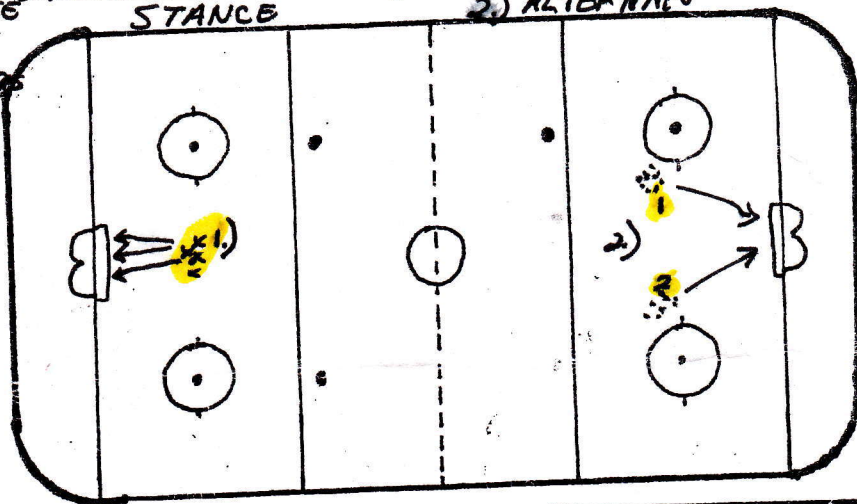


Page 1 of

1.) SHOTS ON ICE IN/NEAR STANCE DRILL: SHOTS ON ICE; DIRECTLY AT & JUST OUT OF STANCE 2.) ALTERNATE

2.) ALTERNATE SHOTS - 2 SHOOTERS

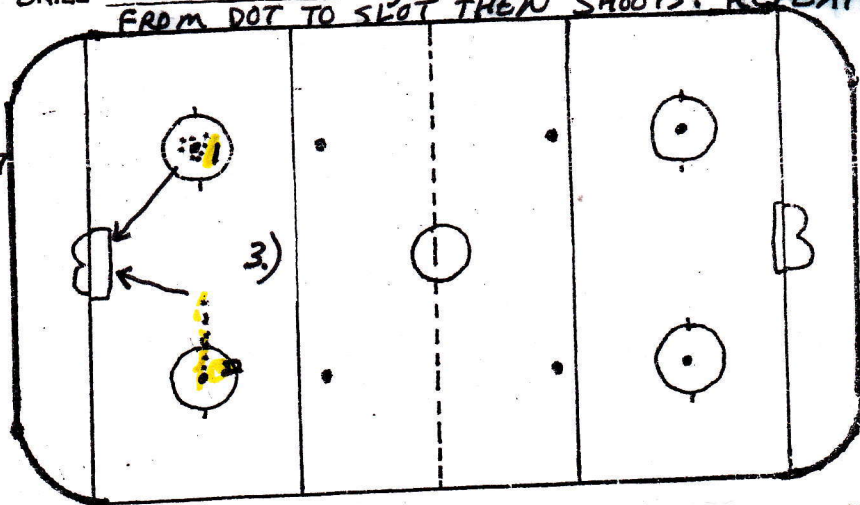
SHOOT ANYWHERE ON NET BUT FROM HIGH INNER SLOT



3.) SHOT FROM DOT; ALTERNATE

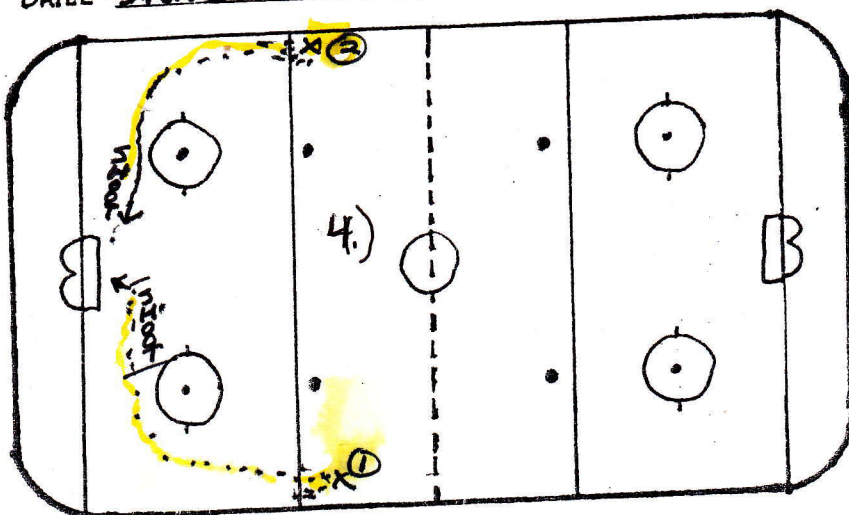
WITH SECOND SHOOTER GOING FROM DOT-TO-SLOT, THEN SHOOT

DRILL: SHOT FROM DOT; ALTERNATE SHOOTER CARRIES PUCK FROM DOT TO SLOT THEN SHOOT. REPEAT



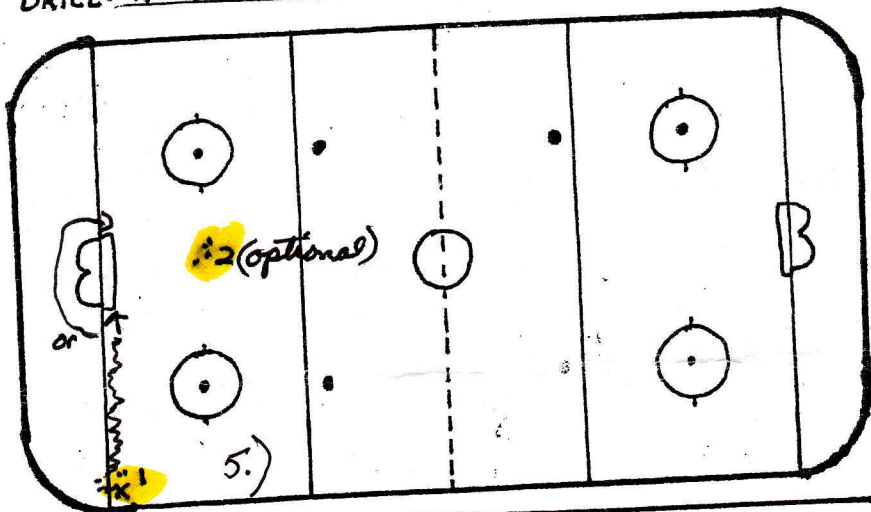
4.) PUCK CARRIER STARTS AT BLUE LINE ON WALL, CARRIES PUCK BELOW CIRCLE COMING ACROSS GOAL MOUTH RELEASING SHOT IN LOW SLOT.

DRILL: DRIVE THE NET FROM LEFT & RIGHT WING



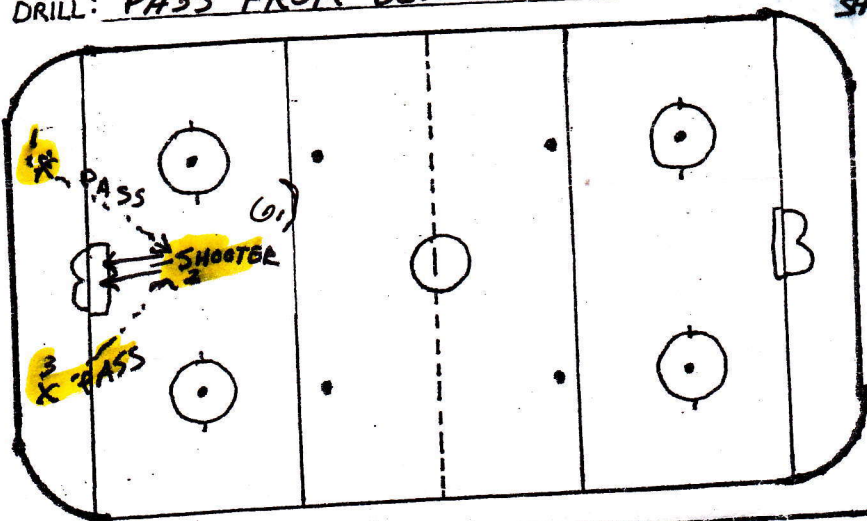
5.) PUCK CARRIER ATTACKS
GOAL LINE OUT OF
CORNER (OR) SAME PATH
BUT GETS PASS FROM #2.
ANY OPTION OF SHOT ON
NET, GO BEHIND & WRAP IT.

DRILL: ATTACK GOAL LINE OUT OF CORNER



6.) PASS FROM BELOW GOAL
LINE, SHOT FROM
SLOT. ALTERNATE SIDES

DRILL: PASS FROM BELOW GOAL LINE TO SLOT, SHOT

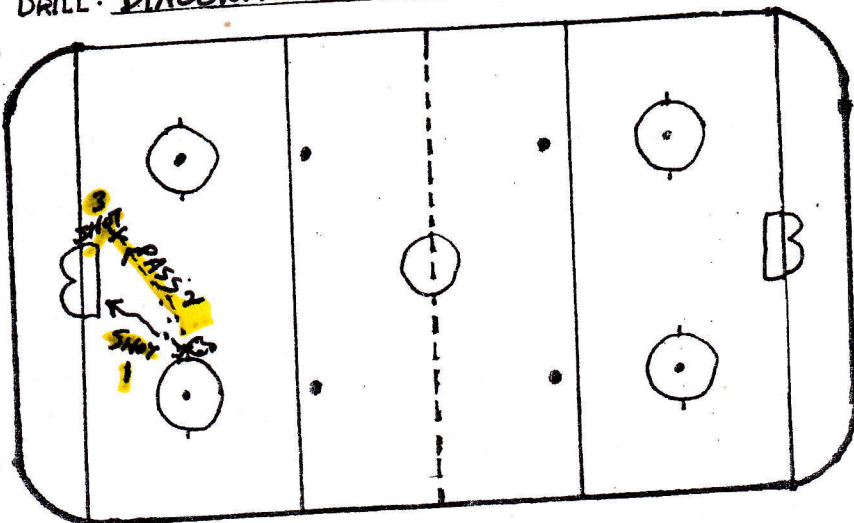


7.) SHOT, FOLLOWED BY
BACK DOOR REBOUND SHOT
(OR)

