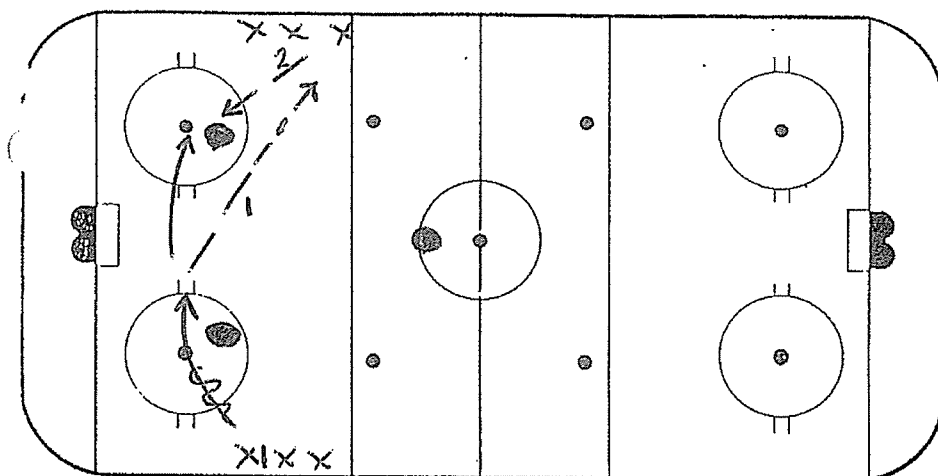


P. WOODS



WARMUP

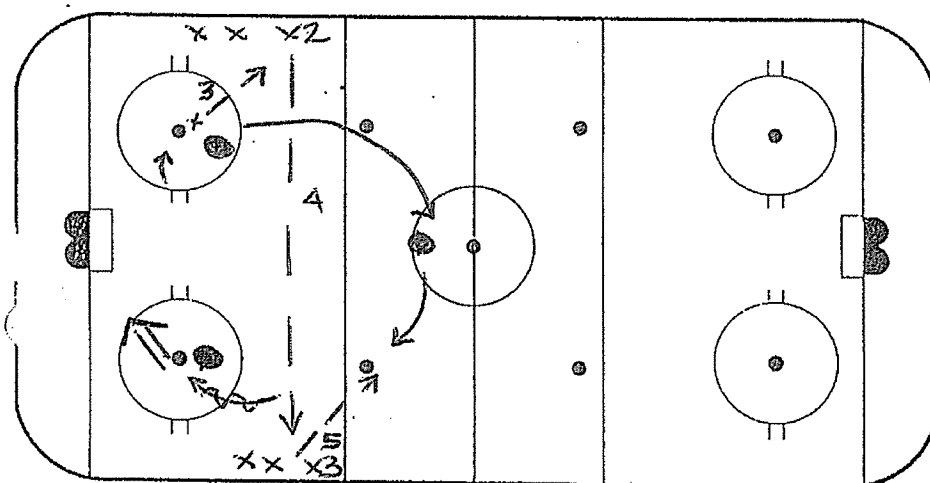
SHOOTING DRILL 1

PLACE PYLONS

TOP OF CIRCLES

IN ALL 5 F.O.
CIRCLES,

DRILL GOES BOTH
ENDS,



X1 COMES UNDER-
NEATH 1ST CONE

PASS TO X2 (NO.1)

X2 PASS BACK TO

X1 (NO.2)

X1 ONE TOUCH BACK

AND SKATES (NO.3)

