



SYSTEM/DRILL



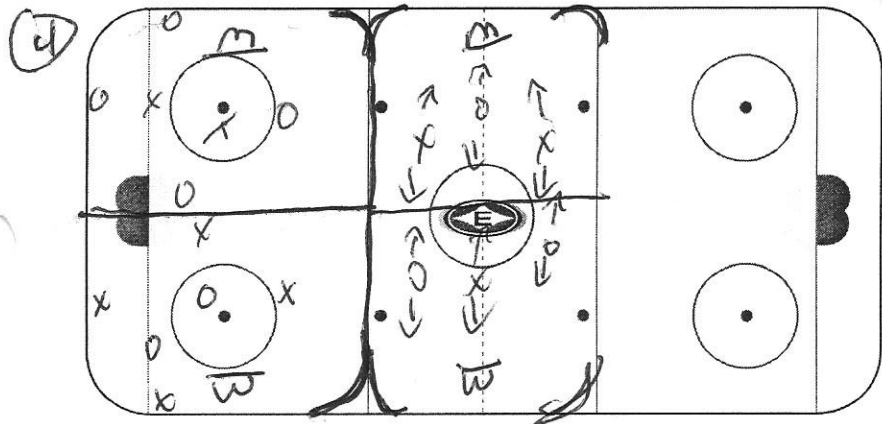
Notes/Systems

Description

① BACKCHECK DRILL  
 A PUSHES PUCK (DRIVE NET)  
 B BACKCHECKS

② 2V1  
 A<sup>1</sup> & A<sup>2</sup> ARE FORWARDS  
 A<sup>3</sup> STEPS OUT GAPS UP AND  
 PLAYS D. A<sup>1</sup> & A<sup>2</sup> GET B/D  
 PASS FROM COACH

③ CYCLE DRILL  
 F<sub>1</sub> PASSES TO F<sub>2</sub> IN CORNER



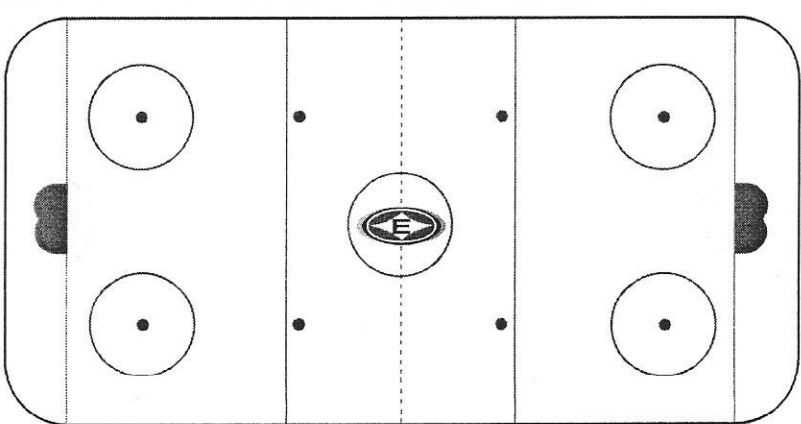
Notes/Systems

Description F<sub>2</sub> HAS 3 OPTIONS  
 AS HE STEPS OUT FROM BEHIND  
 THE NET ① SHOOT ② HIT F<sub>3</sub> ON  
 BACK DOOR ③ HIT F<sub>1</sub> IN HIGH  
 SLOT.

ADD PASS TO POINT  
 AS OPTION ④.

④ PLAY 4V2 WORK ON  
 CYCLE PLAY

⑤ PLAY 3V3 SCORE



Notes/Systems

Description ANYWHERE





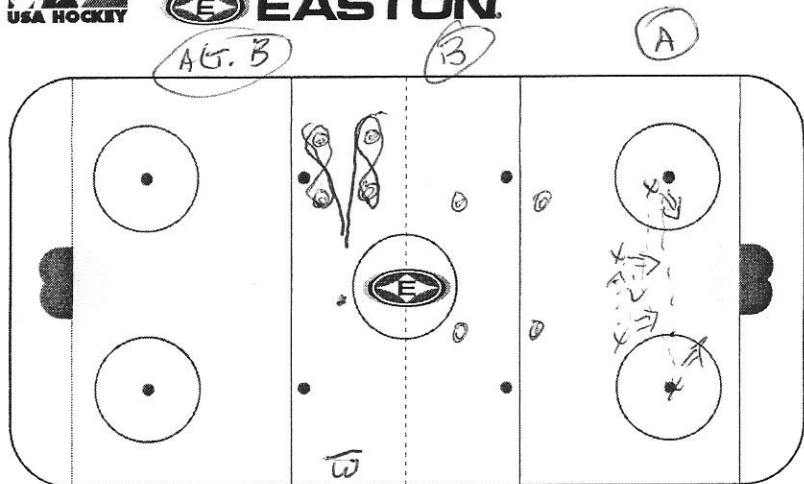


SYSTEM/DRILL



POLAR CAP PW B  
PRACTICE # 26  
12/14/11

5:20-6:00 MIA  
SHARED W/ SRC



Description

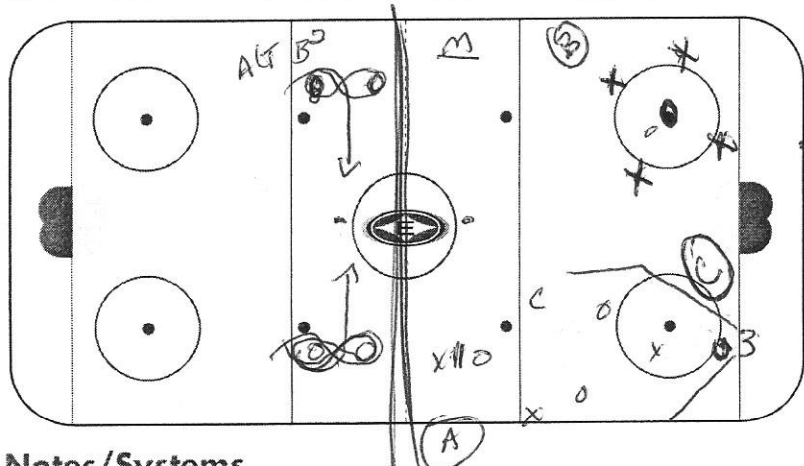
SKATE BACKWARDS  
"C" CUT START  
- SKATE FAST  
- TRANSITION

