



FLARE OPEN-CORNER SHOOTING

- PLAYERS LINE UP AS SHOWN
- STARTS W/ X¹ PASSING TO X² AND GETTING RETURN PASS AFTER OPENING UP ON WALL
- X¹ GOES AROUND TOP FOR SHOT THEN DROPS TO OPEN CORNER TO CONTINUE DRILL W/ X³.

* OPTION TO HAVE PASSER PROVIDE LIGHT PRESSURE

CALGARY DOUBLE COUNTERS

- PLAYERS (2) LEAVE AND TOUCH PASS UNTIL THEY SEND PUCK TO ©, AND THEN SWING IN FRONT, BACK PEDDLE UNTIL THEY GET PUCK BACK AND COUNTER 2D ON NET THEY ARE FACING

* FIRST PASS AFTER PASS FROM © SHOULD BE 1-TOUCH/BUMP

WORLD JRS 3V2 / 5V5 TRACK

- DRILL STARTS W/ 3V2 LOW. PLAY FOR 10-12 SECONDS.
- ON WHISTLE, FORWARD GROUP HIGH IN ZONE ATTACKS 2D AND 3V2 GROUP JOIN ATTACK (D) AND TRACK (F). PLAY 5V5.

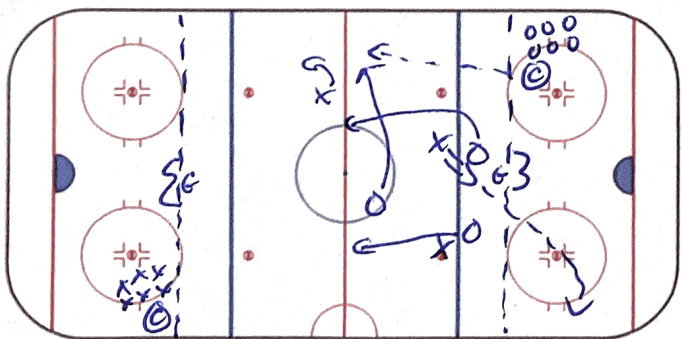
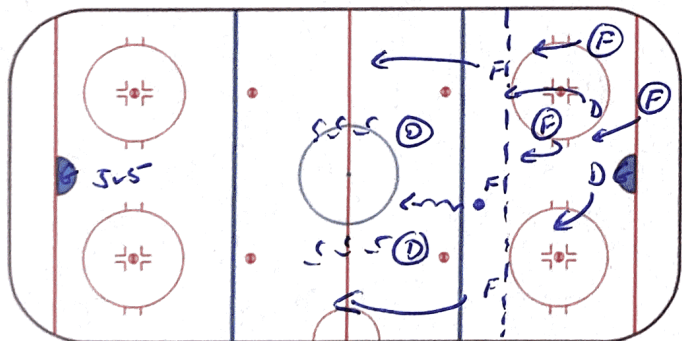
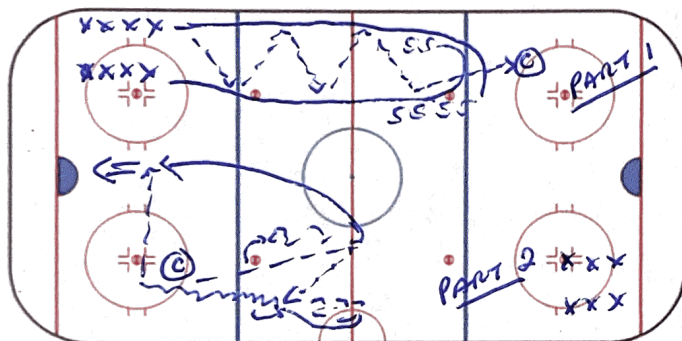
* GET D JUMPING ON OFFENSE

