

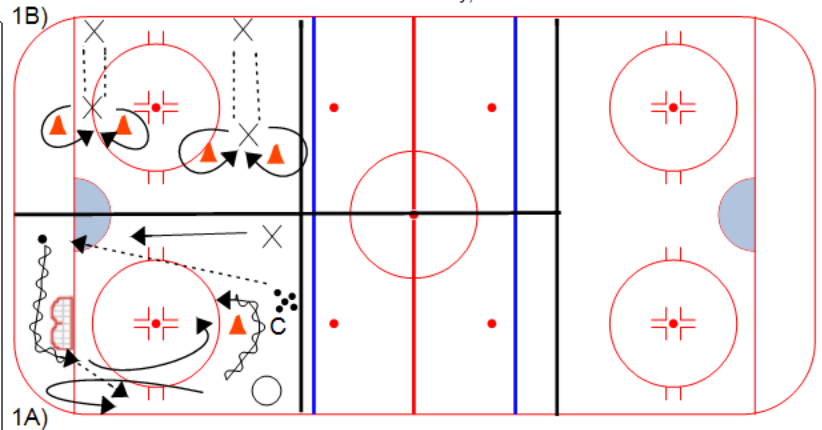
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Cycle 2 Block 2 (1) Category #1 : Fundamental Skills Category #2 : Even Strength Competition

Description

1A) 2v0 Breakout into 1v1 - Coach spots puck. X retrieves puck, wheels behind net while O skates inside-out to get to halfwall for breakout pass. O faces the puck, receives pass, and skates puck up ice around cone before attacking 1v1 against X. X skates to close gap and angle to defend.

1B) Figure 8 Passing - X1 skates in figure 8 pattern while exchanging passes with X2 who remains stationary. X1 should have possession around the cones. 30 seconds then switch.



Key points :

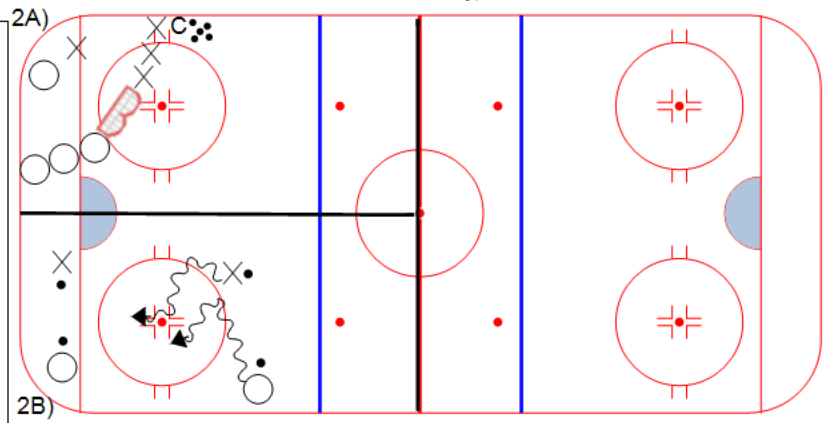
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Cycle 2 Block 2 (2) Category #1 : Fundamental Skills Category #2 : Even Strength Competition

Description

2A) 1v1 Corner Battles - Coach spots a puck in play. The players nearest the net enters the game. Players can attack at all times. Shifts should be 30 seconds in length, Add new pucks as needed.

2B) Puck Handle Mirror Drill - Partner up. On "GO" the leader puckhandles using patterns and creativity. Their partner tries to mirror the actions of the leader with their own puck. Begin stationary then allow to skate around within their zone. 30 second shifts then switch.



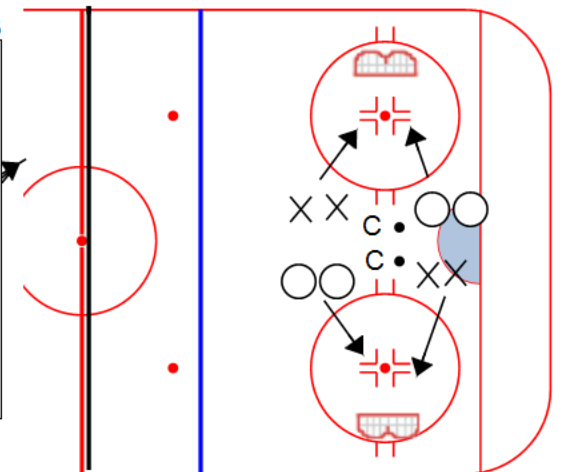
Key points :

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

Title : Cycle 2 Block 2 (3) Category #1 : Fundamental Skills Category #2 : Even Strength Competition

Description

3) Ramsey 2v2 - Coaches spot a puck on "GO" on their half of the zone. Players play 2v2 on that half of the ice for 15-20 seconds. C signals with whistle or voice for players to leave the puck on their side of the ice and skate to opposite side, find the puck from that side, and continue to play 2v2 for 15-20 seconds until C ends the shift. 8 players are active at all times.



Key points :