Warm Up Sakte - 5 mins
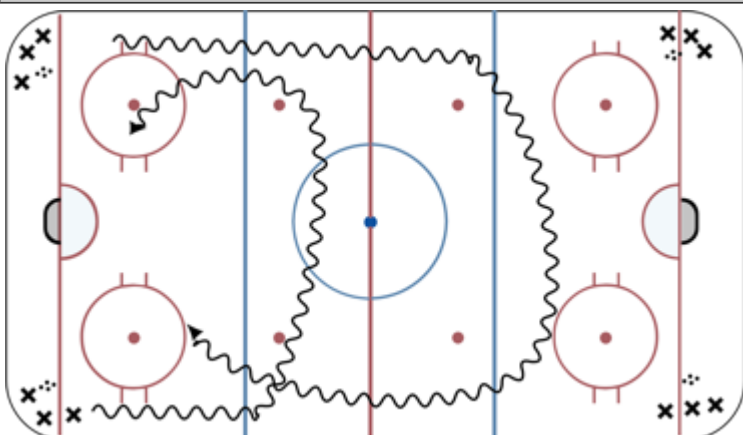
Hard on Whistle, Around Nets, Forward and backwards when told.

Hight / Low - 7 mins

Drill Starts On Whistle!

Players in all 4 corners with pucks

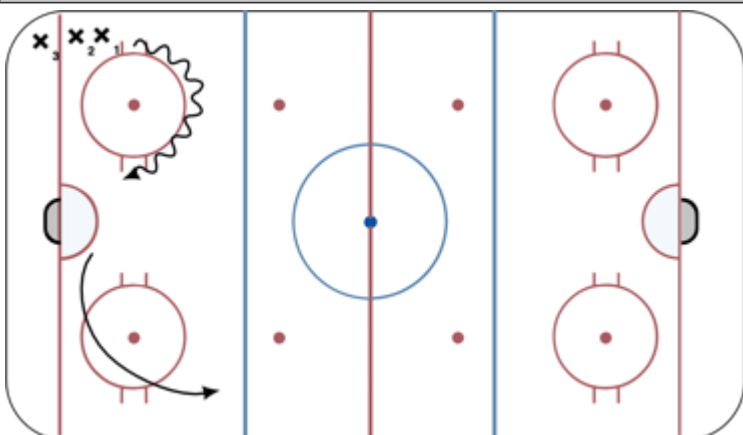Opposite corners will be high (all 4 face off dots)

Opposite corners will be low (First 2 face off dots)

Coach will let you know who is high or low

Proceed around Dots with a puck and in for a shot

opposite corner are ether 4 dots (hight) or 2 dots (low) BOTH ENDS
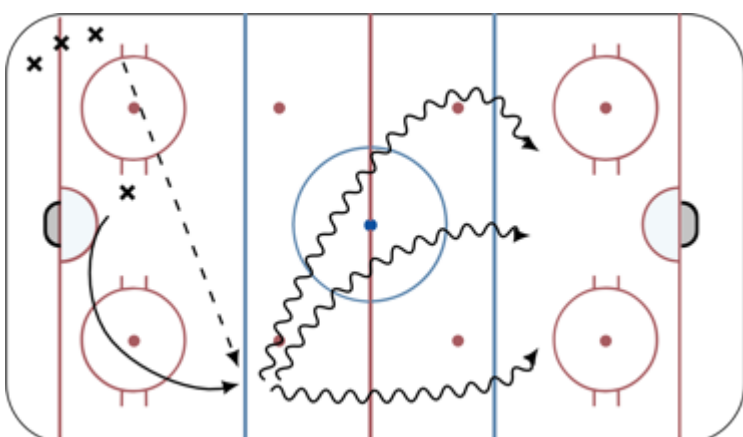
3 shots - 3 passes - 3 shots - 7 mins

Drill starts on whistle!

First 3 in line take puck up around circle, back in on net for a shot.

