

604 792 4656

To: Enio Sacilotto

From: Keis Knoblauch

Team Building Activity

Scavenger Hunt

- **Send each team out with a camera to catch each item on the list.**
- **Items on the list either fun or get players into sponsors' stores, hopefully both.**
- **Put together a slide show for the team to watch together.**

Kootenay Ice Hockey Club



FOCUS: 1. _____
 2. _____
 3. _____
 4. _____

Date: _____

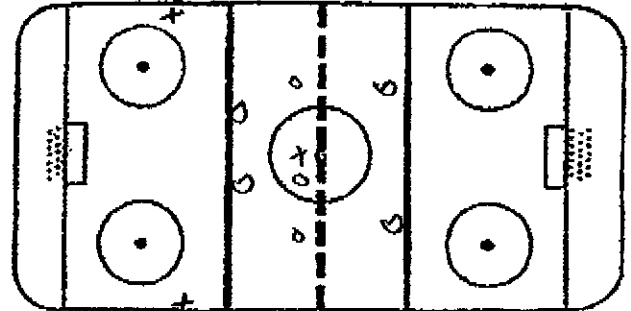
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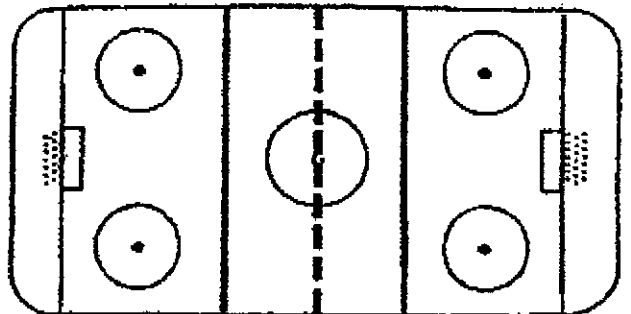
3. 5-3 / 5-5

Team Play

- X dumps puck in and forechecks
- 3 Os breakout with 2 D and attack other 2 D. X Backchecks.
- immediately after attack coach blows whistle → Transition.
- 2 X's attack other end. They cannot shoot or pass until they reach goal line.



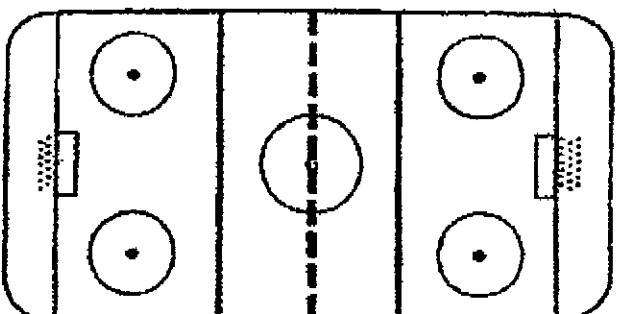
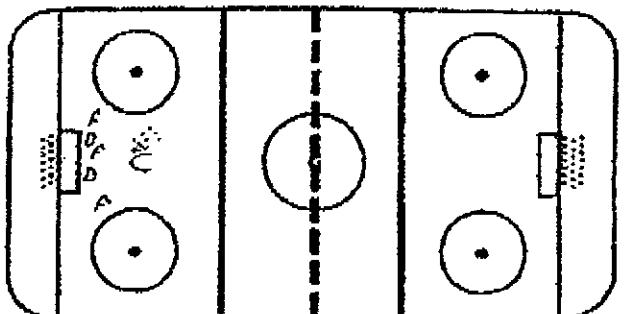
• play 5-5 until puck out of whistle.



Game

3 vs 2 Net Front

- 5 pucks, each pass to one of forwards. Play each until whistle.
- 0 goals - D win
- 1 goal - Tie
- 2 goals - Forwards win



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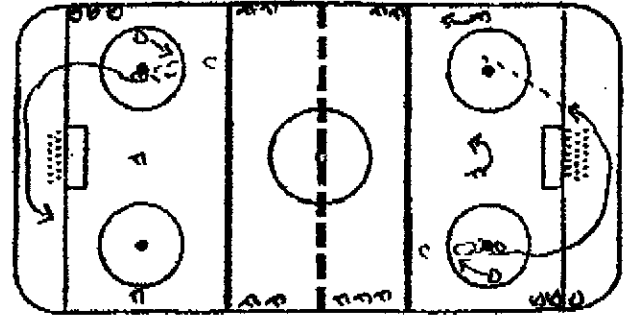
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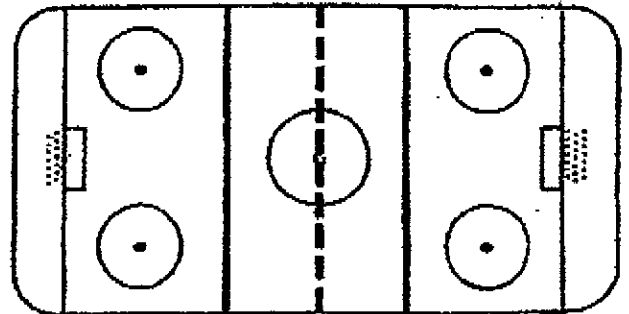
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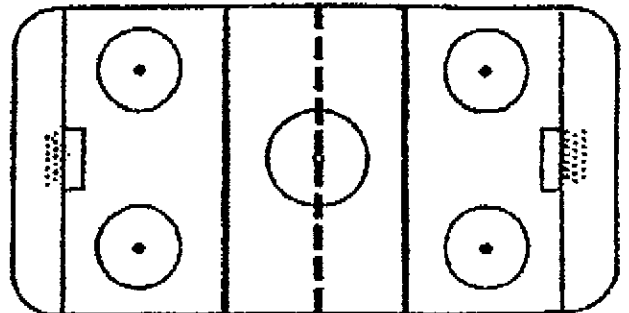
1. Johnson Breakout Favourite
- W/ Little starts @ 2 Forwards from each end touch red F into zone. D touch top circle and back to get puck that coach dumped into corner.
 - Coach forechecks. D read pressure. Either up or wheel. Pass to Forwards who attack 2-0.



- D follow up for 2nd shot.
- * Before each rep Coaches communicate pressure.
 1. Stick in air → Up breakout
 2. Stick on ice → Wheel breakout



2. Net Rebound Drill Skill
- 1 net pushed down
 - 1 net placed behind other
 - Coach shoots puck off of crossbar of the net down. Player finds rebound and shoots into net behind.



- * can also add D and make it a battle to get puck.

