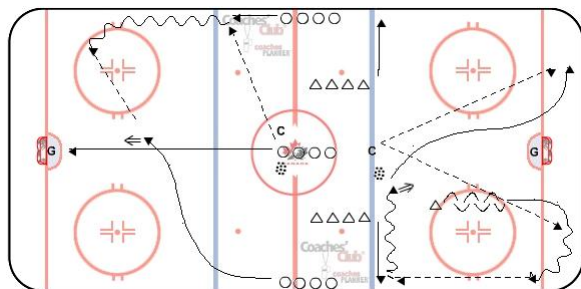


Forwards / Defense Stations 1



Drill Overview

10 min

Forwards - 3 - 0

- F1 passes to either F2 or F3 and attack 3 - 0

Defense

- D1 retrieves puck from corner

- D1 passes to D2 at blue line, who then takes shot on net with D1 looking for rebound or deflection

- After shot, D2 retrieves puck from opposite corner and passes to D3 for a shot, drill is continuous

Key Teaching Points

Forwards

- Be creative

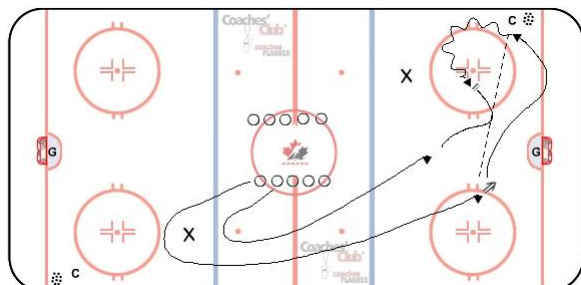
- Game-like passing

Defense

- Hard shot, low

- Quick release

Backside 1 on 1 Drill



Drill Overview

10 min

-F1 skates around pylon and wide down boards

-F2 backchecks, keeping F1 to outside

-F1 finds an opening for pass from ©

-© may elect to shoot, then F1 goes to the rebound

-© spots a second puck for 1 on 1 between F1 and F2

Key Teaching Points

- Protect middle of ice

- Maintain defensive side positioning

- Tie up attacker's stick near net

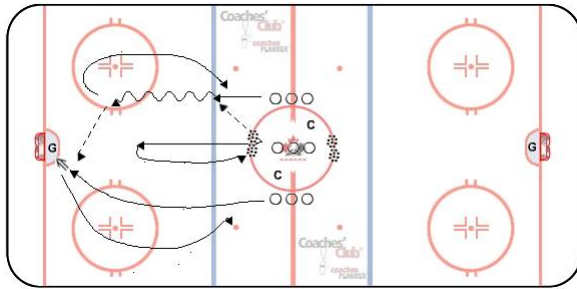
Key Execution Points

- Start the pairs on the whistle

- All contact and coverage must be legal

- D1 and F1 start at same time

60 Second Competition



Drill Overview

10 min

- Players in groups of 3 enter zone on coach whistle, take one shot only
- All three hustle back over blue line for another puck and second attack, continue for 60 seconds, or until coach whistle
- Keep score, run at both ends

Key Teaching Points

- Full Speed
- Shot to score
- Competition

Key Execution Points

- Keep Score
- All three players must cross blue line inside
- Drill begins and ends on coach whistle