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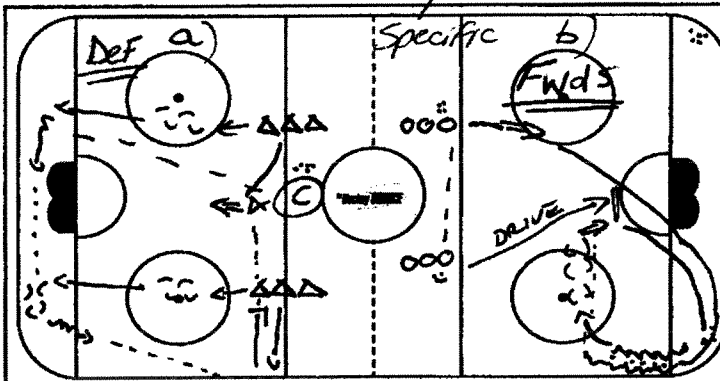
FROM: DIEGO
Scandella - HCAP

Hockey SOURCE

DRILL SHEET

LEGEND:
---> Passing ---> Stopping
C - Coach ---> Stickhandling ---> Shooting
F - Forwards ---> Cross-overs
D - Defense ---> Forward Skating
G - Goalie ---> Backward Skating

Date: _____ Team: Def/Fwd Practice Time: _____



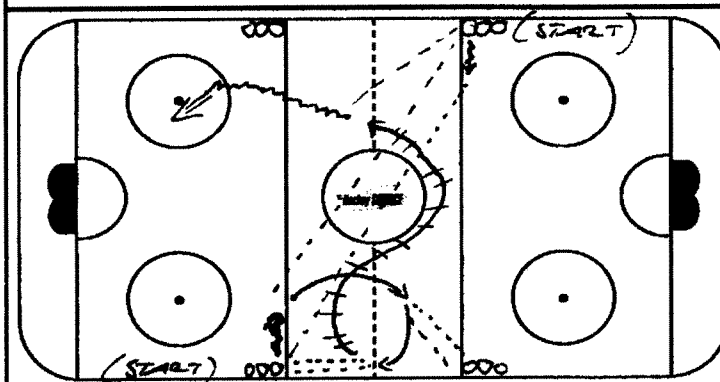
Drill Name a) VARIOUS BREAKOUT

Description PLAYS WITH SHOTS FOR D'S

b) DRIVING, TIPING, CYCLING, SHOOTING FOR FORWARD'S

Key points a) QUICK + INTENSE GET THE PUCK, COMMUNICATION, SHOULDER PAK
b) SHOOT TO SCORE, GOOD PASSING

Duration (min): _____ Running time (min) _____



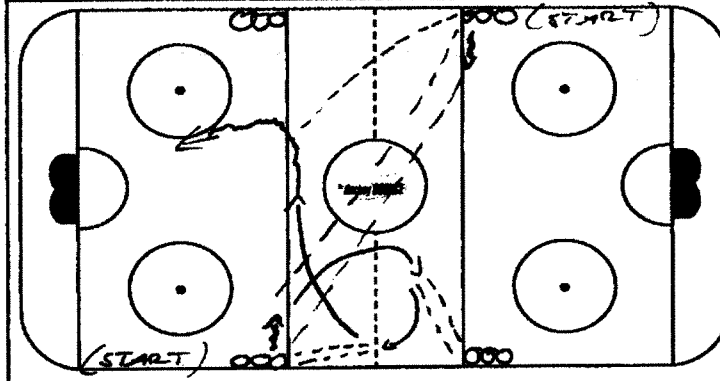
Drill Name CAPTAIN HOOK (SHORT PASS)

Description SPEED DRILL WITH 4 PASSES

TEAM W-UP (A)

Key points QUICK FEET'S, ONE TOUCH PASSING

Duration (min): _____ Running time (min) _____

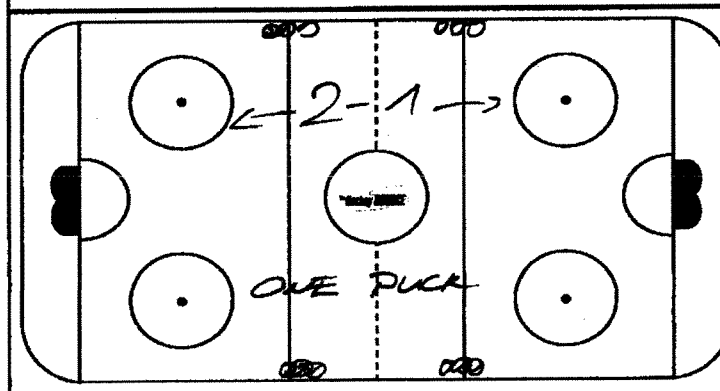


Drill Name CAPTAIN HOOK (LONG PASS)

Description TEAM W-UP (B)

Key points QUICK FEET'S, ONE TOUCH PASSING, LONG PASS

Duration (min): _____ Running time (min) _____



Drill Name 2-1 ONE PUCK (OFF-DEF)

