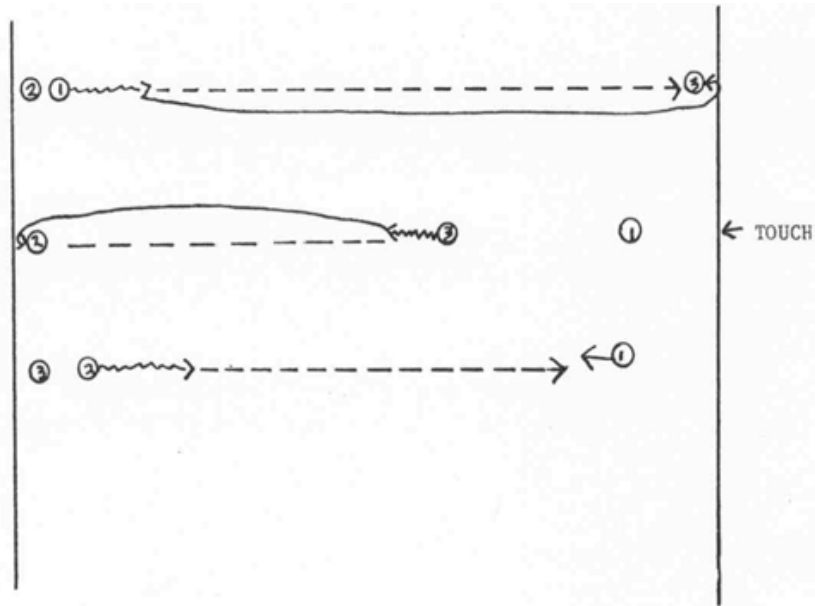
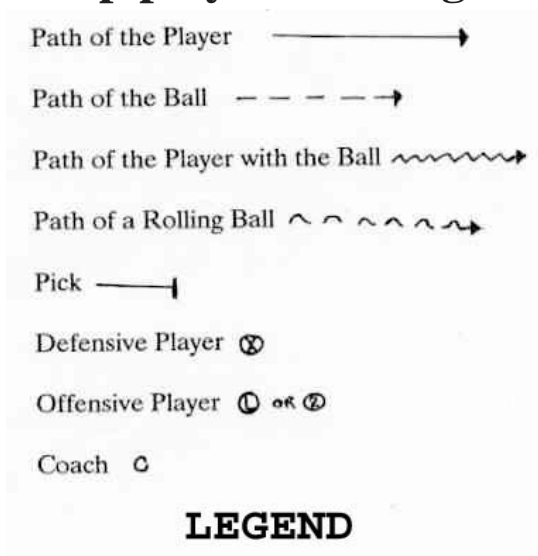


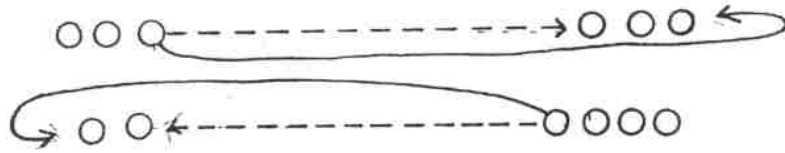
3 MAN SHUTTLE PASSING



- Groups of three are formed as shown using the width of the floor.
- One ball per group.
- Player 1 begins by running a few steps and passing to Player 3.
- After making the pass Player 1 sprints to the far boards.
- Player 3 now has the ball and passes to Player 2 and sprints to the far boards.
- Player 2 passes to Player 1 and drill continues.
- Good drill to keep players moving.



SHUTTLE PASSING DRILL



DRILL A

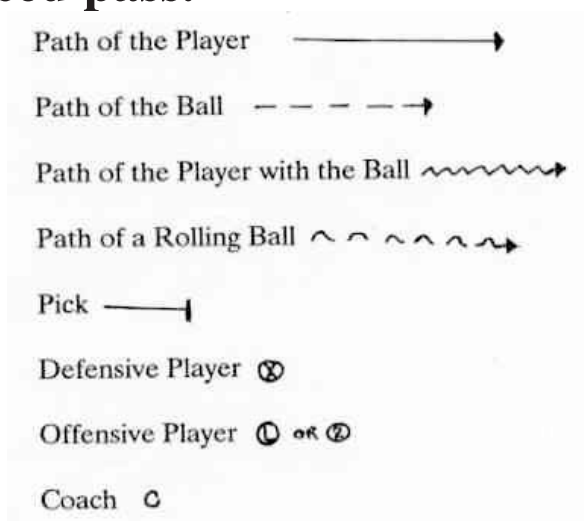
- Form uneven groups of five as shown.
- The first player in the line of three has a ball.
- Player passes the ball to first player in the opposite line and runs to the back of that line.

