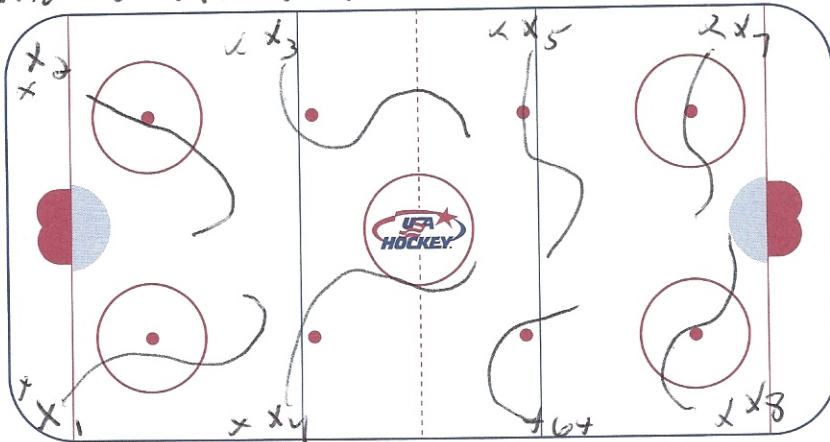




## SYSTEM/DRILL

Chris Ross - UNE Hockey

### Individual Skate Skill warm up



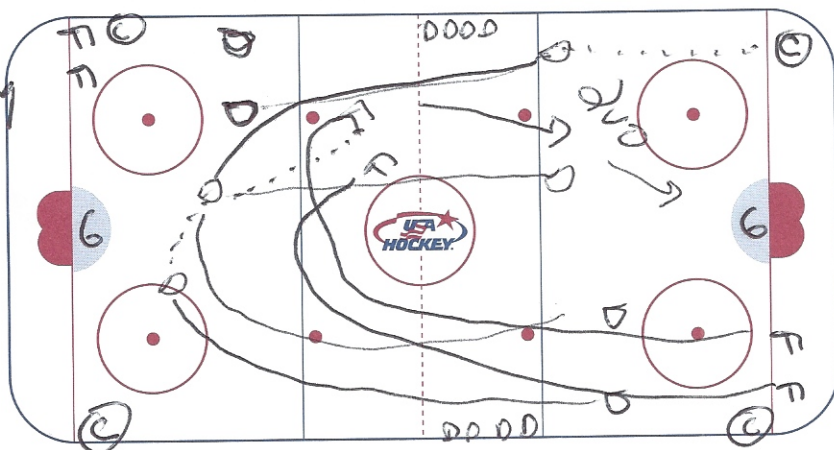
Notes/Systems

### Nor' Easter Chaos

Description warm up

- 8 Lines of Skaters
- goalies do a skating warm up behind goal line
- 8 players skate with puck on whistle can skate all over ice keeping head up. Skaters will look to make passes & receive return pass from any player that's up next in line. Next group goes on whistle & first group returns to original line

Wheeling  
2  
VO



Notes/Systems

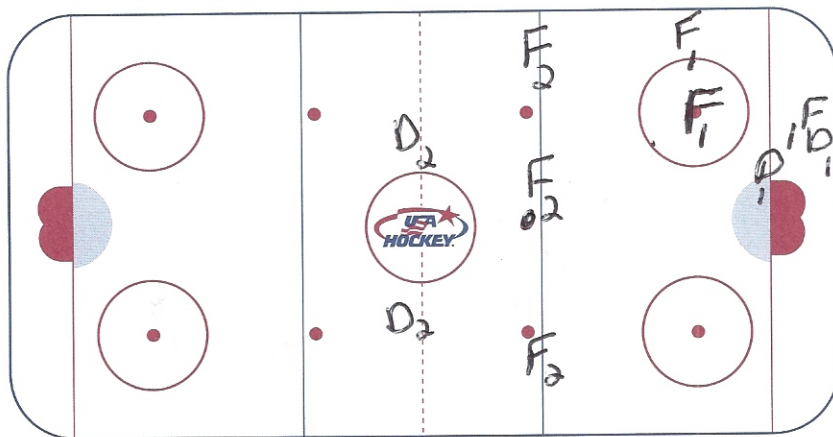
Description Team Skill warm up

Drill - Wheeling 2 VO

- Coaches in 4 corners
- Forwards & D start in opposite corners.

on whistle Forward & D talk of passing to each other as a 4 man unit. When D get to Top Circles they make pass to Forwards who are cutting across Blue Line, & go 2VO on opposite side. Back to end they started, D follow & get a pass from coach on their side for a point shot 1+1

