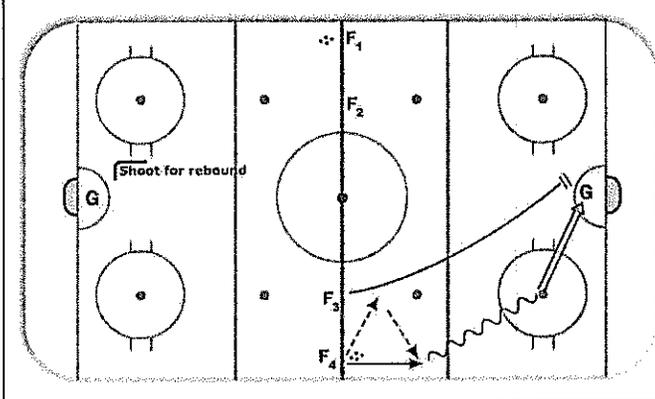


Drills of the week - 11/16/17, 7:00pm - 60 mins
 -- PW

Prepared by: Eizzy

Forwards Drive for Rebound - 10 mins

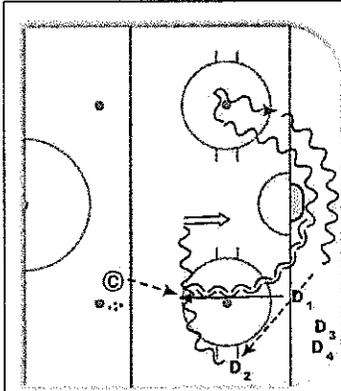
7:00pm



Key Points: Shooting for rebound Drive to the net and STOP

Cornerstone Skating for D - 10 mins

7:10pm

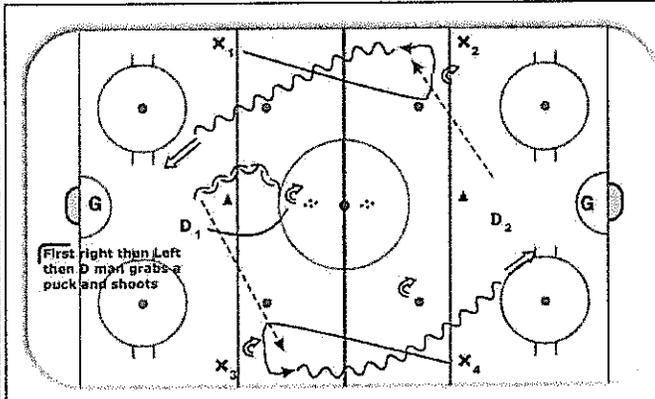


Works on most skills
 D sprints to the top of the circle and receive a pass from C.
 Backwards to goal line then forward around opp. circle, hard
 around the net and hit the "winger for a shot

Key Points: D work on different escape moves around the dots

D Man Active Warm-up - 10 mins

7:20pm

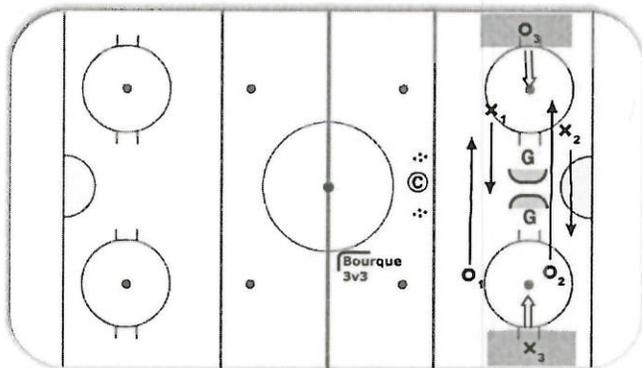


First Right, then Left then D man shoots...New D man

Key Points: Quick feet and good passes, F must come low to flatten out the pass

Gretzky 3v3 / Bourque 3v3 - COPY - 10 mins

7:30pm



GRETZKY 3v3:

1. One of the three players must be the "Gretzky" player behind net - opposition CANNOT attack Gretzky player.
2. Players must use / feed their Gretzky player once before striking net.

BOURQUE 3v3:

1. One of the three players must be the "Bourque" player at point - opposition CANNOT attack Bourque player.
2. Players must feed their Bourque player once before attacking net - Bourque can shoot or feed. Players should screen / tip.

QUOTE:

"DO OR DO NOT, THERE IS NO TRY!"

1/0AA