STATIONS

(A) SHOOTING (KREFTY GOALIE DRILL)

(B) SKATING & PUCK HANDLING (TIRE DRILL) OR RACE

Notes/Systems



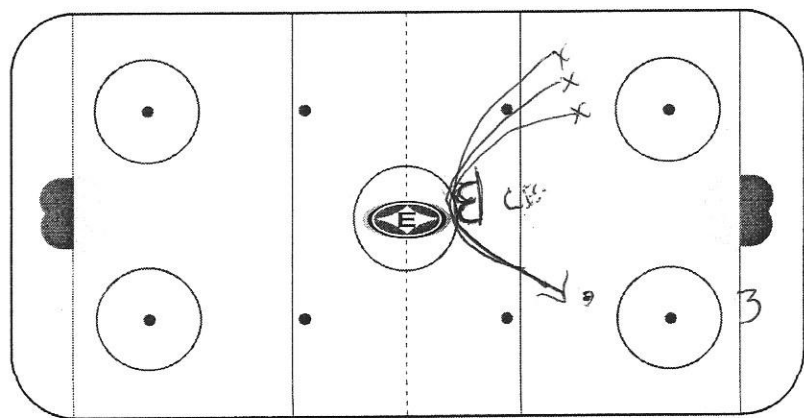
Description

#  
BATTLE STATIONS

(A) CARDINAL BATTLE  
PUSH & PULL FOR POSITION HOLDING  
STICKS RELEASE & RACE FOR PUCK ON  
COMMAND

(B) HIT THE CORNER - PASSING  
MONKEY IN THE MIDDLE IS GOALIE  
BE PREPARED TO PASS OR SHOOT

Notes/Systems



Description

(A) FUNNEL 2 v 1  
"O" GOES 2/1 ON X IF X GAINS  
CONTROL THEY PASS TO PARTNER  
OR COACH, ONE "O" GOES OUT OTHER  
IS ON DEFENSE

3 MAN RACE

Notes/Systems

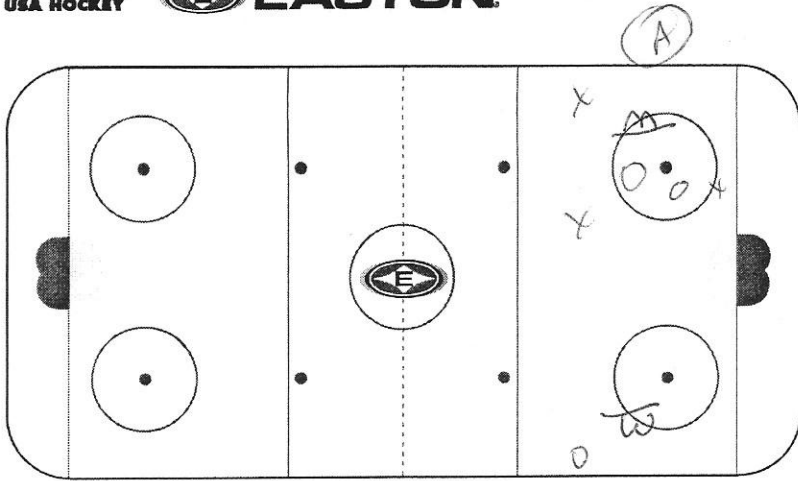




SYSTEM/DRILL



POLAR CAP P.W.18  
PRACTICE # 25  
2/8/11  
6:20-7:00 MIA  
SHARED w/ SOB

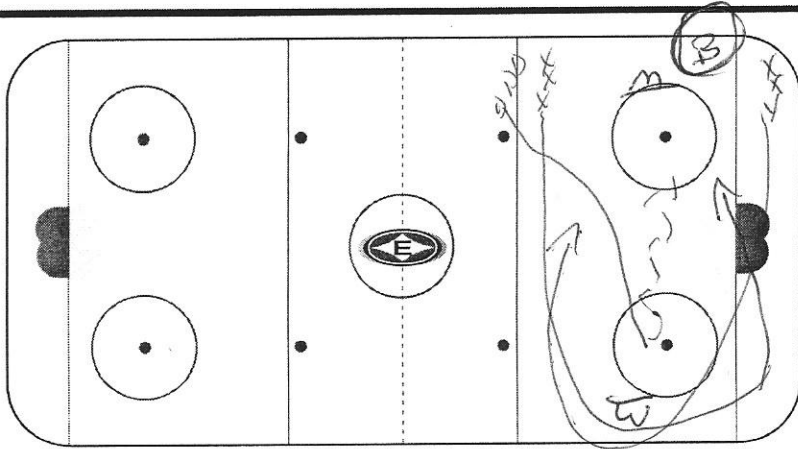


Description WARM UP SKATE w/ PUCKS

A) 3v3 w/ MAN BELOW GOAL LINE - STEPPING OUT (ALWAYS AN OFFENSIVE 3v2)

B) 2v1 DRILL

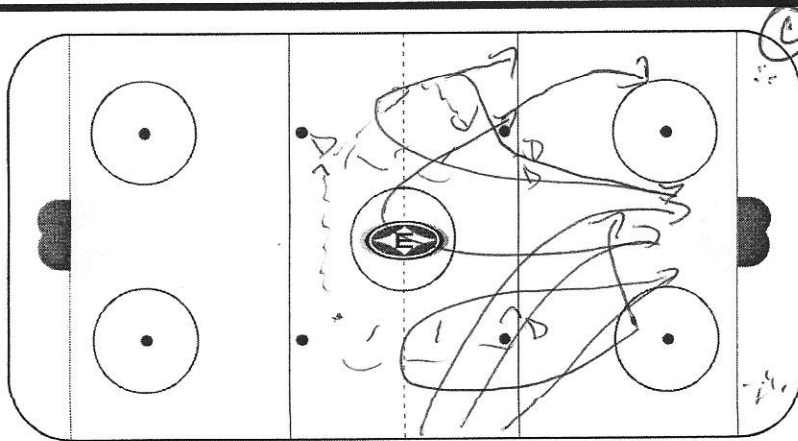
Notes/Systems



Description

- C) NZ REGROUP
  - ~~BACK CHECK TO NET~~
  - ~~REGROUP~~
  - ① ~~BACK CRASH NET~~
  - ② BACK CHECK TO NZ REGROUP
  - ③ A DIS POINT SHOT

