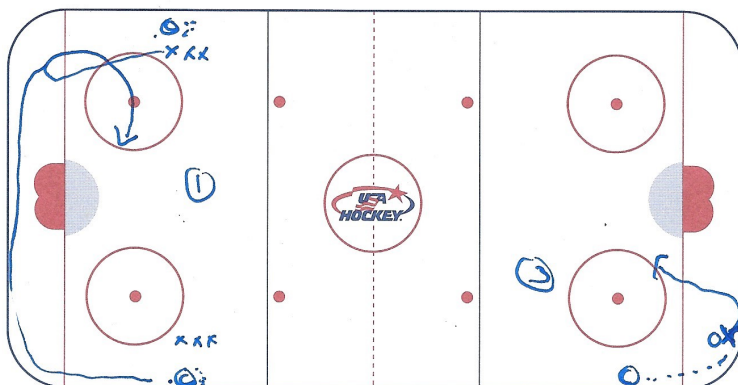




SYSTEM/DRILL Individual Skill + Warmup

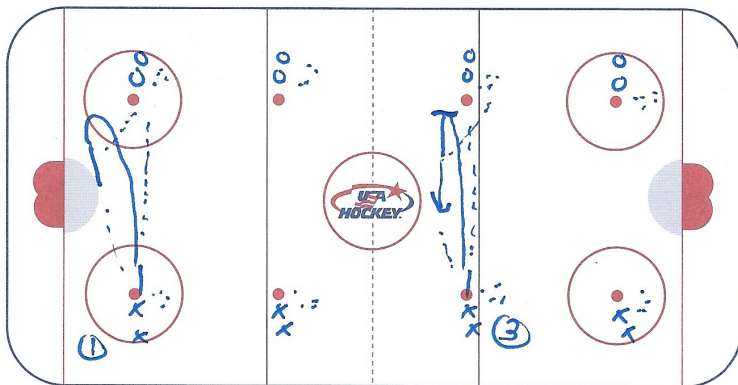


Notes/Systems Forward Specific Cut Backs

Description ① Coach wraps puck & collects puck & cuts back

② Same as above with double cut back

③ Coach chips puck to X with O playing Defense & applying pressure. Protect and pull to net



Notes/Systems Nelly L/R

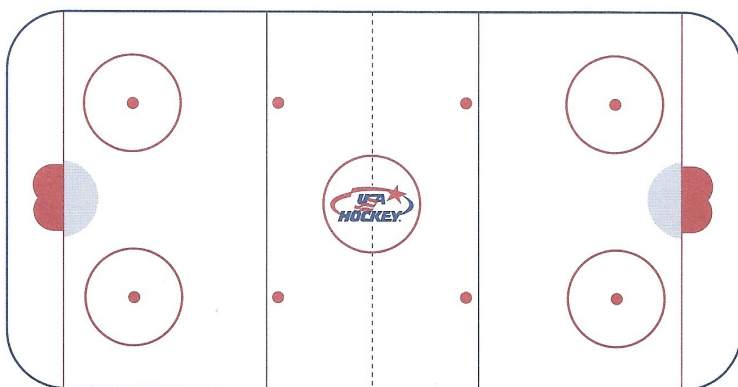
Description

① X Starts to skate pass to O and turn to Left receiver

② Same as above but turn to Right

③ X Starts to skate pass to O X will open up facing the puck and receive pass back

④ Same as 3 but open up other way



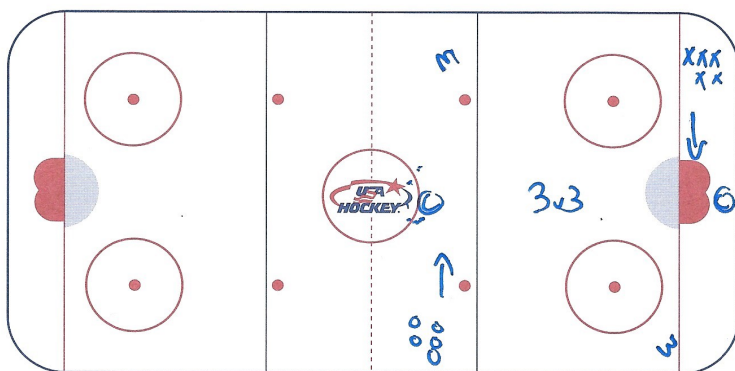
Notes/Systems

Description





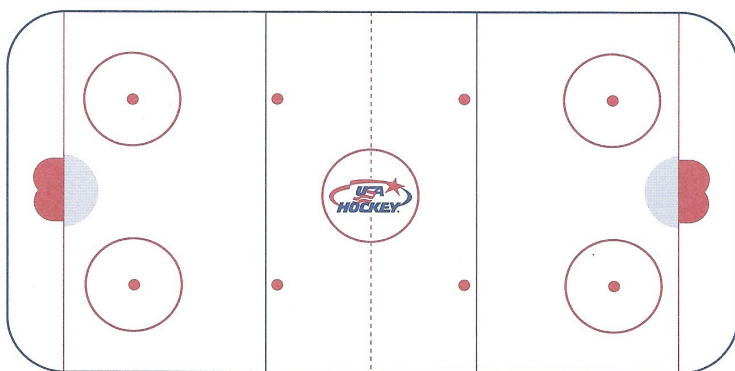
SYSTEM/DRILL Small Game



Notes/Systems Bowling Green 3v3

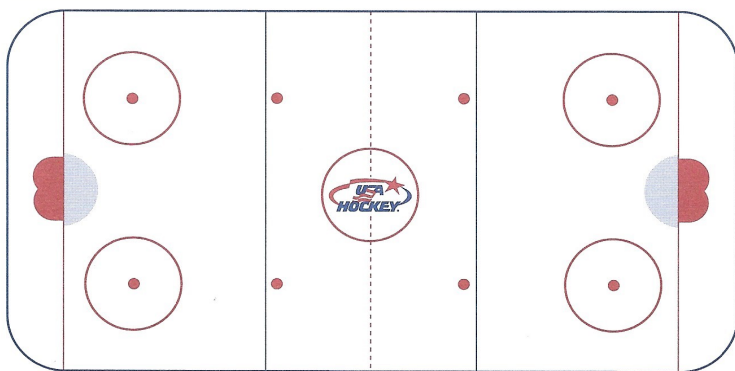
Description 3v3 Change
Of possession Must pass
to one of the @ before
you can score.

It is a bigger than
a Small Game, It should
force your guys or girls
to do middle lane Drives



Notes/Systems _____

Description _____



Notes/Systems _____

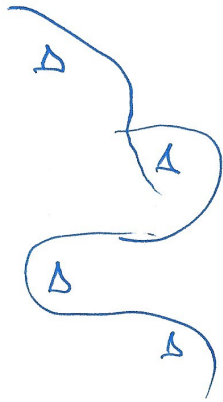
Description _____

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Liberty Mutual.
INSURANCE

Divide your team into 2 or 4 teams.
Have both teams get really tight and
Tape them together using Masking tape.
Once that is done ; have a race or
Collect stuff off the ground



This forces team work,
Communication, Creativity

"The highest compliment you can pay me
is to say ~~I~~ I work hard everyday,
that I never dog it." - Wayne Gretzky