

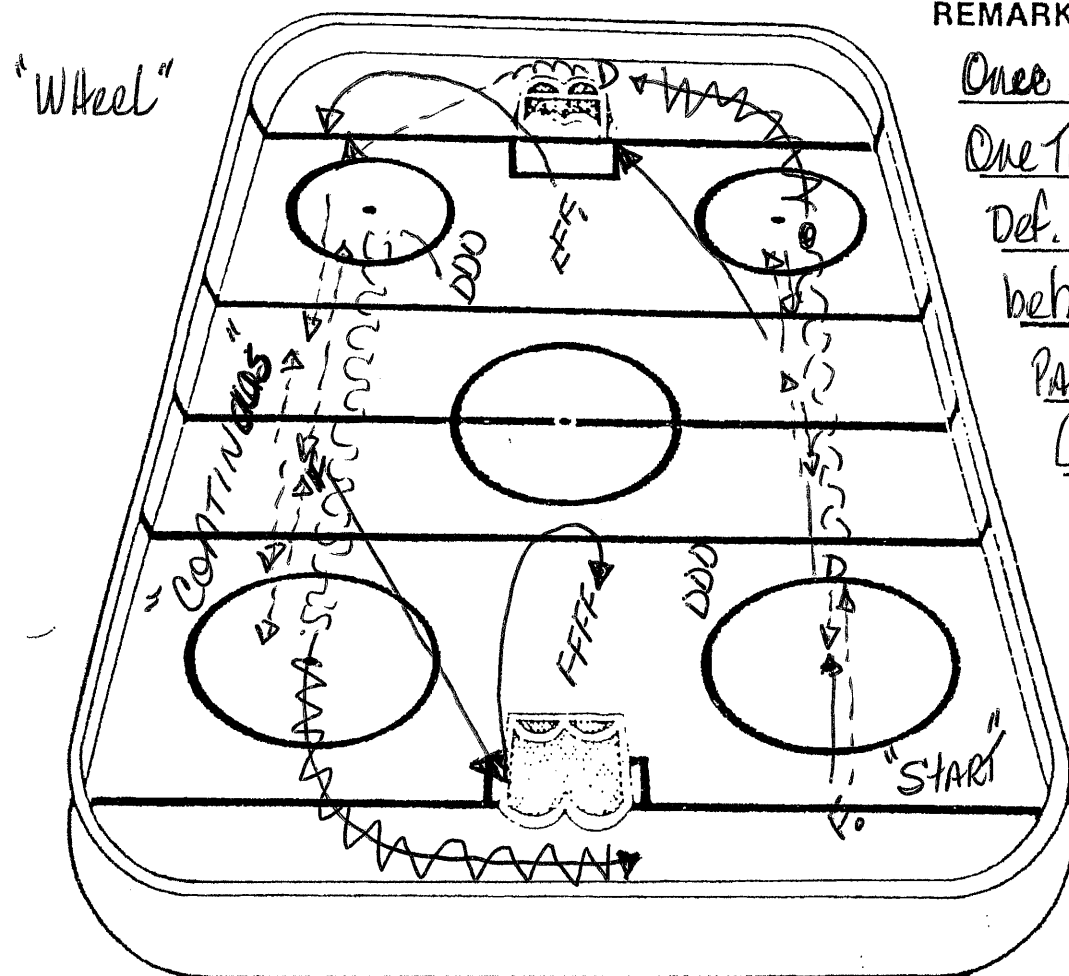
TR: PADDY FLYNN EMAIL: PADDY.FLYNN@NEWBRIDGEACADEMY.CA

TEAM: NEWBRIDGE ACADEMY SENATORS International Drill Club CURRENTLY READING: "OUTLIERS"
MAJOR BANKAM
Quote: "WINNERS DO WHAT LOSERS WON'T."

