

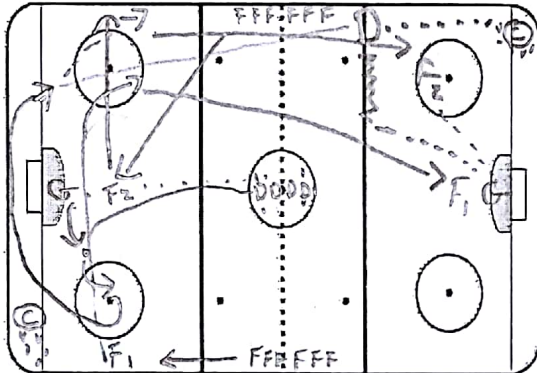


# W.C. Miller Collegiate Hockey Canada Skills Academy 2018-19



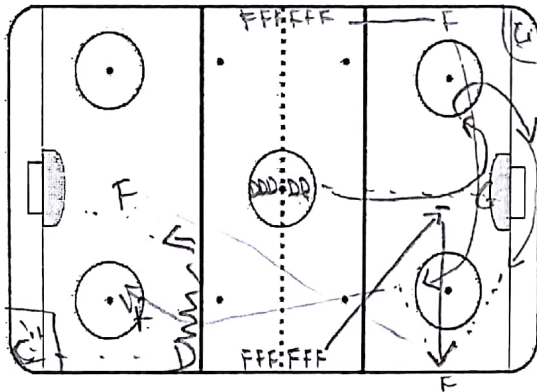
Practice# \_\_\_\_\_

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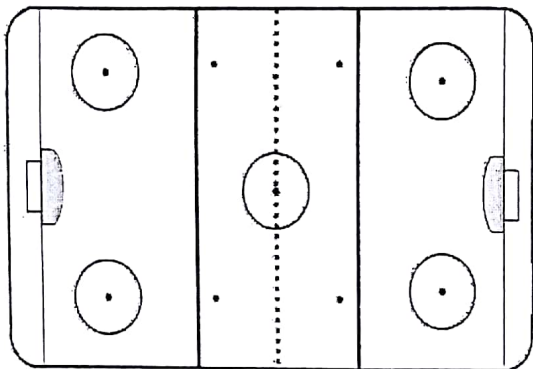
## Drill "JETS BREAKOUT DRILL"

- D MAN IN CENTER CIRCLE w PUCKS
- FWDS ON WALL AT CENTER
- COACHES IN CORNERS w PUCKS
- GOALIES IN BOTH NETS



## Drill • D MAN DUMPS PUCK ON NET

- GOALIE SETS PUCK TO HIS/HER RIGHT
- D MAN RETRIEVES PUCK, GETS TOES UP ICE
- F<sub>1</sub> + F<sub>2</sub> GO TO WALL + SLOT AREA



## Drill • D MAN PERFORMS A CUT BACK

- AND GOES BEHIND NET TO OTHER SIDE
- F<sub>1</sub> AND F<sub>2</sub> ADJUST
- D PASSES TO F<sub>2</sub> WHO MOVES FEET PASS TO F<sub>1</sub> WHO CURLS FLAT
- 2 - 0 TO FAR END - SHOOT FOR A REBOUND.
- D FOLLOWS UP RECEIVES PASS FROM COACH
- DRAG + SHOOT (F<sub>1</sub> + F<sub>2</sub> SCREEN)

**Notes:** THIS DRILL CAN BE DONE OUT OF BOTH ENDS AT ONCE.