

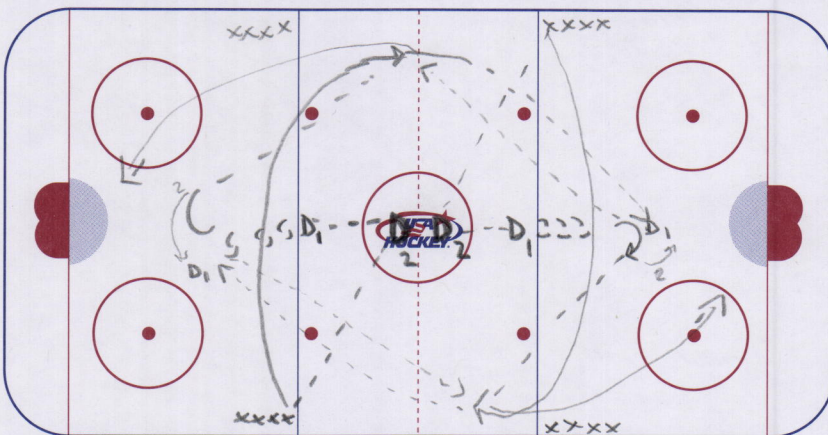
Notes/Systems WORKS ON PASSING/EDGES

Description

X₁ Starts backwards and makes 2-3 passes with X₂. X₁ then escapes towards the wall and skates towards X₃. He then passes to X₃, who passes it back to X₂. After X₁ passes to X₃ he curls back and gets a pass from X₂ and goes down to shoot.

Variation: X₂ joins X₁ after final pass for a 2 v 0.

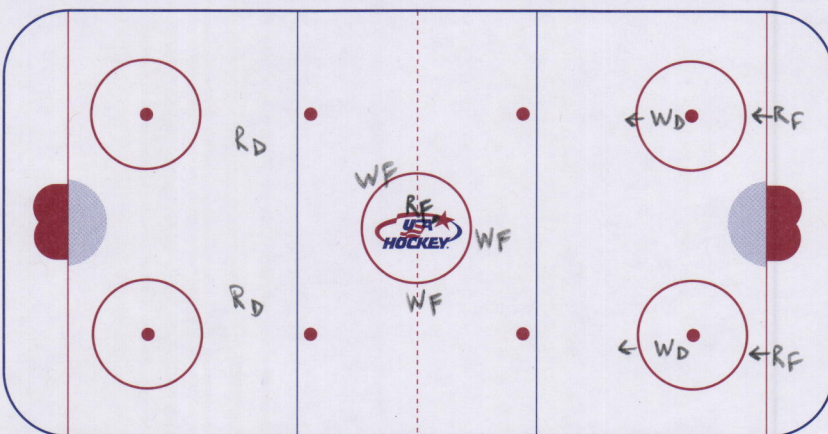
(*) Opposite corners of blue line go @ same time



Notes/Systems WORKS ON PASSING/EDGES

Description

Fwds 4 Blue / D in middle.
 ① X Passes puck to D₂ while D₁ skates backwards. D₂ then passes to D₁. X skates facing puck and opens up for pass. D₁ escapes and passes to X.
 ② After D₁ passes he must come back to other side and regroup X from other side. X passes to the other D₁ - Gets it back and goes to shoot on goalie at same end he started from.



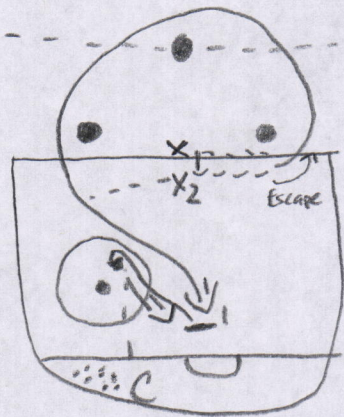
Notes/Systems

Description

① On whistle, Rf has puck and tries to keep it from 3 Wf's. They must stay between the blue lines. As soon as white F's get puck, coach will blow a second whistle.
 ② On second whistle, White F's will attack 2 Red D. The 2 white D will look to jump in the play with 2 Red F's backchecking - From here it is a 5 v 5 scrimmage.

FORWARD SKILL DRILL:

WITH THE FORWARDS, WE LIKE TO DO SKILL DRILLS THAT WILL CHALLENGE THEIR EDGES AT HIGH SPEEDS AND TO FORCE THEM TO HANDLE PUCKS AT HIGH SPEEDS WITH THEIR FEET MOVING. HERE IS ONE DRILL WE DO:



- ① X_1 WILL START BACKWARDS. WHEN HE GETS TO THE DOT, HE WILL ESCAPE TO THE OUTSIDE. HE THEN WILL CROSSOVER (DO NOT LET HIM GLIDE) AROUND CENTER DOT, FAR DOT. WHEN HE GETS AROUND THE FAR DOT, X_2 WILL GIVE HIM A PASS. X_1 RECEIVES PASS AND GETS A SHOT OFF AS QUICK AS POSSIBLE. ENCOURAGE X_1 TO KEEP FEET MOVING AND STOP AT NET.
- ② AFTER STOPPING AT NET, X_1 WILL USE QUICK FEET TO GET TO SOFT AREA. COACH WILL PASS A SECOND PUCK TO X_1 FOR SECOND SHOT.

QUOTE: "YOU CANNOT HAVE A PERFECT DAY WITHOUT HELPING OTHERS WITH NO THOUGHT OF GETTING SOMETHING IN RETURN."

- JOHN WOODEN