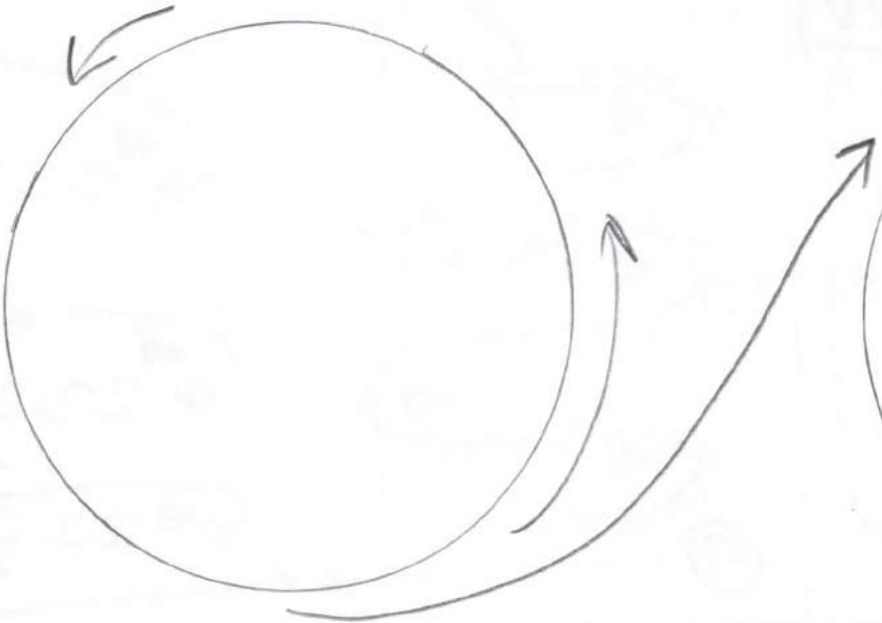
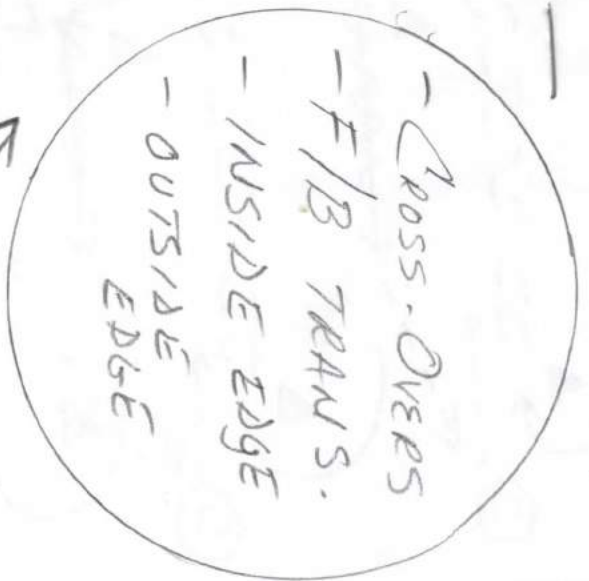






Sunday 9/21 11-12:10 pm

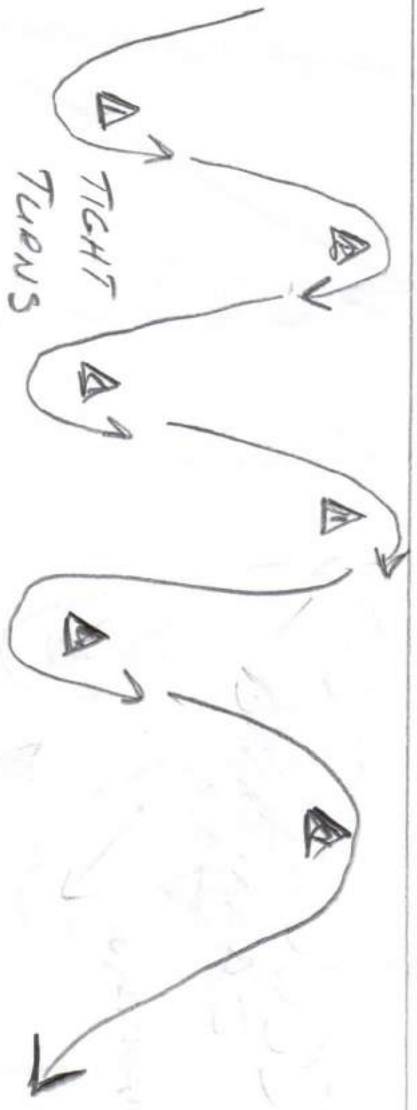
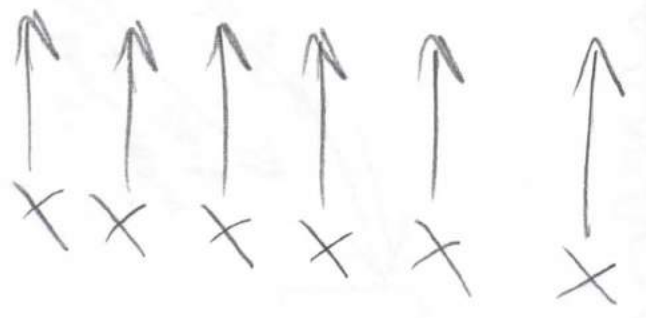


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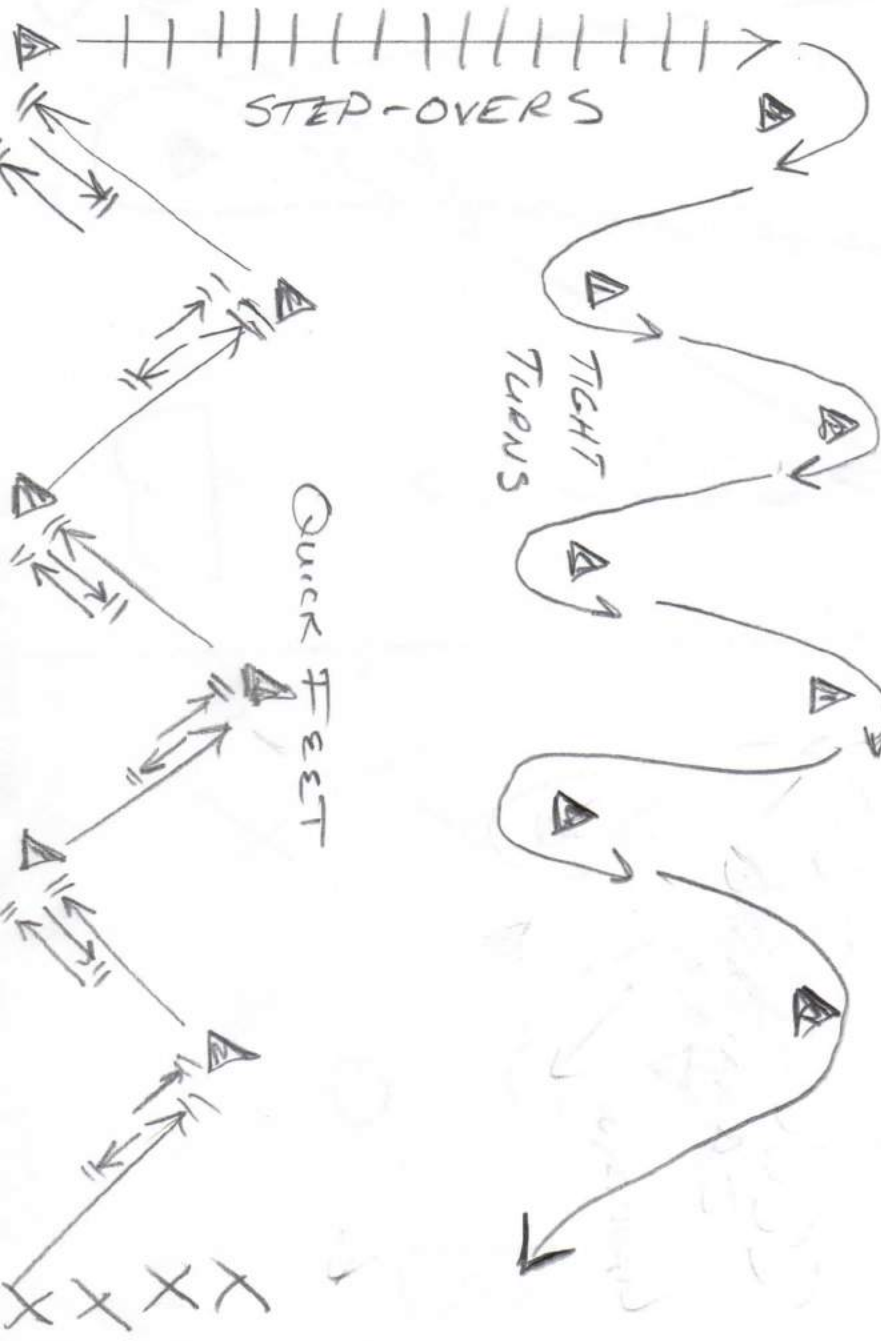
- 
- 
- 
- 
- 

MUSICAL  
Pucks

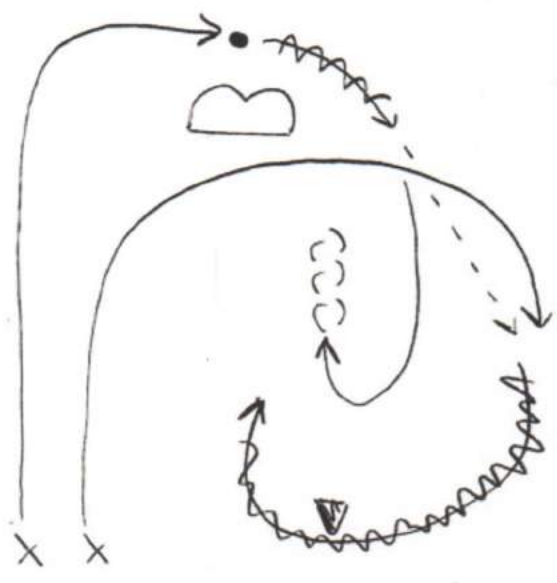
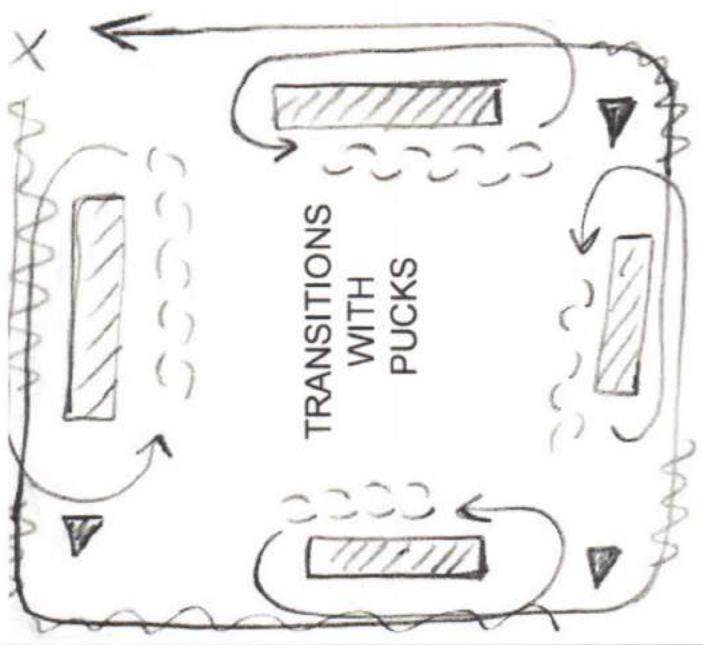
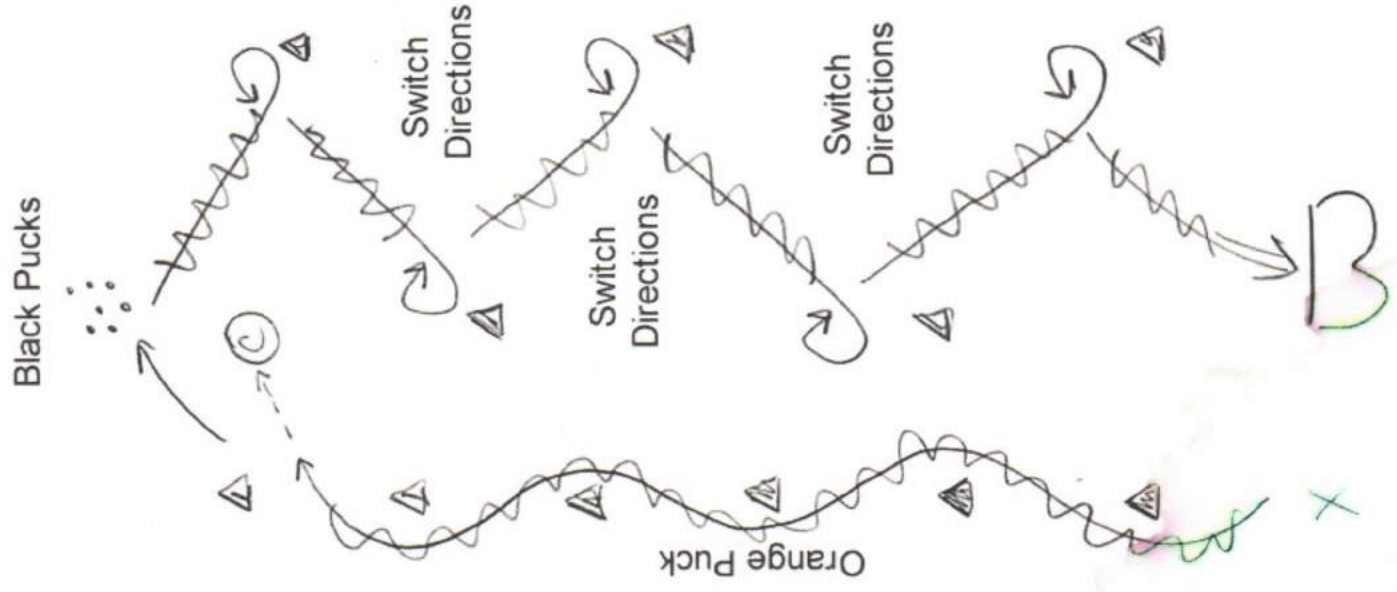
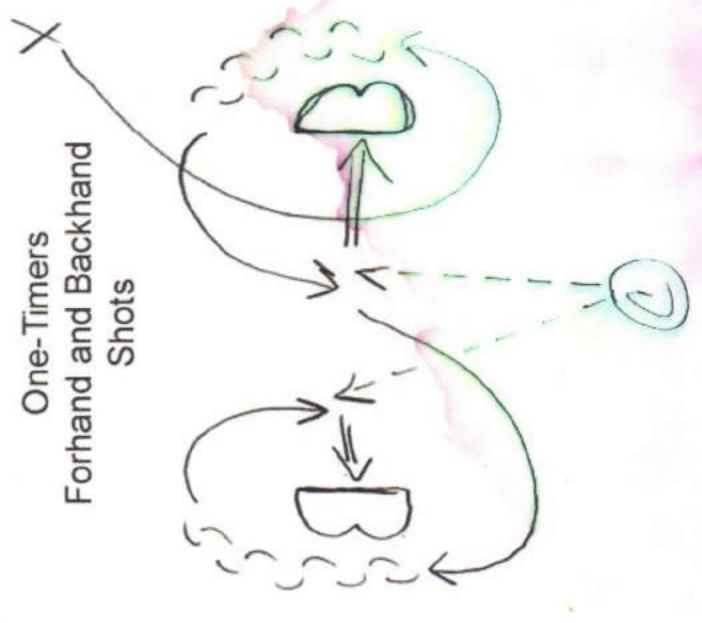
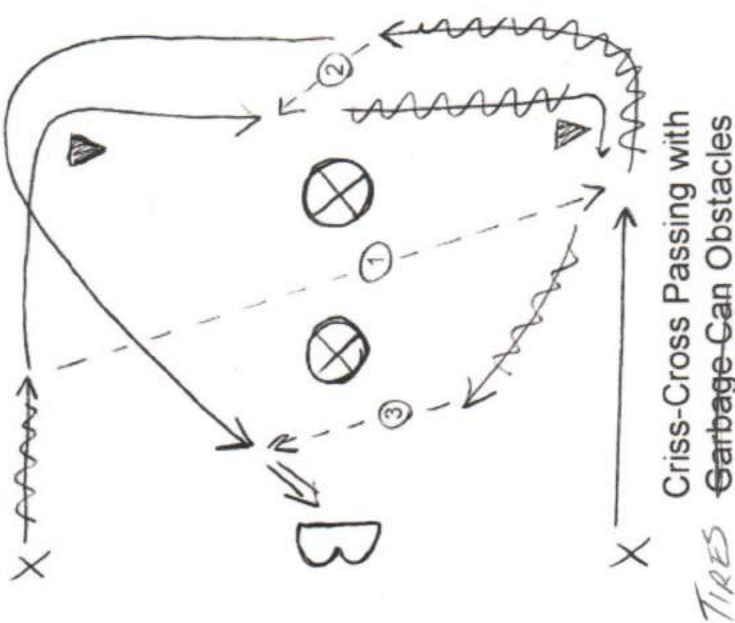
(I WILL EXPLAIN  
DRILL AT PRACTICE)

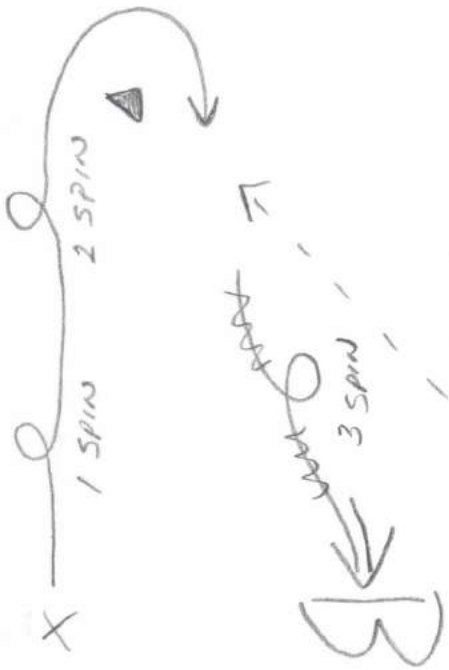


STEP-OVERS



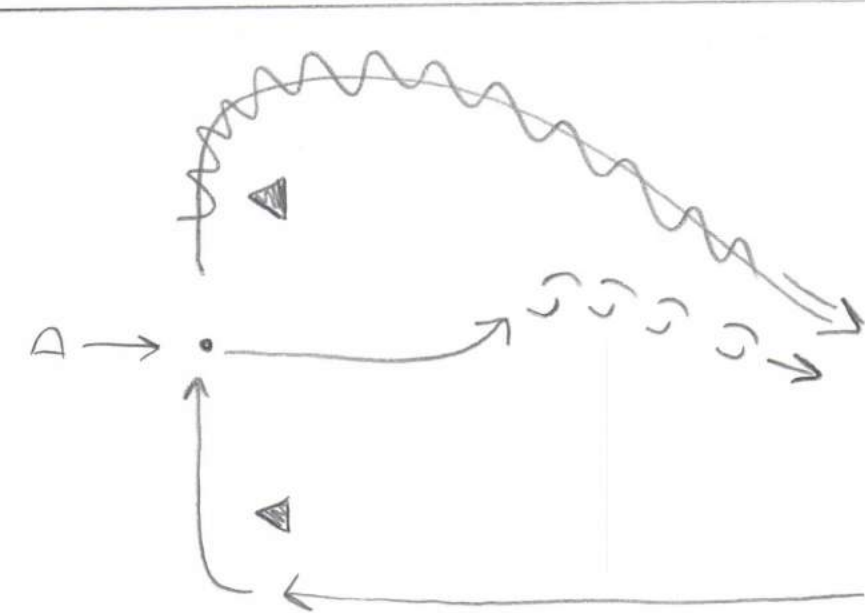
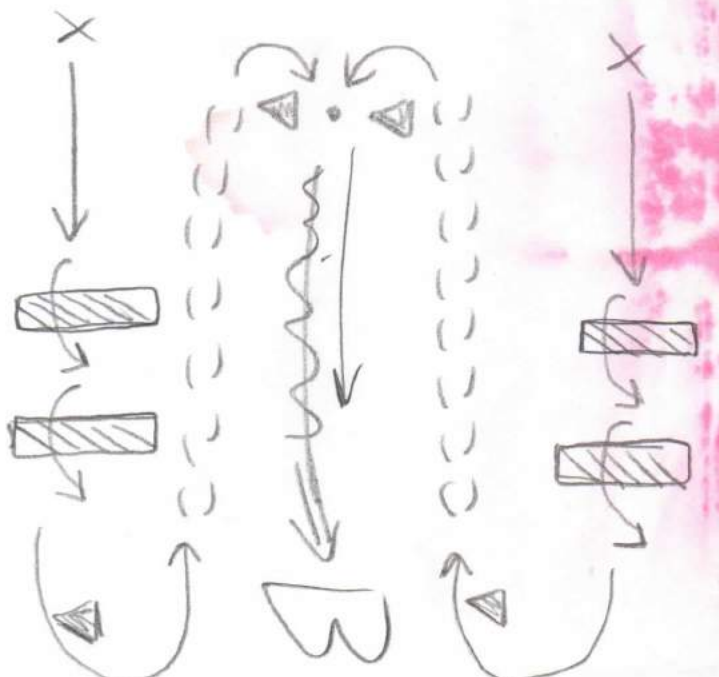
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BUTTERFLY WITH SPINS

RACE TO THE PUCK OBSTACLE

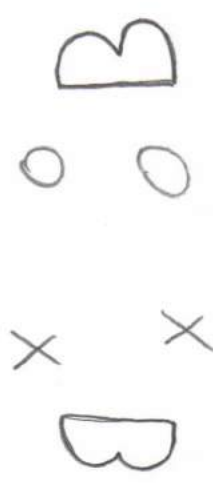


F (BIG NET)

F SKATES UP & AROUND CONE, PICKS UP PUCK & CONTINUES AROUND NEXT CONE TOWARDS NET. AS SOON AS F GETS PUCK, D SKATES FORWARD & GAPS UP WITH F.



COACH DUMPS PUCK & PLAYERS RACE FOR POSSESSION. THE PLAYER THAT GAINS POSSESSION MUST MAKE PASS BACK TO COACH. THAT PLAYER THEN GOES ON OFFENSE & IT'S NOW 2 VS 1. PLAYER THAT DOESN'T GAIN POSSESSION WILL PLAY DEFENSE.



2 VS 2 SMALL AREA GAME USING A SOFT BALL. (INTERMEDIATE NETS)

Sunday 9/7 9-10:10

Warm-up

\* ANTS IN THE KITCHEN

X X X X

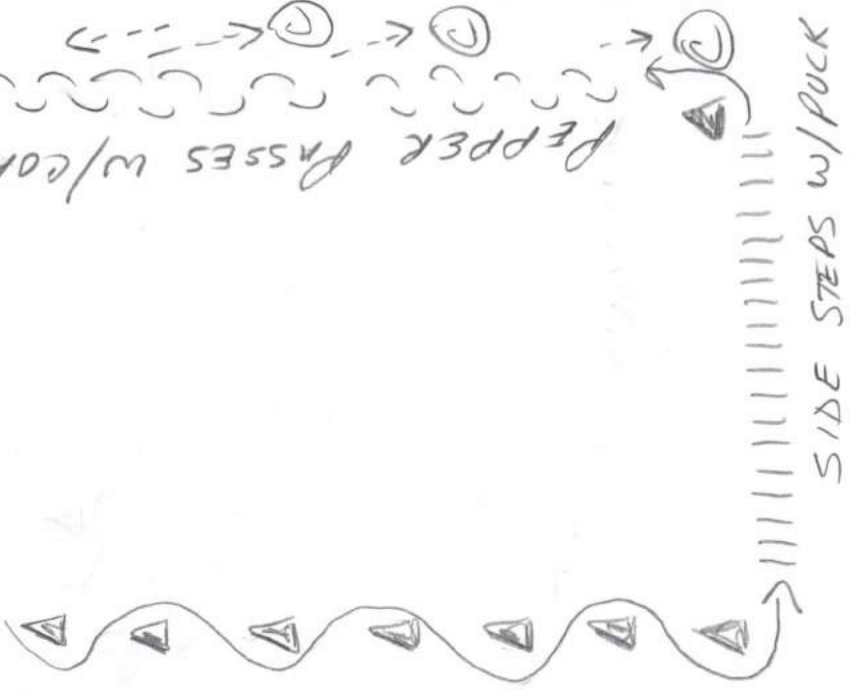
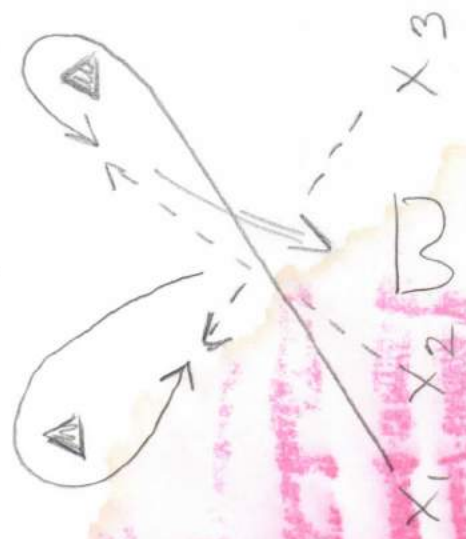


FIGURE 8 - RECEIVE PASS FROM PLAYERS & SHOOT

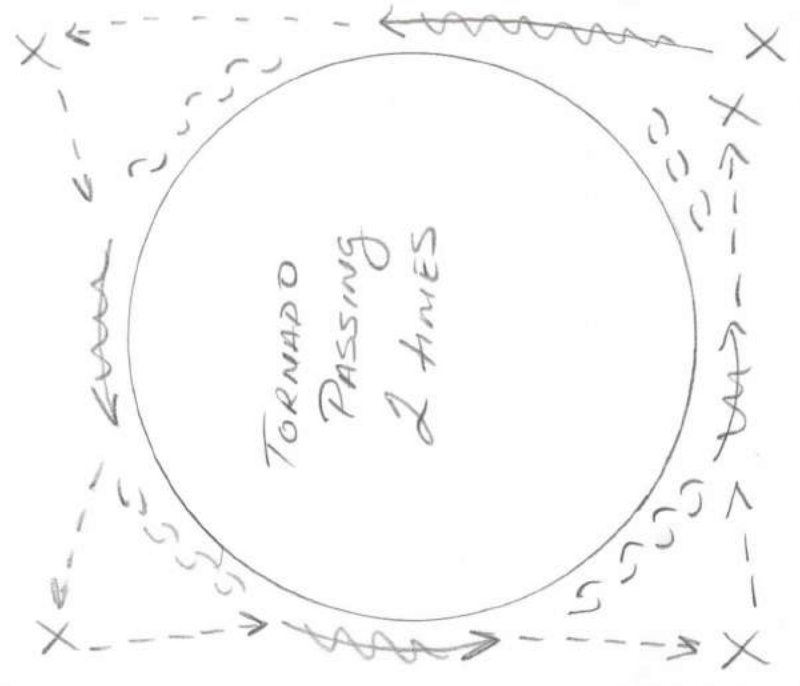


M

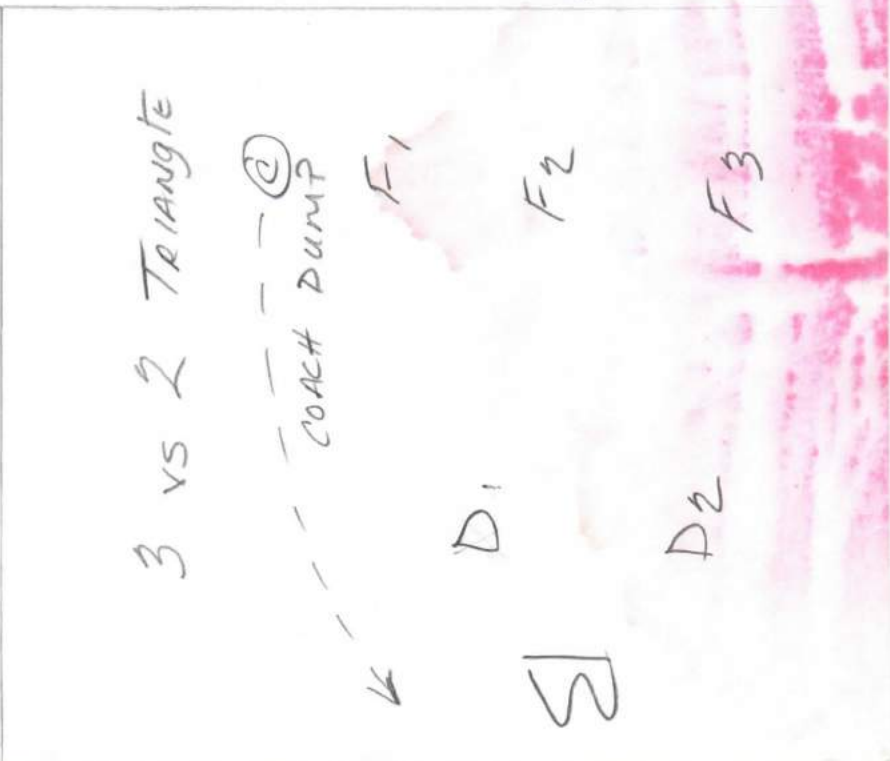
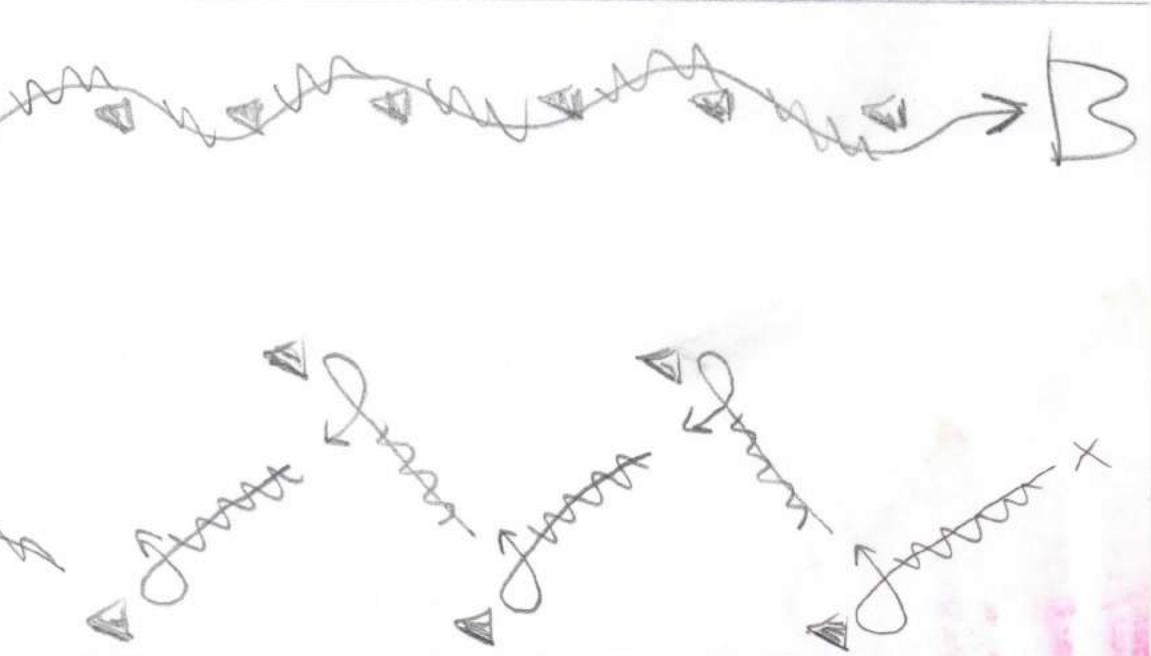
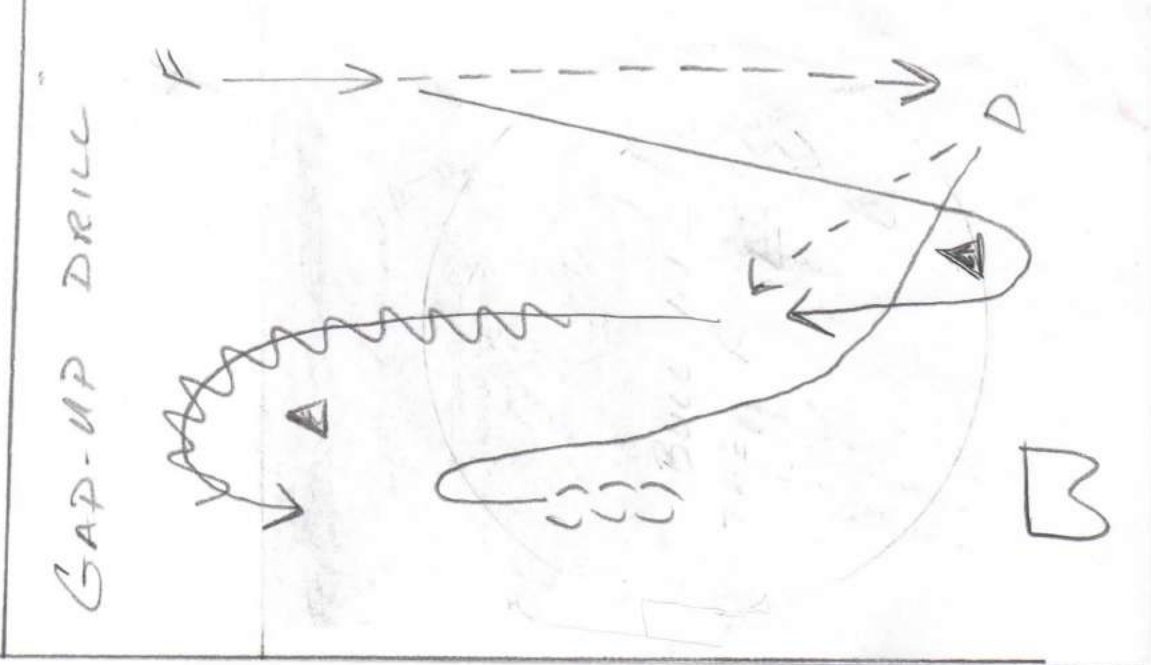
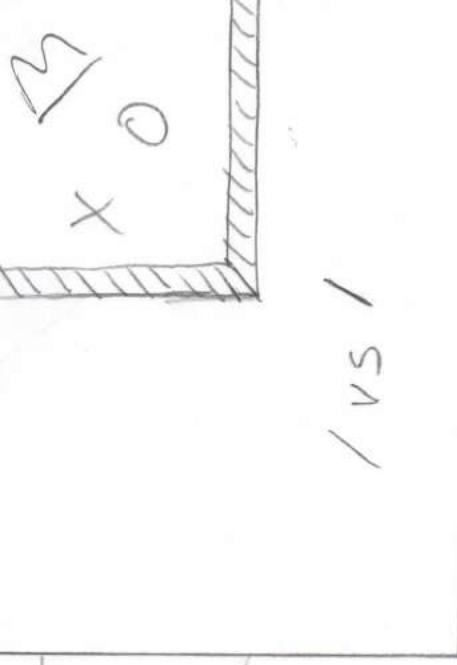
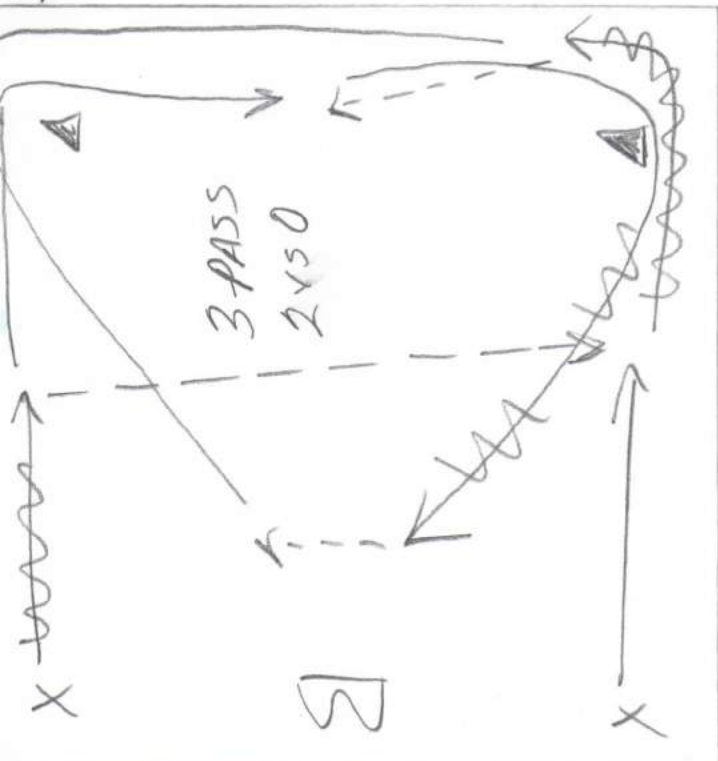
D D

3 vs 2 Triangle

F F F



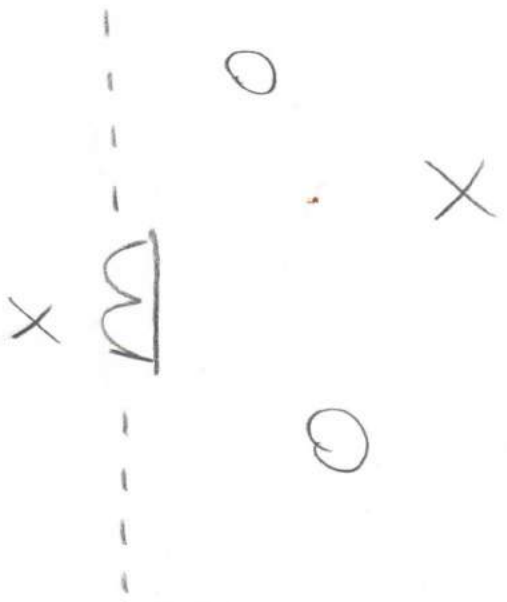
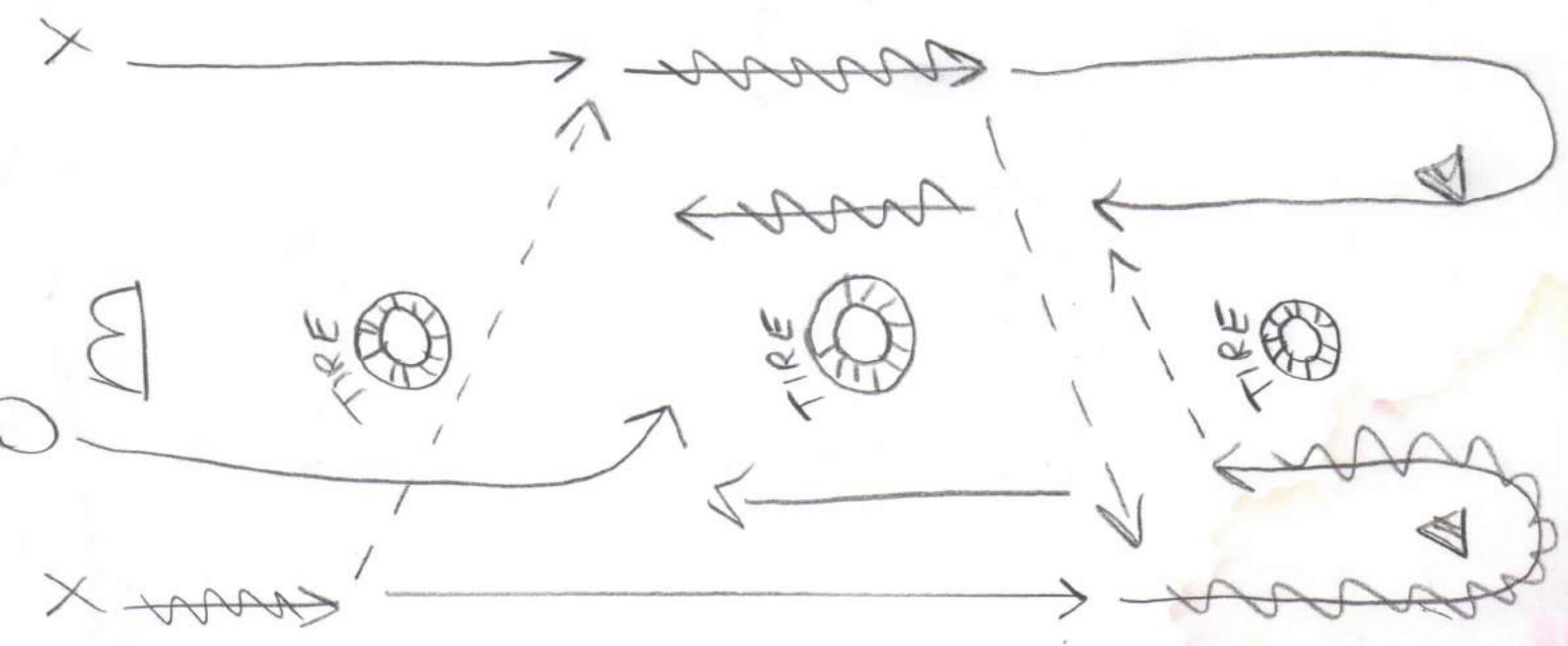
SUN 8/31 10:20-11:30AM



SUN FEB 1 11:00 - 12:10 PM



PLAYERS STICKHANDLE  
 INSIDE CIRCLE. DEFENDER  
 USES BALL TO TRY AND  
 KNOCK PLAYER OFF PUCK.



KANE/SUTTER GAME

SATURDAY

09-13-14

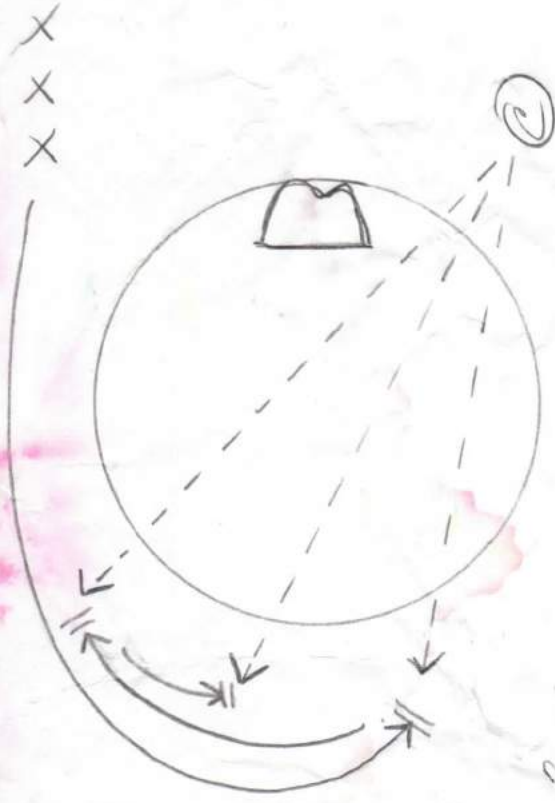
3-4:10 PM

M

D

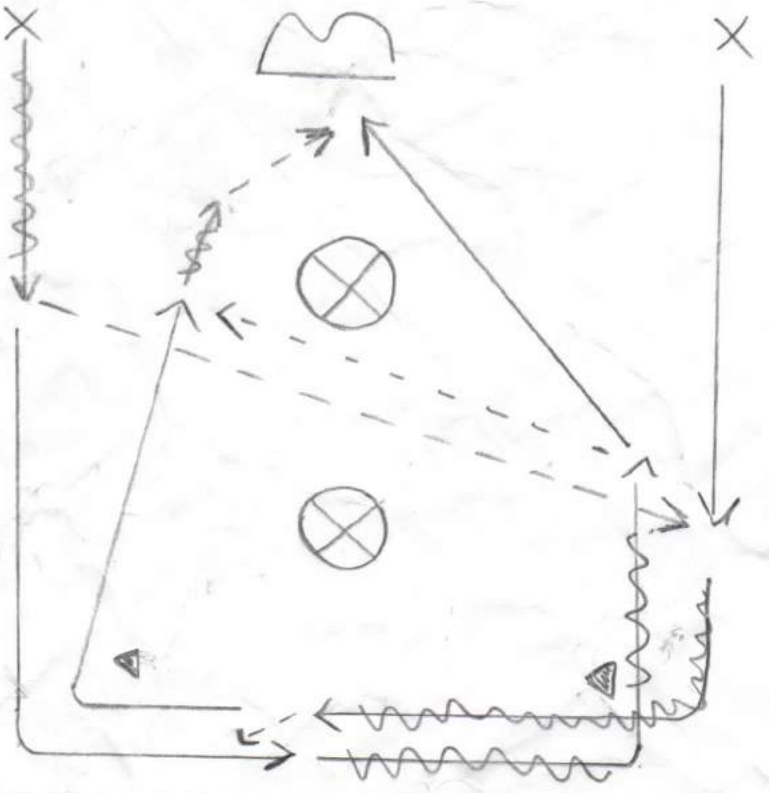
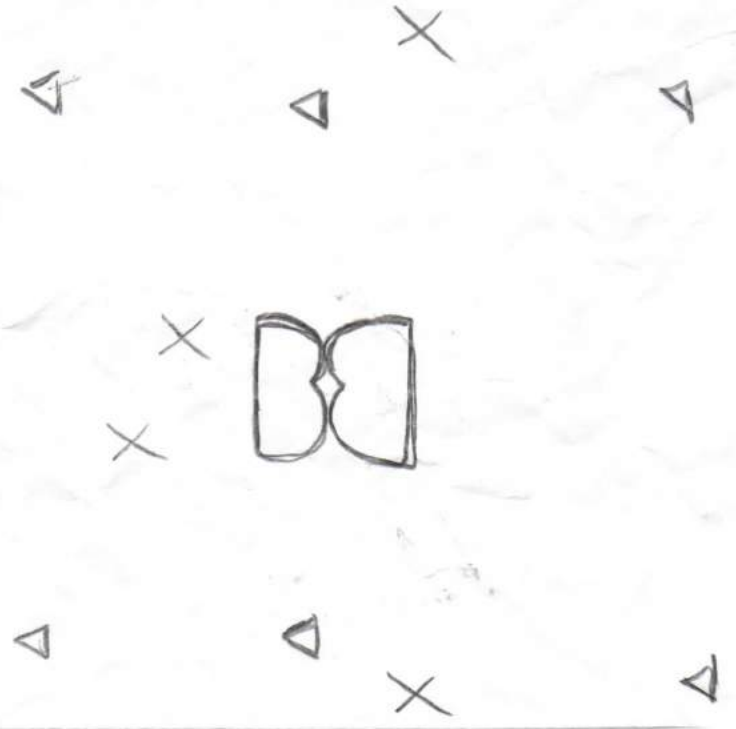
3 vs 2

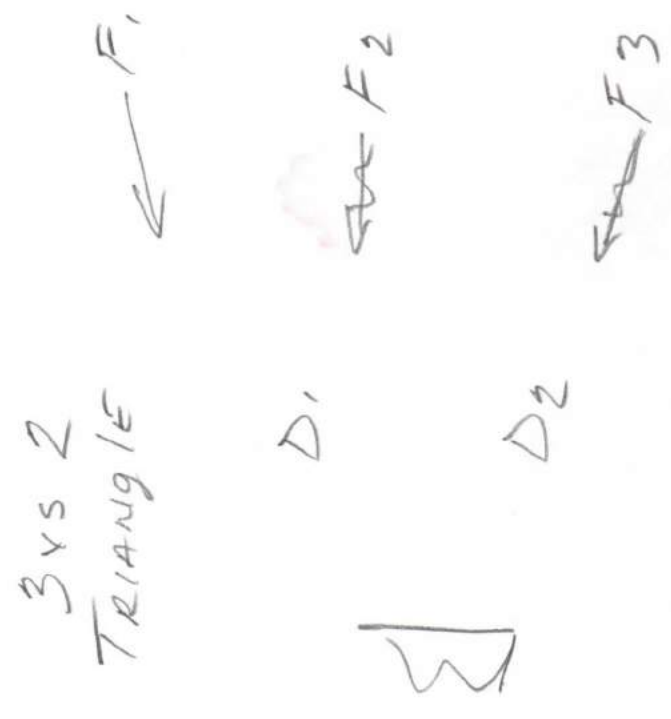
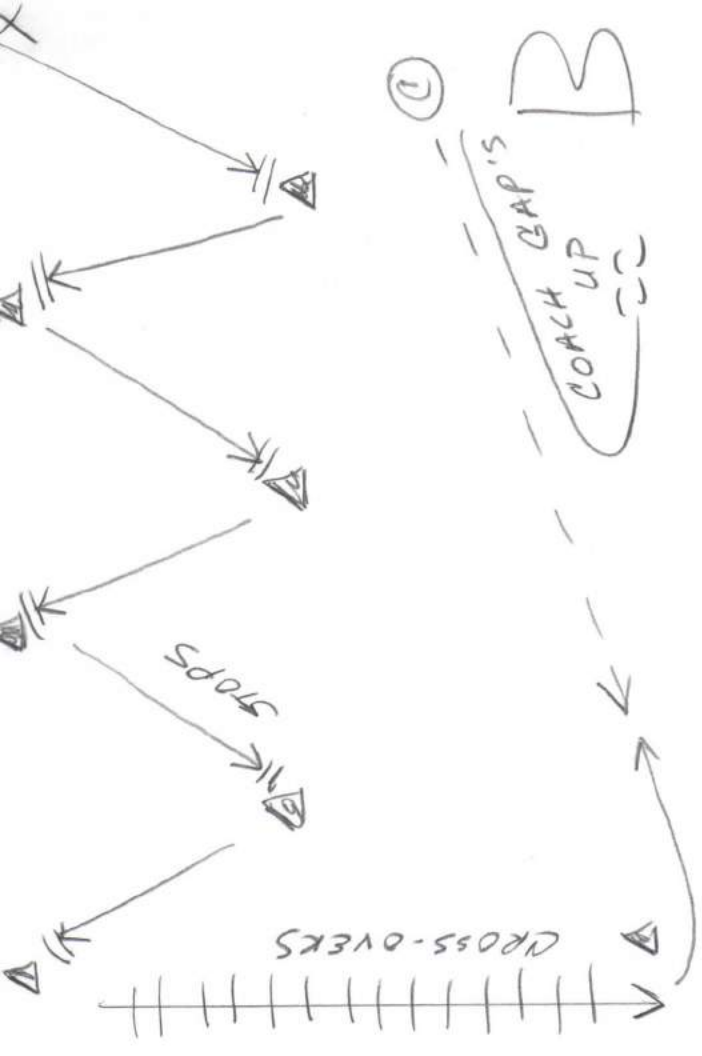
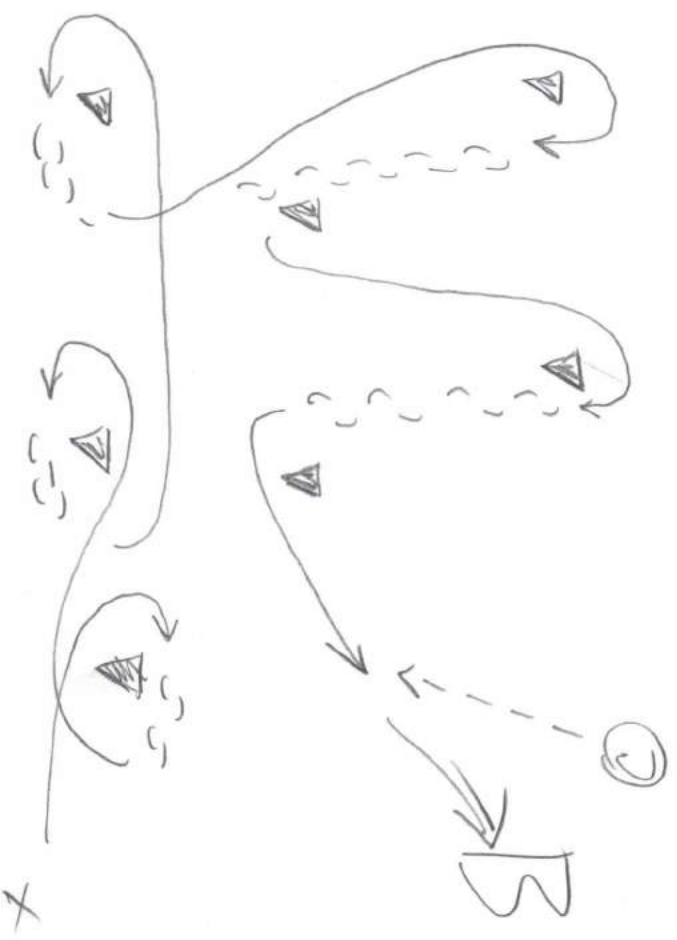
F F F



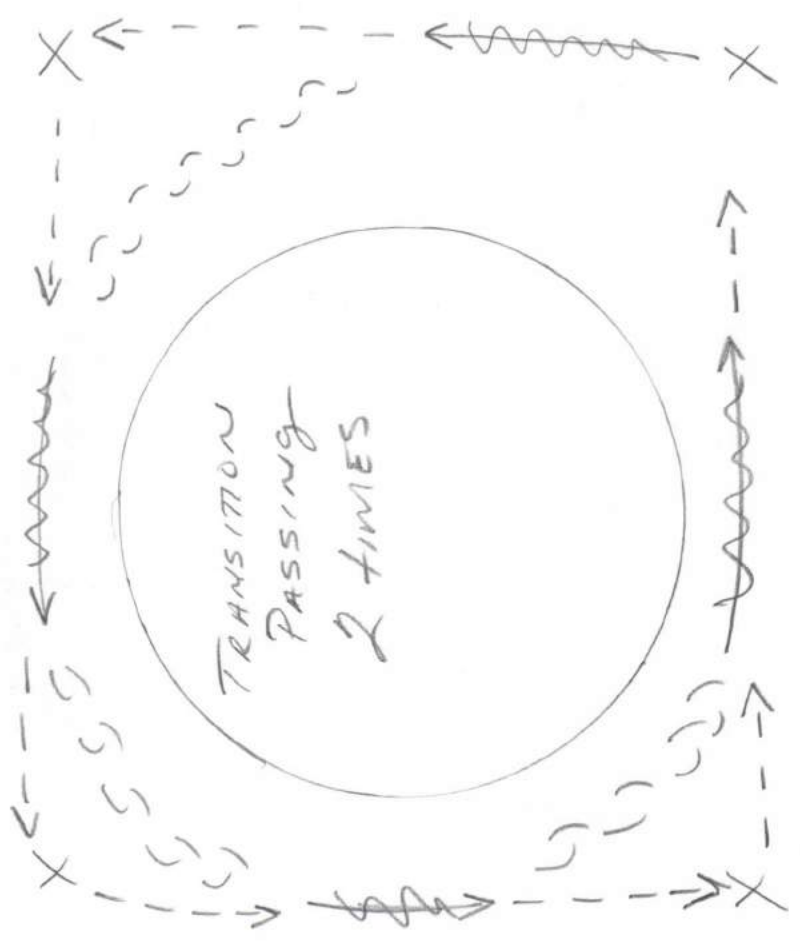
3 QUICK SHOTS FROM  
RANDOM PASSES. PLAYER MUST  
SKATE TO PUCK & MAKE QUICK SHOT

PASSING DRILL

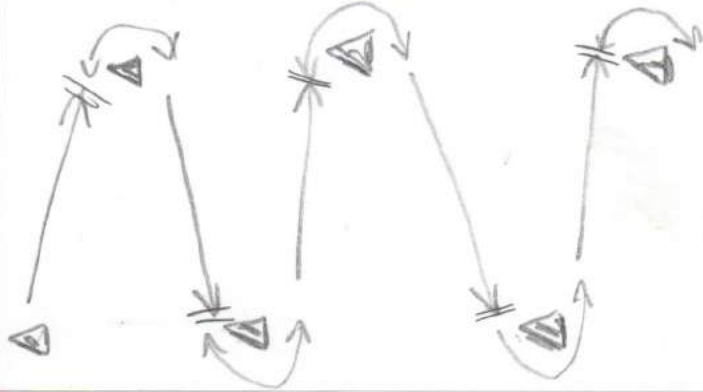




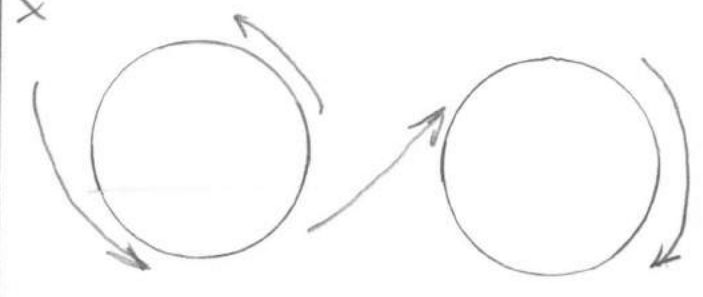
SAT 8/30 9-10:10 AM



SATURDAY 9/6 3:00-4:10

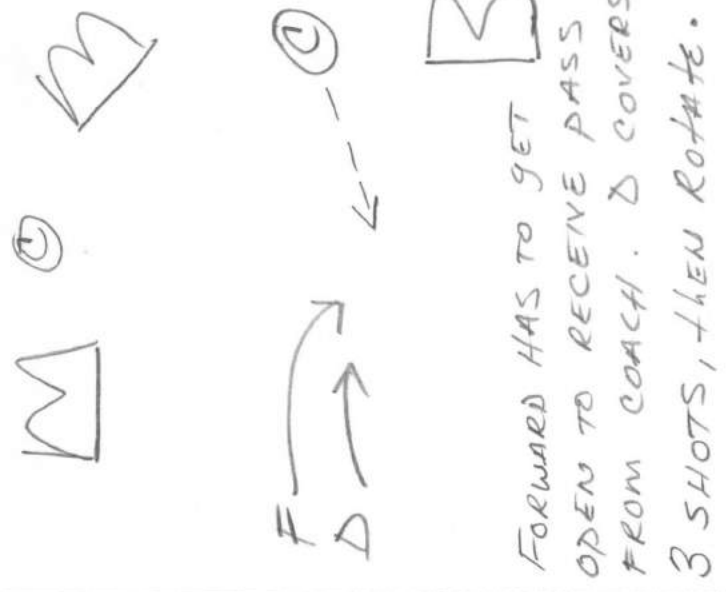
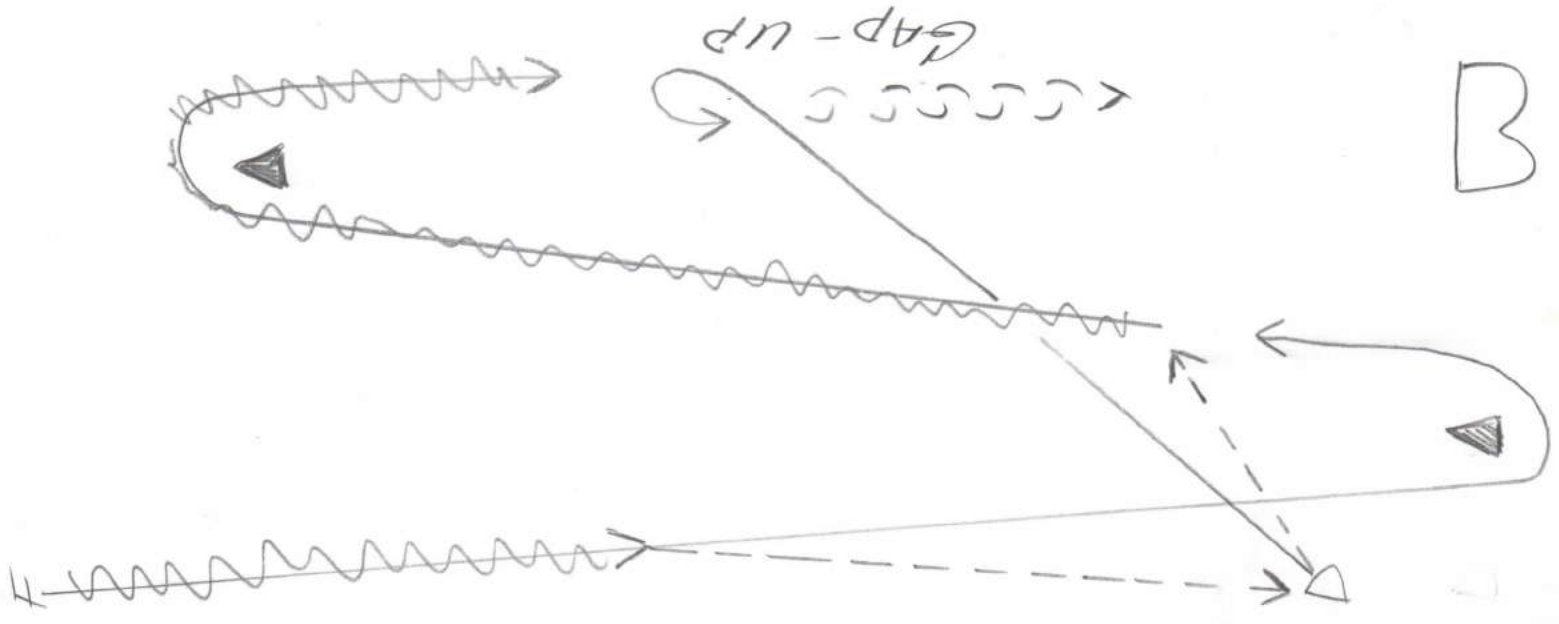


- STOPS
- MOHAWKS
- F/B TRANS.

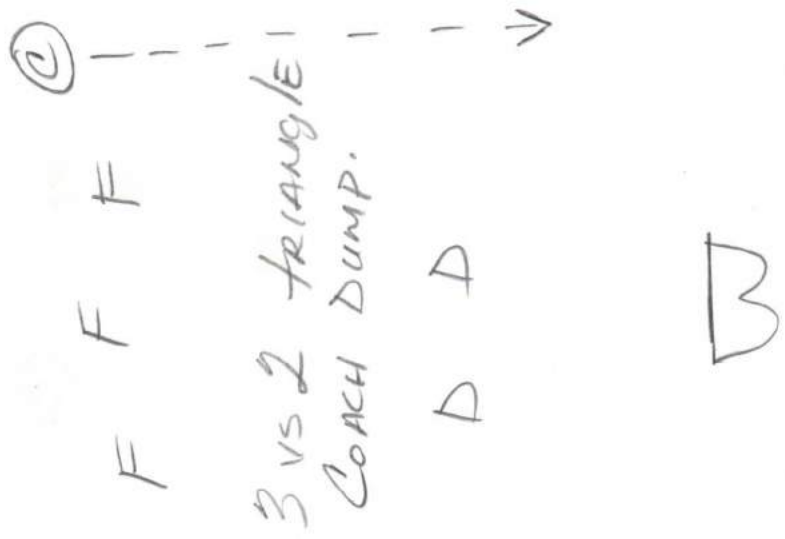


- L/R CROSSES
- INSIDE EDGE
- OUTSIDE EDGE

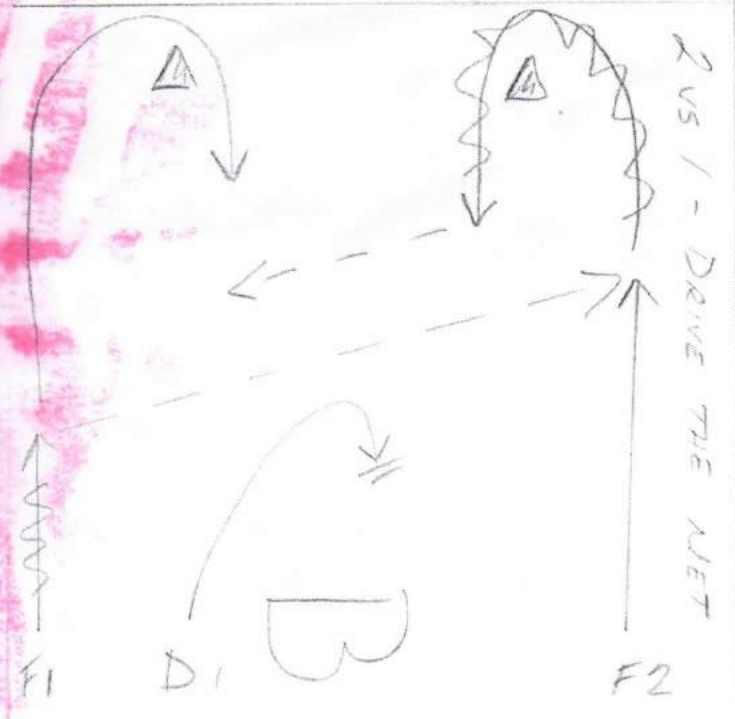
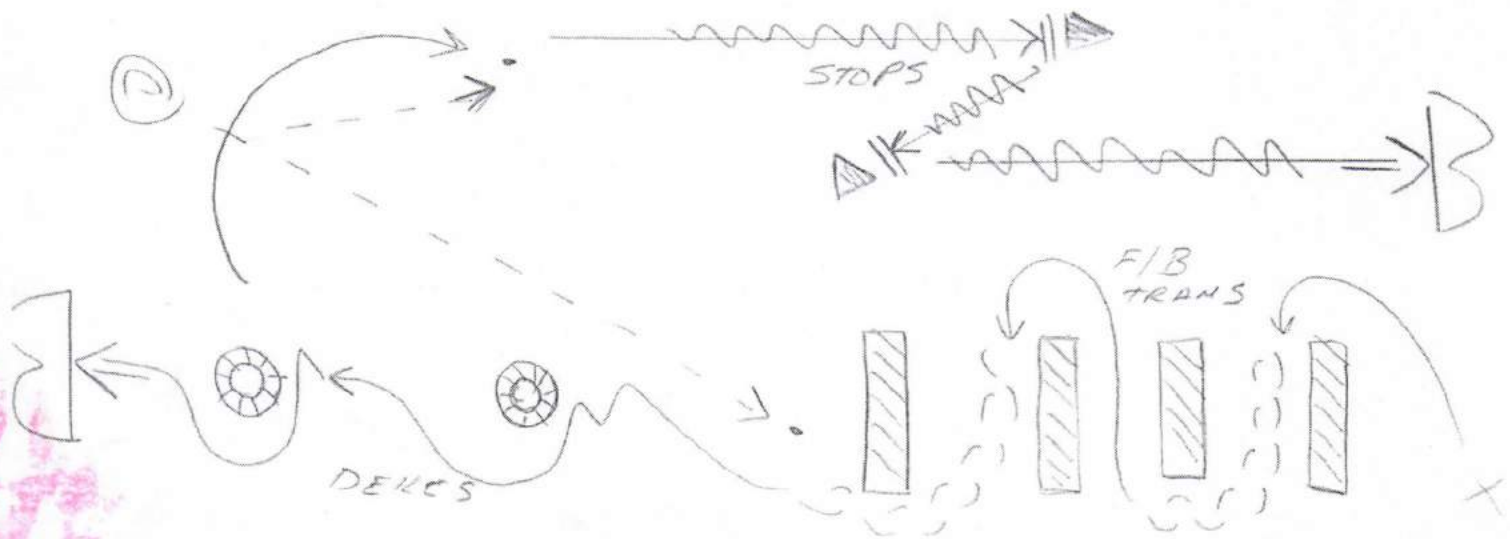
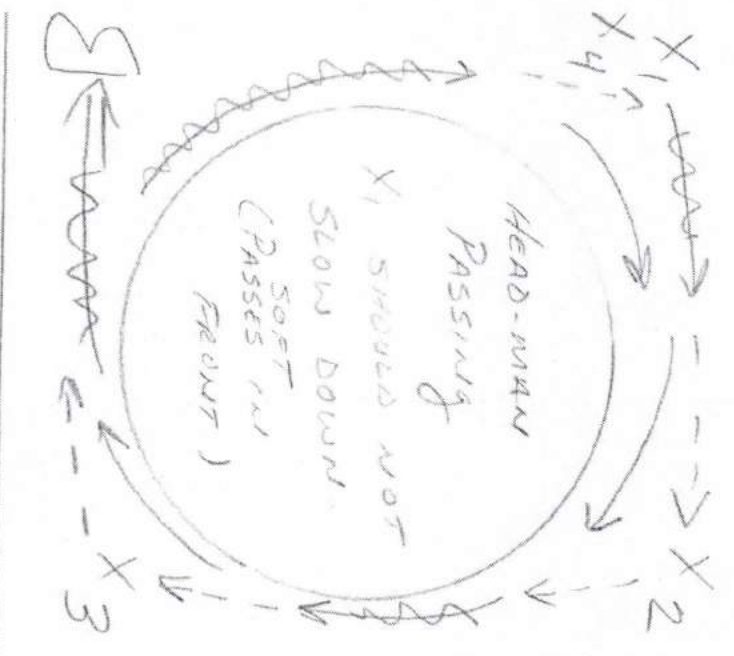
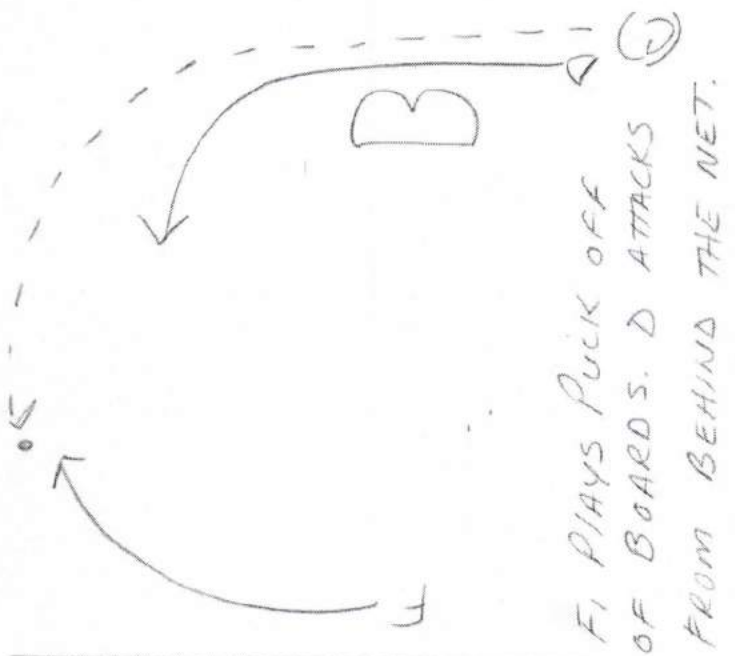
DISCUSS  
GAPPING UP!

