

Hi Enio,

I have attached four drills under the categories you suggested. This is on behalf of Rachel Flanagan and myself.

Book: Legacy, by James Kerr.

Team building activity: Building a tent with half the group blind folded and the other half giving direction without blind folds on.

Quote:

“If you don’t invest very much, then defeat doesn’t hurt very much and winning is not very exciting.”

Dick Vermeil

If you require anything else, please let us know.

Thanks,

Katie Mora

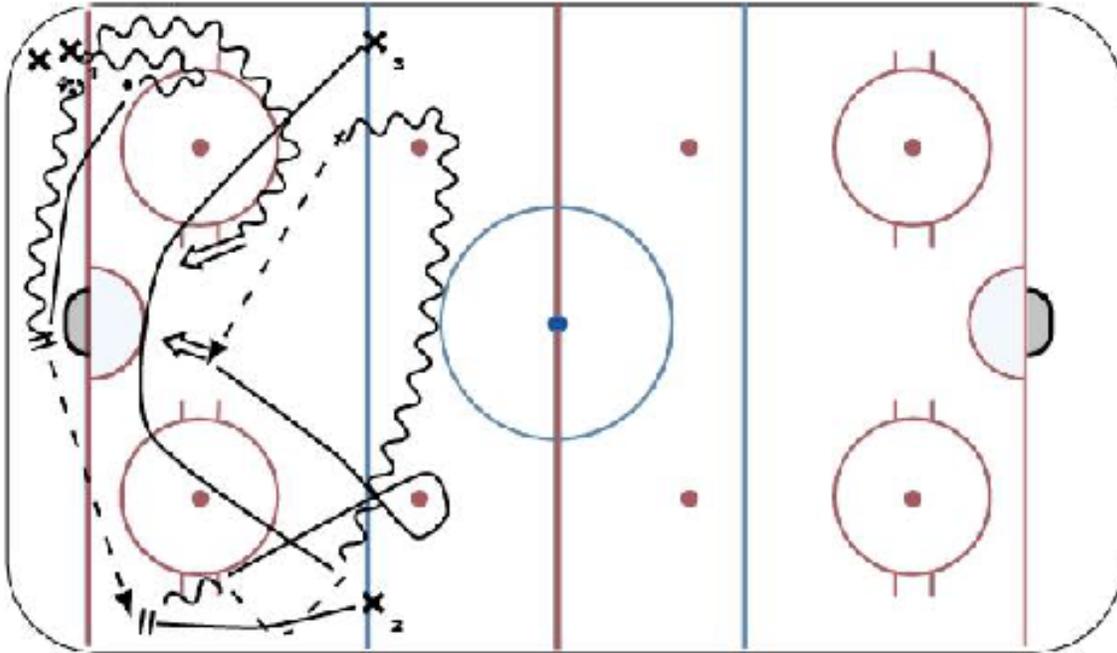
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## F skill development



### Description

X1 skates behind net with puck, BO pass to X2.

X3 shadows puck low and slow, accelerates for chip pass

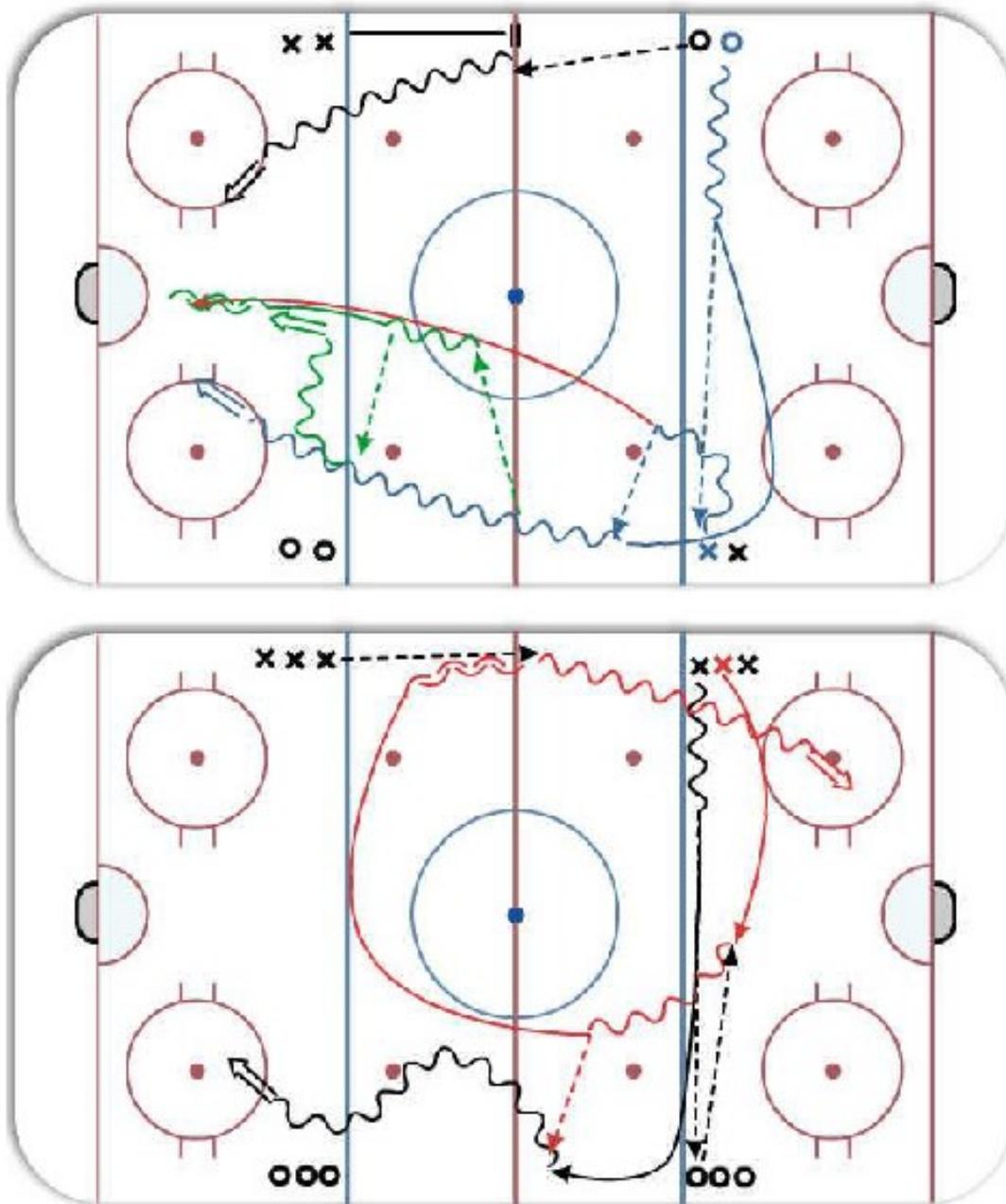
X3 carries puck to far dot and re-attacks with X2 who tight turns around near dot and drives hard with stick on ice