DRILL: DIAGONAL V SLIDE AFTER INITIAL SHOT

PASS DIRECTLY TO
SHOOTER ON BACK DOOR

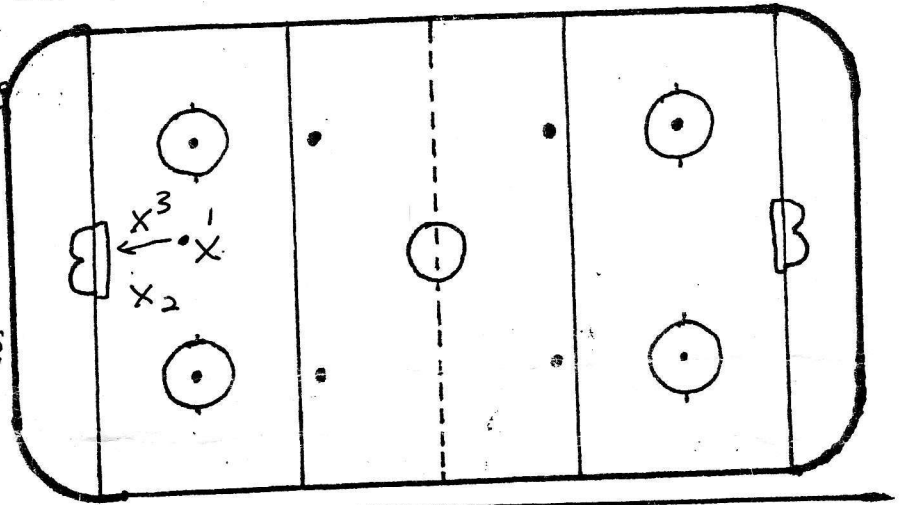
(DIAGONAL MOVEMENT
BY GOALIE BOTH LEFT
AND RIGHT)



SH 5 = GOAL ON INITIAL SHOT
 SH 1 = GOAL ON REBOUND
 G 5 = WIDE INITIAL SHOT
 G 1 = SAVE
 G 2 = GOALIE GETS PUCK OUT OF PLAYING AREA

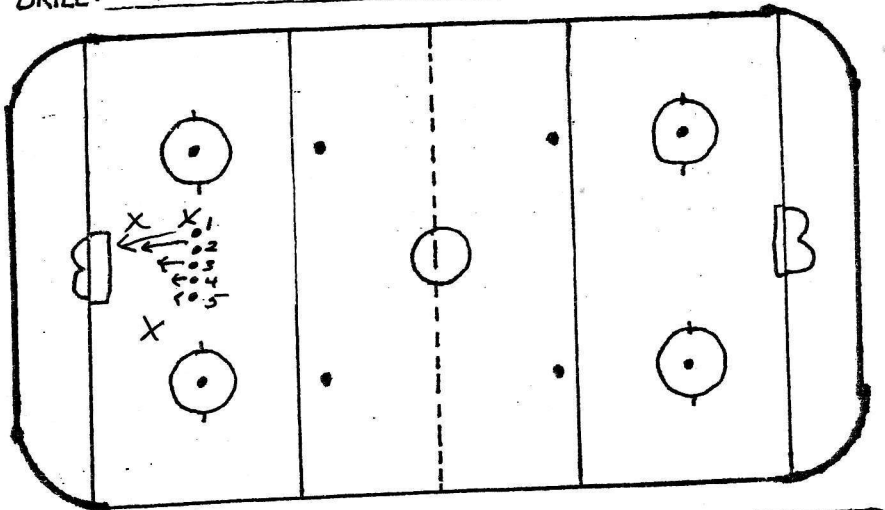
8.) PLAYER 1 TAKES INITIAL SHOT. PLAYERS 1, 2 and 3 PLAY REBOUNDS IF ANY UNTIL SCORE, PUCK IS FROZE, OR KNOCKED OUT OF PLAYING AREA. POINTS FOR GOALIE & SHOOTERS FIRST TO 10 POINTS WINS.

DRILL: 10-POINT GAME



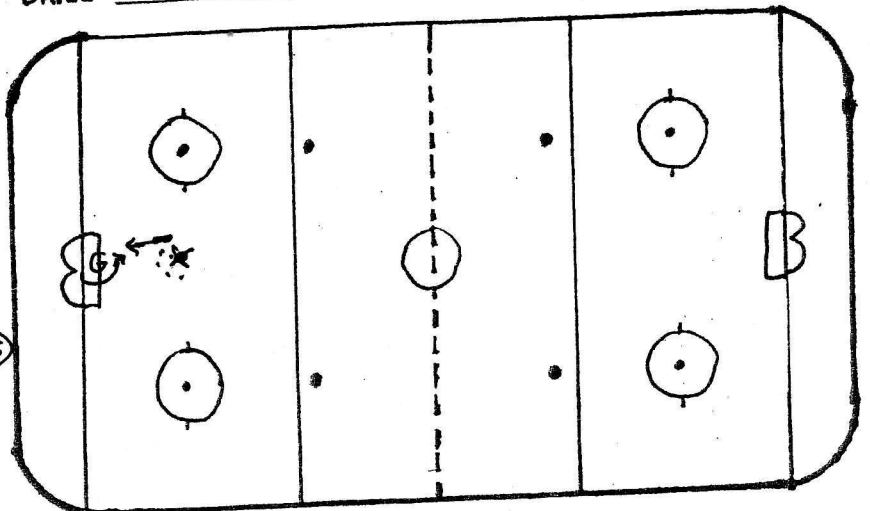
9.) SHOOTERS HAVE 45 SECONDS TO SCORE 5 PUCKS IN ORDER. NEXT PUCK CAN BE SHOT AFTER PREVIOUS SCORE WITH NO STOPPAGE OF PLAY. GOALIE CAN SEND PUCK TO ANY PART OF RINK.

