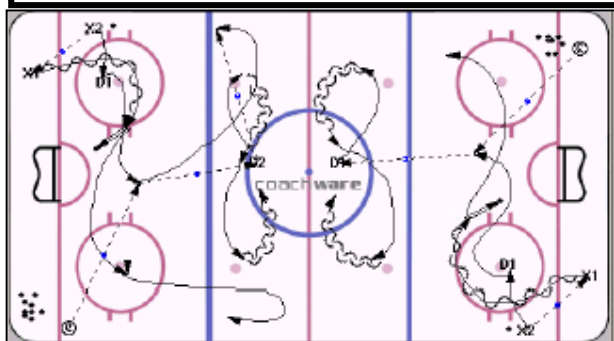


Drill Name: Clem's 2 on 1

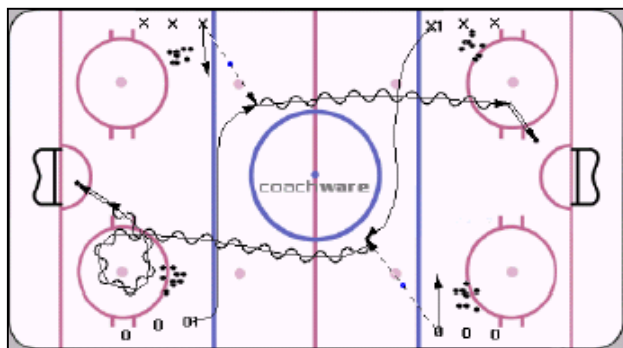
Time: 10 minutes **Running Time:** 10/70



Drill Description: X1 and X2 drive at D1 using give and Go or Pick and Roll play, taking shot. Meanwhile D2 is in NZ staying active moving in figure 8 while always facing play. X1 and X2 then take pass from Instructor and skate up passing to D2. D2 drags puck back and passes off to either X1 or X2 who have regrouped in NZ. X1 and X2 then attack back 2 on 1 against D1 who has moved up to close the gap. D2 then moves down to act as next d1 and

Drill Name: Support Drill

Time: 10 minutes **Running Time:**

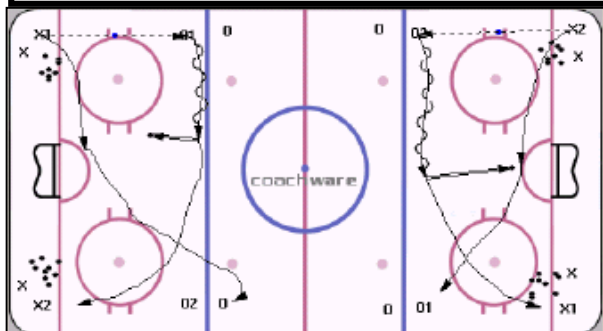


Drill Description: X2 (both sides) leave without puck to start drill. X2 takes pass from X1 in corner and drives back down for shot. X1 moves to X2 line and next X2 goes from both sides.

Vary direction.

Drill Name: Deflections

Time: 10 minutes **Running Time:**

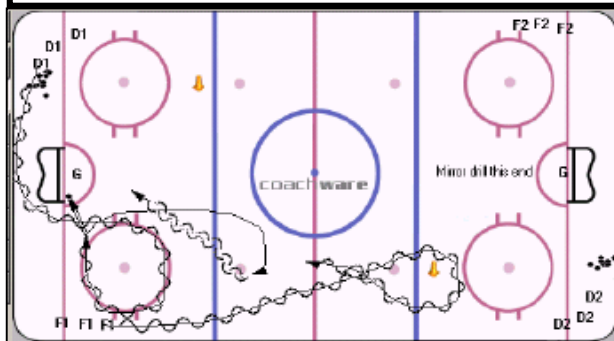


Drill Description: X1 passes to O1 and drives net to screen/deflect for O1 shot. After shot, X1 goes to far O1 line and O1 goes to far X1 line. Repeat other way.

Drill Name: Shamrock 1 on 1

Time: 10 minutes

Running Time:

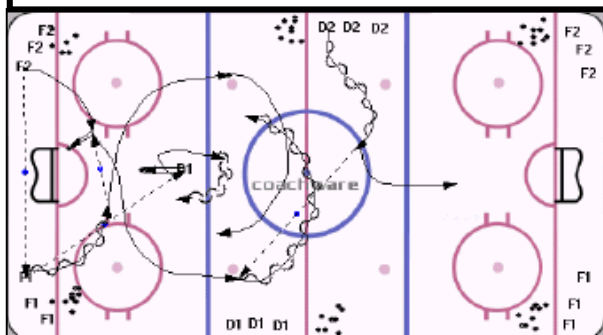


Drill Description: On whistle, 3 players (Xs) leave in opposite directions 3 on 0. Player 1 carries puck down side, player 2 through mid-lane driving net and player 3 drives wide around cone and back into mid-lane as high man. On 2nd whistle, Os go.

Drill Name: Hi/Lo 2 on 1

Time: 10 Minutes

Running Time:



Drill Description: F2 makes chip pass off back boards to F1 who passes to D1 for shot. F1 then takes 2nd puck and attacks net 2 on 0 with F2 for shot. The F1 and f2 culminate out to NZ and take pass from D2 as they regroup and attack back 2 on 1 against D1. Repeat with F1/F2 starting at other end with D2.

A good book: UNBROKEN written by Laura Hillenbrand

Quote: Uncoachable kids become unemployable adults,
let your kids get use to someone being tough on them.
Its life, get over it!

Patrick Murphy-Alabama Softball