



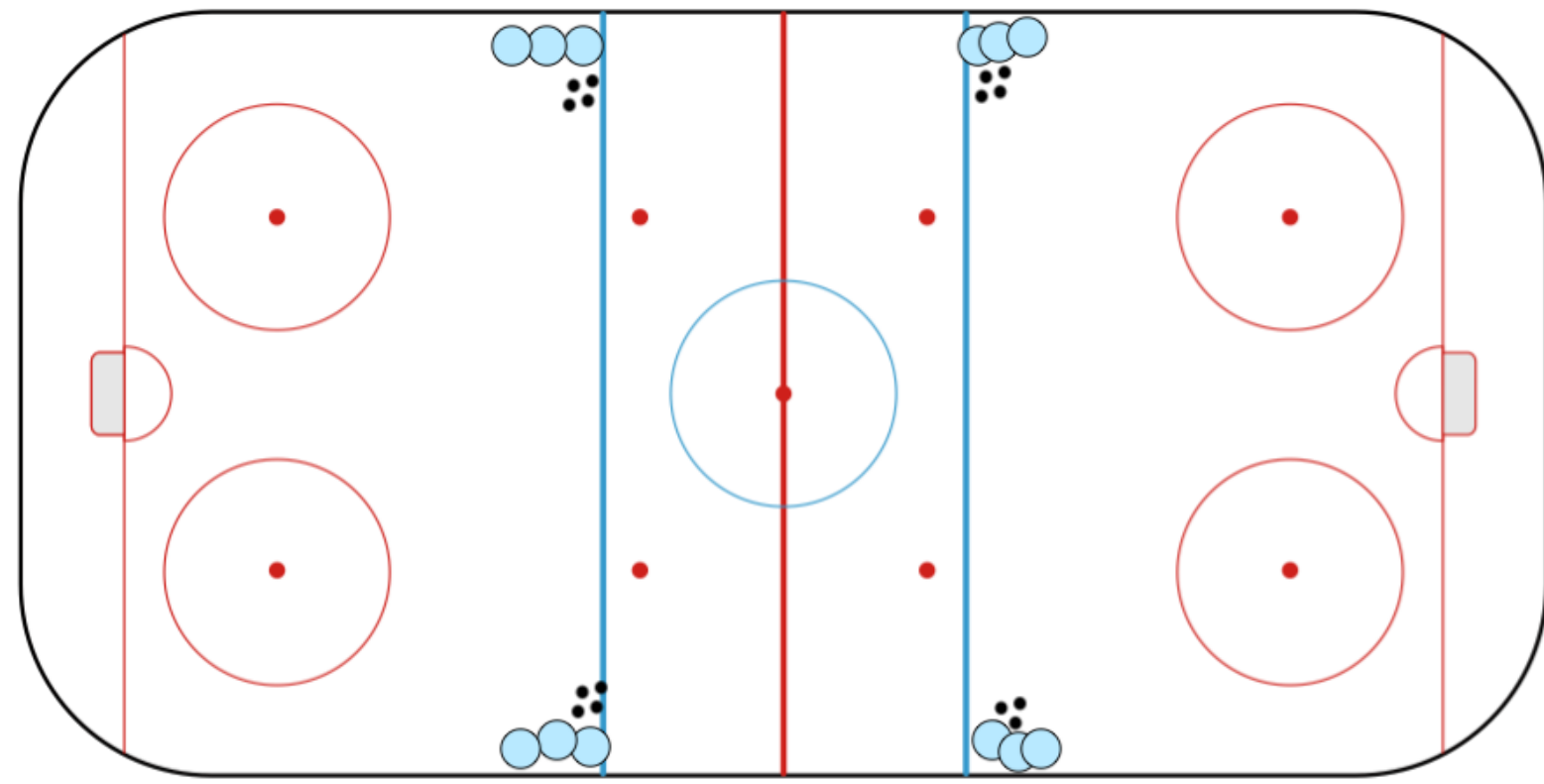
Flow drills

One drill in two versions

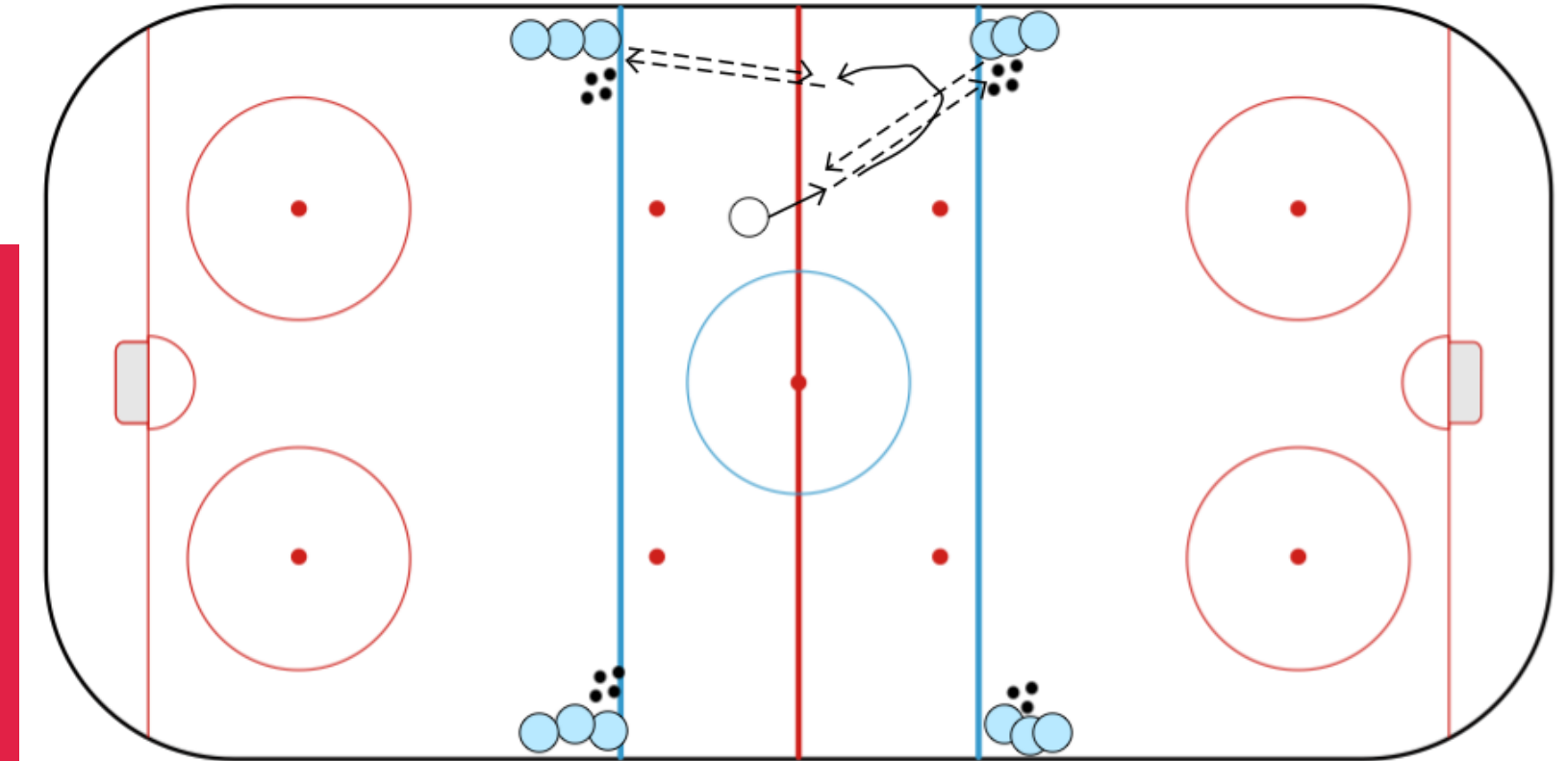
Oldrich Jindra, 1.2.2022

Drill 1

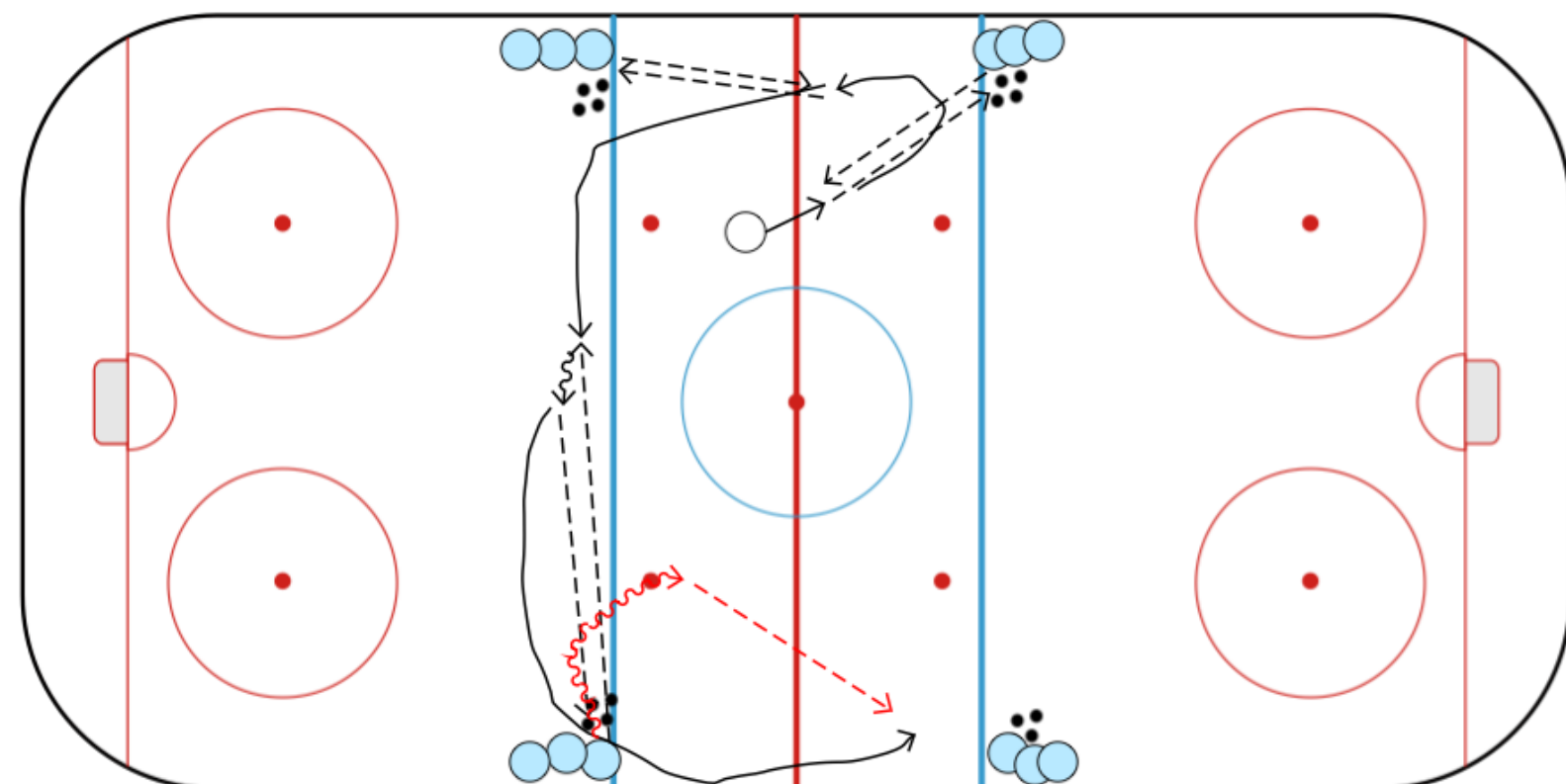
This our basic drill, actually and very used one. I can recommend this one for the U17 / U20 and adult players