PERIMETER OF CONES

X2 X-ICE PASS

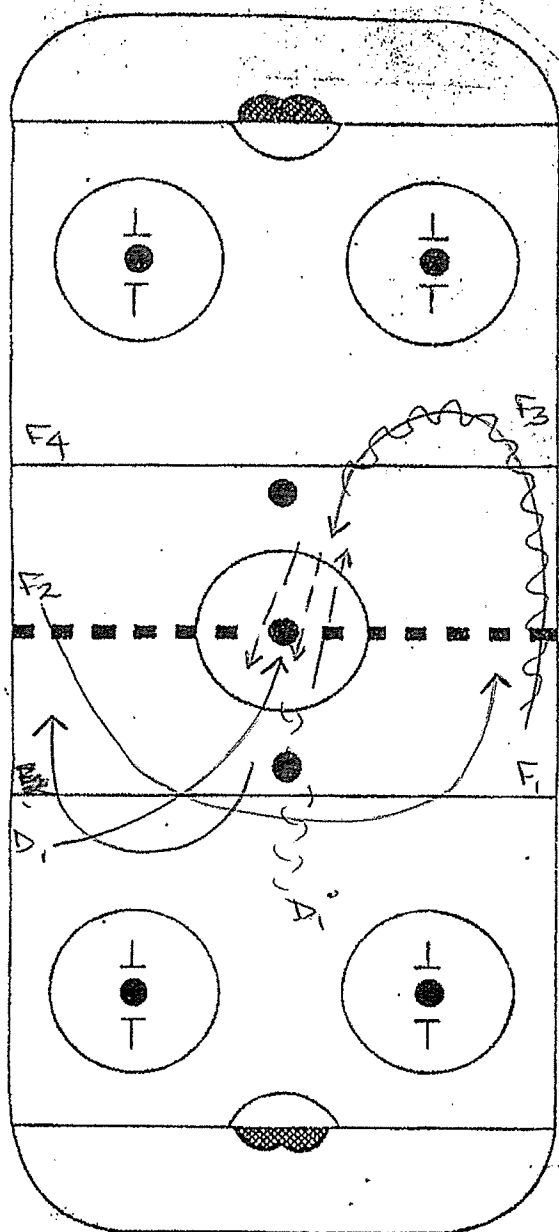
(NO.4) TO X3

X3 PASS (NO.5) TO

X1 - X1 DRIVES/SHOTS!

Category COMBO.

Drill Name KAZ → NZ, | 2x1 | 1x1.

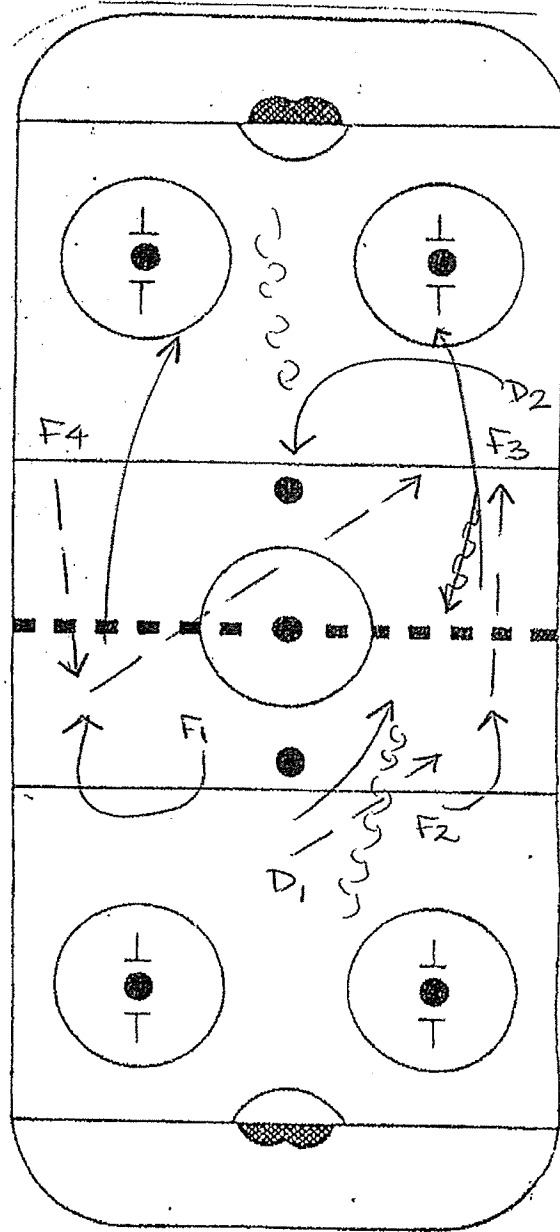


Action

- F1 SWINGS HIGH TO BLIND
- D1 STEPS UP TO CENTRE BACKS
- F1 EXCHANGES SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNATH X-100
- D1 QUICK UP TO F2

Teaching Points

- F2 PASSES TO F3
- F1 RECEIVES PASS FROM F4
- F1 - F2 2x0, | 2x1



Action

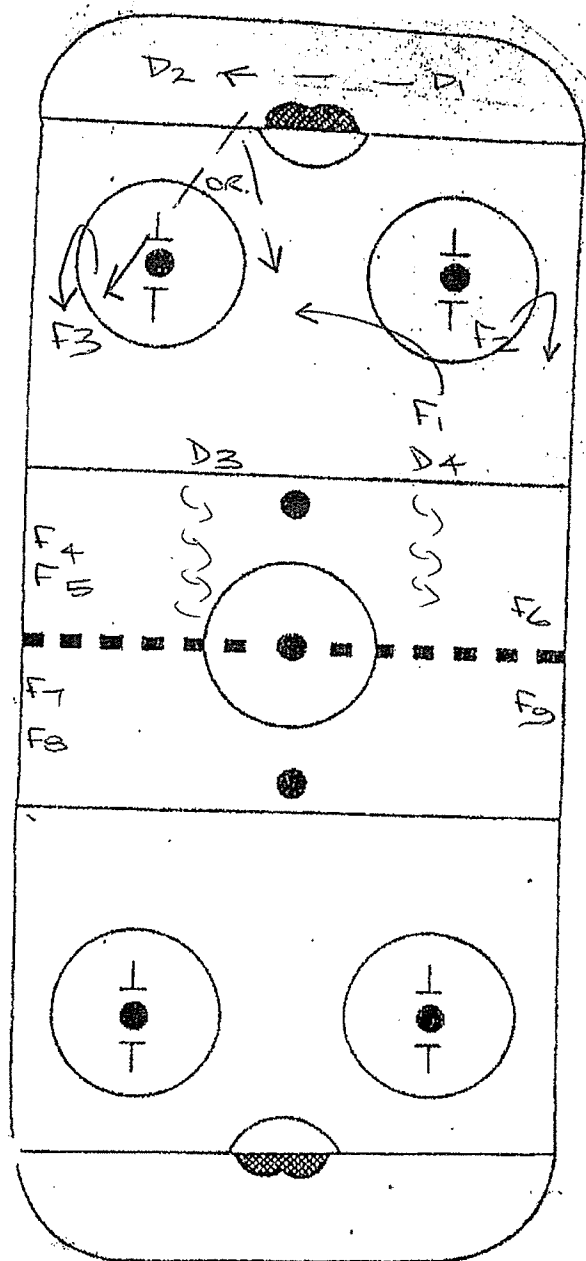
- F3 ATTACKS D1 1x1.
- F4 STARTS DRAW OFF WAY ROTATION.
- F1 - F3 - F2 - F4
- OR STAY ON SAME SIDE OF PITCH AND ROTATE PUCKS
- AFTER 5 MINUTES