Notes/Systems



Description

Notes/Systems

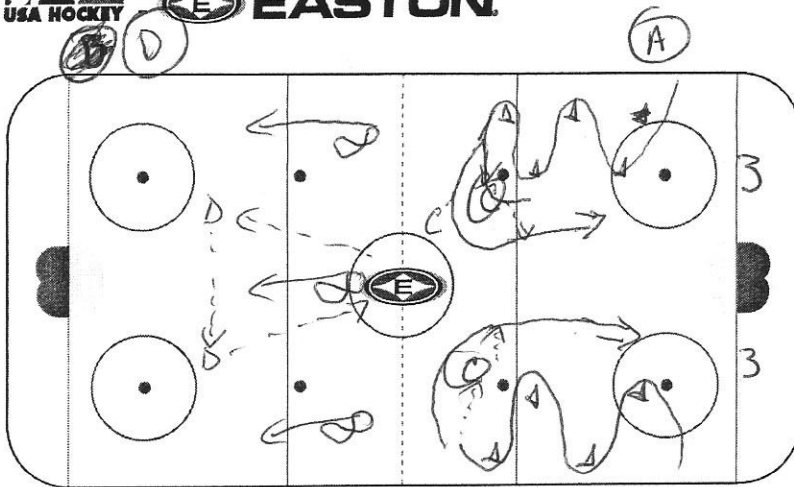




SYSTEM/DRILL



POLAR CAP PW B  
PRACTICE #24  
12/5/11  
5:10-6:10 MIA  
SHARED W/ PWC



Description

- WARM-UP SKATE

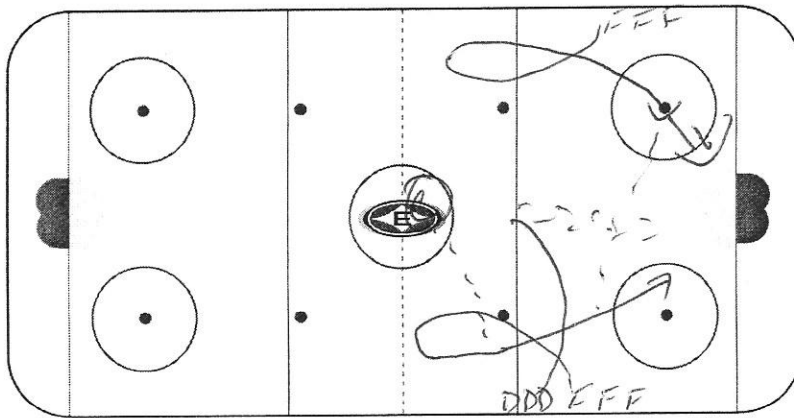
(A) - PUCK HANDLING DRILL  
(RICHTER W/ GIVE & GO W/  
COACH)

FORWARDS, FWD/BKWS,  
CIRCLE CONES, ALWAYS ON  
FOREHAND, ALWAYS ON BACKHAND

(B) ~~VARIED B/O REGROUP~~  
3v2

(B) STATIONARY PASSING

Notes/Systems



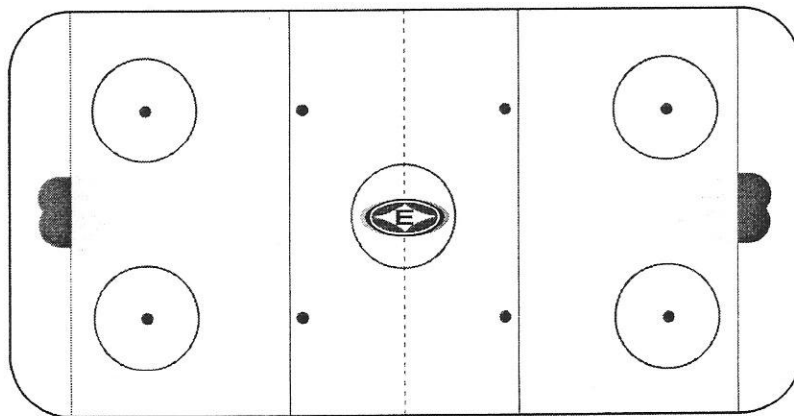
Description

(C) 2v1 IN NZ.

(D) ~~TANCA B/O REGROUP~~  
B/O / REGROUP (3v2)

↑  
NOT BAD FOR FIRST TIME

Notes/Systems



Description

Notes/Systems

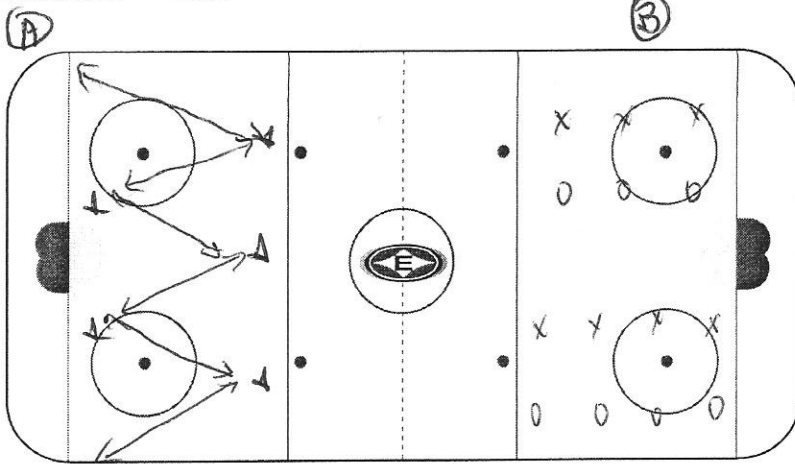




SYSTEM/DRILL



POLAR CAP P/W/B  
PRACTICE #23  
12/2/11  
5:10-6:10 MIA  
SHARED WITH SAC



Notes/Systems

Description

⊗ WARM-UP SKATE - 6 LINES?

