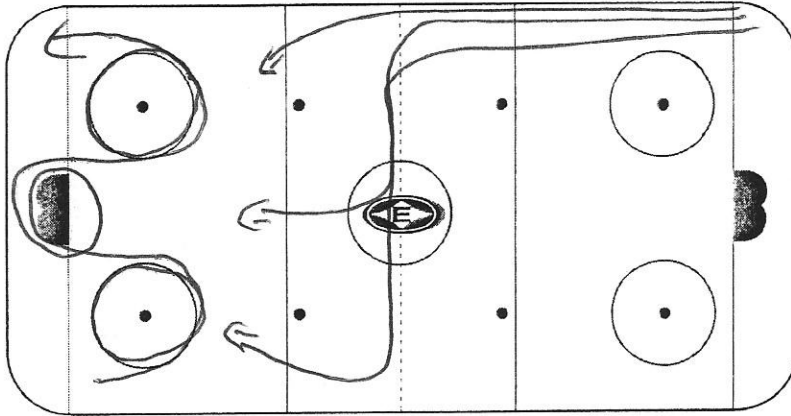




SYSTEM/DRILL _____



Description _____

(A) SKATE - CLOCK WORK
OR "5" SKATES OR
4 LINES

(B) PASSING
3 PERSON FIG 8 OR
2 PERSON AROUND GOAL

(C) FILL 3 LANES

(D) SKILL 3 v 0

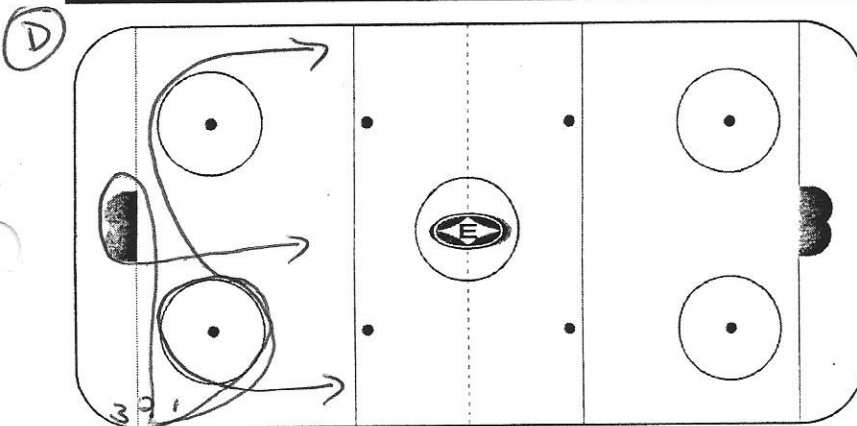
Notes/Systems _____

Description _____

(E) B/O REGROUP RUSH
DRILLS

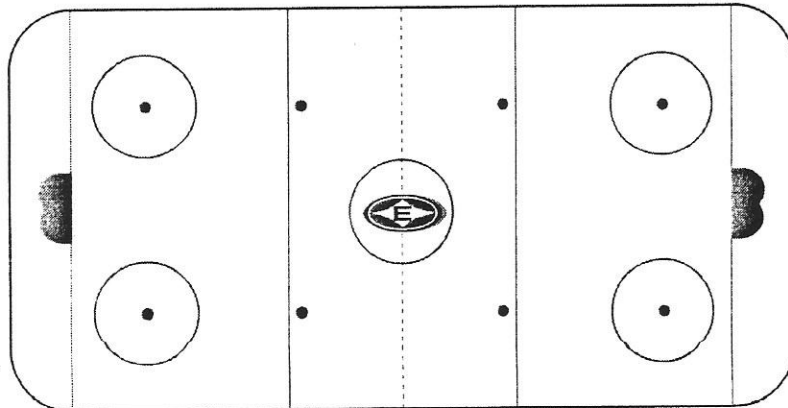
(F) SKILLS COMPETITIONS

(G) SMALL GAMES.



Notes/Systems _____

Description _____

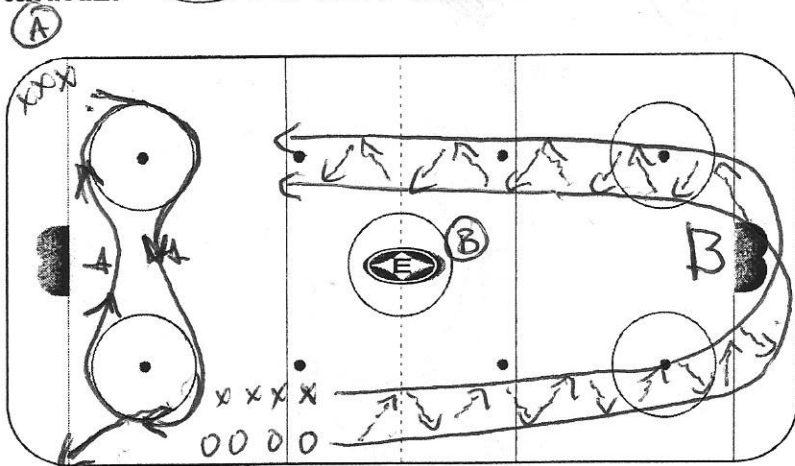


Notes/Systems _____





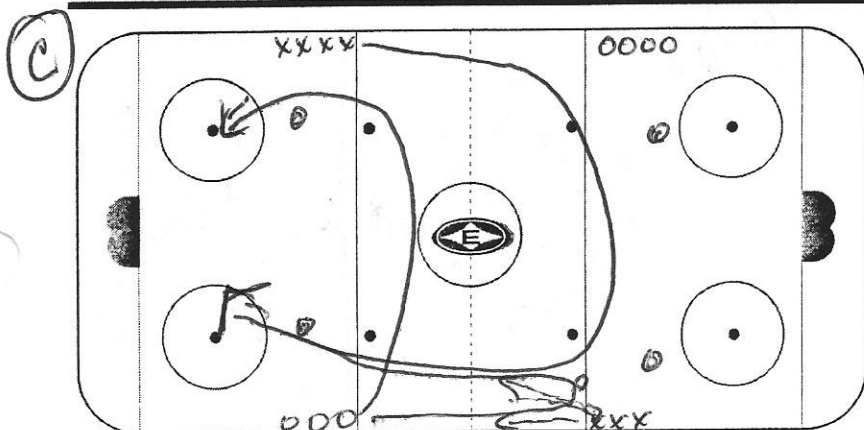
SYSTEM/DRILL _____



Description _____

- (A) SKATING - BIG PEANUT OR CLOCKWORK (GOALIES IN NZ W/ SHUFFLE SKATES)
- (B) HORSHOE PASSING (FORM SAVES FOR GOALIES)
- (C) 4 BLUE LINES - HIGH LOW - 3 PASS - 2 v 0
- (D) 1 v 1 OUT OF NZ
- (E) 2 v 1 OUT OF NZ

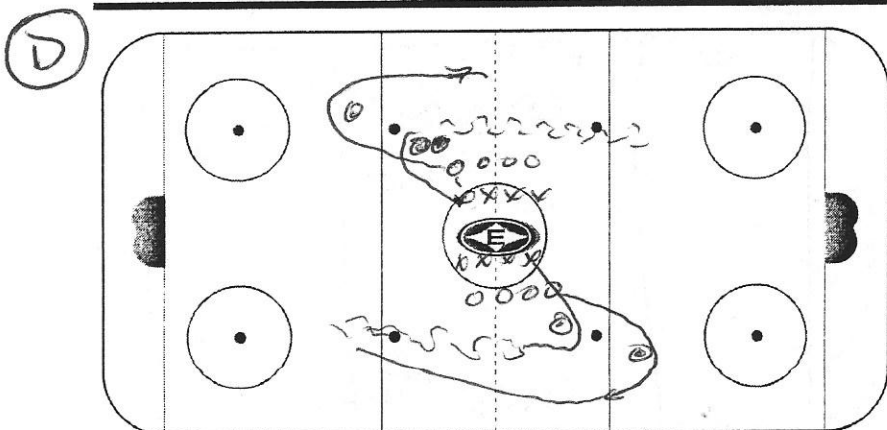
Notes/Systems _____



Description _____

- (F) SPLIT FWD & D
 - (1) D - NEUTRAL ZONE D TO D
 - (2) D - B/D OPTIONS / 1ST PASS
 - (3) D - GATHER & SHOOT
- (1) F - GIVE & GO OUT OF CORNER
- (2) F - 3 v 0 RUSH
- (3) F - FIGURE 8 DRAG & SHOOT
- (G) SMALL GAMES

Notes/Systems _____



Description _____

Notes/Systems _____

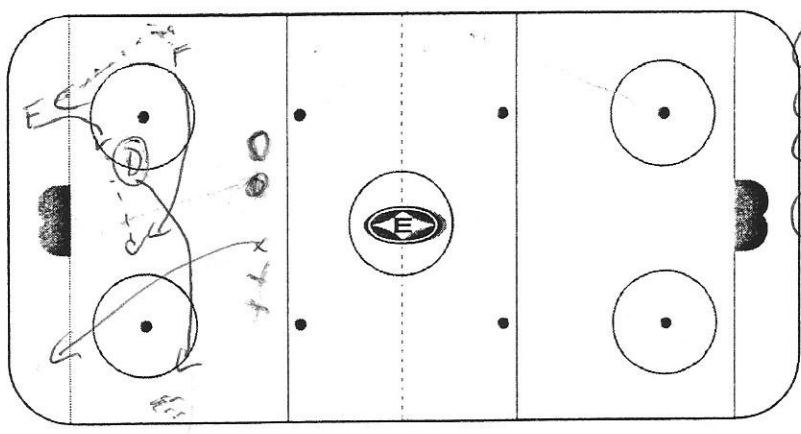




SYSTEM/DRILL _____



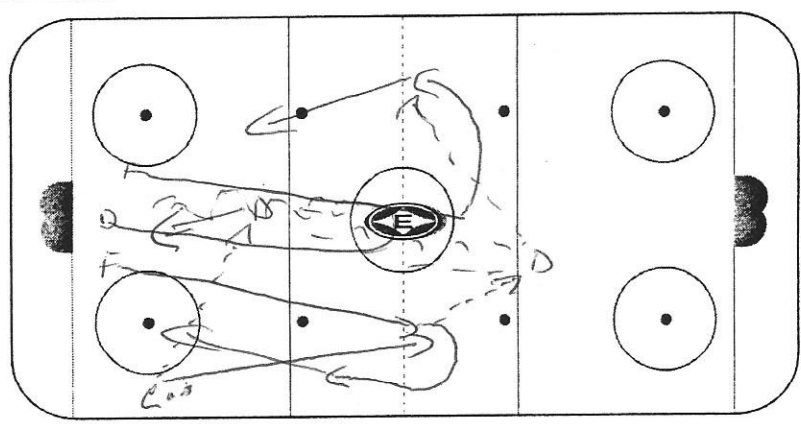
(D)



- Description** Flow
- (A) 5" SKATES
 - (B) 4 BLUE LINES & 3 PASSES
 - (C) 2 V O REGROUP
 - (D) DEFENSE & F SPLIT
 (FWD) GIVE & GO OUT OF CORNER
 (D) PARTNER SUPPORT & NZ D TO D
 - (E) TRANSITION 2 V 1

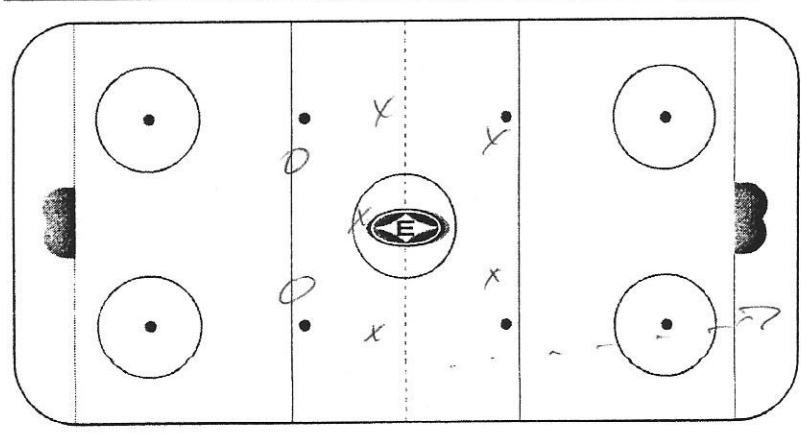
Notes/Systems _____

(E)



- Description**
- COACH HAS 2 PUCKS
 - 1 GO. BLUE LINE 1 IN FRONT OF NET. COACH PASSES TO D FOR SHOT
 - FOR REBOUND, WHISTLE SKATES PUCK OUT, F BACK CHECK FOR
 - TURN OVER REGROUP BACK 2 V 1 OTHER END GOES

Notes/Systems _____



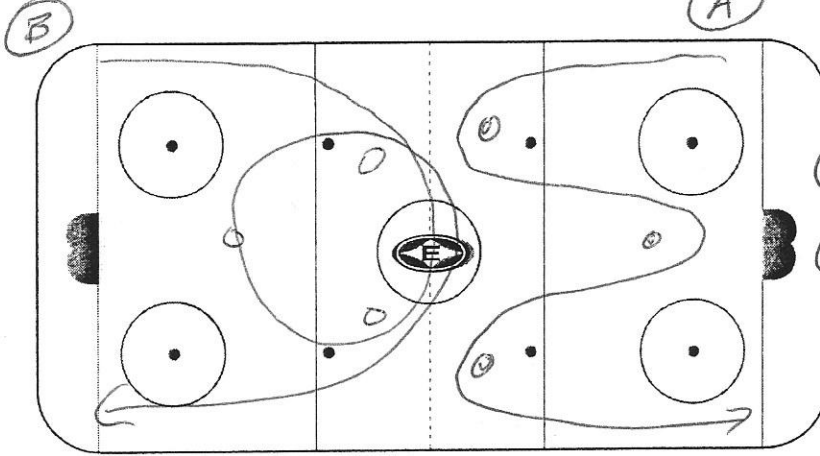
- Description** 5
- (F) B/O 3 v 2
 - REGROUP 3 v 2
 - 5
 - PRACTICE GOALIE PULL FOR & AT LEAST

