

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

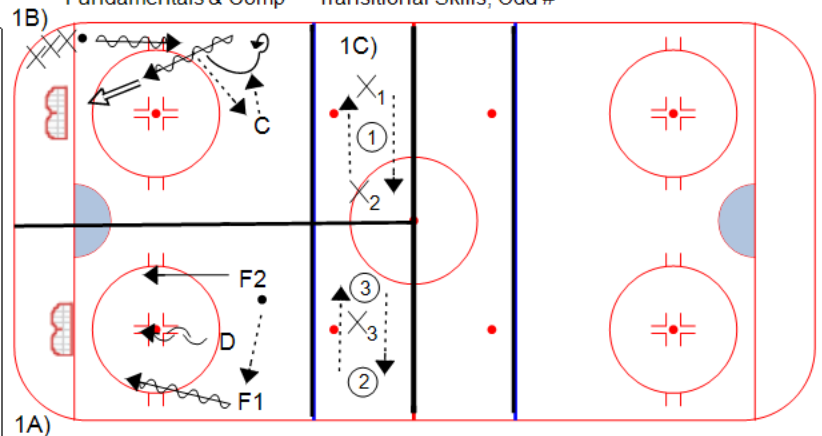
Title : Cycle 1 Block 3 (1) Category #1 : Category #2 :

Description

1A) - 2v1 Entry - F2 passes puck to F1. F's attack 2v1 vs the D. Play until there's a goal, puck covered, or D passes puck to coach.

1B) - Transition Pass n Shoot - X1 skates puck halfway & passes to C. X1 pivots inside out and FACES the PUCK to receive return pass from coach. Attack the net for a shot.

1C) - 2v1 Keep Away (monkey in the middle) - Split into groups of 3. Play 2v1 keep away in small space.



Key points :

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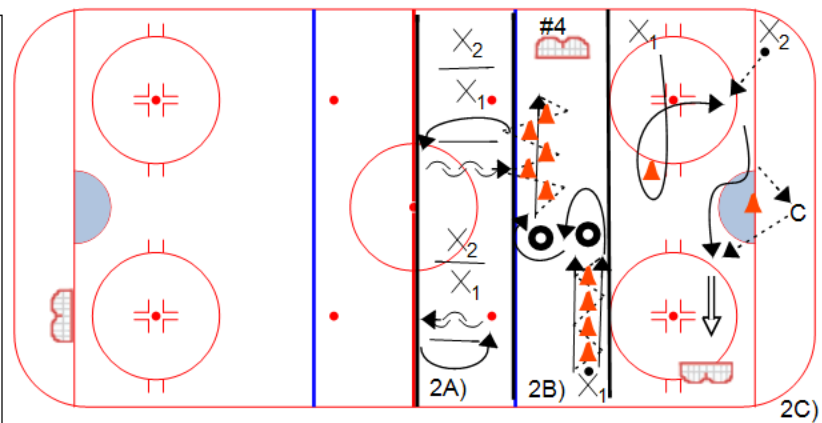
Title : Cycle 1 Block 3 (2) Category #1 : Category #2 :

Description

2A) - Transition Skating - Use dividers to work on crossovers, pivots, and tight turns without the puck. Finish with Partner Divider Tag.

2B) - Narrow/Wide Control - players skate the course while moving the puck through cones in both narrow & wide patterns.

2C) - RMU: Give n Go - X1 skates around cone and swings to support X2. X2 passes to X1. X1 passes to C and skates to middle lane for a return pass. Finish with a shot.



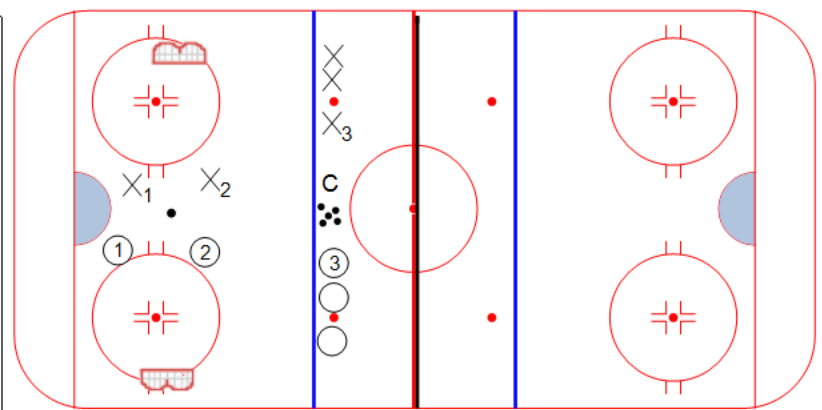
Key points :

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

Description

Add-One Game - Teams start 2v2. Teams pass to next player in line to add a 3rd player. They can now try to score. When other team gets possession, they must pass back to their line to add the 3rd player. Team that had 3 must now return back to 2 players. Other than the start of each shift, it is always 3v2 with the advantage going to the team with offensive possession.



Key points :