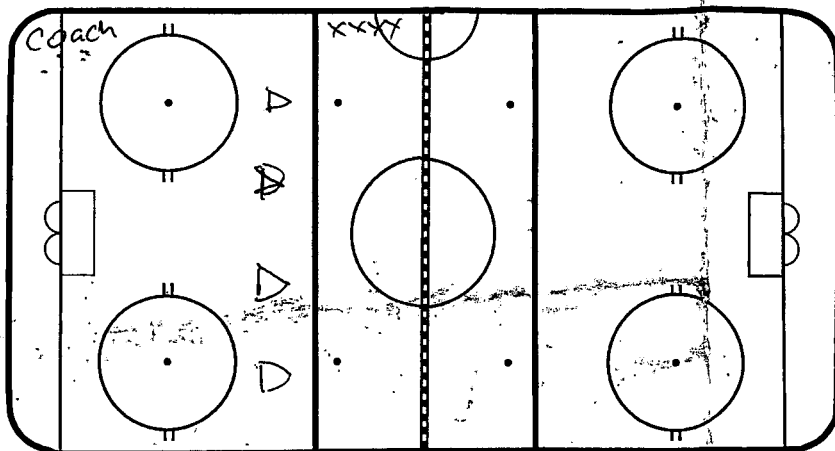




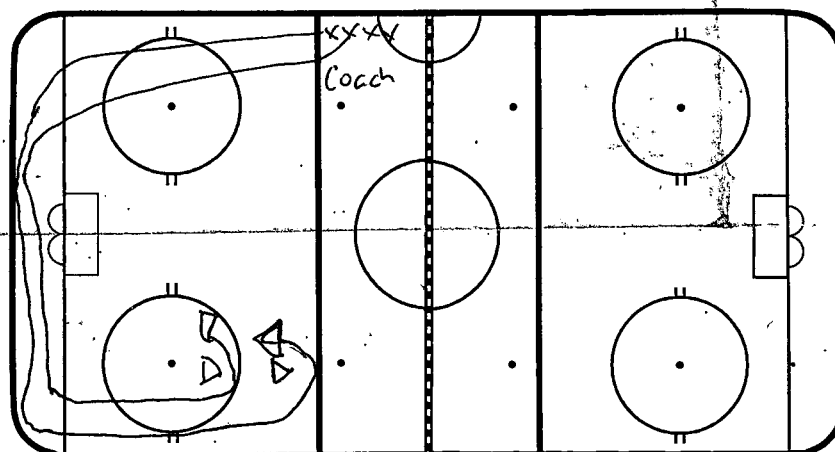
System / Drill

Book: Beneath the College Jersey



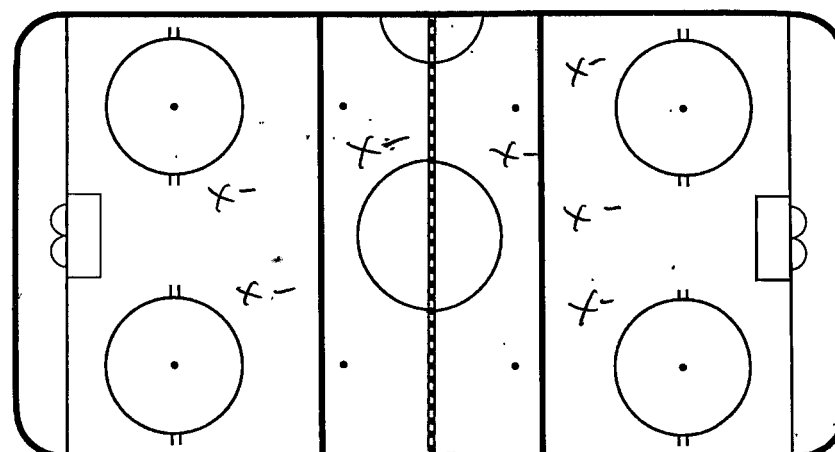
Notes / Comments

**Description** Defense  
head up shooting.  
Coach pass to  
D, D walk line  
and shoot. Cones  
or tires act as  
opponents blocking  
shot. emphasis  
head up



Notes / Comments

**Description** battle 1v1  
dump puck, battle  
1v1 behind goal.  
Who ever crosses  
goal line wins  
battle and is  
offense on 1v1. go  
around cones go  
back in 1v1



