

Drill no. : 1

Duration :

Minutes

From :

To :

Title : Quad passing

Category #1 :

Passing

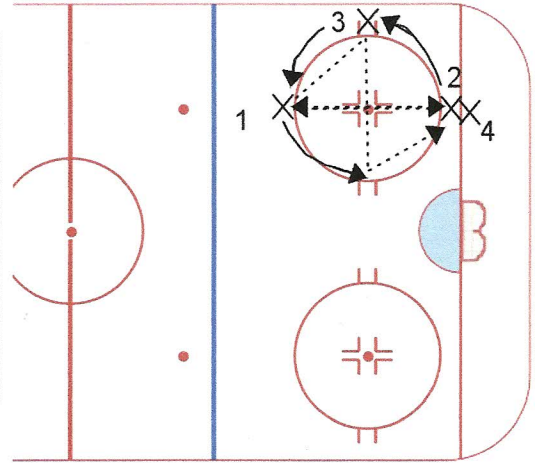
Category #2 :

Accuracy

Description

Players 1 and 2 execute five passes between themselves, after the fifth pass, player 1 does a give and go with player 3, combined with a one-touch pass to player 4. All players rotate as shown.

More Drills and Skills at <http://weisstechhockey.com/blog>



Key points:

stick to stick passes

quick give and go's

Drill no. : 2

Duration :

Minutes

From :

To :

Title : Cycle Give and Go

Category #1 :

Passing

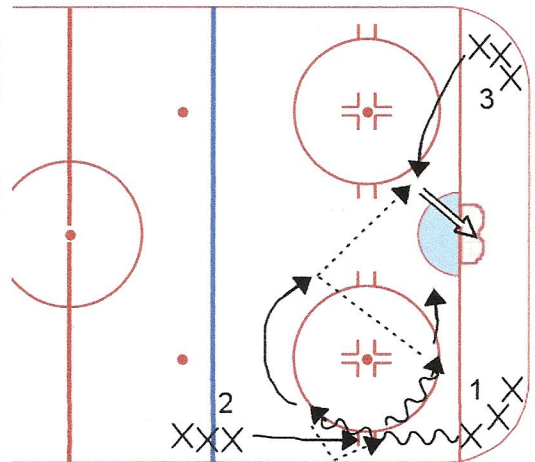
Category #2 :

Shooting

Description

Player from line 1 leaves with the puck and walks up the boards, then cycles back to player from line 2. Player from line 1 drives through the seam for a give and go pass, receives the pass from player 2, then one-touches to player 3 or 2 for a one-timer.

More Drills and Skills at <http://weisstechhockey.com/blog>



Key points:

Drill no. : 3

Duration :

Minutes

From :

To :

Title : Figure 8 Shooting & Deflection

Category #1 :

Shooting

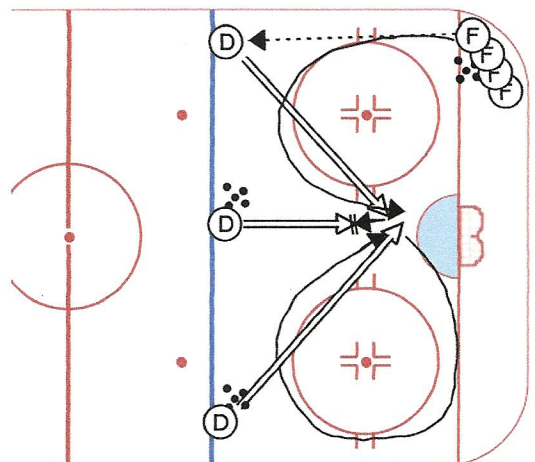
Category #2 :

Deflection

Description

1. Forwards line up in corner with pucks.
2. Three defensemen across the blue line. Two have pucks, one doesn't.
3. First forward passes to the defenseman without a puck then skates around the top of the circle and drives the net.
4. Far defenseman times it and fires a low, hard shot that arrives just as the forward gets to the net.
5. Forward deflects the puck then continues down around the other circle.
6. Forward continues up around the top of the circle then drives the net again.
7. Defenseman who received the initial pass times it and fires a low, hard shot that arrives just as the forward gets to the net.
8. Forward deflects the puck then stops in front of the net to screen the goalie and get ready for the third shot.
9. Middle defenseman fires a low, hard shot. Forward deflects it then drives in any rebound.

More drills and skills at www.WeissTechHockey.com/blog



Key points:

Low, Hard Shots

Rebounds

Deflections

