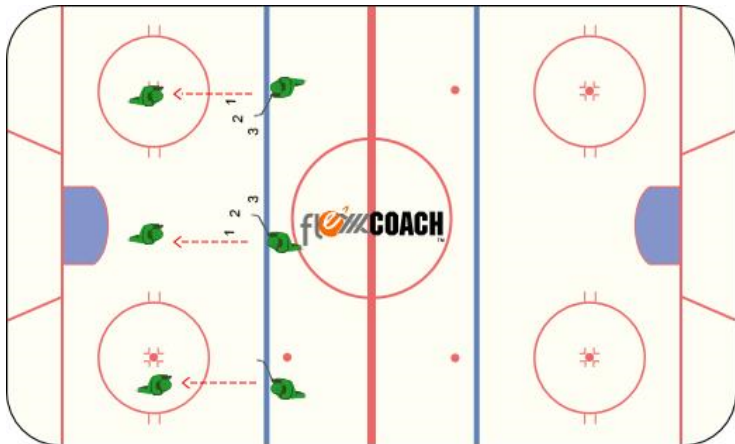


1) L2/L3 - PASS - Passing

0 min.



ORGANIZATION

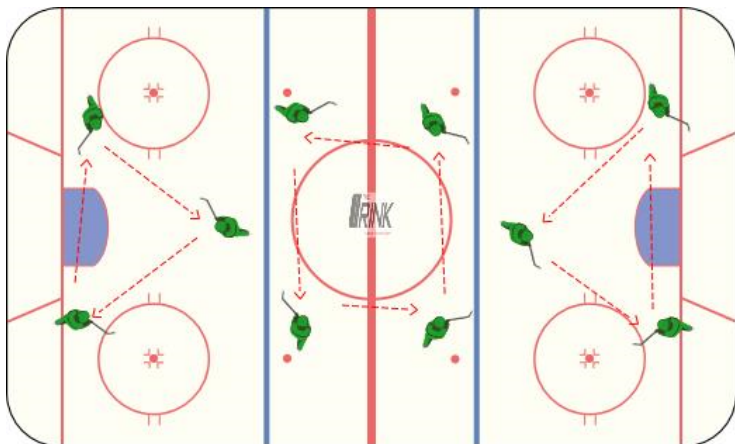
Line up across the BL, RL, BL with enough space to handle the puck Handle the puck at 1-3 positions, then pass

VARIATION

- Controlled on whistle
- No whistle
- Hands in front

2) L2 - PASS - Triangle/Square

0 min.



OBJECTIVE

Prepare players for Receive & Shoot Technique

ORGANIZATION

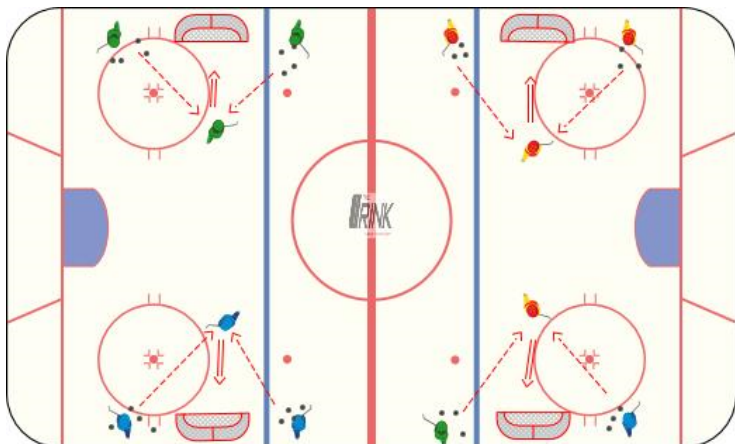
Players set up in triangles or squares

VARIATION

1. Players pass around a puck, ensuring that their hands are out in front of the body, and they are set up in a low stance with good posture.
 2. Can reverse the direction of the puck, or add in a second puck if players are doing well with it.
- Receive from the strong side - blade square to passer, stop spin using wrists, turn hands to make pass
Receiving from weak side - blade square to passer, stop spin using wrists, turn body to surround puck and make pass.