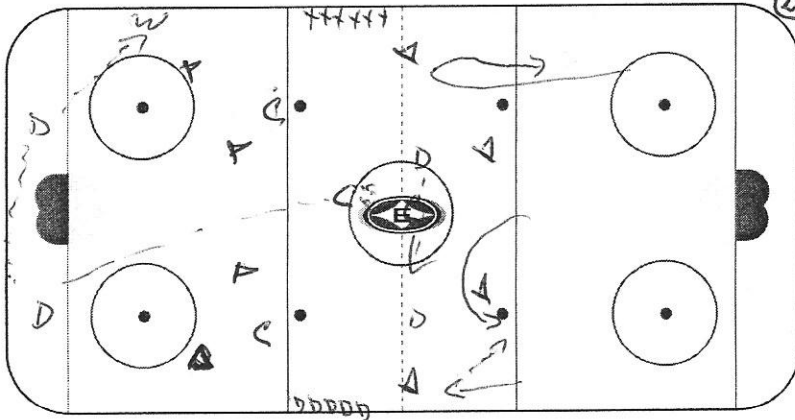
Ⓐ W/ SKATE -  
FAST, FAST, FAST

Ⓑ STATIONARY PASSING  
- TOEDRAG & PASS (LAP)  
- ESCAPE & PASS (LAP)  
- SAUCLER PASS (LAP)

Ⓒ ANDREINGA B/D

D TO D HIT WITH REAR CONCISE PASS

Ⓓ ANDREINGA N/Z



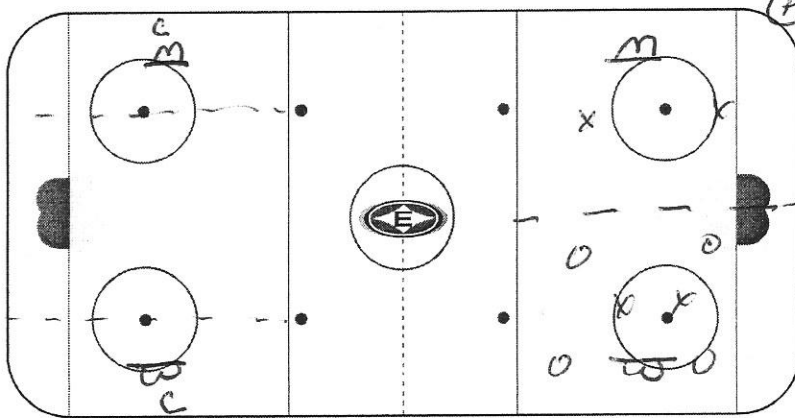
Notes/Systems

Description

SAME AS ABOVE ADD PASS  
TO POINT FOR SHOT & TIP.

Ⓔ REGROUP GAME  
U.S.A HOCKEY

Ⓕ 4 V 2 ALWAYS ON  
OFFENSE



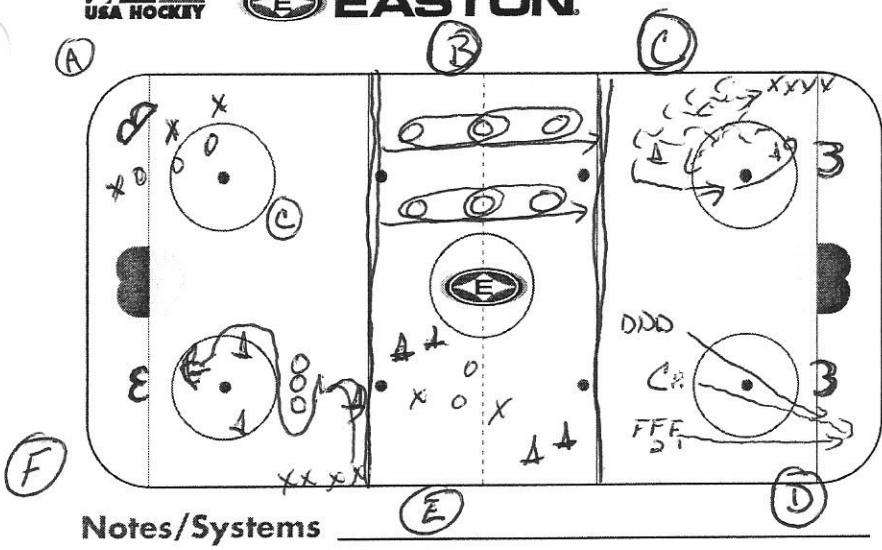
Notes/Systems

Description



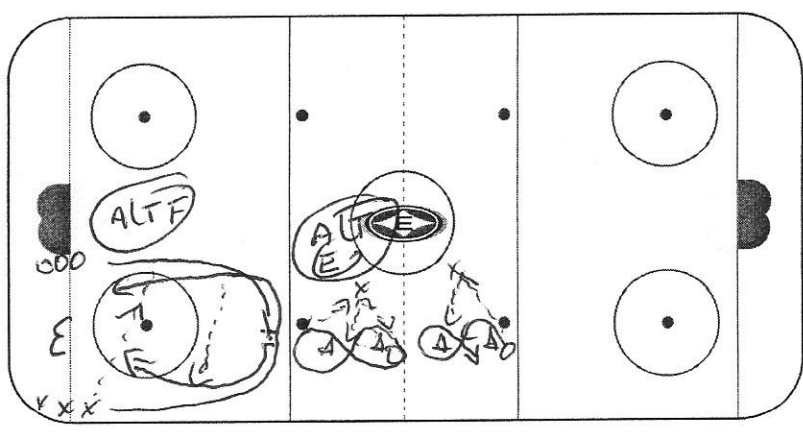


SYSTEM/DRILL



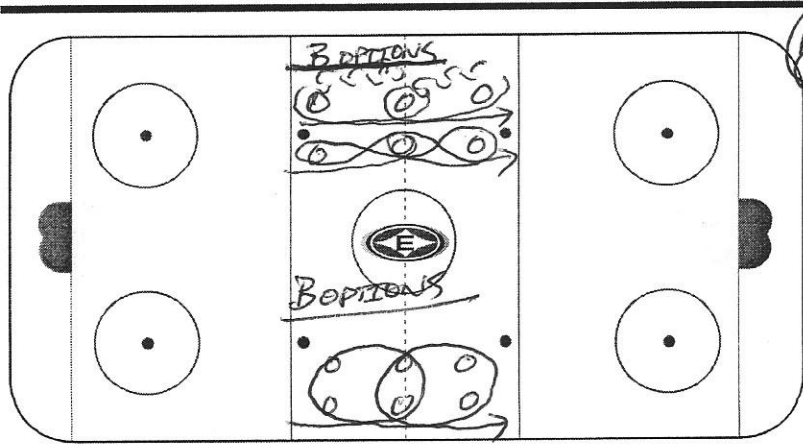
- Description**
- (A) 2 on 2 or 3 on 3 w/ QB IN TIGHT SPACE
  - (B) 6 TIRE SKATE W PICKS
  - (C) MN. CIRCLE & SHOOT (2 SHOTS)
  - (D) U.S.A. 2 v 1 OUT OF CORNER F<sub>1</sub> CONTROLS PUCK, MAKES SPACE WAITS FOR F<sub>2</sub> TO ENTER & SUPPORT

Notes/Systems



- Description**
- (E) 2 v 2 DRIVE THE NET SCORE A POINT
  - (F) LATERAL MOVEMENT FAKE & SHOOT
- ALT. (E)  
 (E) CAN BE REPLACED WITH PEPPER PASSING OR FIG 8 PASSING

Notes/Systems



- Description**
- (F) CAN BE REPLACED WITH A 2 v 0 X-CROSS

Notes/Systems

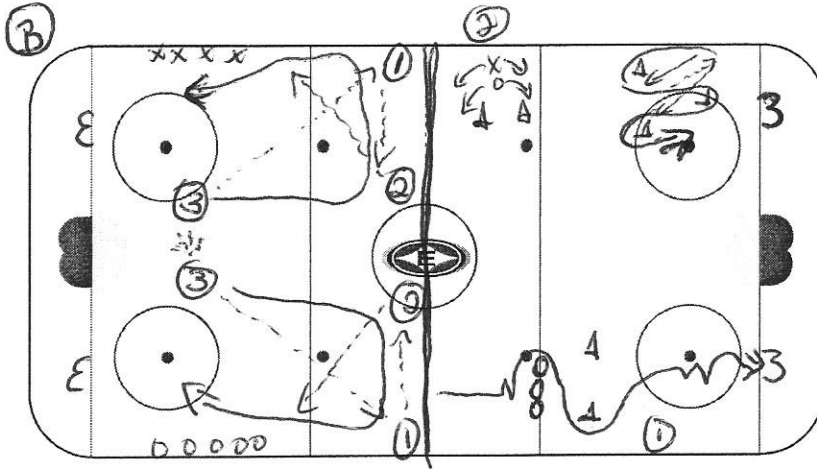




SYSTEM/DRILL



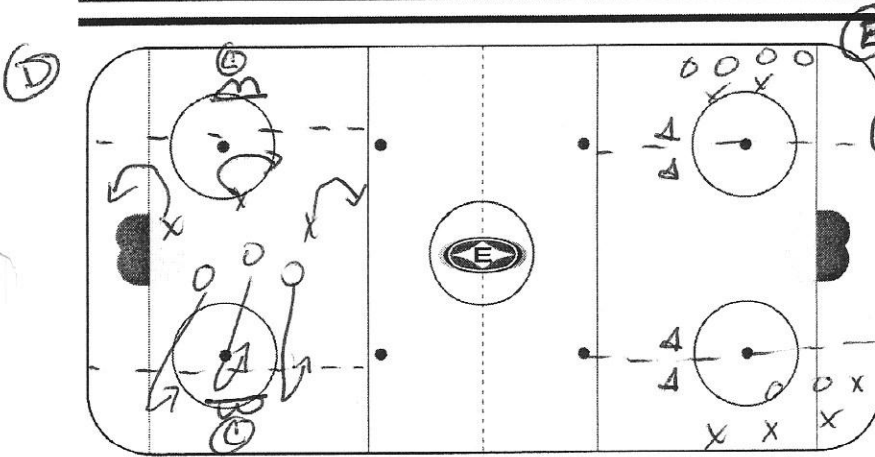
POLAR CAP PEEWEE B  
PRACTICE #21  
11/22/11  
8115-9115 DCA  
w/ PWC



Notes/Systems

Description

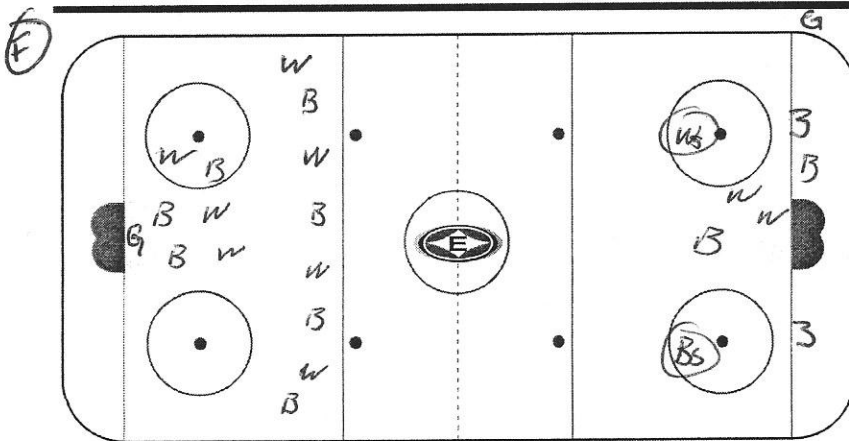
- (A) 6 LINES WITH PUCKS
- (B) TRANSITION PASS & SHOOT
- (C) STATIONS
  - (1) - MOVE AROUND TIRES DEKE GOALIE
  - (2) - 1v1 BATTLE TOUCHDOWN GAME
  - (3) 3 PASS & SHOOT OR FIGURE 8 & SHOOT - 3 SHOTS (QUICK)



