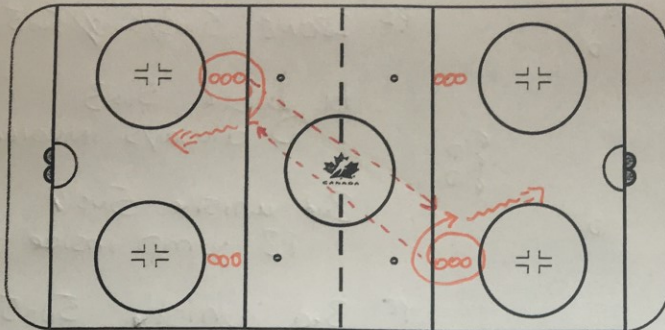




DRILL OF THE WEEK (MITCH G.) Hockey Canada Program of Excellence



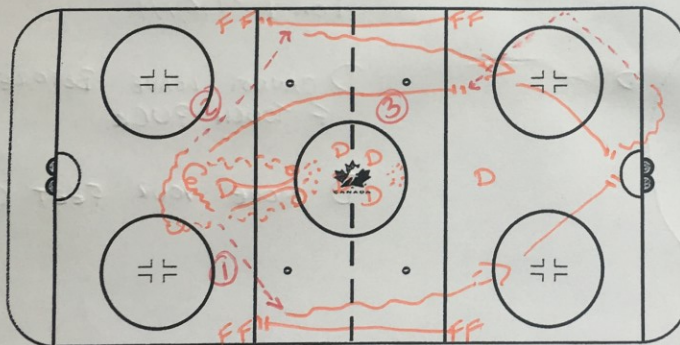
ACTIVATION (PASSING/SHOOTING)

OPPOSITE AT THE SAME TIME

CROSS OVER AROUND THE LINE
NEVER STOP MOVING YOUR FEET

RECEIVE PASS ON YOUR
FOREHAND OR BACKHAND

SHOT WHILE SKATING



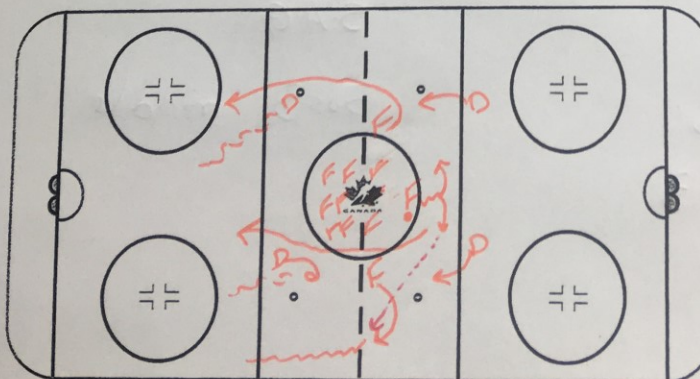
D TRANSITION (TEAM CANADA)

BOTH SIDE SAME TIME

① D RETRIEVE PUCK AND
PIVOT, F GOES LOW FOR
A CROSS-ICE PASS,
D CAN ESCAPE/HEEL TO HEEL
AND MAKE THE PASS

② SAME THING AS ① BUT
OTHER SIDE

③ D JOIN RUSH AND
WE PLAY THE LAST PUCK



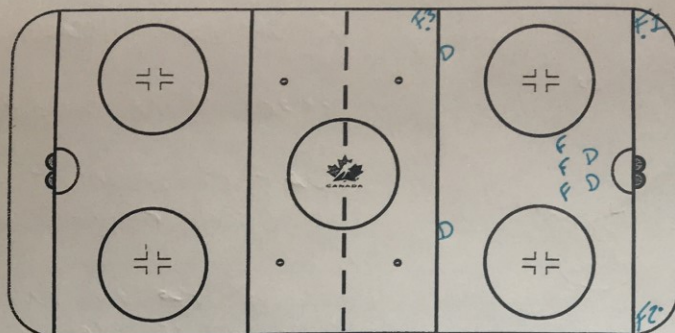
UND 5 vs 2

EVERYONE INSIDE CIRCLE MIDDLE
C. START W PUCK
DECIDE TO GO LEFT OR RIGHT
PASS AND JOIN THE RUSH

BOTH OFF D JOIN RUSH
5 vs 2



Hockey Canada Program of Excellence

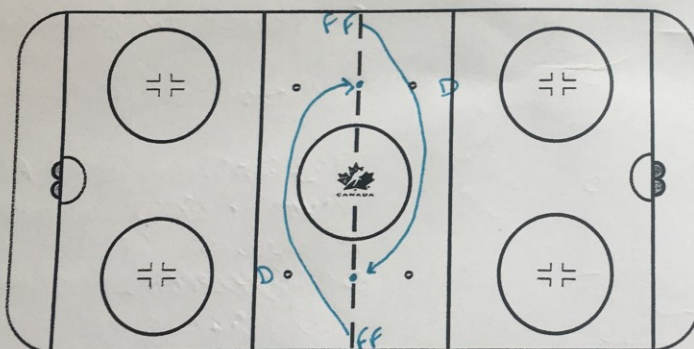


DRONE Sus3/Sus4/Sus5

1st whistle Sus3
D always involve

2nd whistle Sus4
F2 jump inside play

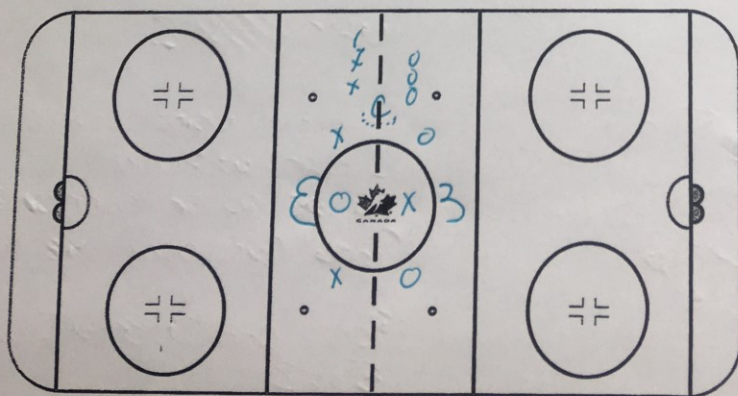
3rd whistle Sus5
F3 come AS RUSH



1 on 1 TIGHT

D CANNOT LEAVE BEFORE
F TOUCH PUCK

D MOVE YOUR FEET QUICK



S.A.G

3us3 middle