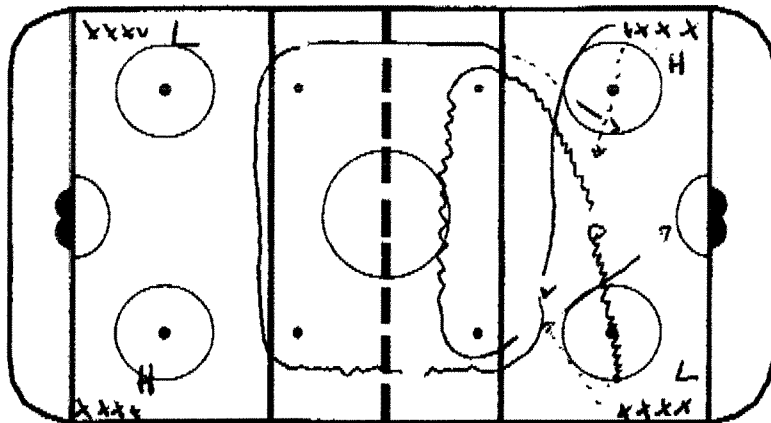


1-250-220-7801

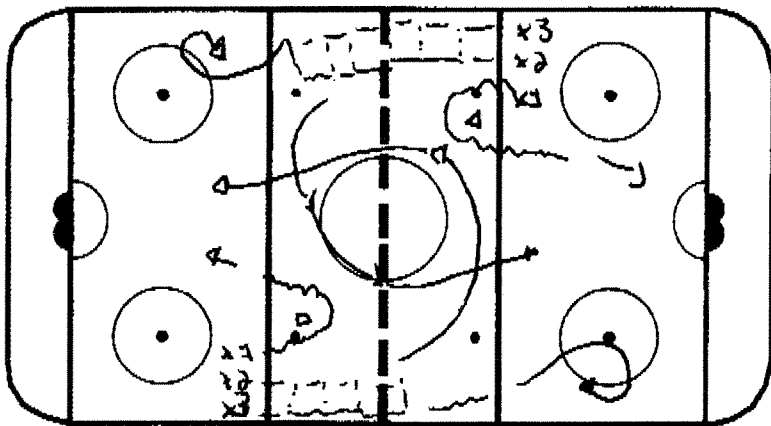
ATHN: E NIO



Description Passing High & Low

- 4 CORNERS
- MAKE SURE COMMUNICATED
- 4 PLAYERS Going
- AT SAME TIME.

Notes / Systems



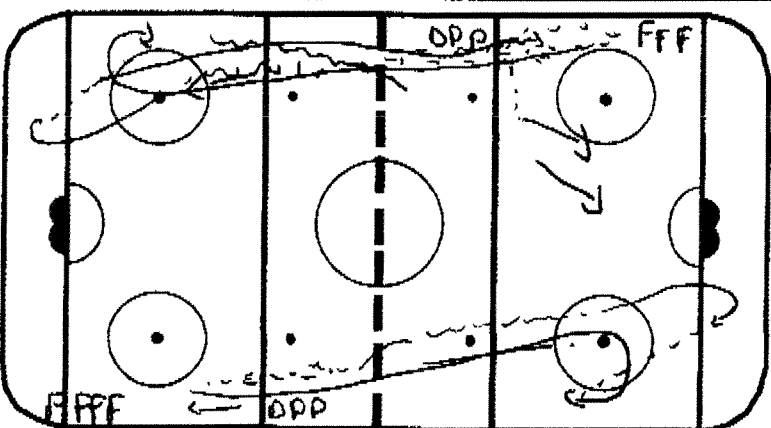
Description 6 shots variations

- "X1" GOES AROUND CORNER + TAKES SHOT.

- "X2" + "X3" TOUCH PASS ON BOTH SIDES.

- "X2" GOES AROUND MIDDLE CIRCLED + JOIN OPPOSITE "X3" FOR 2-0.

