

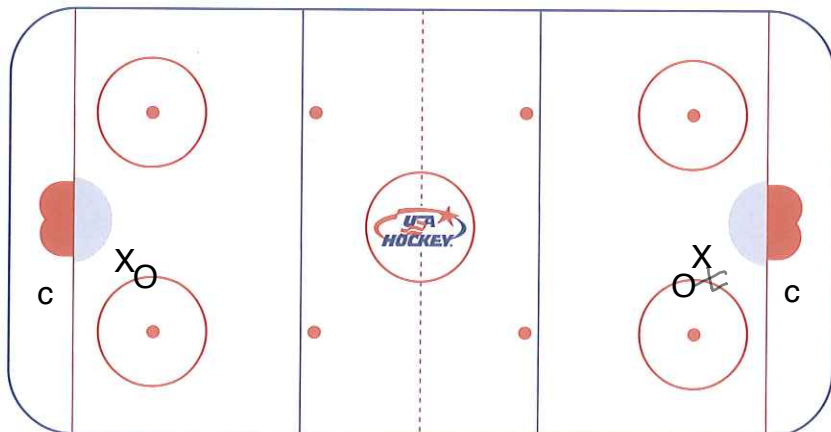


SYSTEM/DRILL

Drill Club

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Recommended Book: Leave No Doubt by Mike Babcock
 Quote: "There is no substitute for hard work"

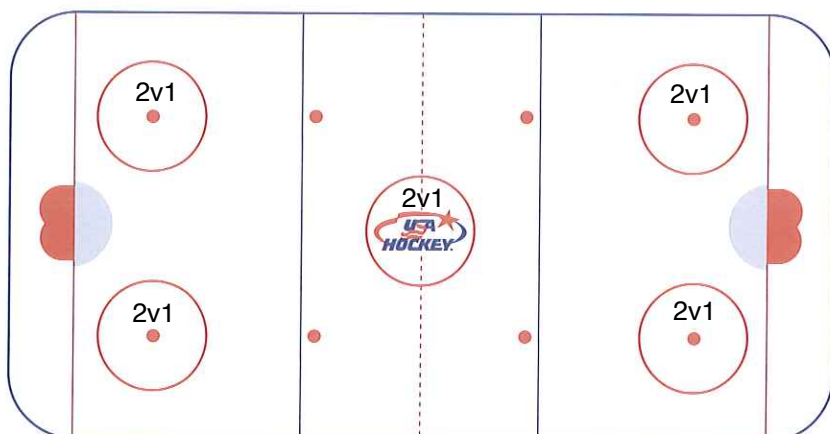


Notes/Systems INDIVIDUAL SKILL WORK - Net Front Finish

Description

DRILL 1 (LEFT): C feeds pucks to X
 X must battle through pressure from O
 Hooks, Cross Checks, Stick Lifts, Pull on feet, etc.

DRILL 2 (RIGHT): C feeds pucks to X
 O applies pressure to X's Stick
 X must one time pucks while being stick checked. No body contact in this drill.



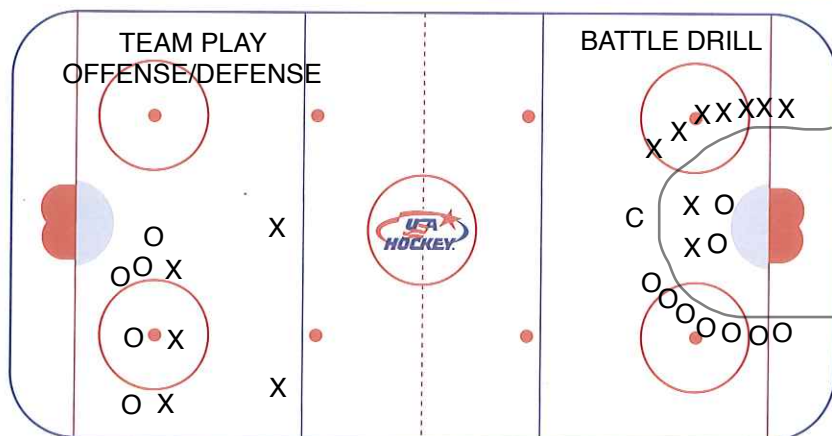
Notes/Systems TEAM SKILL WARM UP - Small Area 2v1's

Description

Divide team equally around the 5 circles
 Play 2v1 for 20 secs...

Offensive players exchange as many passes as possible in 20 secs. Work to support and get open. Protect puck. Make plays!
 Defensive players good stick and footwork

Do drill for 5-7 minutes. All players should play both offense and defense.



Notes/Systems TEAM PLAY AND BATTLE DRILLS

Description

FACEOFF COMPETITION (LEFT)

Each team gets 6 FO's on each side (use both ends)
 Play out puck until defensive team clears zone

Only offensive team can score points (equal reps both teams)
 Possession = 1 pt. Shot = 1 pt. Goal = 2 pts.

HOSE 2v2 (RIGHT)

Play 2v2 in confined area with hose as border
 20 second shifts

change of possession tag up below goalline or hash marks