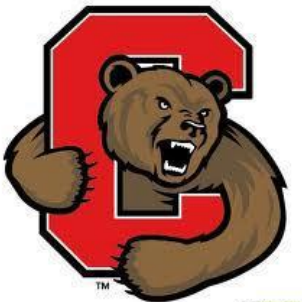
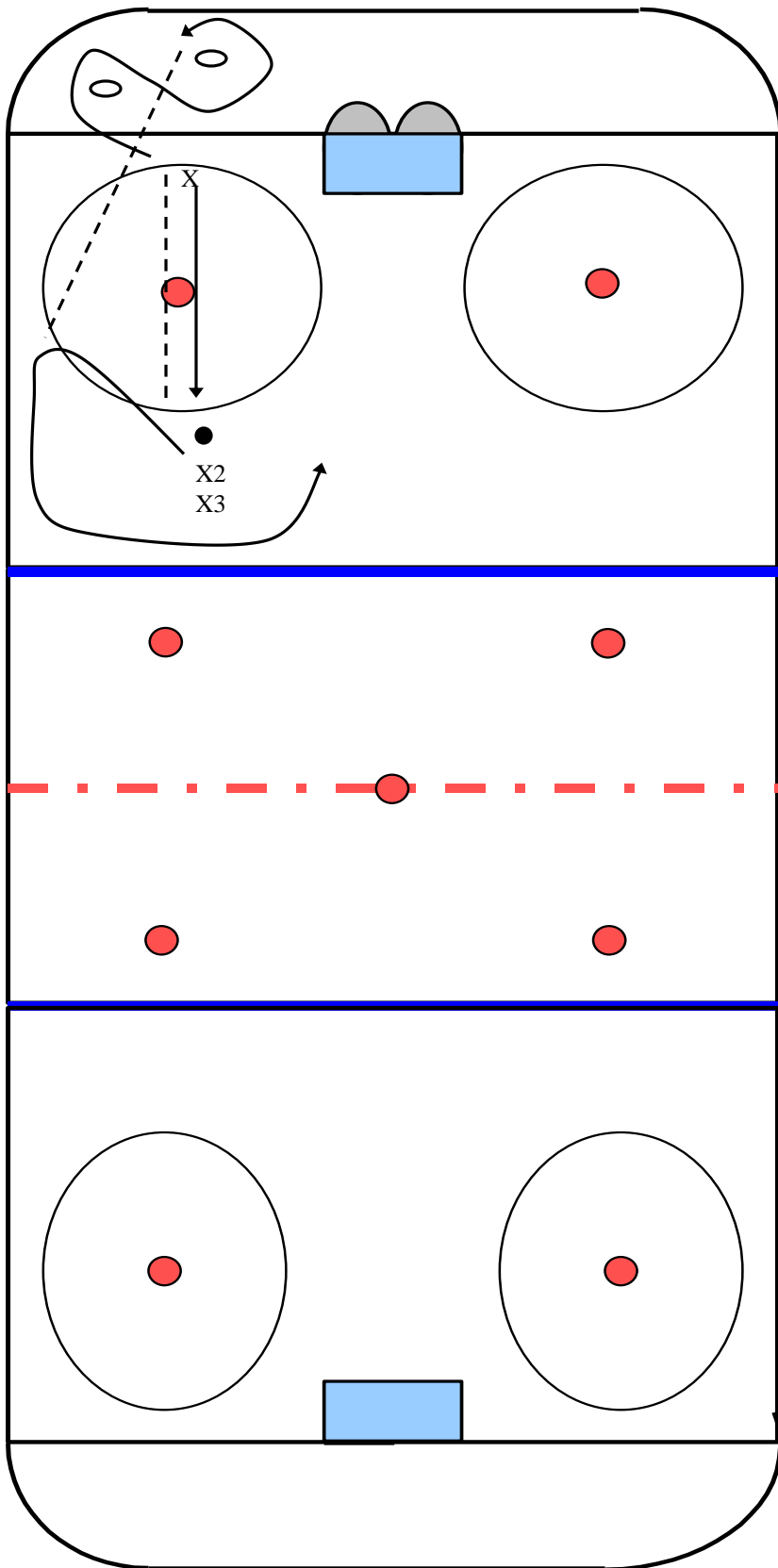


Cornell D Skills

Roberts Outlet

- 1) X1 skates forward to the top of the circle, gets puck and skates Backward and then pivots forward Power turning around the cones
- 2) After he is through the cones he then makes an outlet pass to X2 who has dropped down for a breakout pass
- 3) X2 then goes in for a shot
- 4) After the shot X2 fills in for X1 and starts the drill again



International Falls

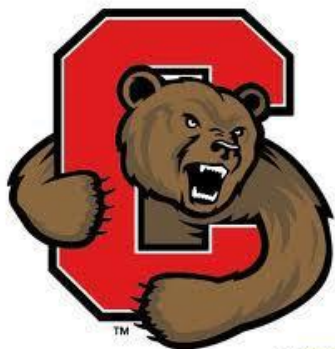
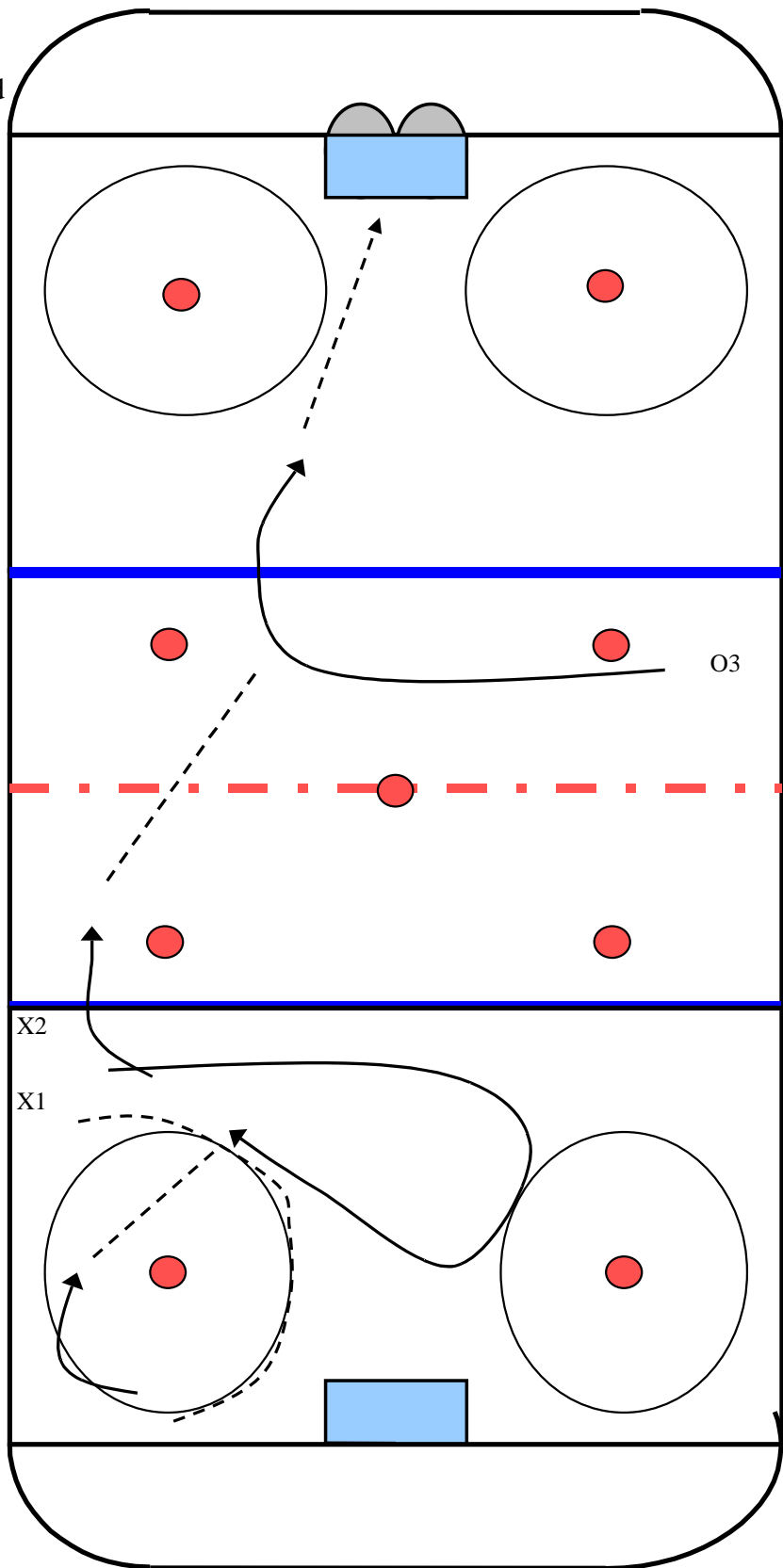
7 Minutes

- 1) X1 skates backwards around the circle and turns up ice once He gets to the bottom of the Circle
- 2) X2 touches the top of the Circle and times his curl so he Comes through the middle with Speed and receives pass from X1
- 3) O3 has timed his route to Receive a pass from X2 between the offside dots
- 4) He then goes in for a shot on Net(keep feet moving)

Objective:

This drill is all about timing

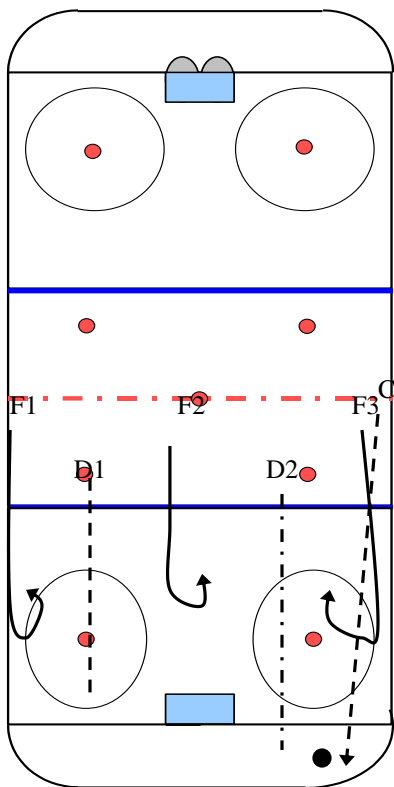
It is run out of both ends



B/O to 3v2 to Backcheck

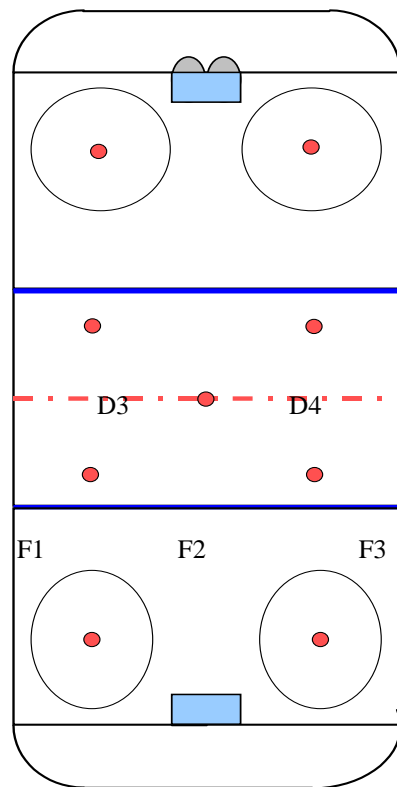
Phase One

- 1) Coach dumps the puck in
- 2) D b/o 3 Fs



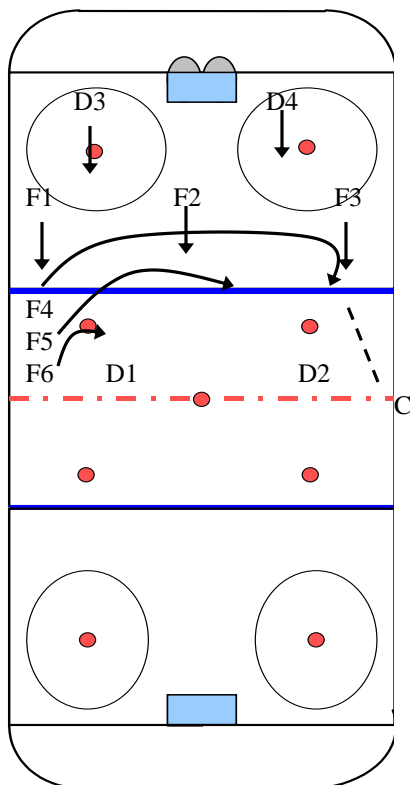
- 1) 3 Fs attack D3 and D4
- 2) They play the 3 on 2 until whistle goes

Phase Two



Phase Three

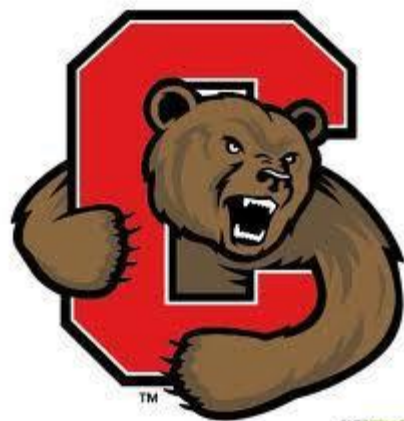
- 1) Coach chips a puck to 3 new Fs who attack D1 and D2
- 2) D3 and D4 jump into play As offensive Dmen and F123 backcheck
- 3) Play it out in the zone so that it becomes a 5 on 5 situation



