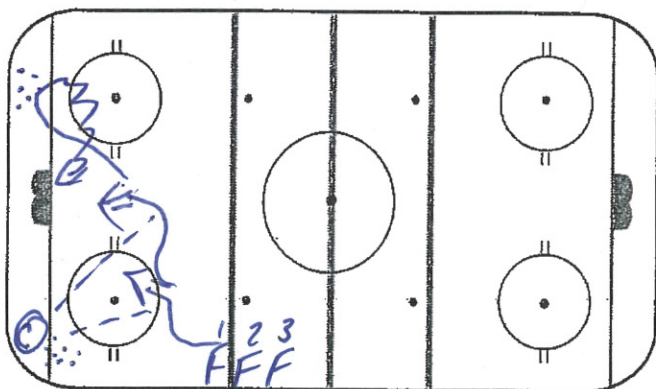


TIME DRILL NAME 3 Hills 3 Shot F ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) work quick release.

START

- F1 to top o circle receive pass & shoot, skate to low slot, receive pass & shoot
- skate to corner come out of corner w/ p & attack net low.

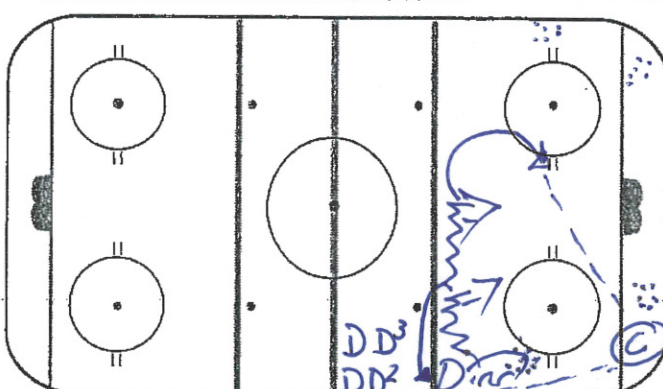
KEYS

- heads up
- give target for Pass
- Shoot quick but maintain power & accuracy.
- call for passes.

ROTATION

VARIATIONS/PROGRESSION

TIME DRILL NAME 3 Hills 3 Shot D ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) work quick shot in motion.

START

- D1 skate fwd to p pile pivot to bcwd & pick up p
- bcwds to blue line & then sprint & shoot quickly.
- after shot hustle back to boards & try to keep p in that C rims or shoots off glass. If successful, sprint & shoot in mid-lane.
- skate to low slot or back door for last attempt on net from pass #3 from C

KEYS

- heads up
- quick feet w/ p control
- power & accuracy.
- call for back door or low slot pass.

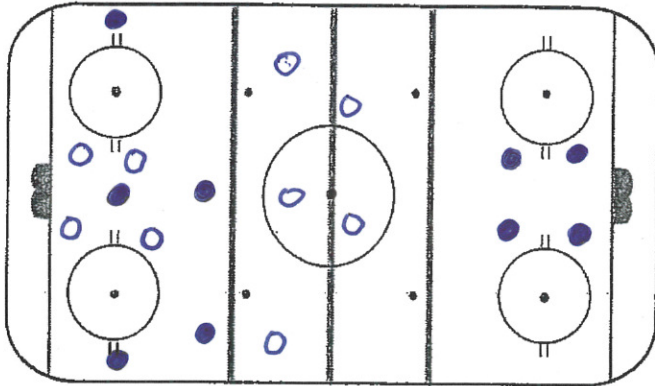
ROTATION

VARIATIONS/PROGRESSION - change sides after 2-3 reps each or alternate sides 1/2 D.




 Date: 2011-2012  
 D.O.T.W.C.

 TIME DRILL NAME  
 P.P Game.

☐ CONTINUOUS  
☐ CONTROLLED


OBJECTIVE(S) work P.P vs P.K

START

- have all players on ice (18 is the magic #)
- P.P & P.K unit in each zone
- on dump outs PP unit in N Zone grabs p & attacks P.K unit
- Keep score
- alternate P.P & P.K players.

