



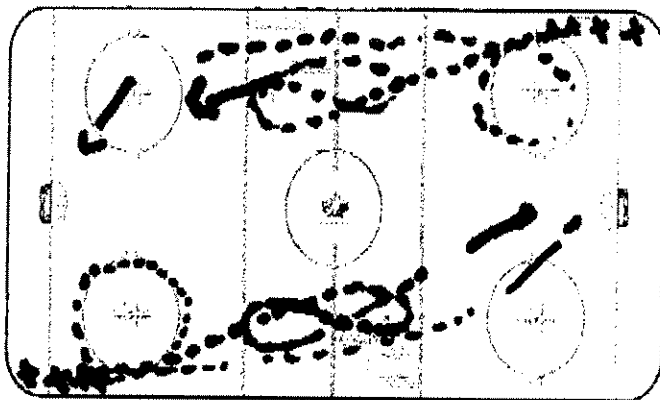
250-220-7887

Practice Date:

To ENIO From: TROY

Practice Theme:

CHIASSON



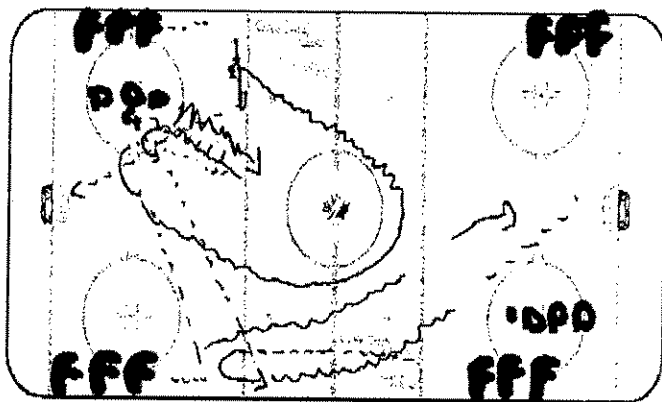
Drill Name:

Time: 4 SHOT WARM-UP

- First PLAYER GOES AROUND CIRCLED + GOES FOR SHOT.

- 2nd PLAYER DOES FIGURE "8" AROUND DOT IN "H2" + GOES FOR SHOT.

- BOTH ENDS SAME TIME.



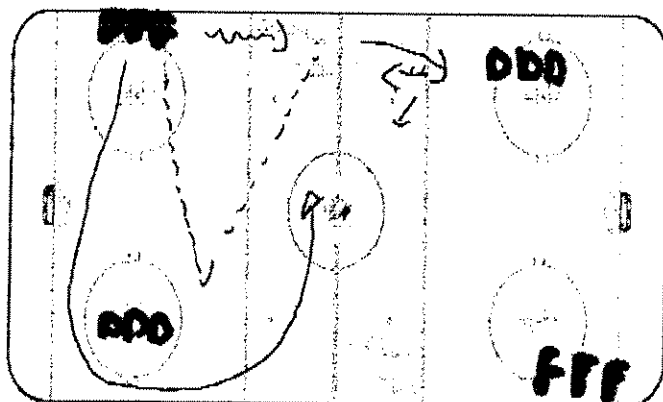
Drill Name:

Time: 6 SHOT "D" MOBILITY

→ "DS" QUICK FT.

→ BOTH ENDS

→ 6 SHOTS.



Drill Name:

Time: Husky 3-0 DRIVE

- FWDs + DS OPP. CORNER

- FWDs HAS THE PUCK.

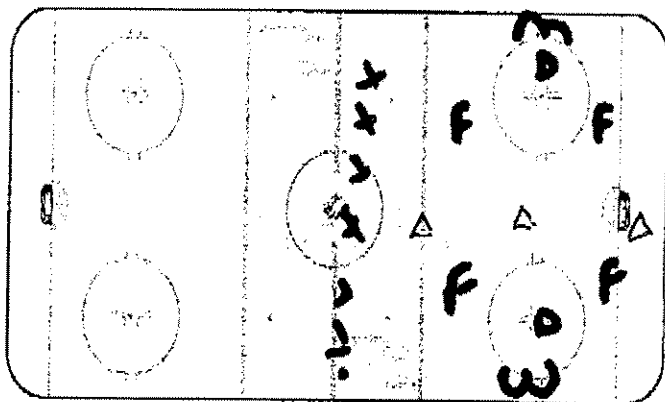
→ "DS" JUMP UP + MAKE 3-0.

→ 1 LEAD AT A TIME.



Practice Date:

Practice Theme:

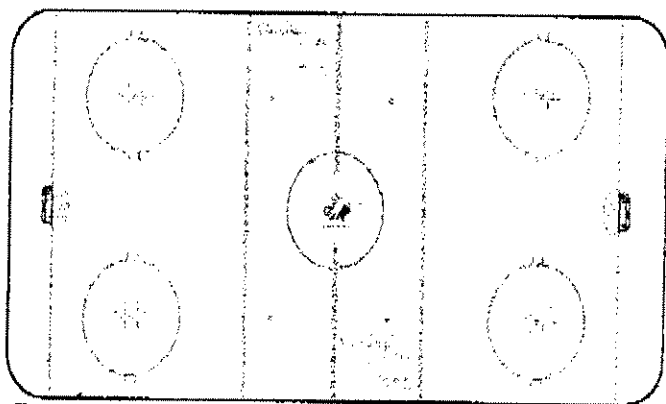


Drill Name:

Time: 2 vs 1 Small AREA

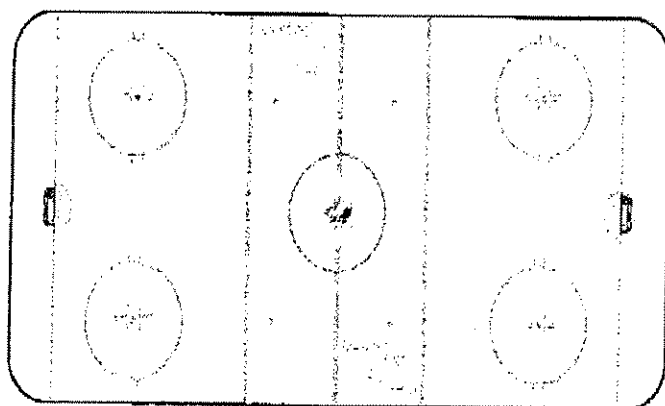
→ CANNOT CROSS THE "PLYONS."
 → D HAS to GET the
 Puck to OPPOSITE "FUNDS."

PLAY FOR 30 SEC +
 CHANGED.



Drill Name:

Time:



Drill Name:

Time:
