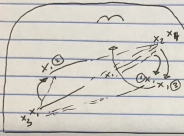
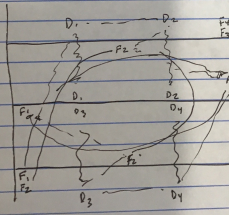


① Individual Skill Drill - Transition Warm-Up



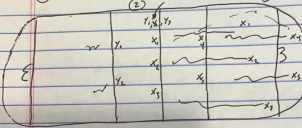
X_1 talks off with p and
passes to X_2 + X_2 touches back
to X_1 touches back to transition^①
 X_1 gets pass + repeats to
 X_2 + then X_1 transitions^② +
repeats for 3rd time to X_2 ^③
+ then goes in for shot.
Finds transition too early, D
can pivot backwards to
transition.

② Team Skill Warm-Up Drill - 2-0 Transition
x 2



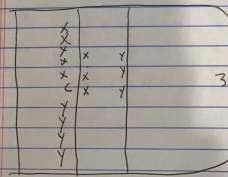
F_1 & F_2 pass puck to D_1 who passes to D_2 . F_1 fills weak side. Puck goes to F_2 who kicks out of F_1 who passes to D_4 to D_3 . F_1 fills WS. D_3 passes to F_2 who kicks out to F_1 for 2.0
i) follow up shot.

③ Team Play Drill - BD, Regroup to 3-2, FC



X_1, X_2, X_3 breakout with $X_4 + X_5$. They transition with $Y_1 + Y_2$ to attack $X_4 + X_5$ 3-2. After 3-2 rush $X_1, X_2 + X_3$ receive pass from coach to dump puck into opposite end & Forecheck $Y_1 + Y_2$ with Y_3, Y_4 coming from bench to repeat drill.

④ Game for Competitiveness - 3-3 Cont.



X's attack Y's
3-3. Great angling
* competitive drill.
Y's must exit puck
by passing to next
3 Y's. This is
a continuous 3-3 drill

Quota

If you want to achieve an uncommon goal
You must be prepared to do uncommon things