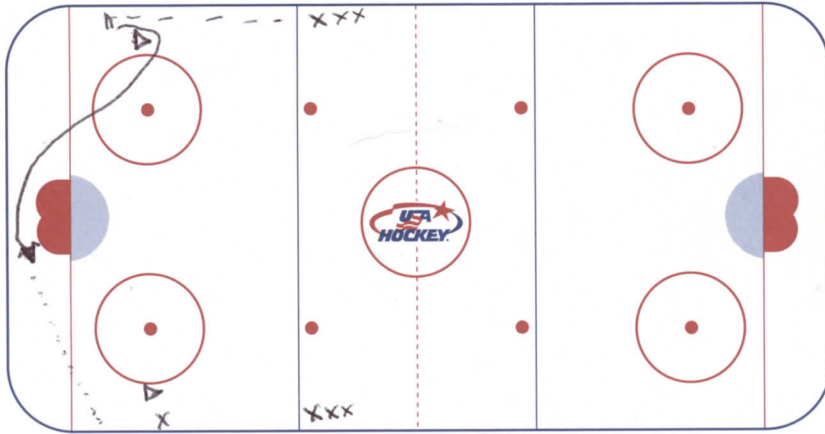


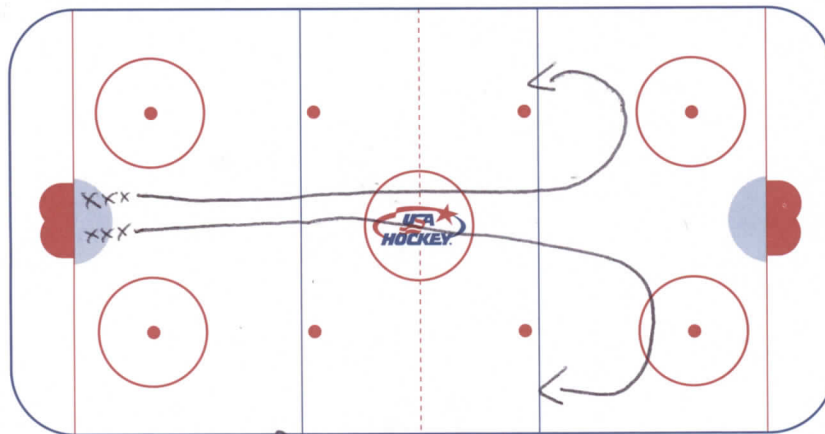


SYSTEM/DRILL Josh Glionna - Medford High



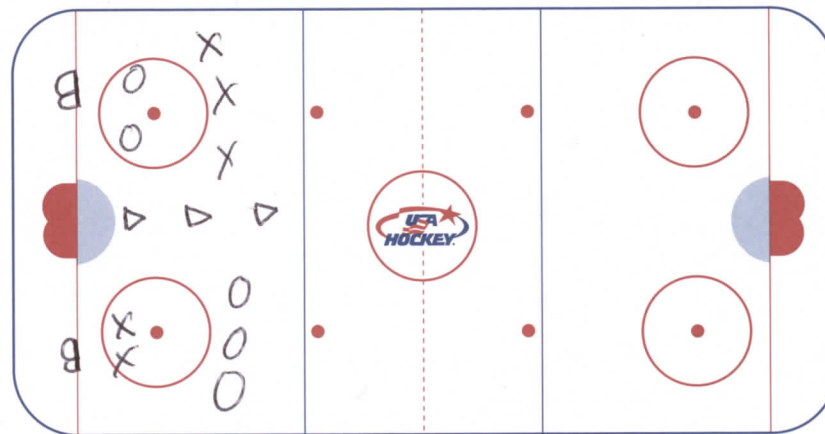
Notes/Systems Breakout passes

Description Players line up at blue line. one player goes low to cone. receives a breakout pass and continues around cone, behind net, makes pass to other side. drill is continuous.



Notes/Systems Pass near/far

Description Players partner up. go down ice ~~up~~ through the middle making passes close together. When they get to far zone curl out to boards and make wide passes back to the goal line.