DRILL B

- Same as Drill A except players run a few steps before making the pass.

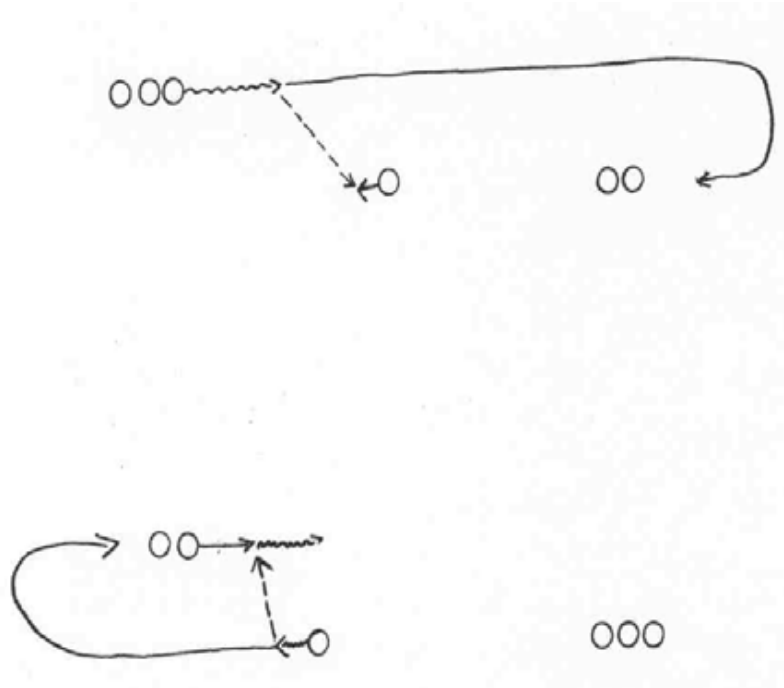
HELPFUL HINTS

- Remind players to give passer a target.
- Have second player in line back up the pass receiver in case of a missed pass.

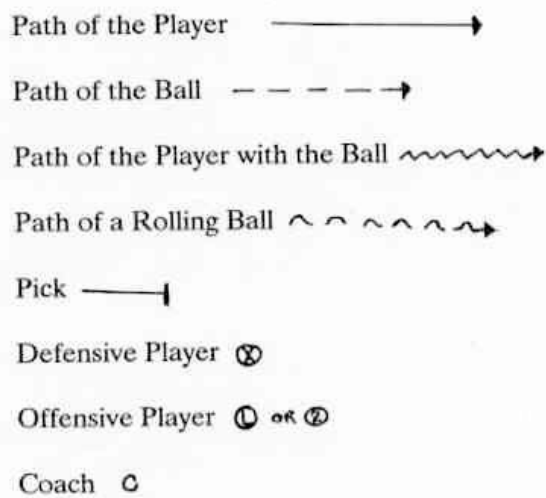


LEGEND

STAGGERED SHUTTLE

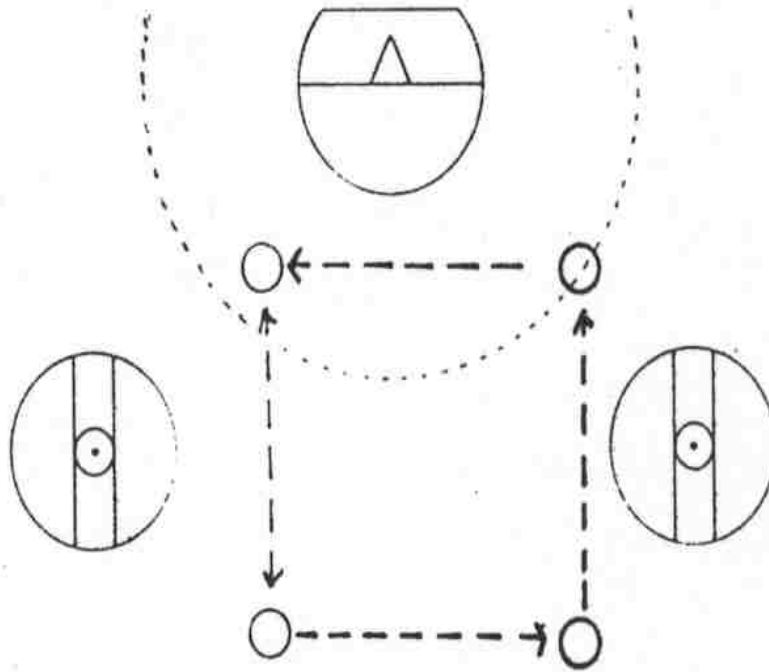


- **Players form uneven lines of five.**
- **The lines are not directly in front of each other but staggered as shown.**
- **First player in the line of three runs a few steps and passes to the player in the next line who has to run towards him.**
- **The player who received the pass then passes to the next player who has begun to run to the next line.**

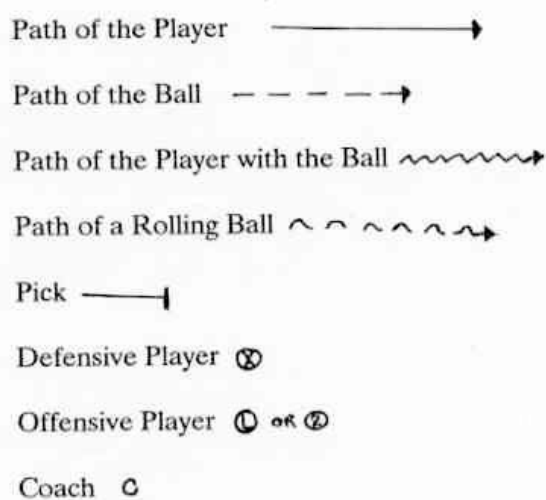


LEGEND

STATIONARY FOUR CORNER PASSING DRILL

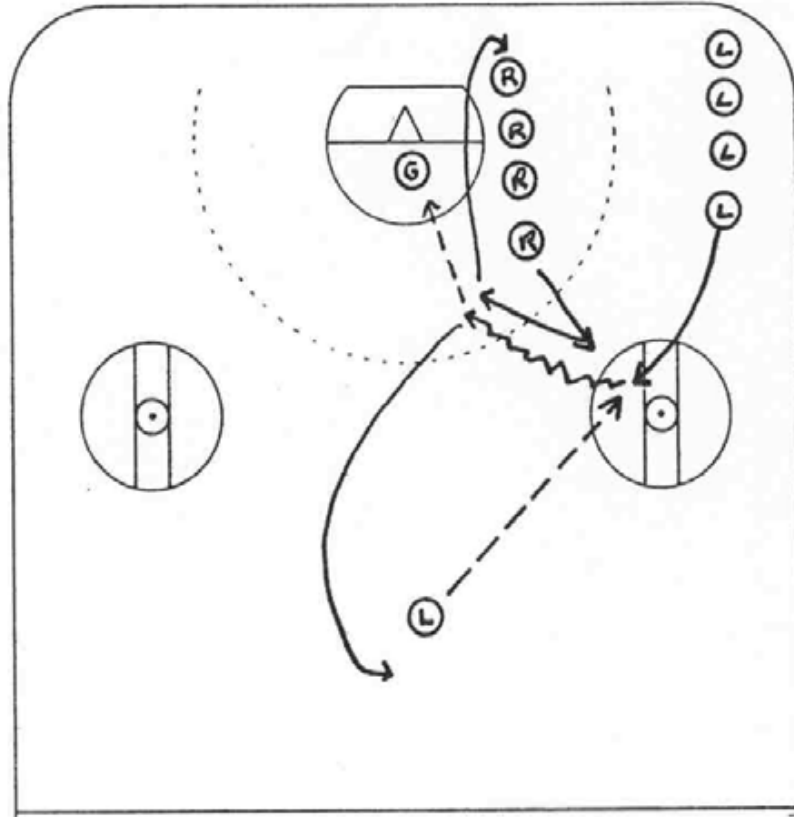


- **Players from a rectangle.**
- **One ball per group.**
- **Players pass the ball around the rectangle.**
- **Passing in both directions should be stressed.**



