

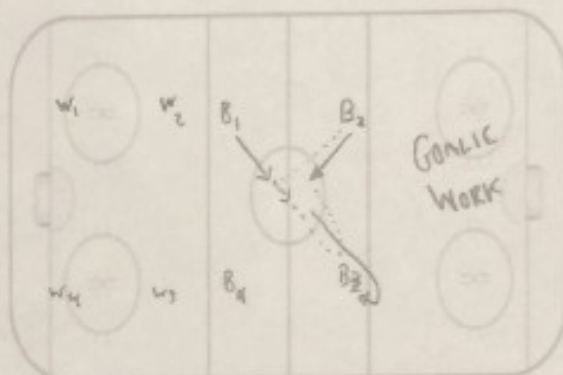


CALGARY CANUCKS JUNIOR 'A' HOCKEY CLUB

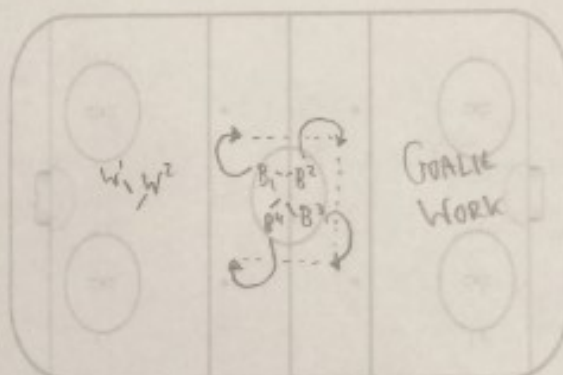
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DATE / TIME / PLACE: _____ FOCUS: _____

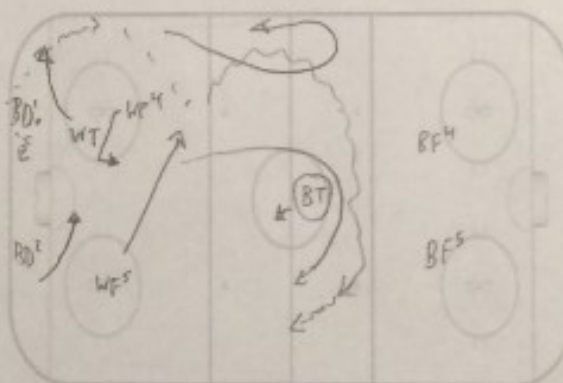
① WARM-UP
TIME: _____ DRILL: X-PASS WARM-UP
SPLIT INTO 2 GROUPS
• B¹ leaves w/o puck - receiver pass from B² + moves it forward to B³ line. B¹ goes to back of B³ line
• B² leaves w/o puck - receiver pass from B³... 1.1 to B⁴ + back of B⁴ line
• CONTINUOUS... STRESS PACE + COMMUNICATION
• IF execution good - move to one-touch
• Switch directions (FORE-HAND + BACK-HAND RECEIVE)



TIME: _____ DRILL: FLARE OUT'S W/U
→ PROGRESSION
→ TIGHTEN LINES UP IN MIDDLE OF ZONE
• B¹ open pivots w/ puck + passes to B² who open pivots to support pass... CONTINUOUS B¹-B²-B³-B⁴-B¹
• After pass go to next line
• Switch direction after a couple minutes



② TEAM DRILL
TIME: _____ DRILL: READ THE RUSH
- WHITE FORWARD LINE + BLUE D BREAKOUT
- WHITE FORWARD LINE PICKS UP SPEED IN NZ + CIRCLES AROUND BLUE TRACKER TO ATTACK BACK AGAINST BLUE D¹⁻²
- BLUE TRACKER (STATIONARY IN F/O CIRCLE FACING F¹+F²) CAN'T LEAVE UNTIL PUCK CROSSES PAST HIM
- BLUE READ THE RUSH + TRACK BACK ASAP



* CAN ALSO MAKE THIS A 4V DRILL



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DWC

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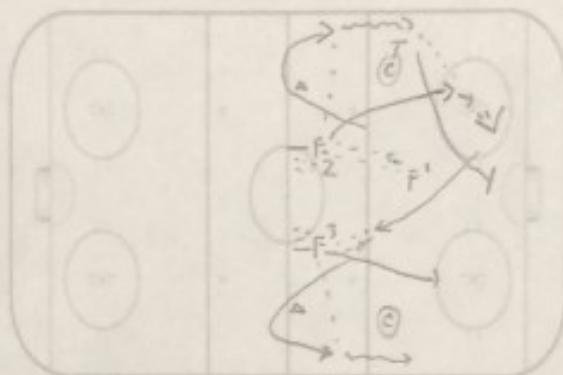
FOCUS: _____

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SKILL DRILL

TIME: _____ DRILL: 8-MAN ATTACK ENTRIES

- F¹ starts w/o puck... gets pass from F² + gives back.
- F¹ opens wide around cone + receives pass from F² + drives wide on @ (acting as D)
- F² slash supports on strong-side for area pass or ladder pass... shoot + crash for rebound
- F² repeats w/ F³
- CONTINUOUS SIDE-TO-SIDE



4

COMPETITION

TIME: _____ DRILL: 33 CIRCLE GAME

- 3 WHITE vs 3 BLUE
- PLAYERS IN CIRCLE MUST STAY IN THEIR HALF OF CIRCLE
- PLAYERS OUTSIDE CIRCLE MUST KEEP FEET OUTSIDE CIRCLE
- STICKS CAN GO INTO OTHER PLAYERS ZONES
- 30 SECOND SHIFTS... (C) READY w/ NEW PUCKS
- CAN GIVE PLAYERS 3-SECOND RULE TO SHUT OR PASS (OPTIONAL)
- OFFENSIVELY = GOOD FOR PASSING, FINISHING, STICK POSITIONING SKILLS
- DEFENSIVELY = GOOD FOR SHUTTING DOWN PASSING LANES, ACTIVE STICKS



TIME: _____ DRILL: _____

↑ ALSO GOOD FOR PLAYERS WORKING ON HEAVY STICKS IN PUCK BATTLES

QUOTE

"SUCCESS IS NEVER OWNED - IT'S RENTED. AND RENT IS DUE EVERY DAY!"

