



DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

TRAINER: \_\_\_\_\_

## ROSTER

GOALIE

GOALIE

GOALIE

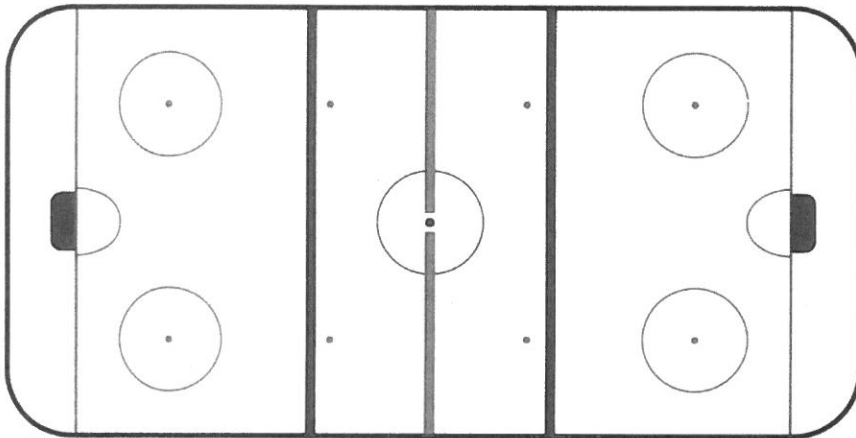
1. BLOCK

2. BLOCK

3. BLOCK

4. BLOCK

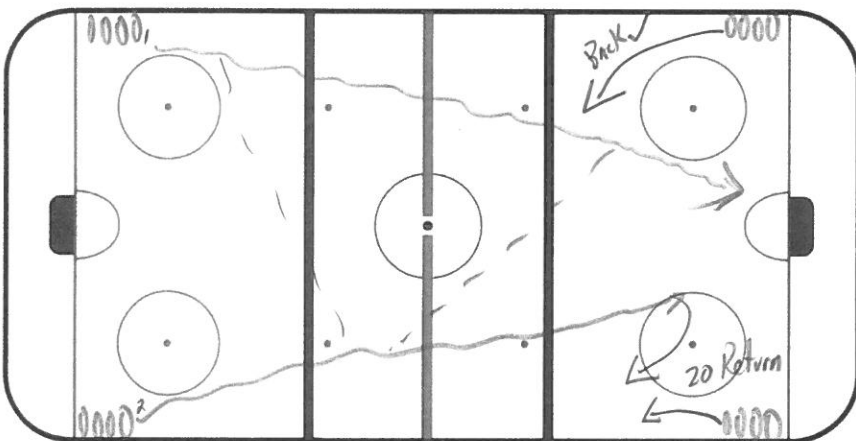
THANKS Eric!



1 Recommended READ

"A Walk in the Woods"

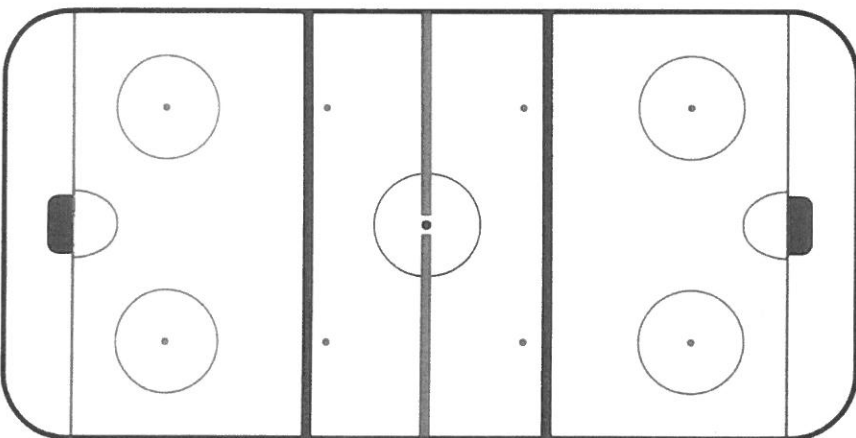
By: BILL BRYSON



2 DRILL #4

"Continuous Back V"

- D<sub>1</sub> + D<sub>2</sub> → Start Drill → 2-0
- At Net → Shooter is out
- Other forward swings left/right to start 20 other way → Other side acts as a back checker "continuous"