3) Receive & Shoot Rapid Shot - GL

0 min.



OBJECTIVE

Receive & Shoot #1

ORGANIZATION

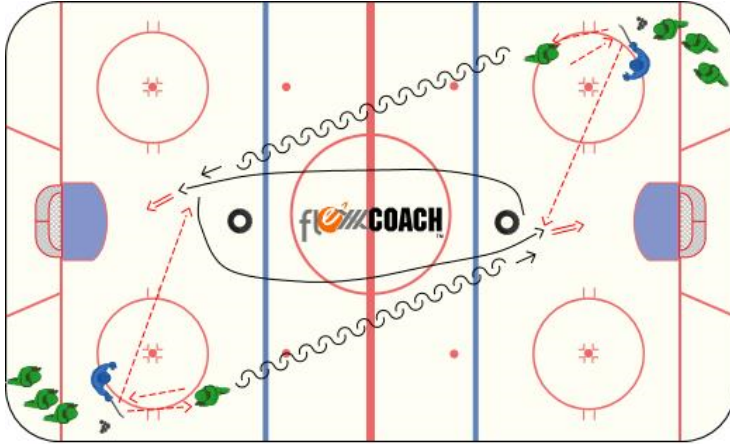
1. Groups of 3 or 4 at each net.
2. Player in front will get passes alternating from each side, focusing on getting shots away quickly and getting set for next pass right away.
3. After 3 passes from each side, players rotate positions
4. Encourage hands in front for shooter
5. Make sure passers are focused and making good passes

VARIATION

**Can challenge better players by making them do a stationary 360 between passes, challenging them to get balanced and find the pass quickly.

4) L2 - SHOOT - Diagonal receive and

0 min.



OBJECTIVE

getting players comfortable receiving a diagonal pass and getting a shot on net with proper technique

ORGANIZATION

Players are set up in opposite corners at each end with coaches and piles of pucks.

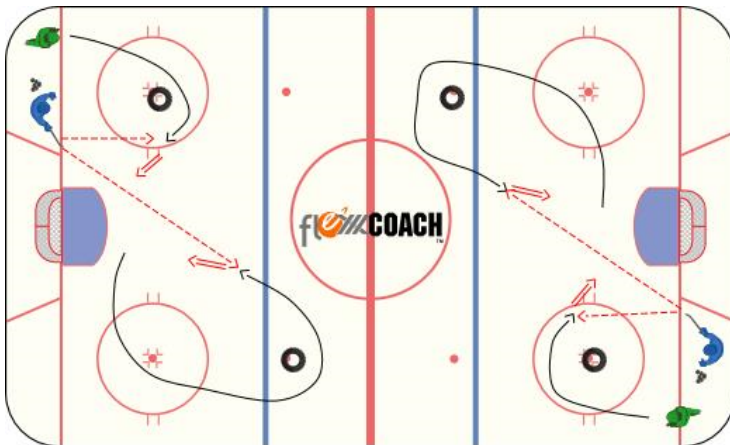
1. Player leaves without a puck backwards in line
2. Coach passes to player and gets a return pass
3. Player continues backwards around tire in NZ and transitions to forwards back towards same end
4. Coach makes diagonal pass to player, shot on net *opposite sides go same time on whistle*

GOALIE

If available

5) L2 - SHOOT - Diagonal R+S

0 min.



OBJECTIVE

getting players comfortable with receiving a diagonal pass and getting the puck into a shooting position

ORGANIZATION

Players are set up in opposite corners at each end. Coaches are set up with pucks in same corner with pucks.

1. Player leaves line without puck around low tire, receives diagonal pass and shoot
2. After 1st shot, player tags up around NZ tire and receives 2nd diagonal pass for shot *drill ran out of both ends*

Post-Practice Comments:

- Judge skill of group and progress accordingly

** Can do Star passing (instead of triangle) pending on group #'s and skillset