X3 shot-pass in stride to X2 driving net

X1 protects puck and cuts back twice before driving net across top of circle for shot off crossover

**Tags:** Chip, Drive - shot-pass, Cut backs, shot off x-over

## NZ 4 Corner Blue



### Description

1. Stop at red, explode back with puck (Black)
2. Pass across blue, curl up wall, drive wide, shoot (blue)
3. Passer steps in, receives puck in middle ice, distributes wide near blue line, puck carrier cuts to middle for shot, passer drives net for screen/tip

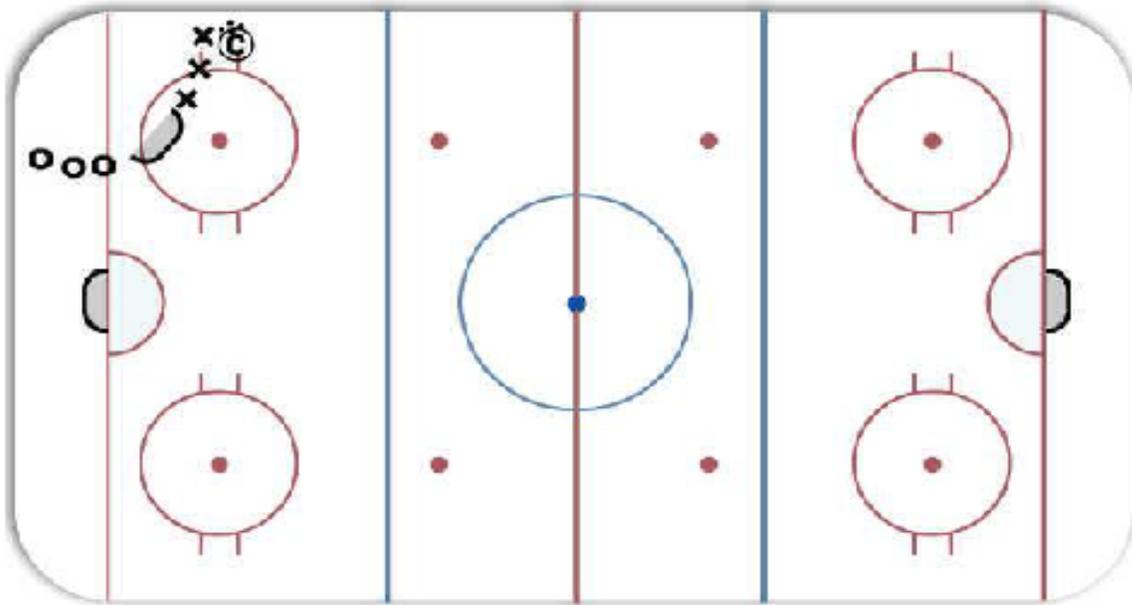
Other options:

- a) 2 player curl back with passes going to any line
- b) bubble gum stretch pass

**Tags:** high tempo, execution, communication



## Thunderdome



### Description

2 players (x/o) battle for puck in the dome - both can score  
Players on outside keep puck in  
C will add new puck if player scores or puck gets cleared

**Tags:** Body position, Stick on Puck, Quick release