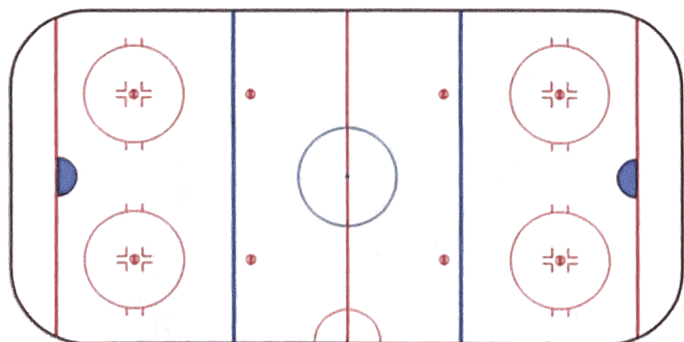
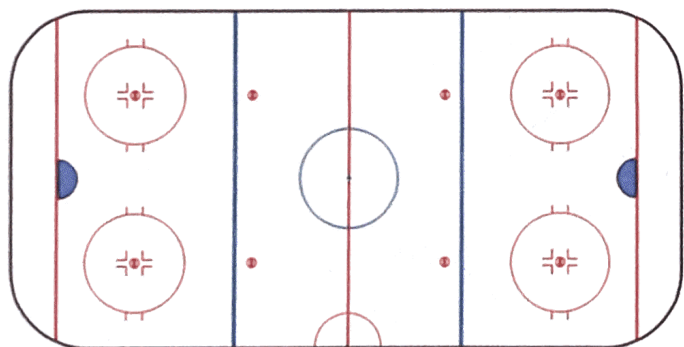
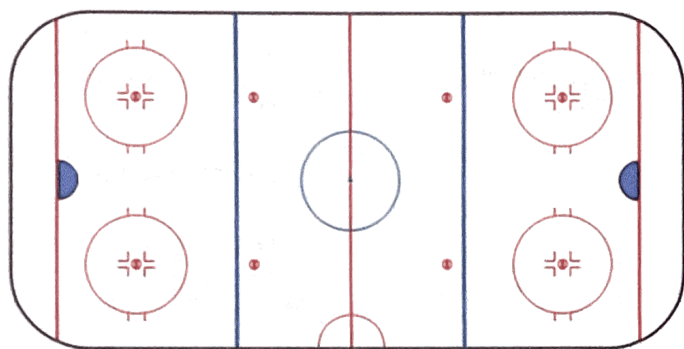
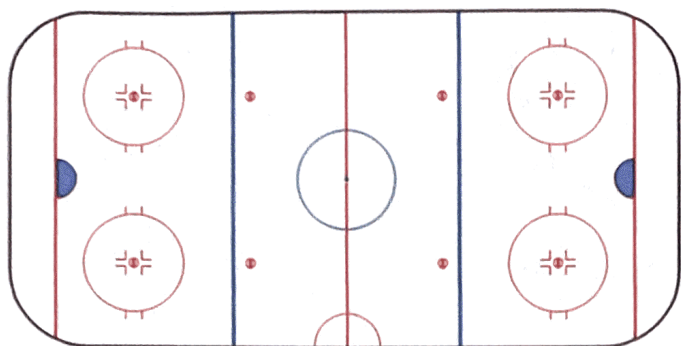
* NO DUMPS ALLOWED ON ENTRY.

3V3 TRANSITION SMALL AREA GAME

- PLAY 3V3 BETWEEN RINGETTES (OR 2V2 BETWEEN BLUE LINES)
- © LOOKS TO COUNTER W/ TEAM EVERY TIME PUCK LEAVES PLAYING AREA (MISSED SHOTS OR INTENTIONAL BY DEFENDING TEAM)

* EMPHASIZE QUICK TRANSITIONS AND FINDING OPEN ICE ON TURNOVERS.





QUOTE

"Champions are not champions because they do anything extraordinary, but rather because they do the ordinary things better than anyone else."

(DO SIMPLE. BETTER.)

BOOKS

① "RAISE YOUR GAME"

- ALAN STEIN JR.

② "BEHIND THE BENCH"

- CRAIG CUSTANCE

TEAMBUILDER

ANYTHING FUN/SIMPLE THAT GIVES PLAYERS A CHANCE TO LAUGH TOGETHER AND AT THEMSELVES, ALL THE WHILE MAYBE GETTING OUT OF THEIR COMFORT ZONE A LITTLE BIT.

- BOWLING
- GOLF / DRIVING RANGE CONTESTS
- SOFTBALL GAME
- "AMAZING RACE" AROUND TOWN / CAMPUS