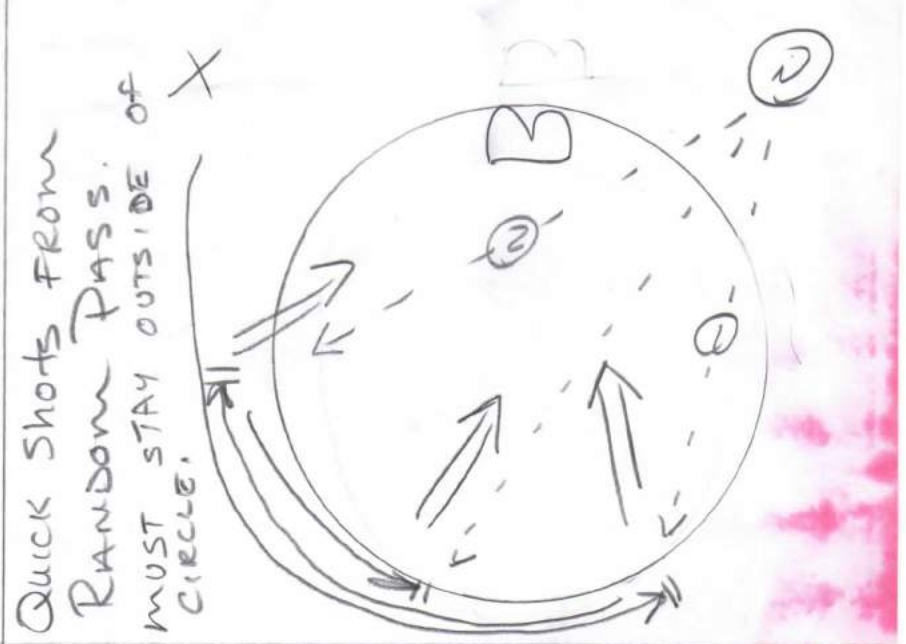
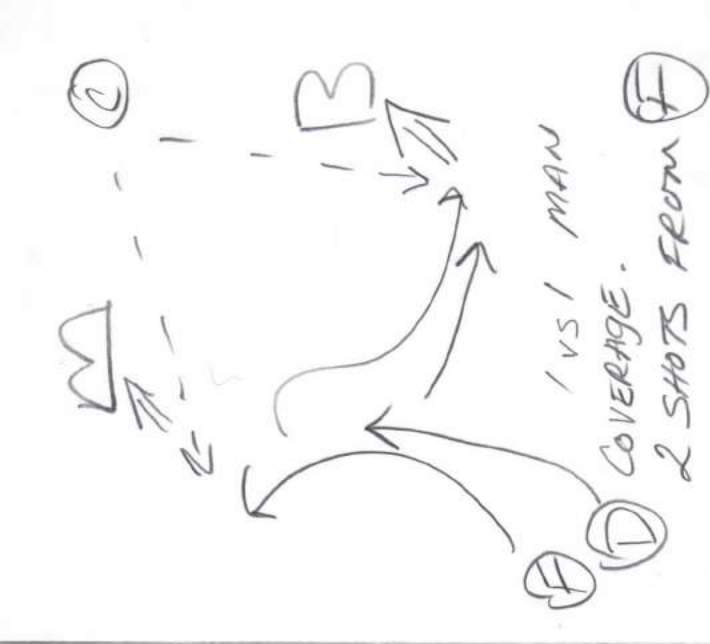
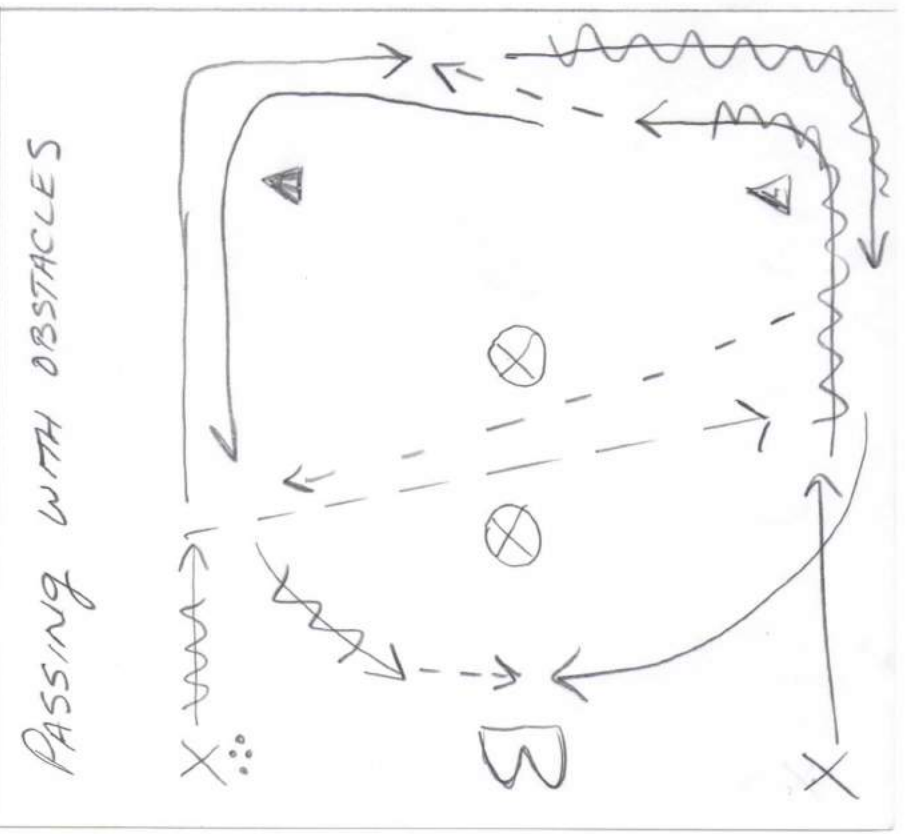
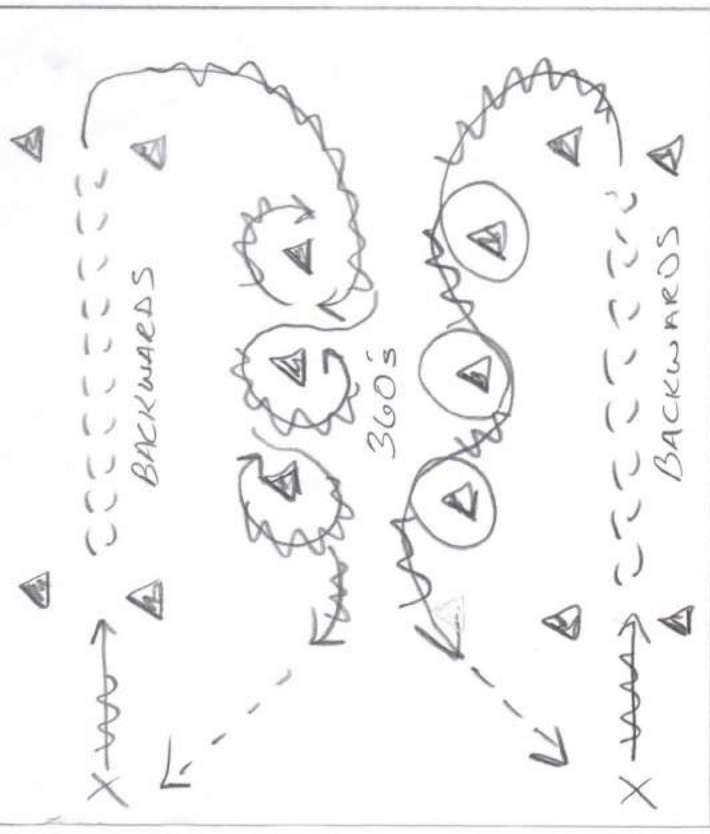
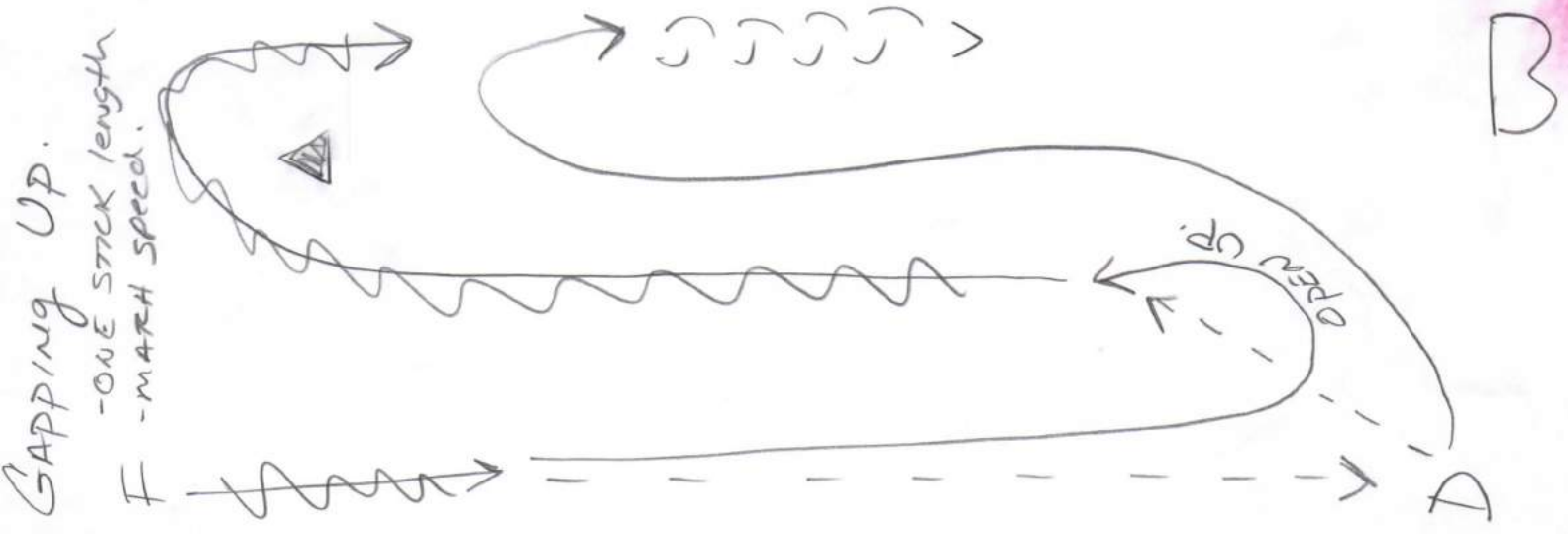


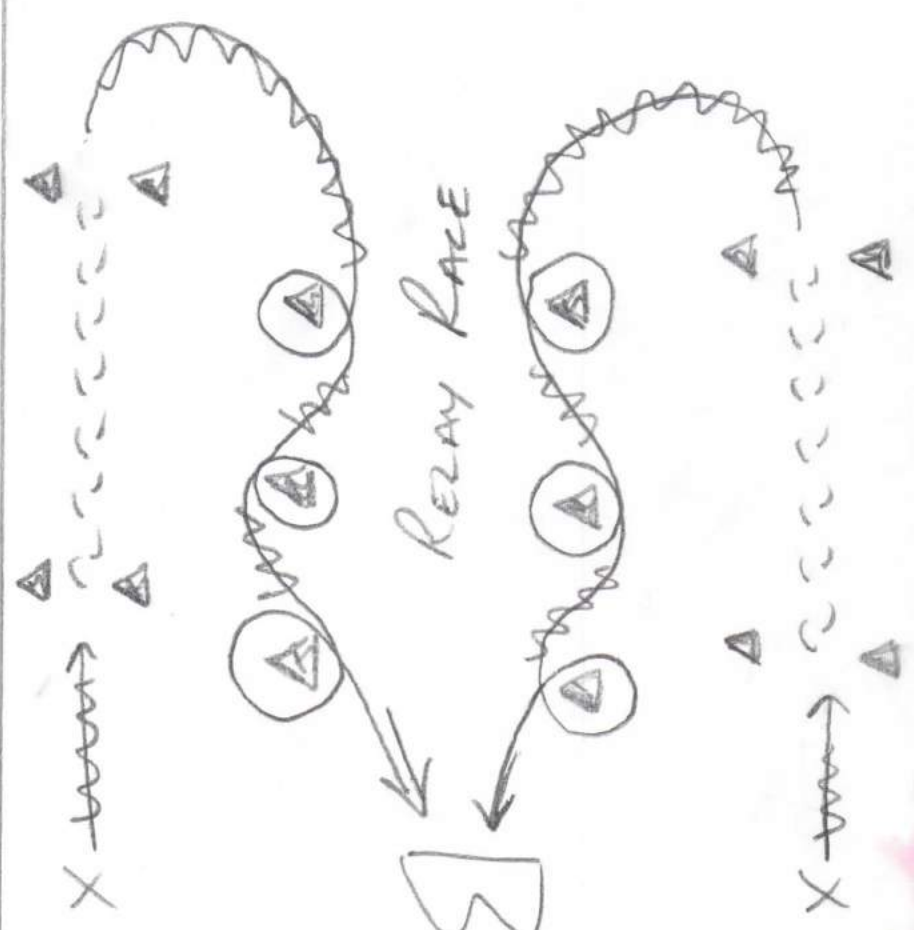
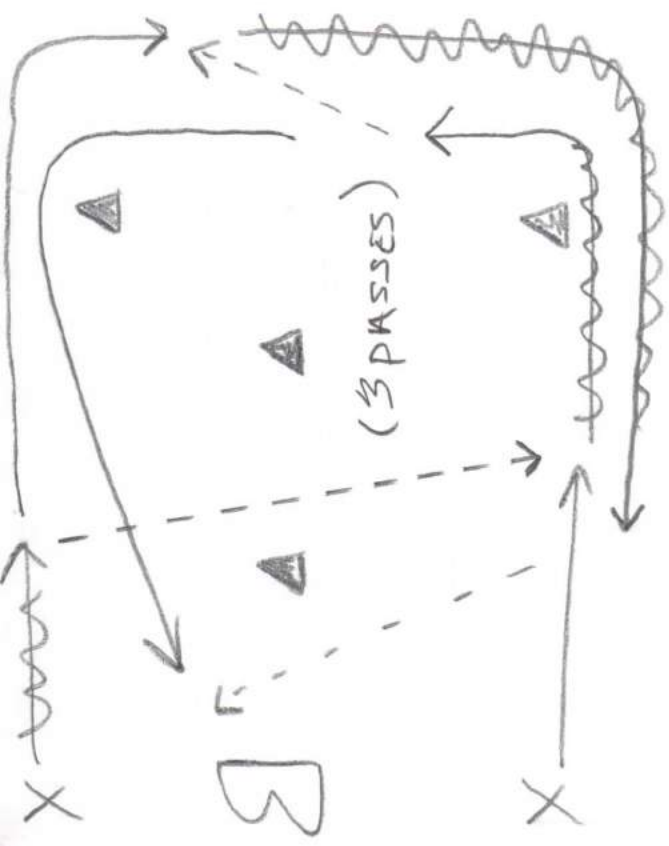
FORWARD HAS TO GET OPEN TO RECEIVE PASS FROM COACH. D COVERS. 3 SHOTS, THEN ROTATE.



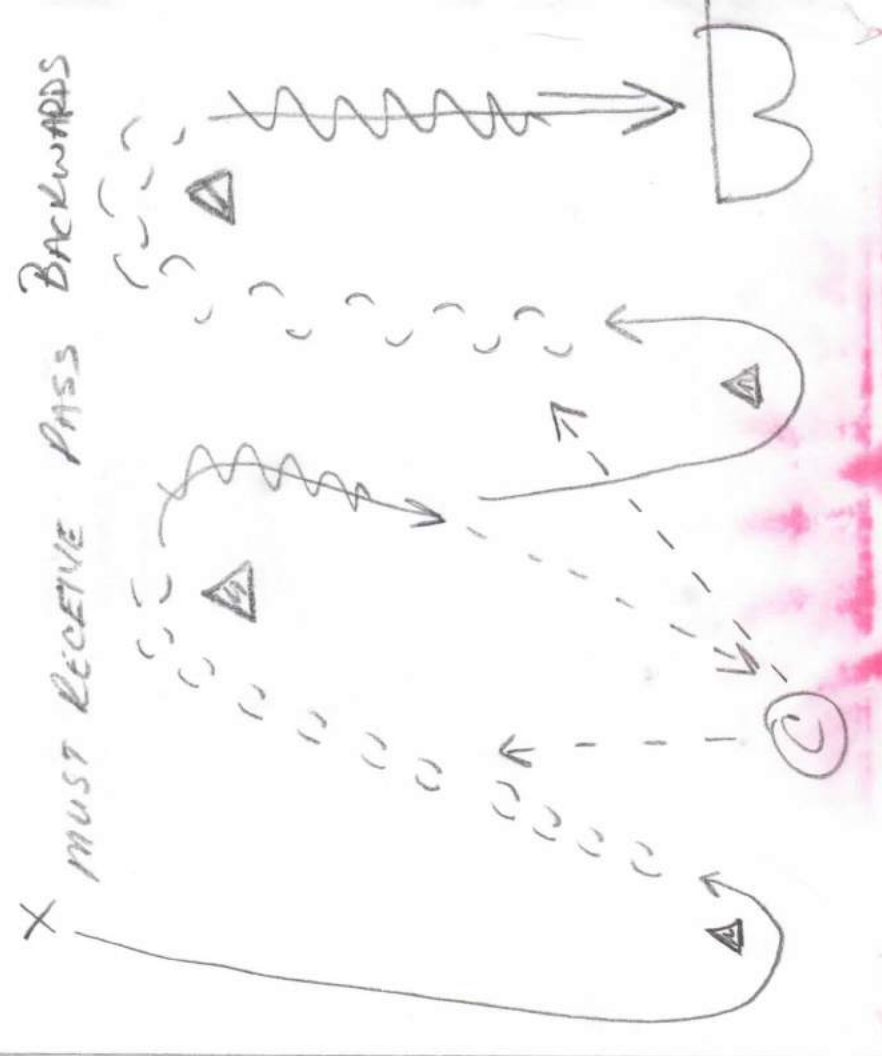
3 VS 2 TRIANGLE! COACH DUMP.







COACH DUMPS PUCK  
 PLAYERS RACE TO GAIN POSSESSION  
 PLAYER WITH PUCK MUST MAKE PASSES  
 BACK TO COACH. HE IS NOW A "F".  
 OTHER PLAYER IS "D" 2VS1 WITH COACH



X MUST RECEIVE PASS BACKWARDS

FLANK GAME

O M O

X X  
O O

X

B

X

A GRETZKY GAME

X A  
A X

B B

O

O

A

O

A

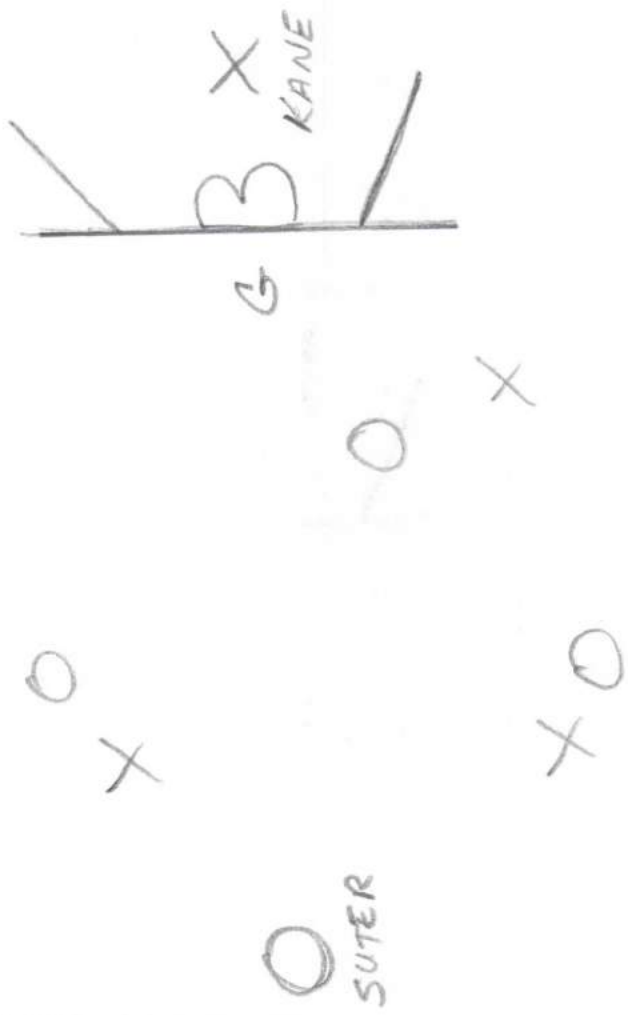
# KANE/SUTER GAME

(FORCE A 2 OR 3 PASS

MINIMUM BEFORE SHOOTING)

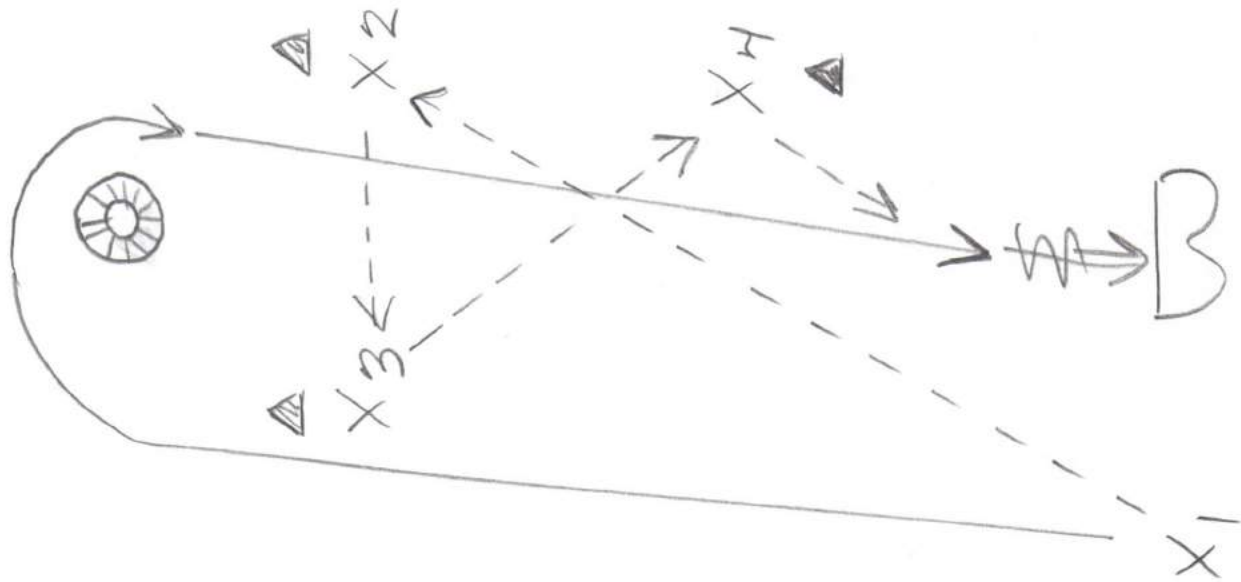
## MOTIL SHOOTING

## DRILL



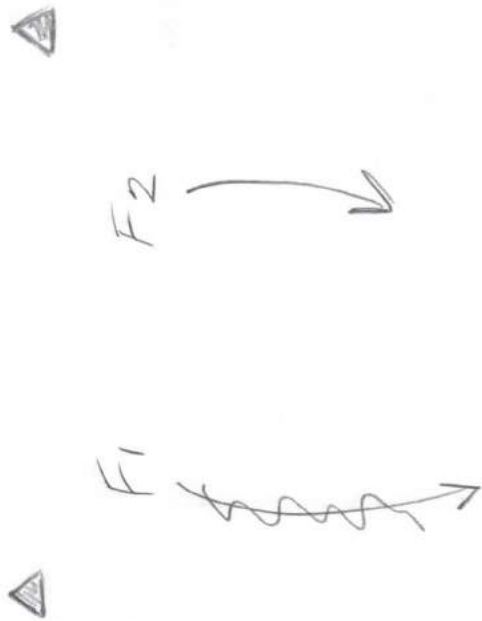
SUN. 2/8 8:35 AM

# Passing Drill



## 2 vs 2 TAG UP

WHEN (D) GAINS POSSESSION,  
BOTH (D) MUST TAG UP  
& THEN GO ON THE  
OFFENSIVE ATTACK.



D1 D2

B



B

1 VS 1 FORWARD MUST  
GET OPEN 3 TIMES TO  
RECEIVE PASS FROM COACH.

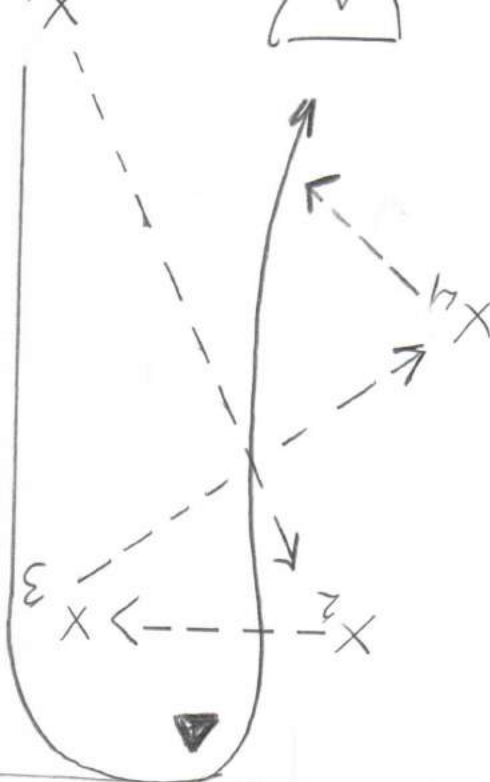
2 VS 1  
CORNER BATTLE



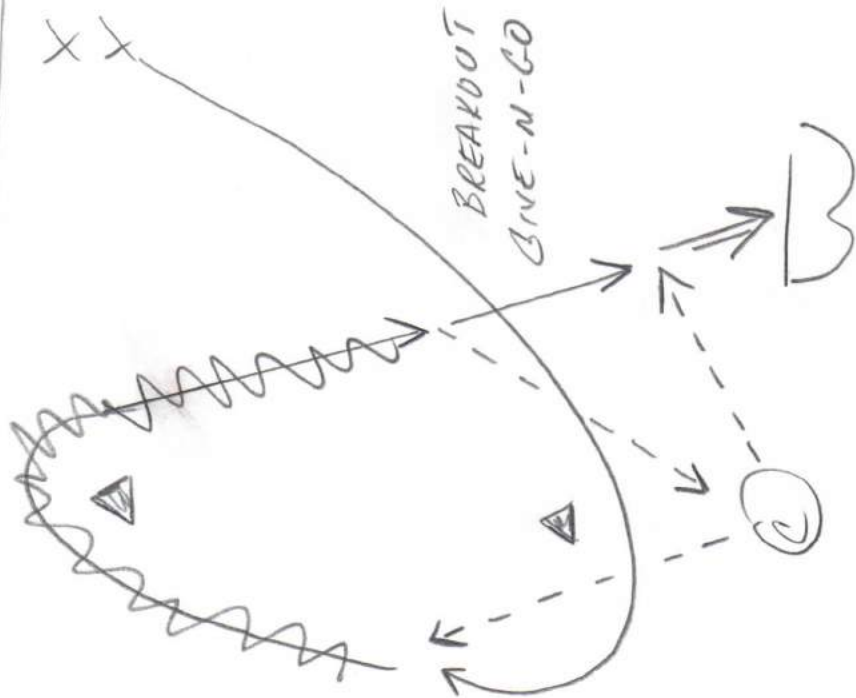
SUNDAY

09-14-14

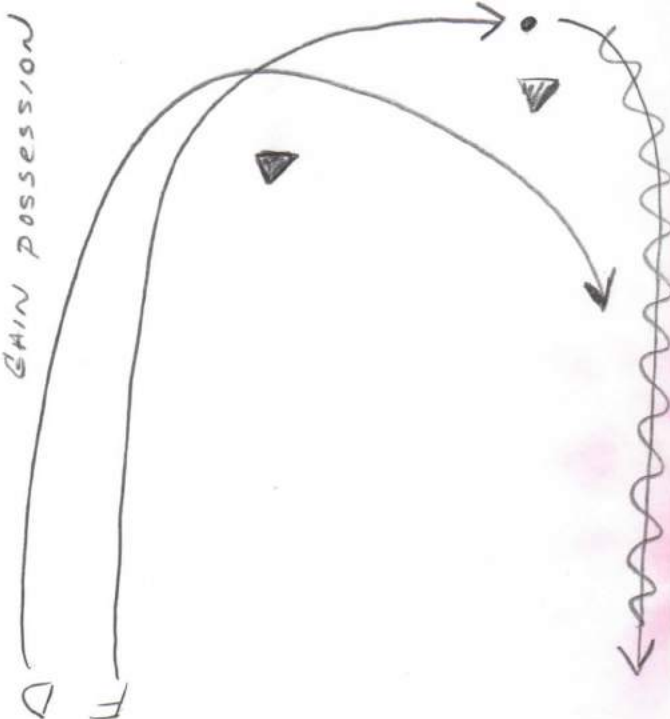
9-10:10 AM



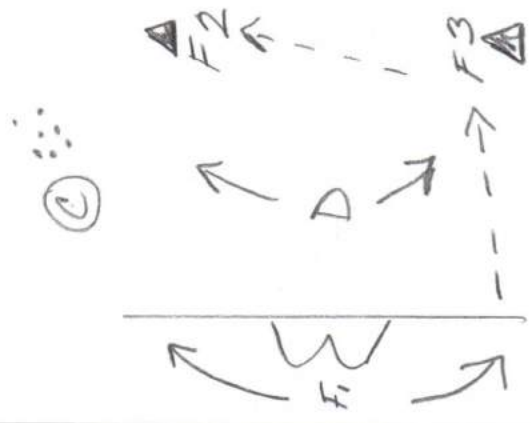
PASSING DRILL



FORWARD SKATES AROUND BOTH CONES & PICKS UP PUCK & SKATE BETWEEN CONES AND ANGLES F TOWARD THE BOARDS & TRIES TO GAIN POSSESSION



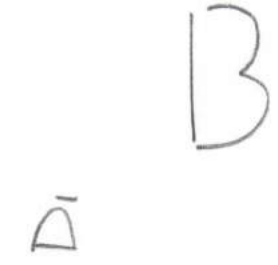
SLOT DRILL



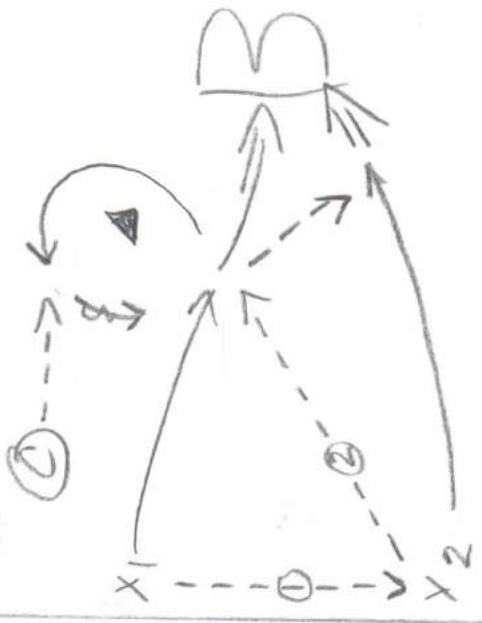
- F1 STAYS BEHIND GOAL LINE
- F2 & F3 ARE STATIONARY
- F1 CAN MOVE SIDE TO SIDE BUT MUST REMAIN BEHIND GOAL LINE
- FORWARDS NEED TO PASS & TAKE SHOT ONLY WHEN OPEN LANE IS CREATED
- D CANNOT GO BEHIND GOAL LINE BUT HAS FREE REARM EVERYWHERE ELSE.

2 VS 2 TAG-UP

WHEN (D) GAINS POSSESSION, BOTH (D) MUST TAG UP & THEN GO ON THE OFFENSIVE ATTACK.

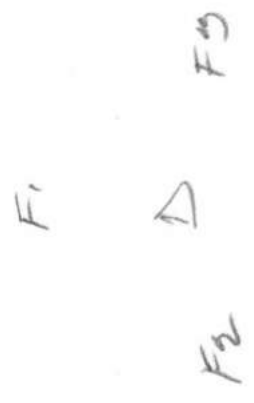


BACK DOOR PASS DRILL - CRASH THE NET



TRIANGLE

3 VS 1 - MUST PASS AT LEAST 3 TIMES BEFORE SHOOTING



X R X

STERN-STICK ON

STICK DRILL

(DEFENSIVE ZONE)



3 MAN ATTACK  
- MAKE QUICK PASSES & ONE TIME SHOT

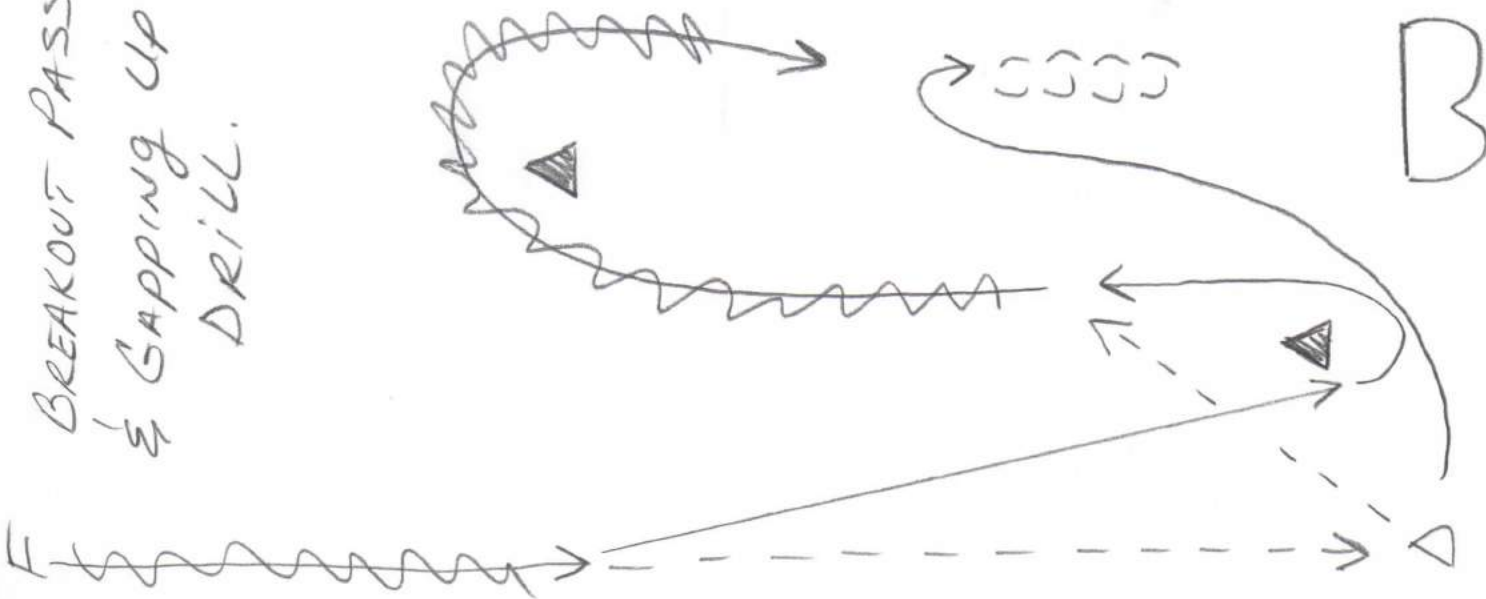


MOTIL SHOOTING DRILL

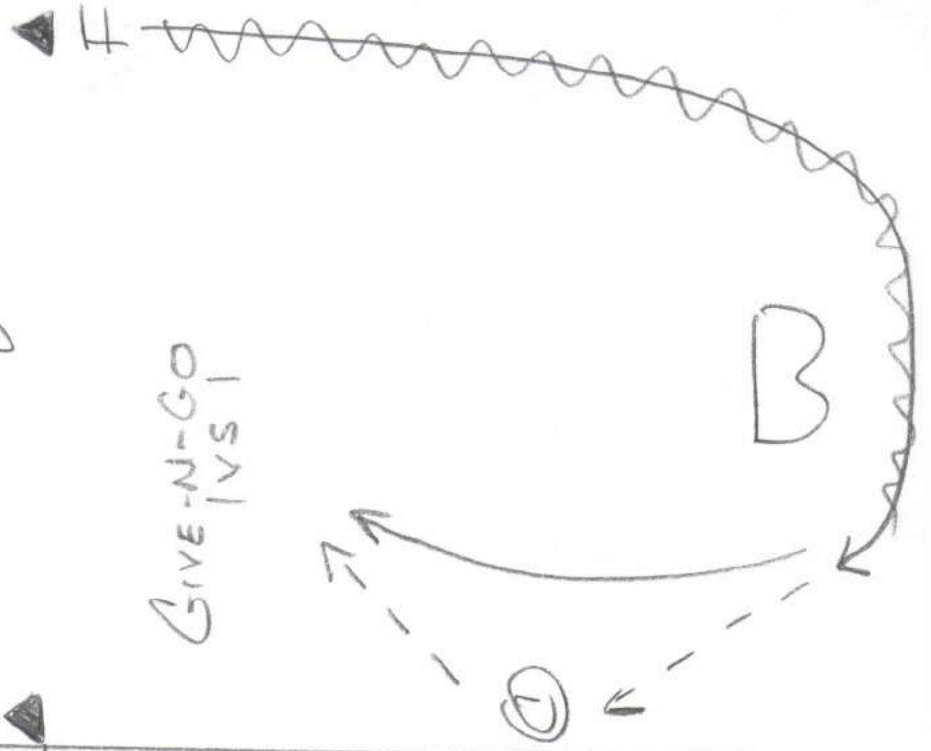
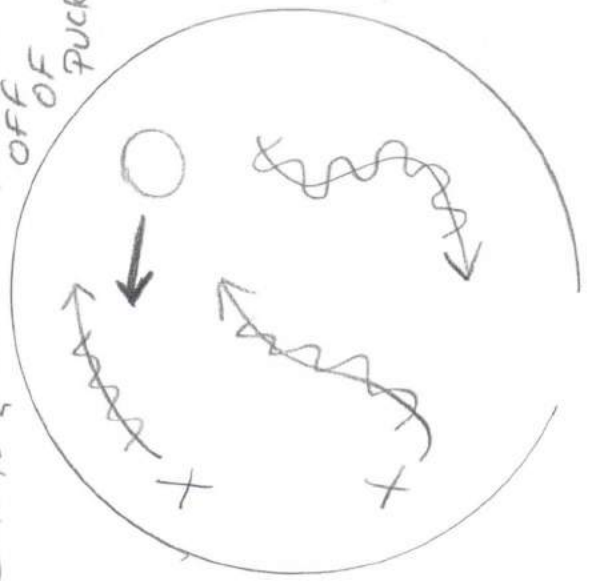
- 1. SHOOT AT CONE (A)
- 2. SHOOT AT CONE (B)



BREAKOUT PASS & GAPPING UP DRILL.

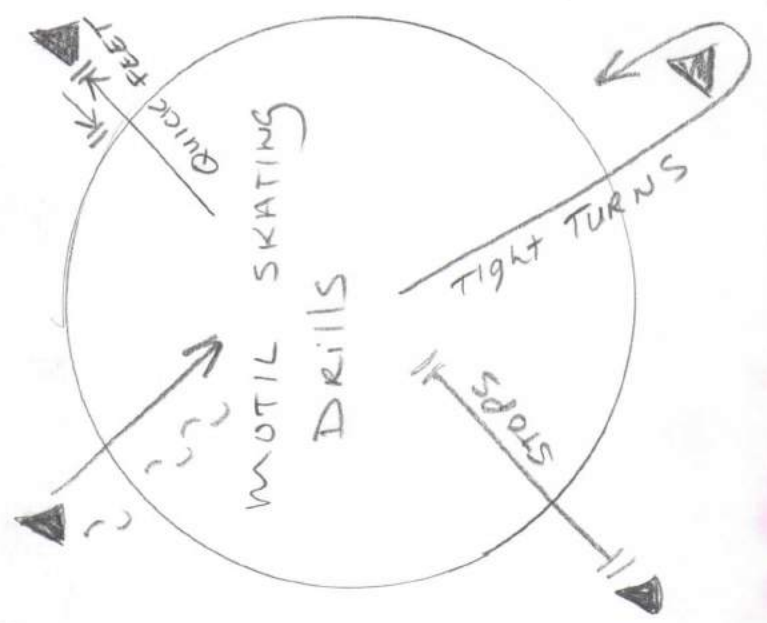


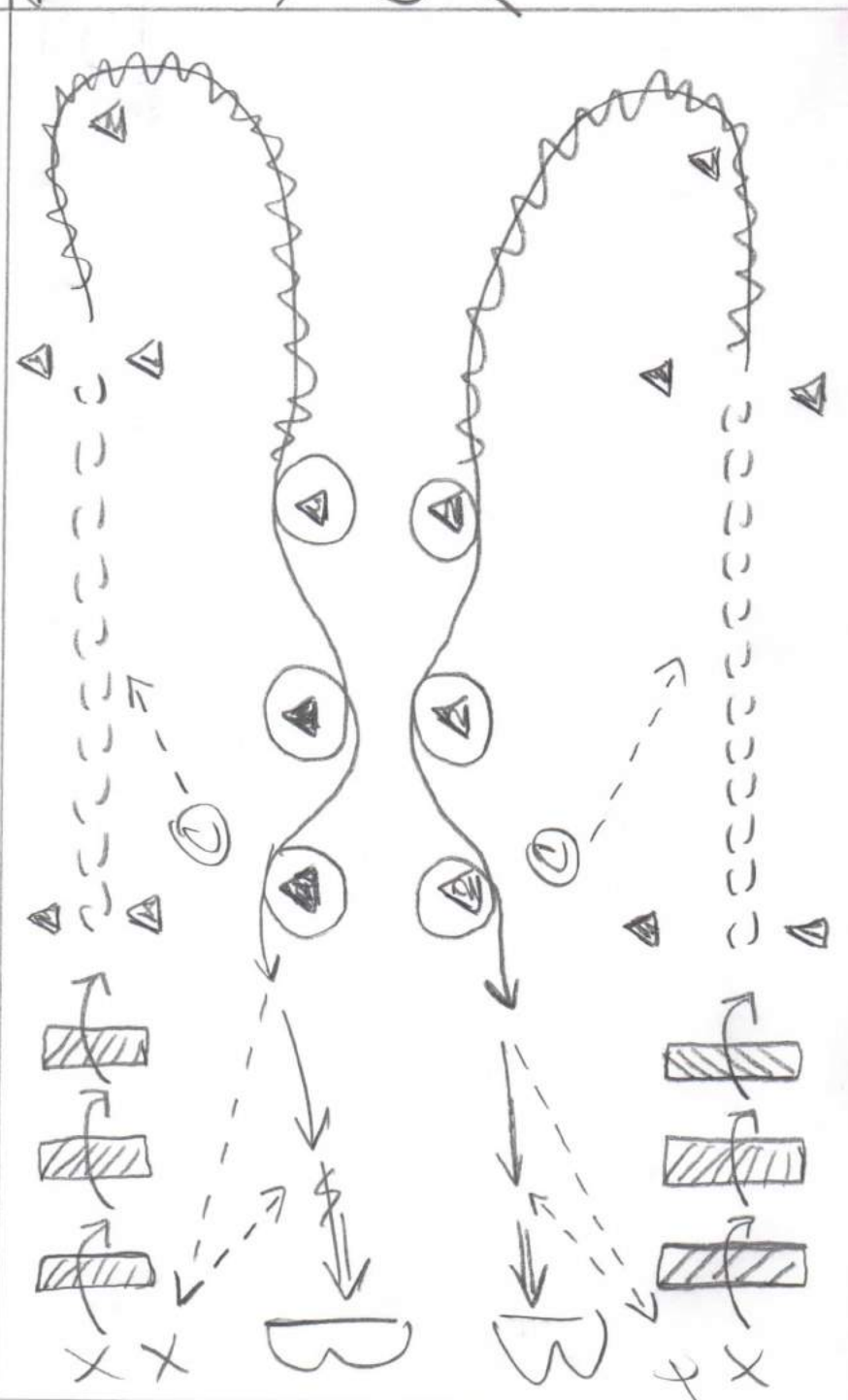
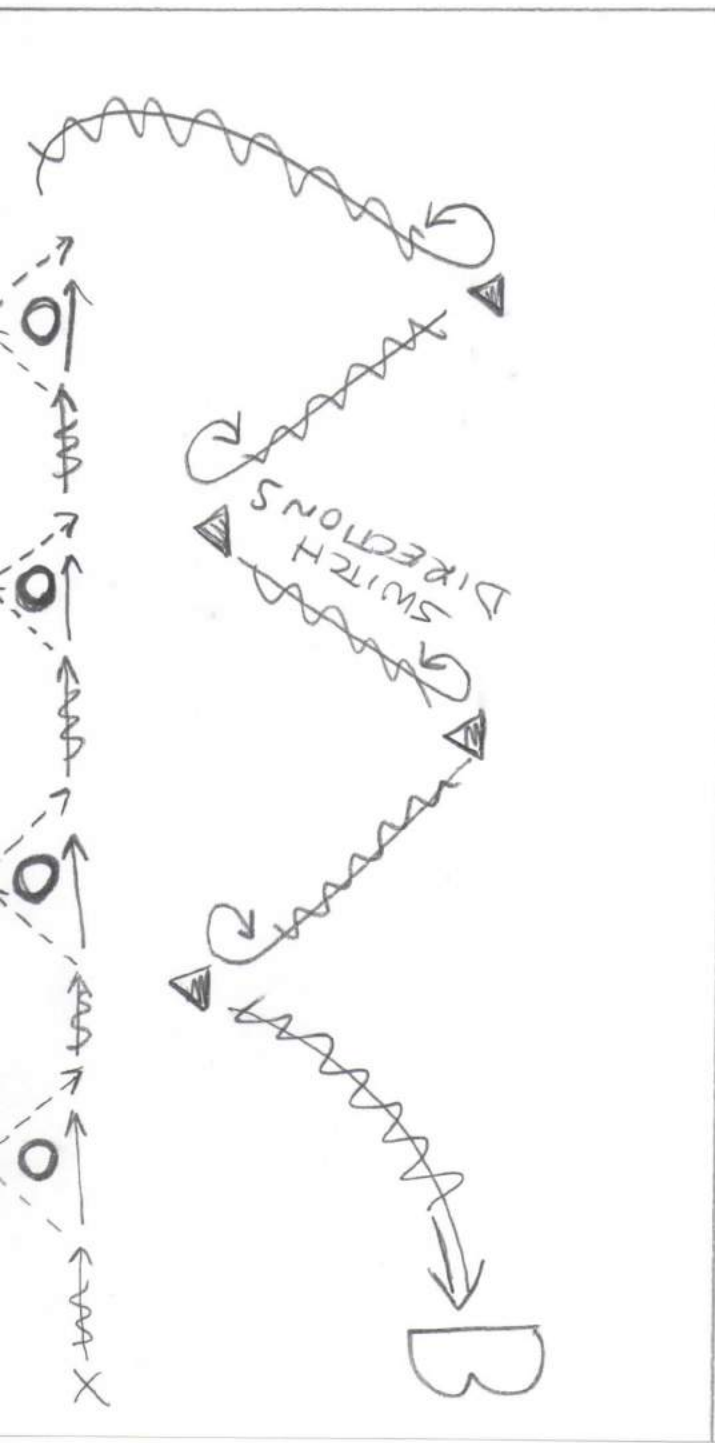
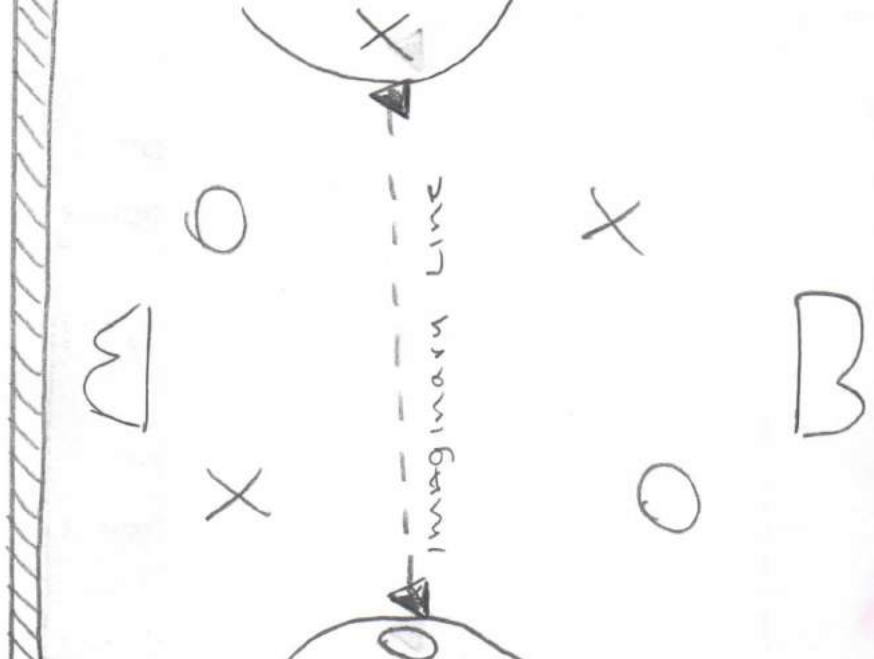
KEEP AWAY. PLAYERS SKATE WITH PUCKS INSIDE CIRCLE. Otrys & KNOCKS PLAYER OFF OF PUCK

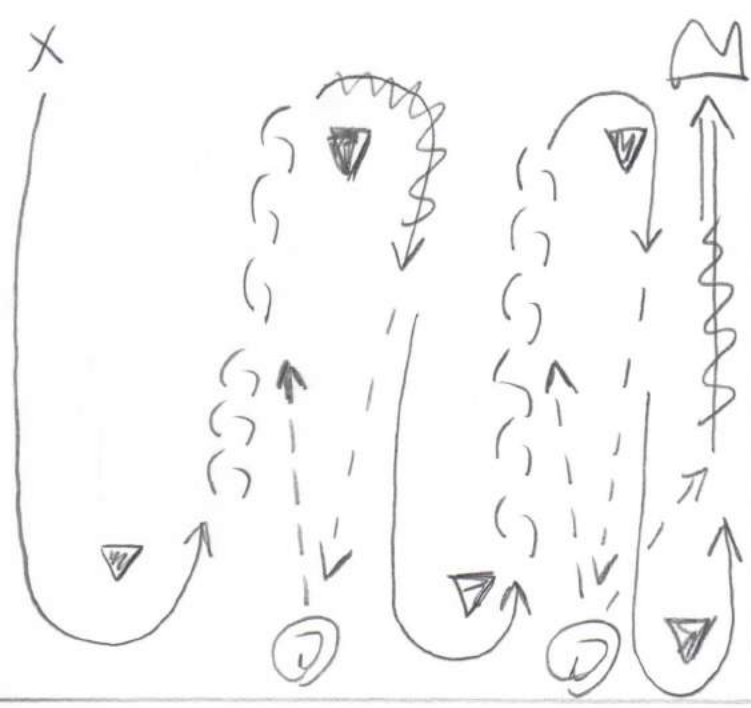


GIVE-N-GO

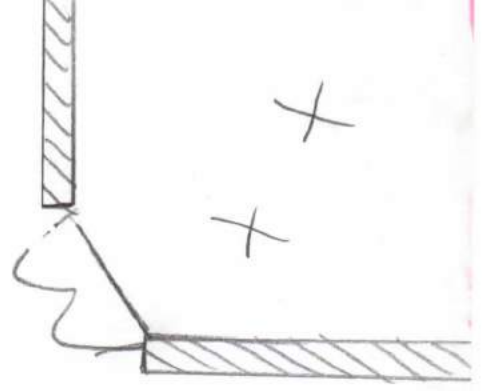
TRANSITIONS



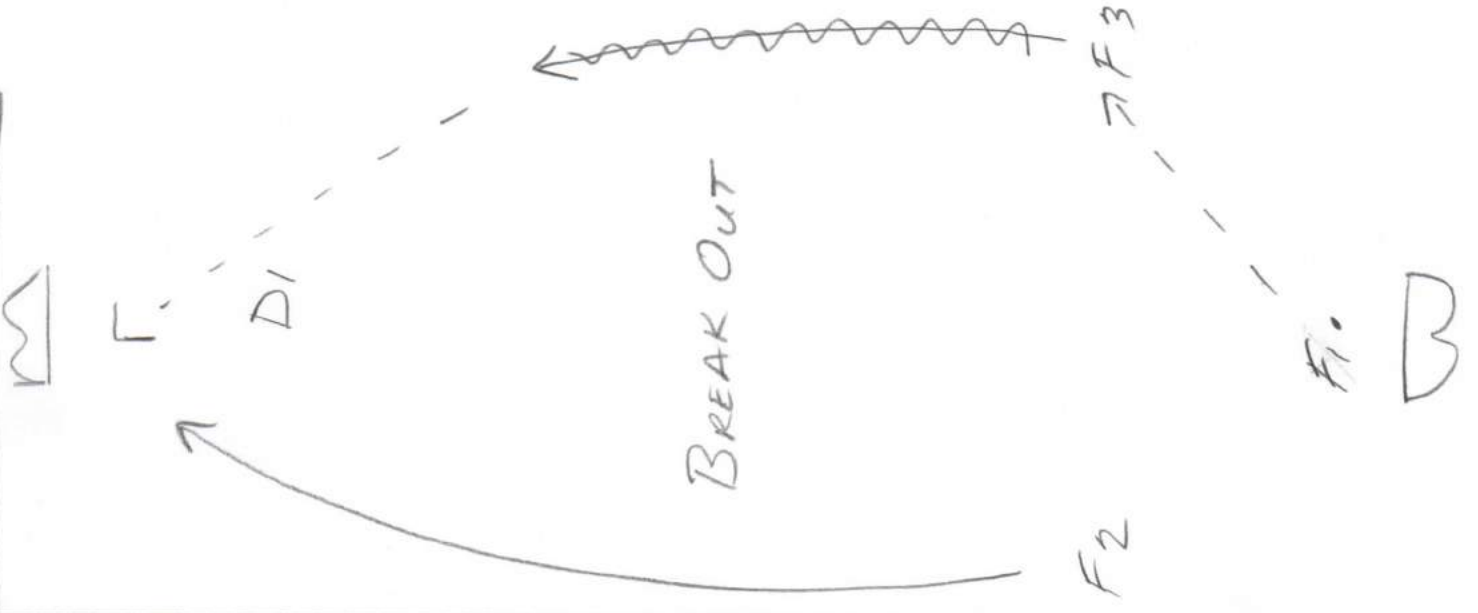




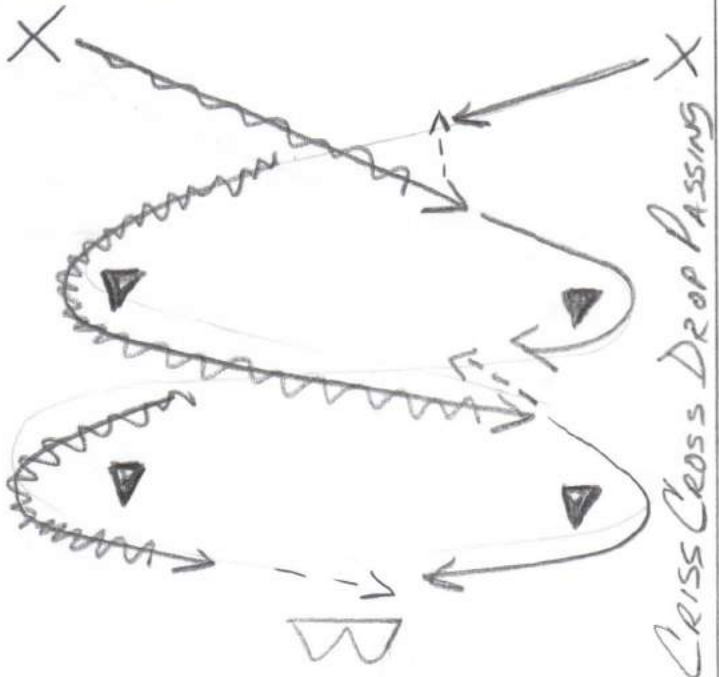
1 VS 1 CORNER  
DRILL



11-01-14 12:00-2:00



BREAK OUT



CRISS CROSS DROP PASSING

SHOOTING - POSITION  
CONES AT 3 DIFFERENT  
DISTANCES.



11:00 AM 12:20 - 1:30 PM

M

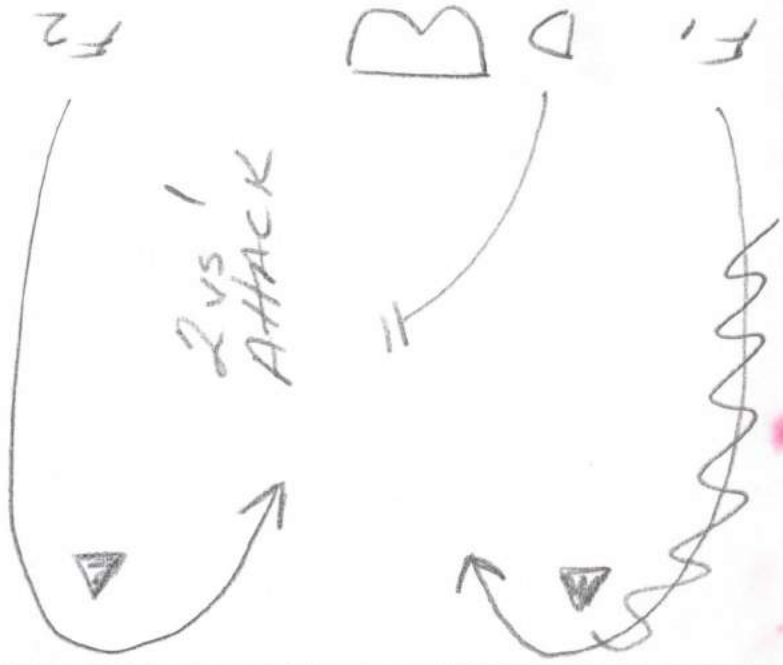
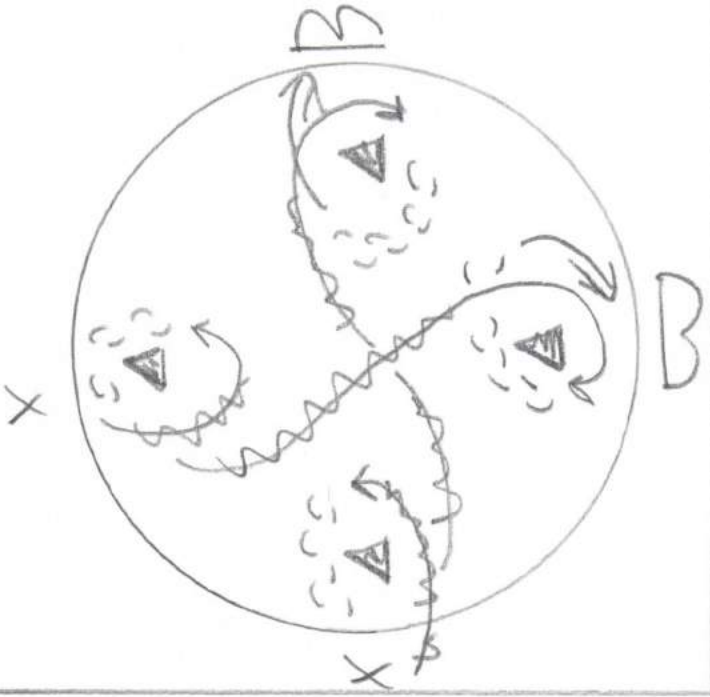
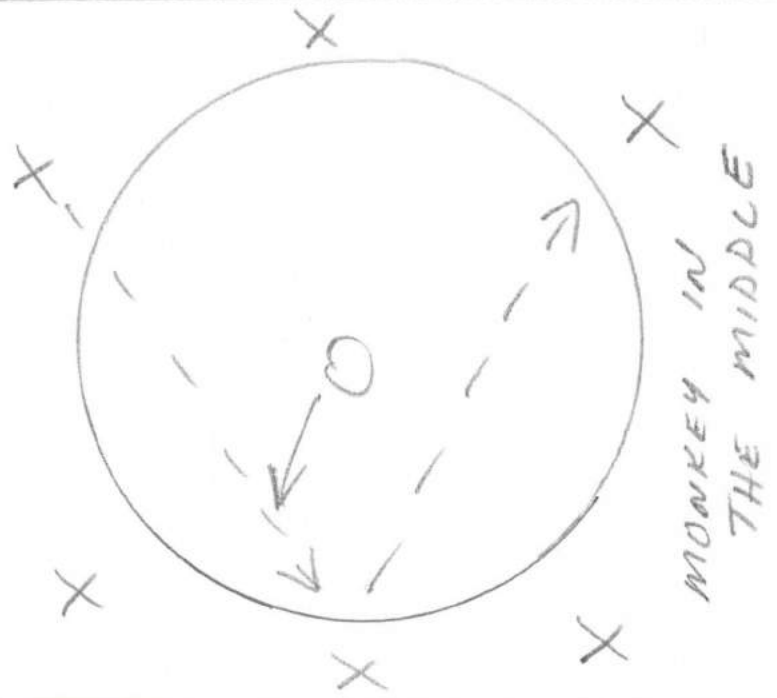
X1 O2

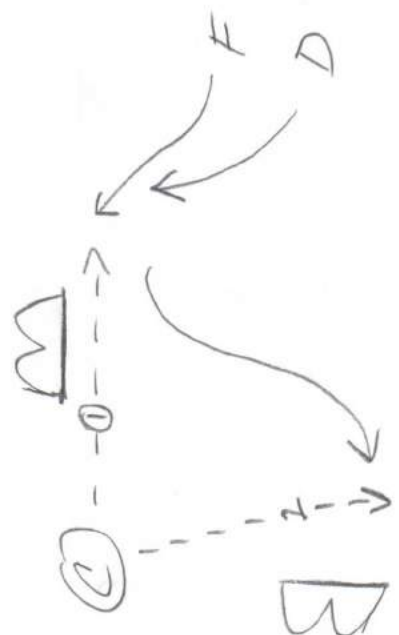
▲ - - - - - ▲  
IMAGINARY LINE

O1 X2

B

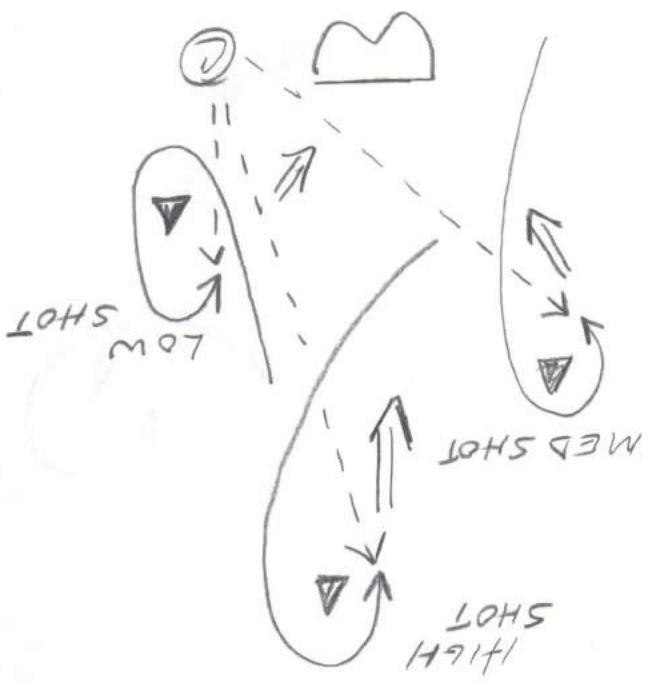
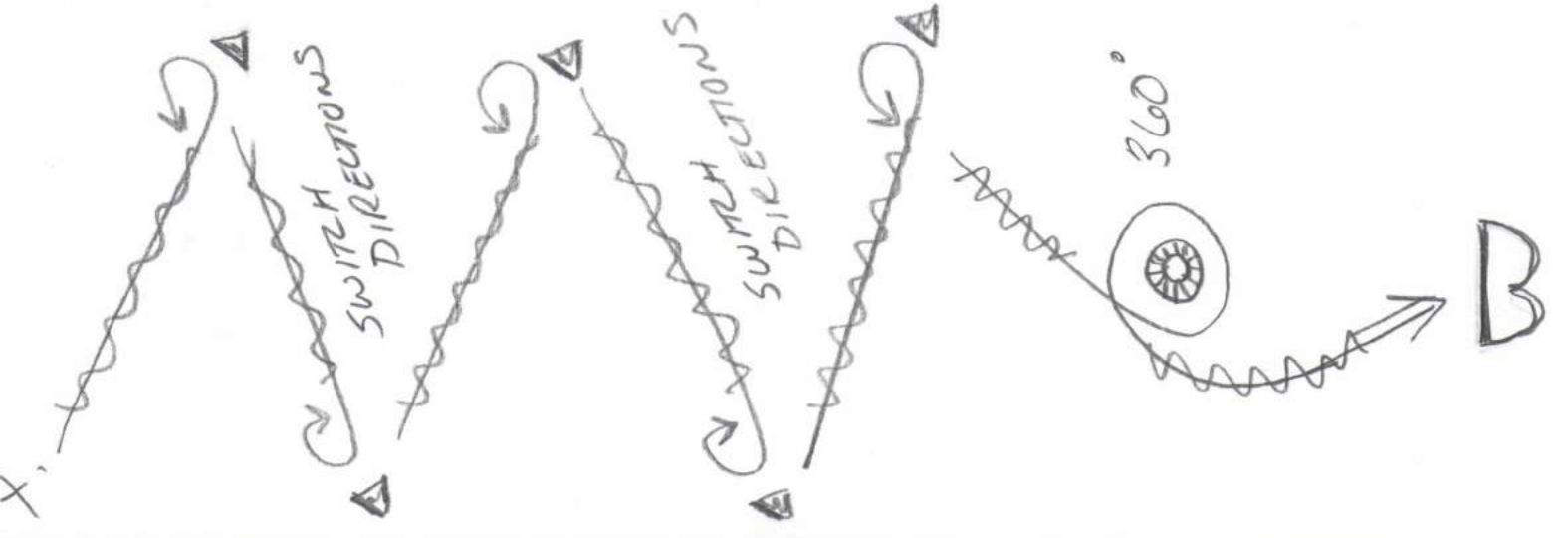
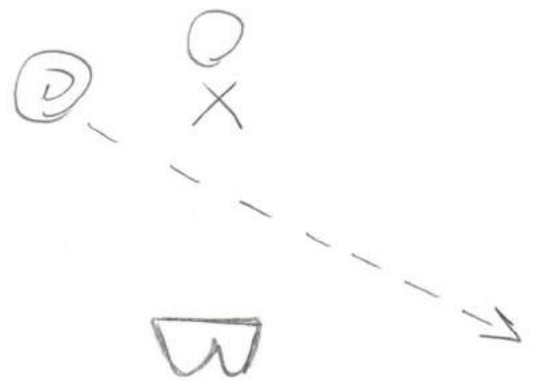
PLAYERS CANNOT  
CROSS IMAGINARY  
LINE.



