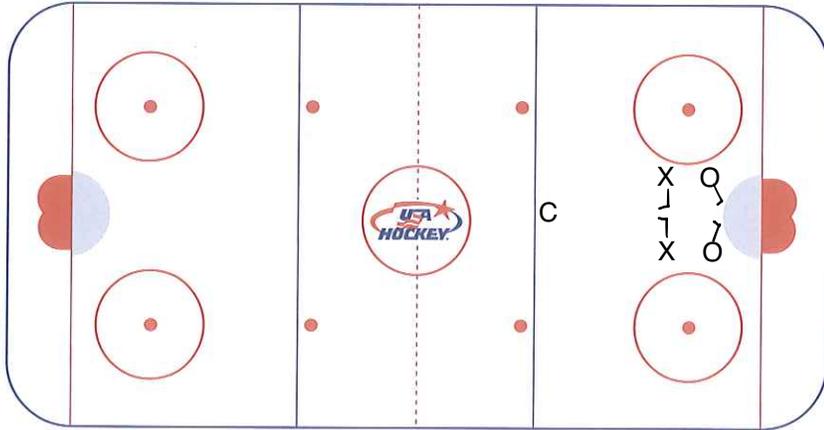


DRILL CLUB SYSTEM/DRILL

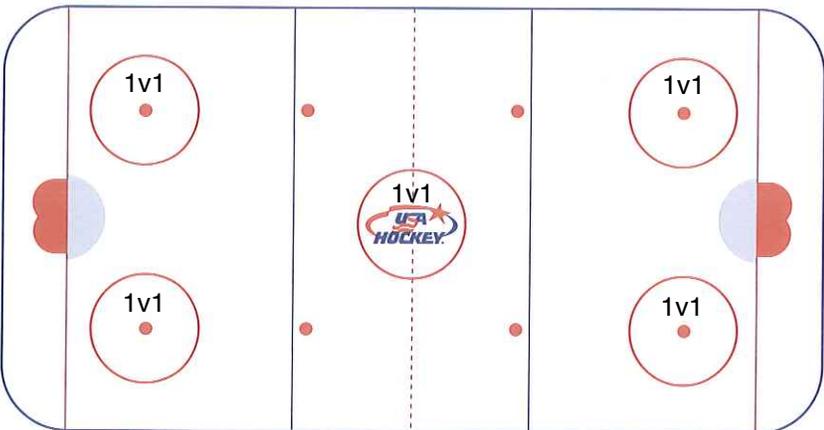


Description "Tip Tunnel"
 Goaltender tracking/compete
 Forwards tipping/redirecting...
 net front finish

X's stand around hash marks w/ bodies just outside posts.
 Sticks in the air and almost touching
 O's stand just outside posts above crease with sticks on the ice for off center redirects.
 C fires pucks through the tunnel. High shots can only be tipped by X's. Pucks on ice can only be redirected by O's.
 G must focus on tracking, staying big, shifting, containing pucks, and competing on rebounds.

X/O work on redirects and in front finish on rebounds

Notes/Systems Individual/Small Group Skills



Description 1v1 Puck Protection
 Competition / Warm Up

Divide players up equally around the 5 circles

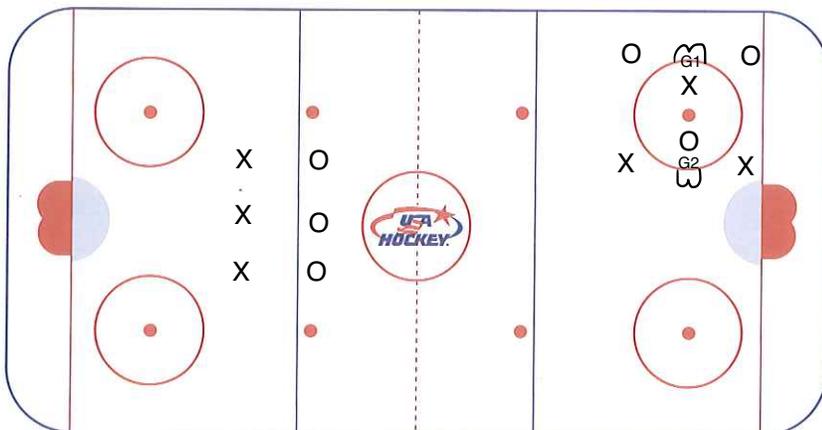
1v1 puck protection for 15-20 seconds
 Same player is on offense for entire time.

Offensive player starts with puck. He must stay in circle and protect the puck for as long as possible. Defensive player starts on dot. He engages when whistle is blown and tries to poke/strip puck away, or force player outside of circle.

When puck goes outside circle, a spare player sends a new one in to offensive player. Play until whistle is blown to end rep.

Players keep track of how many pucks they had to use while on offense. The fewer the pucks used, the better.

Notes/Systems Team Skill Warm Up



Description

3v3 Breakout/Forecheck Drill - LEFT

Players on both teams gap up to coach who dumps puck to initiate drill. X's are hard back to puck and work together/communicate to successfully skate puck out of zone. O's work together to forecheck to create turnover. If turnover is created, O's attack until zone is cleared.

Bubble Hockey - RIGHT

3v1 scoring competition. Players remain mostly stationary and cannot leave their assigned location. Players outside circle cannot skate into circle, but can reach in with their sticks. Players inside circle cannot skate outside circle, but can reach out with their sticks.

X's attack G2. O's attack G1. Deception, quick puck movement and team work is the focus offensively. Defensive player inside circle must use his body/stick effectively to play 1v3.

1st team to 3 goals wins the set. If puck goes in net or out of play, coach sends a new one in to middle X and O who battle for possession

Notes/Systems LEFT - Team Play
 Offense vs. Defense
 RIGHT - Competition
 Bubble Hockey