Notes/Systems _____

POLAR CAP PWB
 PRACTICE # 52
 3/6/12
 MIA 7:30 w/PWA



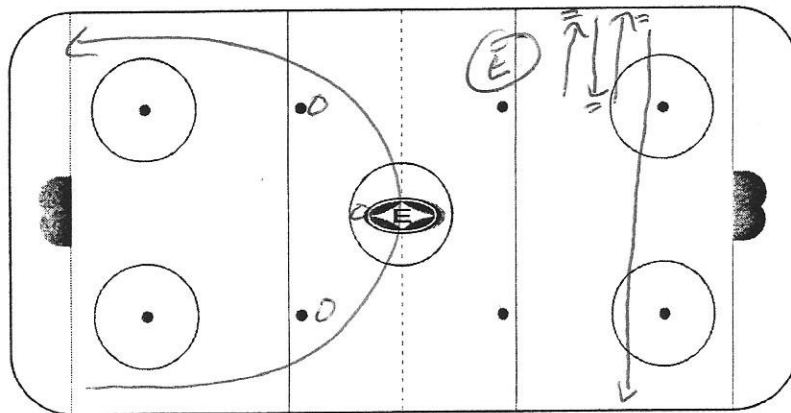
SYSTEM/DRILL _____



- Description ALL
- (A) M-DRILL - FAST! FAST (w/ PUCKS)
 - (B) CIRCLE (w & w/o PUCKS)
 - (C) SKATE HALF SPELL w/ & w/o PUCKS
 - (D) HORSESHOE PASSING
 - (E) GULSIMER REACTION DRILL
 - (F) FILE & GIVE & GO

Notes/Systems _____

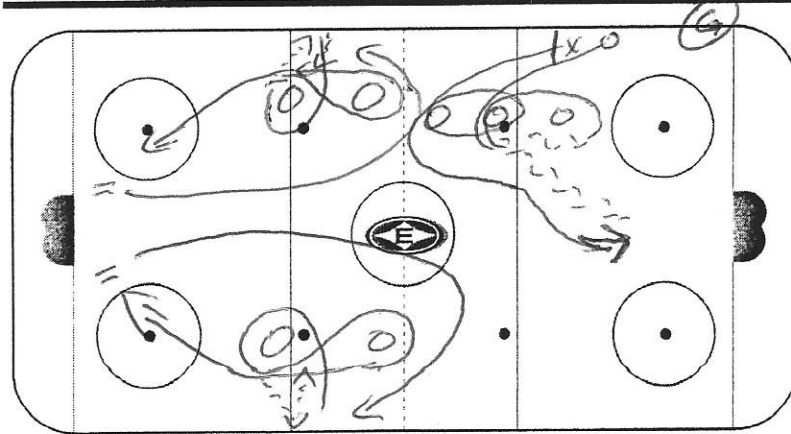
C & D



- Description _____
- (G) RICKER 1 v 1
 - (H) 4 v 2 1 NET 1/2 ICE
 - (I) 3 v 3 w 2 QB 1 NET 1/2 ICE

Notes/Systems _____

F



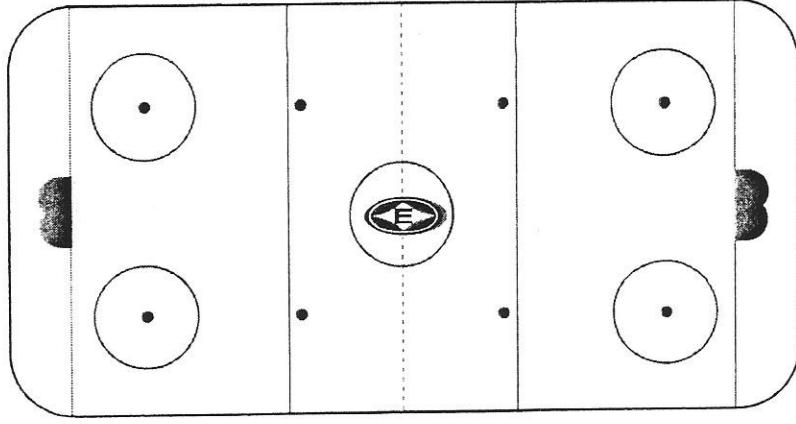
- Description _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes/Systems _____

PRACTICE # 51
POLARCAP & P.W.B.
3/4/12
11150 MIA FULL-SHEET

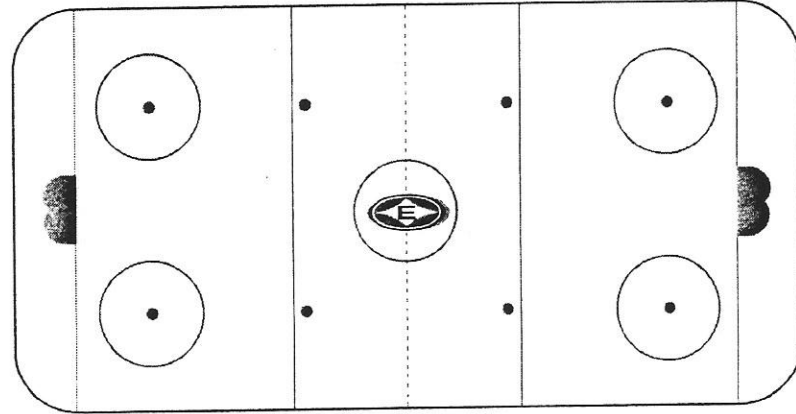


SYSTEM/DRILL _____



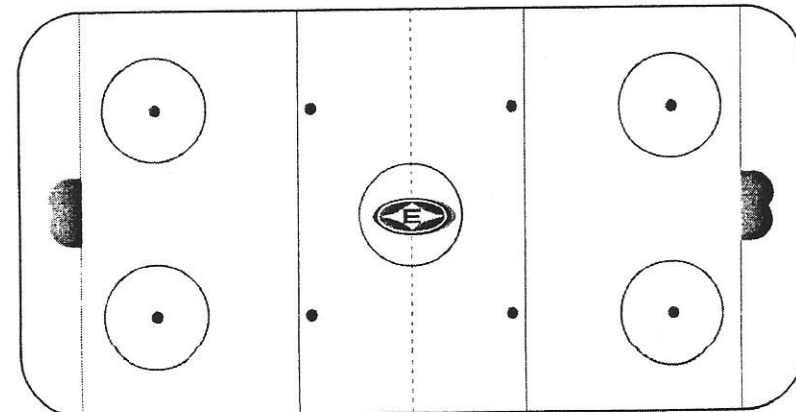
Description _____

Notes/Systems _____



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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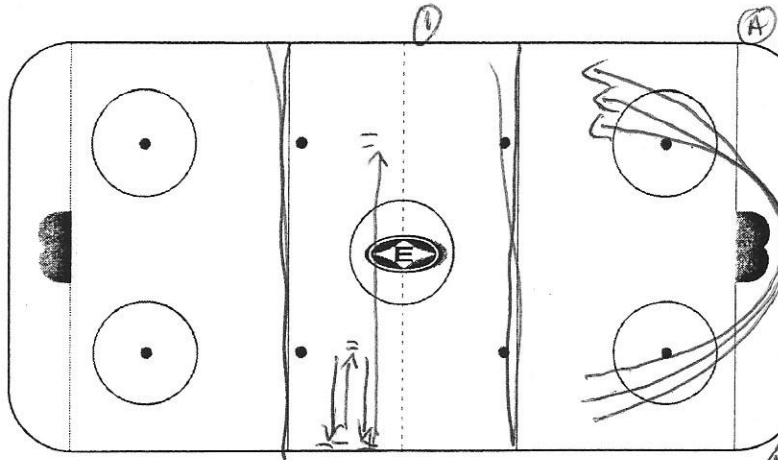