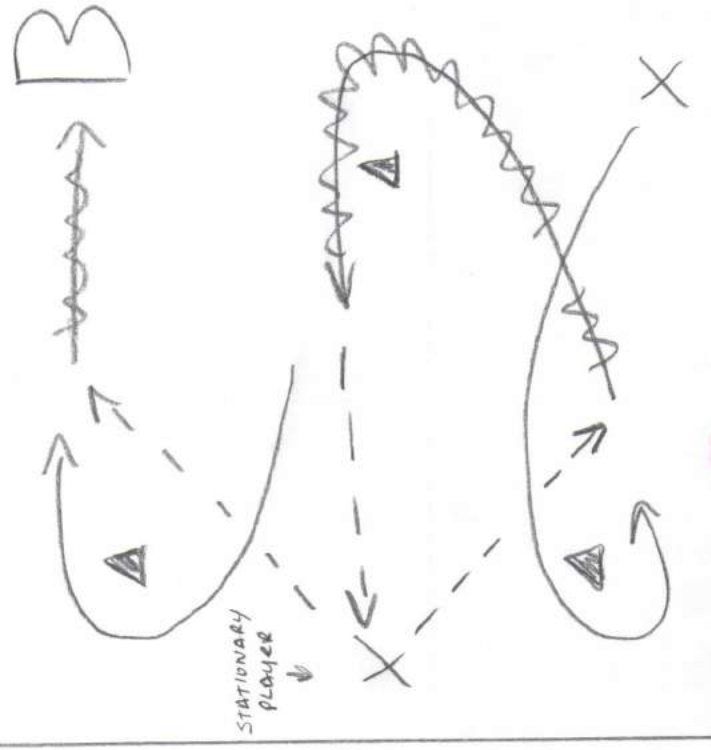


FORWARD NEEDS TO GET OPEN IN ORDER TO RECEIVE PASS. 2 SHOTS. SWITCH POSITIONS EACH TIME

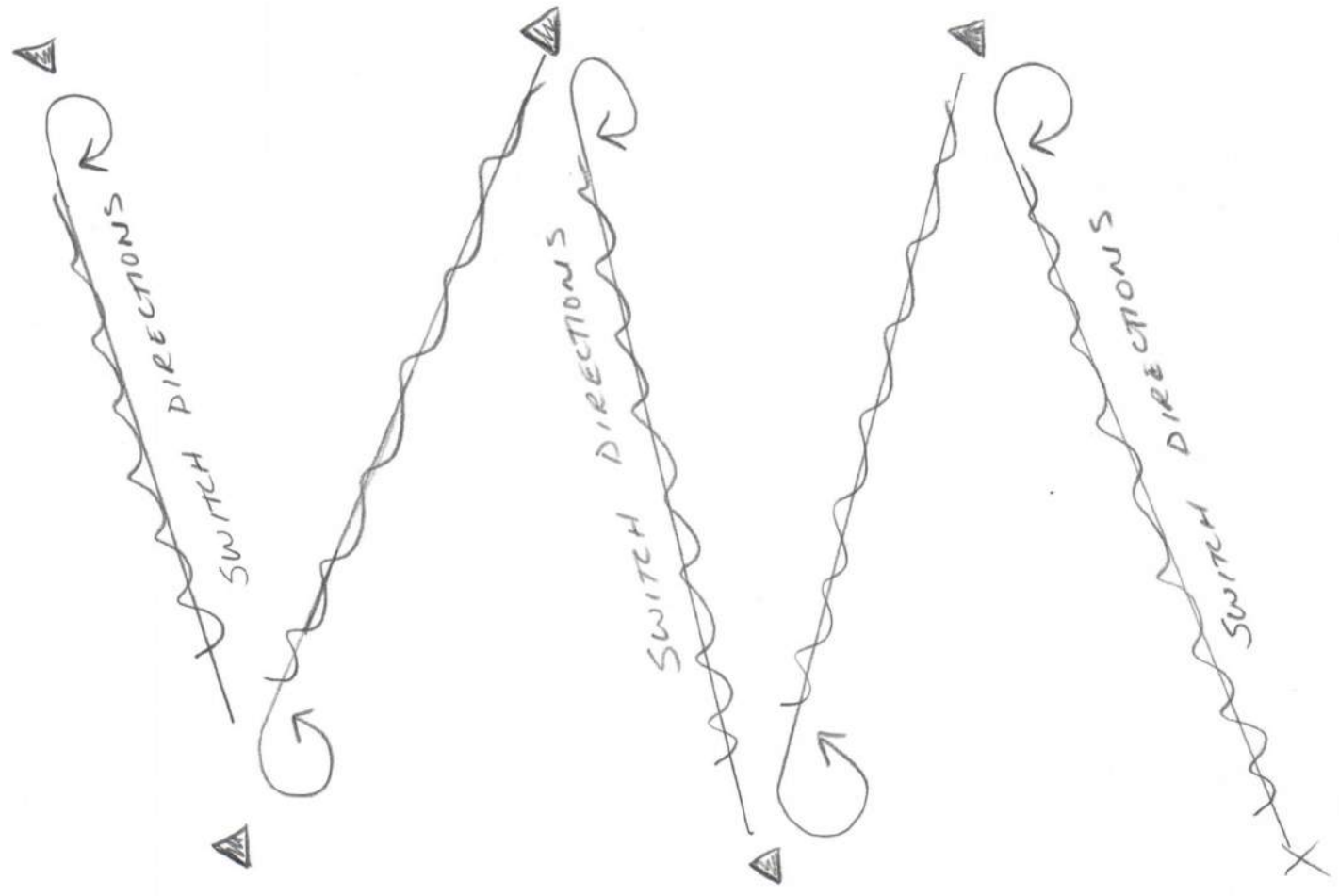
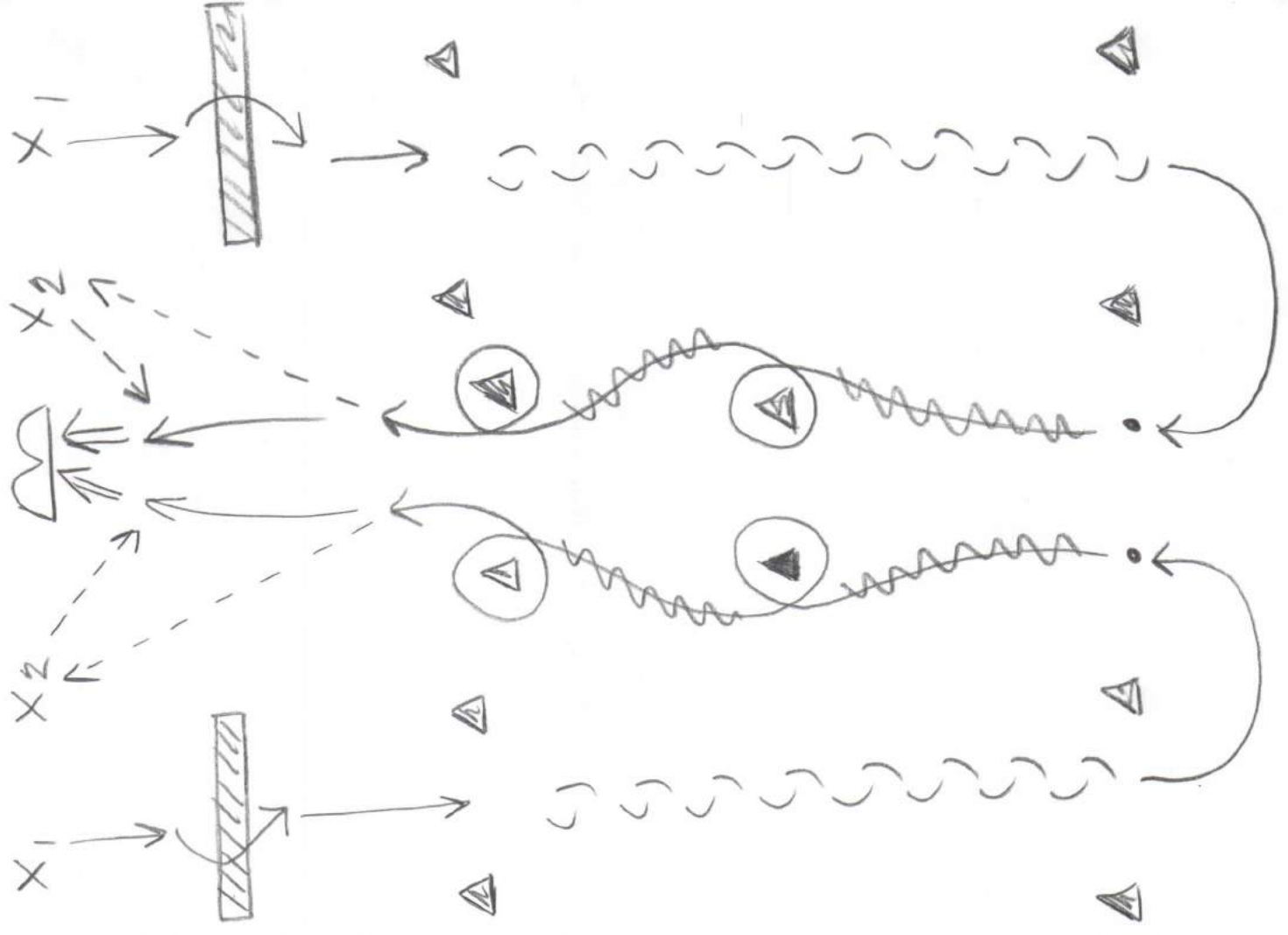
PLAYERS LAY DOWN FACING EACH OTHER WITH EYES CLOSED. COACH DUMPS PUCK. ON GO, PLAYERS JUMP UP, LOCATE PUCK & BATTLE TO SCORE

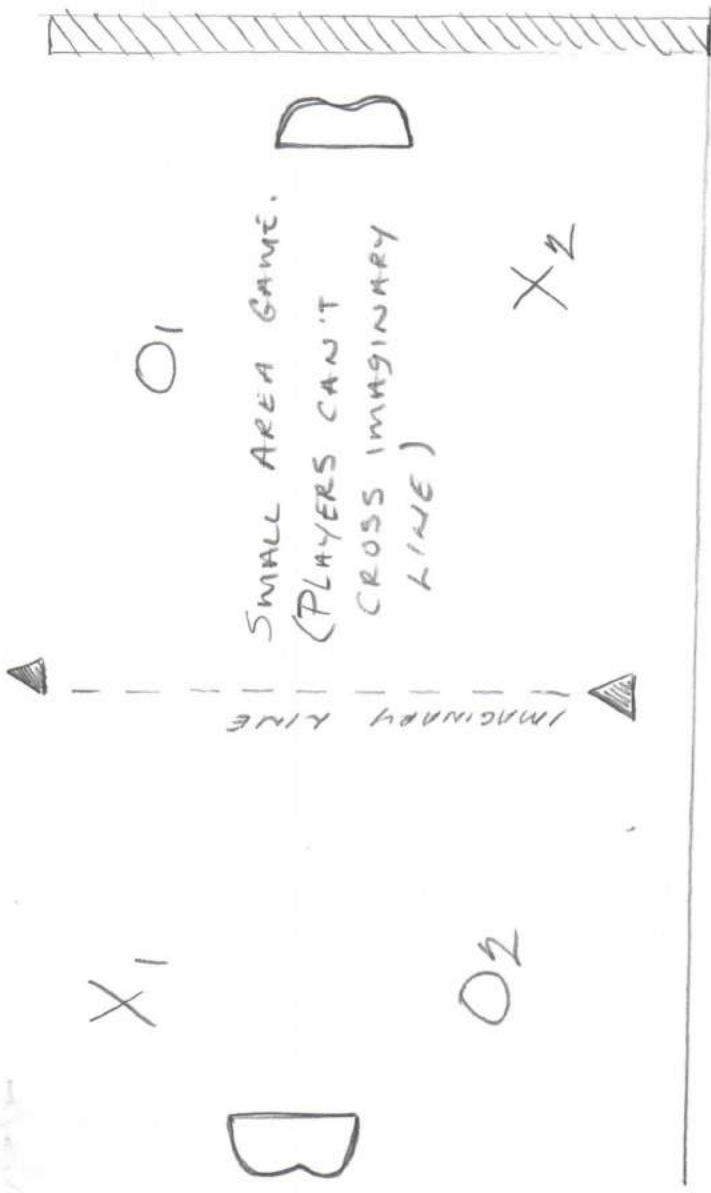


HEAD-MAN PASSING CALL FOR PASS.

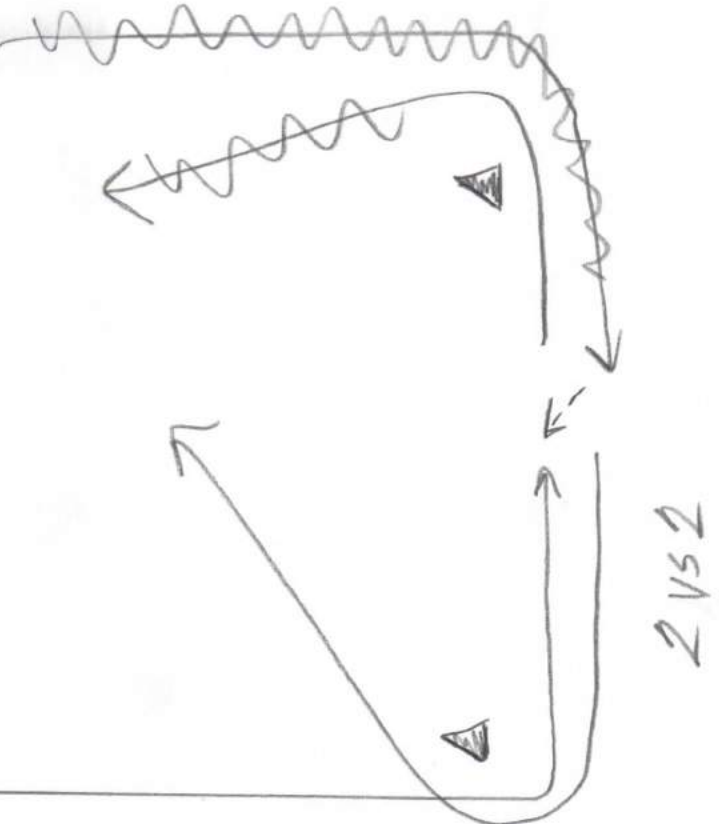
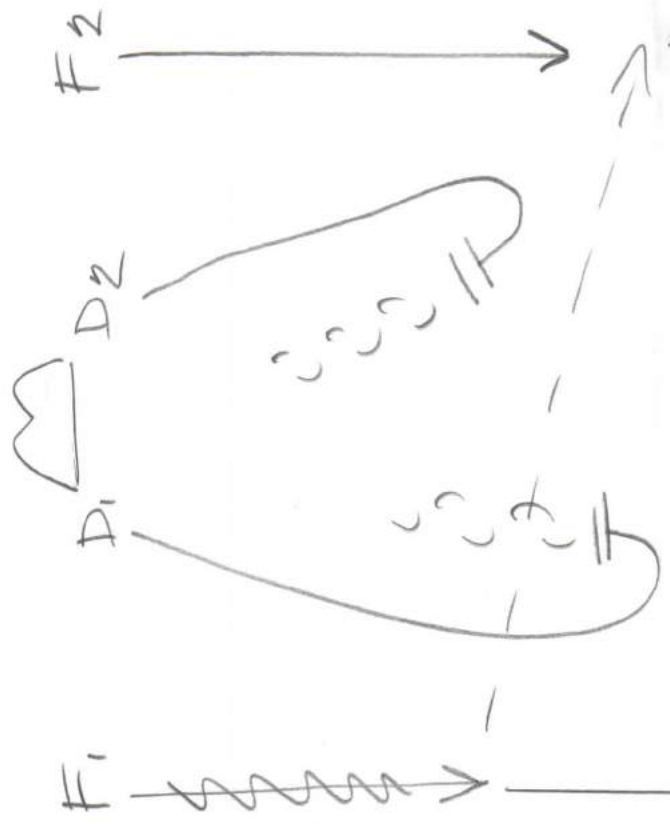
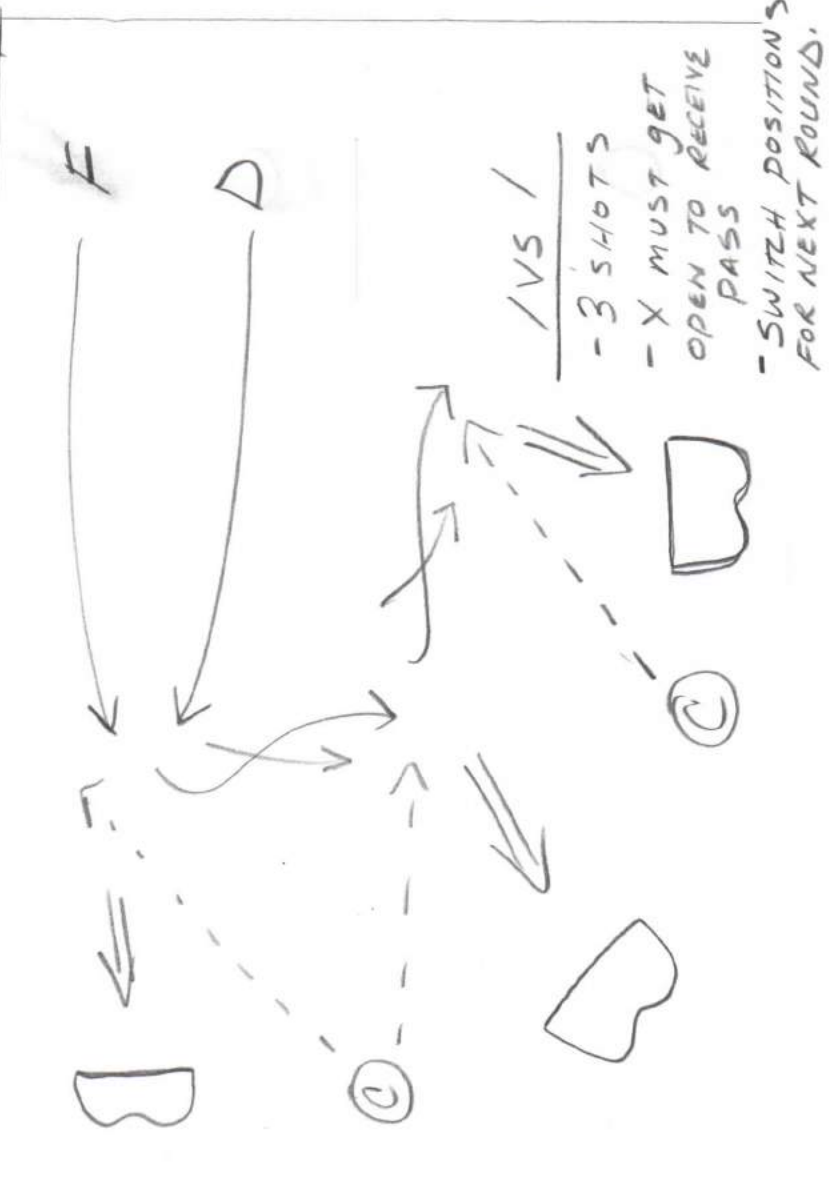


WED 2-5-14 6:30-7:30 PM





SMALL AREA GAME.  
(PLAYERS CAN'T  
CROSS IMAGINARY  
LINE)



2 VS 2



- Tight Turns



- MOHAWKS

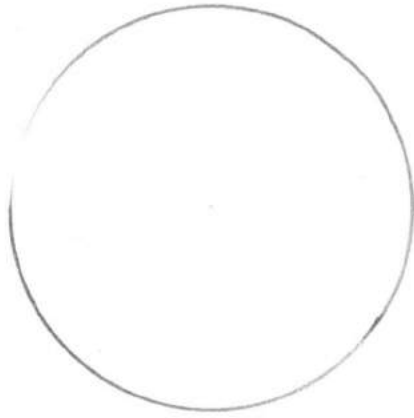
- STOPS

- Quick Feet

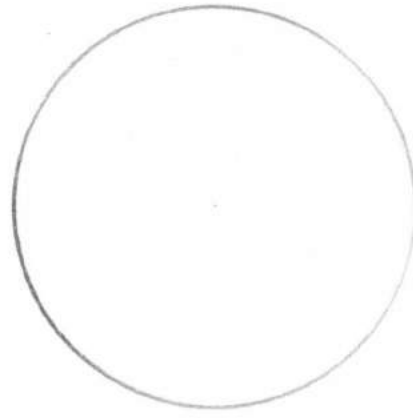
- F to F TRANS

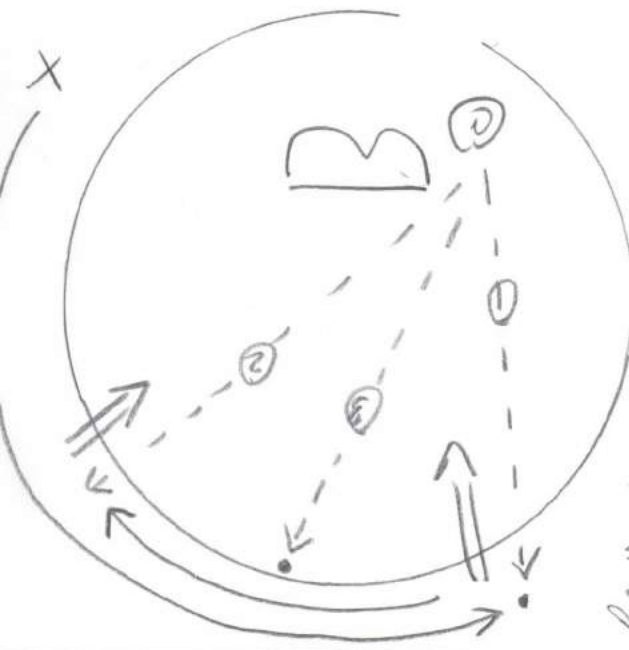
- F to B TRANS

- 360's



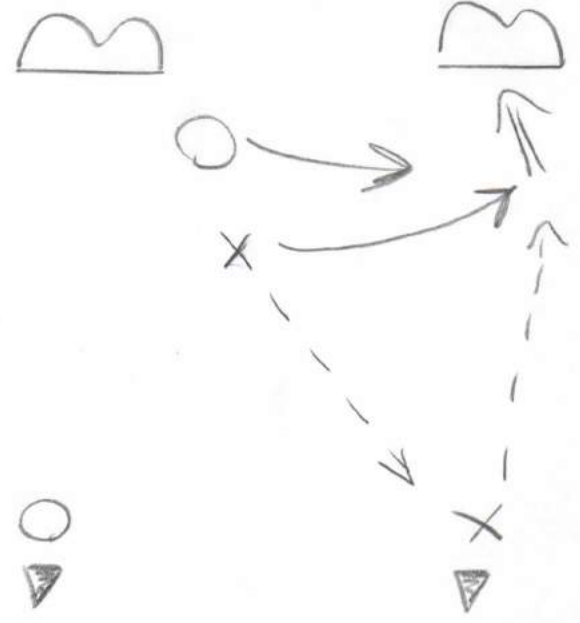
L CROSS OVERS  
R CROSS OVERS  
F/B TRANS  
INSIDE EDGE  
OUTSIDE EDGE



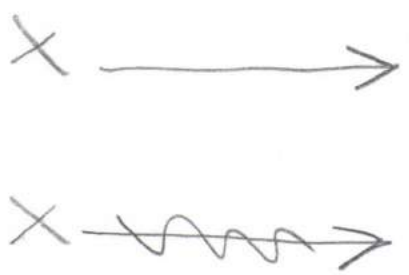


RANDOM PASSES AWAY FROM  
 PLAYER. PLAYER MUST SEIZURE  
 TO PUCK AND MAKE QUICK SHOT.

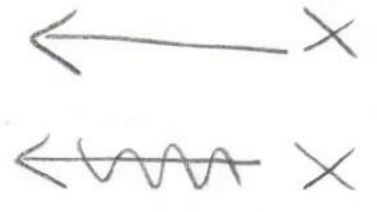
DEFEND THE NET  
 GAME



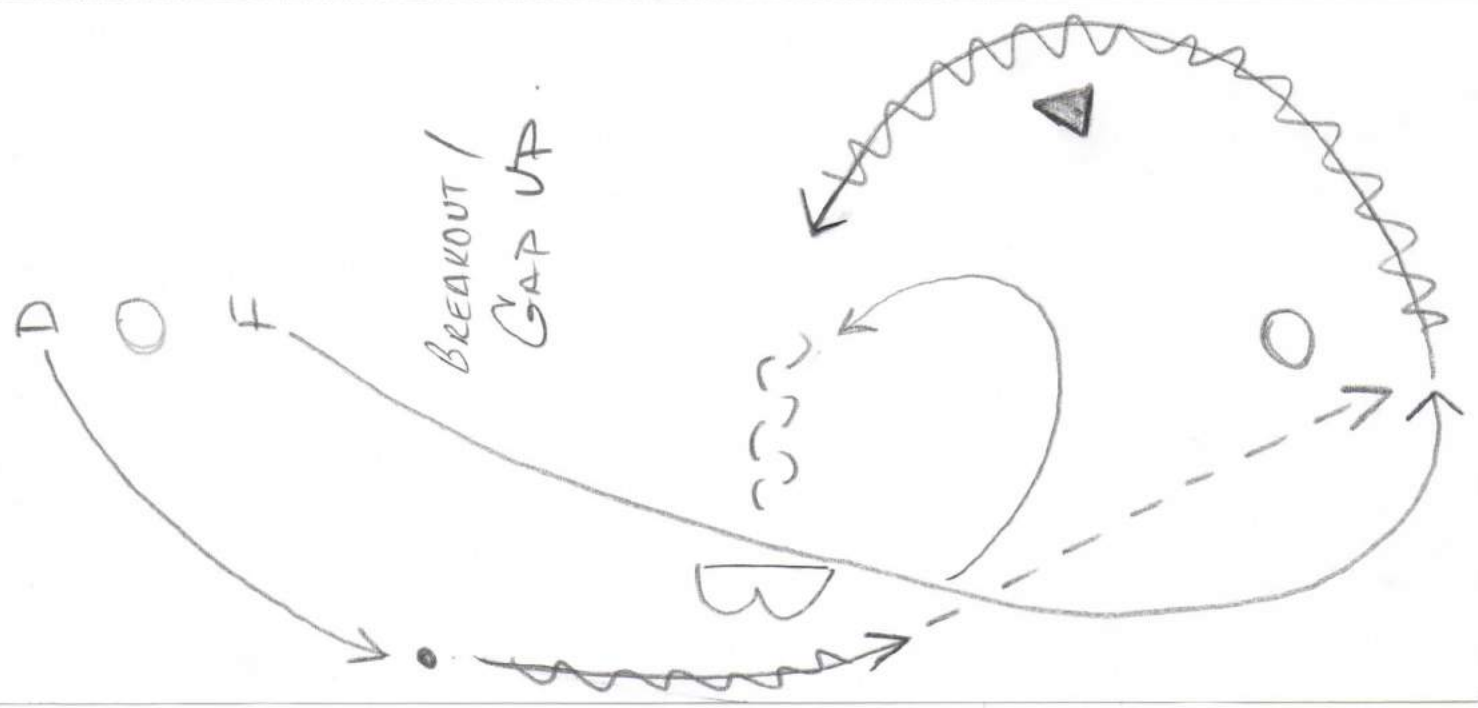
M  
 G



2 VS 0  
 BE CREATIVE



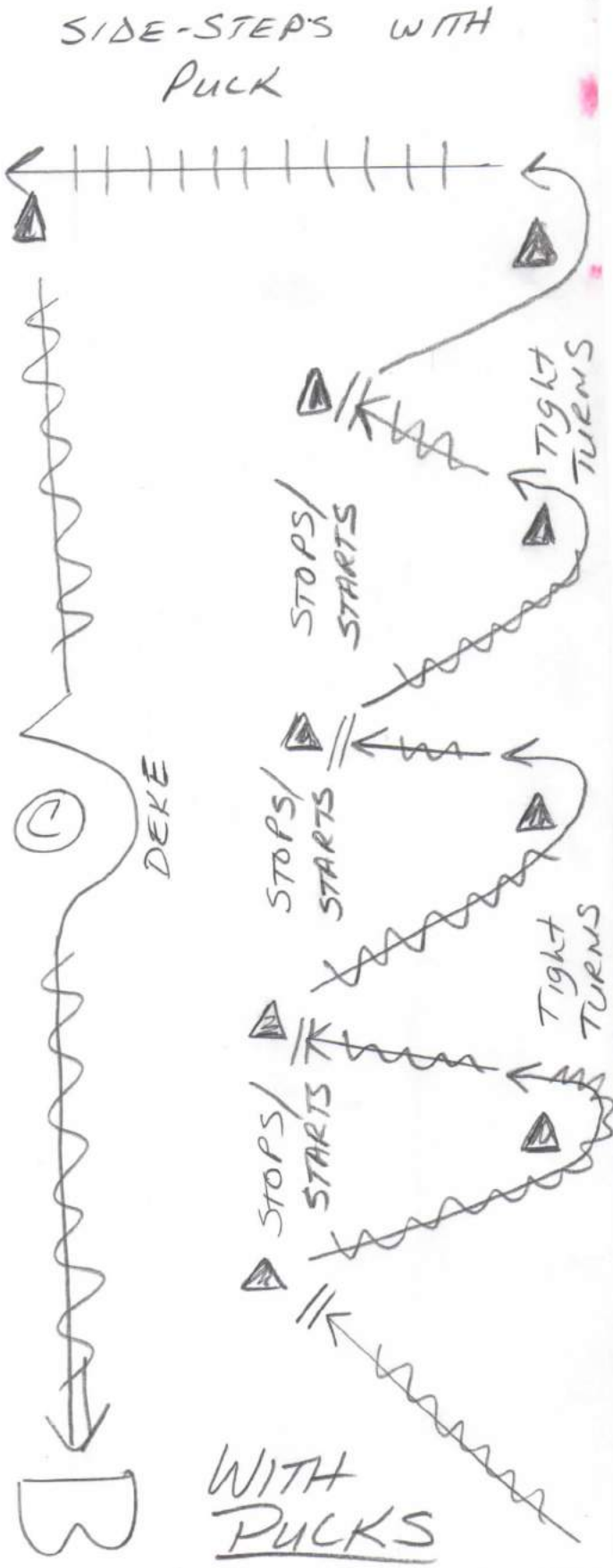
G  
 B

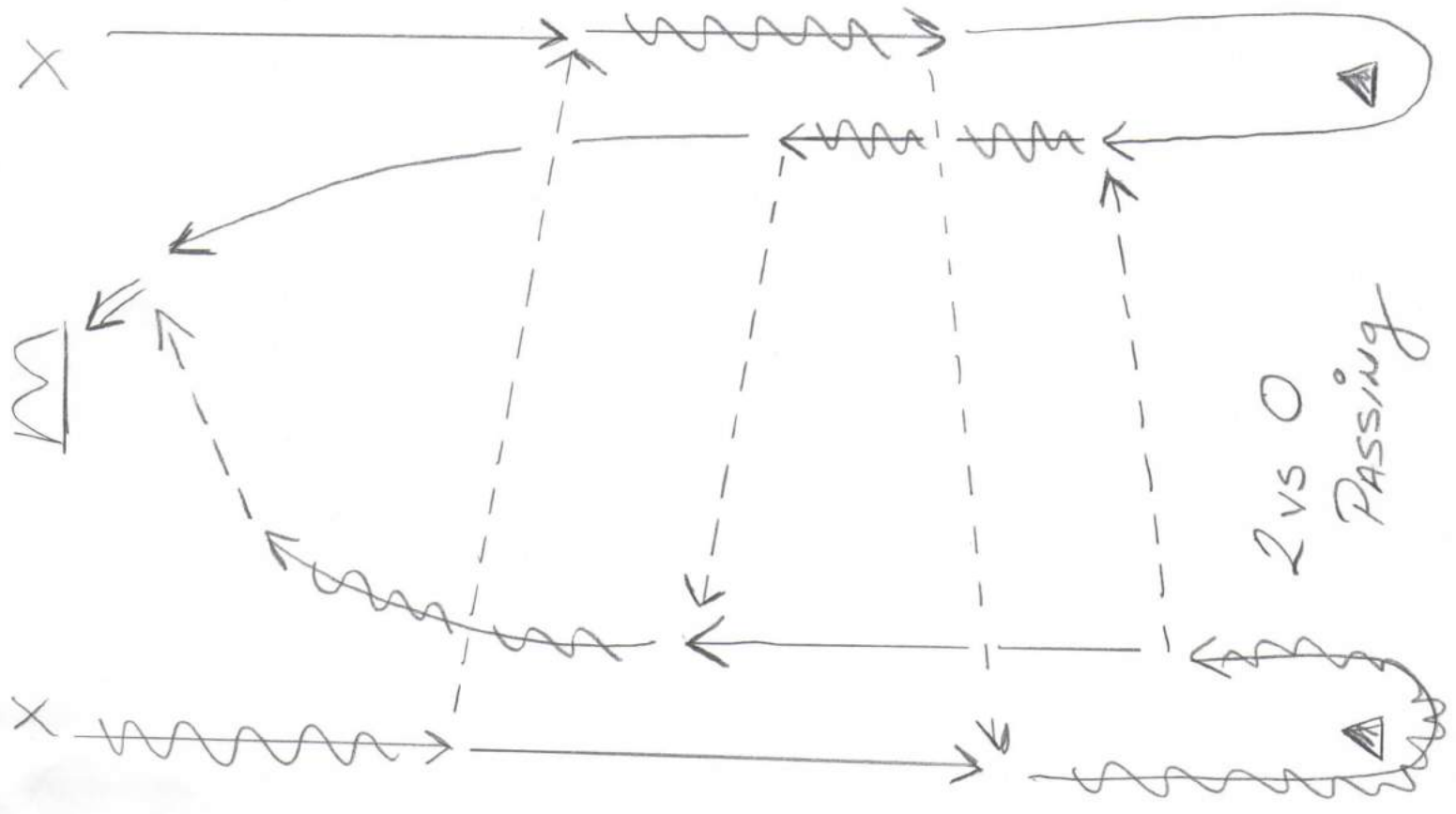
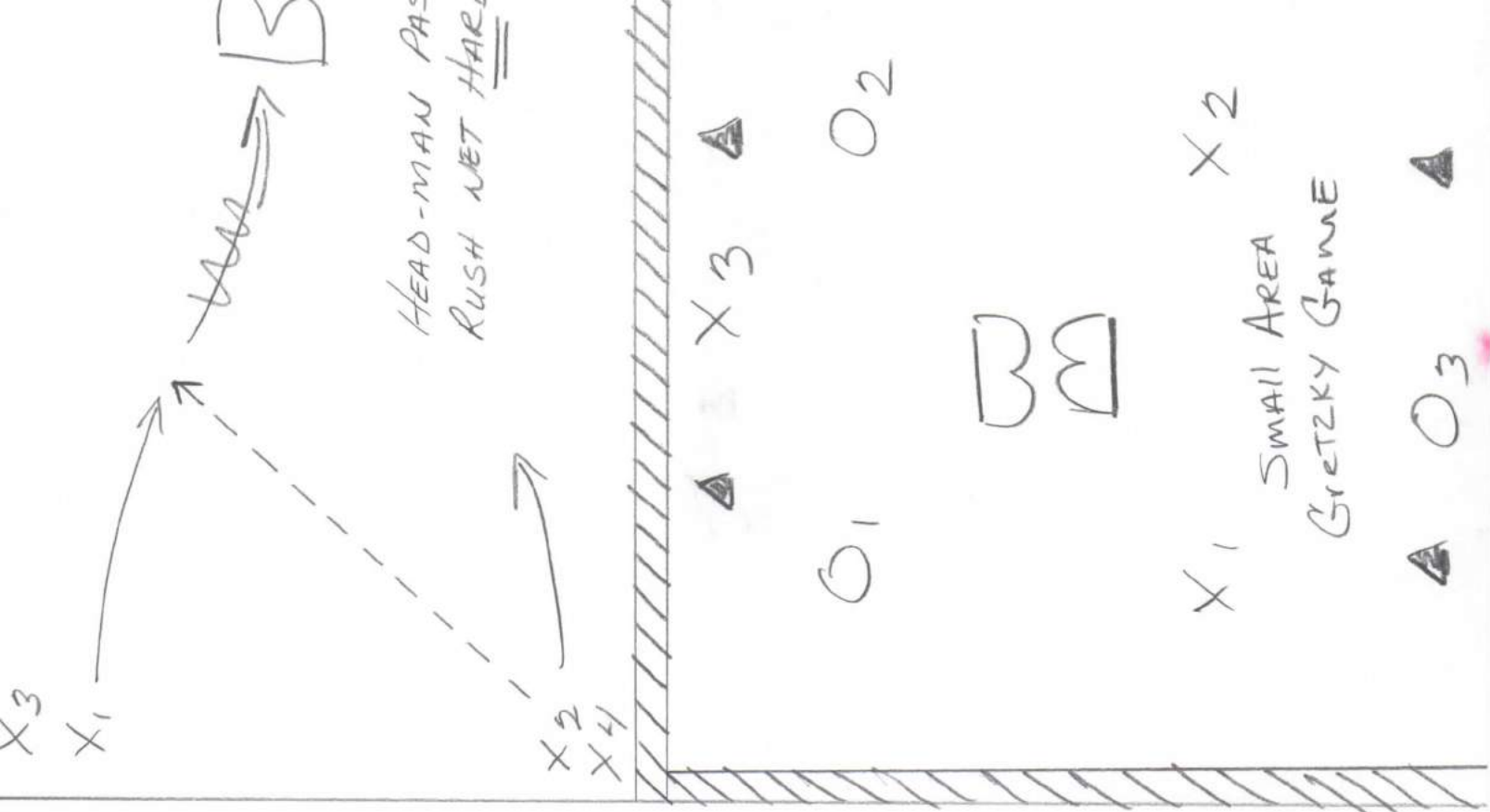


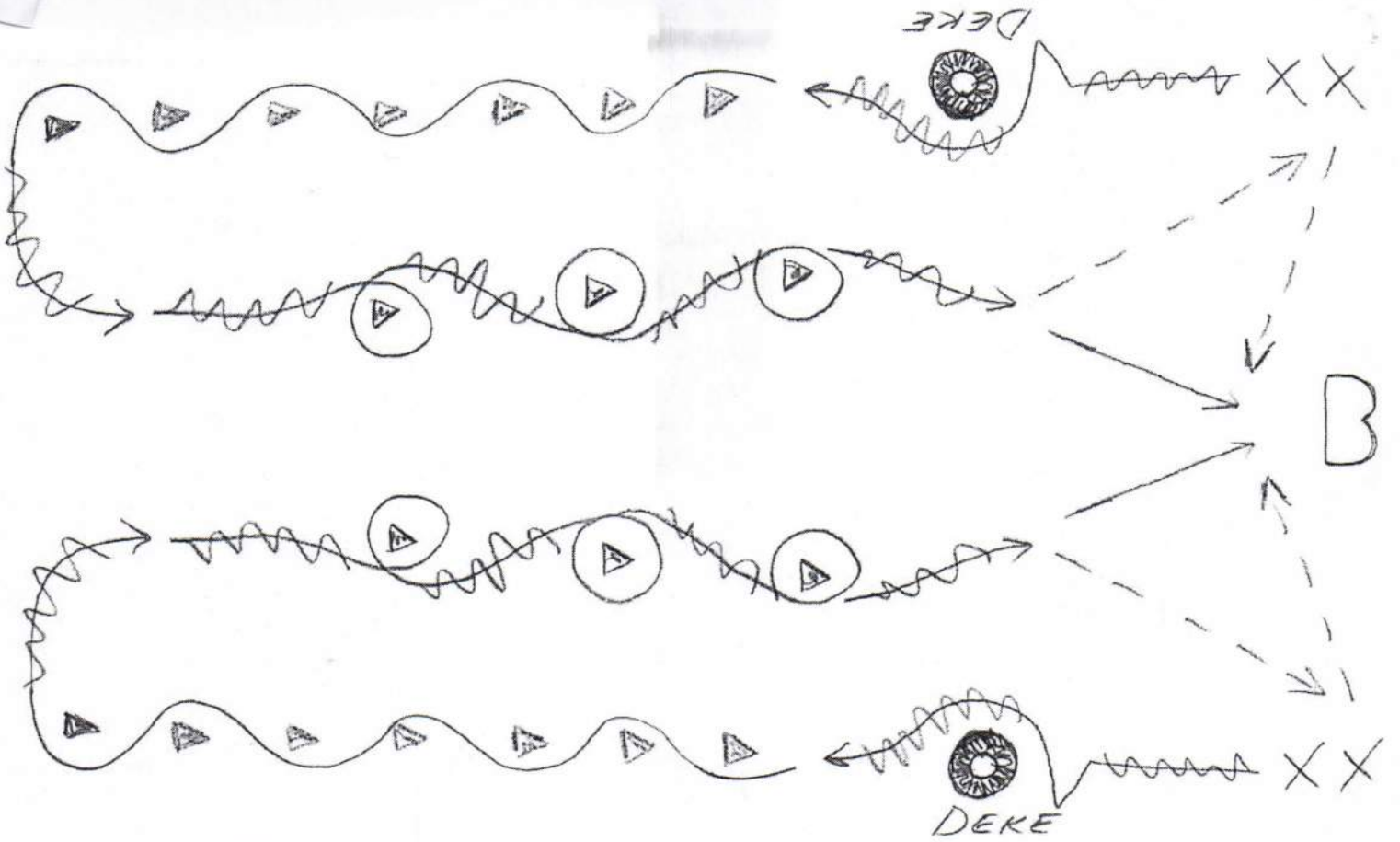


PEPPER PASSING RELAY RACE

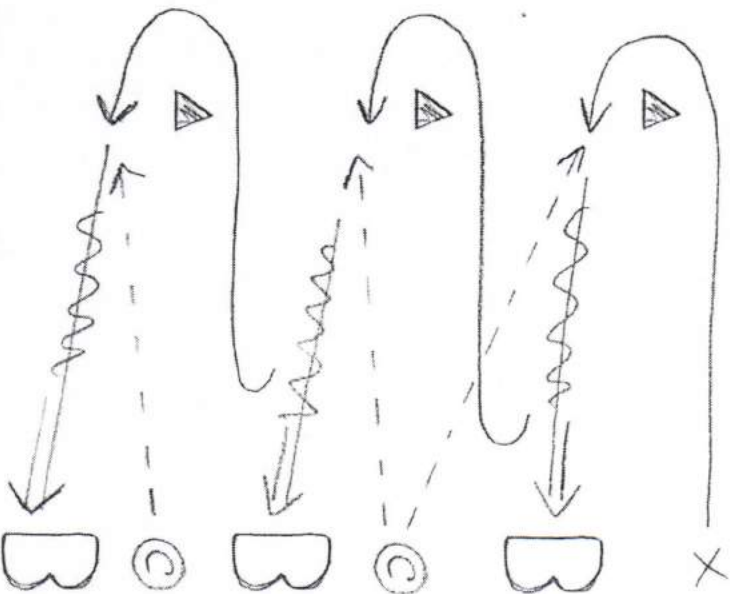
- TWO PLAYERS ON EACH SIDE PEPPER PASS WHILE ONE IS SKATING FORWARD & THE OTHER IS SKATING BACKWARDS.
- SWITCH DIRECTION ON RETURN.



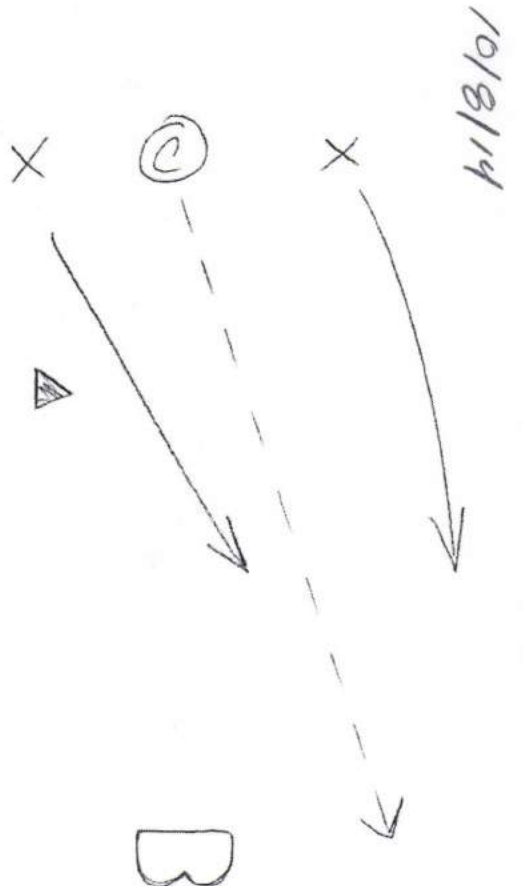




RECEIVE PASS  
AND TAKE 3  
SHOTS.  
USE BAMPERS  
IN FRONT  
OF GOALS



1/15 / Regroup with Coach



▲ O3 ▲

X1 X2

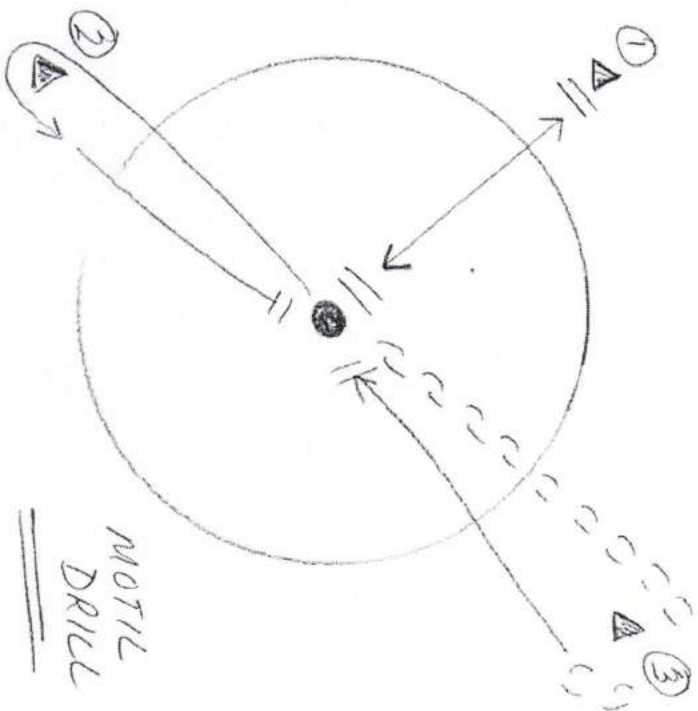
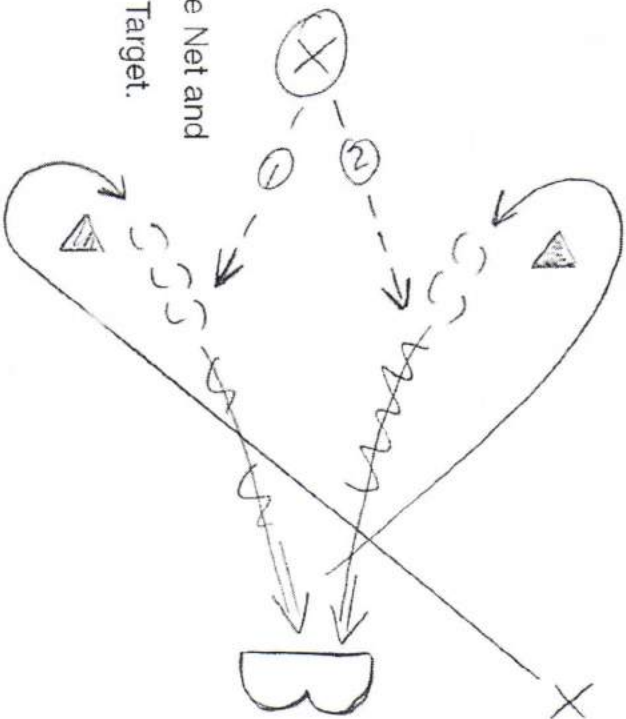


GREYKY GAME

O1 O2

▲ X3 ▲

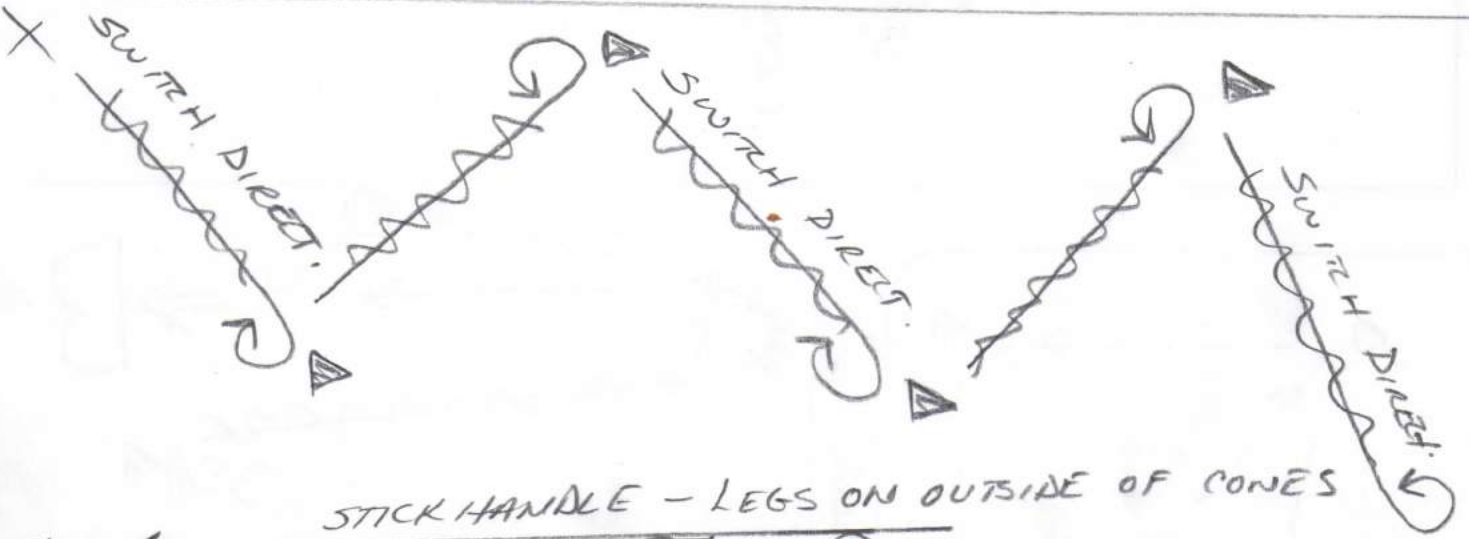
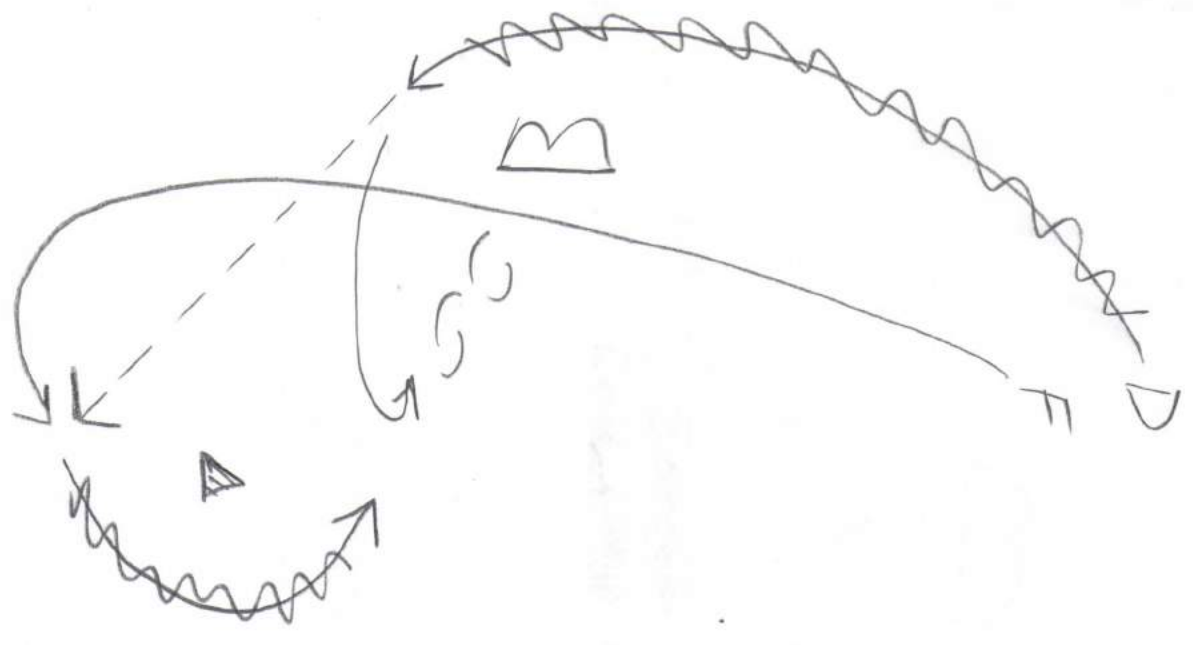
Use Regulation-Size Net and Goalie Shooting Target.



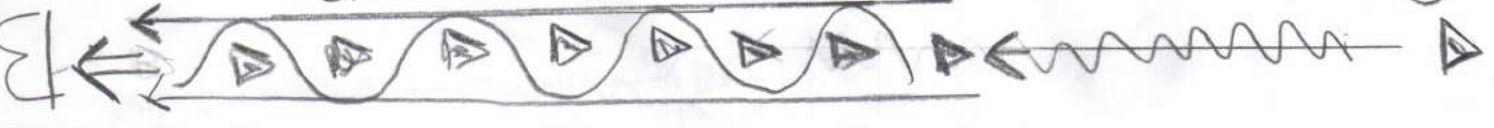
MOTIL DRILL

SAT JAN. 31 2:20-3:30 AM

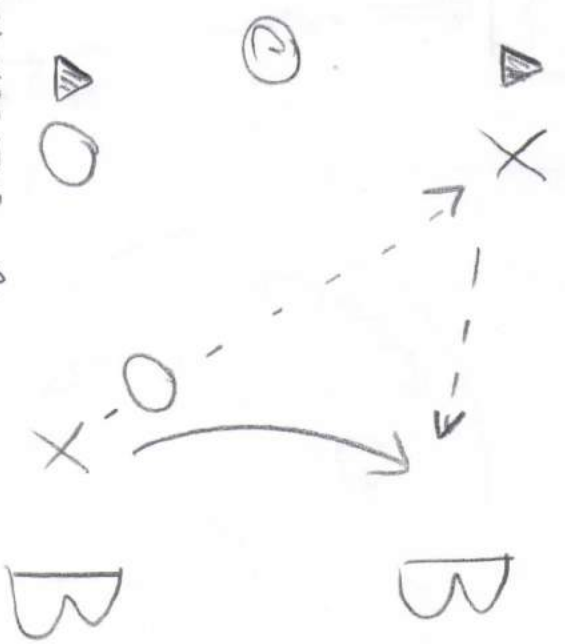
BREAKOUT & GAPPING VS



STICK HANDLE - LEGS ON OUTSIDE OF CONES



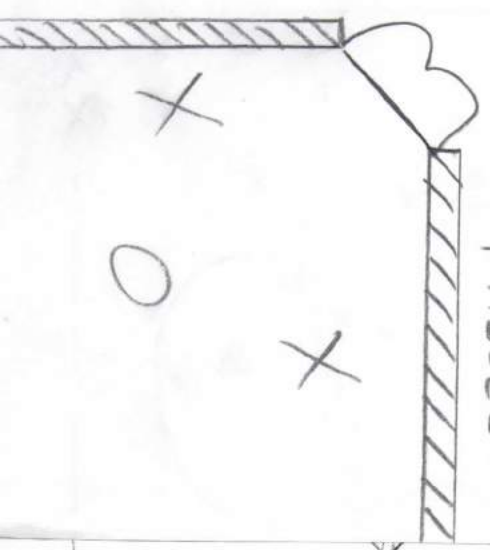
DEFEND THE NET



EMPHASIZE PLAYING THE BOARDS & POINTS TAKING SHOTS.

2 vs 1

SMALL AREA COMP. EMPHASIZE QUICK PASSES.