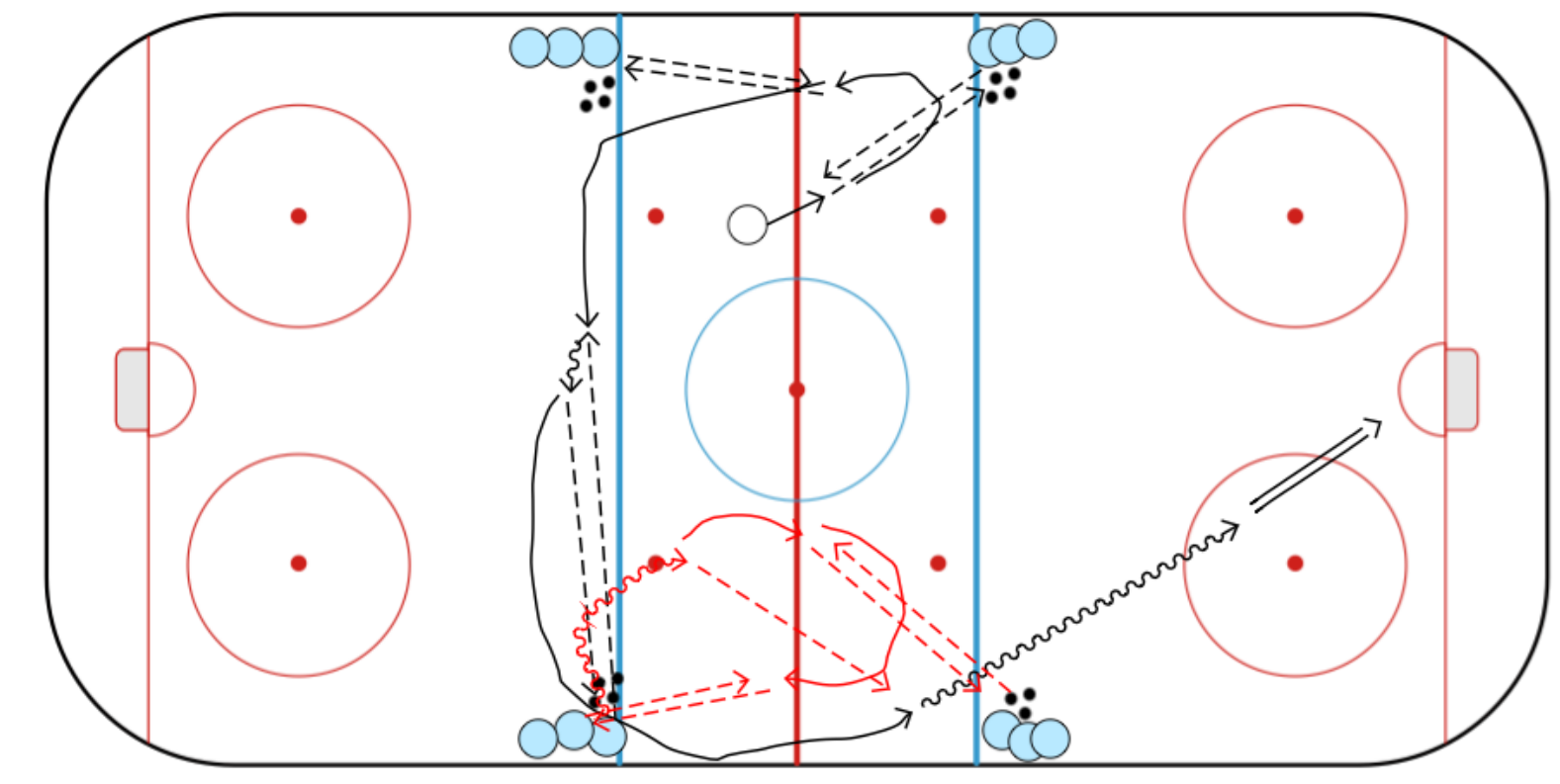
1. Starting position, four groups and all with the pucks



2. Player in the middle plays double pass with both groups on his side.



3. Now he skates to the opposite side and double pass one more time. The red colored player starts with the puck into the middle while the black colored player skates to the board, great break-out pass

