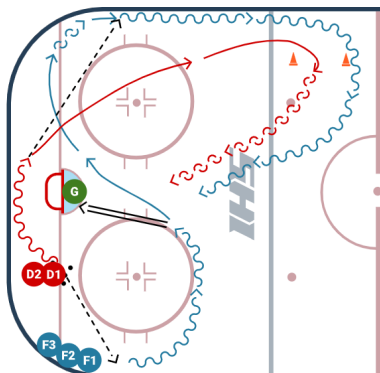


Notes / Coaching Points



Description

Great half ice drill here! It incorporates passing, shooting, moving your feet, breakout timing, gap control, and 1 on 1. The forwards all line up in the corner without pucks. The defense line up just inside the forwards with the pucks as shown in the diagram. To start the drill F1 skates up along the boards and receives a pass from D1. F1 receives the pass, skates around the circle and takes a shot on net. F1 transitions around the bottom of the other circle so they are always facing the play. After F1's shot, D1 takes a puck and skates around the net to give F1 a breakout pass. F1 receives the breakout pass and skates up near center ice and around the cone or tire closest to the red line. D1 follows the play and transitions around the cone closest to the blue line to play F1 in a 1 on 1 back towards the net.

Suggested Drill Lists

- [1 on 1 Drills](#)
- [Breakout Drills](#)
- [Half Ice Drills](#)