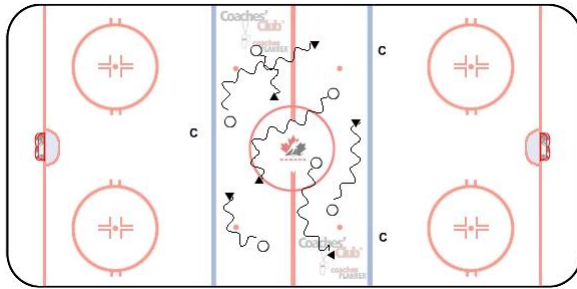


Diminishing Pucks



Drill Overview

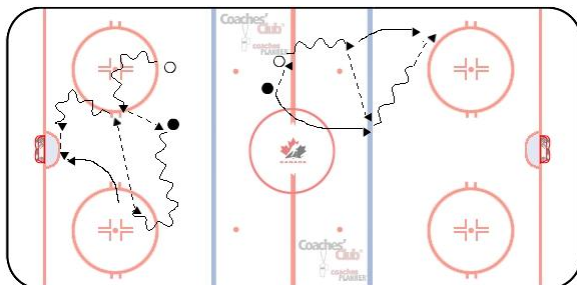
5 min.

- Players skate around the neutral ice zone each with a puck.
- As players are stick handling, they try to knock the puck off each other's sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play.
- Players that lose their puck have to try and knock pucks off of the sticks of the remaining players.
- Keep going until last puck is knocked out of the zone

Key Execution Points

- heads up
- players must be moving at all times

Give and Go - Long Pass / Short Pass



Drill Overview

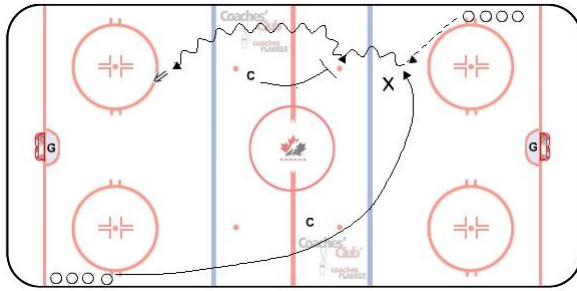
5 min.

- Players pair up. Each pair should have 1 puck between them.
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open options for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass, etc.
- Use the entire ice - players must keep their heads up and communicate with their partner.

Key Execution Points

- Players must communicate
- Pass upon eye contact

Combo Skate / Pass / Shoot



Drill Overview

10 min.

- F1 skates around pylon and receives pass from F2.
- F1 completes evasive move on coach in the neutral zone and skates to offensive zone for shot.
- F2 repeats in the other direction.

Key Execution Points

- Eye contact
- Protect the puck
- Quick feet
- Quick release
- Read defensive positioning