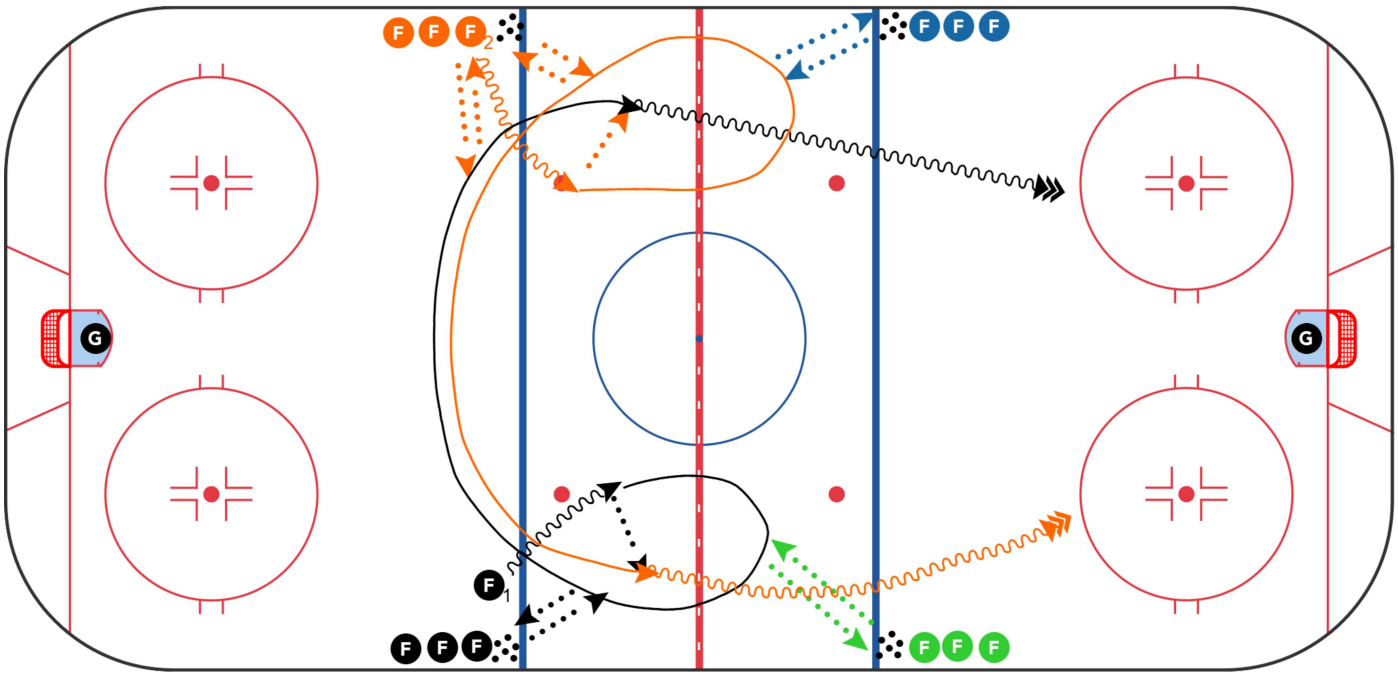
10-13

Duration: 60 mins

Bump Back — 10 mins



Description

- Opposite blue lines start at the same time
- F 1 loops out gets a pass from F , F 1 bumps it back.
- F continues around with a bump back with the line he started from.
- F 1 skates across blue line receives a pass from F 2, F 1 bumps it back and continues wide.
- F 2 skates out and passes back to F 1 while continuing to loop back with a bump back from F to continue the drill.
- F 1 goes down and shoots.
- Drill continues after the F 2 passes the puck to the F that goes down to shoot.

Key Points

- Moving drill
- Clean, quick, short passes

1v1 into net front box out -half	10 mins
Pull puck off wall -half	10 mins
5 man breakout 1,2,3 forechecker	10 mins
5v5 in zone	10 mins
Faceoff work	10 mins