Really Good PRACTICE

POLAR CAP PWB
PRACTICE # 50
2/29/12
6:20 MAIN 3-TEAMER
STAYED IN TEAMS EACH TOOK A ZONE

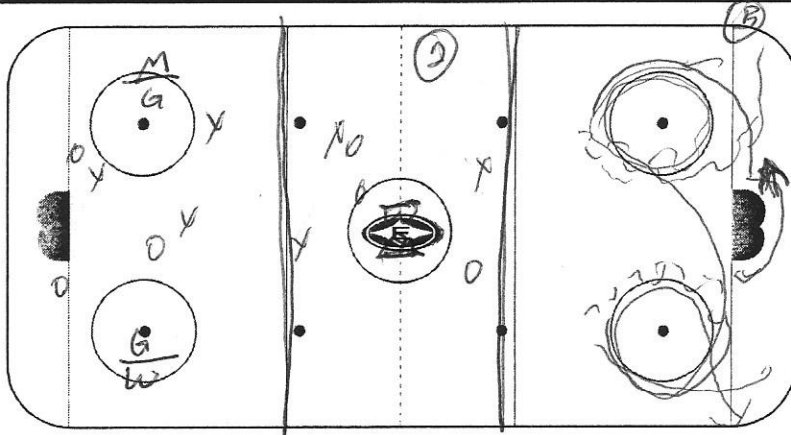


SYSTEM/DRILL



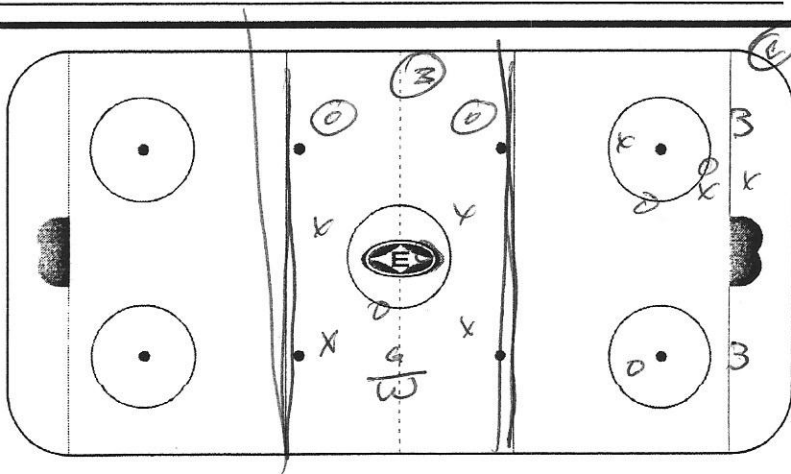
- Description**
- A - ACCELERATE AROUND NET
 - B - SKATE CIRCLES
 - B - PIVOT w/ MARSHALL CIRCLES
 - C - TWO NETS BRUIN 3v3
 - 20 MIN -
 - 1 - GULSEMAIL REACTION SKATE (4x)
 - 2 - 3v3 NETS BACK TO BACK
 - 3 - 4v2 1 NET
 - 20 MIN -
 - A-1 - 3 v3 SCORE EITHER NET

Notes/Systems



Description

Notes/Systems



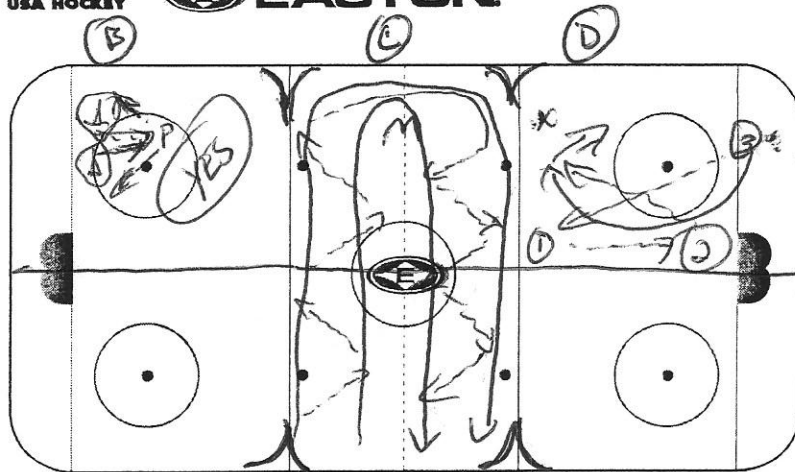
Description

Notes/Systems





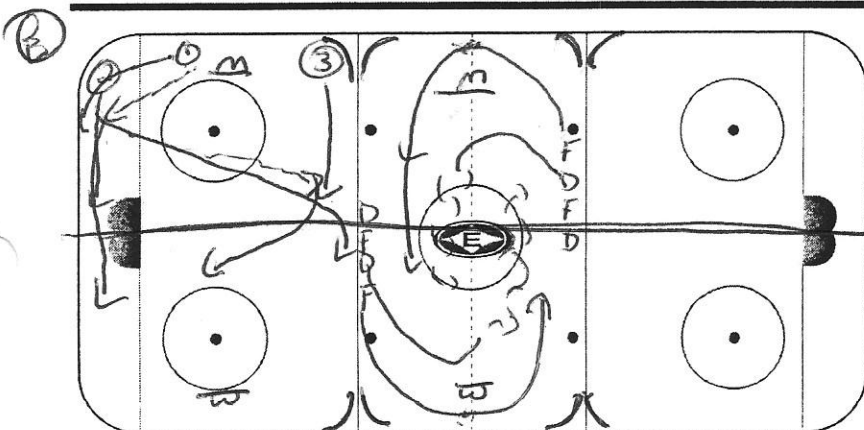
SYSTEM/DRILL _____



Description _____

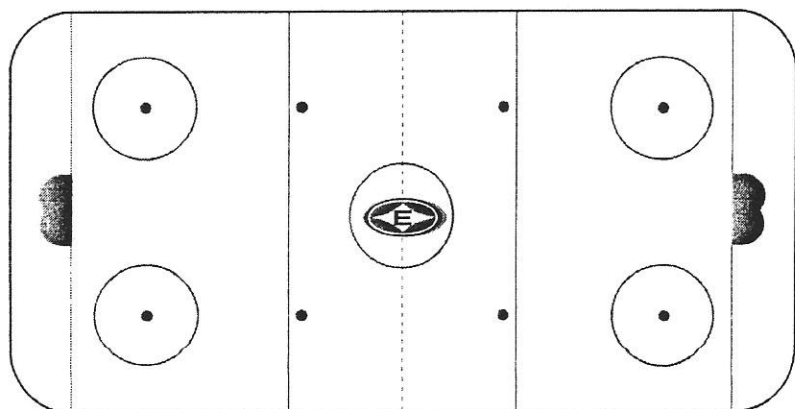
- A BACKHANDS AGAINST BOARDS
- B FIGURE 8 PASSING
- C HORSESHOE PASSING
- D TRANSITION PASS & SHOOT
- E 3v0 WEAVE
- F 1v1
- G 2v1
- H GAMES

