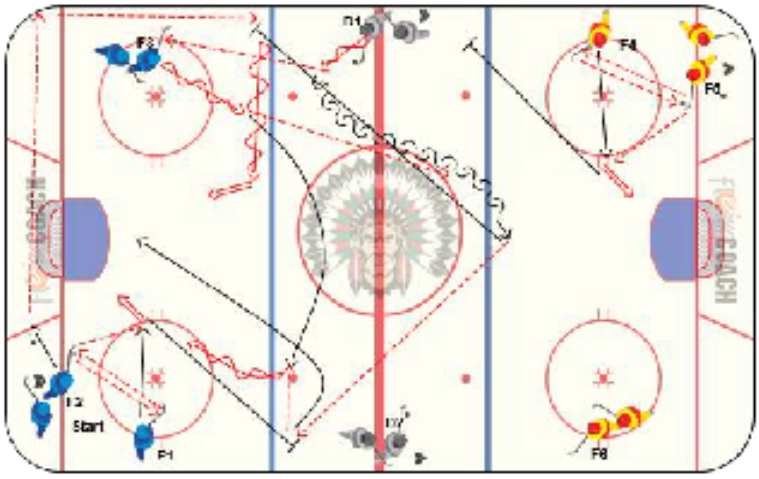
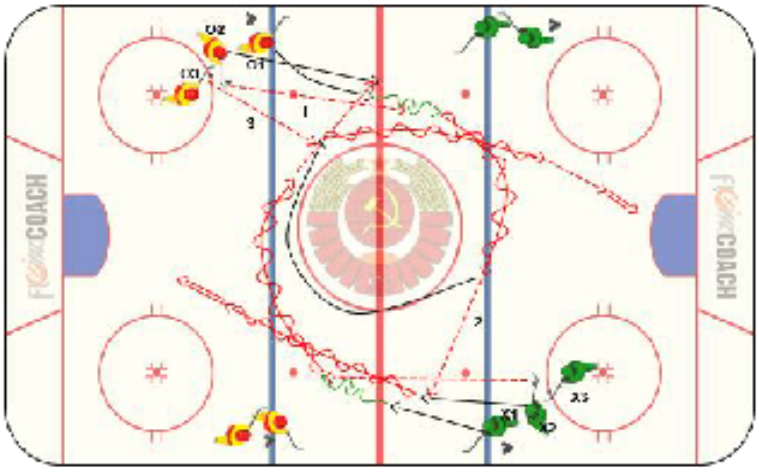
S M - Headcoach

Date:_____	Practice #_____



Get on Side – FW – D coop

- F1 give and go with F2 – quick shot
- As soon as the shot is taken D1 pass puck to F3 – return pass
- D1 carry the puck back to blue line
- F1 after the shot gets on side sprinting to the offensive blue line
- D1 quick pass to F1 – time pass so F3 is close enough to support entry
- F1 pass or chip to F3 – second shot
- F2 after the second shot rims puck to weakside – D1 gets it off the wall – 3rd shot – Drill can run from both sides

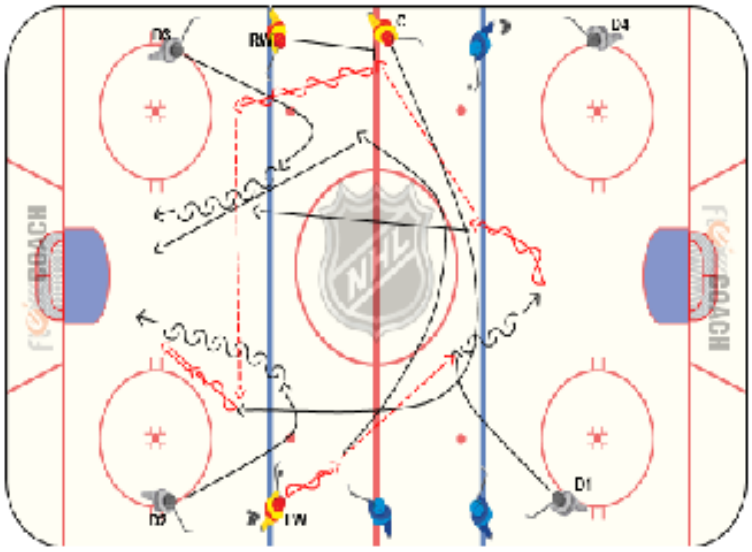


Russian Mirror 1 vs 0

- X1 and O1 leave at the same time wo puck fw/bw at redline receive a pass from X2/O2
- X1/O1 keep the puck and pass it to X2/O2 on the opposite side X2/O2 take a shot
- X1/O1 loop back to the group they left and receive a second puck

SM - Headcoach

Date:_____	Practice #_____



D Initiate – NZ Zone Entry

- LW starts the drill by passing the puck to D1 – D1 holds on to the puck until LW can create outside support to the RW posting up at the redline
- D1 pass to RW – LW middle lane drive
- Center swings deep wide into the NZ and fills the far lane
- Zone Entry 4 vs 2

2 vs 2 Give and Go

- Coach passes puck to O3 – Yellow on Offense inside
- O3/O4 can use O1/O2 as passing and support options (O1/O2 can also shoot on net)
- X3 and X4 play defense – they get the puck they have to pass it to the Coach
- On Whistle change – Grey becomes offense and Yellow defense