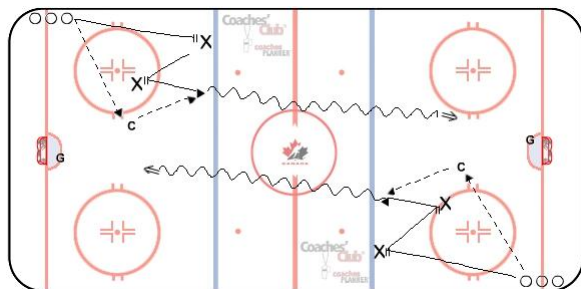


Double Acceleration



Drill Overview

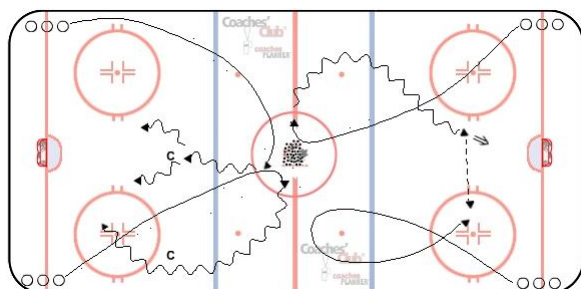
8 min

- F1 initiates with a pass to C1.
- F1 drives to pylon, stops and drives to 2nd pylon, stops and accelerates through neutral zone.
- C1 passes puck back to F1.
- F1 accelerates with the puck to the net, shooting in stride.

Key Execution Points

- Quick feet
- Long strides while controlling puck
- Explosive stride
- Give a target
- Drive skate

Clover Shooting



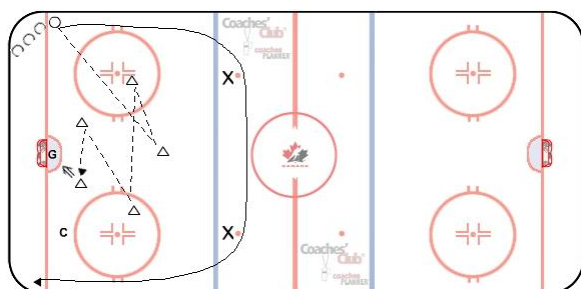
Drill Overview

- Players in 4 corners
- Option 1: pick up puck at center, mid-lane drive and shoot
- Option 2: pick up puck at center, drive wide and shoot
- Option 3: pick up puck at center, wide drive 2 vs 0

Key Teaching Points

- Shooting
- Goalie warm-up

Baseball



Drill Overview

10 min.

- O's vs D's.
- O1 passes to any D and skates around the pylons and stops in the corner in order to score.
- All D's must touch the puck and core on the goalie to get O1 out.

Key Execution Points

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun