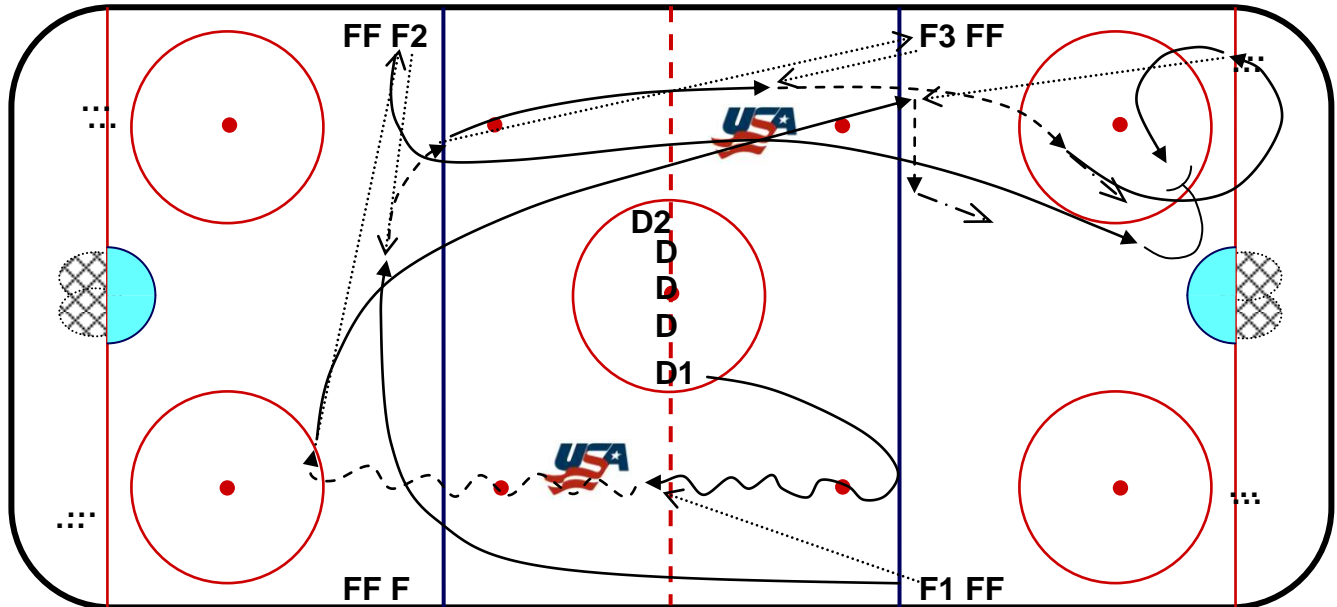




NATIONAL TEAM DEVELOPMENT PROGRAM DRILL OF THE WEEK

U17 TEAM – ALL PURPOSE DRILL



Drill Mechanics:

Opposite sides go together on the whistle.

D1 gaps up to blueline, pivots to backwards and receives pass from F1 at the red line. D1 stretches with speed to the top of the face-off circle, steps out and passes to F2.

F1 times his skating to receive a return pass from F2 in the middle of the ice, then gets outside the dots. F1 immediately head mans the puck to F3 for a quick give and go, then shoots on net.

Once F2 makes his pass to F1 he moves to the middle and provides back pressure on F1.

After the first shot on goal, F1 retrieves a second puck in the corner and passes to D1 who has followed up the play. D1 quickly moves to the middle and shoots with F1 looking to screen or tip on the play. F2 attempts to box out F1.

Points of Emphasis:

Players should under handle the puck, eliminating the extra stickhandling prior to passing.

Movement should be timed but with great speed.

Passes to the point should be done immediately low to high. The D should begin wide and move explosively towards the middle to improve shooting angle.