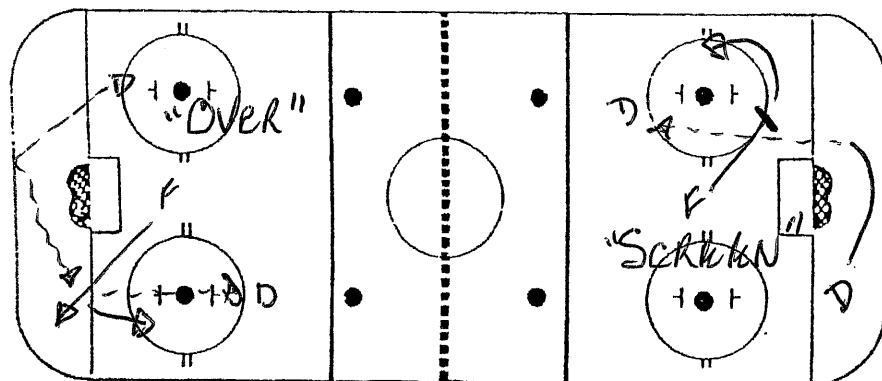
CATEGORY WARM UP DRILL

NAME Defense & Forwards!

REMARKS



Once started Def/Fwd Pass
One Touch as shown. Top Circle
Def. Pivot & Skate w/ Puck
behind Net. 4 times a Blo
Pattern & Received Outlet Pass
Continuing the PATTERNS
On both sides.
* After Fwd DELIVERS
LAST PASS to Def. They
KICK the Post! RETURN
TO LINE



REMARKS

- Blo PATTERNS:

- "Over"

- "Wheel"

- "D to W"

- "SCREEN"

* Communication, Intense Execution, Call the PLAYS

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CATEGORY

"Small Area Game"

NAME

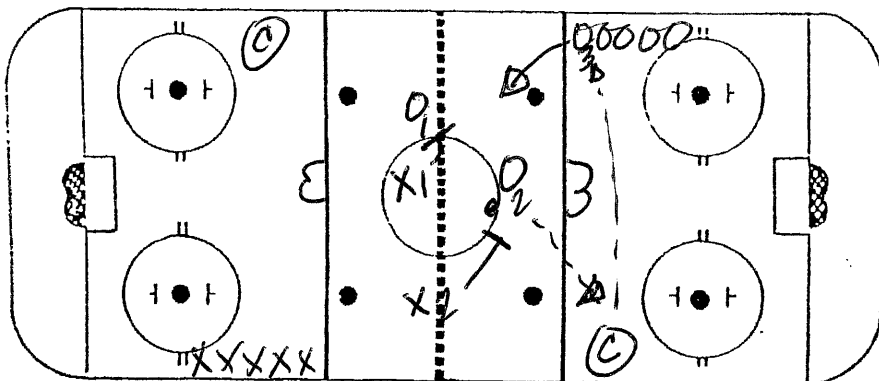
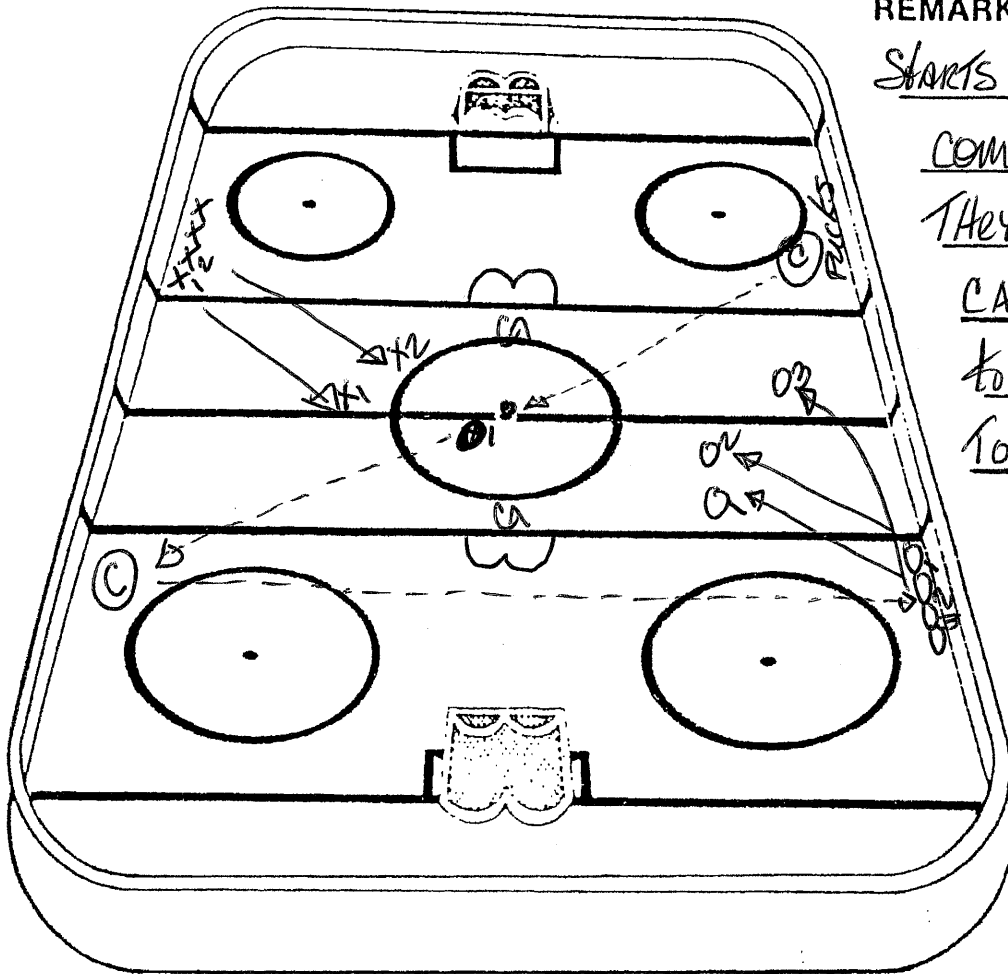
"Beau's Activation"

REMARKS

Starts w/ Puck at center X12 or 12 will
complete for loose Puck.

They can play 2 on 2; However,
can "activate" another player
to create an "odd man" advantage
to activate: < up to 16: 5 on 2 >

FAST PACED & FUN



REMARKS

- ① PLAY ONLY BETWEEN THE BLUES
- ② ACTIVATION PASS MUST BE
MADE FROM ① TO "THEIR" PLAYER
BEHIND THEIR NET (AS SHOWN)
- ③ 5 ON 5 IS THE HIGHEST # OF

* When the Puck is out of bounce "CHANGE" PLAYERS INVOLVED
AND REPEAT w/ 2 on 2 * Puck MOVEMENT / PLAYMAKING / PP/PK SKILLS!

PAGE #1

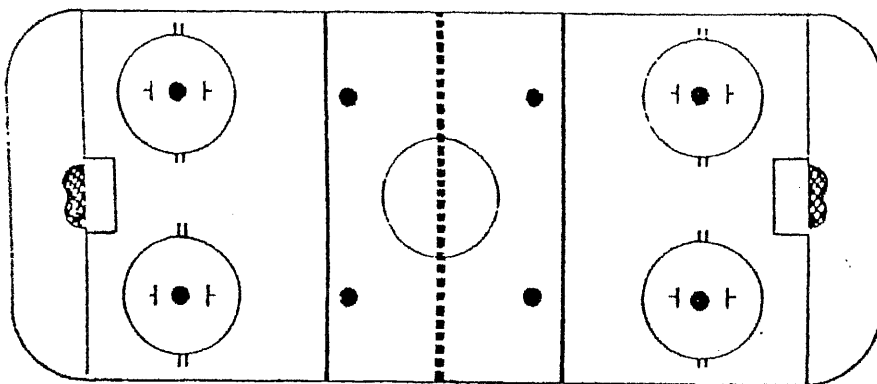
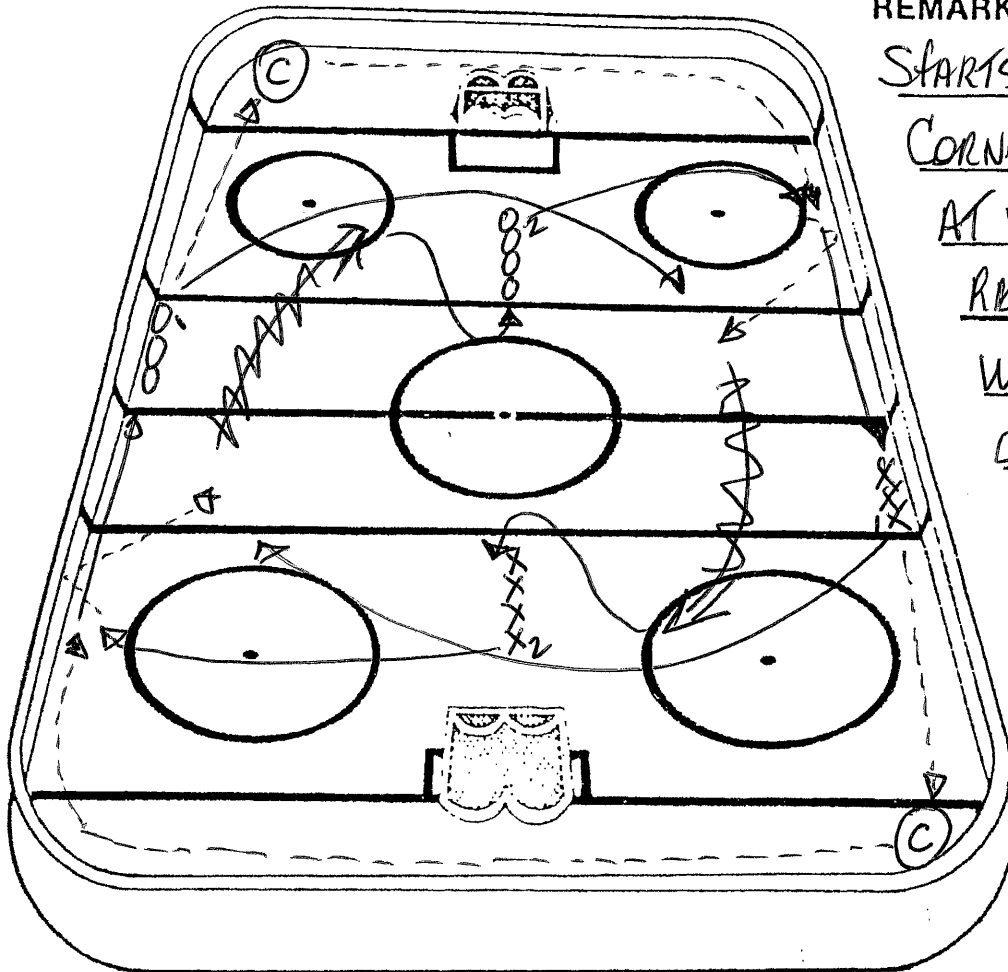
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CATEGORY SKILL DRILL

NAME WRAP DRILL

REMARKS

STARTS: D1 X1 Pass to Coach in
CORNER. Coach "WRAPS" Puck
AT VARIOUS SPEEDS D2 X2
REACT "RESPECTIVELY" to
WRAP. D1 X1 TRACKS PLAY
and "SUPPORTS" the "CHIP"
FROM D2 X2.
D2 X2 MOVE to D1 X1 LINK!
SHOOTERS to the MIDDLE
LINK!
REPEAT ON WHISTLE!



REMARKS

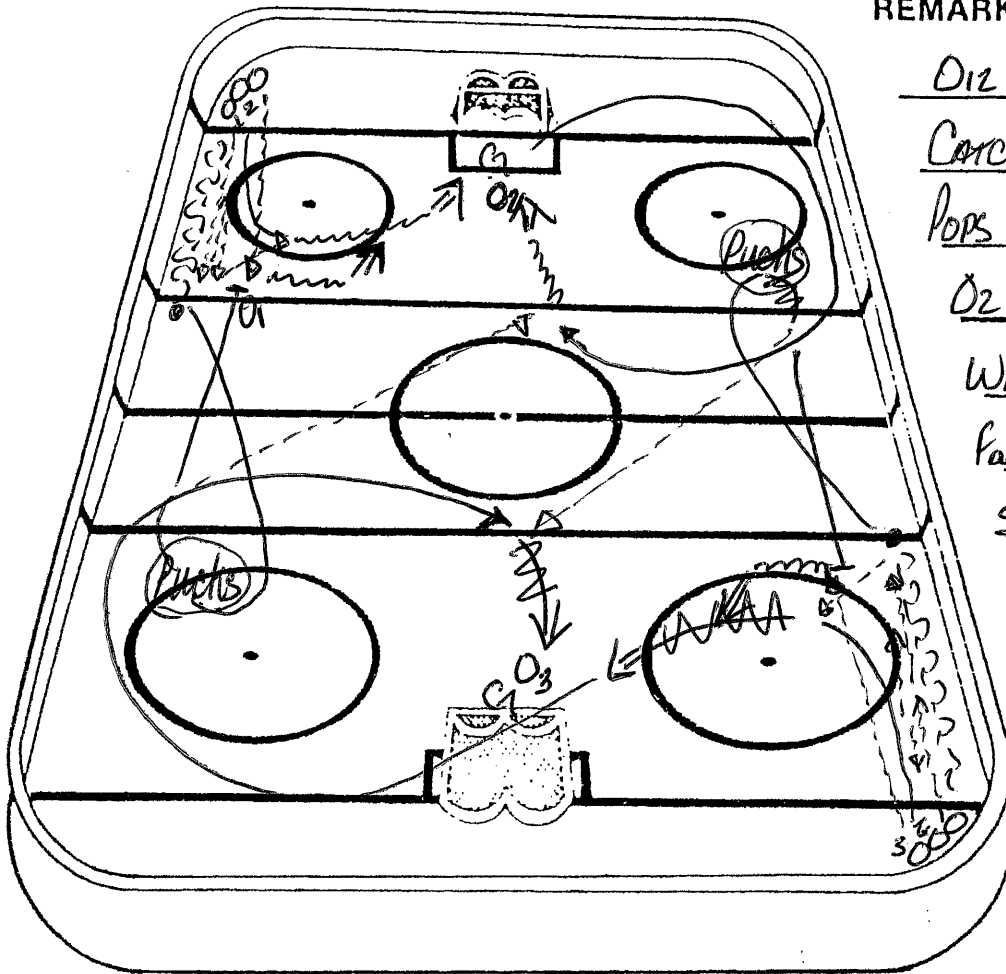
THE SKILL IS HANDLING THE
WRAPPED PUCK!
*GREAT FLOW DRILL

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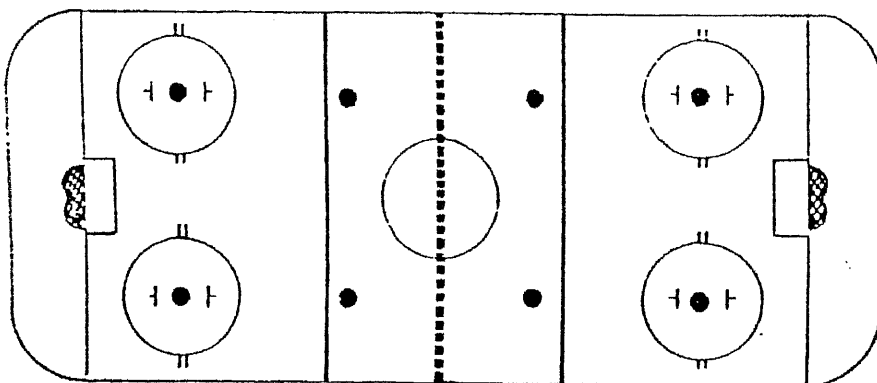
CATEGORY Offensive Skills

NAME "SENATORS 3 Shot Flow"

REMARKS



O2 BACKWARD/FWD PLAYING
Catch w/ Puck O1 @ the TOP of circle
POPS Puck FWD FOR O2 TO TAKE SHOT
O2 NOW RUNS A TIMING PATTERN
WHILE O1 RETRIEVES A PUCK FROM
FAR END. O1 DELIVERS AN ON-
SIDE PASS TO O2. O2, 2ND SHOT
ON GOAL. O2 PASSES TO O1
LOOKS TO SEE THAT O2 IS
IN A "SCREEN" POSITION
FOR SHOT FROM BLUELINE!
* WHISTLE RE-STARTS THE
DRILL!



Best of Luck to all!

REMARKS

(A) GREAT FLOW FOR ALL
(B) 3 SHOOTER
(C) PASSING ACCURACY!

[Signature]

PAGE #4