



Coquitlam Express Junior A Hockey Club
640 Poirier Street, Coquitlam, BC V3J 6B1
Tel: 604.936.4625 fax: 604.936.4626
E-Mail: info@coquitlamexpress.ca www.coquitlamexpress.ca



To Enio Sacilotto- Victoria Royals WHL

From- Barry Wolff

Pages-5 including cover page

Comments –

Thank you Enio for getting this all done again !!

Favorite Book-Hockey Tough by Dr. Saul Miller

Favorite Quote –you develop a team to achieve what one person can not accomplish alone, All of us are weaker by far, than if all of us are together.

Any questions on my drills call or email any time

Good Luck the Rest of the Season !!

And all the Best to all of you and your families for the Holidays !!

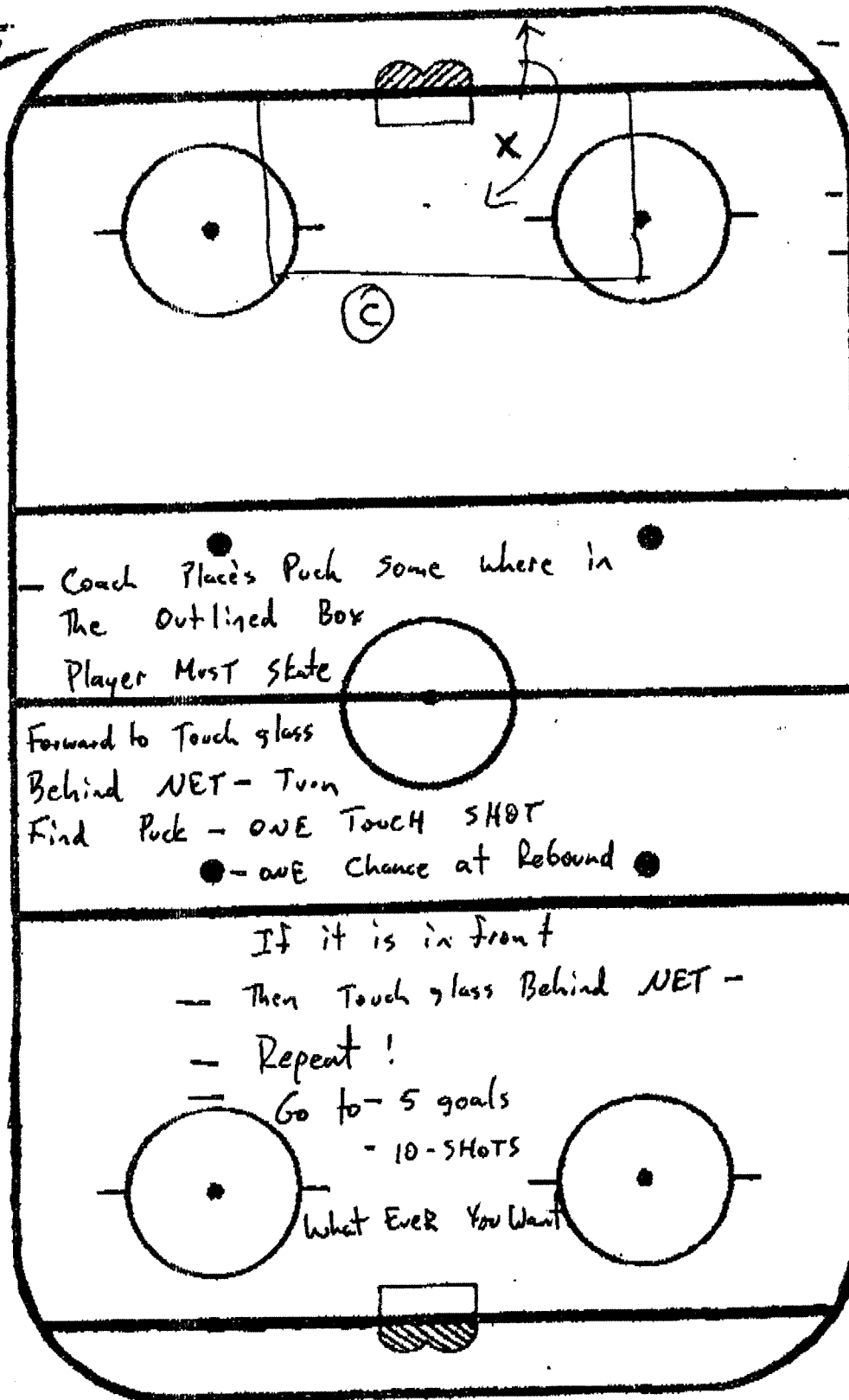
Barry Wolff

Coquitlam Express BCHL email-wolffie@wolfstershockey.com cell 604-250-9145

Individual Skill Drill

Focus

- Conditioning
- Quick Release
- Shoot With
- A Purpose
- Accurate
- All of Above
- When Tired!



TEAM WARM UP

1) Both Ends at
Same Time

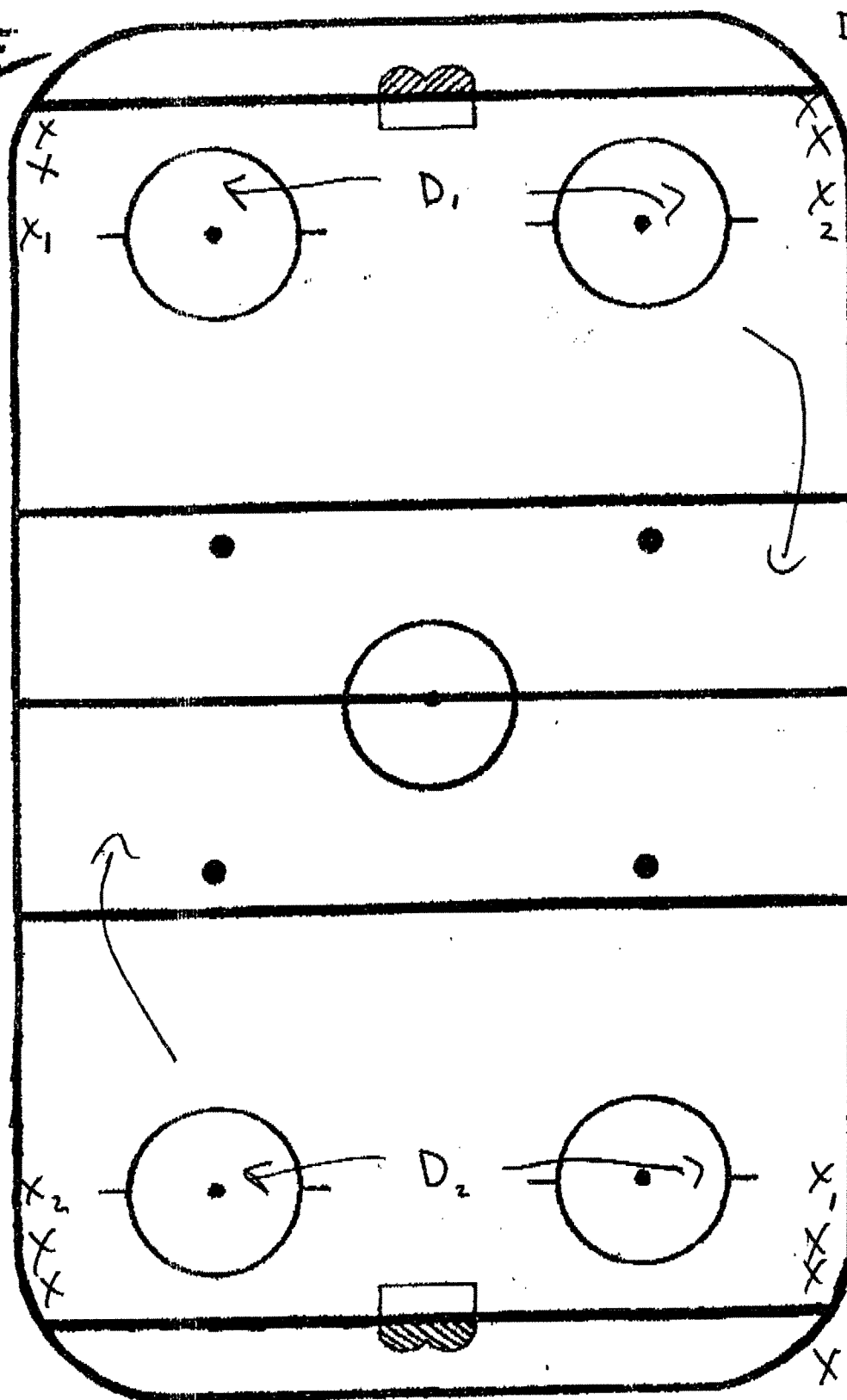
D - skate toward
line - X_1 make
Pass - D Back
to X_1 -
 X_1 - Keeps Puck
SHOOTs From
Dot.