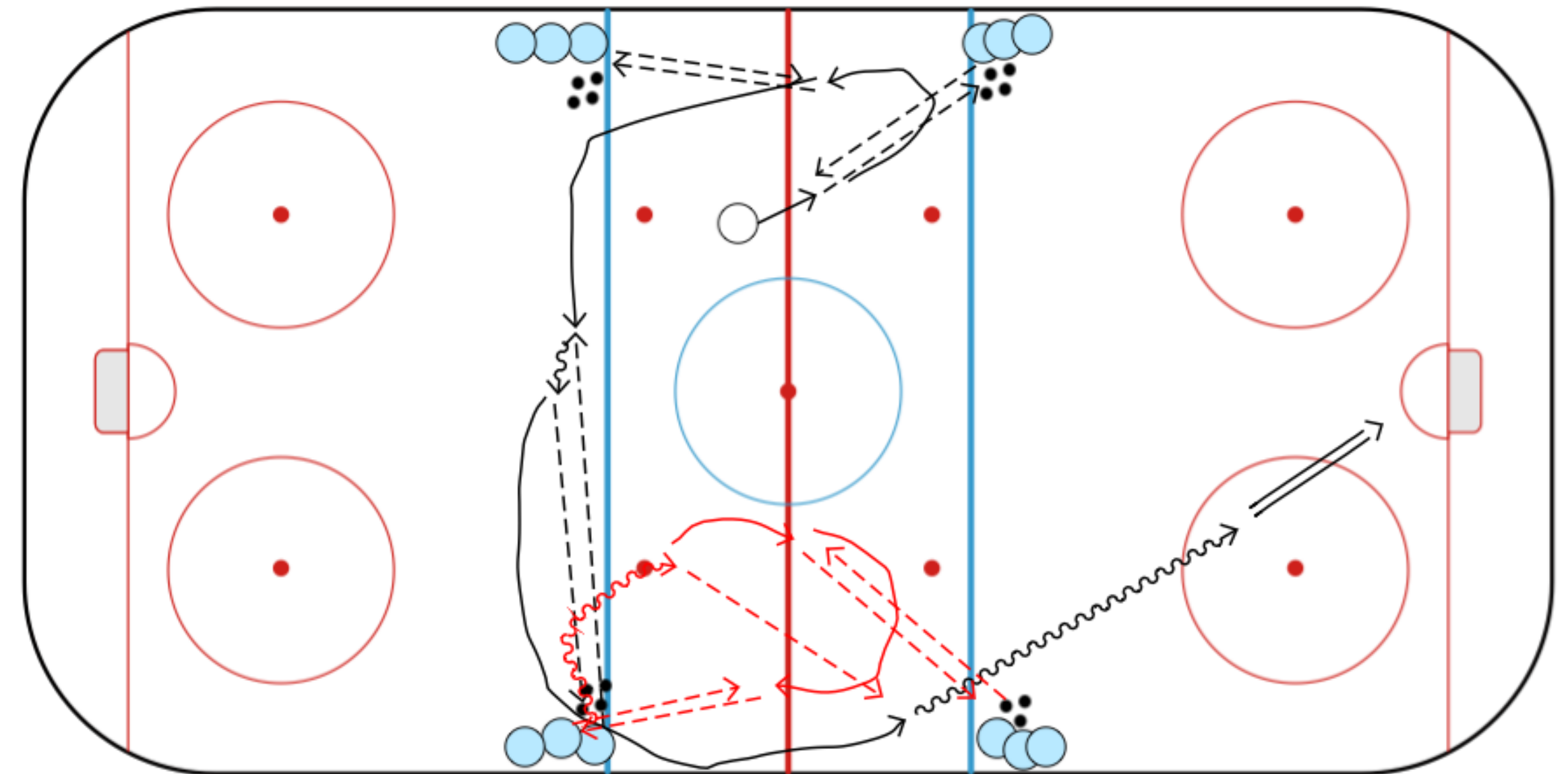


4. After he played this pass does the red colored player that same, now from the other side, black colored player shoots and scores

About this drill

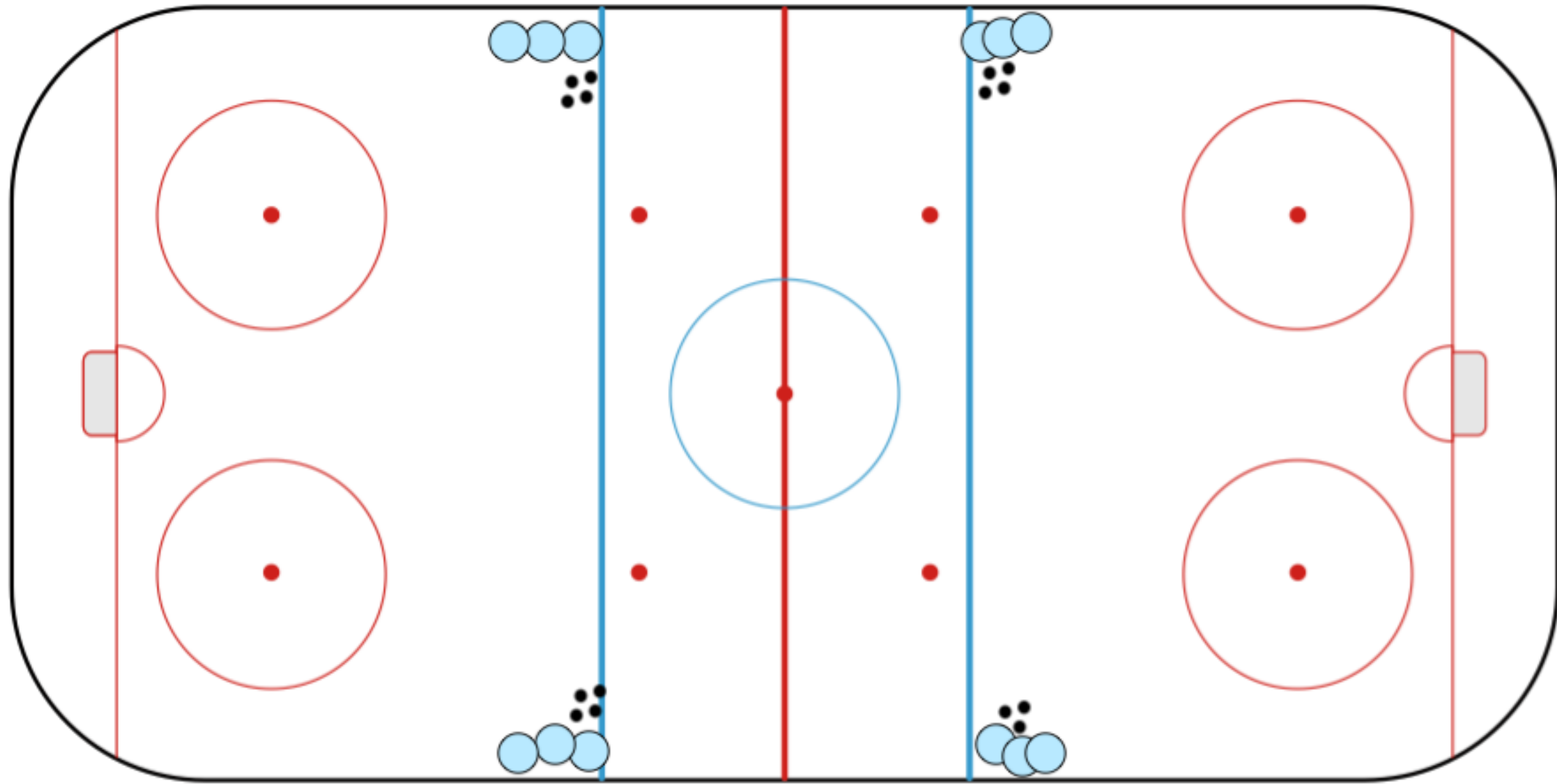
Key-points

- great drill for daily use
- can be done in different speed variations
- both sides running drill
- timing experience, not just focus at yourself but the others also
- easy to involve into the training process
- daily usage
- starting problems but easy to remember after the experience is done



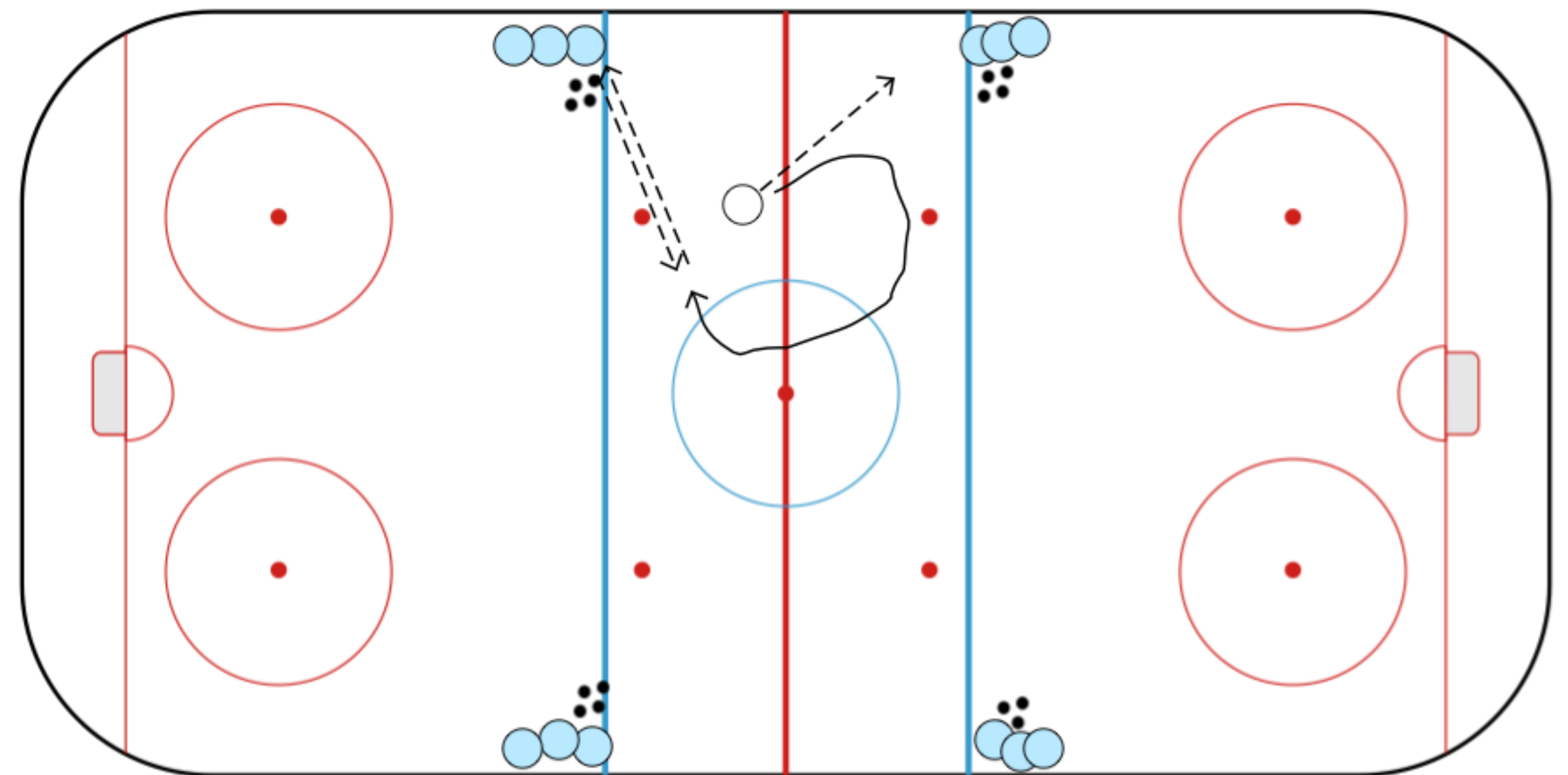
Next level / part 1

Equal organization also principles



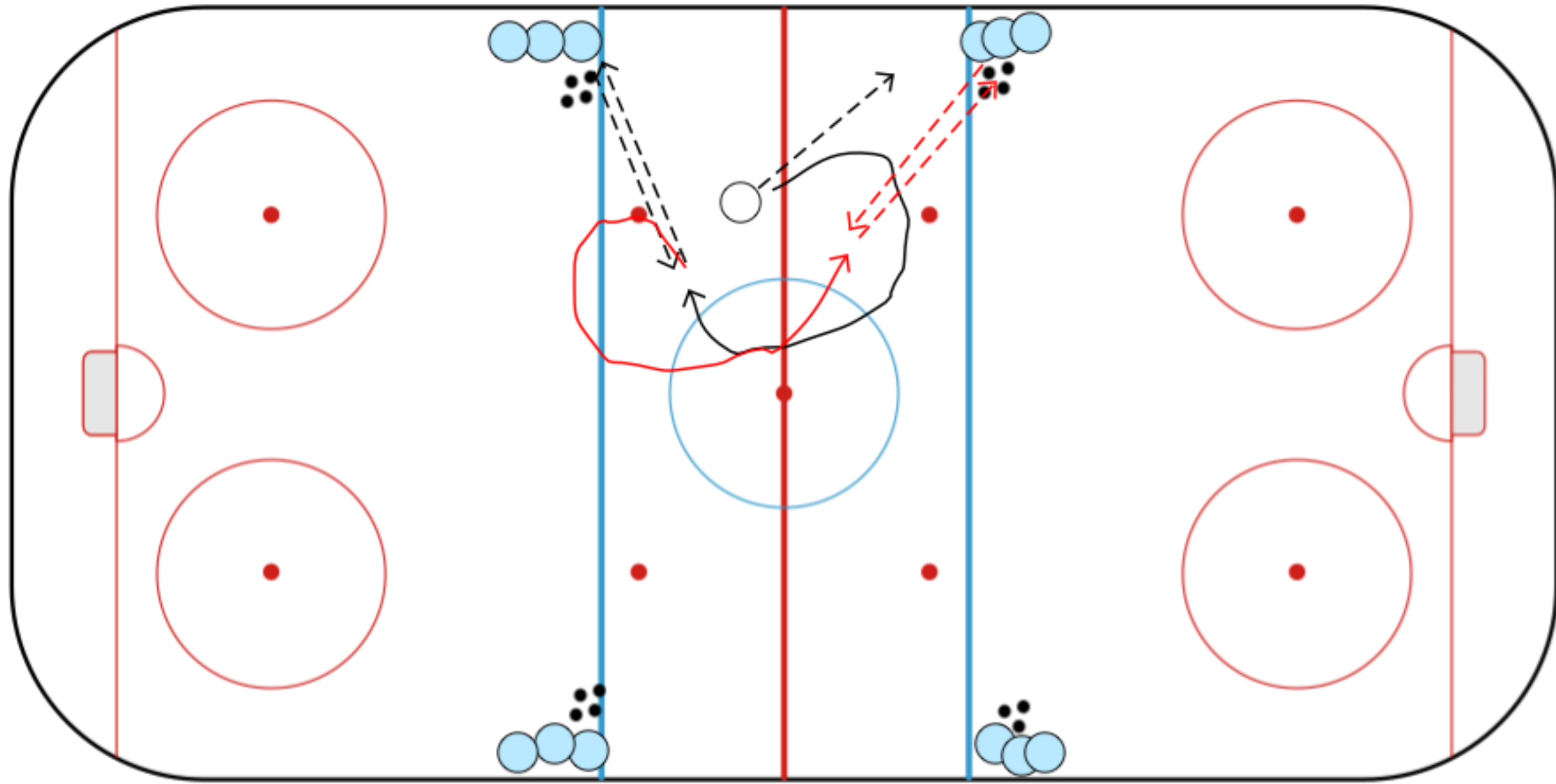
1. Starting position, four groups and all with pucks

2. Change Nr 2: after the player played the break-out pass, does he turn to the middle and plays doublepass with his own group

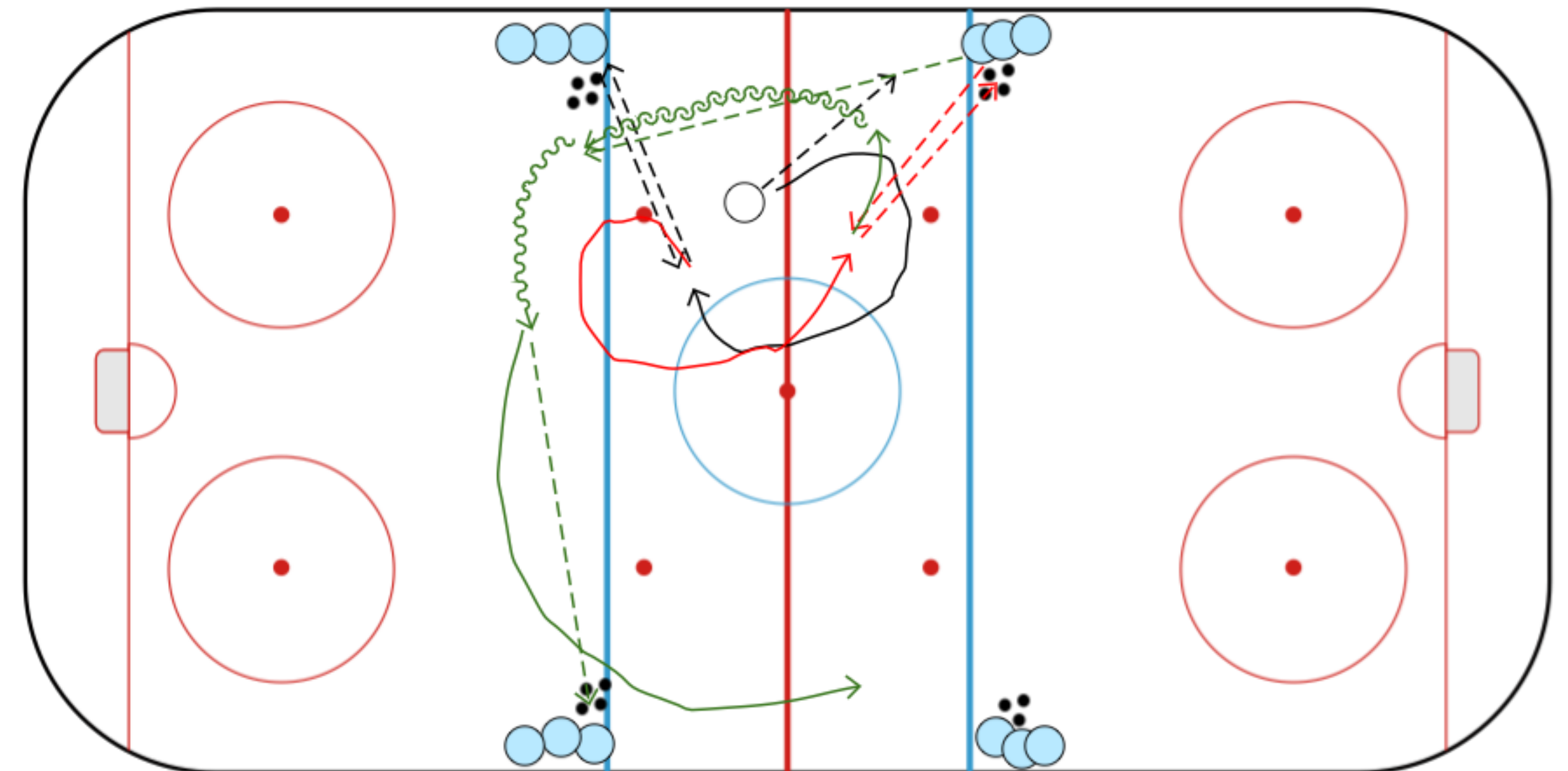


Next level / part 2

Equal organization also principles



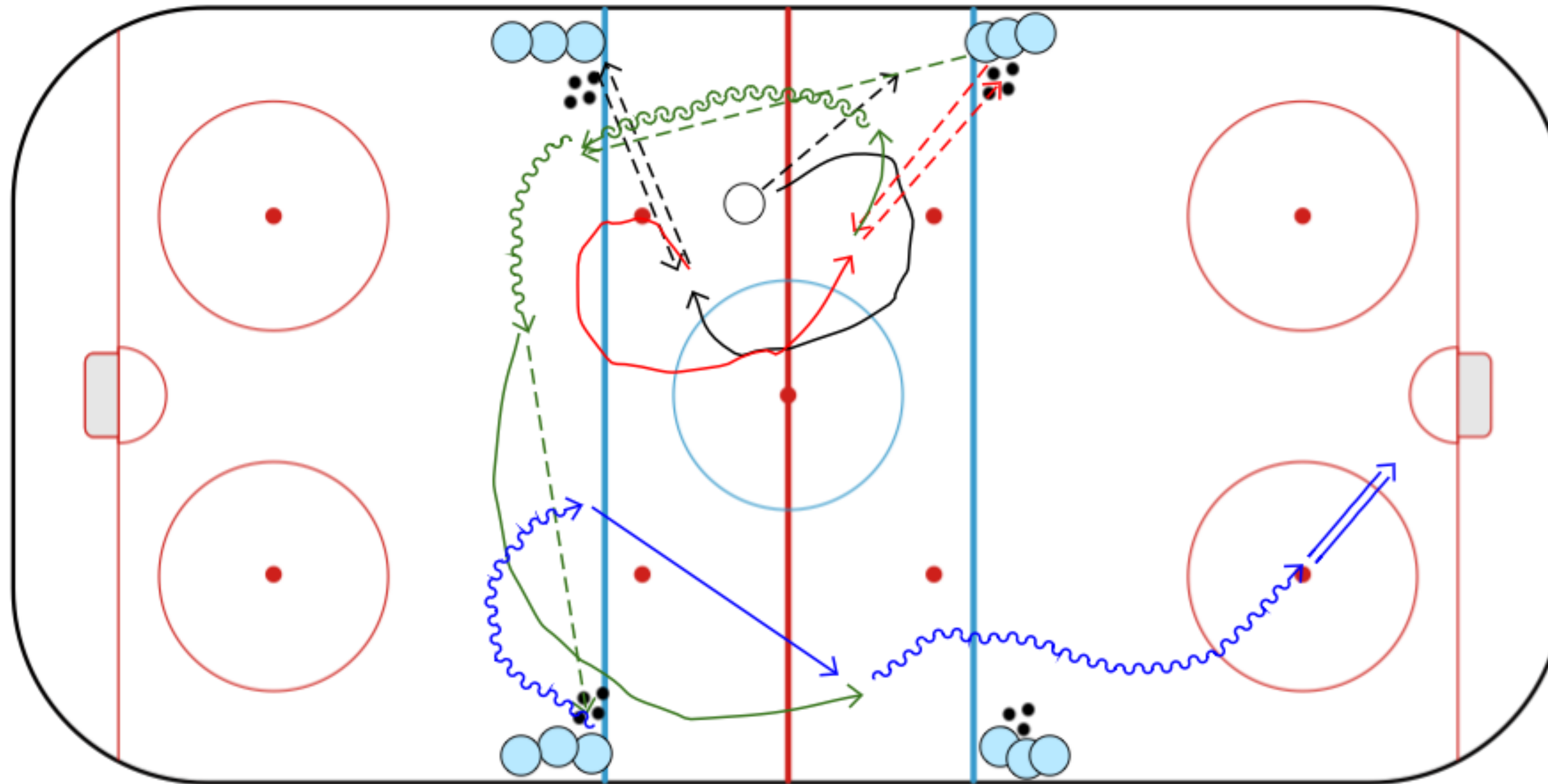
3. Now he turns back to the middle (red colored) and doublepass with the opposite group on his side



4. After the doublepass is done, backwards, he receives a pass, turns back forwards and quick pass with the group on the other side (green colored).

