

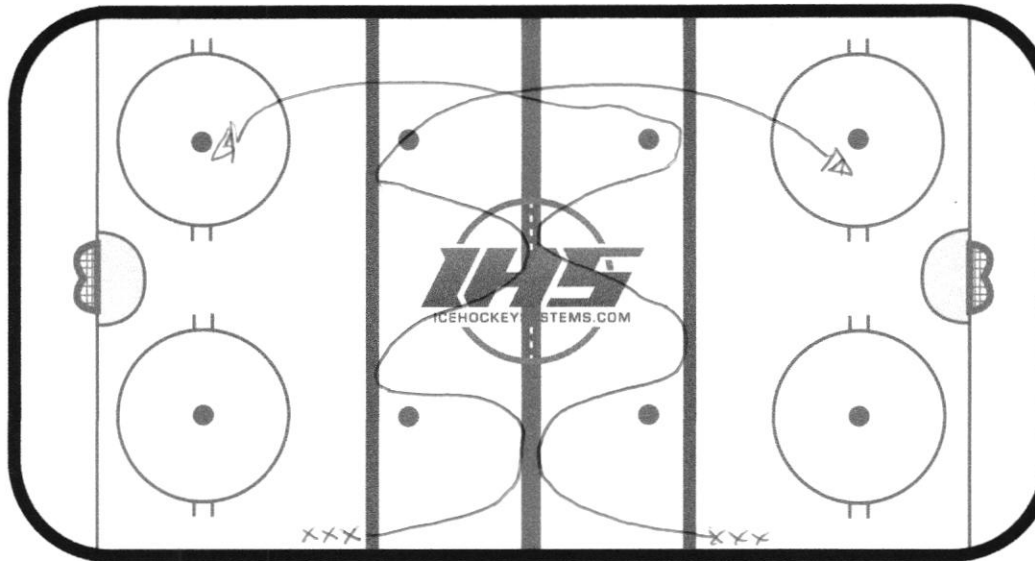
Drill: Agility Skating - Drill 1

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:

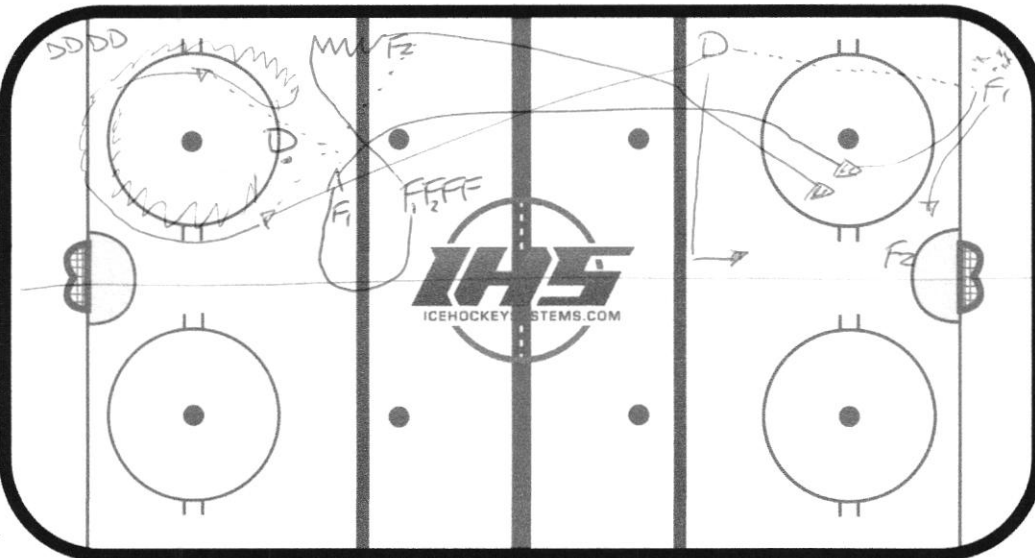
D around circle w/ puck, first pass to centre support, after 1st pass goes again passing board support. After 2nd pass goes up ice, gets pass at blue line, for walk + shot.

F₁ → timing for centre support

F₂ → timing for board support

F₁ → passes from corner @ end.

F₂ → stays in front @ end.

