

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

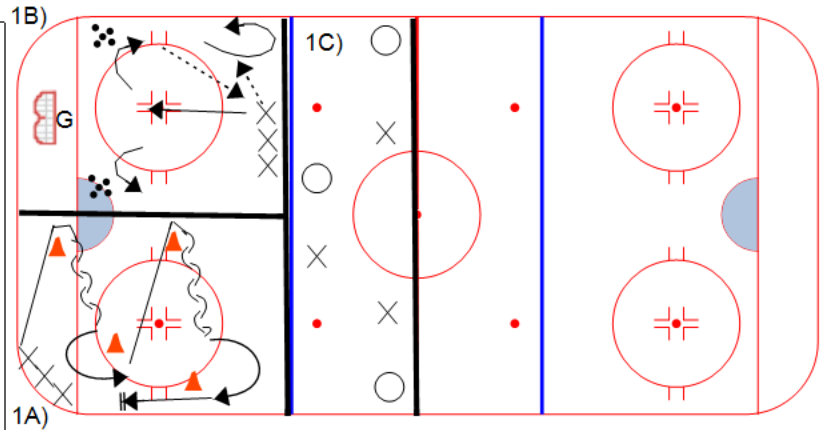
Title : Cycle 1 Block 1 (1) Category #1 :  Category #2 :

**Description**

1A) Transition Skating without (then with) puck. Start by skating forward to first cone, backward to next etc....after a few rotations add escapes from backward to forward around bottom cone then add puck to work on skating with puck control.

1B) Retrieval Regroup  
X retrieves puck from either pile and skates back toward line to pass to next player. X pivots to face puck and gets return pass to skate back in for a shot.

1C) - Partner Passing Series.  
Forehand. backhand. combo. escape. dekes. sauce.



Key points :

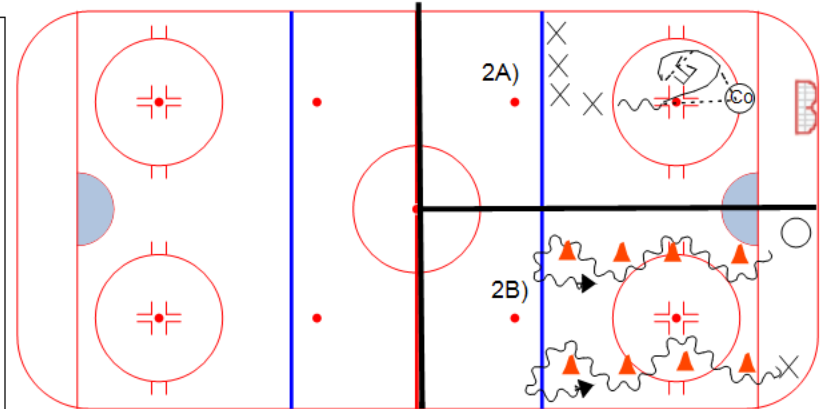
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

2A) Pass, Place, Shoot  
first player skates puck toward coach, before making a pass...coach bumps it to space, player picks up the puck to skate around attack triangle, laying a puck to space to pick up on the other side.....attack the coach again who will use stick to force the player left or right.

2B) Puck Handle Relays  
Set up two teams. first player of each team races through cones while controlling puck, weaving up and back, then passing to next player in line. Keep score. Best of 7. Can change pattern, skate in reverse, control two pucks...etc.



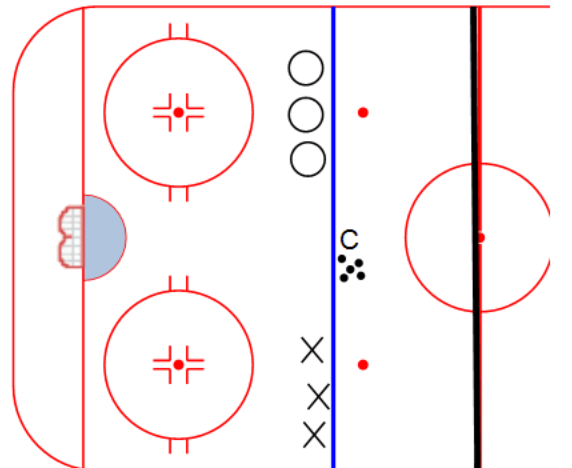
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

3v3 Tag Up  
Split into 2 teams. Play 3v3. Must pass back to your line (or C) prior to scoring. Keep shifts to 45-60 seconds.



#3

Key points: