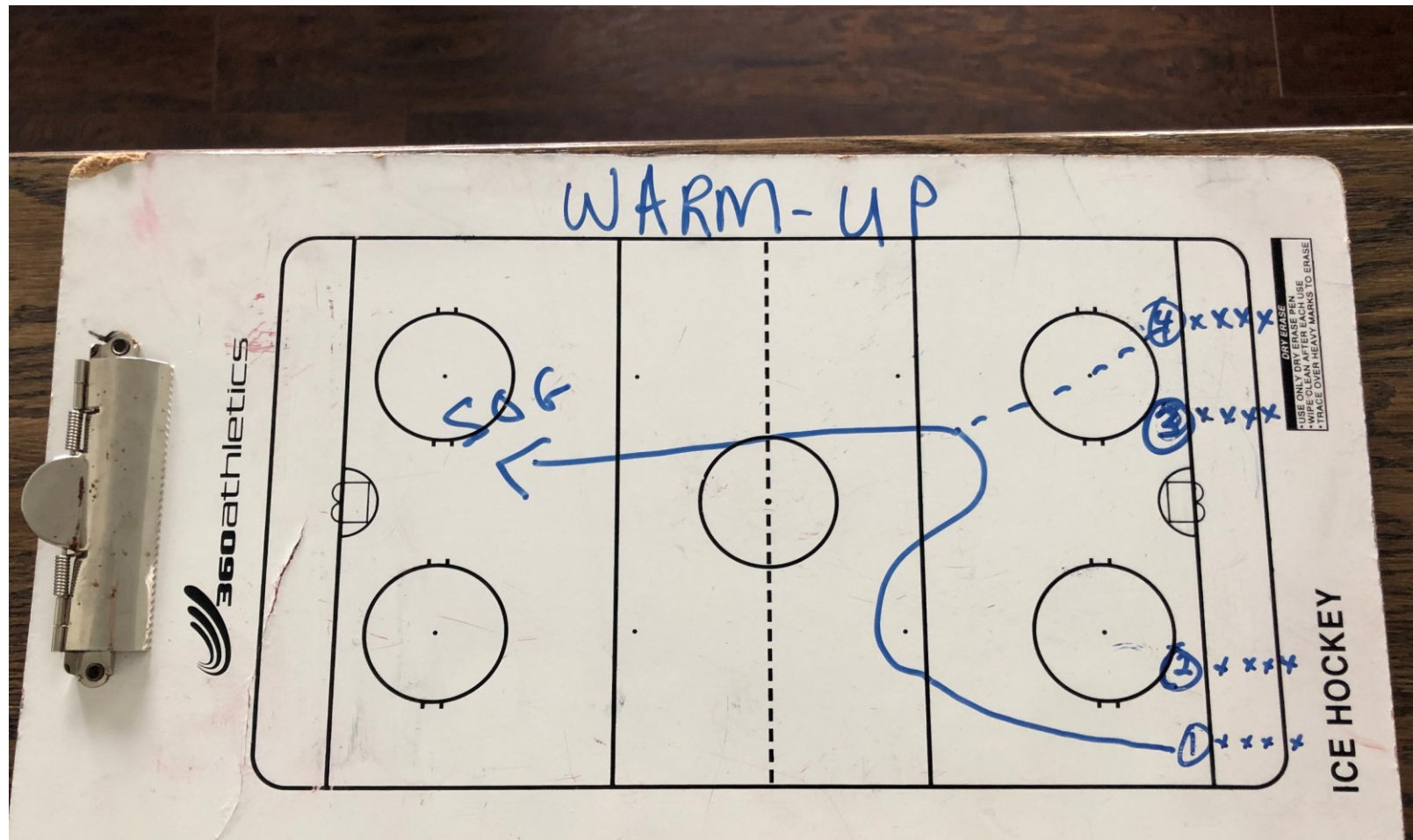


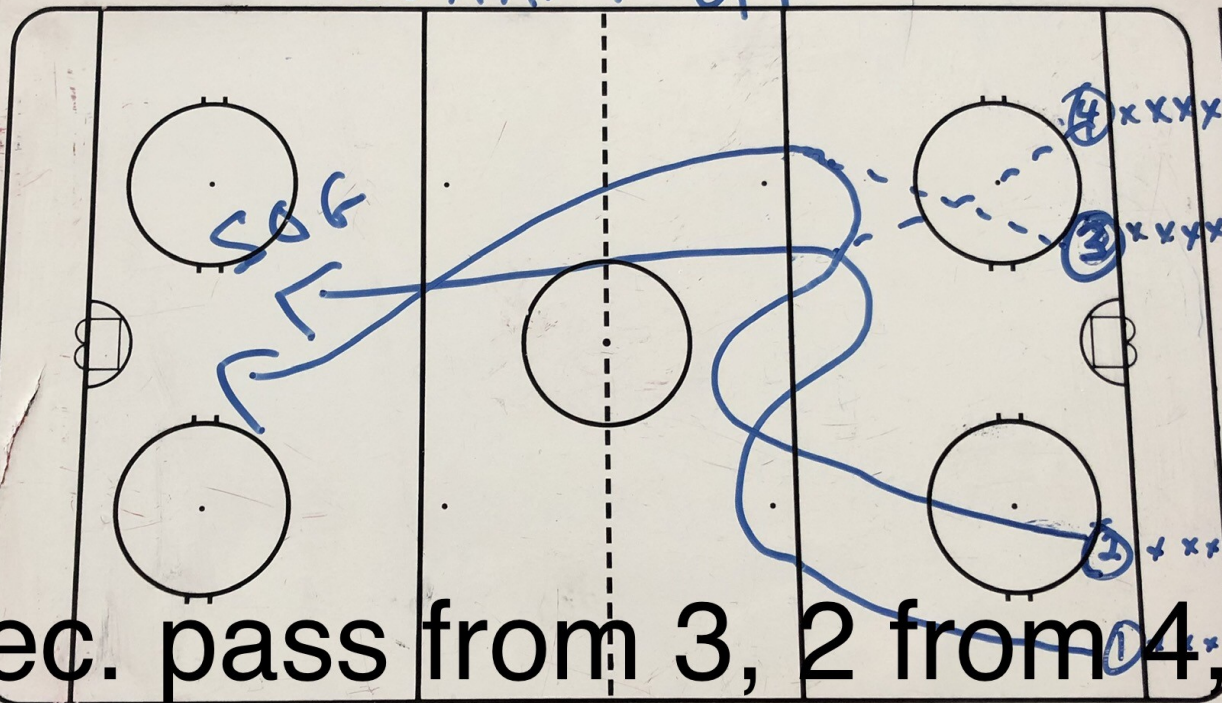
Book- Hockey Towns by Ron Maclean. Many stories about great hockey legends.

Team building Activity- we hold a baseball tournament every year prior to the season. Then mid season parents vs players no contact game instead of a practice usually close to Christmas.

Ryan Jaynes
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Vehicle and Equipment Training Dept.
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WARM-UP



1 rec. pass from 3, 2 from 4,
3 from 1, 4 from 2.