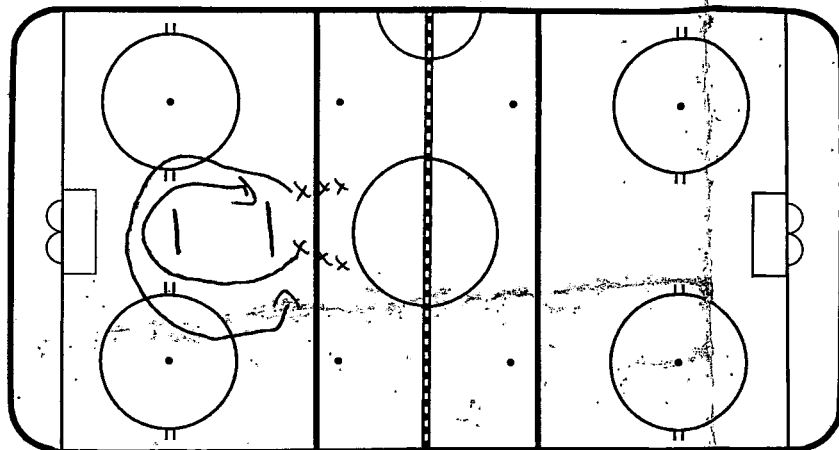
Notes / Comments

**Description** Edge work  
Skaters put stick on  
ice. Perform edging  
around stick. Players  
spread out all over ice

- 1.) inside edge
- 2.) outside edge
- 3.) inside edge figure 8
- 4.) outside edge figure 8
- 5.) jumps over stick



### System / Drill



Notes / Comments

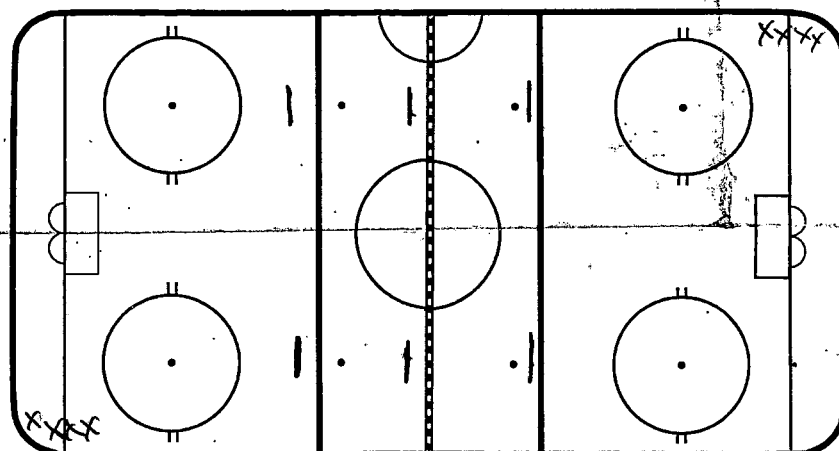
**Description** Set up up barriers or nets. partner pass go in and shoot.

1) Forward only

2) figure 8's

3) drop passes

go in on goal 2 on 0



Notes / Comments

**Description** Set up barriers at each line. With pucks. Menue around barriers then shoot.

1) 3 Crossovers

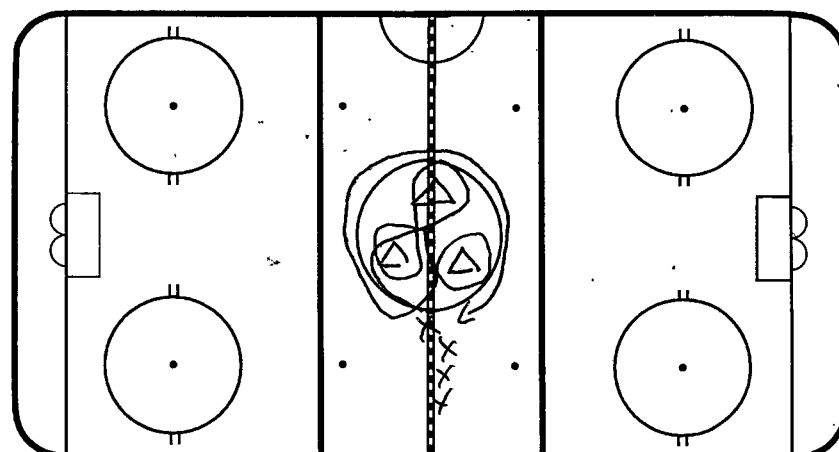
2) fake left, go right

3) 360's

4) Weave

5) no stride

6) no stride, keep puck outside



Notes / Comments

**Description** edge work skating. 3 cones inside circles.

Turns inside circle then full crossovers outside circle. also backwards.