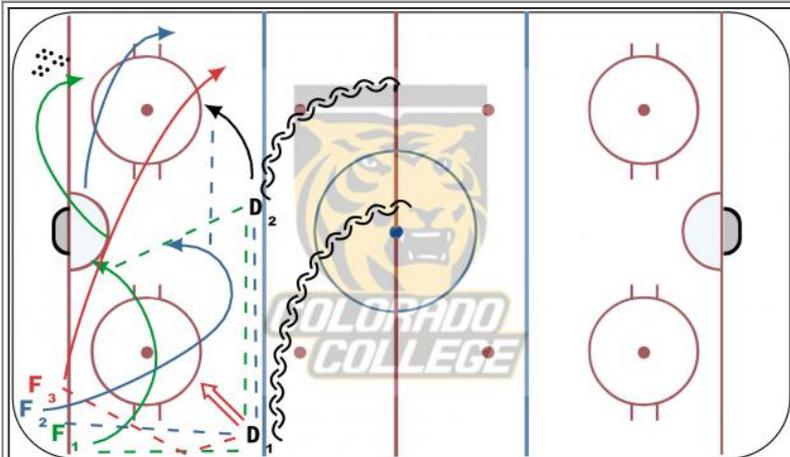


Notes: Quote: "Pressure is a Privilege - it only comes to those that earn it." Billie Jean King

Book 1: Extreme Ownership: How US Navy Seals Lead & Win, Jocko Willink & Leif Babin

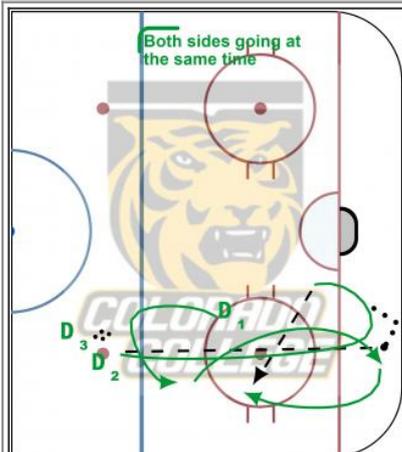
Book 2: Stillness is the Key, Ryan Holiday

Detroit 1v1,2v1,3v2 - 10 mins



F1 passes to D1, who goes D-D, D2 shoots for a tip, F1 stop & stay. F2 hits D1, D-D, D2 slides and hits F2 who comes high in the slot for a shot. F3 checks goalie and bank pass to D1 who 1X the puck, F1 & F2 high/low screen/tip. Fwds release and pick up a puck in the corner and go down the ice 3v2. This can also be a 1v1, 2v1 or 2v2 drill based on how many Fwds or D you want to go with.

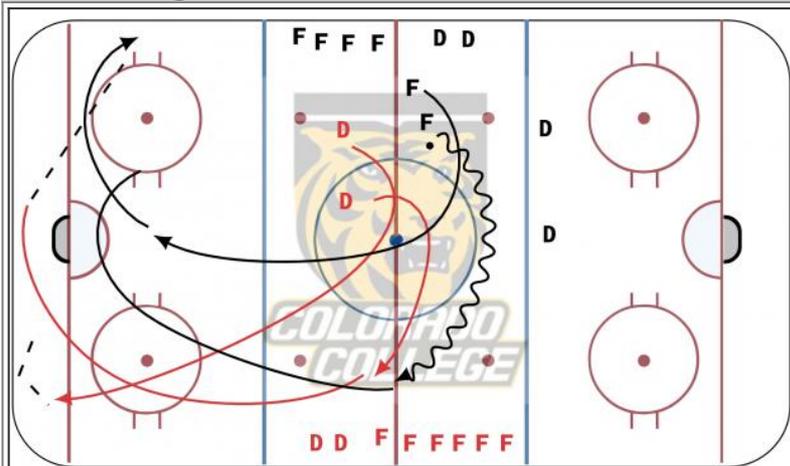
Steel BO's - 10 mins



Both side work at the same time. D1 swings in D2, D2 chips, D1 hard back, deception and a "net" or "wall" call from D2. D1 bumps and rolls up the wall. D2 hits D1 and D1 hits D3 while D2 swings in to start the drill again.

Key Points: Hard back, shoulder checks, and deception on retrieval

2v2 Swing In - 10 mins



2 Black FWD's take off, Red D swing into puck carrier, puck is chipped in, RD2 is hard back RD1 who swung in is hard back supporting his partner and calls "net" or "wall" -- "net" call in example. RD1 BO Black Fwd's who read the play. Fwd's regroup with Black D and re-attack Red D. Red Fwd's give them room, but take off as the rush passes by, Black D swing into Red Fwd's and the drill runs continuously. Halfway through have D swing in the other direction.

The Gauntlet - 10 mins



Coach puts puck in play - 2v2 inside the rails
- all players are options for the 2v2. 2v2 players must pass the puck to their line to go on offense. If the puck goes through the line of players on a pass, shot, or rebound, the coach gives the puck to the other team. On a goal scored the coach gives a puck to the line of the team that just scored. Coaches whistle cycles the players in and out.