Description "CONTINUOUS" TRAILHILL
• A PASS IN MIDDLE ZONE
• MAX 1 PASS IN OFF ZONE

Key points SPEED, SCORING

Duration (min): _____ Running time (min) _____

→ I would give 5-10 min. to the PP-LINES AGAINST PASSIVE + ACTIVE BOXPLAY

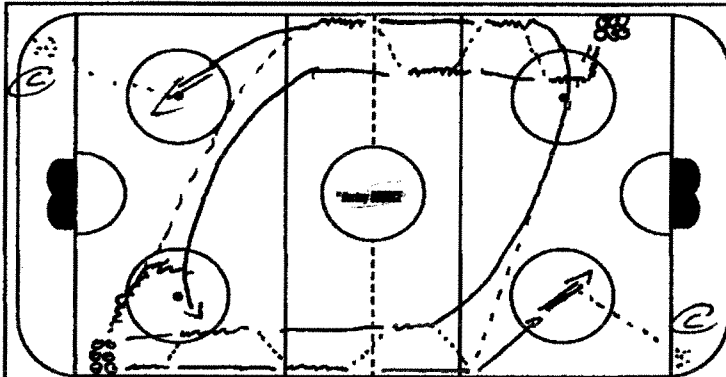
→ KEYPOINTS WARM UP: SHORT, SHARP + MAX 24 PLAYERS ON THE ICE

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DRILL SHEET

LEGEND:
 ● - Coach
 F - Forwards
 D - Defense
 G - Goalie
 ---> Passing
 > Stickhandling
 ||||| Cross-overs
 > Forward Skating
 < Backward Skating
 ⊥ Stopping
 > Shooting

Date: _____ Team: _____ Practice Time: _____

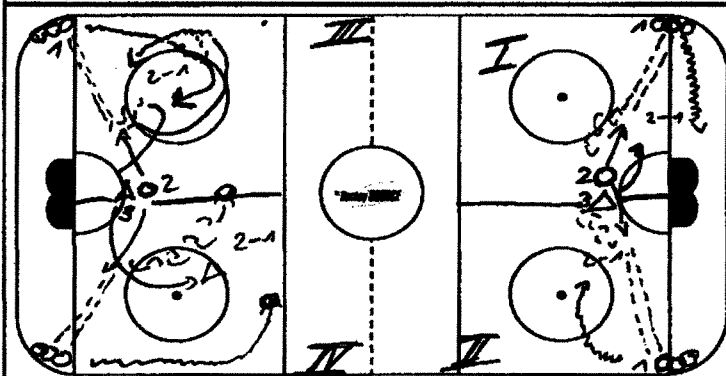


Drill Name PASSING CONTINUOUS

Description _____

Key points PASSING FOREHAND +
BACKHAND

Duration (min): _____ Running time (min) _____



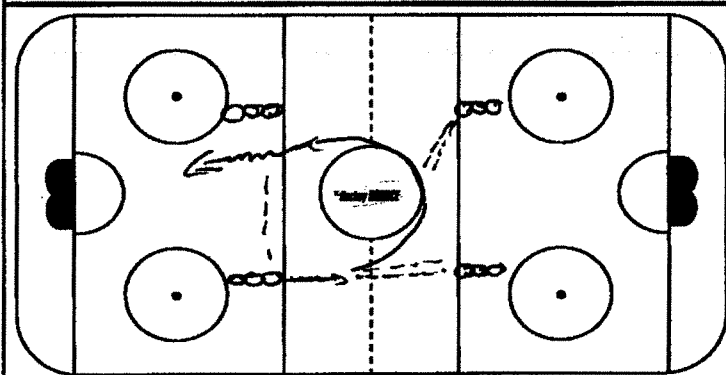
Drill Name CREATING 2-1'S

Description I -> 2-1 BACK BEHIND NET
II -> 2-1 (A) DRIVE TO NET FROM CORNER
III -> 2-1 WITH OUTSIDE SPEED
IV -> 2-1 WITH TIME AND SPACE

Rotation: OFF - OFF - DEF

Key points 1 2 3

Duration (min): _____ Running time (min) _____

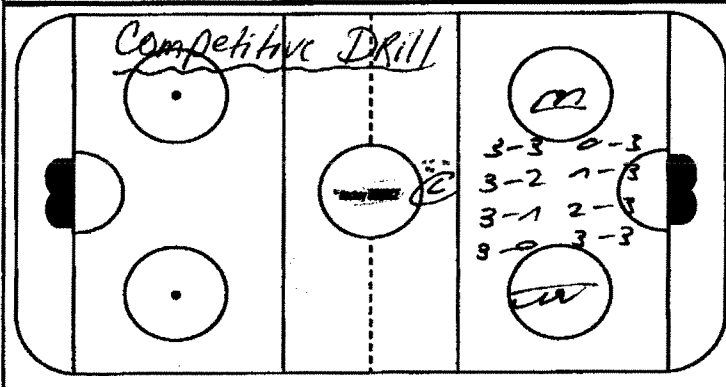


Drill Name ABU DEL CORTO

Description SPEED DRILLS

Key points SPEED / PASSING

Duration (min): _____ Running time (min) _____



Drill Name WILD WILD WEST

Description C IS THROWING IN OR IS
TAKING OUT PLAYERS EVERY
TIME HE WANTS. PLAYERS GOT TO
READ AND REACT FAST TO THE
NEW SITUATION!

Key points COMMUNICATION, READ
THE GAME

Duration (min): _____ Running time (min) _____

Book: The Way of the Champion - Lynch