Notes/Systems

Description

- (D) TRANSITION GAME  
MUST TAG UP
- (E) SHUCK GAME
- (F) POINT SHOT GAME
- (G) BRUIN 3v3



Notes/Systems

Description

PLAY D & G IF 2 GOALIES  
PLAY E & F IF ONE GOALIE

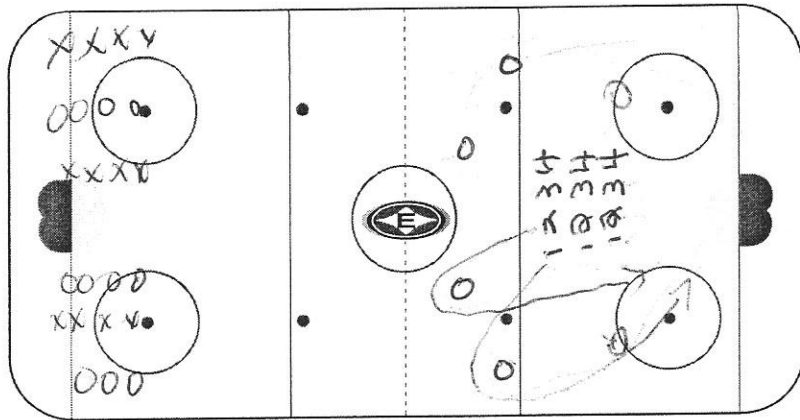




POLAR CAP PEE WEE B  
 PRACTICE # 20  
 11/21/11  
 8:15-9:15 DCA  
 WITH PWC

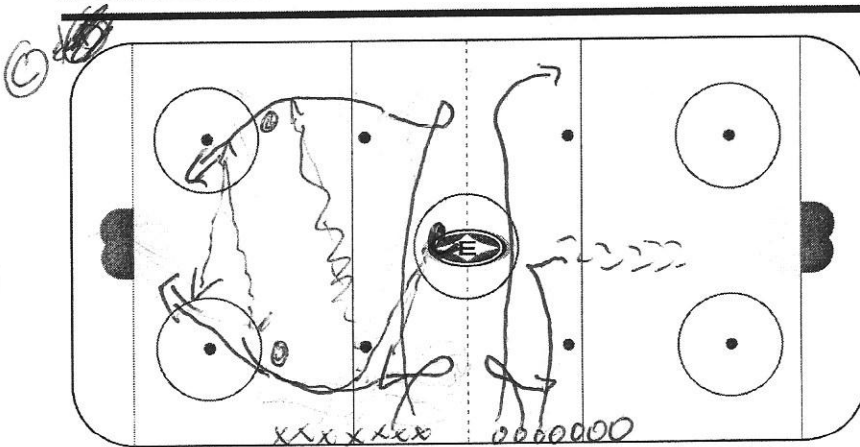


SYSTEM/DRILL \_\_\_\_\_



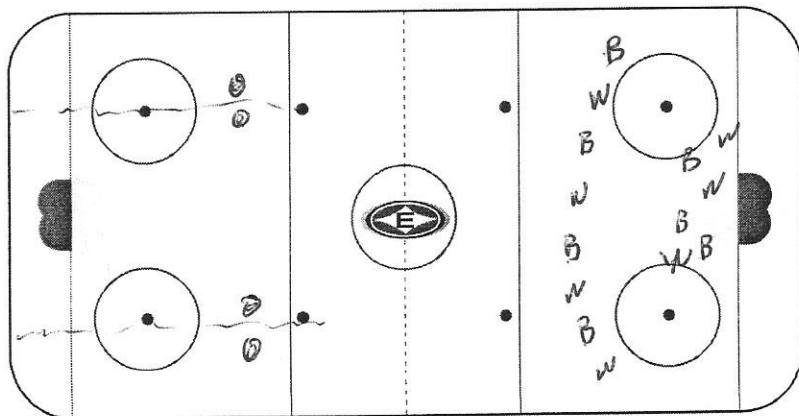
- Description \_\_\_\_\_
- (A) - 6 LINES SKATING  
- PUCK WORK
  - (B) - 4 TIRE BACK CHECK  
DRILL
  - (C) NZ 2v0 (FOREHAND PASS)  
OPEN UP BODY
  - (D) NZ 2v1 (SET UP PASS)  
READ THE PLAY

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



- Description \_\_\_\_\_
- (E) SHUCKOCK <sup>SAG</sup> ~~DRILL~~
  - (F) POINT SHOT 3v3  
3v3 LOW - PASS TO  
YOUR TEAM FOR A  
POINT SHOT (TIP-REBOUND)

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



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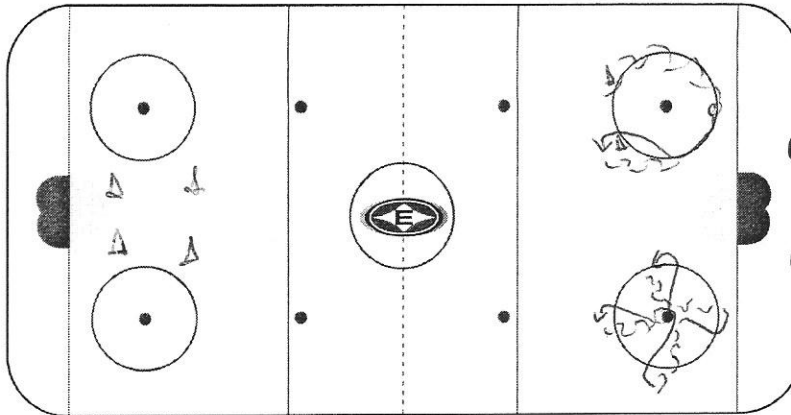
Notes/Systems \_\_\_\_\_

