

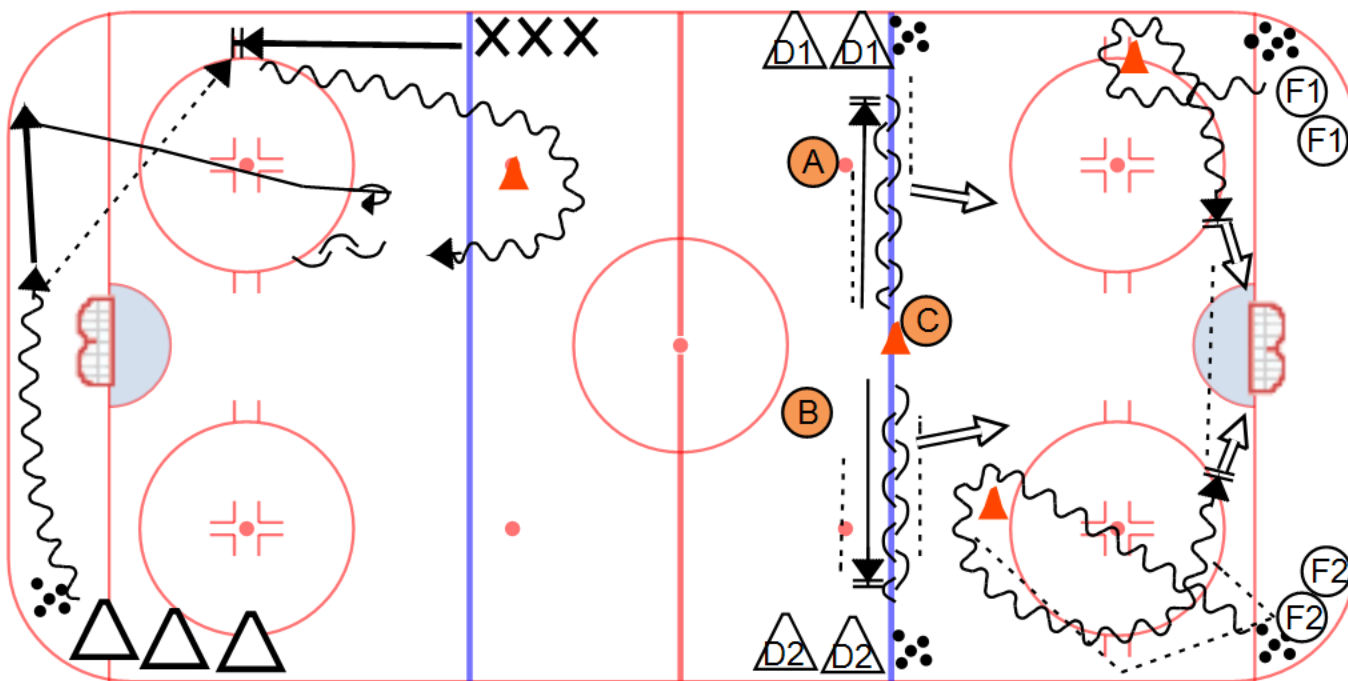
Category #1 :

Title : Circuit # 2

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

Side A: Forwards are in 2 corners, and defensemen are at the blue lines. On the whistle F1 drives around the cone and shoots from his or her side and stops. F2 is skating to far cone and executes a bank pass then receives the puck back and has the option to shoot or pass to F1. Defensemen are working on touch passing forwards and backwards transition skating. When the forwards are complete and the goalie is ready D1 shoots then D2. Forwards work on tips, screens, and rebound reactions.

Drill repeats.

Side 2 is a B/O drill with gap up 1 on 1 attack and defend principles.