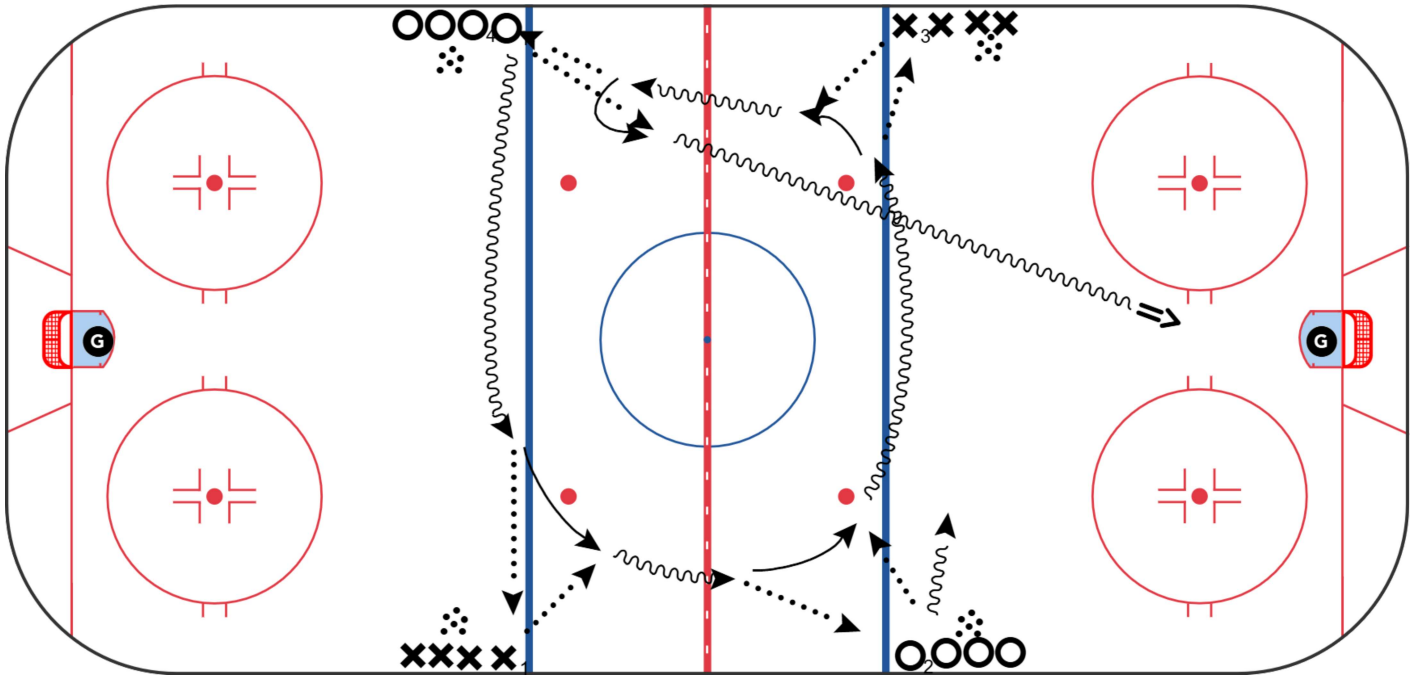
10-16

Duration: 60 mins

15 in ten or — 10 mins

*Detroit - Thunder Warm Up — 10 mins



Description

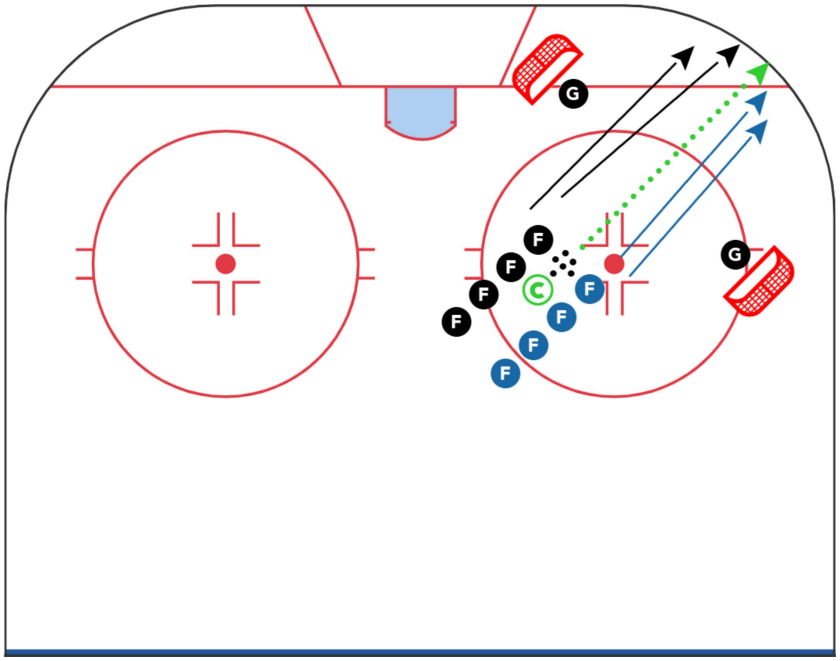
- Drill starts as shown. Opposite lines go at the same time and will mirror one another.
- ✖ 1 skates backwards and gets a pass from ✖ 3. ✖ 1 then pivots and passes to ○ 1 and gets a pass back. ✖ 1 then passes to ✖ 4 and gets a pass back.
- ✖ 1 then passes to ○ 2 and opens up for a pass at the red line and gets the puck back. Goes down for a shot in the opposite end they started in.
- After ✖ 1 and ✖ 2 cross the blue line, ○ 1 and ○ 2 step out and go.

NHLCA DRILL OF THE MONTH
November 2021 - Detroit Red Wings

1v1 Net Battle into 2v2 — 10 mins

3 1v1s — 10 mins

Battle 2v2 Small Area — 10 mins



Description

- In this drill, the © will send a puck toward the board.
- Two players on each team/side jump and tries to score a goal.
- The © can send a new puck after a save, goal or if the puck goes behind the net.

BLOG: Mitch Giguere
Training Camp 2023

Bubble Hockey 10 mins