



Drill Club 2022-23

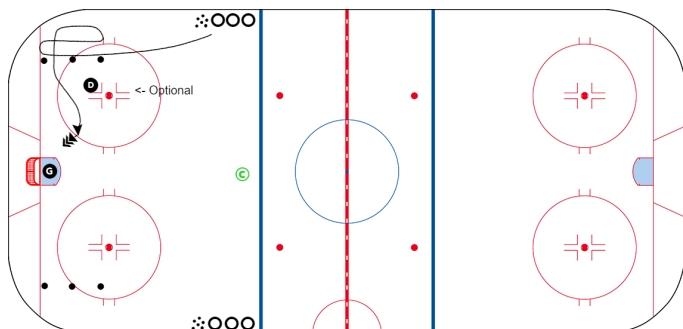
Date: Oct 25 2022

Time: 4:10 am

Duration: 50 mins

Corner Escapes Scoring

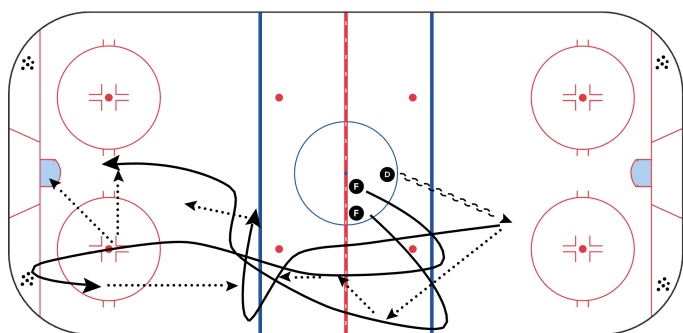
10 mins



- Place pucks in a row about 10 feet off of boards.
- Player must stay between boards and pucks, and perform 2 tight turns, and escape through small area and then take puck to net.
- **Progression** - add (D) player to add pressure
- Defensive player must contain and stay outside of pucks

Jimmer NZT

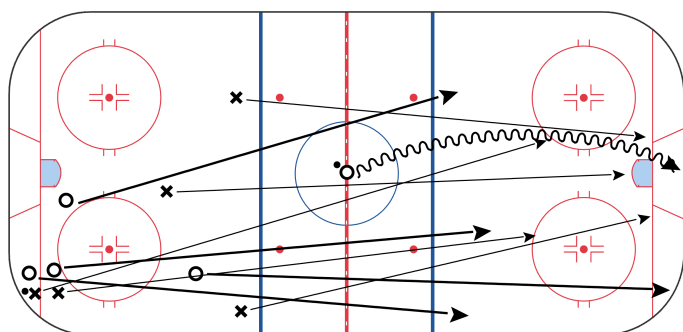
10 mins



F1 and F2 transition with D1. F1 and F2 cross and drop inside the blueline. Either one pass or shoot. F2 gets puck from corner and passes low to high to D1. F1 stays at net, F2 gets into a high screen/tip area.

Dougy's Defense

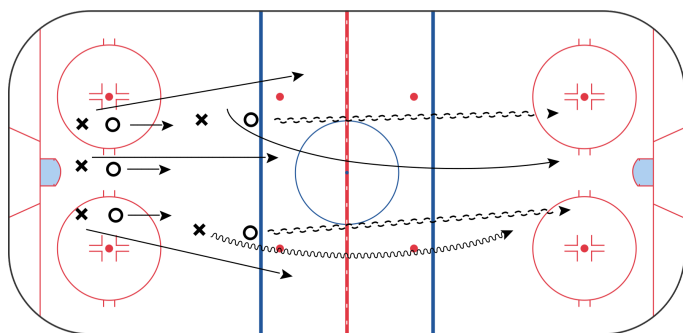
10 mins



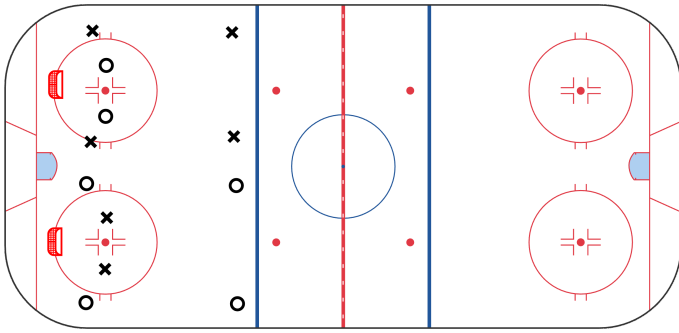
Xs play offense v O defense, 5v4. 15 seconds. Coach Blows Whistle, red line O skates puck to opposite end and takes it behind the net. Os become offense and Xs backcheck and become defensive line.

3v3 -5v5 Backchecker

10 mins



One F and two D defend low 3v3. Three forwards play offense on low 3v3. Two forwards wait high in the zone with two D. C whistle, 3v3 starts. Two high F and high D pass puck. Second whistle, defending 3 and high forwards attack up ice. 3 offensive F become back checkers. 5v5 DZ/OZ.



X defensive players defend against O offensive players. If Xs get puck they pass to the X offensive players on opposite side. Os follow same rules.