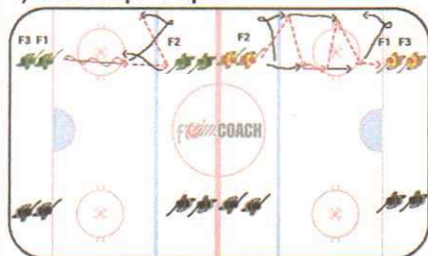


1) Warm Up - 8 Spot



DRILL OBJECTIVE: Warm Up Passing Skills

8 min.

KEY ELEMENTS:

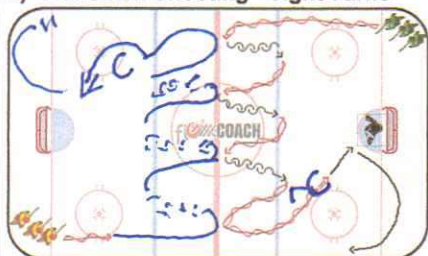
- Communication
- Keep Feet Moving
- Quick Puck Movement

ORGANIZATION: Players start with puck at goal line. All 4 corners start at once. F1 starts skates towards F2 then passes to F2. F1 then opens up to the outside and receives pass from F2. F1 and F2 pass back and forth to each other as the approach the other line. F2 then passes to F3. F1 retreats to the back of the line. F2 and F3 then pass back and forth to one another towards the line. Continuous.

VARIATION: - Passing long short one touch
- Skating forward/backward
- Backhand/Forehand

GOALIE: Warming Up

2) Transition Shooting - Tight Turns



DRILL OBJECTIVE: Work on

8 min.

KEY ELEMENTS:

- Stick Positioning
- Shoot in Stride
- Knees Bent
- Tight Transitions

ORGANIZATION: Players line up in opposite corners. Both sides go at the same time. Can be done with or without puck. Players leaves (with puck), skates hard to centre red line, transitions backwards until the blue line, then transitions forwards to the redline and back to the blue line, then red line to blue line again, then forwards to red line. Player then turns towards net and drives net for shot on goal.

VARIATION: - Without Puck / With Puck
- Tight Turns
- Shot Variations

GOALIE:

3) Newfie 3 Puck



DRILL OBJECTIVE: Passing/Skating/Deflections

10 min.

KEY ELEMENTS:

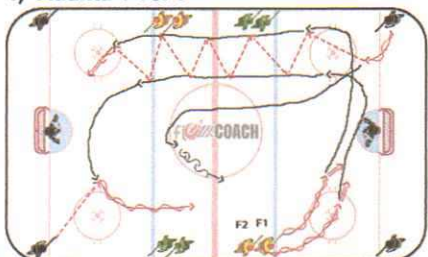
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

ORGANIZATION: Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net. D1 then skates to blue line, transitions backwards, and retrieves a 2nd puck and passes it to F2 and drives net for shot. D1 then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.

VARIATION: none.

GOALIE:

4) Atlanta 1 vs. 1



DRILL OBJECTIVE: Passing / 1 vs. 1

10 min.

KEY ELEMENTS:

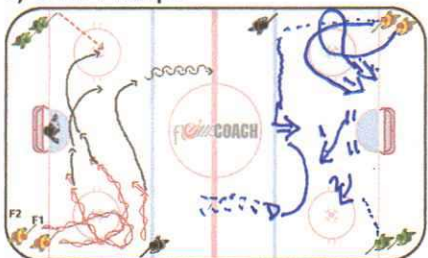
- Communication
- Keep Feet Moving
- Shoot in Stride
- Gap Control
- Quality Passing

ORGANIZATION: Opposite sides go at same time. F1 drives net for shot then skates wide, F2 then drives and shoots, then provides support for F1. D1 steps out with puck and passes to F1/F2. F1 and F2 then go down the ice 2 vs. 0. Boardside F1 drives and shoots, while F2 receives pass and then goes down 1 vs. 1 against D1 who has gapped up appropriately.

VARIATION: none.

GOALIE:

5) 2 vs. 1 Tampa



DRILL OBJECTIVE: 2 vs. 1

10 min.

KEY ELEMENTS:

- Keep Feet Moving
- Communication
- Proper Screens
- Quality Passes

ORGANIZATION: Opposite sides go at the same time. F1 walks wall for seam/circle shot. F2 skates, does an evasive maneuver, then drives and shoots. F1 and F2 screen while D1 sprints off the wall and shoots. F1 and F2 then get a puck from the opposite line and go down 2 vs. 1 against D1.

VARIATION: none.

GOALIE:

COACH WHISTLE
PART 2: INCORP. NZ RG REATTACK
D - REESTABLISH GAP

DRILL OBJECTIVE: Up Tempo Breakout and

10 min.



- Quick
- Confident Breakout Options
- Communication
- Hard Speed/Transition
- Forecheck vs. Loose Puck

ORGANIZATION: Players line up in lines as shown. Coach dumps puck. Players breakout the puck and then regroup with coach in the neutral zone. Forwards then dump the puck in the same end, and then forecheck against the original defensemen who broke them out. Players play 3 vs. 2 until a goal is scored or defense carries the puck out.

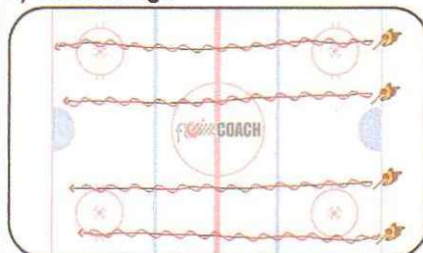
VARIATION: can pass the puck to coach for proper regroup options or tightly regroup in NZ.

GOALIE: in net.

Post-Practice Comments:

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

1) Wave Rouge



DRILL OBJECTIVE: Warm Up

8 min.

KEY ELEMENTS:

- Keep Feet Moving
- Communication
- Quality Passes

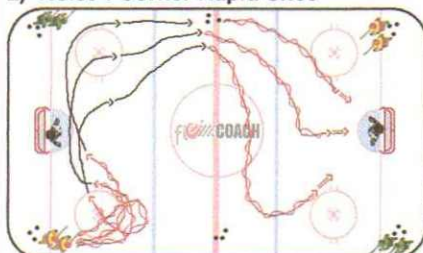
ORGANIZATION: Players line up in 4 lines and go do a series of exercises on the whistle.

1. Puck Control
2. Change of Speed
3. Weaving/Lateral/Forward and Backward
4. Open Pivot
5. Passing (Lane/Weave/Cross and Drop/Forward and Backward)

VARIATION:

GOALIE: workign with goaltender coach to warm up.

2) Holst 4 Corner Rapid Shot



DRILL OBJECTIVE: Skating/Puck Control

10 min.

KEY ELEMENTS:

- Tempo - Keep Feet Moving
- Shoot in Stride
- Head Up

ORGANIZATION: Players line up in 4 lines as shown. Opposite lines go at the same time. All forwards leave with puck. F1 goes first, circle/seam shot, then goes wide and begins to head up ice. F2 trails behind F1 for another circle/seam shot, follows up ice. F3 makes inside/outside move and drives net for a hot, then continues wide up the ice. All players grab a puck at centre red line. F1 drives and hoots, F2 saves ice and shoots, F3 saves more ice and shoots.

VARIATION:

GOALIE: in net.

3) Newfie 3 Puck



DRILL OBJECTIVE: Passing/Skating/Deflections

10 min.

KEY ELEMENTS:

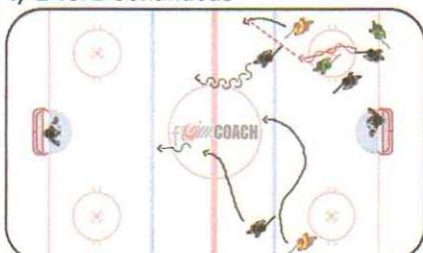
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

ORGANIZATION: Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net. D1 then skates to blue line, transitions backwards, and retrieves a 2nd puck and passes it to F2 and drives net for shot. (D1) then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.

VARIATION: none.

GOALIE:

4) 2 vs. 2 Continuous



DRILL OBJECTIVE:

8 min.

KEY ELEMENTS:

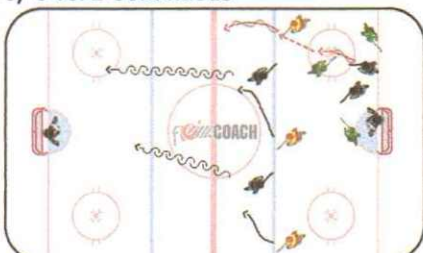
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support/Protection
- Communication

ORGANIZATION: F1, F2 play 2 vs. 2 down low vs. D. Forwards cycle, maintain possession and try to score staying below the ringette line. Upon change of possession, D must make a direct pass to a new pair of forwards waiting at the ringette line on the wall. Forwards attack new set of D 2 vs. 2 down to the other end of the ice. This exercise repeats continuously.

VARIATION: See 2 vs. 2 Continuous

GOALIE: in net.

5) 3 vs. 2 Continuous



DRILL OBJECTIVE:

10 min.

KEY ELEMENTS:

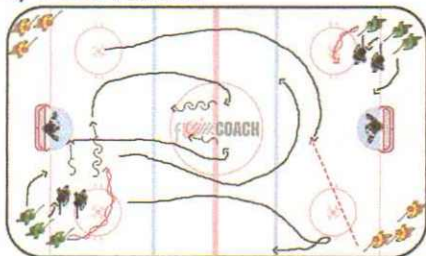
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support

ORGANIZATION: Line 1 plays 3 vs. 2 down low. Defense must contain, pressure and recover puck. D then make direct pass to Line 2 waiting at ringette line. Forwards then go down 3 vs. 2 against a new D pair, while Line 3 gets ready at opposite ringette line. Continuous.

VARIATION: See 2 vs. 2 Continuous

GOALIE: in net.

6) 3 vs. 2 Portland



DRILL OBJECTIVE: Attack 3 vs. 2 Corners and Rush

10 min.

KEY ELEMENTS:

- Communication
- Quality Passes
- Explosive Starts
- Ice Awareness
- Keep Feet Moving

ORGANIZATION: Opposite sides go at the same time. Line A (3 Players) Attacks 3 vs. 2 against D1 and D2 from the corner. Line 3 then regroup in opposite end zone, while D1 and D2 gap up and take 3 vs. 2 down the length of the ice. Players must be aware of 3 vs. 2 coming the other way.

VARIATION: none.

GOALIE:

Post-Practice Comments:

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