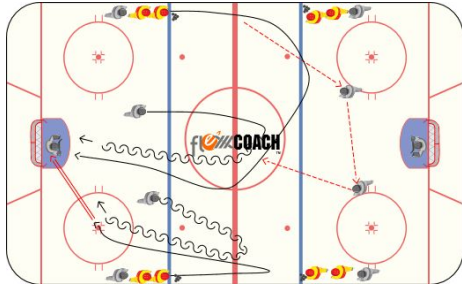


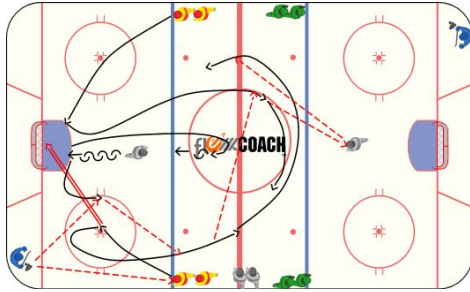
1) Gap Control 2-2



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**8 min.**  
**ORGANIZATION:** 2 F regroup with 2 D and attack 2-2. F split the D! Shoot, rebound! D step up and close gaps!  
**VARIATION:**  
**GOALIE:**

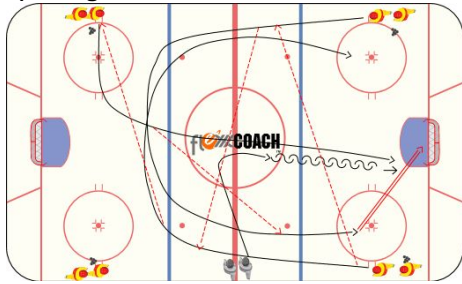
2) Thrashers 2-1 x 2



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**8 min.**  
**ORGANIZATION:** D is ready on top of the circles. Coach passes to one of the FW on the blue line. They attack 2-1. When play is over D open up and receive 2nd puck from coach, break out FWs and follow up the play. FW regroup with D standing on opposite side and attack one more time same D who started 2-1. D who regroups starts new 2-1 on opposite side.  
**VARIATION:**  
**GOALIE:**

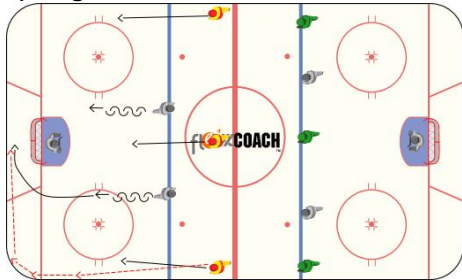
3) Wings DLD 3-2



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**8 min.**  
**ORGANIZATION:** FW at the hash marks. D in NZ.2 FW pass up to the OZ blue line where they pass to one of the opposite side FW. This forward steps in to the middle hard and join them in attack. Two D step in, close gap and create 3-2 situation. FW attack in DLD pattern! Drive the net Score!  
**VARIATION:**  
**GOALIE:**

4) Logos Numbers



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**20 min.**  
**ORGANIZATION:** Line break out, when reaches first blue pass to player standing at opposite blue. This player gain red line and dump puck back, starting line break out one more time and line that dumped the puck fore-checks. Coach describes type of forecheck.  
**VARIATION:**  
**GOALIE:**

Post-Practice Comments:

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