JAN 17 12:50 - 2:00

GOAL LINE to GOAL LINE WARM-UPS  
WITH PUCKS

- FORWARD
- BACKWARD
- FORWARD KICK
- FORWARD STOPS
- FORWARD TO BACKWARD TRANSITION BETWEEN BLUES
- FORWARD TO SIDESTEPS BETWEEN BLUES.
- 360° SPINS ON ALL LINES
- RIGHT KNEE DOWN ON BLUES
- LEFT KNEE DOWN ON BLUES
- SUPERMAN ON BLUES

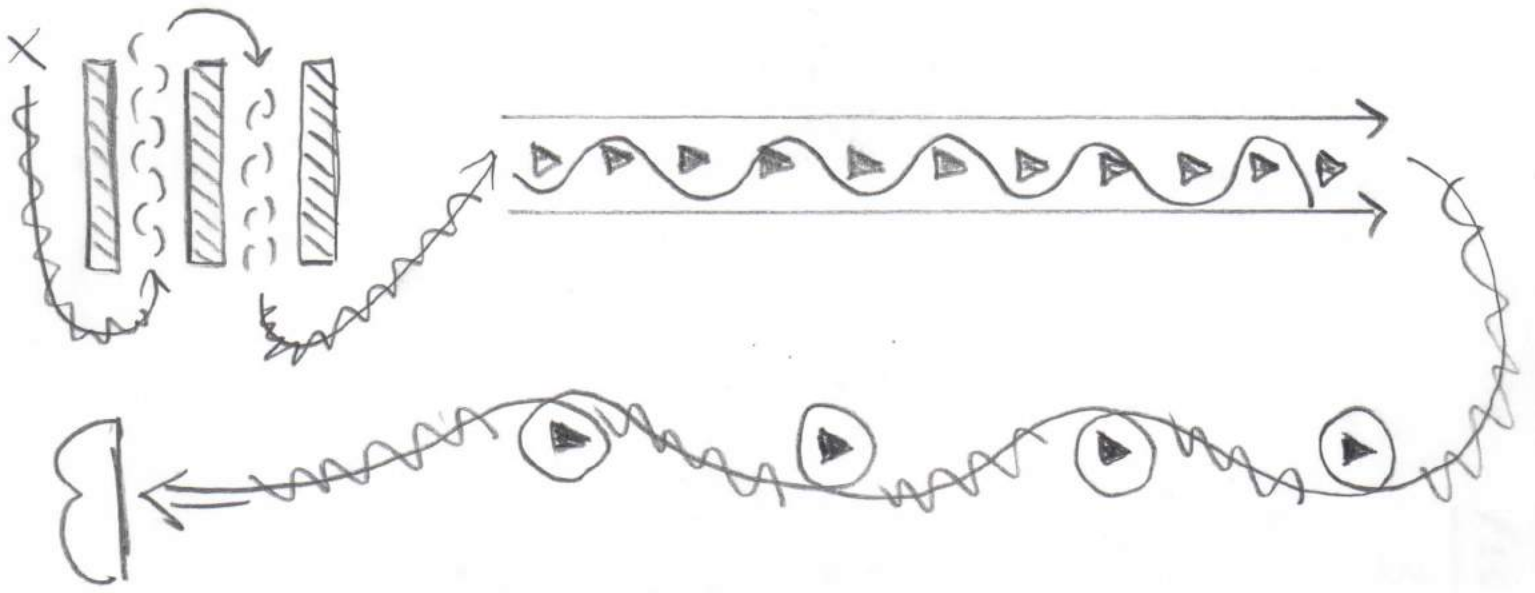
SPLIT-UP TOPICS

1. POSITIONING IN FRONT OF NET
  2. 2 vs 0 (GET GOALIE TO COMMIT)
- BE CREATIVE!
- FAKE SHOT & MAKE PASS
  - DROP PASS

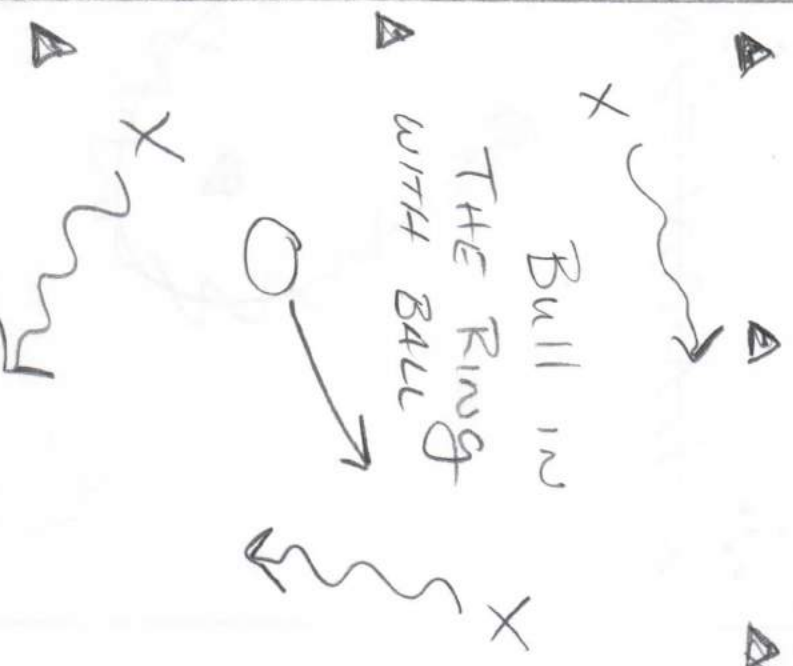
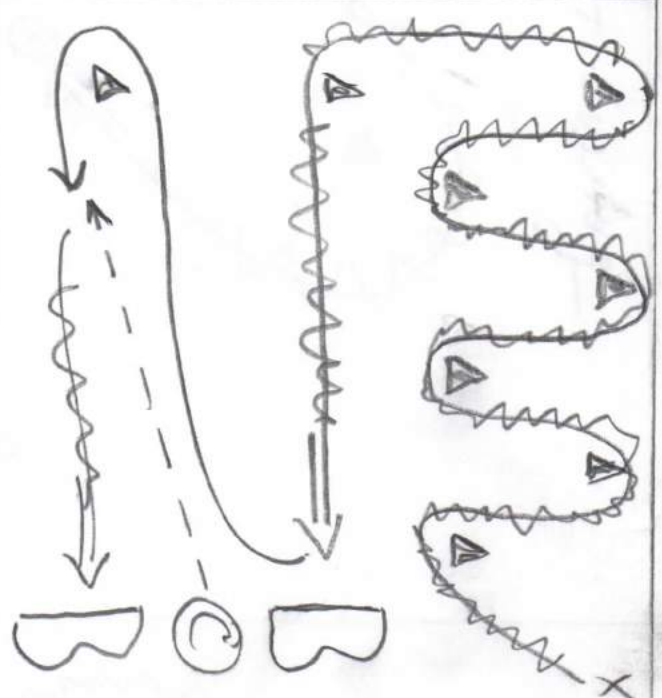
← F<sub>1</sub>

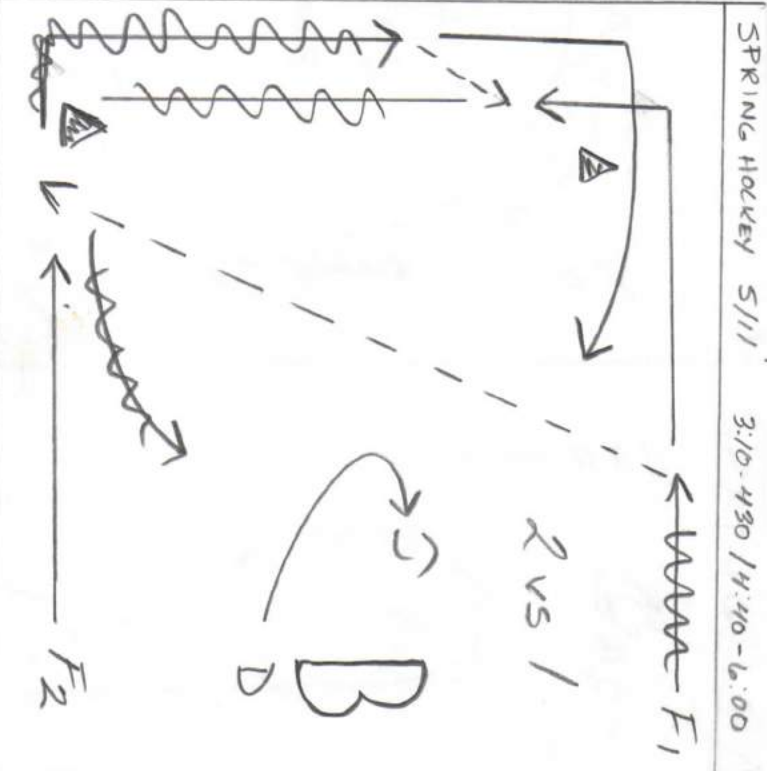
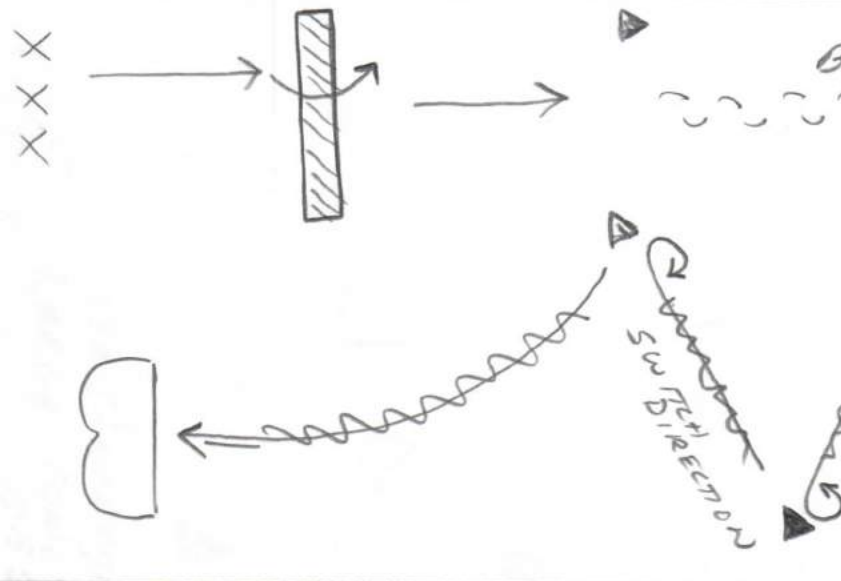
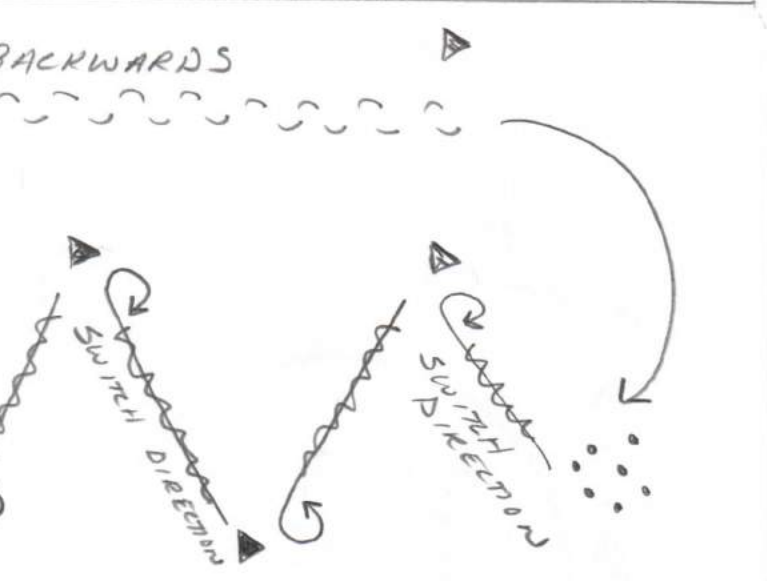
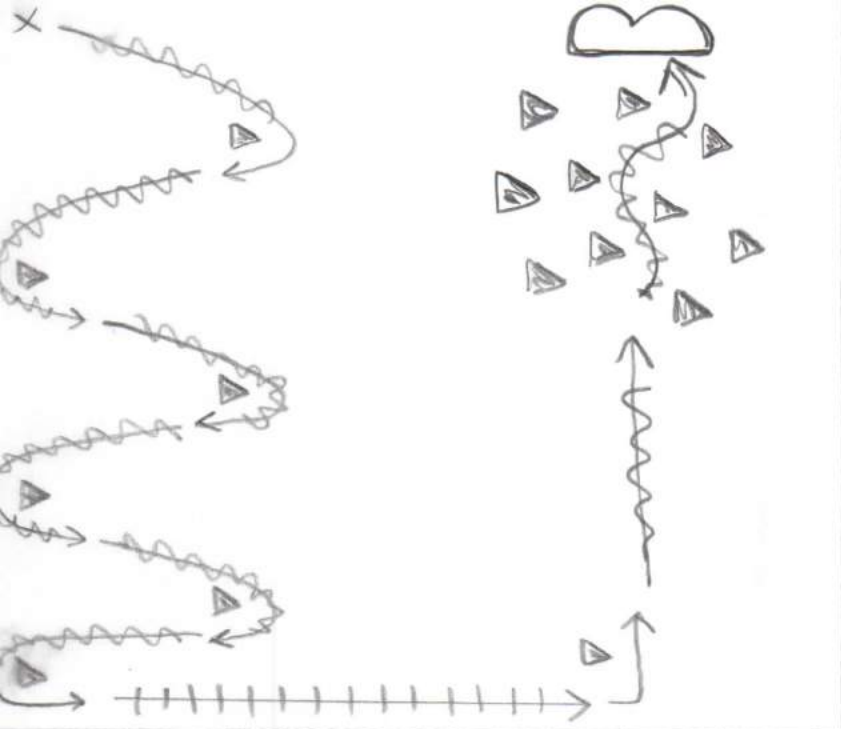
B D ← F<sub>2</sub>

3 vs 1 TRIANGLE ← F<sub>3</sub>  
(MUST PASS 3 TIMES)



Blue 12/15/13 9:40-10:50 AM





PLAYERS MAY FACE DOWN TOWARDS EACH OTHER. COACH RANDOMLY PLACES PUCK. ON "GO", PLAYERS MUST GET UP, LOCATE PUCK & BATTLE TO SCORE

→ X ←  
X ←

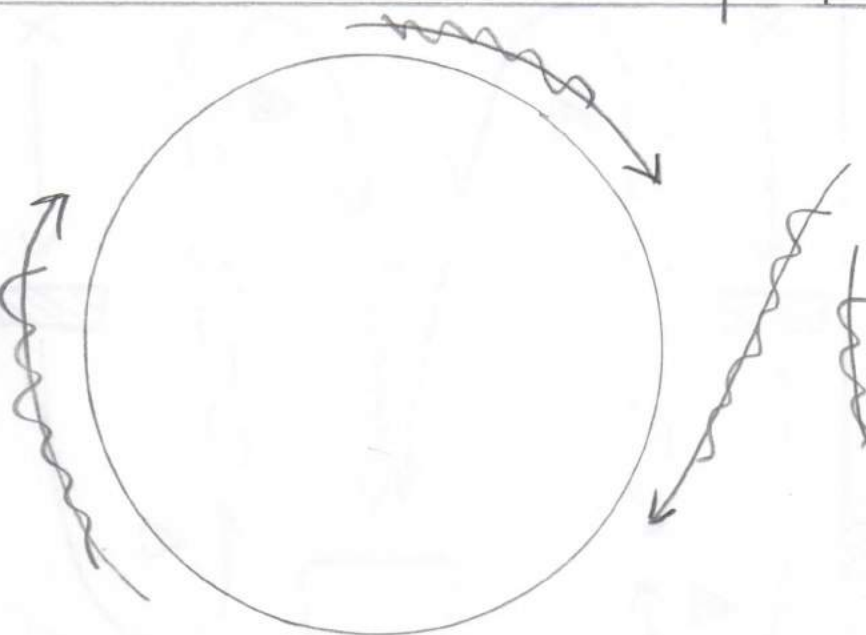
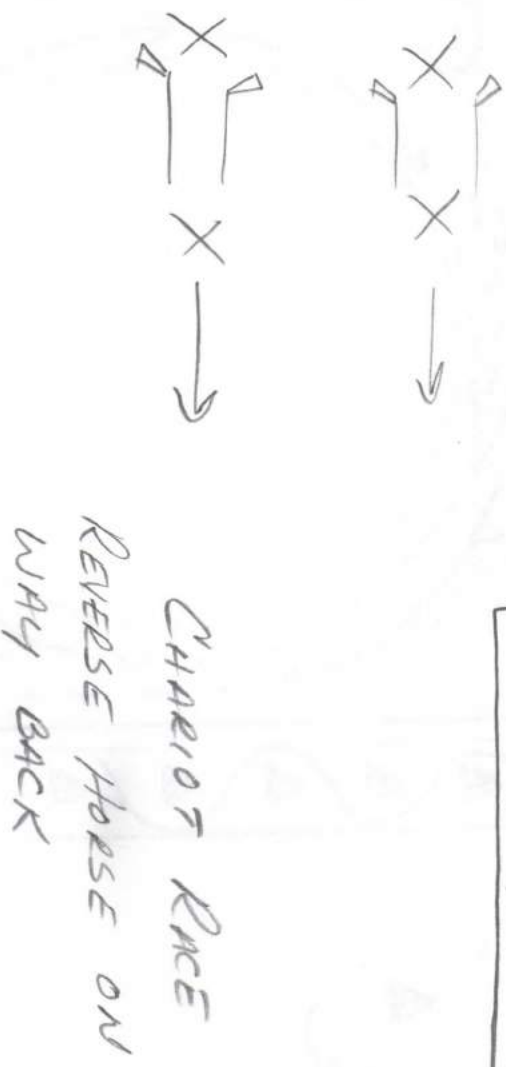
B

→

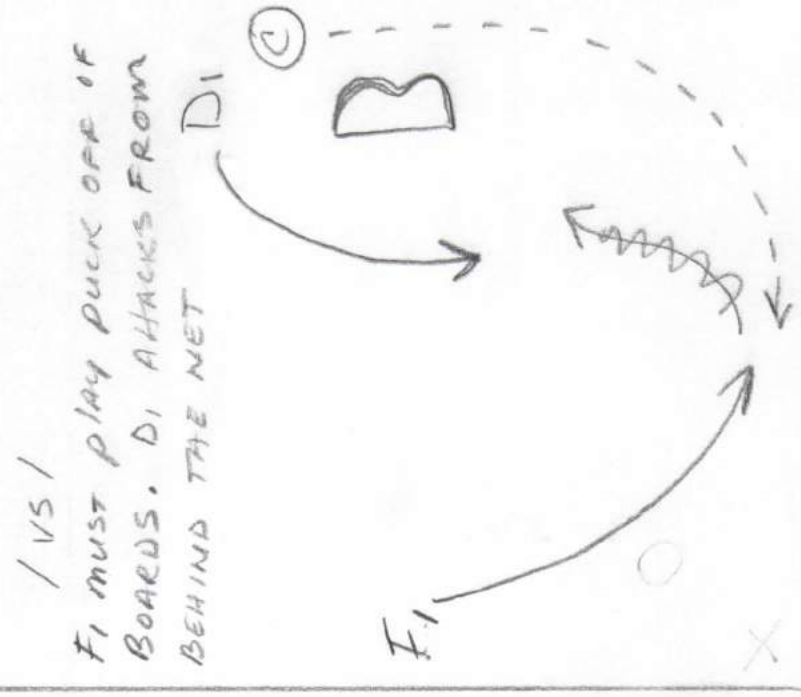
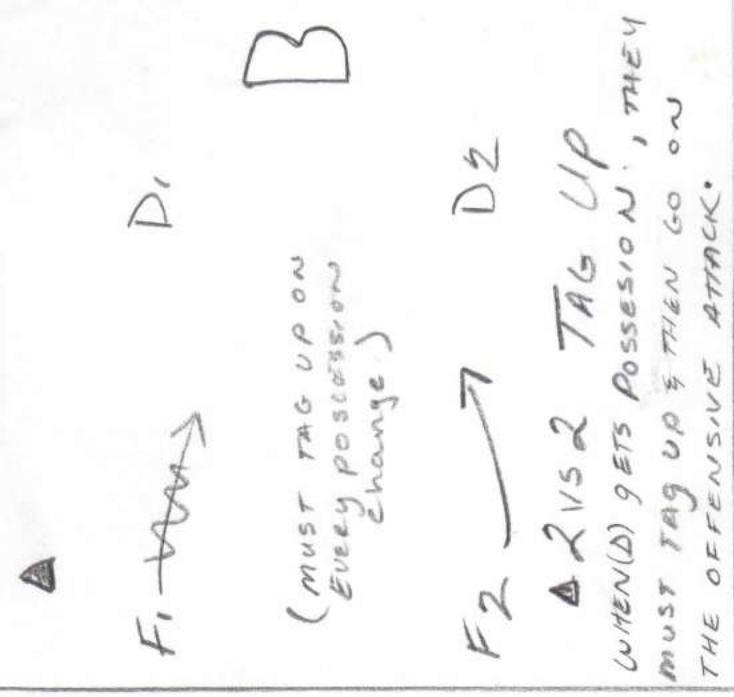
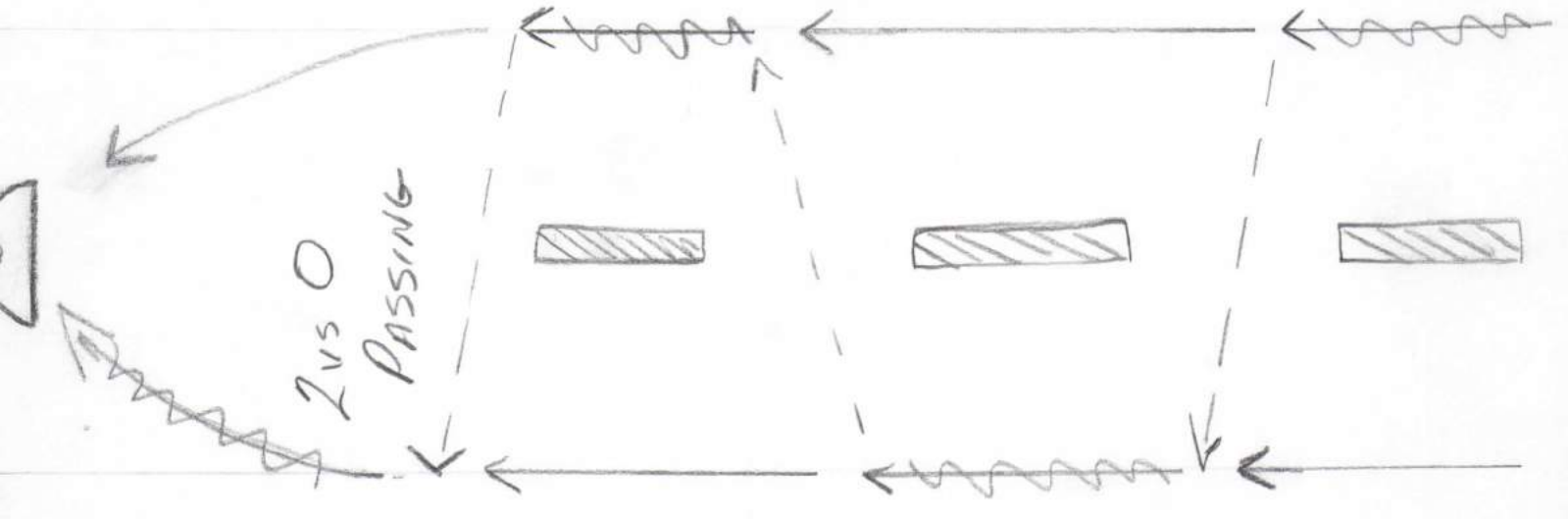
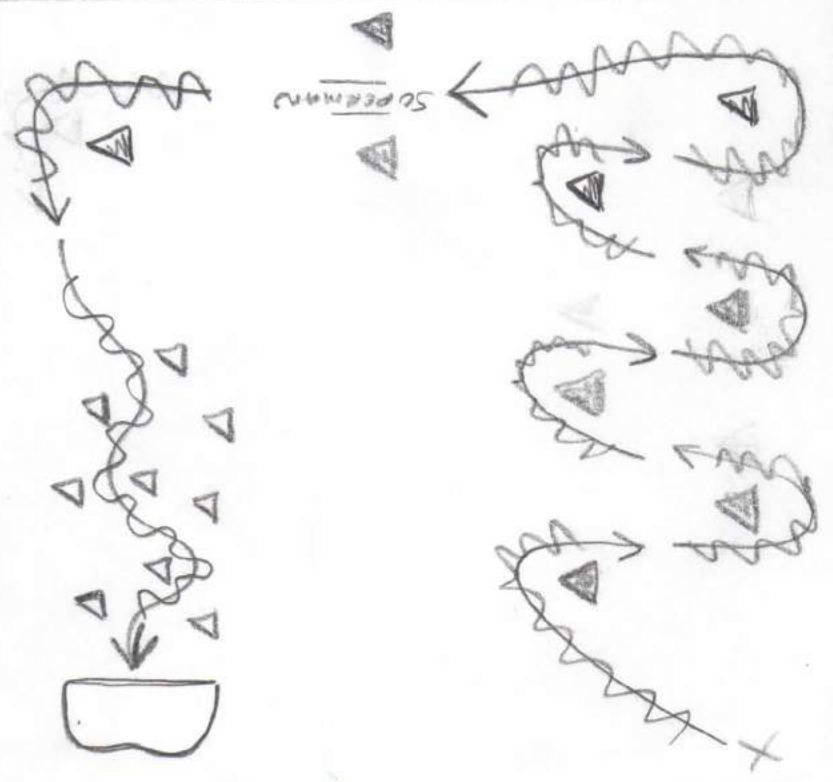
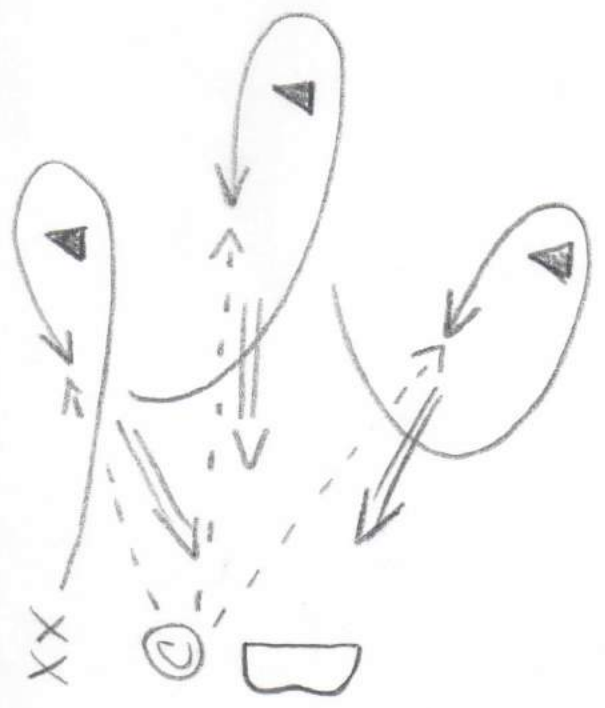
1 VS 1

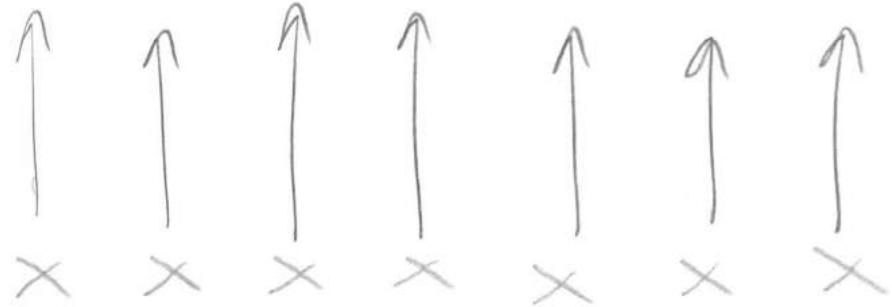


SUNDAY 10/19 11-12:10 PM



SAT 11/16 10:10-11:20 (RED)

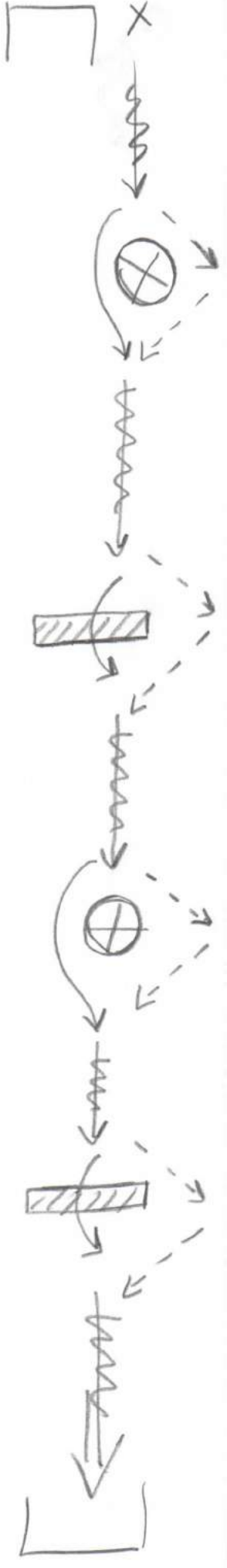




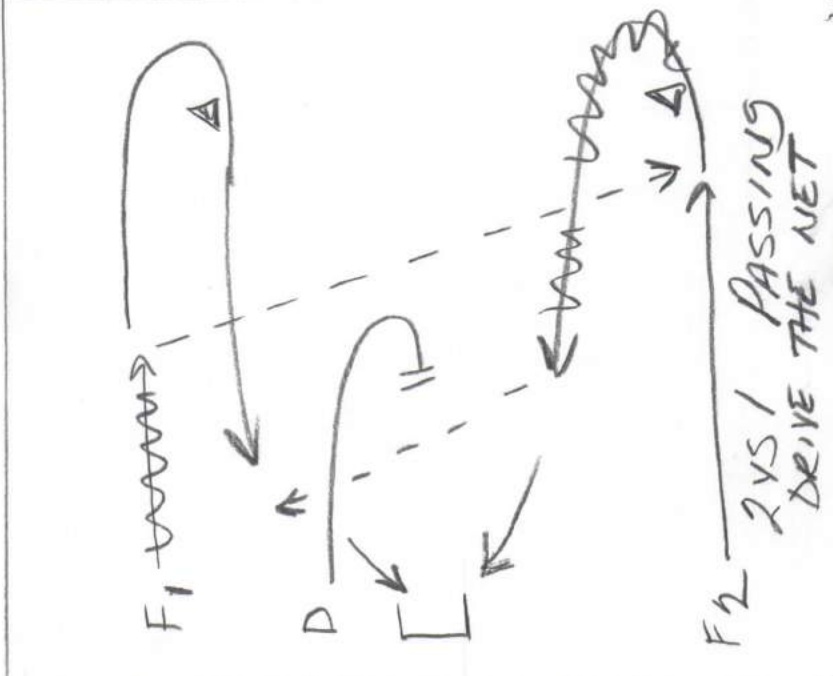
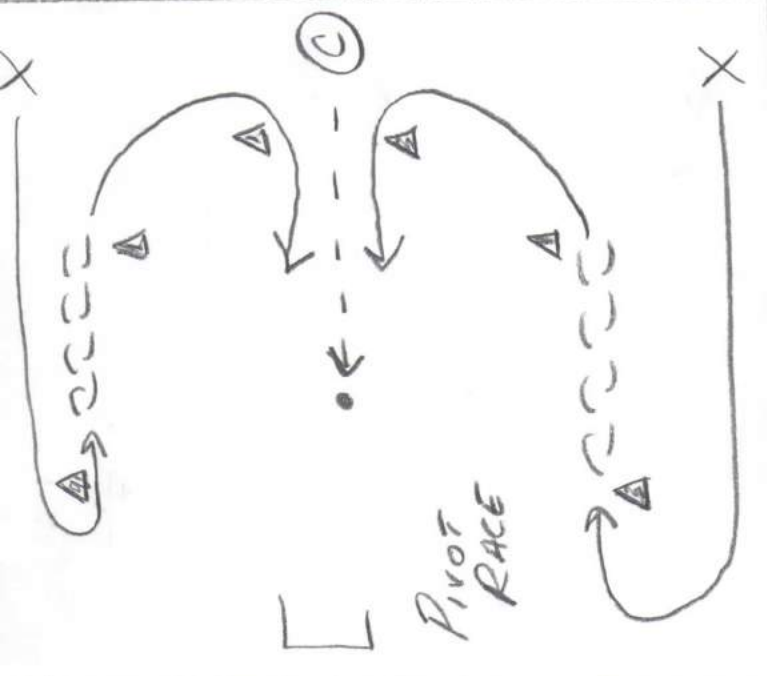
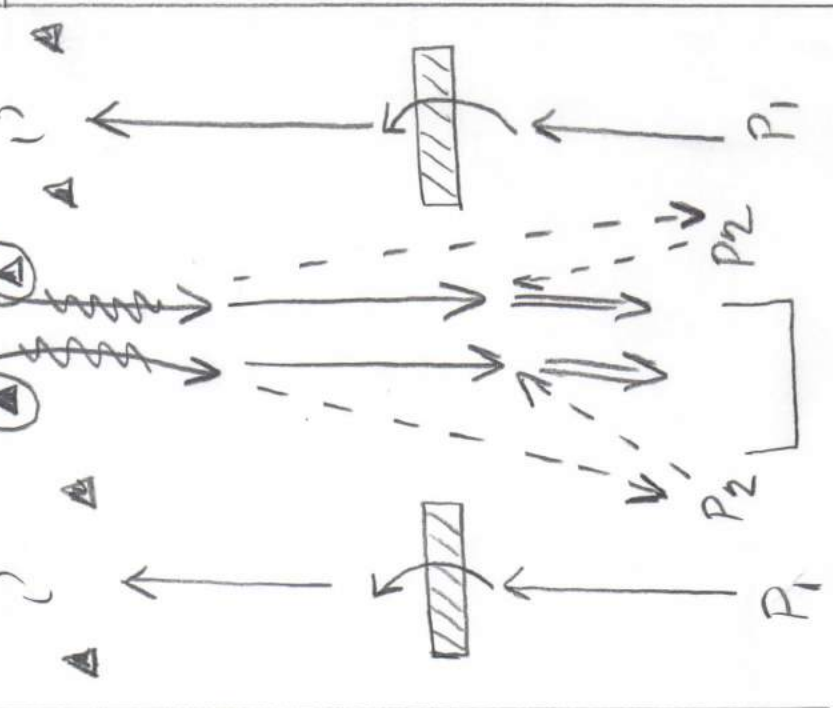
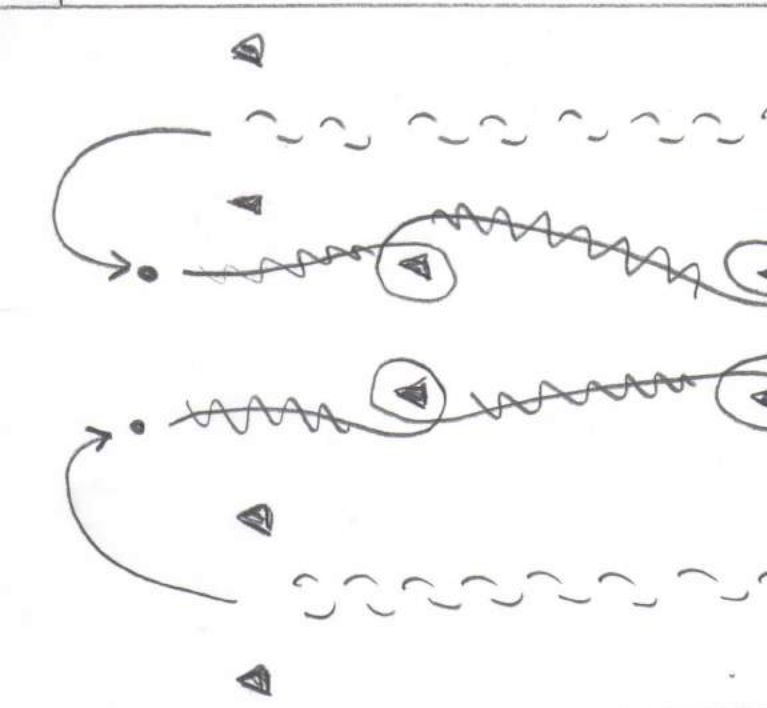
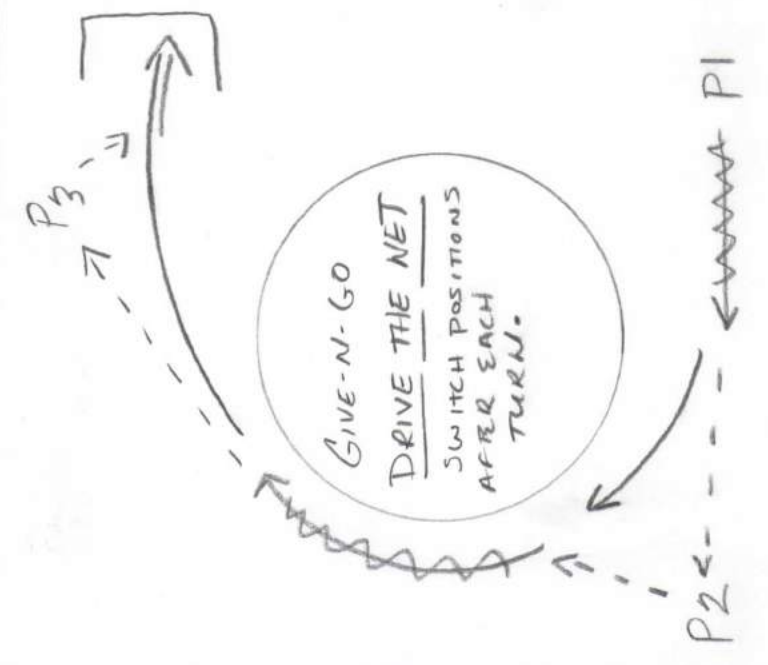
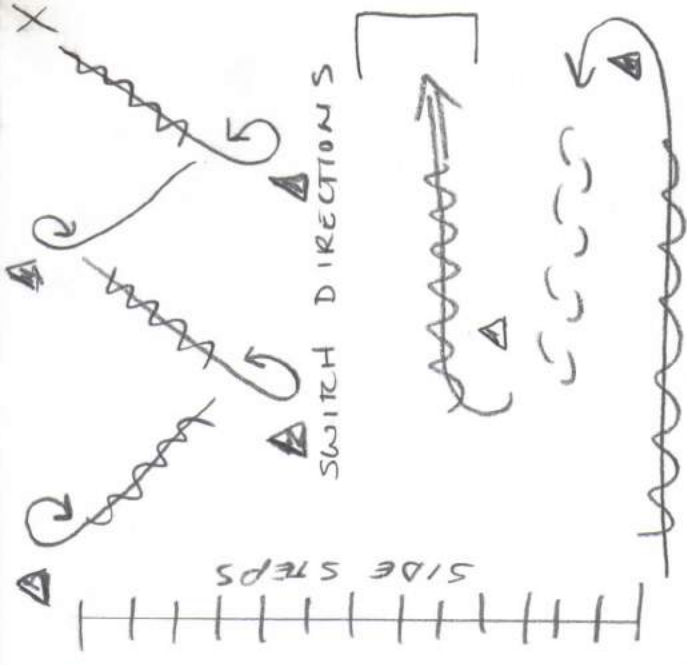
# POWERSKATING

- INSIDE EDGES
- OUTSIDE EDGES
- C-CUTS
- EXAGGERATED STRIDE

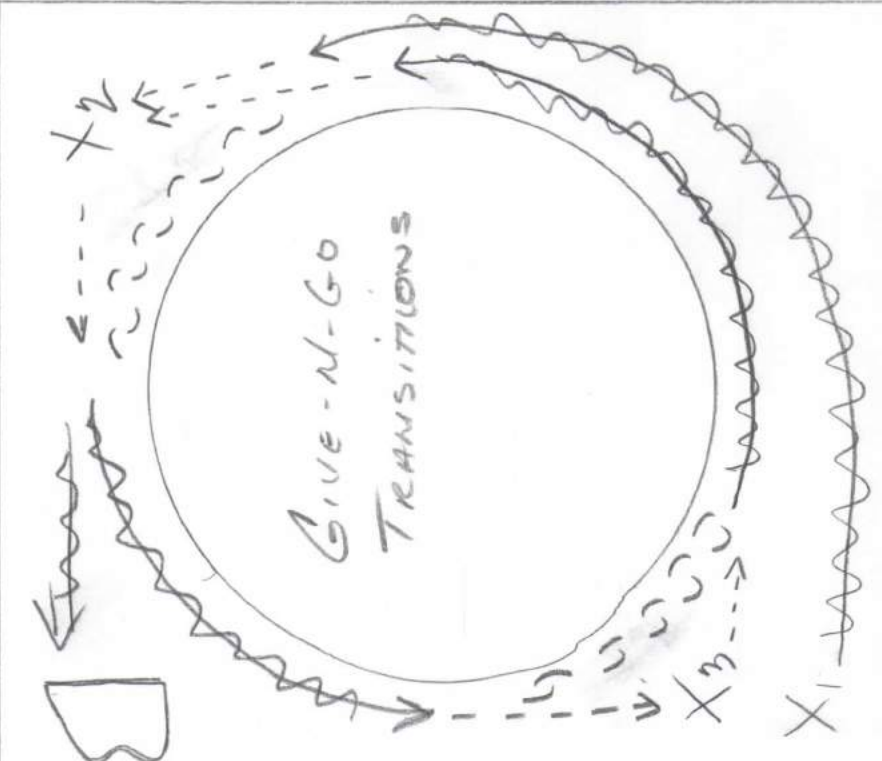
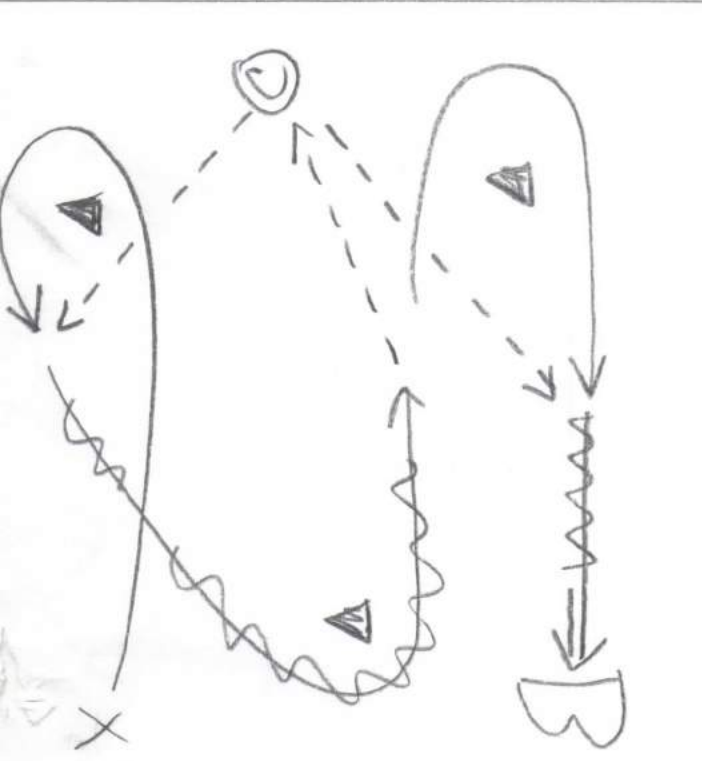
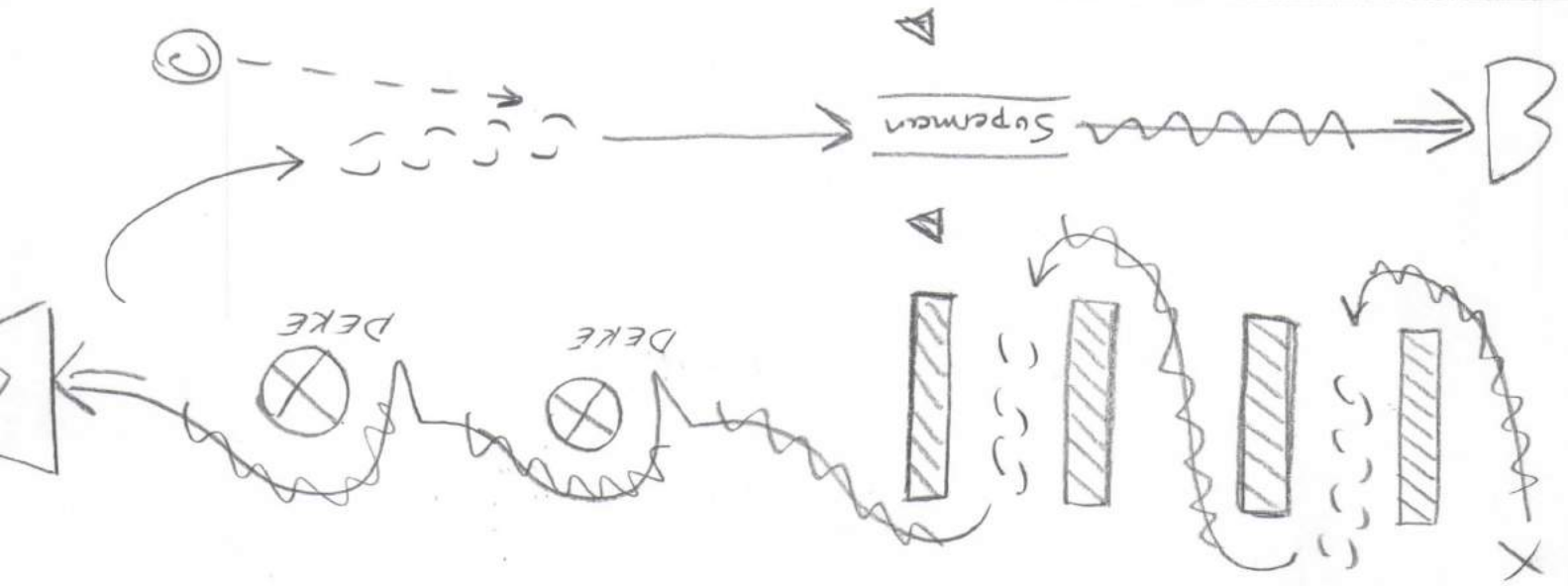
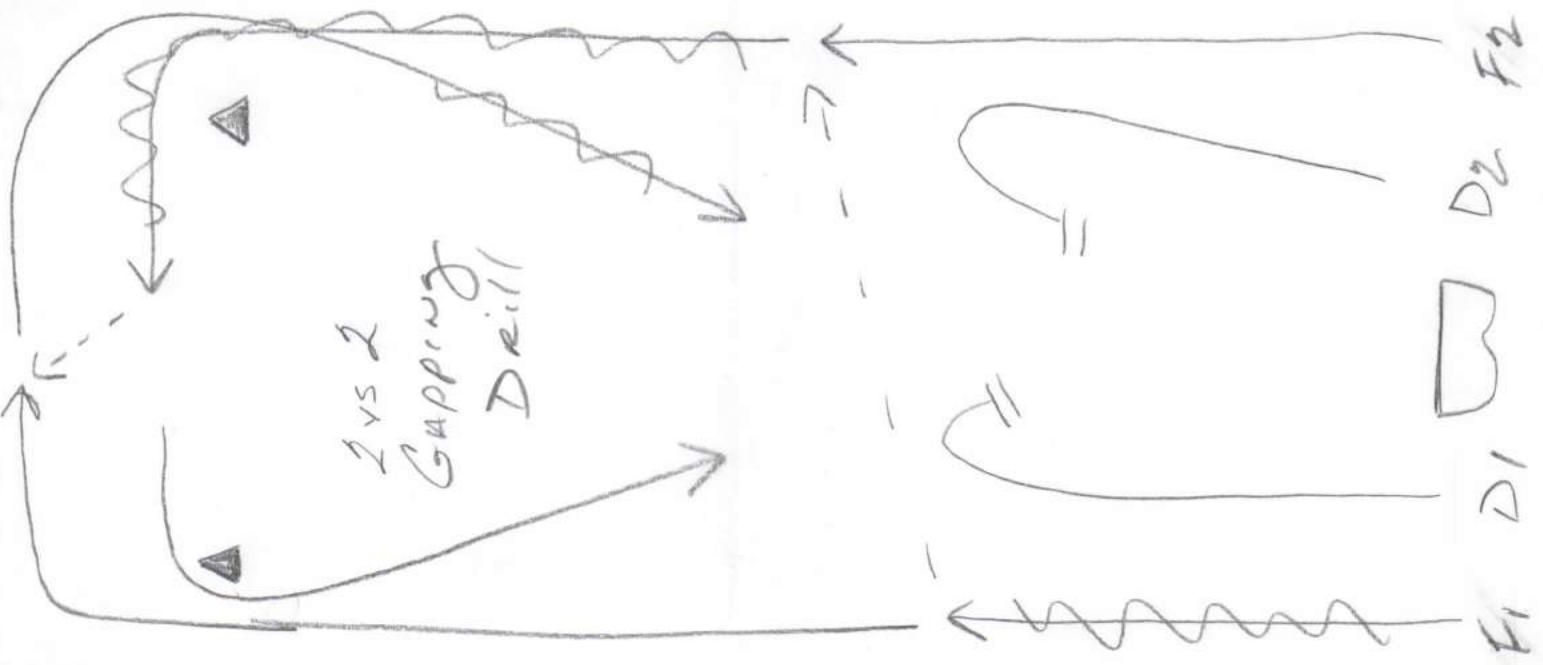
# PLAYING PUCK OFF OF BOARDS



SAT 1/4/14 11:30-12:40 R



SUNDAY 2-14 1:40-10:50



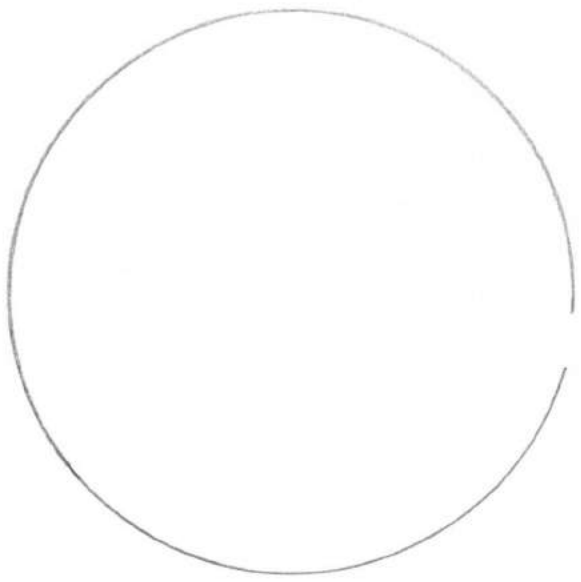
SUNDAY 1-2-14 WARM-UPS

→ X

# CHARIOT RACES

→ X

CROSS OVERS  
 FIGURE 8  
 - TRANSITIONS  
 - BACKWARDS



→

→

→

→

→

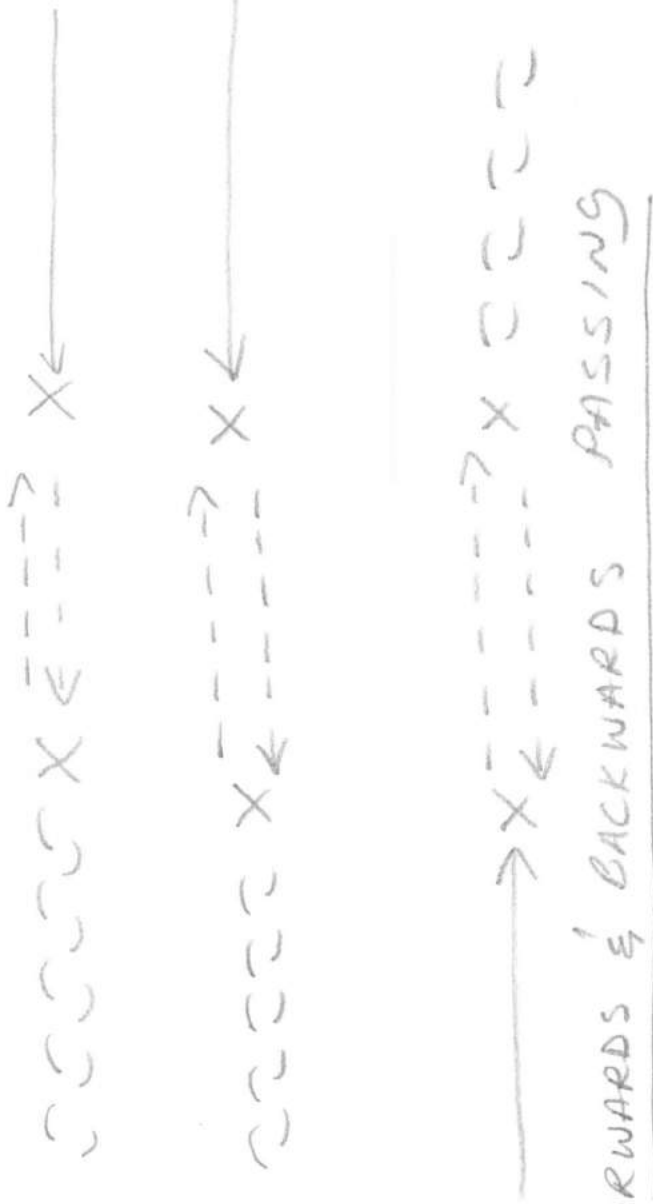
# MUSICAL PICKS

o

o

o

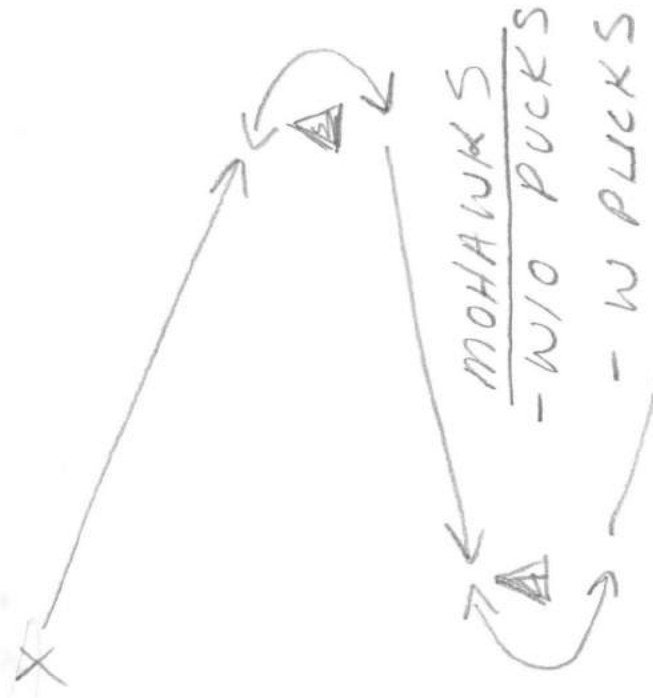
o



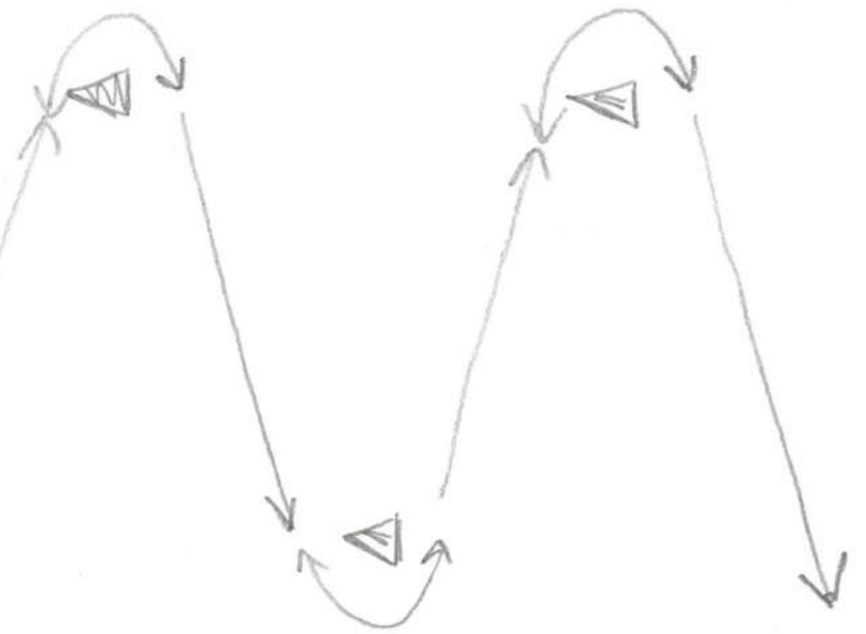
FORWARDS & BACKWARDS PASSING



RELAY RACE  
 - FORWARD 360'S  
 - BACKWARDS

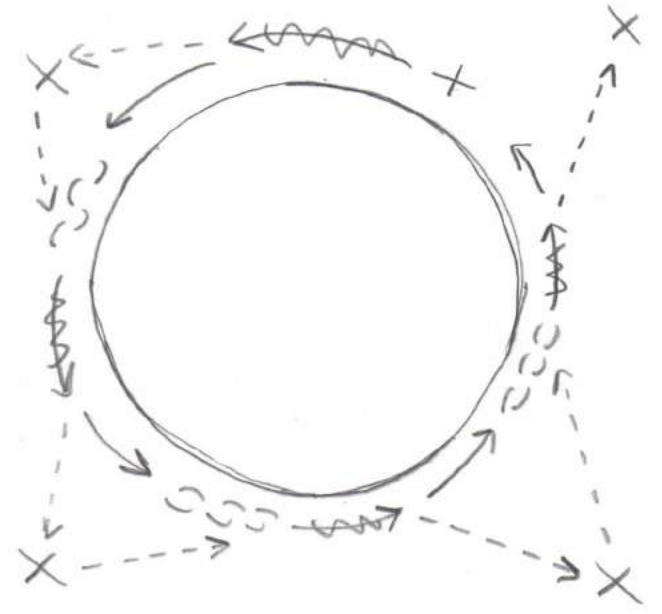


MOHAWKS  
 - W/O PUCKS  
 - W PUCKS

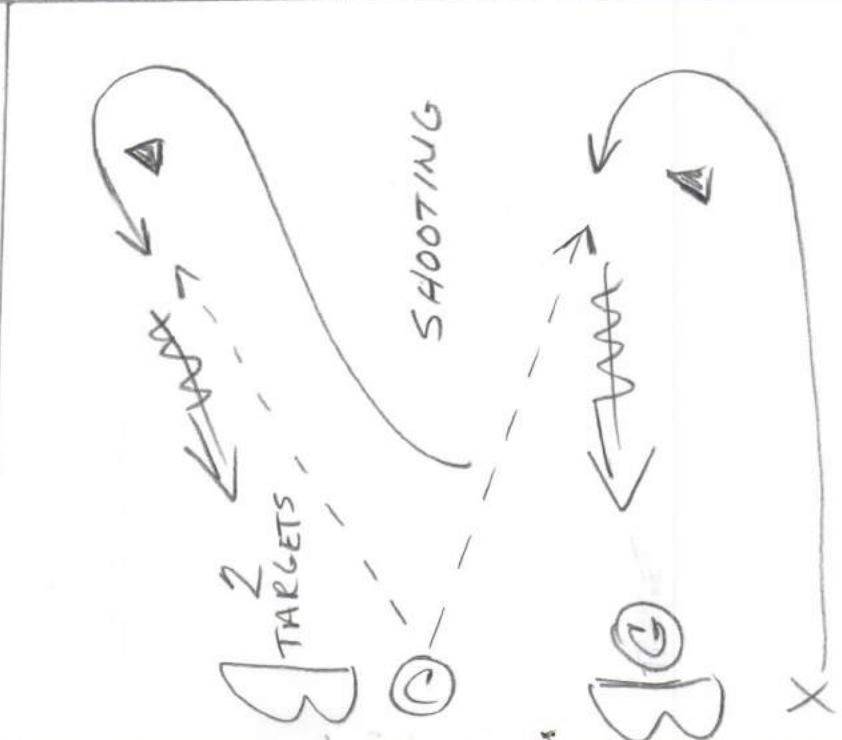
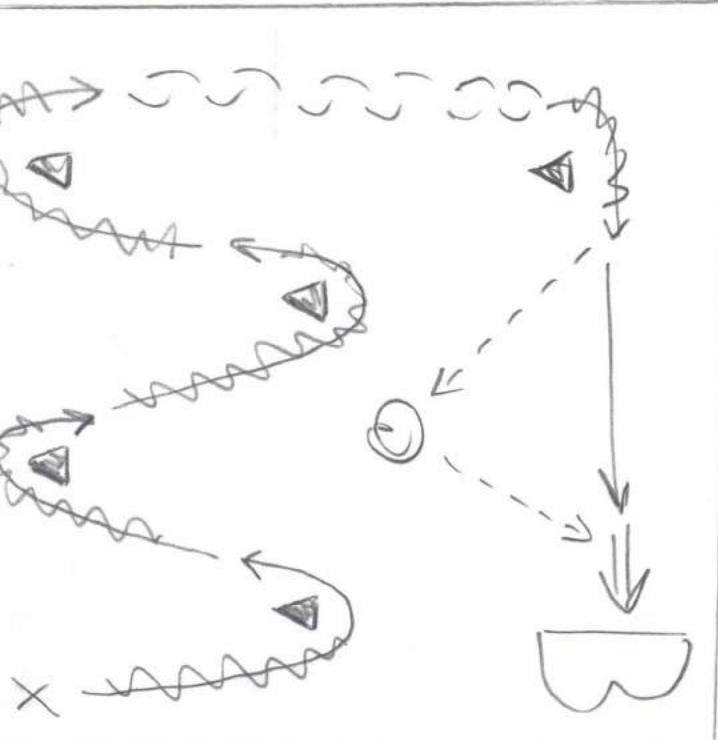




FORWARD HAS TO GET OPEN  
 TWICE TO RECEIVE PASS & SHOT  
 DEFENSEMAN COVERS FORWARD



1 VS 1  
 GAP CONTROL



2 TARGETS

SHOOTING

# WARM-UPS w / PUCKS

1. ONE HAND PUSH
2. FORWARD STICKHANDLE
3. BACKWARD STICKHANDLE
4. ONE KNEE DOWN ON BLUE LINES
5. BOTH KNEES DOWN ON BLUE
6. BACKWARD TRANSITIONS BETWEEN BLUE LINE
7. STOPS ON ALL LINES
8. SIDE STEPS BETWEEN BLUE LINES
9. SUPERMAN ON BLUE LINE
10. KICK PUCK TO GOAL LINE.



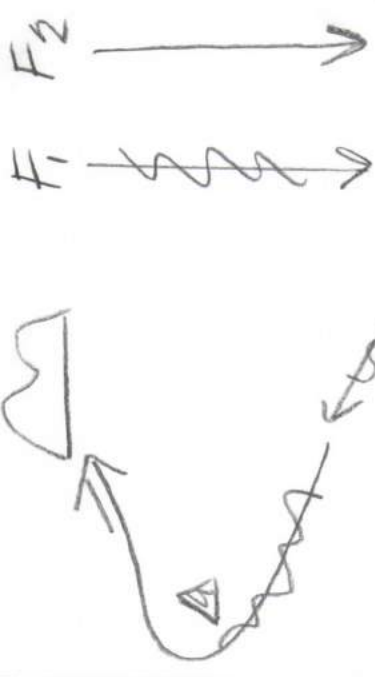
RED SUN 2/9/14 1:40-2:50



X X

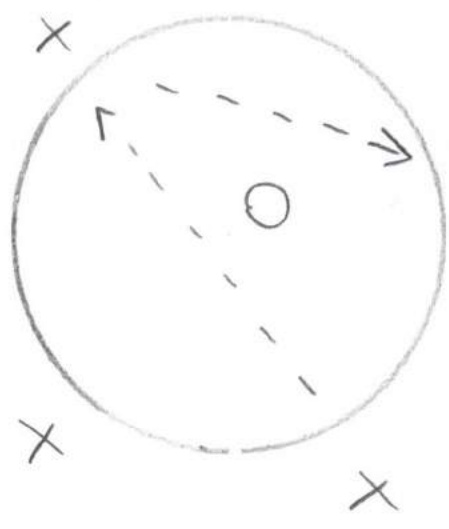
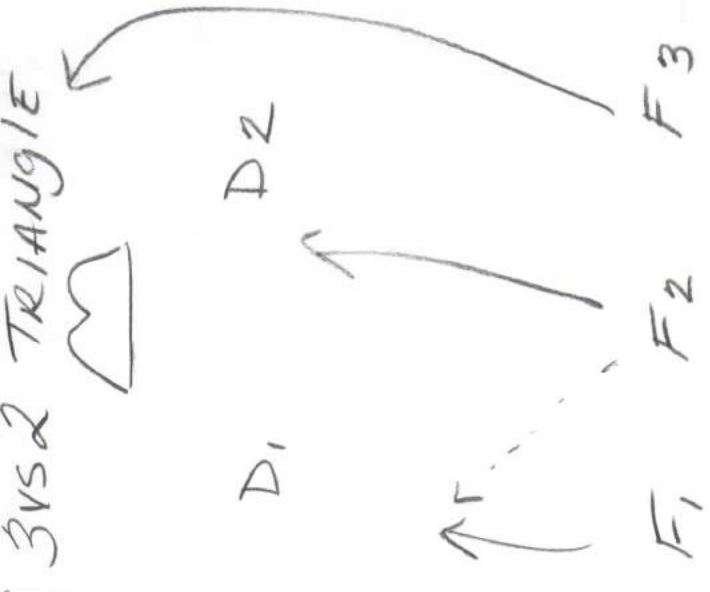
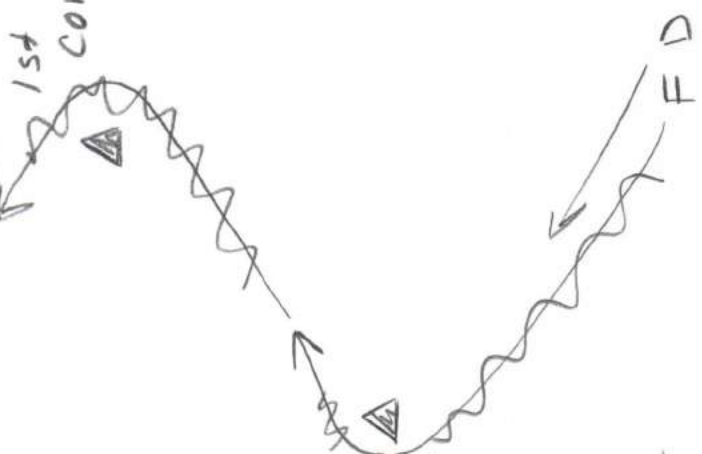
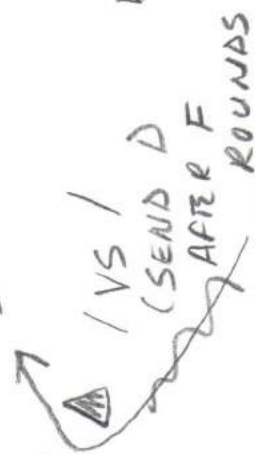
SMALL AREA GAME  
(USE YELLOW SOFTBALL)

O O



2 vs 0

(BE CREATIVE  
-TRY DROP between legs)



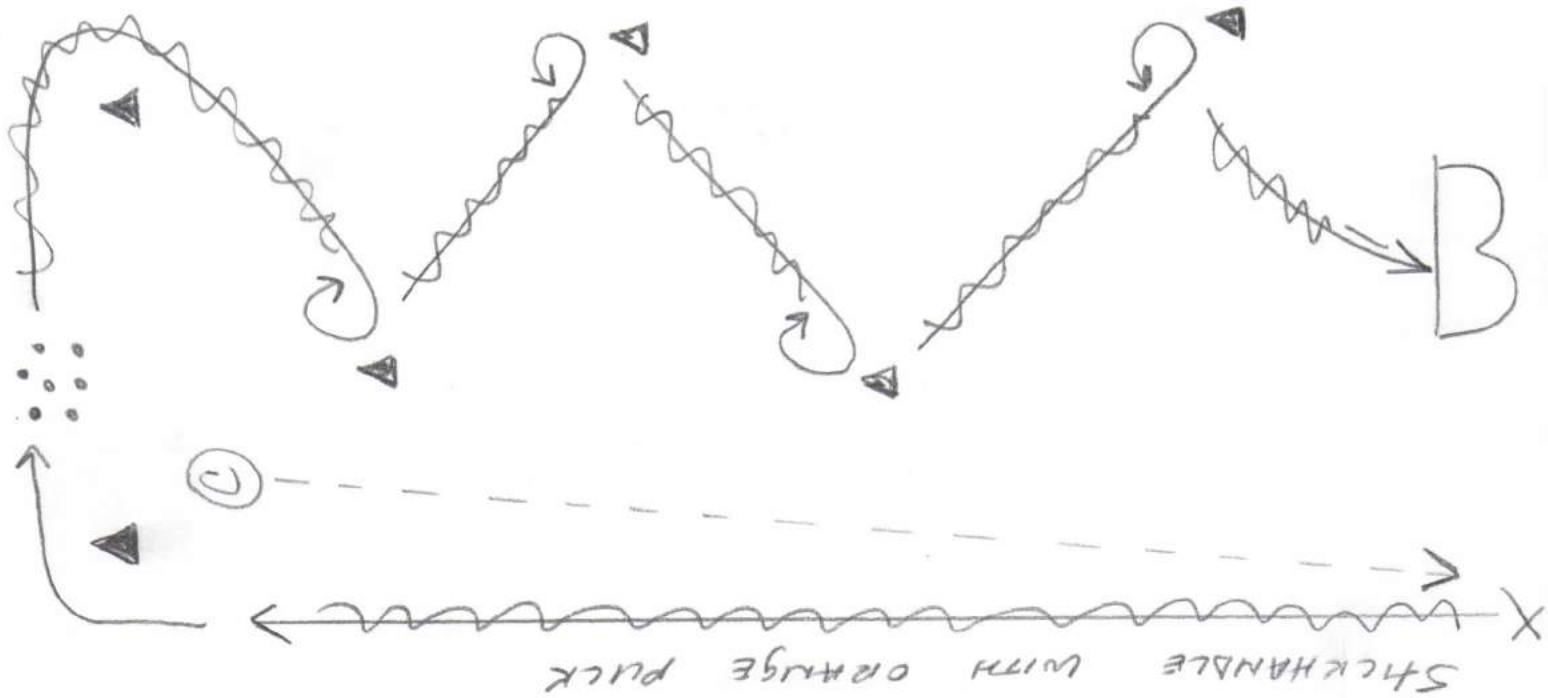
MONKEY IN THE MIDDLE

WED 1/22/14 6:30-1:30

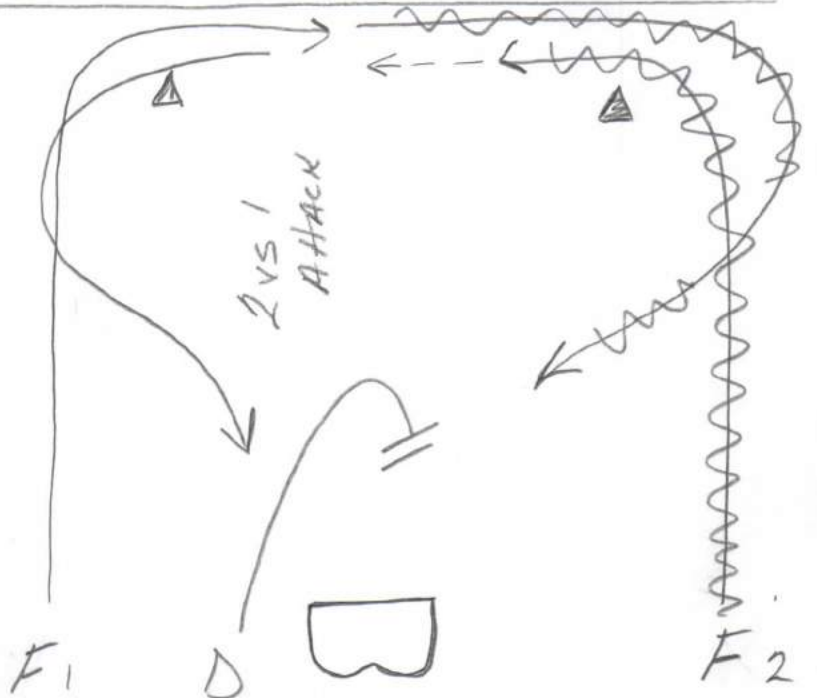
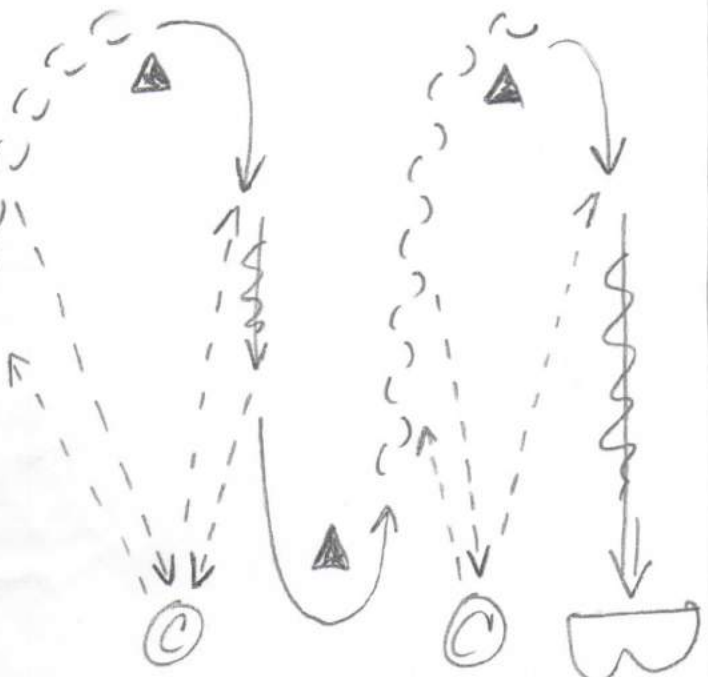


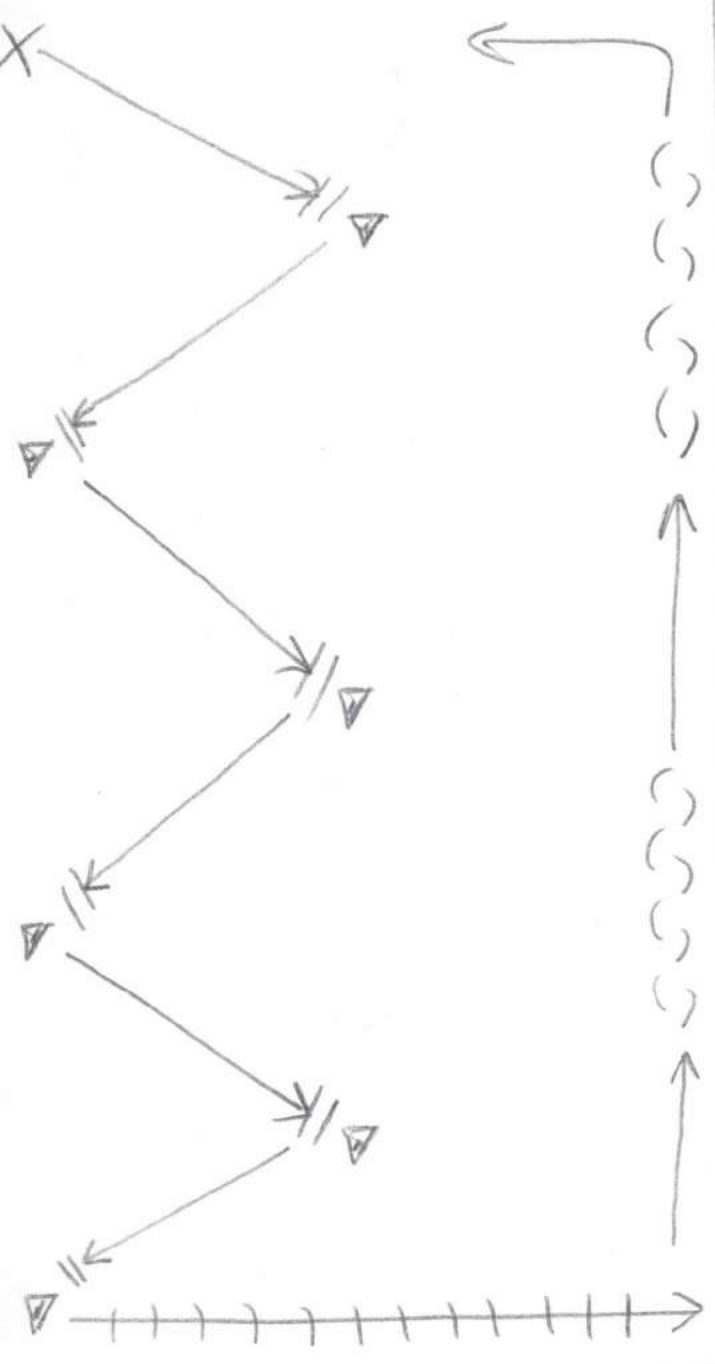
BACK DOOR  
PASS DRILL  
(CRASH NET)

BLACK PUCK -

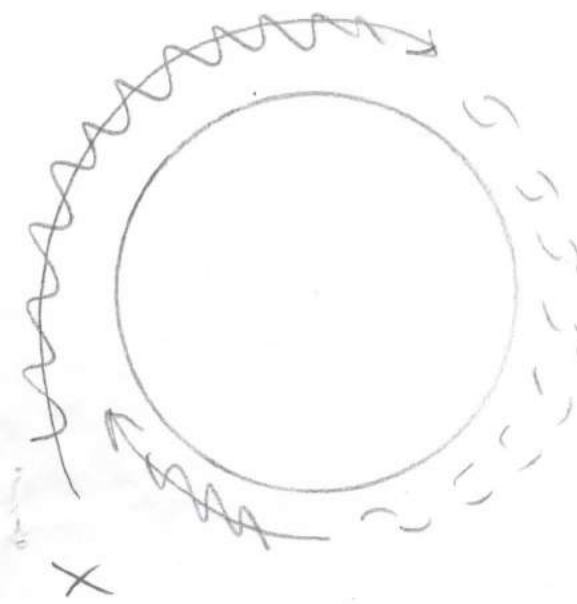


X C...