Notes/Systems _____



Description _____

Notes/Systems _____



Description _____

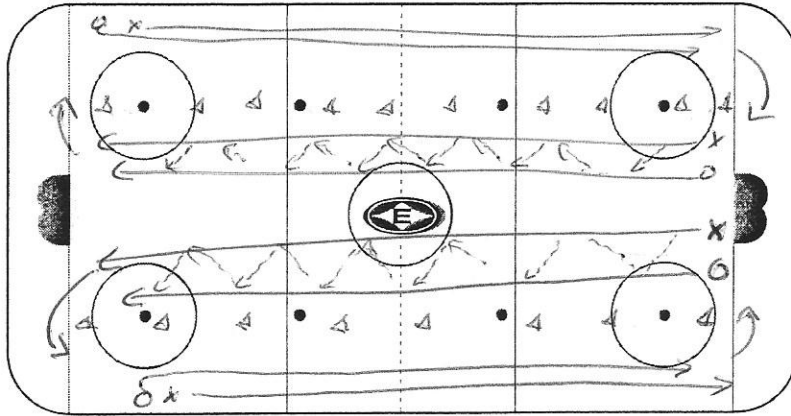
Notes/Systems _____



POLAR CAP PWB
 PRACTICE # 48
 2/22/12 6:20-7:00
 3 TEAMER MIA



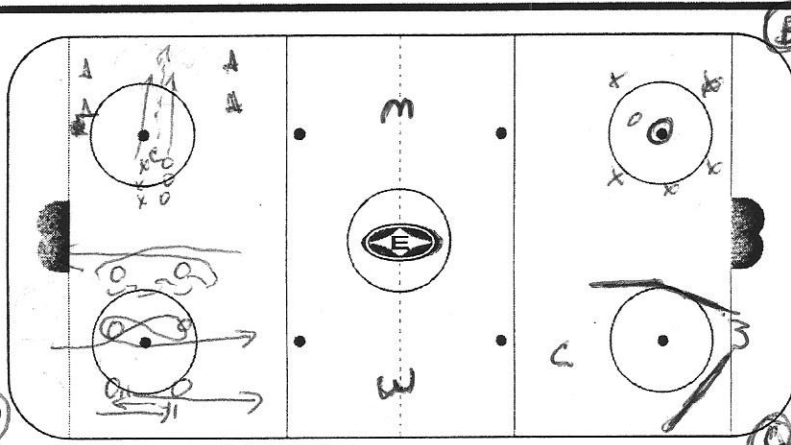
SYSTEM/DRILL _____



Description _____

(A) CHASE, PASS
 USE DIVIDERS

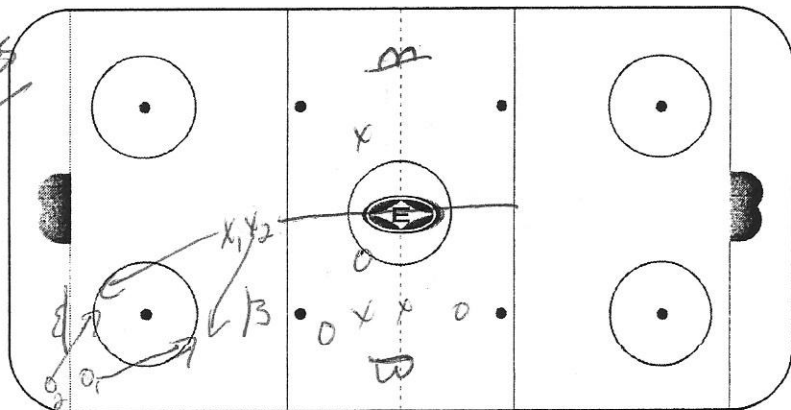
Notes/Systems _____



Description _____

STATIONS
 (A) CHECKING & BODY CONTACT
 - CHECK ONE WALL w/ PARTNER
 - SCORE EITHER CONES
 RACE TO PUCK
 PROTECT & SKATE THROUGH CONES
 (B) MONKEY IN MIDDLE PASSING
 - QUICK PASSES, MONKEY
 PROTECTS THE TIRE.
 MAY NOT PASS THROUGH
 MONKEY'S LEGS

Notes/Systems _____



Description _____

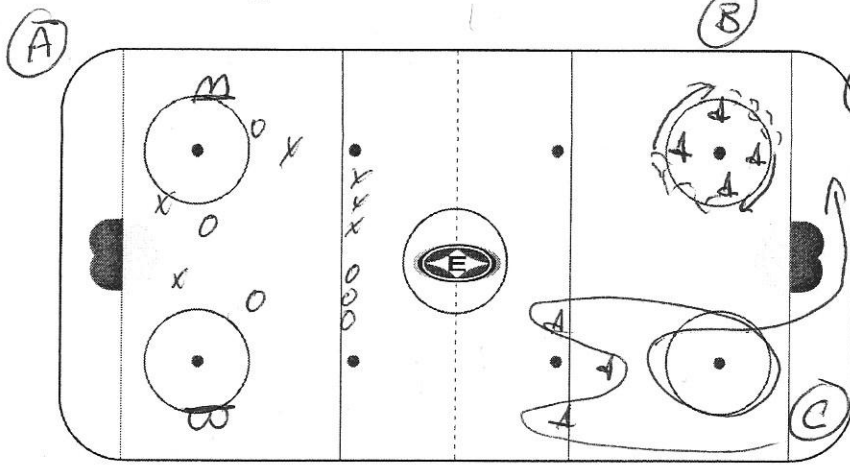
(C) IN TIGHT 2v1 OR 2v2
 BATTLE & GO HIGH
 (D) TWO TIRE SKATING w/
 PUCKS
 (E) ODD # GAMES
 - 2 PUCK DECISION GAME
 * BOB THE BUILDER
 - 3 v 3 w/ 1 ALWAYS ON OFFENSE

Notes/Systems _____





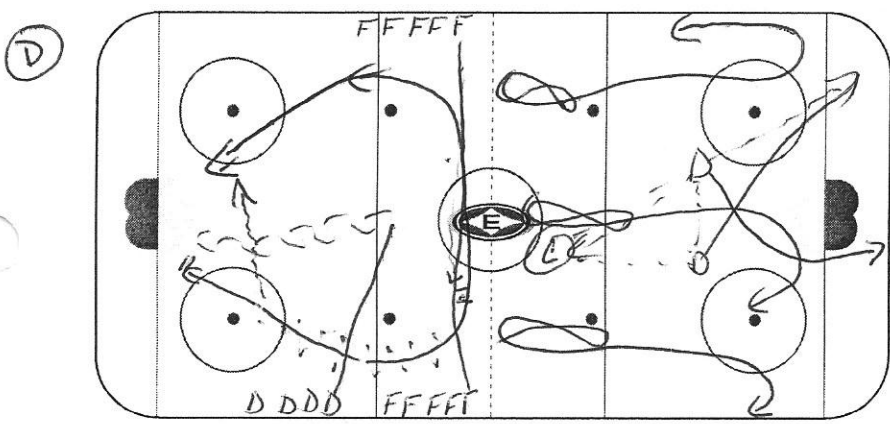
SYSTEM/DRILL



Description

- (A) 3V3 SCORE EITHER NET OR BOB THE BUILDER
- (B) SKATE TRANSITION CIRCLES
- (C) SKATE GARVEY SKATE (NO)
- (D) 2V1 - LIKE WARM-UP

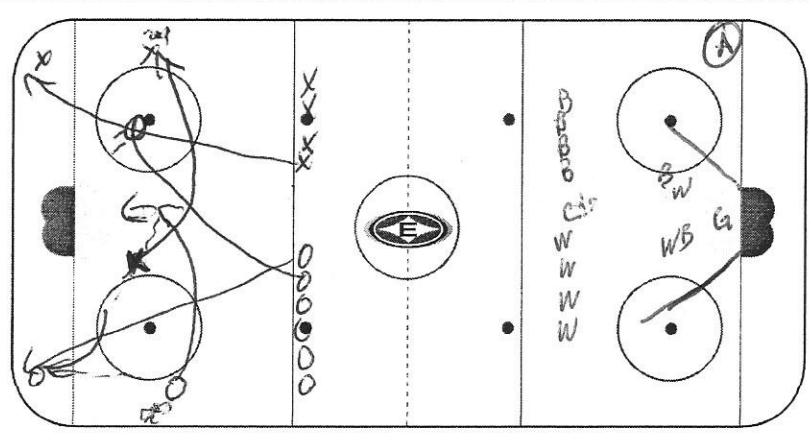
Notes/Systems



Description

- (E) TANKER B/O RE GROUP 3V2
 D PASSING TO COACH STEPS UP, BACKSIDE D RETRIEVES PUCK D TO D BEHIND NET. B/O RE GROUP 3V2