LEGEND

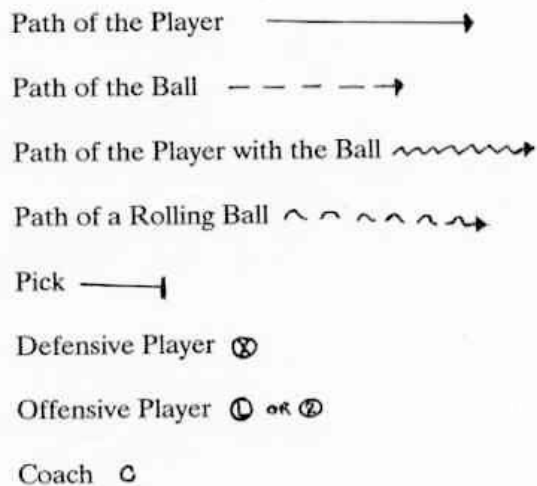
ONE ON ONE



PREFACE

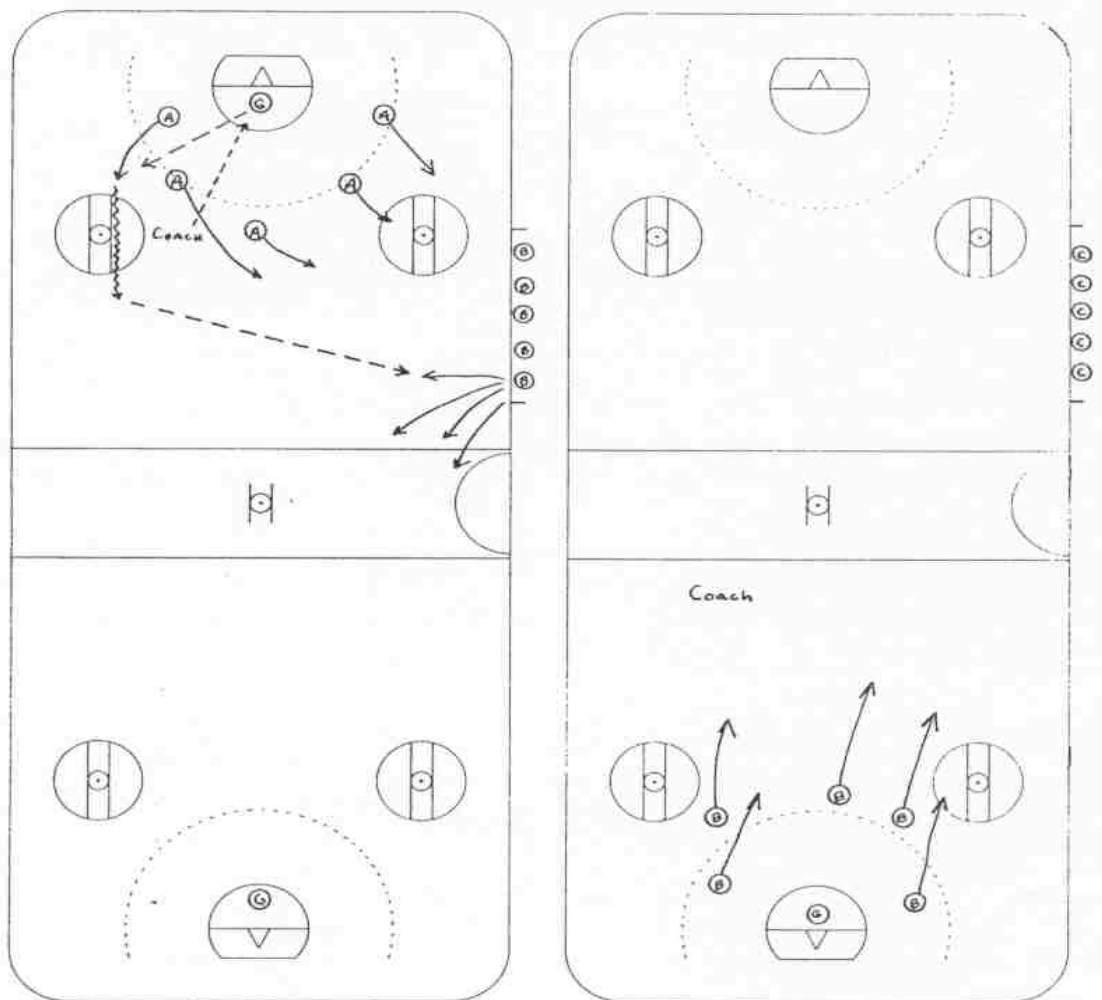
Object of defensive player is to maintain good position. Don't try to knock offensive player off his feet. Use stick, forearm and shoulder to contain offensive player. When back peddling, don't cross feet, use a shuffle step.

- Left shots start in corner and come out for a pass from L1.
- When L2 receives pass, Right shot comes out to meet him and a one on one begins.
- Right shot tries to steer offensive player using stick, forearm and shoulder. He should try and steer player so that his stick is on the outside to limit a good shot.
- Use both sides. i.e., Right shots switch to offence.

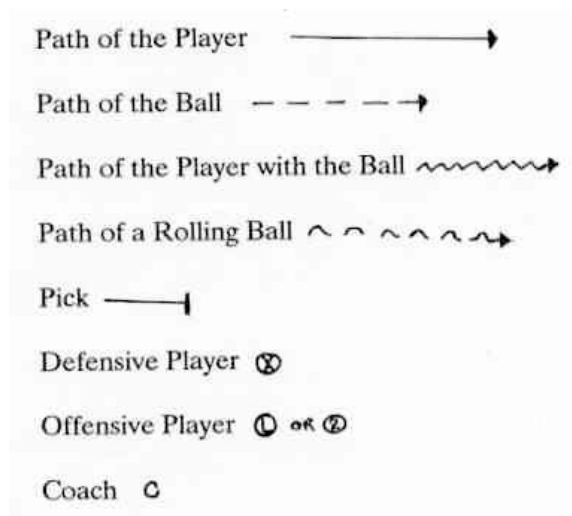


LEGEND

LINE CHANGES

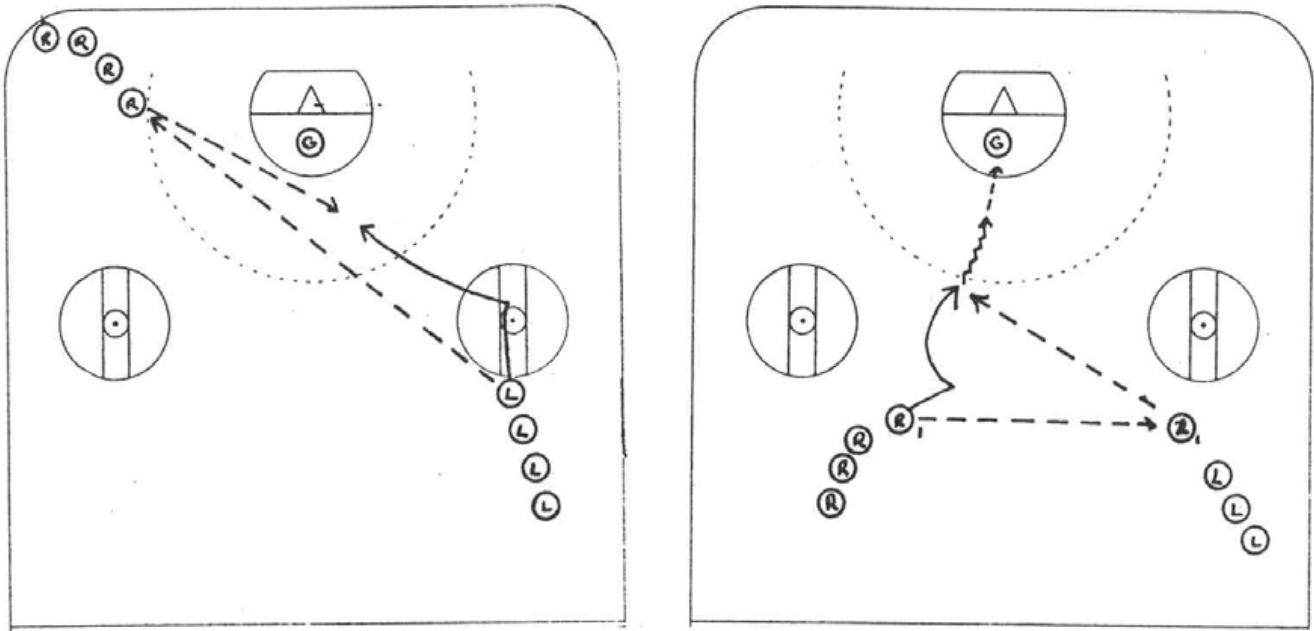


- Unit A moves around in their defensive formation.
