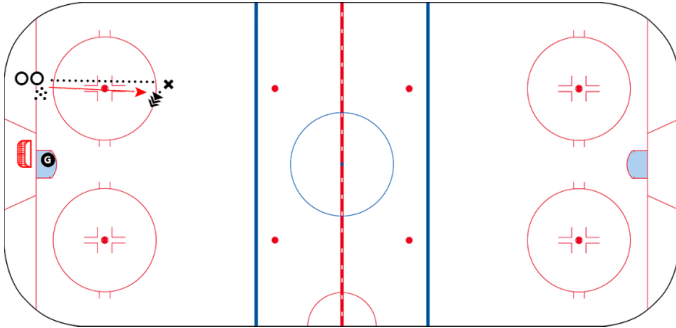


QUICK RELEASE DRILL

10 mins



PLAYERS LINE UP AT BOTTOM OF CIRCLE WITH PUCKS
X-THE SHOOTER STAND AT THE TOP OF CIRCLE

O MAKES PASS TO X. ONCE O PASSES HE PRESSURE X
FORCING HIM TO TAKE A QUICK SHOT

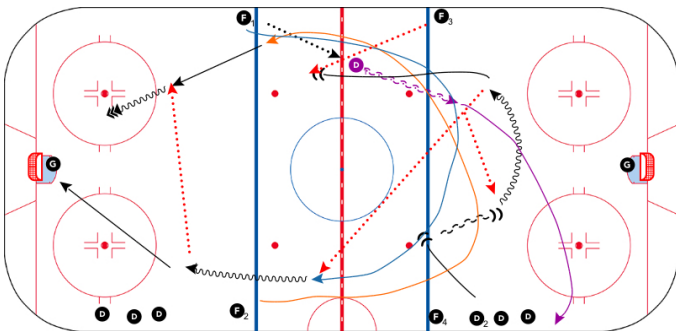
PASSER MOVES TO SHOOTER, SHOOTER GOES TO END OF THE LINE.

Key Points

- GOOD FIRST PASS
- QUICK RELEASES
- HEAD UP
- HIT NET

Criss cross 2v0

10 mins



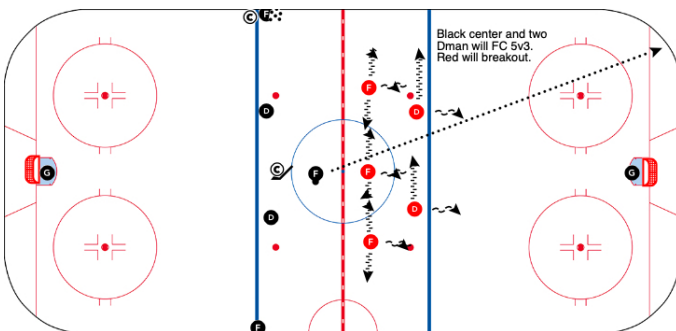
- Drill starts with F1 passing to D1
- D1 takes back ice as F1&F2 support and cross
- D2 pops up and supports D1, D1 passes to D2 as they cross each other
- D2 makes a pass to either F1 or F2. D1 is done goes back in line
- After D2 makes his pass he gets up the red line pivots and gets a pass from F3
- this starts the drill over and is continues

Key Points

- Good passing
- feet moving
- net drive (look for rebounds)

Hova Combo (Part 1)

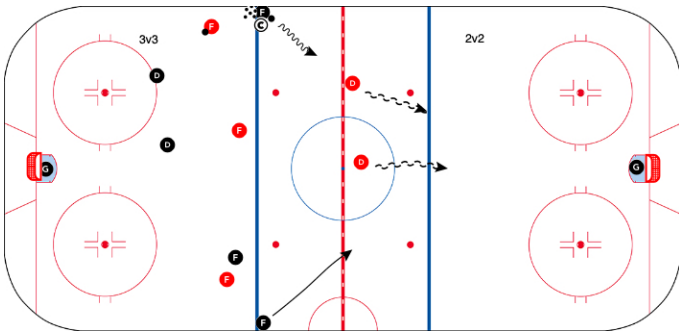
10 mins



- Drill is set up as shown above
- On first whistle follow coaches stick for 5-10 seconds. Coach will use stick and direct red players to perform quick steps, backwards skating, and forward skating. On a double whistle Black center will place puck in zone
- Red will breakout 5v3

Hova Combo (part 2)

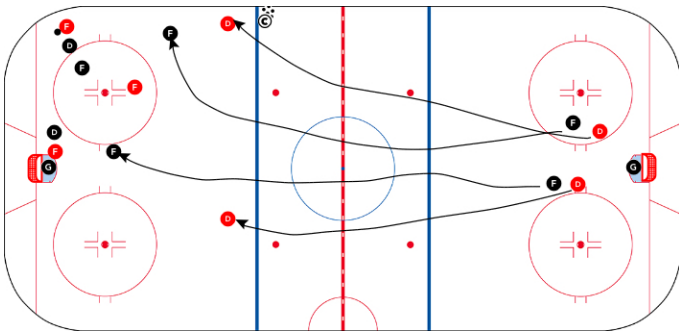
10 mins



- Once Red breakout 5v3 They will carry puck into Ozone.
- Once puck has passed blueline Black wingers waiting on the bluelines will take off
- They will attack Original Red Dman creating a 2v2 going one way (3v3) going the other
- One Coach has a pile off pucks on the 3v3 blueline dumping new pucks anytime a goal is scored, puck covered, or cleared.
- Head coach will let 2v2 play out till there is a shot or a play is made. He will then release all 4 players to track back into the (3v3) zone and create a 5v5

Hova Combo (Part 3)

10 mins



- All player have now entered zone playing 5v5
- Coach at blueline keeps playing going with new pucks
- Play 5v5 for 45 seconds.

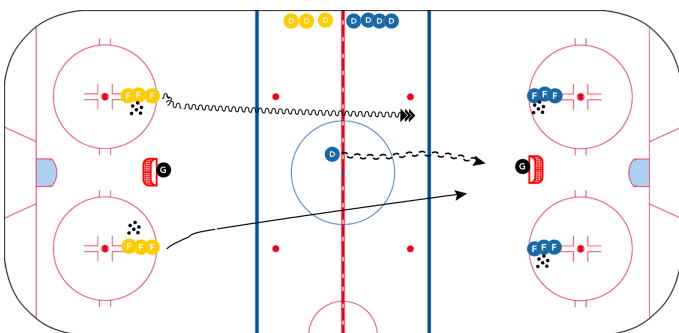
Key Points

- Combination drill with many moving parts
- Good breakout habits
- D work on Gaps (2v2) first step inside as we're simulating a turnover
- D and tracking Forward work out coverage on (3v3)
- Good sticks and positioning in DZC during (5v5)
- Good Entries-Attacking players on offensive Fill lanes and take good routes to iso one Defender. If nothing is available place puck to space

Can be done with a focus on DZC or Offensive.

Speed 2v1 3v3

10 mins



- Drill start with 2v1
 - When coach blows whistle Blue goes yellow tracks
 - One yellow D would follow up play and defend next rush
 - Blue takes their rush and then coach hits whistle again
 - Yellows Go D is joining F's and 3 blue Track making it a 3v3
- Drill will start 2v1-3v2 until we get into the 3rd rep making it 3v3