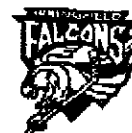




SPRINGFIELD FALCONS DRILL WORKSHEET



THEME

DRILL OF THE WEEK
CLUB

DATE

POST-PRACTICE COMMENTS

REASON

ERIC TOLD ME TO

TIME

DRILL

TRACKING DRILL
"ABOVE : BELOW"

- "O" LINE IN N.Z. WITH 2 D
- O1 NOW SWINGS BETWEEN F1 & F2 (WHO ARE TRACKERS)
- WHEN O1 COMES TO GET BACK C NOW CALLS OUT "ABOVE" OR "BELOW" TO START 1 OF THE TRACKERS. PLAY 30W 30W DEF ZONE.

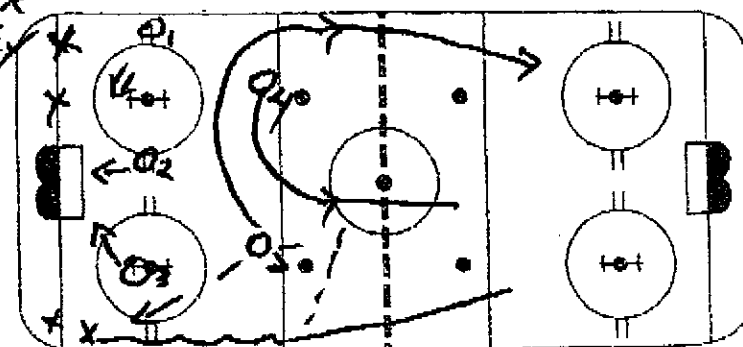
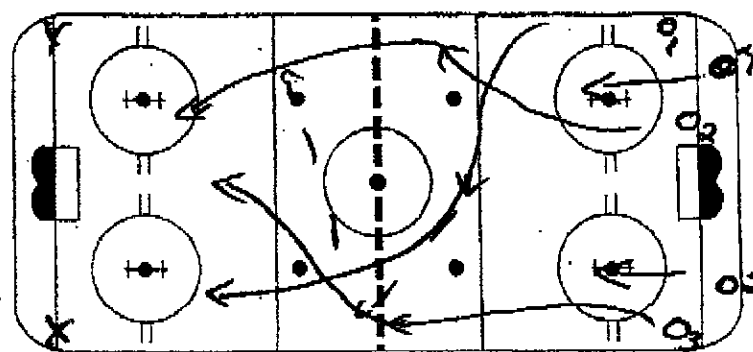
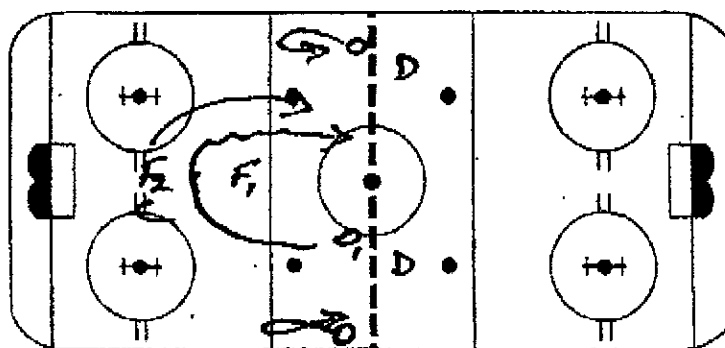
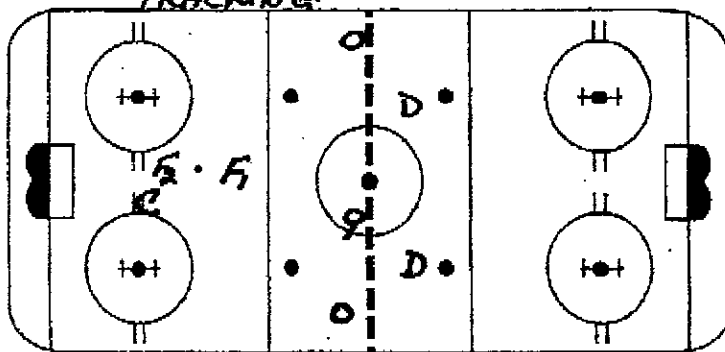
PROGRESSION: SEND 2 : 3
TRACKERS + 2 OFF. DEF FOR
30W 30W

Warm-Up Drill

- "3 MAN WEAVE + 2 MORE"
- O'S START @ 1 END & GO
- 3 MAN WEAVE W/ SHOT @ OTHER END.

ONCE 3-O'S REACH THEIR
OWN BLUELINE, 2 MORE O'S
FOLLOW UP (PAIRS PASSING)
& NOW PASS TO EITHER CORNER
@ OTHER END. WHOMEVER THEY
PASS TO NOW FORMS THEM
& RETURNS TO OTHER END
& 2 MORE FOLLOW UP.