- Coach throws ball to goaltender and line change is initiated.
- Four A's race to bench while the release man for A takes a pass.
- Unit B break out off bench into the offensive zone, run their offence and break back to the defensive positions on the coaches signal.
- Unit B moves around on defence and initiate change for Unit C.

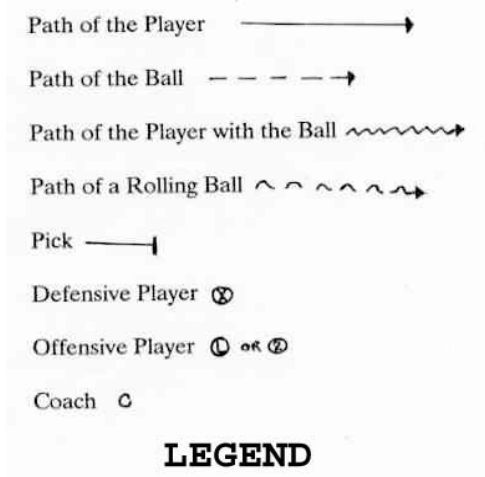


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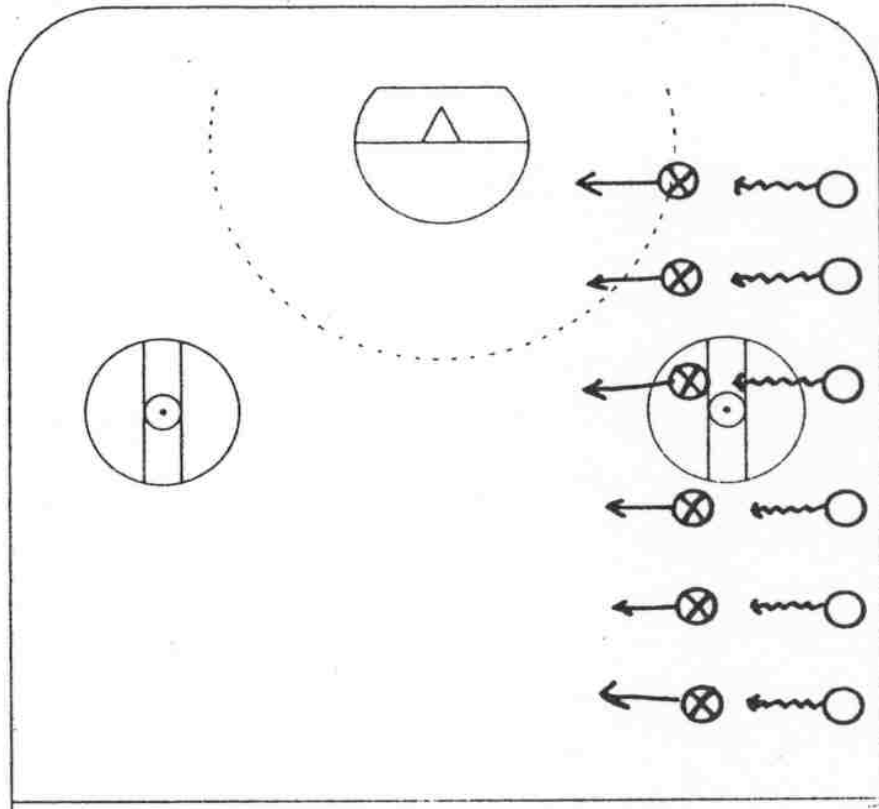
GIVE AND GO