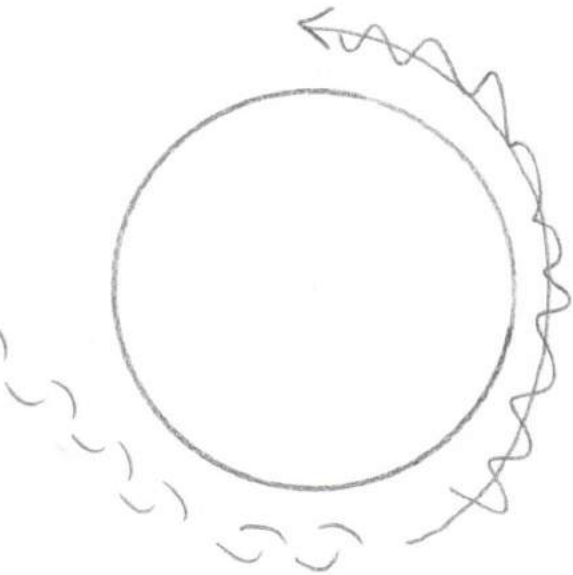




FORWARDS & BACKWARDS  
THROUGH CONES

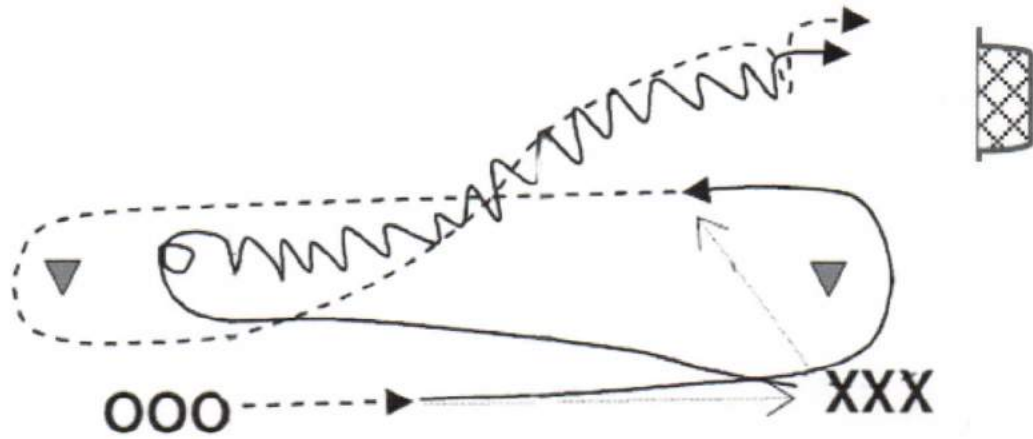


TRANSITIONS  
WITH  
PUCKS



### Gap Up

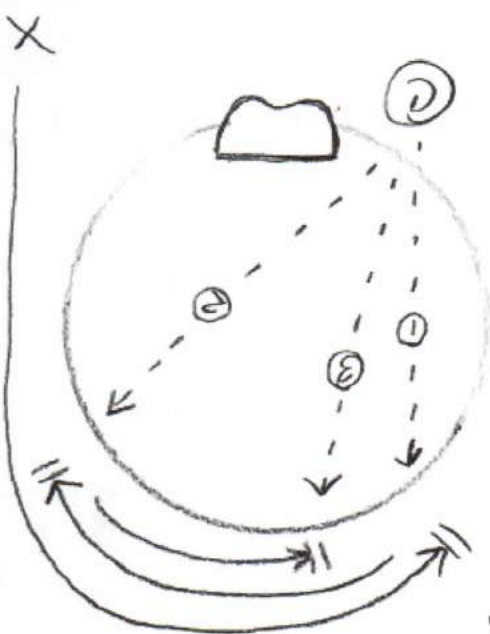
Player O begins by skating down the blue line and passes to X. Player O skates around the cone and receives a return pass from X. Players skate back and forth around cone. Player X gaps up to play 1v1 back.



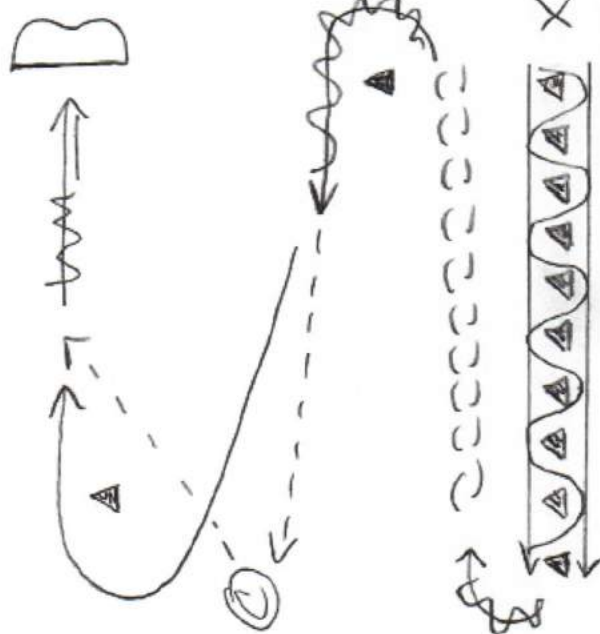
### The "Gretzky" Game

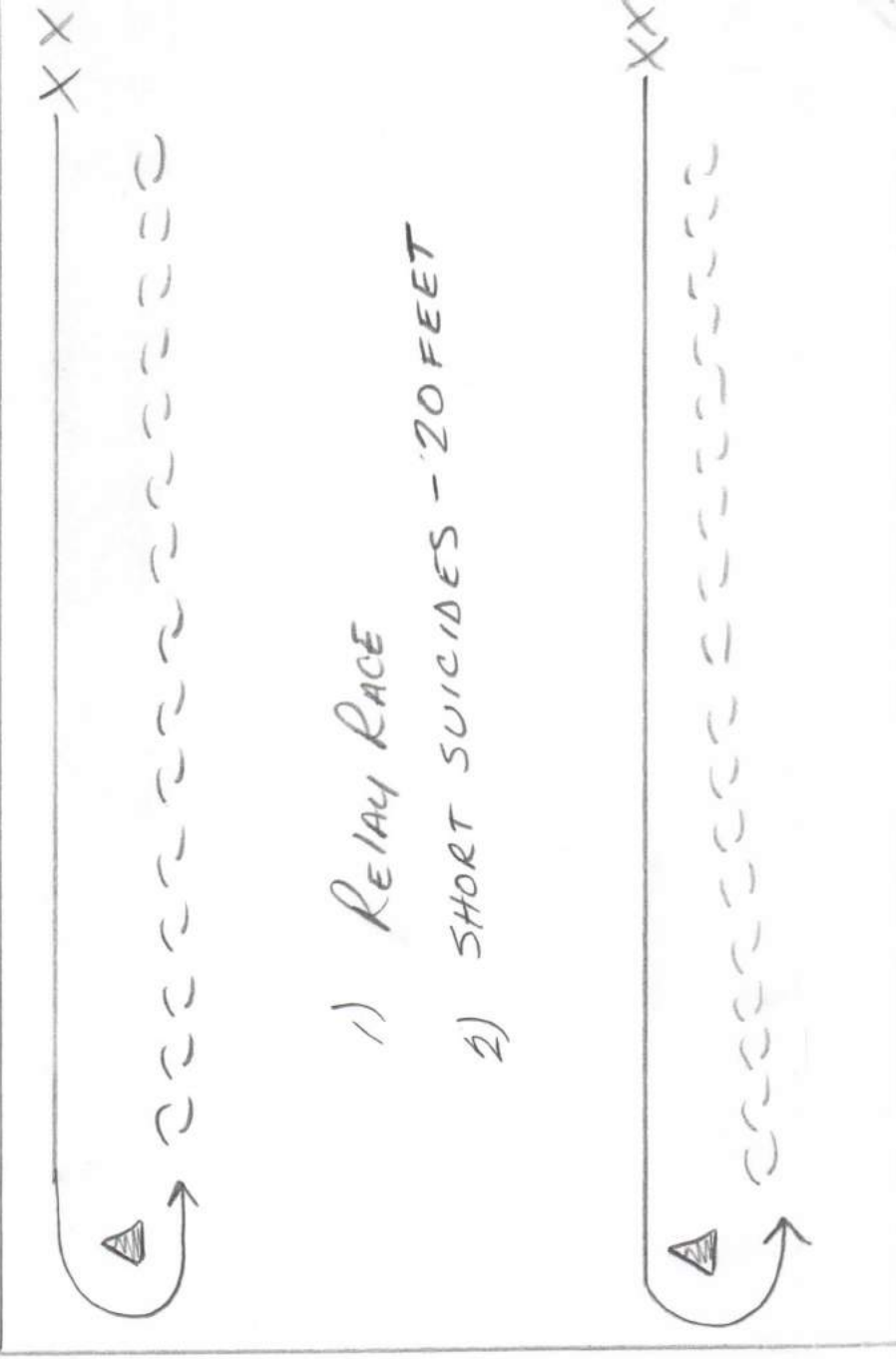
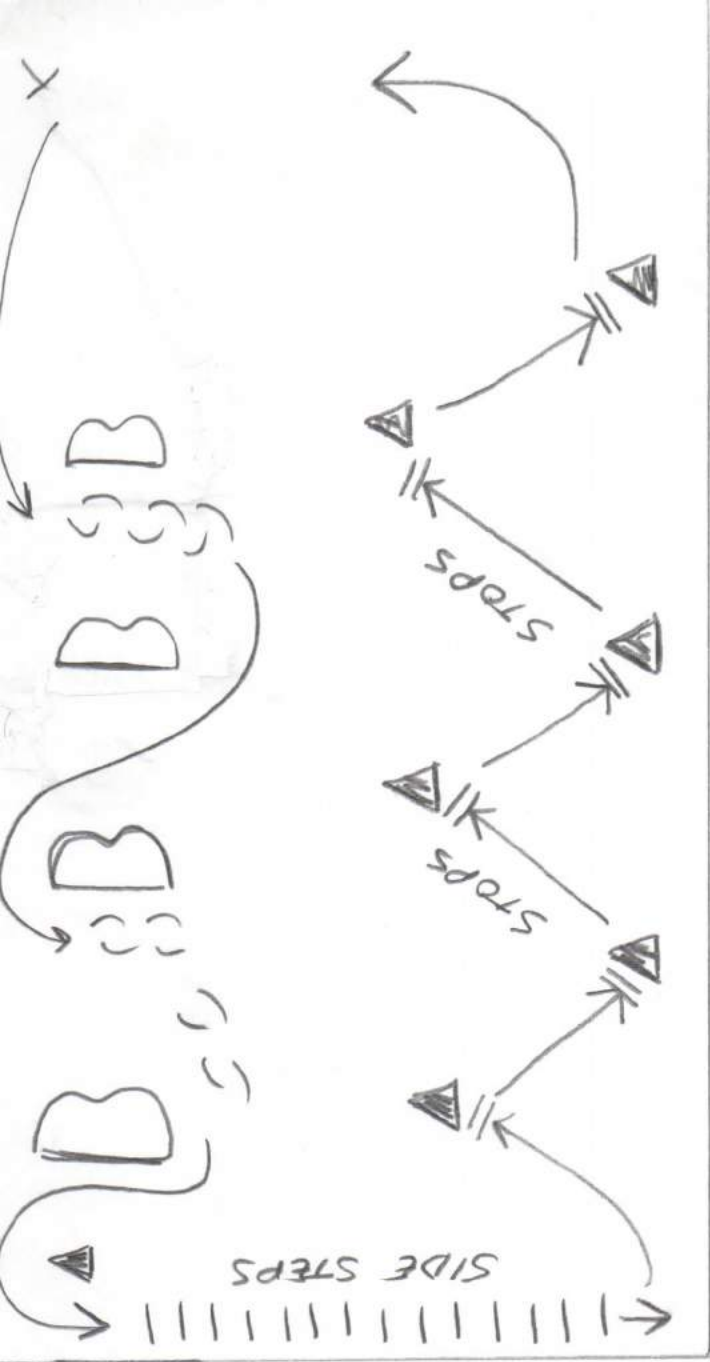
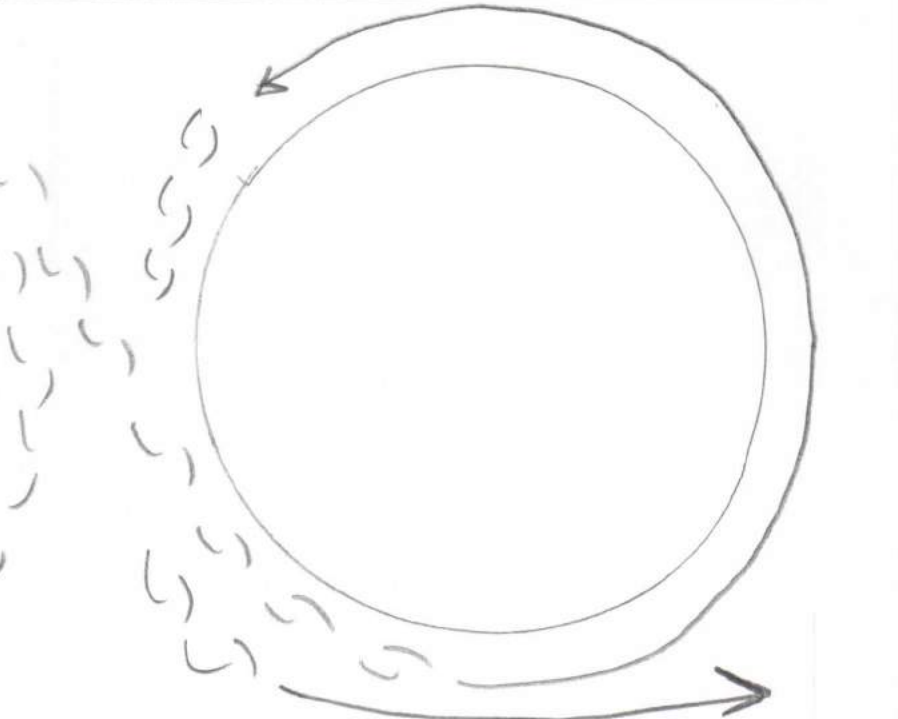
1 v 1 with an additional player, or "Gretzky" behind the attacking goal. "Gretzky" can move anywhere behind the imaginary goal line but cannot cross over it.

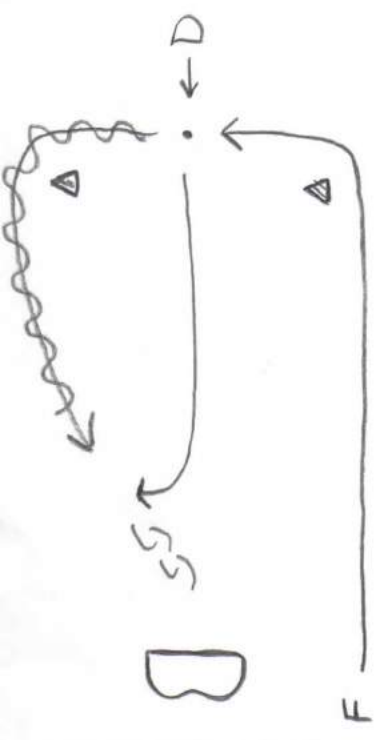
Players must pass to "Gretzky" after every change of possession before they can attempt to score. Once again, coaches should encourage players to move to open ice after the pass to the "Gretzky."



COACH MAKES 3 RANDOM PASSES AWAY FROM PLAYER, WHO RACES TO PUCK & MAKES QUICK SHOTS FROM OUTSIDE CIRCLE. \*KEEP PLAYERS MOVING

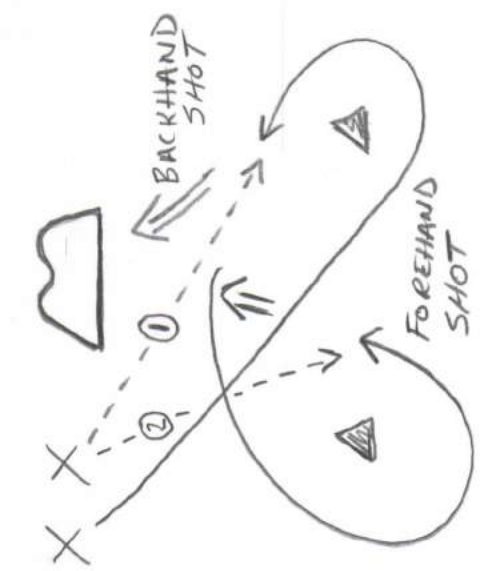




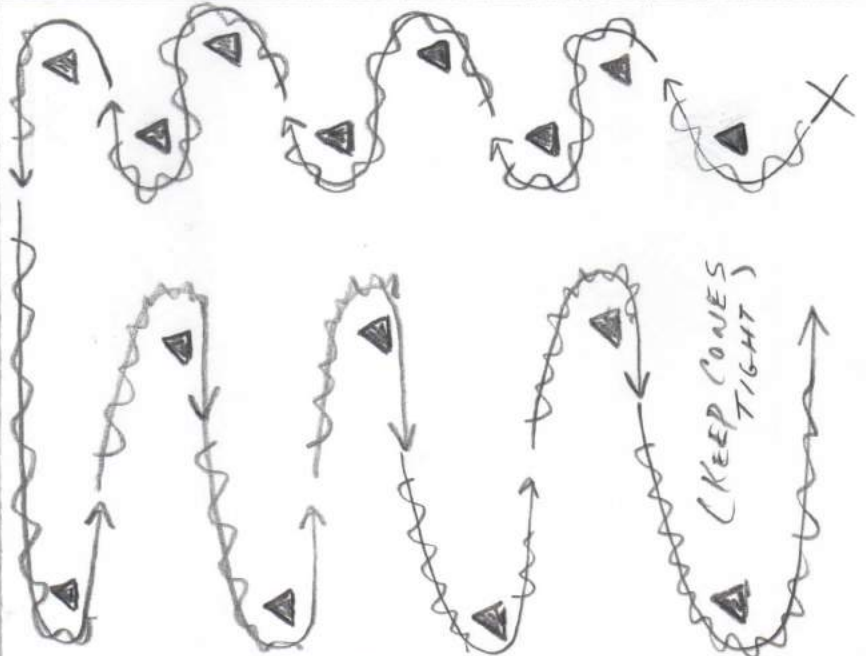


1 VS 1 TIME & SPACE:  
 STRESS ② TO GET AHEAD OF F & MANAGE THE SPACE BEFORE PINCHING.  
 ② SHOULD NOT SKATE IN AT A HARD ANGLE.

SLOT DRILL  
 - F1 STAYS BEHIND GOAL LINE.  
 - F2 & F3 ARE STATIONARY  
 - F1 CAN MOVE SIDE TO SIDE, BUT CAN'T CROSS OVER GOAL LINE.  
 - FORWARDS NEED TO PASS & TAKE SHOT ONLY WHEN OPEN LANE IS CREATED.  
 - D TRIES TO DEFEND BUT CANT GO BEHIND GOAL LINE.

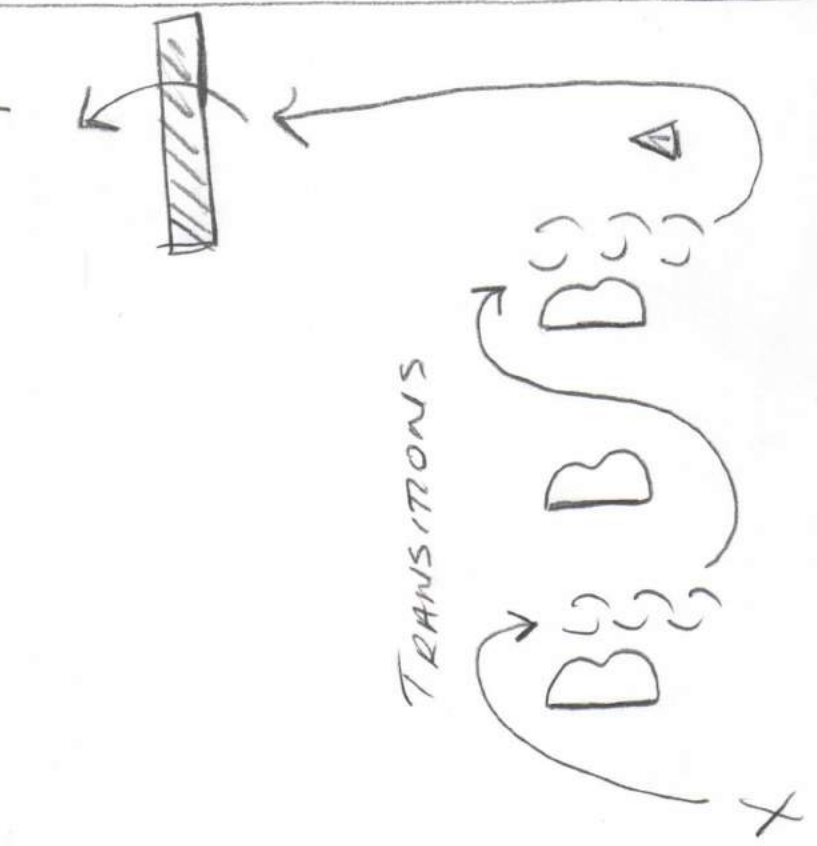
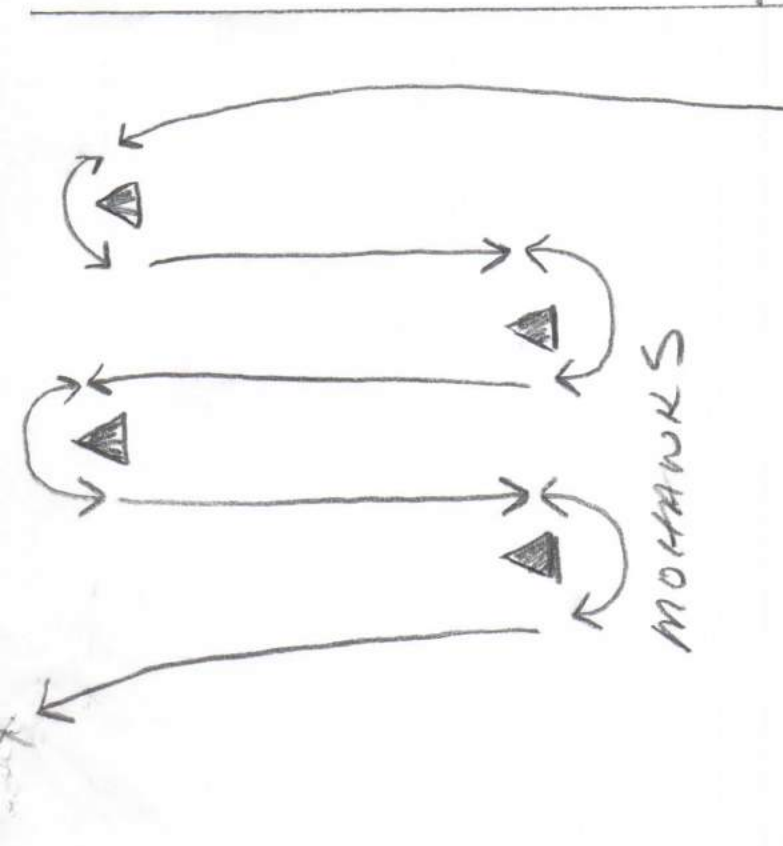
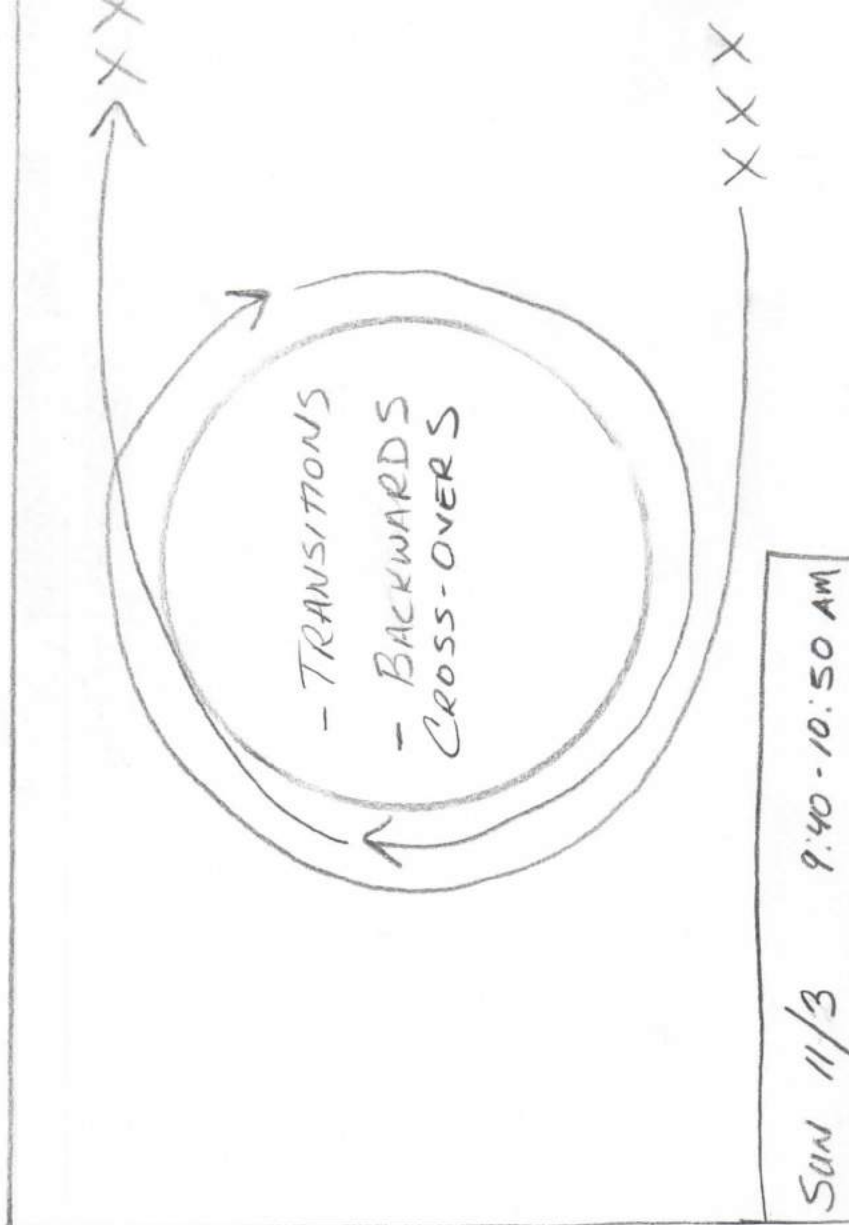
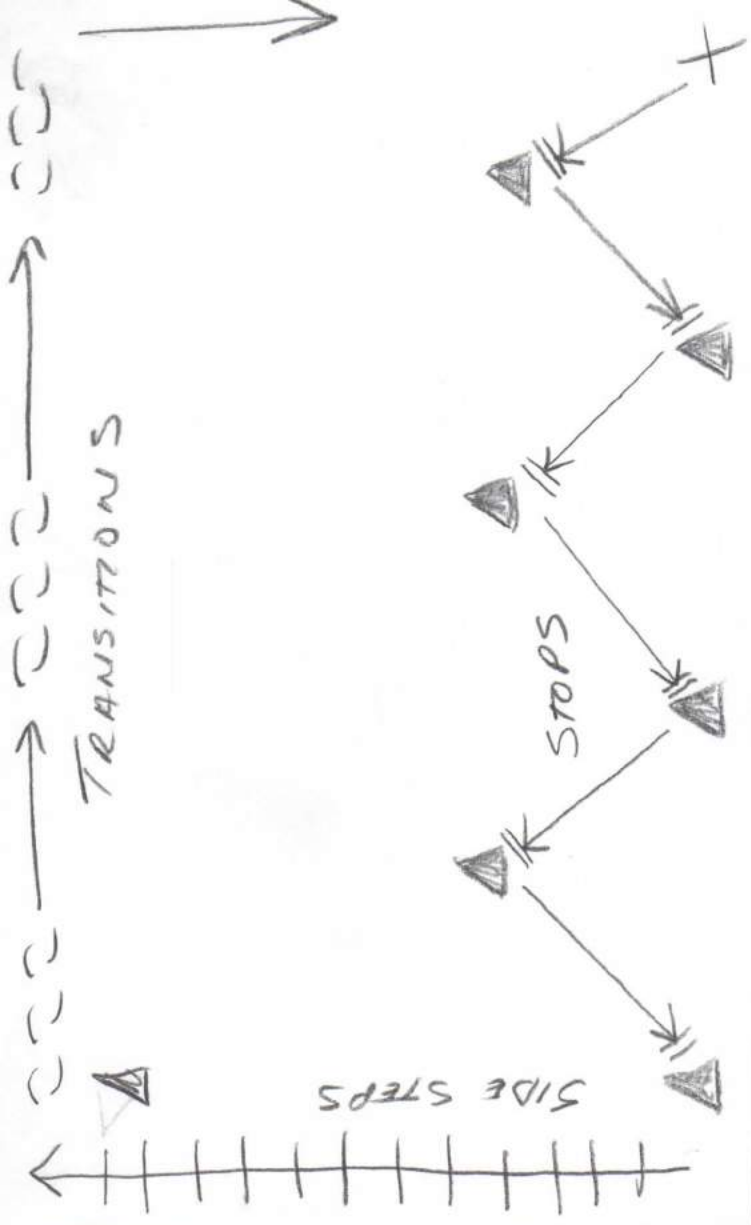


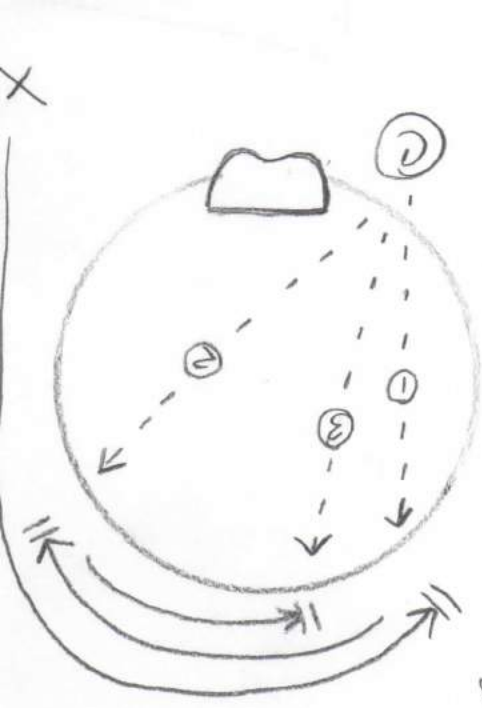
SHOOTING  
 NEXT PLAYER IN LINE MAKES 2 PASSES TO SKATER. 1ST SHOT IS BACKHAND, 2ND IS FOREHAND - SWIRL SIDES AFTER ROTATION



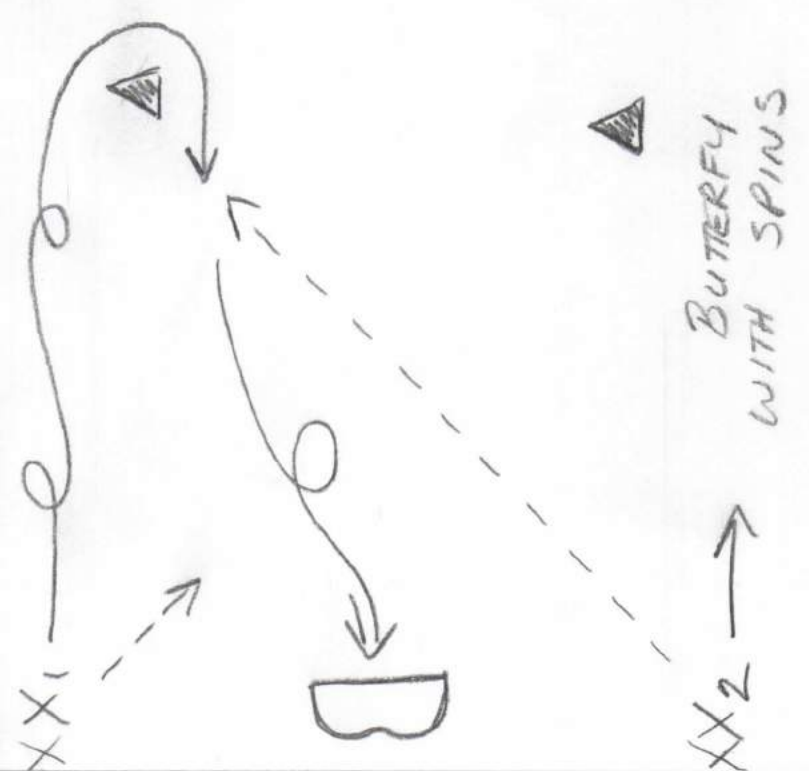
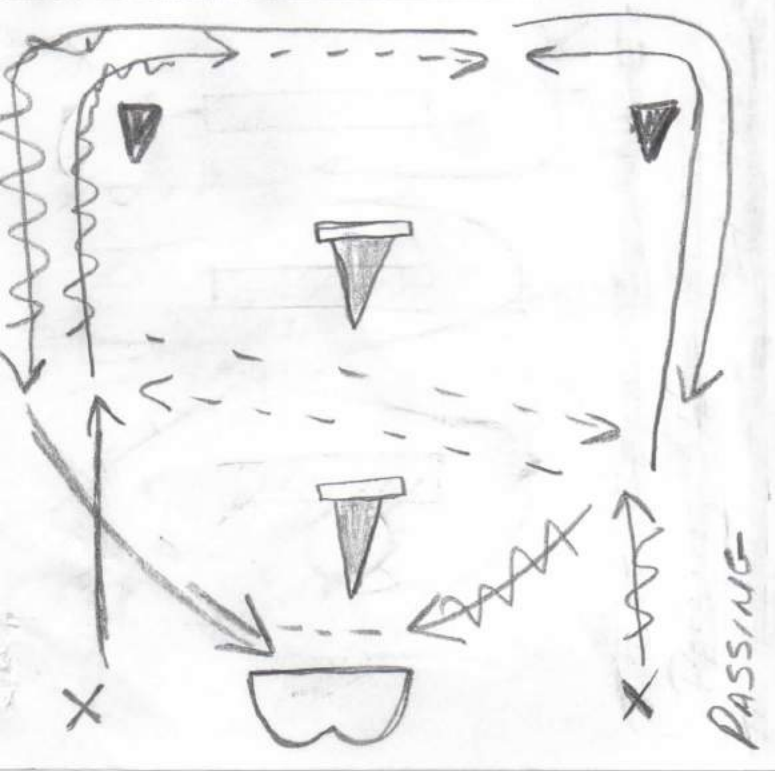
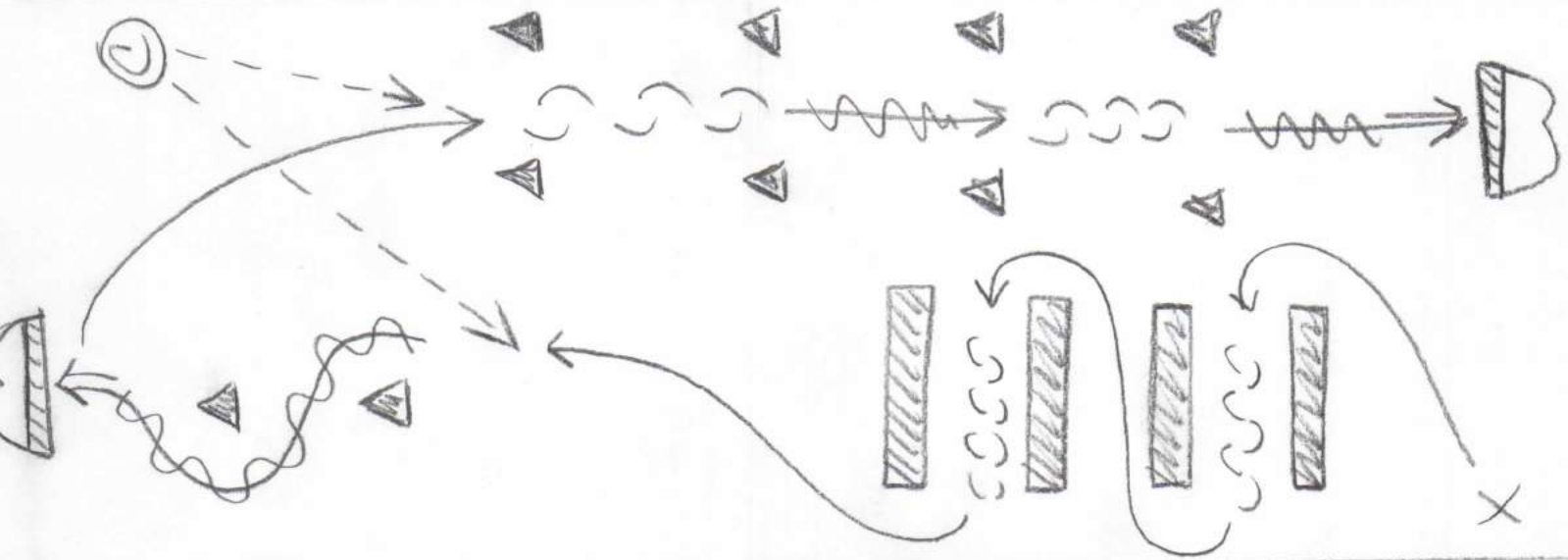
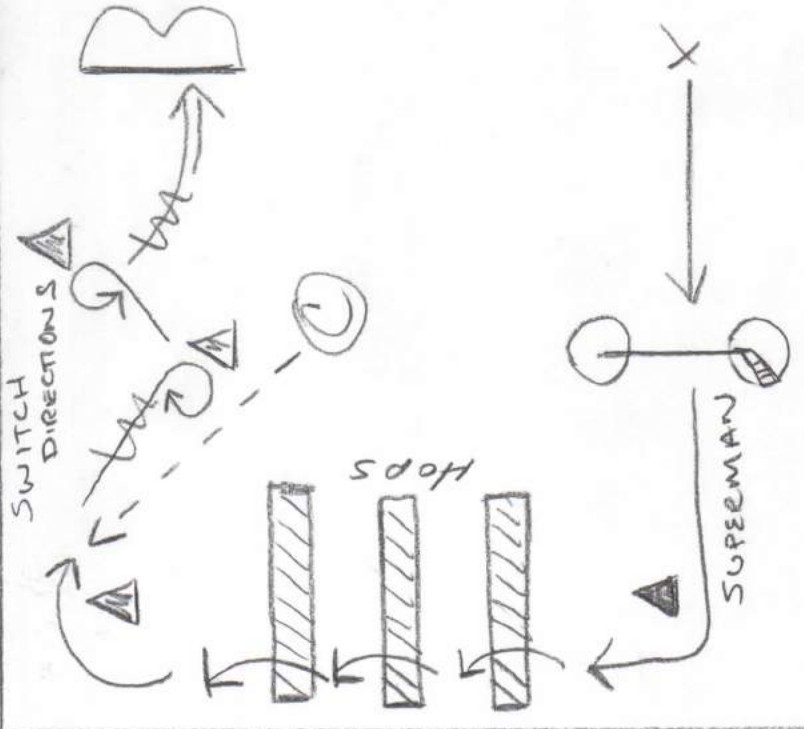
2 VS 2  
 (MUST PASS TWICE BEFORE SHOOTING)





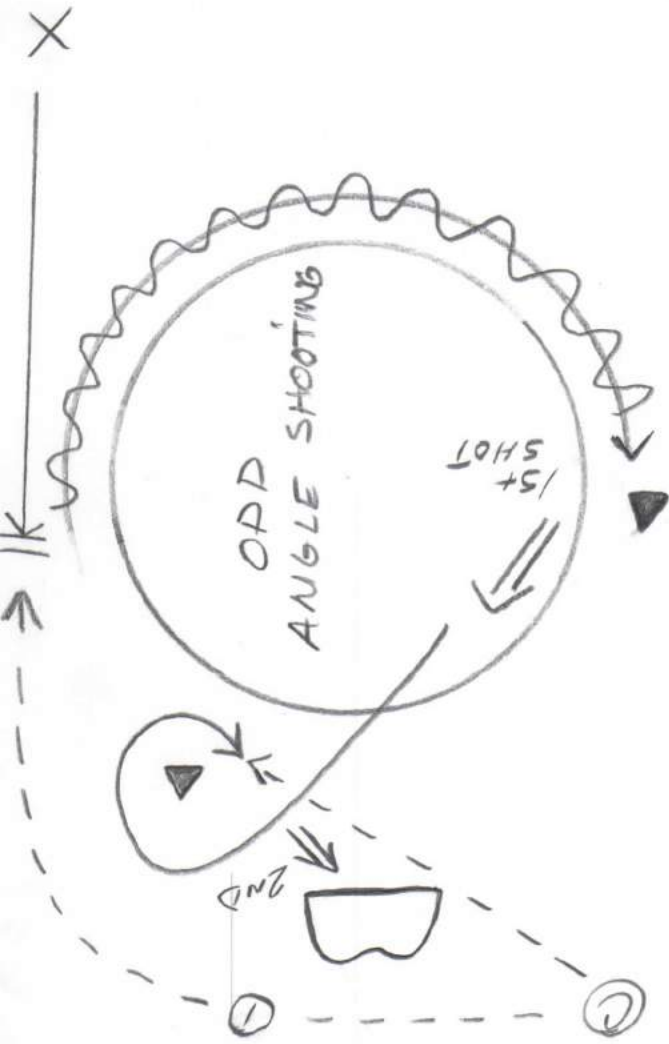
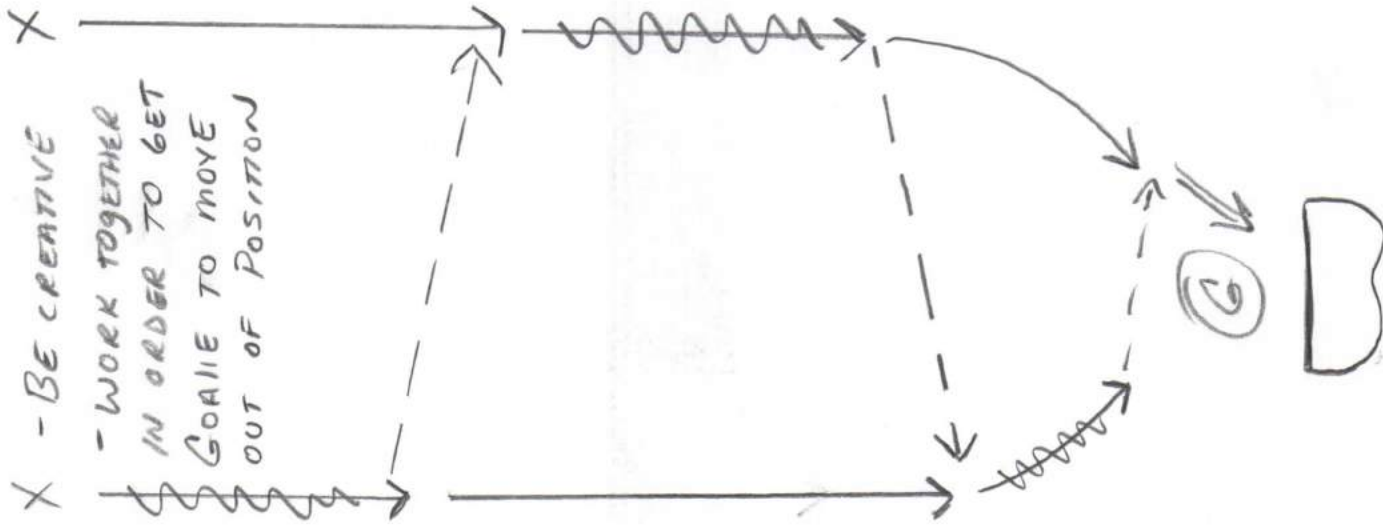


COACH MAKES 3 RANDOM  
 PASSES AWAY FROM PLAYER, WHO  
 RACES TO PUCK & MAKES  
 QUICK SHOTS FROM OUTSIDE  
 CIRCLE. \* KEEP PLAYERS MOVING

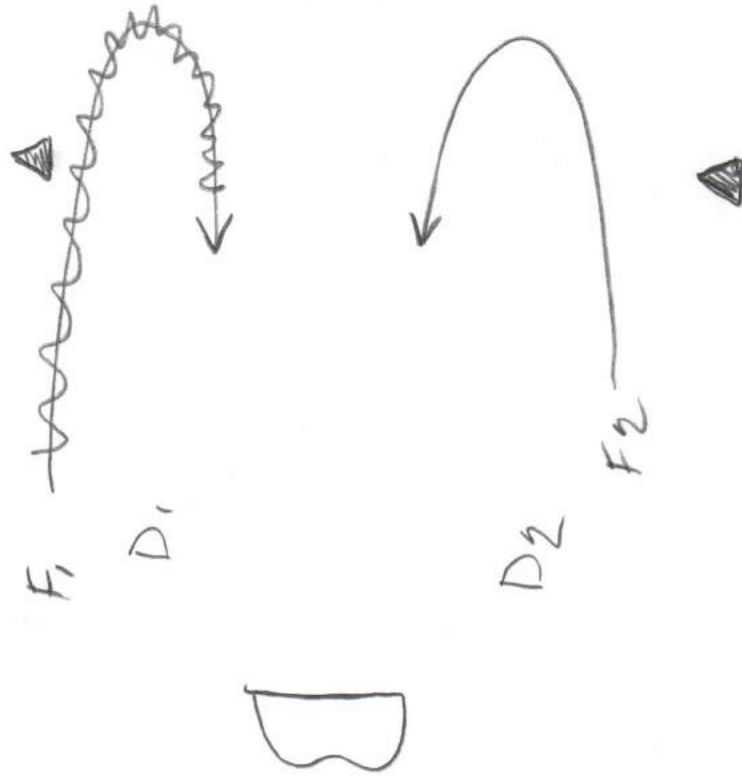


WED NOV 21 6:30-1:30

2 vs 0



2 vs 2  
TAG-UP  
- At possession  
change, players  
MUST TAG  
UP IN ORDER  
TO RE-ENTER  
THE ZONE

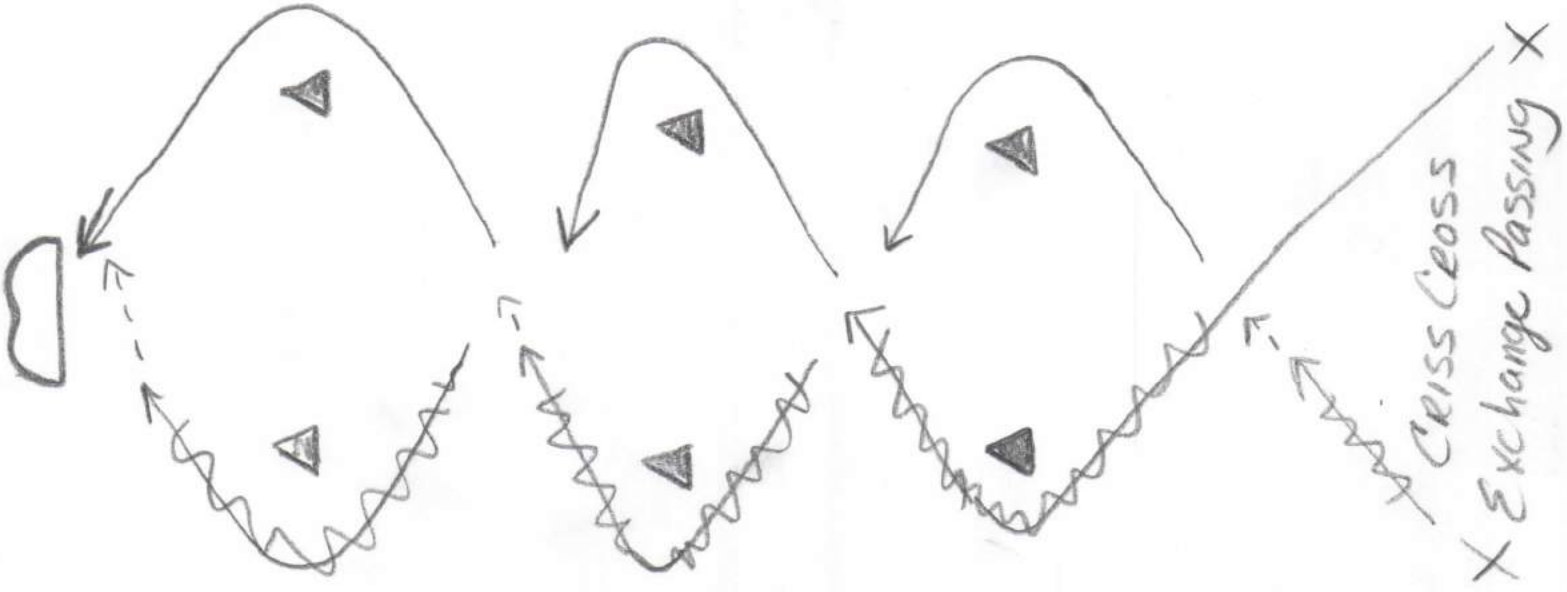
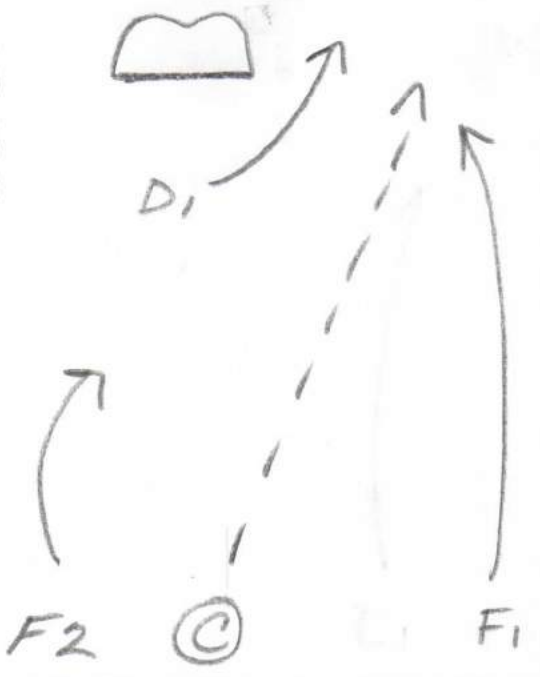


SUN 11/17 7:40-10:50 PM

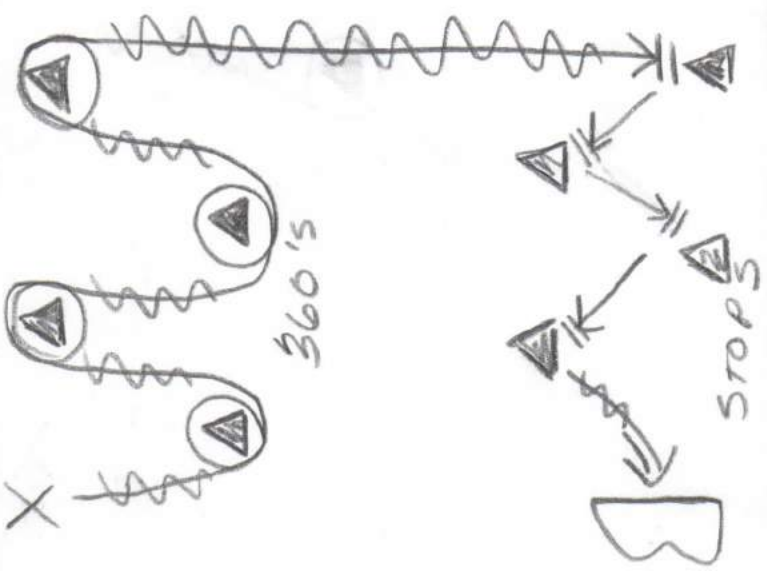


BACKHAND SHOTS - REEVE & TAKE 3 SHOTS ON BACKHAND

2 VS 1 (D) STARTS OFF DEEP IN ZONE. F1 SKATES TO PUCK F2 SUPPORTS ZONE.



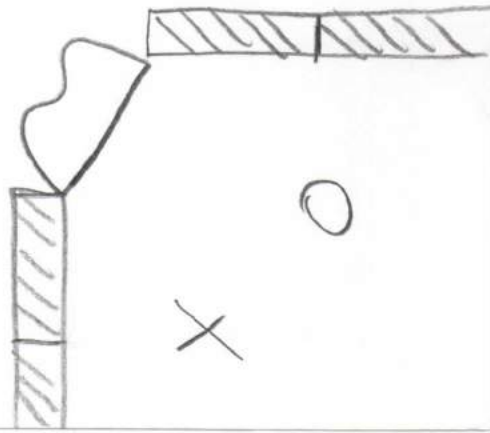
CRISS CROSS  
X Exchange Passing X



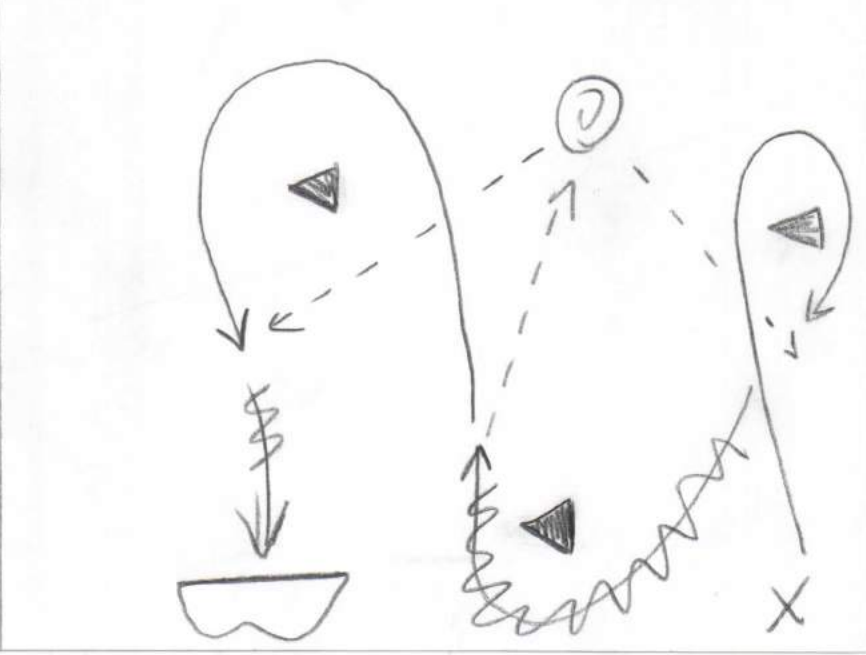
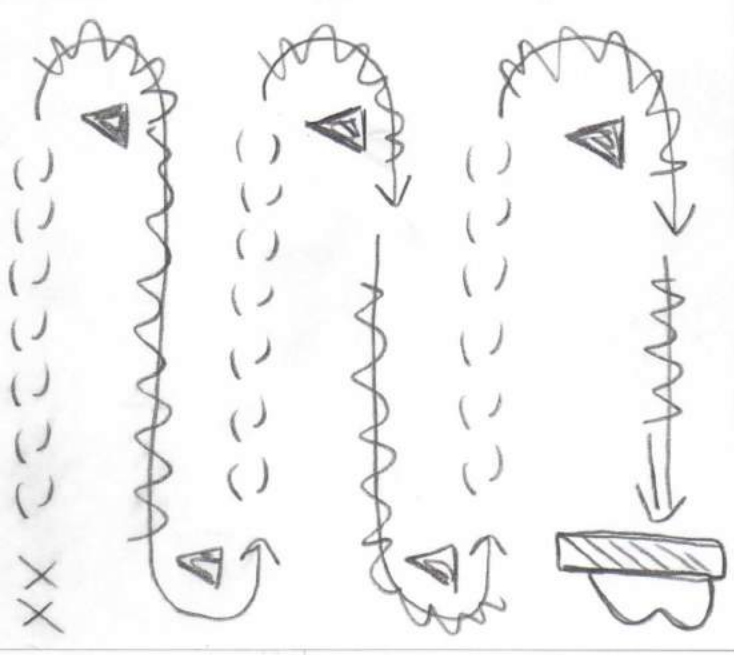
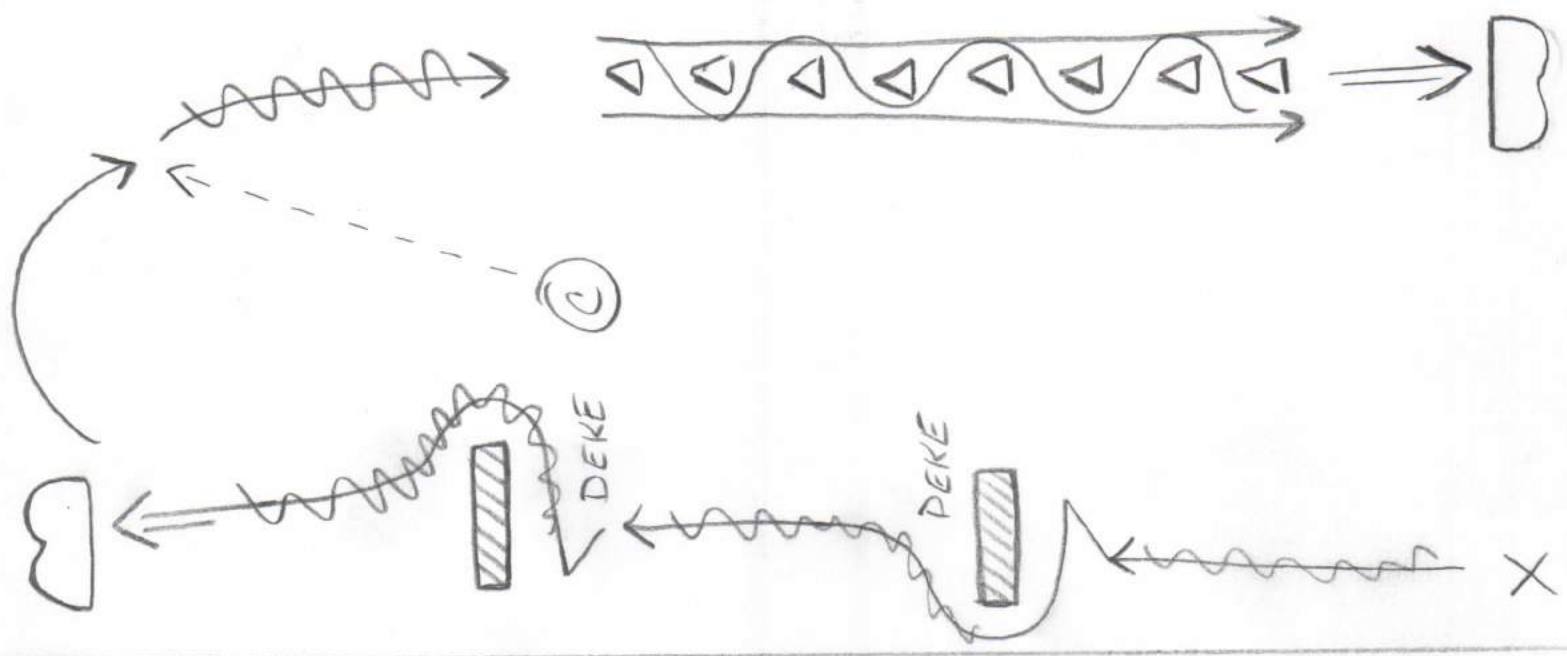
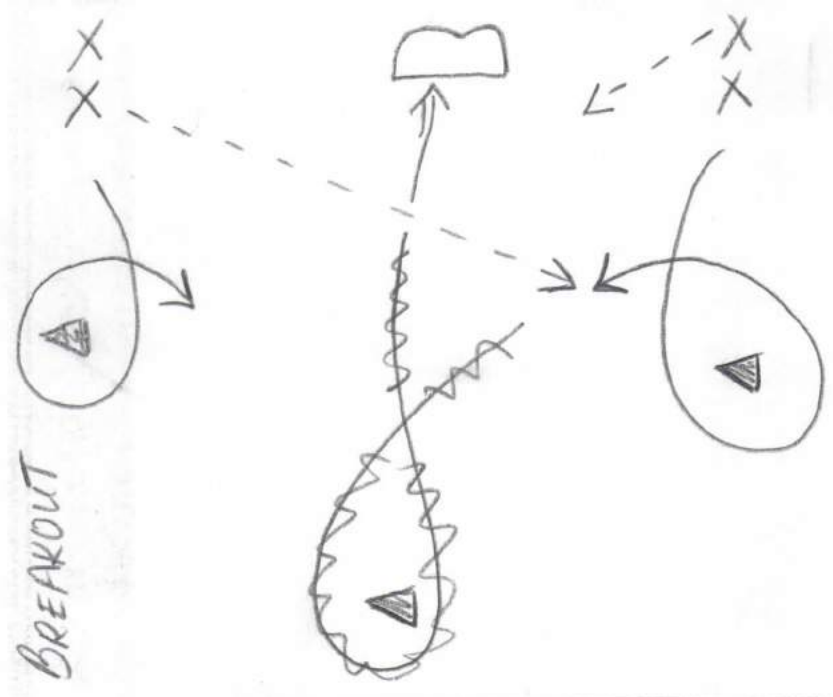
360's

STOPS

1 VS 1 CORNER BATTLE



SUN 11/10 9:40-10:50 AM



SAT 11/19 2:10 - 3:30 PM

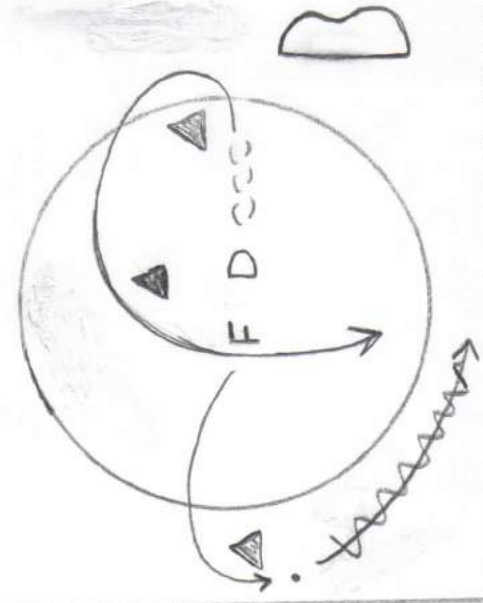
### TORNADO PASSING



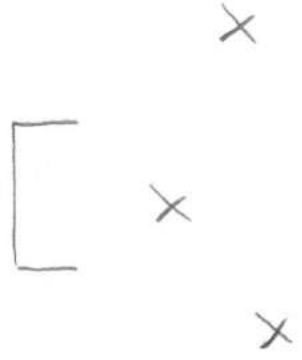
4 PLAYERS ARE STATIONARY ON CORNERS OF CIRCLE. PLAYER (A) SKATES AROUND CIRCLE MAKING GIVE AND GO PASSES TO EACH (X) PLAYER.

