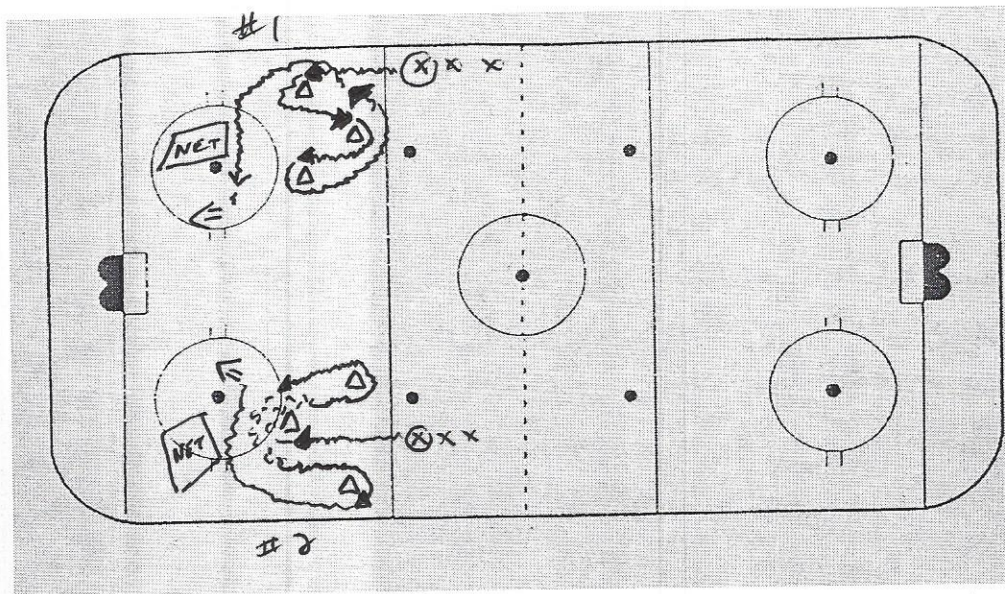


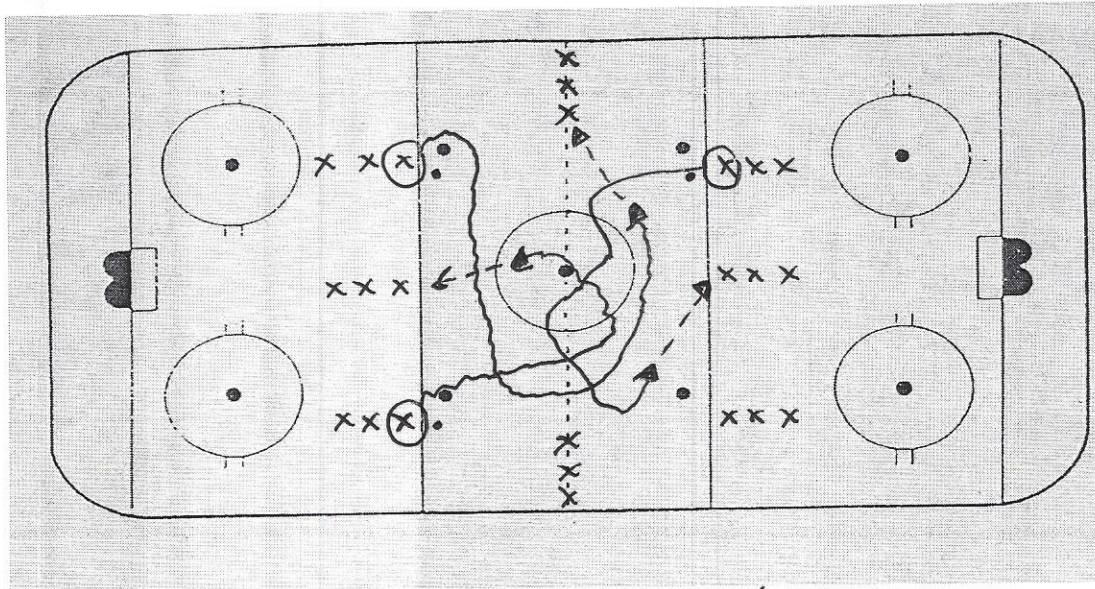
Individual Skill → CANADIANS SHOOTING / Skill



STAGGER THEM

- #1 → (X) w/puck goes around cones w/quick feet and head up, attack net and cut to middle w/quick shot
- #2 → (X) w/puck goes to top cone, pivot backwards, then opens up to go forward around inside cone, then repeat around outside cone. Draw @ net and cut for shot

