

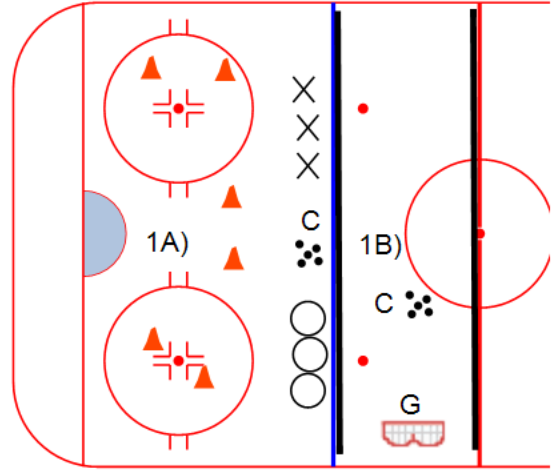
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Cycle 2 Block 4 (1) Category #1 : Category #2 :

Description

1A) Thru the Gates
 Warmup by splitting into two or three teams. Play 2v2 or 3v3. Teams score by COMPLETING a pass with a teammate thru one of the gates (gloves/cones/bridges) that are placed throughout the zone (2-4 gates). Score as many times as you can until whistle is blown for a line change.

1B) Goalie Nation
 Warmup the goalie/s with a variety of movement and shots while the skaters warmup with "Thru the Gates". Approximately 8-10 minutes.



Key points:

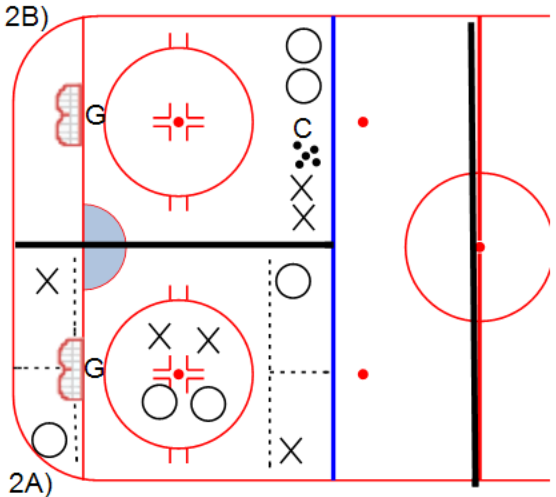
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Cycle 2 Block 4 (2) Category #1 : Category #2 :

Description

2A) Crosby/Letang Game
 Teams play shifts of 2v2 or 1v1 with an additional player from each team below the goal line and at the point (these outlets are stationary). Play 2v2 or 1v1 in the middle with teams passing to the high or low teammate on change of possession before scoring.

2B) Activate Game (1v1 then 2v2 to start)
 Coach chips puck into play, first player from each team battle for control. In order to be on offense, 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 5 pushups.



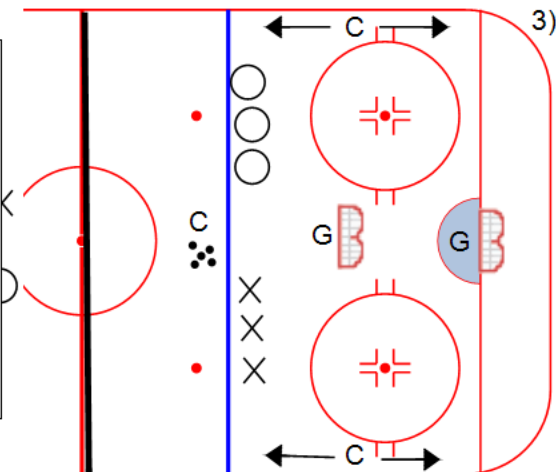
Key points:

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

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

Description

3) Levels 2v2 or 3v3
 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. Score in either net. Goals from one-timers or catch n' release (no puck handles) are worth 2 pts.



Key points: