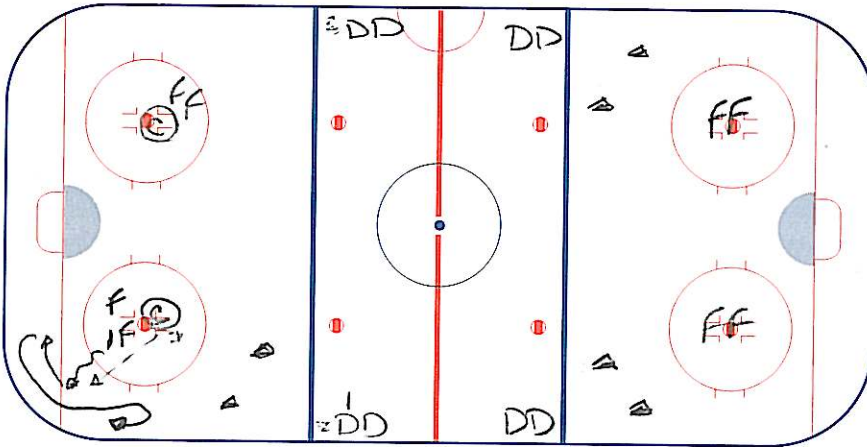
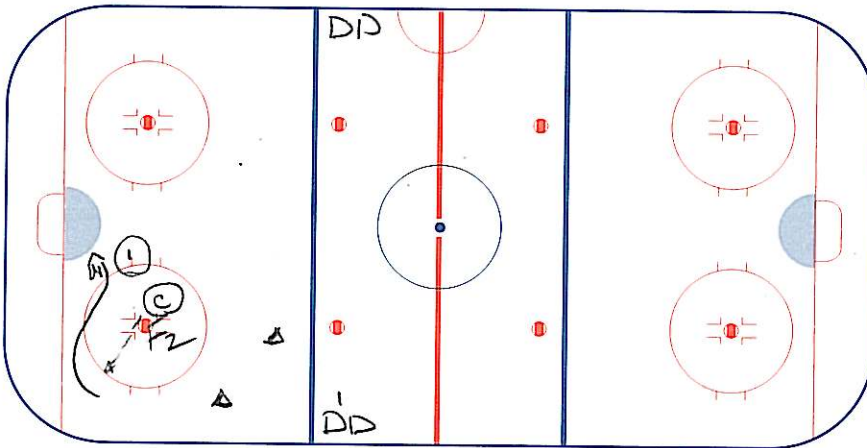


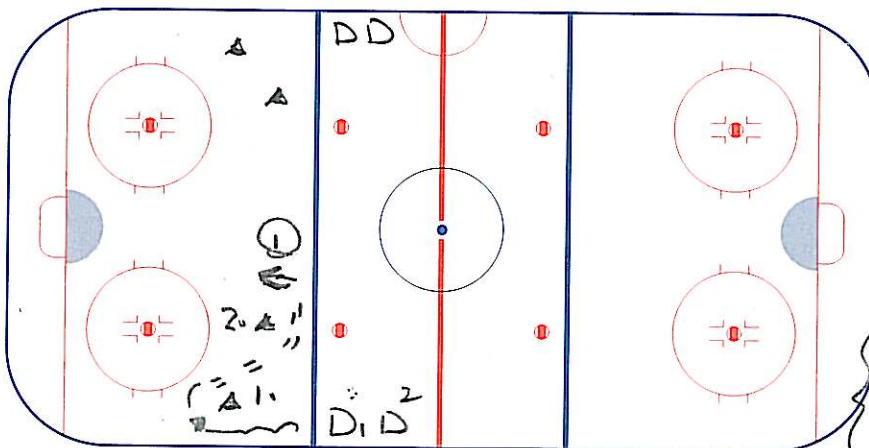
SPORT DEVELOPMENT PROGRAM

INDIVIDUAL SKILLS (D's & F's)

- ① C w/ PUCKS @ DOT w/ FORWARDS
- C SPOTS PUCK
 - F1 TO PUCK, TOWARDS NET
 - F1 TIGHT TURN BACK TO 1/2 BOARDS



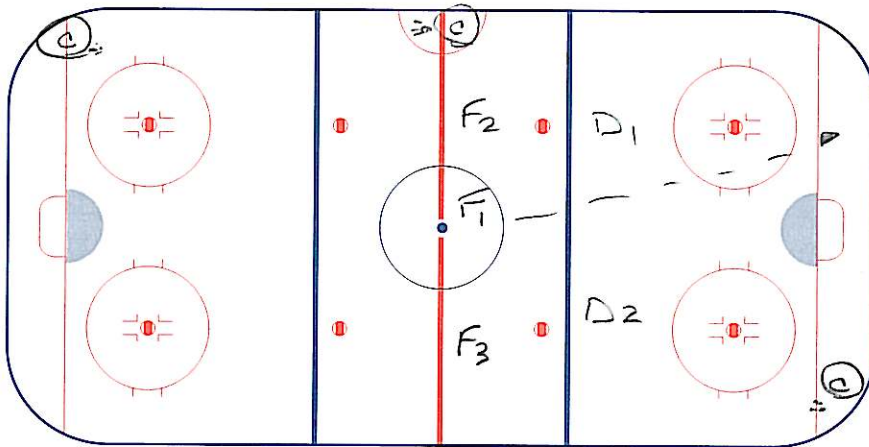
- ② F1 TIGHT TURN BACK TO NET:
- F1 "LOW DRIVE" SHOT ①
 - (PLAY REBOUND)
 - C SPOTS 2ND PUCK, F2 COMPLETE ROUTE AS PER F1 FOR SHOT



- ③ C SIGNALS D1 TO START
- D1 FORWARDS AROUND Pylon 1
 - D1 BACKWARDS AROUND Pylon 2
 - D1 = SHOT ①
 - (F1/F2 = REBOUND)
 - D2 FOLLOW-UP w/ 2ND SHOT AS PER ROUTE OF D1 (OR D1 X 2)
- ** QUICK FEET, LATERAL MOVEMENT, GOAL SCORING ****

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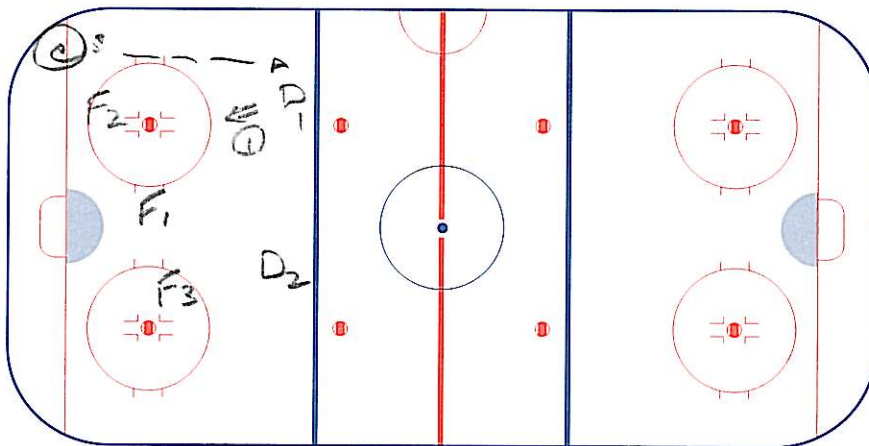
SPORT DEVELOPMENT PROGRAM

TEAM WARM-UP

- ① F₁ SPOTS PUCK FOR
BREAKOUT 5V0
(-no pressure on B/D)

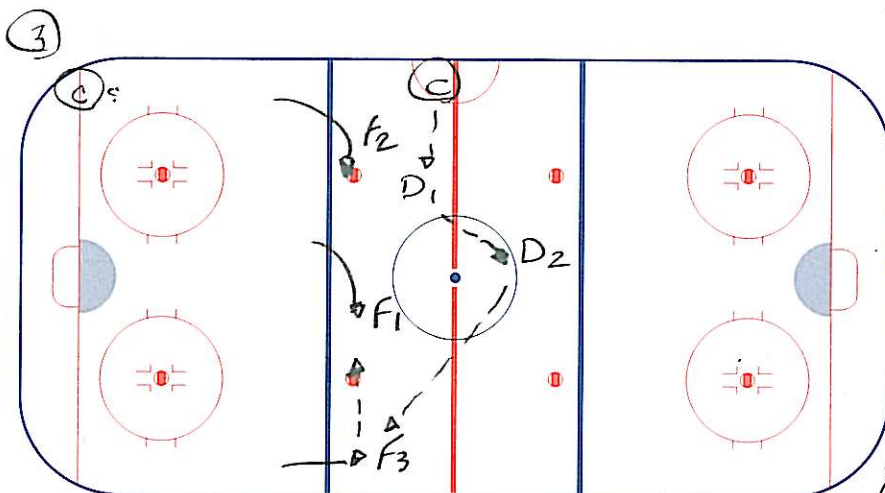
OPTIONS

- 1) CONTROLLED - VS "TRAP"
(-ex. Double Swindle, High
STRETCH, HIGH POST etc).
- 2) PRESSURE - VS HARD 4V
(ex. D TO D, QUICK WD, WHEEL
etc)



- ② 5V0 TO OTHER END
= SHOT ①

- ① SPOTS PUCK FOR D₁ SHOT
- (FW's = REBOUNDS)



- ③ ① SPOTS PUCK IN NZ (REGRUP)^{NZ}

- D₁ TO PUCK; D₂ IN
SUPPORT POSITION

- D₁ TO D₂; D₂ TO OUTLET
(F₃)

- F₁/F₂ SUPPORT PUCK

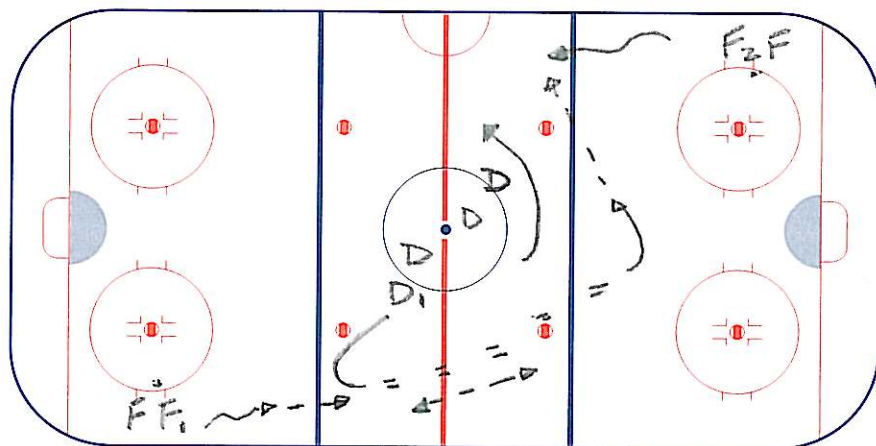
- "ATTACK 2ND TIME FOR SHOT"

- ① TO D₁ / D₂ AFTER ATTACK
FOR SHOT

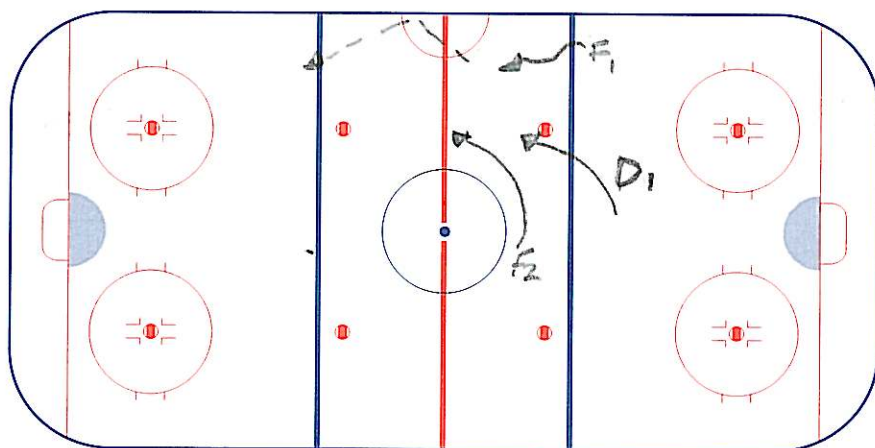
** CAN ADD "D CYCLE" INSTEAD
OF SHOTS **

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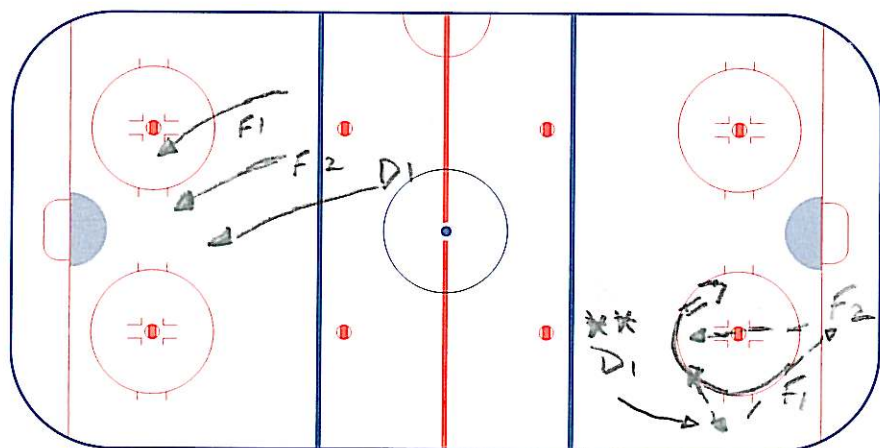
SPORT DEVELOPMENT PROGRAM

3v50 → OFFENSIVE TEAM DRILL

- F1 W/ PUCK; D1 TO BLUE & BWD'S
- F1/D1 TOUCH PASS DOWN ICE
- D1 W/ PUCK INSIDE BLUELINE
- F1 CUT AROUND CIRCLE
- D1 TO F2 IN NZ
- F1 SUPPORT



- F1 "CHIP" PASS TO F2
- D1 JUMP INTO RUSH



- F1/F2/D1 ATTACK NET 3v50
- Focus on SHOT/REBOUND OR 1X PASS/SHOT/REBOUND

** CAN ADD "D CYCLE" FOR 2ND SHOT ON GOAL IN THE SEQUENCE. **

→ BOTH SIDES GO AT SAME TIME...

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(4)

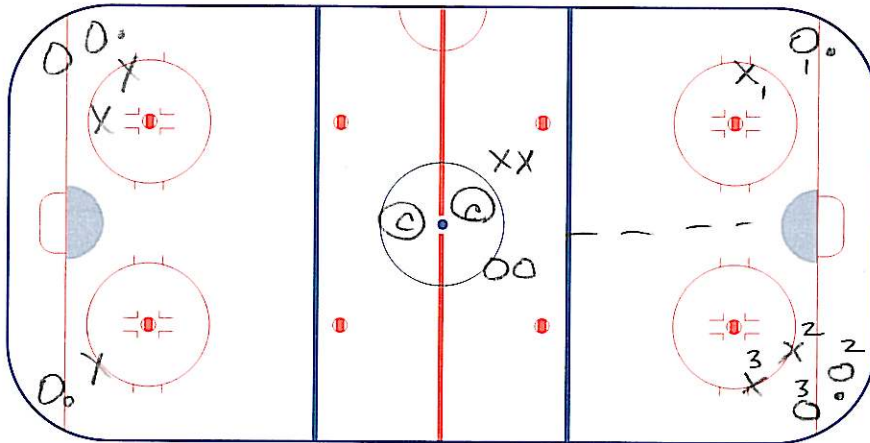
INTERNATIONAL ICE HOCKEY FEDERATION



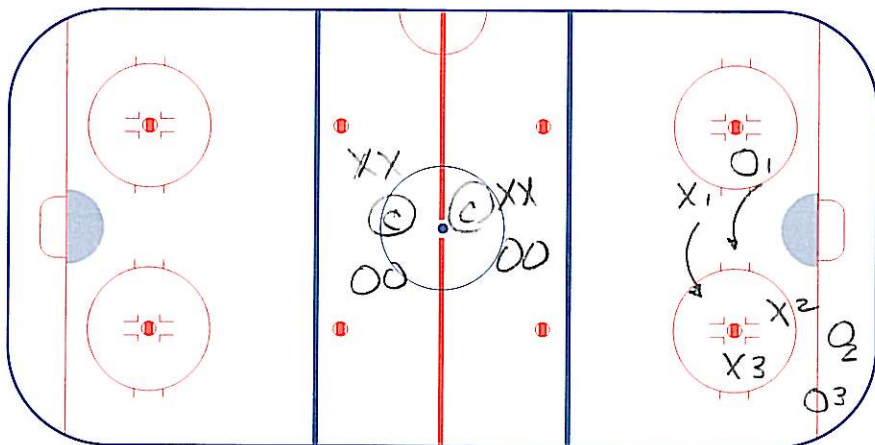
SPORT DEVELOPMENT PROGRAM

(1vs1 / 3vs3)

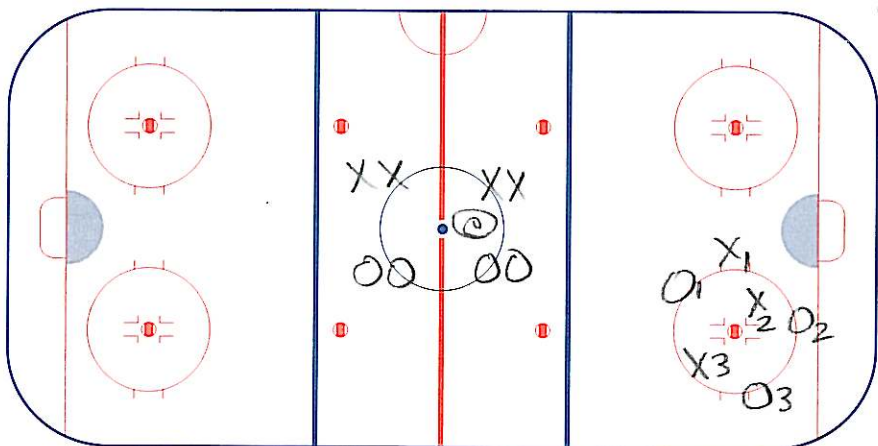
BATTLE / COMPETITION DRILL



- ① START ON 1 KNEE
- "WHISTLE", O1 ON OFFENCE
- X1 ON DEFENCE
- O1 VS X1; O1 TRYING TO SCORE; X1 = DEFENDING
- STAY WITHIN 1/2 ICE TO CONFINE AREA
(- APPROX 20SEC)



- ② "WHISTLE"; ACTIVATES O2/O3 w/ PUCK
- X2/X3 ON DEFENCE
→ O1/X1 JOIN PLAY (LEAVE THEIR PUCK)



- ③ DRILL ENDS UP w/ A 3vs3 IN ZONE 0
→ ② ADD PUCKS THAT LEAVE ZONE
→ PLAY FOR 30-35SEC 3vs3
→ CHANGE COLOURS TO OFF TO DEF FOR NEXT SEQUENCE
- PHYSICAL PLAY, CREATE SCORING, CONDITIONALLY

"Partnership for Progress"