



SWAN VALLEY STAMPEDERS HOCKEY

Junior 'A' Hockey Club Inc.

TO DOW MEMBERS –

Hope all is well, any questions on these please let me know, Good Luck in the second half of the season and play offs !!!

Thank you to Enio for organizing this again and for all your drills and info!!

Quote- You Cannot practice SOFT and expect to play HARD

Book-Behind the Bench-Inside the Minds of Hockey's Greatest Coach's
By Craig Custance

All the best

Barry Wolff

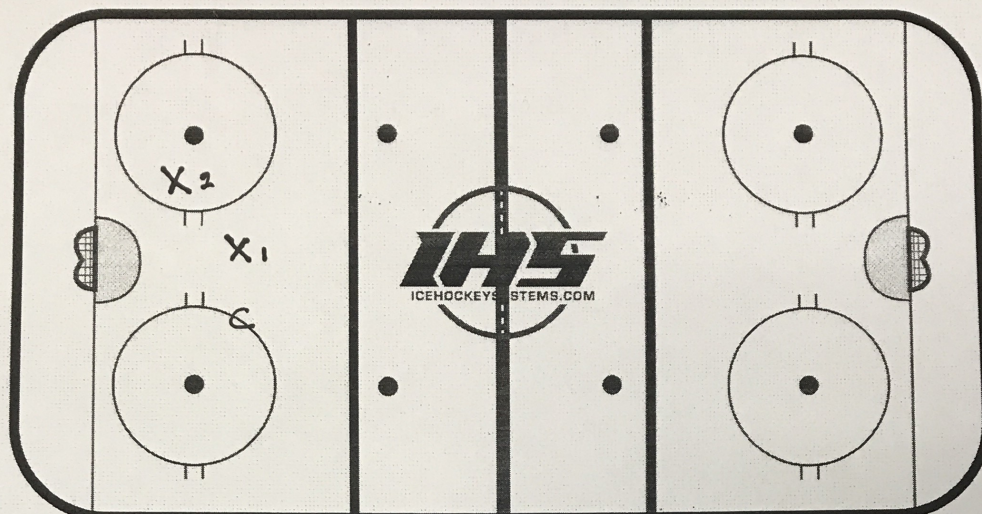
Swan Valley Stampeders cell 604-250-9145 email wolffie@wolfstershockey.com

