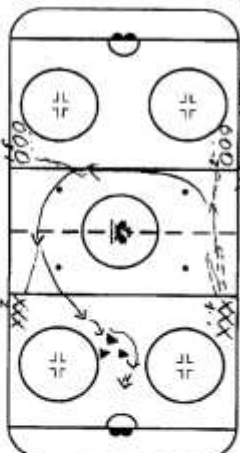


HOCKEY CANADA PROGRAM OF EXCELLENCE

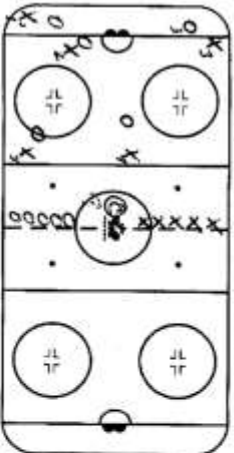
Skill Drill - "C" 1v0 - 1 touch



X: leave at some time, shoot both, first shot + 1 touches pass with G + G.
Receive pass (X-G) + go to make a move at center + go in + shoot. On which X-G go.

KIP: Passing (1-touch) - Receiving
Shooting (First and Second)

Team Play Drill - S.J. 2v2 to 5v5



S.J. 2v2 - 7 to 5v5

Center: Whistle 2v2 in corner
X (play & Save) - O ahead.

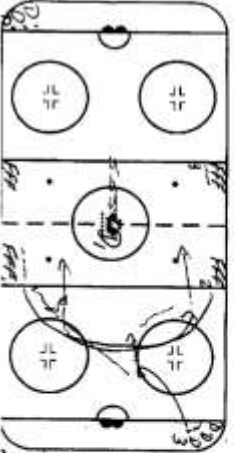
2nd Whistle - Coach passes puck to X + they play 5v5 in zone

KIP: Off: puck patches - creating offense

2v2: Goal body position - goal

Teaching: Offense + Defensive
Team play.

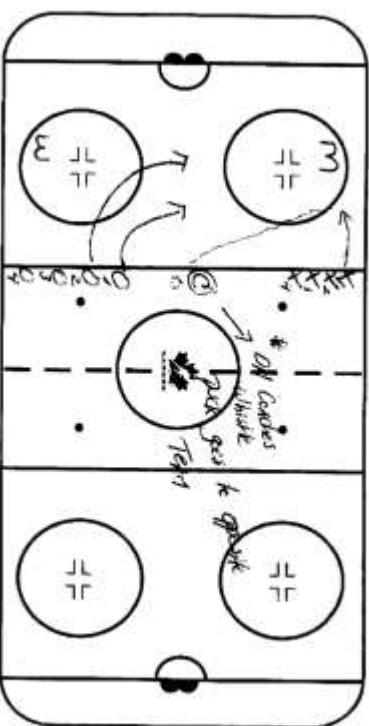
Final Drill - P.H.S 2v1 (2' each)



Center: Whistle: If passes to G
E-F: 2v1, 2v2, 2v3 + receives return pass from D.
E-F: go down to D. Try to score. Continue to play past D-5v1 if don't score, can use D-5v1 as shot + from point.
2nd whistle: E-F: Breakout to D.

HOCKEY CANADA PROGRAM OF EXCELLENCE

Full Drill: P.H.S 1v0 2



- Goal passes to X, who goes against G-Dz (1v2)
- play for 20-25 sec.

Rule: Single player always receives puck (X, then starts the 1v2)
2v2 - play for 20-25 sec.

Single player starts. Team gets 3pts if the team of player score. Team gets 1pt for Team to 15 pts plus.

Emphasis: Good lines, whistle, puck change when

KIP: Life-def. Concepts
Goal Conditioning - Competitive Game

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "If you don't plan your plan, it will remain a dream"