



Canadian Hockey Coaching Program

"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"



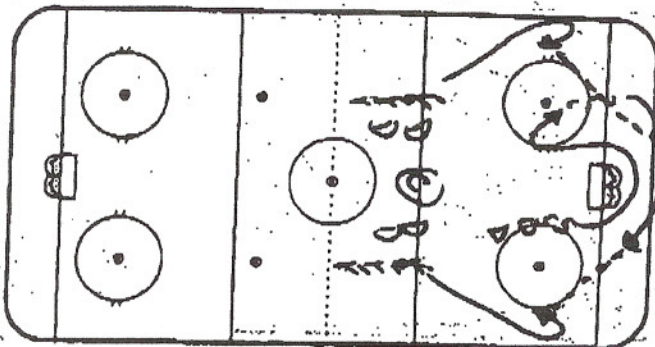
TIME DESCRIPTION KEY POINTS

① SKNI DUMI
USING THE NET

② DUMPS IN:

③ BLADES TO RECEIVE PASS - AROUND NET
MT (W)

④ THEN COMES UP TO DOT ON OTHER
SIDE C REPEATS (4 PASSES)



TIME DESCRIPTION KEY POINTS

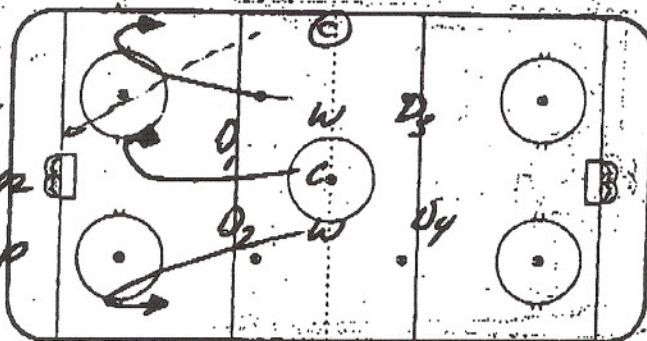
② TEAM PLAY DUMI
N2 REGRUP ON WHITE

③ DUMPS - (5) MIN UNIT
ATTACK D3-D4 - SUB2

ON WHITE TEAM AND REGRUP WITH D-2
THEN RE-ATTACK D3-D4

* WATCH FOR PROPER HANDS ON REGRUP
GOOD GRIP - COME BACK

④ DICTATES NUMBER OF REGRUP
FOCUS TO SUB2 D-2 RELEASE



TIME DESCRIPTION KEY POINTS

③ SUB2 - SUB1

SUB2 CONTINUOUS

④ FAVORITE
DUMI

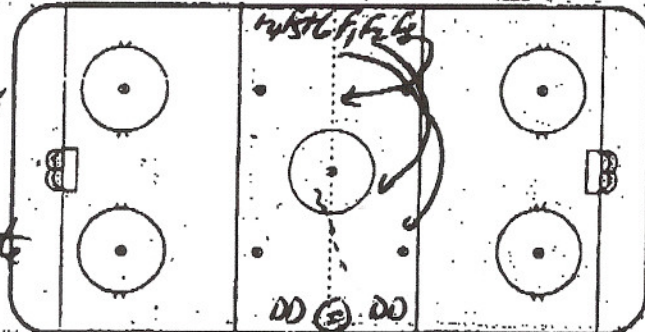
⑤ SPOTS PUCK IN N2 FIRST ATTACK SUB2
CISSES 2ND PUCK - D JUMP W - SUB1

⑥ SPOTS 3RD PUCK D-2 JUMP IN SUB2

ONE FIRST UNIT CROSSES LID ON SUB2

NEXT UNIT COMMENCES SUB2 OFFENSE
DUMI

CONTINUOUS



TIME DESCRIPTION KEY POINTS

④ FIVE COMPETITIVE

⑤ VARIETY OF DUMPS ⑥ BACK TO RECEIVING
FIELD IS FK (D) MEN

⑦ PT IF (D) MEN SHOOT PUCK OUT

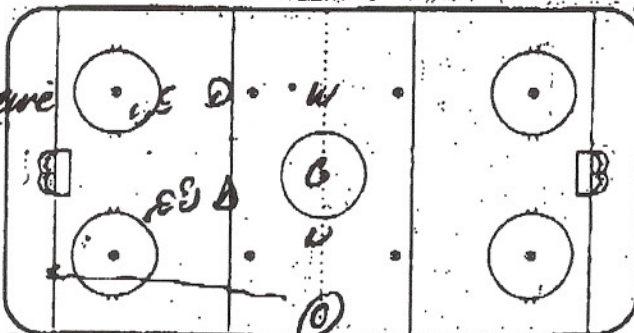
⑧ PT IF (D) GOALY OUT

⑨ PT IF PUCK'S GAIN OR CATCH

⑩ PT IF PUCK STOP

GAME TO (D) MEN

LAST WHITE
HANNERS SHOTS
AFTER MATCH-UP
PUCK'S IN D MEN



3M