

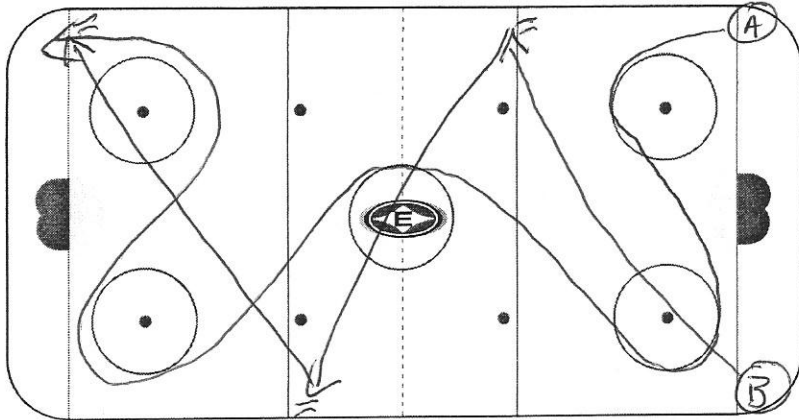




SYSTEM/DRILL



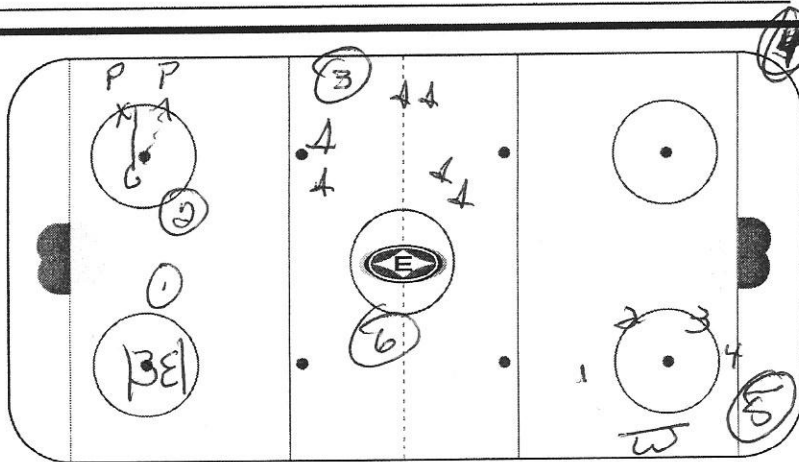
POLAR CAP PWB  
PRACTICE #40  
1/25/12 6:30 MIA  
3 TEAMER



Description

- SKATE
- (A) 1/2 CIRCLES
- (B) ZIG ZAG W/ REVERSE STOP (FACE STARTING FWD)

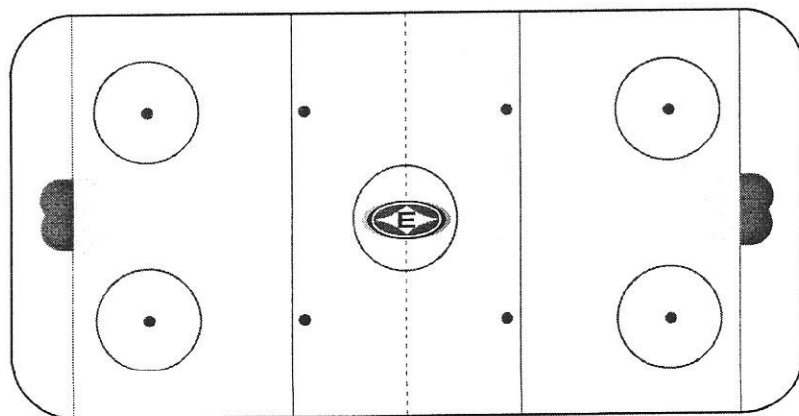
Notes/Systems



Description

- STATIONS
- (1) RAY WHITE NETS BACK TO BACK DRILL
- (2) TIM BOEHM PASSING  
LK BACKS UP PIVOTS HEAD UP MAKES A DECISION WHERE TO PASS (COACH STANDS IN WAY OF OTHER PLAYER)
- (3) W/ BATTLE SKATE THROUGH TIRES FOR A POINT

Notes/Systems



Description

- (4) THERAN QUICK FEET & TRANSITIONS
- (5) KREFTY GOALIE DRILL
- (6) CHEUKING PROGRESSION
  - (A) BUMP PARTNER
  - (B) BUMP BOARDS
  - (C) SKATE PAST COACH & TAKE CHECK
  - (D) CHECK COACH ON BOARDS