3



DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

TRAINER: \_\_\_\_\_

## ROSTER

GOALIE

GOALIE

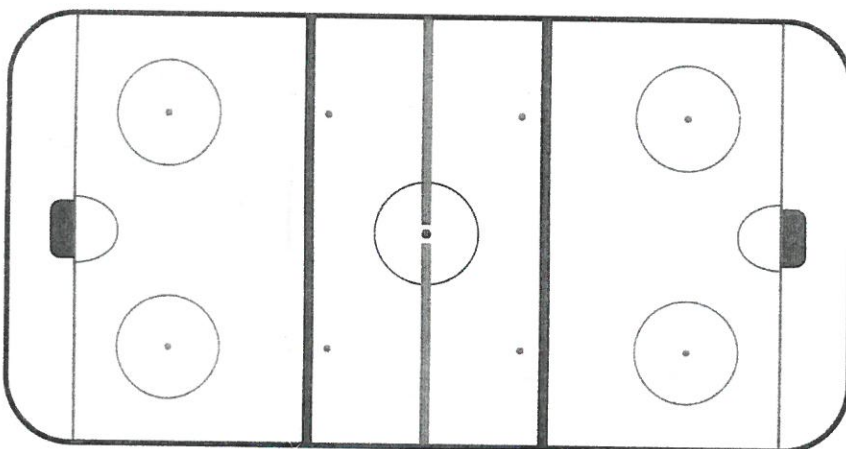
GOALIE

1. BLOCK

2. BLOCK

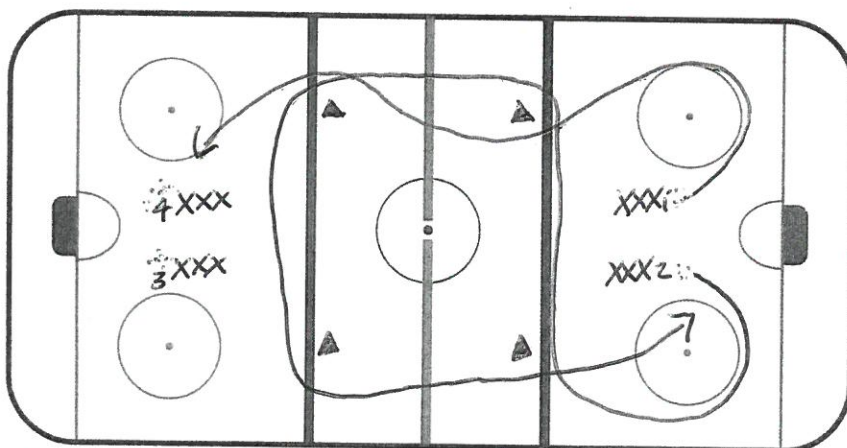
3. BLOCK

4. BLOCK



## Drills

- ① Snake/Around the World
- ② Half Wall Puck Protection
- ③ 3 Shot Protection



①

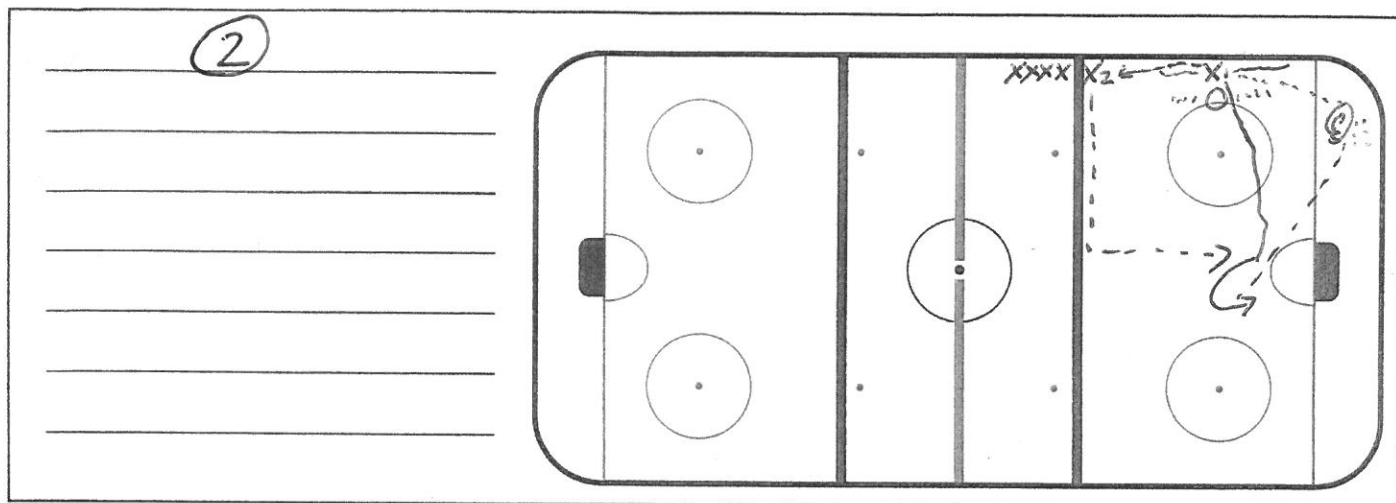
## Snake/Around the World

X1 takes the puck around the bottom of the circle and weaves around the cone as drawn and takes a shot on net. X1 Stay at the net for a rebound.

X2 takes the puck around the bottom of the circle and around the outside of all the cones as drawn and takes a shot on net.

X3 does the same as X1 on opposite end. Staying at net for rebound.

X4 does the same as X2 on opposite end



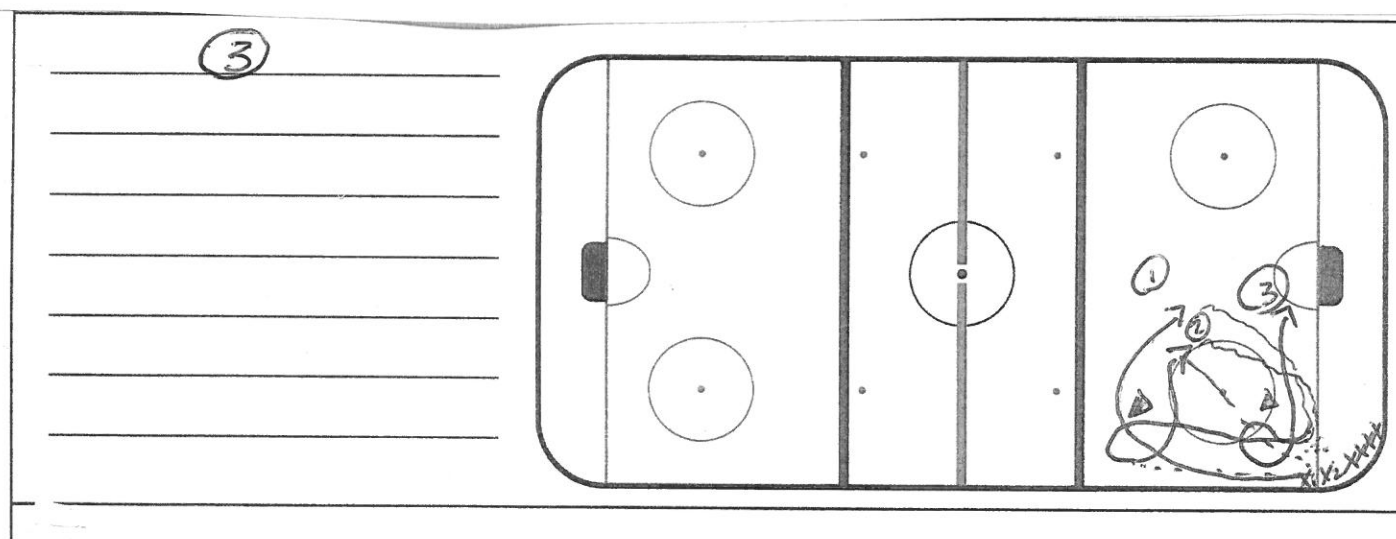
### Half Wall Puck Protection

Coach starts the drill with a pass to X1. X1 protects the puck moving up and down the half wall. O is defending trying to keep X contained.

When coach blows the whistle, X passes the puck to X2 and gets to the front of the net for a screen/tip. X2 walks across the blue line for a low shot.

X then pivots to the high slot for a pass from coach, for a quick release shot from the slot.

X2 now becomes defender and O becomes X1 protecting the puck. New skater comes in to be X2 at the point.



### 3 Shot Protection

X1 starts out of the corner with a puck and walks around the top cone for a quick shot on net.

X1 then goes down low to corner and picks up a new puck and skates it to the top cone and cuts back towards the wall and passes to X2 in line. X1 then slides to the slot of one timer.

X1 goes to the corner picks up a puck, skates to the first cones, cuts back towards the wall and walks out down low for a shot.

Change sides after skaters have gone through 2-3 times each.

Notices: