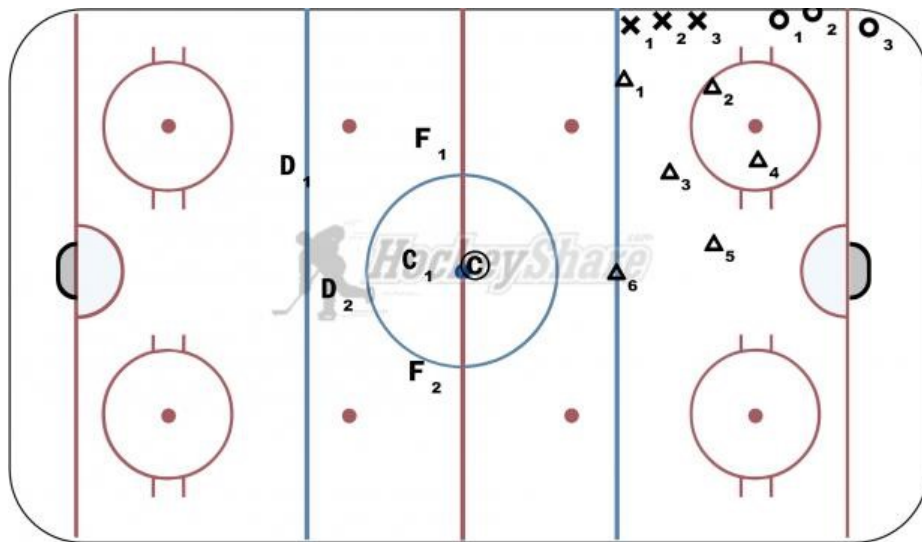


D Agility Warm Up, we use both Circles and Switch after 6-8 mins tp the opposite drill.

Break Out Agility Passing: On the Top side our D make a pass to the coach and touch another pass as they skate FW up around NZ dot. They then pivot to the INSIDE and retrieve a dumped puck – they make a BO pass to F1. F1 passes to the next D in line. Then F1 lines up and the D that made the pass takes F1's spot.

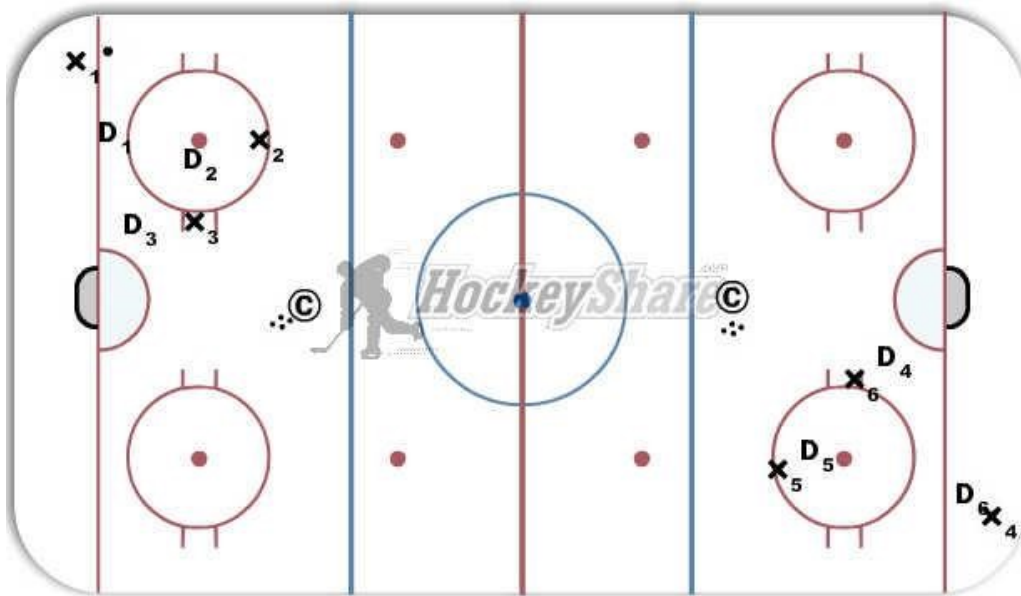
V1 – We add an escape, we add tight turns etc.

On the Opposite Circle – after 6-8 mins we go to an Agility skate - we preset 4 Cones. Our D's always work back to the middle dot – and we add pivots, escapes, all BW, etc. in the skating pattern. We then add pucks and as they progress you can preset a coach and they have to do the Agility Skating while passing with the coach.



We use one end for a 1 on 1 drill that encourages quick feet and tight gaps. The Forward x1 takes a puck through the 3 cone zig zag. The D (0) have to skate FW to BW around the cone to FW and then again BW and close gaps – angle outside. Great Quick feet drill.

We then use the NZ to teach regroup and face off plays while the other 10 players are working in tandem.



Switch – 1 on 1, 2 on 2 and 3 on 3.

Coach is in middle with pucks – preset 1 player at net front – dump puck in – player 2 goes on Offense and Player 1 Defends, when the coach yells “Switch” a puck goes in the opposite corner and the roles are reversed. This builds up to a 2 on 2 and then a 3 on 3 as illustrated. Teach Gaps, house protection etc.

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Finally – here is a link to an endless library of NHL hockey drills – run by Tom Malloy.

Each one has a corresponding Youtube and is an invaluable resource.

<https://onedrive.live.com/?authkey=%21ACKEIParL29xcbY&id=BD6FA116988317E9%2159633&cid=BD6FA116988317E9>