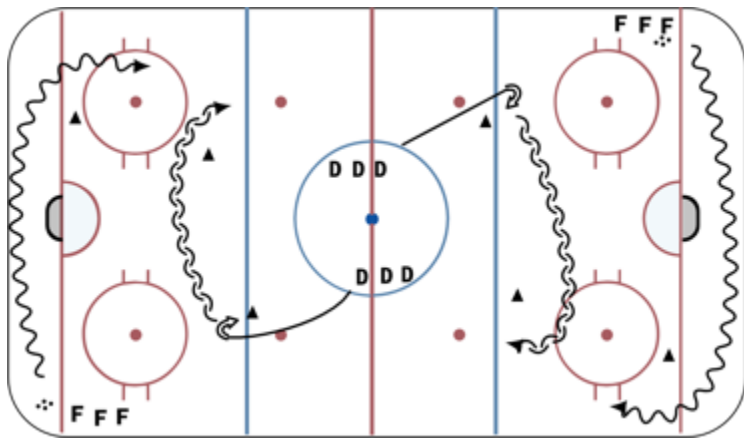After shot turn up ice - receiving pass from next 3 players in line. (Get Low)

Head up ice fill lanes and have another shot at opposite end.

- heads up in neutral zone - be ready in line - shots from just inside blue line - BOTH ENDS AT THE SAME TIME

- heads up in neutral zone - be ready in line - shots from just inside blue line - BOTH ENDS AT THE SAME TIME

Full Ice 1 on 1 - 10 mins
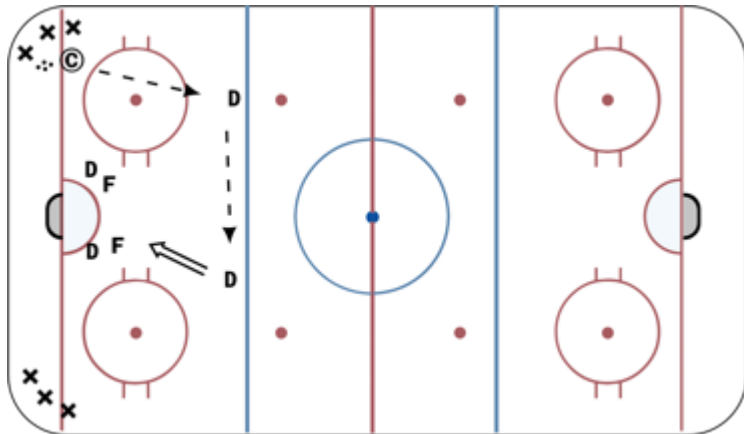
Drill starts on whistle!

Forwards start with puck in corner

F- Skates around Net and far pylon with puck (Staying wide until entering O Zone) play out 1 on 1

D- Skates hard to pylon, pivots facing puck, back peddles to close gap on forward coming around net.

Forwards, do not cut into centre of ice until you have reached o zone. Stay out side of pylons. D - Close gap

2 on 2 battle shot from the point - 10 mins

Drill starts on Whistle!

DRILL STARTS WITH 2 D ON BLUE LINE

2 Forwards out front trying to deflect and score

2 D Clearing out the front of the net (tying up)

coach passes to D for a D2D Shot (play it out until hear whistle)

On Whistle Forwards release up ice receiving a pass from coach to play out 2 on 2 full ice with D on Blue line.

D who were out front become D on blue line for next drill. play until you hear a whistle.
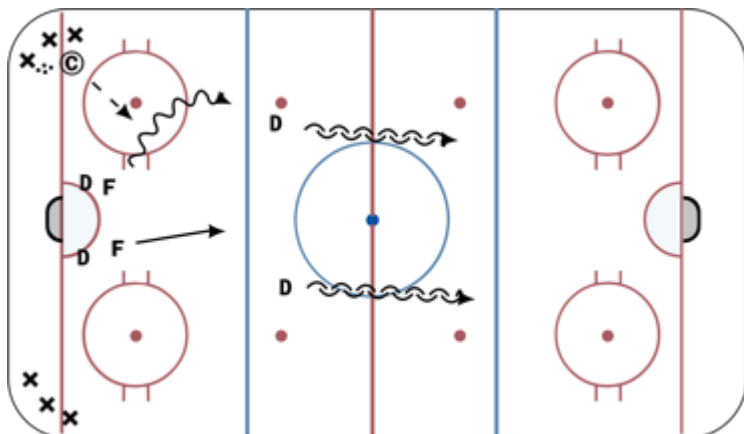
play until you hear a whistle.

3 on 3 Both Ends - 15 mins