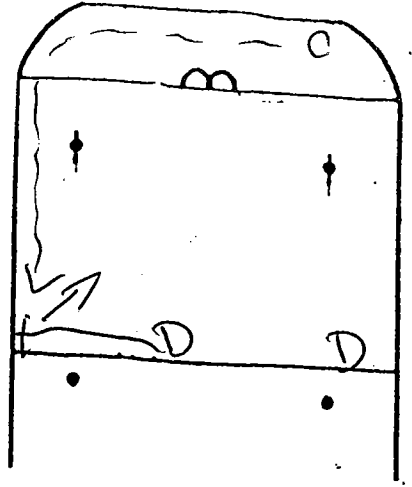
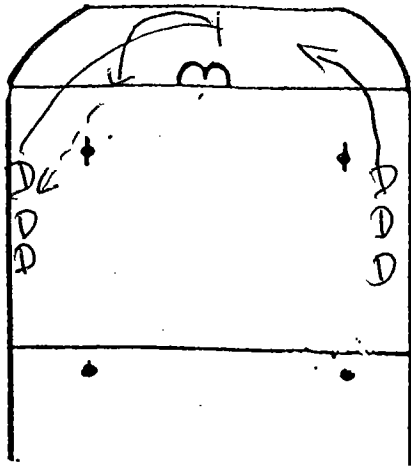
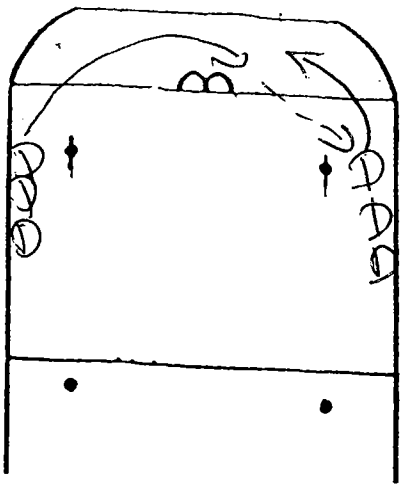
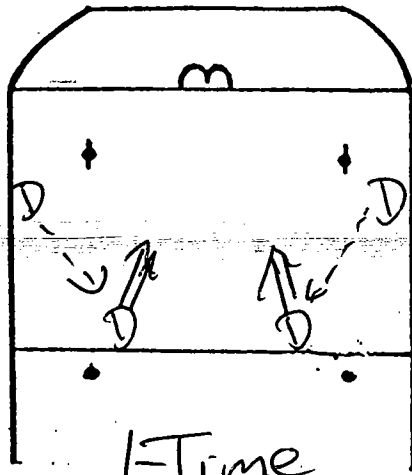
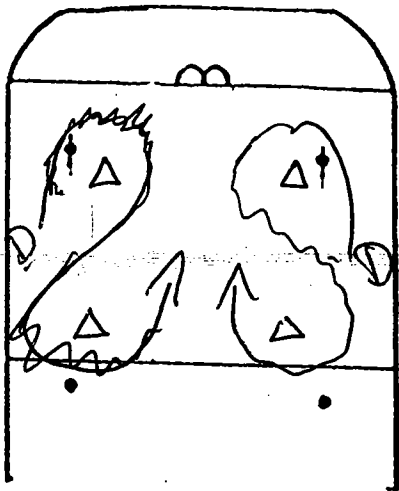


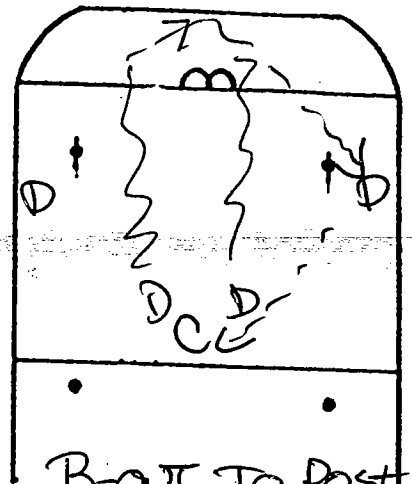
DEFENSE



D Drills

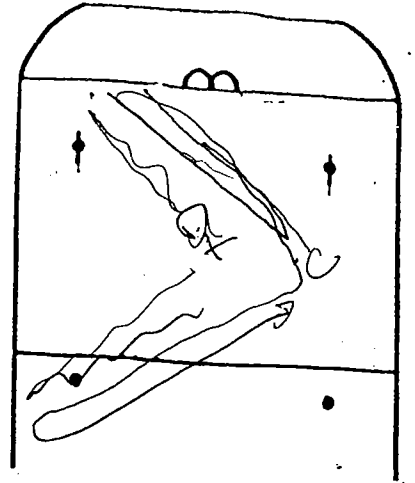
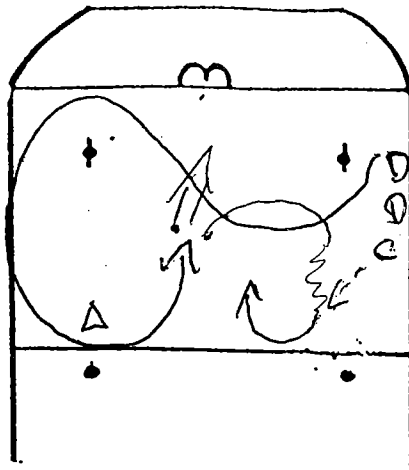
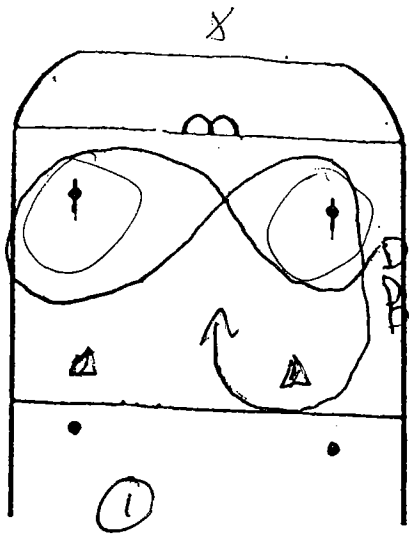


1-Time



B-out to Post
B-out

3-Puck to Coach
Battle in front



D-Drills

1-Chest Face Forward

Start Top Circle

Bottom-Top

Bottom

Cone-Shoot

Backwards

Top Circle-Bottom

Cone-Shoot

Backwards-Catch Pass

Walk line Shoot

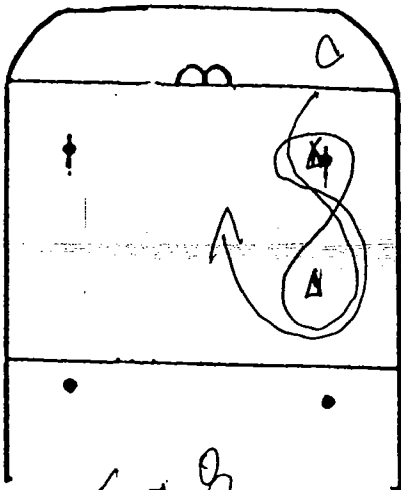
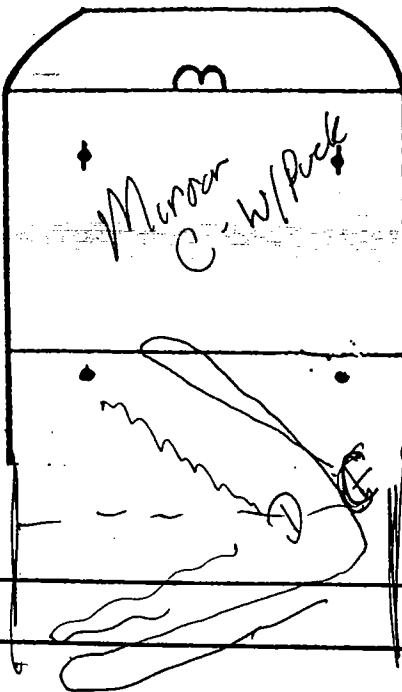


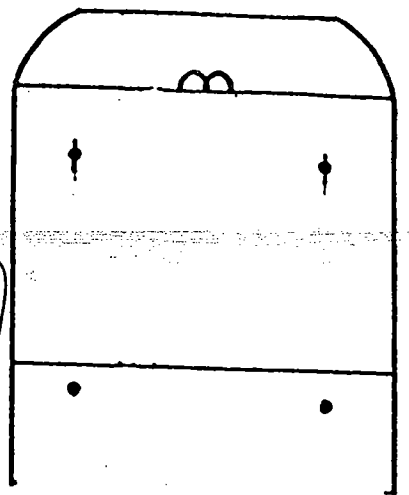
Fig 8

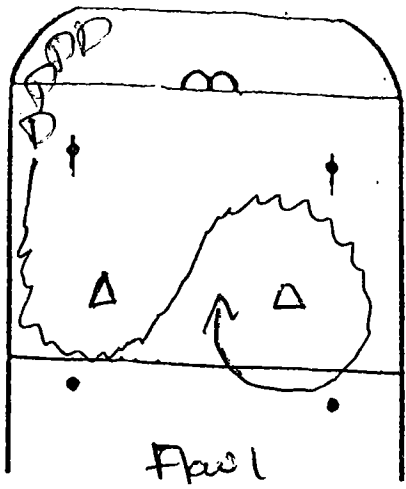
Play Court

w/ Catch

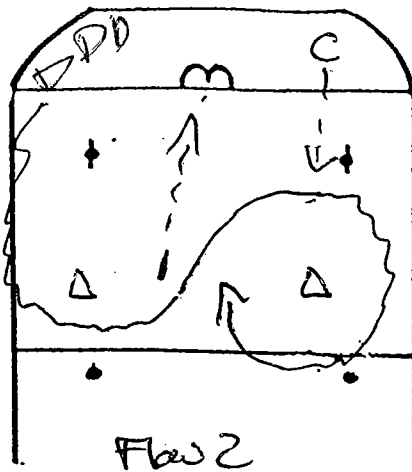


Mirror
C-w/Pass

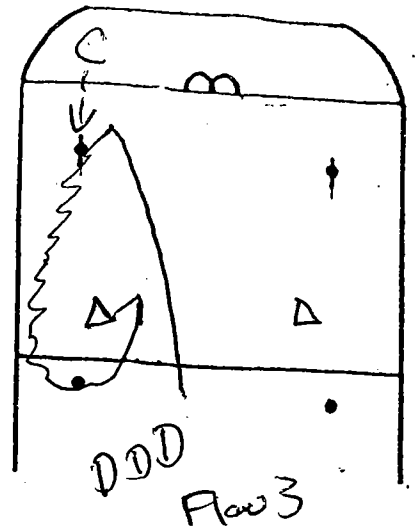




Flaw 1

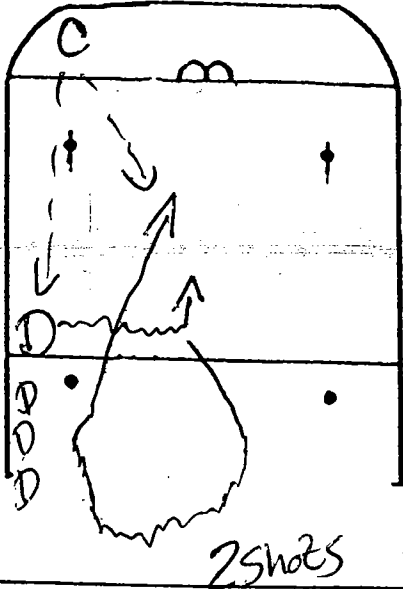


Flaw 2

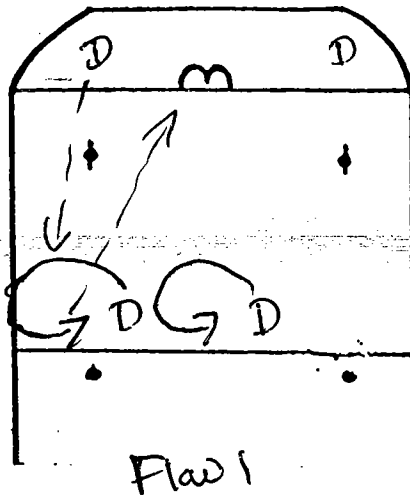


Flaw 3

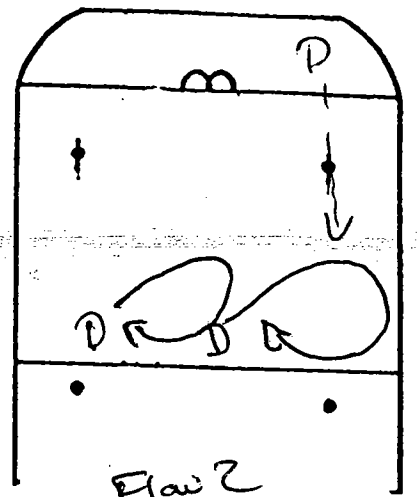
D-Drills



2 Shots

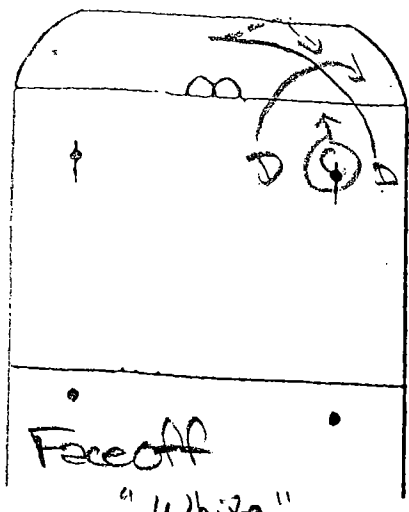


Flaw 1

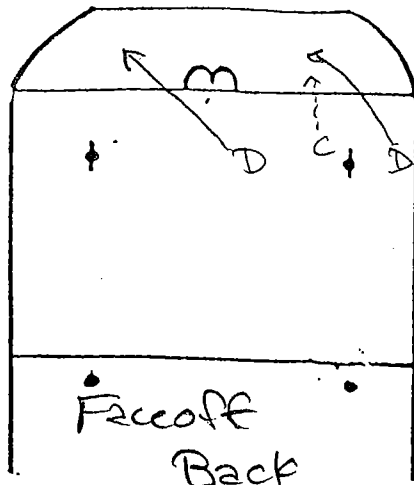


Flaw 2

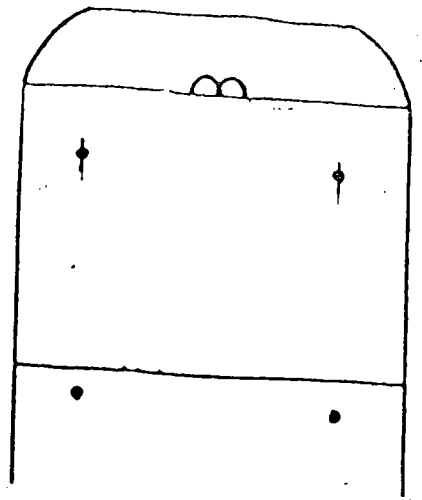
D-Move Together in Fig 8
 Always Board to Middle
 2 Shots (1ea D.)



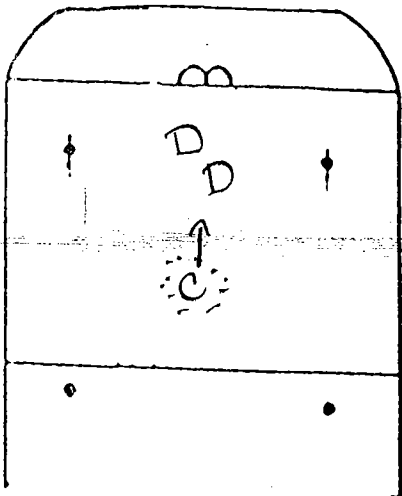
Faceoff
"White"



Faceoff
Back

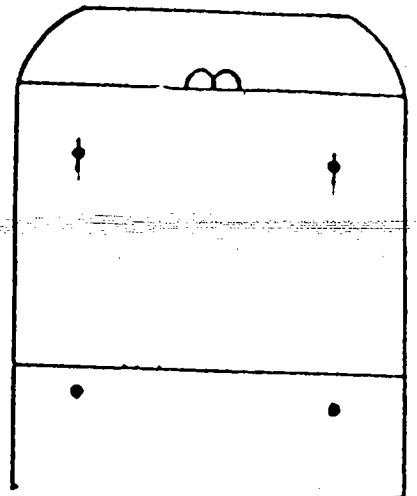
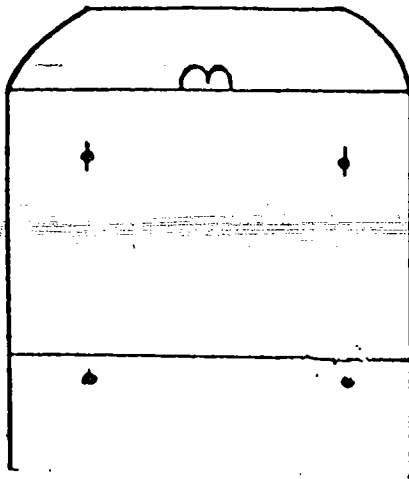


D-Drills



D-Defend D

Each shoots



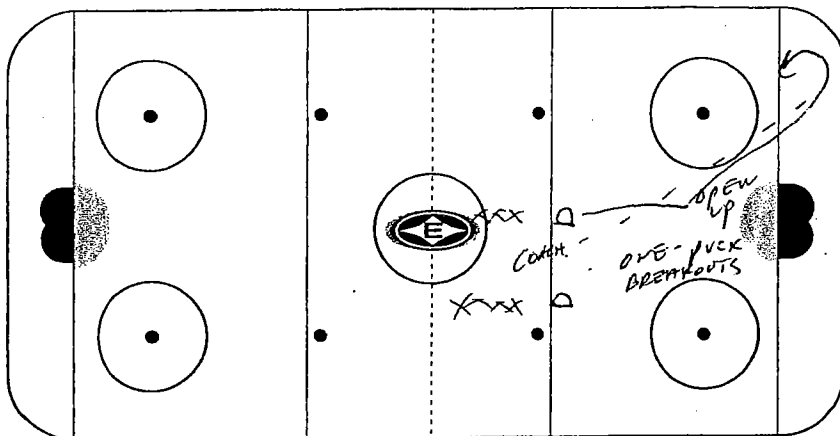


SYSTEM/DRILL

D-Drills 15 MINUTES



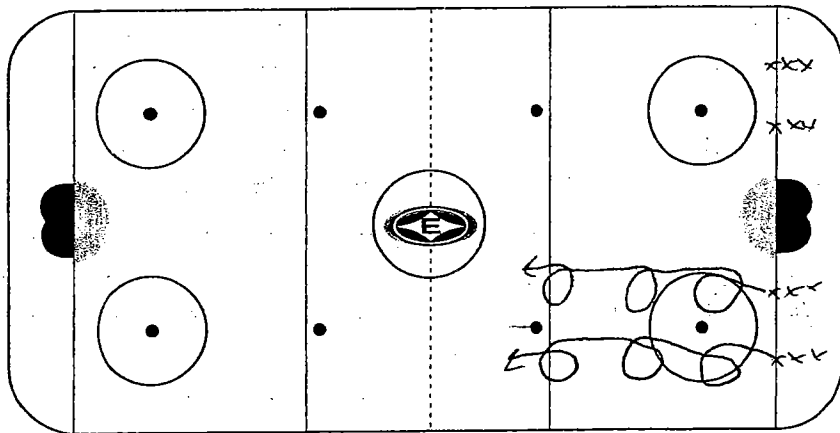
DEF. / SPLIT



Description DEF. 15 MINUTES

3-4 min.

Notes/Systems _____

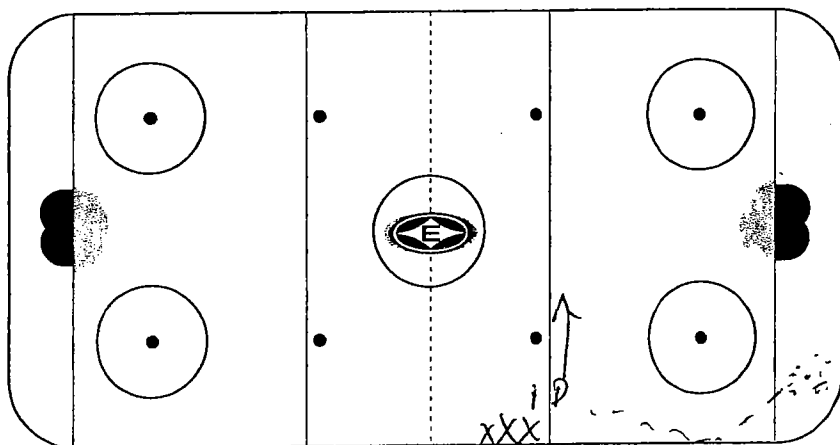


Description _____

3 CURL - DEF. HANDLING THE PUCK

3-4 min.

Notes/Systems _____



Description _____

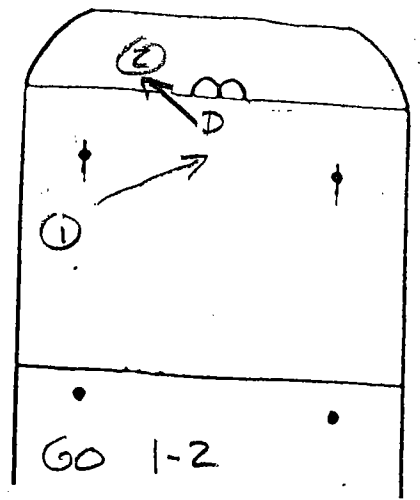
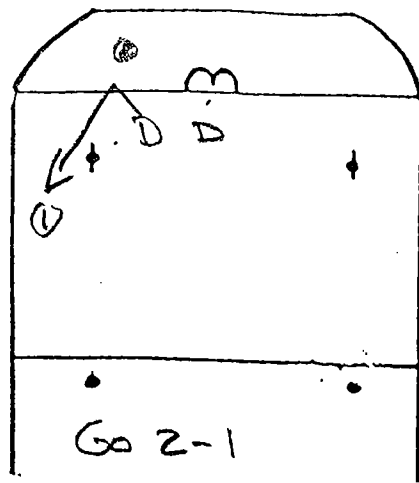
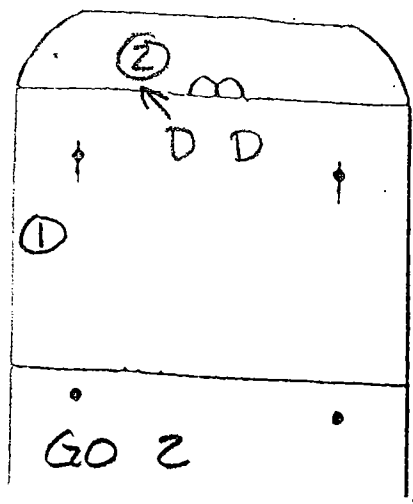
① - KEEP-INS
WALK & SHOOT!
RINGS / WALK & SHOOT!
FACE THE PLAY

②. AFTER SHOT GO BACK DOOR FOR A SECOND PASS!

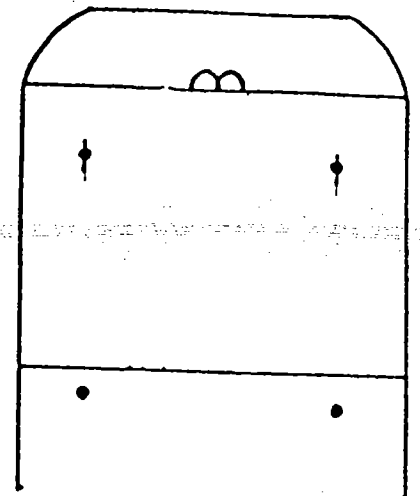
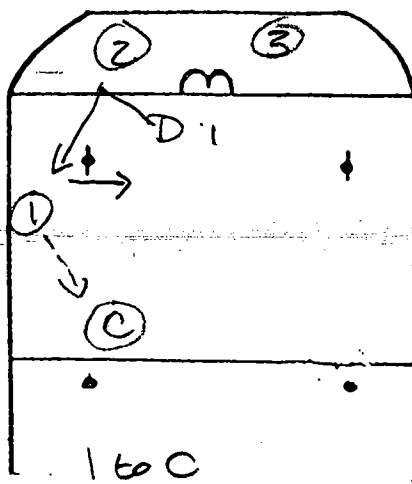
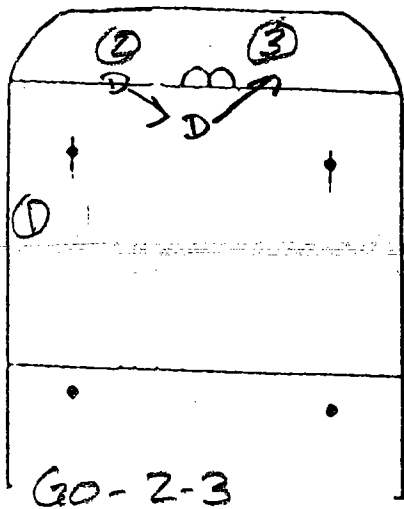
10 min.

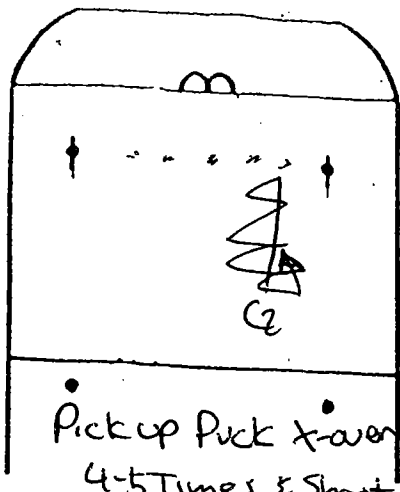
Notes/Systems _____



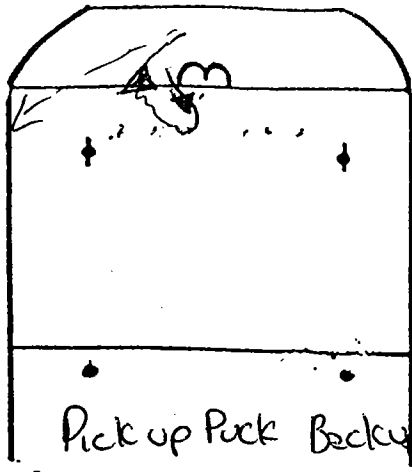


PK Drill for D

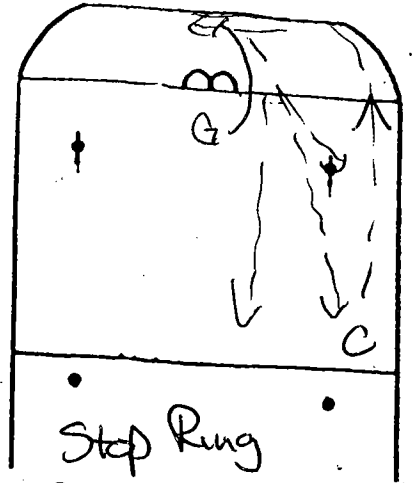




Pick up Pick & over
4-5 Times & Shoot

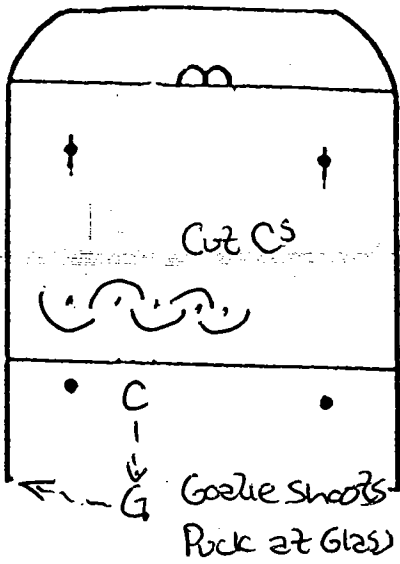


Pick up Pick Backup
Behind Net & Shoot



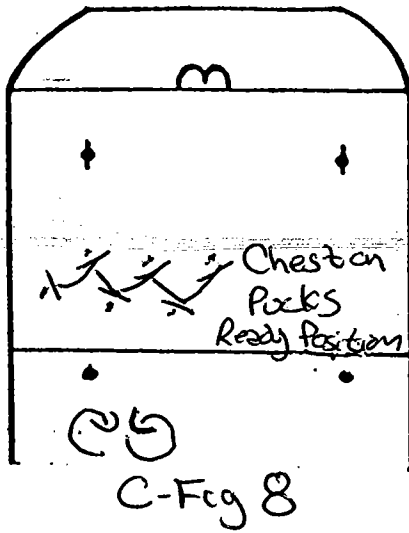
Stop Ring
Pass to Coach
Coach Moves

Coaches



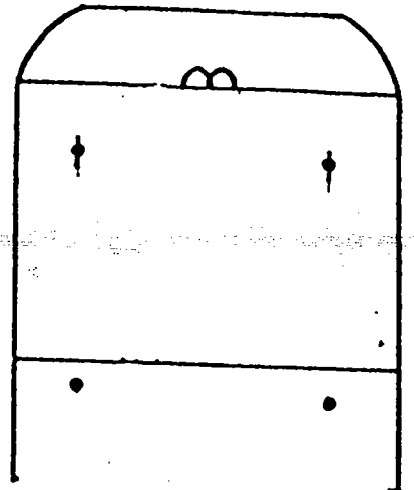
Cut C's

Goalie shoots
Pick at Glass



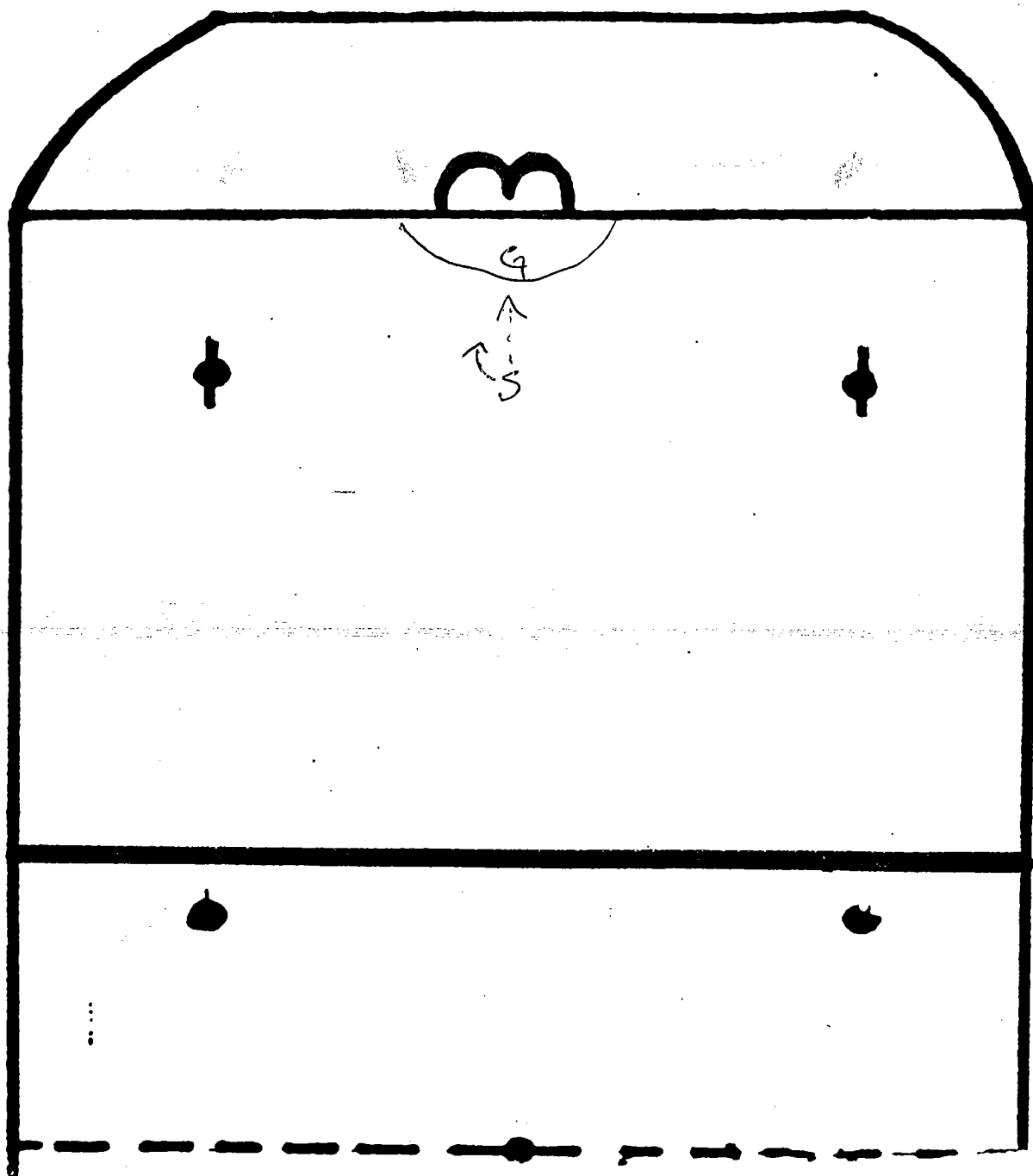
Chest on
Picks
Ready Position

C-Fog 8



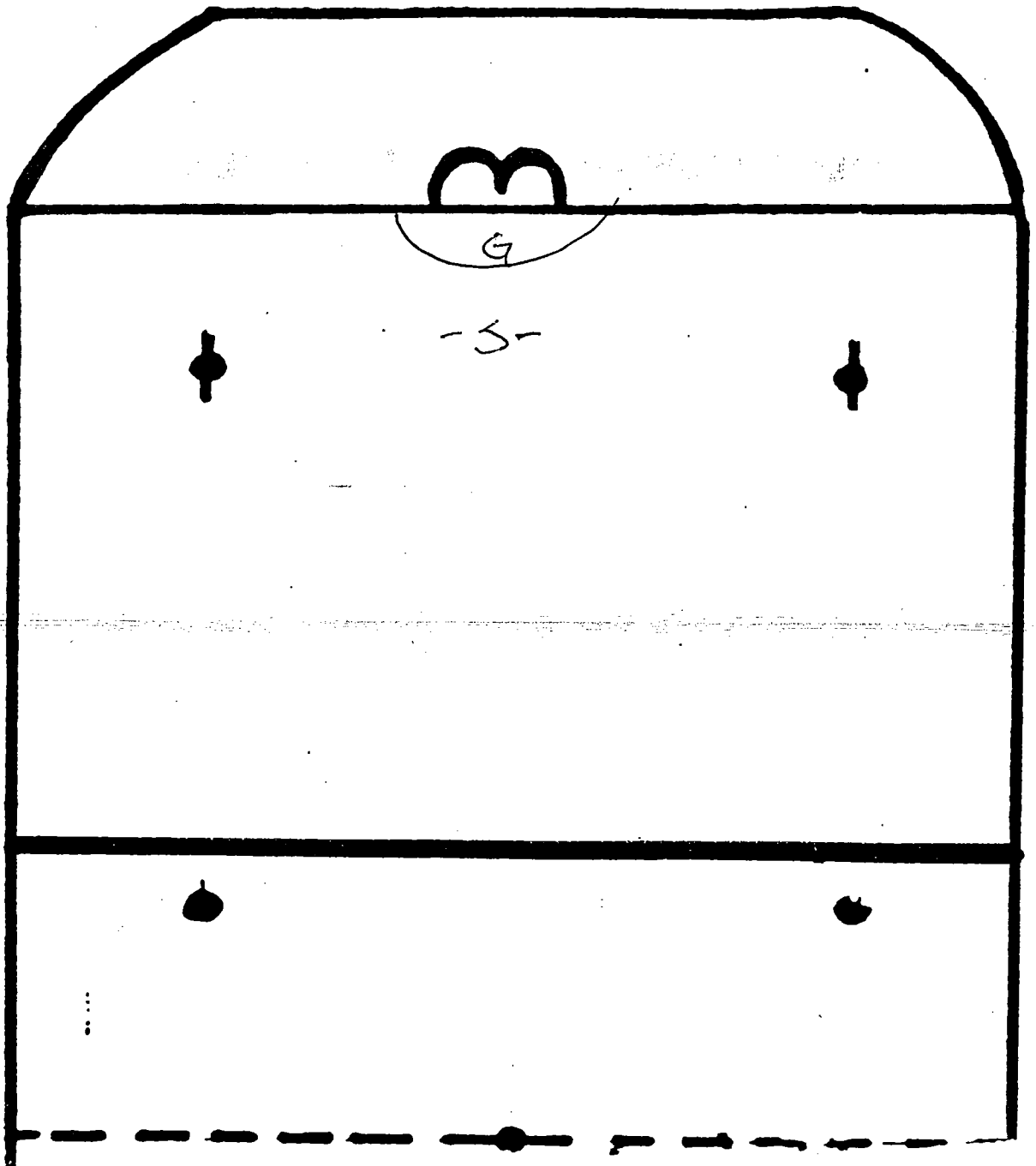
Name of Drill: Cozme

Description: IN Close REBAND DRILL



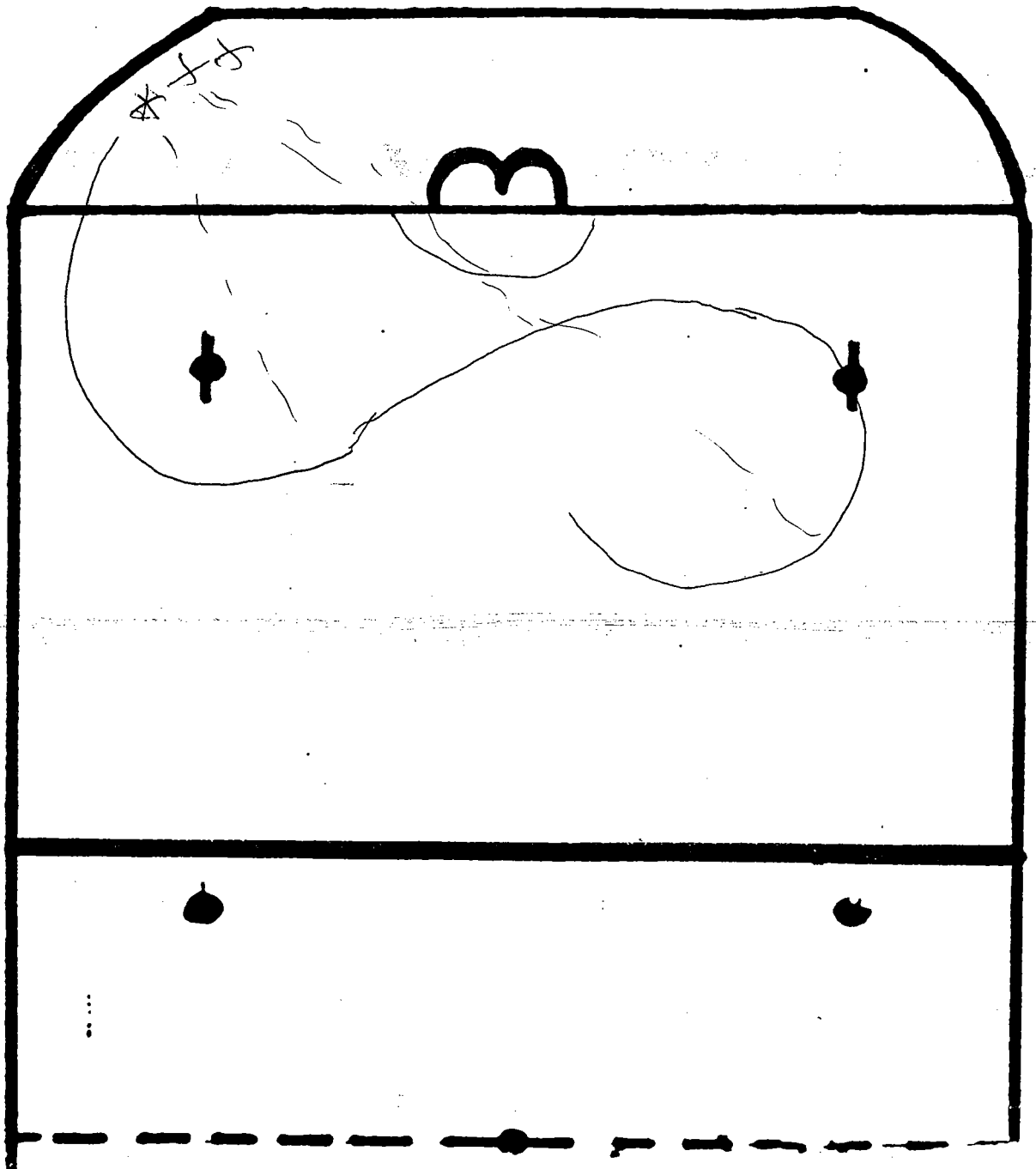
Name of Drill: Gaelic

Description: Shooter is stationary can stick and shoot. After - Shooter can take 1-Step



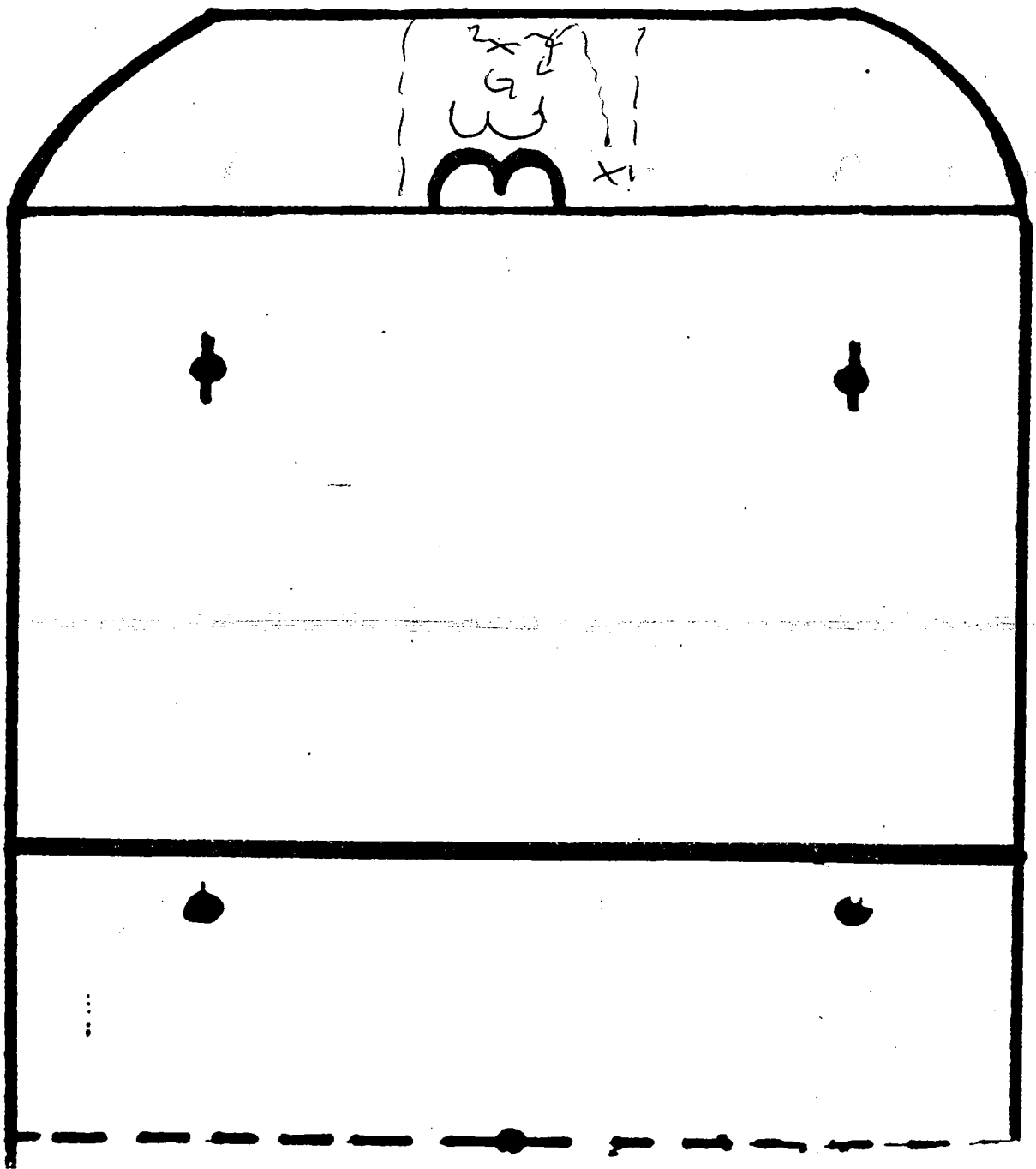
Name of Drill: *Goose*

Description: *Fig 8 Shooting*



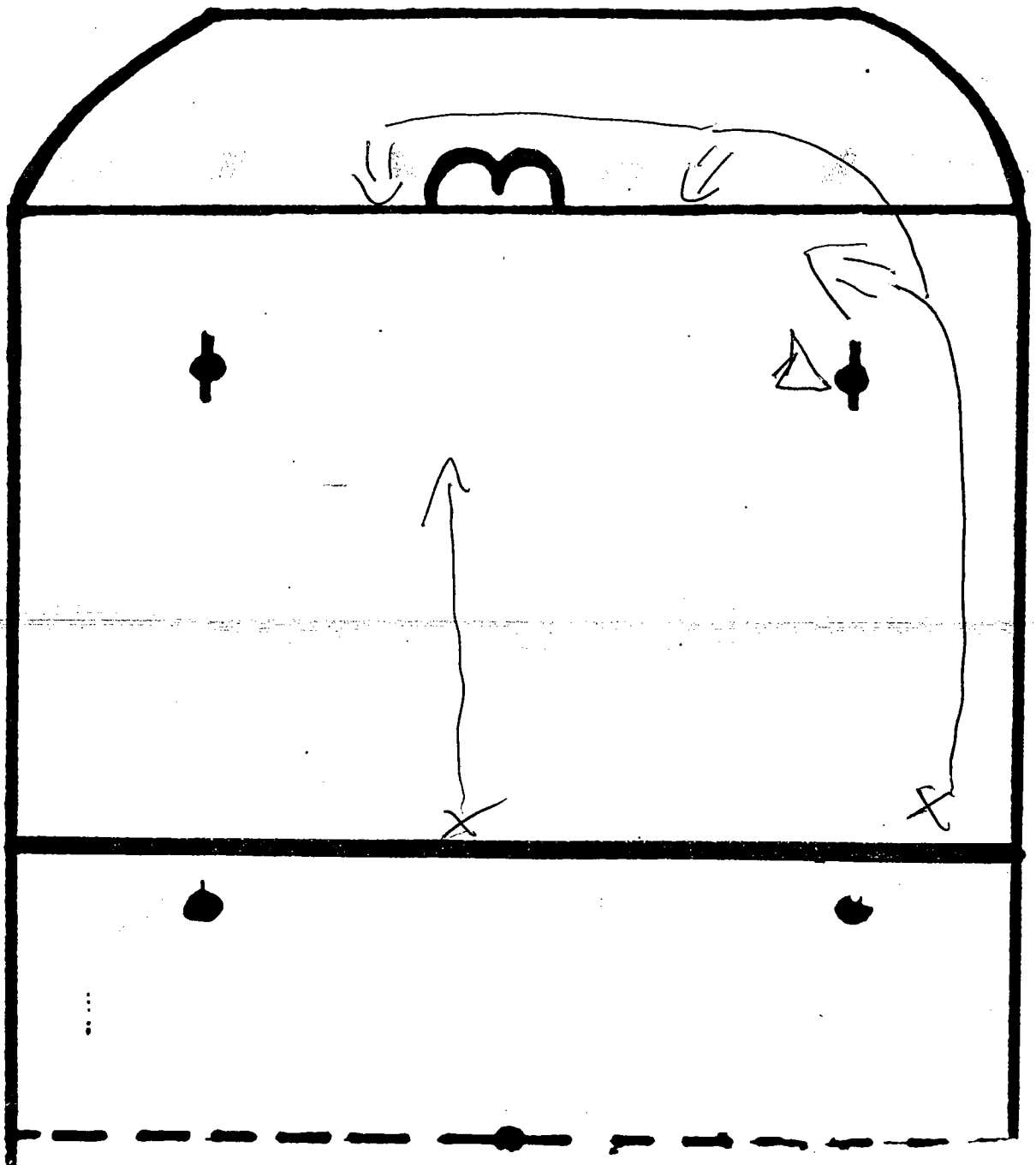
Name of Drill: Goalie

Description: X1 Flips puck off Rail or Glass
X2 plays it in small area



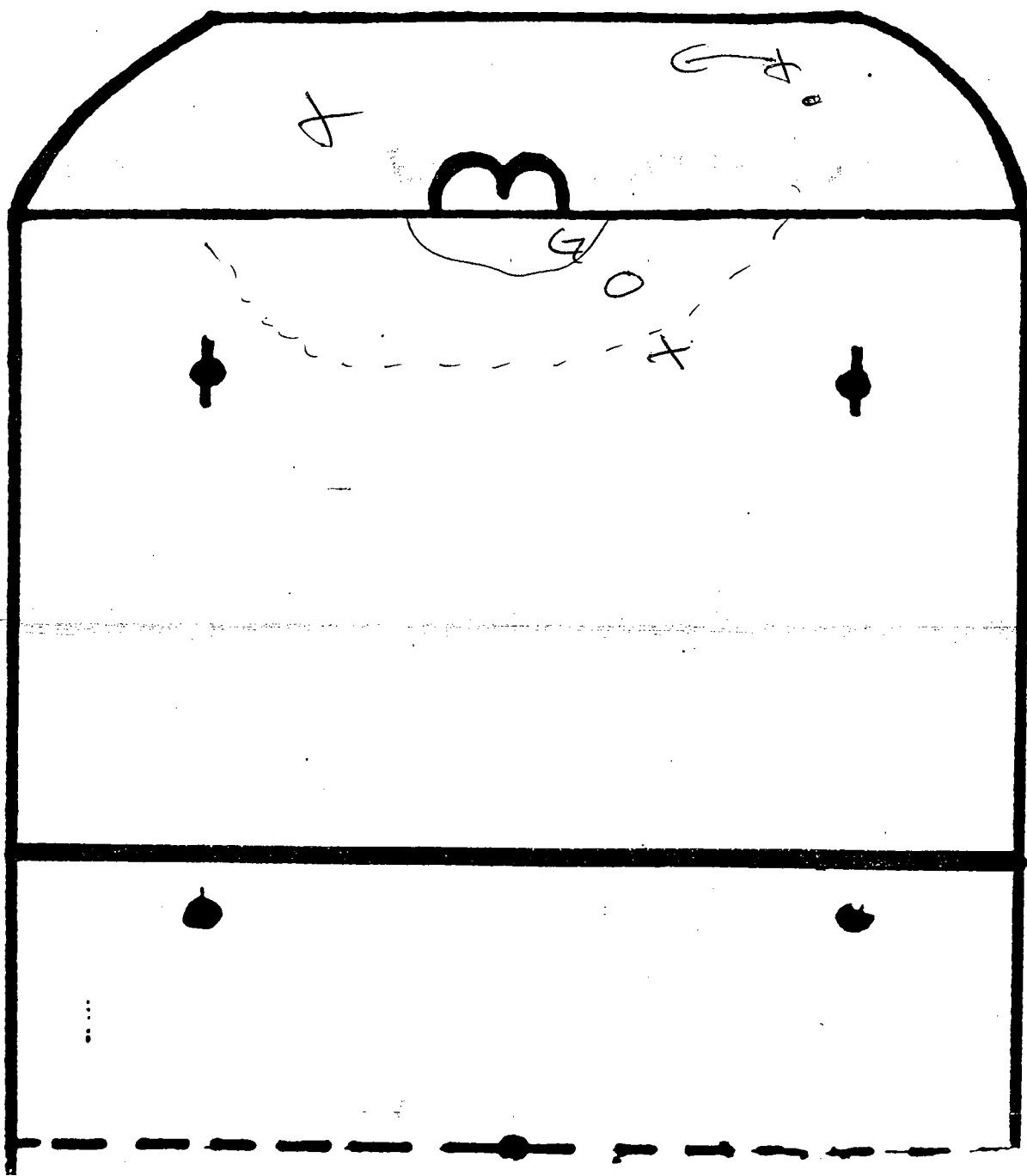
Name of Drill: *Goalie*

Description: *Z-Lines - Shoot or Pass*



Name of Drill: *Goalie*

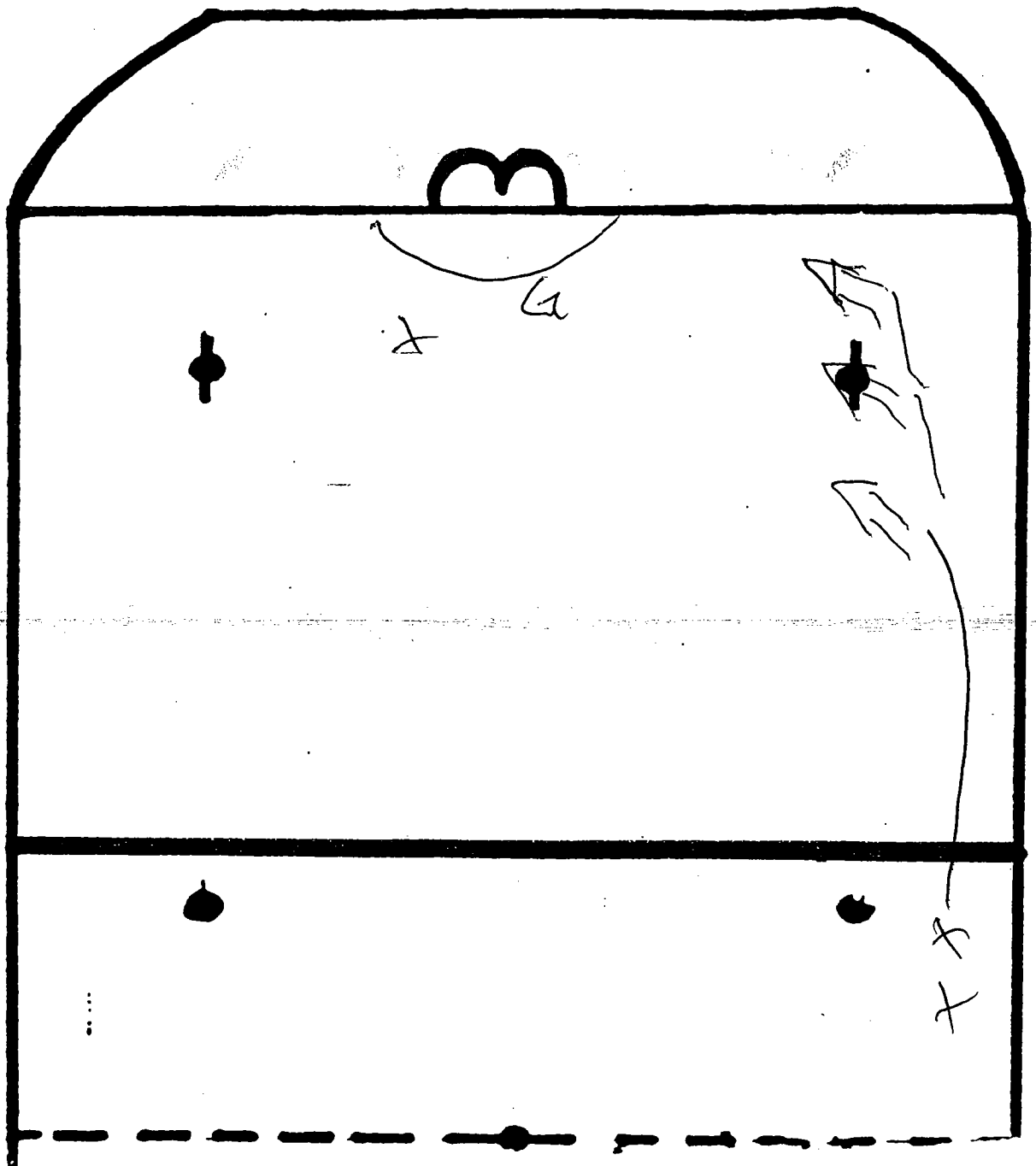
Description: *3 on 1 Low*



Name of Drill: *Goode*

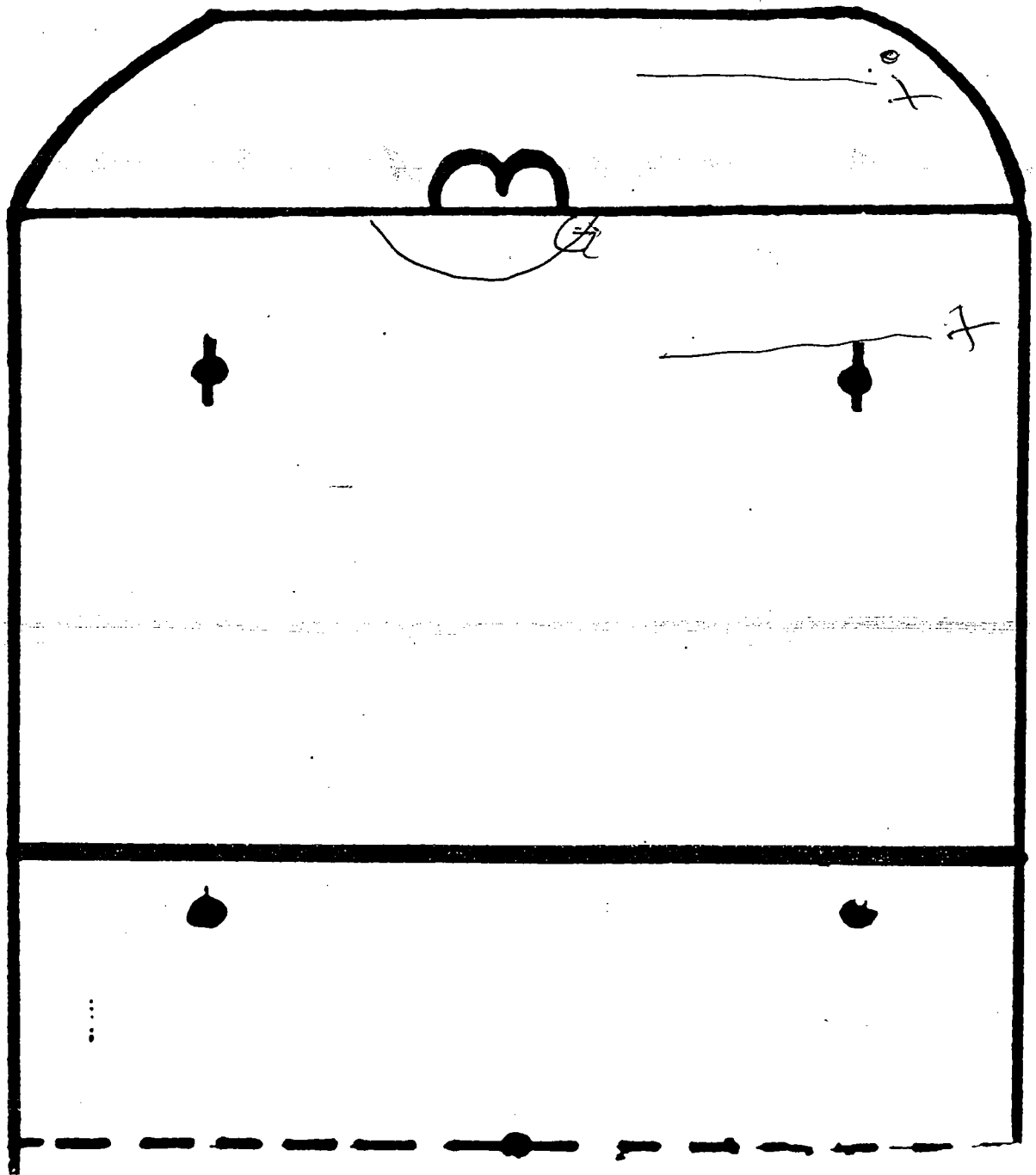
Description: *Off Angle*

After Shot - Stay in front for Rebound



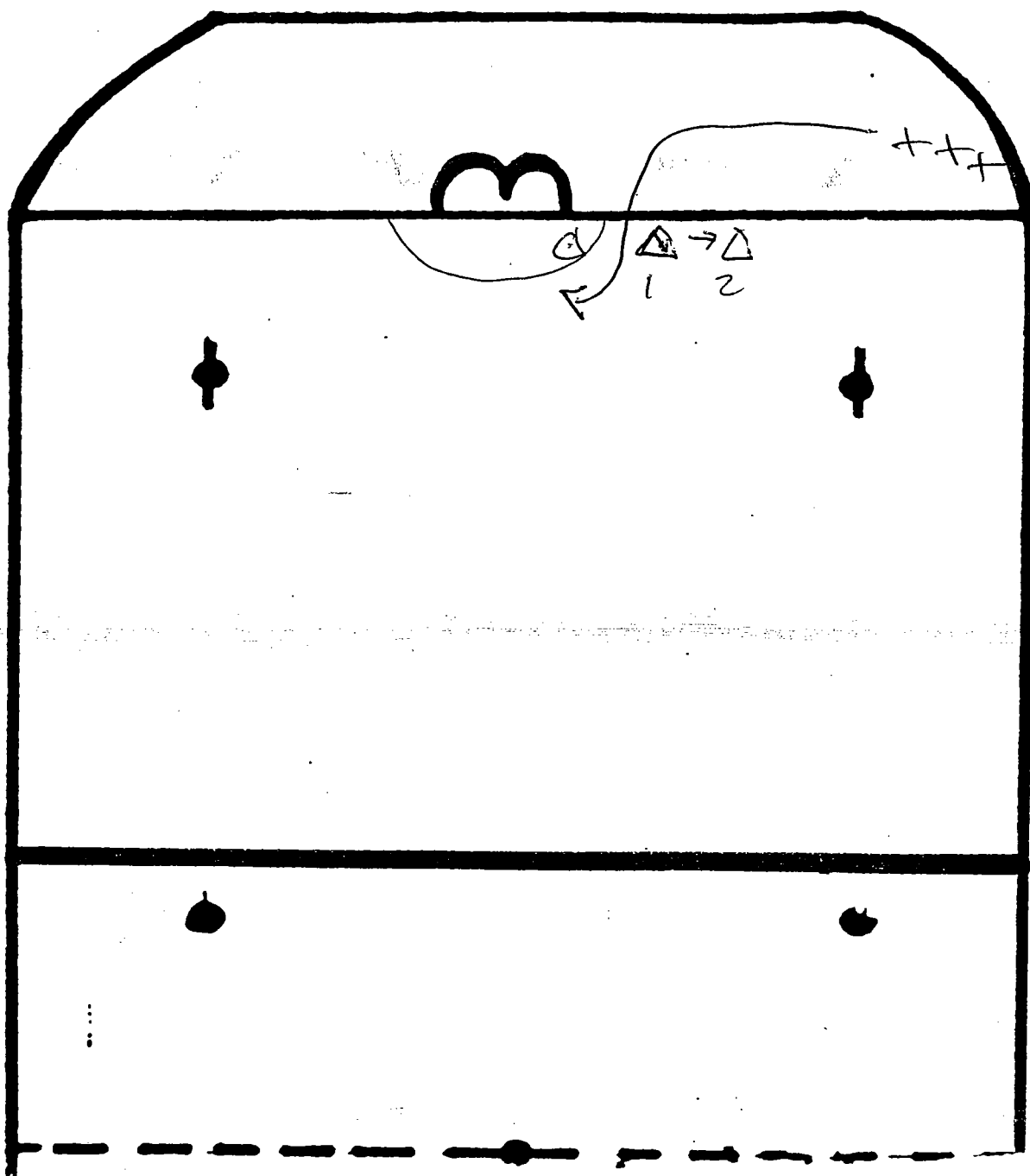
Name of Drill: Goalie Z-O

Description: Z-O - Puck starts low
Can pass - go behind - or stuff.



Name of Drill: Goose

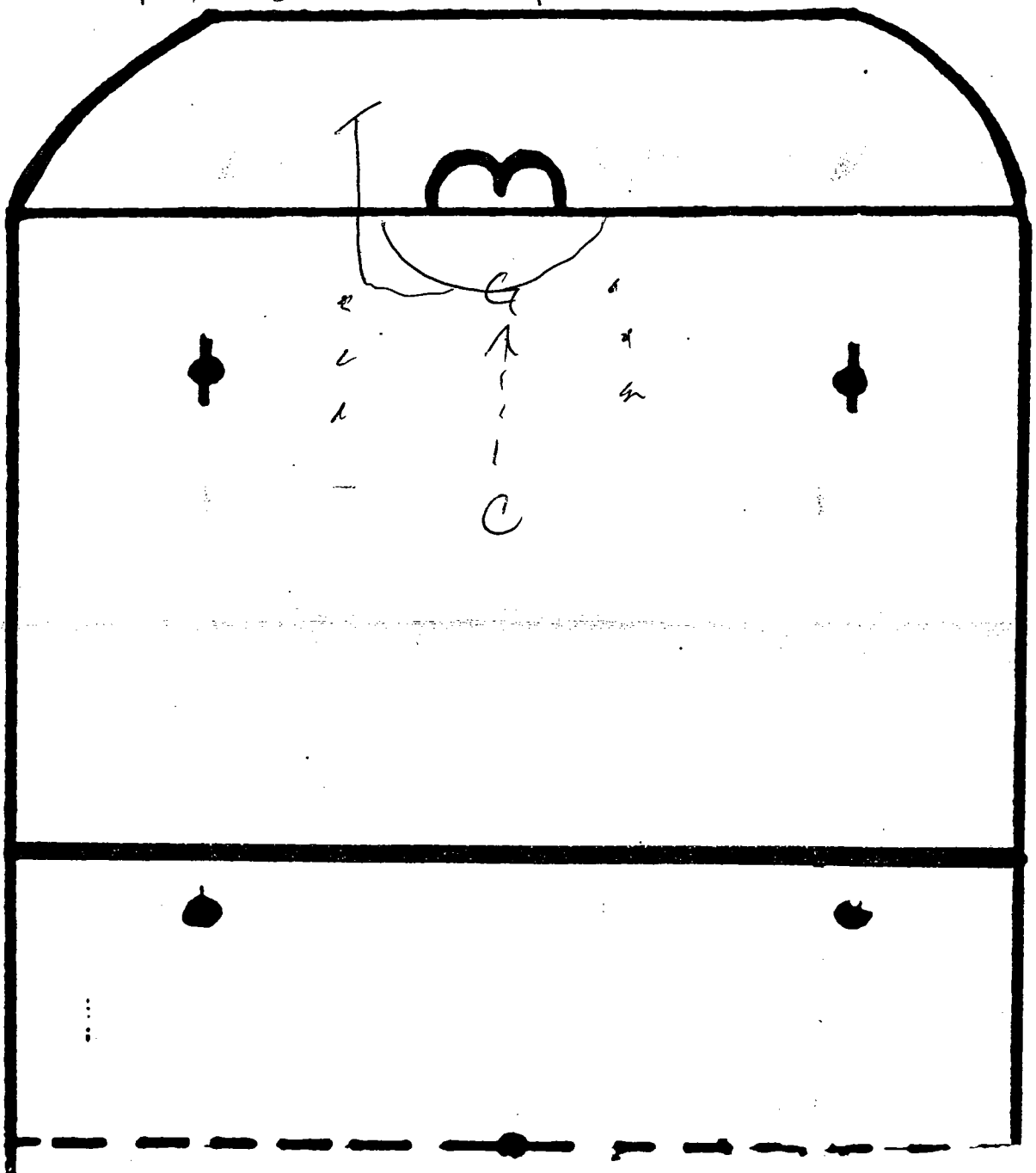
Description: Cone Tight at first then
more Space (2)



Name of Drill: Goalie

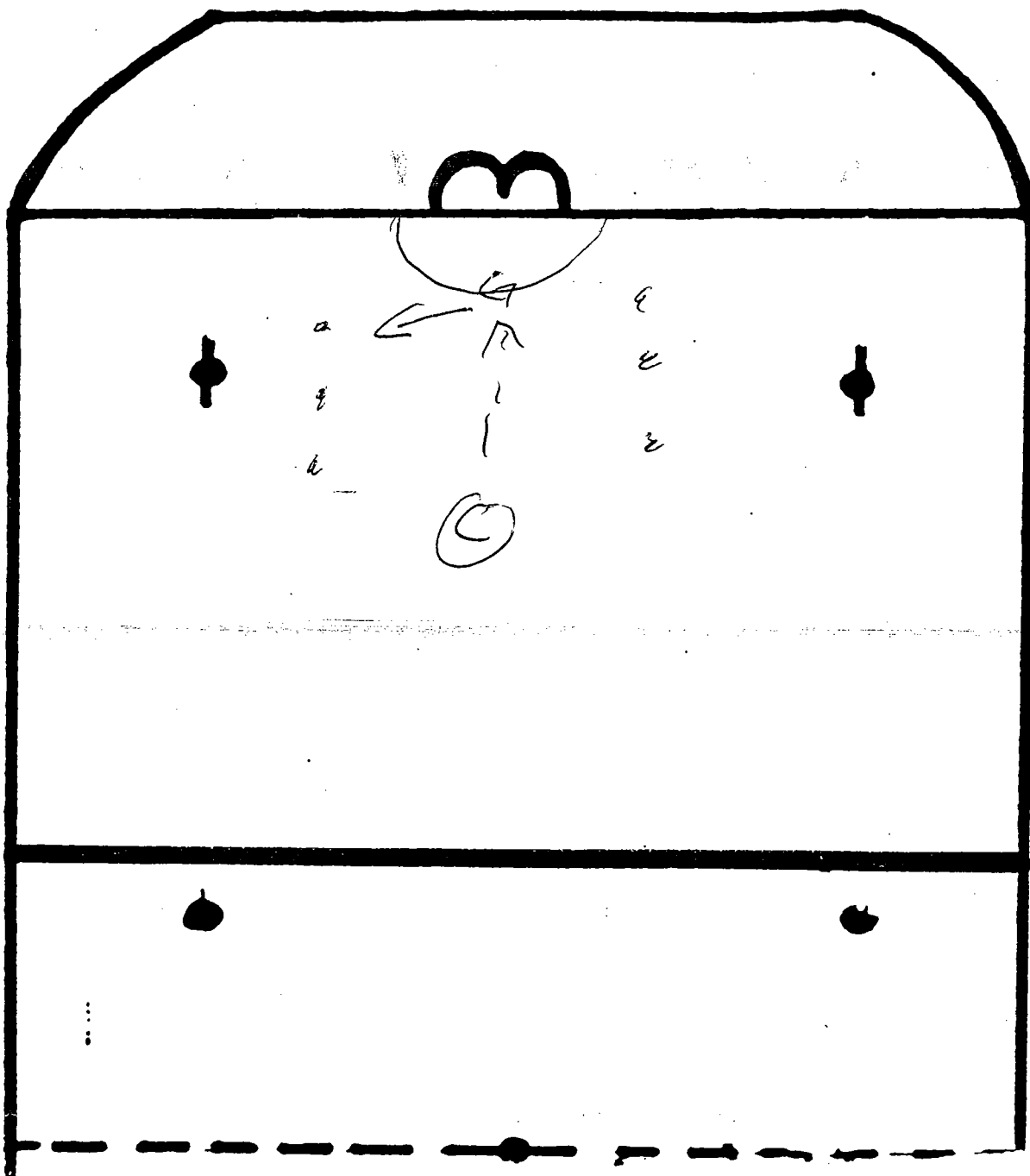
Description: Save Puck —

Then Take 1-Right Setup Behind goal
Next Save-Set up left Puck



Name of Drill: Goalie

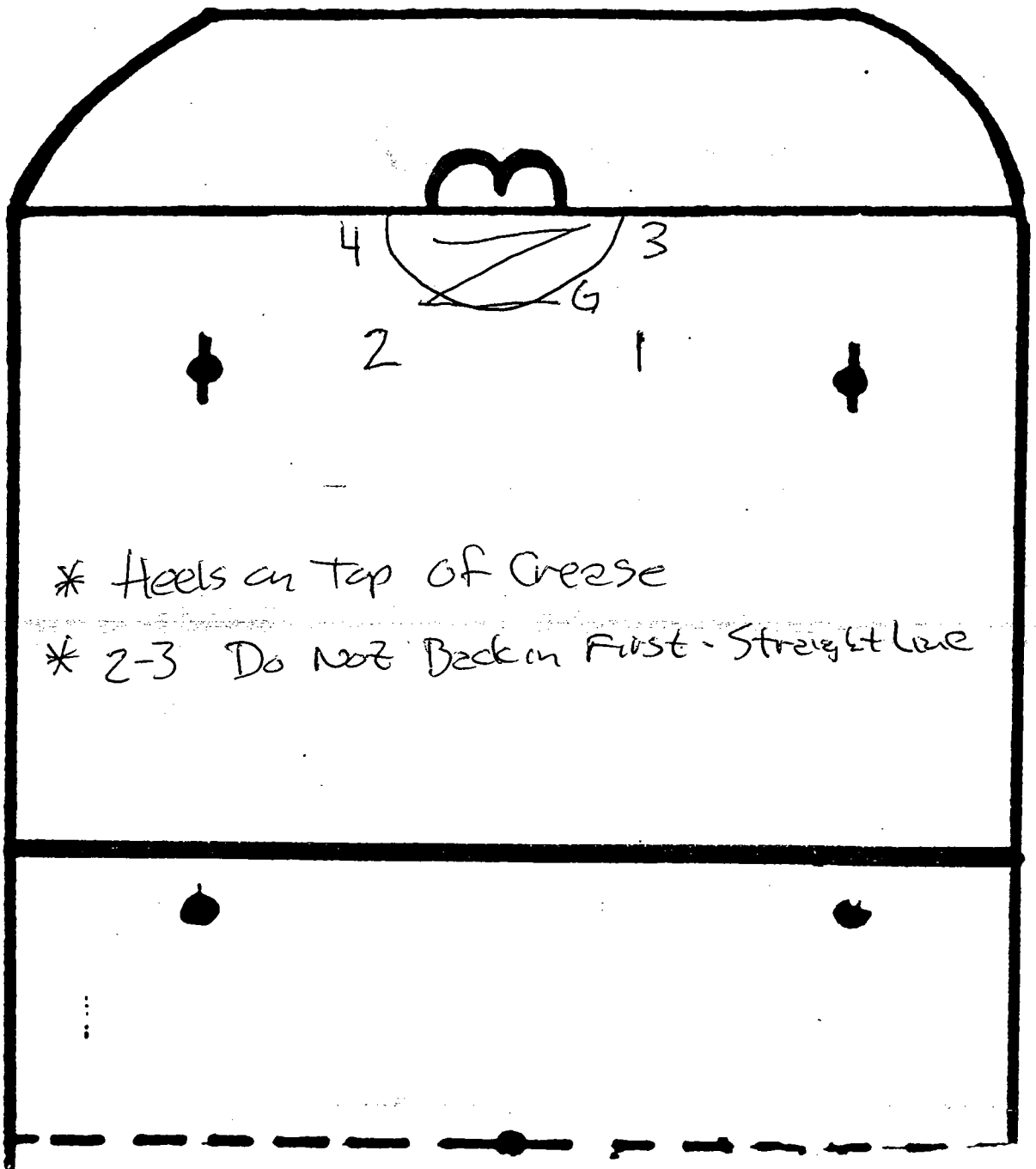
Description: C-Shoot - Goalie Save then
Knock Puck out Right Side
Nett Save Left Side



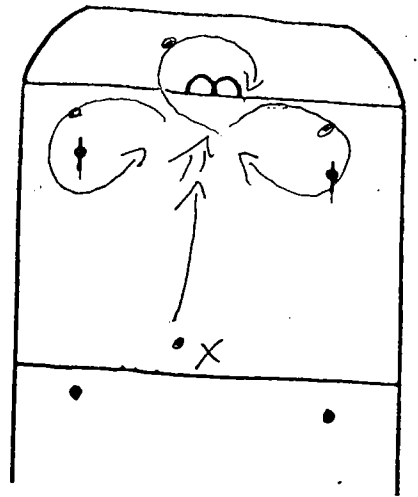
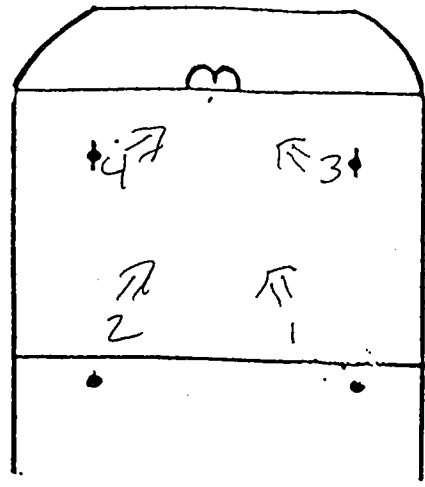
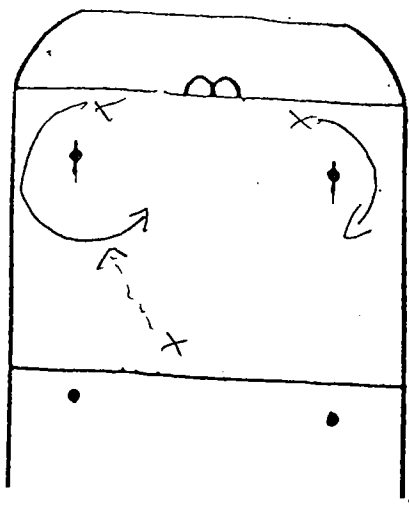
Name of Drill: Goethe Movement

Description: 1-2-3-4 → 1

Open hips Go in straight line from 2-3



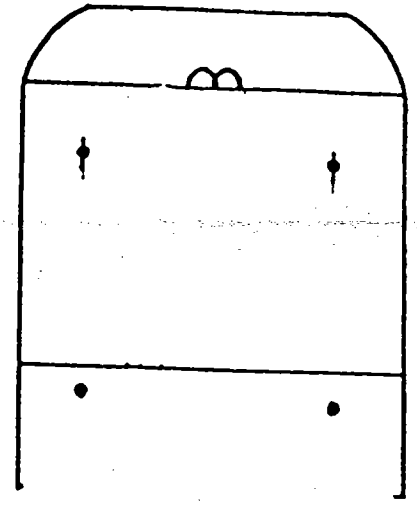
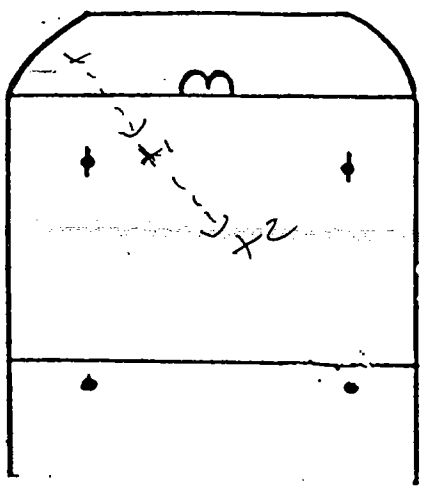
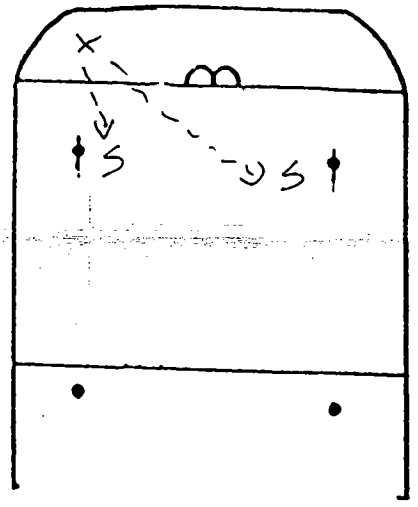
GOALIE SITU



ORBIT

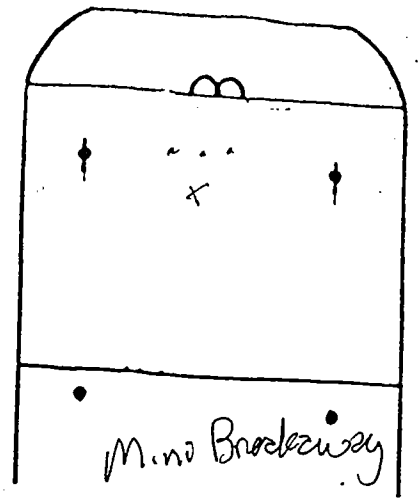
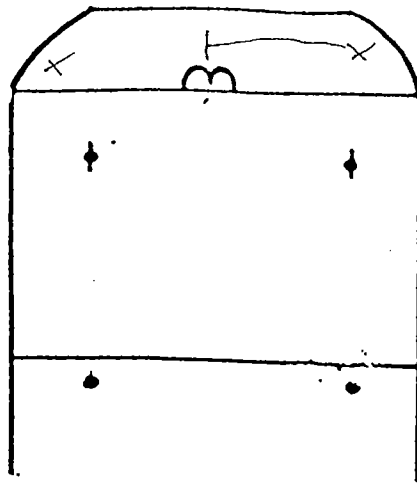
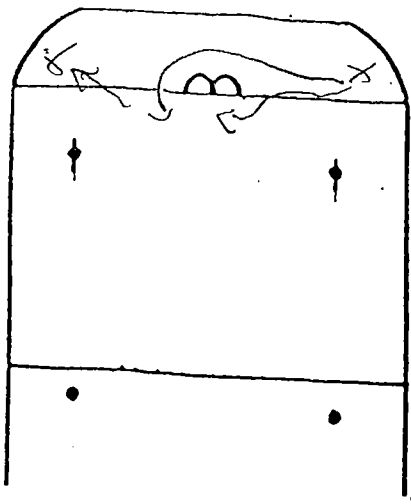
4 shots

1-Shooter 2@2time



Pass to Either

X1 can catch & shoot
or let it go thru
to X2



Cookie Stuff Drill

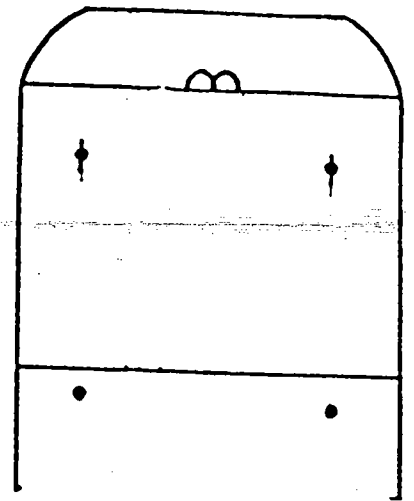
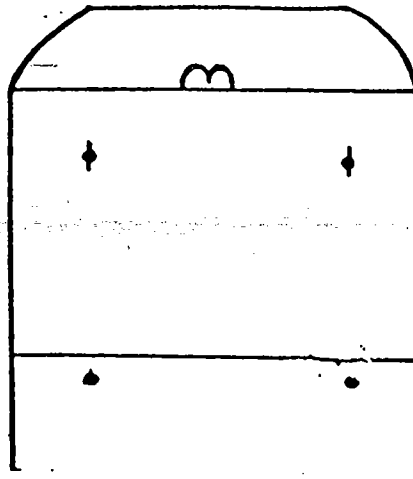
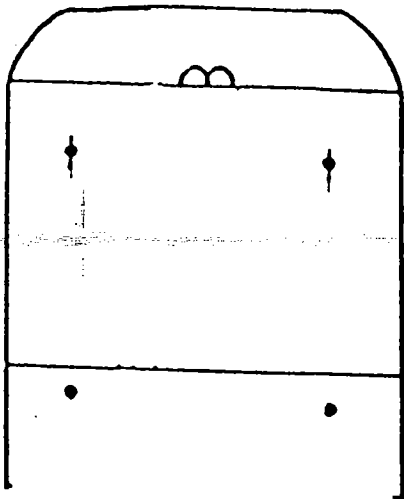
Stop behind

3 chances

Go Behind or in front

Come out either side

After shot tag next guy



Conditionink

Cardio training

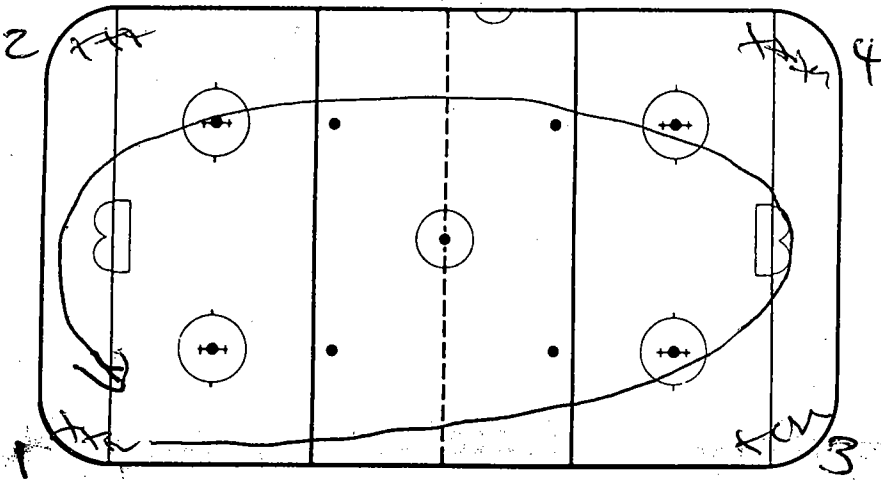
cut of 4 corners

Group 1 Goes

2

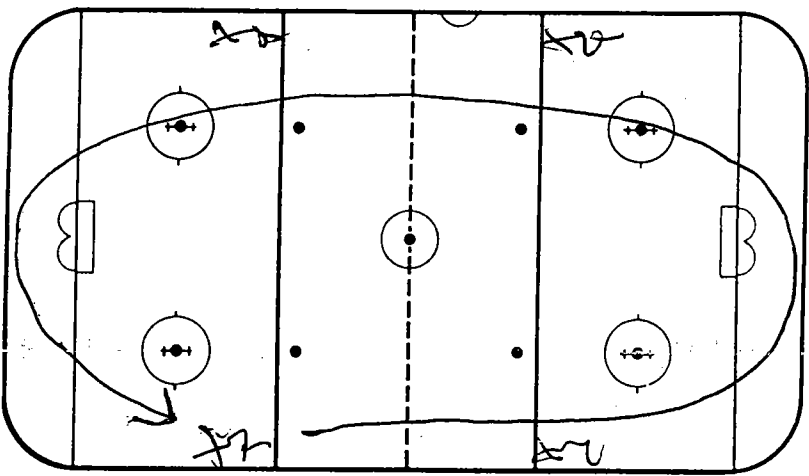
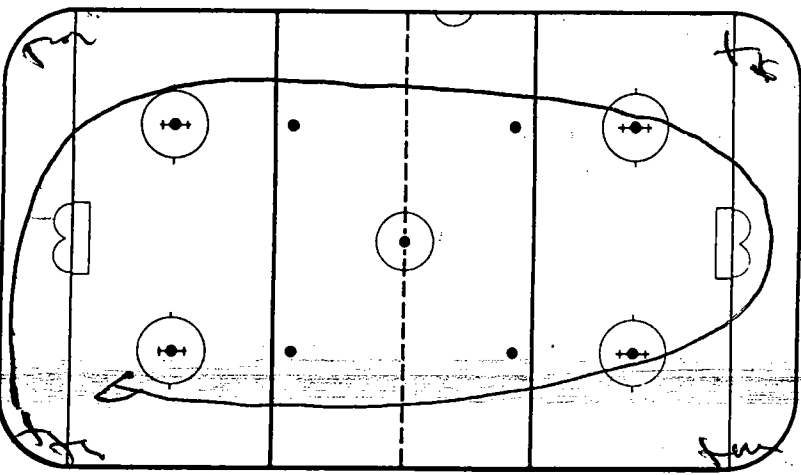
3

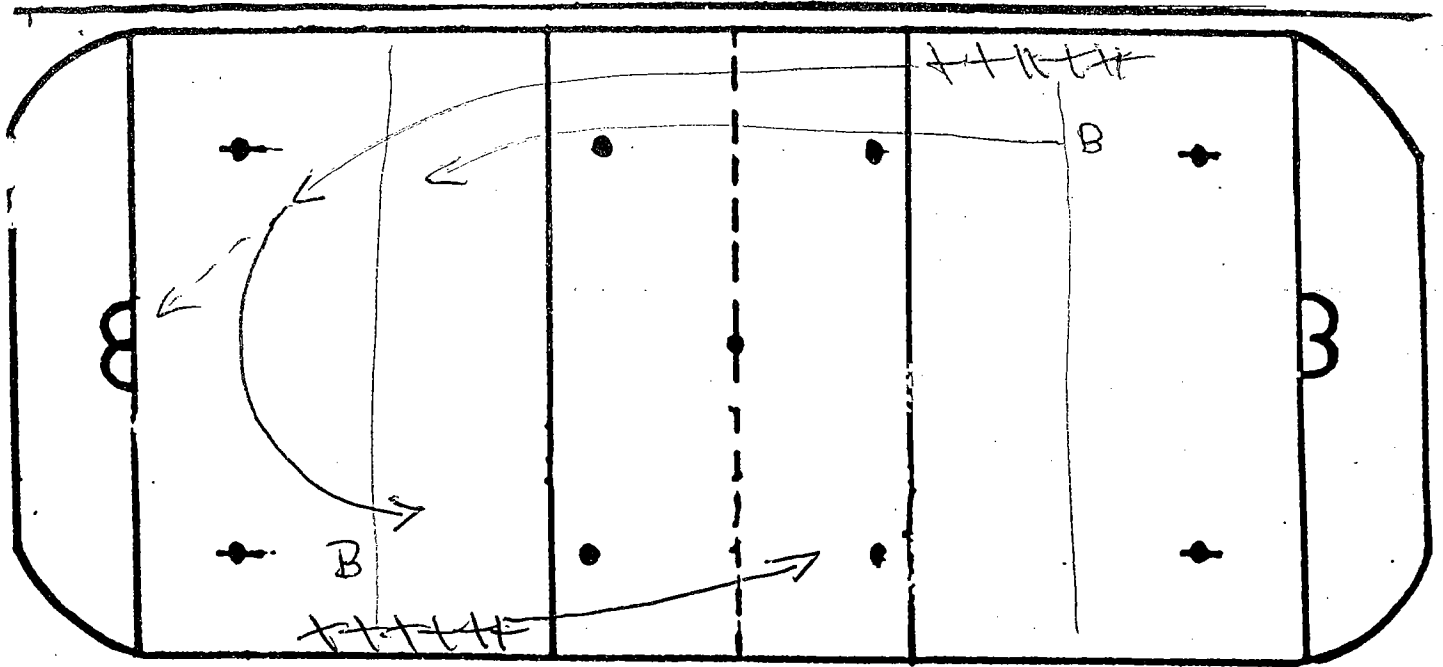
then 4



2nd Flaw other way

2 times

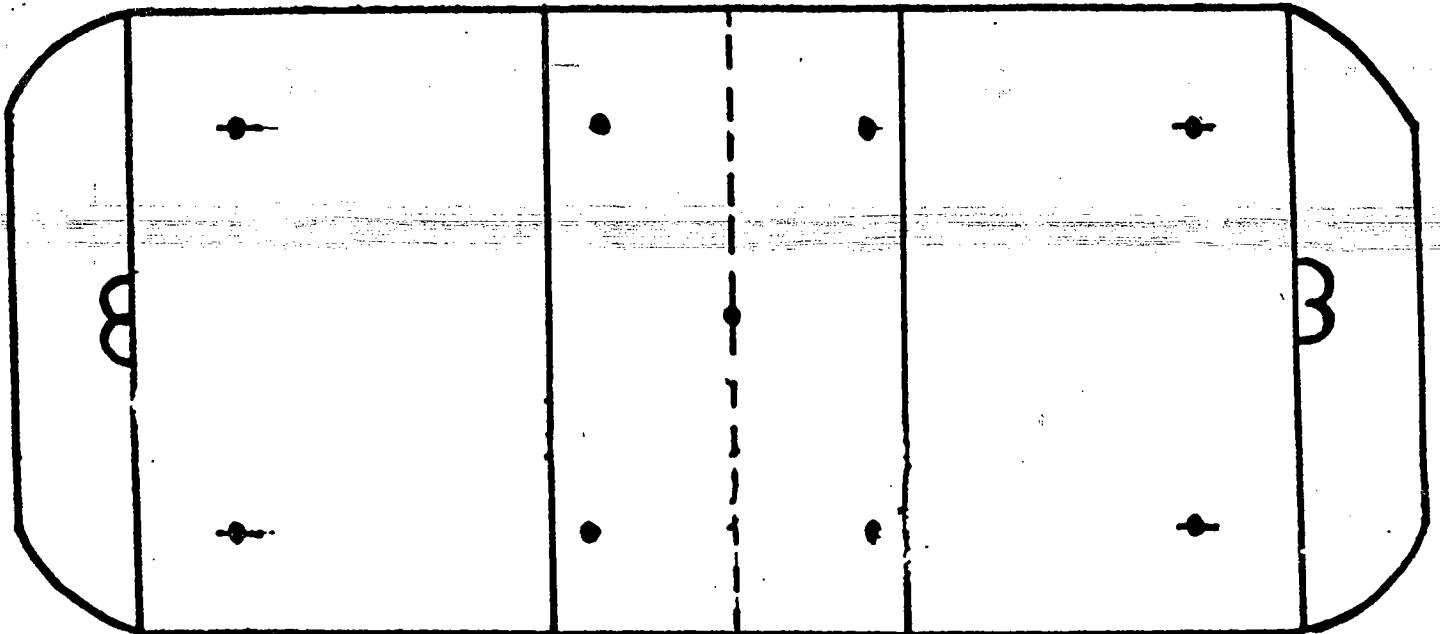




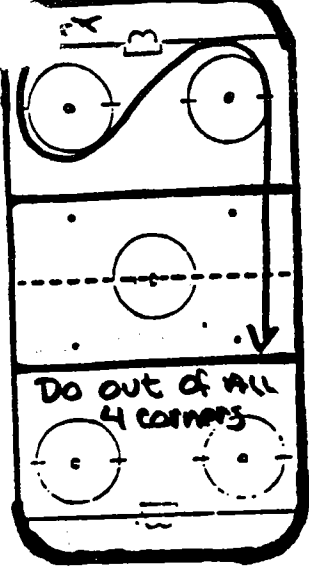
Backchecking Drill (Both Sides Same time)

Skate & Shoot after you shoot you continue

Skating & Backcheck - Player w/puck can't go until Backchecker gets to top of circle - FUN Conditioning!

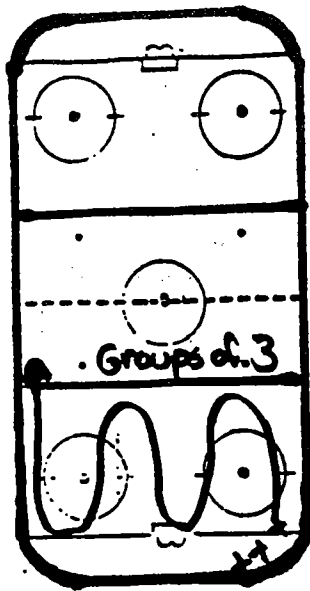


Groups of 3



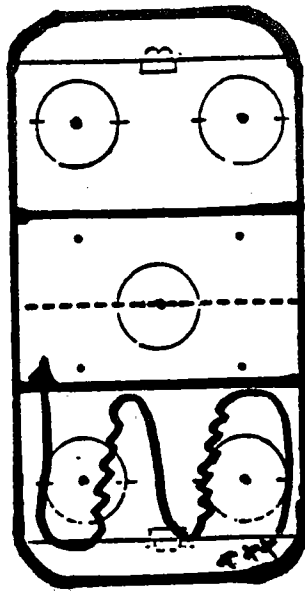
Do out of all 4 corners

x

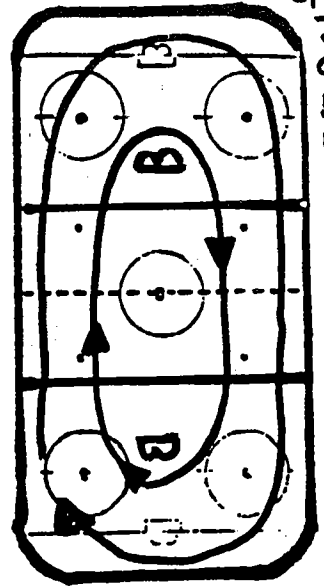


Groups of 3

x

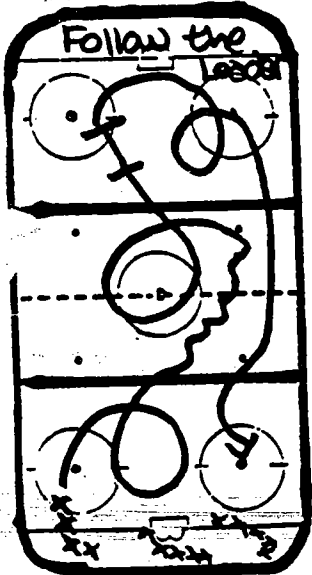


outside slow, Inside full speed for 30 sec. on whistle 5 NOW PLAYERS.

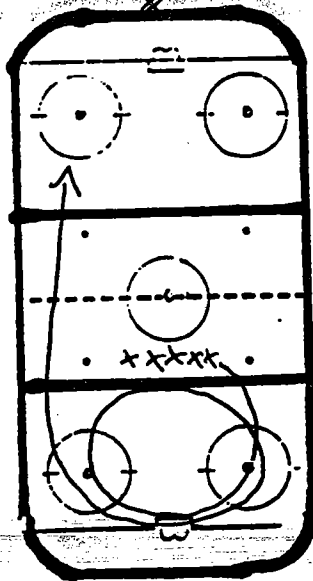


Sprints with or without PUCKS

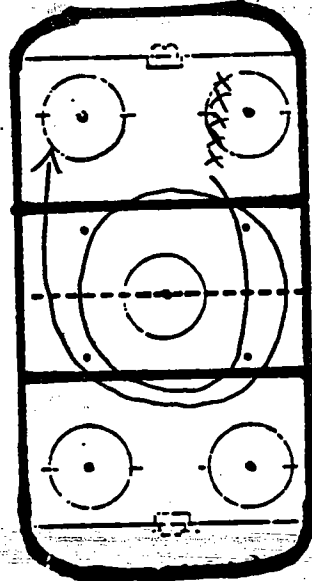
Follow the leader



x

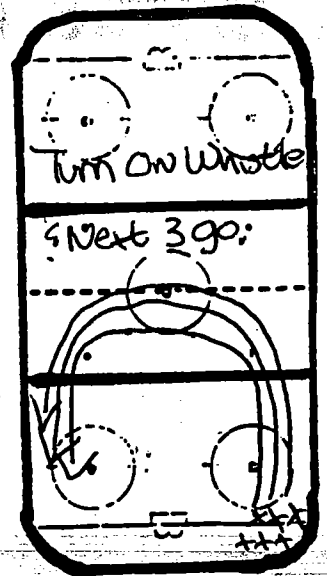


x



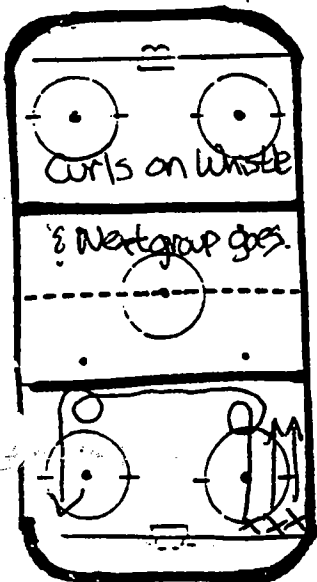
Turn on whistle

& Next 3 go:

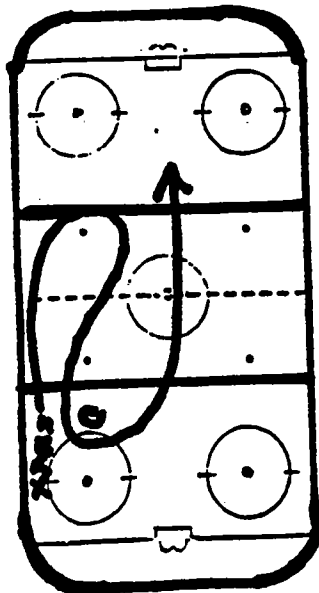


curls on whistle

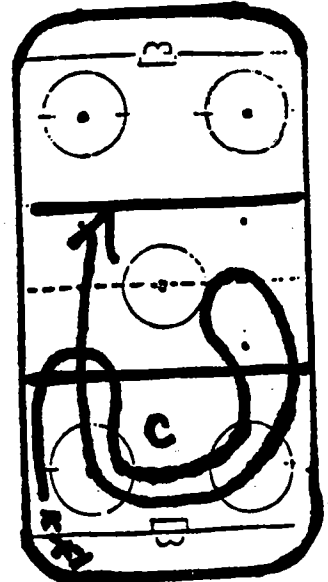
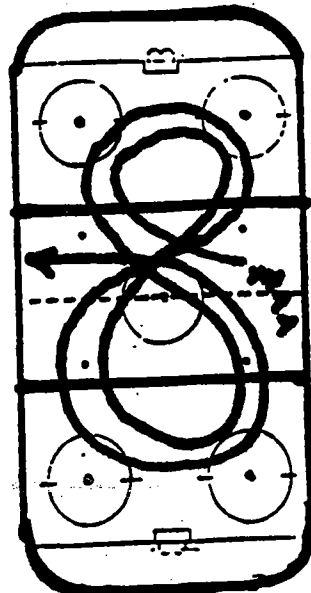
& Next group goes.



x

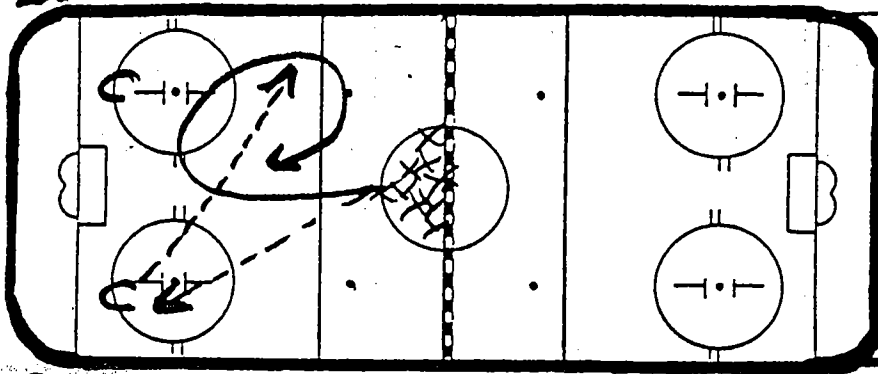


x



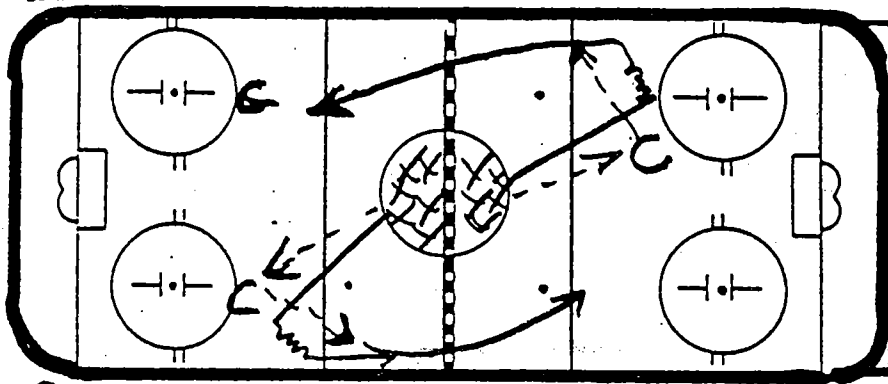
PASS, SKATE, SHOOT

1.



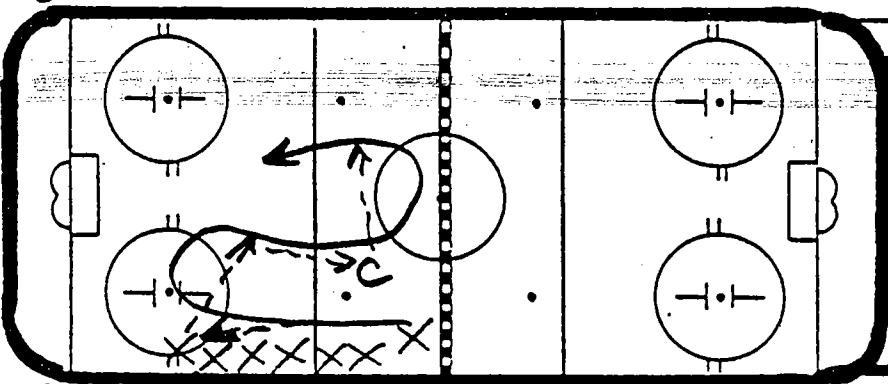
CROSS RINK BREAKOUT
PASS

2.



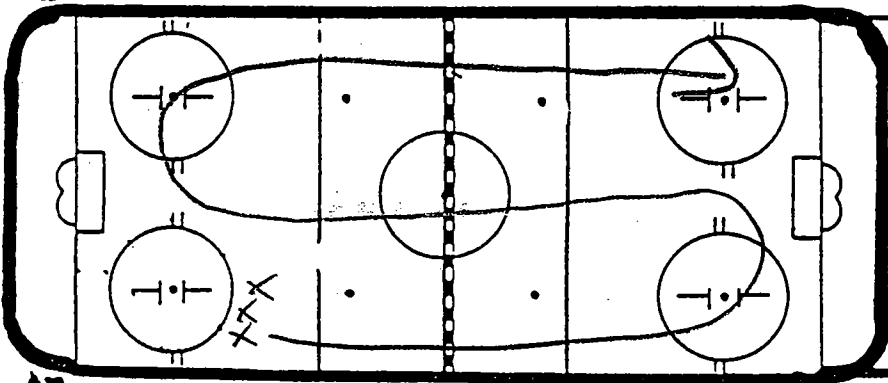
MOHAWK TURN

3.



PASSES

4.

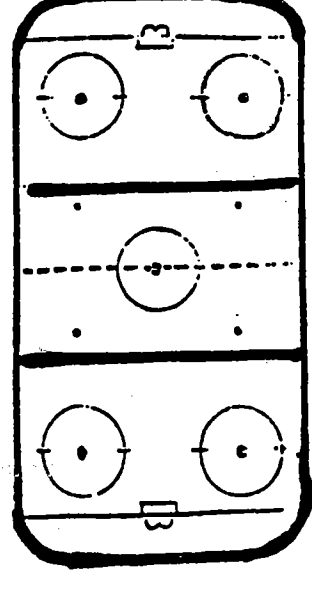
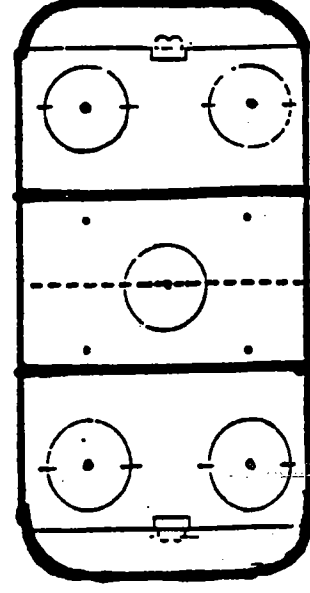
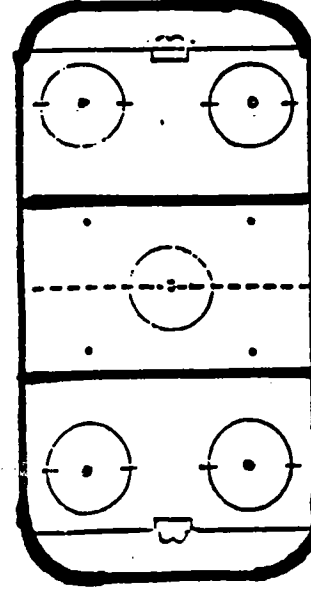
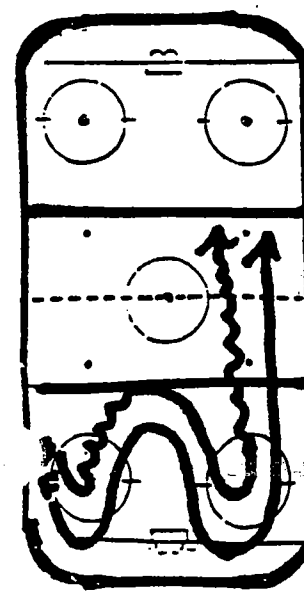
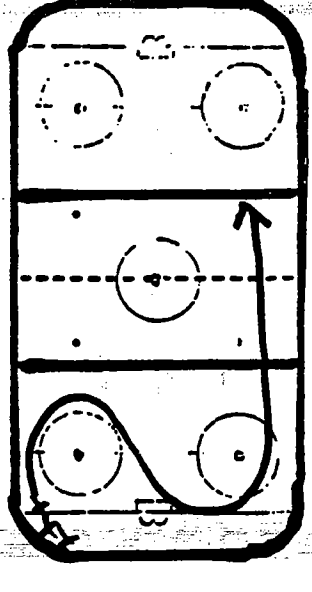
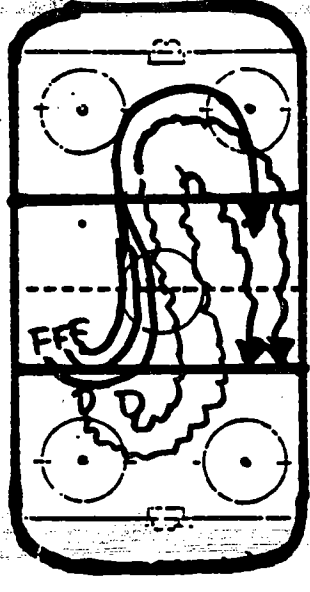
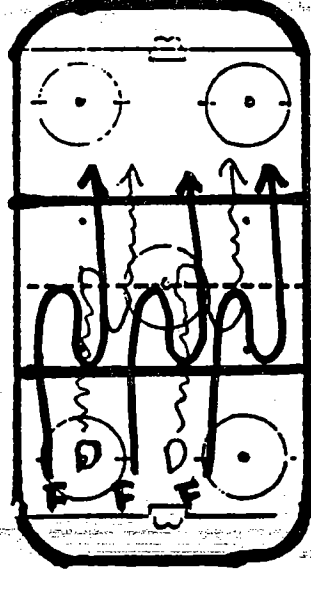
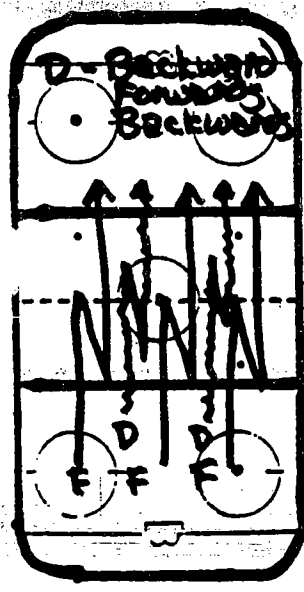
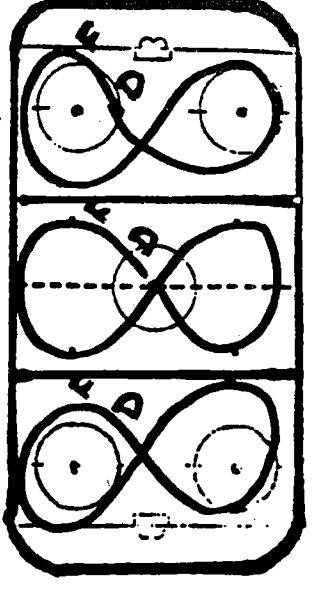
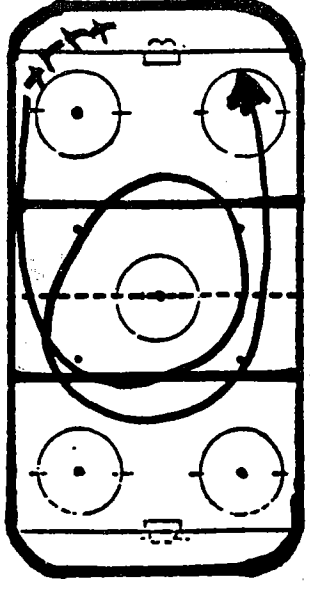
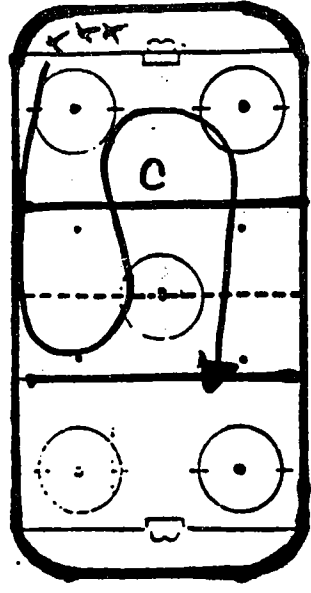
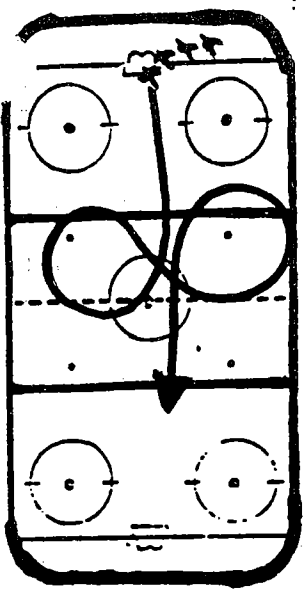


NOTES:

Forwards - Chase D
Give D 30 foot head start.

3 Forwards Chase 2 D.

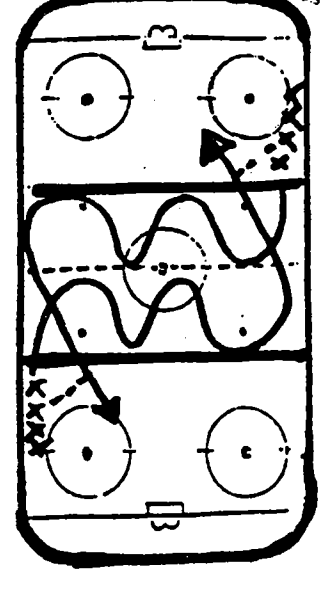
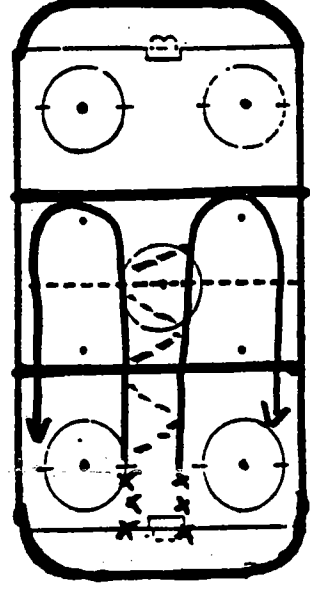
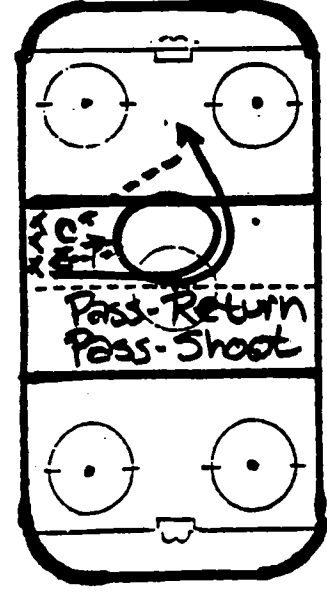
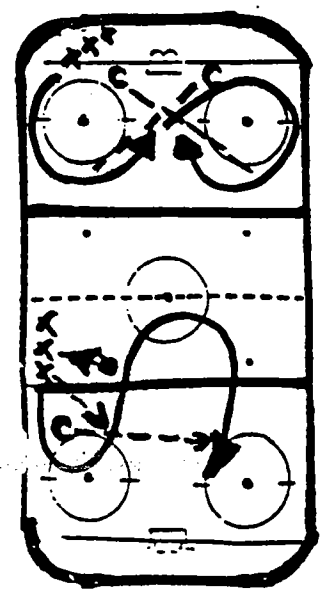
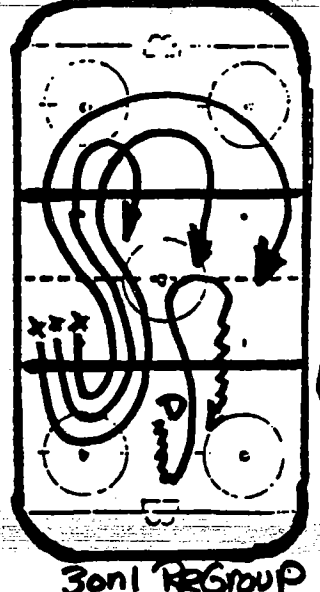
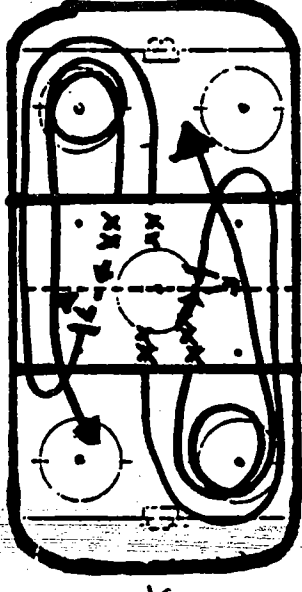
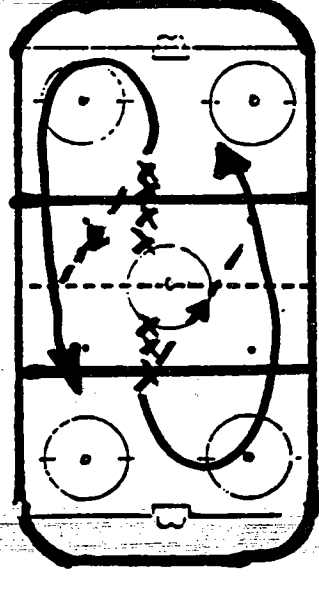
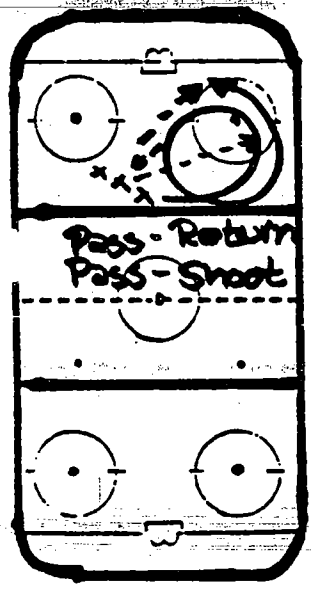
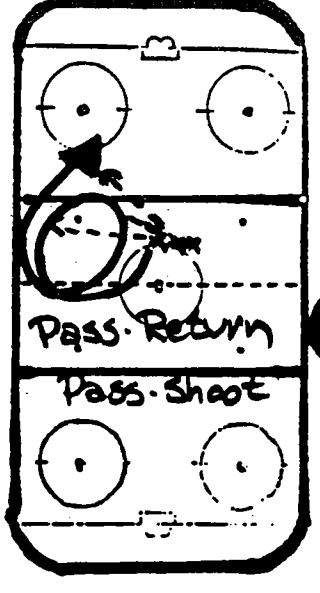
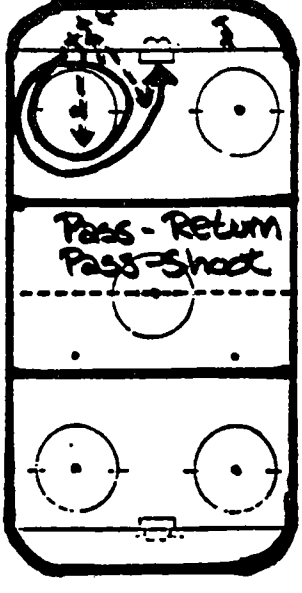
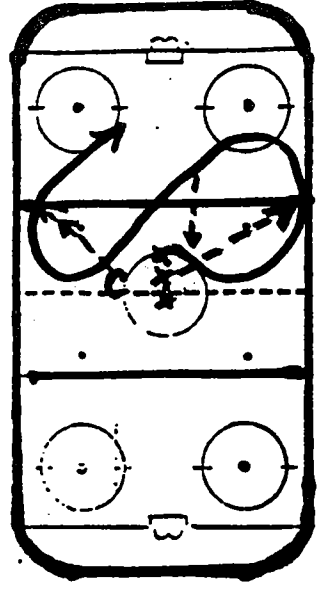
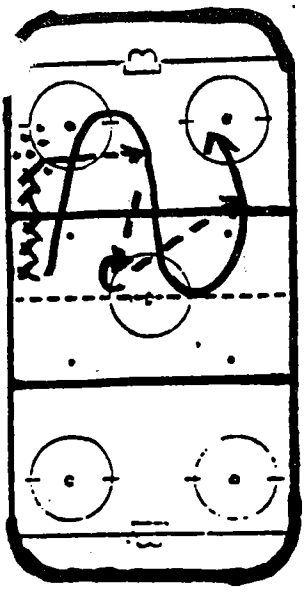
Forwards - Chase Defense



One per minute
Hard Passes

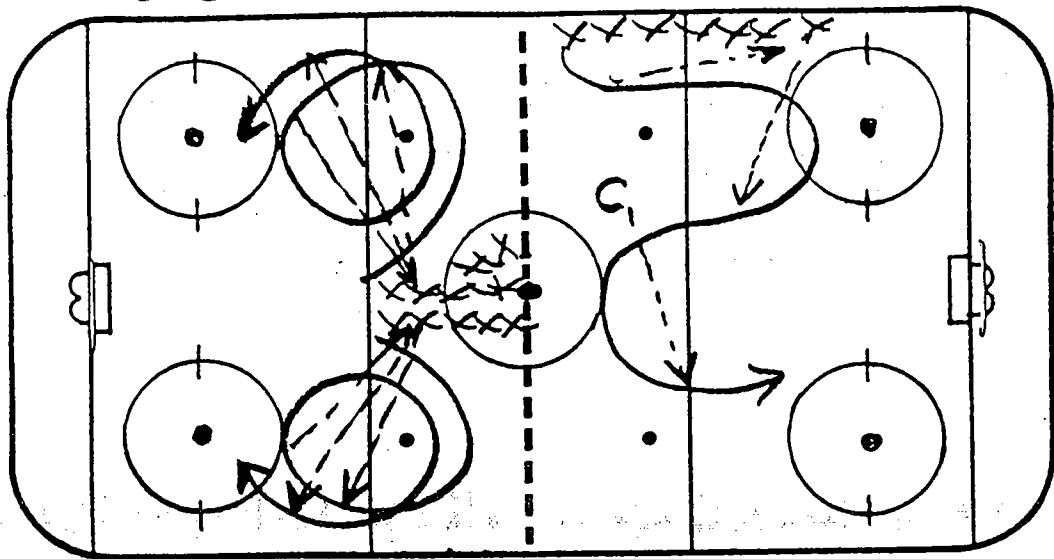
(Passing - Shooting)

Passing & Shooting

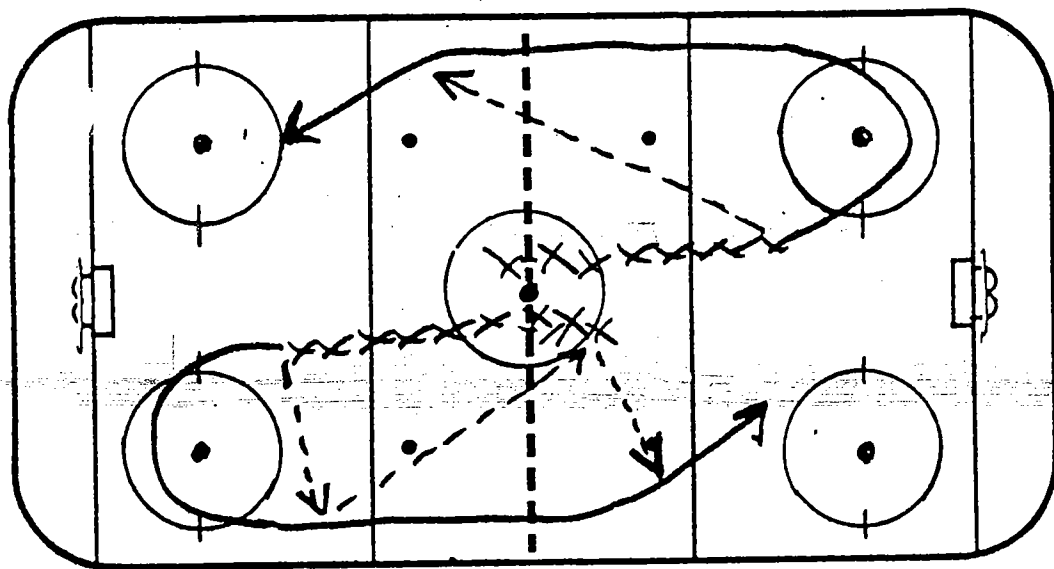


PASSING, SKATING, SHOOTING AT TOP SPEED

ONE PER MINUTE

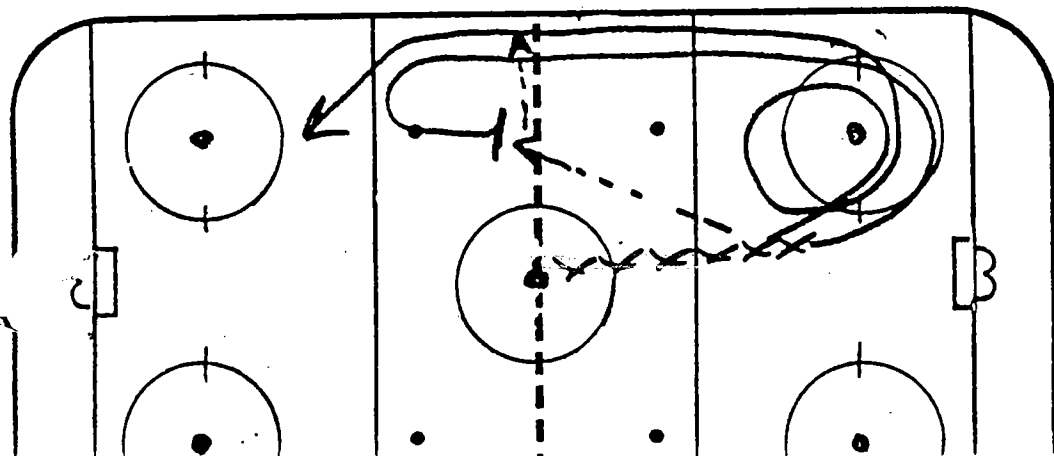


- ① RECEIVE A PASS
- ② RETURN THE PASS
- ③ RECEIVE
- ④ SHOOT



LONG OR SHORT PASSES

EMPHASIZE HARD PASSES

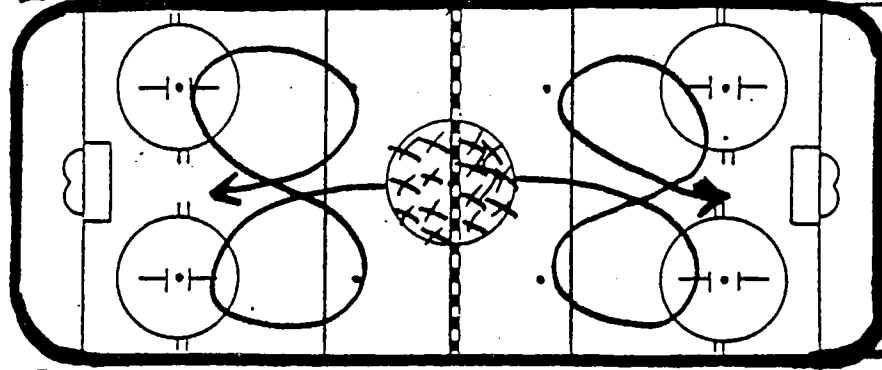


TWO AT A TIME

FIRST PLAYER FLIES TO FAR BLUELINE THEN DEFLECTS PASS TO SECOND

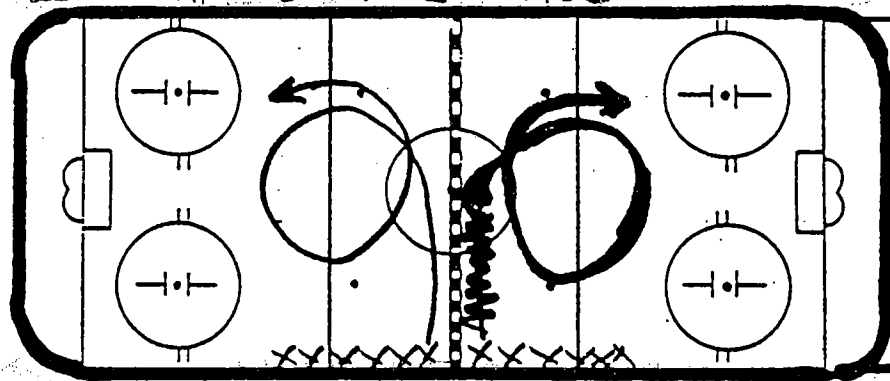
HIGH SPEED SKATING WITH PUCK, SHOOTING

1. FIGURE EIGHT AND SHOOT



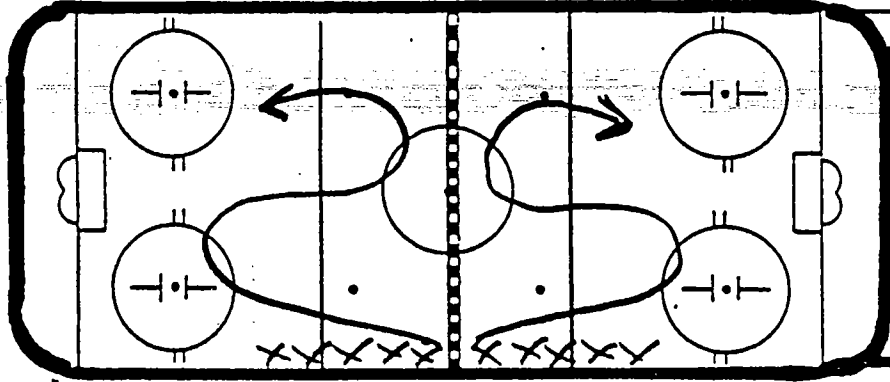
SHOOT WHILE MOVING FEET.

2. CIRCLE AND SHOOT

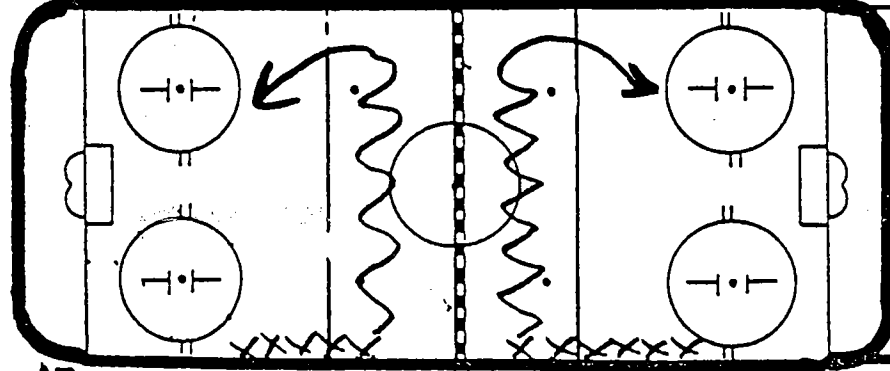


OR BACKWARDS, PIVOT AFTER RECEIVING HARD PASS

3. CROSSOVER TURNS AND SHOOT



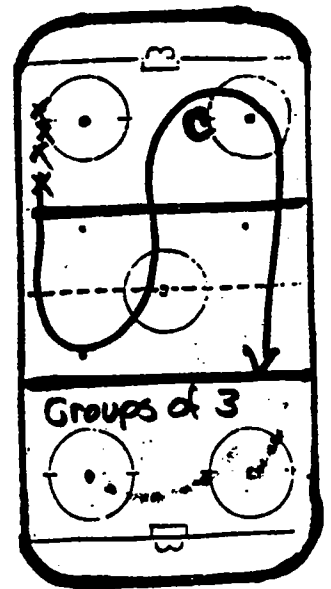
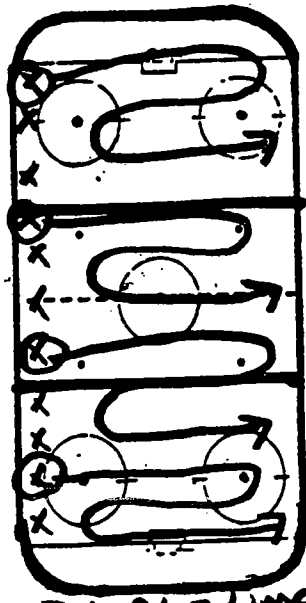
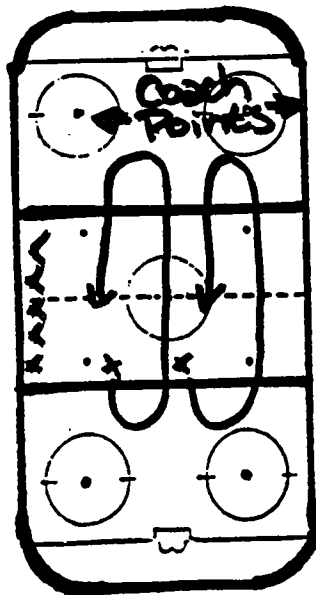
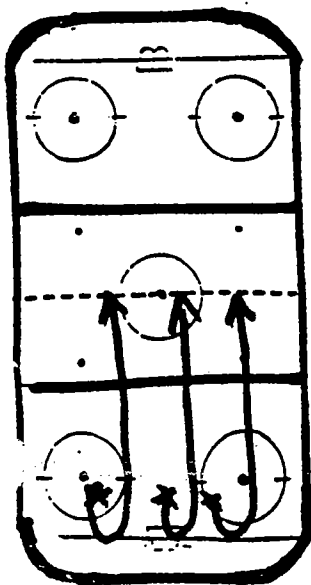
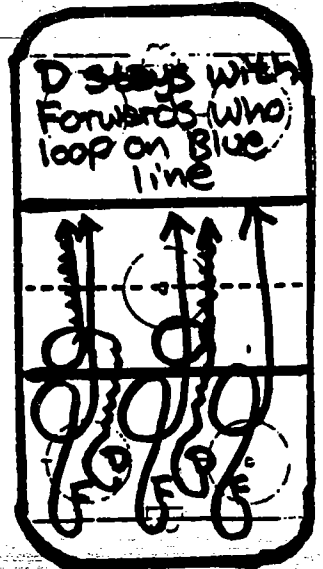
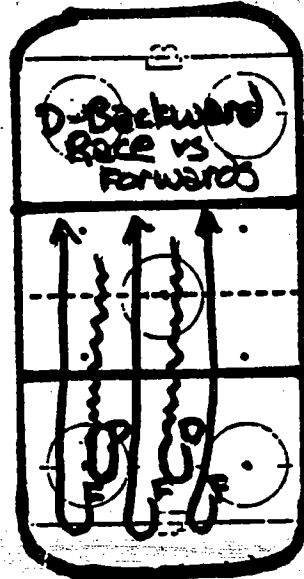
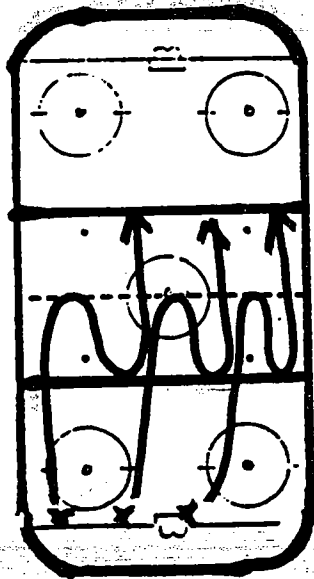
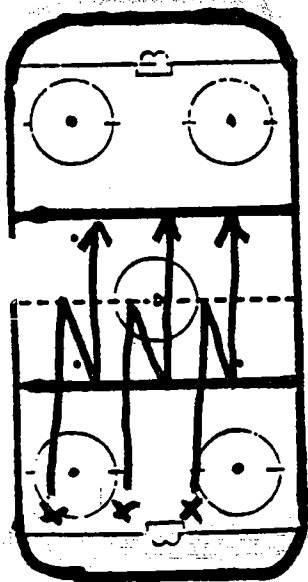
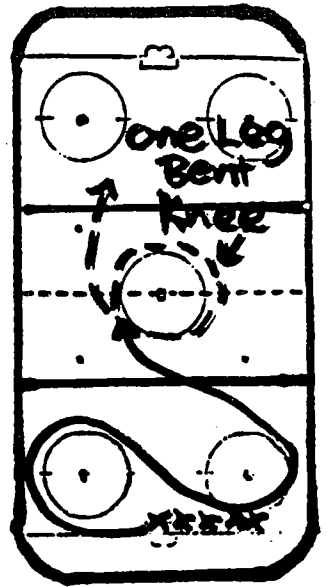
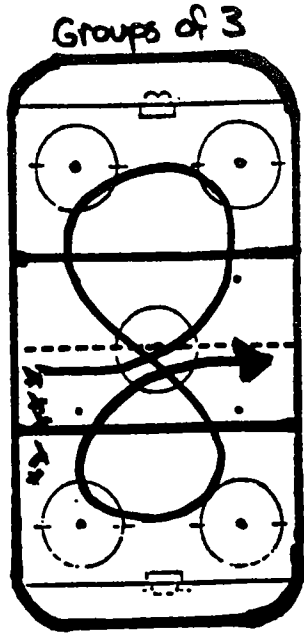
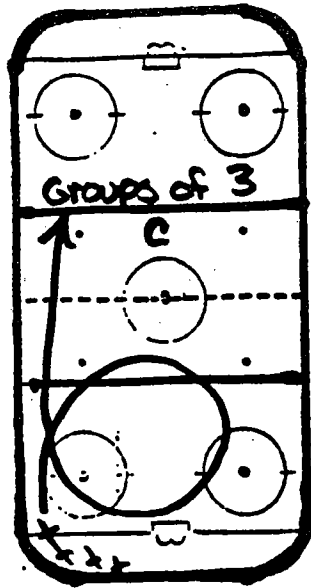
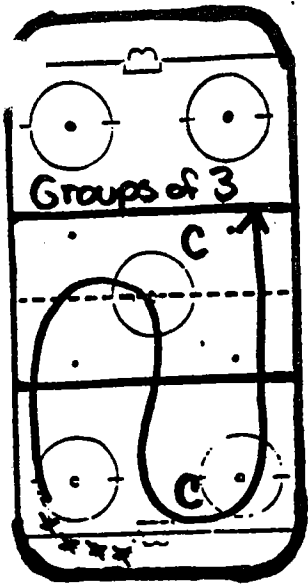
4. ZIG ZAG AND SHOOT



WIDE DRIBBLE EACH SIDE WHILE CROSSOVER SKATING. QUICK STICK, QUICK FEET

NOTES:

Sprints with or without pucks

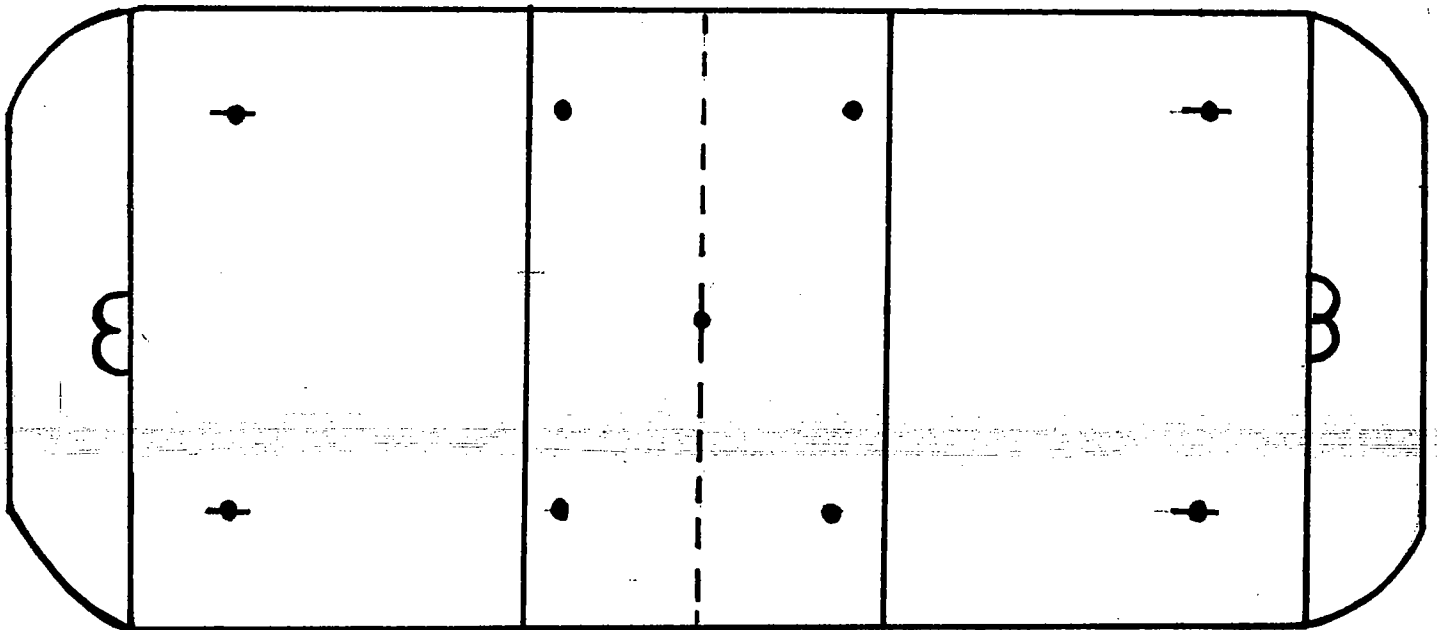


3-4 At a time Skate to Dots

Name of Drill: Conditioning

Description:

1. Blue-Blue
2. Herbies - Blue/Back Red/Back Blue/Back all the way Down/Back
3. Power Intervals - 4 lines - Hard Between Zone face-off Dots.
4. Short Sticks - Stick on Ice.
5. Gopher Boosters - Chest Drops - B-R-B (Wide-to pipe) Chest Drop B-R-B (up the middle.) 2 lines along Boards



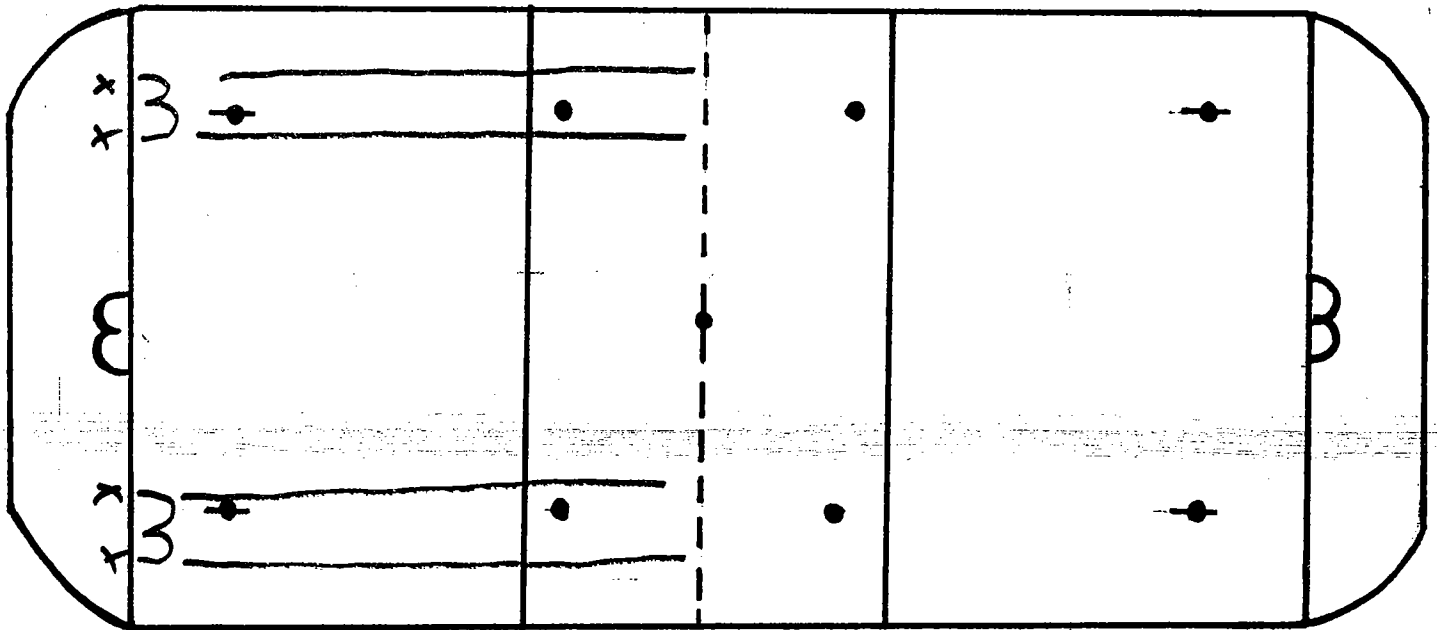
6. Side boards

7. Dives to Blue - Sumies to next Blue - Crawl to goal - 10 push ups - Sprint to far end.

Comments:

Name of Drill: Push Net Reby.

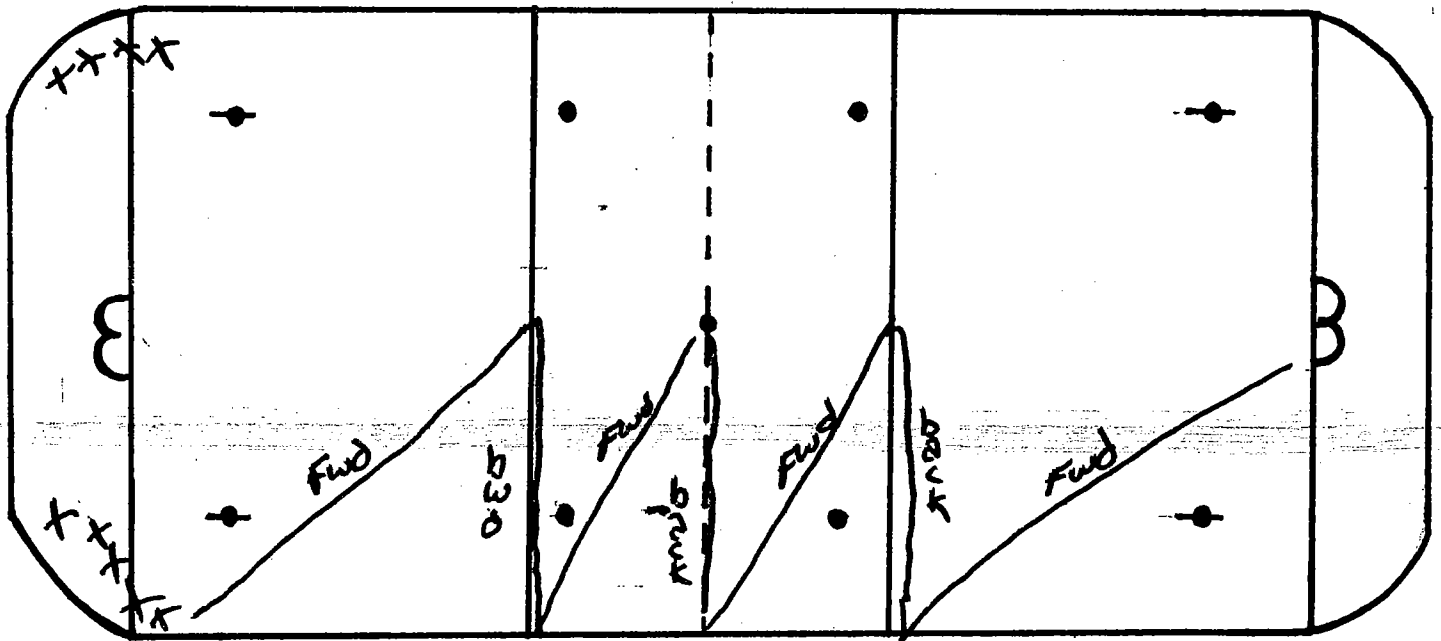
Description:



Comments:

Name of Drill: Cond.

Description:

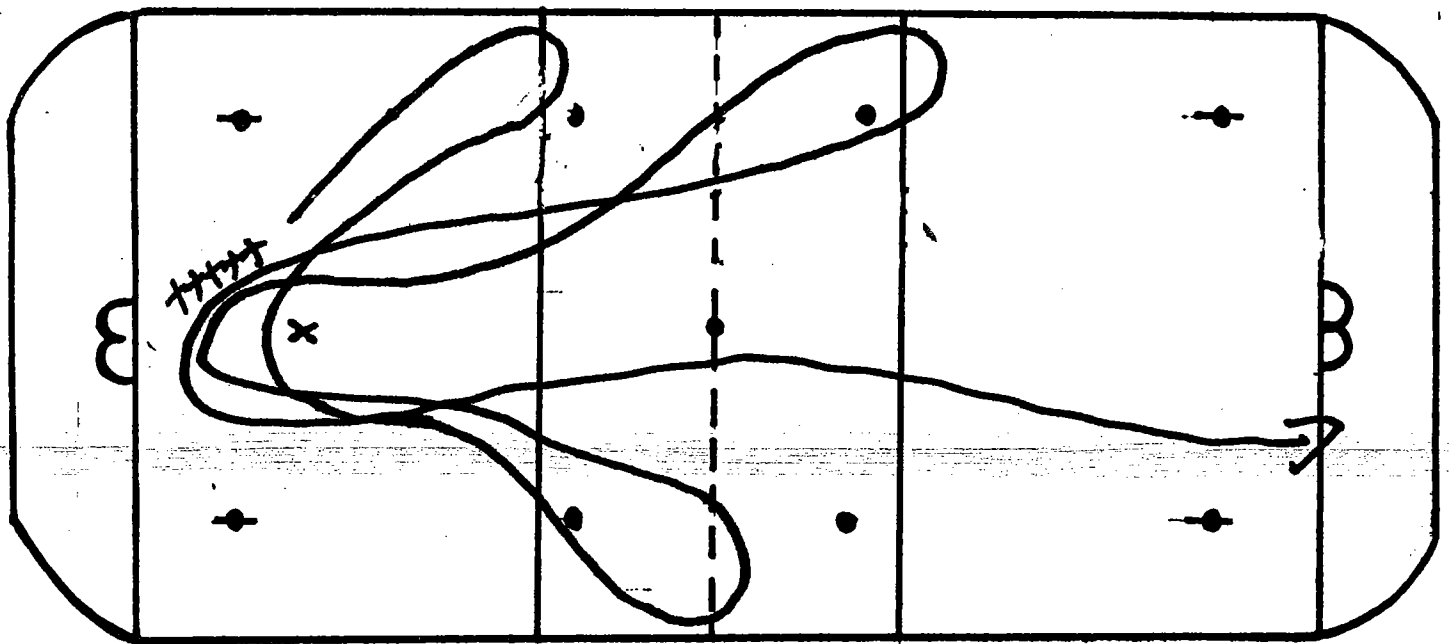


Comments:

Name of Drill: Big Ben

Description: Swing Blue
Red
Far Blue

Go around Coach

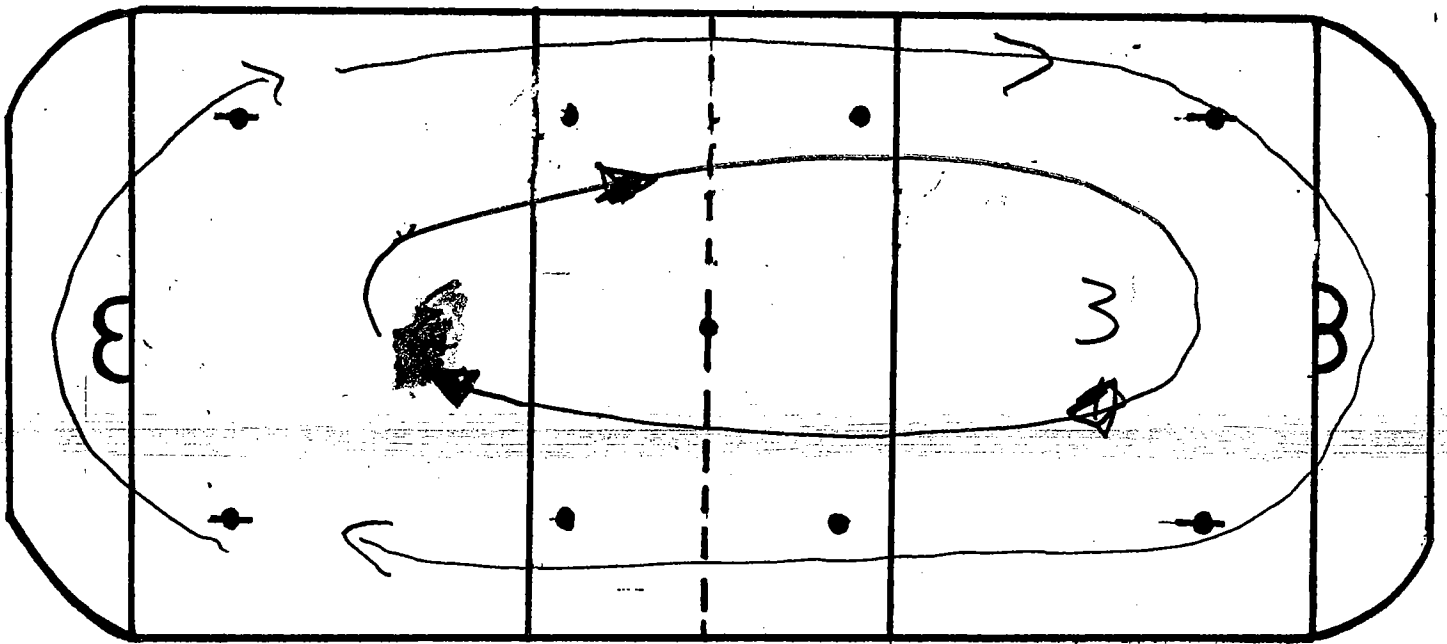


Comments:

Name of Drill: Small Group Circles

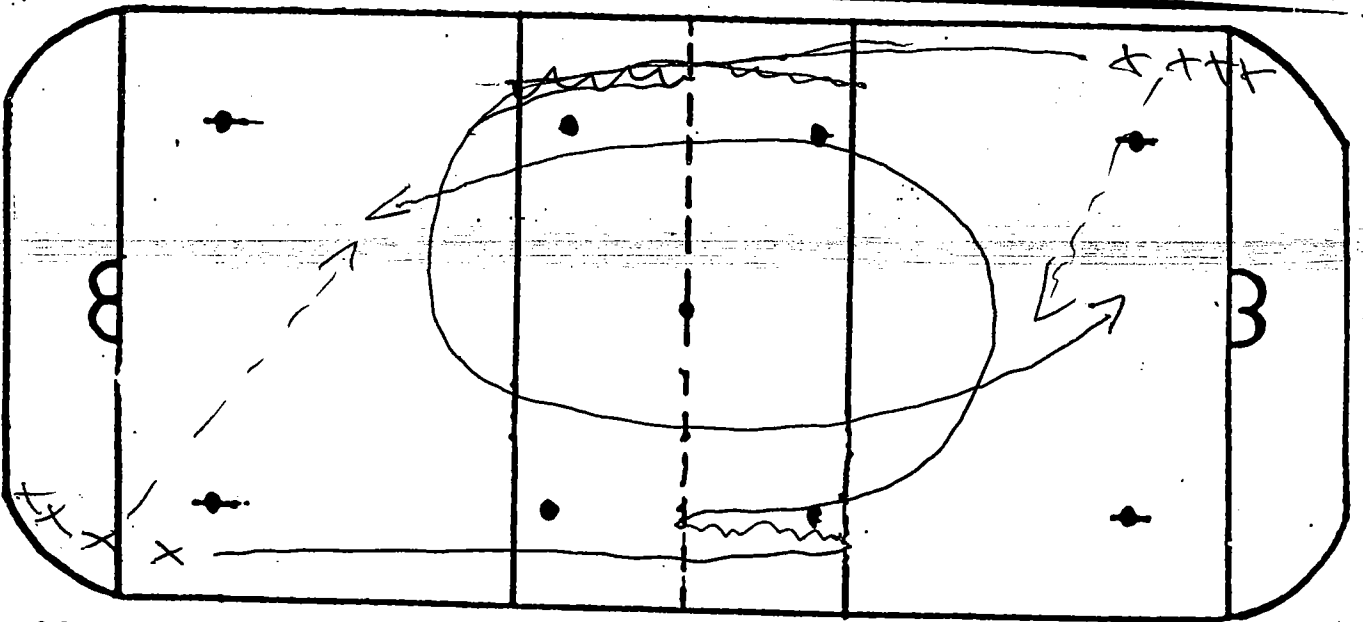
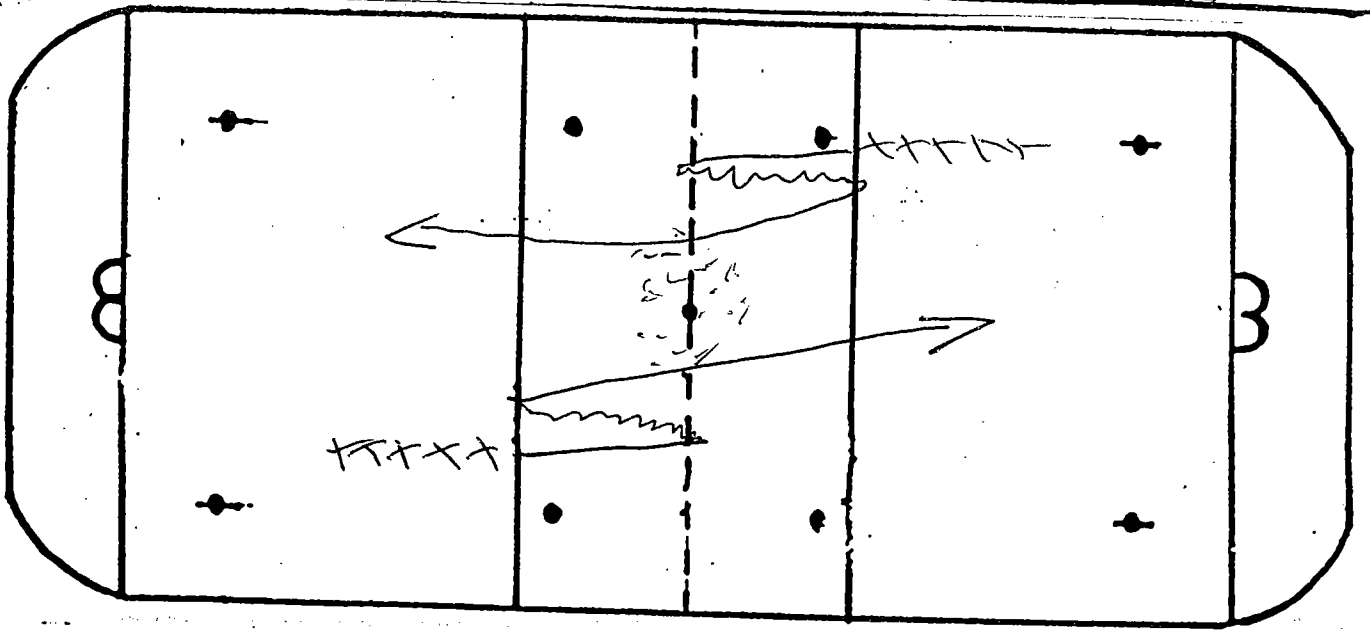
Description: Group outside skates

Slow inner group goes hard, on whistle change groups. Good for outside.



Comments:

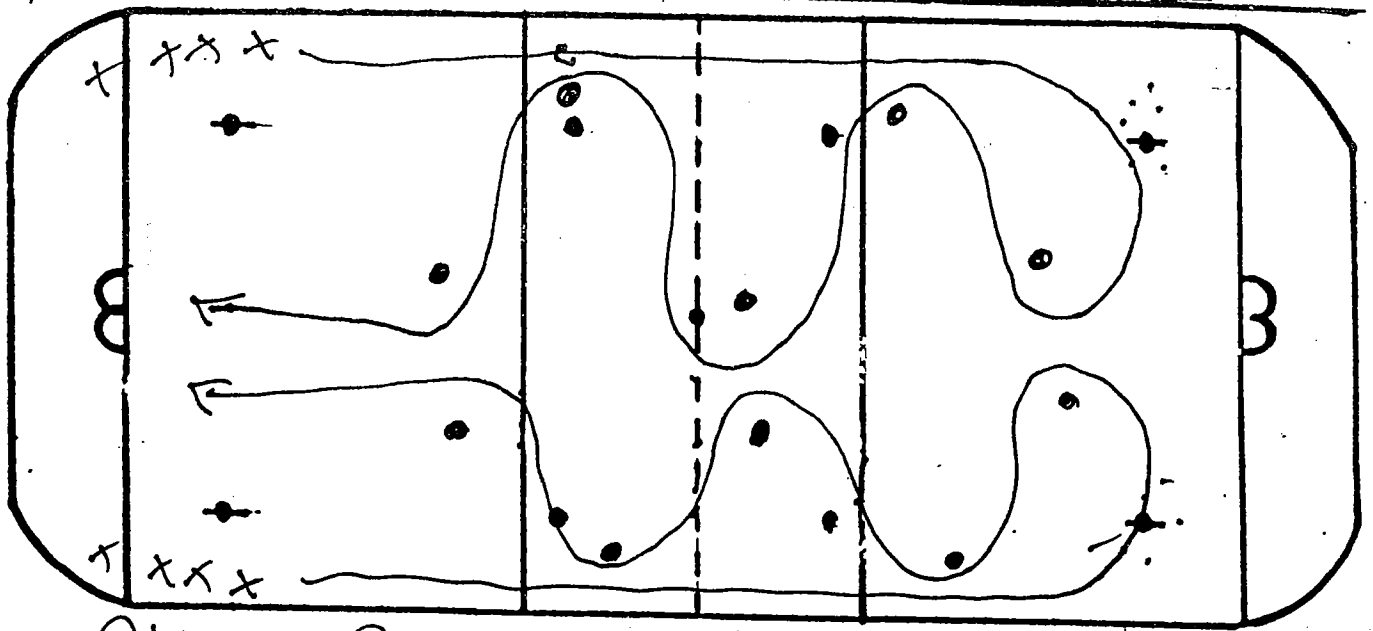
Conditioning



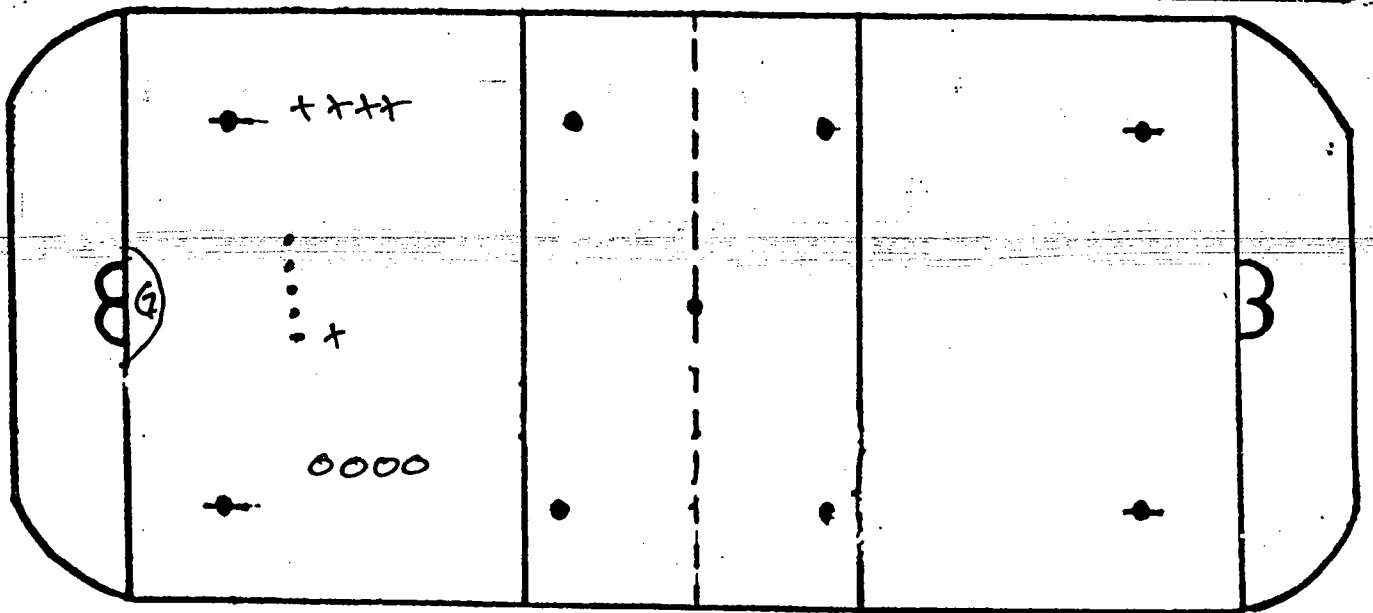
①

Relay

Conditioning



SKILLS COMP



Rapid Fire

