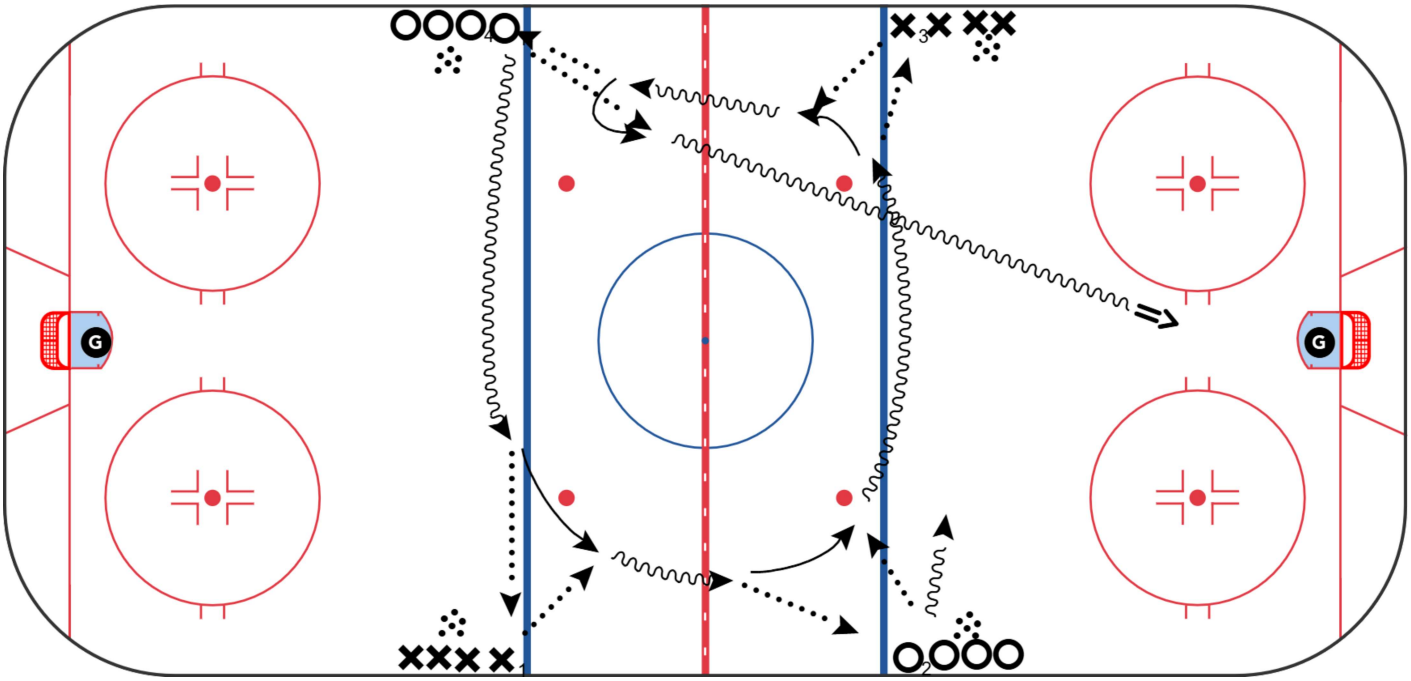
10-20

Duration: 60 mins

*Detroit - Thunder Warm Up — 10 mins

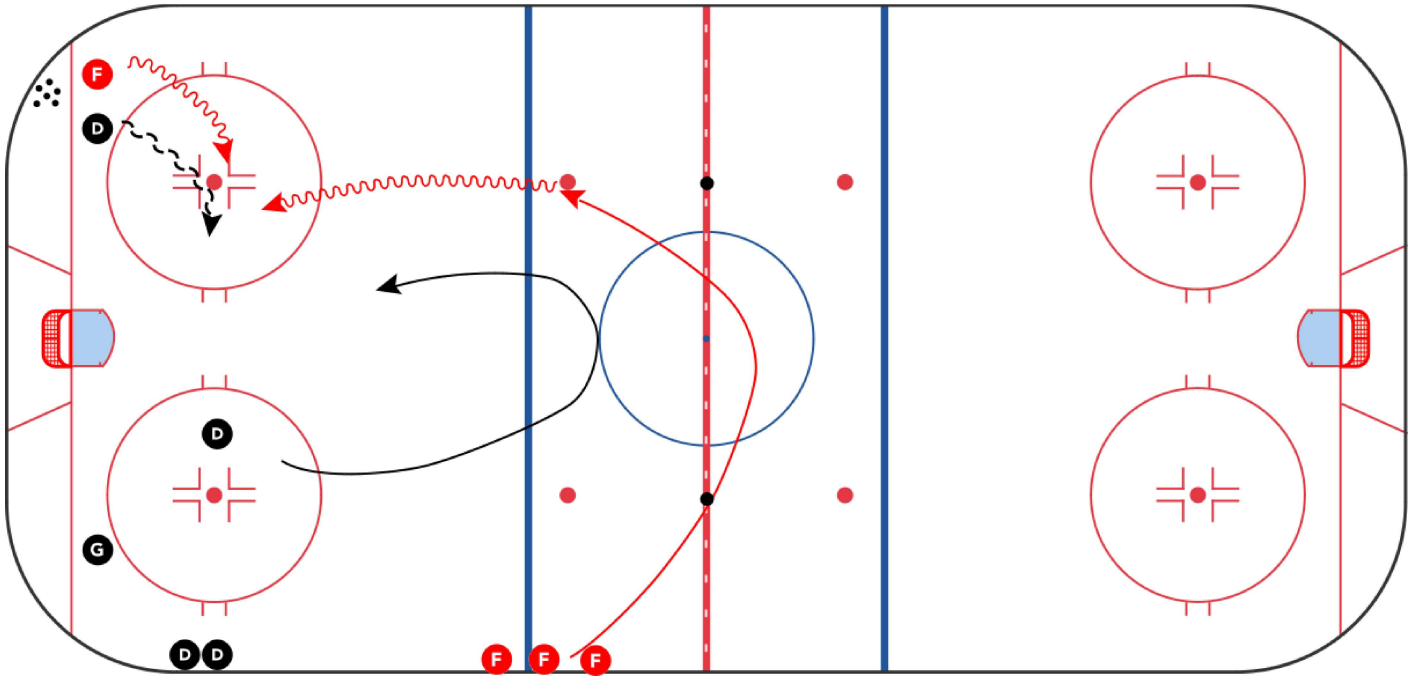


Description

- 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

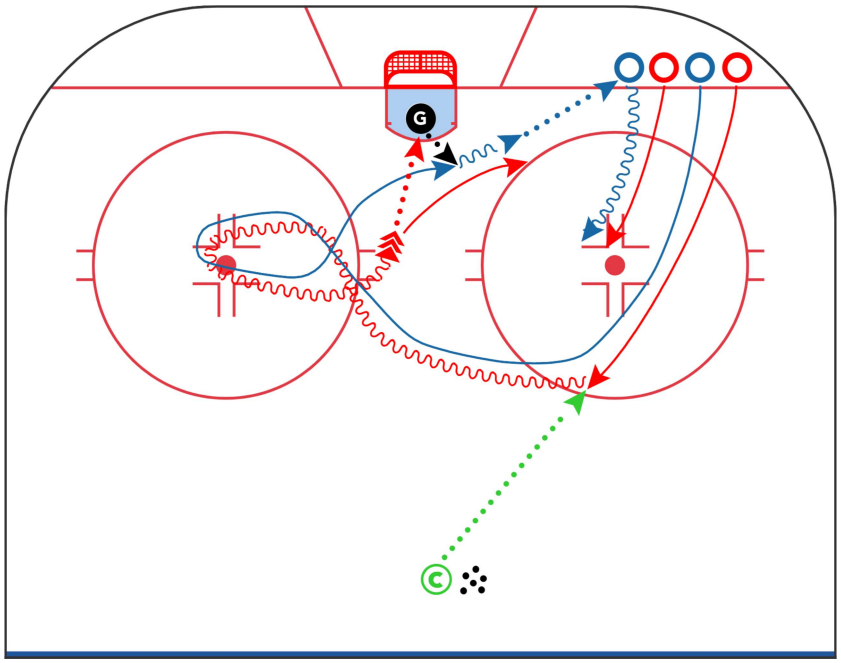
Nashville 1 vs 1 — 10 mins



Description

- On whistle F sprints under blue line and then picks up a puck on the opposite side of the red line, goes on to attack D that has sprinted across to gap up
- After 1vs1 is done, F picks up a new puck in the corner and attacks D for a low 1vs1. Coach will signal when battle is done
- Progression: 2 F s leave from each side and attack 2vs1

1 vs 1 Continuous Game — 10 mins



Description

- Players skate simultaneously from the goal line, O gets progression on the puck.
- O skates towards the net, O behind O to take away the puck from O .
- O takes a shot, G saves, and O gets progression on the puck.
- O then passses to to his teammate.
- Game is continues until the goal is scored.

VIDEO IN SKETCHPAD
Instagram: @fhit.hockey

3 1v1s	10 mins
Race into regroup game	10 mins
Bubble Hockey	10 mins