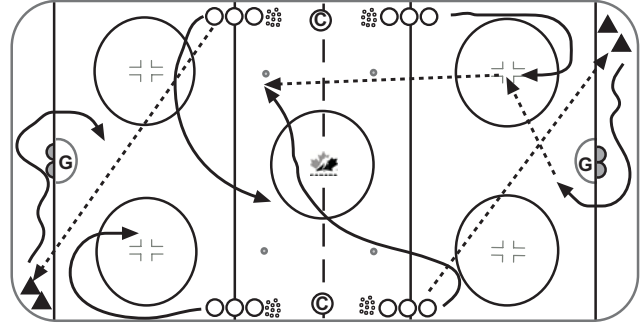


Practice 15

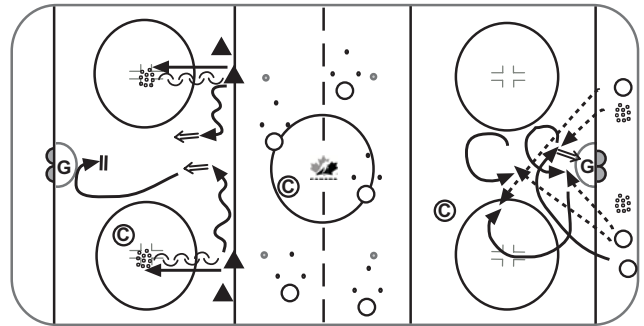
Drill Name & Description
Timing – Support and Stretch

- 1) D in opposite corners at opposite ends of ice. Fwds on wall at all four blue lines.
- 2) On whistle, Far side fwd passes cross ice to D in corner, who then skates behind net. At same time, near side fwd skates down from blue line, and skates into position to support D with puck.
- 3) D makes pass to near side fwd who then stretch passes to far original fwd who started play at the far dot, and skates hard to join rush.
- 4) D must gap up to play fwd who received stretch pass. Both ends go at the same time.



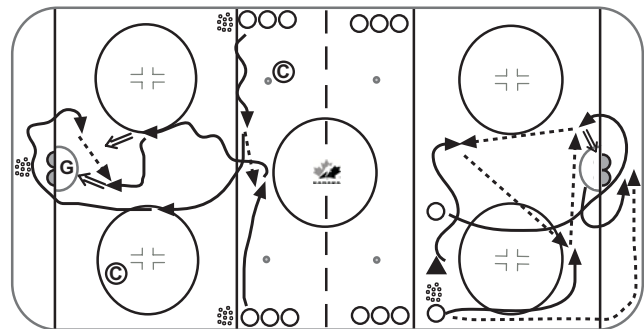
Drill Name & Description
Skills Stations

- 1) **Shooting / Scoring – Screens and Tips**
 Place pucks on dots inside circles. D at blue line. On whistle D skate fwd to retrieve puck, skate bwds to blueline, then sprint or drag puck to middle for shot on net. After shot, follow to net for rebound and tip or deflect next shot.
- 2) **Puck Control - 3 Puck Stickhandle**
 Place 3 pucks in a triangle, and keeping feet stationary, work on quick hands. Can progress to skating while stickhandling around the 3 pucks
- 3) **Shooting / Scoring - 4 Shot Drill**
 Place 2 passers on either side of the net. Shooter skates from corner and receives total of 4 passes, 2 from each side alternating. After each shot, shooter must transition and skate away from net to get in position for next pass. Always face the passers.



Drill Name & Description
2 Station Scoring – Half Ice

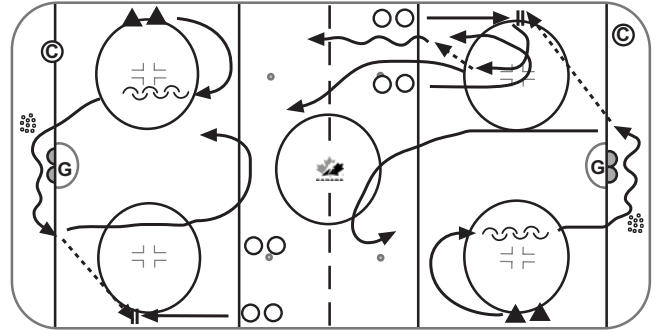
- 1) **2 on 0 Cross – Give and Go**
 Fwds on wall at blue line on opposite sides of ice. On whistle, fwd skate towards each other, make pass and cross outside blue line,. Player with puck now shoots, second player drives behind net, picks up second puck and makes pass out front.
- 2) **G Set Puck – D Man Activate**
 D rims puck around boards to behind net. Forward races in to retrieve puck. Fwd can wrap or pass out to D.



Drill Name & Description

2 on 1 Long

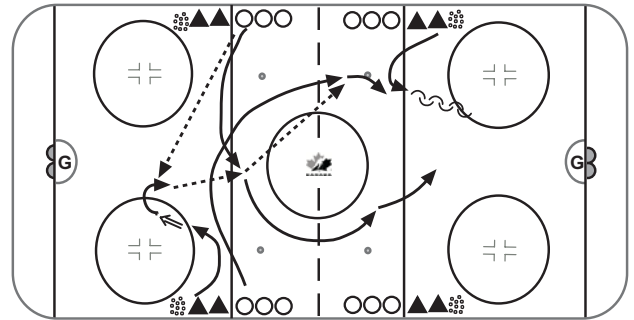
- 1) D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- 2) On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- 3) Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- 4) After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



Drill Name & Description

Transition 2 on 1 Continuous

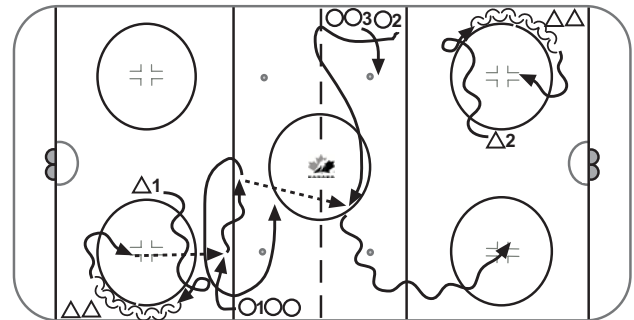
- 1) D on wall just inside each of the 4 blue lines. Fwds on wall just outside each of the 4 blue lines.
- 2) On whistle, D jumps out with puck gaps up to blue line, pivots and takes shot on net. Fwd from opposite side, then passes to D who 1 touches it back. Fwd from near side, joins play by swinging through NZ zone to get pass from O2. D3 jumps out to play 2 on 1.
- 3) On each whistle, plays starts from a different blue line and rotates clockwise.



Drill Name & Description

Signal Hill Timing

- 1) D1 skates forward to backward around the circle with a puck, skating up ice at the bottom of the circle.
- 2) D1 passes to O1 who jumps off the boards into the opening.
- 3) O2 accelerates into mid-ice receiving a pass from O1 and drives wide for a shot on goal.
- 4) O1 curls back to the original line and, while moving, prepares to receive a pass from O3 who is repeating the drill with D2 on the other side.
- 5) This drill is continuous.



KTP:

- Defensemen work on transition-skating and passing quickly after pivoting from backward to forward.
- Control skating for the forwards as they prepare to accelerate through the neutral zone.