



KHA Spring Camp '25

Date: Apr 24 2025

Time: 5:29 pm

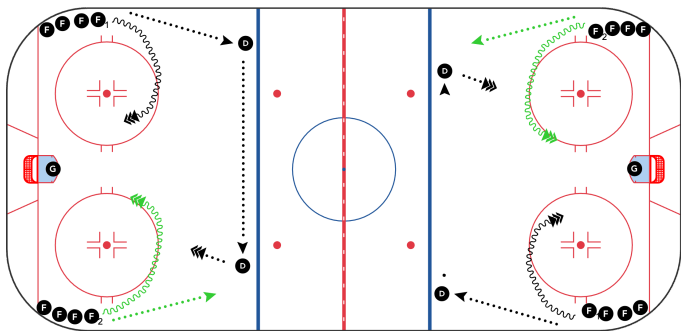
Duration: 46 mins

Pivot Passing (Goalie Stretch)

5 mins

KHA Shooting Warm-Up

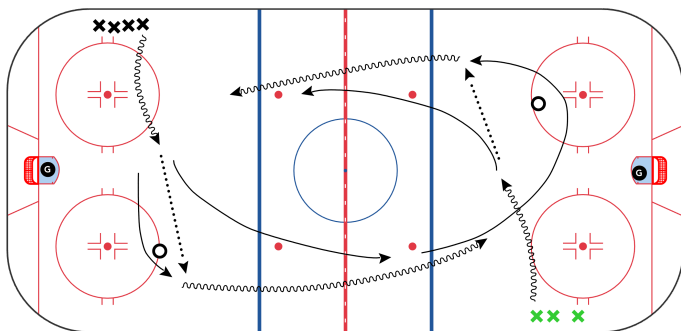
8 mins



Drill happens in both ends simultaneously, no whistle necessary
F1 comes around circle and shoots while next in line passes to point
D pass D to D for shot with F1 in front
Repeat from opposite side with F2

Blue Jacket Up & Down

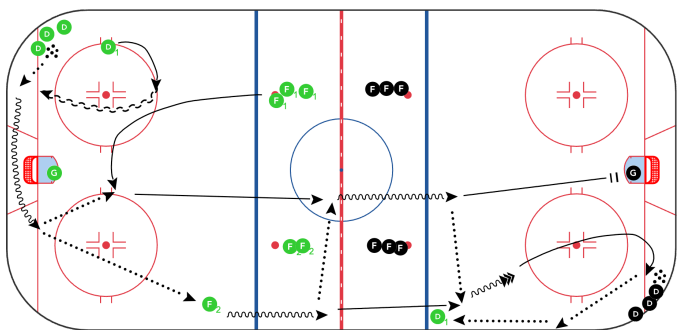
8 mins



Players step out of line with puck and pass to player from previous rep
Track back and provide pressure until player shoots, then circle around tire and receive pass and go down for shot while new player tracks
Drill is continuous

Cam Neely

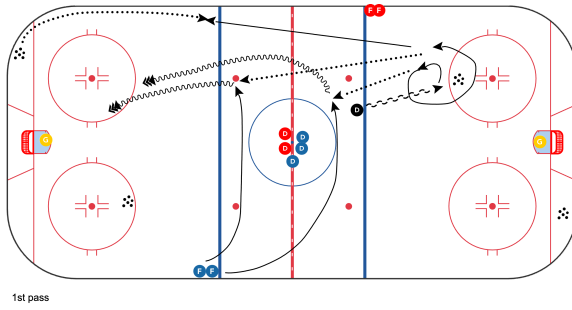
8 mins



On whistle, D1 pivots at top of circle and retrieves puck from corner and wheels behind net
F1 swings slow and low for middle breakout pass, F2 stops at hash marks and joins breakout
D1 follows rush
F1 and F2 play catch and kick puck out on zone entry, take shot with net drive
F2 picks up second puck in corner and rims up to D on blue line for shot with net presence

T-Bird Quick Up

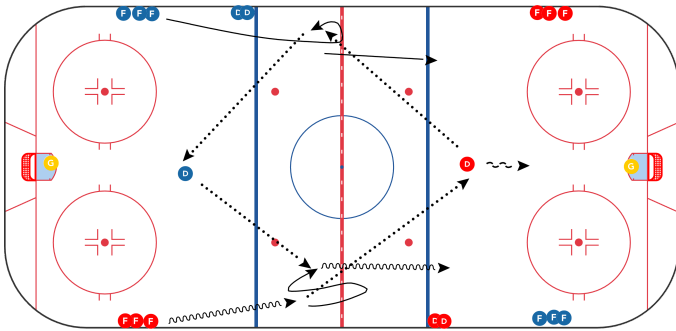
10 mins



Defenseman goes back for puck twice to make two passes to forwards
After two shots, forward retrieves puck and rims up to D for shot

2on1 Diamond

7 mins



Start with pass from forward to D across neutral zone
D passes to second forward, who passes to close D, who passes back to forwards for 2on1