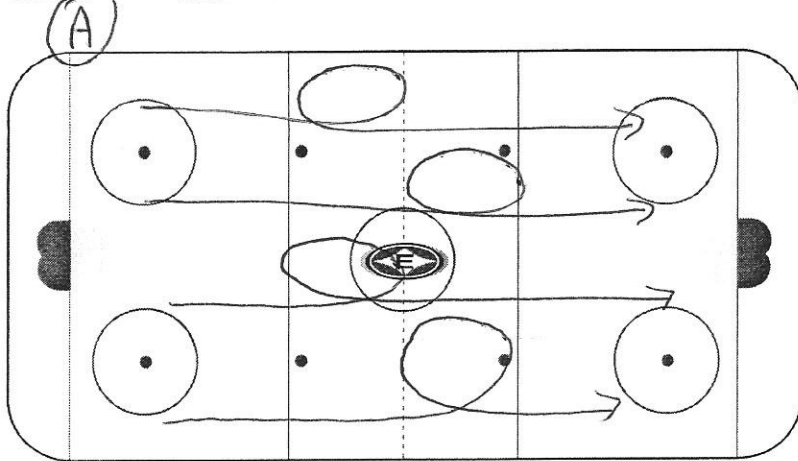




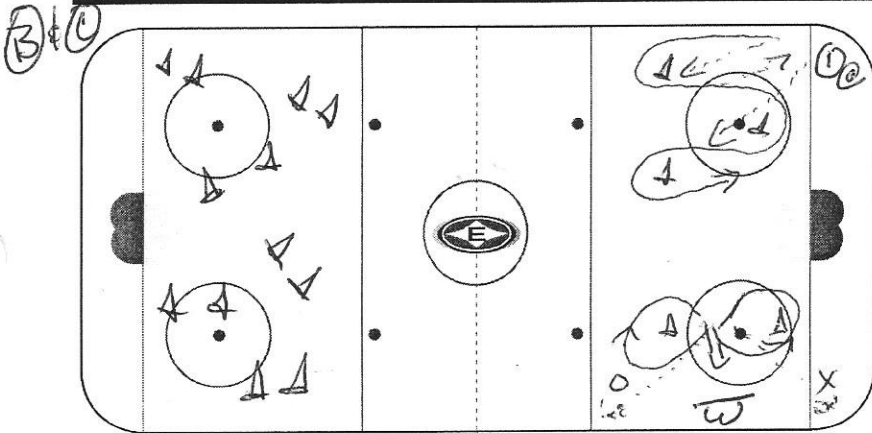
SYSTEM/DRILL _____



Description _____

- (A) - SKATING
 - INSIDE EDGES
 - OUTSIDE EDGES
 - FWD
 - BKWD
 - X-OVERS
- (B) - KEEP AWAY
 - ALL VS. ALL PROTECT THE PUCK
- (C) - PASS THROUGH CONES

Notes/Systems _____

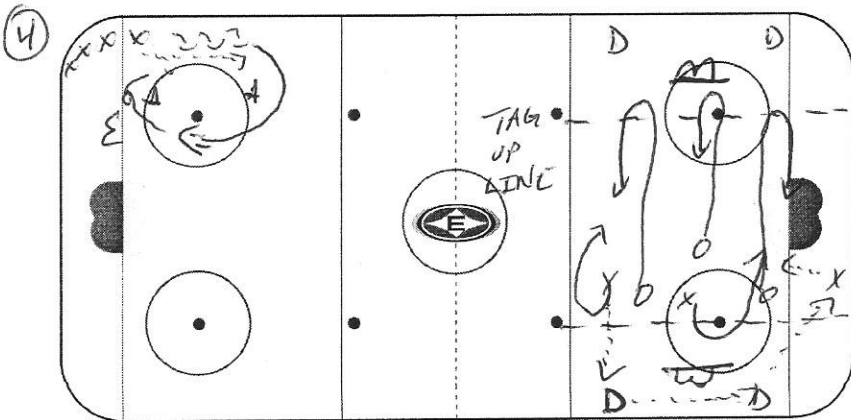


Description _____

- (D) 3 STATIONS
 - 1 ROB'S PASS & SHOOT
 - 2 FIGURE 8 PASS & SHOOT
 - 3 NZ PASSING, KEEP AWAY OR STICKHANDLING, KEEP AWAY OR MOVES ON TIRES

CHOOSE → CHOOSE 3

Notes/Systems _____



Description _____

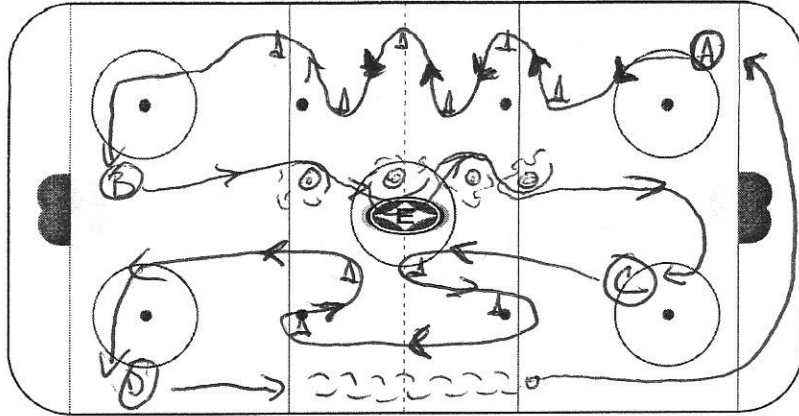
- (4) 3 SHOTS - SKATE BACKWARDS, RECEIVE A PASS, TRANSITION & SHOOT 3X
- (E) SMALL AREA GAMES OR TANGLED DRILL
 - S.A.G.
 - NZ TRANSITION
 - PASS D TO D & TRANS. TO OFF. D TEAM MUST GO TAG UP

Notes/Systems _____





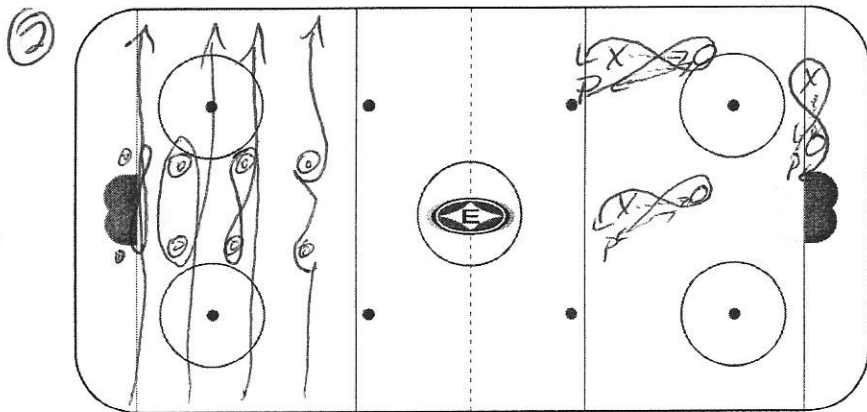
SYSTEM/DRILL



Notes/Systems

Description

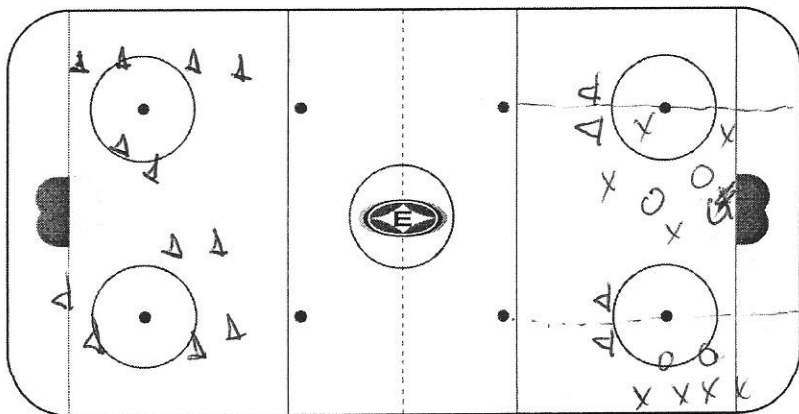
- ① - PARKER SKATING LINES
 - (A) - WEAVE (PUCK ON FOREHAND)
 - (B) - FORWARD/BACKWARD PIVOTS
 - (C) - LIGHTNING THROUGH CONES
 - (D) BACKWARDS THROUGH NZ
 - CONTINUOUS SKATE
- ② - TWO TIRE DRILL SKATING W/ PUCKS
 - TIGHT OVAL
 - FIGURE 8
 - TOE DRAG



Notes/Systems

Description - MAKE A MOVE

- STOP & STARTS
 - ESCAPES
 - FWD/BKWD PIVOTS
- ③ FIGURE 8 PASSING IN GROUPS OF 3
 - ④ CONE PASSING GAME - PASS THROUGH AS MANY GATES AS POSSIBLE
 - ⑤ SHOOTOUT 4V2 GAME



Notes/Systems

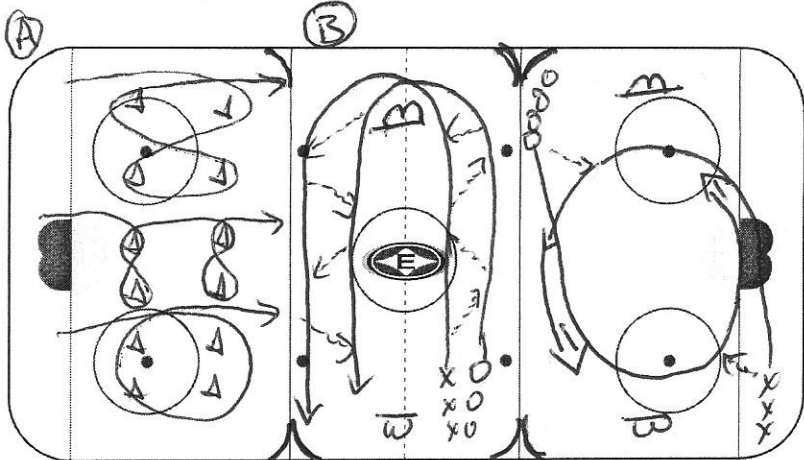
Description

- ⑥ 3V3 SCORE EITHER NET-



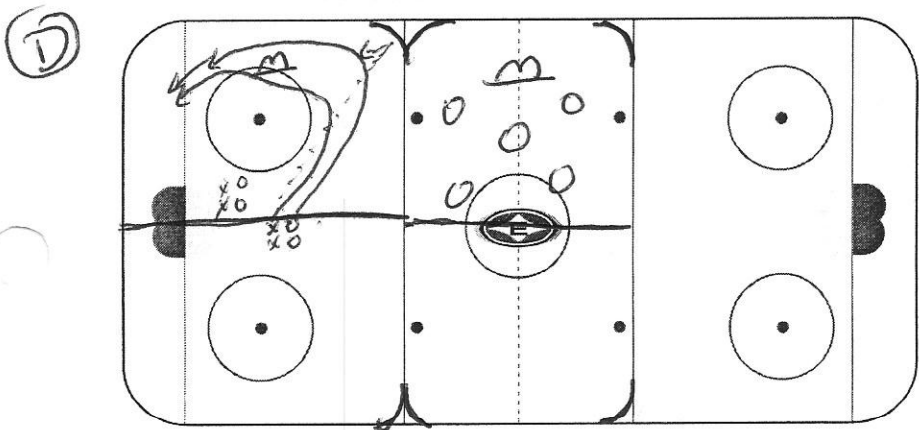


SYSTEM/DRILL



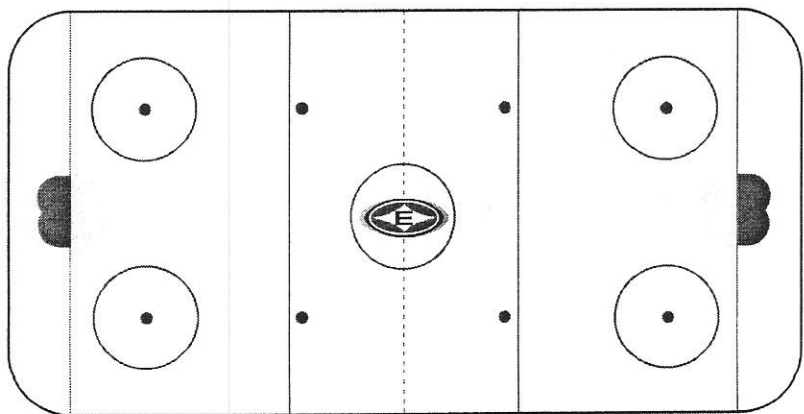
Description - GOALIE WORK
 - SKATING DRILLS
(A) 4 CONE DRILLS
 - FORWARD
 - PIVOTS
 - FIGURE 8'S
 - CROSSOVERS FWD/BKWD
 - W/O & W/POCKS
(B) PASSING
 HORSESHOE PASSING
 - KEEP FEET MOVING
(C) FLIN FLOW PASS & SHOOT
 LOOP LOW - STOP IN FRONT

Notes/Systems



Description
(D) FAULKNER FORECHECK DRILL
 - STRAIGHT
 - LOOP LEFT
 - LOOP RIGHT
(E) PASSING LANES DRILL

Notes/Systems



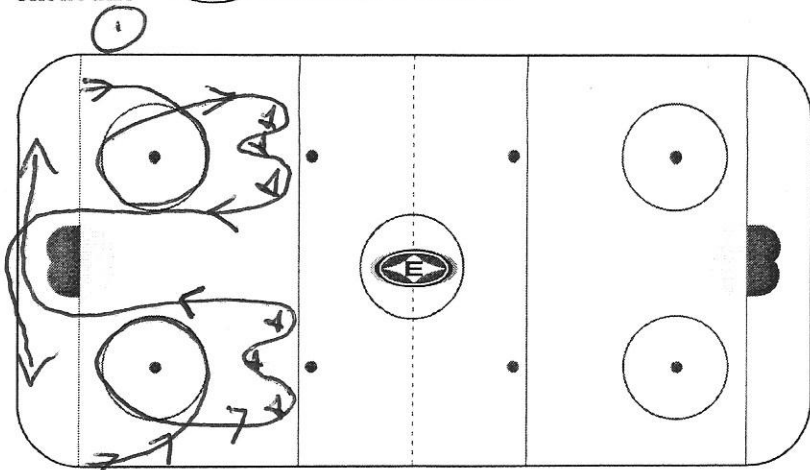
Description
(F) 4v2

Notes/Systems





SYSTEM/DRILL



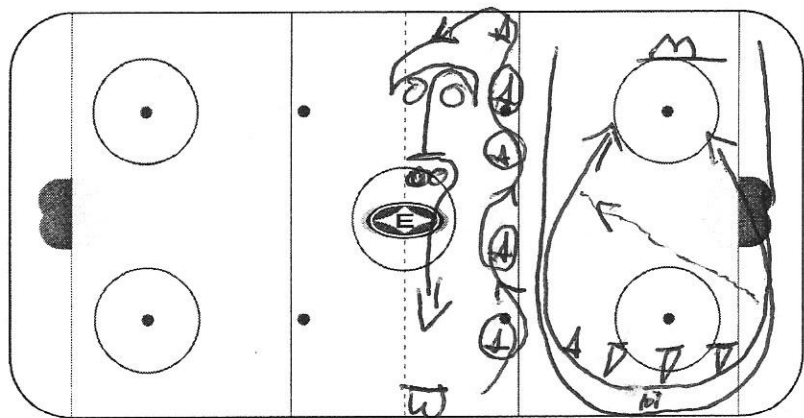
Notes/Systems

Description

- 6 LINES SKATING
- SCOOTER
- BOTH ALTERNATING
- LONG STRIDES
- 3/4 SPEED
- FULL-SPEED

① GARVEY SKATE
 w/o. & w PUCK

② STATIONS

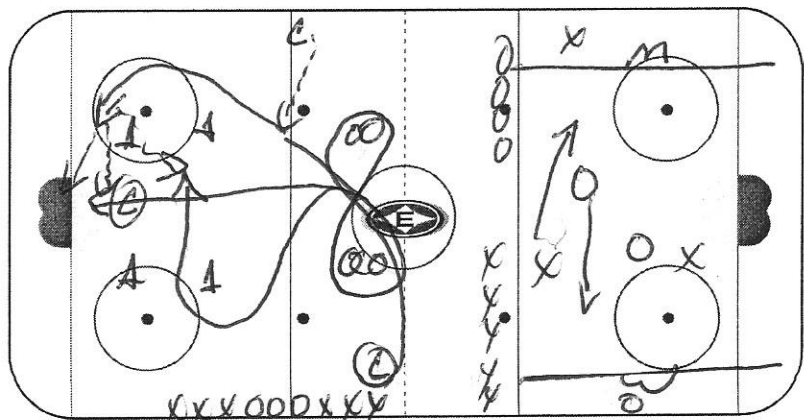


Notes/Systems

Description

- ① STICK HANDLING w/
SHOT -
- ② - ~~Always~~ PUCK ON FORE HAND
AT ALL TIMES AROUND CONES
- ③ - TOE DRAG & BACKHAND
TOE DRAG AROUND TIRES
- ④ - MAKE A MOVE & SHOOT
- ⑤ 2 ON 0

③ FELDT 3 V 0



Notes/Systems

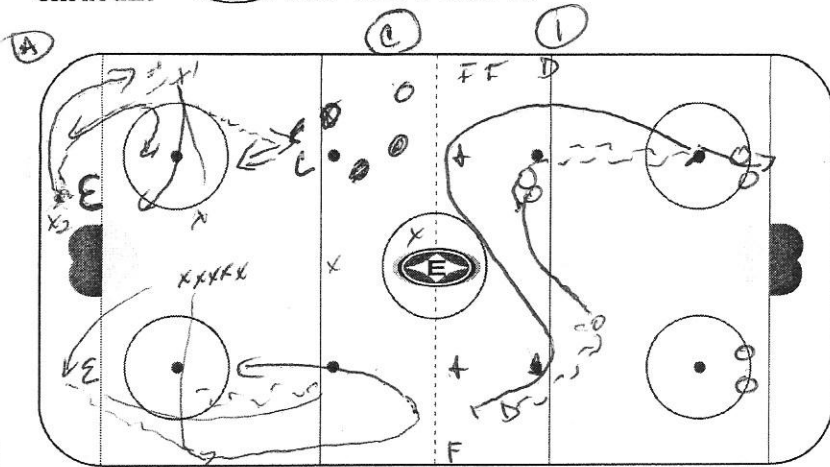
Description

④ 3 V 3 w/ 1 PLAYER BELOW
 GOAL LINE





SYSTEM/DRILL _____

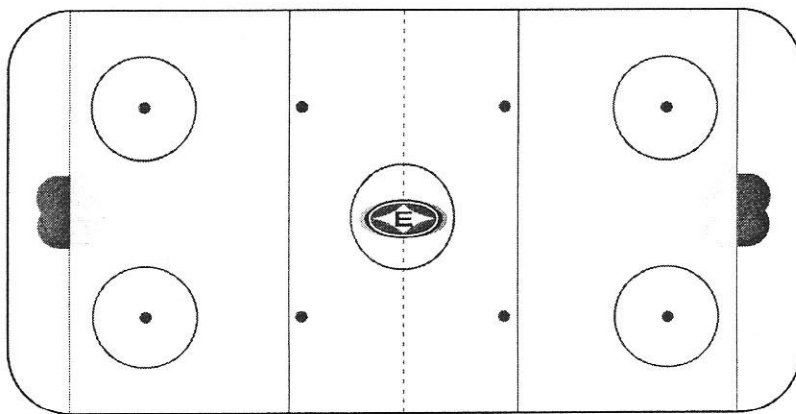


Description _____

FORM SKATING

- ① - MIRROR "S" DRILL
 W/OUT PUCKS
 W/PUCKS
 - BOTH WAYS ALTERNATING
- ② STATION WORK
 (A) - 2 MAN CYCLE w/ PASTOR SHOT
- (B) B/O 1 v 1
- (C) PASSINGLY KEEP AWAY