Notes / Systems



Description TRANSITIONS DRILL

- "D" + "F" EXCHANGED PUCKS TIL CENTER ICE.

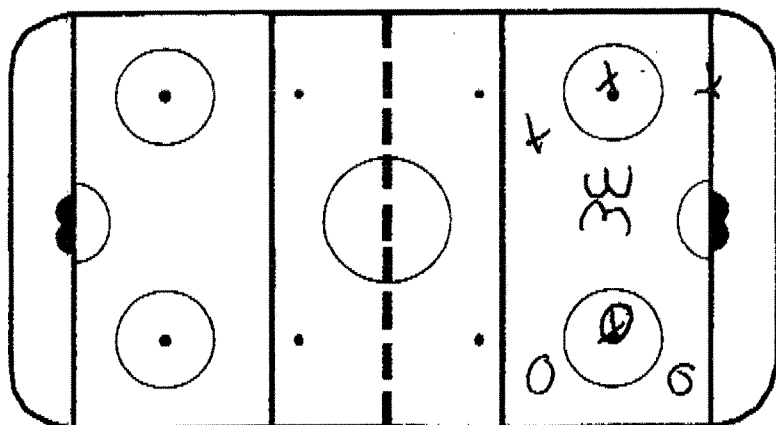
- "F" SOFT DUMPS "D" MAKE B-out PASS TO "FWDs".

- "F" GOES IN FOR SHOTS.

- "D" Follow up for 2nd shot.

- BOTH ENDS SAME TIME.

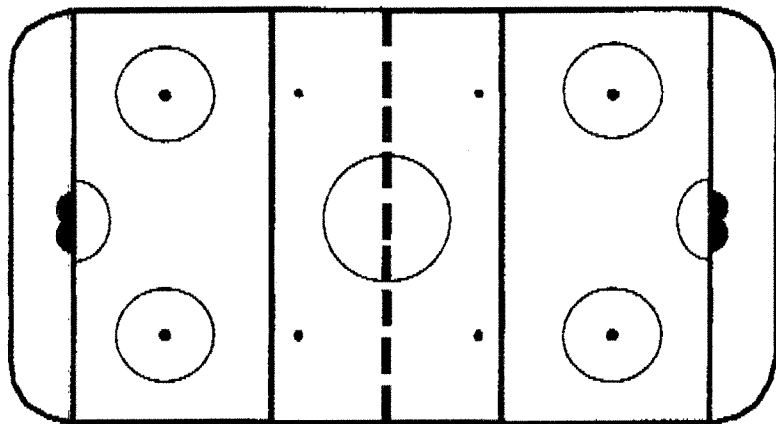
Notes / Systems



Description STATIONS GAME

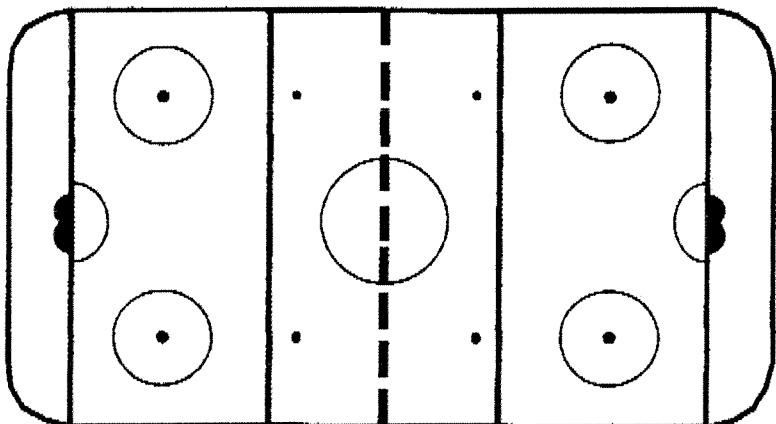
- 3 "X" vs "O"
- Only Player allowed To score his Player on the Dot.
- Rotate after Goal or 30 secs.

Notes / Systems _____



Description _____

Notes / Systems _____



Description _____

Notes / Systems _____