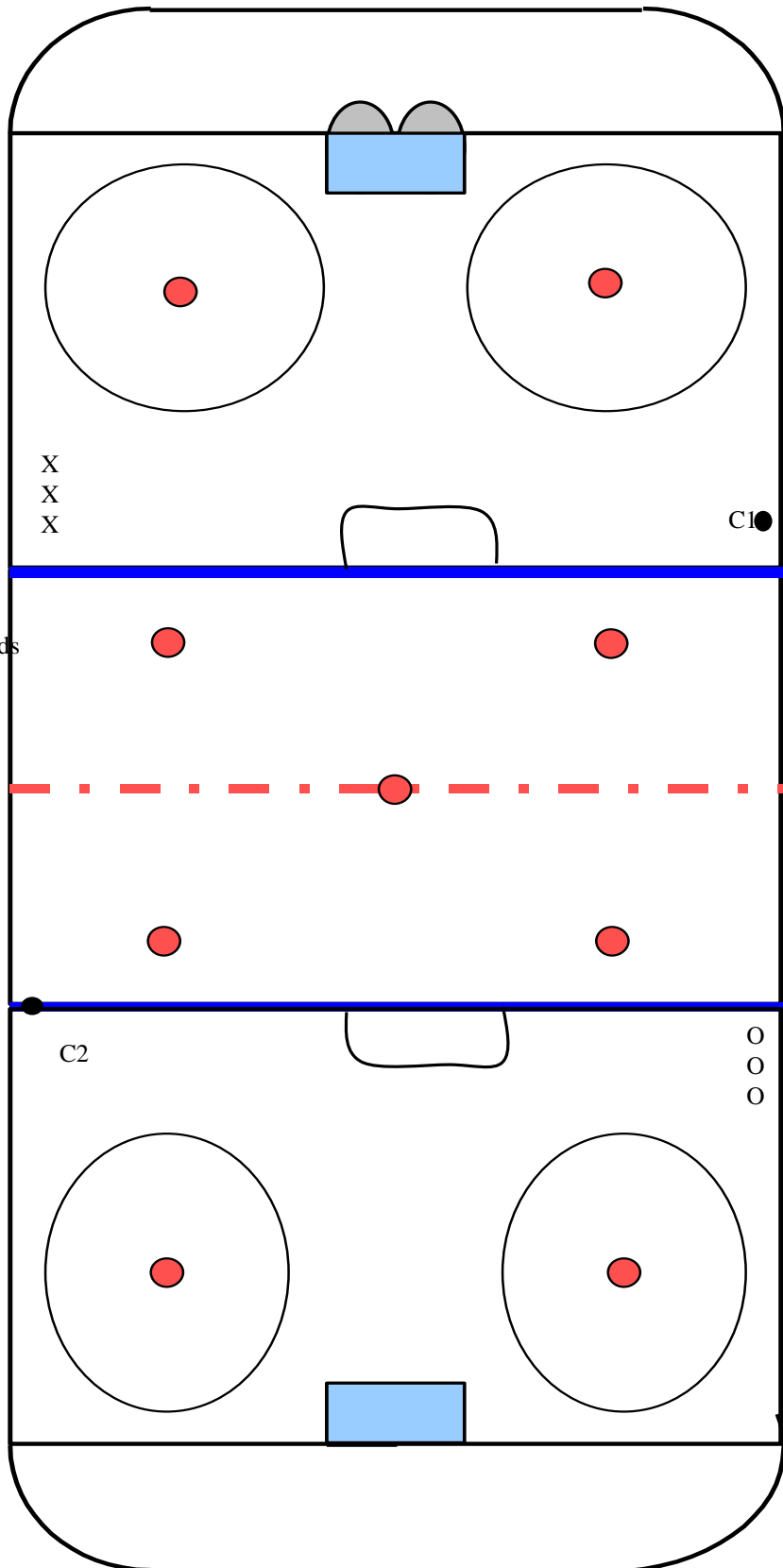
Book:

The Long Walk: The True Story of a Trek to Freedom
Slavomir Rawicz (Author)

10/21/2014



Transition Game 3 on 3



- 1) 3 Xs vs 3 Os
- 2) If puck goes below Xs
Defending Blueline/C1 passes
puck to Xs for a quick transition
- 3) If puck goes below Os
Defending/ Blueline/C2 passes
puck to Os for a quick transition
- 4) Let them go for about 30 seconds
- 5) Play to a certain score/Great
Competition

It is a good way to finish or start
Practice

It has good pace and a lot of guys
involved



10/21/2014