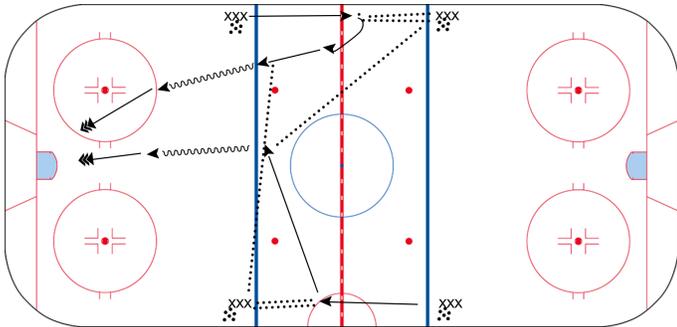




## 4 Blue line Options Drill

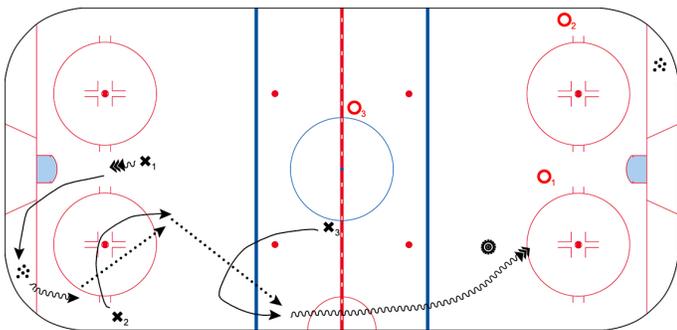
12 mins



- Option 1: One touch, tight turn, receive cross ice pass
- Option 2: One touch, cut to middle, receive long pass

## Swedish Swing

8 mins



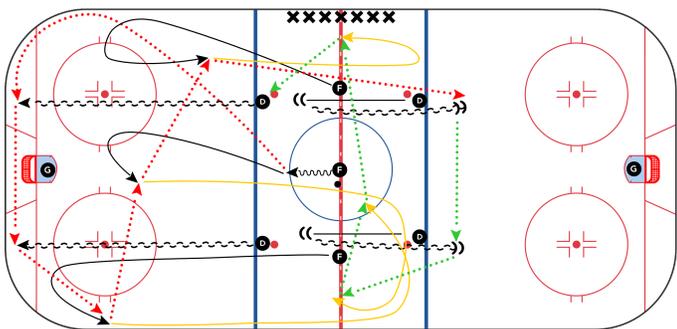
1. To start the drill, O1 and X1 shoot from the slot.
2. Picking up a puck in the corner, O1 passes to O2, X1 passes to X2.
3. Before receiving the pass, O2 and X2 curl into the centerline.
4. O3 and X3 curl into the outside lane.
5. O2 passes to O3, and X2 passes to X3.
6. O3 and X3 shoot on goal and continue the drill.
7. Players advance to the next line.

### Key Points

1. Sticks on the Ice - TWO HANDS
2. Eye Contact - Communication
3. Timing and Support - Moving into Pass Reception

## Breakout, Transition, Attack 5v2

10 mins



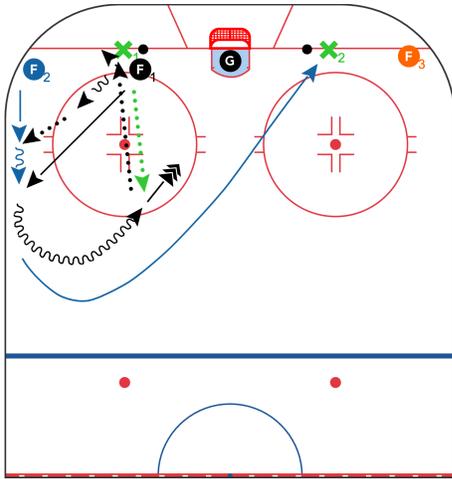
- C sends the puck for a breakout. The goalie can stop it.
- D1 passes to D2, C gets low, SSW opens up on the wall, and WSF is coming through the middle.
- All forwards must touch the puck before passing to D1 and D2 for a transition.
- One winger and the C switch in the NZone while the other opens on the wall.
- Again, try that all of the forwards touch the puck. Do another transition, and after, attack 5v2.
- The forward who did the drill can go out, and the defenceman who made the last transition.

### Key Points

- Tape to Tape passes
- Communication
- Timing

## Double Stick Lift - Give & Go Shooting

8 mins



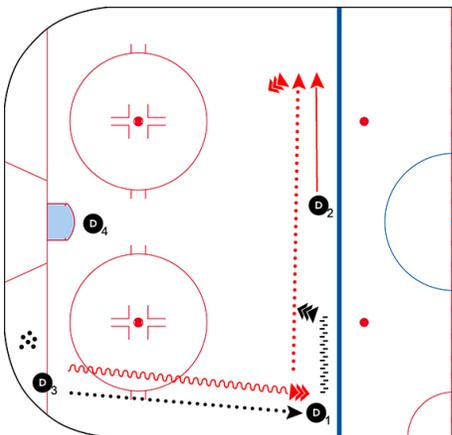
1. F1 lifts the stick of X1, grabs the puck and passes to F2.
2. F2 skates up the wall, F1 lifts the stick, grabs the puck and attacks the net.
3. F1 passes to X1 for give-and-go and shoots. F1 replaces X1.
4. F2 continues the drill on the opposite side by lifting the stick of X2.

### Key Points

- Stick on puck & body on body
- Lift stick (good body positioning) and steal the puck
- Give & go with quick release shooting

## 4 Pass D Series Shooting

7 mins



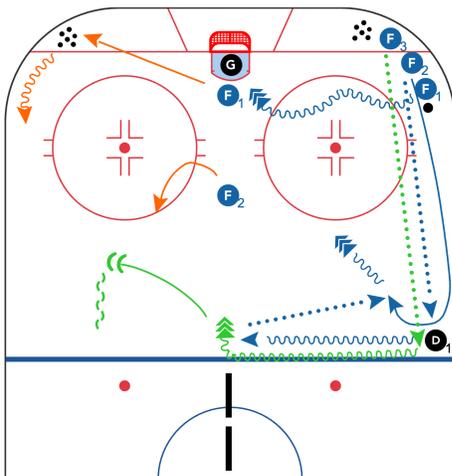
1. 1st Puck - D3 -> D1, D1 sprints inside the dot and shoots.
2. 2nd Puck - D3 -> D1, D1 -> D2 for a quick catch and release shot.
3. 3rd Puck - D3 -> D1. D1 -> D3, D3 -> D2 for backdoor redirect / one-timer.
4. 4th Puck - D3 -> D1, D1 -> D3, D3 drives inside, D1 drives down the wall for a high cycle

### Key Points

1. Communication inc. Eye Contact
2. Sticks on the Ice - Be Ready
3. Sprinting the Line
4. Fakes & Deception - Eyes Up, Pick Corners, Slap Passes

## 3 Shot Sequence 2v1

12 mins



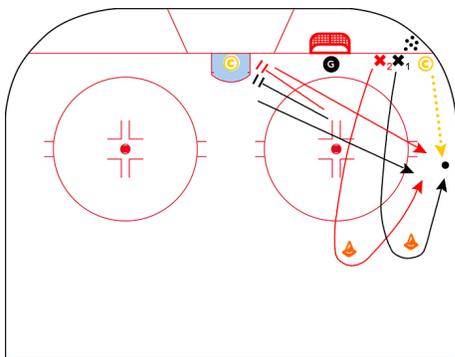
1. F1 performs a low walkout and attacks the net.
2. F2 passes to D1, D1 sprints the line, and F1 performs a high roll with F1 screening. D1 passes to F1, and F1 receives and shoots quickly.
3. F3 passes to D1, F1 is on a low screen, and F2 is on a high screen. D1 sprints the line and shoots.
4. F1 grabs a puck from the corner, F2 supports, and D1 gaps up and defends the 2v1 attack.

### Key Points

- All shots < 2ft. off the ice
- Taking the goalies' eyes away
- Gap control
- Take what is given

## 1 vs 1 Loose Puck Race

10 mins



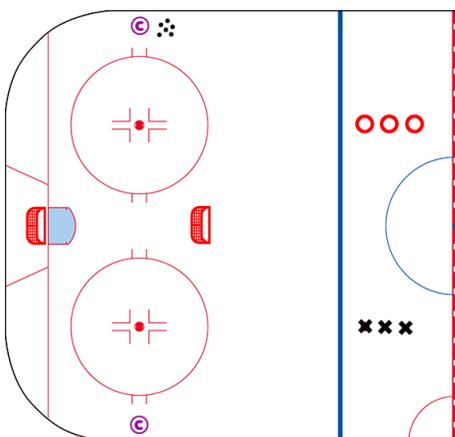
- Players start race in corner, with coach spotting puck on boards
- X 1 takes inside pylon and X 2 takes the outside, battle for a shot on goal
- After shot or whistle, players race to crease, stop, and then sprint back to half wall for a second spotted puck
- Battle 1v1 for a second shot on net

### Key Points

- X 2 doesn't let X 1 cut to the middle of the ice on first retrieval
- Shoulder checks and deceptive moves on second retrieval

## Pitt 3v3

10 mins



1. 3v3
2. Players must pass to the coach before they're "hot".
3. Players on offence can score on either net.
4. Defending players can't check the coach they must find an open man, face the puck and pick up sticks.

### Key Points

1. Supporting & Timing - GET OPEN
2. Quick Puck & Player Movement
3. 1v1 Checking - Find Your Check