OFF!  
DEF!  
Team  
Drill



Notes/Systems

Description 3V2 Low to 3V2 Line Rush to 5V5 in zone

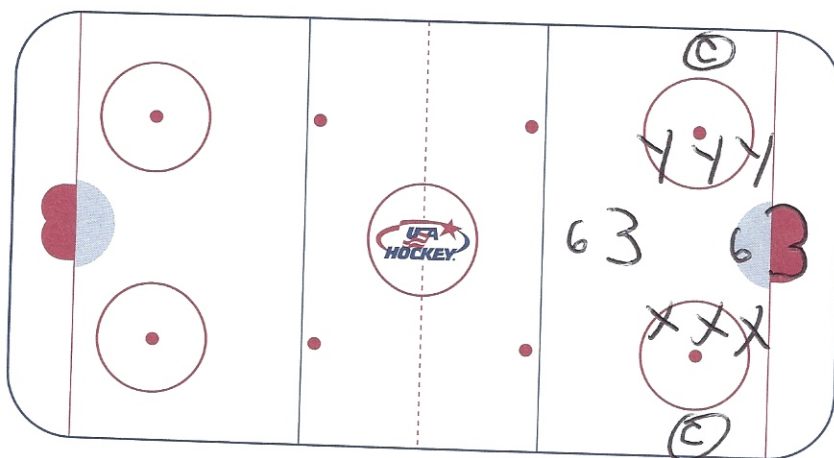
- Group one starts out with 3V2 Down Low. D's focus on corner contains F's focus on cut backs & creating. Next whistle group 2 on blue line starts a line Rush with Group 1 Back checking to create a 5V5 in opposite end





# SYSTEM/DRILL

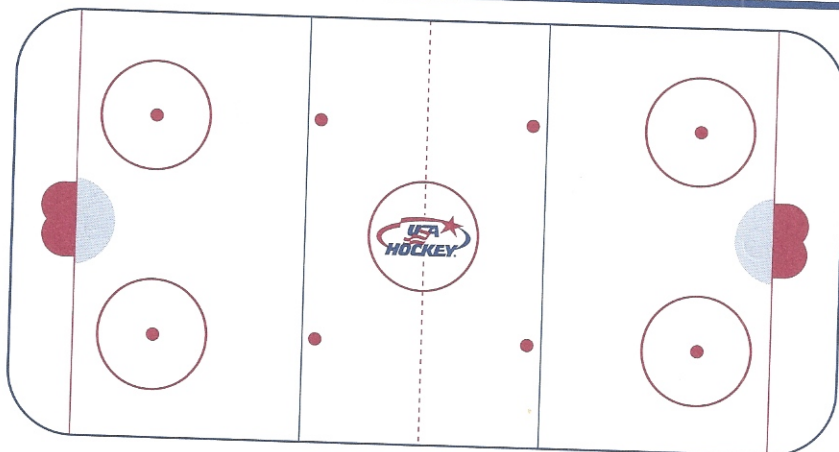
Competitive game



Notes/Systems

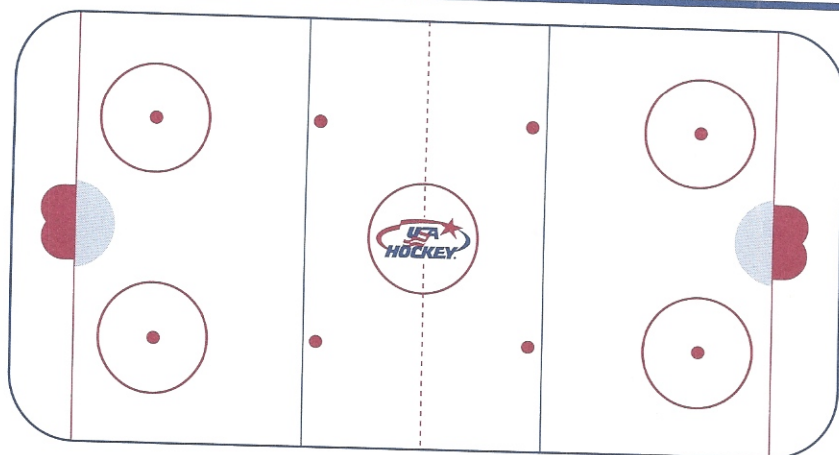
UNE Levels with 2 BOBBY ORR'S

**Description** X's vs Y's  
3 v 3 - Coaches on  
Hash mark & act as Bobby  
ORR.  
Both Teams Can Score  
on upper or lower net  
But must give pull to  
Coach who is Bobby  
ORR to change possession



Notes/Systems

**Description**



Notes/Systems

**Description**