D - quick feet
to other side
 X_2 pass to
D - D - Back to
 X_2 - X_2 Keep
Puck - SHOOTs
From DOT

D then skates
Far End
Gets Pass From
Corner - Fakes
Drags to middle
SHOOTs:

$X_1 + X_2$ Can

Screen - Deflect - Back door
Play ReBound



TEAM PLAY

1)

C - Pass to W₁
W₁ Drive thru dots

C - Drive to Far
Post GET Pass

From W₁ -
W₂ drive to other
Post - Get Cross
Crease Pass
Shoot up stairs

Fwd's tag up to
Blue line

Coach dump Puck
in - D₁ + D₂

Breakout line

5 on 2 to

Far NET

(3)

on Whistle

High FORWARD

on BreakAWAY

to Far End

NET -

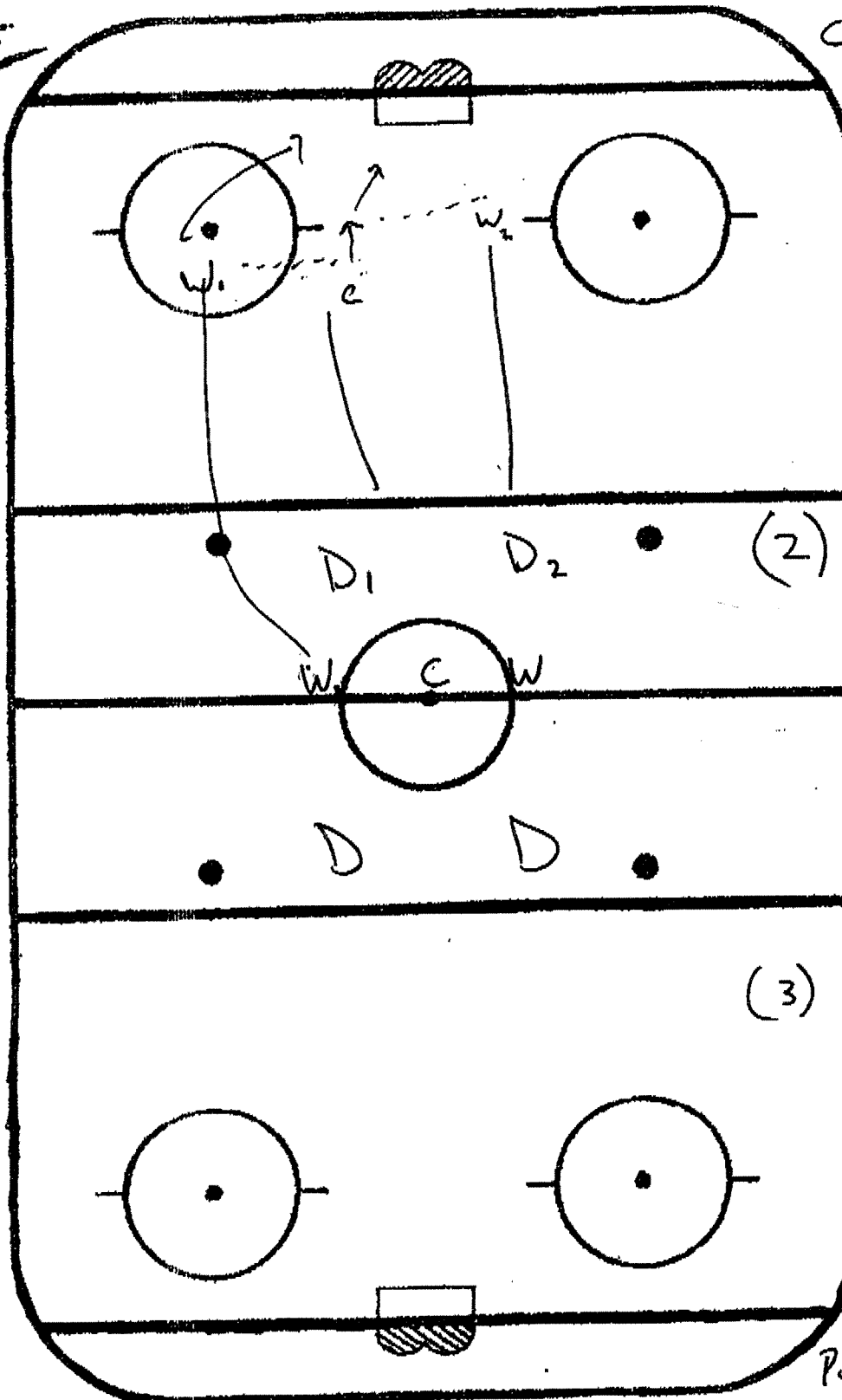
Coach Dumps

Puck in Same End

4 on 2 in 2nd

Skates on

* And the Same Group Plays
with offensive D having to keep
Blue line



Competitive

1)

