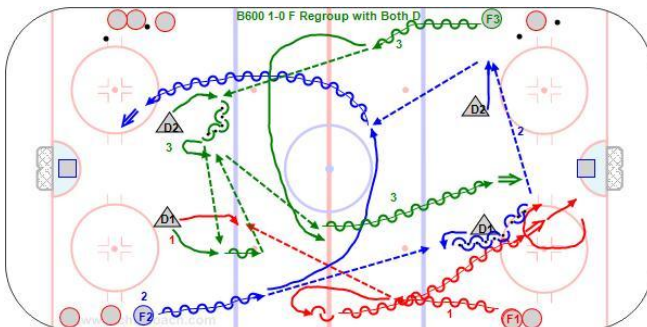




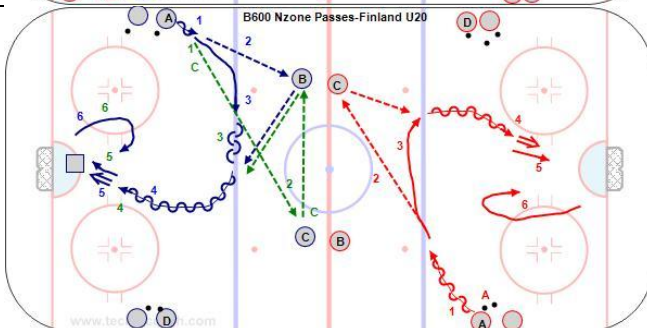
B600 Alternatives

Routines

Date:	Time:	Venue:
Lines:	Notes:	
To add competition the coach can have the Keep score or calculate various aspects of Drill.		D vs F or one colour vs the other colour.



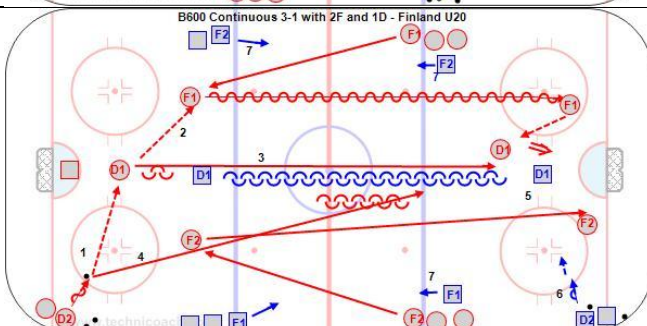
B600 Regroup with both D



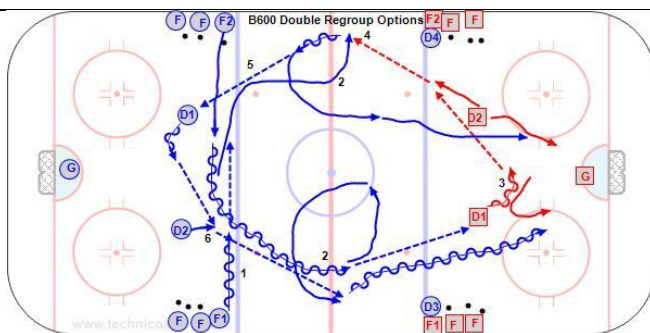
B600 Face the puck passing



B600 Pass and shoot

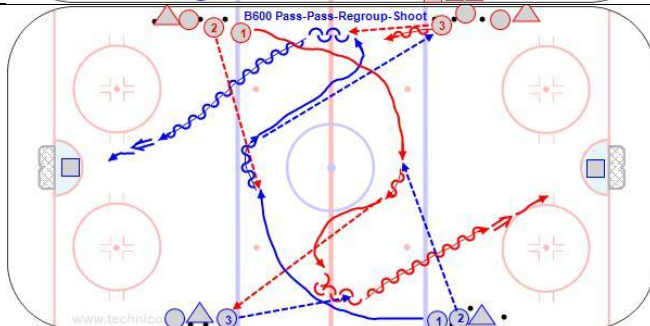


B600 Continuous 3-1 2F and one D

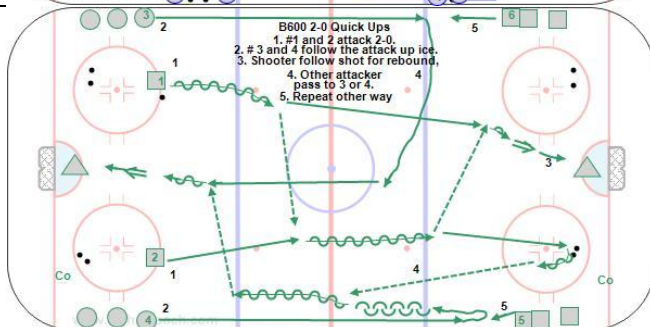


B600 Double regroup options.

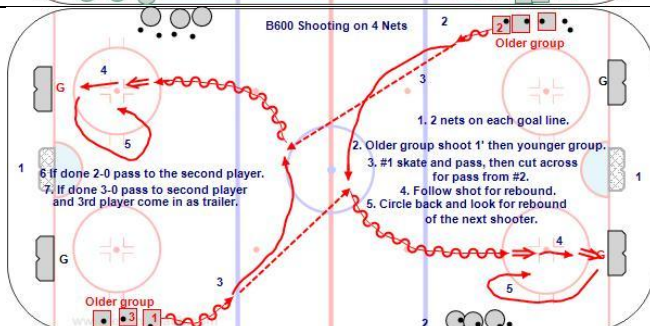
- attack 2-0, 2-1, 2-2,
- dump puck in on second regroup and do breakout options.
- regroup with 1 to 3 players on offense and 1 or 2 as defense.



