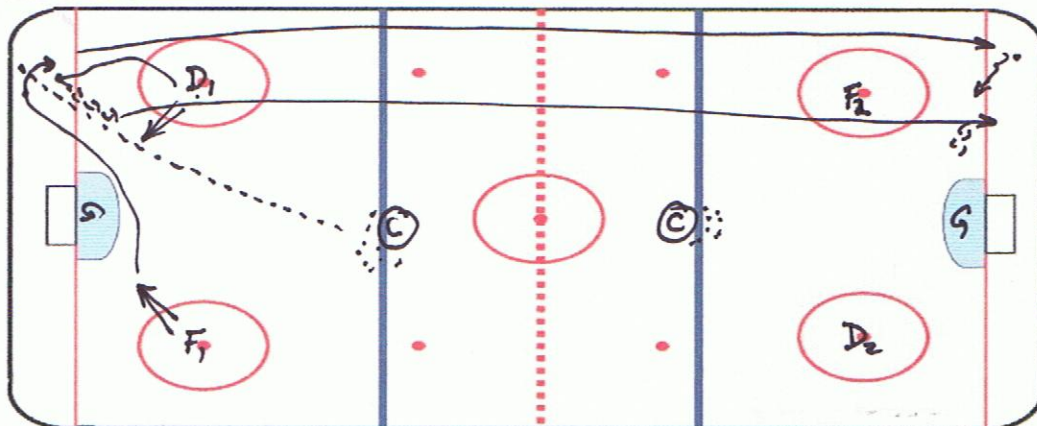


DRILL OF THE WEEK 2010-11

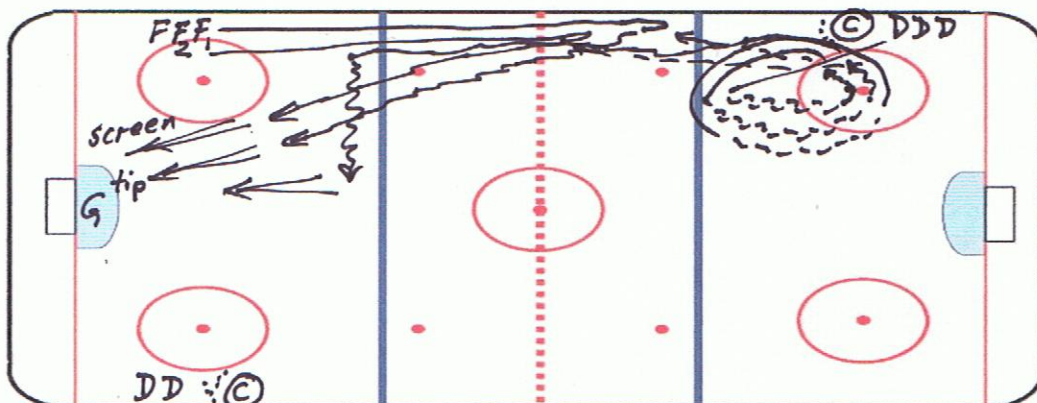
1) Defensive Drill: 1 ON 1 BATTLE

- D1 shoots
 - F1 shoots
 - coach chips 2nd puck to corner for a 1 on 1 battle, either can score
 - whistle D1 & F1 skate to other end of ice for 2nd 1 on 1 battle
- NOTES: both ends the same time, add 2 on 2, 3 on 3, etc.



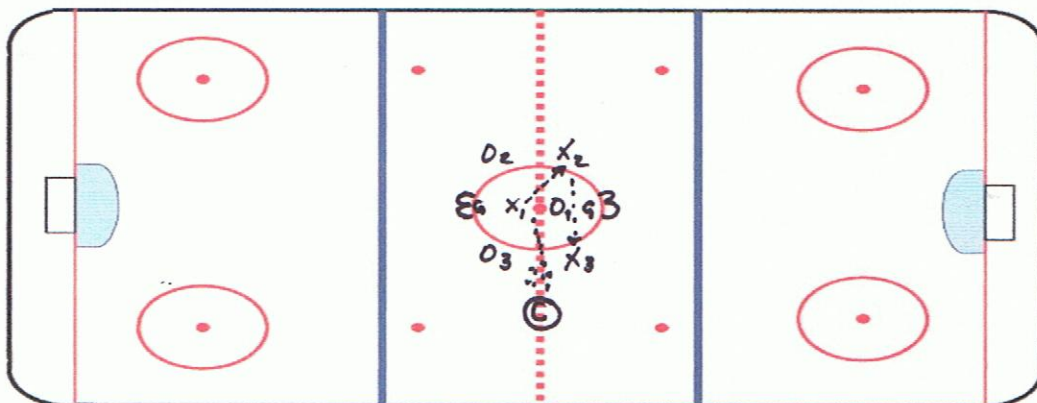
2) Offensive Drill: 3 SHOT GOALIE WARM-UP

- D1 up to blueline, pivot bkwd & retrieve puck
- F1 times it down bds. pivots gets pass from D1, attacks net
- D1 retrieves 2nd puck
- F2 times it down bds. pivots gets pass from D1, attacks net
- D1 gets 3rd puck up ice, walks blueline & shoots
- both ends at same time



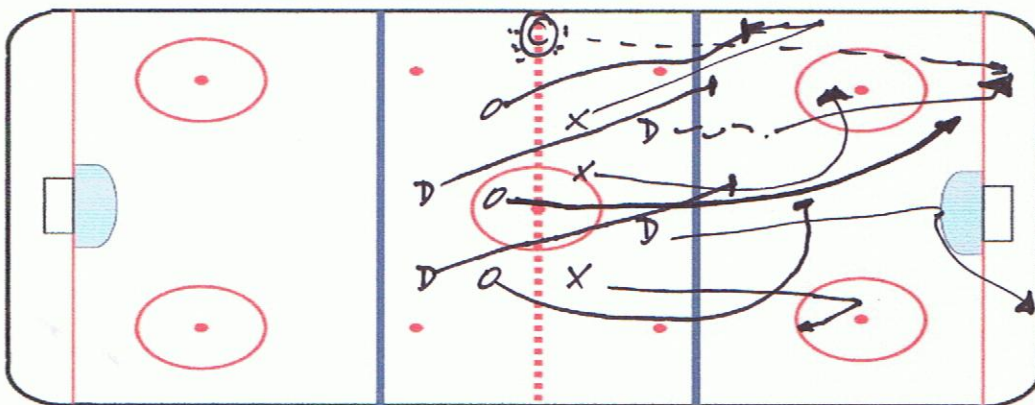
3) S. White PP Drill:

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



4) Team FC

- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2nd puck so O's FC again vs X's BO



"The only thing that beats hard work is hard working talent."