



COQUITLAM EXPRESS JUNIOR A HOCKEY

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To Enio and Drill of the week members

Pages 5 including cover

Hope all is well, thank you to Enio for all his hard work in keeping this going!!

Good Luck to all in the season and Happy and Safe Holidays !!

Wolffie
Coquitlam Express BCHL

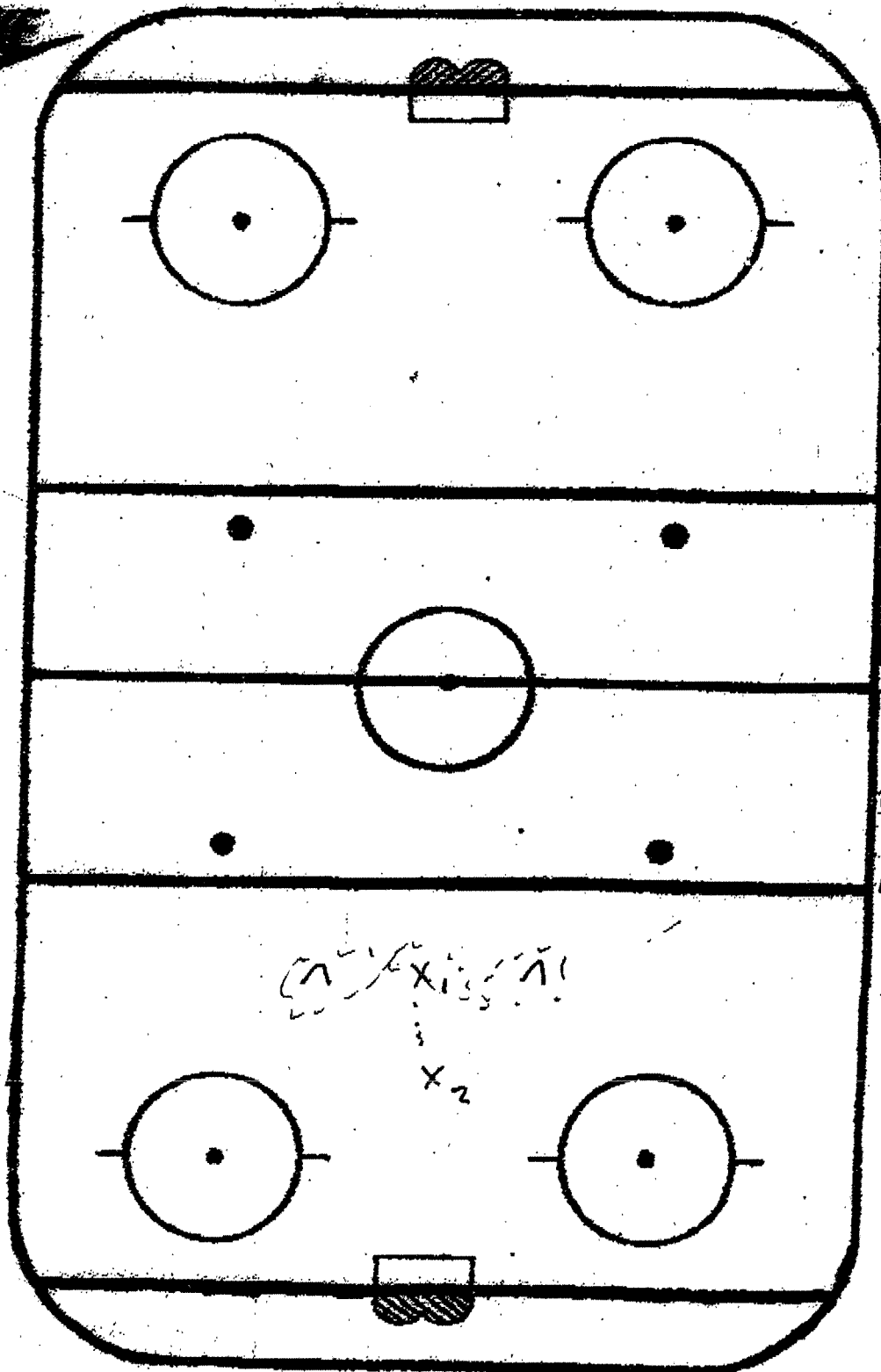
Favorite Quote

You want to win so bad! And you know the expectation is exactly that.
You have to remind yourself that is why you are in hockey, you want to
Be in those situations because everyone does care that much and are so
Passionate about it!!