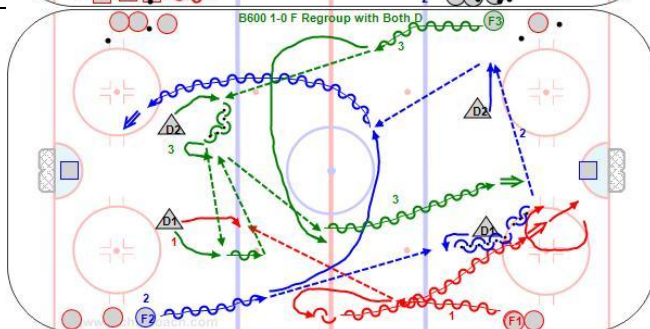
B600 pass pass regroup shoot



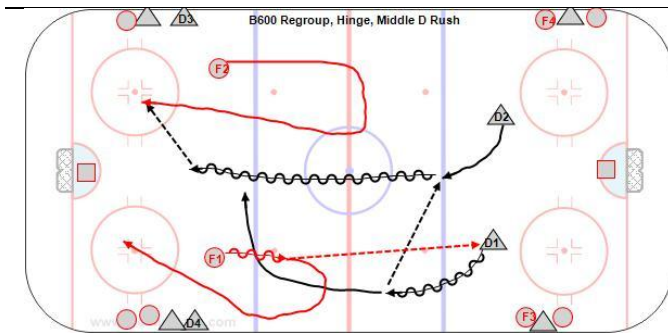
B600 Regroup quick ups



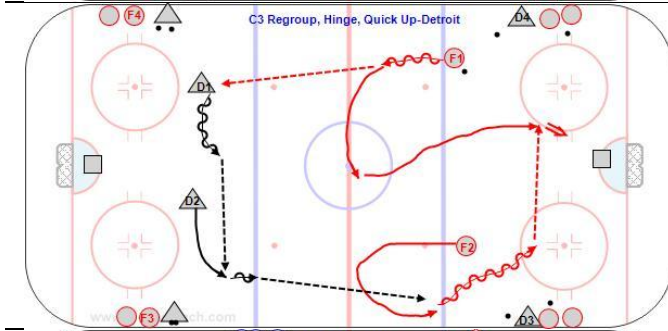
B600 small horse shoe – 4 nets



