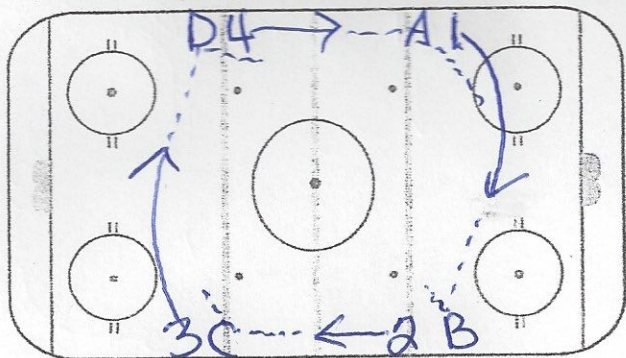


Passing  
Team Skill

TIME \_\_\_\_\_ DRILL NAME \_\_\_\_\_

☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) Passing Support

START

- 1-2-3-4 head in same direction - skate wide to support, good angles. Pass to A-B-C-D as you go around all 4 till you get back to your original line
- Give and goes
  - Feet are moving the whole time, no gliding.
  - Change directions.

KEYS

- \* Assist Coaches warm up goalies.

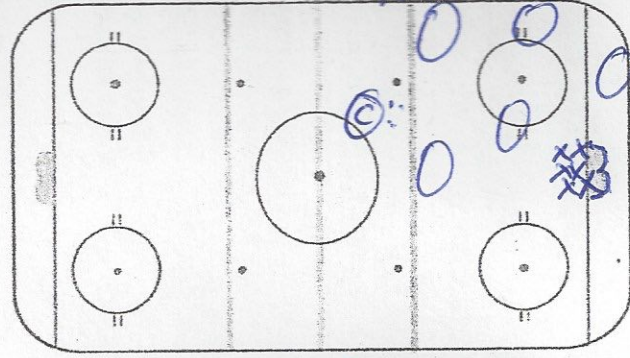
ROTATION

VARIATIONS/PROGRESSION

Scrambled Eggs

TIME \_\_\_\_\_ DRILL NAME \_\_\_\_\_

☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) D-ZONE COVERAGE

START

- ALL 6 DEFENDER START IN GOALIE CREASE
- ON COACHES DUMP - THEY COME OUT AGGRESSIVELY INTO D ZONE COVERAGE
- \* KNOW YOUR RESPONSIBILITIES TAKE YOUR MAN WAIT FOR 2ND MAN TO HELP.

HIT / STICK / AND PIN.

KEYS

- AGGRESSIVE D-ZONE.
- TRUST TEAMMATE
- DO YOUR JOB.

ROTATION

VARIATIONS/PROGRESSION



F AND D  
TIME \_\_\_\_\_ DRILL NAME **Skill Drills** ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) \_\_\_\_\_

START

F1 ON HASHMARKS (INSIDE) ON WHISTLE F3 Hammers  $\bar{p}$  around to far side  
F1 - has to get to wall to corral  $\bar{p}$  off wall. Then get to middle as fast as he can and shoot!

\* ALTERNATE SIDES.

F3 OUT OF THE WAY  
F2 Turn.

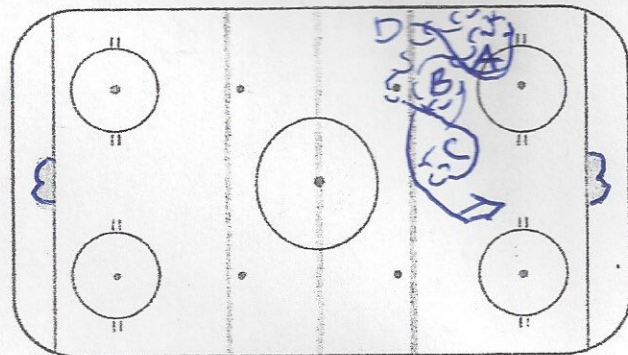
KEYS

F1 has to go around top of circle - No Cheating

ROTATION

VARIATIONS/PROGRESSION

TIME \_\_\_\_\_ DRILL NAME **D-Quick Feet** ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) **QUICK FEET**

START

D1 GOES AROUND A INSIDE/OUT BACK INSIDE TO GO AROUND B BACKWARDS - PIVOT TO FRWD TO GO AROUND A AGAIN, THIS TIME HE PIVOTS TO BACKWARD AND GOES WIDE TILL ON TOP OF B GOES FRWD TO C PIVOTS BACKWARD TO FRWD TO B AROUND B UP ON TOES TO MIDDLE OF ICE FOR A SLAPSHOT.

KEYS

ALWAYS FACES THE GOALIE HEAD UP - QUICK FEET.

- CHANGE SIDES.

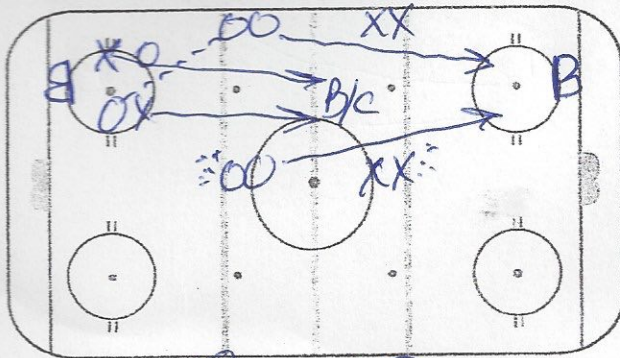
ROTATION

VARIATIONS/PROGRESSION



Jon 2

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
	Battle Drill.	<input type="checkbox"/> CONTROLLED



OBJECTIVE(S) CONT Drill

START

- 2X vs 2O's
- WHEN 2 O's battle and CAN GET P TO O-LINE
- 2 NEW O's TAKE OFF TO OTHER END TRY SCORE
- 2 X's MUST BACK CHECK TO OTHER END TO TRY GET P TO THEIR X'S LINE.
- \* IF O's SCORE 2 NEW X's TAKE OFF AND O's THAT SCORED BACK CHECK

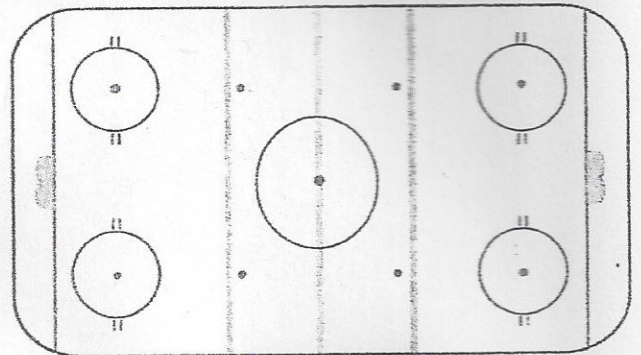
KEYS

GOOD B/c  
COMMUNICATION  
BATTLE HARD.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
		<input type="checkbox"/> CONTROLLED



OBJECTIVE(S) BOOKS

START

"THE POWER OF POSITIVE THINKING"-  
NORMAN VINCENT PEARLE

"MIND GYM"  
MACK CASSTEVEN'S

QUOTE!!

"YOU WERE NOT BORN A WINNER  
AND YOU WERE NOT BORN A LOSER.  
YOU ARE WHAT YOU MAKE  
YOURSELF TO BE!"  
LOU HOLTZ.

KEYS

ROTATION

VARIATIONS/PROGRESSION