Notes/Systems

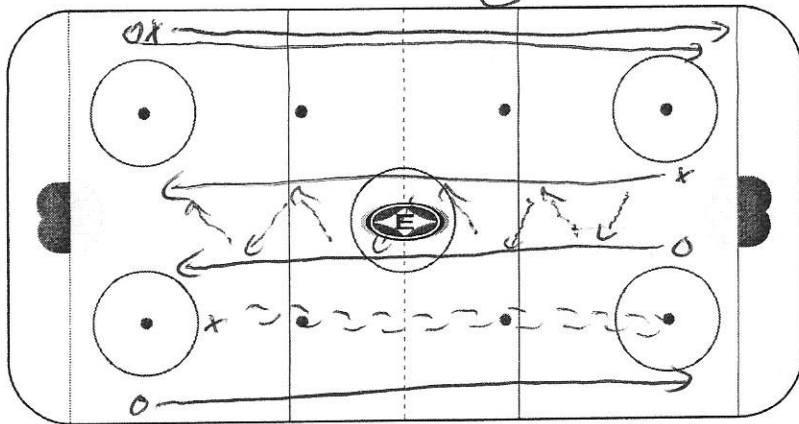




SYSTEM/DRILL



POLAR CAP PWB  
PRACTICE # 39  
1/23/13 7:30 STELL  
w/ PWA



Notes/Systems

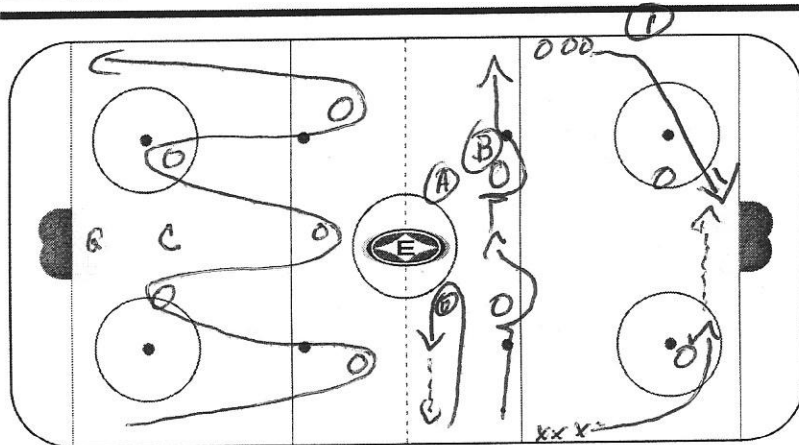
Description

A CHASE DOWN SIDES  
(RACE) " " "  
PASS UP MIDDLE

B "W" DRILL w/ PUCKS  
(GOALIE WARM UP)

C 1 BACK DOOR DRILL

- 2 PUCK HANDLING
- A AROUND TIRE & PASS
- B WIDE LATERAL w/



Notes/Systems

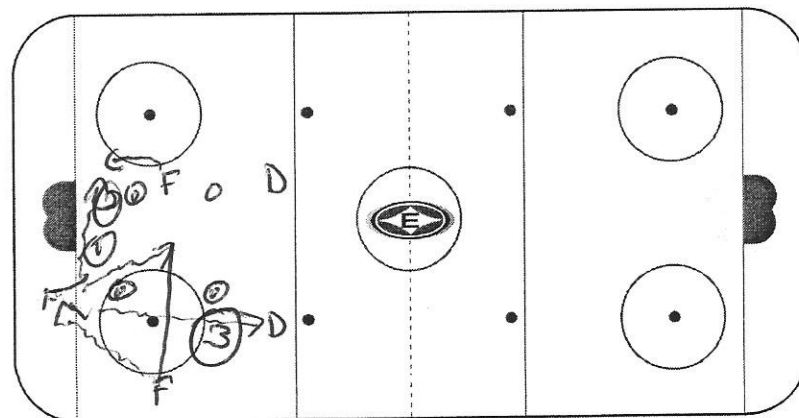
Description CROSS OVERS

B OVERLOAD P.P.  
~~CROSS~~  
INTRO w/ TIRES

1 LIVE & GO OUT OF CORNER

2 BACK DOOR FROM CORNER

3 POINT PASS FROM CORNER



Notes/Systems

Description

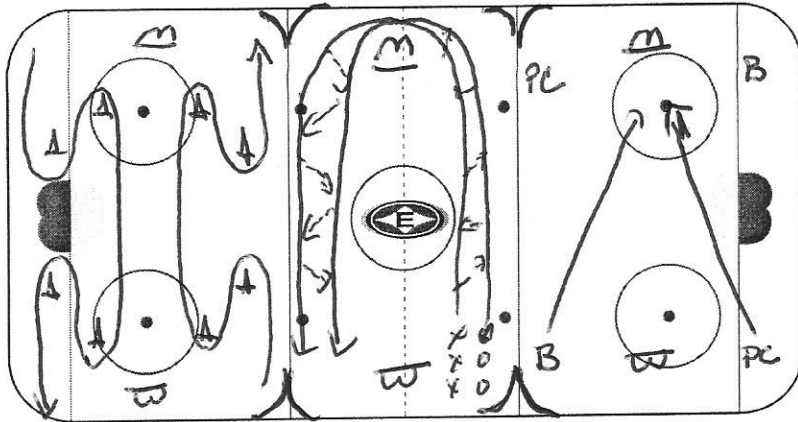




SYSTEM/DRILL \_\_\_\_\_



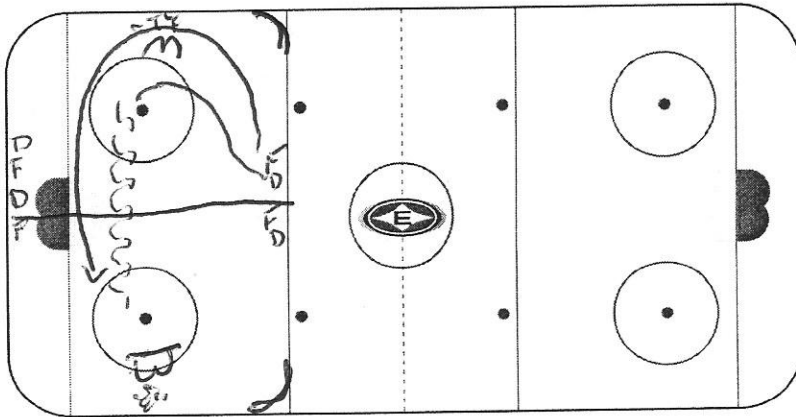
POLAR CAP P/W/B  
PRACTICE #38  
1/19/12 7:35 PM  
STUDIO RINK



Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

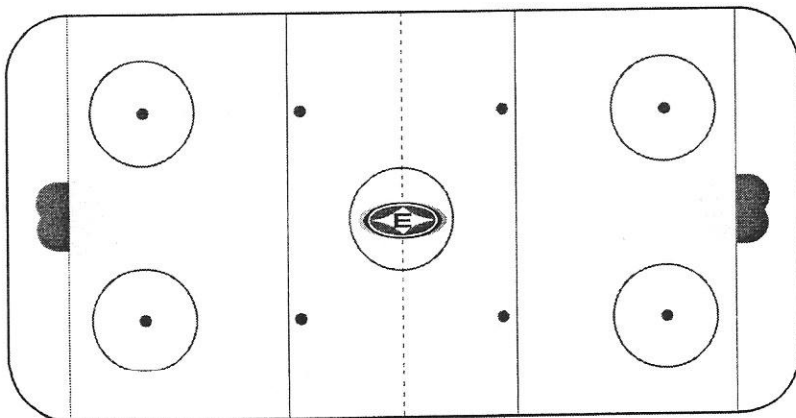
- ① WARM-UP SKATE  
FWD, FWD BKWD
- ② 2V0 HORSHOE PASSING
- ③ ~~DRILL~~ 1V1 BACKCHECK DRILL
- ④ GAP UP 1V1  
ADD A PLAYER FOR  
2V1
- ⑤ GAMES



Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

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Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

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The USA Hockey Coaching Education Program Is Presented By

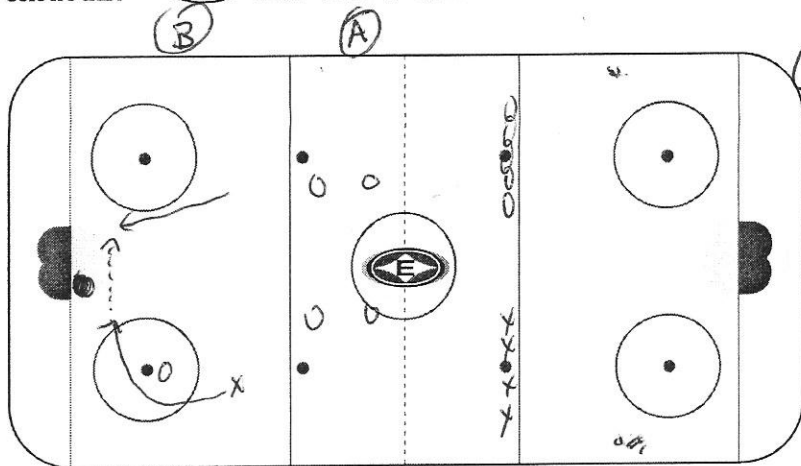


POLAR CAP PWB  
 PRACTICE #37  
 1/16/12 4:45



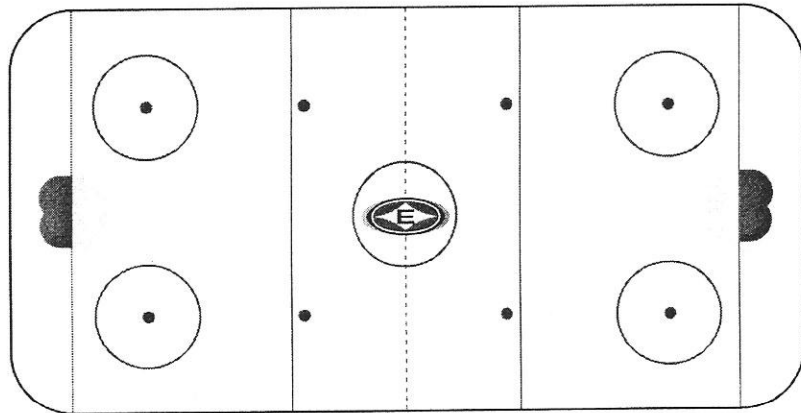
SYSTEM/DRILL \_\_\_\_\_

PRACTICE @ SHELL



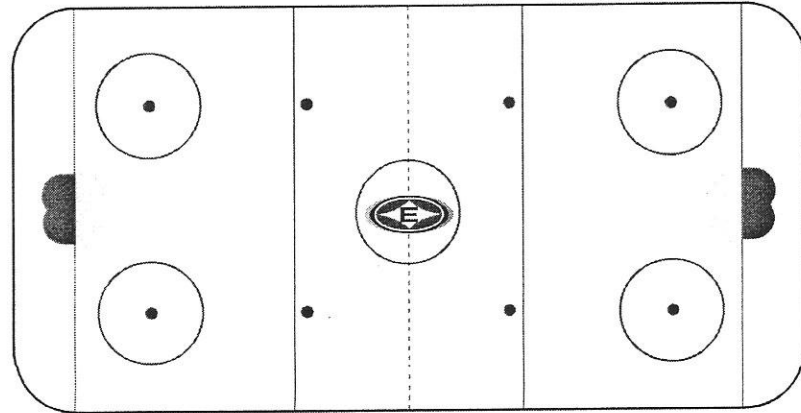
- ① Description BIG PEANUT  
~~WARM-UP~~ WARM-UP DRILL / SKATE  
 A - TWO-TIRE DRILL  
~~BACK~~ FWD. STOPS / FWD + BKWD STOPS / PIVOTS  
 B - BACK DOOR DRILL  
 C 2 ON 1 OUT OF CORNER  
 D MARK JOHNSON 4v2

