

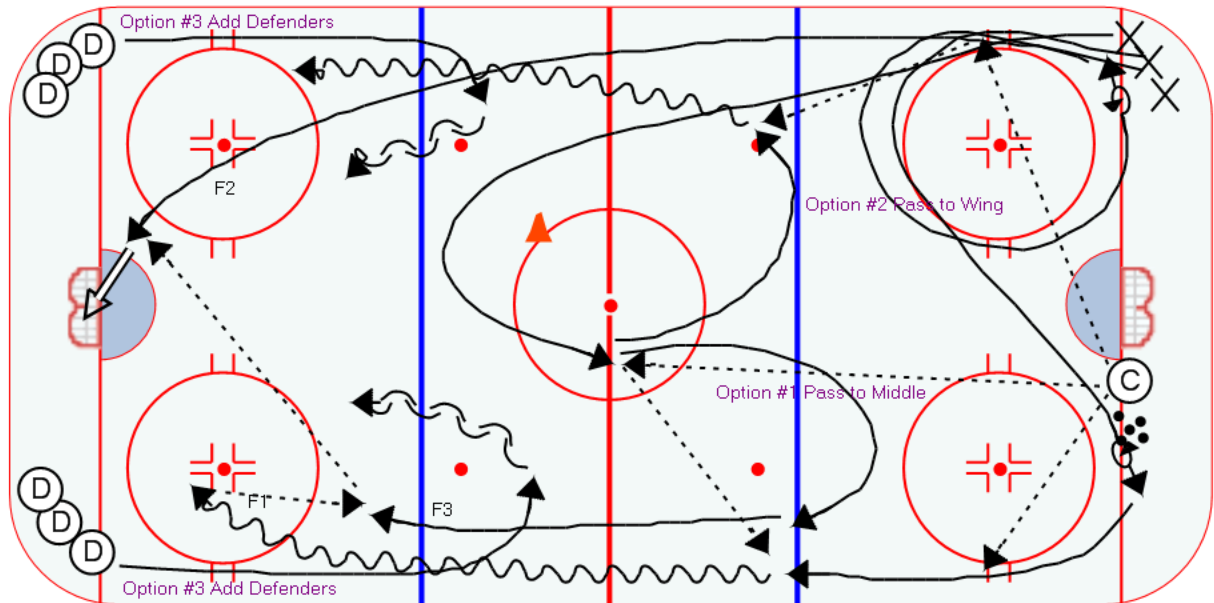
Title : Wiseman Drill

Category #1 :

Category #2 :

Content elements: _____

Components : _____



Made with DrillDraw

Key Points :

Description

1. Players line up in corner
2. Coach has pucks to the side of the net
3. On whistle, three players leave together
4. First player skates up and around the cone, then skates straight back toward the coach
5. Second player skates the "S," never taking his eyes off the coach
6. Third player does a full circle, never taking his eyes off the coach
7. Coach passes to the middle man, who one touches a pass to either winger
8. The winger who receives the pass skates wide and becomes F1
9. The weak-side winger drives to the net as F2
10. The middle man loops in behind the winger he passed to and becomes F3
11. After entering the zone, F1 drops the puck to F3
12. F3 passes across to F2 for a one-time shot

Notes: As players become better at executing the drill as explained above, have the coach use the wingers as passing options too. If a winger receives the breakout pass, the middle man must swing IN FRONT of the puck carrier to provide front-side support and become the "breakaway man." Eventually, you will be able to add defensemen to create a 3 on 1 or a 3 on 2 simulation.

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