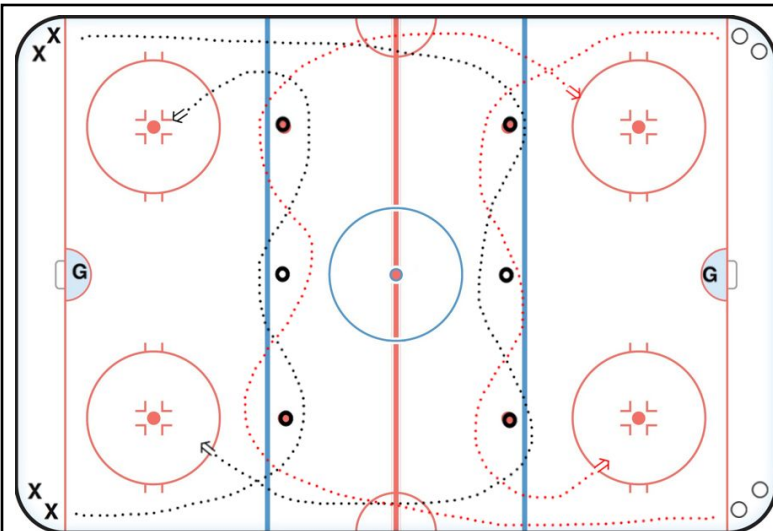




# Bantams & U15



## High/Low Shooting Drill

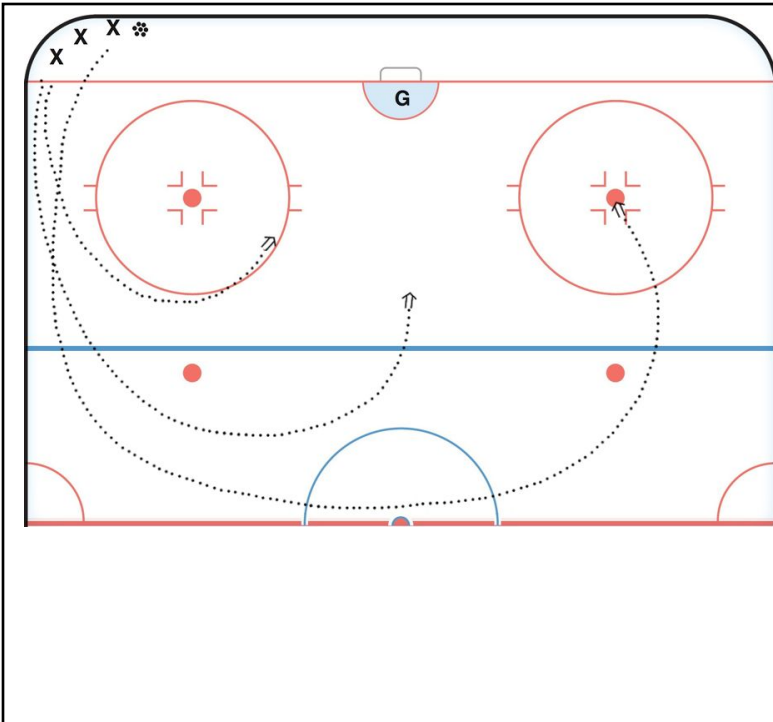
Players line-up in all four corners, two “high” lines, and two “low” lines.

On whistle, first player from each line goes through the designated set of cones, keeping feet moving through entire route.

After rounding the final cone, players shoot in stride.