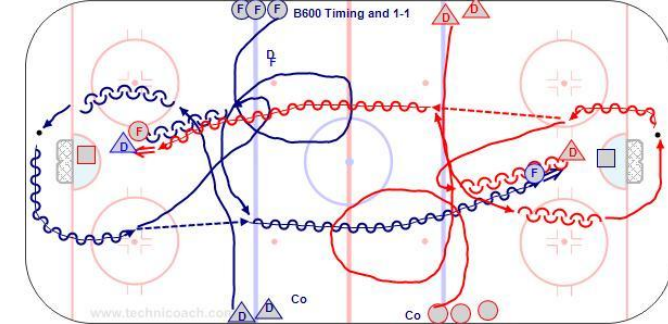
B600, 1-0 F regroup with both D



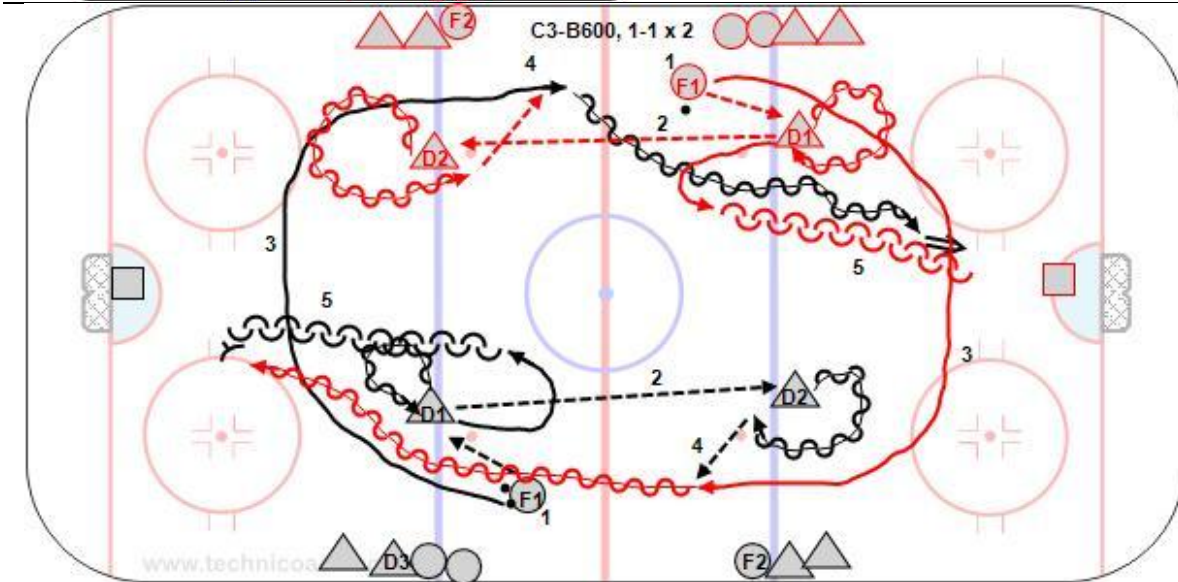
B600 Regroup hinge, middle d rush



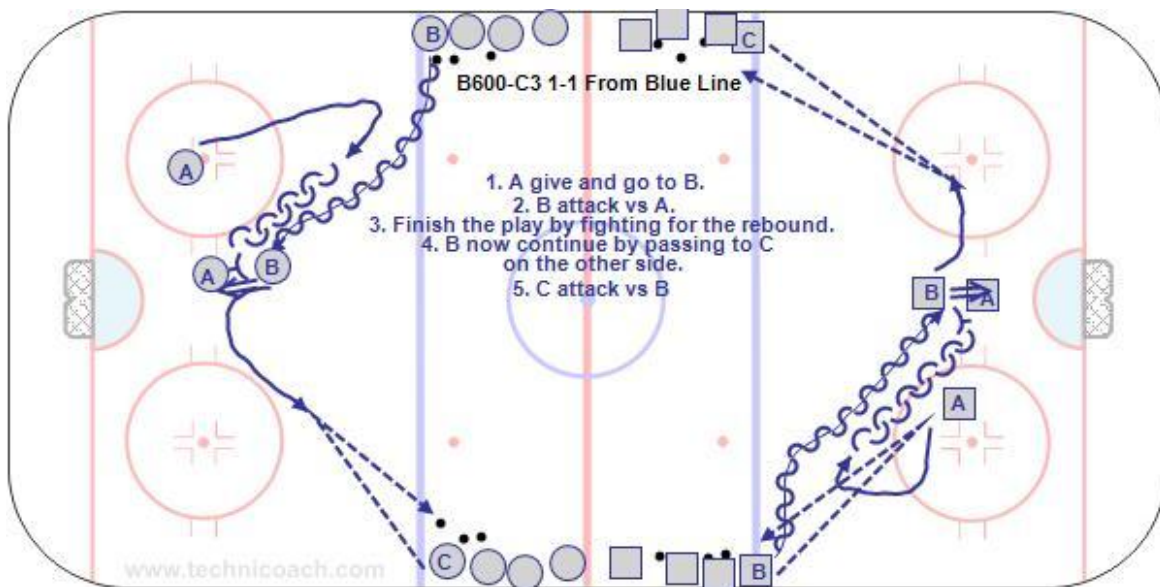
B600 Regroup-hinge-up, Detroit



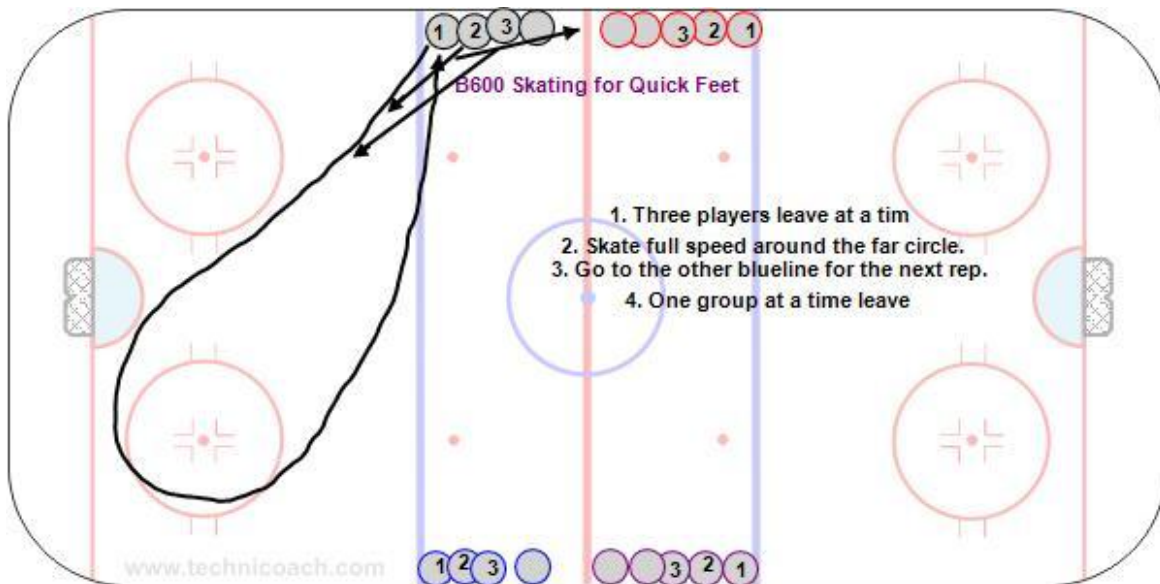
B600 Timing and 1-1



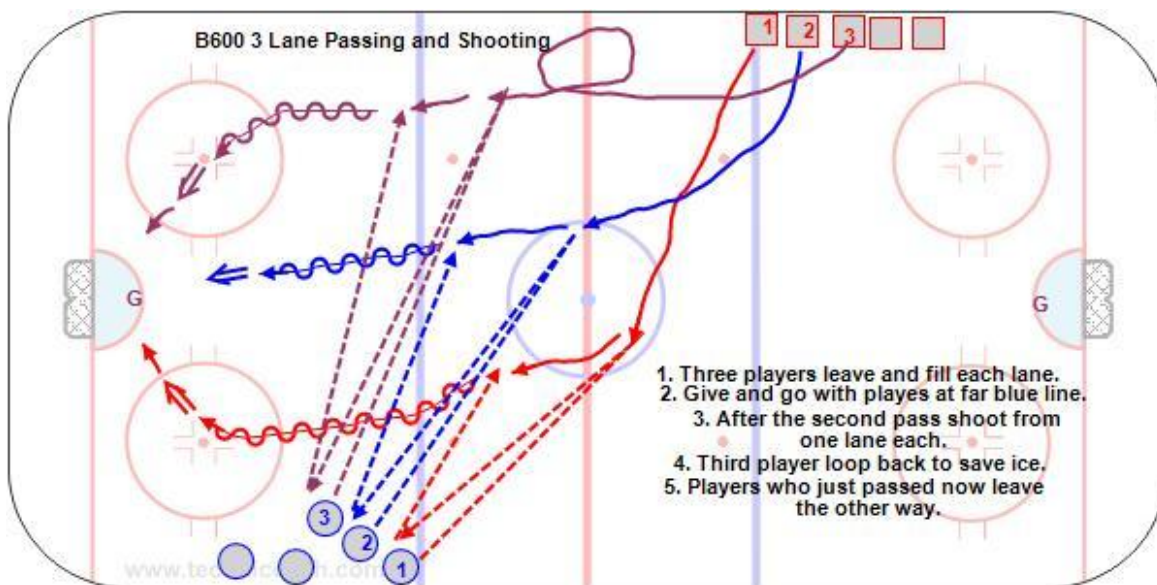
B600 1-1 x 2



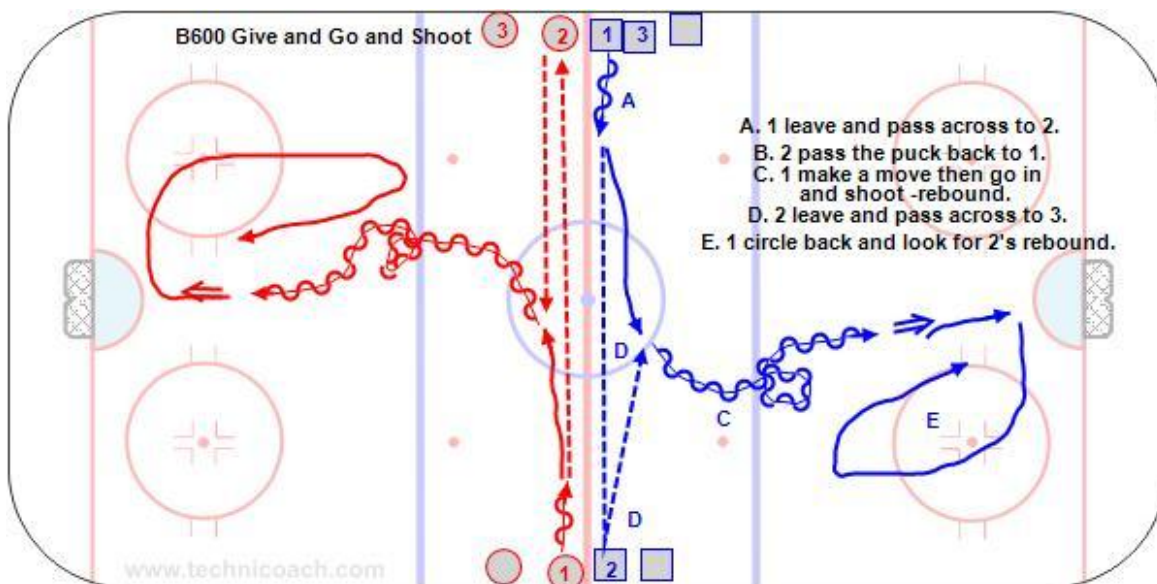
B600 1-1 from blue line



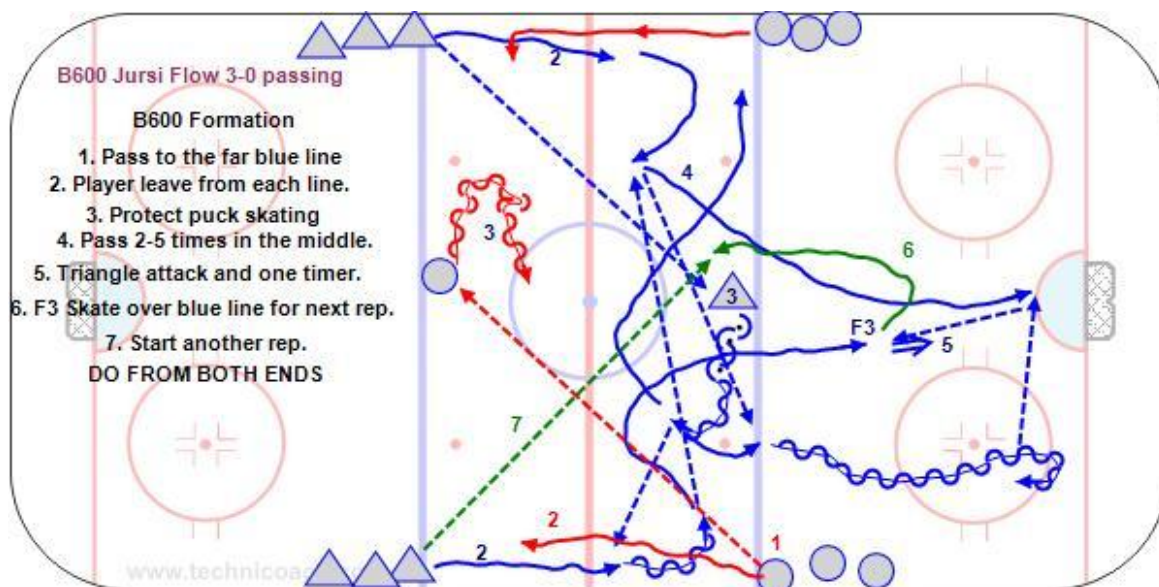
B600 Skating for quick feet



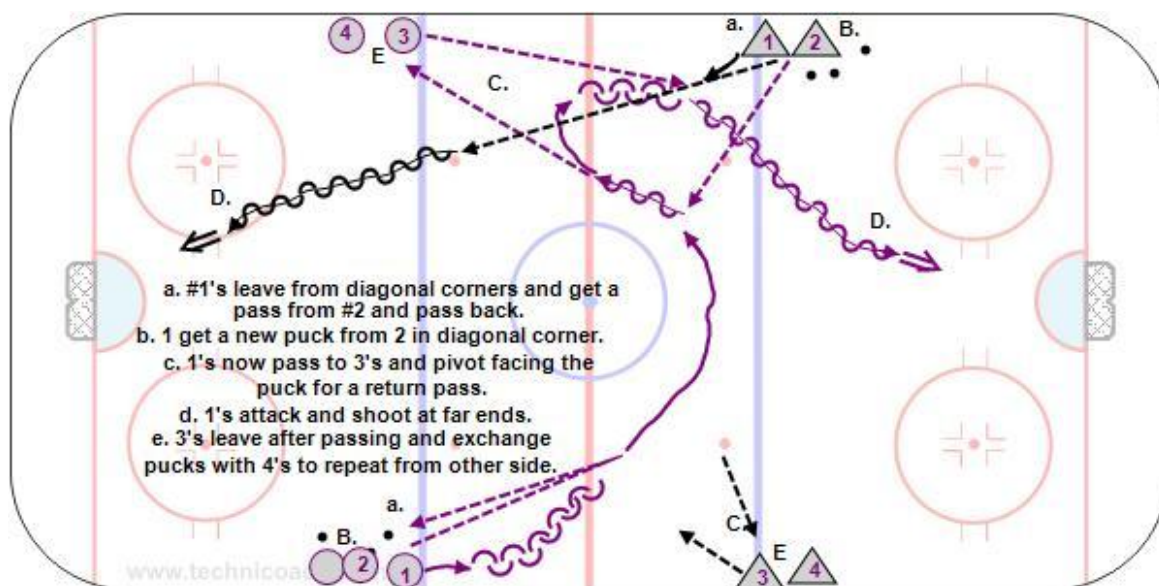
B600 – 3 lane passing and shooting



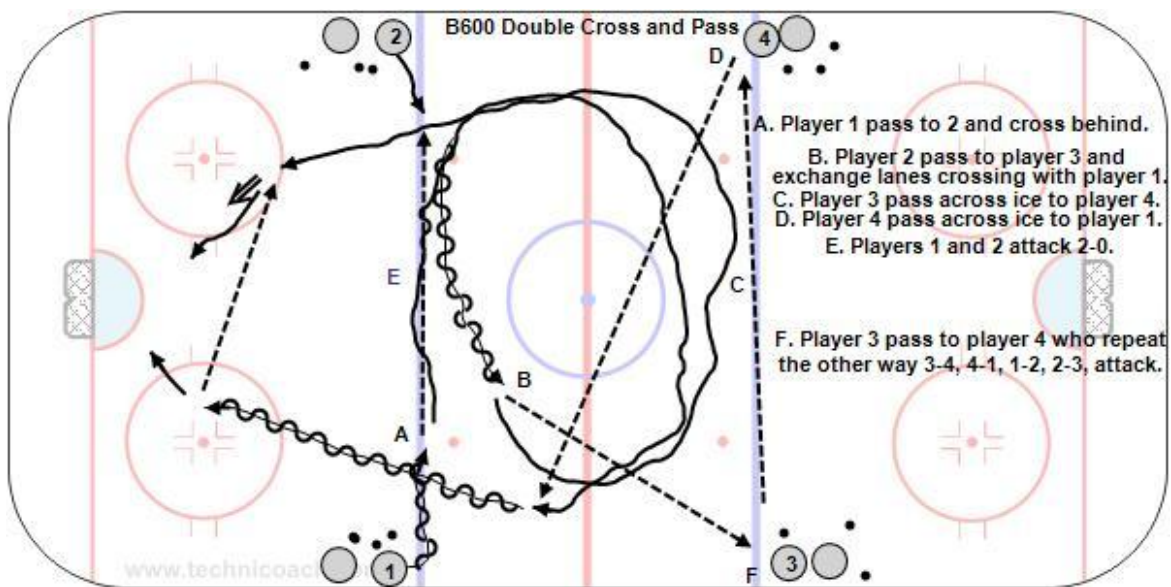
B600 Give and go shootout



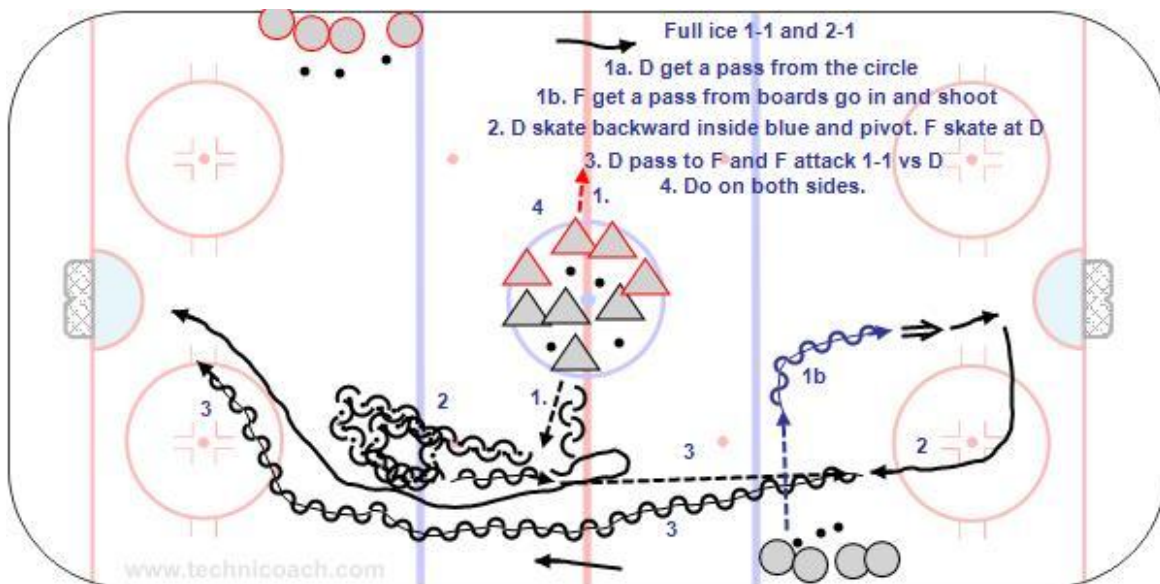
B600 – 3-0 Jursinov Flow Passing



