

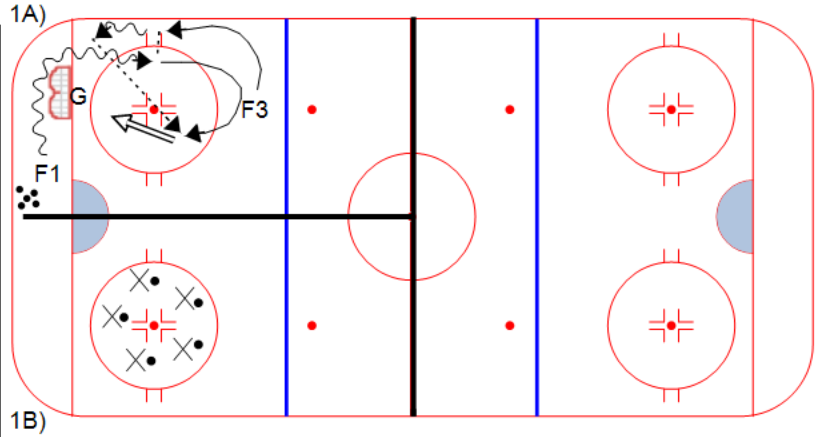
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

1A) F3 Switch
F1 skates puck around the net. Near halfwall, F1 drops puck to F3 who skates down the wall on the outside. F3 gives F1 return pass for a shot. After pass F3 skates behind net to other side, curls, picks up puck to become F1 to begin the next cycle/shot. After each player goes a couple times, switch sides.

1B) Chaos + Knockout Game
each player has puck inside circle. begin moving around with puck handling & avoiding other players. On coach's signal, players attempt to knock the other players' pucks out of the circle. The last player with their puck inside circle wins the round.



Key points :

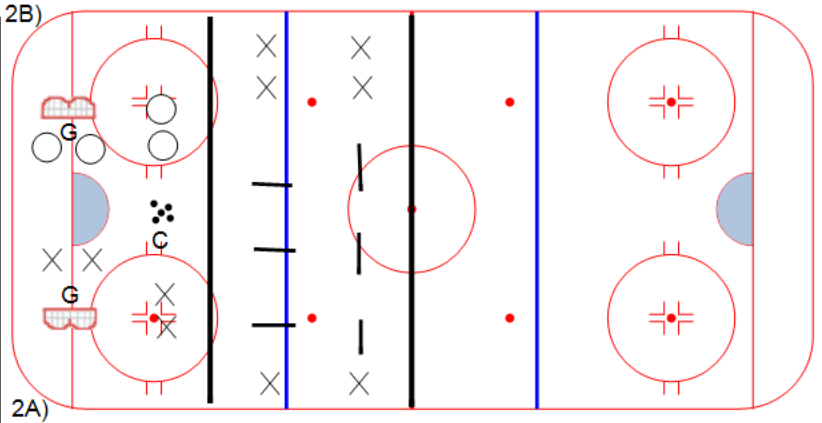
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

2A) Tight Space 2v2.
shifts of 2v2 for 45-60 seconds. spot new pucks as needed. no matter where players get puck, they are in a scoring position. encourage lots of shots and hunting pucks for rebounds and recoveries.

2B) Bridge/Line Stickhandling Patterns (motion) + Creative Time
- dribble underneath
- Circle Right, Circle Left
- Figure 8's
- Pivot
- Elevate
- Creative Time



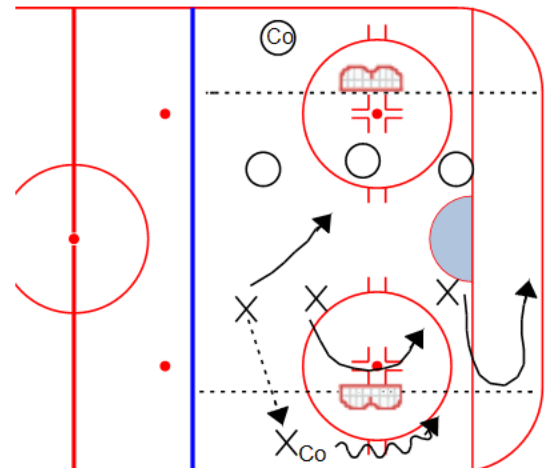
Key points :

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

Title : Breakout Game Category #1 : Category #2 :

Description

Break out / Forecheck Game
Play is 3 v 3 in middle. On turn overs, that team needs to funnel puck back to thier teams coach while coming back to support the puck. coach will make first breakout pass and the team is on offense. If the opposing team steals puck that team must pass back to their teams coach, come back to support .
Focus on BO habits, routes, and puck support.
Focus on team's FC system, angling, filling lanes, F3 recognition.



Key points: