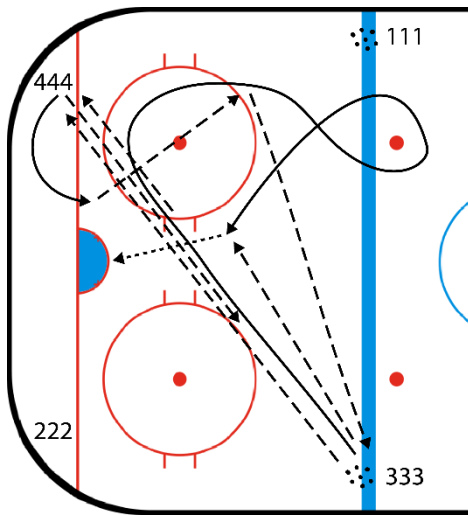


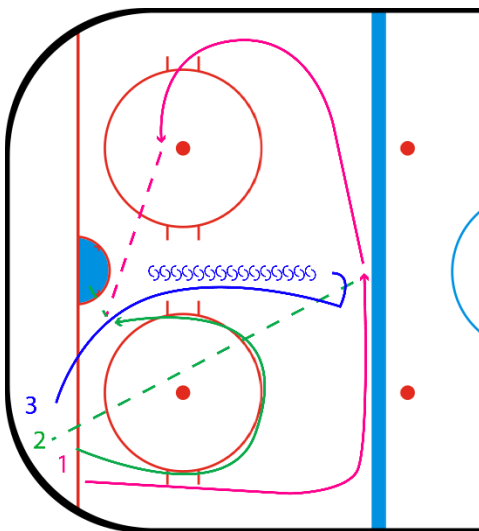
6-PASS DRILL



HOW TO

- Please note, drill is shown on one side (3 & 4). Can be run alternating sides 1 & 2 then 3 & 4).
- 3 starts by making the long pass to 4 in the corner.
- 3 receive puck back and returns for passes 2 & 3.
- 4 curls inside while 3 curls up boards and opens up to receive inside out breakout pass from 4 (pass 4).
- 3 turns up ice and makes long pass back to line 3 (pass 5).
- 3 curls around face off dot (or cone set up inside blue if working on off-side control) and receives pass back (pass 6) for shot on net.

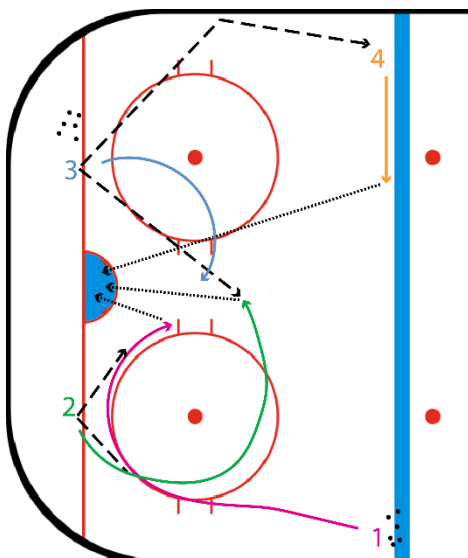
HALF ICE CENTER LAG



HOW TO

- Players start in the corner with pucks. Player 1 drives up boards and curls along blue line, staying on-side.
- Once player 1 reaches near half zone, player 2 hits them with a pass.
- Immediately after the pass, player 2 curls around the circle and player 3 releases inside, and becomes a defender.
- Player 1 carries the puck wide while player 3 transitions into a defensive zone and player 2 times their curl to become open on the backside.
- Player 1 then tries to get the puck to player 2 for a quick shot, or can take the short side if the goalie is cheating.

3-SHOT NET DRIVE



HOW TO

- Players at both points and below goal line in line with face off dots. Pucks at one blue line (1) and opposite corner (3).
- Player one carries puck down board and curls toward net, doing a give and go with 2. 1 Takes a quick shot (one timer or catch-release), then goes to front of net.
- Once pass to 1 is released, 2 curls around circle (outside in) to slot and receives a pass from 3 for a quick mid-low slot shot. Player 2 goes to front of net.
- Once pass is released, 3 takes a second puck and uses a board pass to 4 at the point, then drives net as either a passing option or for a third body in front.
- Once 4 takes pass from 3, they drag the blue line a few strides to adjust the shooting angle, then put shot on net or use player three as a pass-shot option.