

" IF THERE IS NO
WILL
YOU WON'T "

D.O.T.W.C

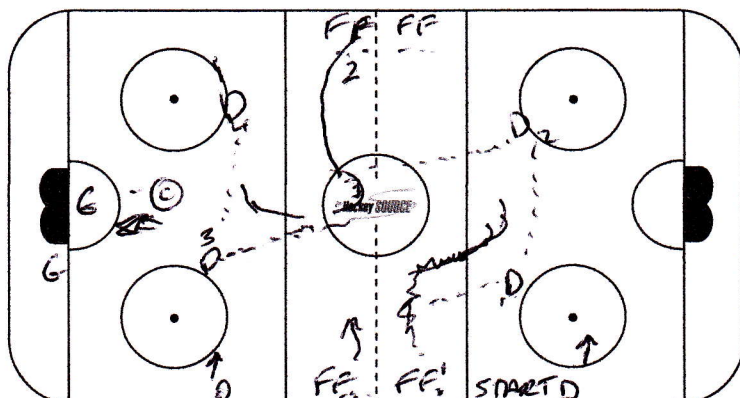
THANKS!
ENJO!

HOCKEY SOURCE

DRILL SHEET

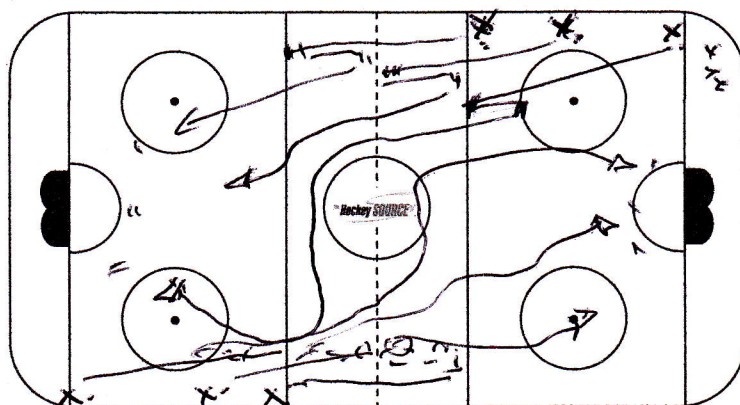
Date: _____ Team: _____ Practice Time: _____

LEGEND: --> Passing ---|| Stopping
© - Coach <-> Stickhandling ==> Shooting
F - Forwards ||||| Cross-overs
D - Defense ==> Forward Skating
G - Goalie <-> Backward Skating



Drill Name Tymchuk NZ WUP
Description F1 PASSES TO D1 - FC
D1 PASSES TO D2 D2 PASSES
TO F2 (WHO FINDS LANE)
F2 PASSES TO D3 - REPEAT
PROGRESS TO 2 F LEAVING.

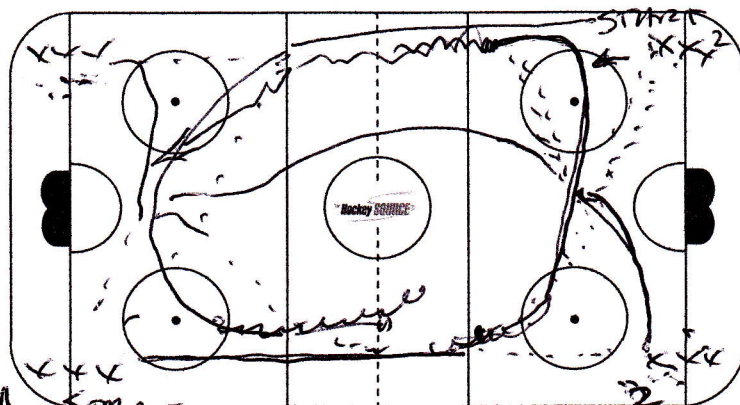
Key points - QUICK D TOP - FC PRESSURE
- IF FIND LANE CALL FOR PUCK.
- GOALIE WARMUP OTHER
Duration (min): _____ Running time (min) _____



Drill Name AGILITY 3 SHOT
Description START AT 3 PLACES.
PLAYER LEAVE USING LINES AS
STOPPING POINTS. ALL 3 LEAVE
① STOP/STOP-SHOT ② FWD/BWD
③ FIGURE 8. SHOOT IN 3 LANES

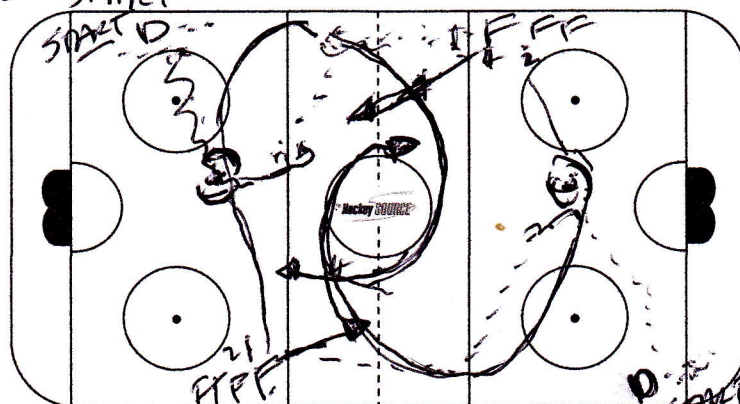
Key points - EYES UP, EXPLORE SPACE
- STOP AT NET

Duration (min): _____ Running time (min) _____



Drill Name SWEDISH 2000
Description CORNERS 1 + 2 NO PUCKS
LEAVE SAME TIME RECEIVE PASS
FROM OTHER END, QUICKLY PASS
TO CORNER AND TAKE OUTSIDE
LANE, 2 SUPPORTS PUCK GETS RETURN
Key points PASS TO X1 2000
X2 X1 GO TO RESTRIKT AFTER
PASSING

Duration (min): _____ Running time (min) _____



Drill Name AU'S 2001
Description P TO F1 PROP D INSIDE
F1 OUTSIDE P TO F1 F1 TO F2
F1 OUTSIDE F2 TAKES OFF
2001 BOTH SIDES SAME
TIME.

Key points _____

Duration (min): _____ Running time (min) _____

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