Book –

How Bad Do You Want it by Matt Fitzgerald

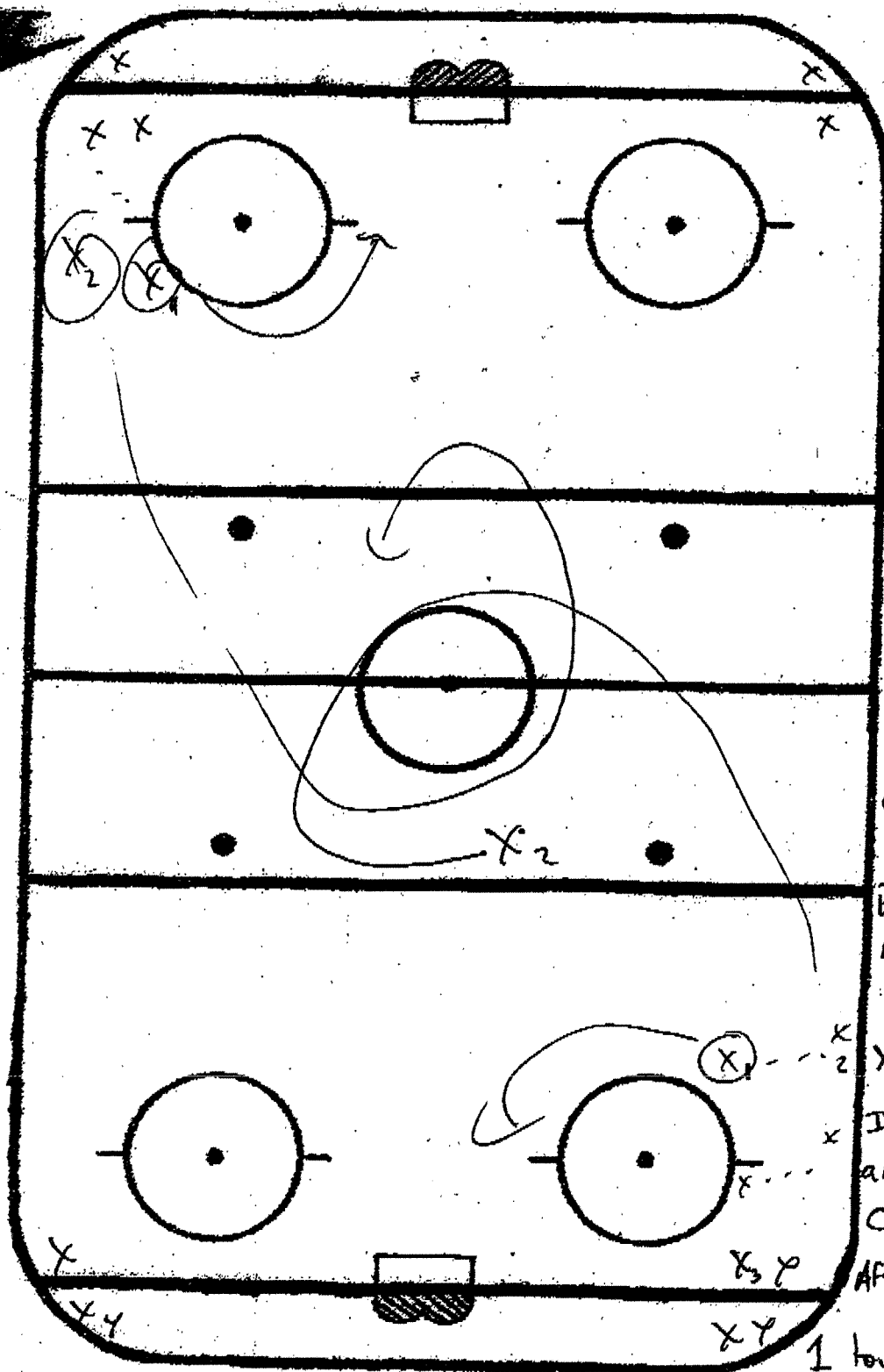
Any questions on the drills or anything else please email me any time wolffie@wolfstershockey.com