DRILL: 45-SECOND GAME



10.) GOALIE FACES NET WHILE IN STANCE. WHEN SHOOTER HOLLERS "TURN", GOALIE TURNS AND SHOOTER RELEASES SHOT. ADD PLAYING THE REBOUND IF OTHER SHOOTERS AVAILABLE. (KEEP TRACK OF 10 ATTEMPTS)

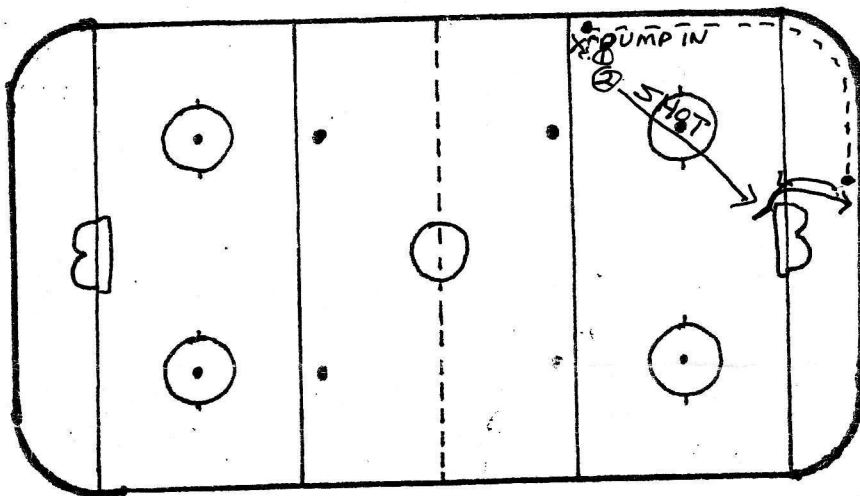
DRILL: TURN-AND-SHOOT



11.) PUCK IS DUMPED INTO
ZONE ALONG BOARDS.
GOALIE COMES AND STOPS
PUCK BEHIND NET AND
SETS IT FOR DEFENSEMAN.
GOALIE HUSTLES BACK
INTO GOAL TO PLAY SHOT
FROM POINT. REPEAT FROM
BOTH SIDES

* ADD VARIATION WITH
BREAKOUT PASS IF
ADDITIONAL SHOOTER
AVAILABLE.

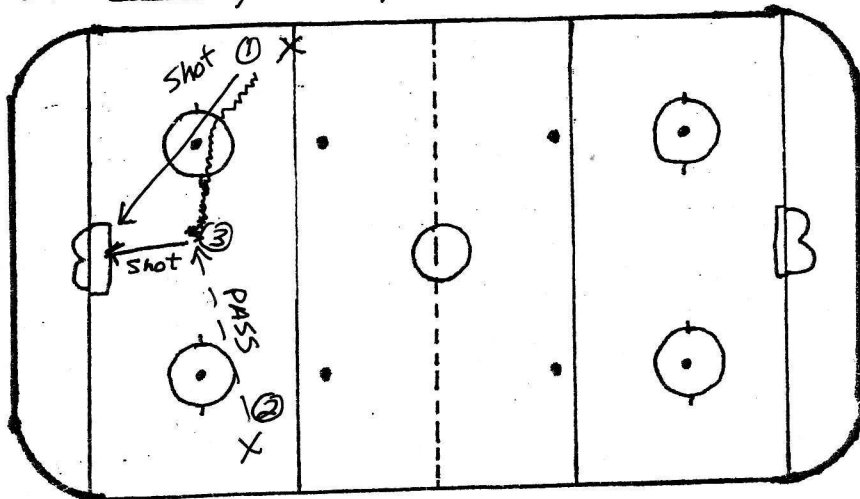
DRILL: CONTROL PUCK RIMMED ALONG BOARDS



12.) PLAYER 1 TAKES SHOT
FROM POINT, FOLLOWS
SHOT AND BREAKS TO
HIGH SLOT, RECEIVES
PASS FROM PLAYER 2
AND SHOOTS OR DEKES.

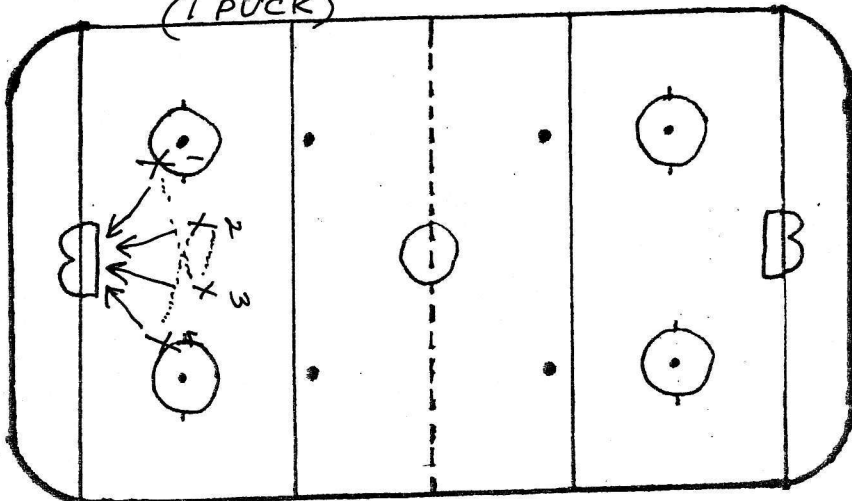
(ALTERNATE SIDES)

DRILL: SHOT, FOLLOW, RECEIVE PASS, 2nd SHOT



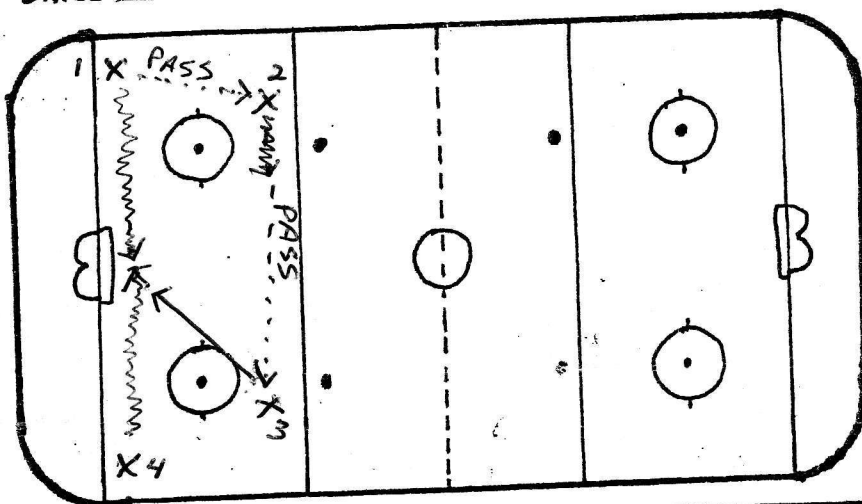
13.) FOUR PLAYERS IN
ZONE PASS PUCK
AROUND AND SHOOT AT
RANDOM. PROGRESS TO
CRASHING NET FOR
REBOUND.

DRILL: 4 PLAYER PASS & RANDOM SHOOT
(1 PUCK)



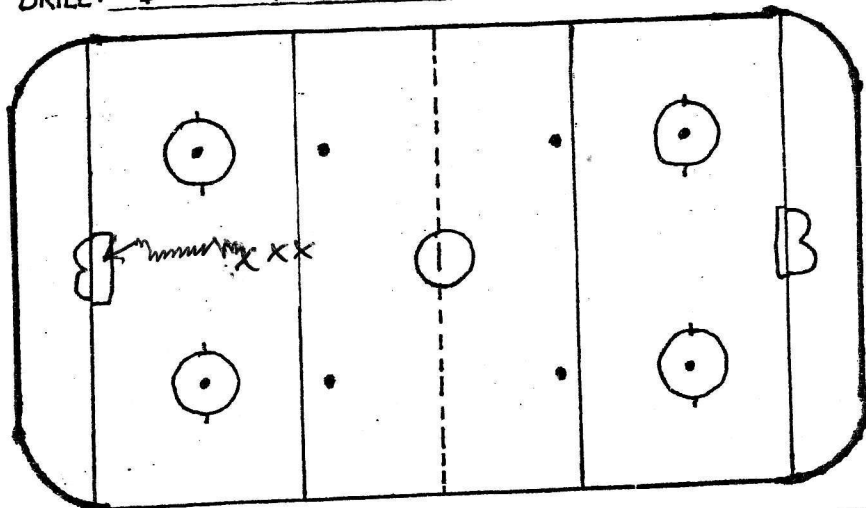
14.) PLAYER 1 PASSES
TO PLAYER 2 THEN
SKATES TO FRONT OF
NET. PLAYER 2 PASSES
TO PLAYER 3 WHOM
EITHER SHOOTS OR
PASSES BACK TO 2
FOR A SHOT. PLAYER
4 SKATES TO FRONT
OF NET TO TIP OR
SCREEN SHOT.
(ALTERNATE SIDES)

DRILL: TIPS & SCREENS



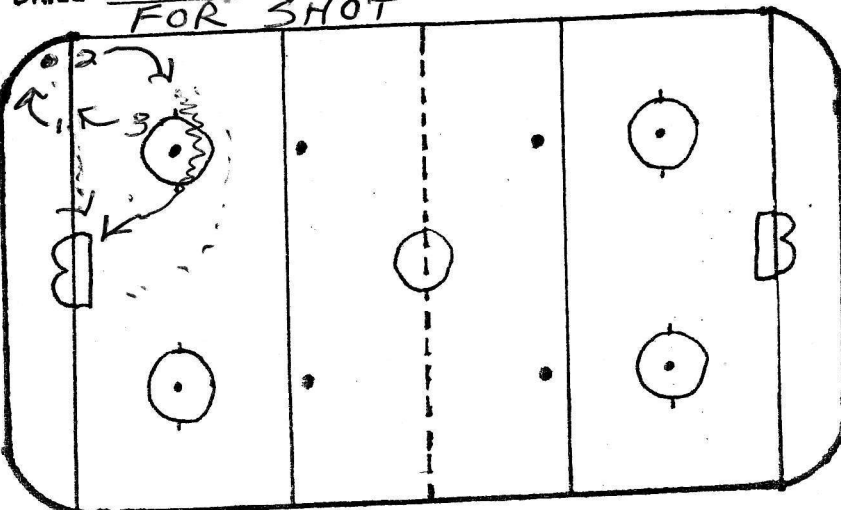
15.) PLAYER CARRIES
PUCK TOWARD NET
AND EITHER DEKES
OR SHOOTS. NEXT
SHOOTER APPROACHES
AS SOON AS GOALIE IS
SET.