KEYS

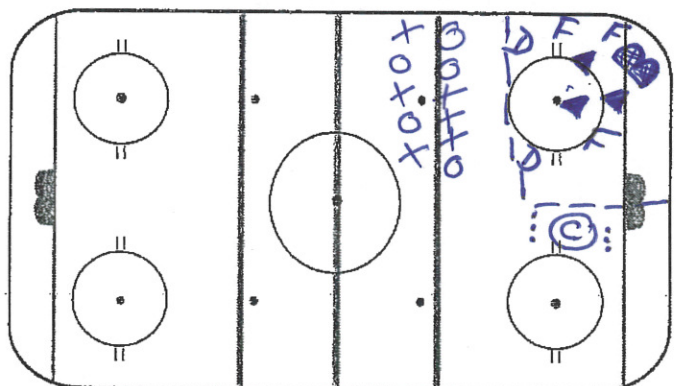
- \* quick p movement
- \* move to support p
- \* p carrier has to have 2 immediate options
- \* good passing
- \* read & react.

ROTATION

VARIATIONS/PROGRESSION

"A Group becomes a team when each member is sure enough of himself & his contributions to praise the skills of the others!"

 TIME DRILL NAME  
 P.P Condensed.

☐ CONTINUOUS  
☐ CONTROLLED


OBJECTIVE(S) work P.P &amp; P.K

START

- in small are.
- "decrease space, increase the pace"
- use top o circles as imaginary blue line
- work 5 on 3 to start
- progress to 5 on 4.
- P.K no sticks
- P.K upside down sticks
- P.K normal sticks.

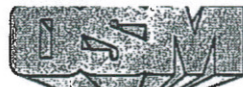
KEYS

- \* quick p movement.
- \* move to support p
- \* exceptional passing
- \* read & react.

ROTATION

VARIATIONS/PROGRESSION





OLSEN  
SPORTS MANAGEMENT

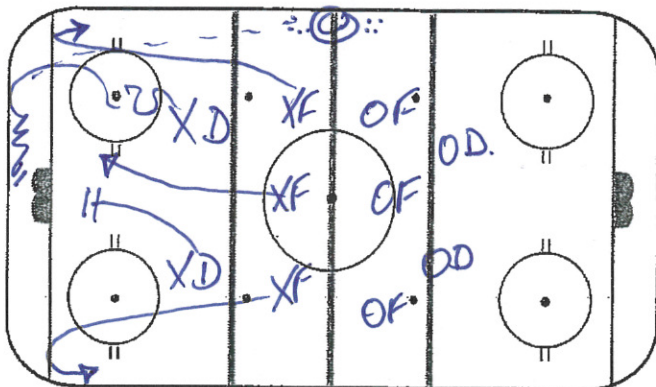
Competitive

Date: 2011-2012

D.O.T.W.C

Page 3  
Team Play.

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
	DeWinton D. Zone	<input type="checkbox"/> CONTROLLED



OBJECTIVE(S) work team play systems.

START

- unit of 5 B/O on (C) dump p
- attack unit of 5 of different color & play 5 vs 5 in D. Zone
- when D clear p out of zone (C) pass p to attack unit immediately for 2nd 5 vs 5 in same zone
- on third p the Defending unit has to carry p out of zone
- Switch lines, switch ends

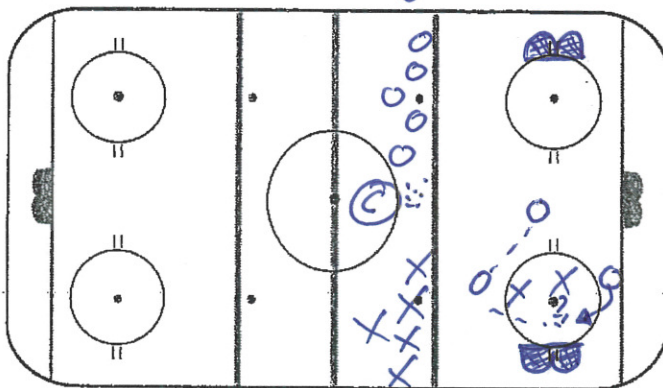
KEYS

- \* run your B/O options
- \* run your F/C options
- \* run your D-Zone Coverage
- \* game intensity.
- \* Communication.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
	Avs Alternating	<input type="checkbox"/> CONTROLLED



OBJECTIVE(S)

START

- 3 O's begin the cross ice game with the 3 vs 2 advantage.
  - on whistle to change the advantage is reversed to X's
  - every whistle to change give's alternating side advan.
  - offensively players work at passing p quickly & moving to support position, creating passing lanes.
  - defensively protect the net front area & read level of
- KEYS control by the offense
- read when to press & when to contain.
  - Keep score X vs. O's

ROTATION

VARIATIONS/PROGRESSION