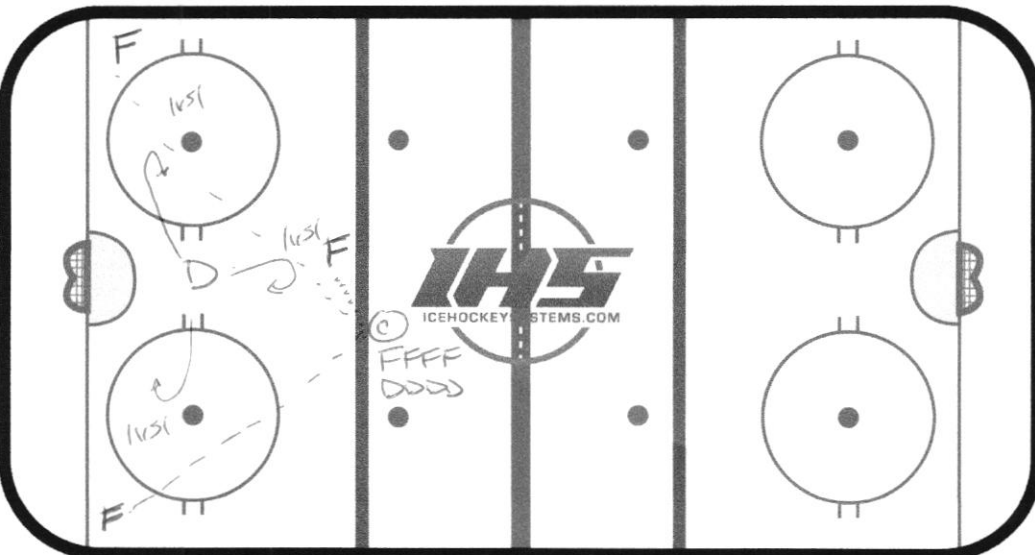


Drill: 1 vs 1 x 3 - Drill 3

Notes:

Coach passes to random F and D will defend 1v1.

On whistle, D resets and tracks the next coach pass for new 1v1.

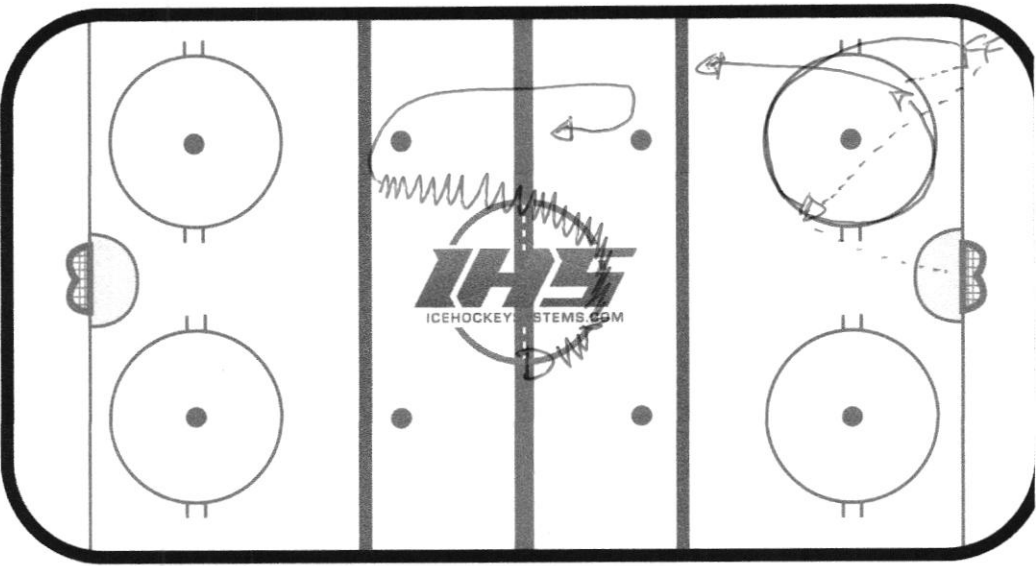


Drill: Quick Feet 1v1 - Drill 4

Date: _____

Notes:

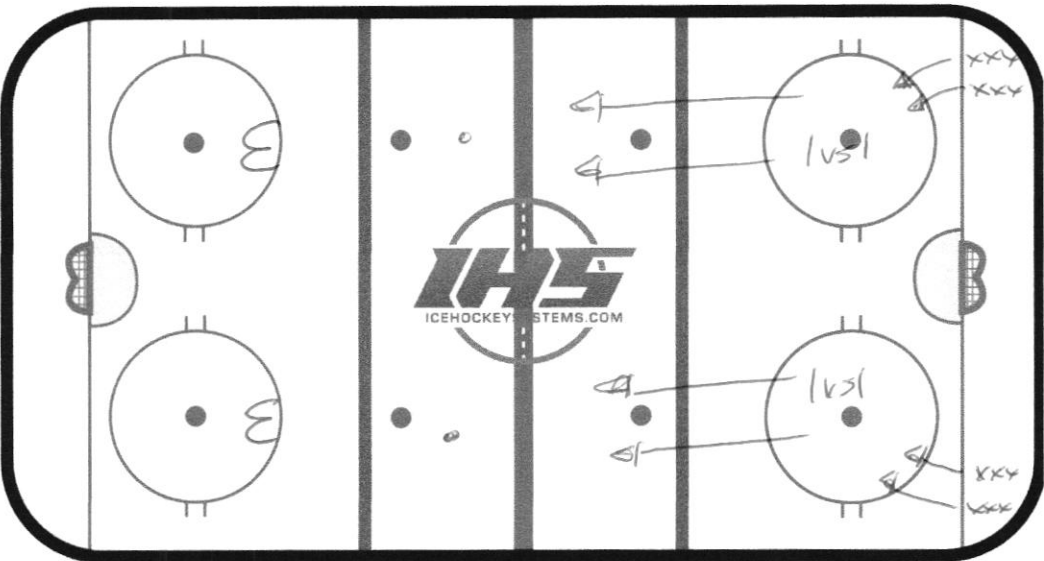
- D - Quick backward skating crossovers to Blue line then gaps up for 1v1
- F - Around circle and receives pass for shot, then leaves zone with pass for 1v1 up-ice.



Drill: 1v1 Battle into Race - Drill 5

Notes:

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



Drill:

Notes:

