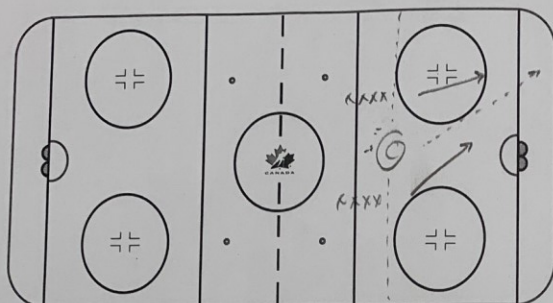




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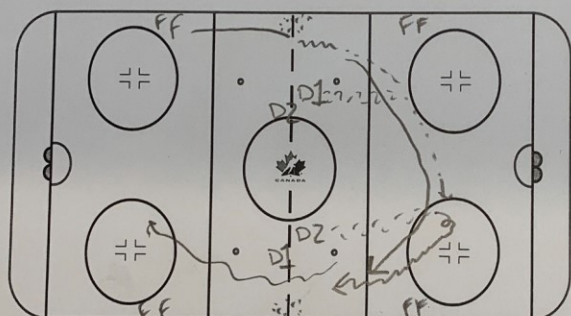
WARM-UP

1v1 - 2v2 3v3

① drop puck on one side
THAT TEAM IS ON THE
OFFENSIVE SIDE.

DEFENSIVE TEAM HAS
TO SKATE OUT OF THE
ZONE W THE PUCK

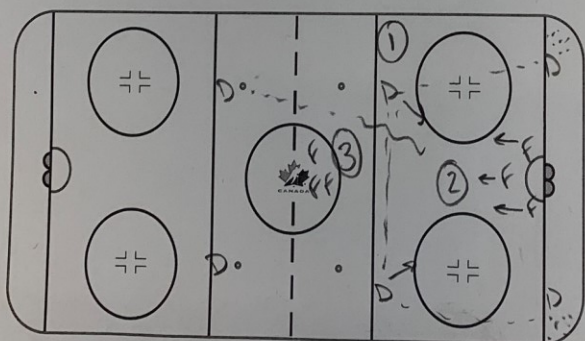
② yell if it's a lost 2v2 3v3



NZ FC ACTIVATION

Whistle F and D activate
F retrieve a puck and
pass to D1
D1 pass to D2
F1 act like F1 on FC
stick on the ice, steer the puck

D2 skate w the puck
and let F1 steal the puck
F1 body position, knee drive
lift stick
go for a shot



NZ FC + Transition

① D to D shot, both side
after D corner pass
to F

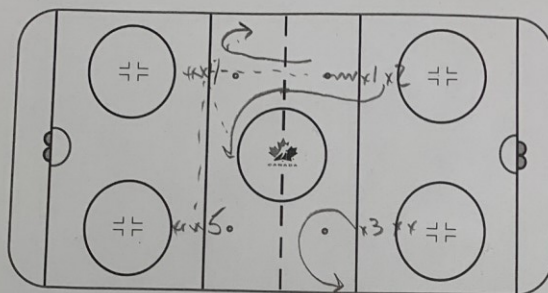
② F carry puck and pass
to D for blue line
it's activate the NZ FC

③ 3 F's in the circle activate
when D touch puck for
transition

D who made pass from corner join
for NZ FC



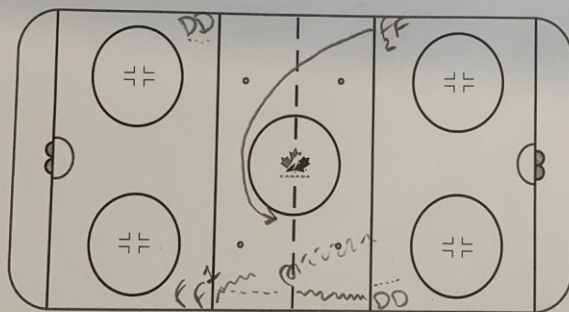
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Quick Transition Drill

X1, X2, X3 start at the same time
X1 pass in front of him X4
you ask your player to go in the spot of your Regroup/transition

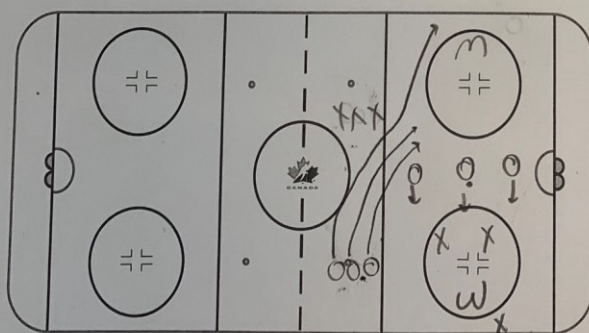
X4 got 4 options for passing pass to X1, X2, X3 or X5



Quick 2on1

D state w Puck
Tag the red line and pass to F1
F1 activate and go for a 2v1

F2 start at the same time has the D



SAG change up

3vs2 when X retrieve puck, has to make a pass to the X behind the net, they switch from Defence to offence
O has to change and send a player behind the net

* Player behind the net cannot be involve in the play when is team is on the defensive side