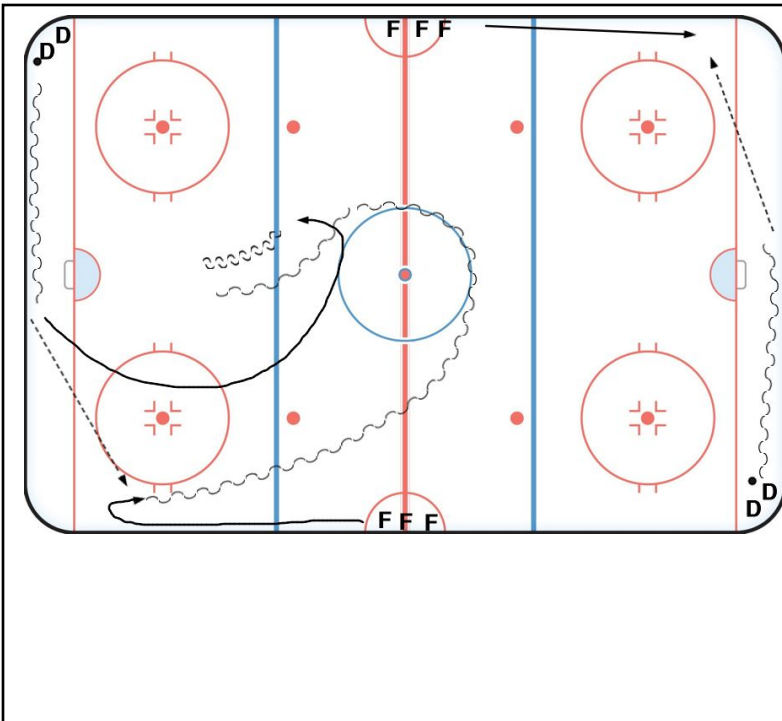
### Three Shot Warm-up

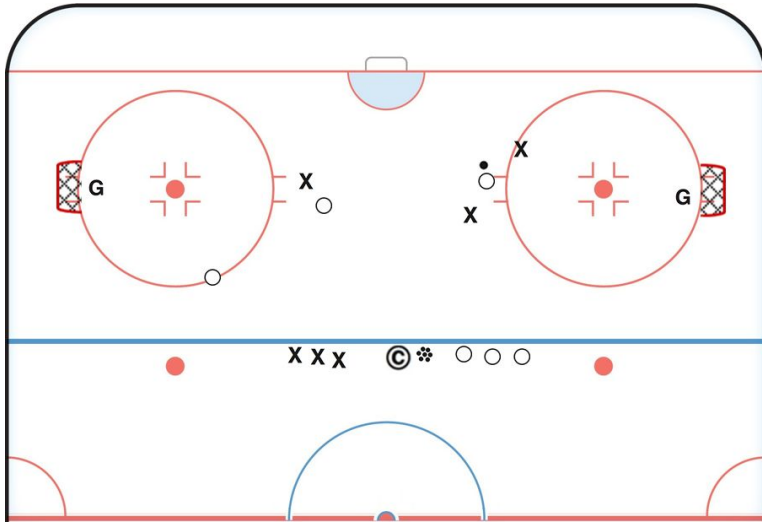


### Breakout Pass 1v1

Breakout pass to forward swinging low. Forward exits zone and returns with speed. Defenseman with the hard pass and then quickly follow forward up ice to maintain quality gap control.

Both ends simultaneously. Start on whistle.

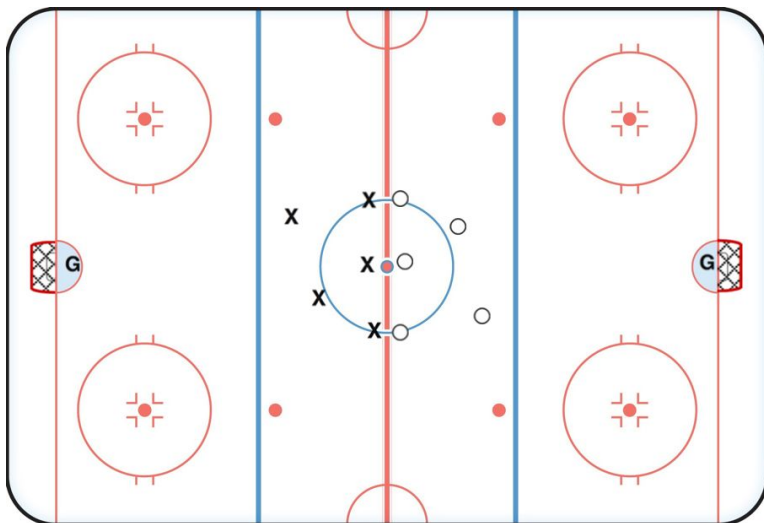




### 3v3 Cross-Ice

Variation: Traditional (defend one net, attack one net)

Variation: Players can score on either net.



### 5v5 Full-Ice Scrimmage