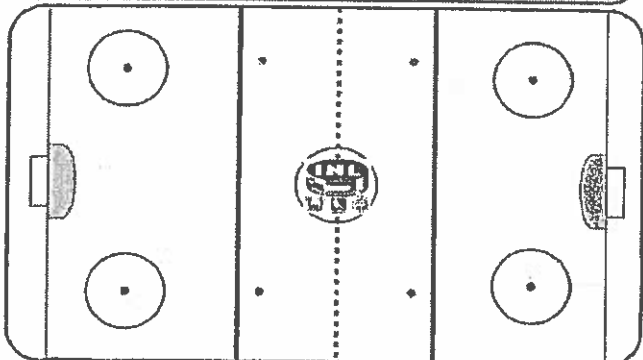
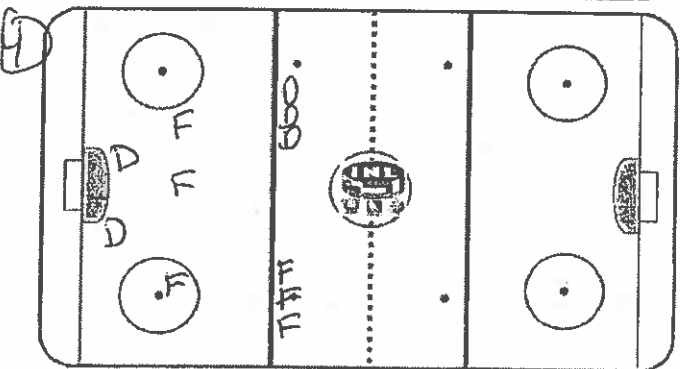
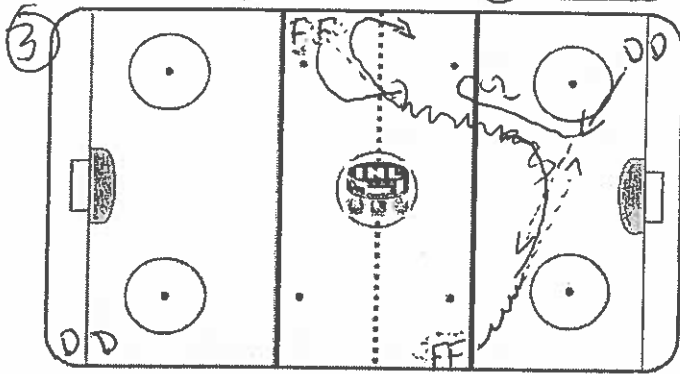
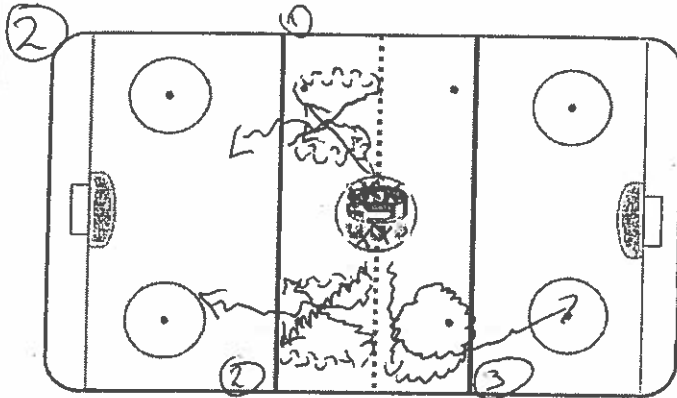
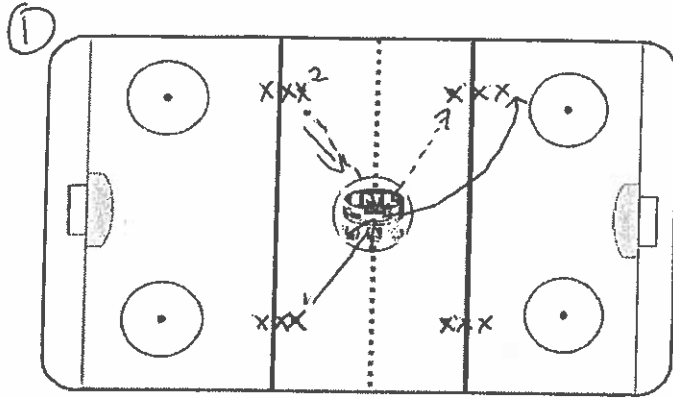




DWC

David Small



- ① 1-touch passing warm-up
- 4 off side dots
 - 1 Puck
 - x' - Player drives center dot
 - x² - gets pass from side - passes it forward - follows pass
 - As soon as x² passes he drives center dot - drill con in a circle.

- ② Center Ice Butterfly x3
- all players in center circle w/ pucks.
 - Focus on skating agility and good shots for goalies
 - #1 - no puck - pass
 - #2 - w/ puck
 - #3 - circle w/ puck
 - FF - forwards to
 - DD - backwards skate

- ③ 2v1 Regroup
- on whistle D gets to middle
 - Give / Go with Forward.
 - F Regroups with F on opp. Blue
 - Attack 2v1
 - Both ends at same time

- ④ D vs. F - first to 5
- D get a point if they skate the puck over Blue Line
 - F get a point if they score.
 - 3 v 2 in zone
 - losers skate

Book: The Wandering Leader
self promotion ↑ by David Small
(2013 Christmas)

Quote: "Good is the enemy of the best"