

Hi Frio,

Sorry I'm late with my drills and thanks again for doing the drill club.

Bouk,

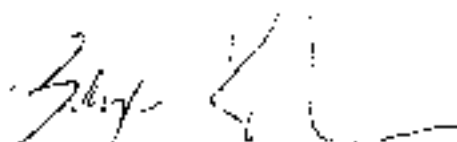
Patriot Reign- Bill Belichick, the Coaches and Players Who Built a Champion...

Quote:

6S- SIDE BY SIDE...STEP BY STEP...SHOULDER TO SHOULDER

Have a good summer!!!

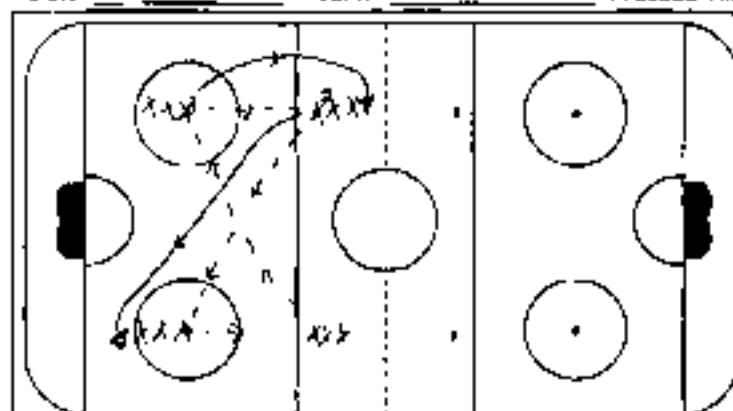
Regards,

A handwritten signature in black ink, appearing to read "Greg K.", followed by a long horizontal line.

## DRILL SHEET

LEGEND:  
 C - Coach  
 F - Forward  
 D - Defense  
 G - Goalie  
 P - Passing  
 S - Shooting  
 SH - Stickhandling  
 C - Carry  
 FS - Forward Sliding  
 BS - Backward Sliding

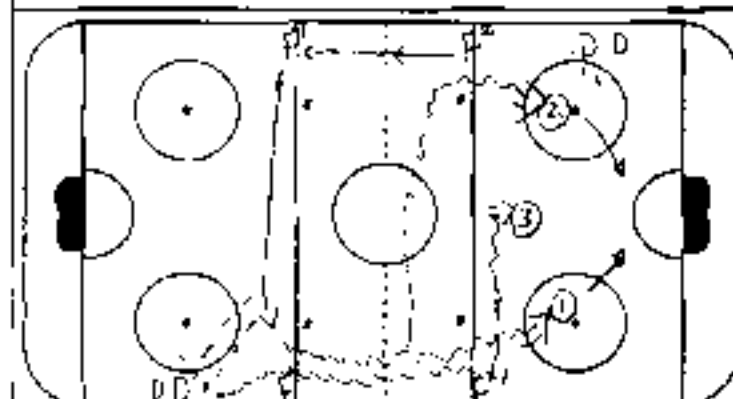
Date: \_\_\_\_\_ Team: \_\_\_\_\_ Practice Time: \_\_\_\_\_



Drill Name DOTS - Follow Pass

Description Lines w/ dots - 2 pucks only  
 Bottom dot lines start and must go  
 together - Pass to top dot and follow  
 pass to back of line - 2<sup>nd</sup> then passes  
 diagonally to bottom dot and follows  
 pass to back of line - repeat  
 together!

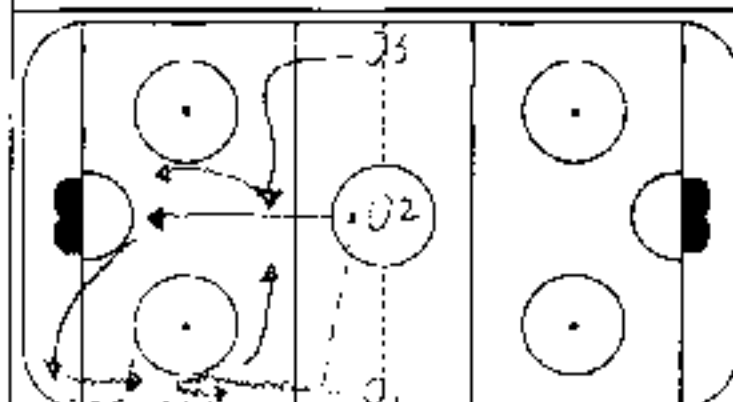
Duration (min): 2-5 Running time (min): \_\_\_\_\_



Drill Name RANGERS 3 SHOT

Description F1 & F2 leave on whistle  
 receive pass from down (shooting)  
 F1 drives near lane... F2 drives  
 far lane, then leaves with 3rd puck  
 down wall - stop at blue line and  
 drop blue line for 3rd shot to  
 F1 & F2 screen tip. Both ends together

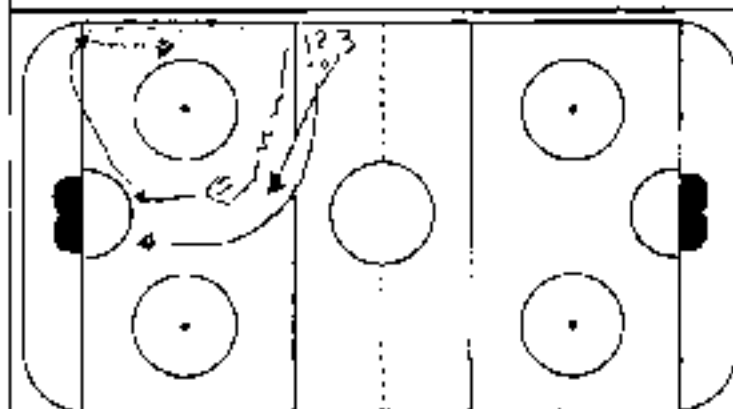
Duration (min): 8-10 Running time (min): \_\_\_\_\_



Drill Name 3-2 CYCLE

Description 3-2 from center, D2 passes  
 to D1 for back attack. D1 delays  
 and shift cycles - all  
 players move apart, then a 2nd  
 cycle is made and net is attacked,  
 \* You can chip to outside corner instead  
 of delay. 2nd cycle can be a long cycle.  
 \* Add coaches to do fence

Duration (min): 10min Running time (min): \_\_\_\_\_



Drill Name 2 SHOT CYCLE

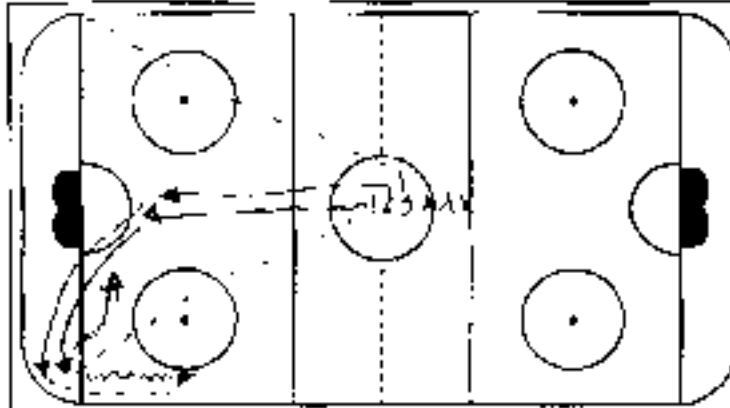
Description 1 attacks middle for shot then  
 drives net, leaves to center to pick  
 up spilled puck, 2 spots puck in corner  
 then times drive to net, 3 sets up  
 in his positioning. Cycle 1-2 times  
 then attack net.

Duration (min): 10 Running time (min): \_\_\_\_\_

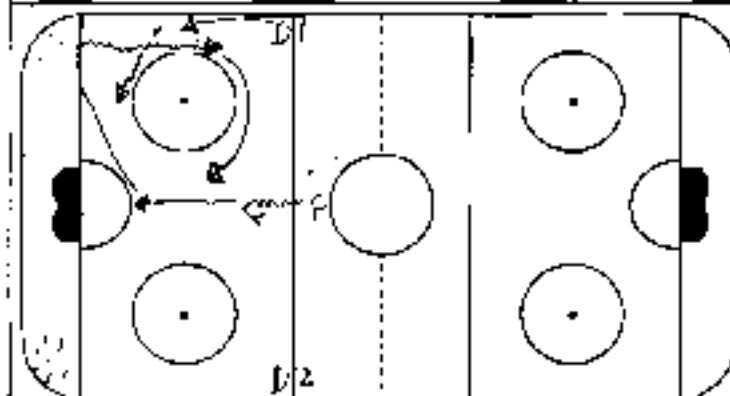
# DRILL SHEET

LEGEND  
 G - Coach  
 F - Forwards  
 D - Defense  
 G - Goalie  
 ---> Passing  
 <---> Shuttling  
 ||||| Cross-overs  
 <---> Forward Skating  
 <---> Backward Skating  
 <---> Staying  
 <---> Shooting

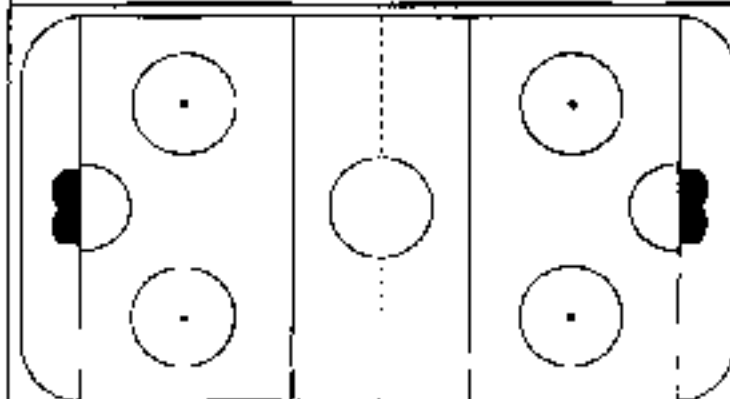
Date: \_\_\_\_\_ Team: \_\_\_\_\_ Practice Time: \_\_\_\_\_



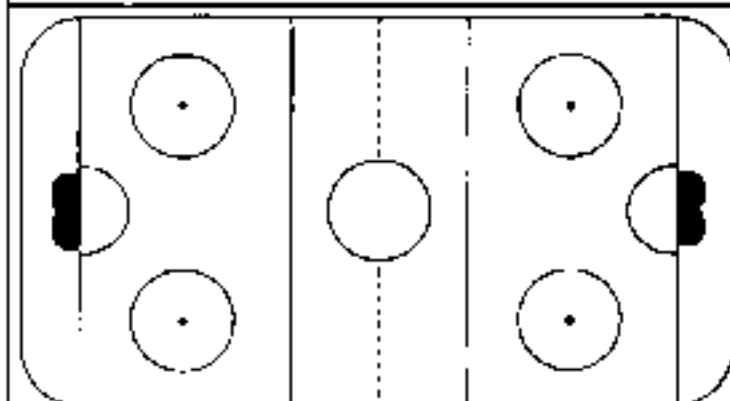
Drill Name CYCLE FLOW  
 Description 1. spots pick in corner - drives net then to puck zone up wall - short cycles. 2. as 1 gets to net - drives net then to puck for walkout - short 3 repeats to other corner 1's side as 1 saves ice in slot and returns 2's cycle. Continue corner - corner.  
 Duration (min): 10 Running time (min): \_\_\_\_\_



Drill Name CYCLE TO SCISSOR  
 Description F1 moves in for initial shot from slot - drives net - returns puck in corner moving up wall to D1 where they perform a scissor and attack net. After shot F goes to opposite corner for second scissor with D2.  
 Duration (min): 10 Running time (min): \_\_\_\_\_



Drill Name \_\_\_\_\_  
 Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Duration (min): \_\_\_\_\_ Running time (min): \_\_\_\_\_



Drill Name \_\_\_\_\_  
 Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Duration (min): \_\_\_\_\_ Running time (min): \_\_\_\_\_