Notes/Systems _____

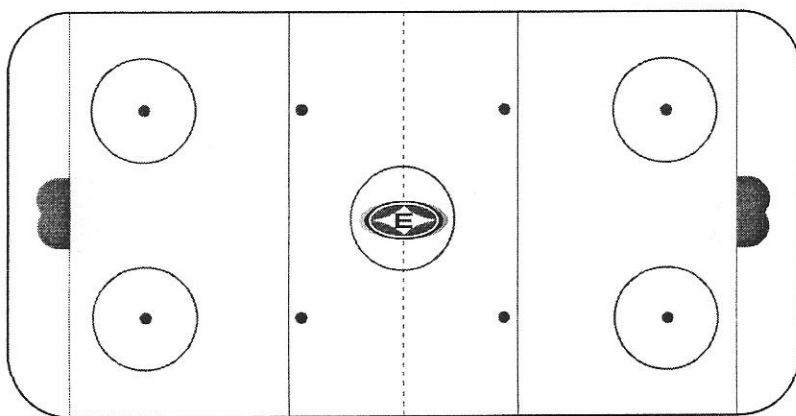


Description _____

OR TOUCHDOWN
HOCKEY OR HAT TRICK

- ④ S.A.G.
 PLAYER BEHIND GOAL LINE

Notes/Systems _____



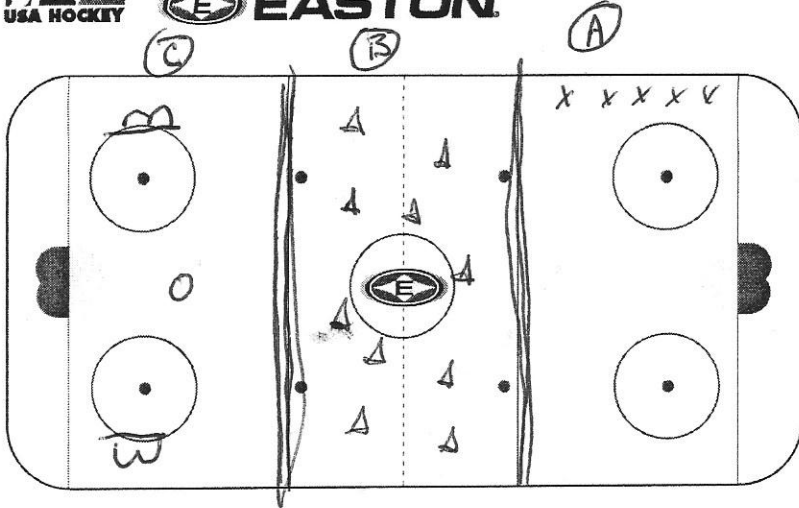
Description _____

Notes/Systems _____





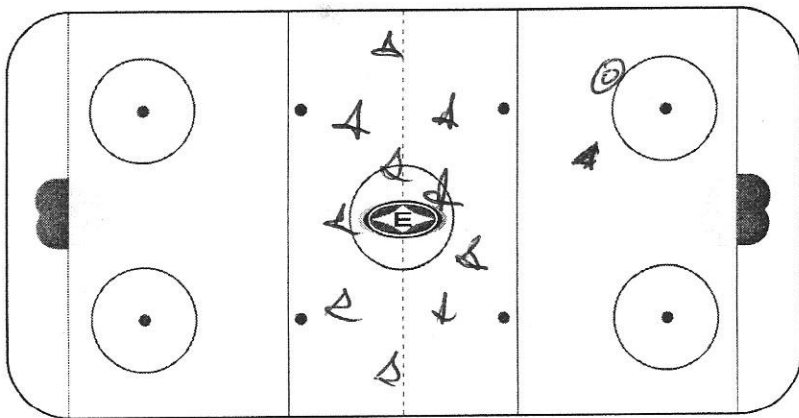
SYSTEM/DRILL _____



Description _____

- 3 STATIONS (7 MIN)
- (A) SKATING
- (B) BUILDERS & BUIL DOZERS
- (C) SOCCER

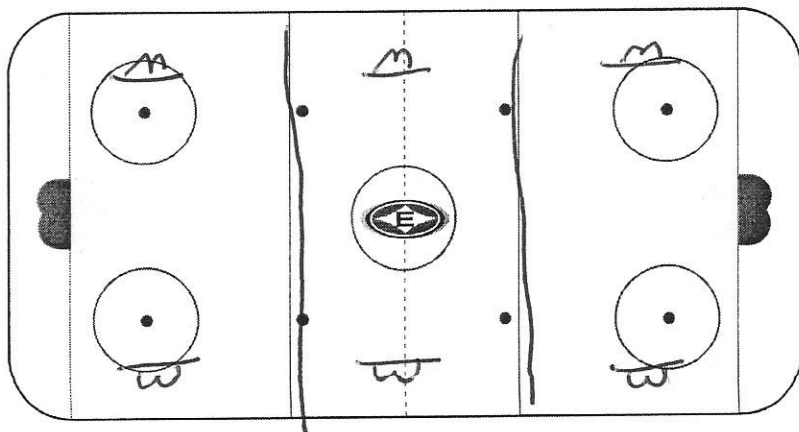
Notes/Systems _____



Description _____

- 3 MORE STATIONS
- (B) STOPPING PRACTICE
- (A) PUSH THE TIRE
- (C) PASSING OR RINGS

Notes/Systems _____



Description _____

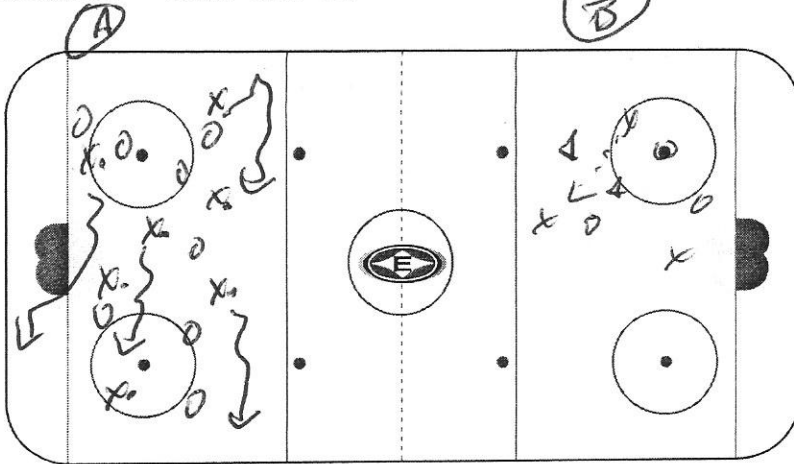
PLAY 3V3 X ICE
ALL IN

Notes/Systems _____





SYSTEM/DRILL



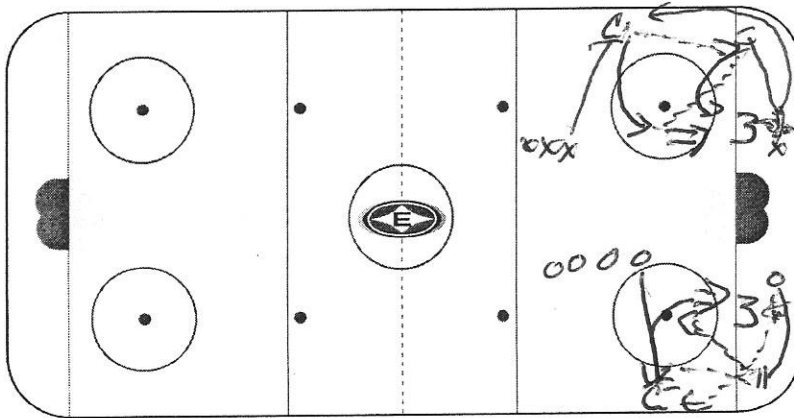
Description

WARM UP (6 LINES?)

A) KEEP AWAY ALL VS ALL
 7 PUCKS

B) 3 V 3 KEEP AWAY
 COUNT PASSES OR PASS
 THROUGH CONES

Notes/Systems



Description

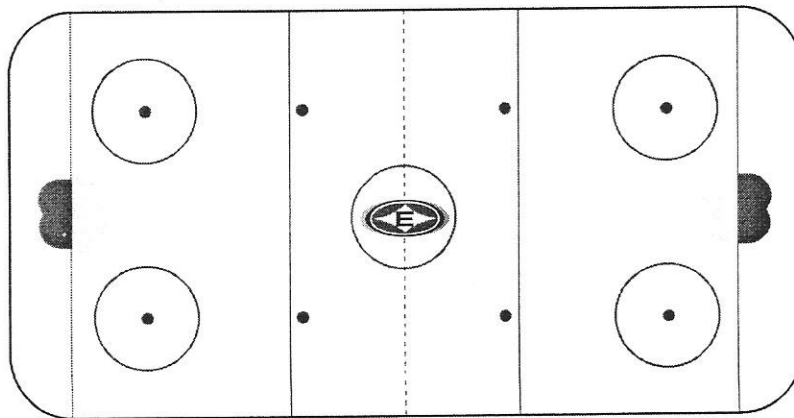
3 STATIONS

A & B ARE CYCLE

C IS W DRILL

CYCLE ONE FWD. STARTS
 BELOW NET. PASSES TO
 COACH NEXT FORWARD
 FORECHECKS HIM PASSES TO
 FWD IN CORNER FOR
 GIVE & GO SHOOTER GETS