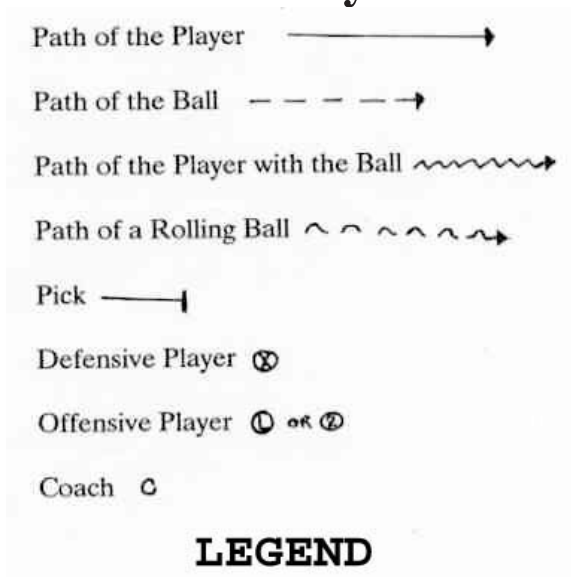
- Operate from both sides of the floor.
- Player with ball passes to teammate then cuts and breaks to the net.
- The player who received the pass then hits the breaking player who takes a shot on goal.
- It is important for the breaking player to simulate getting free.
- You may want to add a defender, as the players get better, so the breaking player learns to break around him.