360athletics

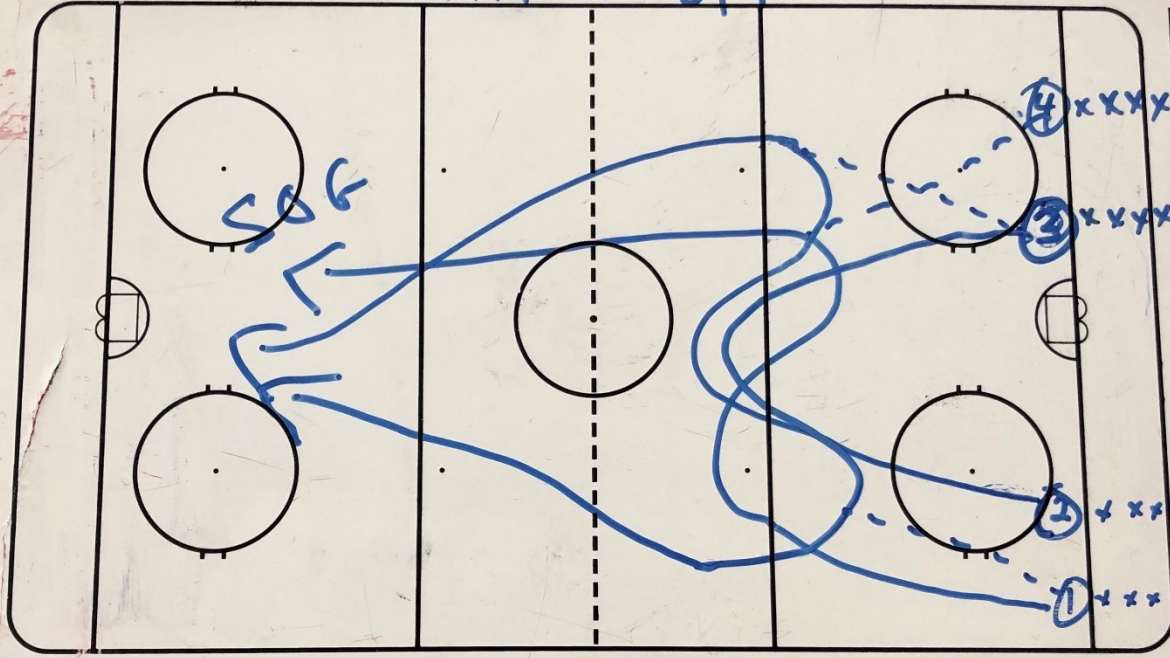
ICE HOCKEY

ONLY ERASE
USE ONLY DRY ERASE PEN
DO NOT CLEAN AFTER EACH USE
TRACE OVER HEAVY MARKS TO ERASE



360athletics

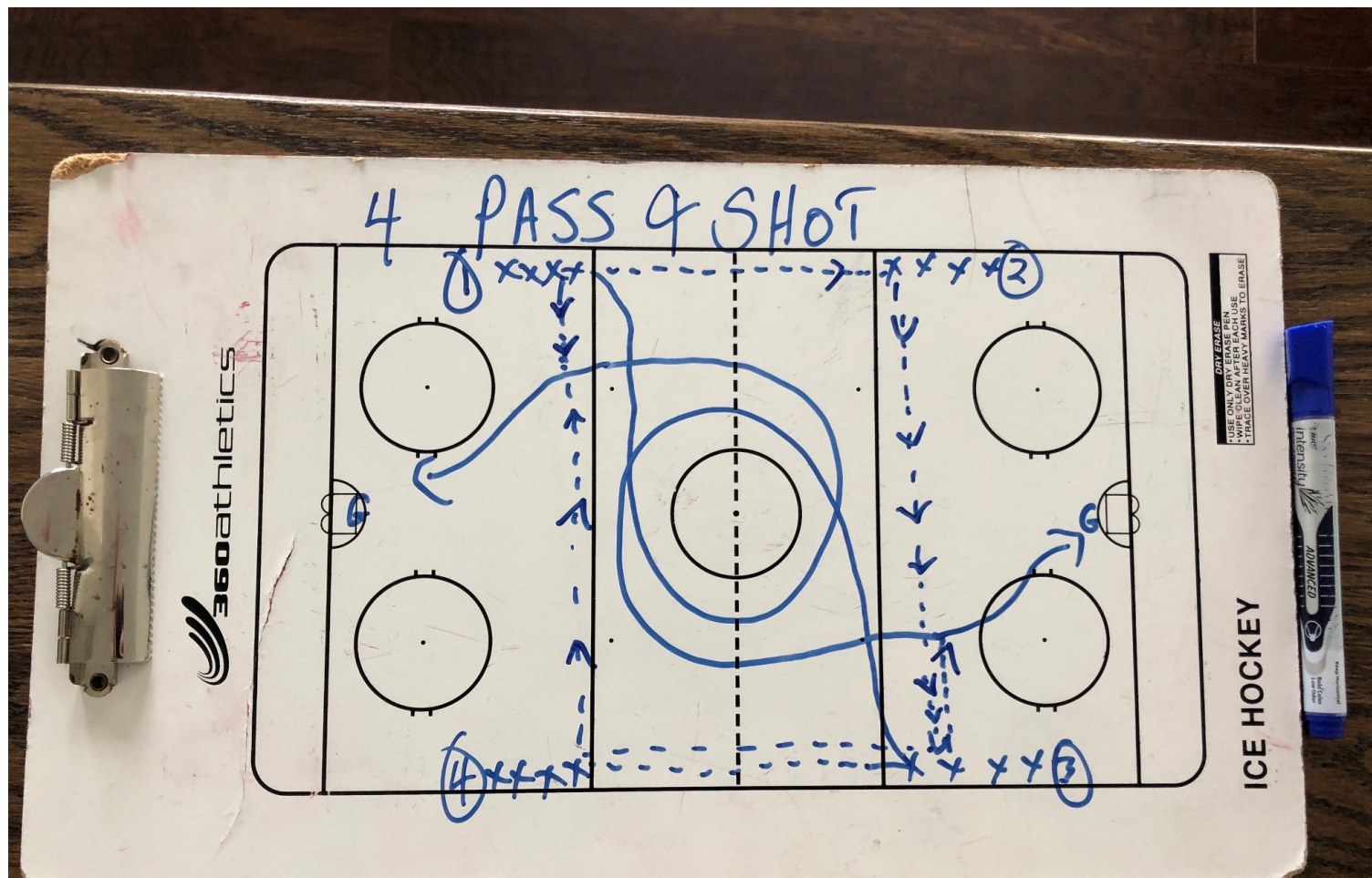
WARM-UP



ICE HOCKEY

DRY ERASE
*USE ONLY DRY WAX PENCIL
*WAX MARKS WILL BE REMOVED AFTER EACH USE
*TRACE OVER HEAVY MARKS TO ERASE

4 pass shot- lines 1 and 3 make pass across then skat opposite direction around circle. All lines make pass across until player receives pass from original line and goes in for SOG



3 vs 2 follow- coach dumps puck in for forwards to break out... forwards must break out and pass puck through neutral zone and follow their pass and work hard enough while going against 2 D.

