

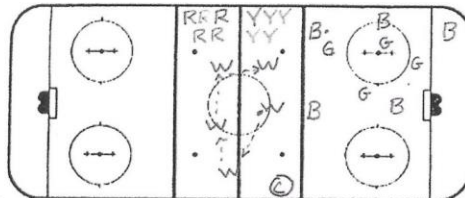
QUOTE: Success is not final, failure is not fatal; it is the courage to continue that counts. W. Churchill



PRACTICE DRILLS

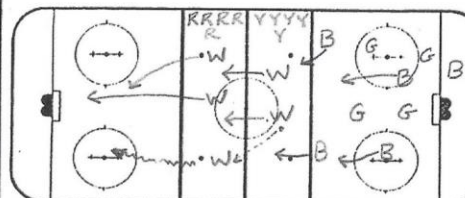
HAPPY HOLIDAYS EVERYONE! Dan Fridgen

Name Omaha 5x4
Type Skill/Def/Off/Fun



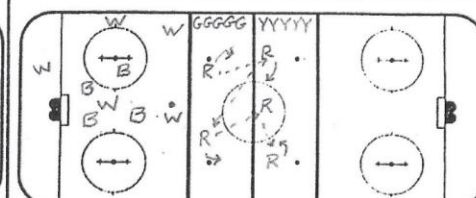
Drill starts out 5 Blue vs 4 Green players. Play it out 5x4 for 45-60 secs. or until coach blows whistle. While 5x4 is playing out, 5 white players are moving puck about in neutral zone.

Name _____
Type _____



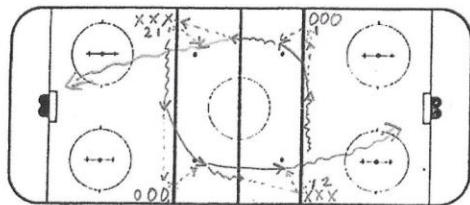
On whistle - 5 white players attack and try to score off of initial rush - play rebound - retrieve another puck if they score. At the same time - 4 of original 5 blue players transition from offense to defense and skate to defend against 5 white players.

Name _____
Type _____



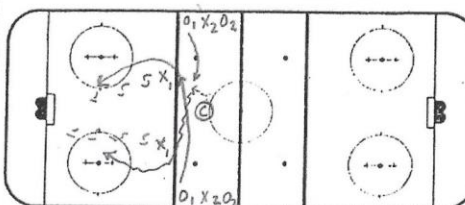
Now white plays out 5x4 until coach blows whistle. 5 red players are moving puck around in neutral zone. On whistle, 5 red players attack and try to score while 4 white players back check and defend against 5 red. Drill is continuous.

Name Montreal One-Touch
Type Skill



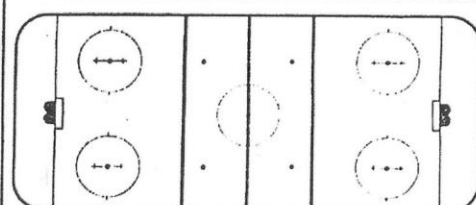
On whistle - X's skate across blue line with puck - once they hit middle of ice, makes pass to O's who one touch it back - at red line, makes pass to X's who one touch it back - go in and shoot.

Name Continuous 2x2
Type Defensive



X's start out in defensive role - O's cross and take a pass from coach at bottom of centre ice circle. O's attack X's and play it out 2x2 - X's try to get puck to coach where they transition to offense, regroup with coach. At this point during regroup, O's get back in line.

Name _____
Type _____



and X's step out into defensive role. X's now attack X's 2x2. Drill is continuous. Progression Defense -> offense -> back in line

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