F₁ Pass to D₁

D₁ Pass Back to F₁

At that time F₂

Picks D₁

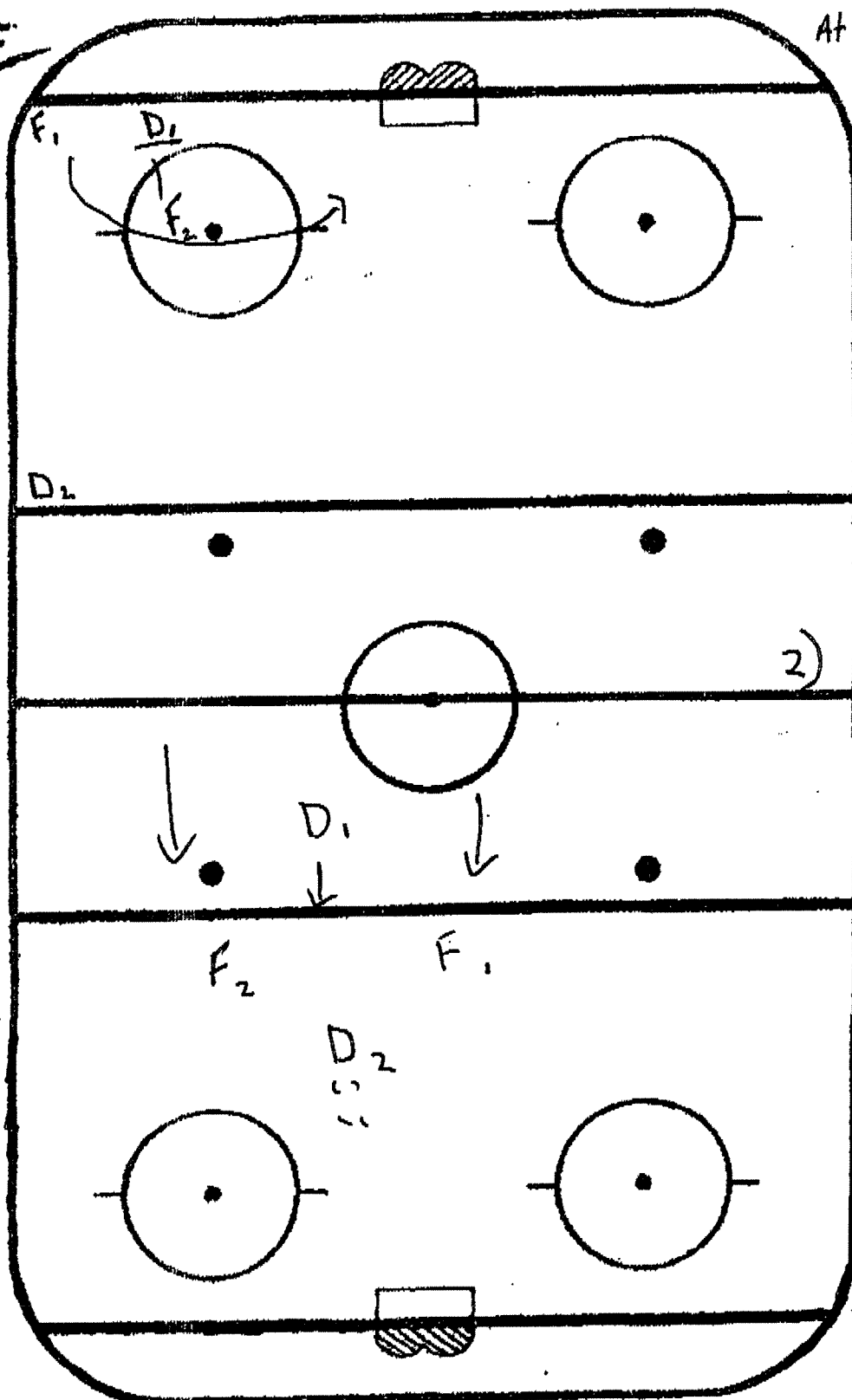
F₁ Drives to net
with Puck - Shot
Play Rebound.

D₁ must Battle
Throw the Puck
And Eliminate
F₁ From getting
Rebound. Then

2)

F₂ gets Puck
From Corner Pass
to D₂ at Blue
line,

D₂ Fakes, drags
to middle shoots
while F₁ + D₁
Battle For net
Front presence
F₁ trying for
Deflection, rebound
D₁ preventing the



3) on Whistle D₁ touch's Behind NET Glass
F₁ + F₂ (F₂ grabs another puck) Attack D₂ 2 on 1 (Far End NET)

D₁ Fights to Get Back into play to make a 2 on 2