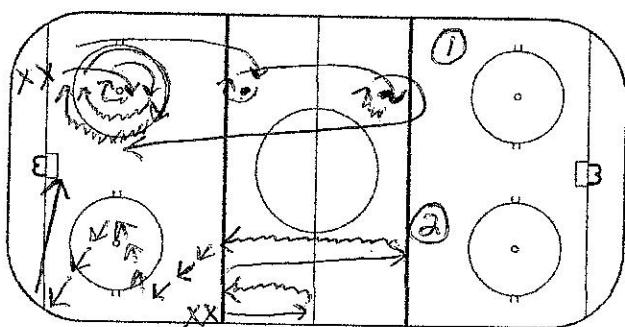


TEAM/EVENT: Minnesota Girls Hockey HS Coaches Clinic
 COACH: Dick Enahiser

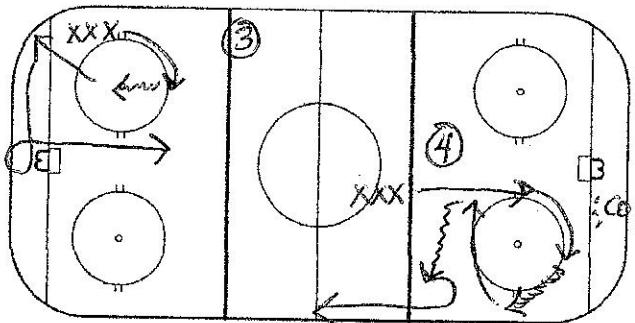
DATE: Oct 17, 2012
 PRACT. NO.



DRILL NAME: SKATING TRANSITIONS

- THE: ① CIRCLE & DOT "COMPASS" TRANSITIONS
 Start on Circle with 3 forward-backward transitions - 1st Tight Around Dot, 2nd Half way Around Circle - 3rd Full Circle then skate up to NZ Dots - do tight around dots then FULL SPEED Acceleration to Hash Marks

- ② NZ FORWARD-BACKWARD TRANSITION
 Zig-Zag to 3 Forward Strides Zig-Zag STEP OUT PILOTS - NZ - Forward to Red Line - Backward to Blue Line then Forward to Far Blue Line - Backward to Near Blue Line - Pivot w/ 3 Quick Forward Strides - continue zig-zag forward pivots



DRILL NAME: SKATING TRANSITIONS

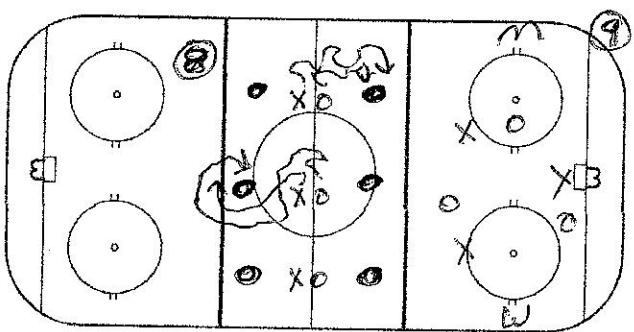
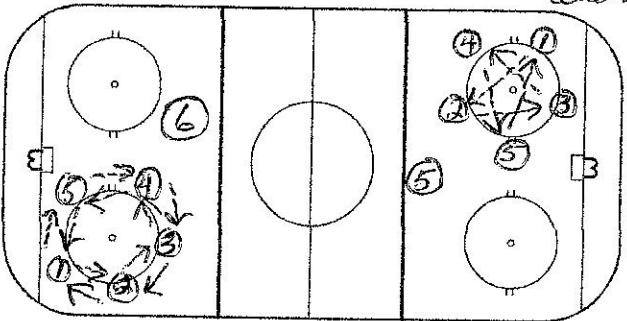
- THE: ③ CIRCLE-CORNER-BEHIND NET TRANSITIONS - CHANGE DIRECTIONS - Start at Hash Mark - Forward to Top of Circle - Backward to Dot - Pivot - Forward to Corner - Tight Power Turn - Forward Behind Net - Counter - Forward Acceleration Up Middle

- ④ IN & OUT OF ZONE - MULTIPLE TRANSITIONS ON CIRCLE - Start at Blue Line - Forward Acceleration to Hash Mark - X over to Bottom of Circle then "Hock & Slide" out to Boards - then forward Around Top of Circle - then Backward Transition to Boards - then Back Escape then Forward to Red Line

DRILL NAME: PASSING TECHNIQUE

- THE: ⑤ 5 Players on Circle - pass with Softball - Steel Ball - Small Tire
 Start with #1) Pass to 2nd Player to your right - Start with Softball then Steel Ball then Tire the Regular Puck

- ⑥ Touch Pass to Player next to you with Tire - 5 Times Around Clockwise and then 5 Times Counter Clockwise



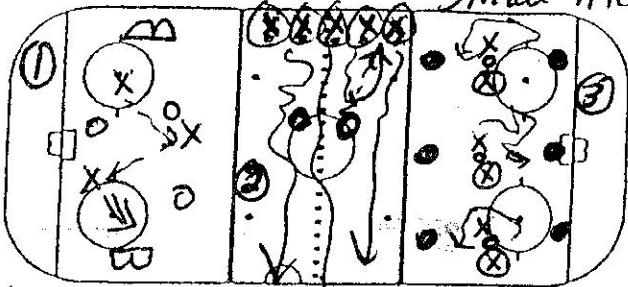
DRILL NAME: COMPETITION WITH RINGETTE RINGS

- THE: ⑦ NZ - 2 Tires (Goals) 1 vs 1 - Put a tire on each dot - use a ringette ring and player holds stick up side down - Play 1st and try get the ring to touch the tire - player with out the ring tries and blocks but or screen out player trying

- ⑧ 2 Nets - 3 vs 3 Cross Ice Game Option (A): Use ringette ring, players have sticks upside down - can skate with ring or pass ring or shoot ring at goal

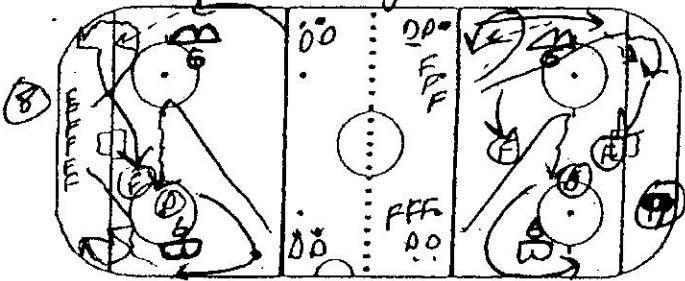
- Option (B): Use team handball - players have no sticks - pass the ball to teammates can't skate with ball - must pass immediately to a teammate - throw into goal for score

Small Area Drills & Games

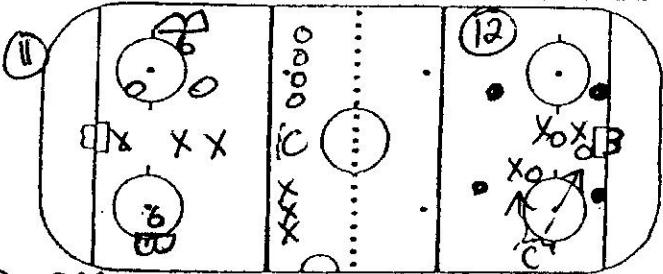


Activity Warm-Up

- (1) Cross Ice 2 Net - 2 Soccer Balls
kick with foot or hit with hand
- (2) Pong Pong Roll Away - players with pads
- (3) 2 Tries - 1 on 1 with riglette

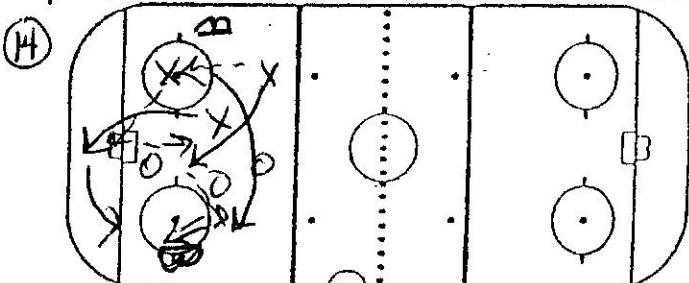


- (8) "D" 80 Pass - "F" Hook + Side to 1on1
after taking 1on1 - "D" make 80 pass other way
- (9) "I" 80 Pass 2on1 - "O" make 80 pass other way

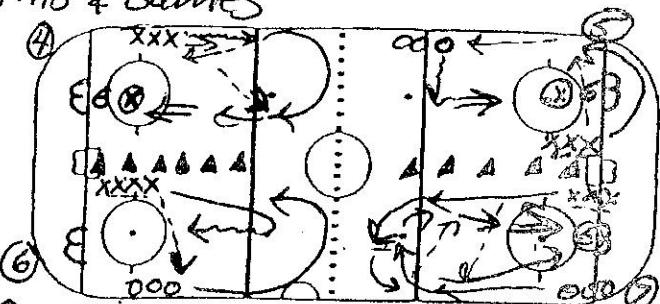


- (11) Odd & Even - 3on2 on alternate sides

- (12) 3on3 "PP" Drill - X's on coverage
O's on offense - Careful pass in
pucks from side boards

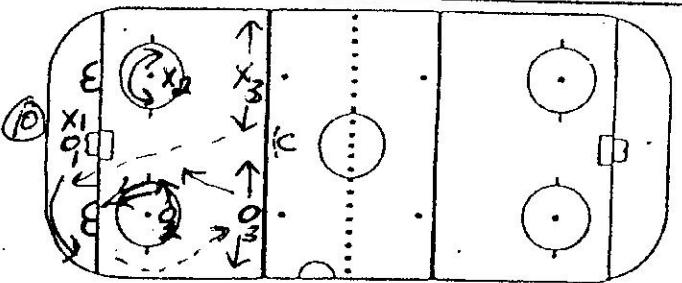


- (14) 3on3 or 4on4 Team Handball
Catch & Throw immediately - only
one step allowed
No sticks - Throw & Catch - Safe by
Throwing ball into goal

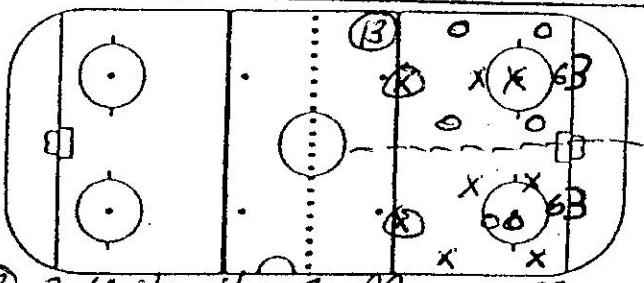


Shooting - Passing Warm-Up

- (4) Backward - 2 Pass - Forward Curl NZ - Ass-Shot
- (5) Swings Behind Net 80 Pass - Pass to Pt - Shot/Score
- (6) 1on1 - 80 Pass - Curl in NZ
- (7) 2on0 Pass - Drop Pass - Pass Shoot/Rebound



- (10) 2 Nets - 3on3 Restricted Areas
 $X_1 \& O_1$, go anywhere; $X_2 \& O_2$ inside circle
 $X_3 \& O_3$ at BL



- (13) 2 Units 4on2 PP - on side
5th player at BL
X's start on PP when O's intercept
puck they pass puck to other
side for "O" pp

