

**COQUITLAM EXPRESS JUNIOR A HOCKEY**

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To Mr. Enio Sacilotto

From Barry Wolff

Pages 5 including cover

Thank you to Enio and all of you for the great drills.

Have a great Holiday Season and Good Luck the rest of the way !!

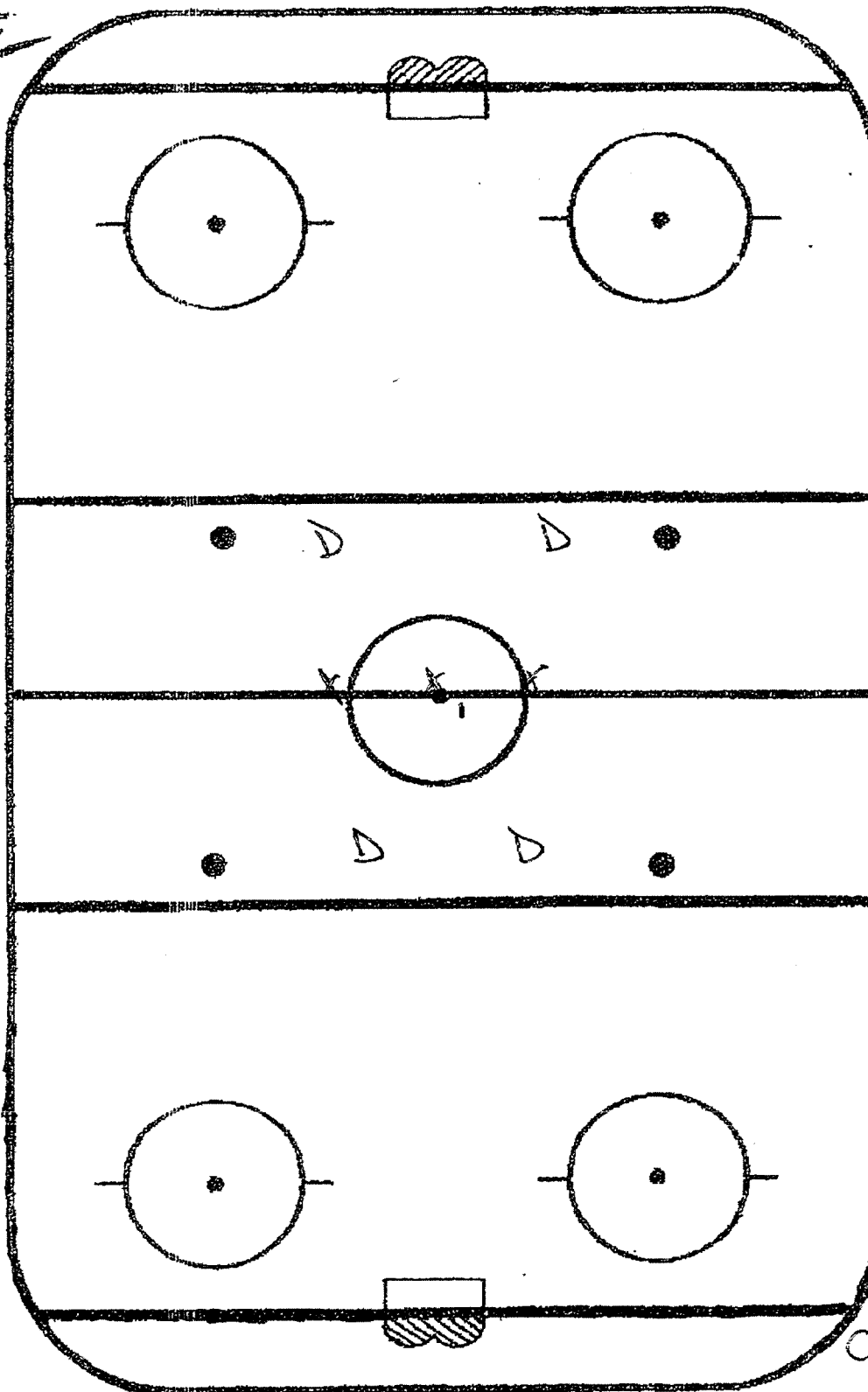
Wolffie

Coquitlam Express BCHL

Favorite Book --- Complete Player by Dr. Saul Miller

Favorite Quote—The difference between a successful person and others is not a lack of strength,
Not a lack of knowledge, but rather a lack of will

Vince Lombardi

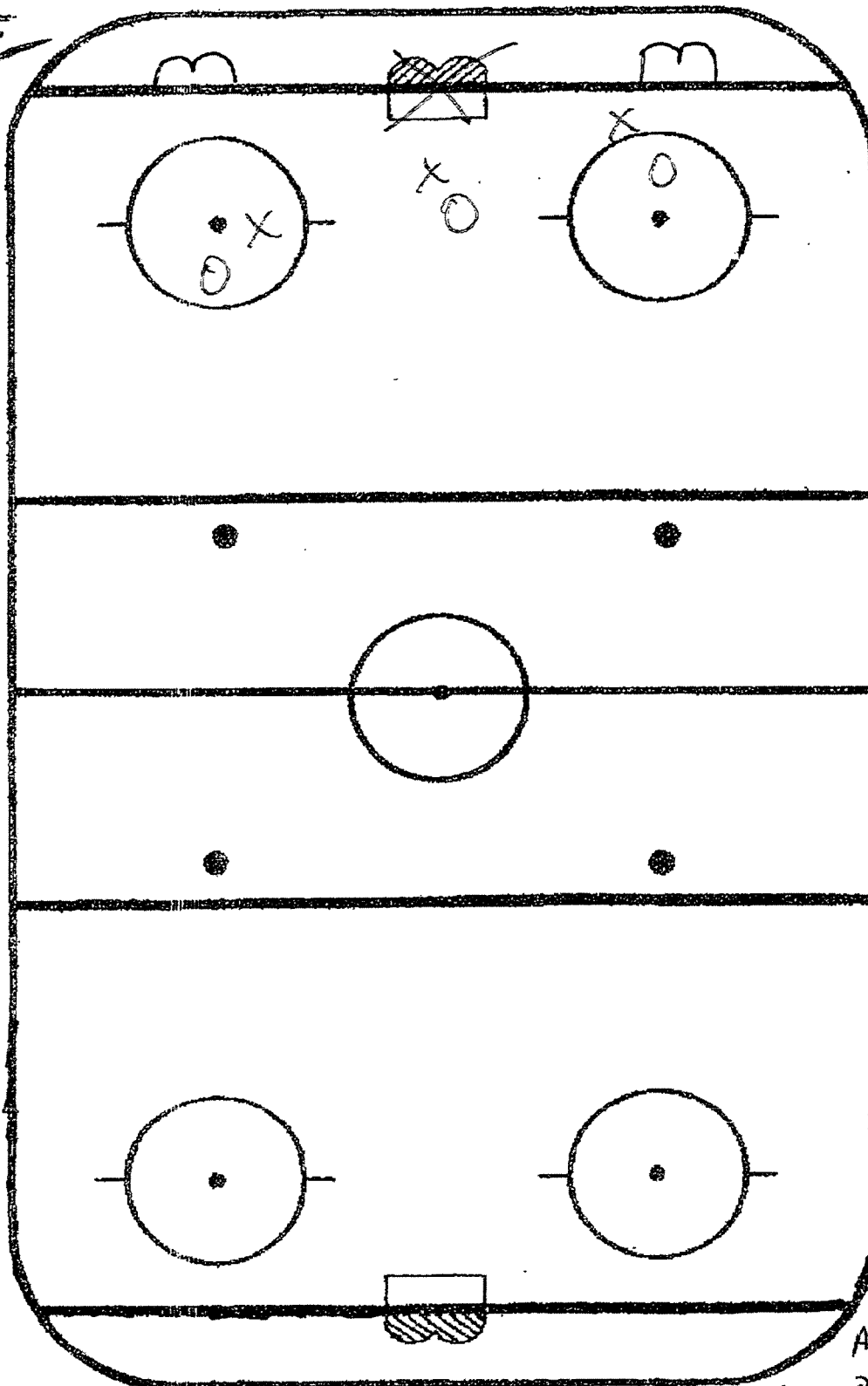


X₁ - dumps Puck
on Goalie -
Goalie sets up
For D
Select Your
Break out option
D-D - Quick up
Hit C - W
Attach Far End
5-2 -
on whistle
add Puck in
Corner
Fuds cycle
Hit D on Offens
Blue line
SHOT Battle
low 3-2
D on offensive
Blue line Can
Be used But
Can not leave

Blue line

Progression - Add - 4-checker on Breakout
or on cycle to make 3 on 3 low
can go into a full 5 on 5

GAME



3 on 3

Below Blue line

Can score on
either net

Can score on
other Teams
rebound

Can not shoot
on same net

As your line

Mate just

SHOT - Rebounds

From Same Team

MUST go to

Other Net!