1 VS 1

### Angling

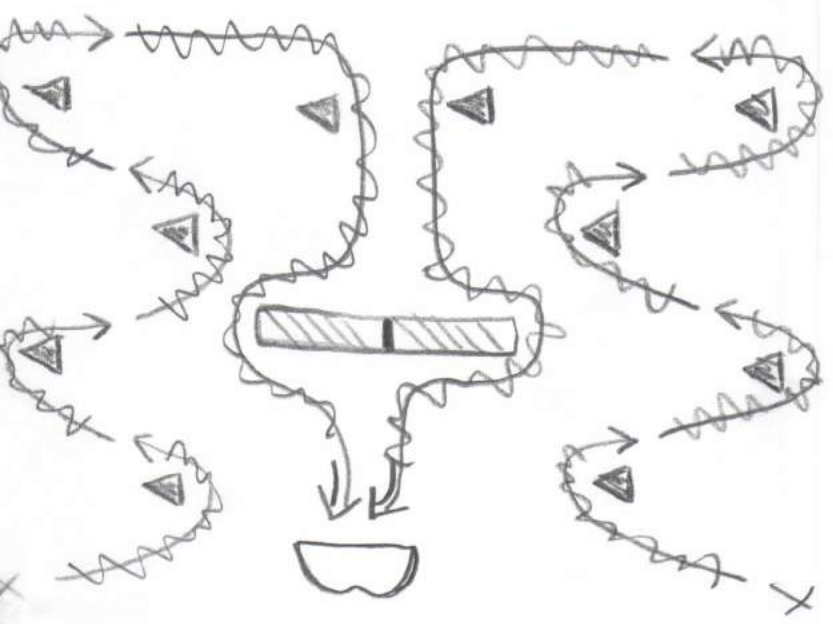
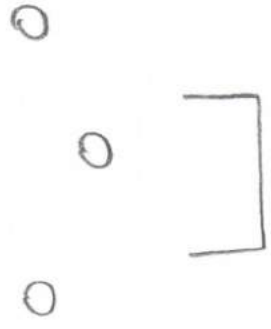


PLAYERS START OFF FACE TO FACE ON FACEOFF DOT. (D) ANGLES (F) AWAY FROM NET

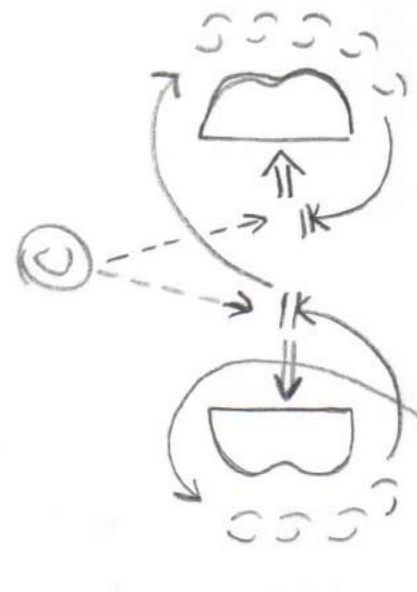


### SOCCER

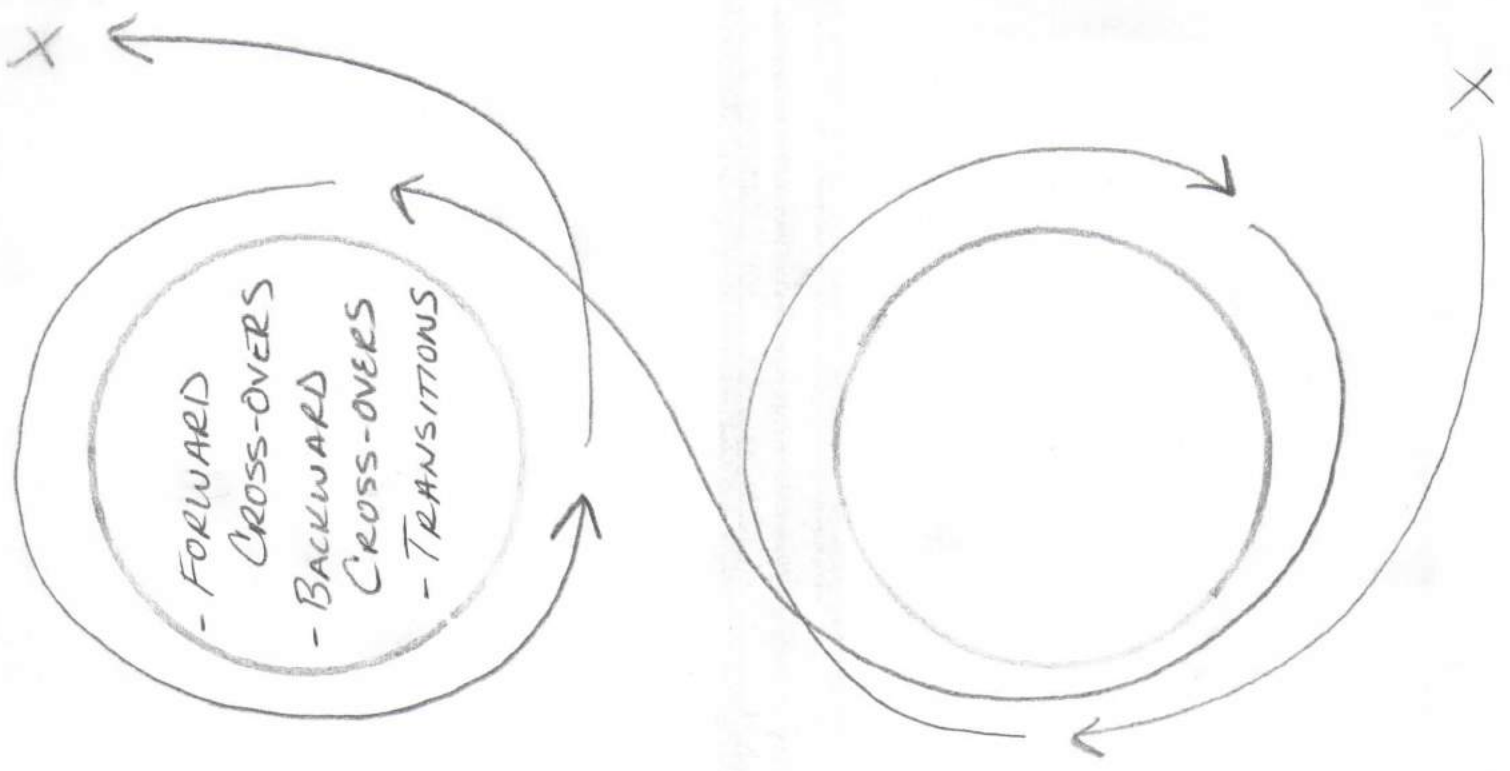
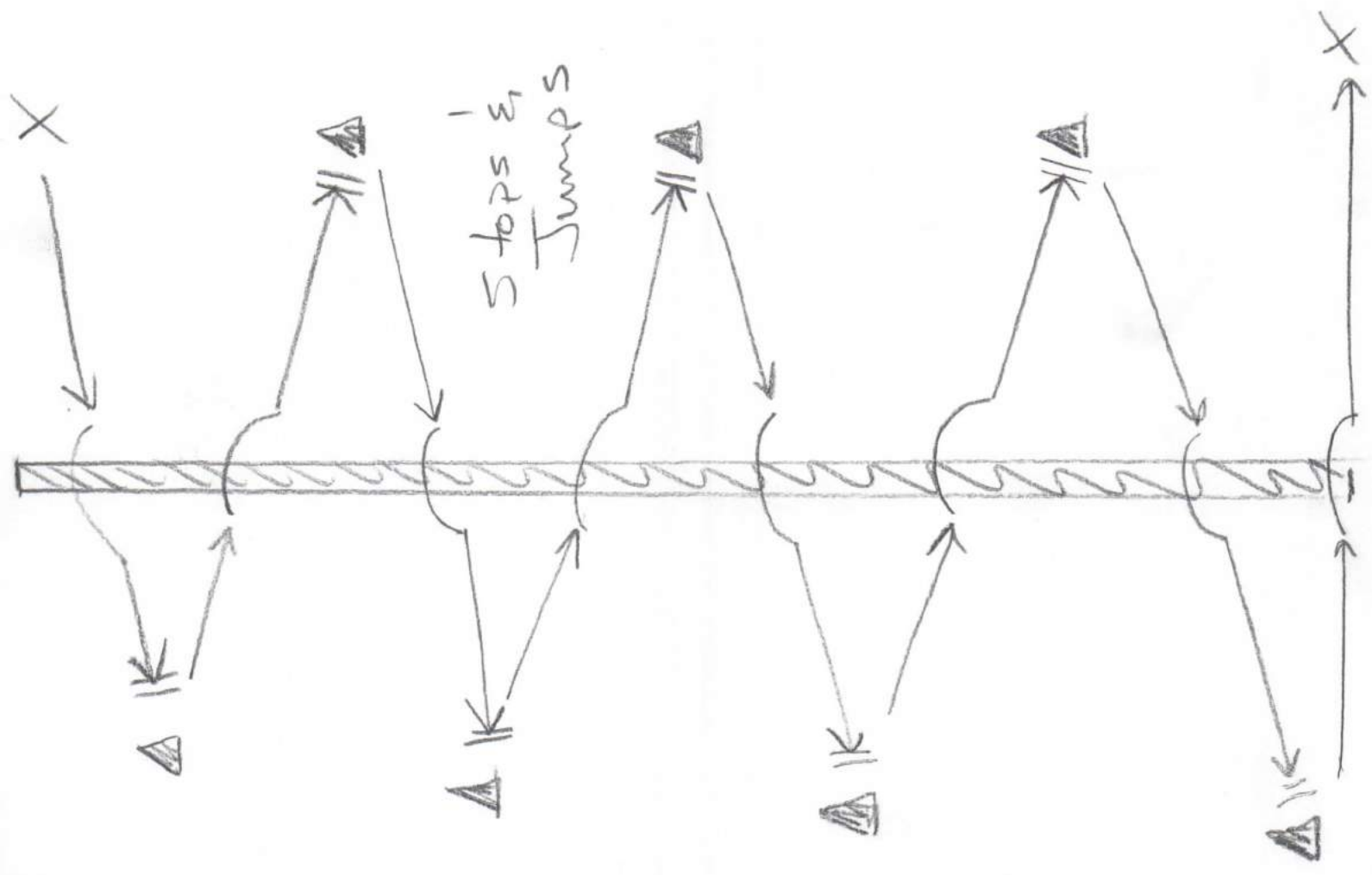
(USE BIG NETS)



TRANSITIONAL SHOOTING FOREHAND & BACKHAND SHOTS



WEDNESDAY 10/30 WARM-UP 6:30-7:30AM

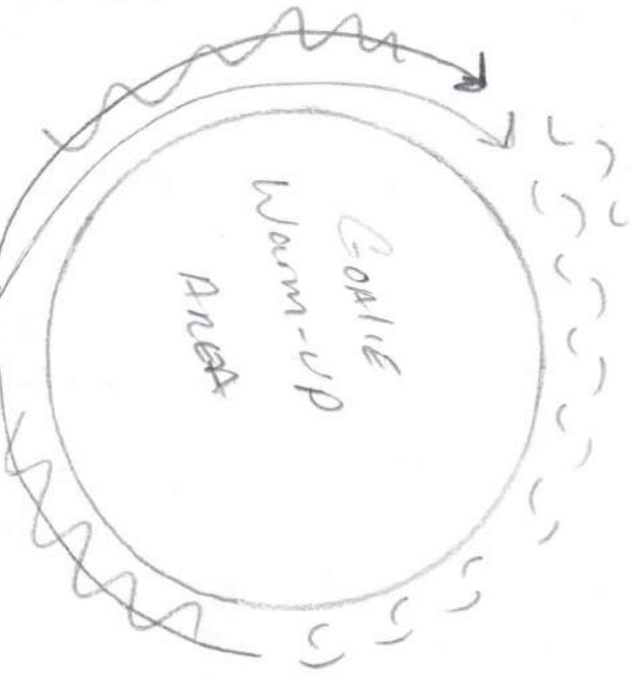
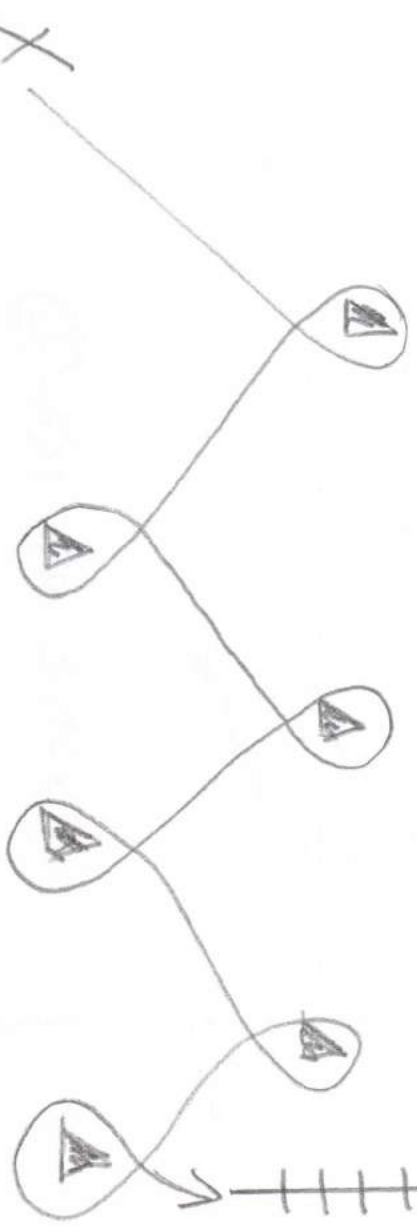
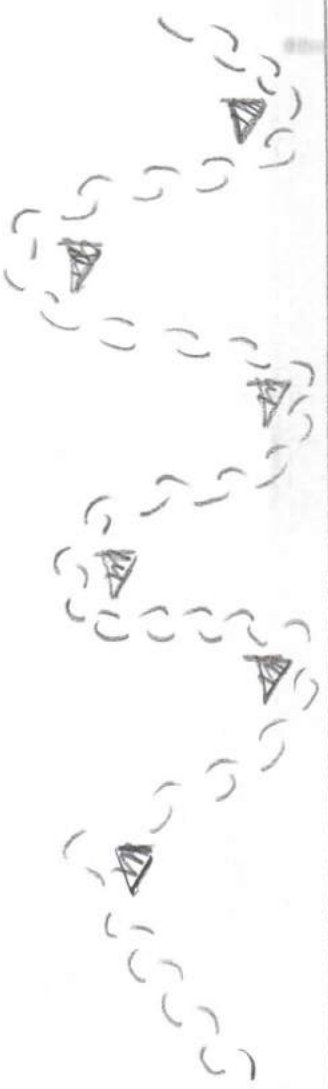
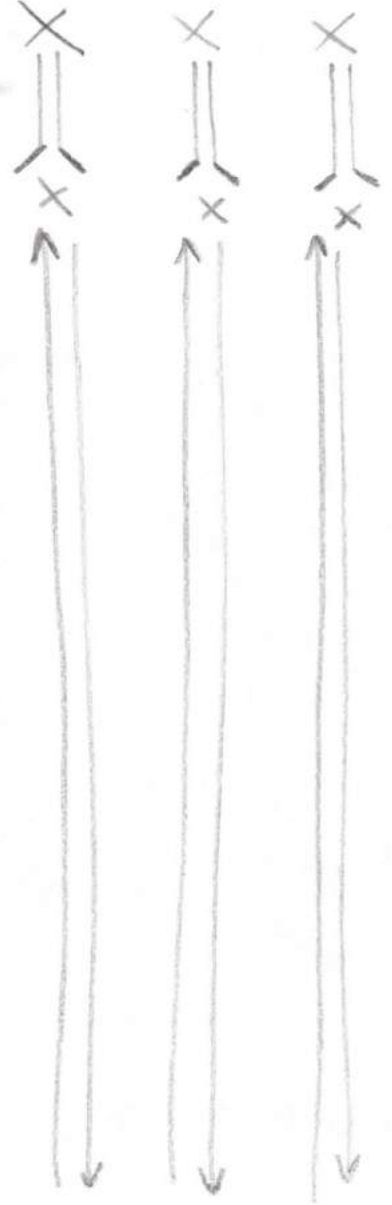


SAT 10/19 12:50 - 2:00

# CHARIOT RACE

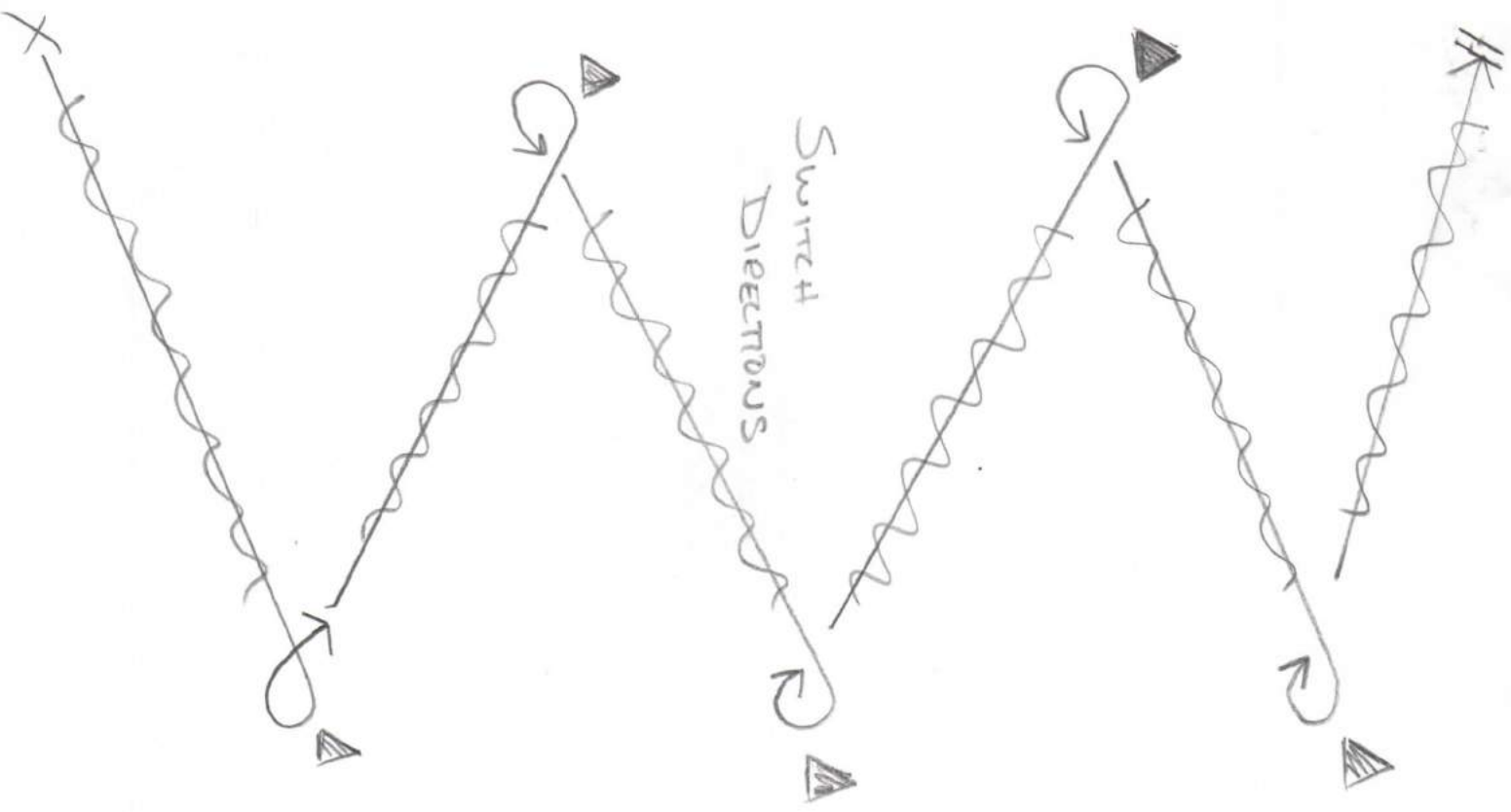
(PLAYERS BEING PULLED ARE ON THEIR KNEES)

SWITCH ON RETURN

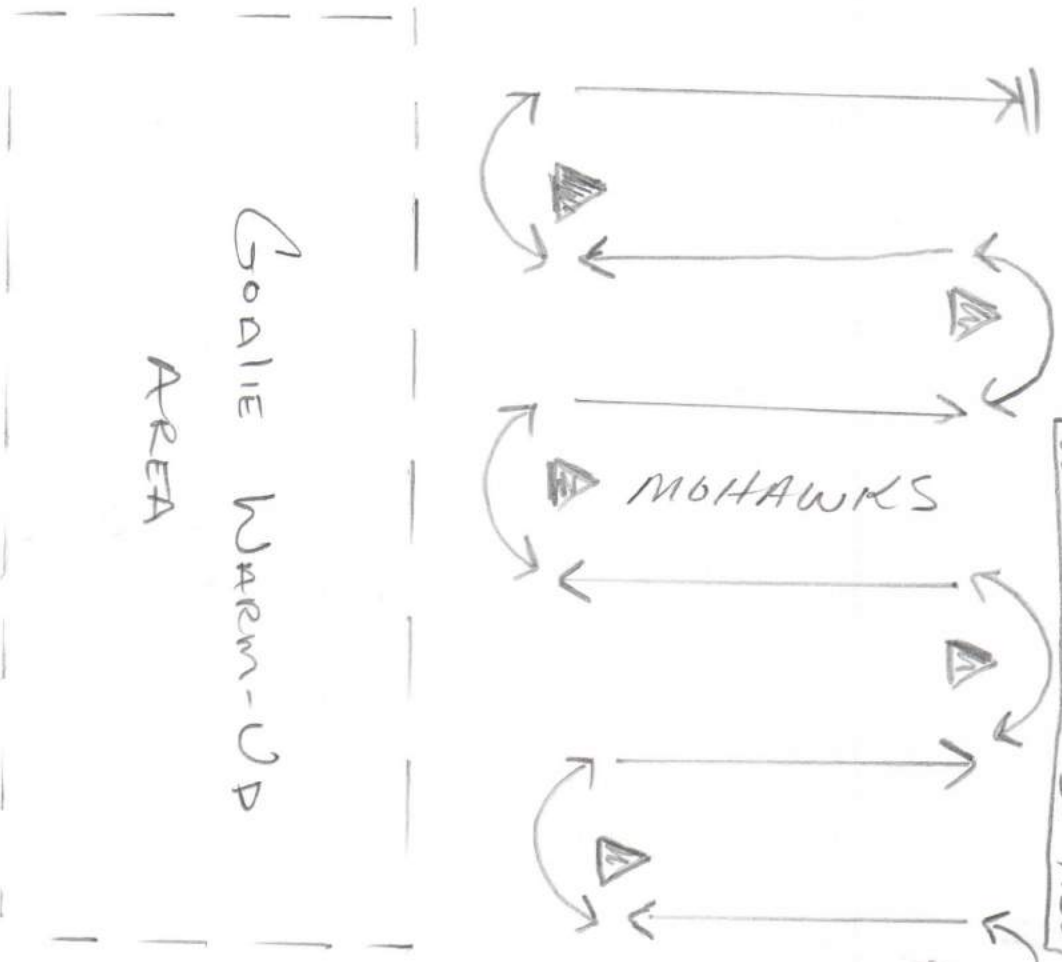


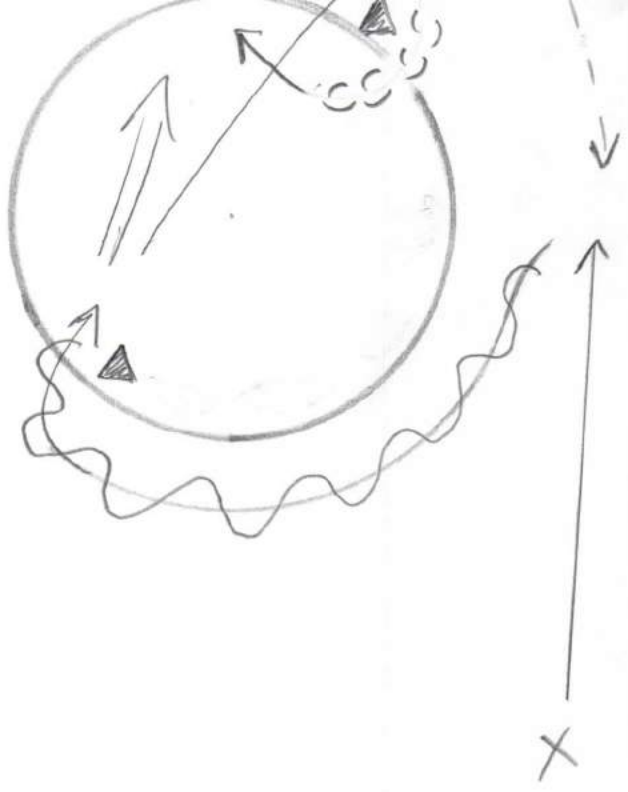
X

10/11/16

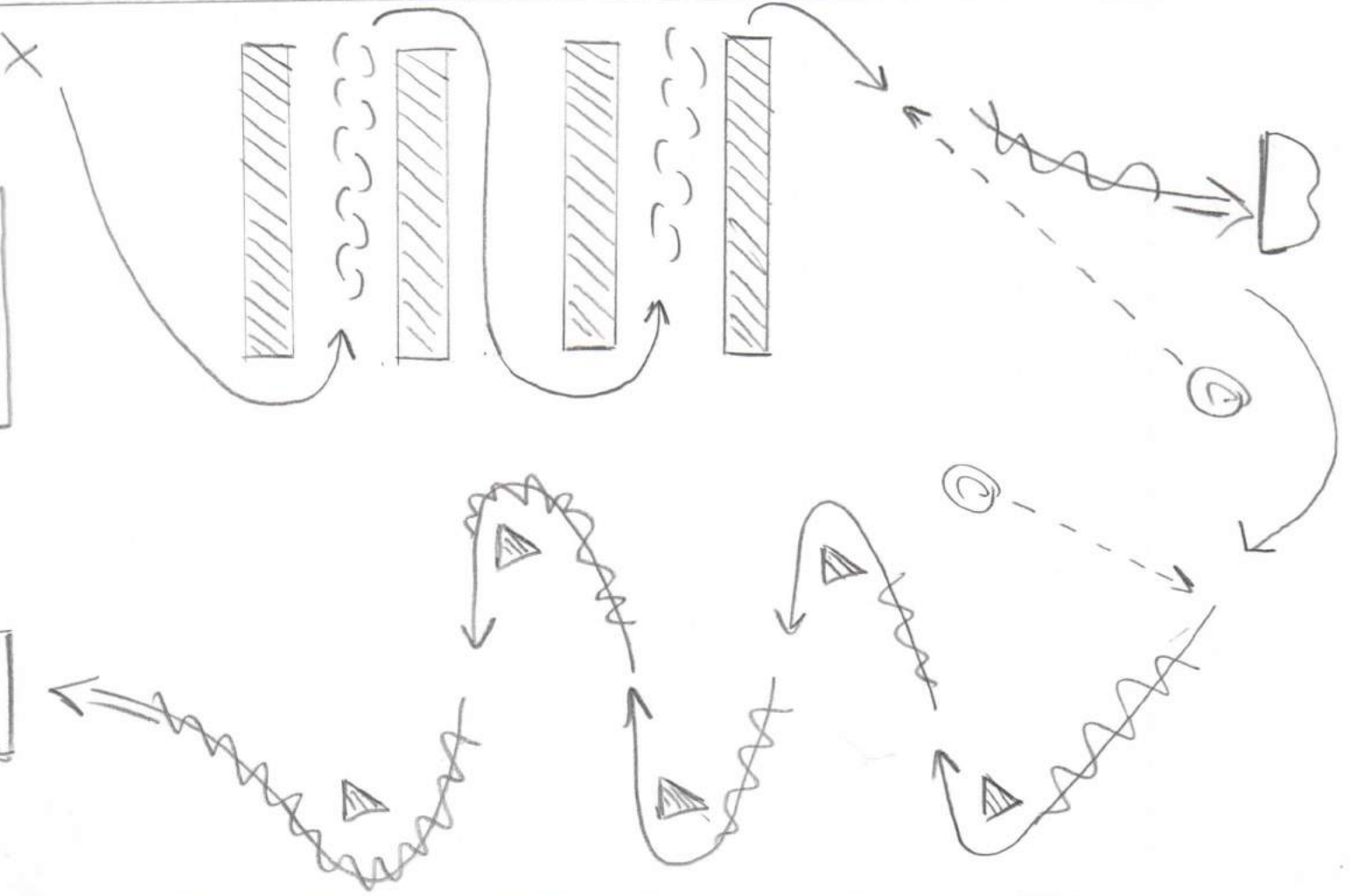


WED 10/11/16 6:30-7:30





SHOTS SHOULD BE FOREHAND  
AND BACKHAND ONE-TIMERS.

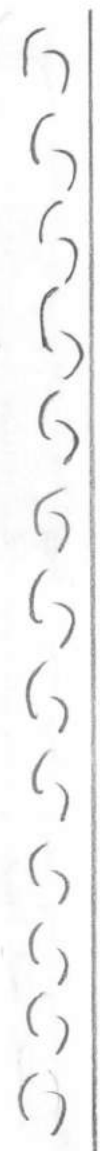
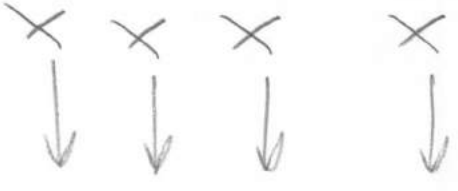


SUN 10/13/13 9:40-10:50

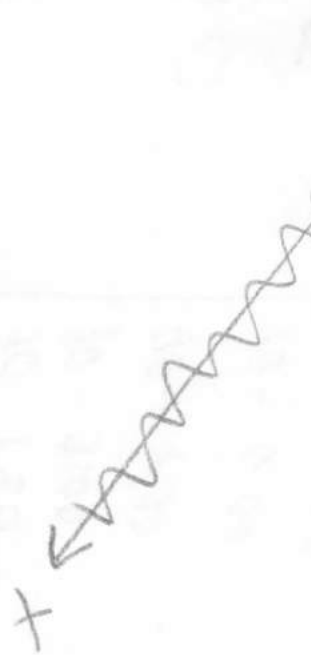
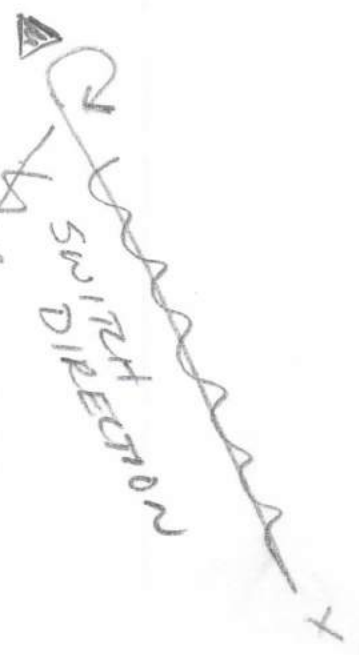
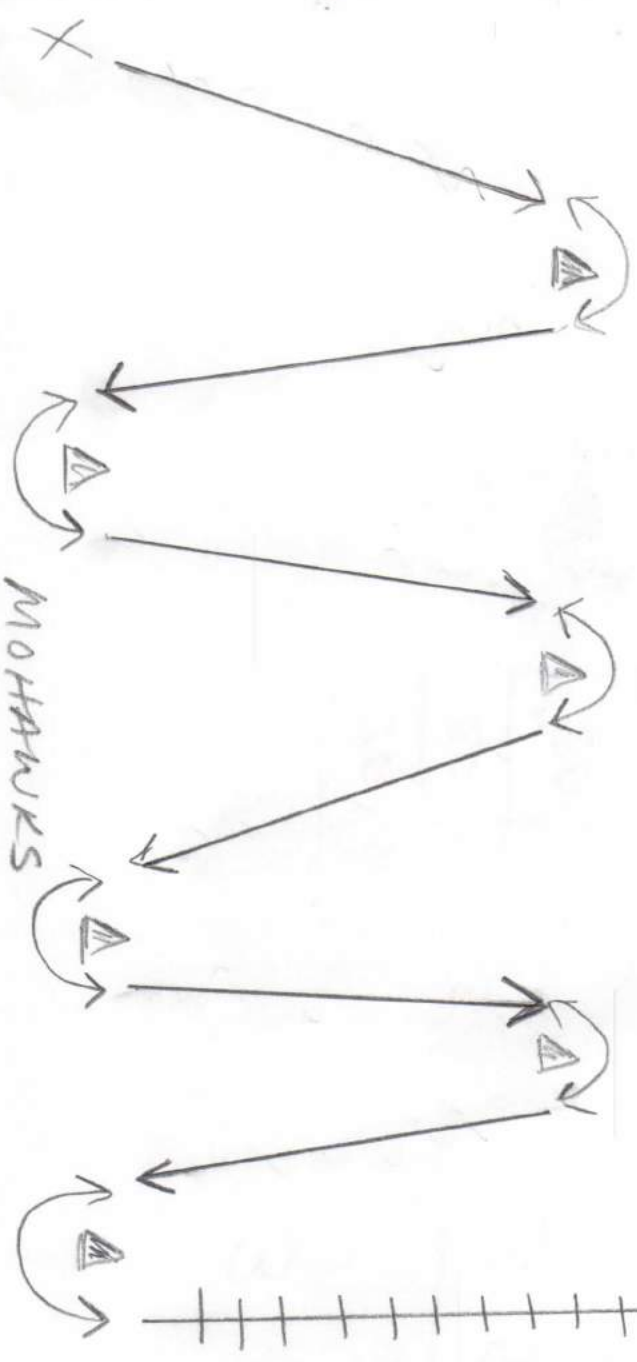
X → RACE TO RETRIEVE PUCK

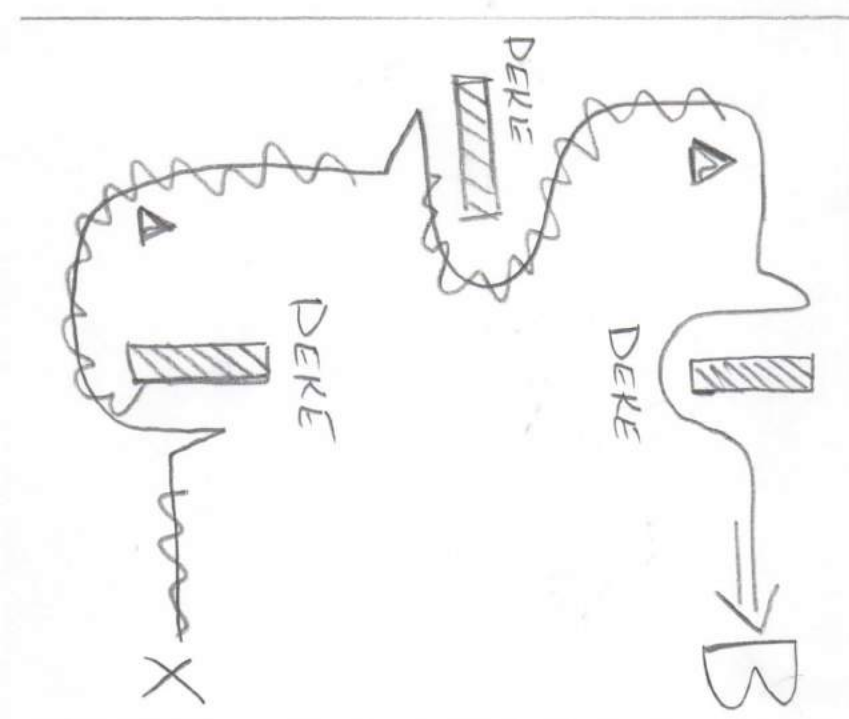
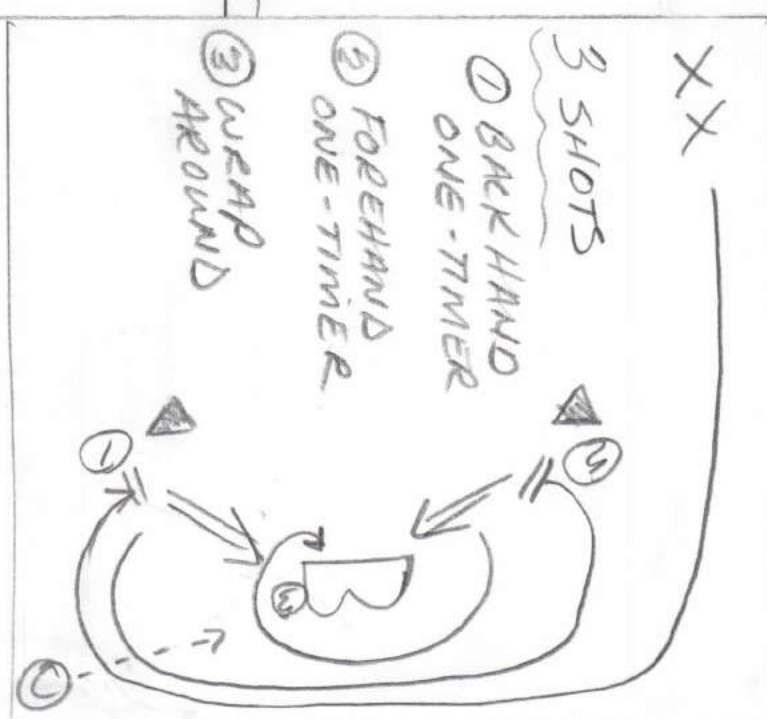
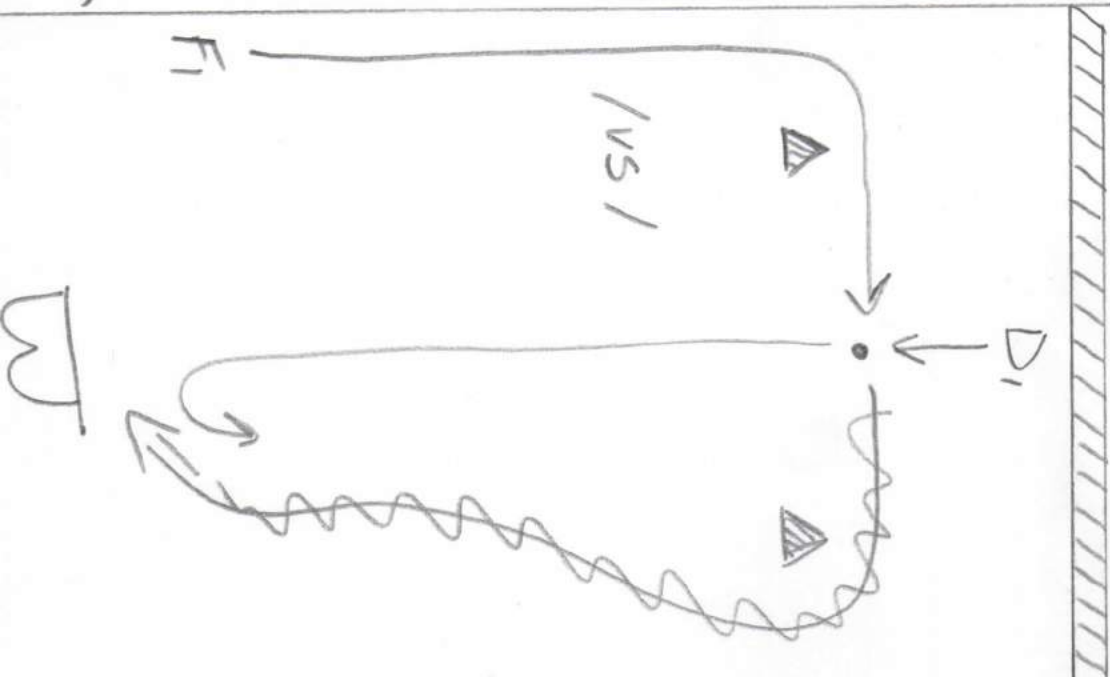
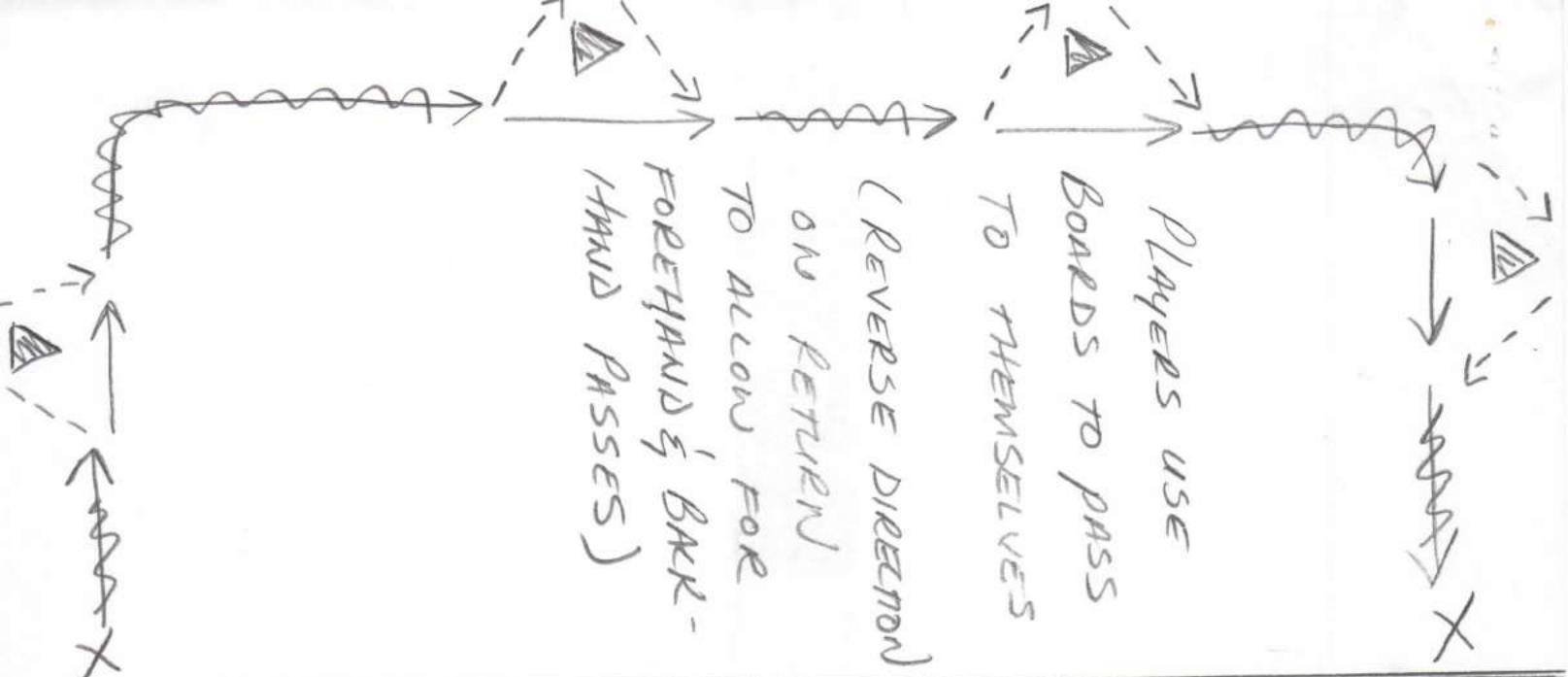
- ONE LESS PUCK THAN

THERE IS PLAYERS.



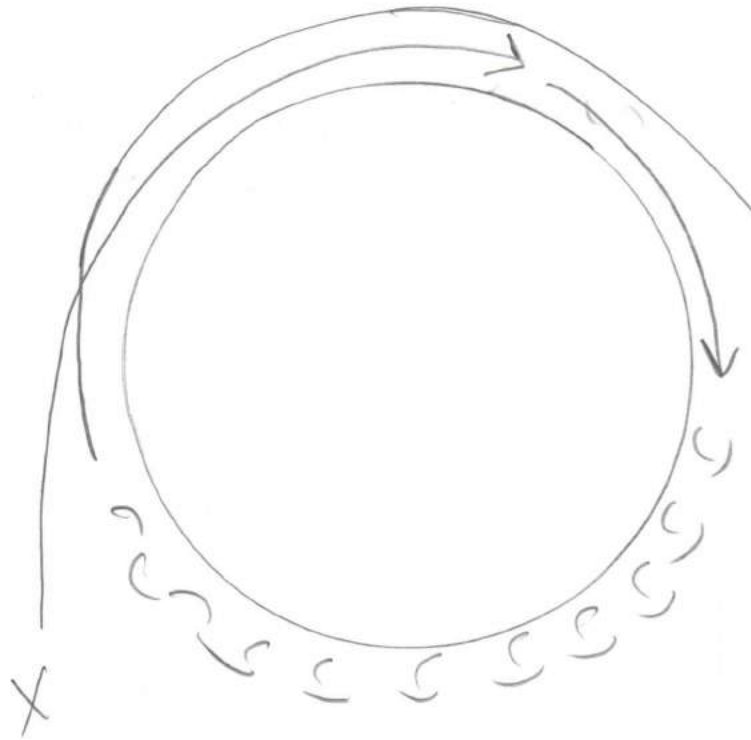
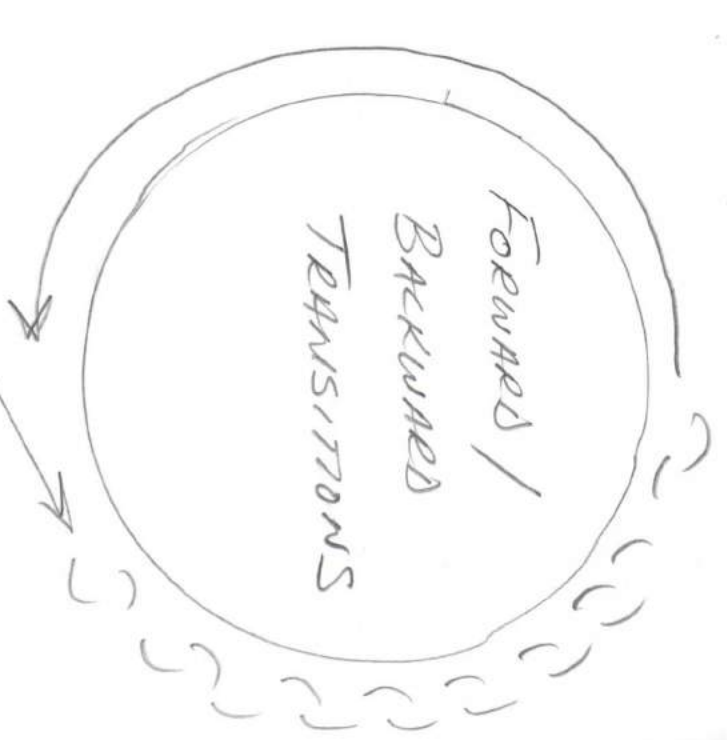
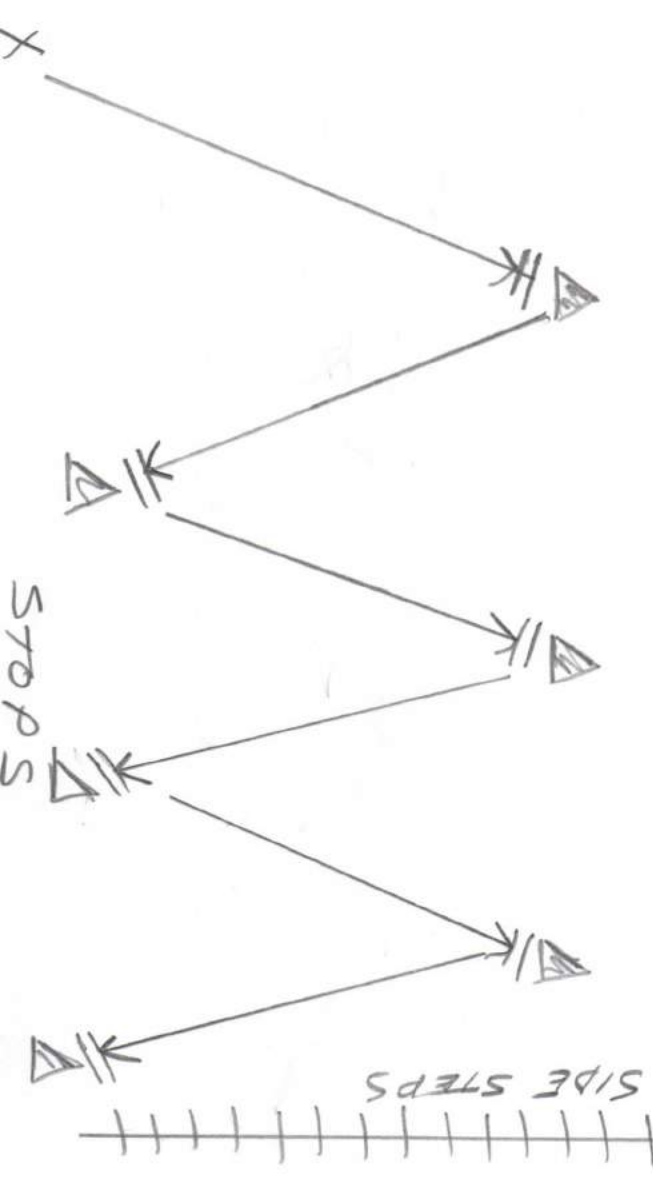
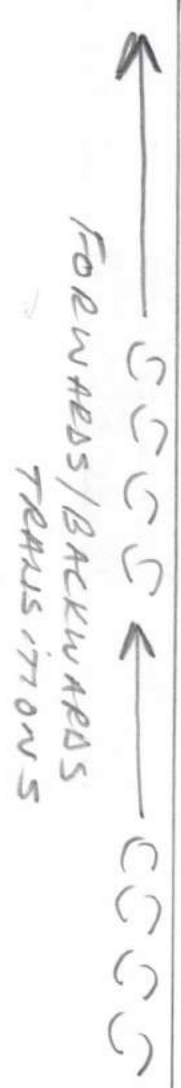
NO PUCKS





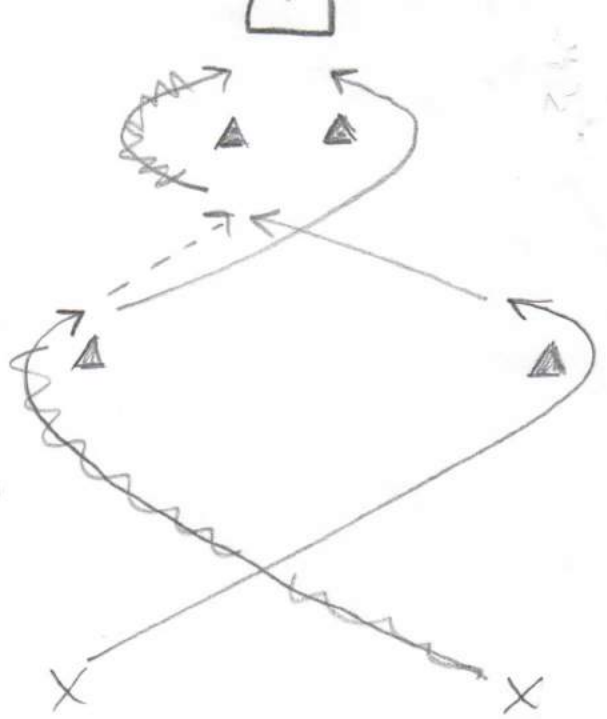
# WHEEL BARREL RACE

- Two Player Teams
- Player (A) lays down & holds onto stick
- Player (B) hides onto other end of stick & danga player
- Switch on Returns



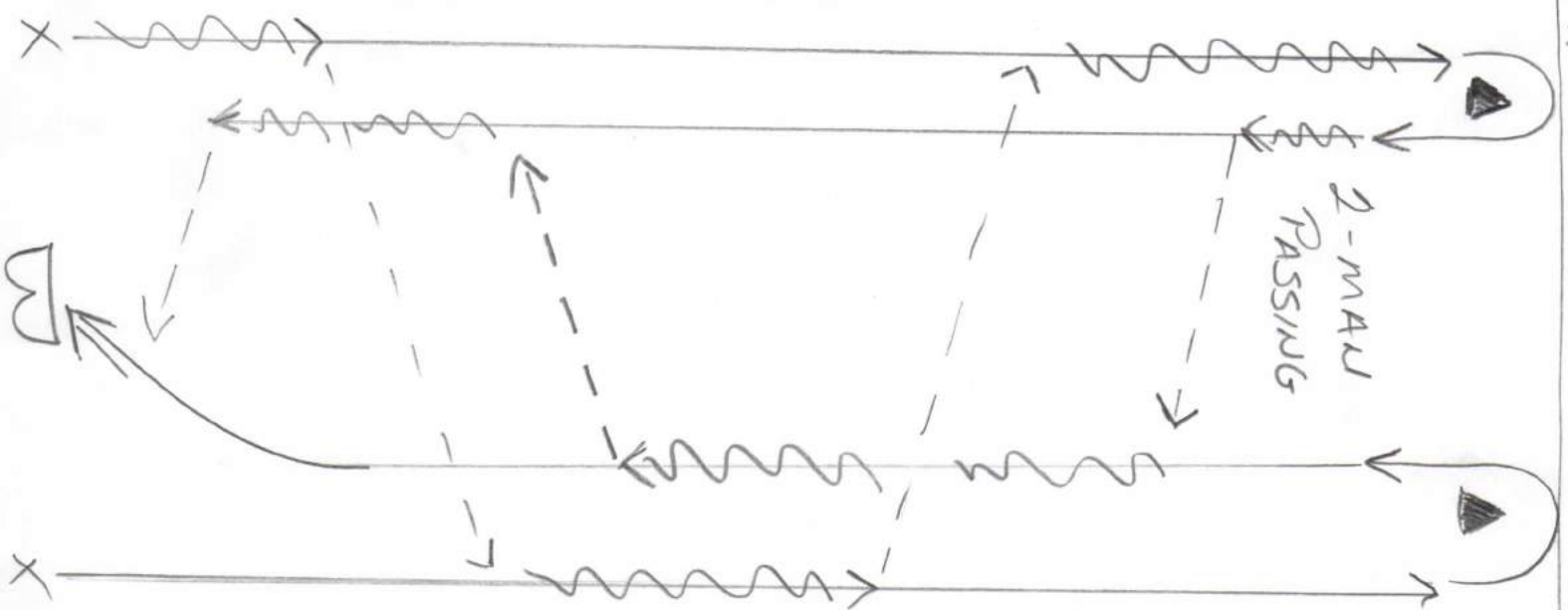
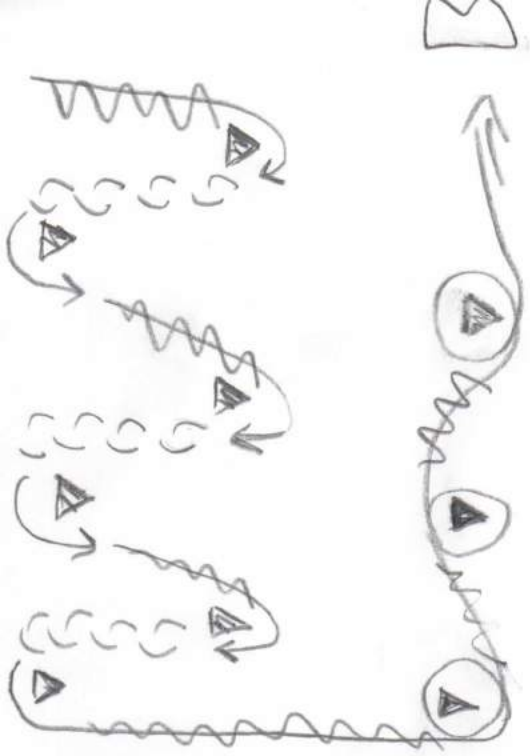
SAT 12:50 - 2:00

10/12/13



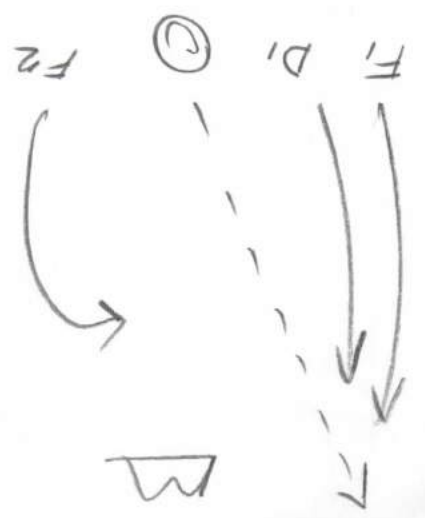
CRISS CROSS PASSING

STICKHANDLING TRANSITIONS,  
360'S & SHOOT AT TARGETS  
IF GOALIE NOT AVAILABLE.

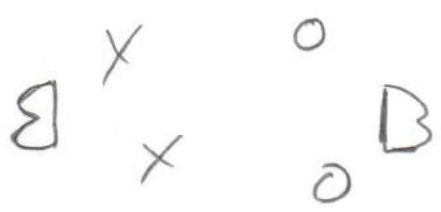


2-MAN PASSING

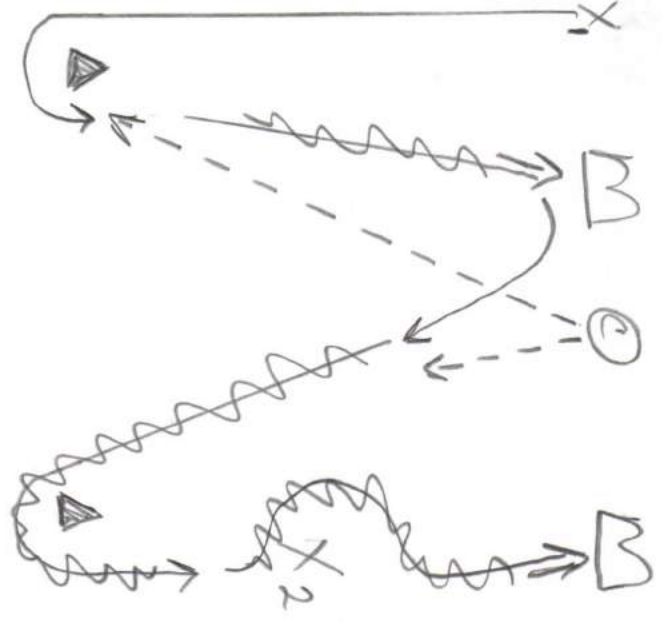
2 VS 1. FORWARDS  
MUST MAKE 3 PASSES  
BEFORE SHOOTING



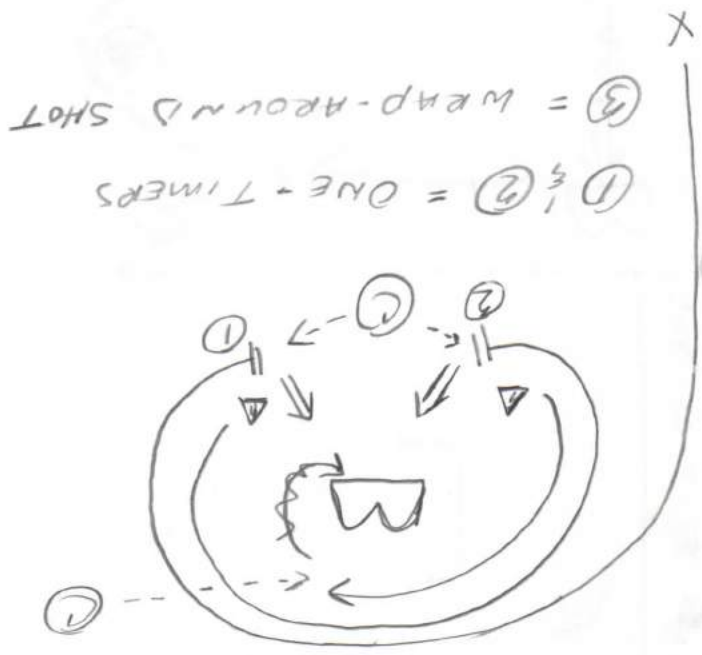
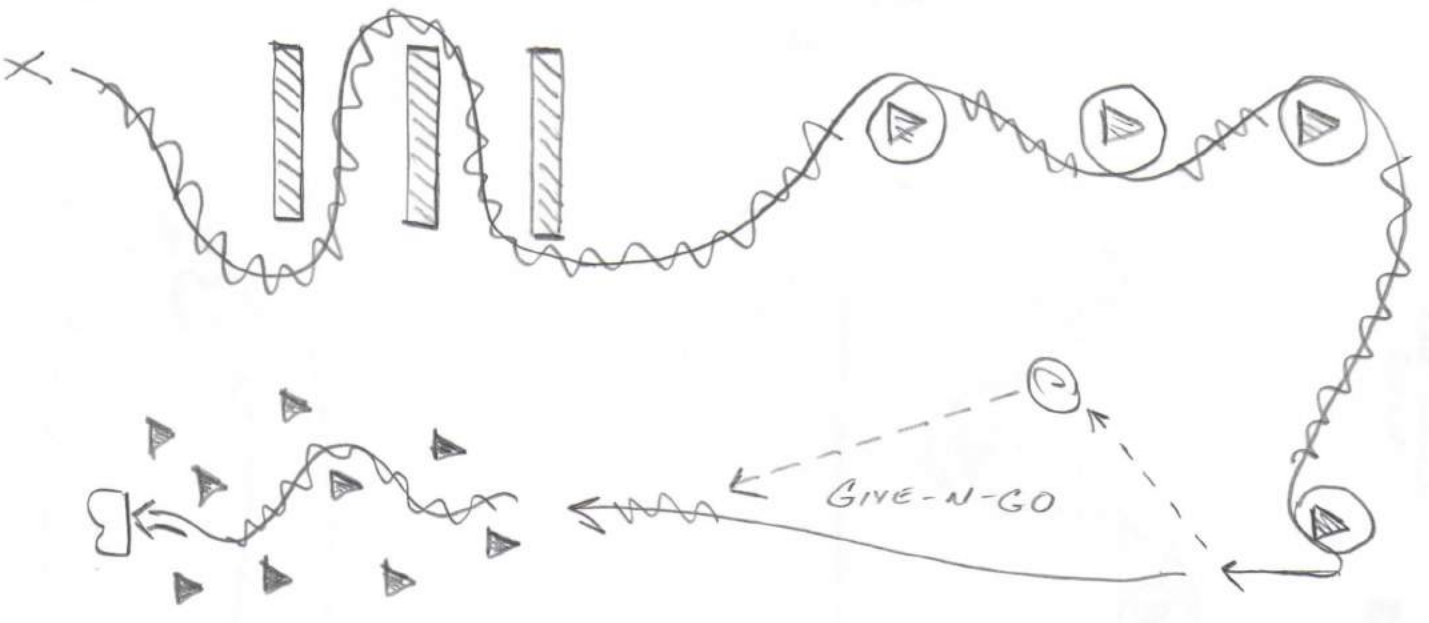
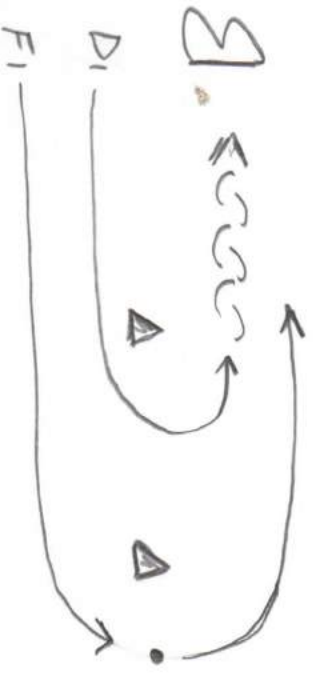
SMALL AREA GAME  
WITH SOFT BALL



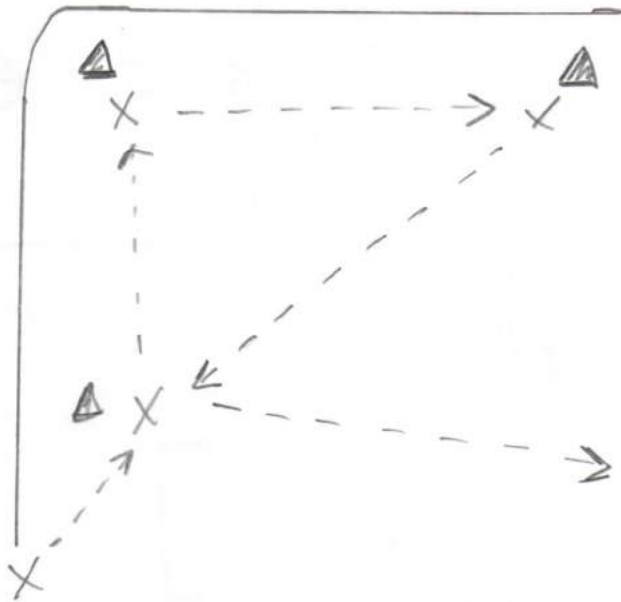
SAN 10-6-13 11-12:10 PM



/vs/ Angling



Russian Pass Drill



Warm-ups Goal Line Drills

WEDNESDAY 10/21/13 6:30-7:30

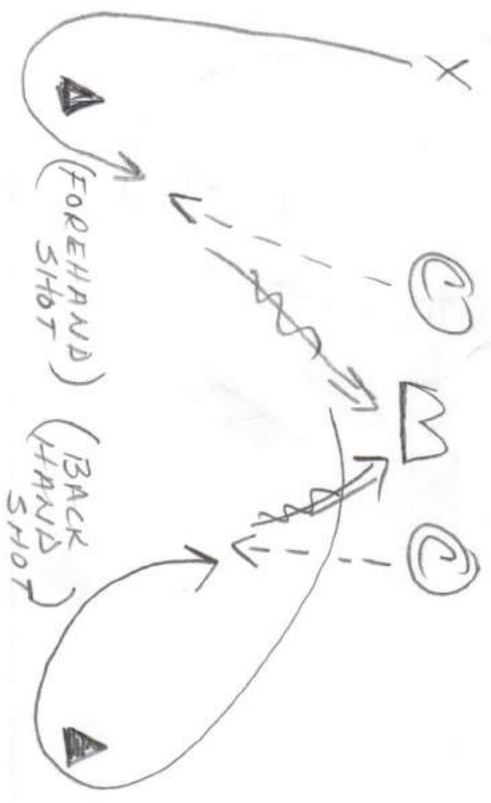
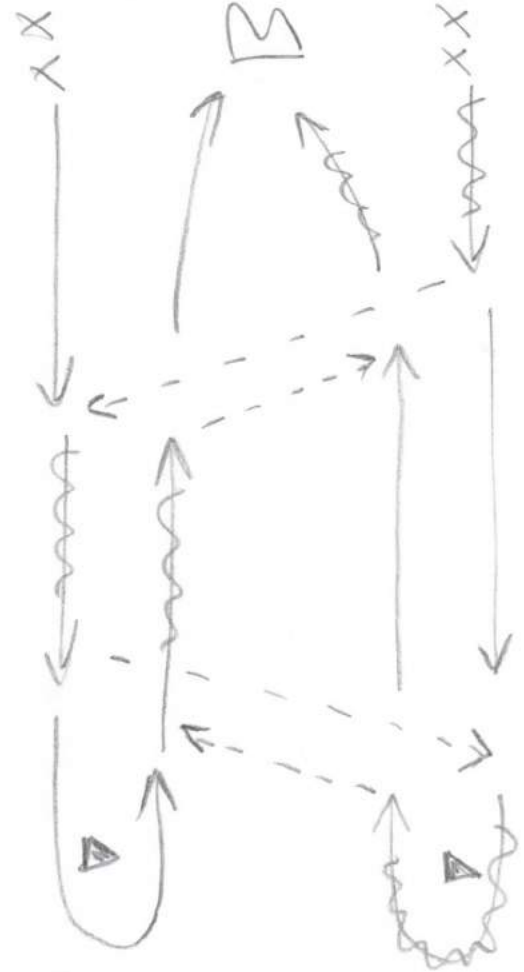
- PUSH Puck Forward
- FORWARD STICKHANDLE
- BACKWARD STICKHANDLE
- FORWARD ONE-KNEE DOWN WITH PUCKS
- FORWARD TWO-KNEES DOWN WITH PUCKS
- SUPERMAN WITH PUCKS
- STOPS FACING SAME DIRECTION WITH PUCK
- SIDE STEPS
- KICK PUCK (NO STICKS)
- DRAG PLAYER WITH STICK. ALTERNATE ON RETURN.