DRILL: BREAK AWAYS



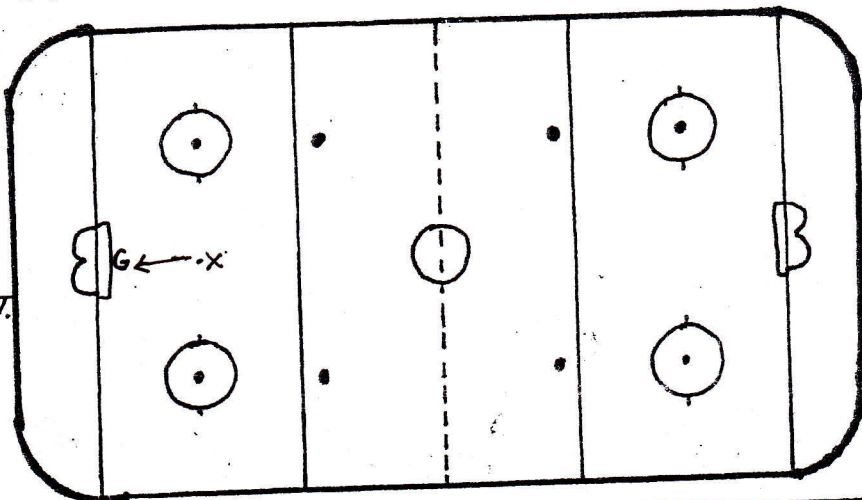
16.) THREE PLAYERS
CYCLE PUCK OUT OF
CORNER AND IMPROVISE
A PLAY FOR SHOT. KEEP
PUCK MOVING, FEET
MOVING. ONE SHOT
DRILL; GRADUATE TO
PLAYING THE REBOUND

DRILL: CYCLE PUCK OUT OF CORNER
FOR SHOT



20.) GOALIE STARTS OUT ON BACK ON THE ICE. SHOOTER TAPS STICK ON THE ICE, GOALIE GETS UP AS QUICKLY AS POSSIBLE. SHOOTER RELEASES SHOT WHEN GOALIE IS "ALMOST" READY.

DRILL: SIMULATED RECOVERY



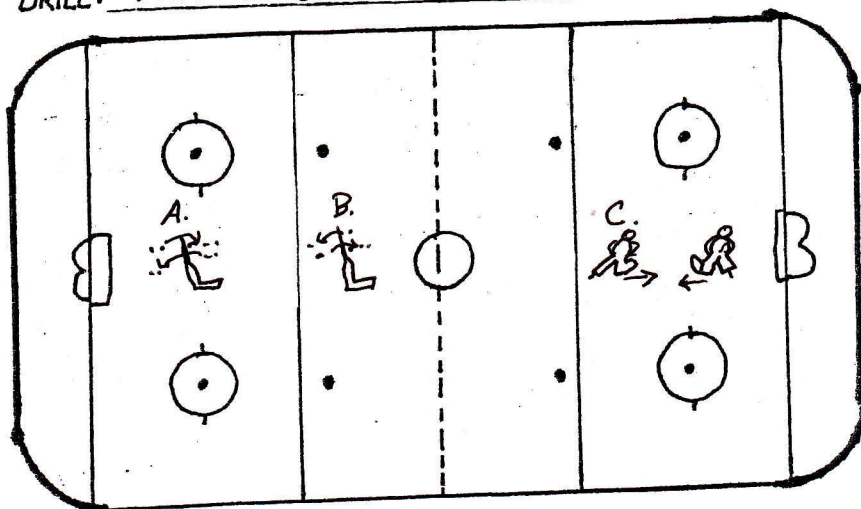
- * DRILL CAN BE DONE WITH A SCREENER IN FRONT.
- * CONDUCT SAME DRILL ONLY WITH SHOOTER MOVING
- * SAME DRILL BUT WITH PLAYING REBOUND

21.) A.) TWO-LEGGED HOPS OVER STICK SHAFT; LEFT & RIGHT.

DRILL: LEG EXERCISES

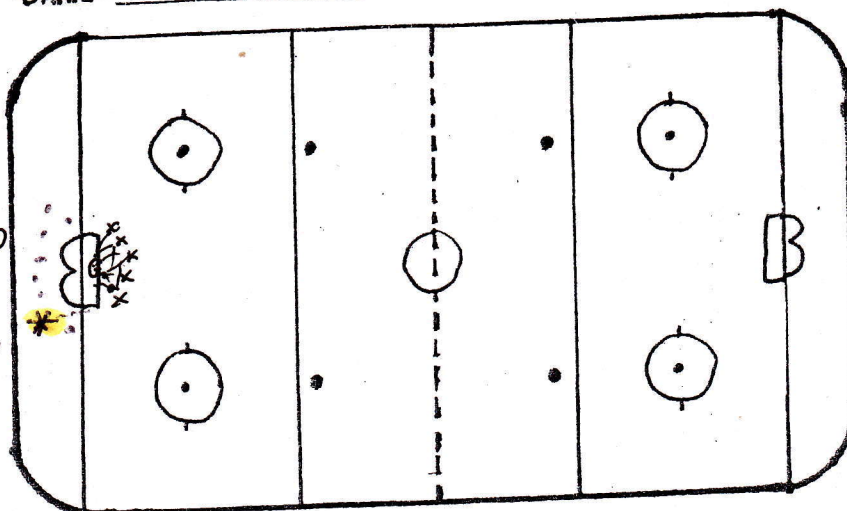
B.) ONE-LEGGED HOPS OVER STICK SHAFT; LEFT & RIGHT.

