

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

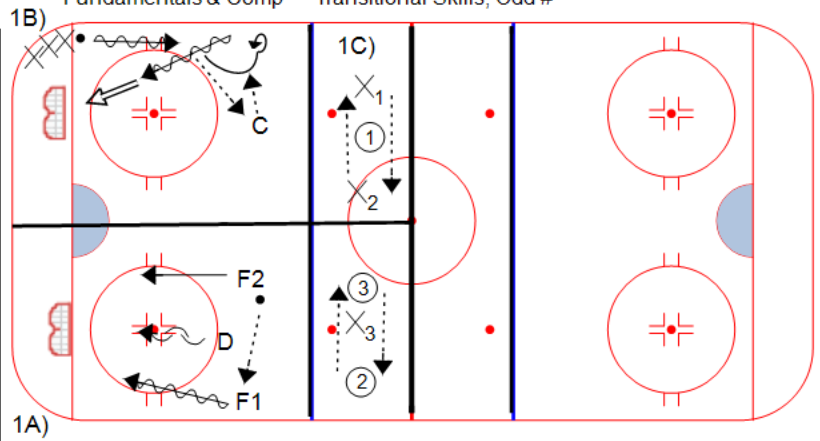
Title : Cycle 1 Block 3 (1) Category #1 : Category #2 :

Description

1A) - 2v1 Entry - F2 passes puck to F1. F's attack 2v1 vs the D. Play until there's a goal, puck covered, or D passes puck to coach.

1B) - Transition Pass n Shoot - X1 skates puck halfway & passes to C. X1 pivots inside out and FACES the PUCK to receive return pass from coach. Attack the net for a shot.

#3 - 2v1 Keep Away (monkey in the middle) - Split into groups of 3. Play 2v1 keep away in small space.



Key points :

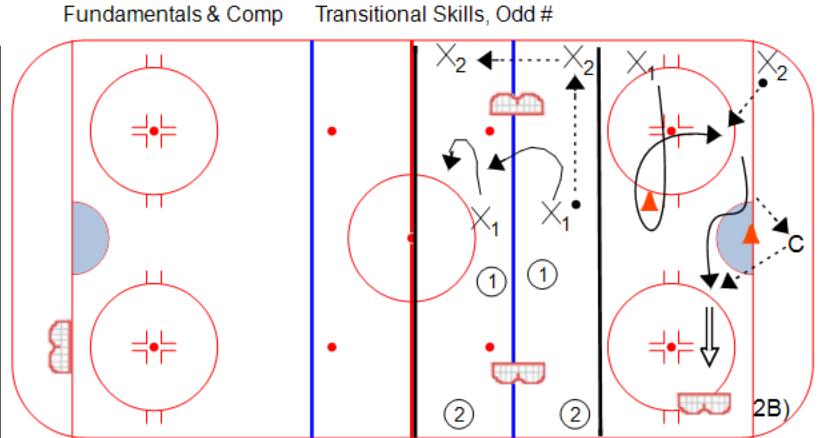
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Title : Cycle 1 Block 3 (2) Category #1 : Category #2 :

Description

2A) - 2v2 Regroup Game
Teams play shifts of 2v2. On change of possession teams must pass to the next two players on their team that are waiting behind their defensive net to regroup prior to attacking and scoring.

2C) - RMU: Give n Go - X1 skates around cone and swings to support X2. X2 passes to X1. X1 passes to C and skates to middle lane for a return pass. Finish with a shot on goal.



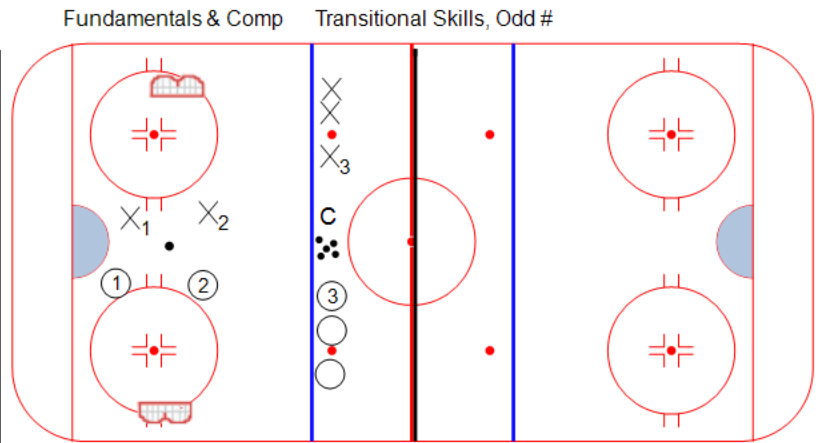
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Title : Cycle 1 Block 3 (3) Category #1 : Category #2 :

Description

Add-One Game - Teams start 2v2. Teams pass to next player in line to add a 3rd player. They can now try to score. When other team gets possession, they must pass back to their line to add the 3rd player. Team that had 3 must now return back to 2 players. Other than the start of each shift, it is always 3v2 with the advantage going to the team with offensive possession.



Key points :