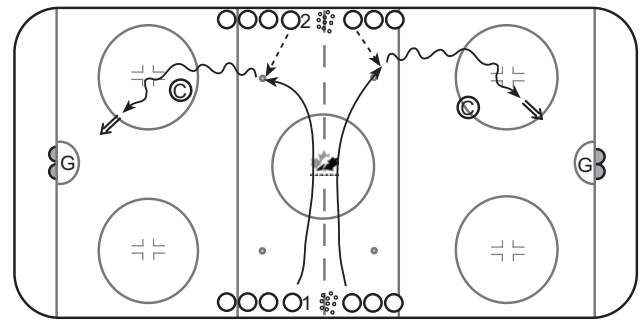




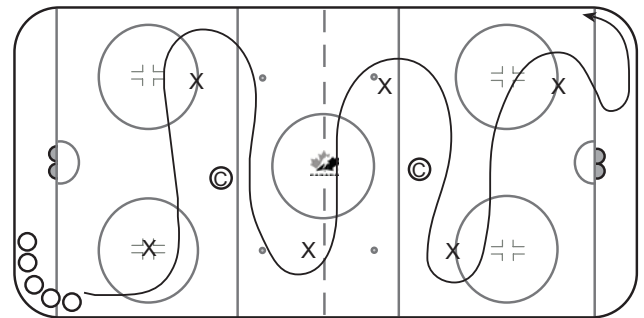
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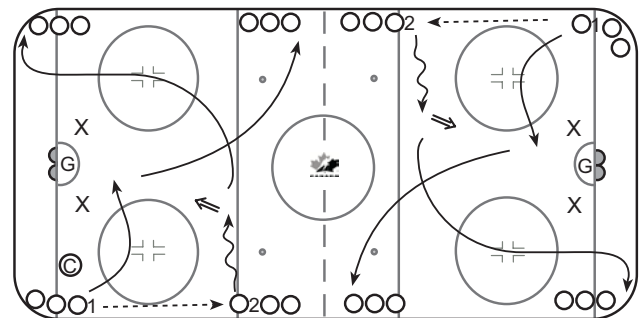
Description	
8	Reverse A-B-C-D Drill
	<ol style="list-style-type: none"> 01 Control skates to centre of ice 02 Leads 01 with timing pass 01 Accelerates onto the puck, drives around the pylon to shoot 01 continues in front of the net to opposite line 02 repeats



Description	Key Points
6	Crossover Snake
	<ol style="list-style-type: none"> Crossovers around pylons Continuous crossovers, no forward striding Add pucks, and repeat the pattern



Time	Description
6	Goalie Drill - Telescoping
	<ol style="list-style-type: none"> 01 passes to 02 02 drags to the middle, taking a slap shot on goal 01 moves to the net for a rebound. After the play, 01 and 02 race to opposite lines, alternate sides

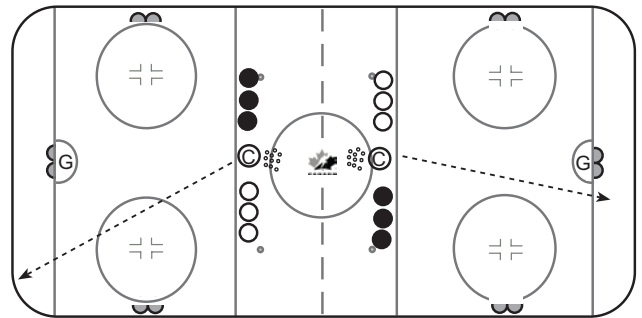




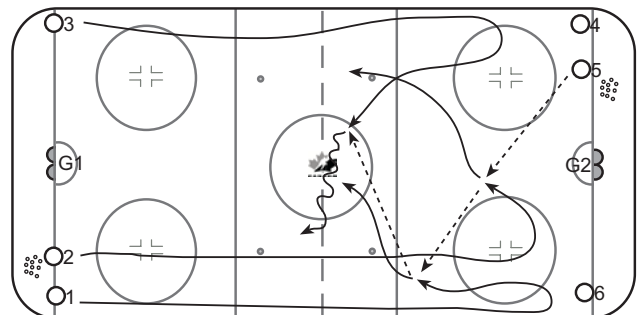
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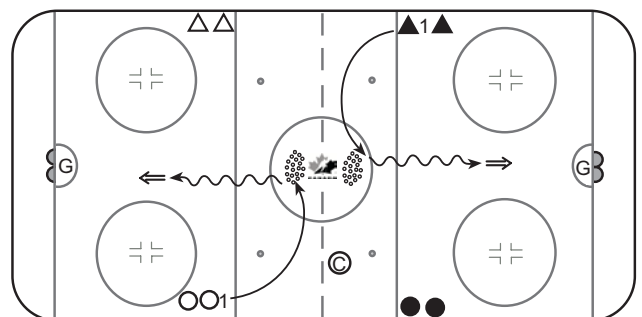
Time	Description
7	Zone Games
	<ol style="list-style-type: none"> 1. © spots a puck and calls 2, 3 or 4 players 2. Players from each team enter for 45 second game 3. © whistles to clear the zone; next group is ready to go



Time	Description
8	Hound Back 3 on 0
	<ol style="list-style-type: none"> 1. 01, 02, 03 'hound back' to defensive zone 2. 04, 05, 06 pass to 01, 02, or 03 3. 01, 02, 03 breakout 3 – on – 0 with speed and variety 4. Variety of team tactics through neutral zone 5. Attack G1 using Principles of Attack



Time	Description
8	4 – Corner Place Your Bet
	<ol style="list-style-type: none"> 1. 1 vs 0 2. Scoring team receives a point 3. Non-scoring team skates over 4. Alternate sides for shooting

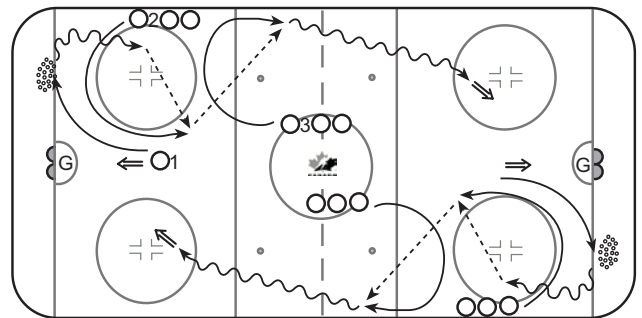




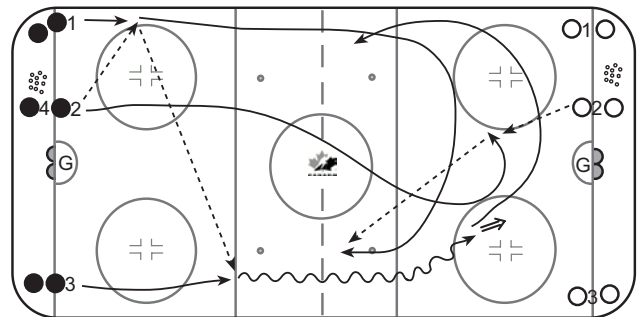
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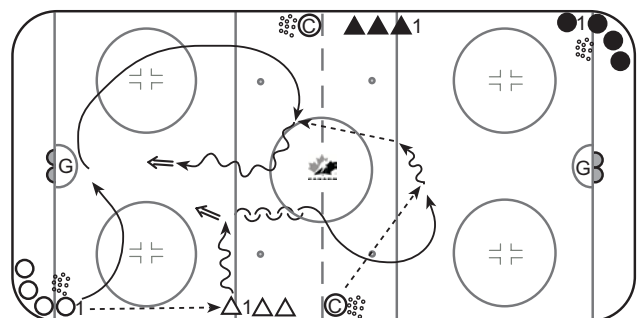
Time	Description
8	Swing Drill
	<ol style="list-style-type: none"> 01 begins the first repetition only, with a shot on goal after the shooter releases, retrieve a loose puck from the corner and pass to 02 swinging below the circle 02 takes 2 or 3 steps and then passes to 03 who swings from mid ice to the outside lane Players advance to the next line



Time	Description
8	3 on 3 / 3 on 1 / 3 on 2
	<ol style="list-style-type: none"> ●1, ●2, ●3 attack 3 on 0 After play, ●'s regroup with pass from 02 and go back 3 on 1 vs Δ1 After the play, ●'s regroup with pass from ●4 and attack 3 on 2 vs Δ2 and 3Δ 01, 02 and 03 go next



	Description	Key Points
8	1 on 1 Transition Drill	
	<ol style="list-style-type: none"> Δ1 receives pass from 01 Drags to middle & shoots 01 skates to net for screen or deflection © spots a puck in the neutral zone Δ1 retrieves loose puck, passes to 01 for shot on goal Alternate sides at start, then both sides together Add a 2nd Δ to play 1 on 1 low & 1 on 1 attack 	

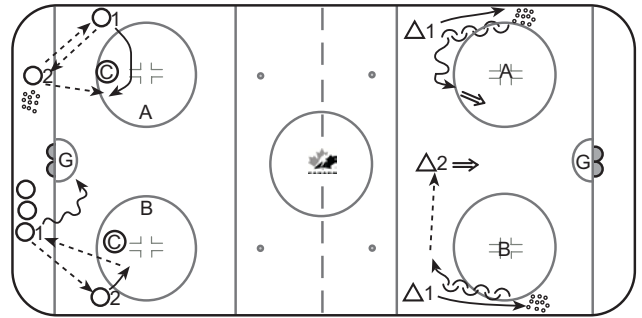




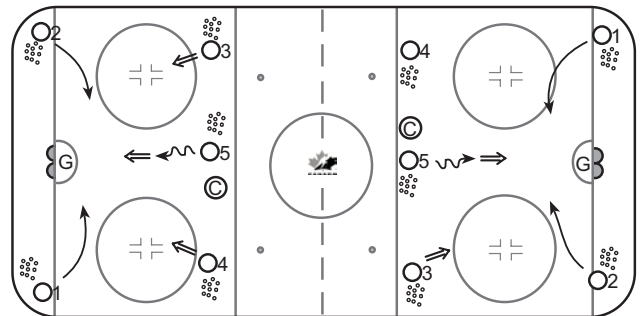
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Description	
8	Powerplay Skills Stations
	<ol style="list-style-type: none"> 02 give and go with 01, 02 passes to 01, attack net ●2 executes give and go with ●1, ●2 passes to ●1 for low forward walk-out △1 drags puck to middle and shoots ▲1 retrieves puck, passes to ▲2, shoots on net



Time	Description
7	Goalie Drill – 5 shots
	<ol style="list-style-type: none"> 01 & 02 execute low walk-outs 03 & 04 take slap shots 05 executes in tight breakaway Keep rotating positions



Time	Description
6	2 on 2 Showdown Relay
	<ol style="list-style-type: none"> Forms two teams and have team members pair up On the whistle, the first pair in each team touch passes and skates around the far net attacking the net closest to their team The pair continues until they score, while the goaltender has the option of shooting the puck away After a goal the puck is passé to the next pair

