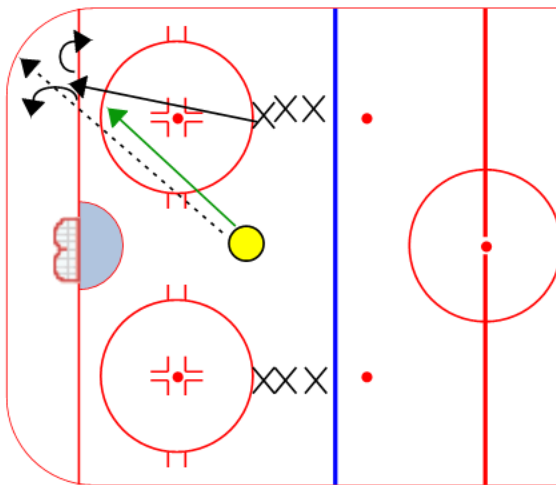


Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : One man cycle with light pressure Category #1 :  Category #2 :

**Description**

The coach puts the puck in the corner and follows the player to provide pressure.  
The player reads the coaches position and moves out of the corner away from the pressure.



Key points:

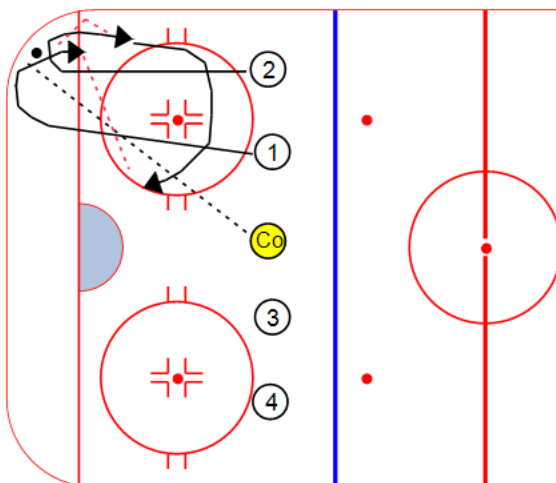
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 man basic cycle Category #1 :  Category #2 :

**Description**

Coach dumps the puck into the corner. First forward goes in and takes the puck up the boards. The second forward follows the first into cycling position.  
1 passes off the boards to 2 and cycles to the middle for a pass.  
2 passes to 1 for a shot.  
Drill moves to opposite side.



Key points:

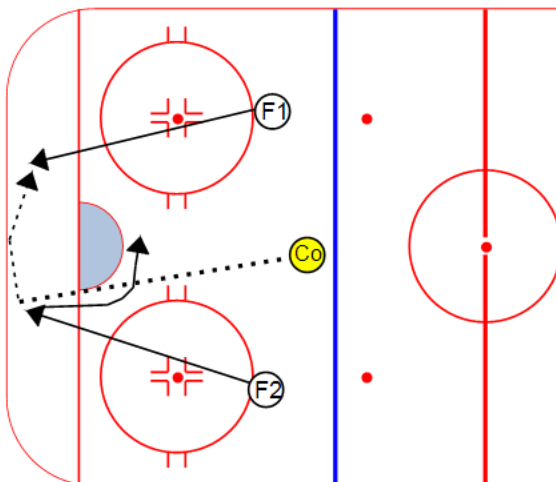
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 Man Behind the Net Category #1 :  Category #2 :

**Description**

Coach shoots the puck behind the net.  
F2 gets the puck and sends an indirect pass off the boards to F1  
F2 comes back to the front of the net for a pass  
F1 can pass or skate then pass.