Notes/Systems \_\_\_\_\_



- Description DRILL  
 DID NOT DO  
 ④ SET UP POWER PLAY?  
 DID NOT DO  
 ⑤ SHUCKUCK & S.A.G.  
 ④ DID GET TO THIS

Notes/Systems \_\_\_\_\_



Description \_\_\_\_\_  
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Notes/Systems \_\_\_\_\_

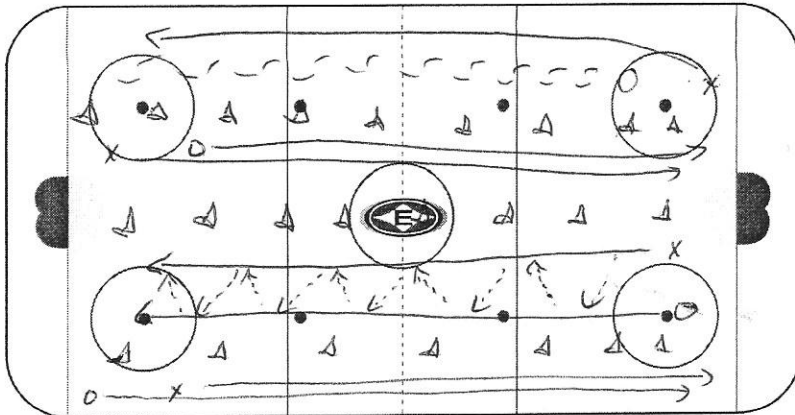


SYSTEM/DRILL



POLAR CAP PW/B  
PRACTICE # 36  
1/11/12 6:30-7:30

3 TEAMER MIA



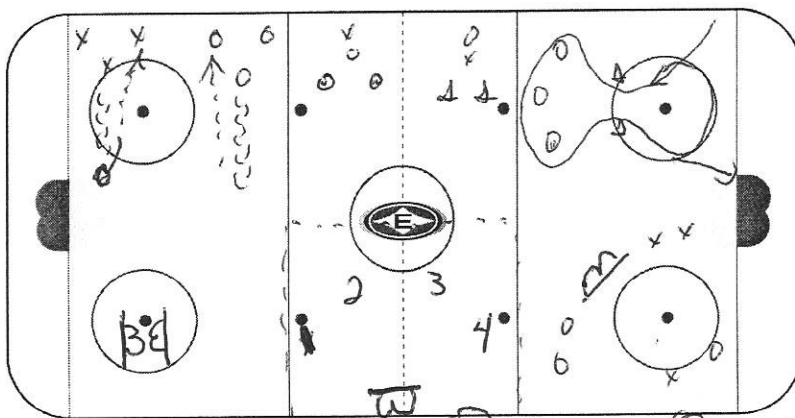
Notes/Systems

Description

IF TIME (X) @, BEGINNING  
CHASE / PASS / CHASE / PASS  
(4 LINES BACK & FORTH)

STATIONS

- ① TEM BOHM - PASS & READ
- ② RAY WHITE - NETS BACK TO BACK ACTIVITY



Notes/Systems

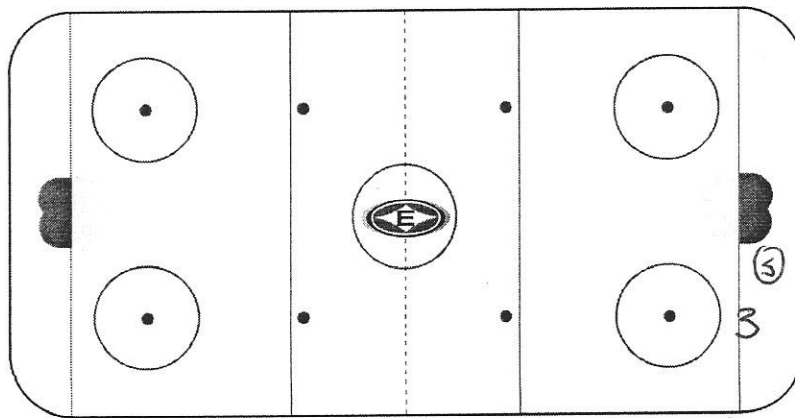
Description

③ KREFTY SHOOTING DRILL  
1-3, 3-2, 2-4, 4-1  
GOALIE MUST BE SET

④ 1/2 ICE KEPLER DRILL

⑤ SKATING  
- CIRCLE DRILL  
- BIG PEANUT

⑥ 1v1 TOUCHDOWN DRILL



Notes/Systems

Description

④ 1v2 SUPPORT MUST MAKE  
ALL A PASS TO PLAYER BELOW  
GOAL LINE. PASS TO COACH  
TO GO ON OFFENSE

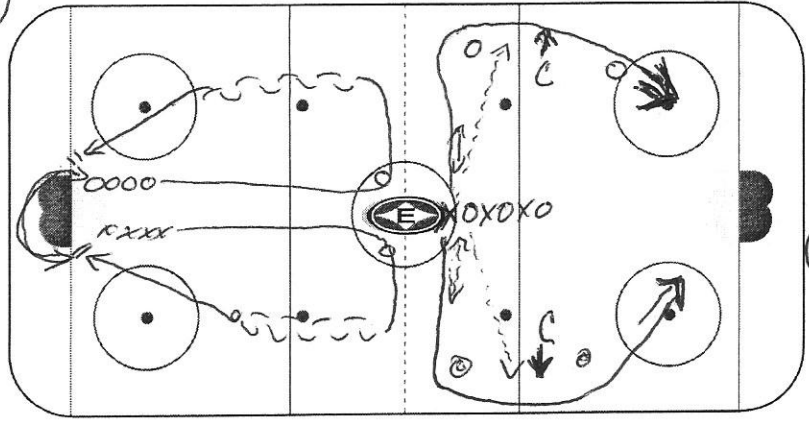




SYSTEM/DRILL



①



Description

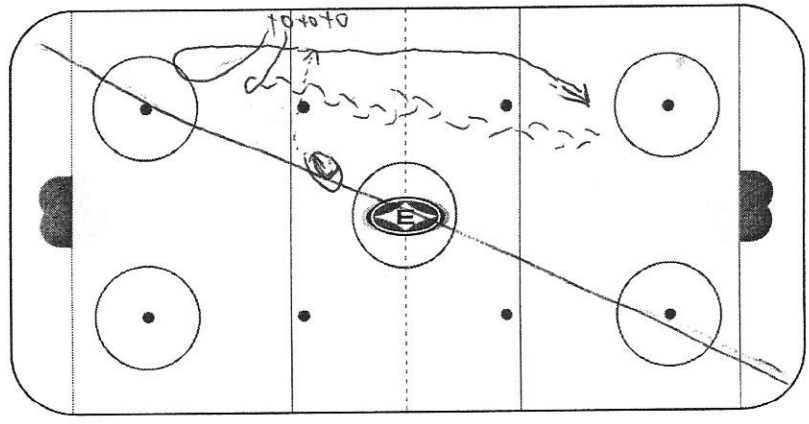
- HALF ICE DEFENSE SKATE

① - FORWARD TO CENTER PIVOT TWO BACK, BACKWARD OPEN & FWD. TO POST.

② - TANGLE TAKE IT WIDE CATCH PASS, DRIVE WIDE, DRIVE NET & SHOOT. COACH PUTS PRESSURE ON

③ 1v1 & 2v1 ON DIAGONAL ICE.

Notes/Systems



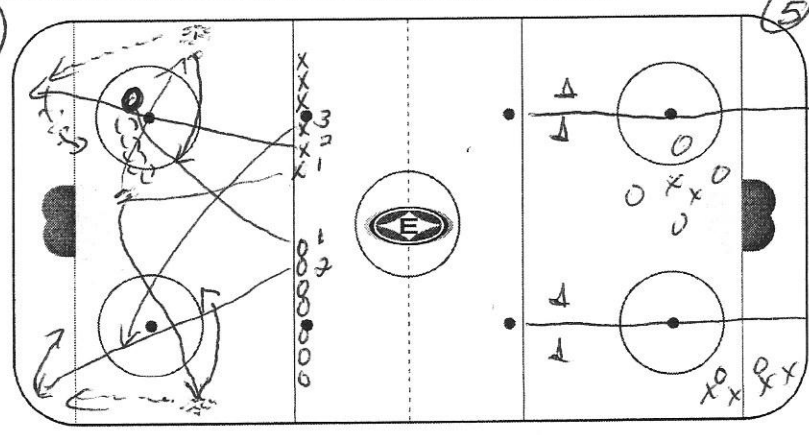
Description

④ CONTINUOUS 2v1 OUT OF CORNER (SAME DRILL AS LAST TWO PRACTICES BUT RUN OUT OF CORNER. "FORMER D" MUST PICK UP, PUCK NEW "F" MUST GET TO CORNER

⑤ SHOCKOCK DRILL S.A.G.

Notes/Systems

④



Description

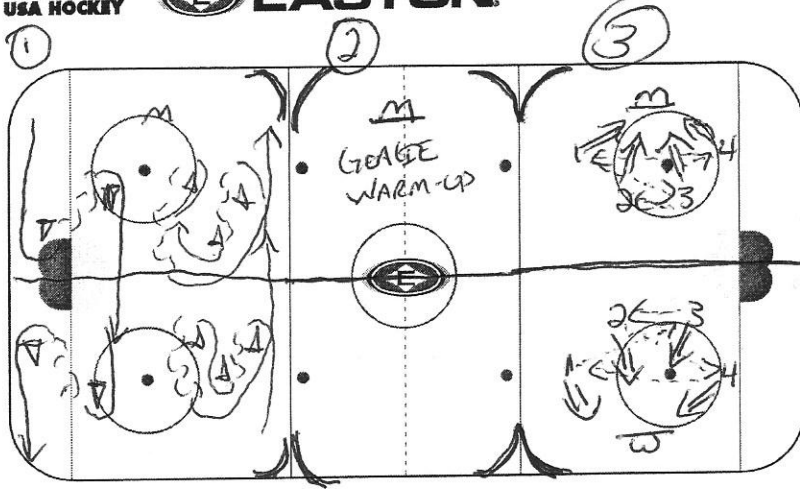
④ X PLAYS D ON 2 O PLAYERS COMING 2v1 OUT OF CORNER X BECOMES NEW "F" w/ ANOTHER X GOING TO CORNER. NEW "O" COMES OUT OF ~~CORNER~~ LINE TO PLAY "D"

