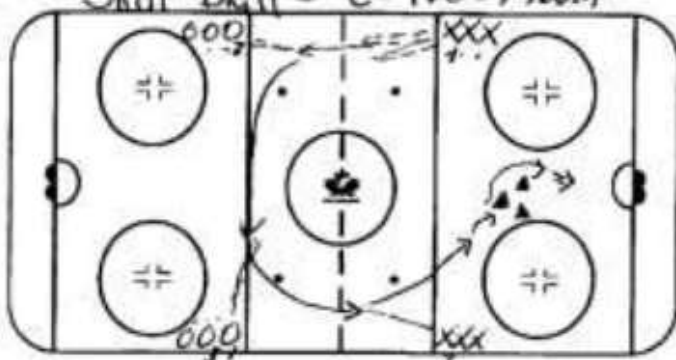




HOCKEY CANADA PROGRAM OF EXCELLENCE



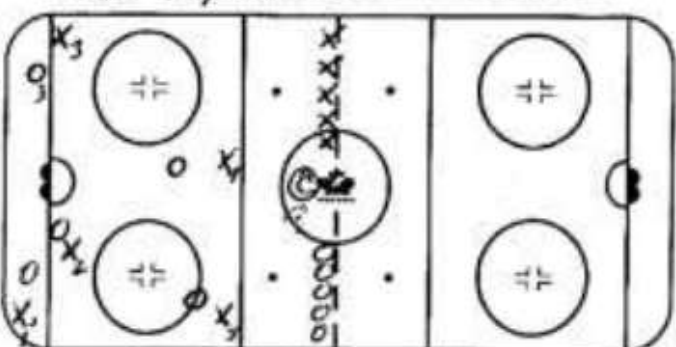
Skill Drill - "C" - 1v0 - 1 touch



X1, O1 Leave at same time.
Start balls, Pivot Kicks + 1 touch
pass with O2 + O3
Receive pass from (X2 - O2) + go
in make a mark at center +
go in + shoot. Call whistle X2 - O2
go

KTP: Passing (1-touch) - Receiving
Shooting (Full-And Pivot)

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



S.J. 2v2 → to 5v5

Coaches whistle 2v2 in corner
X (try to score) - O defend.

2nd whistle - Coach passes puck
to X3 + now play 5v5
in zone

KTP: Off: puck protection -
creating offense

Def: Good body position - good
sticks

Teaching Offense + Defensive
Team play.

Favourite Drill - Pit's 2v1 (2nd shot)

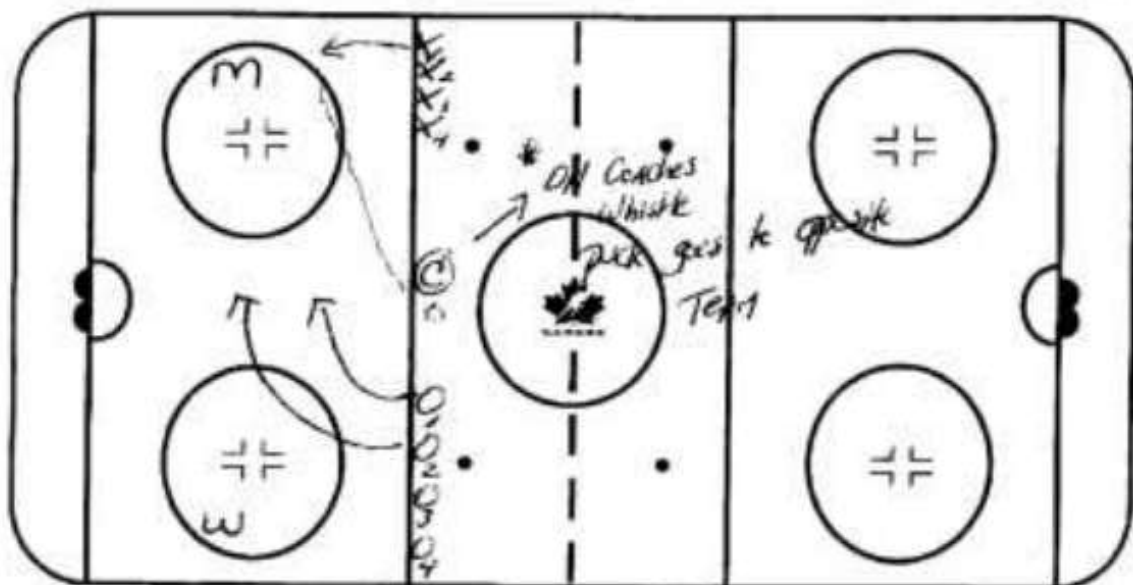


Coaches whistle: F1 passes to F2
F1 - F2 cross-check + receive return
pass from D3
F1-F2 go down to D1. Try to
score... Continue to play puck
(D-1st) if don't score, can use
D2 as a shot from point.
2nd whistle F2-F4 Breakout vs D2



FULL UNIT: HAND 1 & 2

HOCKEY CANADA PROGRAM OF EXCELLENCE



- Coach passes to X, who goes against C₁-D₂ (1v2)
- Play for 20-25 Secs.

Rules: Single player always receives puck (X, team starts then C₁ gets 2 pks) - play for 20-25 sec.

Single player scores Team gets 3 pts
 If the team of 2 players score Team gets 1 pt
 1st Team to 15 pts wins.

Everytime Coach blows whistle, puck changes sides

KTP: Off-def. Concepts

Good 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"