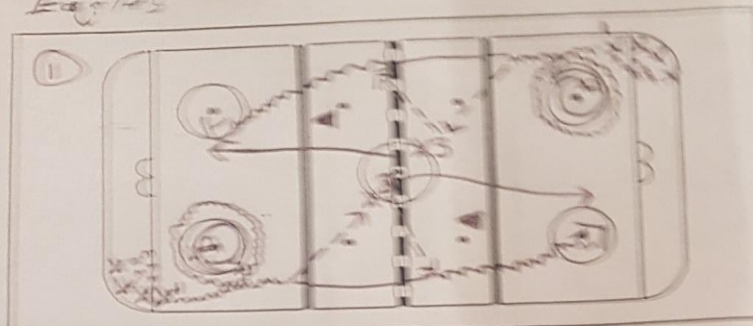


GOAL KICKS!
THEME: 2/27

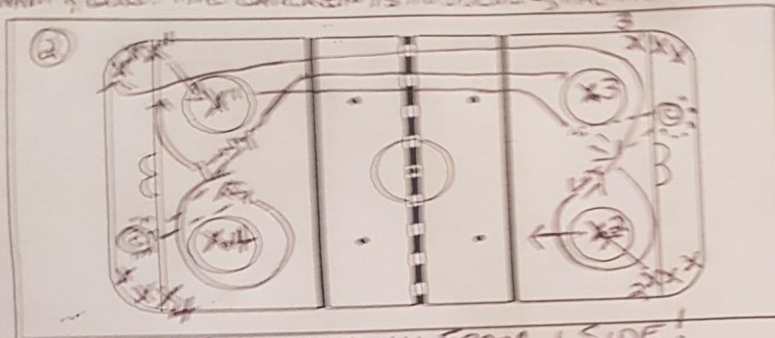
DATE: _____

WARM-UP PRACTICE#

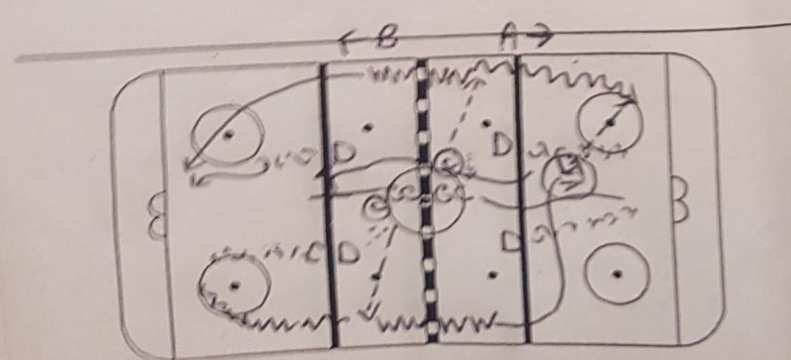
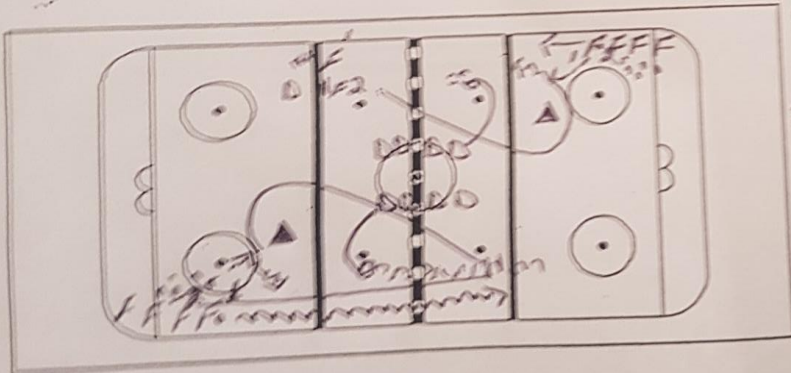
Eggs/1-5



APPROXIMATE QUOTE: "THE DIFFERENCE BETWEEN
HARDWORK AND COMPETITION IS ONE
HARD EGG. THE CHICKEN IS INCLUDED, THE PIG IS COMPLETED!"



*DRILL DIAGRAMED ONLY FROM 1 SIDE!



POLE PROTECT SKILL TIME!

X1 WITH PUCK AROUND CIRCLE, F2
INSIDE CIRCLE, STICK UP SIDE DOWN
REMOVING TOWEN PRESSURE, X1 GIVE
AND GO WITH X3, X1 DRIVE TO NET
X3 BACK CHECK TO NEAR POST
X1 TO X2, X2 TO X3, X3 TO X1
BOTH SIDES

WARM-UP

TIME: _____

X1, X2, X3, X4 ON F/OFF DOTS, C's
OPPOSITE SIDE OF NETS WITH PUCKS
X1 AND X2 LEAVE SAME TIME AT
FAR BL SLANT TO MIDDLE, PASS FROM
C AND SHOOT, CONTINUE AROUND
CIRCLE, AND PASS FROM C, QUICK SHOT
CONTINUE AROUND CIRCLE, SPRINT BACK
TO ORIGINAL LINE, WHEN X1 SKATES
PAST X3, X3 BACKCHECKS TO FAR BL
AND SLANTS TO CONTINUE DRILL

VS1 BACK PRESSURE

TIME: _____

FND'S OPPOSITE HASH MARKS WITH
PUCKS, D EACH SIDE OF CENTER CIRCLE
START DRILL WITH D PIVOTING AROUND
FACE-OFF DOT, F1 LEAVES WITH PUCK,
VS1 WITH, F2 BACKCHECK TO FAR BL
STOP, BACKCHECK BACK TO Pylon, PASS
FROM NEXT FND, NEW D STEP IN
AND PASSER BACKCHECK, DRILL IS
CONTINUOUS. VERY HIGH TEMPO! IF YOU
DON'T HAVE 8 D, SPOT A COUPLE FND'S IN.

VS2 + 1 (READ RUSH)

TIME: _____

2 LINES ON EACH SIDE OF CENTER
2 D INSIDE DOTS, C's PUCKS AT CENTER
A) C PASS TO V TO START 3ON2, DRIVE WITH
CENTER GET TO PAINT, NSW TRAILER AND
HIGH MAN. AFTER SHOT C BLON
WHISTLE TO START 3ON2 FROM OTHER SIDE
HIGH MAN BACK CHECK TO CREATE 3ON2
DRILL IS CONTINUOUS, 8 D-12 FND'S
* C CAN VARY EARLY OR LATE PASS
SO D HAVE TO READ RUSH!