

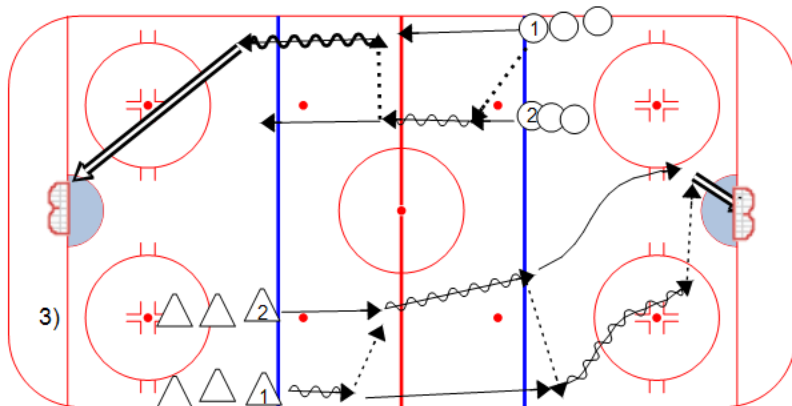
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Simple 2 lane modifier Content elements: _____ Components : _____

Description

Give go passing

1. Lancer de loin extérieur/ Shot from the outside
2. Lancer de loin de l'intérieur/ Shot from the middle
3. Lancer de près, faire bouger le gardien / close in shot, trying to get the goaltender to move



Key Points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

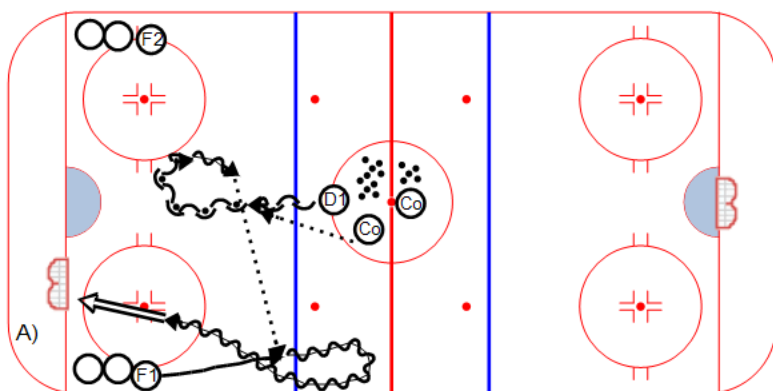
Title : Serge Middle D Content elements: _____ Components : _____

Description

A) D receives pass while skating Bwd then passe to F1 who cuts back and goes for a shot.

D does 2 side then turns and and takes shot from Blue line.

B) Add pass from F1 to second in line. F2 passes to F1. D1 for one timer.



Key Points : _____

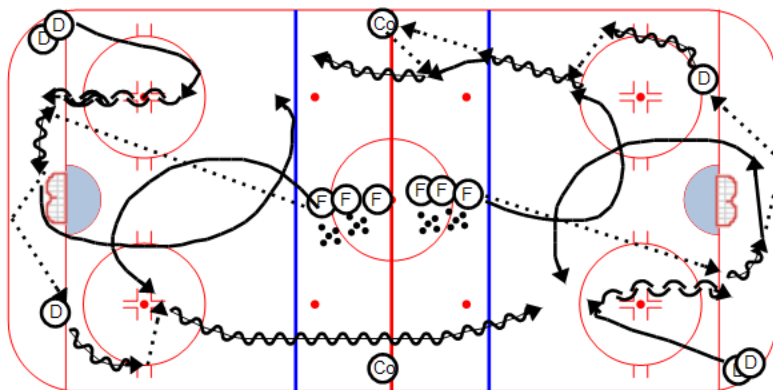
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BO D to D 1 on 1 Content elements: _____ Components : _____

Description

F dumps puck D1 does d ot D with D2, who then passes back to F. He then goes one on one wit D from other side.

Can add extra passes to either Co or next F in line.



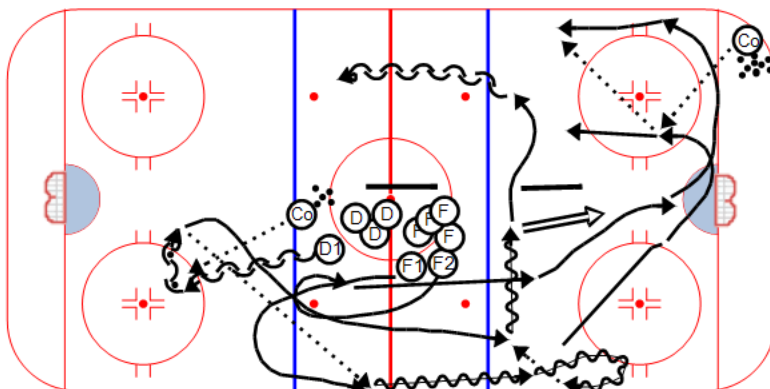
Key Points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
Title : Essais U18 Content elements: _____ Components : _____

Description

D1 Commence de reculant et reçoit une passe de Co. F1 et F2 font un "Curl" et reçoivent une passe de D1. F1 et F2 bouge la rondelle, dans ce cas F1 qui est prêt de la bande, fait un délais et une passe à D1 pour un lancer de la ligne bleue. Les 2 attaquant reçoivent ensuite une passe de Co2 et vont 2 vs 1 contre D1.

D1 starts with pass from Co. F1 and F2 curl and receive pass from D1. F1 who is closest to board delays and passes back to D1 for shot. Forwards then pick up puck from Co2. and go 2vs1 against D1



Key Points :