Teaching Points

- TIMING / EYE CONTACT
- COMMUNICATION
- SPEED / TRANSITION / N.Z

Category BEAROUTS

Drill Name CONTINUOUS BREAKOUT

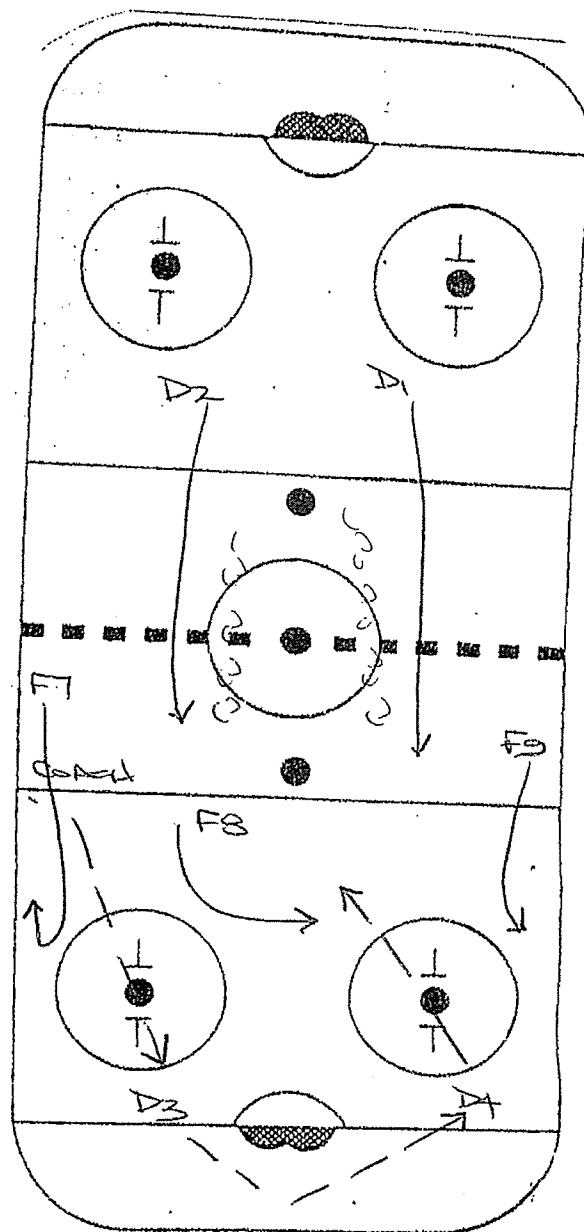


Action

- Coach spots Puck for D1/D2
- Partner Pass D-D
- D - F1/F3 Attack 3x2.
- D1/D2 Support. Quickly

Teaching Points

- ON WHISTLE Coach spots Puck to D3/D4
- For Breakout with F7/F8/F9



Action

- Continuous 3x2 using both ends

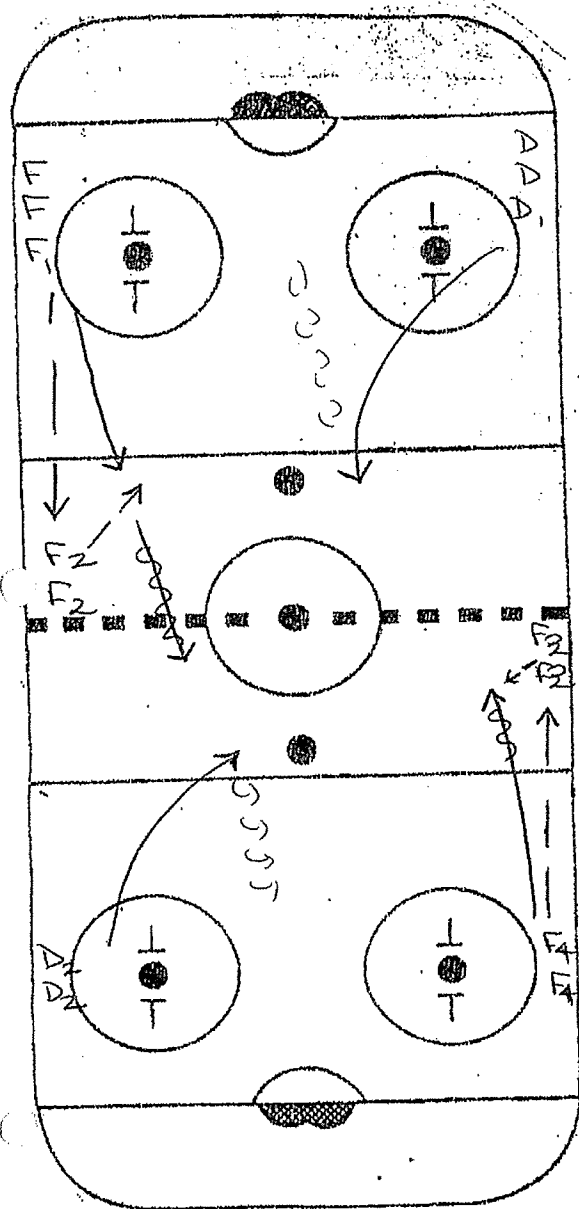
NB OFFENSIVE PLAYERS FOR MIGHT PUT PRESS ON NET 3x2 (OFFENSIVE TRIANGLE)

