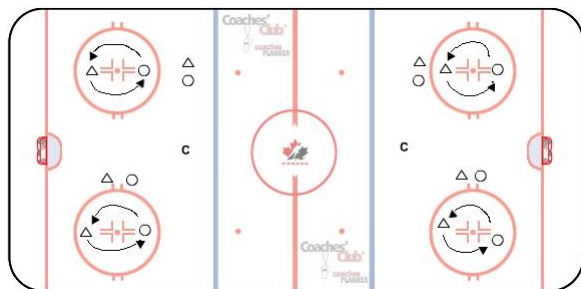


Bull in the Ring



Drill Overview

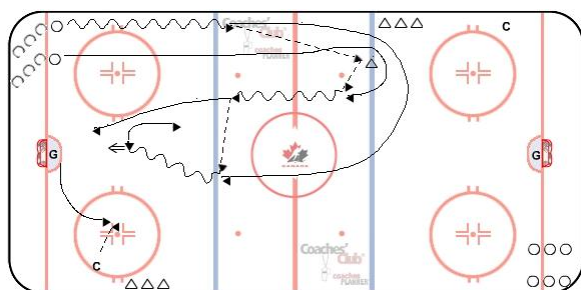
5 min.

- No sticks.
- On whistle, O tries to drive through D to get to the edge of circle.
- D protects the path and attempts to drive O back.
- Switch roles.

Key Execution Points

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning

2 Player Attack



Drill Overview

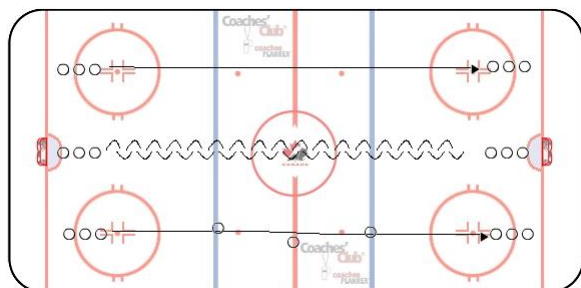
8 min.

- F1 and F2 skate up the wall, F1 carrying a puck.
- F1 passes to D1 and both players curl around D1.
- D1 passes to F2, and F1 and F2 attack 2 on 0.
- Coach spots 2nd puck for 2 on 1 attack against D1.

Key Execution Points

- Attack with speed.
- Good defensive decisions.
- Communicate.

3 Line Relay



Drill Overview

8 min

- First line to reassemble wins.
- Forward skating.
- Backwards skating.
- Pivots.

Key Execution Points

- Speed
- Have fun