Box 2818, Swan River, Mb, R0L 1Z0
Phone: 204-734-7625

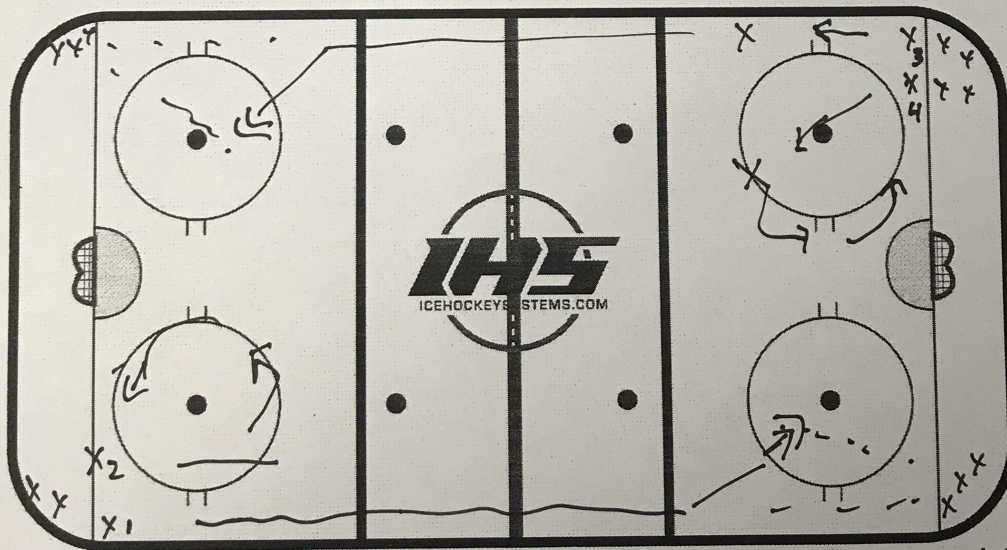


Website: www.stampedershockey.com
Email: info@stampedershockey.com

#1 - SMALL Group Skill Drill



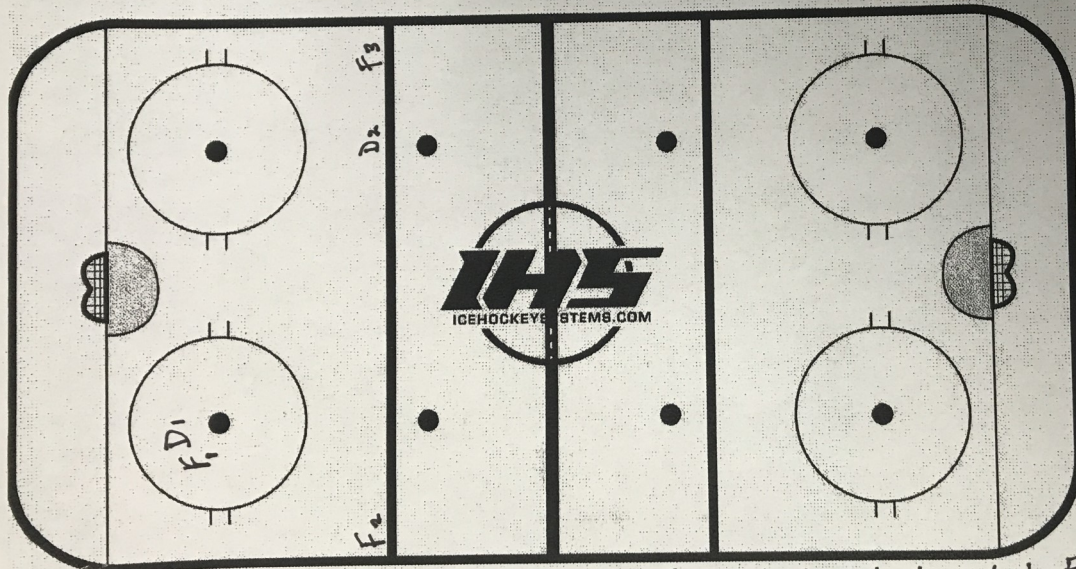
X₁ and COACH FACE EACH other - C - Pass to X₁ - X₁ pass Back to C.
C pass throw X₁ to X₂ - X₁ spins to Face X₂ - Gets 1 touch Pass
From X₂ - SHOT on Net - Quick Release - Repeat - Quick HANDS



#2 - Team Skill Warm UP Drill - * opposite Corners Go - 1 touch Pass
till Circle TOP - Inside Guy SHoots
in stride - Hits Cross BAR with stick - curls to SAME Corner 1-touch
Pass From X in line - Keep skate to Far End - SHOT
Meanwhile out side Skates to far end 1-touch Pass with Corner - SHOT

3 - Team Play Drill

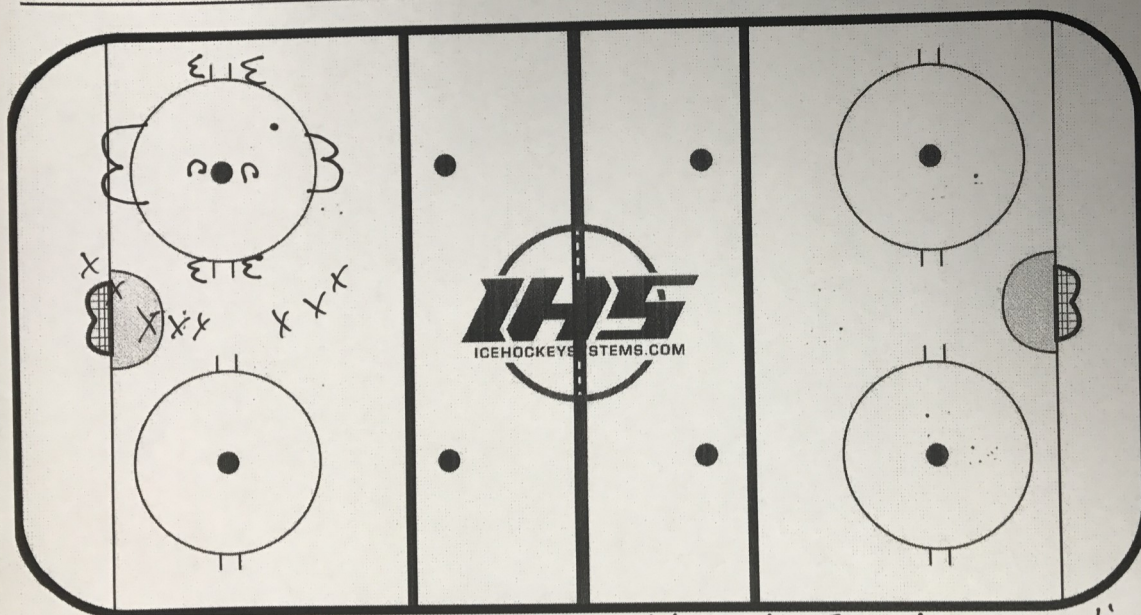
Drill:



On Whistle - F₁ - puts puck in Corner - 1 on 1 - F₁ job is to 1-touch puck to F₂ - when F₂ gets Puck - Activates Quick 2 on 1 - When Puck is Dead - (Goal OR it is eliminated)
 Coach puts Puck in F₃ side Corner - Activates - D₂ + F₃ for a 3-on-2* Create offense
 OFF Fore check - Take Puck to Net quickly -

#4 - Competitive GAME

Drill: Face OFF - 3 on 1



- D-Men - Can Go As A line - Rotate Center Every time SAME line Goes IN.
- Coach Drops Puck - Who ever Wins Puck Possession - All 3 players Stay IN
- losing team - Both Wingers Are Out. C - stays in And Plays 1 on 3
- Go till Team SCORES - OR Time Call.