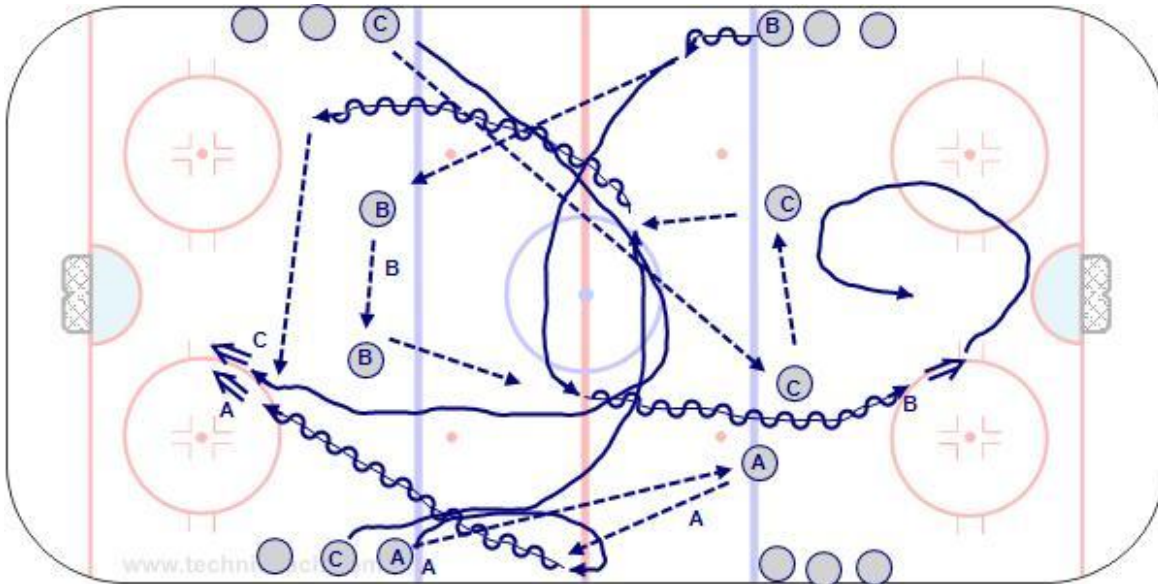
B600 – Nzone support and attack



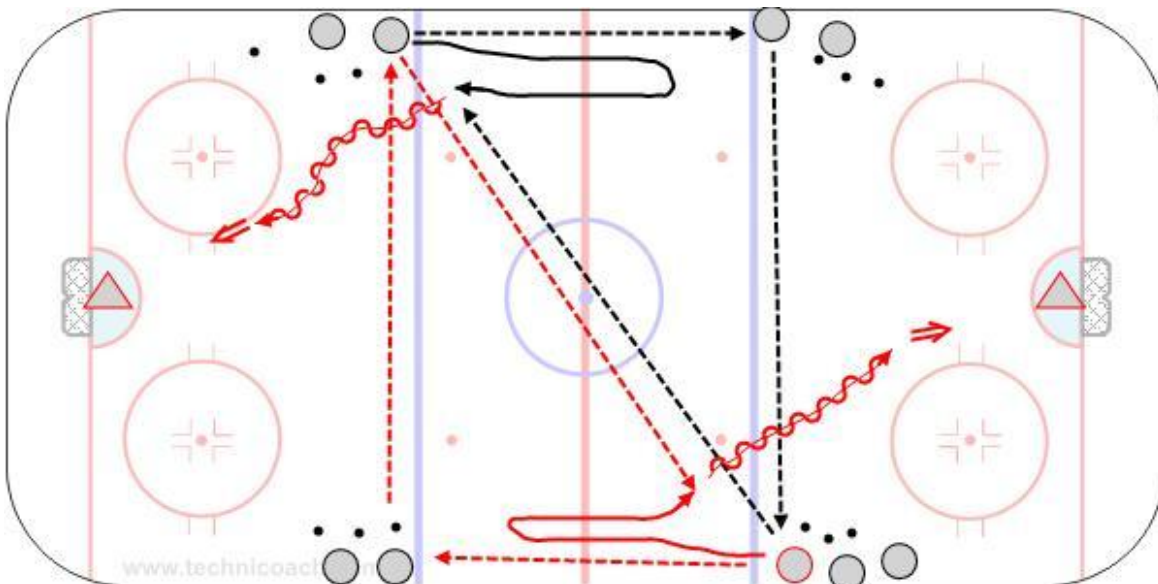
B600 Double cross and attack



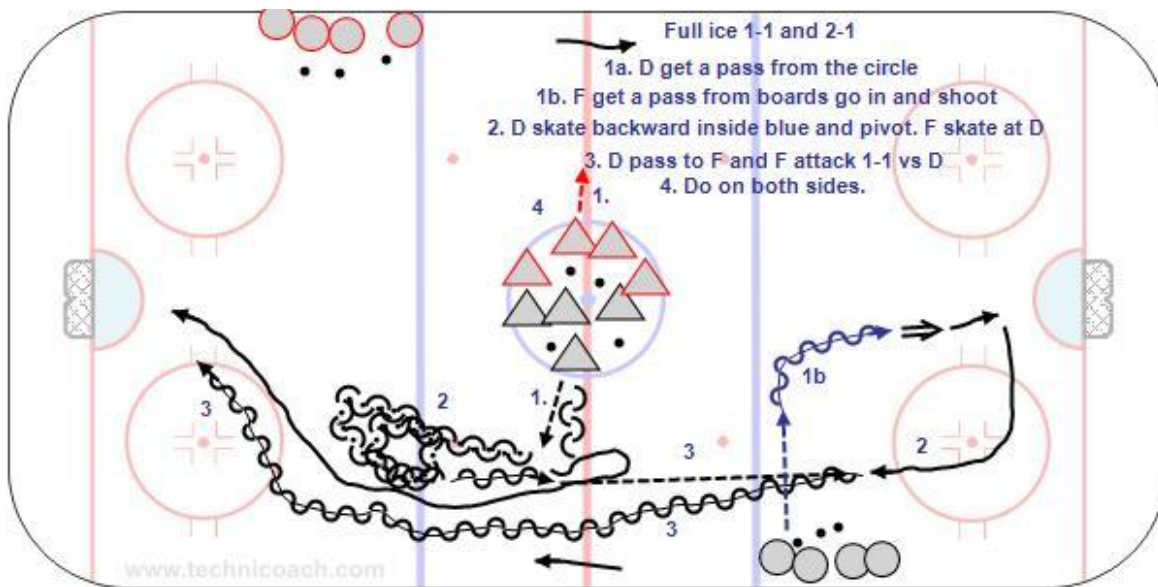
B600, 1-1, 2-1



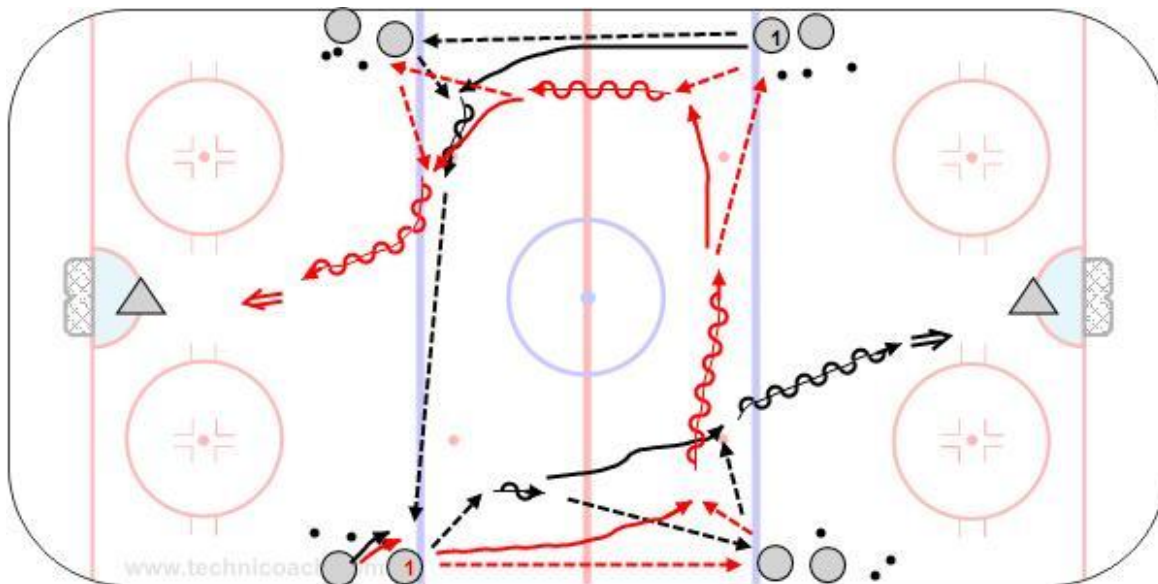