Notes/Systems





SYSTEM/DRILL



Notes/Systems

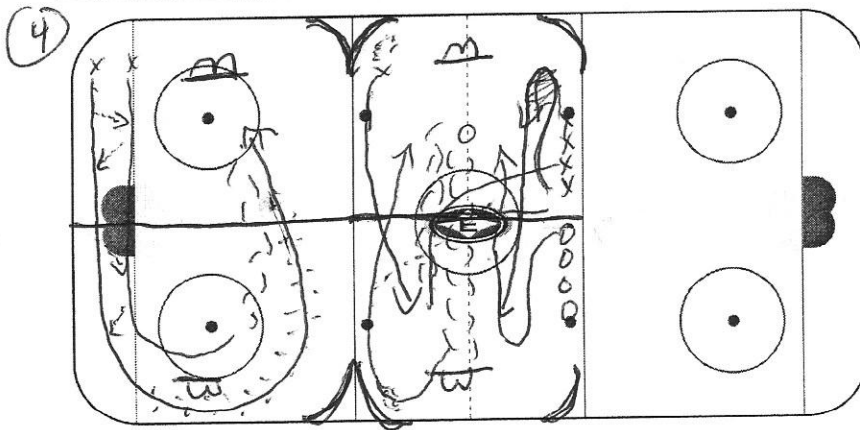
Description

① SKATE (3 CONE SKATE) OR TRANSITION SKATE

② PASS & BATTLE

③ KREFTY SHOOTING DRILL

④ 2v0/1v1  
 PASS DOWN 1 SIDE 2v0  
 COME BACK 1v1  
 (BOTH ENDS ON WHISTLE)

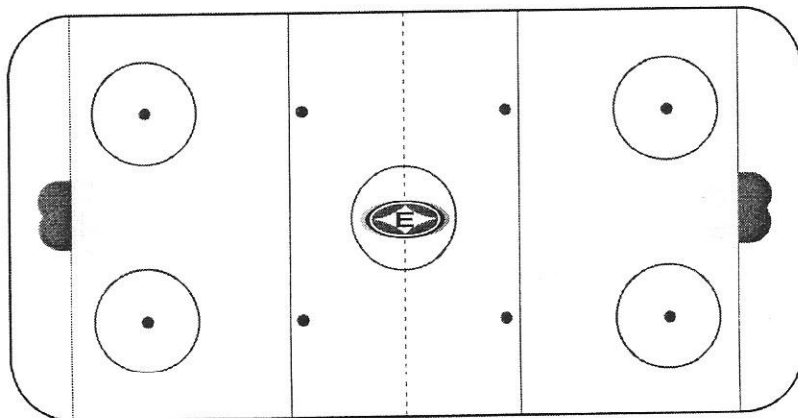


Notes/Systems

Description

⑤ "CROSS ICE" 2v1 (LIVE TUESDAY)

⑥ SMALL AREA GAMES



Notes/Systems

Description





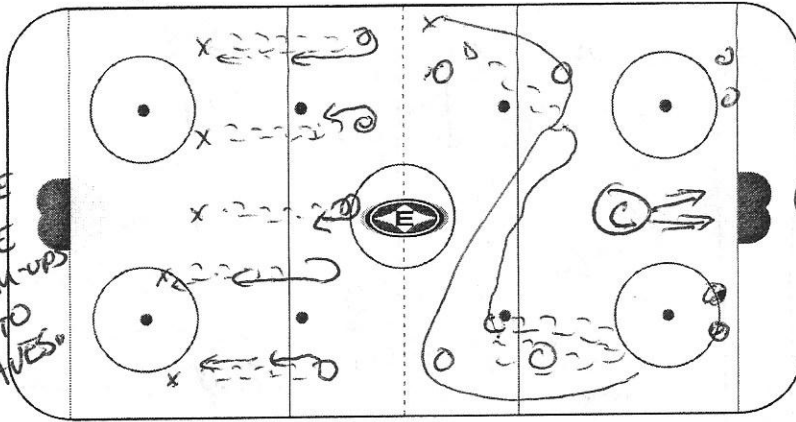


SYSTEM/DRILL

W/PWA SHELL



A-TRAIN  
 NEEDS TO  
 DO Δ SKATE  
 4/10" SKATE  
 THEN WARM-UP  
 THEN POST TO  
 MIDDLE SAVES

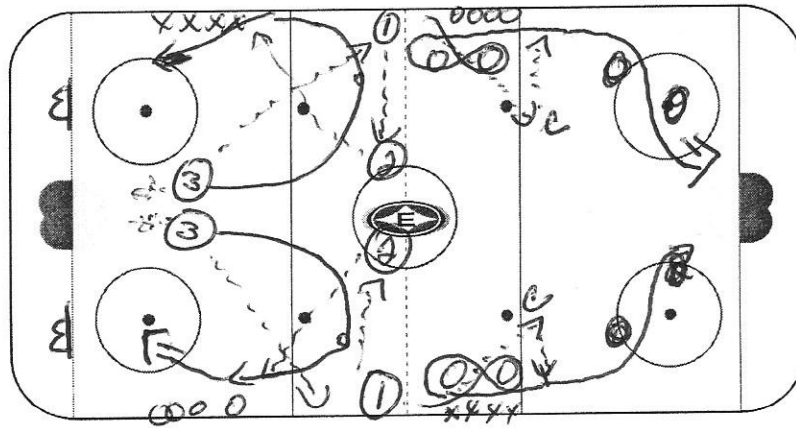


Description

POSSIBLY A S.A.G. (NO)