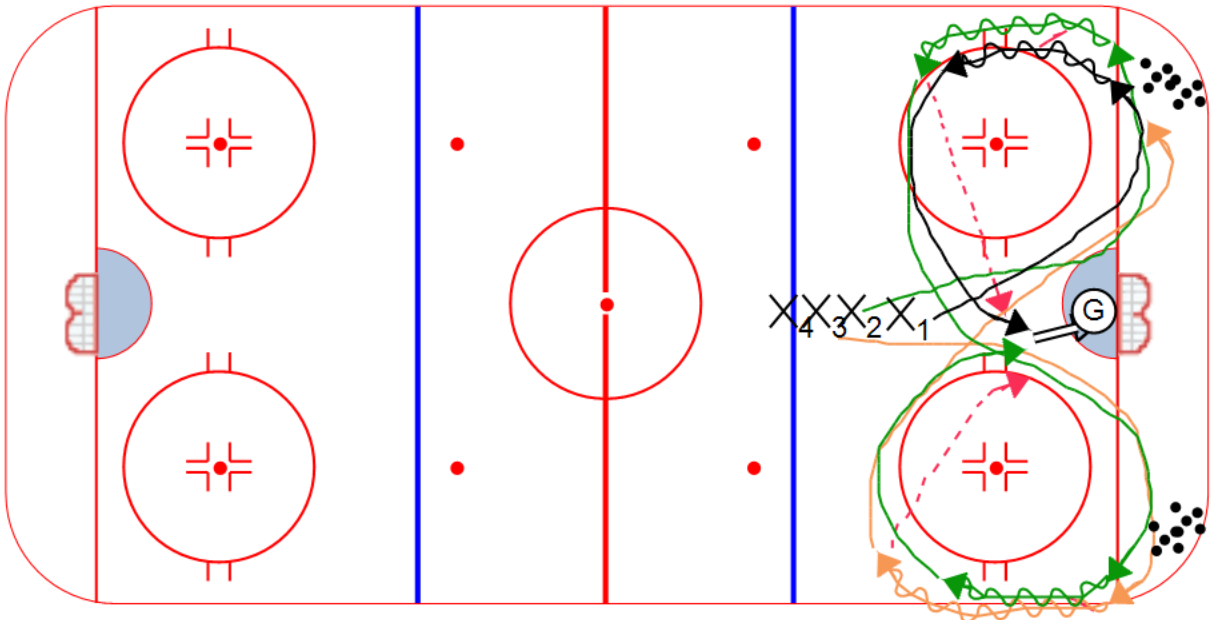
Key points:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Cycle Flow Continuous Category #1 :  Category #2 :

Content elements: \_\_\_\_\_ Components : \_\_\_\_\_



Key Points :

### Description

Players start in a line as shown.  
X1 start drill by going into the corner and picking up a puck. X2 follows behind X1 for a drop pass on the cycle.  
X1 continues around top of circle and receives a pass from X2 for a shot.  
X2 continues to opposite corner and picks up a puck and performs a drop pass to X3.  
X3 passes to X2 for a shot and continues to opposite corner to start drill again.

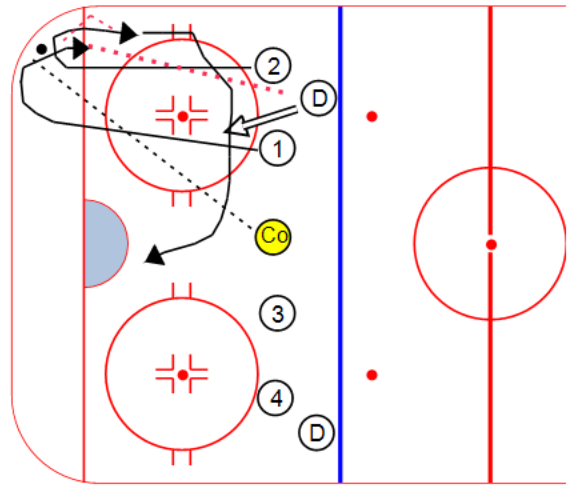
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 3 man basic cycle Category #1 :  Category #2 :

**Description**

Coach dumps the puck into the corner. First forward goes in and takes the puck up the boards. The second forward follows the first into cycling position. 1 passes off the boards to 2 and cycles to the middle for a pass or deflection/rebound. 2 passes to D for a shot.

Drill moves to opposite side.



