

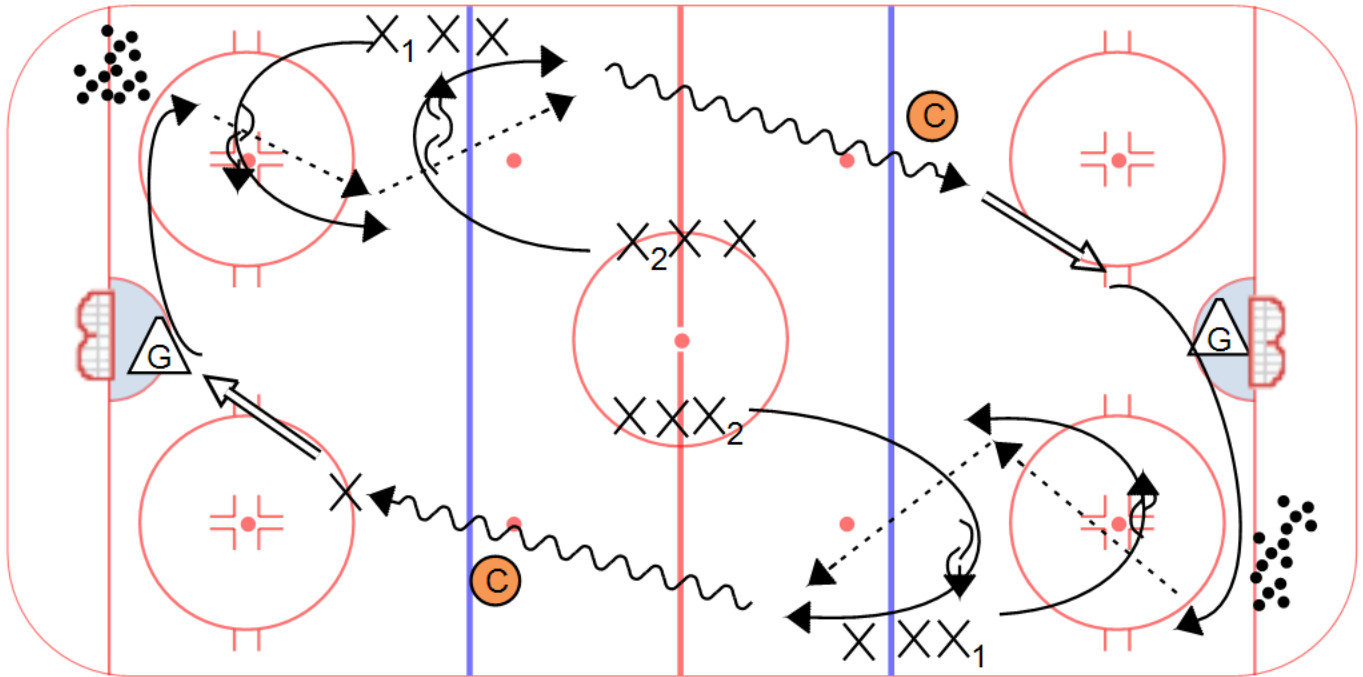
Category #1 : COACHES MANUAL

Title : COQUIHALLA

Category #2 : BREAKOUT

Content elements :

Components:



Key points :

SPEED SPEED SPEED

QUICK HARD PASSES

PROPER ANGLES

SCORE

Description

- Players start at opposite sides of the ice and take a shot on goal at the same time and pick up a puck from the corner.
- Meanwhile one player from both remaining lines are curling, the line of the blue line curls to the middle of the ice and opens up for a pass.
- After receiving a pass he then passes to the player coming from the center line who is curling up the boards.
- The player receives the pass and goes down and shoots on the goaltender and starts the drill all over again from the other side.
- This drill is completed on both sides at the same time and is continuous with no whistles.
- Can add in Coaches that players deke around or execute give and go's.