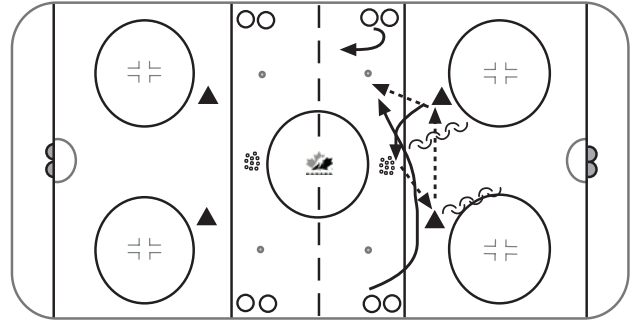
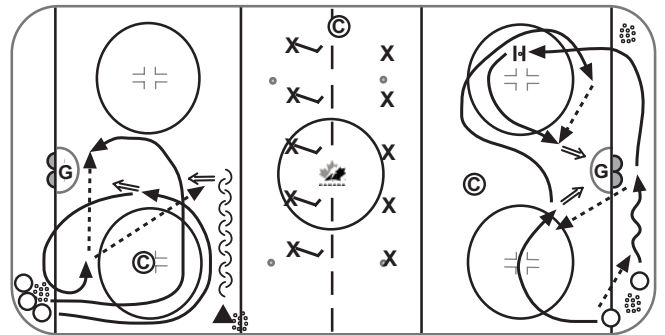


**Practice 12**

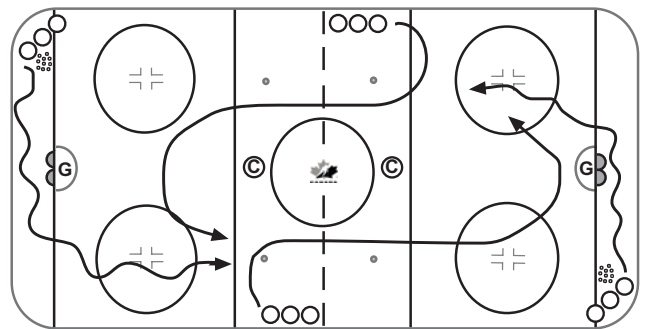
Drill Name & Description
<p><b>D Man Mobility Warm – Up 2</b></p> <p>Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate</p> <ol style="list-style-type: none"> <li>1) Players start on 4 corners of Blue lines</li> <li>2) All the pucks are in the center circle.</li> <li>3) D start inside blueline in centre of ice</li> <li>4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.</li> </ol> <p>Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass</p>



Drill Name & Description
<p><b>Skills Stations</b></p> <p><b>1) Shooting / Scoring – 3 Shot Screen</b> Fwds in corner with puck – D along boards at blueline with pucks. Fwd skates along top of circle, takes shot on net – stays net front. D walks along blueline and shoots when in the middle of the ice. 2<sup>nd</sup> fwd leaves corner and goes to net front, 1<sup>st</sup> forward leaves net front, picks up second puck and passes to either the fwd in net front of to D at point.</p> <p><b>2) Puckhandling – Agility Sticks</b> Place pylons or sticks on pylons in NZ and have the players work on quick hands / moves / deception</p> <p><b>3) Shooting / Scoring – 3 Shot Corner Cycle</b> All fwds in same corner, pucks in both corners. 1<sup>st</sup> fwd walks up wall with puck, passes down low to 2<sup>nd</sup> fwd who skates behind net can pass out short side or carry around and pass from far side. After 1<sup>st</sup> shot, low fwd picks up puck from far corner, walks up wall and drops puck to 1<sup>st</sup> fwd who slides over to support then receives pass back for 2<sup>nd</sup> shot on net.</p>



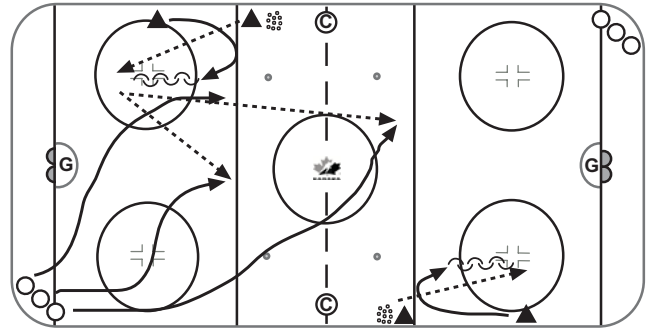
Drill Name & Description
<p><b>1 Man Forecheck</b></p> <ol style="list-style-type: none"> <li>1) Players in corner with pucks and players on the same side boards at far blueline. Same thing on other side.</li> <li>2) On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.</li> <li>3) Skater from blueline, must angle puck carrier in open ice and force wide to prevent scoring chance.</li> <li>4) If defender gets puck, then try to score original offensive player then has to defend.</li> </ol>



**Drill Name & Description**

**D Transition – 3 Man Rush**

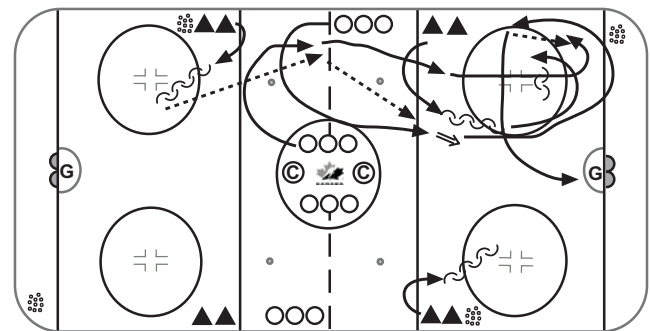
- 1) D starts on hash marks, tags up to blue line and then transitions backwards to receive pass from D on blue line.
- 2) 3 fwds from same end, opposite corner then take off filling lanes to get pass from original D.
- 3) Both ends go at same time. After D make breakout pass, join rush up ice, pivot and retreat to play 3 on 1 from other end.
- 4) Fwds stay on same half of ice until red line, then spread out.



**Drill Name & Description**

**Neutral Zone Support – D Follow**

- 1) D on wall at blue lines. Fwds make 2 lines – 1 at centre ice, other on the wall at centre red line.
- 2) On whistle, D carries puck, tag up at blue line, then skates to middle to pass to one of the fwds.
- 3) Fwd from middle, swings towards wall, wall fwd stretches to far blue line. D passes to wall side fwd who then 1 touches it to stretch fwd to go in 2 on 1 against D from far blue line who jumps in to play the 2 on 1. Offensive D follows up play into offensive zone.
- 4) After original shot, 1 fwd skates to corner to pick up 2<sup>nd</sup> puck, 2<sup>nd</sup> fwd follows for cycle play who can then pass back to original fwd that is going to the net, or hit trailing D with pass for shot on net.



**Drill Name & Description**

**Double Regroup**

- 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, regroups with original D and then attack 2 on 1.
- 2) Go both sides at the same time.
- 3) Can also add shot from D man to end sequence with fwds in front of the net.

