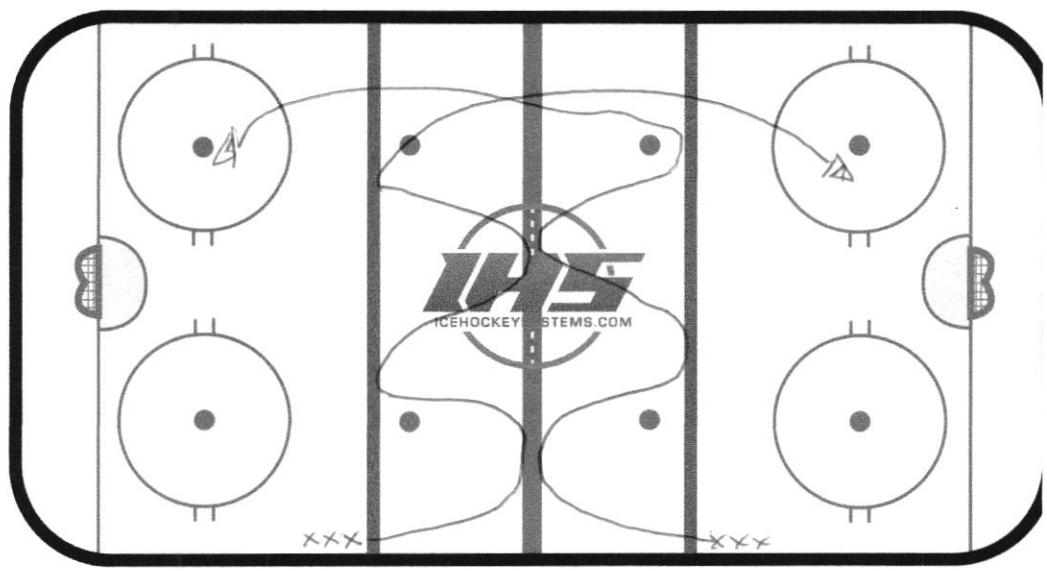


Drill: Agility Skating - Drill 1

Date:

Notes:

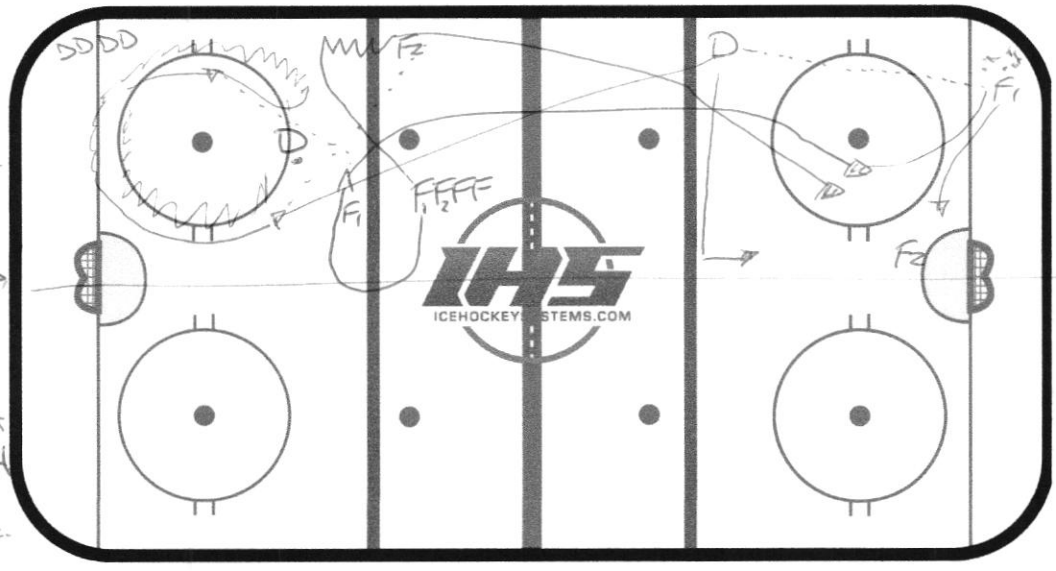
- Various skating options w puck
- Tight turns
- Stops / 1 foot stops
- Fwd/Bwd transition
- Mohawks (heel-to-heel)
- other



Drill: Plunger Drill - Drill 2

Notes:

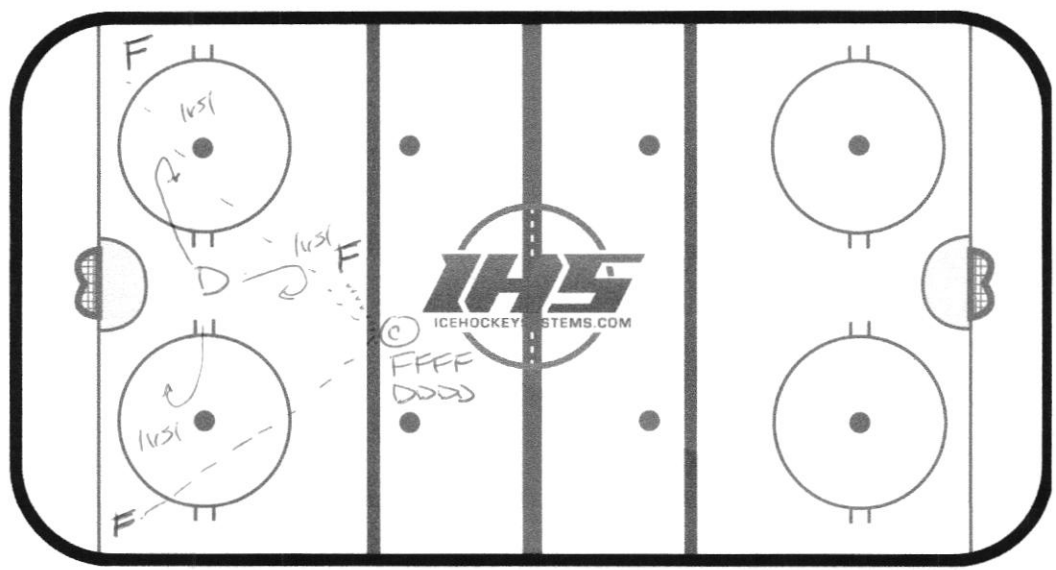
- D around circle w puck, first pass to centre support, after 1st pass goes again passing board support. After 2nd pass goes up ice, gets pass at blue line, for walk + shot.
- F₁ → timing for centre support
- F₂ → timing for board support
- F₁ → passes from corner @ end.
- F₂ → stays in front @ end.