C.) DOWN IN V POSITION, PUSH HARD WITH INSIDE-EDGE OF LEFT SKATE. REPEAT GOING OTHER WAY PUSHING WITH RIGHT SKATE



22.) FIVE OR SIX SHOOTERS FORM A SEMI-CIRCLE JUST OUTSIDE THE CREASE. USING ONE PUCK, THE SHOOTERS FIRE PUCK ON NET. PUCK IS PLAYED UNTIL SCORE, SAVE, CLEARED OUT OF AREA. REPEAT.

DRILL: LIVE PUCK IN TIGHT



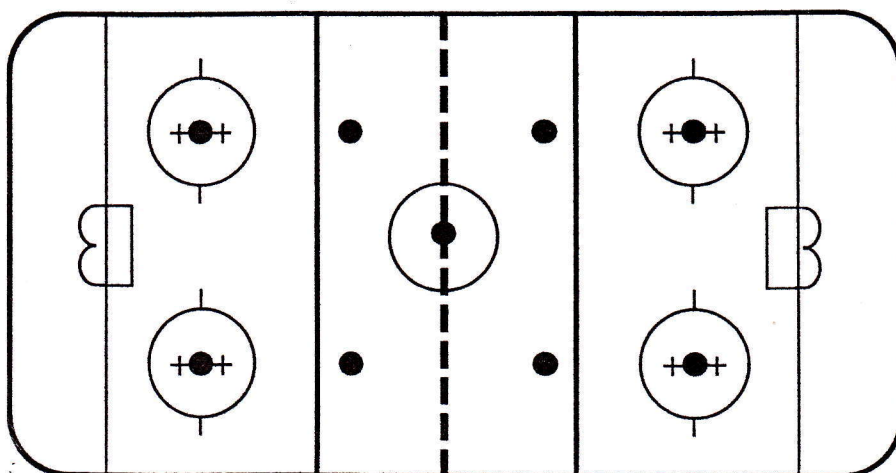
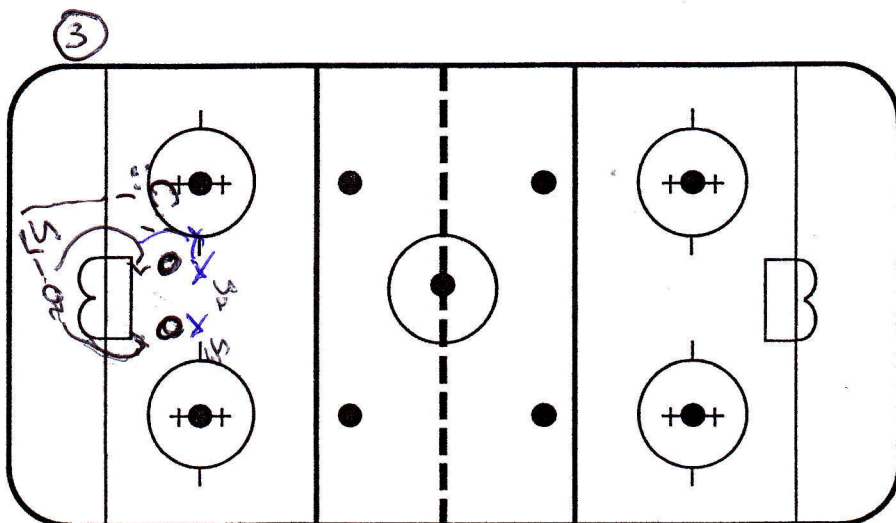
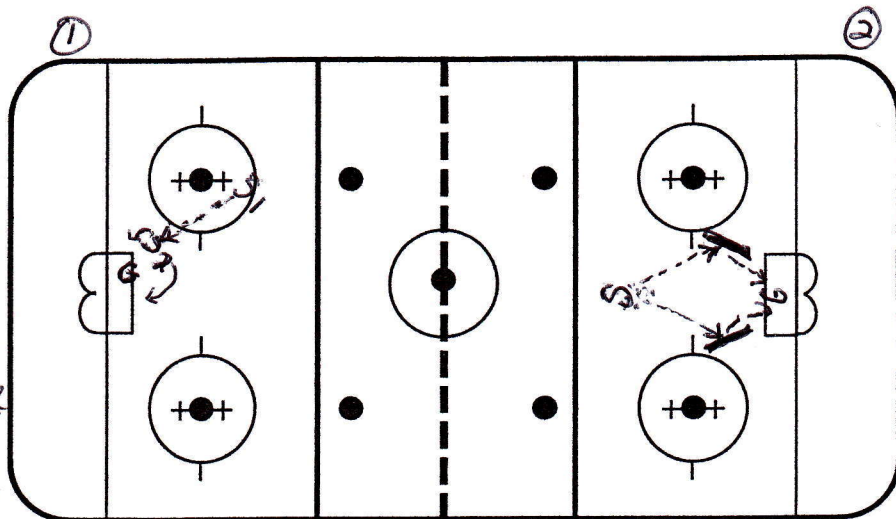
- * THIS CAN ORIGINATE WITH PUCKS BEHIND NET, PASSED OUT TO SHOOTER. GOALIE STARTS ON PIPE OF SIDE PASS COMES OUT FROM.

