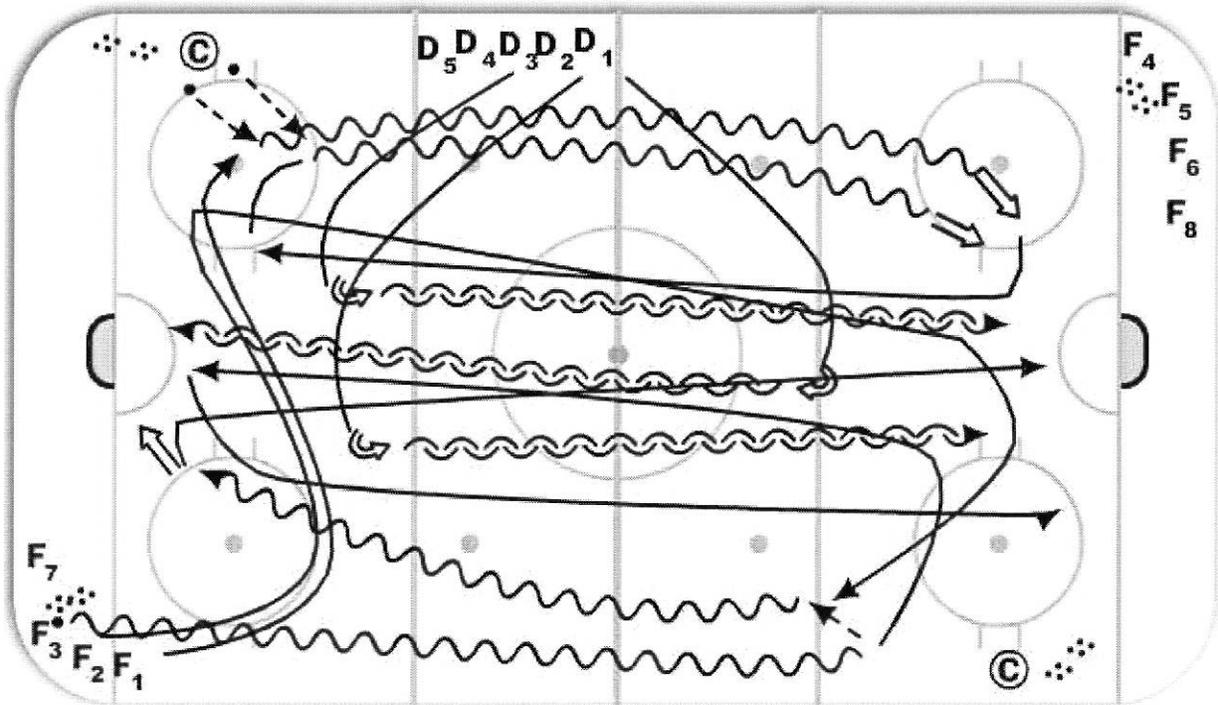


## Newton, Tom

**From:** HockeyShare Drills [practiceplans@hockeyshare.com]  
**Sent:** Friday, December 19, 2014 12:08 PM  
**To:** Undisclosed recipients  
**Subject:** Practice Plan: Email My Hockey Drills at HockeyShare.com

*Message Sent on Behalf of: Phil Osaer - [osaer@ath.msu.edu](mailto:osaer@ath.msu.edu)*



**Drill Name:** Newton Progression

**Date Created:** 11/20/13

**Category:** Competitive

3 on 1 Play

**Key Points:** 3 on 2 Play

Transition to Offense

**Description:**

-F1 and F2 get puck from coach and attack down ice 2 on 0

-F3 gets puck from coach and regroups with F1 and F2 and attack D 1 3 on 1.

-Forwards pick up another puck from coach and attack D2 and D3 3 on 2

-Drill then starts from the other end

**Notes:**

POS. Work Rest

FWD 30 120

DEF 10 30

[Download Drill PDF](#)

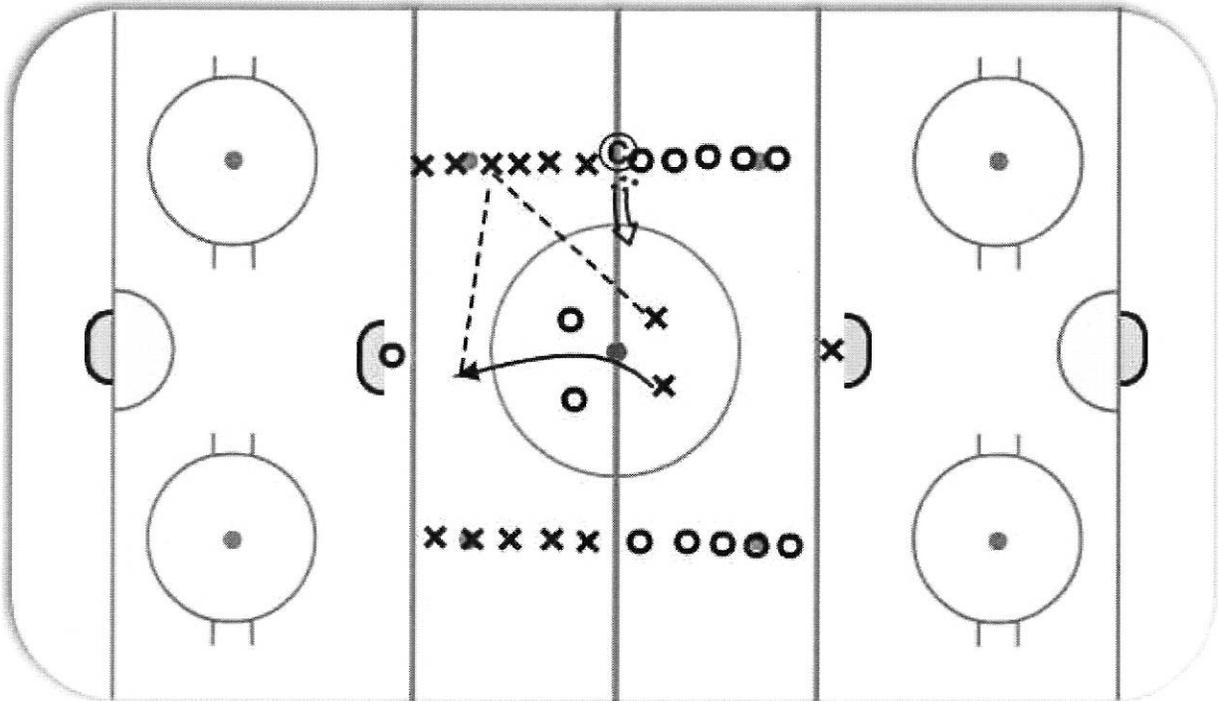
Newton, Tom

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**Drill Name:** 2 on 2 Neutral Zone Give and Go Game

**Date Created:** 09/18/14

**Category:** Competitive

**Key Points:** Communicate. Find open spaces.

Teams are lined up in the dot lane between the red and blue line on their offensive side.

The coach has the pucks.

**Description:** On the whistle, the first player from each team, on each side, that are closest to the red line move into the middle.

The coach flips the puck in.

Once possession is established the offensive team must make at least one pass to one of the players on his team in the dot lane.

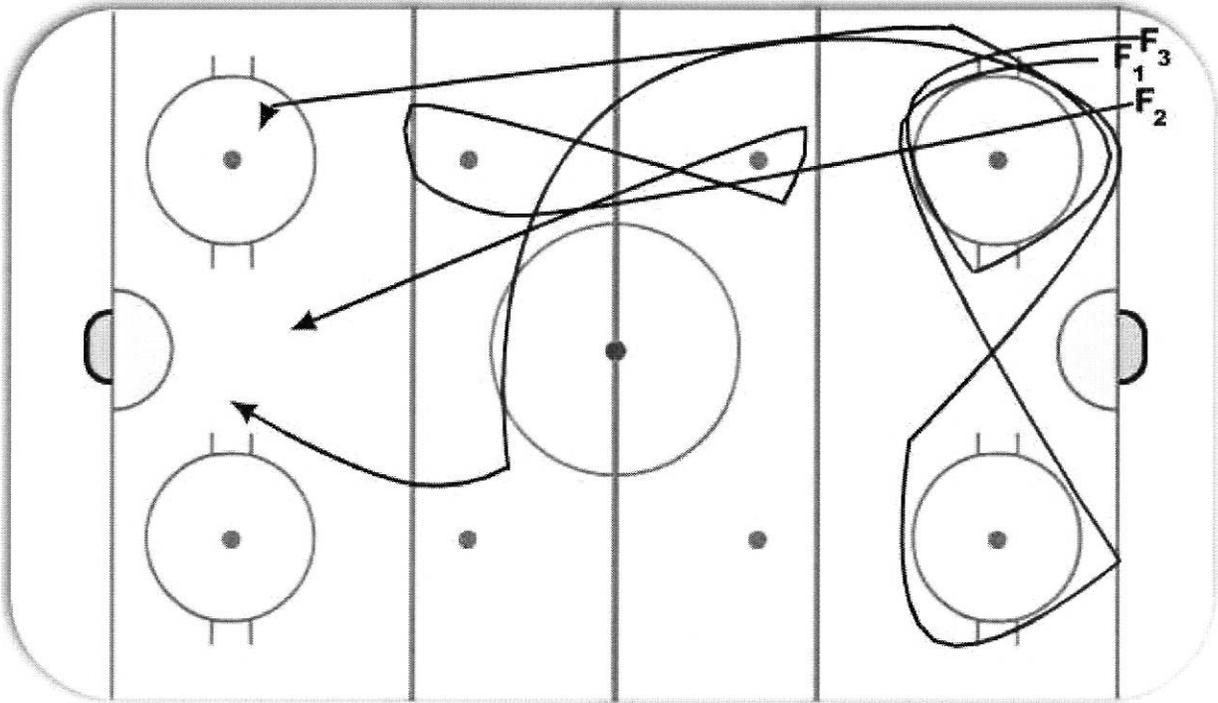
**Newton, Tom**

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**Drill Name:** 3 lane shooting with skating  
**Date Created:** 10/16/14  
**Category:** Shooting  
**Key Points:** Goes from both sides  
**Description:**  
**Notes:**

[Download Drill PDF](#)

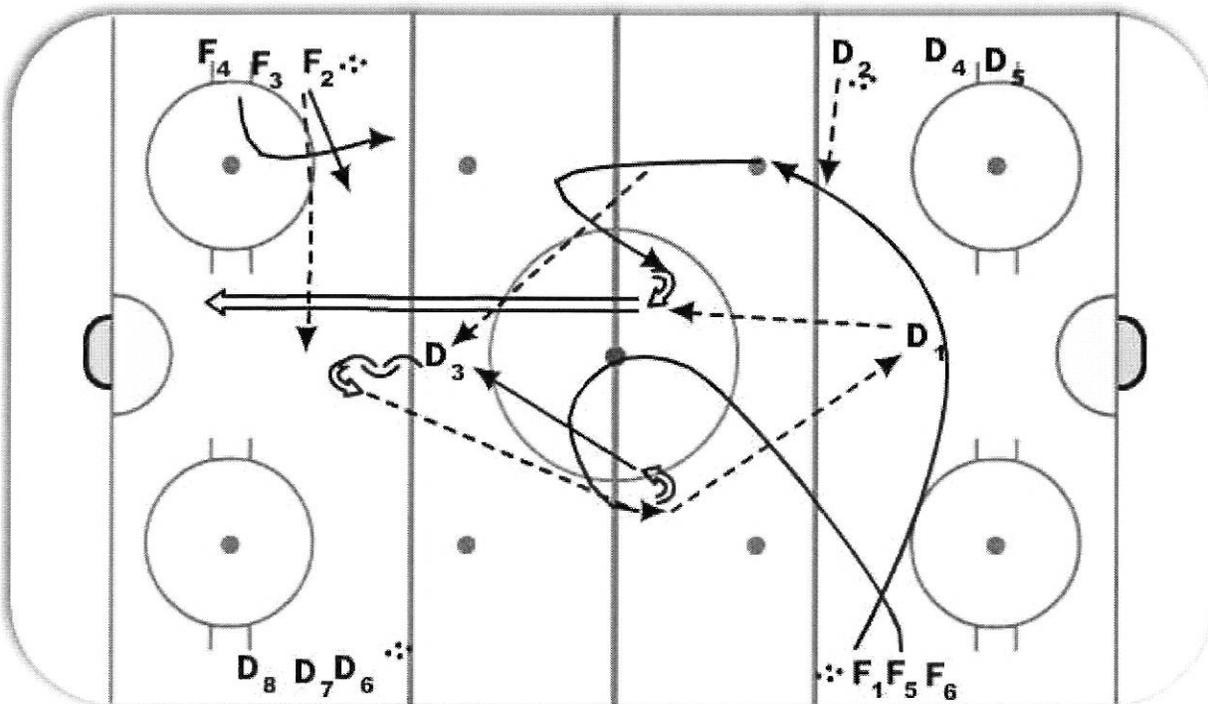
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**Drill Name:** Rocket Neutral Zone

**Date Created:** 10/02/14

**Category:** Timing

**Key Points:** D Escapes.  
Neutral Zone Speed.

2 Forwards take off and get a pass from the D in the line across the ice. Forwards pass it to D1 and regroup.

D2 Passes to either original forward. Forward receiving the pass goes down and shoots. Forward not receiving the pass makes a tight turn and presses the D.

**Description:** Right After D2 makes the pass 2 forward come out of the other line and give a pass to D2. D2 passes to either forward that just came out while he is pressured by the original forward. D2 can utilize an escape move or quick up.

F1 is done after he presses.

Second set of forwards regroup with D3 and D 3 passes to either forward. Forward who gets the puck goes down and shoots. Other forward makes a tight turn and presses D3 when he receives