Notes/Systems



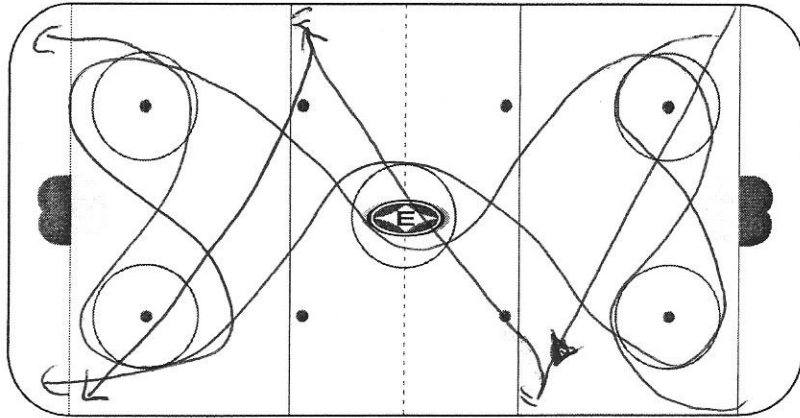
Description

- (F) 2V1 OUT OF CORNER OR CROSS ICE GAMES
- (G) SMALL AREA GAME
- (A) 2V2 GHETTO HOCKEY W/ GLOVES ON KNEES (GET PUCK UP IN TRAFFIC)

Notes/Systems



SYSTEM/DRILL

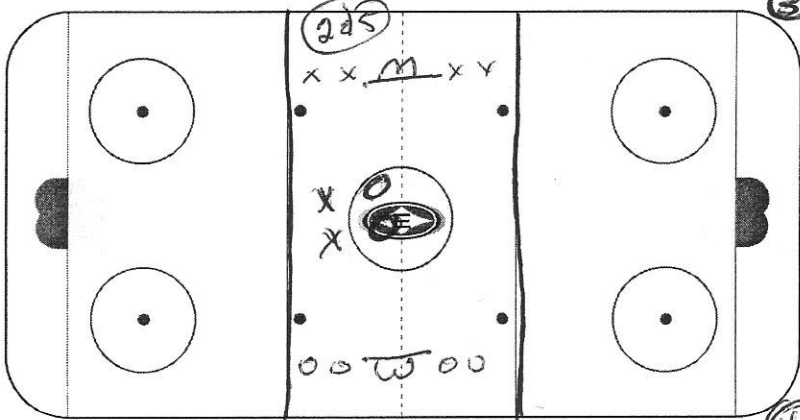


Description

- SKATE - RUSSIAN CIRCLES
- REVERSE OPEN STOPS & STARTS

Notes/Systems

①



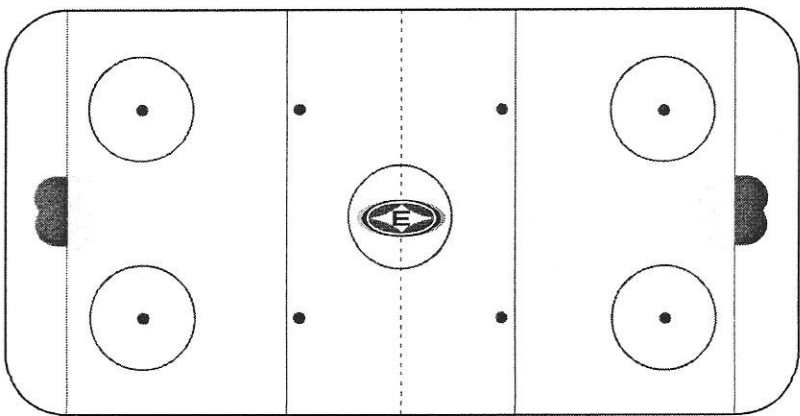
Description

- STATION WORK
- 5 - STATIONS
- 6 - GROUPS
- PLAY CROSS-ICE GAME IN MIDDLE 2X
- ① SKATING - QUICK FEET &
- ② & 5 CROSS ICE KEPLER GAME - MUST MAKE A GIVE & GO W/ YOUR SIDE 2 v 2
- ③ BODY CONTACT

Notes/Systems

⑥

④



Description

- ④
- ⑤

Notes/Systems

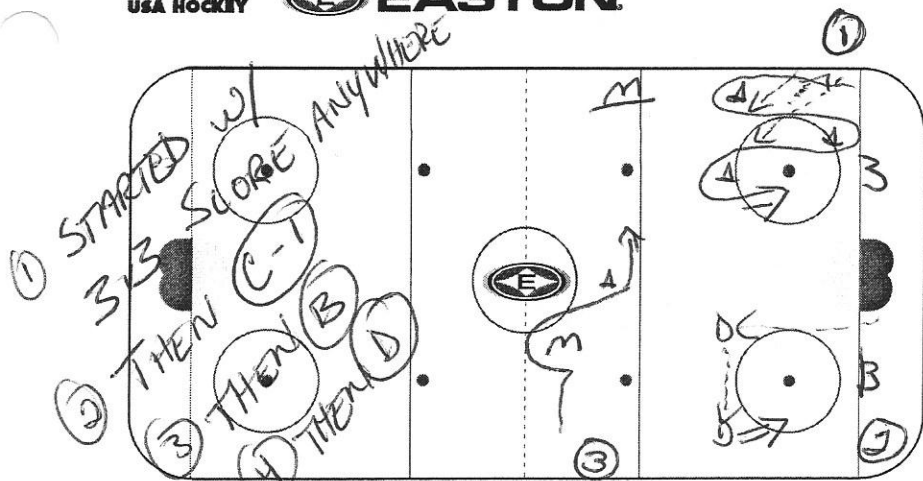




SYSTEM/DRILL



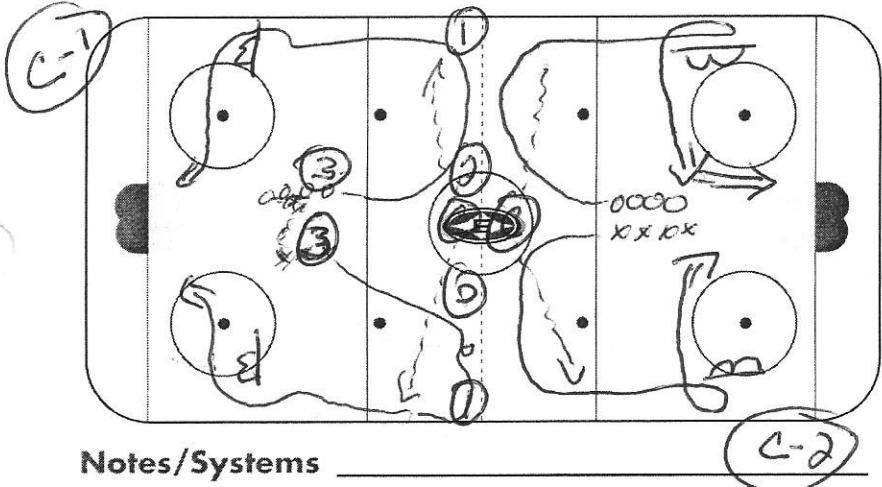
POLAR CAP PWB
FRAGILE # 45
2/14/12 5:10-6:10
SHARED w/ PWA MIA