Team Skill Warmup



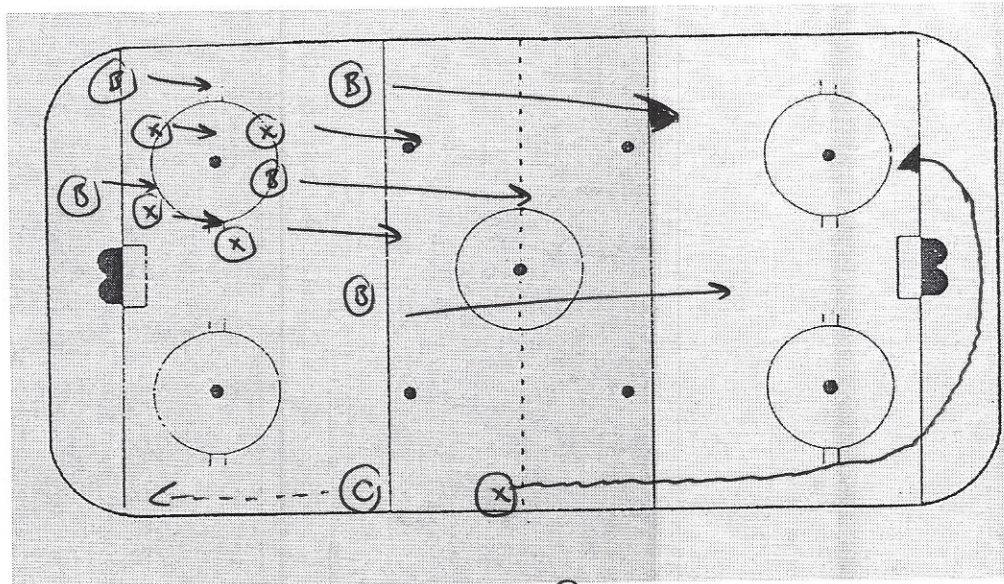
"8 LINE / 3 PUCK PASSING PROGRESSION"

- WHEN YOU HAVE PUCK IN NZ, HEAD UP AND MOVE FEET
- Progression {
 - ① Direct pass to another line after shooting in NZ
 - ② Receive pass then tight turn before moving feet to feed other line
 - ③ 1-Touch → skate in NZ, feed line who 1-touches it to you then back to line
 - ④ Receive pass and skate around another full line before passing

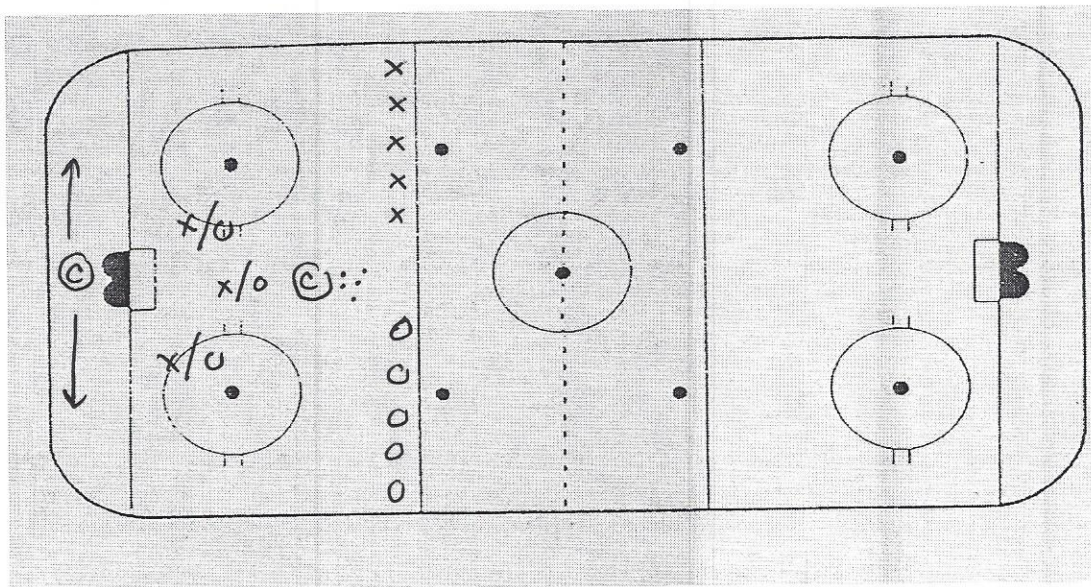
"ARMY 5v4 TO 5v5 BACK"

KEYS

- ① COMMUNICATE
- ② SORT THINGS OUT



- ① C dumps into zone for 5v4 (B) vs. (X)
- ② Play out 5v4 until whistle when (X) on RL w/puck and heads behind net looking to feed (X)'s who were on defense in other zone
- ③ Play out 5v5



COMPETITIVE GAME

↳ 3v3 w/ High Low Coach

- ① To go on offense need to feed either C
- ② C's can shoot or pass to team on offense

BOOK: RELENTLESS - FROM GOOD TO GREAT TO UNSTOPPABLE
By: TIM S. GLOVER