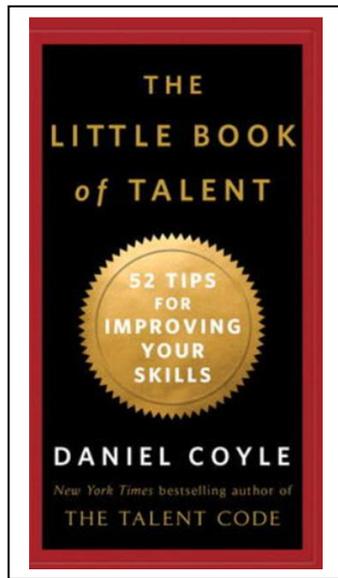


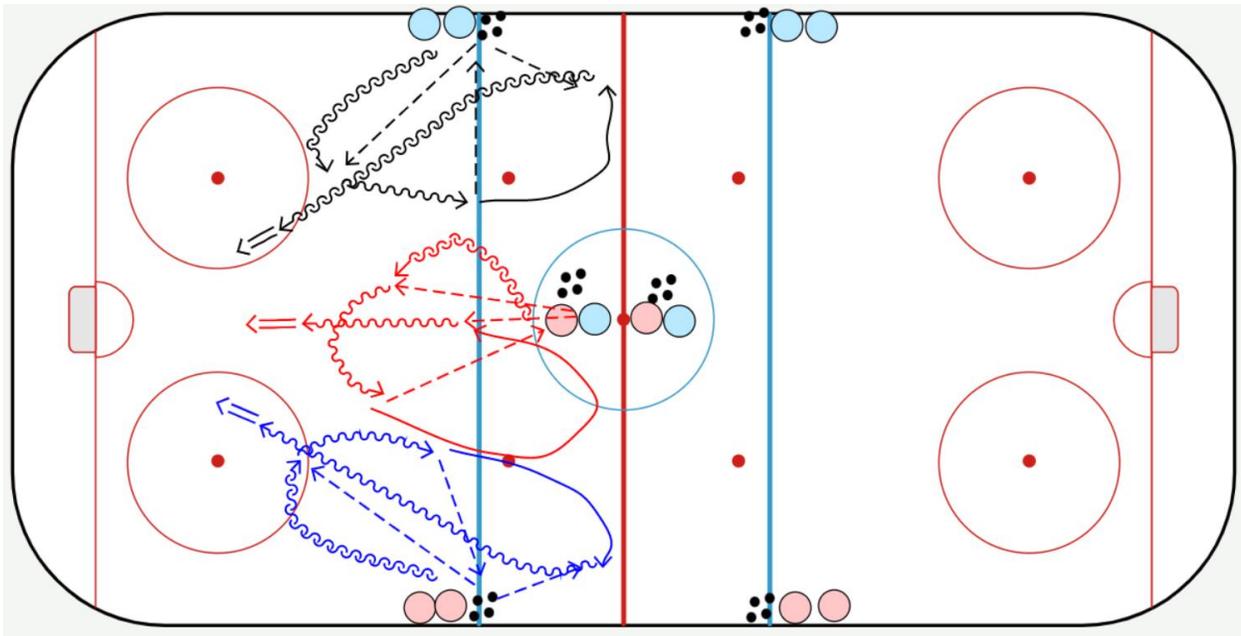
RECOMMENDED BOOK:



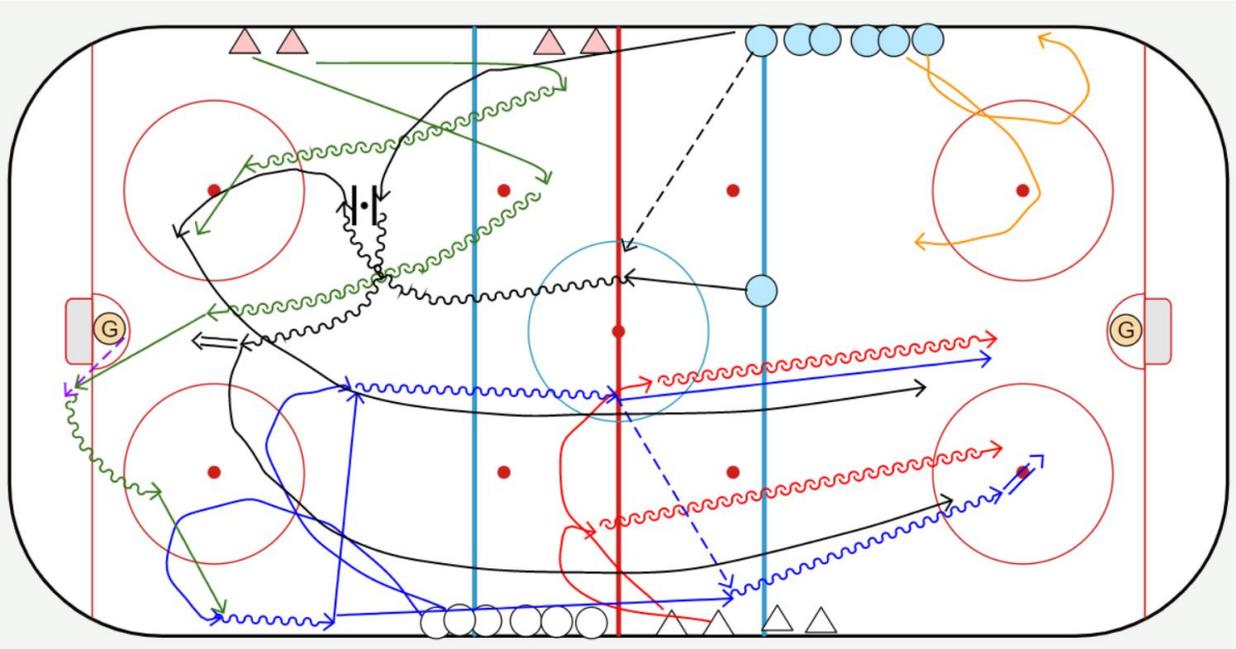
DRILL 1 – WARM-UP

Shooting 1-0

Players in the 3 lines. 1st player leaves line backwards, gets pass from the second player in line, receives puck then transition forward. Passes back to the line, touches up at red, then drives forward getting a 3rd pass, then going in for a shot.

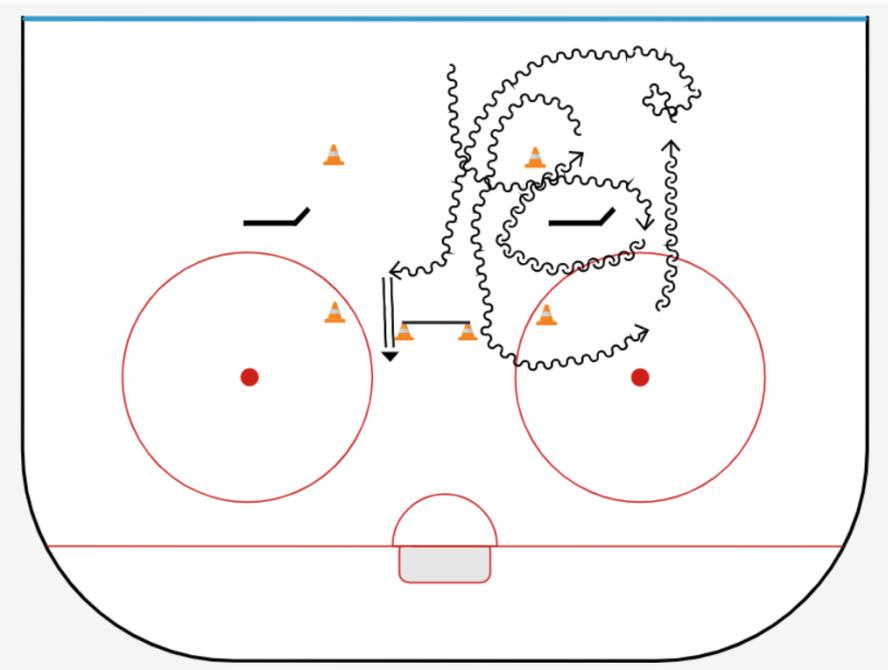


DRILL 2 – 2 ON 2 TRANSITION (1 puck) – OFFENSE TO DEFENSE

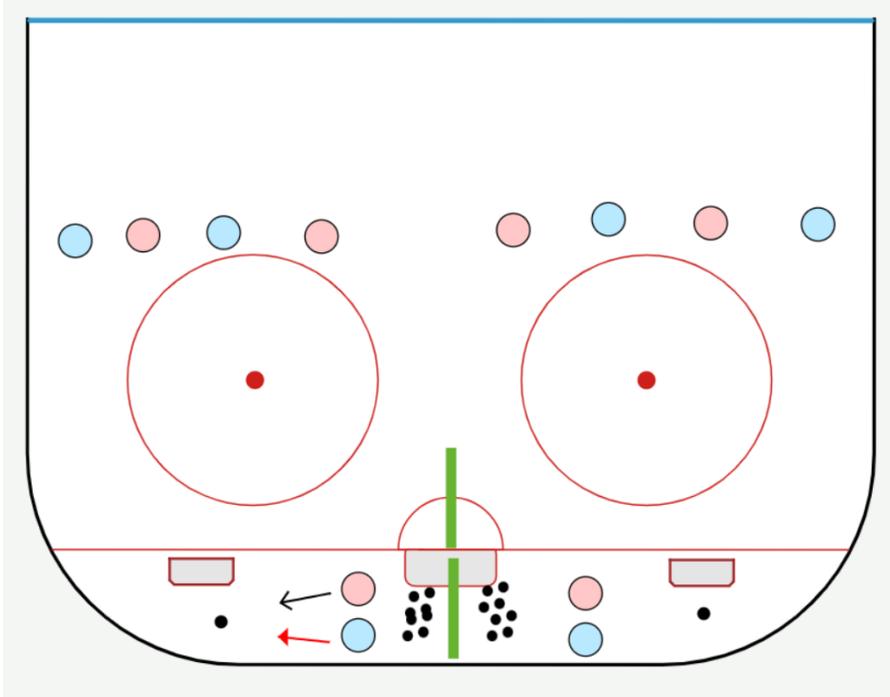


Quick transition from attack to defense. The attacking players 2 blue O's attack 2 triangle D men, 2 on 2. After O's shoot, the defensive D breakout a new set of forwards coming off wall, they attack 2 new D 2 on 2. The original O forwards, track back, creating a 2 on 4. Drill is continuous.

DRILL 3 – INDIVIDUAL SKILL DRILL – PUCKHANDLING, TRANSITION SKATING, EDGE WORK



DRILL 4 – SMALL AREA GAME – BATTLE – 2 GAMES OF 1 ON 1



Two players start around the blue paint (crease). 4 players are ready at the top of the circle. Whistle, the 2 players race for the puck, behind the net, they battle behind the net, protecting the puck. On the 2nd whistle, the player with the puck passes to one of his teammates at the top. The player that passed, gets in front of net for a screen, the other player boxes out.



QUOTE