

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

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

Description

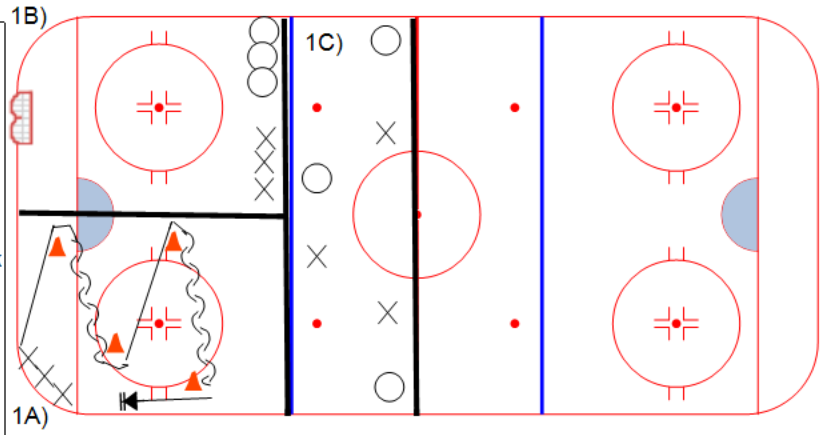
1A) Transition Skating without (then with) puck. Start by skating forward to first cone, backward to next etc....after a few rotations, add a puck.

1B) Activate Game

Coach chips puck into play, first player from each team battle for control. The player that gains control must make a pass to next player in line to create 2v1...that team may try to score, team with 1 player is now defending and trying to get puck back to coach. Keep score, play to 5, losing team does pushups or squats.

1C) - Partner Passing Series.

Forehand. backhand. combo. escape. dekes.



Key points :

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

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

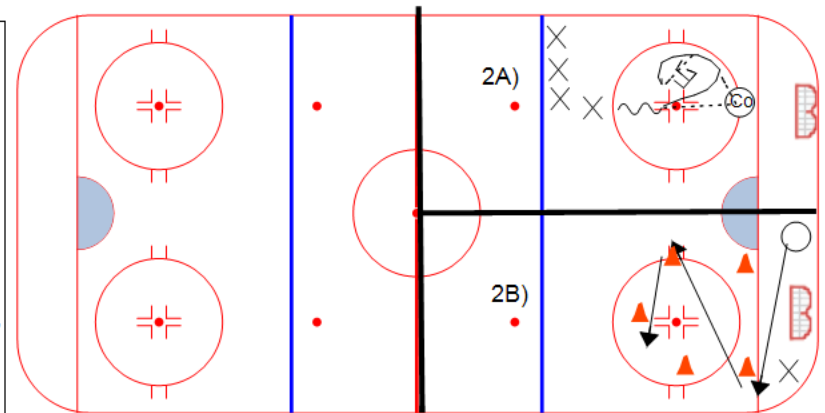
Description

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) PGH Game (DNA)

Set up two teams. first player of each team race through cones to (crossing in the middle). As players reach the top cone and head back to the net, coach spots a puck, players battle for control and shot on net. Keep score, play games to 5, losing team does jumping jacks



Key points :

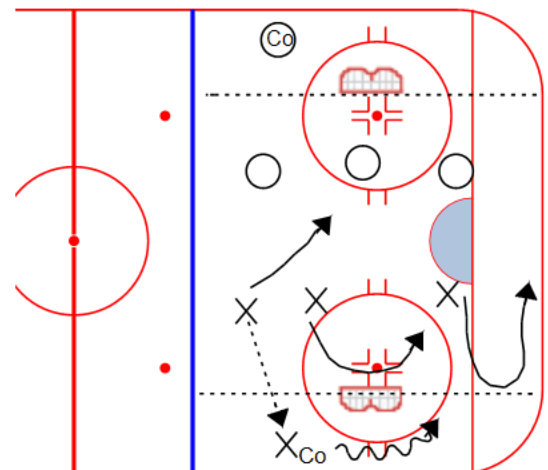
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

Description

Break out 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 .



Key points: