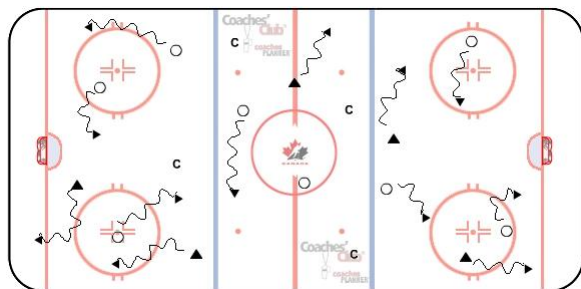


## Chaos



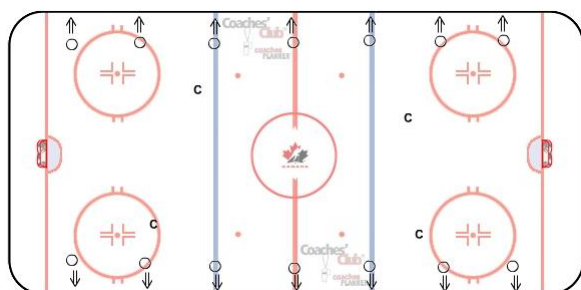
### Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

### Key Execution Points

## Backhand Shot

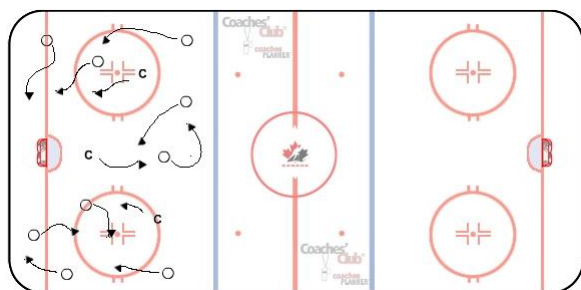


### Drill Overview

10 min

1. Review and demonstrate key points.
2. Players spread out around the boards.
3. Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.

## Fun Time - Cops and Robbers



### Drill Overview

10 Minutes

- Cops and Robbers - Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all pplayer in jail at end of drill.