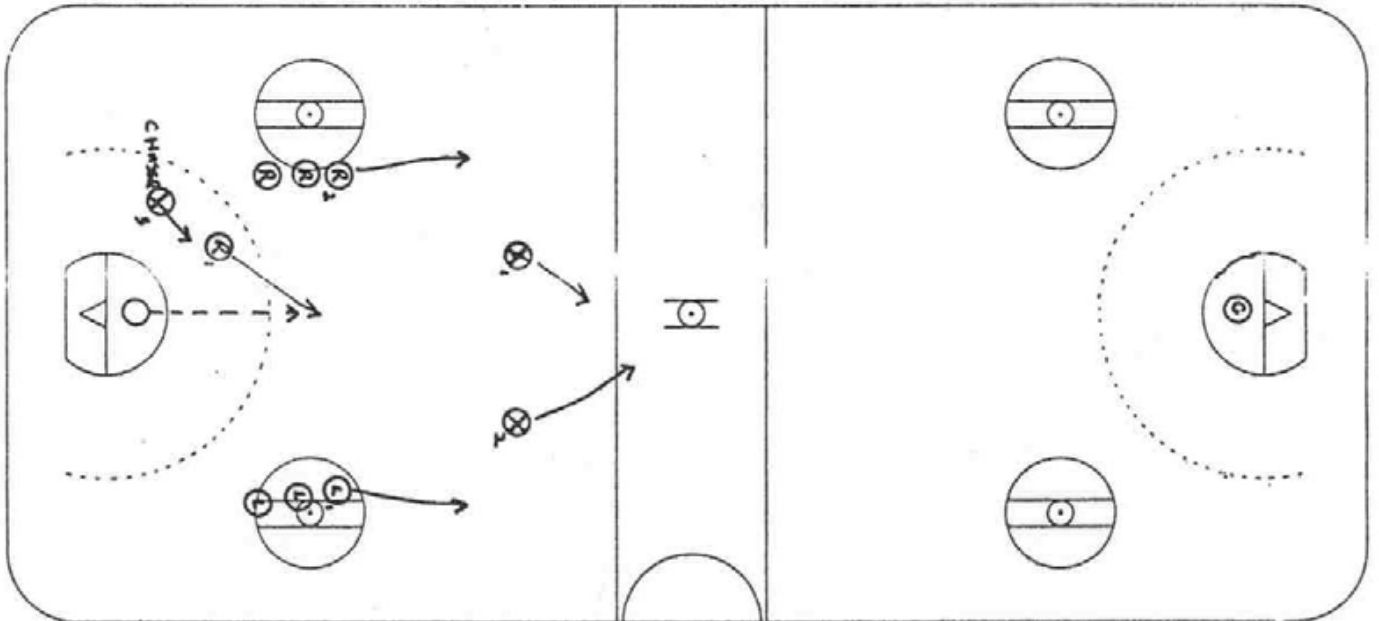
CROSS RINK CHECKING DRILLS



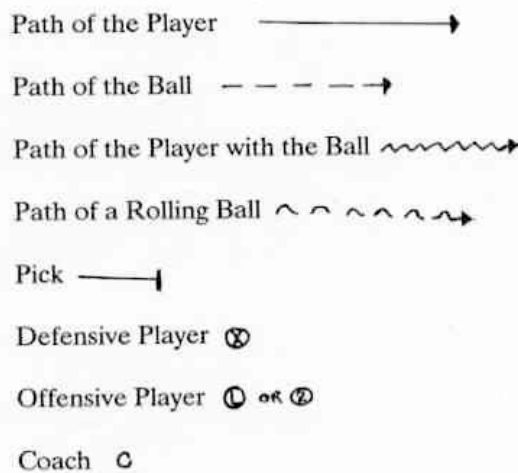
- O?s with ball. Object is to make X?s work hard.
- X to develop technique of using stick on one side and forearm and shoulder on the other.
- When you reach the opposite boards, switch positions and come back the other way.



THREE ON TWO (A)

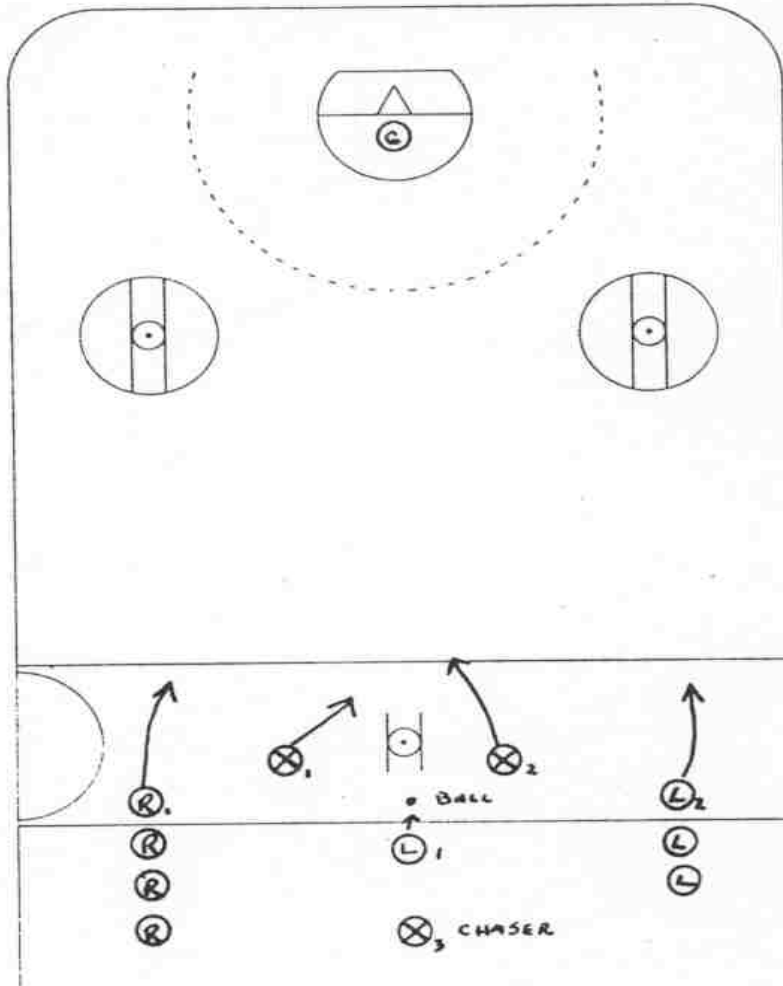


- Players set up as in diagram.
- Coach blows whistle and R1, R2, and L1 break out.
- Goaltender hits R1 with pass and R1, R2 and L1 execute 3 on 2 vs. X1 and X2.
- Meanwhile X3 is chasing on the play to simulate game conditions.



LEGEND

THREE ON TWO (B)



- Players set up as in diagram.
- Coach blows whistle and R1 breaks and scoops ball from floor. Then R1, R2 and L1 execute 3 on 2 vs. X1 and X2.
- Meanwhile X3 is chasing on the play to simulate game conditions.

