

DWC - 02/05/16, 4:00pm - 0 mins

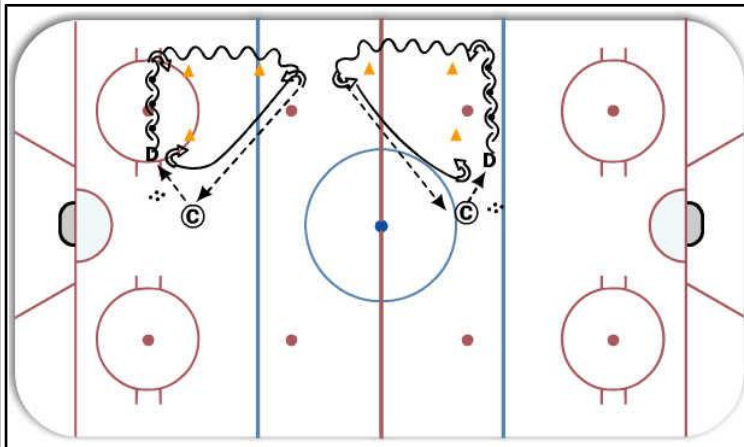
Prepared by: Gordon Burnett

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Notes:Book: You Win in the Locker Room First.

Author: Mike Smith & Jon Gordon

Pylon Triangle Passing - 10 mins



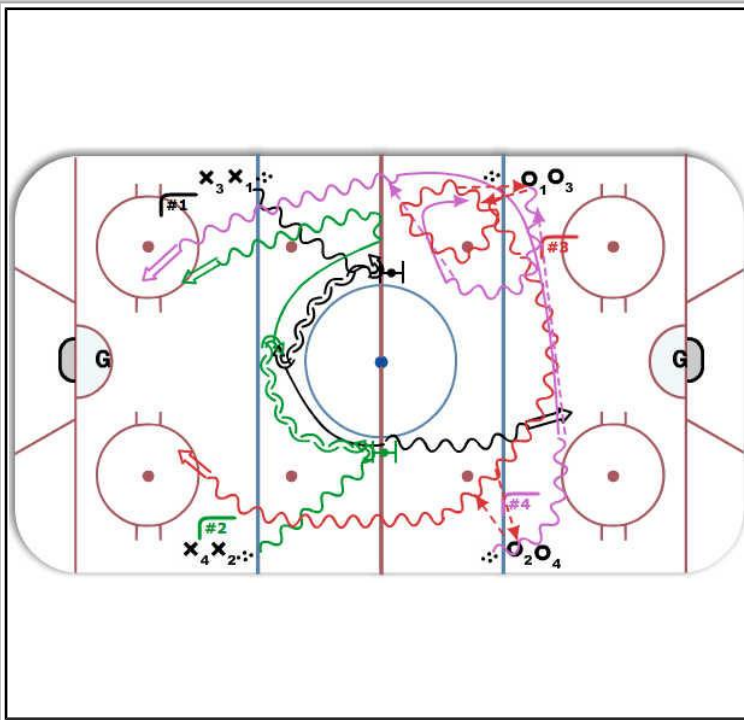
Pylon Passing:

-D skates backward with puck, open up pivot around cones, passes back to Co as he pivots forward, skates toward Co, then pivots backward, and receives pass back from Co, repeat 3-4 times, next D

- Move pylon to go other way.

Key Points: , Passing , Pivots , Under Handling Puck

NZ warm up Series - 10 mins



NZ warm up series:

#1-X1 leaves with puck, leaves puck at red line, pivots backwards, power back, pivots forward at bottom of circle, picks up puck that was left by O2, goes in for long shot (Black).

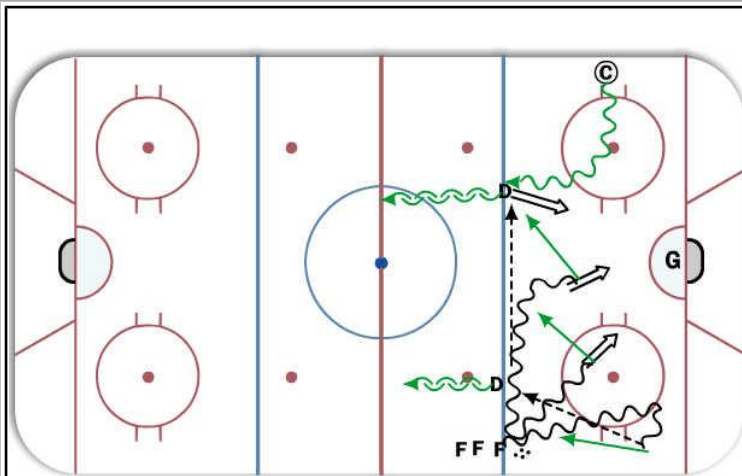
#2-X2 leave puck at red line, powers back, pivots forward at bottom of circle, pick up puck that O1 dropped then turns back and takes long shoot own end he just came from (Green).

#3- O1 skates with puck skating around NZFO dot inside out, touch passes with O3 then continues across BL touch pass with O2 then in for a long shot on G (Red).

#4-O2 skates across BL passing to O1, O1 takes middle ice as O2 swings wide underneath O1, O1 passes back to O2, O2 in for long shot on G, O1 circles around picks up puck and starts drill again (Purple).

Key Points: , Move your feet , Good drops/passes , Long warm up shots on net

Hunt Drill - DT into OT - 10 mins



Hunt Drill

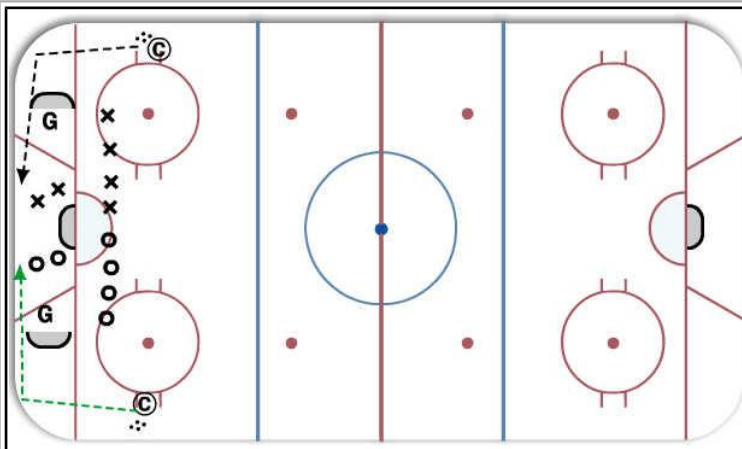
- 1st F skates straight at net for a shot
- 2nd F takes middle ice for a shot
- 3rd F skates down wall, deep cut back, run any OZP
- Co on 3rd shot skates puck into NZ as all 3 F's 'Hunt' the puck in DT, as F's catch the Co, Co gives puck to D for quick up or lets F strip him, now in OT to score.

Variation:

Have a Player be the Co for hunt, have D defend the 1st 2 shot 1v1 - 5v3

Key Points: DT, OT, Run OZP,

2v2 Wall battles - 10 mins



2v2 Wall Battles:

- On whistle Co rims puck on yellow,
- 2X and 2O battle 2v2 trying to score.
- if puck squirts out of playing area Co blows another whistle and other Co rims puck in from other side.
- Let it go for 30 seconds
- Keep score
- guys in line help keep pucks in playing area

Key Points: , Battle