

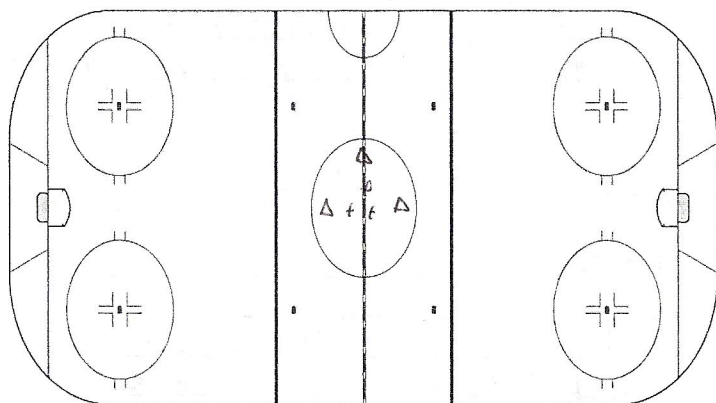


RPI ACHA HOCKEY



DATE _____ DURATION _____

KEY POINTS _____

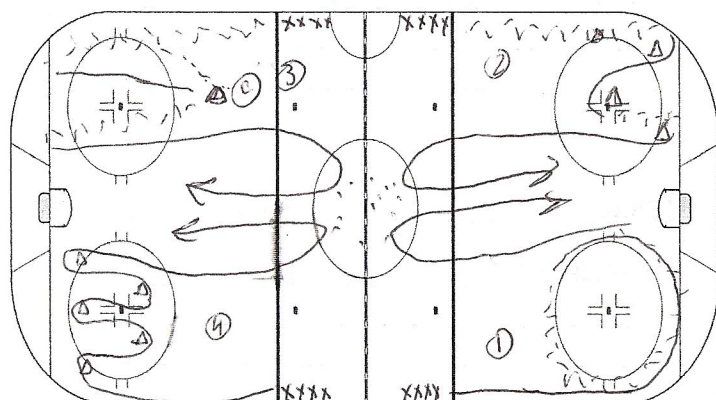


DRILL TUG OF WAR - TEAM SKILL DRILL TIME _____

DESCRIPTION

- Use a rope or a tow rope and have 3 players in circle with the rope around their stomach.
- Skate forward trying to grab your cone.

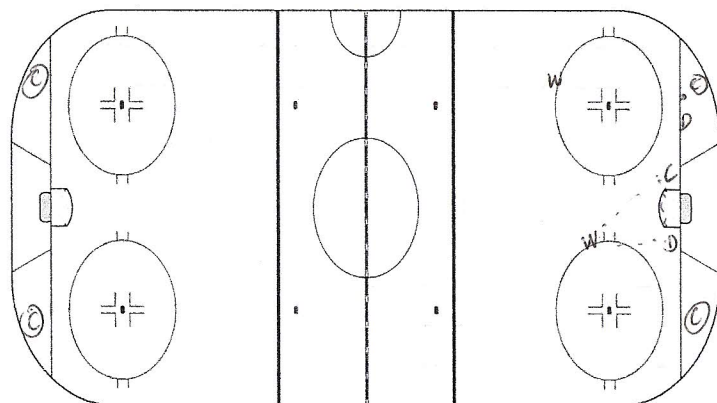
* WORKS ON POWER SKATING



DRILL SKILL WARMUP - 4 CORNER WARMUP TIME _____

DESCRIPTION EACH REP ON WHISTLE

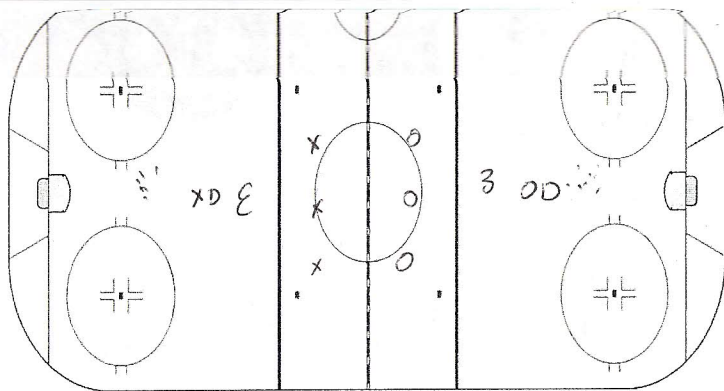
- 1) ~~BWD~~ FWD down to circle
- Pivot at top of circle
- Skate and get a puck and shoot.
- 2) BWD to 1st cone, FWD to 2nd cone
- BWD to 3rd cone then get puck and shoot
- 3) BWD → FWD with passing from coach
- 4) Weave around cones.



DRILL VARSITY RACES TIME _____

DESCRIPTION GREAT FOR WORKING ON D-ZONE!

- We do a sagging d and have a group of 5 race to the zone based on where the puck is.
- Move puck from corner to corner
- Have a coach from opposite end try to sneak in backdoor and force players to keep head on a swivel



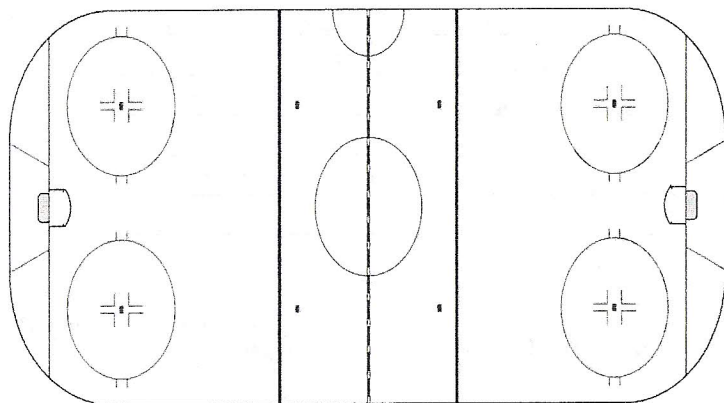
DESCRIPTION 3 vs. 3 in center

- If puck crosses imaginary goal line
D needs to break it out

- Add in a 2nd D and allow
a forecheck so it's consistent.

- 40 second shifts.

*Great for transition and for
communication for quick movement.

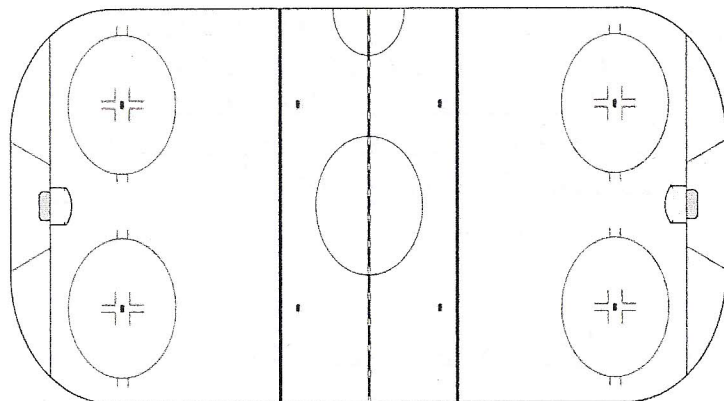


DRILL _____ TIME _____

DESCRIPTION _____

BOOK: ENDURANCE!
SHAKELTON'S INCREDIBLE
VOYAGE by ALBERT LANSING

GREAT LEADERSHIP BOOK!



DRILL _____ TIME _____

DESCRIPTION _____

LW	C	RW
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LD	D
_____	_____
_____	_____
_____	_____
_____	_____