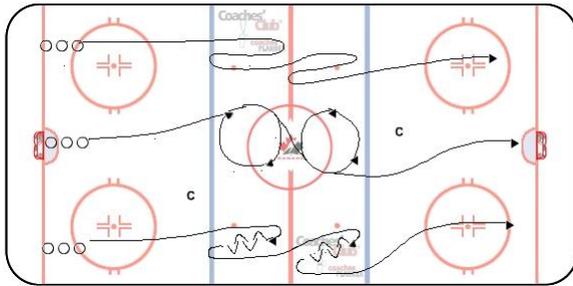


3 Line Warm-Up A



Drill Overview

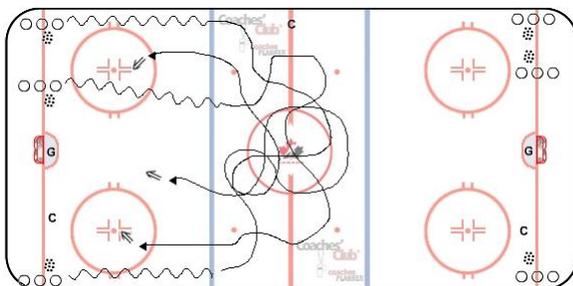
10 Minutes

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.

Key Execution Points

- Good knee bend
- Back straight and upright
- Head up, eyes forward

Chaos



Drill Overview

10 min

- Divide team into three lines on the goal line at each end of the ice, pucks at each line
- On © whistle, first player in each line stickhandles into the neutral zone
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes
- On third whistle, next players start
- Both ends go at same time; six players in neutral zone
- Progress to one puck between three players, passing throughout drill

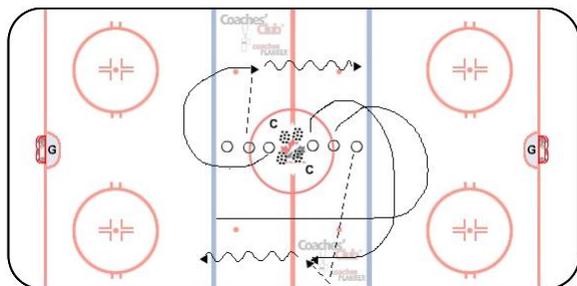
Key Teaching Points

- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting

Key Execution Points

- start on every third © whistle

1 on 0 / 2 on 0



Drill Overview

10 min

- A. F1 skates away from the line down below the blue line and around the face off dot, receiving a direct or bank pass from F2.
- B. F1/F2 skate away from the line down below the blue line. F1 goes around the face off dot, receiving a direct or bank pass from F3. F2 goes deeper into the zone and drives through the middle.

Key Teaching Points

- A. Both lines leaving at the same time.
- B. Both players leave together with F2 taking a slightly longer route.

Key Execution Points

- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net
- Wrist shots