The USA Hockey Coaching Education Program Is Presented By





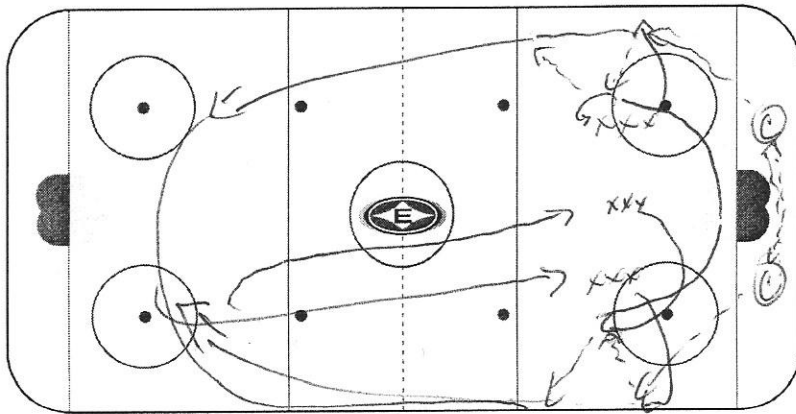
SYSTEM/DRILL \_\_\_\_\_



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

Description \_\_\_\_\_

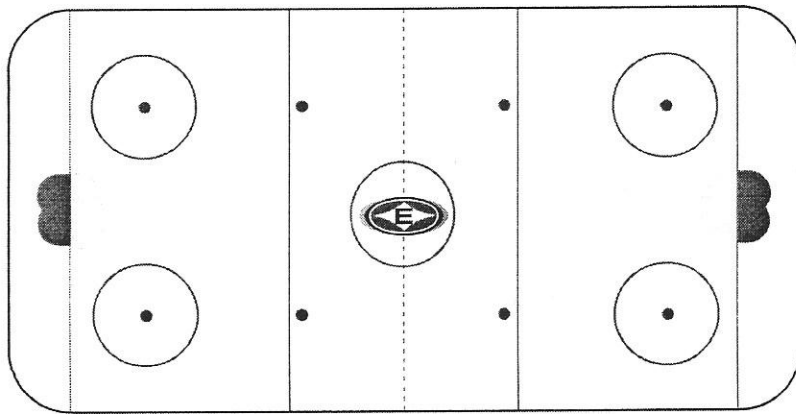
- (A) - INDIVIDUAL WORK
- (B) - SMALL ARE GAMES
- (C) - FOOT WORK SKATES  
w/ & w/D PUCKS  
(4 CONES, 0 DRILLS)
- (D) - B/O DRILL  
- W, C, W
- (E) N/Z REGROUP DRILL  
OFF WALL
- (F) 10 PUCK DRILL D COVERAGE



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

Description \_\_\_\_\_

- (G) 3:0 THREAT 2 NET  
DR. DRIVE  
HIGH GUY
- (H) 10 PUCK DRILL FORECHECK
- (J) U.S.A HOCKEY N/Z REGROUP  
GAME OR SHUTOUT GAME



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

Description \_\_\_\_\_

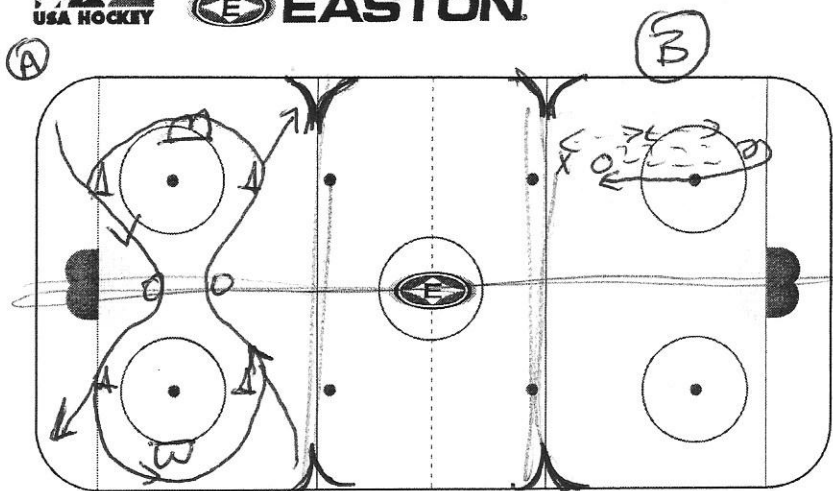
- (I) \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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SYSTEM/DRILL \_\_\_\_\_

STUDIO RINK



Description \_\_\_\_\_

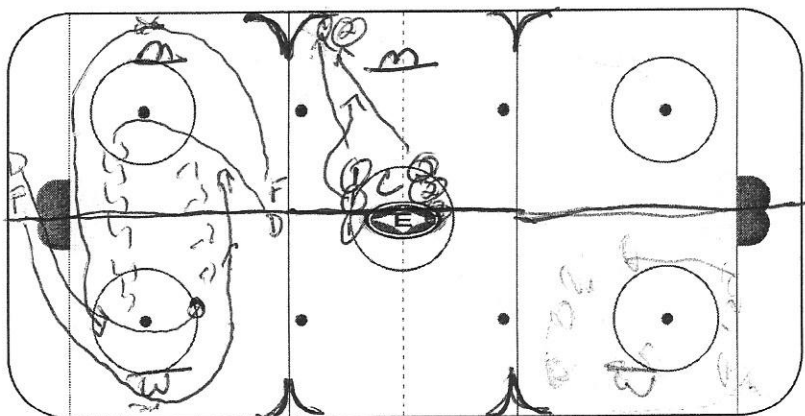
(A) BIG PEANUT SKATE

(B) 4 PASS CROSS ICE  
 (BACKING UP 2 PASSES SPIN  
 COMING BACK 2 PASSES)