Description

- (A) SKATE THE CIRCLES
FWD FIG 8
FWD/BKWD FIG 8
SAME w/ PUCKS
- (B) 3 SHOOTING STATIONS
① MINNESOTA SKATE & SHOOT
② D TO D PASS w/ HEAVY PUCKS
③ MAKE A MOVE & SHOOT (WIDE LATERAL PROTECT THE PUCK)

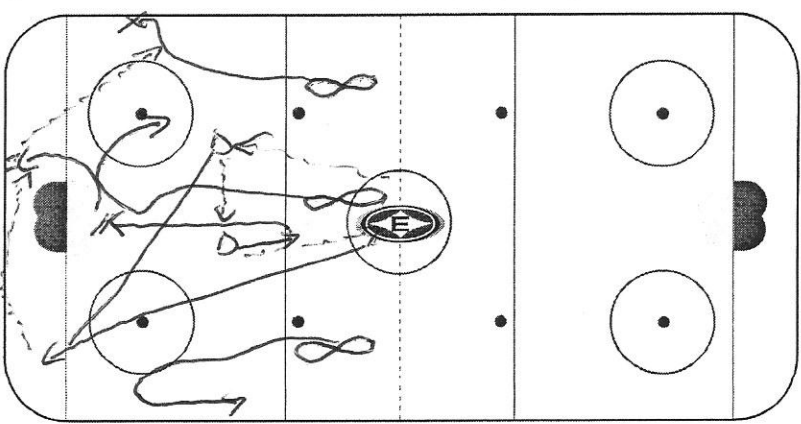
Notes/Systems



Description

- (C) DRIVE THE NET & SHOOT
① FIRST DRIVE NET OTHERS ESCAPE
- TRANSITION PASS & SHOOT w/ NETS ON SIDES
(C-1) DRIVE w/ WIDE LATERAL
(C-2) ESCAPE & ATTACK MIDDLE

Notes/Systems



Description

- (D) ~~DRIVE THE NET~~ TANGLE B/O REGROUP w/ PRESSURE & RELEASE
- FIG 8 BY FWD, S D2D BY D
- DUMP IN D RELEASES BEHIND NET D TO D PASS B-O OTHER SIDE & COME BACK 3v3
- (E) 30 SECOND SHIFTS OF 3V3 SCORE WITHIN NET

Notes/Systems

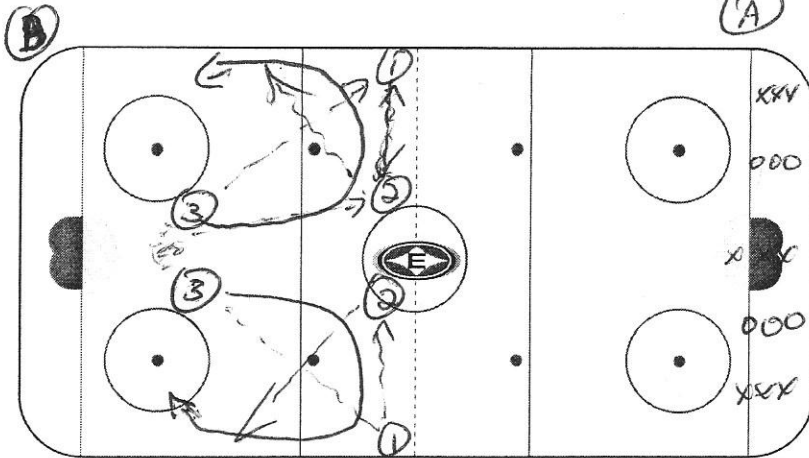




SYSTEM/DRILL



POLAR CAP PWB
PRACTICE #44
2/10/12 5:10-6:10
SHARED w/ SQ B MIA



Notes/Systems

(A)