Notes/Systems Vertical 3v2

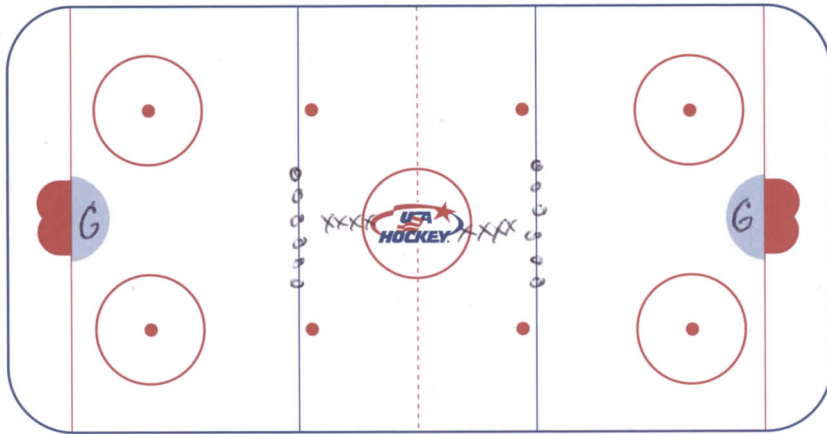
Description divide ice in half with cones vertically. On both side set up a 3v2. X's on both sides are working together. O's on both sides are working together. extra players on blue line to keep puck in. both nets are on goal line.





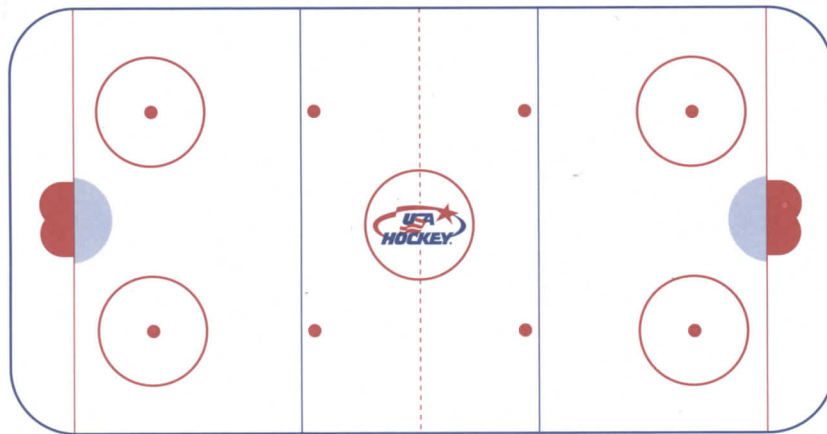
SYSTEM/DRILL

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Notes/Systems 6 puck game

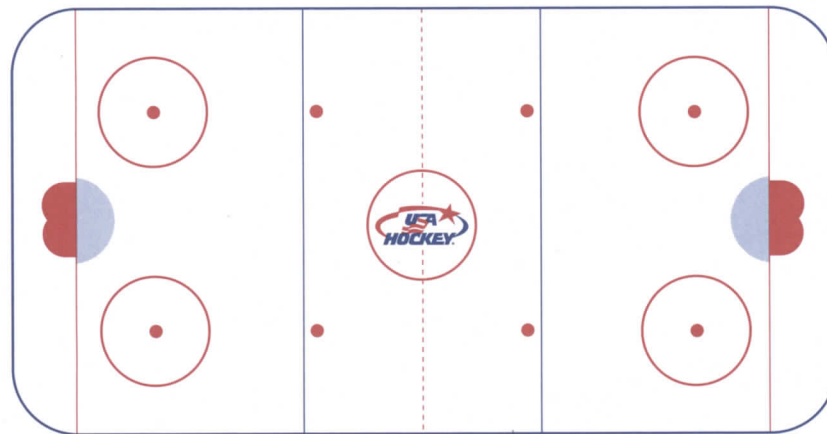
Description Set up 6 pucks on each blue line. Players on both sides go on breakaways, each side must play the same puck until they score. First team to score all six pucks win the game. The game is continuous.



Notes/Systems recommended book

Description Beneath the College Jersey: The Athlete's Guide to Healthier Nutrition, Habits, and Recovery Methods

By: Marten J. VanderVelde



Notes/Systems Team Building activity

Description Pictionary divide your players into 2 teams. Play pictionary with hockey terms.