(C) FLOW FLOW

(D) GAP UP 1v1 ON WHISTLE

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



Description \_\_\_\_\_

(E) U.S.A. 2v1 OUT OF CORNER

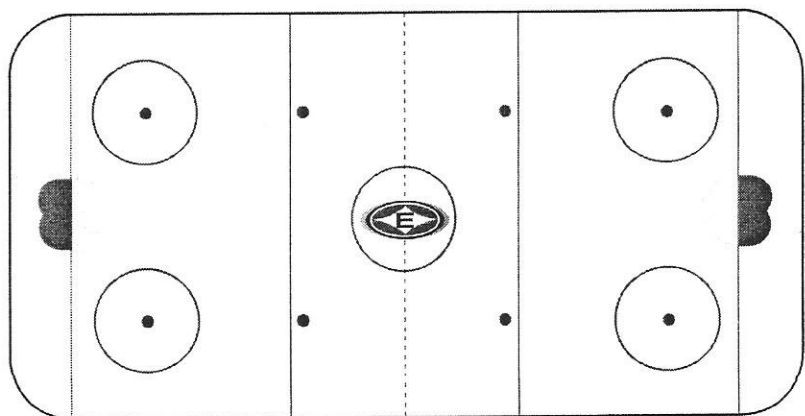
(D) IN CORNER 1 on 1

(1) MUST PROTECT PUCK & WAIT FOR COACH TO SEND SECOND

(1) FOR SUPPORT

(F) SMALL AREA GAME  
 (4v2) POWER PLAYS

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



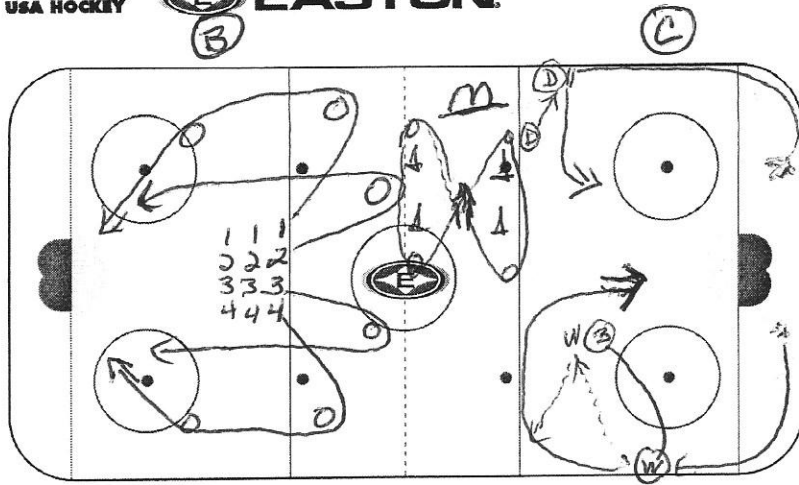
Description \_\_\_\_\_

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





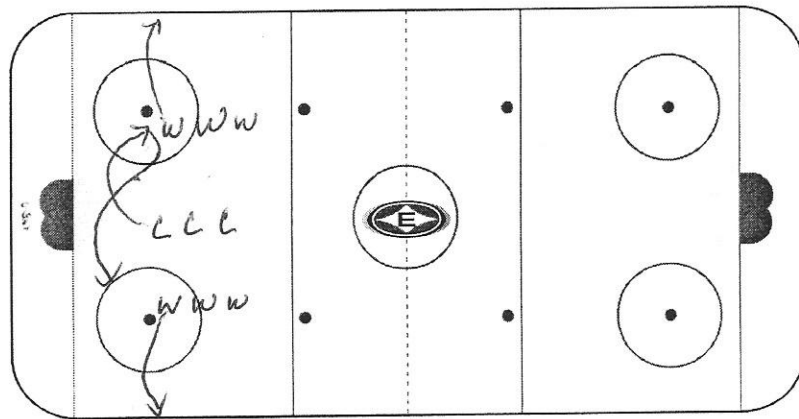
SYSTEM/DRILL



Description

- (A) 6 LINES - BACKWARDS
- 1 LEG
  - BOTH LEGS
  - INSIDE EDGE
  - OUTSIDE EDGE
  - CROSSOVERS
  - 3 LEFT 3 RIGHT
- (B) BACKHELVY DRILL  
 WHISTLE 1 v 2, NEXT 3 v 4 (1-2-3-4-1)

Notes/Systems



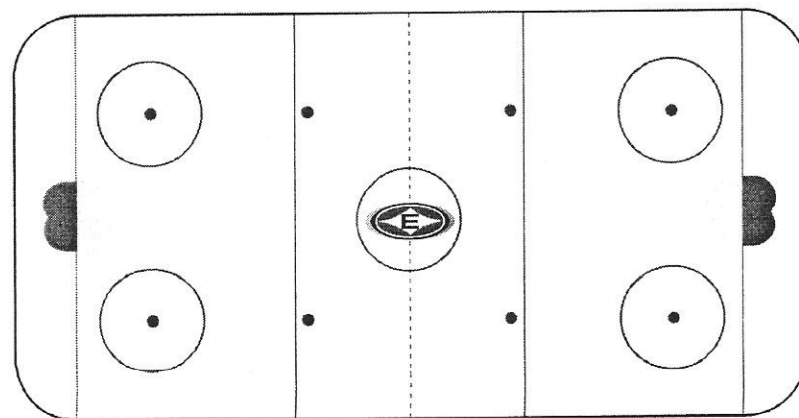
Description

- (C) 2 STATIONS
- (1) PICK OFF WALL & SHOOT/  
B/O PASS OFF WALL & SHOOT
  - (2) FIGURE 8 & SHOOT  
(CATCH A PASS)

Notes/Systems

(D) B/O DRILL **DID NOT DO**

(E) SMALL AREA GAME  
 - SAUHOOK GAME



Description

Notes/Systems