Can ONLY

Handle Puck

Max 2 seconds

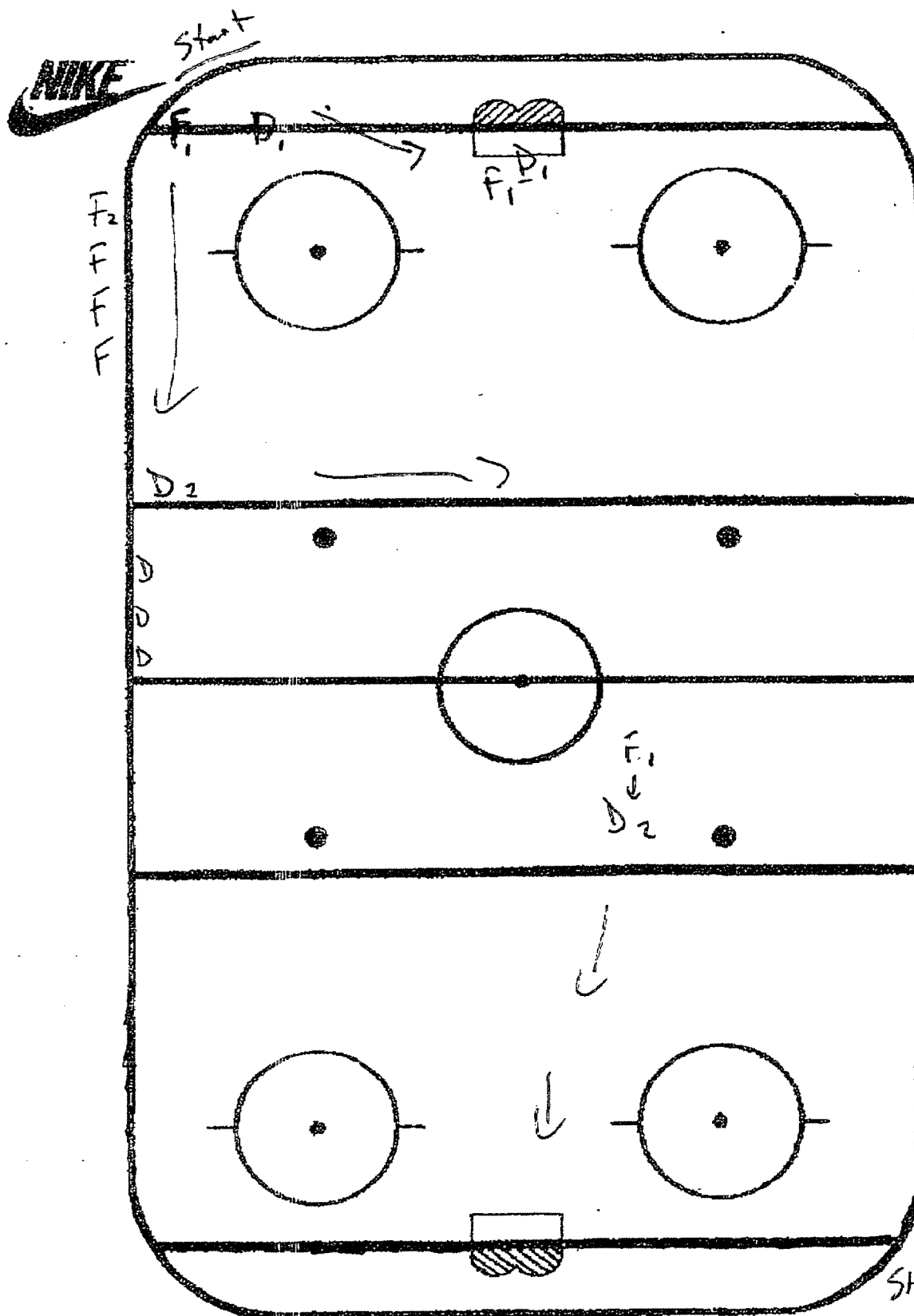
Any One is offense

Puck Possession

IF over 2 seconds

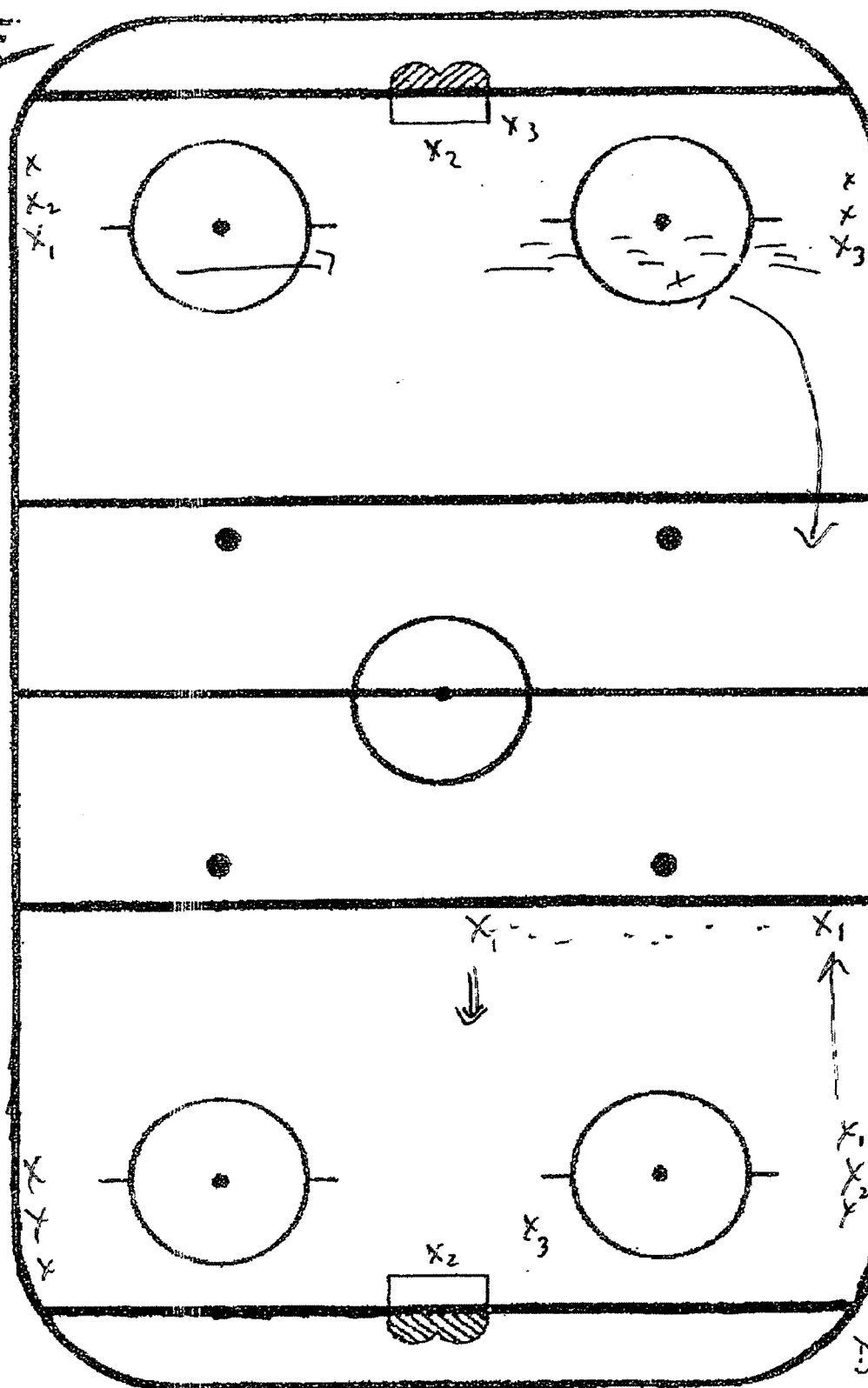
Change - Who Ever Scores 1st

Wins - loser does Push ups



F₁ - Pass to D₁
 D₁ Pass Back F₁
 F₁ Pass to D₂
 F₁ Battles his Way
 to Front of
 Net D₁
 tries to prevent
 D₂ drags Puck
 shot on net
 Play Puck till
 whistle F₂ throws
 Puck in Corner
 F₁ retrieves
 and plays D₁
 1 on 1 Same
 Net. Next
 whistle F₂ pass
 to D₂ - D₂
 shot on net

With F₁ + D₁ Battle For position in
 Paint - Next whistle D₁ Breaks out
 F₁ who attacks D₂ 1 on 1 Far
 End



Warm UP

- Shooting
- passing
- Skating

X₁ - X₂ leave on
Same Whistle

X₁ - pass to X₃

X₃ Back to X₁

X₁ Back to X₃

X₃ - Keeps Puck
SHOTS - STAYS
in Front

X₂ SHOTS - stays
in Front

X₁ - then skates
to Far Blue line
STOPS gets pass
From line

Fakes SHOT

Drag to middle

Quick release

X₂ - X₃ Screen
deflect - Play Rebound