Notes/Systems



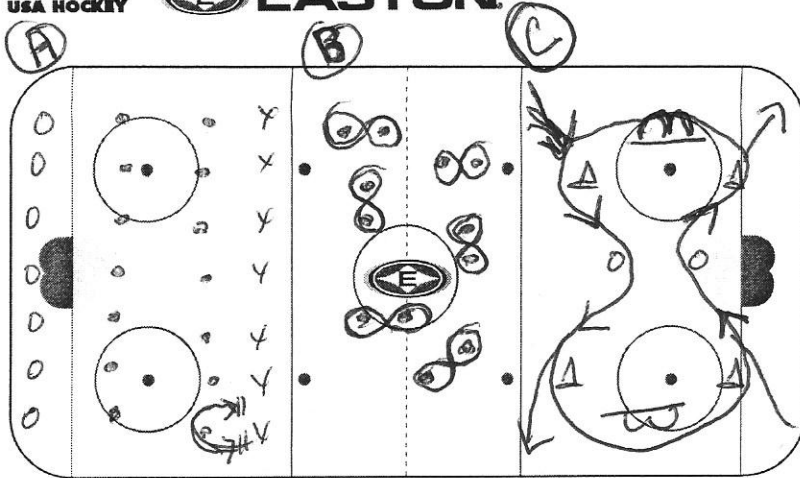
Description PUCK FROM BEHIND
 NET TO START HOAT DRILL

Notes/Systems





SYSTEM/DRILL

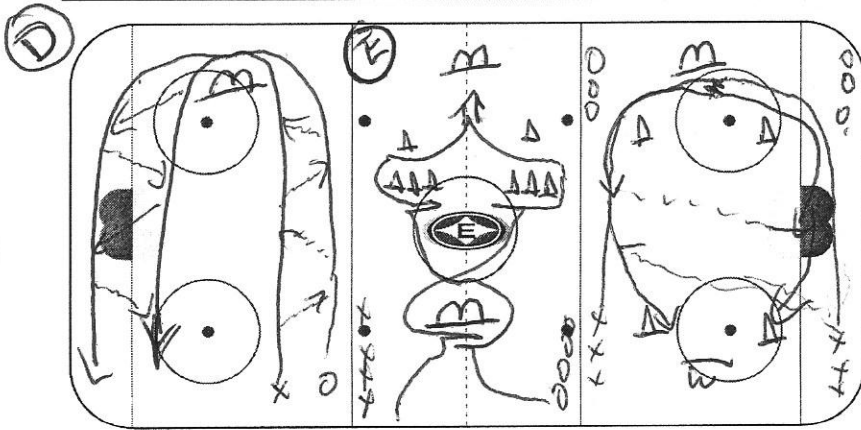


Notes/Systems _____

Description

WARM UP SKATING

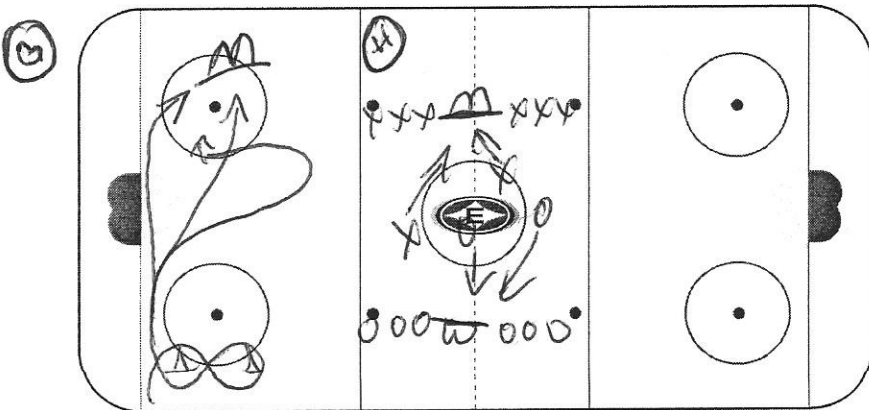
- (A) - INSIDE EDGE AROUND GLOVE
- OUTSIDE EDGE AROUND GLOVE
- ↓ - BOTH FEET AROUND GLOVE
- (B) - FTG & AROUND BOTH GLOVES
- LEAD W/ STICK
- SUPPORT LEG
- PUSH LEG



Notes/Systems _____

Description

- (C) BIG PEANUT W/OUT PUCKS
- W/PUCKS
- (D) HORSESHOE PASSING
- (E) LATERAL PUCK MOVEMENT
- (F) 2 ON 0 DOWN & BACK
- (G) FELDT 3V0