Key points:

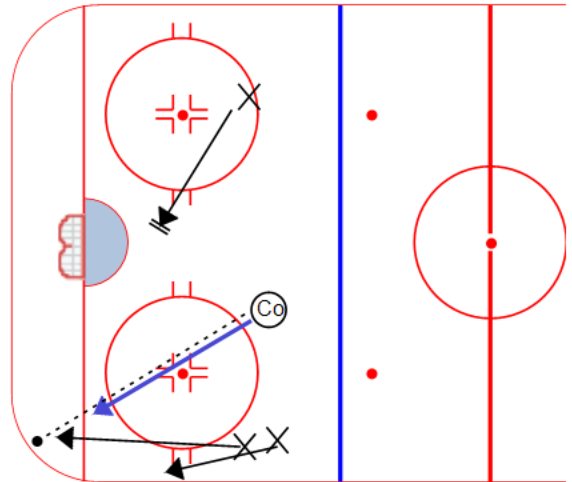
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 3 Man Cycle with Pressure Category #1 :  Category #2 :

**Description**

Coach dumps puck in the corner. First player skates to the puck looking over his shoulder for the pressure from the coach. The other two players take up positions as shown in the slot and along the boards. The first player cycles the puck based on the coaches pressure.



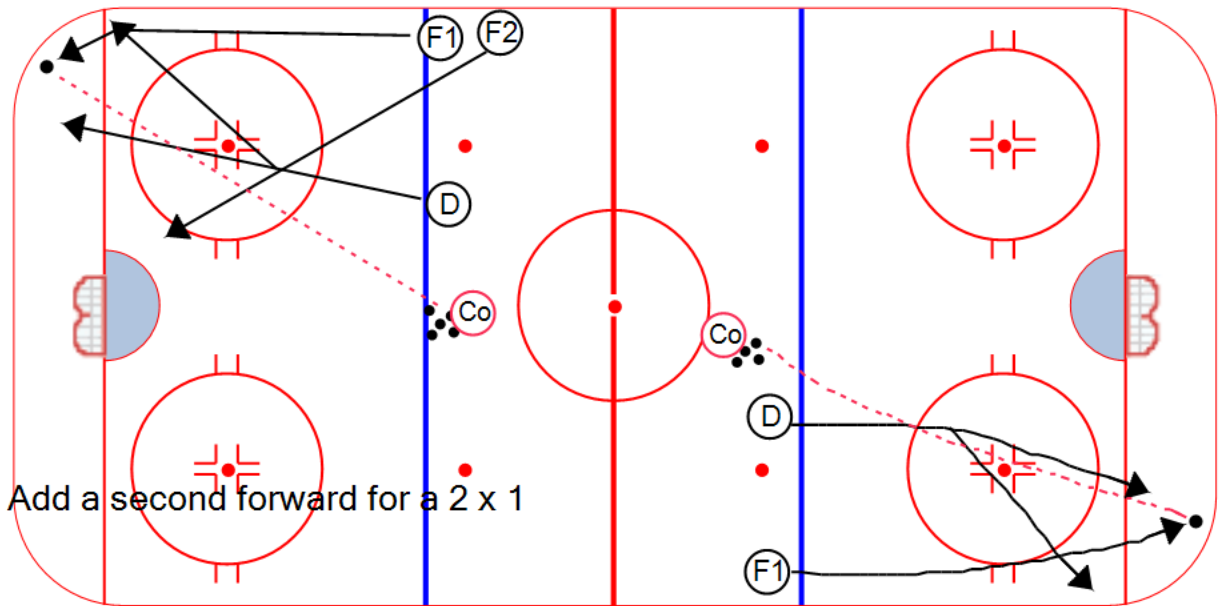
Key points:

<input type="text" value="Heads-Up"/>	<input type="text" value="Instincts"/>
<input type="text" value="Solid Passing"/>	<input type="text"/>

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Heads-Up Awareness Drill Category #1 :  Category #2 :

Content elements: \_\_\_\_\_ Components : \_\_\_\_\_



Key Points :

### Description

This drill is used to teach forwards going into the zone to retrieve loose pucks to keep their head up and look for the angle the defender is coming on.

In the first option the idea is to have the (D) take either an inside or outside attack angle and make sure the forward reacts properly to the defensemans attack angle. If the defenseman is inside the forward should try coming back up the wall. If the defenseman is outside the forward should work toward the net.

Option #2

This time add a second forward to create a 2 x 1 when the forward retrieves the puck.

Note:

Always watch the forward and make sure he is making the correct read on the defenseman. Stop the play if he makes the wrong read and discuss why.