Next level / part 3

Equal organization also principles

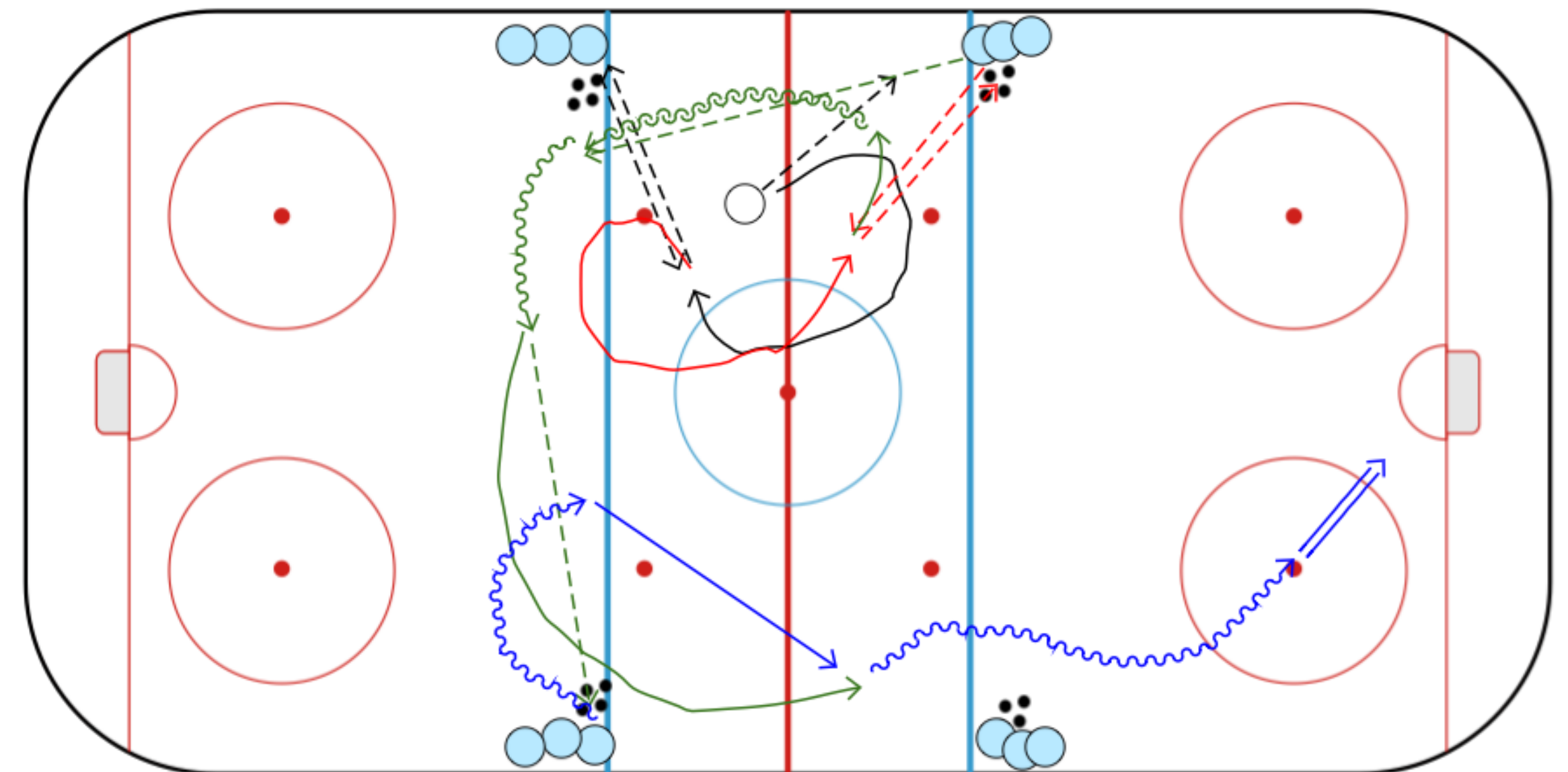
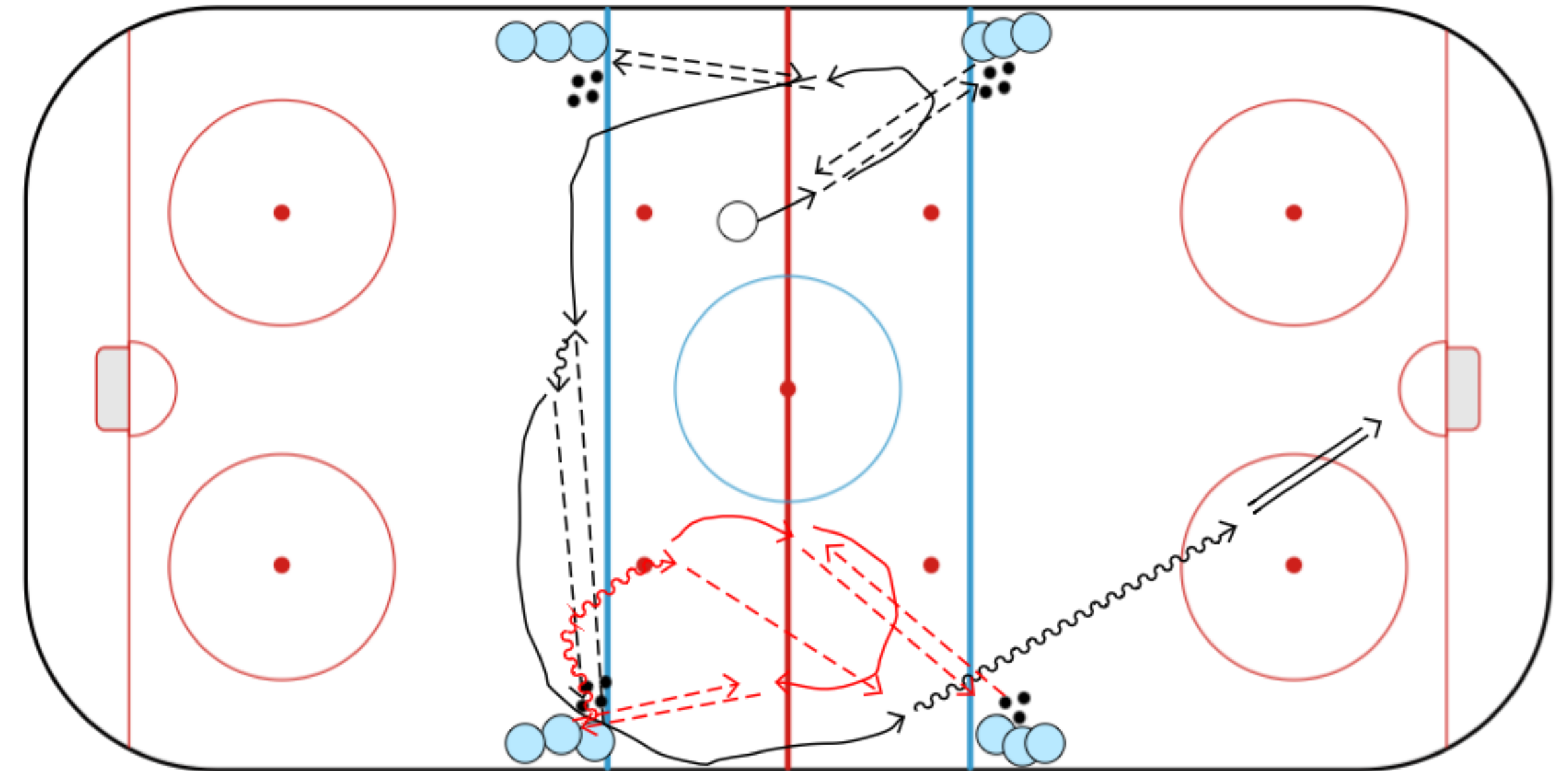


5. In the final step equal organization like in the first drill: skate to the board, puck carrier creates great break-out pass. It starts from the other side again (blue colored)

About this drills

Key-points

- experience with flow drills needed
- basis drill has to be done x-times before you decide going ahead to the next level
- theoretical preparation needed
- tough drill at the beginning
- communication, timing, different ways...





Have fun!

Feel free to contact me anytime

Oldrich Jindra, 1.2.2022

