



Enio,

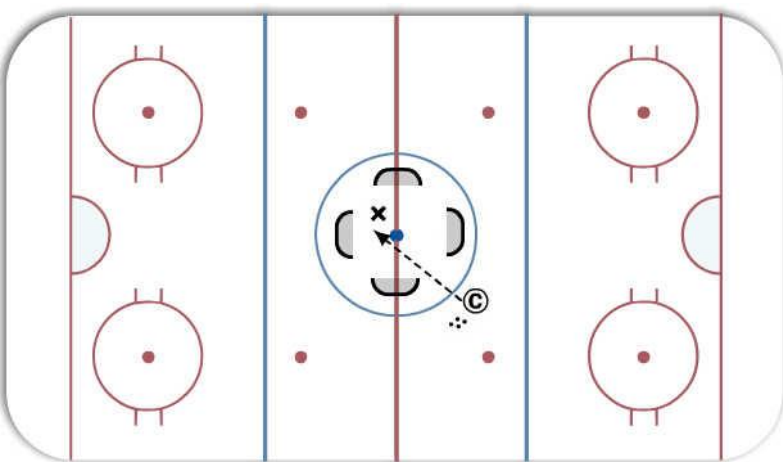
My four drills for this year. Thanks for keeping this going.

All,

Have a great Christmas and New Year and good luck for the remainder of your seasons.

Stuart

Success is going from failure to failure without a loss of enthusiasm. - Winston Churchill

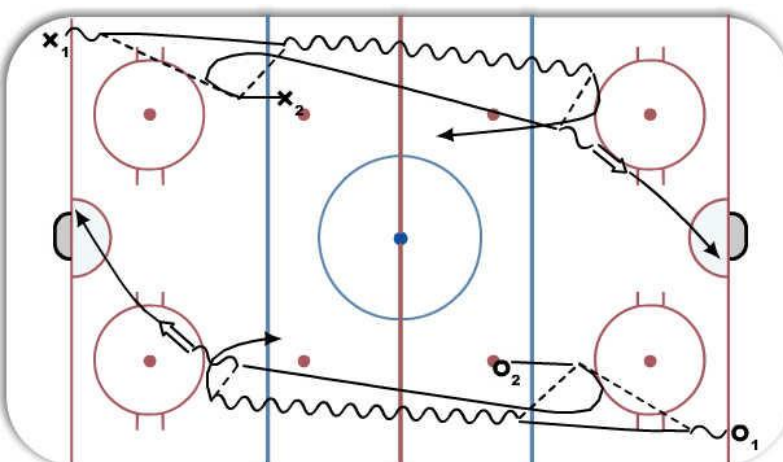


SKILL DRILL

4 Goal Shots

Set 4 nets as shown. Use goalies or tarps where possible. Player must control pass and shoot quickly on any goal.

Use multiple passers, can be a 1-on-1 also.

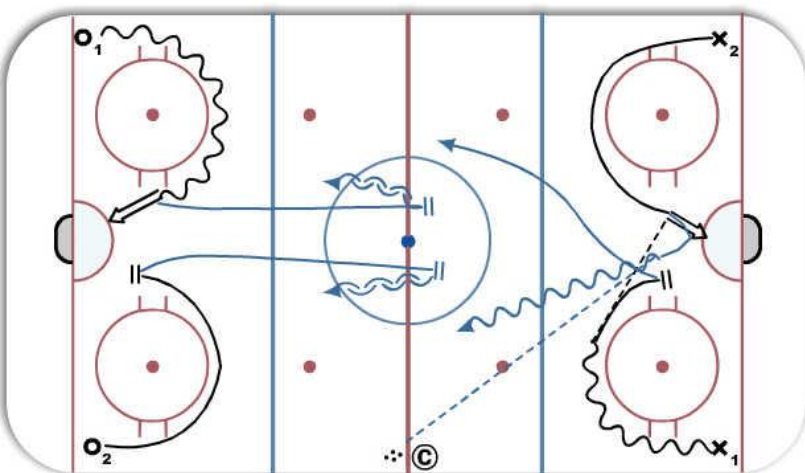


TEAM SKILL DRILL

Give and Go Drop Pass

Player 1 passes to player 2 who returns the pass up the boards. 1 skates wide and drops the puck into 2 for a shot. Player 1 becomes player 2 as drill continues.

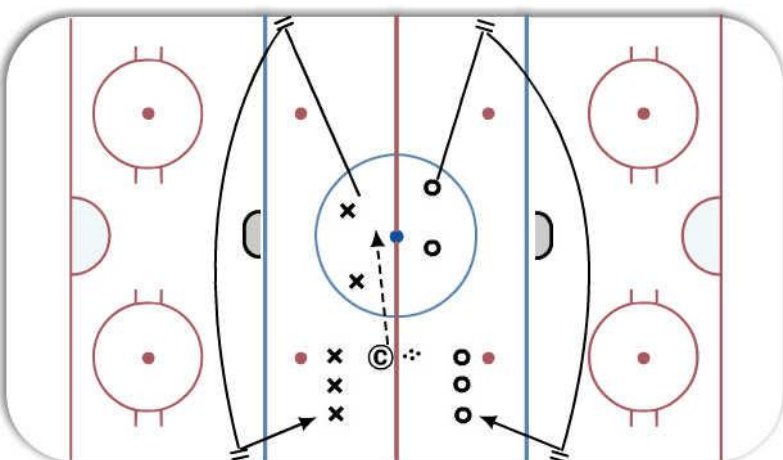
Key Points: communication, good passing.



TEAM PLAY DRILL

2-ON-2 TRANSITION

4 Players go at the same time. Whoever scores 1st gets a pass from the coach and attacks the other end. The other 2 players defend on a 2-on-2 situation.



COMPETITIVE DRILL

NZ 2-ON-2

2 Teams play 2-on-2 in the NZ. On whistle, all 4 go skate hard from boards to boards to the back of the line as the next 4 go.

Keep shifts short.