B  
XX

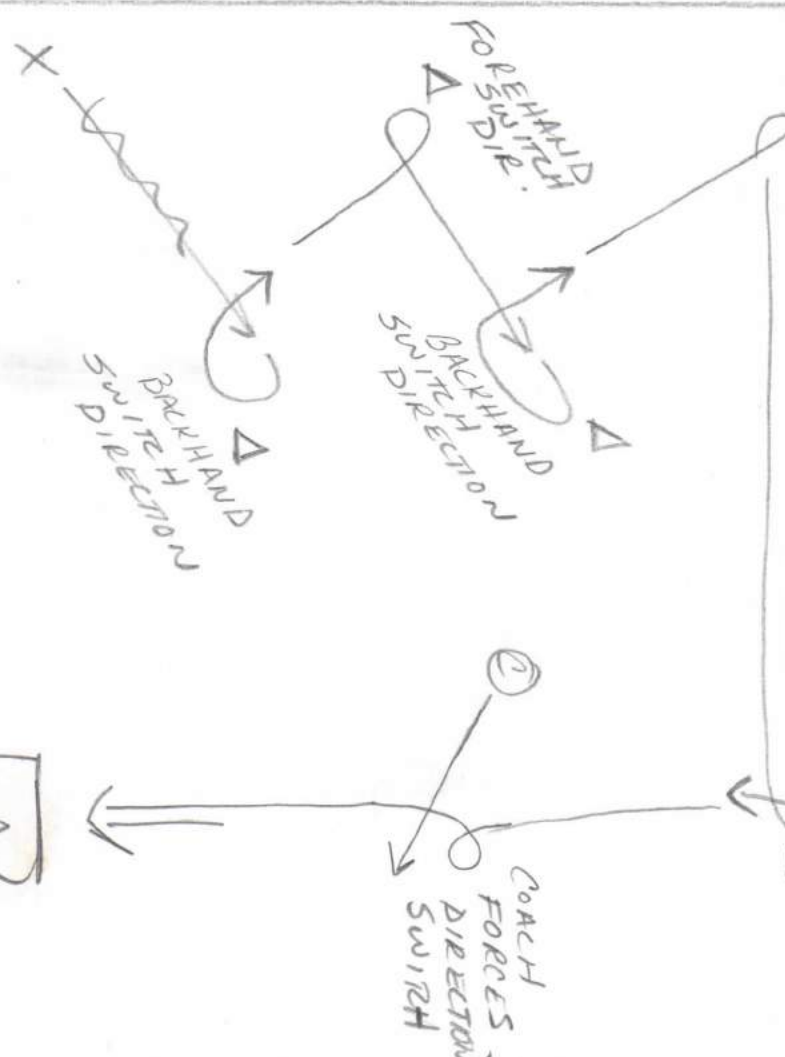
PLAYERS lay FACE TOFACE ON BELLY WITH EYES CLOSED. COACH DUMPS PUCK & SAYS GO. PLAYERS MUST POP UP AND QUICKLY LOCATE PUCK & BATTLE FOR GOAL.

2 MAN PASSING

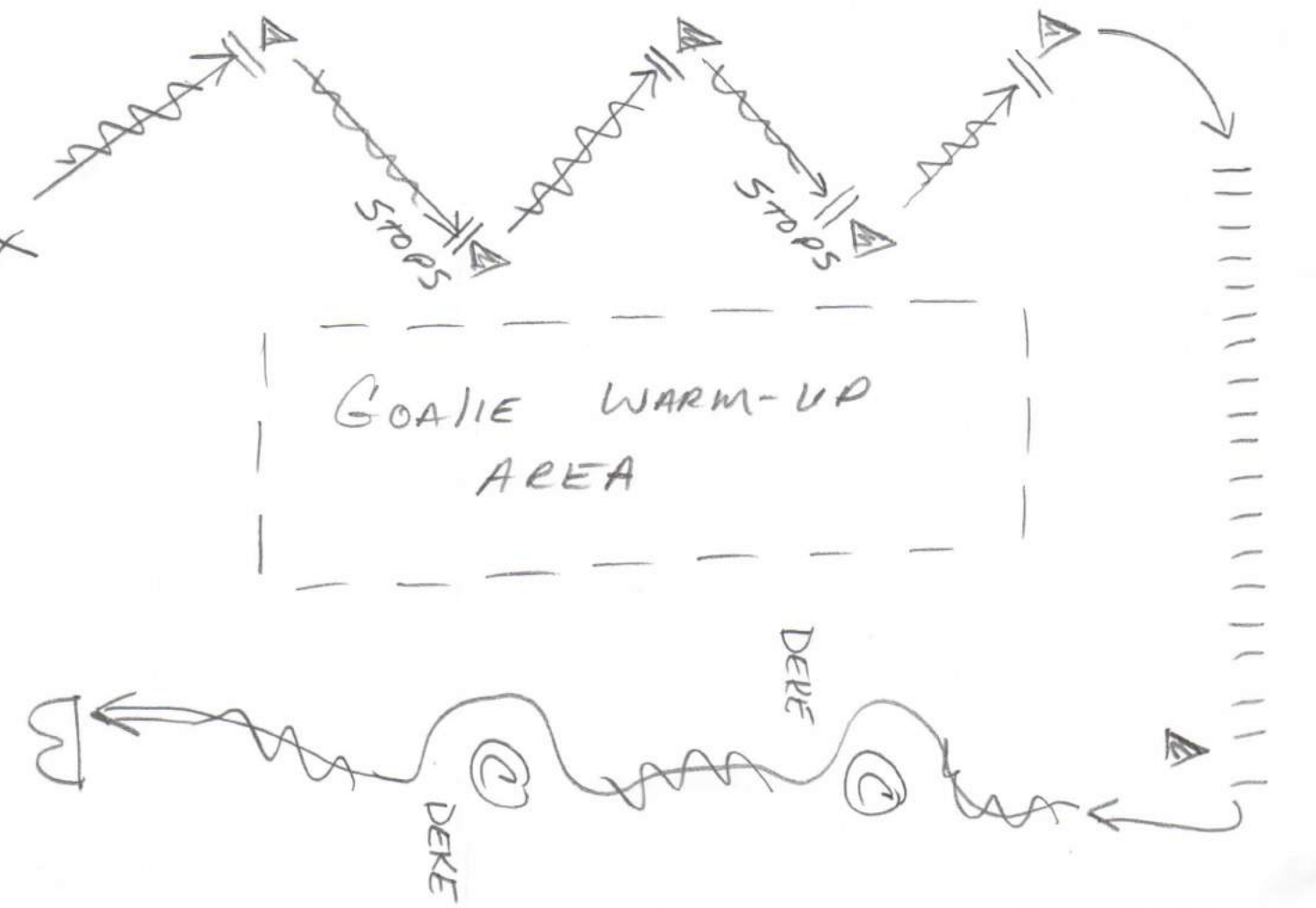
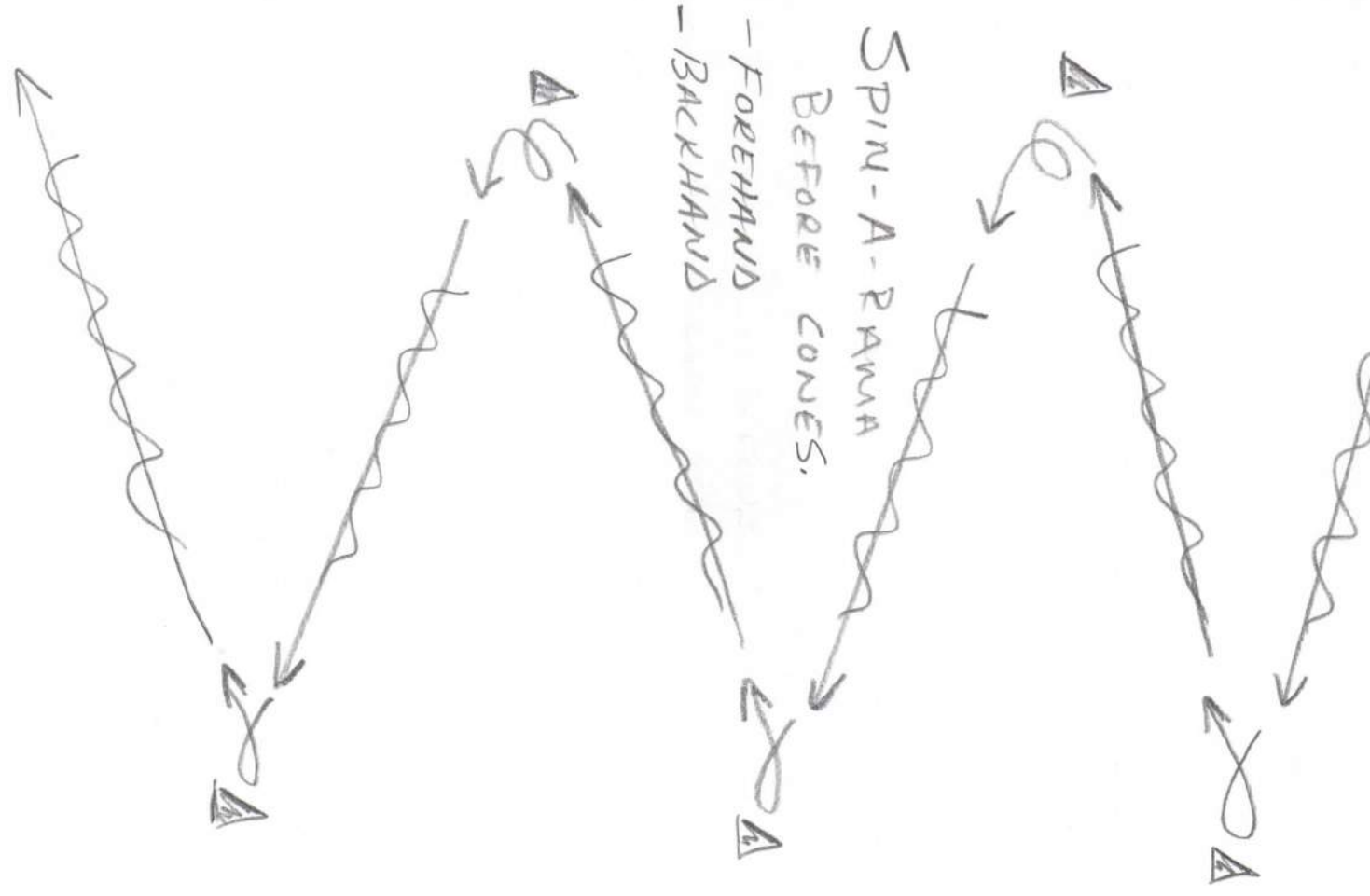


SHOOTING AGAINST GOALIE OR USE TARGETS.

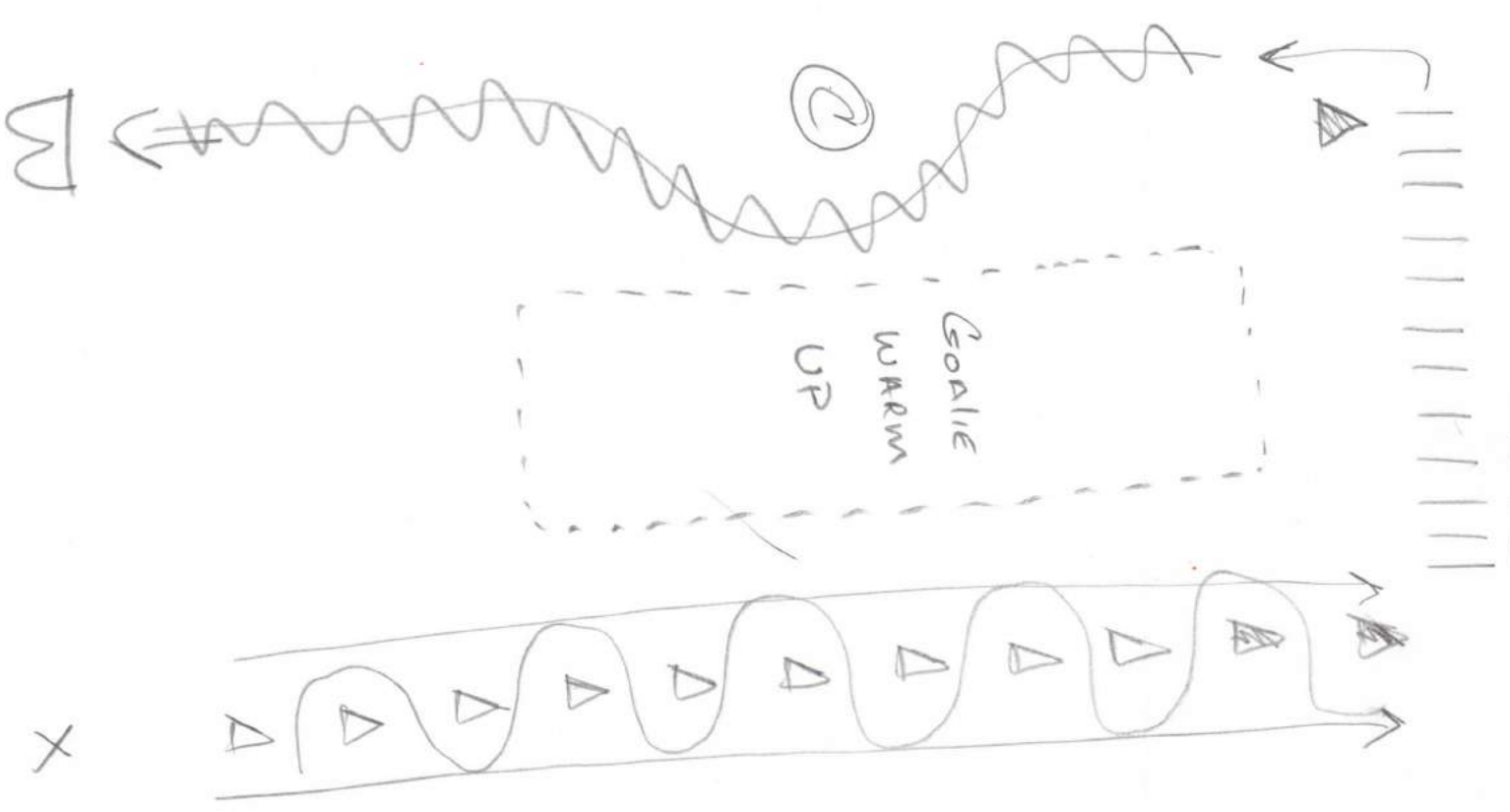
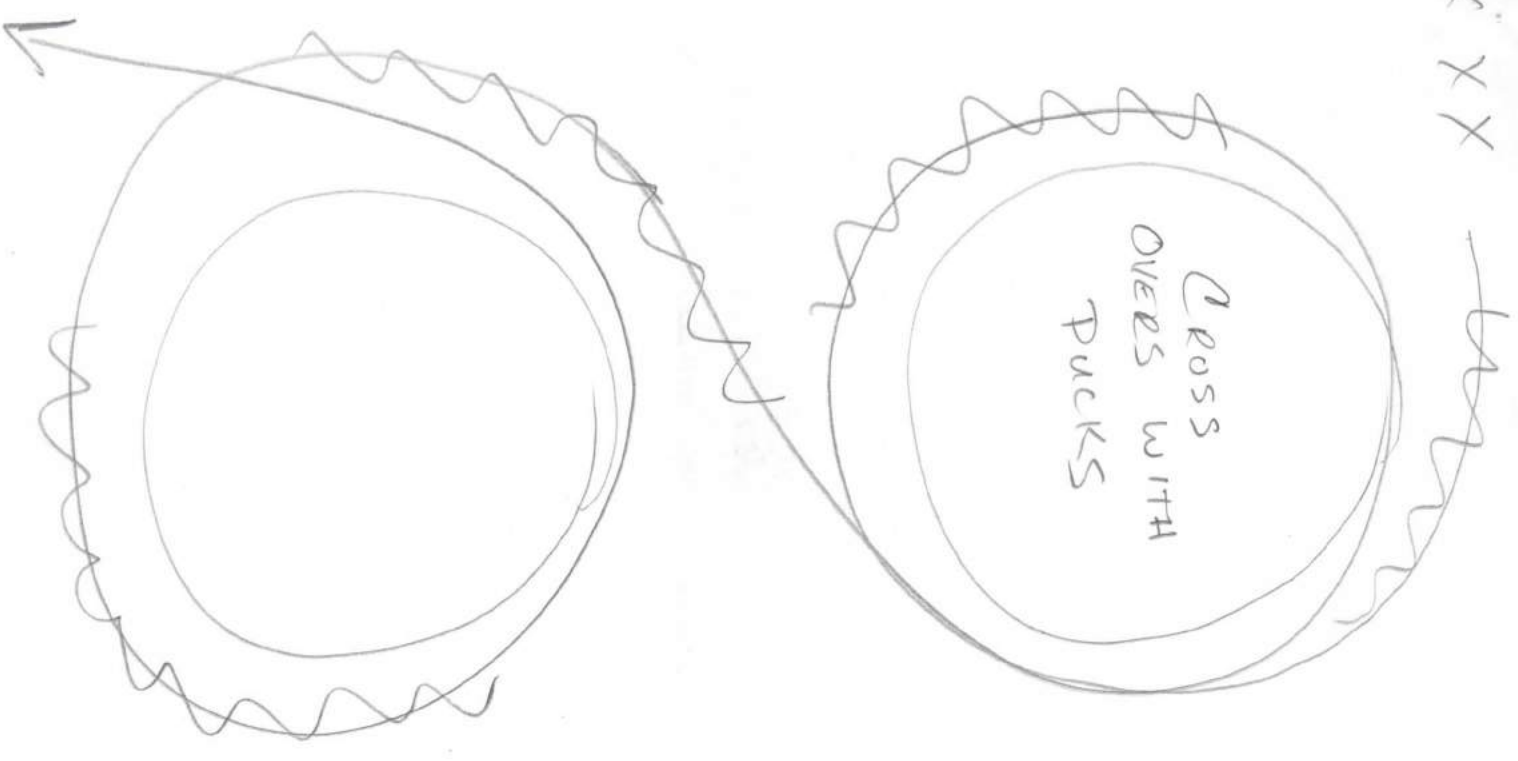
SWITCHING DIRECTIONS WHILE STICK HANDLING



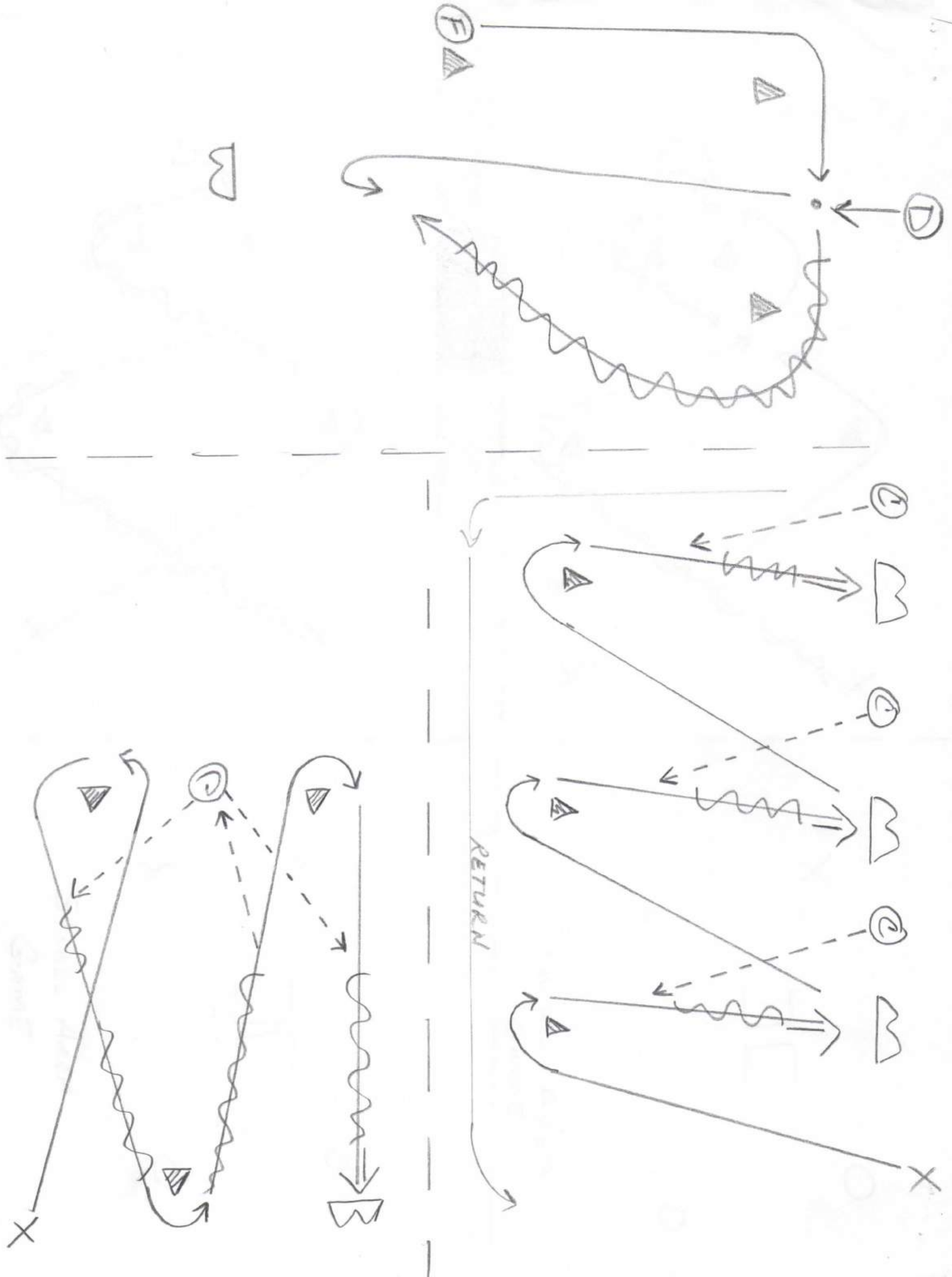
XX  
SUNDAY 9-29-13 9:00-10:10  
JAWBOREE AFTER WARM-UPS



X X X X

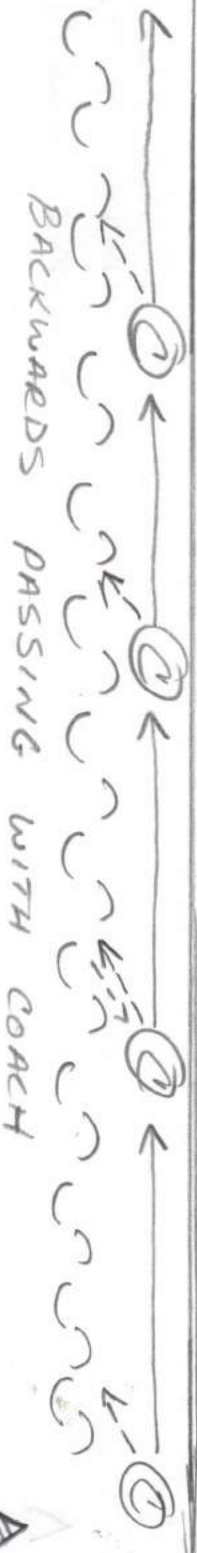
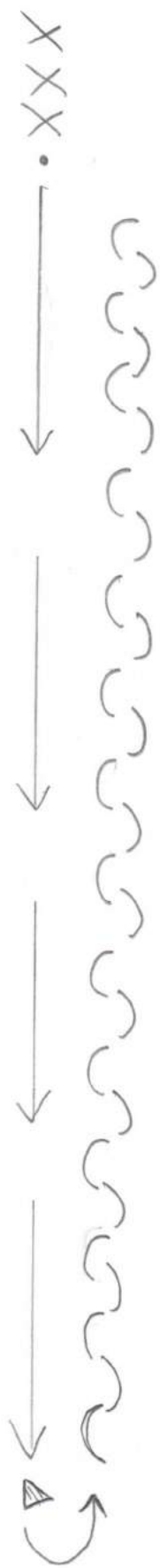


08/31/13 - RED

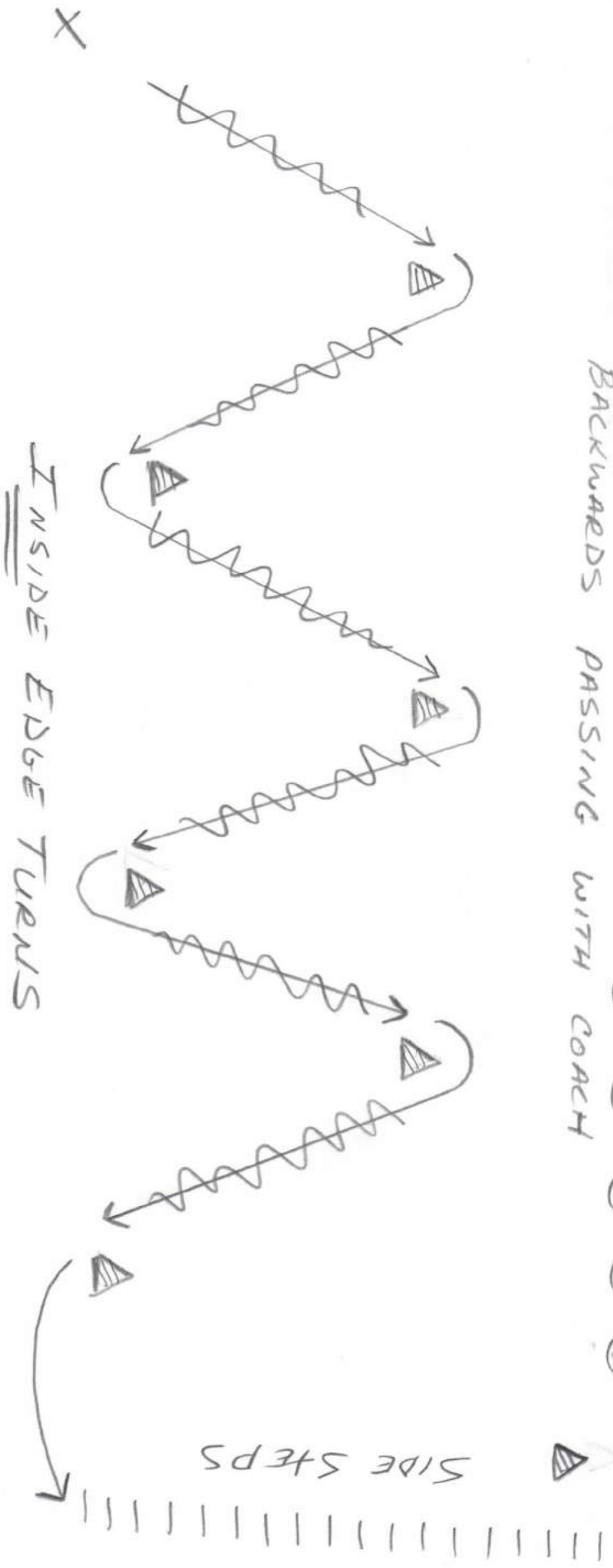




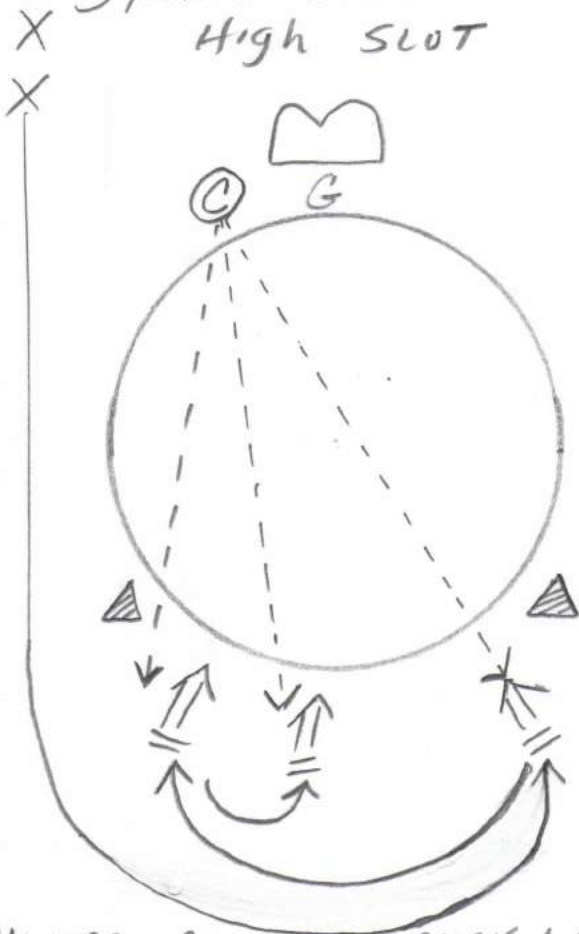
RELAY RACE WARM-UP  
 - PLAYERS ONE-HAND PUSH PUCK FORWARDED (NO STICK HANDLING)  
 - DRAG PUCK BACK



SIDE STEPS

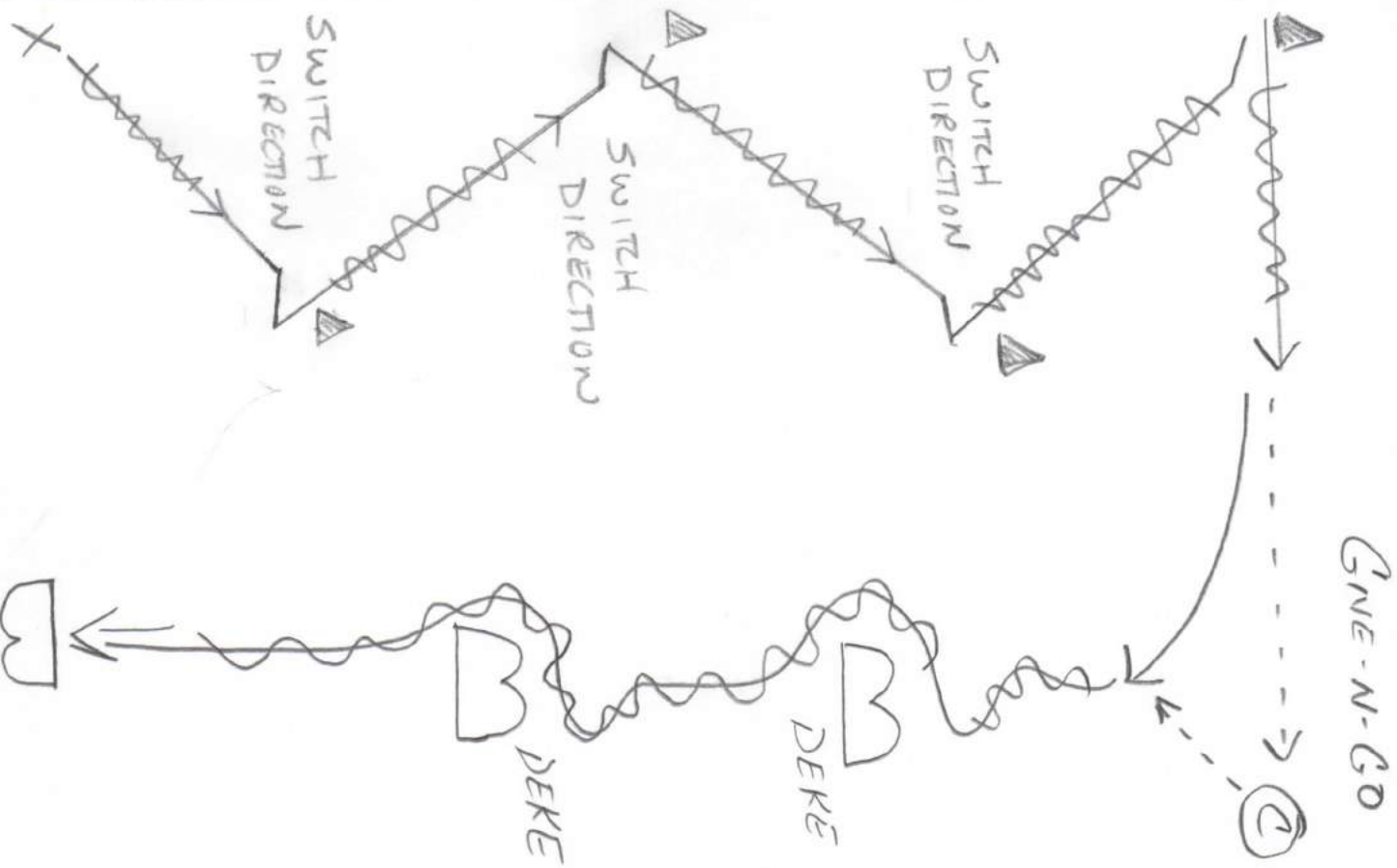
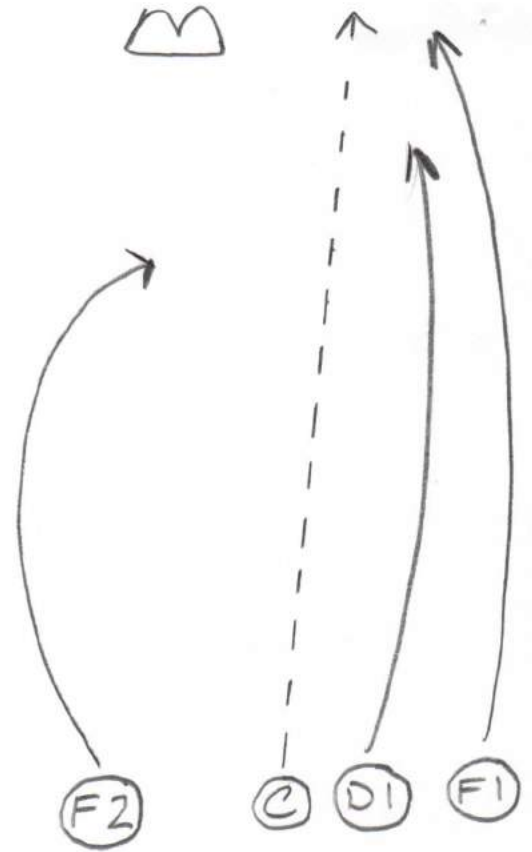


### 3 point SHOOTING FROM High SLOT



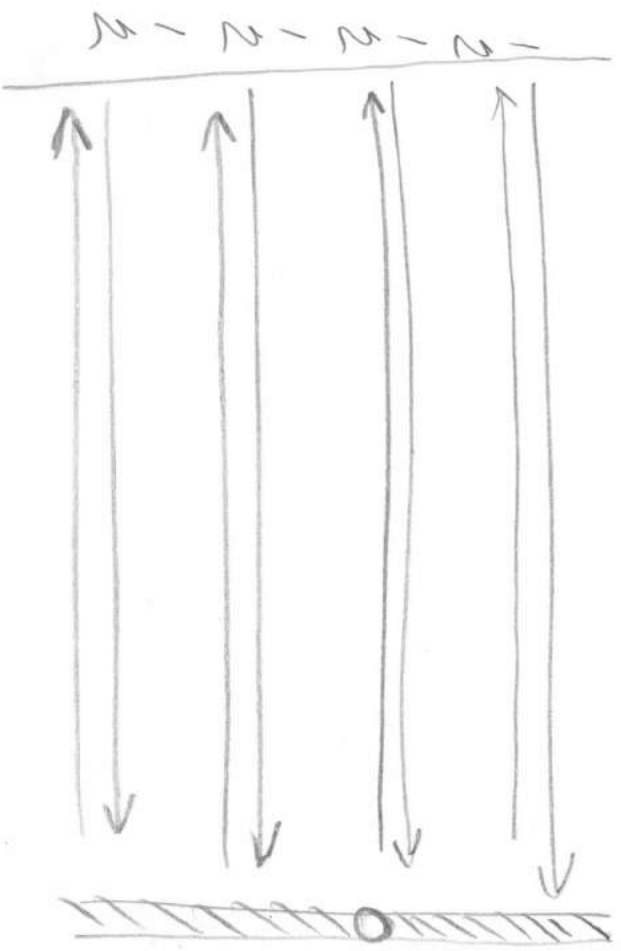
PLAYERS RUSH TO PUCK LOCATION TO MAKE LONG SHOT. \* KEEP PASSES QUICK AND OFF TARGET. KEEP PLAYER MOVING.

### 2 vs 1 DUMP



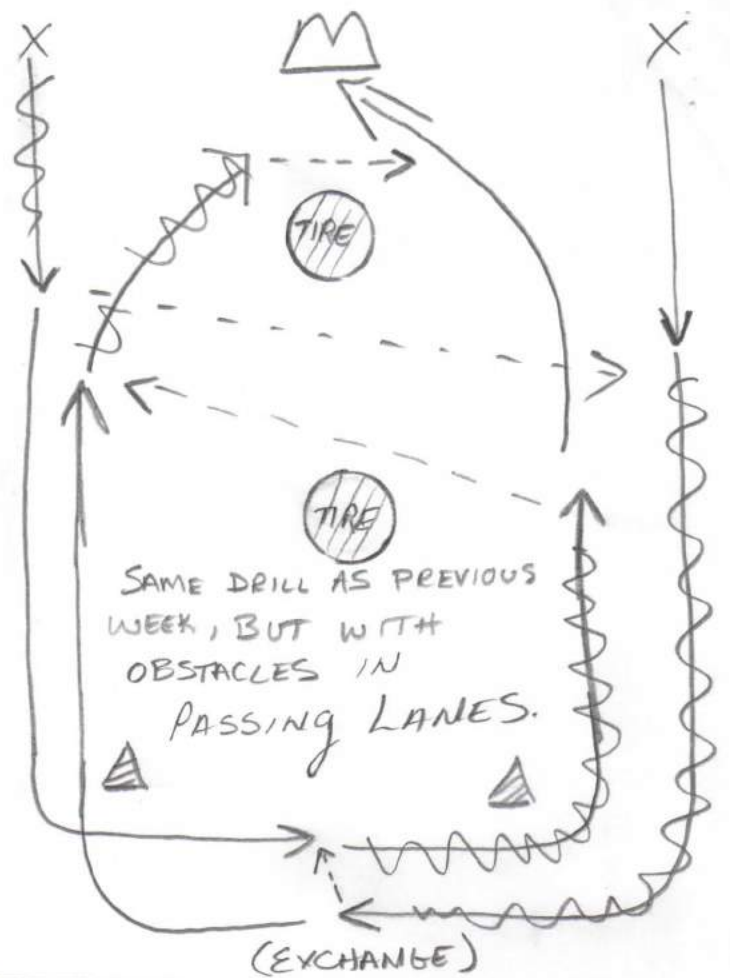
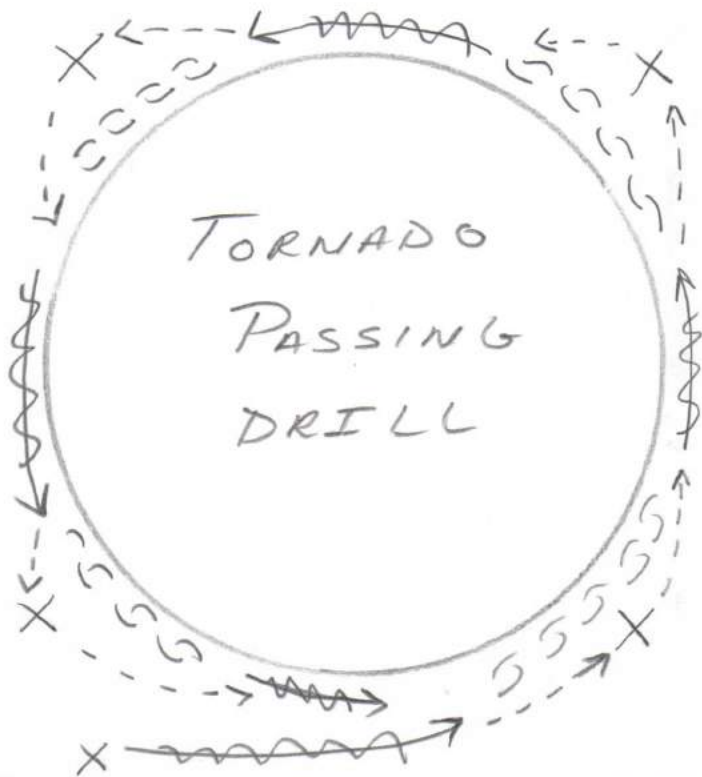
WARM-UPS (GOAL LINE TO RED LINE)

- PUSH Puck FORWARD
- FORWARD STICKHANDLE
- BACKWARD STICKHANDLE
- FORWARD (ONE KNEE DOWN) STICKHANDLE
- FORWARD (TWO KNEE DOWN) STICKHANDLE
- FORWARD (ONE KNEE UP) STICKHANDLE
- SIDE STEPS WITH PUCK
- DRAG PLAYER WITH STICK/ALTERNATE ON RETURN PACE

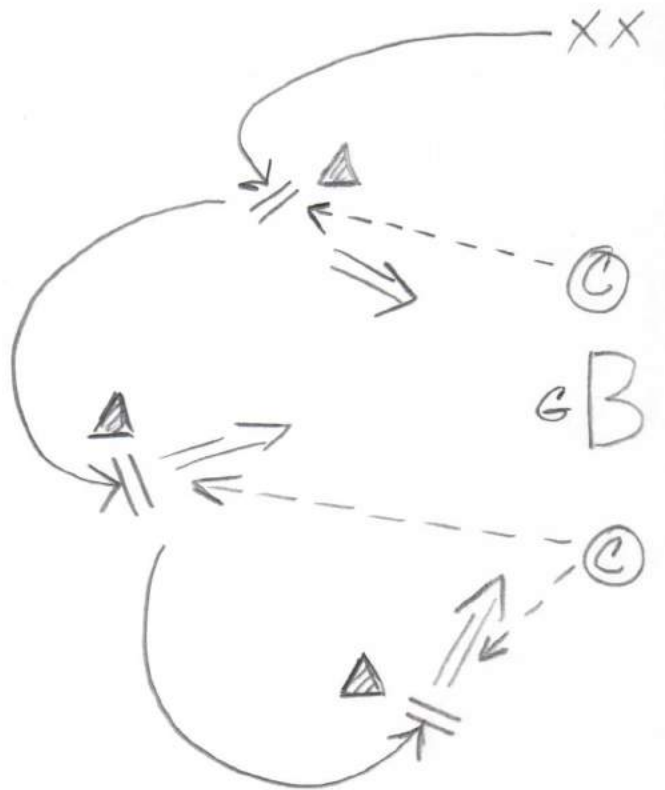
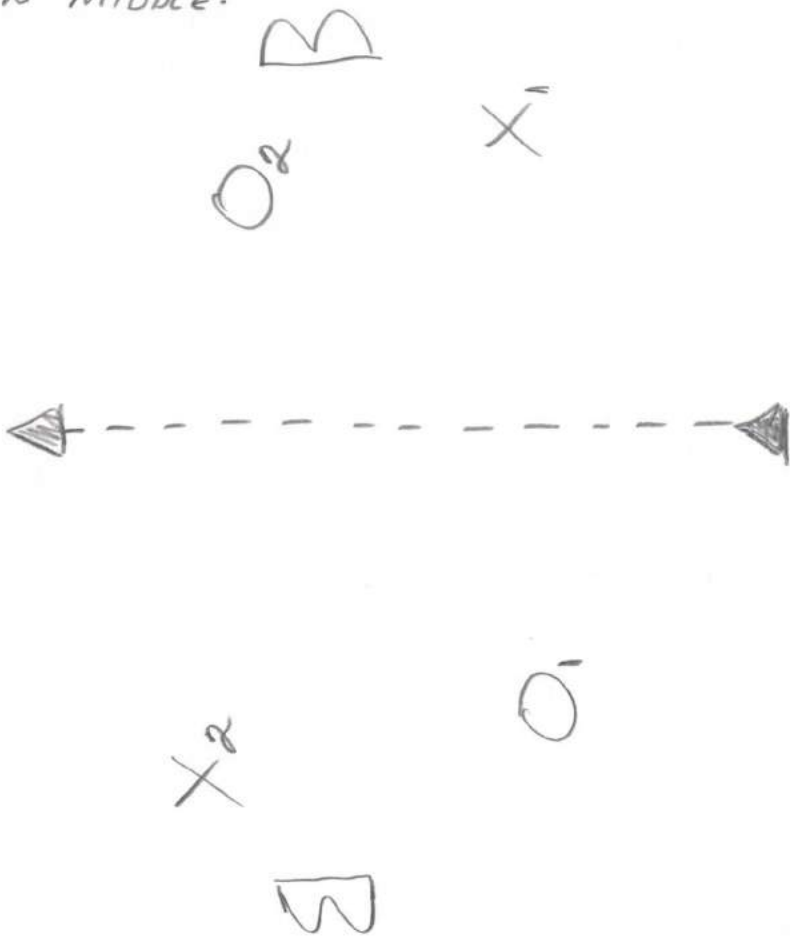


9-22-13

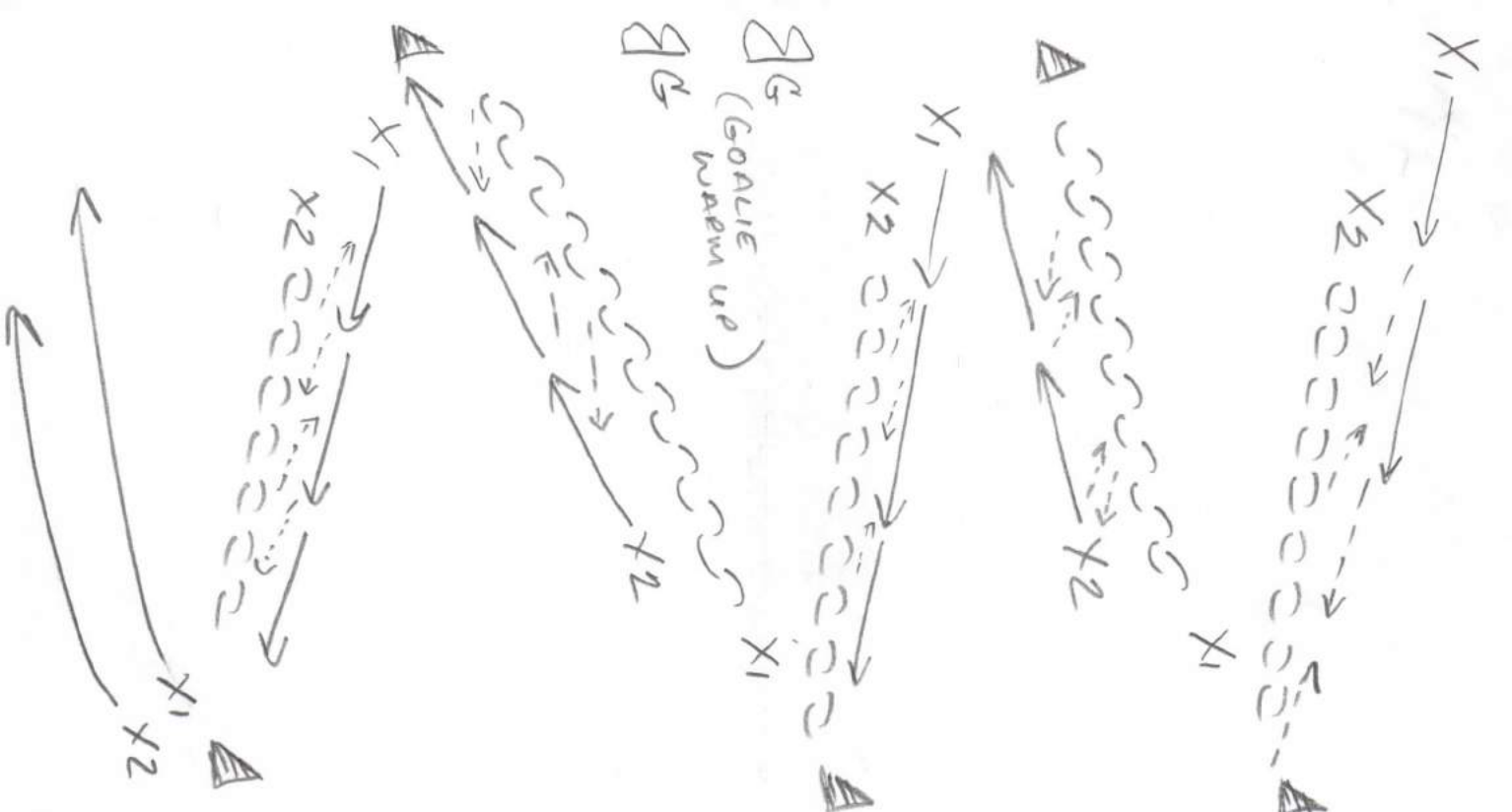
7:40 - 8:50



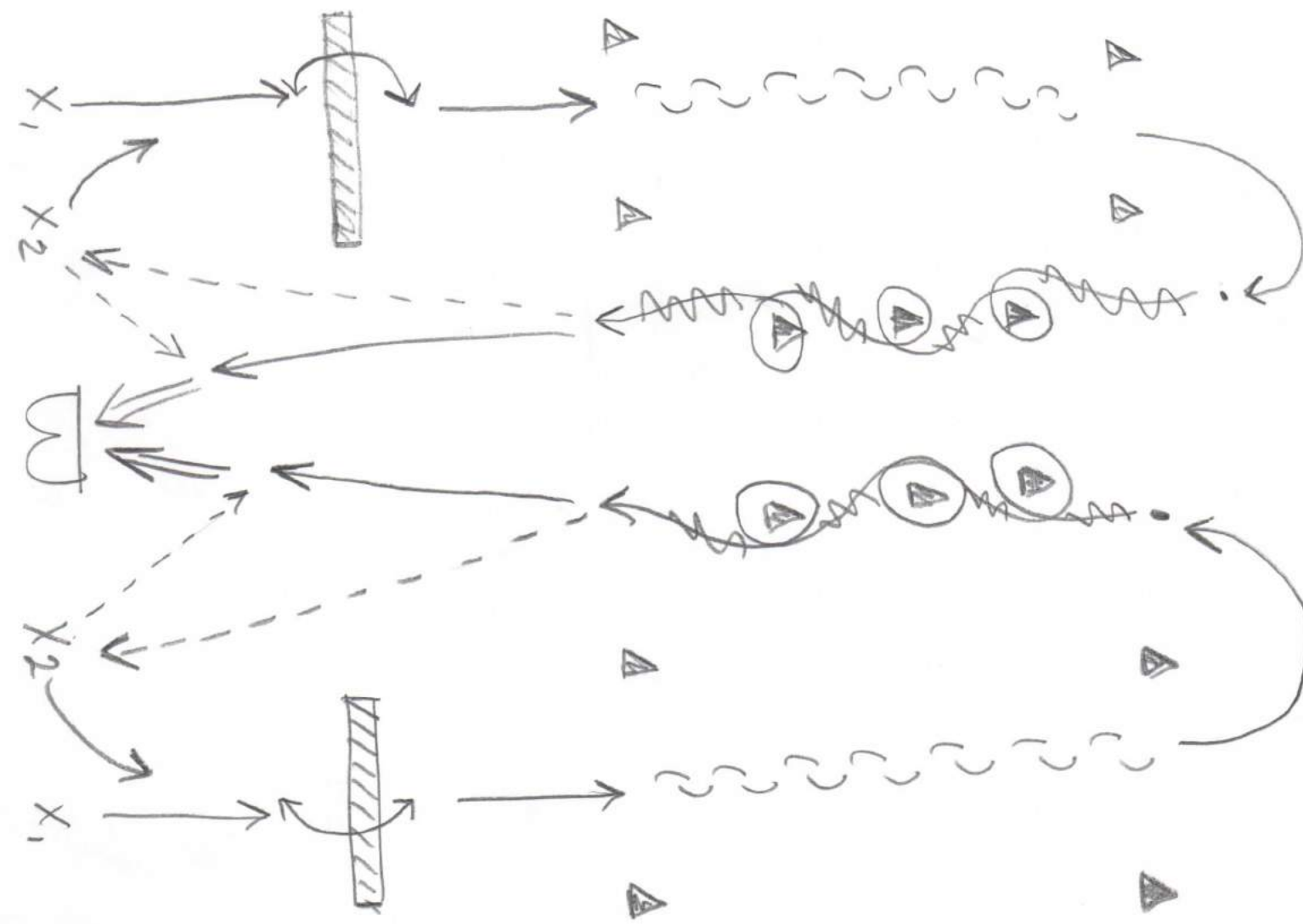
SMALL AREA GAME 2 YRS 2. PLAYERS CANNOT CROSS IMAGINARY LINE IN MIDDLE.



3-POINT STATIONARY SHOOTING

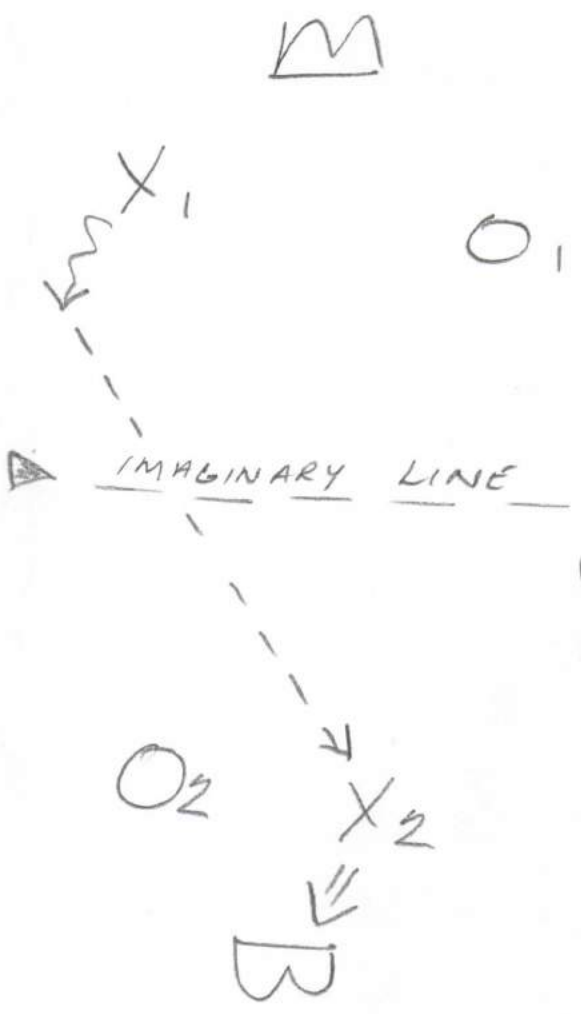


PAIR OF SKATERS PASS PUCK WHILE SKATING FORWARDS AND BACKWARDS TO ONE ANOTHER

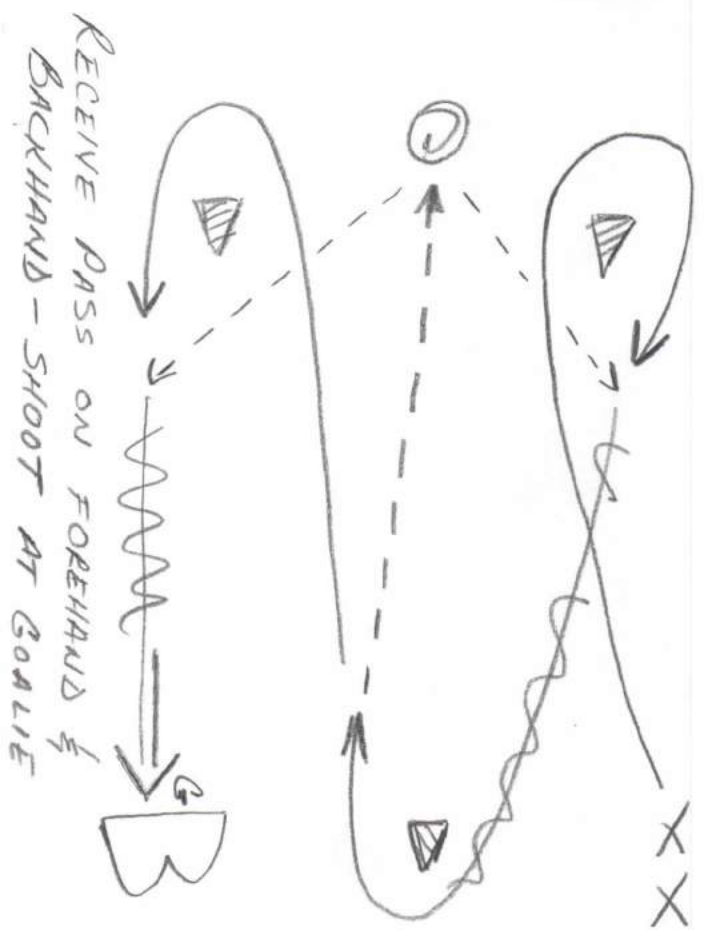
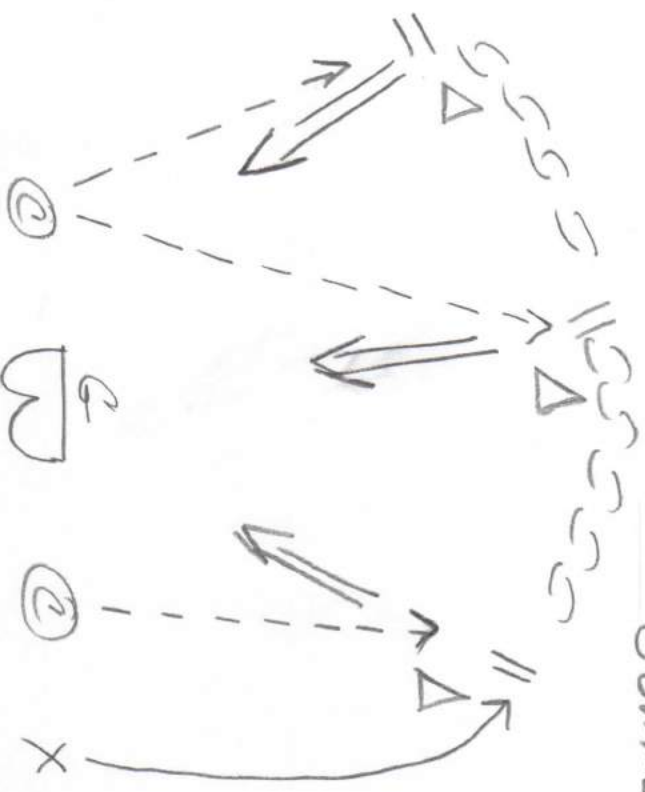


SATURDAY 9-28-13 11:40-12:50

▲ SMALL AREA GAME. PLAYERS CANNOT CROSS LINE

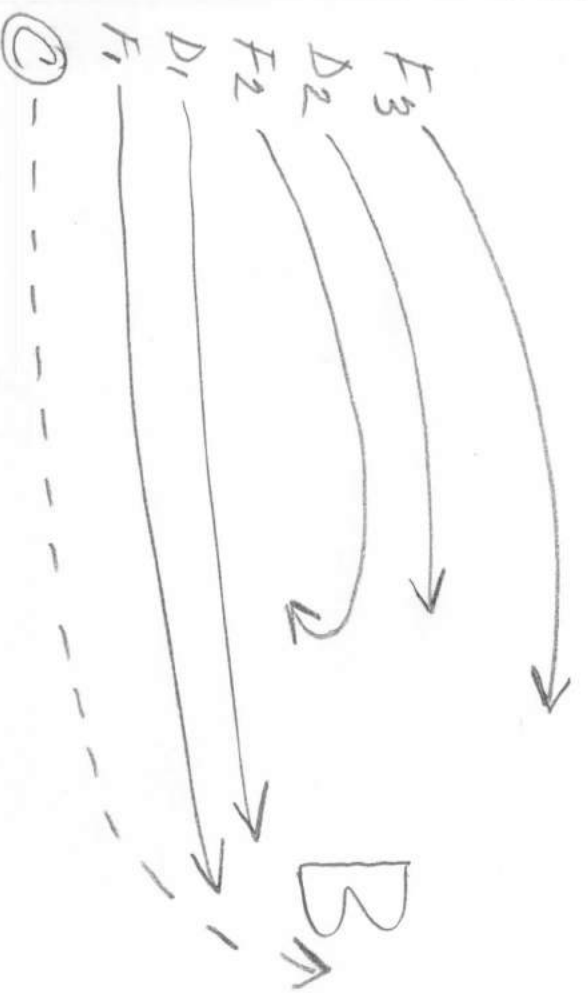


RECEIVE PASS ON BACKHAND. SHOOT WITH BACK HANDS ON GOALIE



RECEIVE PASS ON FOREHAND & BACKHAND - SHOOT AT GOALIE

3 VS 2 TRIANGLE COACH DUMPS PUCK. PLAYERS RUSH TOGETHER.

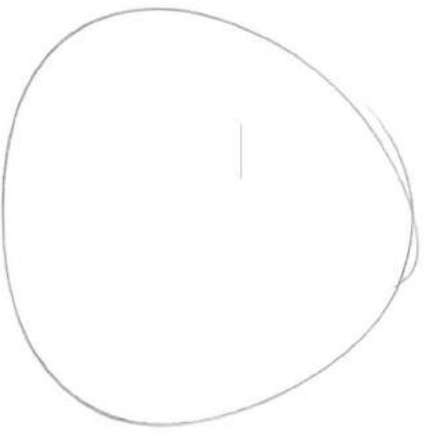


↓ RIFTERS ↓



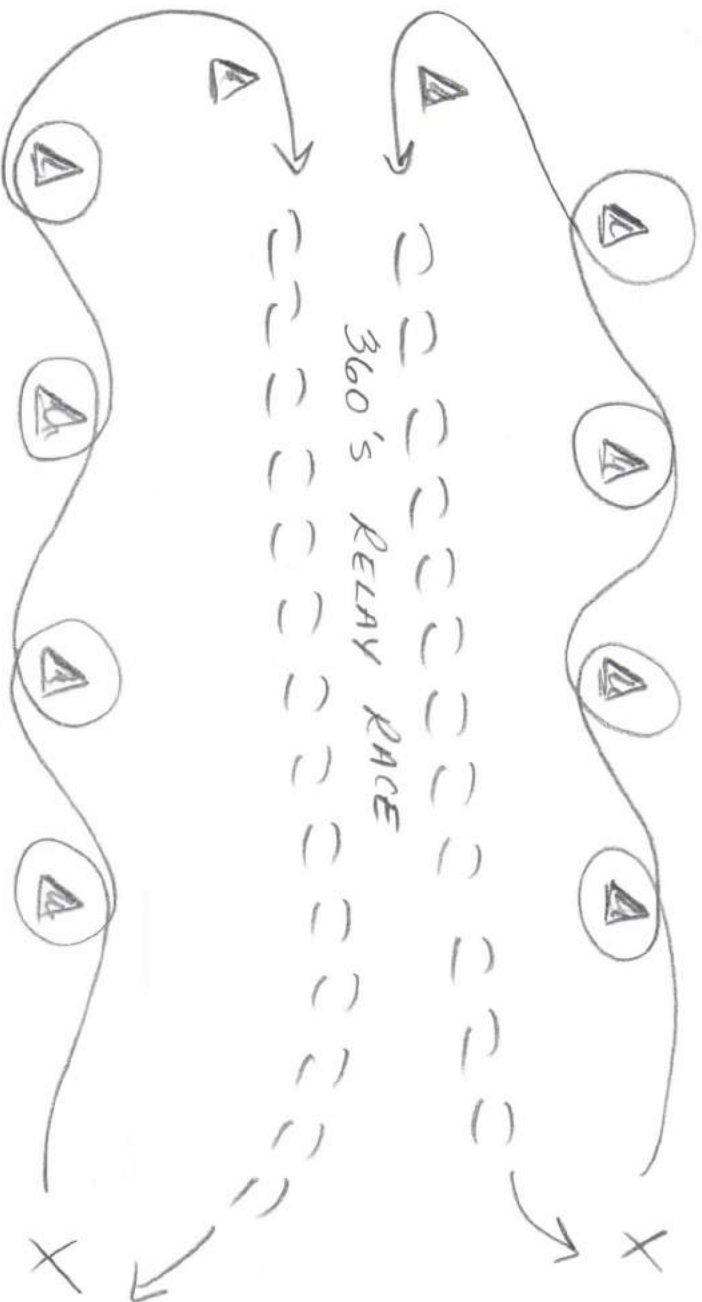
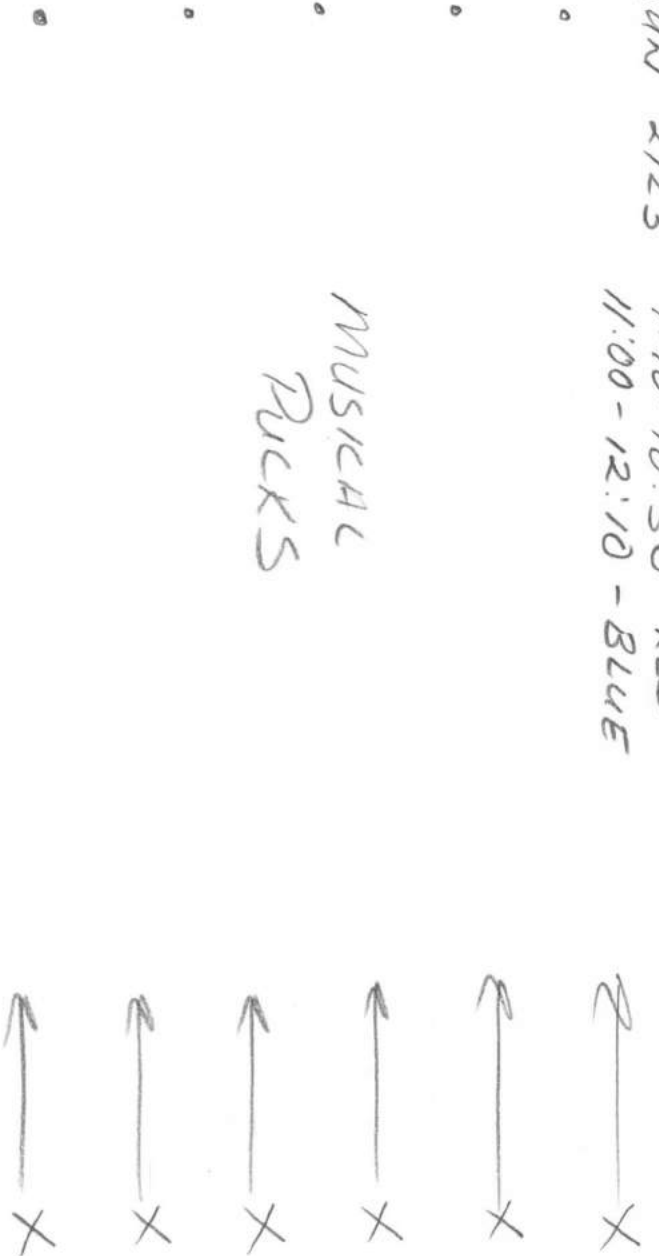
Figure 8 Cross  
OVERS