Notes/Systems _____

Description

- (H) KEPLER 2V2 OR 3V3

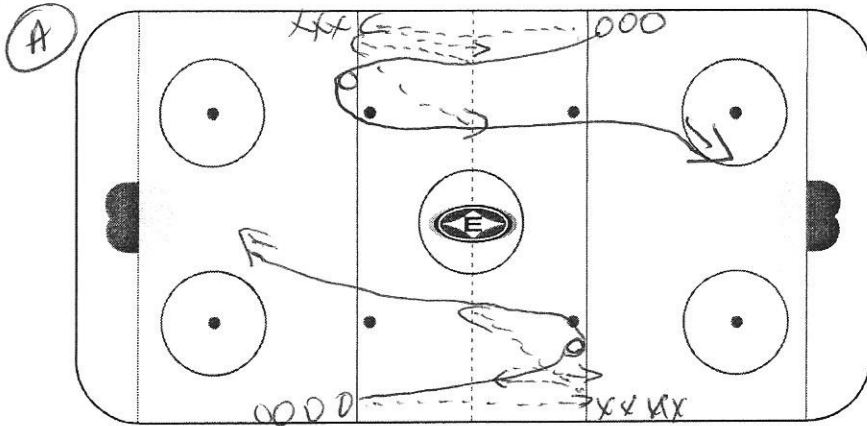




SYSTEM/DRILL



POLAR CAP PW B
PRACTICE # 5
10/16/11
FULL SHEET

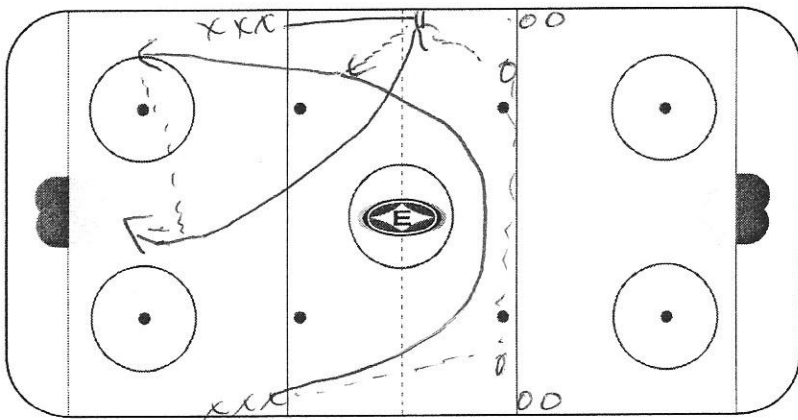


(A)

Description

- MINNESOTA SKATING
- SHUFFLE SIDEWAYS
 - CROSS-OVER SIDEWAYS
 - 3 BIG CIRCLES
 - 3 LEFT / 3 RT BACKWARDS
- PUCK HANDLING
- STICK HANDLE
 - PUSH
 - COMBO
 - TOE DRAG
 - BACKWARDS W/ PUCK

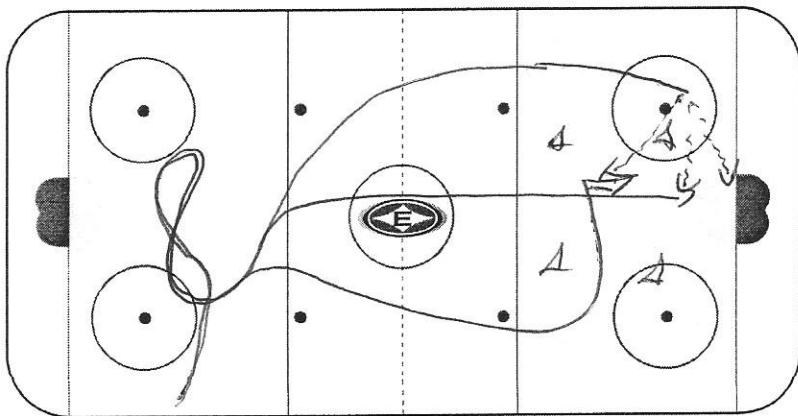
Notes/Systems



Description

- (A) 4 PASS DRILL
- (B) NZ 200
- ⊕ DID NOT GO WELL
 - NEEDS TO GO 1 WAY
 - SAME SIDE ALWAYS
- (C) 3 V D (FELDT DRILL)
- DR DRIVE
 - THREAT TO THE NET
 - SKI HIGH BOB

Notes/Systems



Description

- (D) KEPLER 2V2 SAG
- MUST PASS TO TEAMMATES
- | TO SCORE | | |
|----------|---|---|
| X | | 0 |
| X | | 0 |
| X | ← | 0 |
| E | ← | 3 |
| X | ← | 0 |
| X | | 0 |
| X | | 0 |

