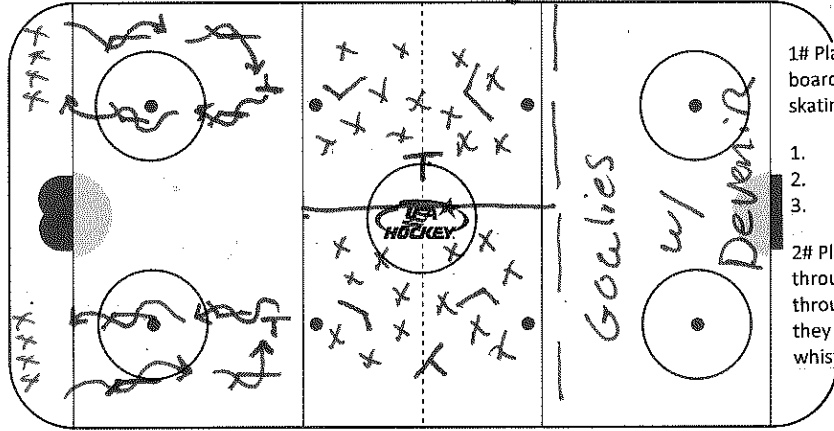




SYSTEM/DRILL

All PEP Drills Run For 15 min

1# 2 2# 2



Description

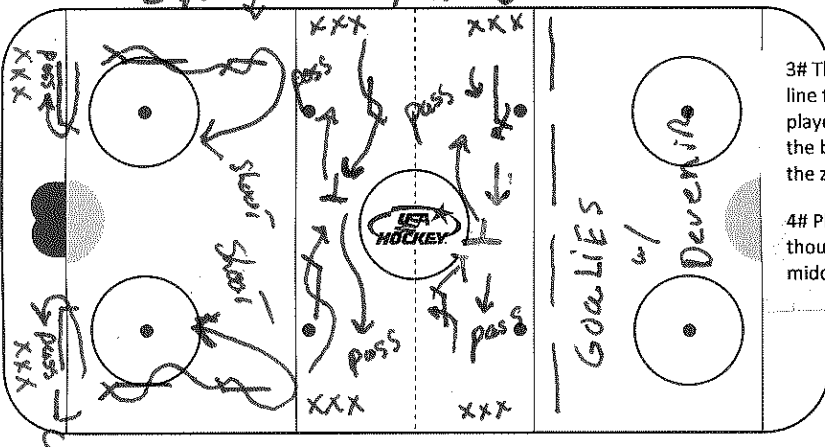
1# Player should start on the goal line and skate up pulling through the pep board. Once getting to the Blue line skater should turn to the right and start skating back to the goal line pulling through all the PEP boards.

1. Skate forward
2. Mohawks
3. Power turns around the PEP board

2# Players will skater around in between the blue lines with head up moving through out the Neutral zone pulling through the PEP boards that will be placed throughout. Players will start at 25% speed to start, and after every whistle they will increase by 25% speed. Player should change direction after every whistle

Notes/Systems

3# 4#



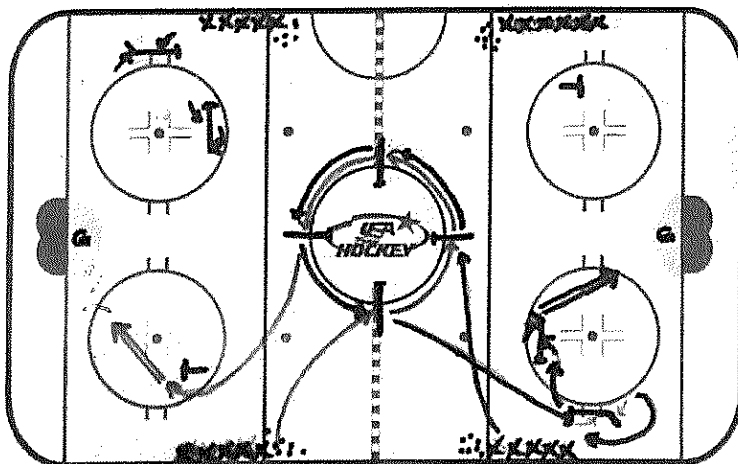
Description

3# The player will start on the goal line, and pull through the stick on the goal line turning back towards the starting point. He will give a pass to the next player in line, and that player will give it back to him. Player will then skate up the boards pulling through each on the sticks and boards. Once at the top of the zone he will turn towards the goalie, and shoot at the top of the circle.

4# Player will start on the boards, and skate towards the opposite side pulling through the PEP board and move to the middle of the ice and pull through the middle T pep Board. There will be two lines going at once.

Notes/Systems

15 MIN WHEEL CROSSOVERS WITH ZONE ENTRY



This circuit has the goalies in the nets at both ends. Each team will be on their own side with their goalies getting shots from their players. All four players on the corners at the blue lines go at once. Players always come out of the wheel close to the line they just left. Go clockwise and counter clockwise. The route is longer for the one player in each zone (the one that goes on the low zone entry and then hits the seam). It's similar to other drill this week. The idea is for the goalies to have time to recover after the first low angle shot before taking the second shot. If they want traffic in front of net, player can go to net after low shot. If they need more time between shots make the one player do a full 360 around neutral zone PEP or small PEP. It's ok to adapt z/e too. The wheel is about constant crossovers and placing the puck where you are going and then accelerating into it (a common PEP theme). The angle of the puck going through is important. If they are on their backhand, use their backhand. Right handed players will use backhand going clockwise. Opposite for lefties. 45 degree angle.