

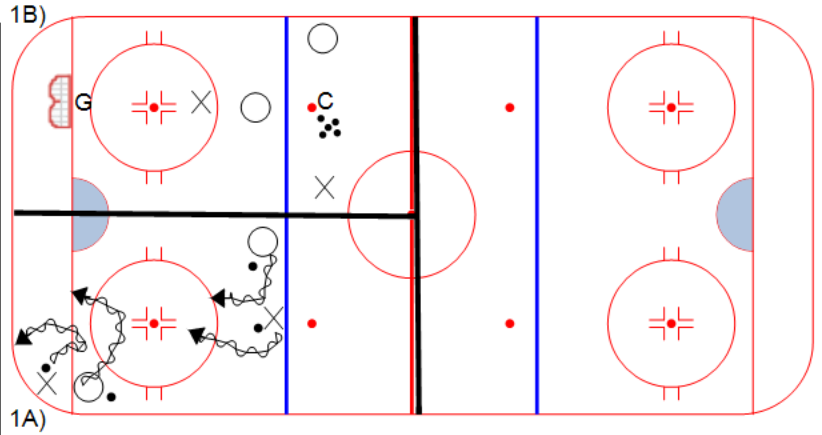
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Cycle 1 Block 4 (1) Category #1 : Variable Application Category #2 : Gameplay

Description

1A) Partner Puck Control Tag
both players must control their own puck at all times while playing tag. Taggers must use a free hand to tag while still maintaining puck control.

1B) Offense, Defense, Out
Play starts as a 1v1. When the defender steals the puck, they must pass to their waiting teammate who becomes the new offensive player. The original offensive player becomes the new defender and the original defender exits.



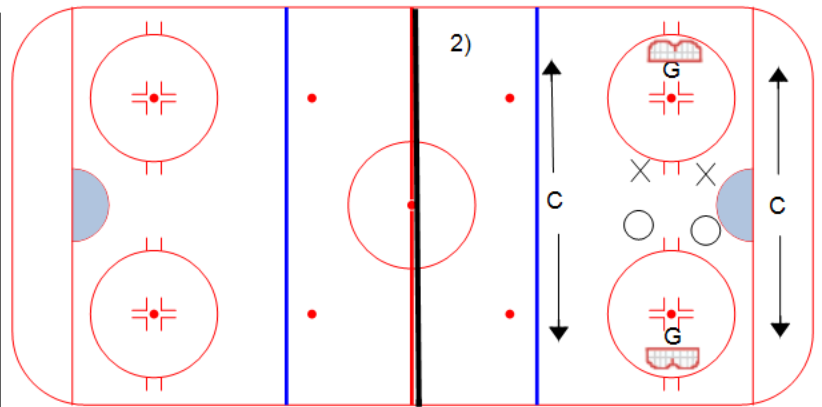
Key points :

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

Title : Cycle 1 Block 4 (2) Category #1 : Variable Application Category #2 : Gameplay

Description

2) 2v2 Coach Flank
Coaches are flankers (one on each side), players must pass to C before attacking to score. players can also use coach as an offensive outlet at any time.



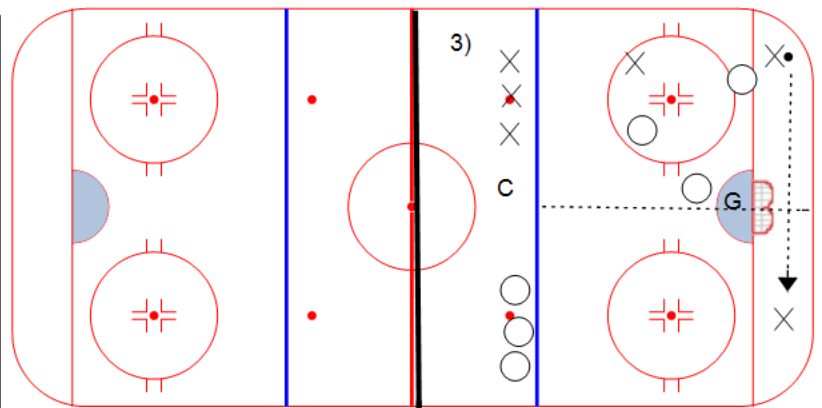
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Title : Cycle 1 Block 4 (3) Category #1 : Variable Application Category #2 : Gameplay

Description

3) Weakside 3v3
Teams play shifts of 3v3. On change of possession, teams must get the puck to the weakside (change sides) prior to scoring. This can be accomplished by skating, passing directly, or using indirect passes (rims, banks, aerials).



Key points :