- ① "W" DRILL - FAST FAST FAST (YES)
- ② PASSING w/ ESCAPES (YES)
- ③ SHADOW SKATE DRIVE THE "NET" (FAST, FAST FAST, ) GAP-UP DONOT LET HIM CUT TO MIDDLE (YES)
- ④ TRANSITION PASS & SHOOT (YES)  
 MOVE YOUR FEET! CRISP PASSES (YES)

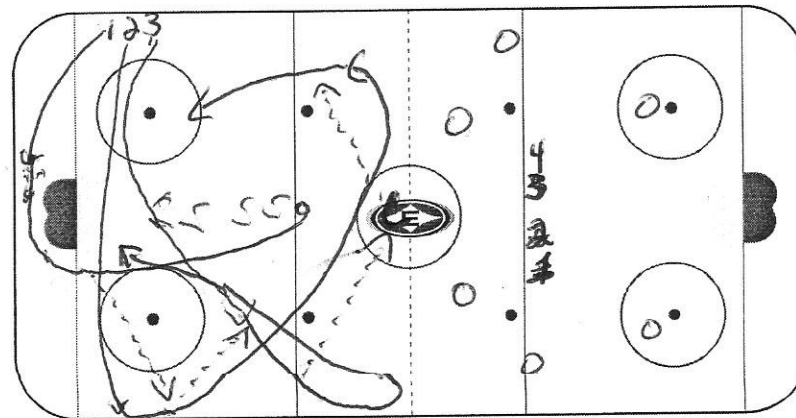
Notes/Systems



Description

- ⑤ FIG 8 GIVE & GO DRAG & SHOOT (YES)  
 MOVE YOUR FEET, STOP IN FRONT  
 BACKCHECK TO LINE
- ⑥ 3 MAN B/O 2 v 1 (D) IS "D" (2) IS WING (3) MOST (DON'T DO)  
 DELAY & RUN B/O AS CENTER
- ③ PASSES TO COACH & RUN SA  
 RE GROUP TO GO BACK 2 v 1!
- ⑦ BACK CHECK DRILL (YES)

Notes/Systems



Description

⑧ 2 v 1 CROSS ICE (DON'T DO) (YES)  
 OTHER SIDE

Notes/Systems

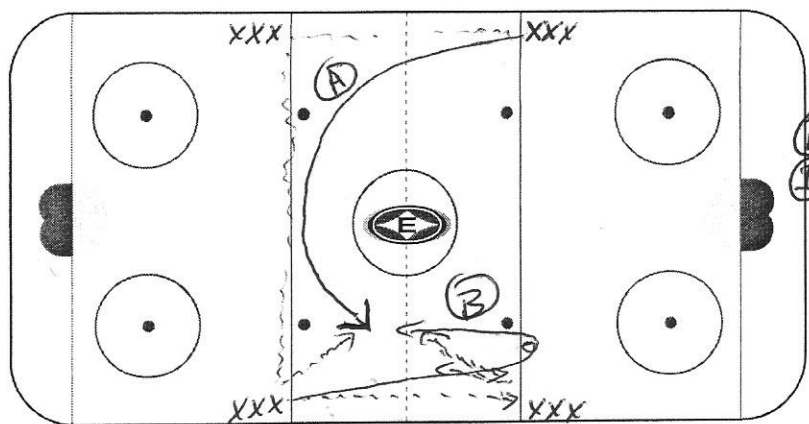




SYSTEM/DRILL \_\_\_\_\_

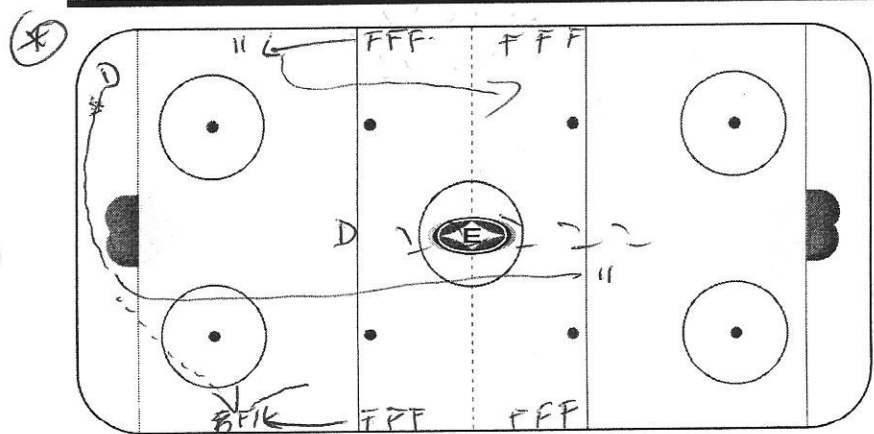


w/PWA SHELL



- Description** "S" TURNS & LOOPS
- 2v0 HORSHOE PASSING
  - 3v0 WEAVE
  - Ⓐ - 3PASS HORSESHOE
  - Ⓑ - 4PASS TRANSITION
  - 3PASS HORSESHOE w/ 2v0
  - HIGH-LOW (BEFORE TRANSITION)
  - NZ 2v1
  - NZ 3v2
  - FULL ICE 2v1 (\*)
  - ADD BACKCHECK
  - PLAY SAG
  - PLAY FULL ICE