- TRANSITIONS  
- BACKWARDS



SUN 2/23 9:40-10:50 - RED  
11:00-12:10 - BLUE

MUSICAL  
PUCKS



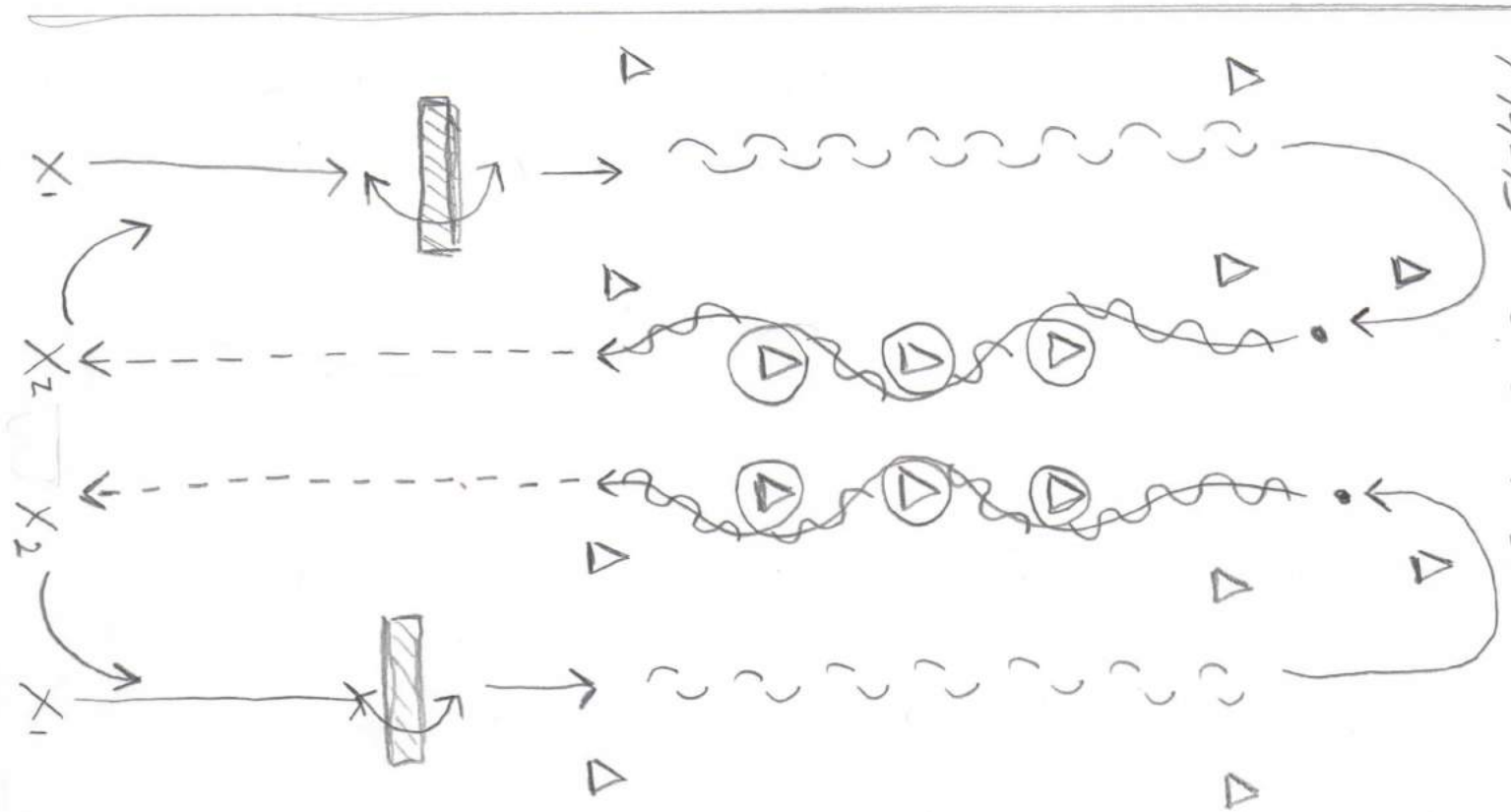


- TEAMS ARE EVENLY DIVIDED
- BOTH SIDES HAVE 10 PUCKS
- THE TEAM WITH THE MOST GOALS AT THE END OF 3 MINUTES WIN

- PLAYERS CANT CROSS CENTER LINE OR TAKE PUCKS OUT OF NET
- SWITCH GOALIES BETWEEN GAMES

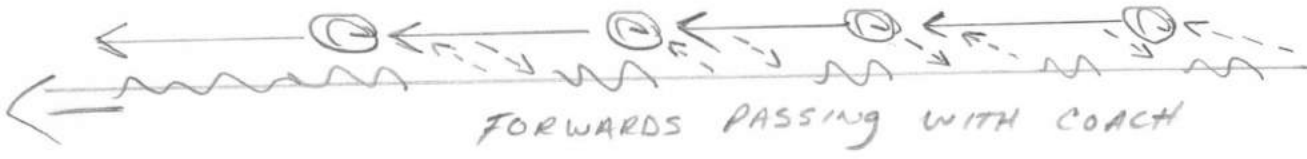
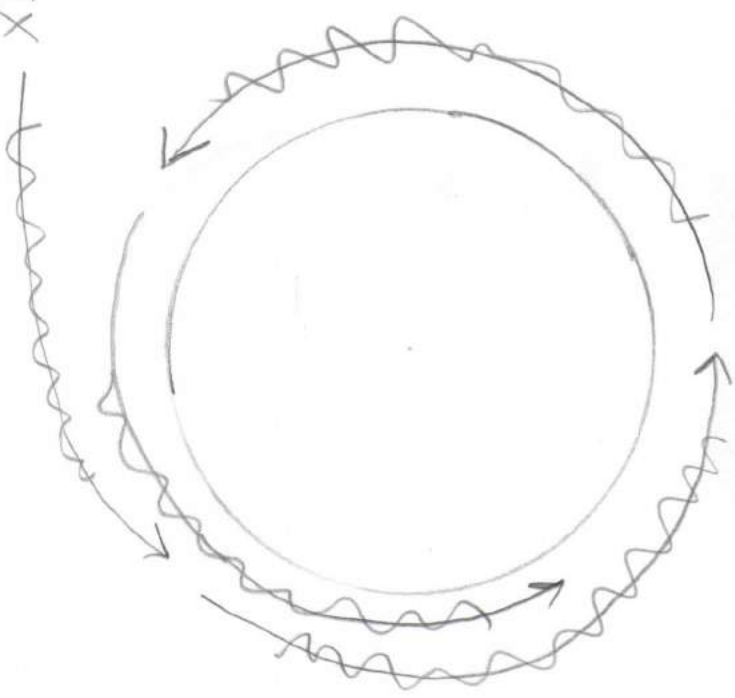


9-14-13 10:20 - 11:30

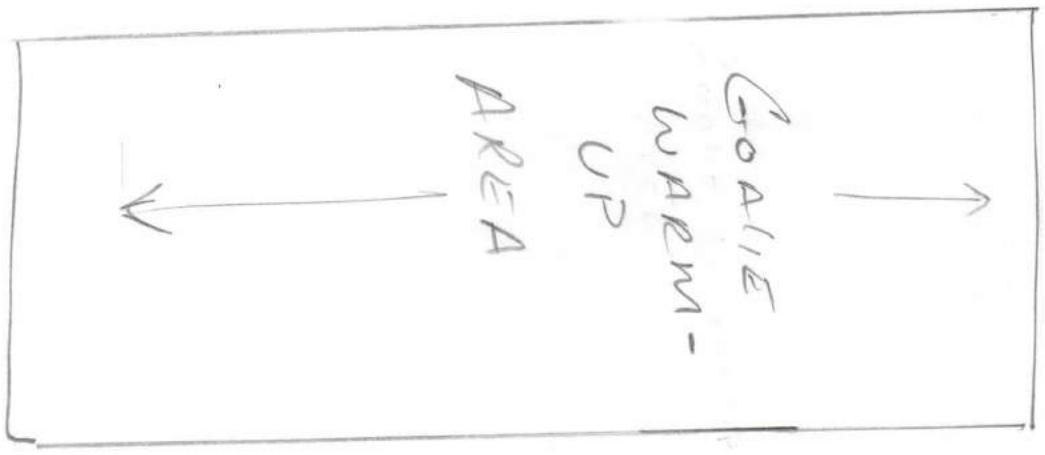




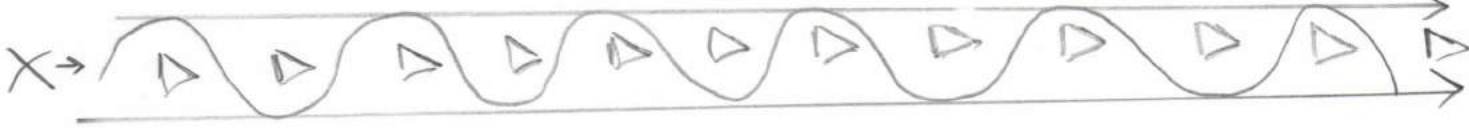
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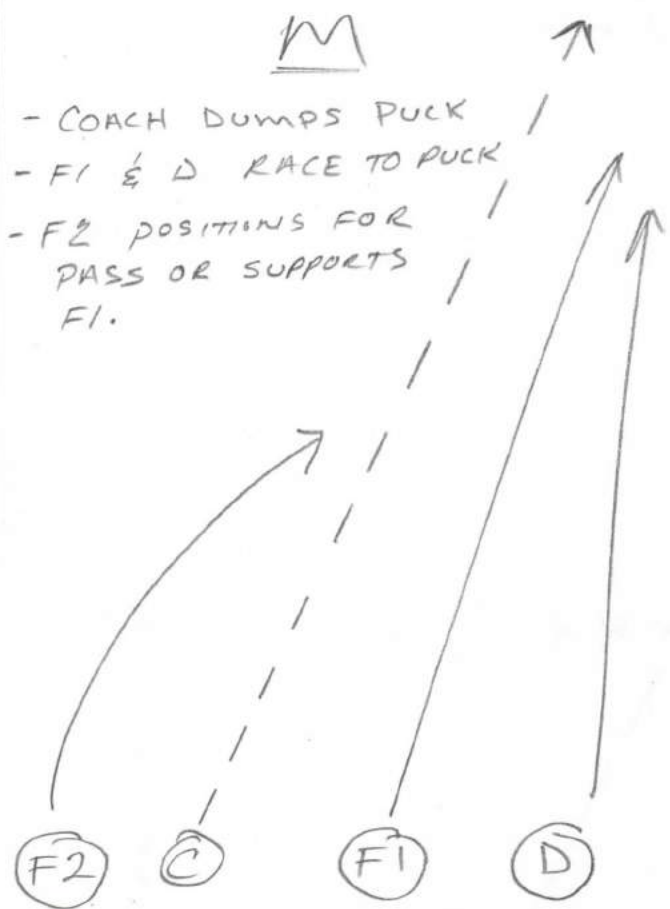
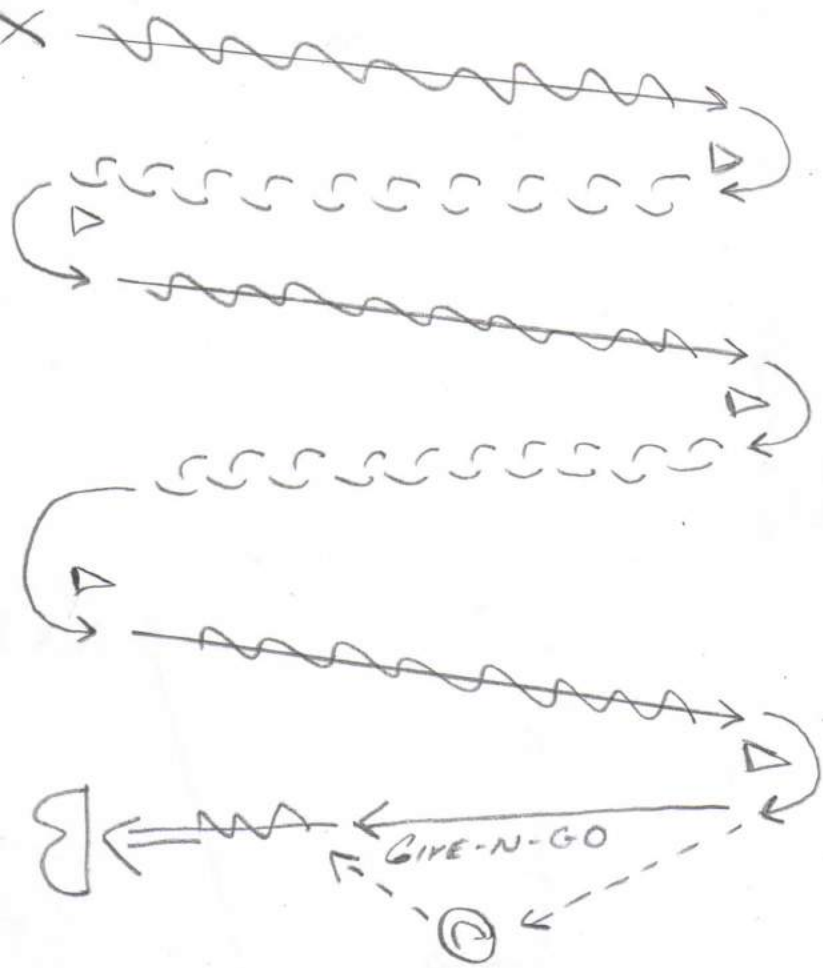


9-8-13 7:40-8:50  
 BACKWARDS WITH PUCK



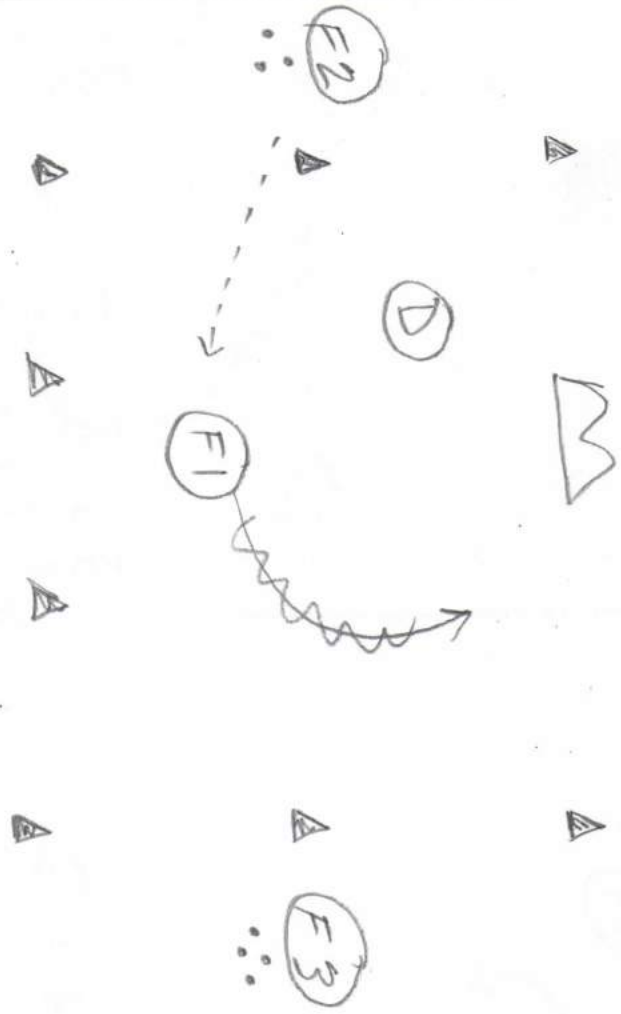
STICK HANDLE BETWEEN LEGS



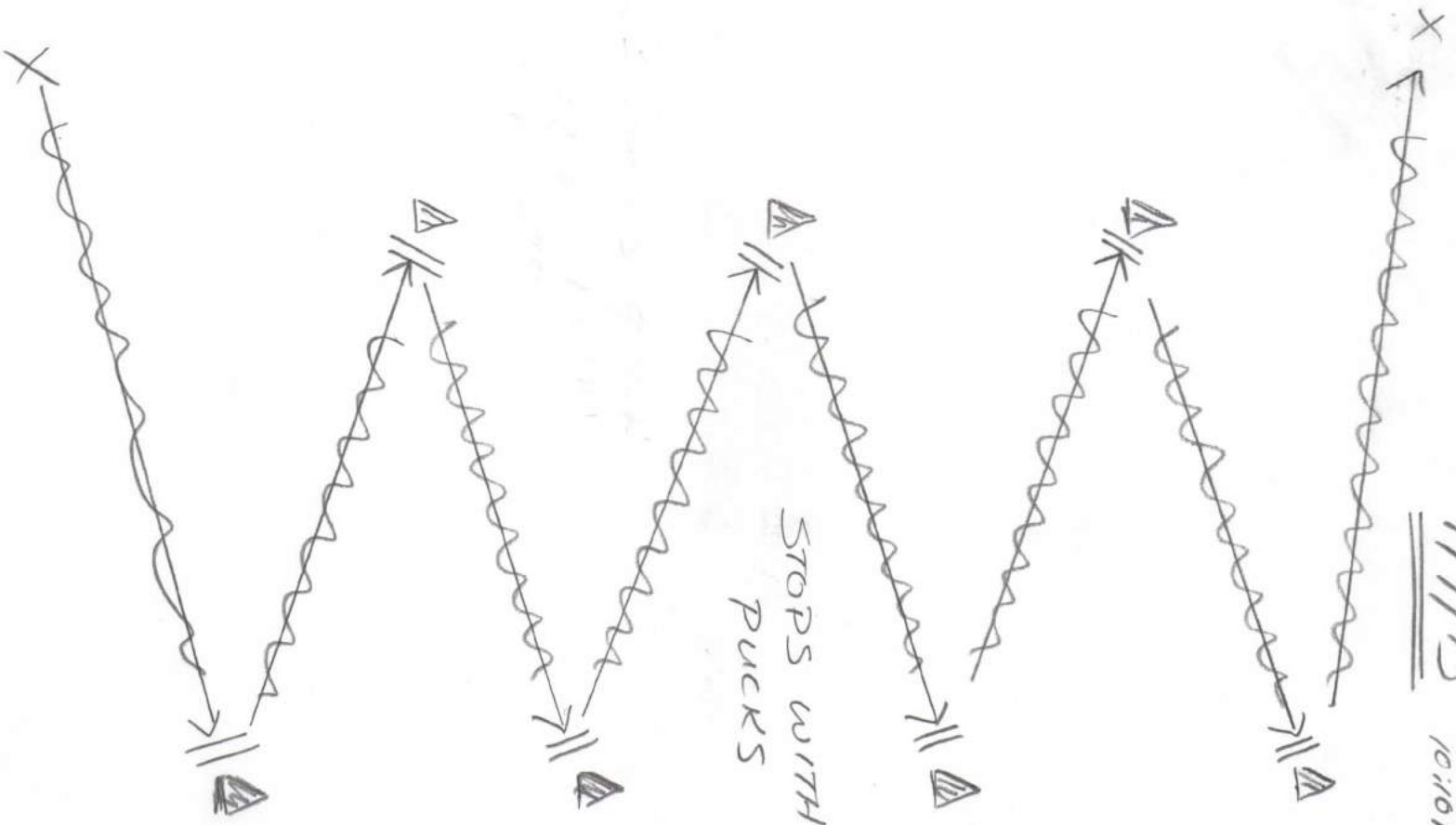


- COACH DUMPS PUCK
- F1 & D RACE TO PUCK
- F2 POSITIONS FOR PASS OR SUPPORTS F1.

- F1 & D MUST STAY INSIDE OF CONES.
- F2 & F3 MUST STAY OUTSIDE OF CONES.
- IF D GAINS CONTROL & DUMPS PUCK, F1 WILL RECEIVE PASS FROM EITHER F2 OR F3.
- \* STRESS F1 TO GET OPEN LIKE KEEP-AWAY. ROTATE EVERY 3 POSSESSION CHANGES.

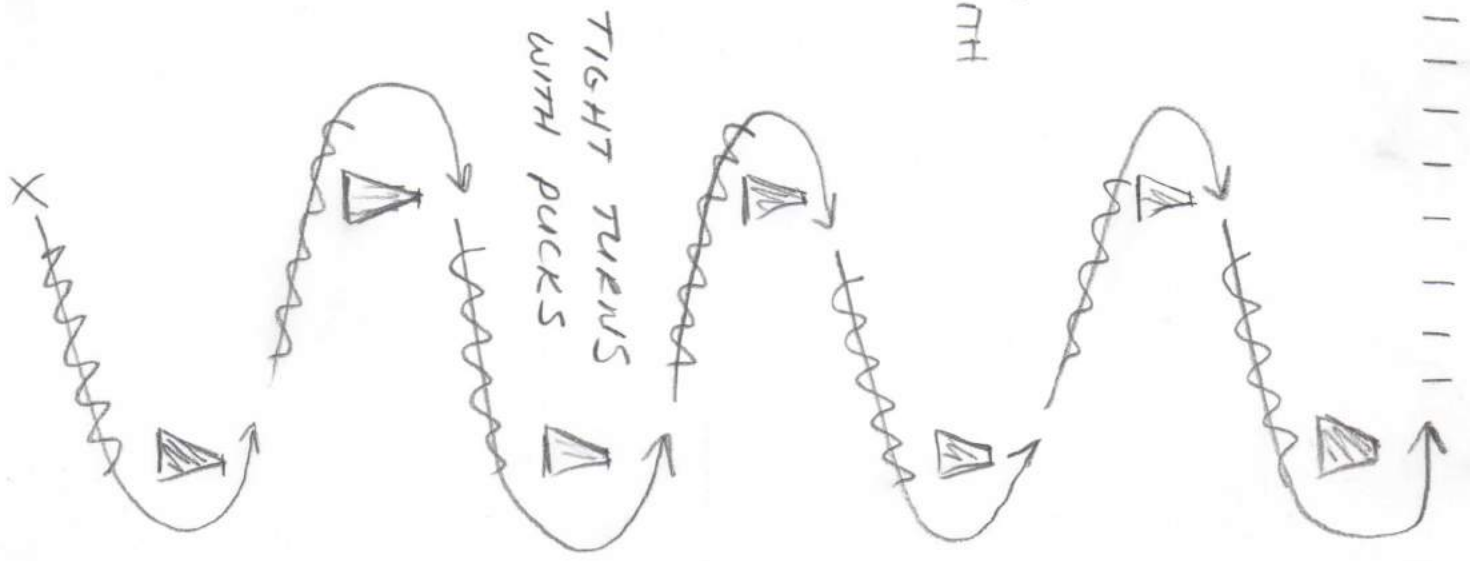


9/17/13 9:00 AM  
10:16 AM

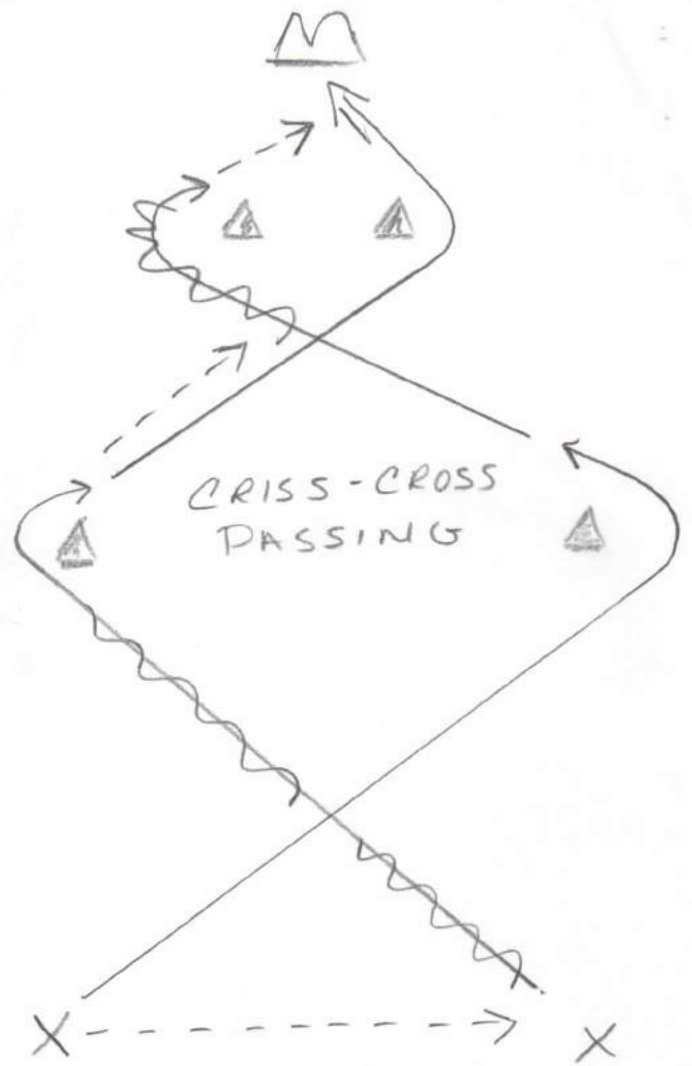
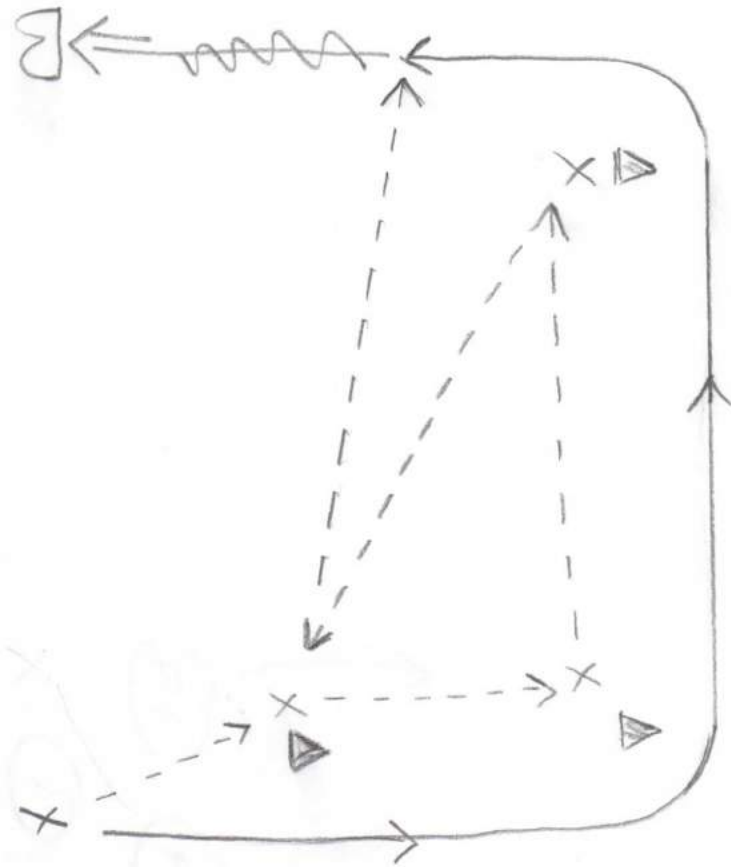


BACKWARDS  
PASSING WITH  
A COACH

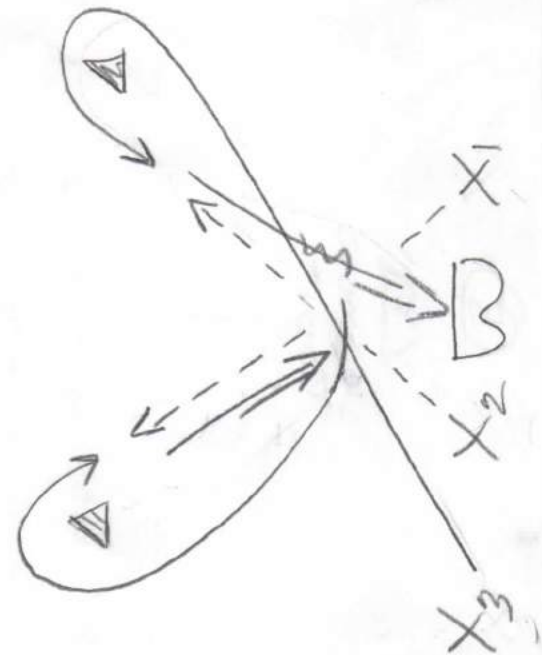
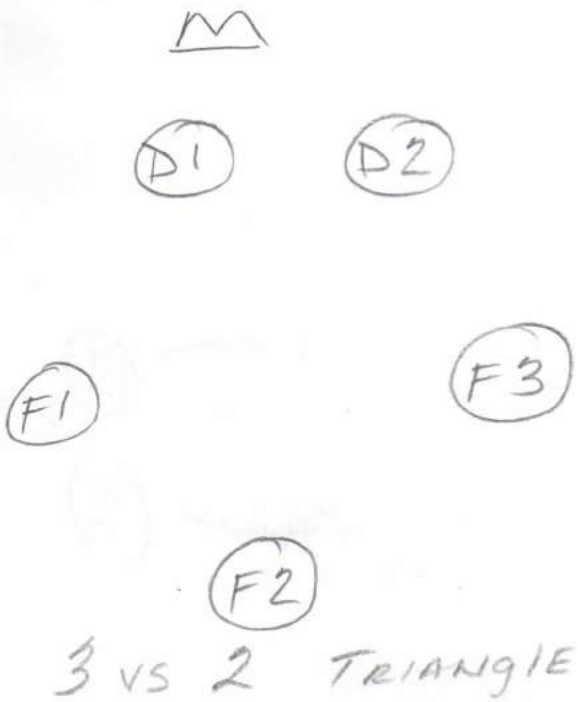
SIDE STEPS WITH DUCK



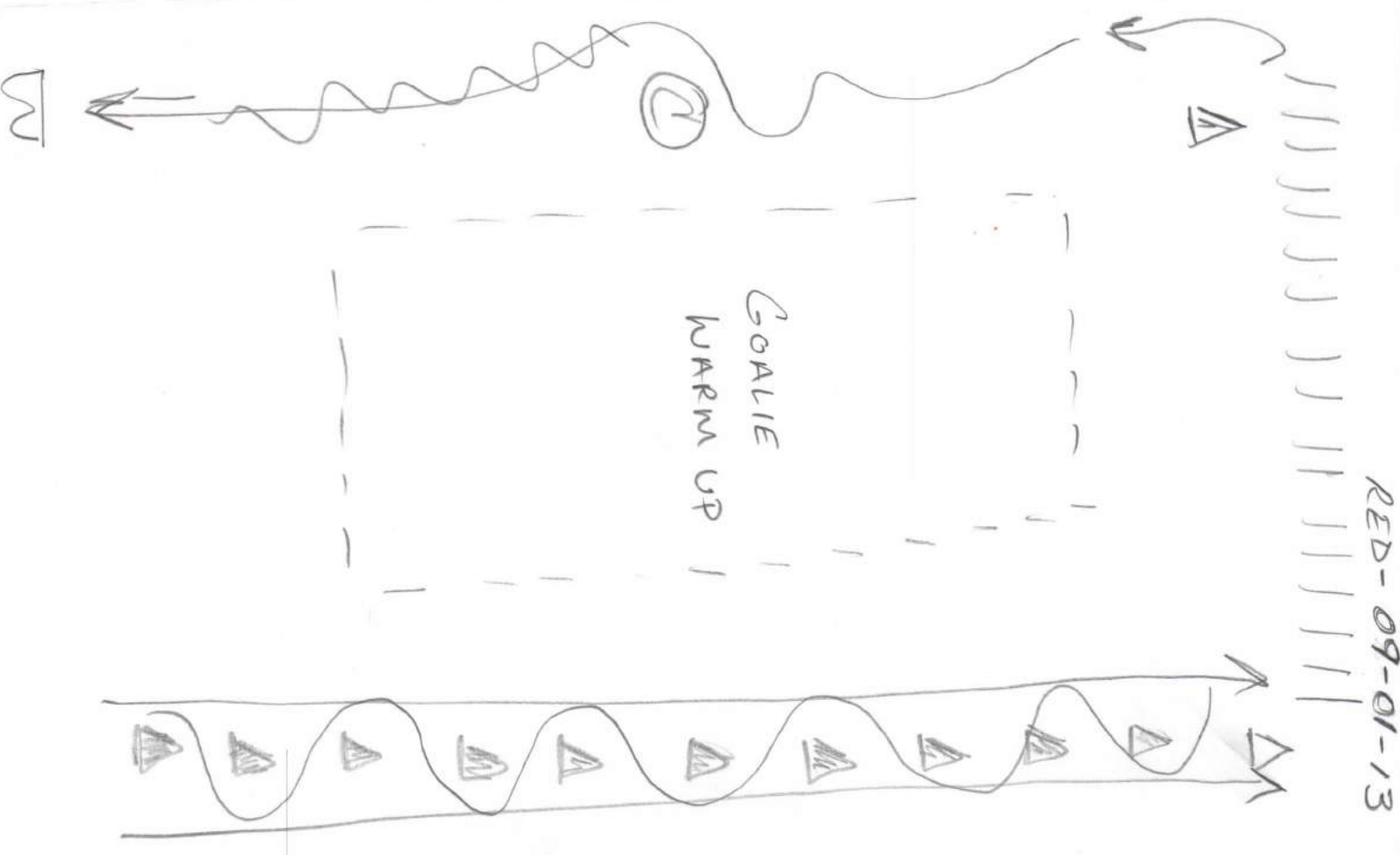
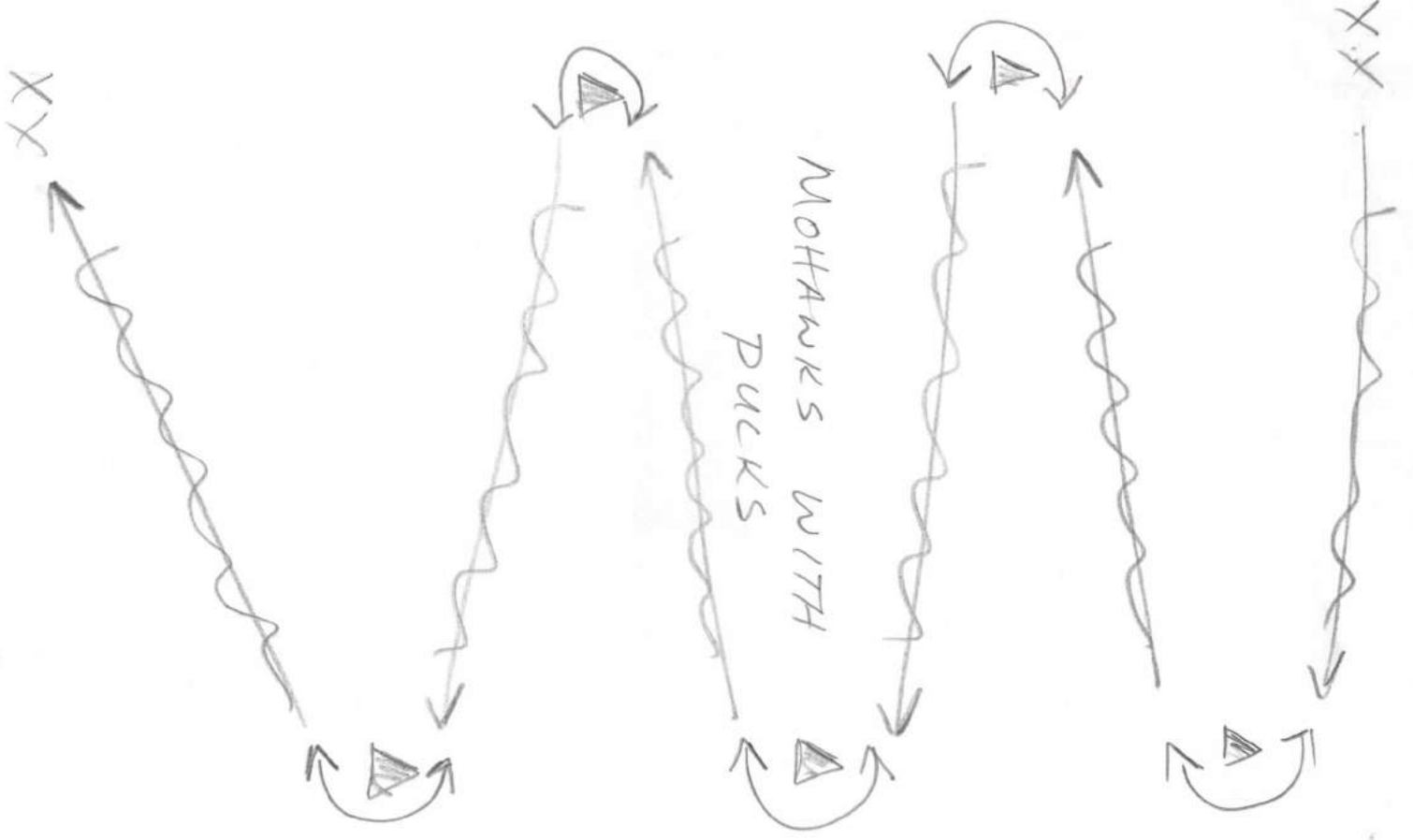
# Russian Pass Drill

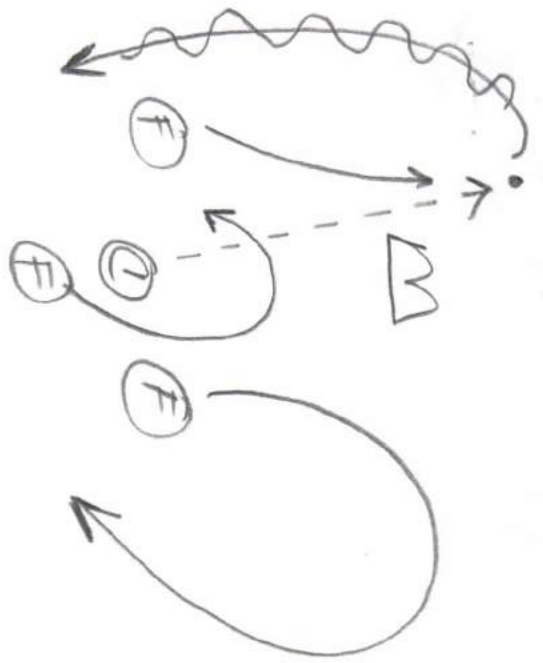


# FIGURE 8, RECEIVE PASS AND SHOOT (PLAYERS PASS)



RED-09-01-13





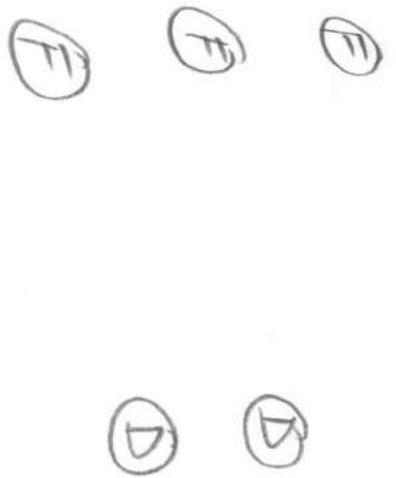
3 vs 2

Coach Dumps Puck

FORWARDS BREAK OUT



B

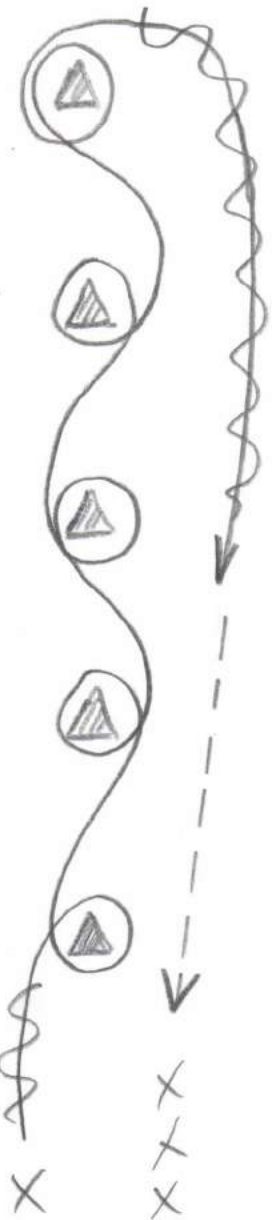
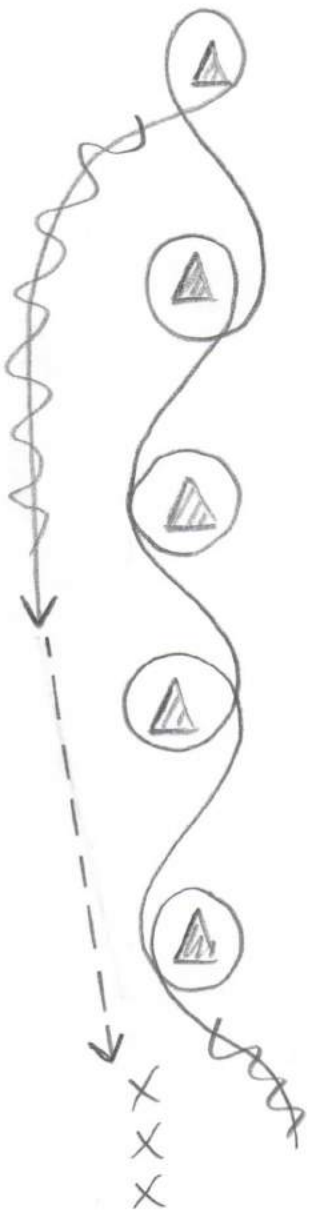


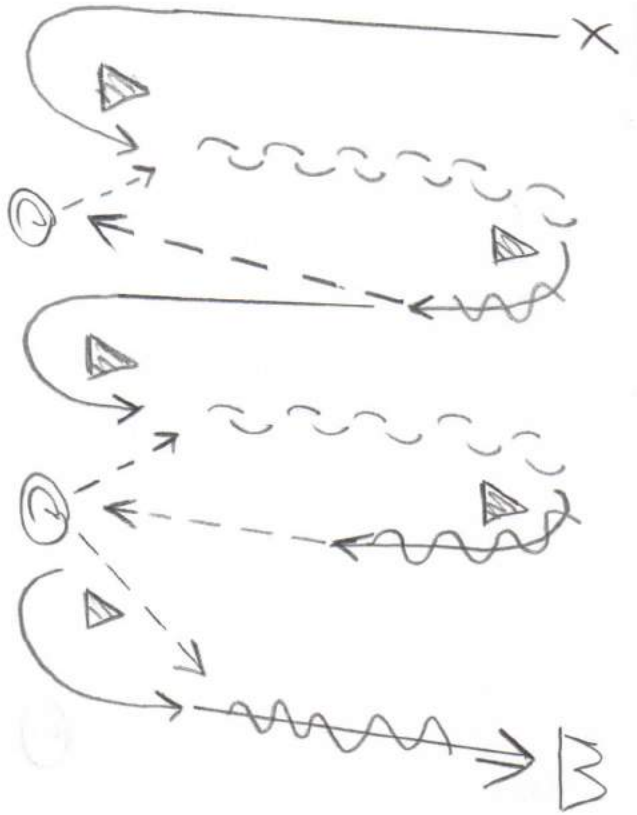
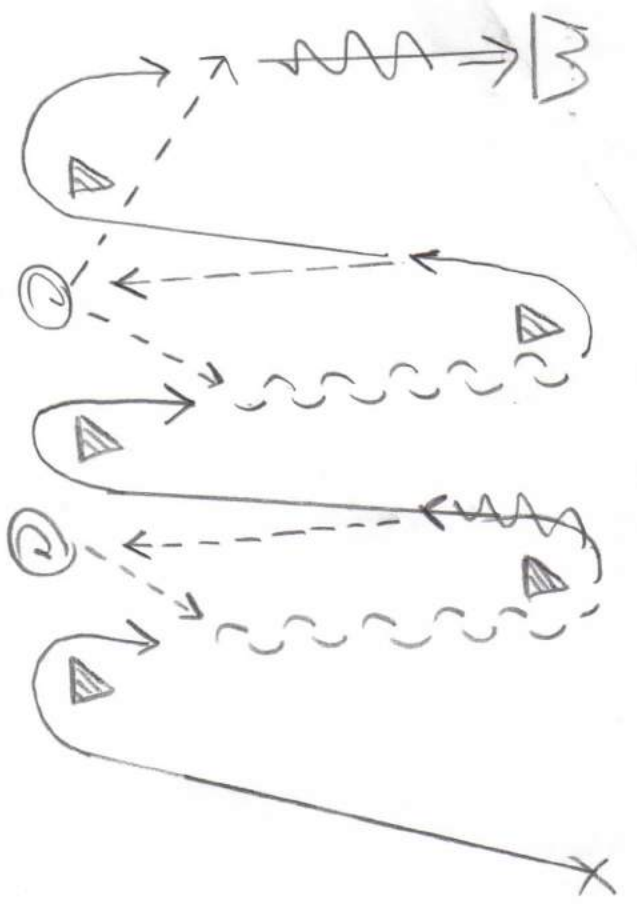
3 vs 2

TRIANGLE

B

360° RELAY RACE WITH PUCKS





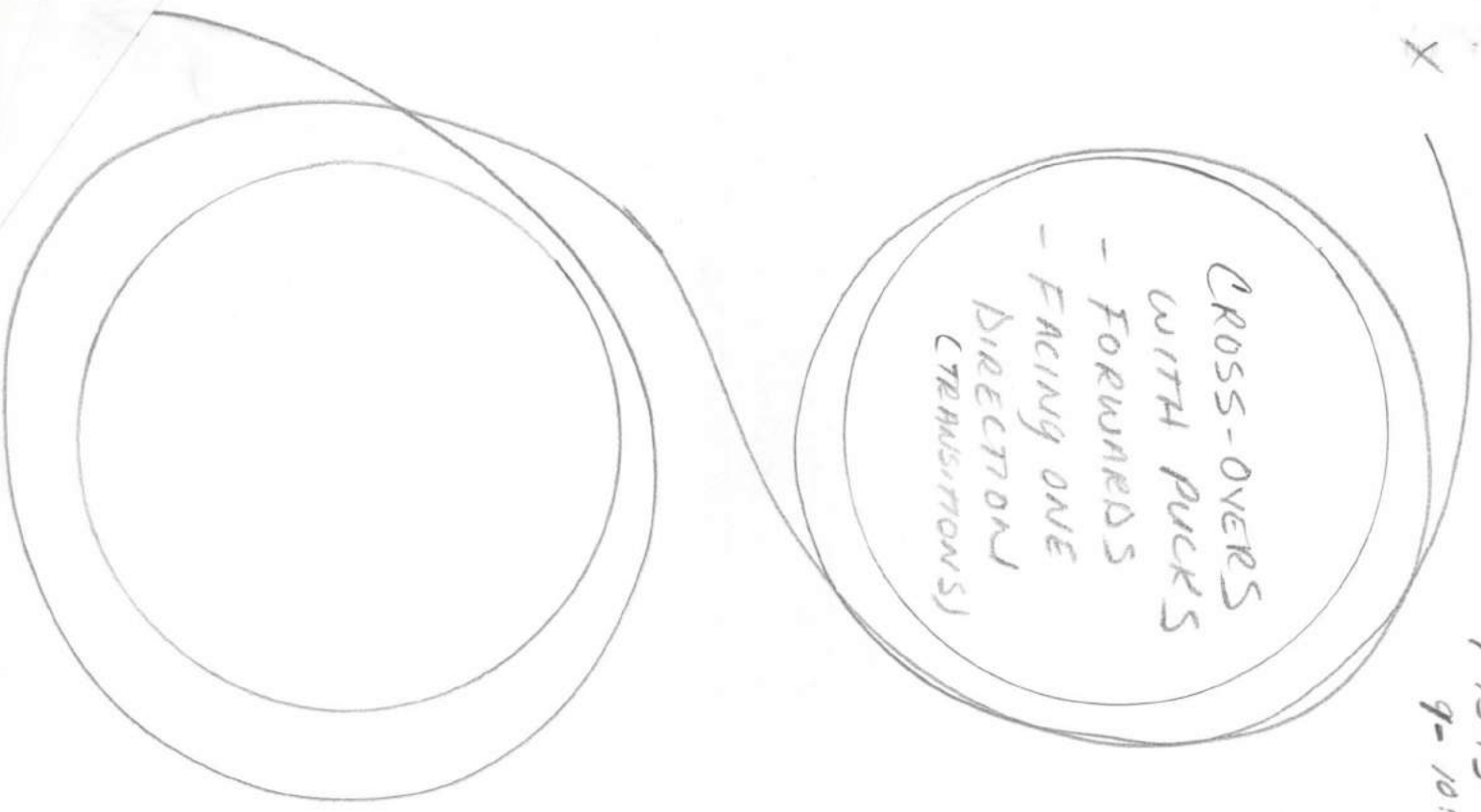
3 vs 3 KEEP AWAY

3 vs 3 KEEP AWAY

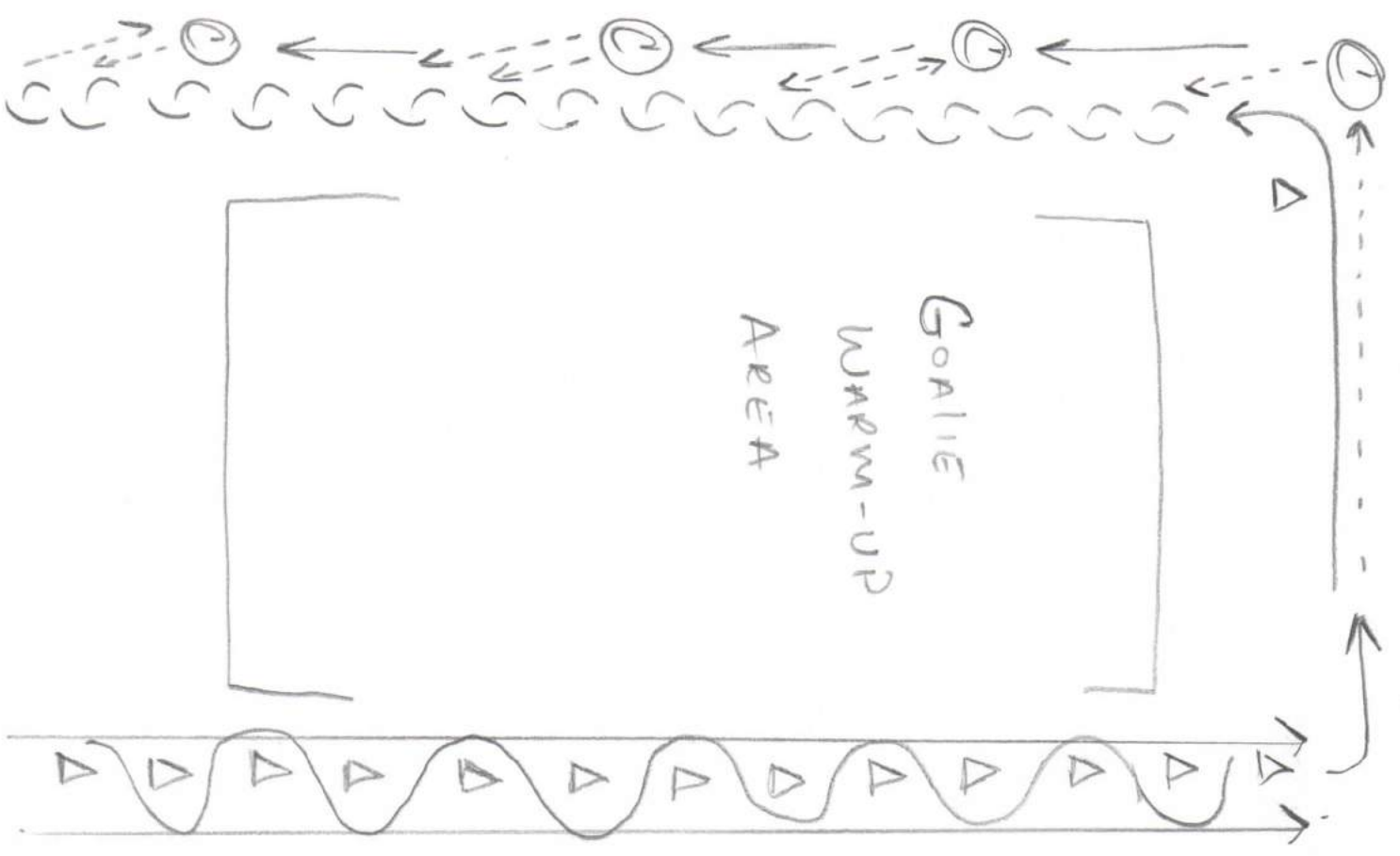
D = NO STICKS

D = NO STICKS

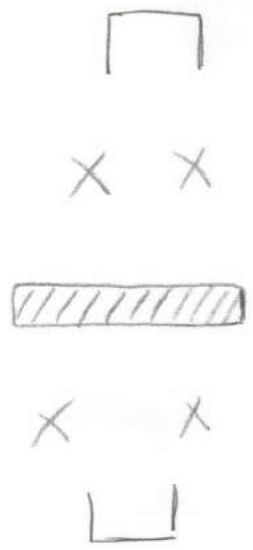
X



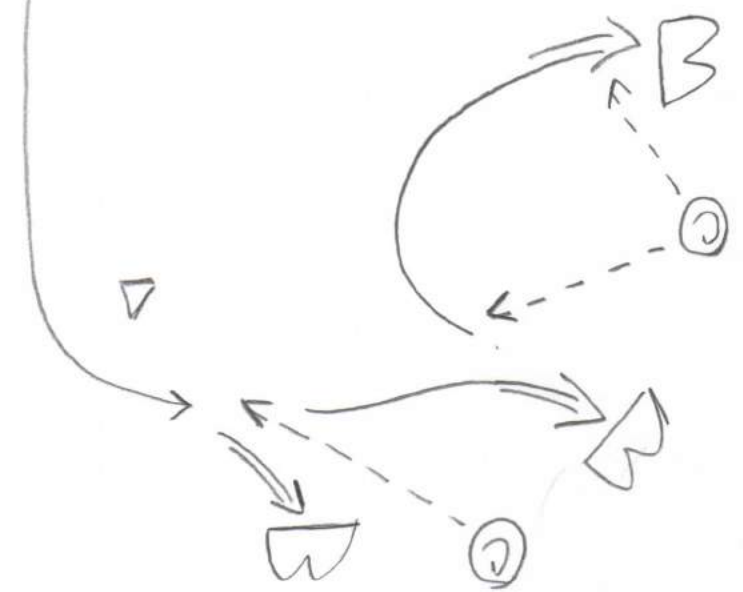
9-15-13  
9-10:10 AM



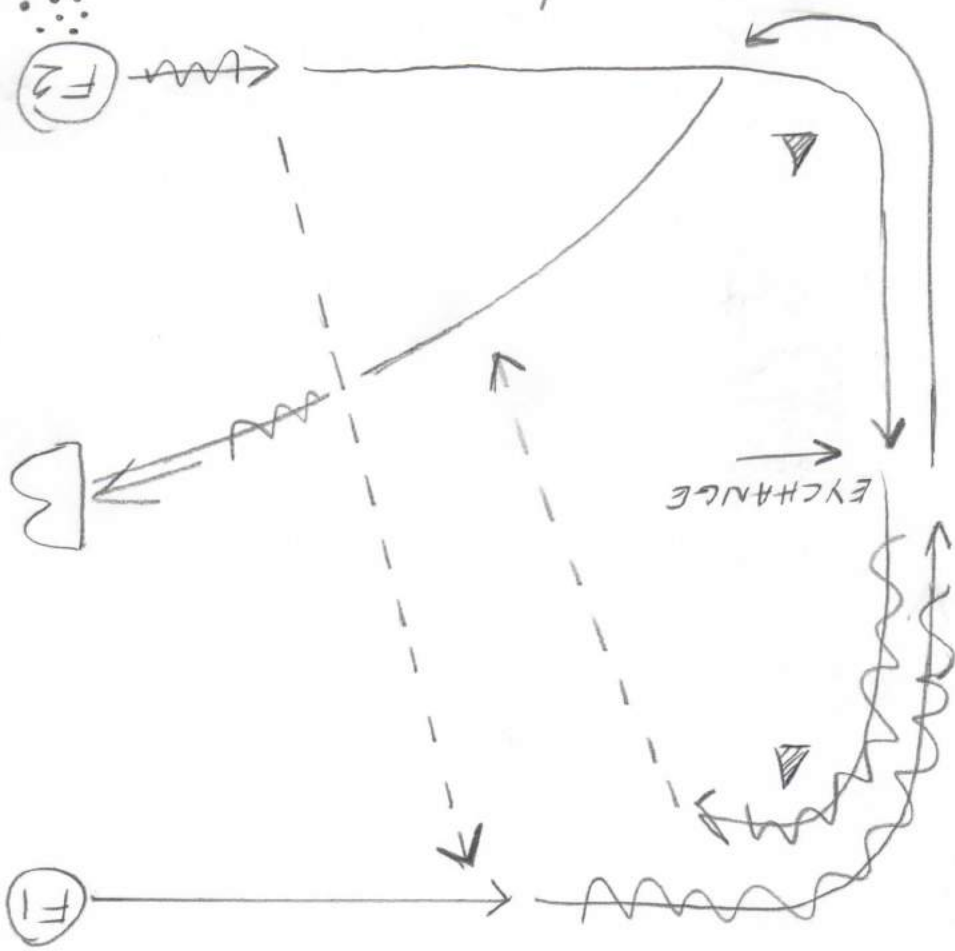
2 VS 2 SMALL AREA  
 GAME. PLACE DIVIDER  
 IN MIDDLE.



3 SHOTS  
 - ALL BACKHANDS



3-PASS & SHOOT

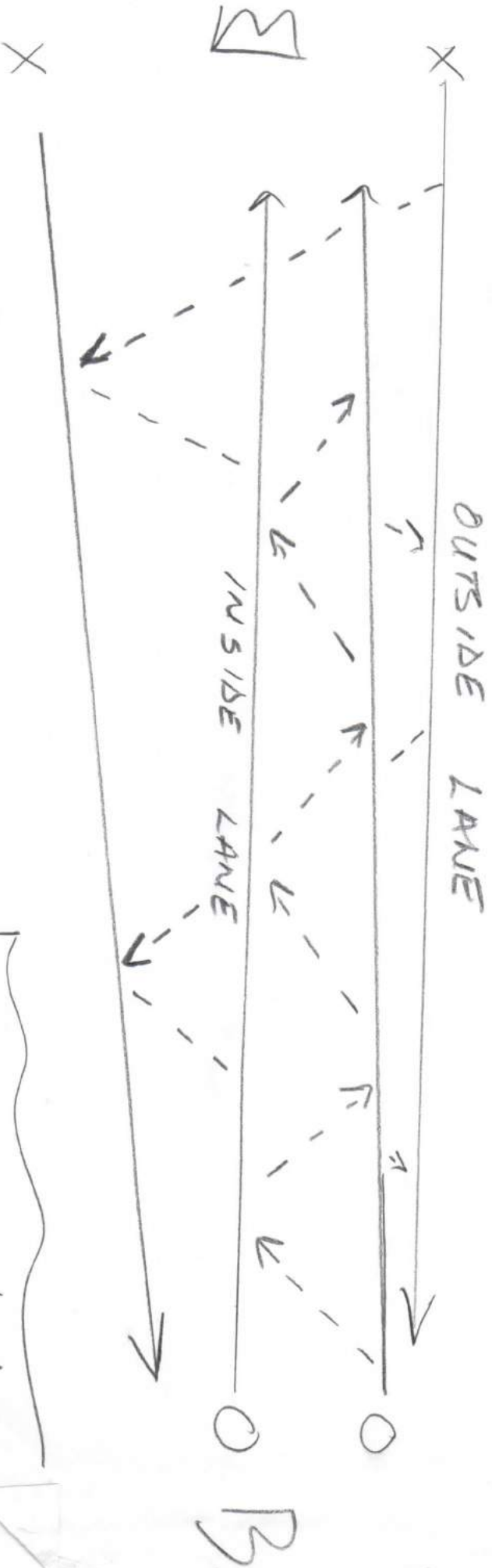
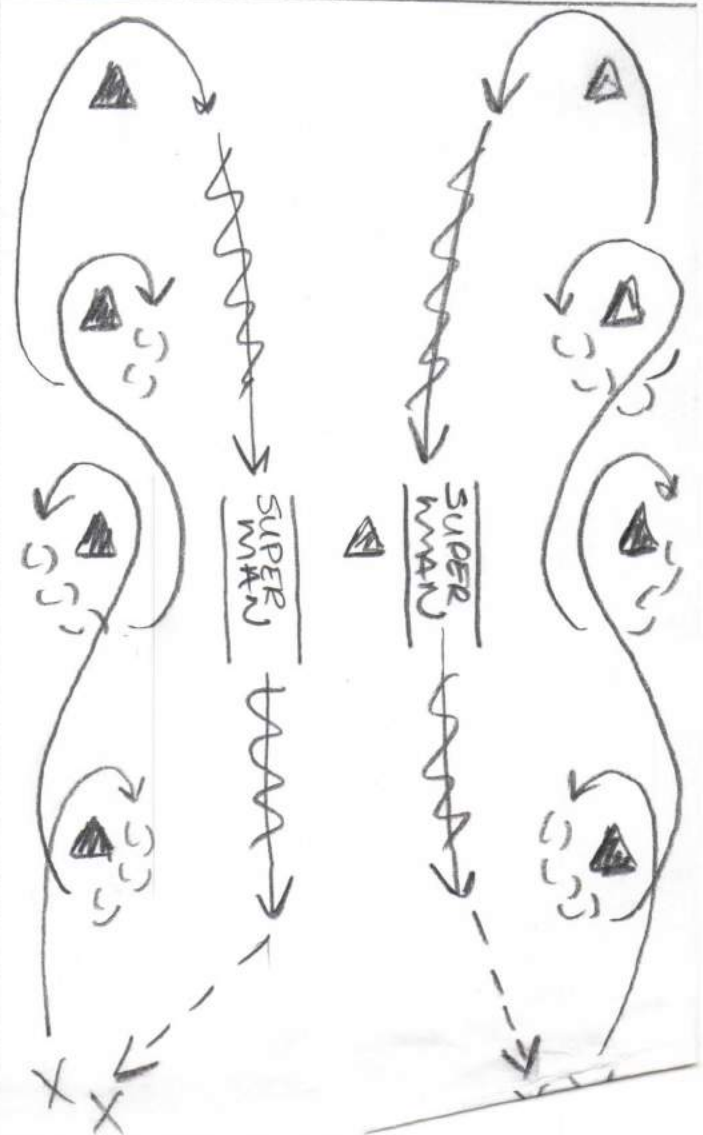
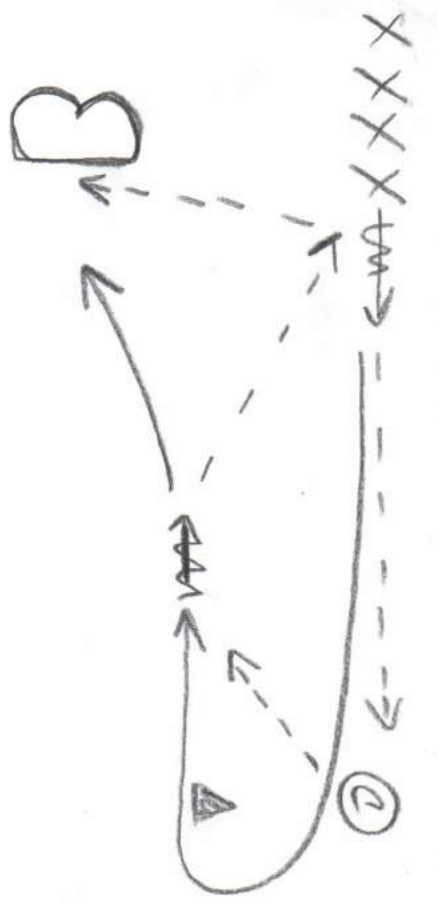


PUCK DENT  
 STARTS HERE



2 VS 1





WPM-115 1/31 1/2