TRACKING





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME

DATE

POST-PRACTICE COMMENTS

REASON

SKILL DEVELOPMENT
FOR DEF. QUICK HANDS & DECISION MAKING

TIME

DRILL

DEF. BACK PASS & SHOOT

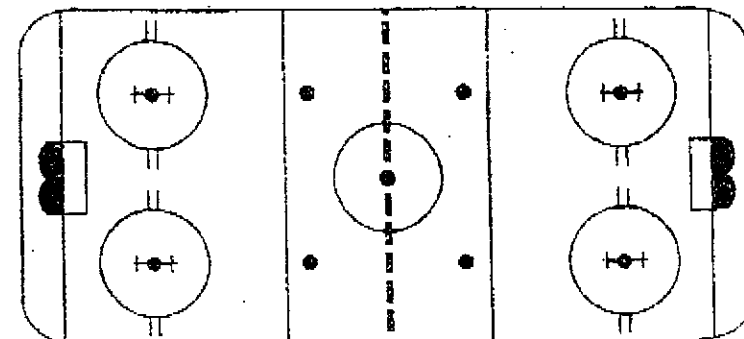
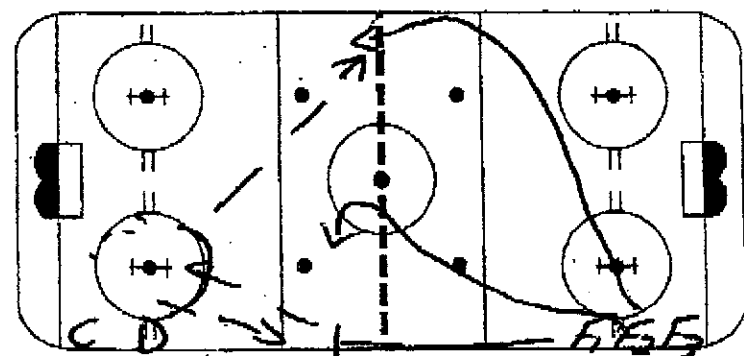
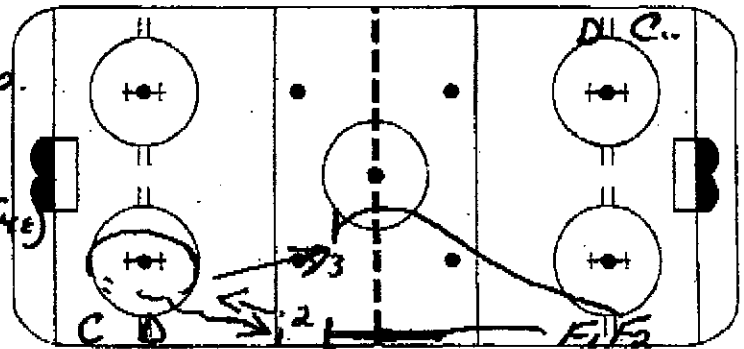
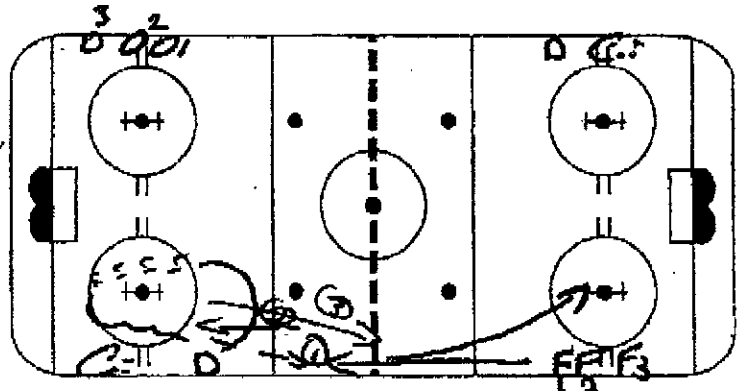
"RULE OF DRILL IS THAT A 2ND
PASS MUST ALWAYS GO BACK
TO D."

• D STEPS OVER TOP OF
CIRCLE & GETS A SPOTTED PASS
FROM C - PASSES TO F, (WHO
PASSES BACK TO D AGAIN)
& RECEIVES IT BACK & GOES
DOWN & SHOOT. D FOLLOW UP.

PROGRESSION 2-0 W/ PT
SHOT. (BOTH ENDS @ SAME TIME)

PROGRESSION 3-0
(1 END @ A TIME)

* DRILL HELPS D LOOK FOR
2ND OPTIONS ON 2-0 &
3-0 PASSES.





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME _____

DATE _____

POST-PRACTICE COMMENTS _____

REASON _____

TIME _____

DRILL _____

FIN DRILL

10 GOAL (OR 10 MINS.
YOUR CALL)

- F₁ & F₂ TAKE OFF FOR QUICK 2-0 PASS FR. C

- F₁ & F₂ NOW GO 2-1 VS D
SHORT NET PLAY.

- F₃ STEPS OUT W/ PUCK
GOES 3-2 W/ F₁ & F₂.

- F₃ NOW GOES 1-0 TO OTHER
END W/ 1-0 TRACKING
STARTS OVER.

- * LOTS OF OPPORTUNITIES
TO SCORE.

QUOTE:

"NO EXCUSES - NO
EXPLANATIONS"