Drill: 1vs1 x 3 - Drill 3

Notes:

- Coach passes to random F and D will defend 1vs1.
- on whistle, D resets and tracks the next coach pass for new 1vs1.



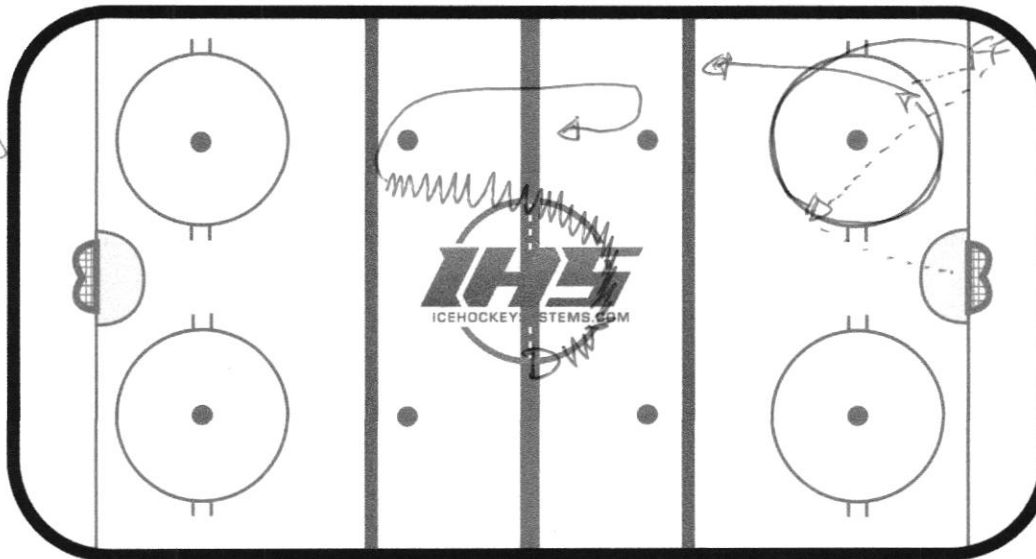
Drill: Quick Feet 1v1 - Drill 4

Date:

Notes:

D - Quick backward skating
crossovers to Blue line
then gaps up for 1v1

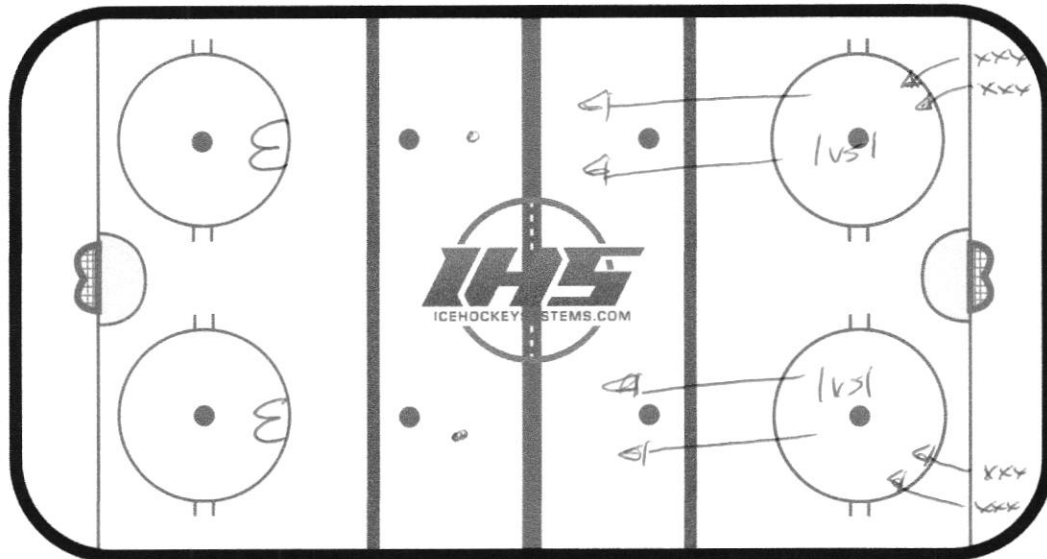
F - Around circle and
receives pass for shot,
then leaves zone with
pass for 1v1 up-ice.



Drill: 1v1 Battle into Race - Drill 5

Notes:

Players leave corners
for 1v1 keep-a-way.
On whistle, they race
up the ice for a
breakaway on new puck



Drill:

Notes:

