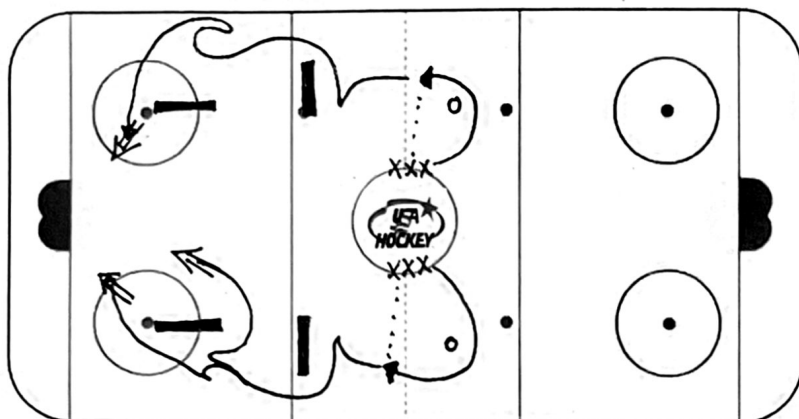




SYSTEM/DRILL Cut back / Hesitation Skill Drill

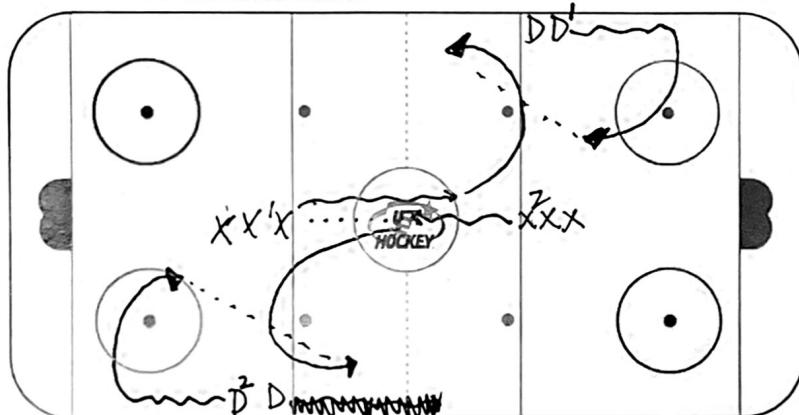


Notes/Systems _____

Description X¹ leaves w/out a puck, skates around fire. X² in line gives him a pass. X¹ performs an inside edge move to the outside of the pad.

Progression 1: X¹ drives deep and cuts back. He hesitates and releases back under the pad for a shot.

Progression 2: X¹ mohawks and continues low. OR gains middle ice above the pad.



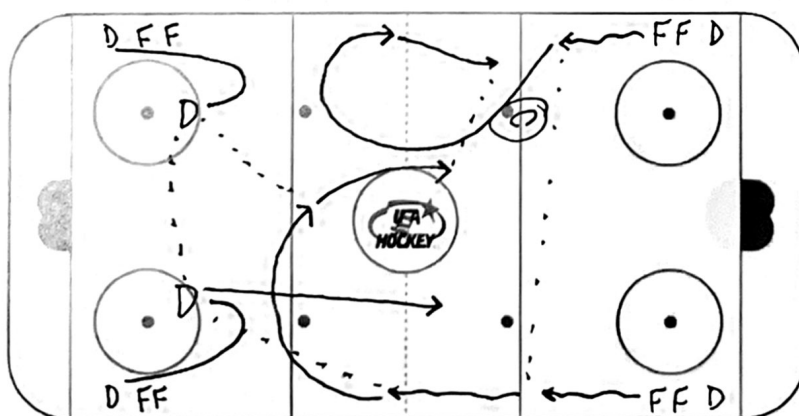
Notes/Systems _____

Description Touch Pass Warm-Up X¹ leaves line and in touch passing with X² at front of other line.

D¹ is back-skating and touch passing with D in his line.

X¹ swings to wall and D¹ gets middle ice and passes to X¹ who goes in for a shot.

(Continuous) X² leaves after X¹ swings



Notes/Systems D Activation Line Push

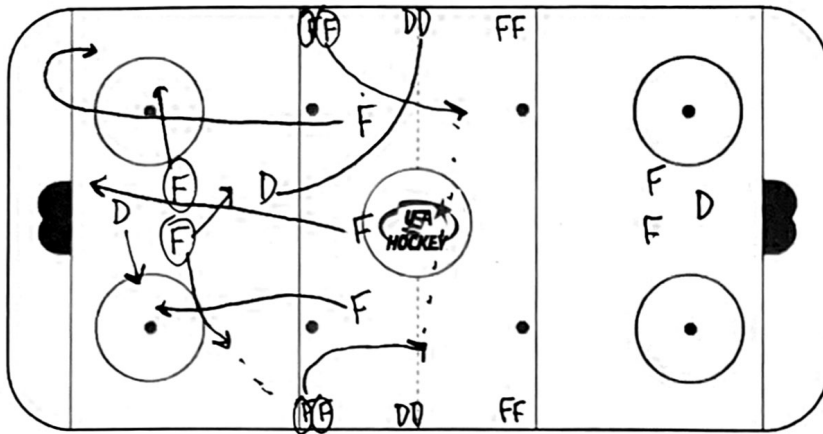
Description F¹ and F² leave from opposite side lines. D¹/D² gap up on opposite end. F¹ passes the puck to F² who then passes to D¹. D¹ hinges to D² who passes to F² swinging in middle ice. D¹ activates to join F¹ and F² on a 3on0 line push. Coach can act as a defender to ensure clean plays at blue line.

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SYSTEM/DRILL _____

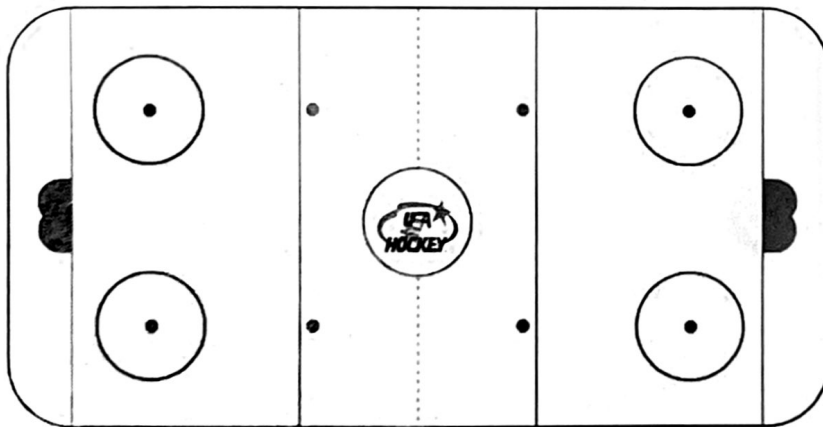


Notes/Systems _____

Description 3 F in NZ drive deep and cut back at goal line. Once they cut back the 2F + D in zone are activated. A D steps into OZ to play offense. 3v3 low w/ D man for O players

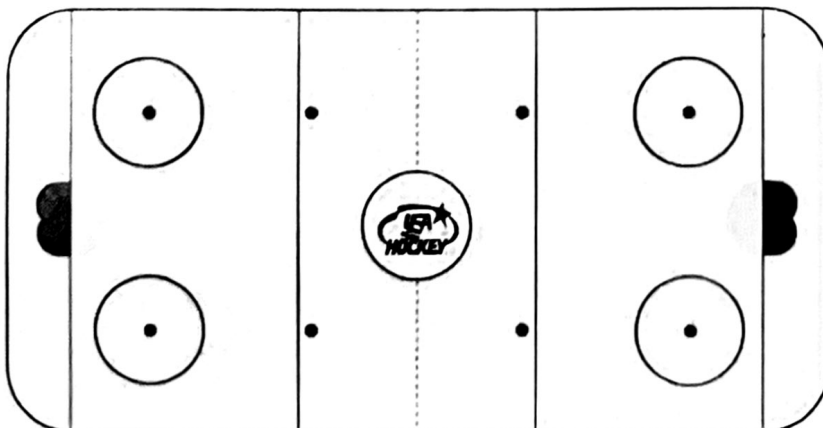
On transition, whoever makes the pass to their (F) at blue is joining rush. D who was defending follows play to become offensive D.

(Continuous)



Notes/Systems _____

Description _____



Notes/Systems _____

Description _____

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