



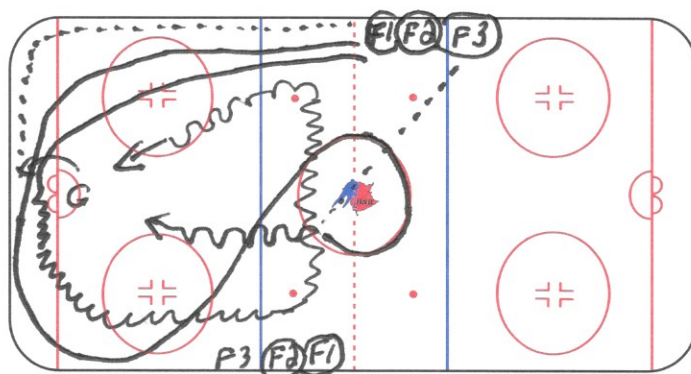
HOCKEY NEW BRUNSWICK

TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

Rangers Skills Shooters

Both ends

- F1 dumps puck for goalie to step out & set up
- F1 skates over puck & pattern around centre ice
- F2 picks up puck, around N2 dots & wide for shot
- F1 receives pass from F3, shot



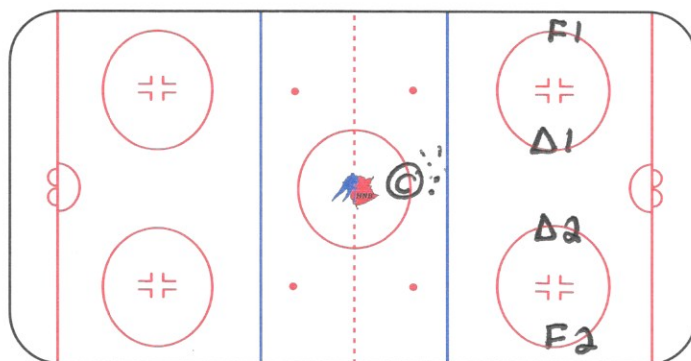
TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

D- Zone Breakout 1/2 Ice

Both ends

- ① dump pucks, breakout 1 is D-D pass, to winger & to ②, 2nd is reverse, to winger & to ③, 3rd is quick up, forwards curl behind ③ & go 2v.2

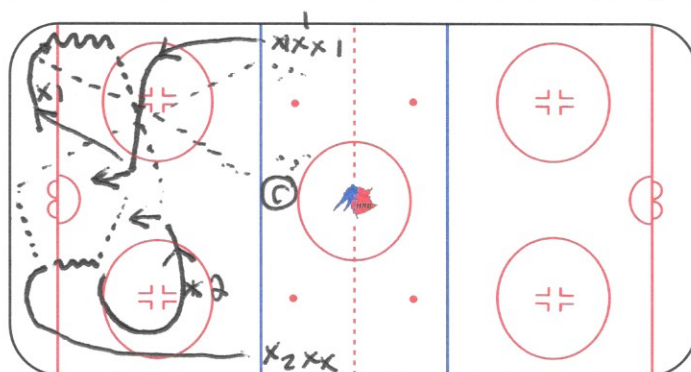
* add 3rd Forward



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

Czech 1-Timer

- X1 dumps puck behind net, X2 retrieves, moves out & finds X1 for 1 timer
- X1 goes opp. corner to retrieve puck dumped by ③
- X2 moves around circle, finds ice in slot, receive pass from X1 for 1 timer



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

Progressive 3 v.3

- 1v.1 (10 secs)
- add a player each side for 2v.2 (10 secs)
- add player for 3v.3 (25 secs)

- make 2v.1, 3v.2, 3v.1's instead of 1v.1, 2v.2, 3v.3