Notes/Systems \_\_\_\_\_



**Description** \_\_\_\_\_

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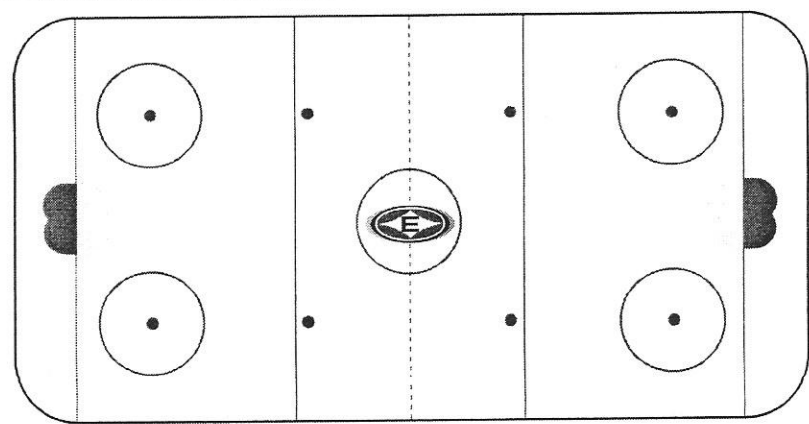
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Notes/Systems \_\_\_\_\_



**Description** \_\_\_\_\_

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Notes/Systems \_\_\_\_\_

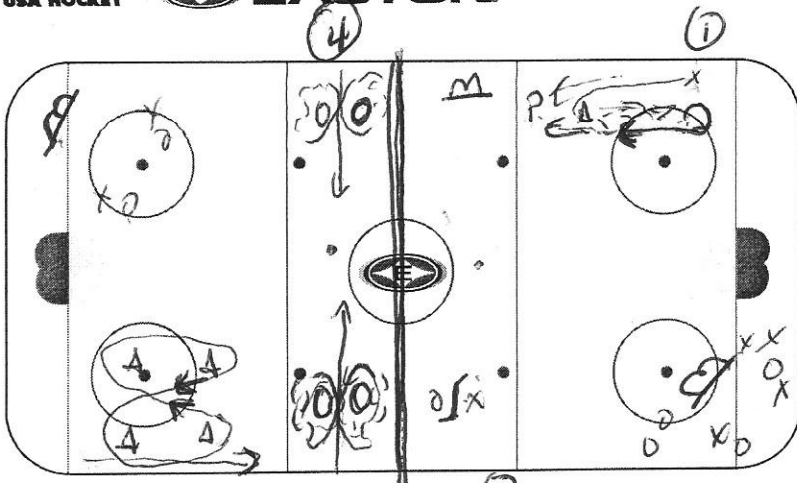




SYSTEM/DRILL



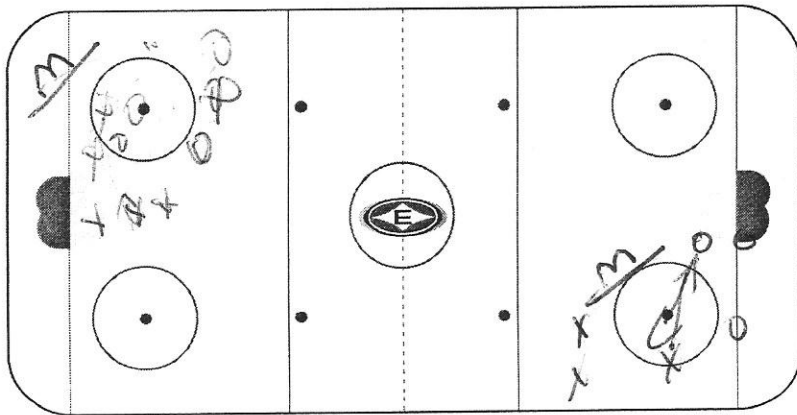
POLAR CAP FEEWEE B  
PRACTICE # 31  
12/27/11  
7:00 ~ 8:00 DCA  
3 TEAMER



Notes/Systems

- ① Description
- TRANSITION SKATE WITH A PASS.
- SKATE UP AND GIVE A PASS
  - PIVOT TO BACKWARDS AROUND CONE
  - LATELY RETURN PASS ESCAPE
  - STEP UP AND PASS BACK
  - DO IT AGAIN GOING TO OTHER SIDE.

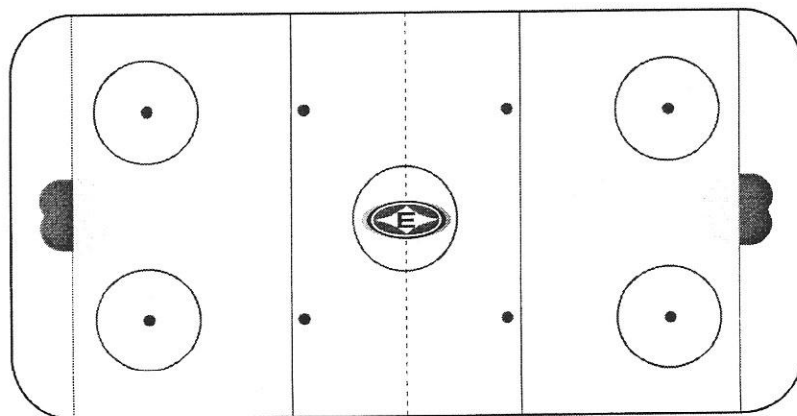
- ② 2 V 2 W/O B NET FACING CORNER



Notes/Systems

Description

- ③ BATTLE & RACE FOR PUCK (CARDINAL DRILL)
- PUSH & POLL THEN RACE 4 PUCK
- ④ FIGURE 8 THEN RACE FOR PUCK SKATE THROUGH OPPONENT'S TIRES
- ⑤ 4 CONE DRILL W/O OR W/O PUCKS



Notes/Systems

Description



