

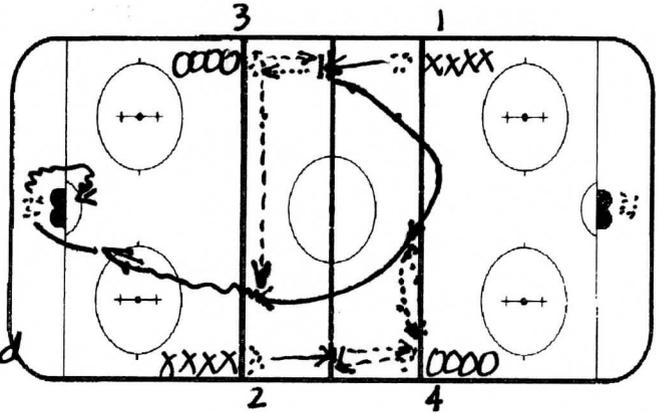
Practice Drills

DAN FRIDGEN
-good luck to all. fridge

Date Jan 20, 2014

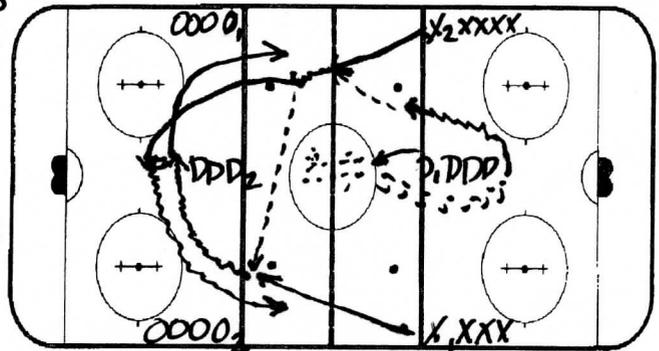
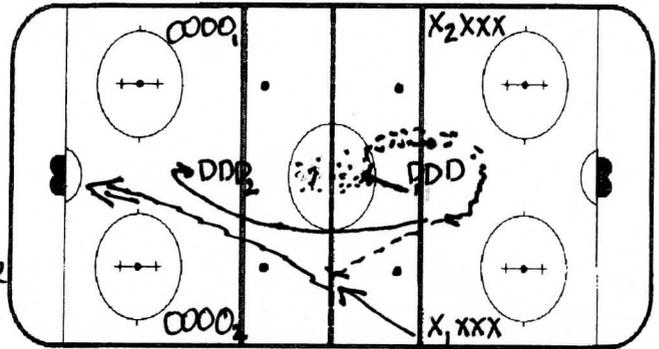
• Montreal 1-touch / Wrap

X₁ and X₂ go on whistle. X₁ skates to red line and gets a pass from O₃ then 1-touches it back. X₁ stops at red line then breaks toward O₄ line and receives a 1-touch pass and returns it to O₄. X₁ continues through neutral zone and takes a cross ice pass from O₃. X₁ goes in, takes shot, then continues on to pick up puck from behind net for a wrap around.



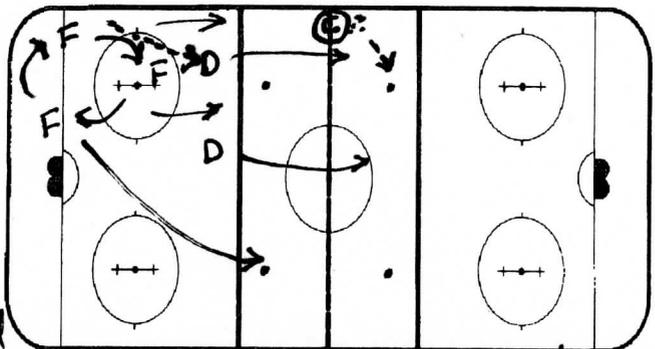
• Islander 1x0 / 2x0 / Regroup

- ① On whistle D₁ skates to center to pick up puck skates backward to blue line then gives a pass to X₁ who breaks once D₁ hits blue line. D₁ follows up and gets in opposite D line. D₂ then goes on whistle and does the same making pass to O₁. D₁ then does same with X₂ and D₂ does same with O₂
- ② Second part of drill, everything is the same except X₁ and X₂ break for a 2x0 from D₁. Same for D₂ passing to O₁ and O₂.
- ③ Third part of drill is the same except X₁ and X₂ regroup, drop pass at far blue line. Same is for O₁ and O₂.



• BC Regroup

Drill starts with 3 fws cycling puck in corner. On whistle, the fwd with the puck moves it to D for a shot - fws go to net for shot. On whistle Fws and D regroup on puck spotted by coach to one D. That D does a quick up to fwd and attack zone 5x0.



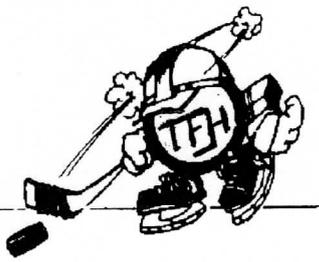
After shot, coach blows whistle and spots puck to other D for quick up to fwd and again they attack 5x0 for shot.

After shot, coach blows whistle and spots 3rd puck for a D-D regroup and 5x0 attack. Other players are on the bench.

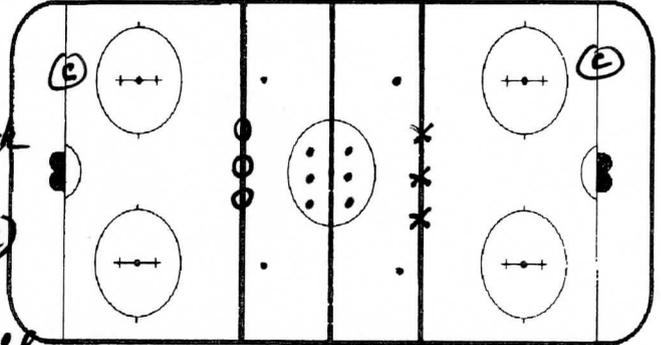
Practice Drills

Date 1-20-2014

• Competitive 3x0



Split team into 3's. X's and O's start on blue line. There are 3 pucks inside circle on each side. On whistle X's and O's have to retrieve 1 puck, attack offensive zone staying on side and shoot until you score. Once goal is scored (determined by coach in zone) they must retreat to get second puck. Go until all 3 pucks are in the net. The line who scores all three first, wins. Winners play winners until champions are determined.



• TEAM BUILDING •

After practice, split your team into groups of 2 after they are dressed.

Give each group of 2 1 piece of paper, from which each team has to make a paper airplane. Once paper airplane is made, select one player from each group to throw the plane.

Split this group in half, depending on the size of your group, and have a fly-off.

Line one group up along the boards on the bench. Count to 3 in which players will throw paper airplanes across the ice. The plane which goes the furthest across the ice, wins.

Do the same with second group. The group 1 and group 2 winners have fly off to determine the champion plane!!

