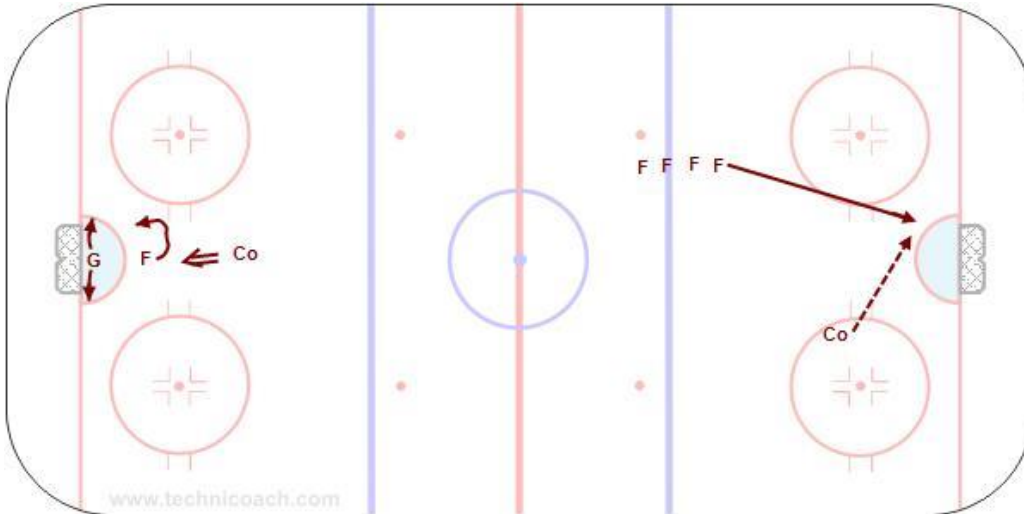


Screen Shots

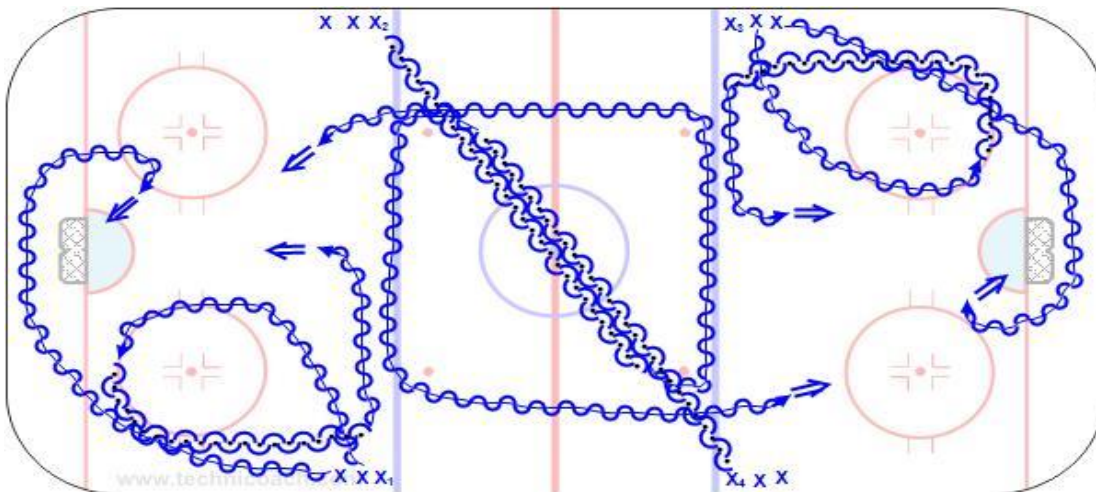
Back Door Drives



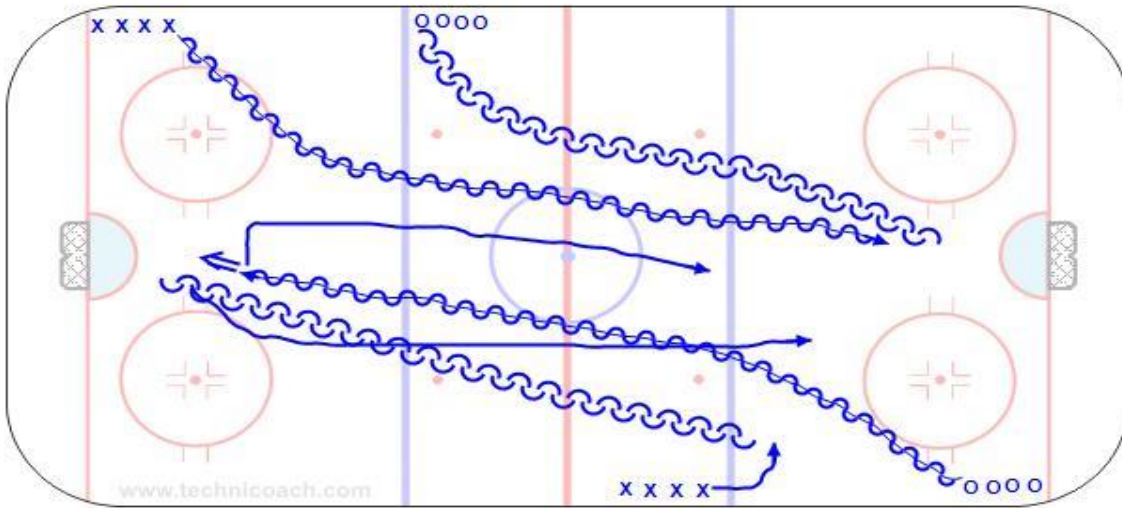
Screen Shots-Coach shoots through the player legs and player reacts to the rebound. You can add a tire also. Tire works well and player must react. Great drill for your power play net front forward!

Back Door Drives-Player drives hard to the far post. The coach makes a hard pass to the player. Player can take pass on forward or backhand.

Bemidji 3 Shot Warm-up

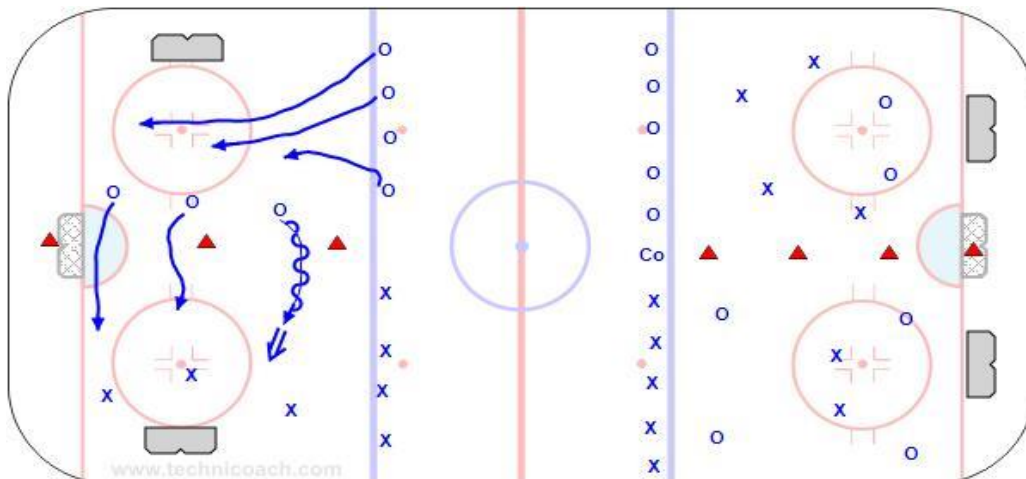


3 Shots at each end. First shooter is wrap around. 2nd shooter carry around circle for shot from top. 3rd shot thru neutral zone for shot.



O attacks X 1v1. On C whistle, X attacks O 1v1 opposite way. Original X and O switch and join next rush. X now on offense-O on defense. Continuous, short whistle.

QUICK CHANGE/MAN ADVANTAGE SMALL GAMES



Quick change game is 3v3 low, when O breaks out, new O's replace and defend X's attack. Man Advantage game is the defensive side is trying to push puck across to team on power play. Cannot cross sides.

The key is not the will to win... everybody has that. It is the will to prepare to win that is important." - Bobby Knight

Jim
2013 2014 DWC

Midgley

Halifax Mooseheads