Individual
Skill

Quick Feet
Quick Hands
Eyes UP

X₁ Figure 8
always Facing
X₂ who 1 touch
Pass to X₄ as
he skates
thru pylons



Warm UP Drill

Players All 4

CORNERS

opposite Corners

Go AT Same
Time

2 players leave

1 touch Pass

to Top of
Circle

inside X₁ keeps

Puck turns to
net and Shoots
in stride

X₂ skates up

ICE Quick Feet
around center
Circle

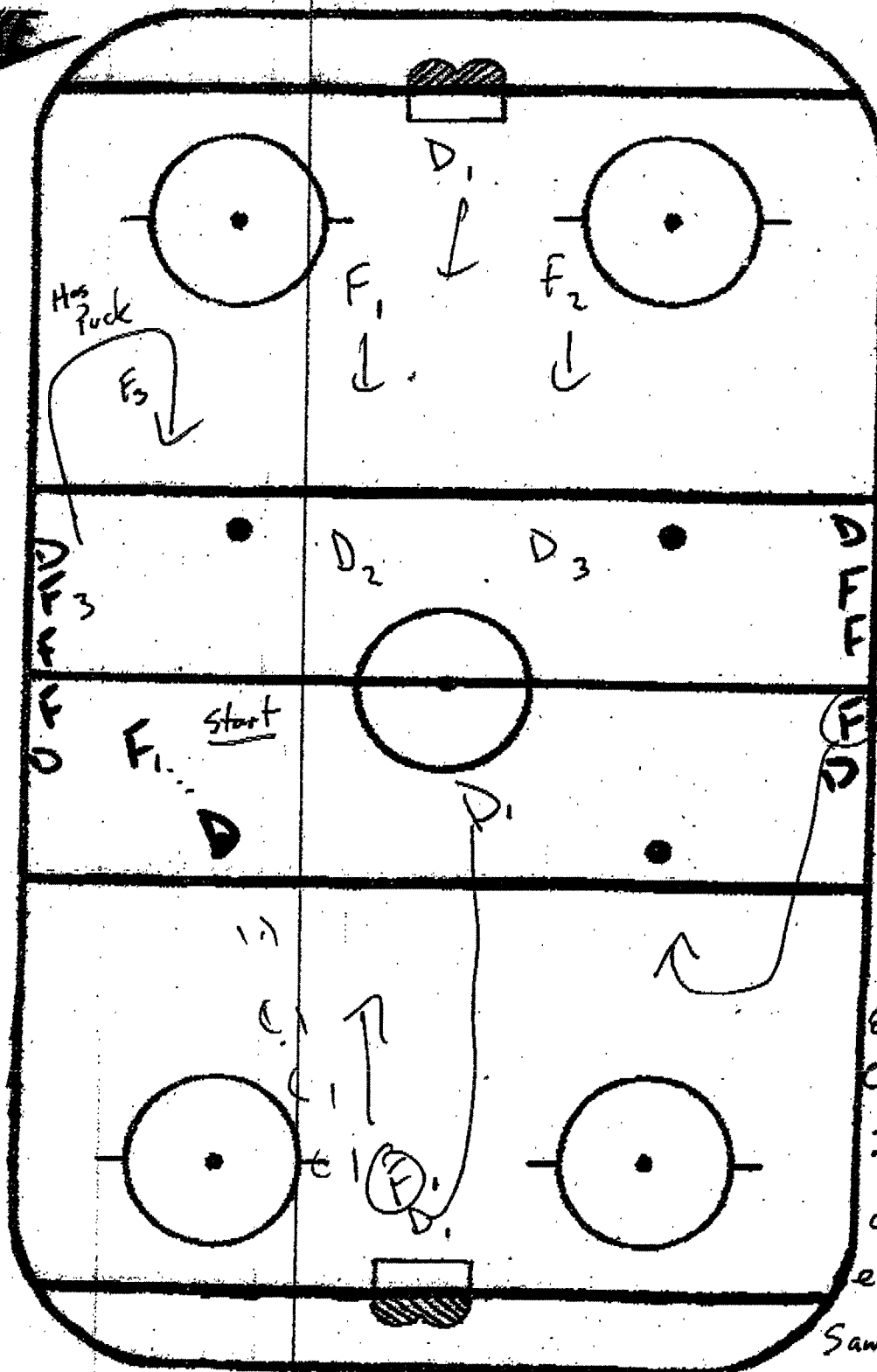
After X₁ Shoots

1 touch Pass with.

X₃ then X₁ keeps Puck

Skates UP ice 2-0 with X₂ Far end

- opposite Corners Go



1 end at a time
 F₁ pass to D₁
 D₁ Back to F₁
 F attacks D₁
 1-1

ON WHISTLE

D₁ Has to recover
 and defends
 other end
 NOW on
 ~ 2-1

F₂ Brings Puck
 Must Get Below
 Blue line

Once 2-1
 Complete

2 different D
 defend Far
 end.

Same 2 Forwards

That played the 2-1 now Pick up
 their W(F₃) and attack Far end
 3-2 * D₁ join Rush As 4th Attacker

3 sets

1-0

2-1

3-2

1-0
Breakaway F.

