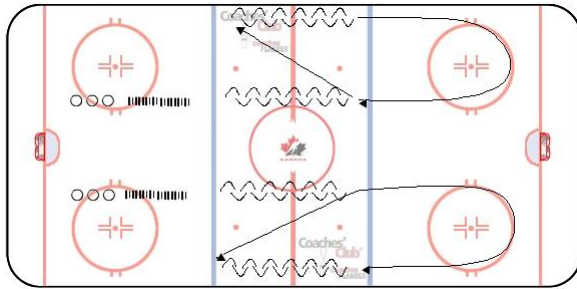


2 Line Agility



Drill Overview

10 min

- 2 lines starting at inside hash marks
- 2 players from each line, perform lateral crossovers to blue line, pivot, skate backwards to far blue line, open pivot forwards back to blue line, reverse pivot, backwards to far blue line, pivot, and skate forward around circle and backup centre of ice.

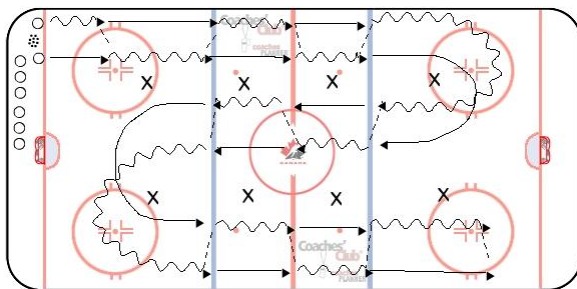
Key Teaching Points

- Head up
- Keep skating/ feet moving
- Quick feet

Key Execution Points

- Perform 4 times
- Add pucks for 3rd and 4th

2-Man Touch Pass Sequence



Drill Overview

10 min

- Starting from corner, pairs of players on-touch pass down one wall, up the middle and down the other wall.

Variations

- Both players skate forward x2.
- Both players skate backwards x2.
- One player forward, one player backwards.

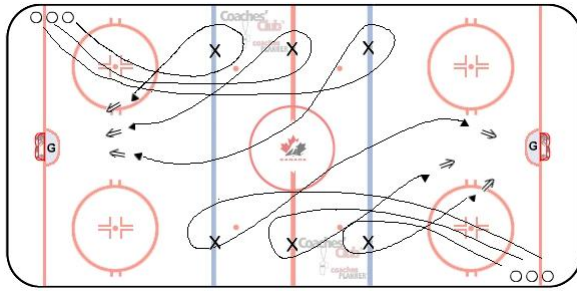
Key Teaching Points

- Skate with sticks on ice, give partner a target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

Key Execution Points

- Missing a pass, player retrieves puck and continues
- 2nd group starts as 1st group reaches blue line

3-Player, 4-Corner Shooting



Drill Overview

10 min.

- Alternate all 4 corners, player to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.

Key Teaching Points

- Warm up goaltenders
- Drive out of tight turn with puck

Key Execution Points

- Whistle control or opposite ends communicate