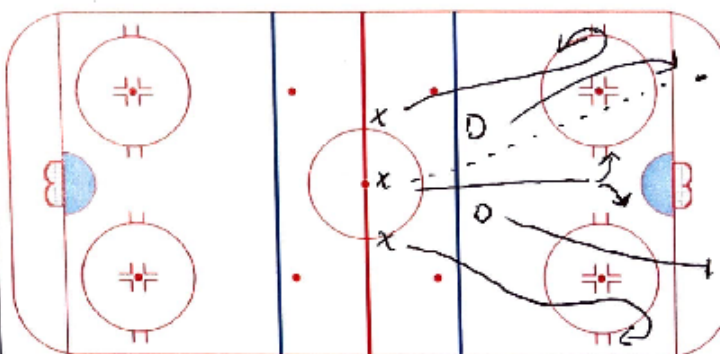


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Continuous B.O's Content elements: Warm up Components : _____

Description

- Easy Flow
- D to D to Wing
- D to D to Centre
- Reverse
- Quick up to WSD (Weak side D) up to F
- Not full speed
- After each B.O the puck is Dumped in.

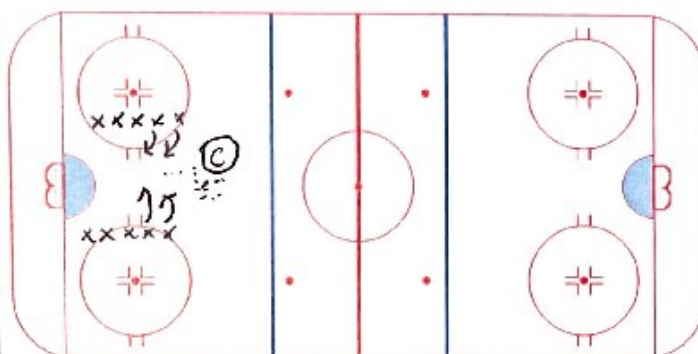


Key Points : Touches Muscle memory _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Hack'n'Whack Content elements: _____ Components : _____

Description

- Small area game
- Two on Two. Enter from front. Exit to back
- Out of bounds
 - Behind goal line
 - Outside of line

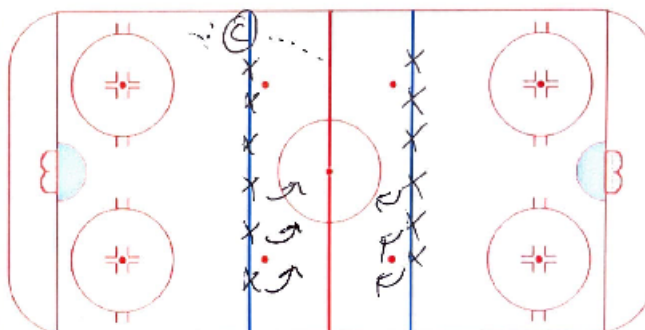


Key Points : Quick shots In tight area Physical _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 3 on 3 NZ Content elements: Warm up Components : _____

Description

- Keep away
 - Use teammates on blue line
 - Enter one end, exit other
- 30-40 sec



Key Points : Touches Get warm Possession _____

MADS 3 VS 3

Category: Small Area Drills & Games

Team: San Jose Sharks

Description:

- Set one net in the standard position in the crease and a second net between the circles, facing the blue line.
- Play 2 vs 2 in the zone with a coach along each wall (always on offence).
- Players must pass to one of the coaches on change of possession before attempting to score. Coaches can move laterally along the wall and must pass back to the team that passes to them.
- Teams can score on either net.

