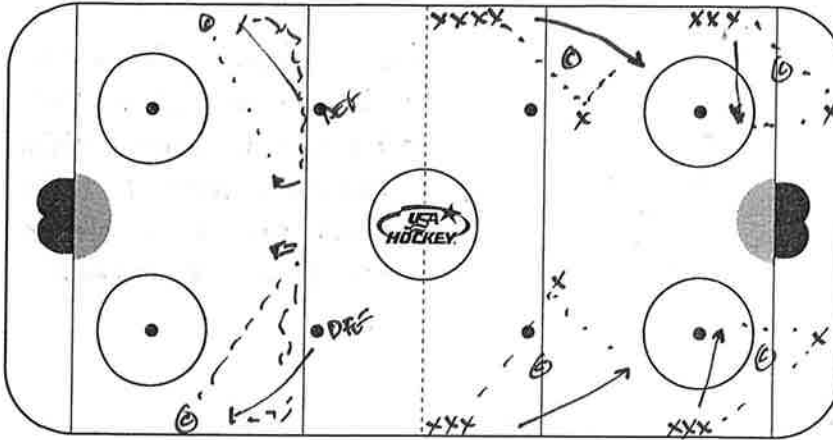




SYSTEM/DRILL DRILL & WEEK CLUB - DENNIS VICKERS RILE MEMORIAL

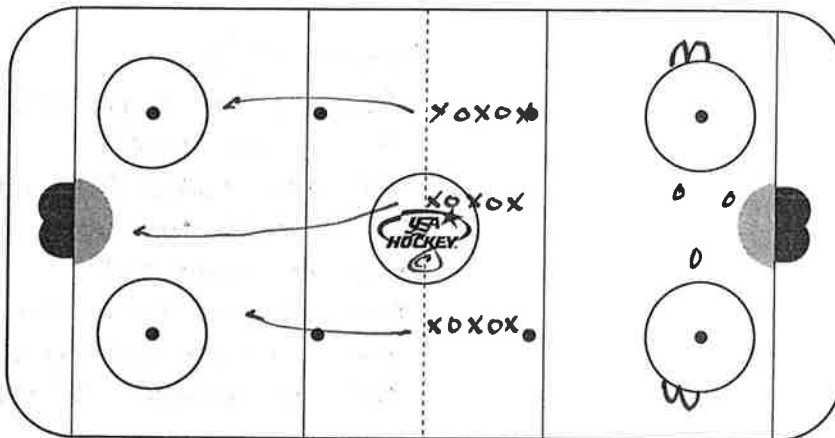


Notes/Systems SKILLS 10 MIN

Description

FORWARD DEFENSE SKILLS

- FORWARDS LIVE/LO CATCH/SHOOT W/FEET MOVING FROM ALL 4 CORNERS
- SHOOTER REPLACE PASSER
- DEFENSE MULTITASK
- PULL PUCK TO MID ICE FEET MOVING. WHEN GET TO MID ICE COACH PASSES NEW PUCK TO RELIEVE/SHOOT
- VARIATION BOTH DEF GO ADD D-D PASS

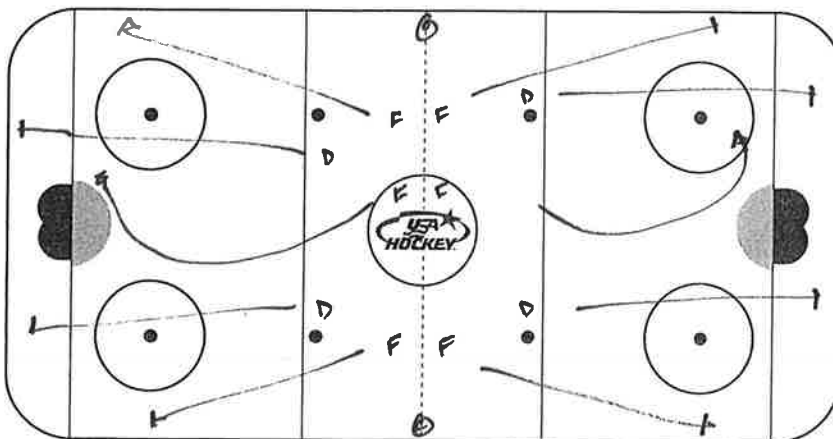


Notes/Systems SKILLS COMPLETE SYSTEMS
10 MIN

Description

6v1fk 3v0/3v3

- PLAYER AT CENTER INITIATES 3v0 ZONE ENTRY.
- PLAYERS KICKOUT COACH CHIPS PUCK IN FOR 2ND 3v0 ZONE ENTRY
- AFTER 2ND ATTACK SPRINT TO FAR END FOR 3v3 VS 3 PLAYERS WAITING
- CONTINUOUS DRILL