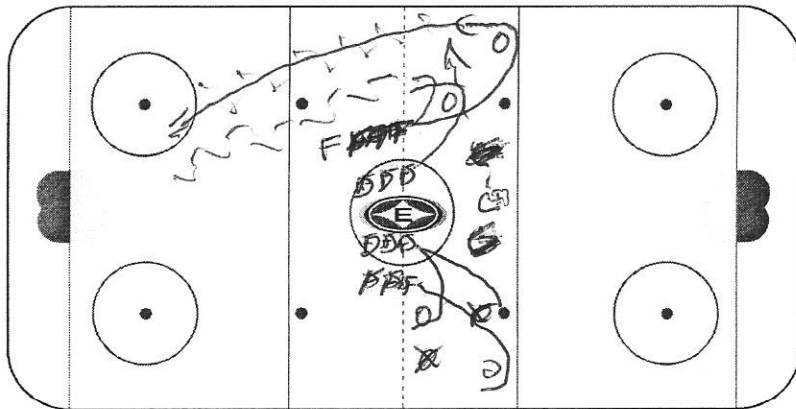
Description
MINNESOTA SKATING

- SHUFFLE
- CROSS OVER
- RUN BIG CIRCLES
- BACKWARDS
- CROSS UNDER & PLANT
- 1 LEFT 1 RIGHT

(B) TRANSITION PASS & SHOOT

(C) 1 ON 1 OUT OF NZYES

(D) 2 ON 1 OUT OF NZYES

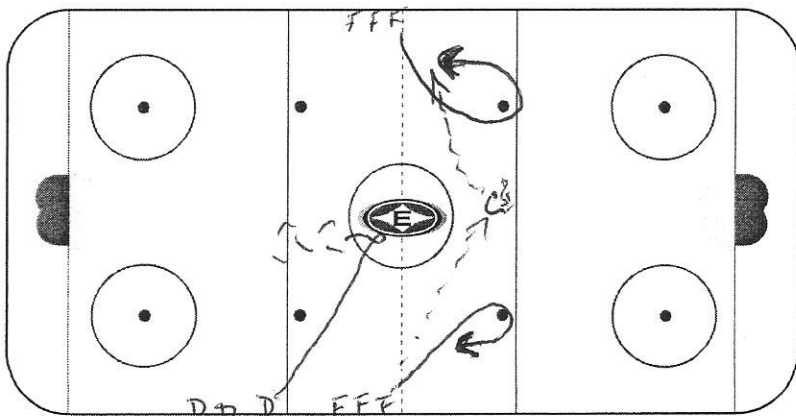


Notes/Systems

Description

(E) SMALL GAMES
PLAYED
BRUNN 3V3 &
BOB THE BUILDER

D



Notes/Systems

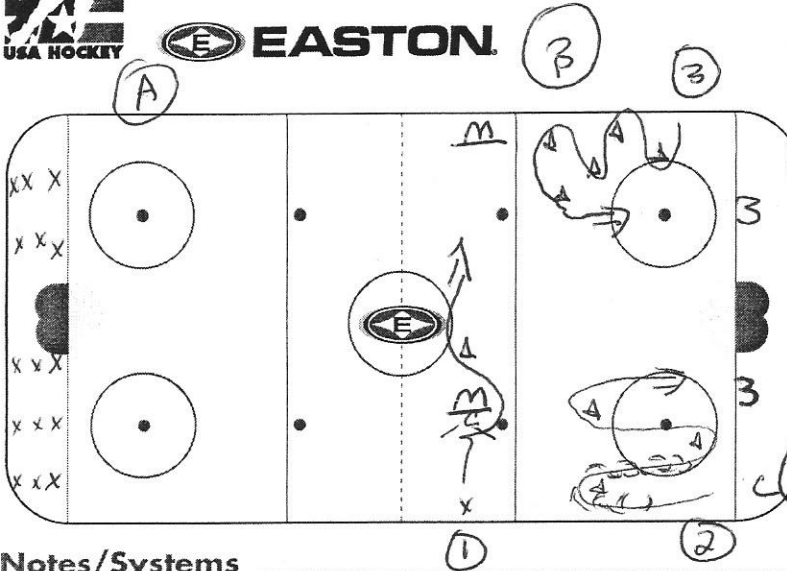
Description

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SYSTEM/DRILL



Description

A MINNESOTA SKATING - EDGE

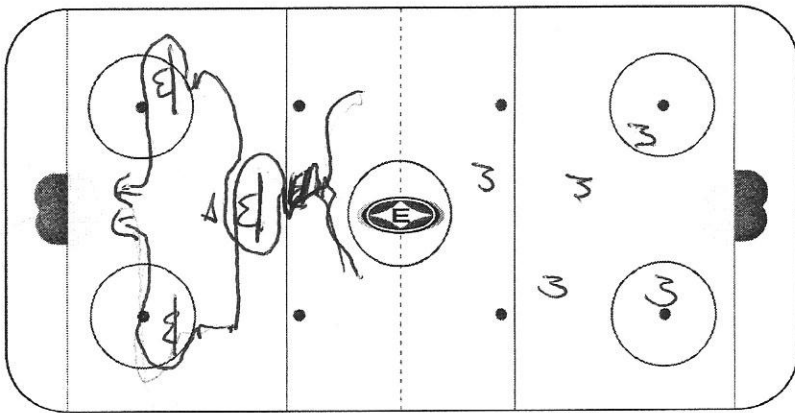
- Work -
- SHUFFLE **YES**
- CROSS OVER
- RUN BIG CIRCLES
- BACKWARDS
- CROSS UNDER & PLANT
- 1 LEFT 1 RIGHT DOWN ICE

B - 3 STATIONALS **YES**

- 1 - MAKE A MOVE - ACCELERATE & SHOOT
- GO Laterally

Notes/Systems

C



Description

2 COACH GIVES PASS - PLAYER

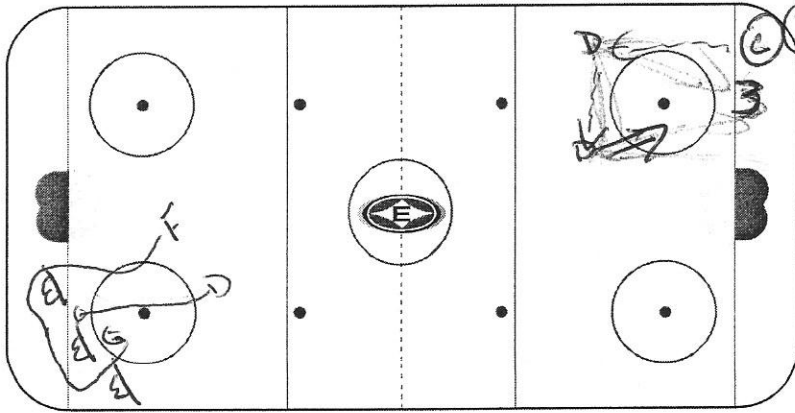
- SKATES DIFFERENT PATTERNS
- 3 CONTROL PUCK ON FORE HAND AT ALL TIMES **SWITCHED TO BELOW****

4 NET SHOOTING **YES**

5 NET 2 & 0 **YES**

Notes/Systems

D



Description

CHASE THE RABBIT DID NOT DO GAME

- OFFENSE GOES BEHIND
- D CHASES ON SECOND COMMAND

3 COACH PASSES TO D, D TO D, SHOOT.

Notes/Systems



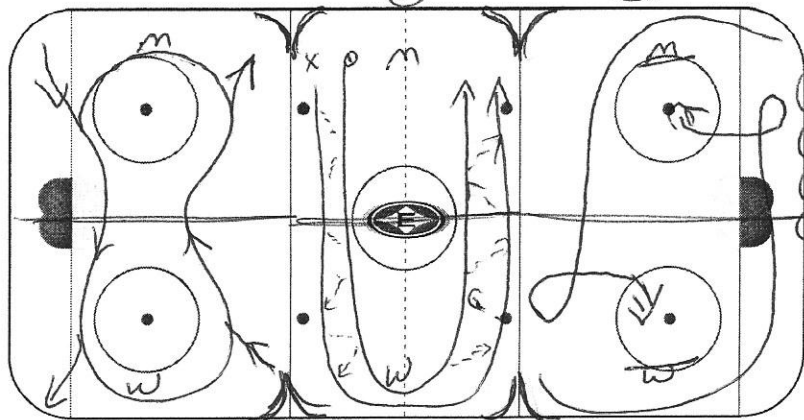


SYSTEM/DRILL _____



PCPW13
PRACTICE # 42
2/1/12
STUDIO SHEET

①

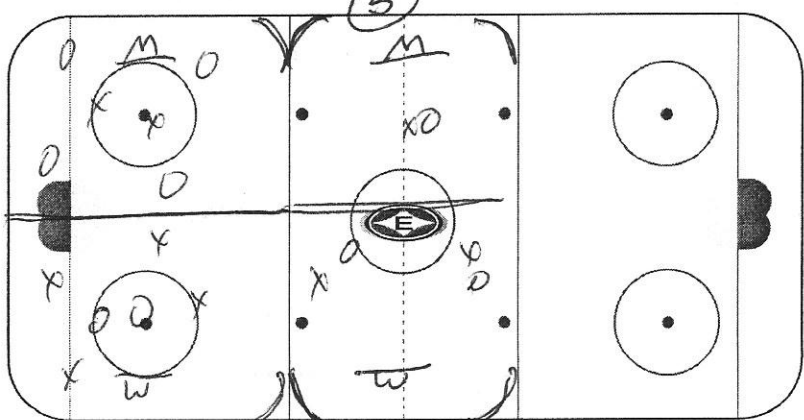


Description _____

- ① - BIG PEANUT - SKATE
- ② - HORSE SHOE PASSING
- ③ - ESCAPE DRILL
- ④ - 4v2 1/2 ICE GAME
- ⑤ - 3v3

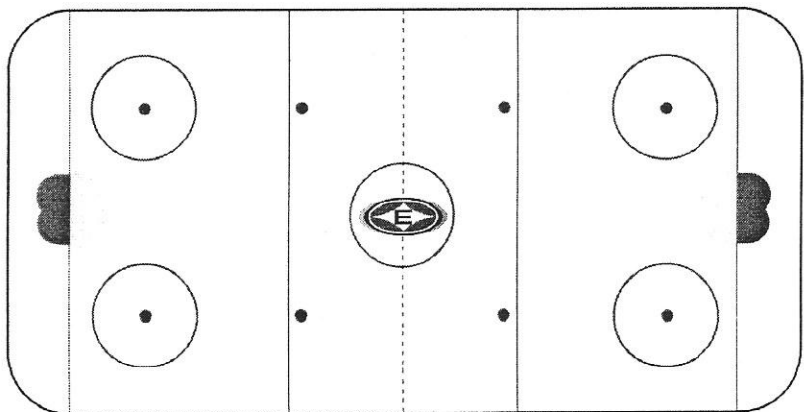
Notes/Systems _____

④



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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