B600 Warm up 1-0, 2-0 Regroup



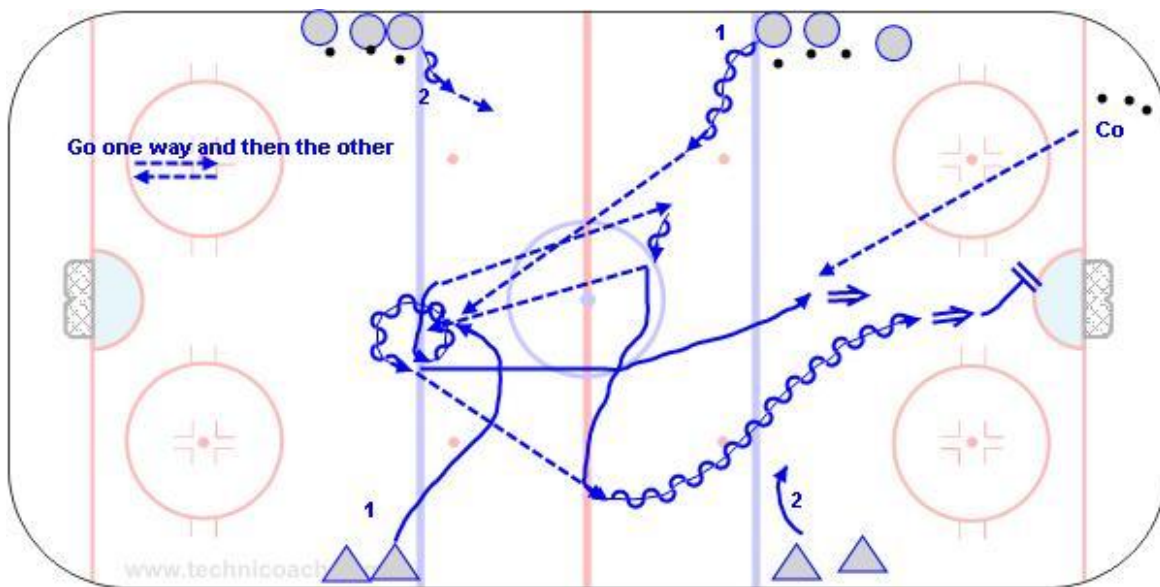
B600 Cross ice and pass



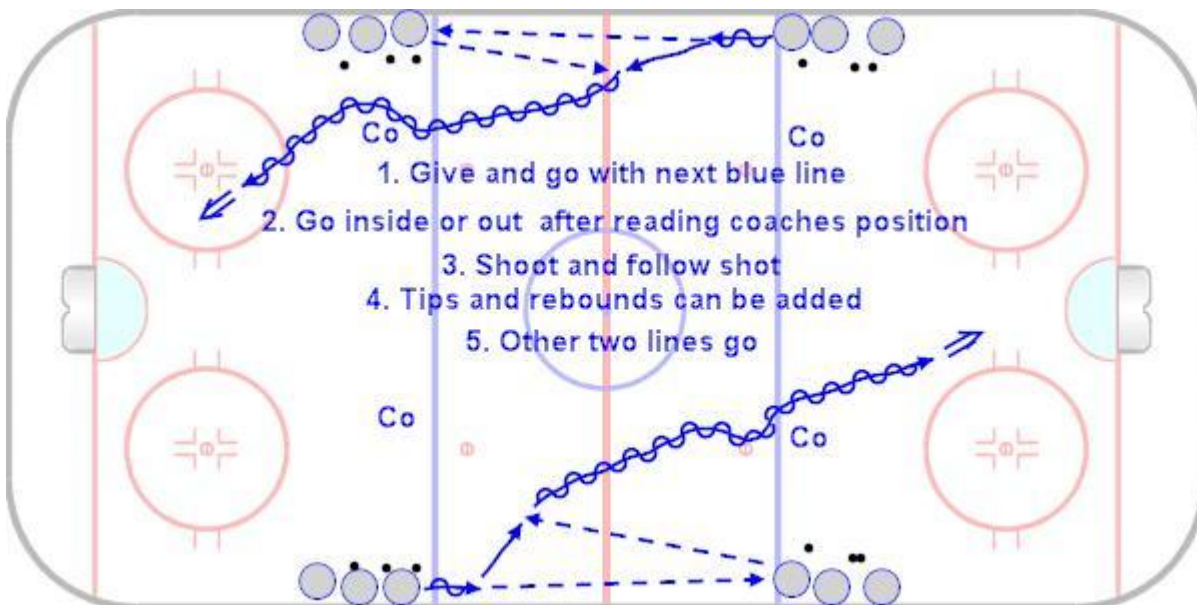
B600-B5, 1-1, 2-1



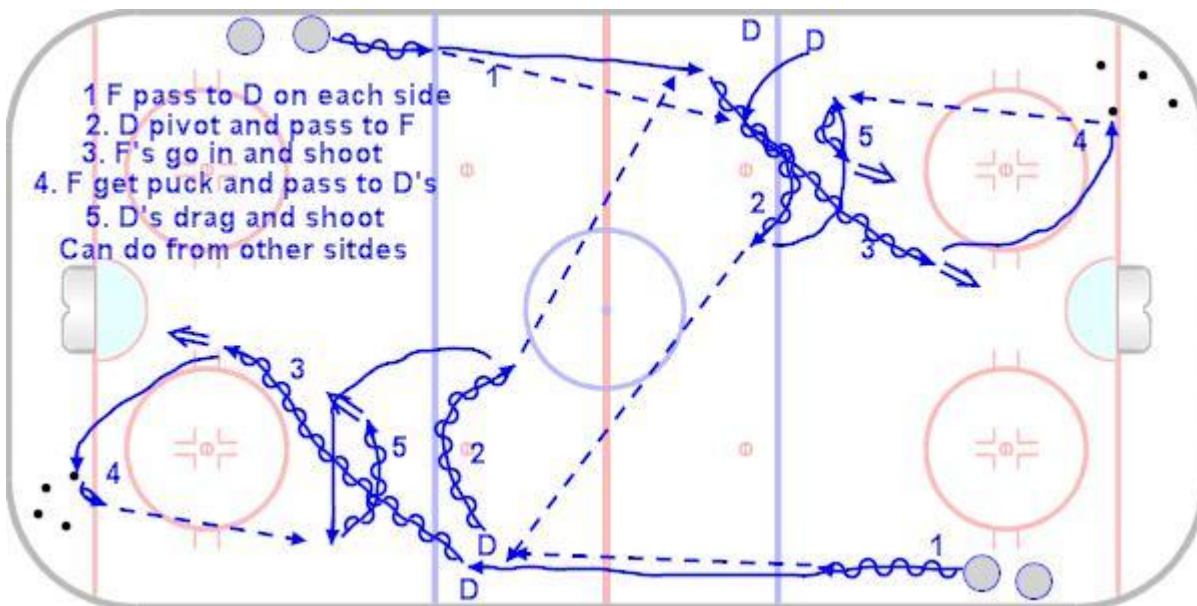
B600 pass pass pass