Notes/Systems BREKOUT 5v5 SYSTEMS
15 MIN

Description

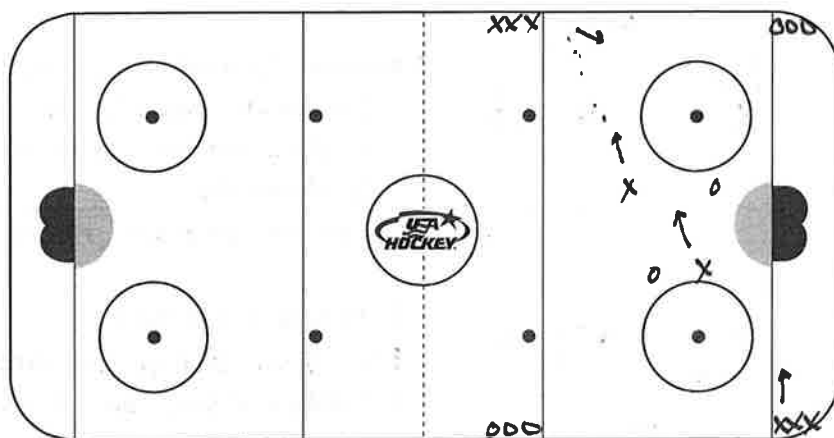
PANTHER PRESS

- 2 LINES ON ICE CORNERS DUMP PUCKS TO BOTH SIDES
- EACH LINE HAS TO BREKOUT AS QUICK AS POSSIBLE AND PASS PUCK TO COACH THAT DUMPS PUCK IN
- 1ST LINE TO PASS TO COACH GETS RETURN PASS TO GO ON OFFENSE OFF LINE DZONE





SYSTEM/DRILL

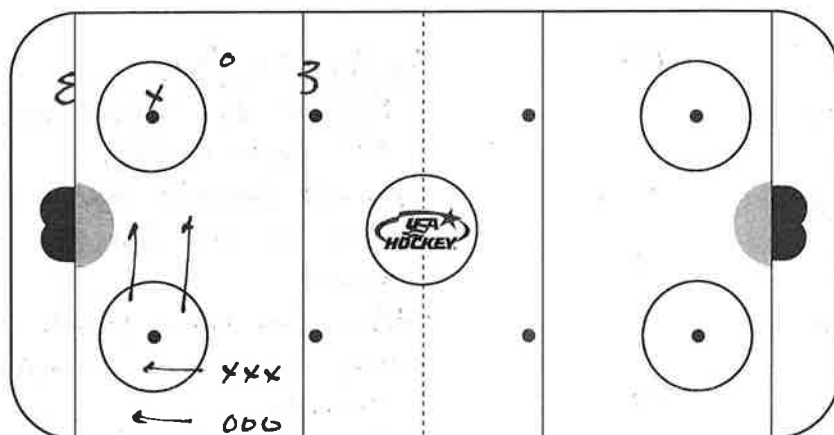


Description

OUT OF SMOKE 1v1 or 2v2

- CAN DO AS 1v1 OR 2v2
- PLAYERS GO FROM OFFENSE TO DEFENSE BACK TO LINE
- MUST PASS PUCK TO NEW LINE FOR THEM TO ATTACK

Notes/Systems Small Area Games
10 min

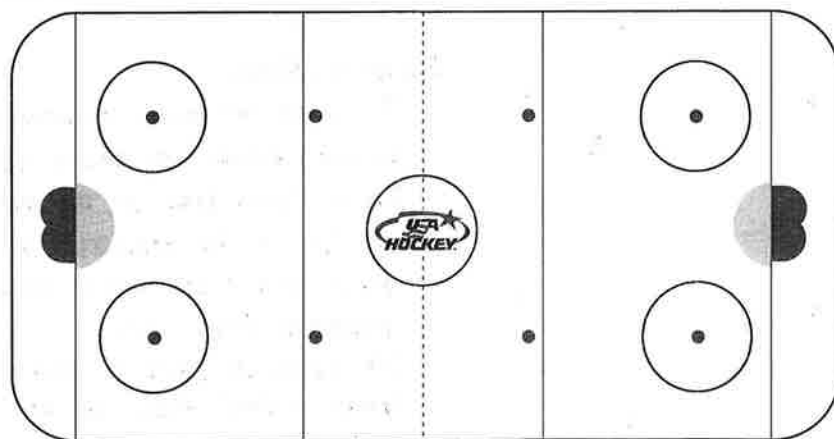


Description

AIRFORCE 1v1 / 2v2

- START BY PUCK PROTECTING LOW OR IN CIRCLE
- OPP SIDE STARTS 1v1 IN ZONE
- ON WHISTLE GUYS PUCK PROTECTING JOIN TO MAKE 2v2
- NEW PLAYERS PUCK PROTECT THEN ON WHISTLE JOIN 2v2 AS ORIGINAL 1v1 EXITS

Notes/Systems Small Area Games
10 min



Description

Notes/Systems