2-1

2 linemats vs

1-D

2-2

2-1 need to
ouch Blue line

F. joins 2 Fds

another

to make

it 3-2

Next line

goes

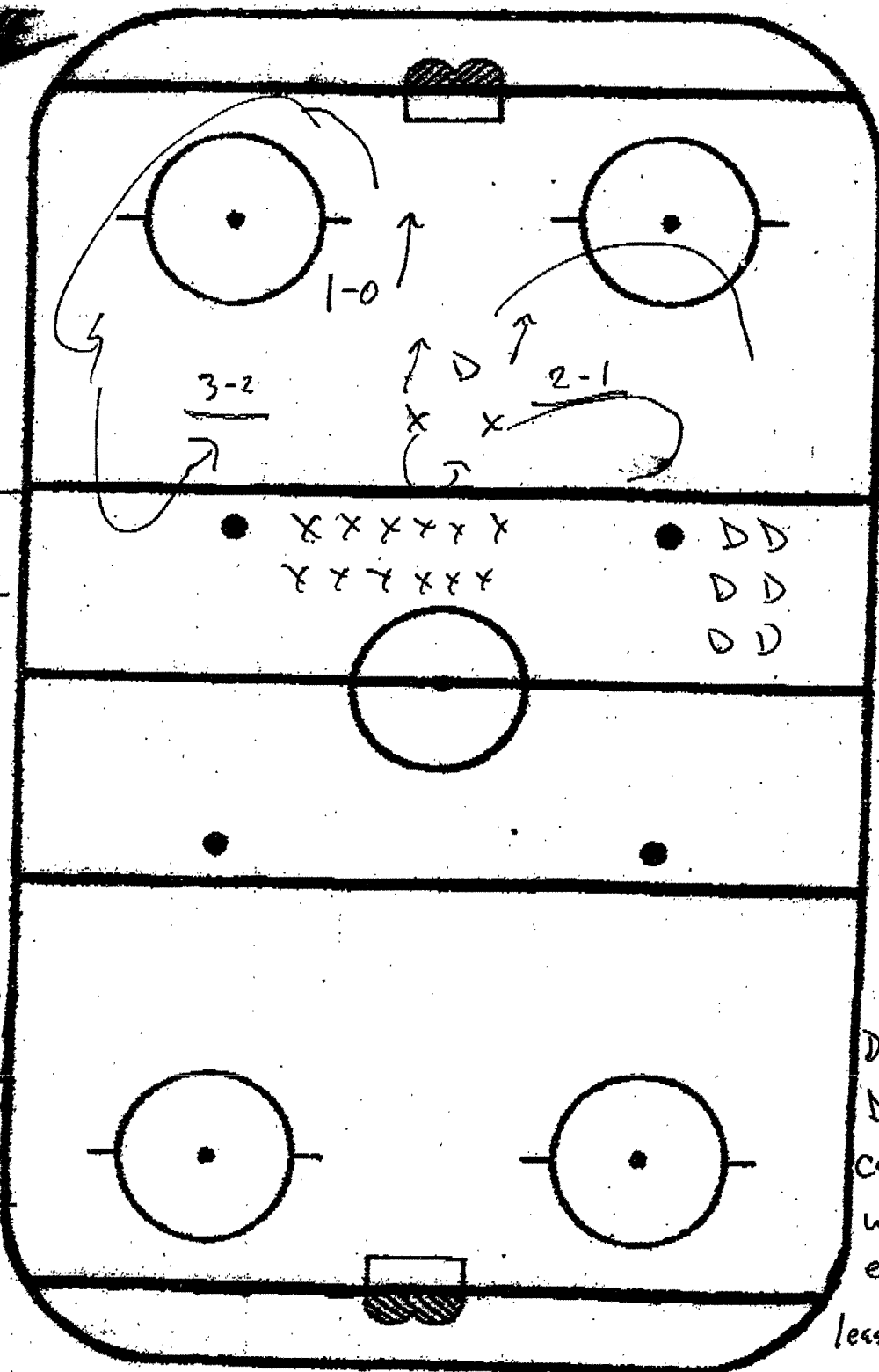
1-0

2-1

3-2

when you Go threw lines 1-4

Start @ 1 again



Fun Competit

Line vs

Line

Go threw

3 times

Each Fwd
gets a

Chance on the
1-0

line that
Scores most
Goals Wins!

Depending on
D numbers you
can Have a
winner who
ever-lets in

least amount of
Goals as a pair