Teaching Points

- TAPS TO TAPS PASSING
- EYE CONTACT
- C&D CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1x1 | 2x1 | 3x1

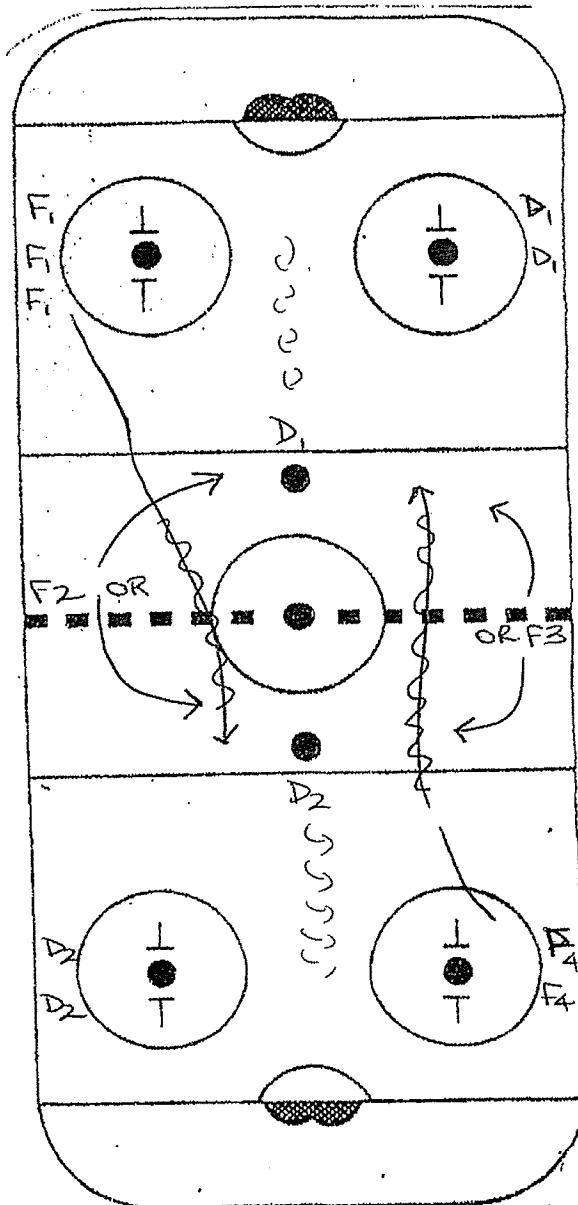


Action

- D1/D2 START AT WAISTLE
- F1/F4 PASS TO F2/F3 RESPECTIVELY
- F2/F3 ONE TOUCH BACK TO F1/F4 AND THEN TAKE DECISION WHICH SIDE TO GO TO FOR SUPPORT.

DRILL CAN DEVELOP INTO
Teaching Points A 1x1 | 2x1 | 3x1

DEPENDENT ON F2/F3
DECISION ON WHO TO SUPPORT.



Action

Teaching Points
