



# Team Canada Drill Worksheet

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Theme

Date

Reason

Post-Practice Comments

1- 250- 220- 7887

## Time Drill

### 4 Shot Drill

x1 x2 LEAVE FOR SHOT.  
skate Length Get Pass  
for OPPOSITE CORNER.

- 1st straight Down
- 2nd - Go Around Wide CONE.
- OPPOSITE ENDS SAME TIME.

### Beckers DOUBLED BACK

- Two Pass to "D".
- D touch it Back.
- Two Pass to OPP. D +  
OPEN FOR RETURN PASS  
FOR SHOTS.
- D follow up for second  
SHOT. BOTH ENDS.

### Husky 3-0 DRIVEN

- "F" to D.
- "D" RETURN PASS to F.
- F Give it to OPPOSITE "D".
- "F" Loops Around.
- "D" Makes Pass + Jump  
in make it 3-0.

### Wildcats Sans

Blues Furs Loops Around  
CONE.

- 1st WHISTLE "C" GOES.
- 2nd WHISTLE OTHER  
4 GO.