Notes/Systems

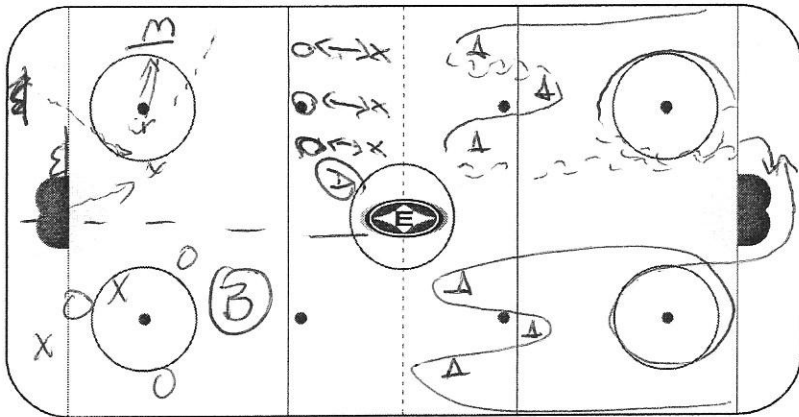




SYSTEM/DRILL _____



POLAR CAP P.W.B
PRACTICE # 3
W/ P.W.A
10/12/2011



Notes/Systems _____

Description _____

WARM UP SKATE

MINNESOTA SKATING OR
GIVE TO JAMIE

① GARVEY SKATE

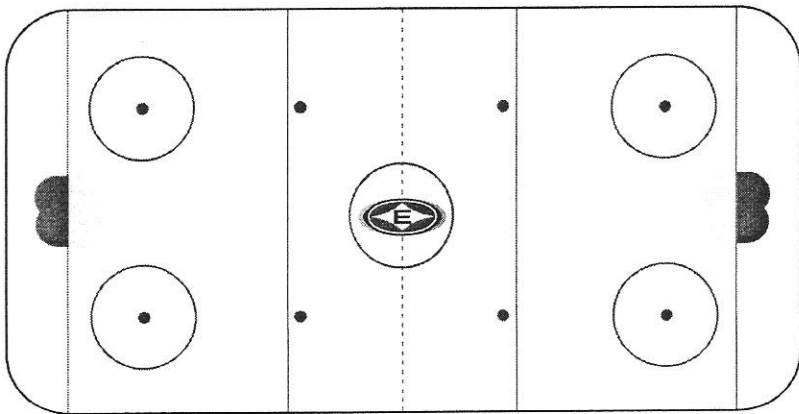
- FORWARDS

- F/BKWD

- FORWARD W/ PUCKS

② 3 STATIONS

(A) - STATIONARY PASSING



Notes/Systems _____

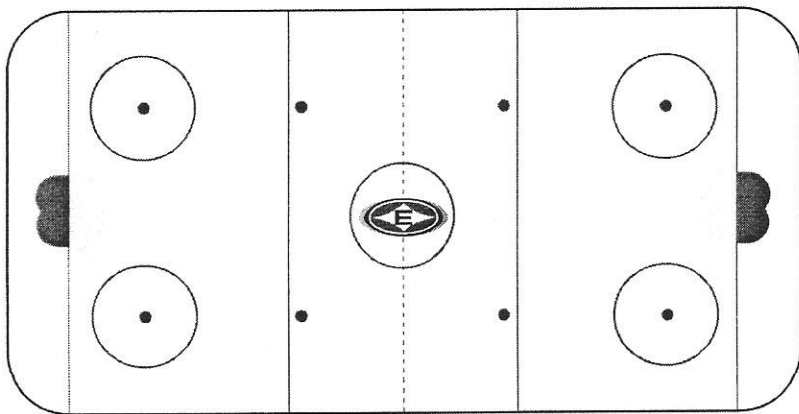
Description MOVE TO PASS &
BATTLE

(B) RINGETTE KEEP AWAY

(C) CATCH & SHOOT

- TOUCHDOWN HOCKEY
3V3 SCORE ANY GOAL

- 3V3 SCORE EITHER NET



Notes/Systems _____

Description ON SHOOTER
TUTORS.

- PARENT MEETING

- TIME @ RINK

- PRE GAME TIME

- LOCKER ROOM

- PLAYING TIME

- PHILOSOPHY

- OFF ICE

- GOALIES!!!

The USA Hockey Coaching Education Program Is Presented By

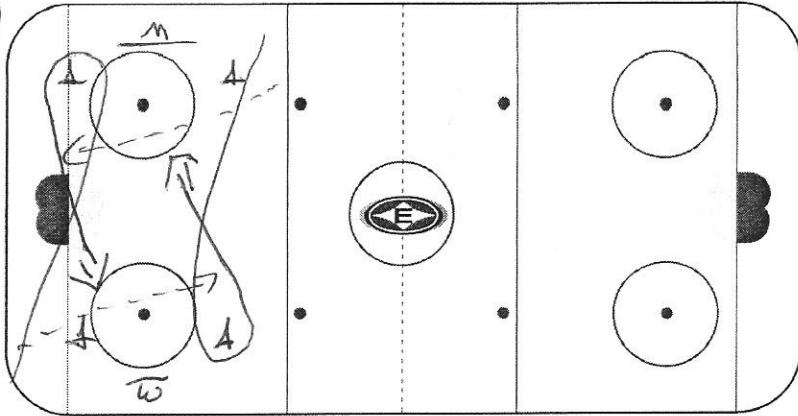




SYSTEM/DRILL _____



②

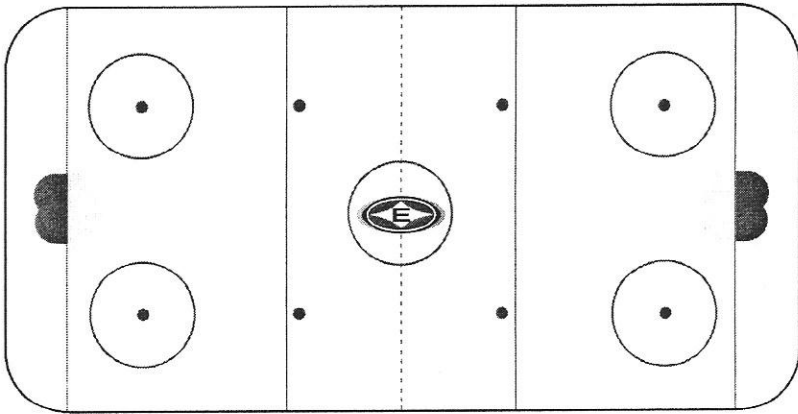


Description END TO END

- ① SKATES
END TO END PUCK CONTROL
 - STICKHANDLE
 - FAKES
 - WIDE LATERAL
 - TOE DRAG
 - IN SKATES

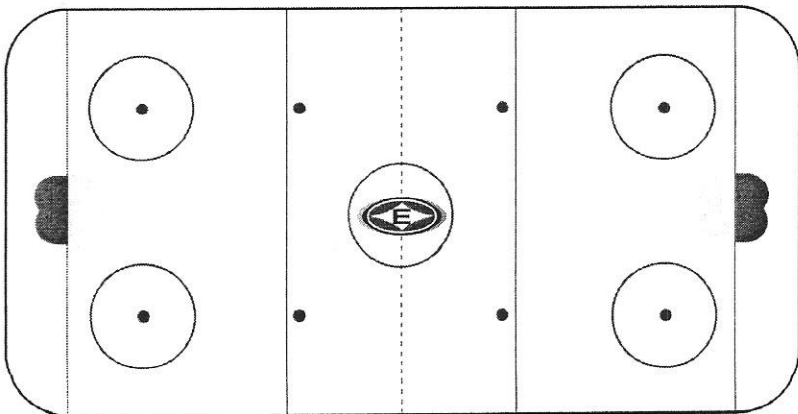
Notes/Systems _____

② PASS & SHOOT



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

