

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Simple Shooting Turn and receive pass

Split Practice Drills

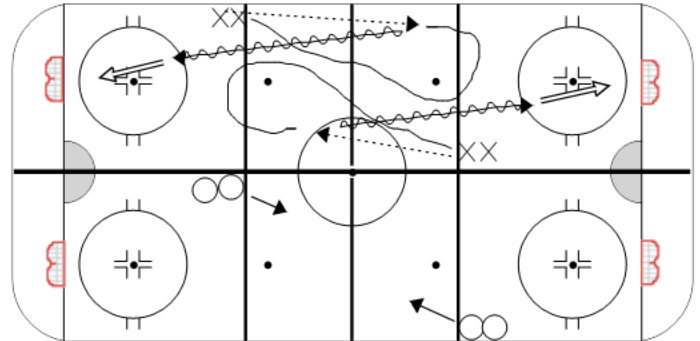
Components : _____

Content elements : _____

Description

Player skate inside dot and turns back toward line and receives pass then goes and shoots.

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Timing Drill two player from Line

Split Practice Drills

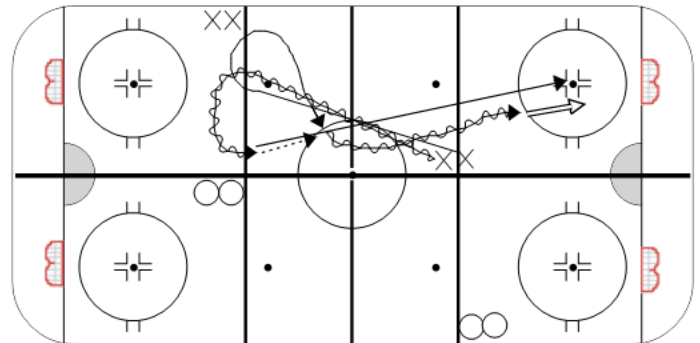
Components : _____

Content elements : _____

Description

Player 1 carries puck Player 2 follows with out puck, whistle both halves will go. players skate to the dot puck carrier turns to the outside and the player with out puck turns opposite direction then comes back toward puck carrier and receives puck, both end up going to the net. one shoots other drive skates.

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Split line interaction passing

Split Practic Drills

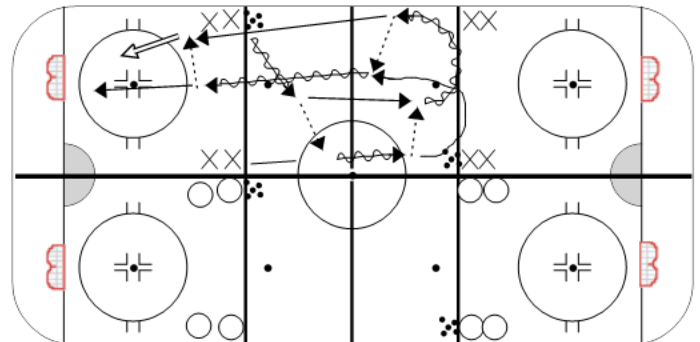
Components : _____

Content elements : _____

Description

Whistle controls boths halves Together side by each with swing and timing...

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Split lines interaction.

Split Practice Drills

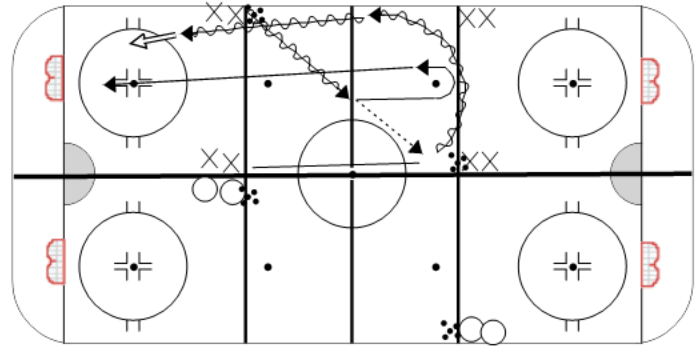
Components : _____

Content elements : _____

Description

whistle runs both halves, player leave with puck across zone, opposite goes up and receives then skates to other side of dot, passer makes tight turn and the dot then drive skates right to the net. player with puck make sure that they shoot puck or pass shoot to drive skate player for high tips

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Defense and Forward interaction (passing) Part 1

Split Practice Drills

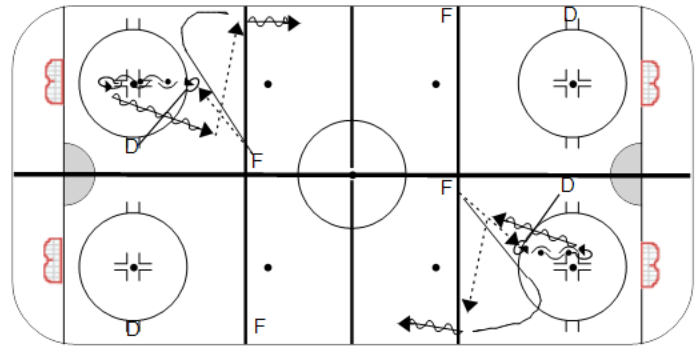
Components : _____

Content elements : _____

Description

Defense at hash marks and Forward are lined up blue line on same side as ice, whistle start both halves and Defense, they skate to top of circle, forward delays pass until the d is square, passes D will skate backward with puck and step back towards there hash mark and skate up ice make pass across. Forward comes across zone follows pass, and times to the Defense to receive puck back goes and shoots

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Split Practice Drills

Drill Title : Defense and Forward Interaction Forward Ladder timing Part

Split Practice Drills

Components : _____

Content elements : _____

Description

Same set up as previous drill Defense now steps outside or opposite direction with the forward coming down wall or pad and stop for help, D passes to F, and F skates up ice, F2 is control skating and timing reading when it is OK to come across to help out the puck carrier, both ends are going and both halves are going on same whistle

Key Points