Drill Notes

- ① S_1 sends shot/pass to S_2 .
 S_2 either tips, catches puck
 & shoots backhand or spins
 to forehand. ^{and shoots.} (Do other side too)

- ② S shoots hard shot on ice
 into 4"x4"x5' boards for rebound.
 Goalie has to square up to
 shooter. Test goalie if cheating w/
 shot on net. (Weight boards up times
 or goalie)

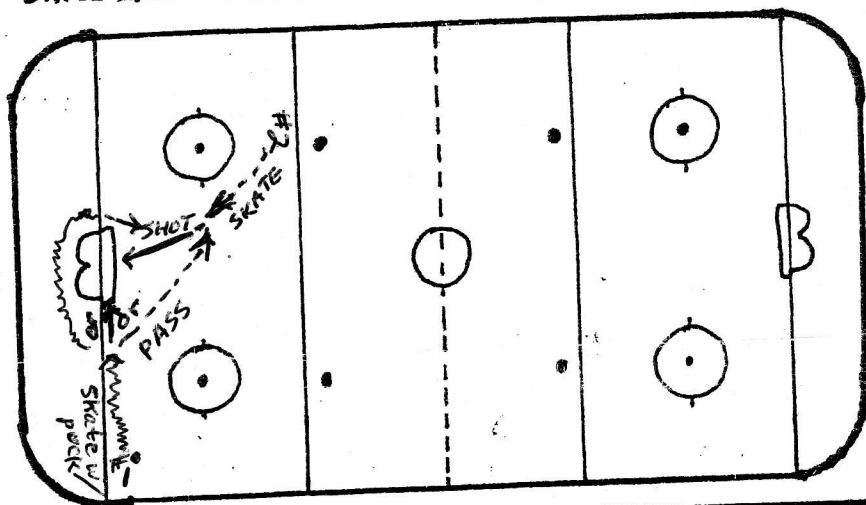
- ③ Coach dumps puck off
 end wall. S_1 retrieves puck
 and goes around for wrap
 or reverses while always
 staying below tires. S_2 & S_3 play
 rebound with S_1 .



17.) PLAYER #1 CARRIES PUCK OUT OF CORNER ALONG EXTENDED GOAL LINE.

PLAYER #2 DELAYS ENTRY INTO THE ZONE FROM BLUE LINE TO CATCH PASS AND SHOOT. PLAYER #1 HAS OPTION OF SHOT OR GOING BEHIND NET TO WRAP OR PASS. (BOTH PLAYERS CRASH NET FOR REBOUNDS).

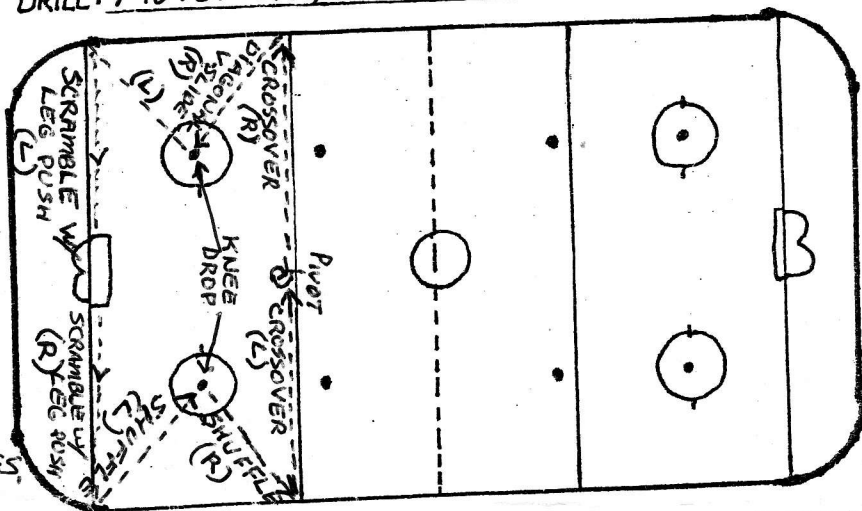
DRILL: DELAYED 2 on 1 (SIMULATES TRAILER)



18.) (START @ POST)
MOVEMENTS: SCRAMBLE W/ LEG PUSH (R), SHUFFLE (L) & (R), CROSSOVER (L) & (R), DIAGONAL V-SLIDE (R) & (L), SCRAMBLE W/ LEG PUSH (L).
DO A KNEE DROP AT THE FACE OFF DOTS, 180° PIVOT AT CENTER OF BLUE LINE.

NOTE: IT IS IMPORTANT TO REMAIN IN A STANCE THROUGHOUT COURSE. SET UP FOR A SECOND BETWEEN MOVES. GOOD TECHNIQUE IS KEY.

DRILL: MOVEMENT COURSE RIGHT (R) & LEFT (L)



19.) LATERALS IN TIGHT WITH SHOOTER JUST OUTSIDE CREESE WITH PUCK.
SHOOTER QUICKLY MOVES PUCK FROM FOREHAND TO WIDE LATERAL BACKHAND FOR SHOT. GOALIE RESETS AND DRILL IS REPEATED FROM BACKHAND TO FOREHAND.
* DRILL CAN BE DONE WITH GOALIE DOWN IN SCRAMBLE POSITION AND/OR FROM GAME STANCE.

DRILL: LATERALS IN TIGHT FOREHAND & BACKHAND

