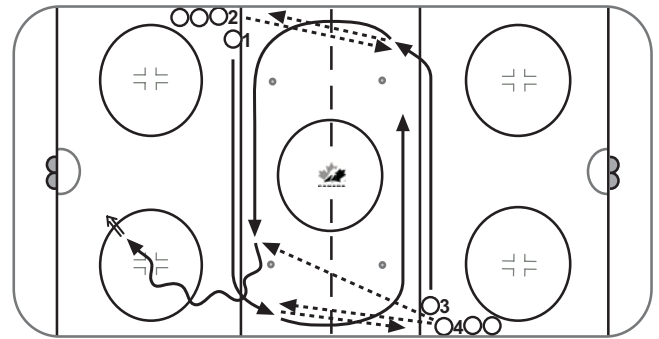
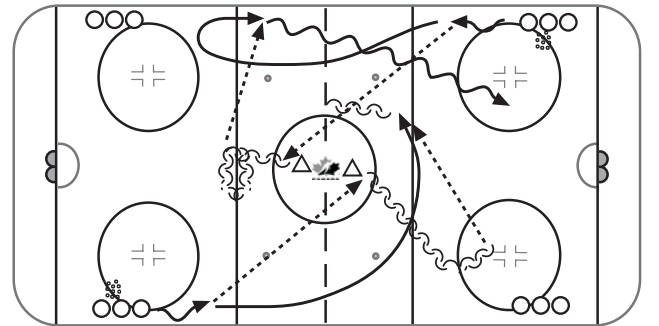


Practice 11

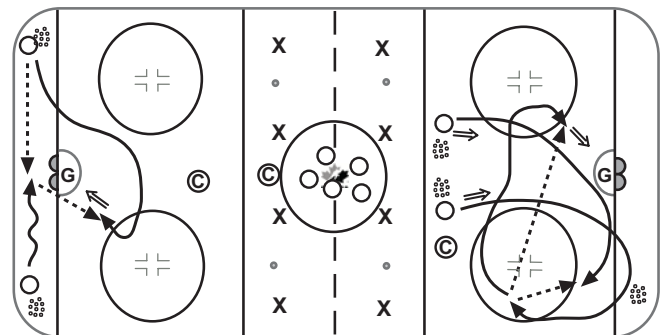
Drill Name & Description
<p>Greyhound</p> <ol style="list-style-type: none"> O1 and O3 skate wide across the blueline. O2 passes to O3 and O3 returns the pass. O4 passes to O1 and O1 returns the pass. O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1). Drive wide for a shot. <p>Key Points:</p> <ul style="list-style-type: none"> One-touch passing. Show a target while moving to mid-ice. Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass. The passer must lead the receiver with the pass.



Drill Name & Description
<p>NZ Up and Wheel</p> <ol style="list-style-type: none"> Fwds on the wall at the hash marks in both ends. D in the centre circle. Progression 1 – On whistle, Fwd skates with puck towards D who starts skating bwd, makes pass, D transitions fwds and makes pass to Fwd who turns towards wall and then skates in for shot on net. Progression 2 – Fwd make pass to stationary D right away, D skates bwd with puck to own ends saving ice until Fwd is open to pick up miss in full stride in middle of the ice. Stop at net after shot. Both sides go at same time, can have D turn and play 1 on 1 coming from the other end.



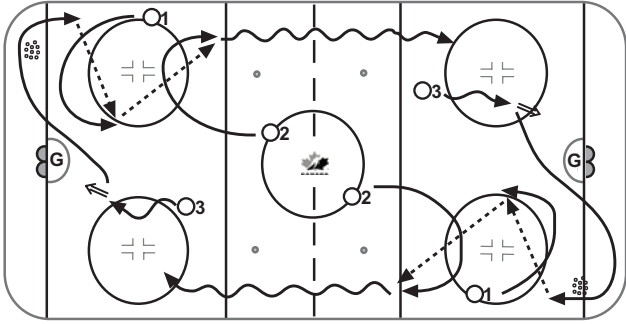
Drill Name & Description
<p>Skills Stations 1</p> <p>1) Shooting / Scoring – Behind The Net Pass Out Players in opposite corners with pucks. On whistle, both players skates towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.</p> <p>2) Puckcontrol Agility Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception</p> <p>3) Shooting / Scoring – Double Shot Corner Drop 2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play</p>



Drill Name & Description

Ladder Drill

- 1) 1 shooter at each clue line ready to go in and shoot on net.
- 2) O1 at hash mark at opposite ends.
- 3) O2 at bottom of center ice circle on both sides.
- 4) Shooter goes in and shoots on net then goes to corner to pick up puck.
- 5) O1 times his skate and curls to mid ice for a pass from the shooter.
- 6) O2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from O1.
- 7) Both ends at the same time.

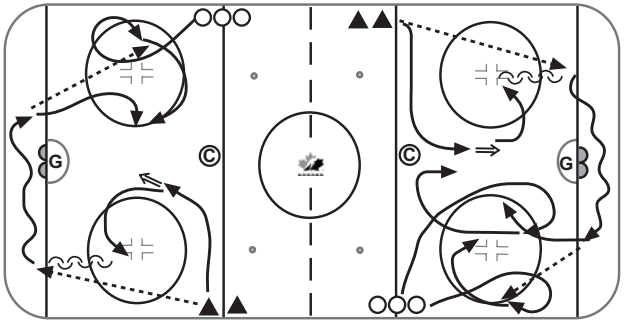


Drill Name & Description

D Shot 1 on 1 / D Shot 2 on 1

Both sides at the same time.

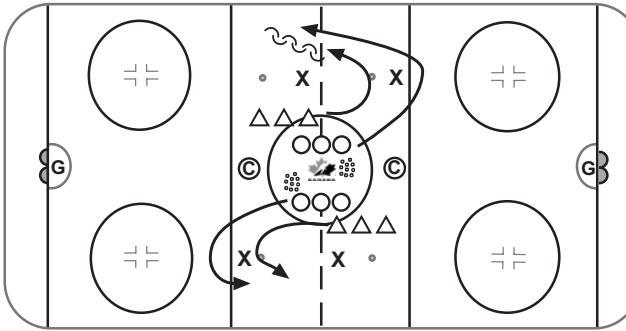
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.
- 3) Steps up passes to forward and follows play up ice, and then receives return pass from fwd who sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



Drill Name & Description

1 on 1 Angling

- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- 2) Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



Drill Name & Description

Corner Reverse D Man Rush

- 1) Fwds on wall at blue line on opposite sides and ends. D on wall at hashmarks on opposite sides and ends.
- 2) First D starts with puck, skates towards corner then wheels behind the net. D from far side skates in front of net, calls for the reverse, receives pass, then passes to fwd who skates down wall to get outlet pass.
- 3) Fwd then skates towards far end with D trailing play.
- 4) Both ends at the same time.