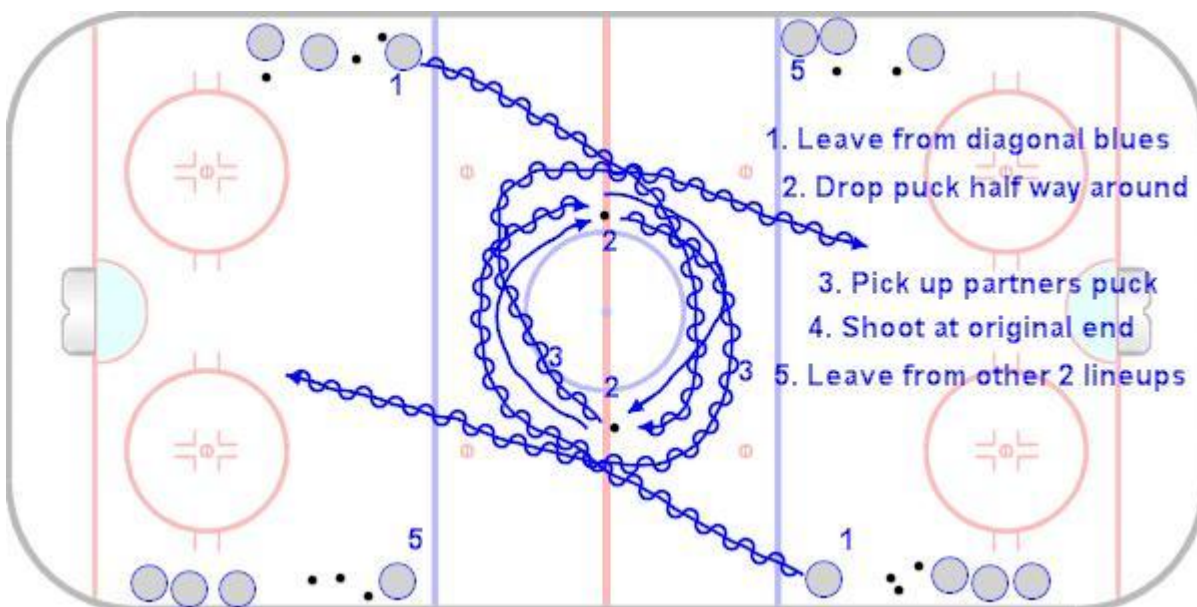
B600 Murdoch pass-pass-pass drill



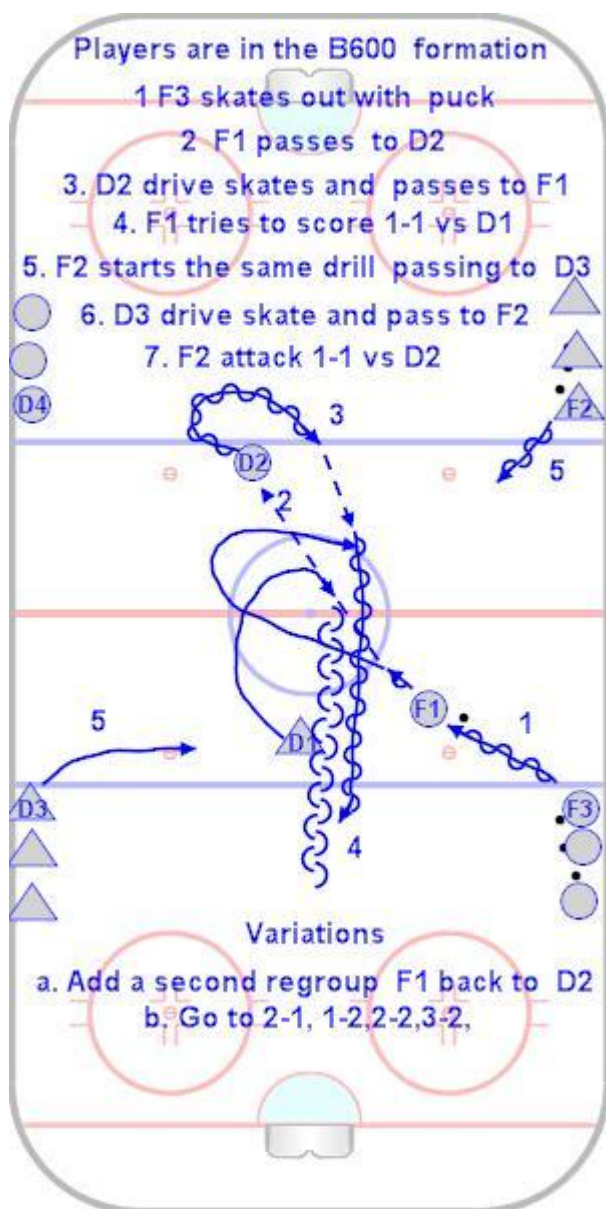
B600 One Touch and Shoot



B600 Wideman and Point shot



B600 Circle shot and drop



B600 1-1 to 3-2 Options



