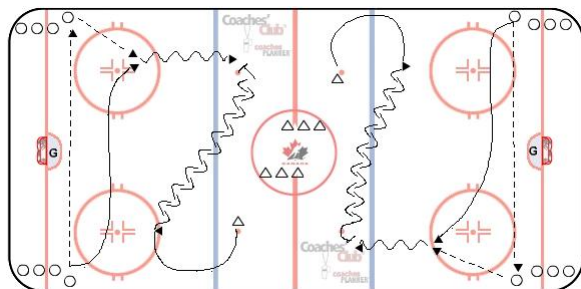


Olympic 1 on 1



Drill Overview

10 min.

- F1 passes to F2.
- F1 skates to F2 for return pass and carries into NZ.
- D2 skates to boards, pivots to backwards for 1 on 1 vs F1.
- Both ends at once.

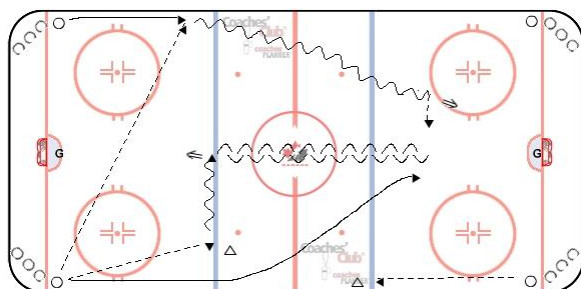
Key Teaching Points

- Close gap control
- Game speed intensity
- Quick feet, agility

Key Execution Points

- Coach positioned in center circle
- Start on whistles

Simulated 2 on 2



Drill Overview

10 min

- On whistle, F1 passes to D1 for point shot.
- After shot, D1 backpeddles to other end.
- F1 passes to F2, both players attack down ice for shot.
- F1 and F2 engage D1 for simulated 2 on 2 (no 2nd D).
- D1 to tie up stick of F1, play as if 2nd D was there.
- F3 passes to D2 to repeat.

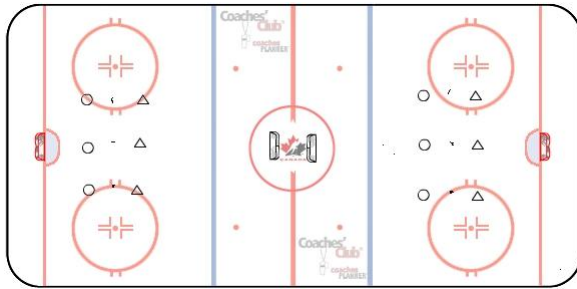
Key Teaching Points

- Head on swivel
- Good body position, tie up stick
- Attach with speed

Key Execution Points

- F3 passes as F1 and D1 battle at net front (on whistle until players learn drill)

3 Puck / 3 on 3 Half Ice Scrimmage



Drill Overview

10 Minutes

- 3 players line up opposite each other.
- 3 pucks to start 3, 1 on 1 games.
- Once a goal is scored those two players join one of the 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in the net.

Key Teaching Points

- Keep head up
- Communicate
- Read and react

Key Execution Points

- Once all pucks are in net, bring in 6 new players.
- First team to 10, wins.