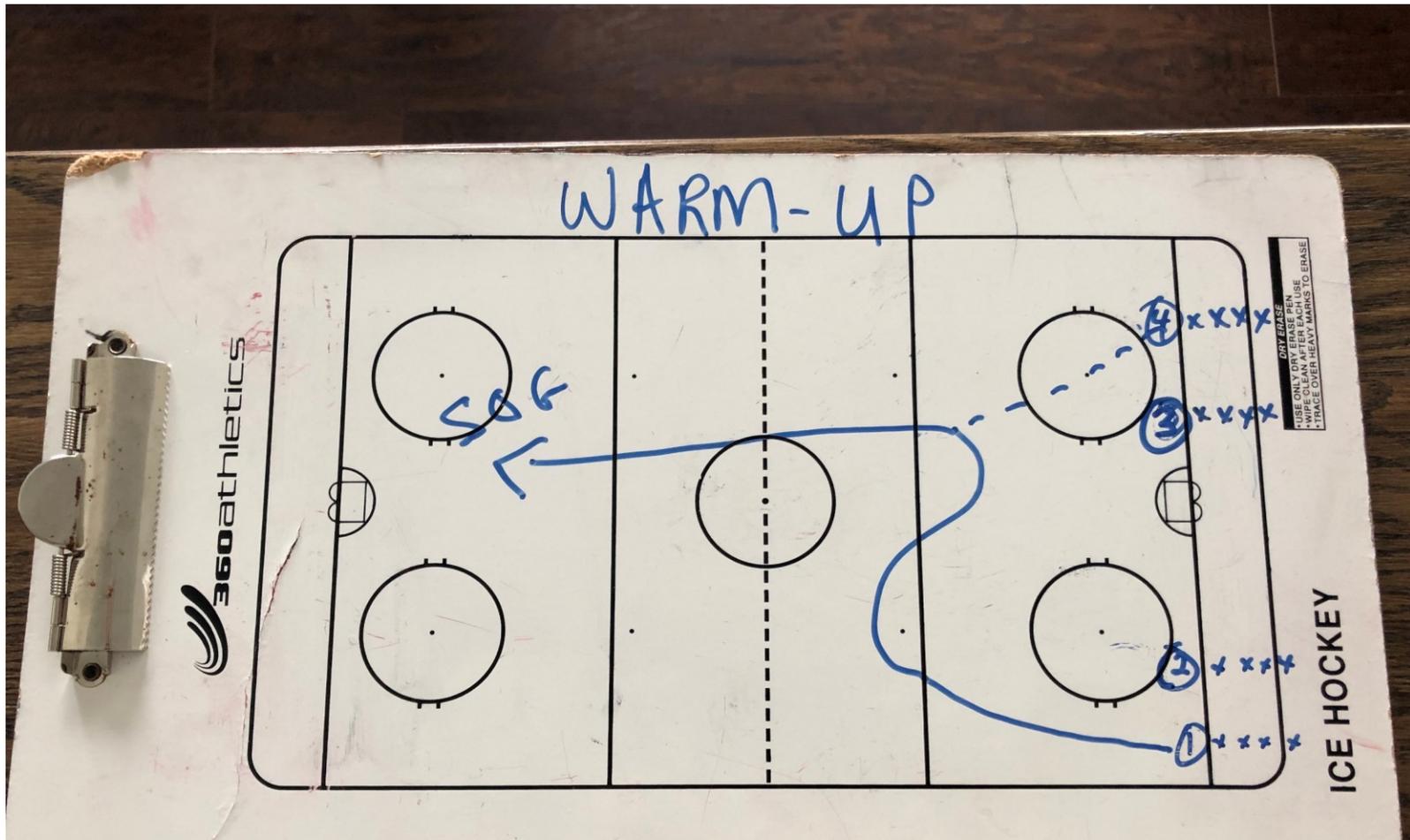


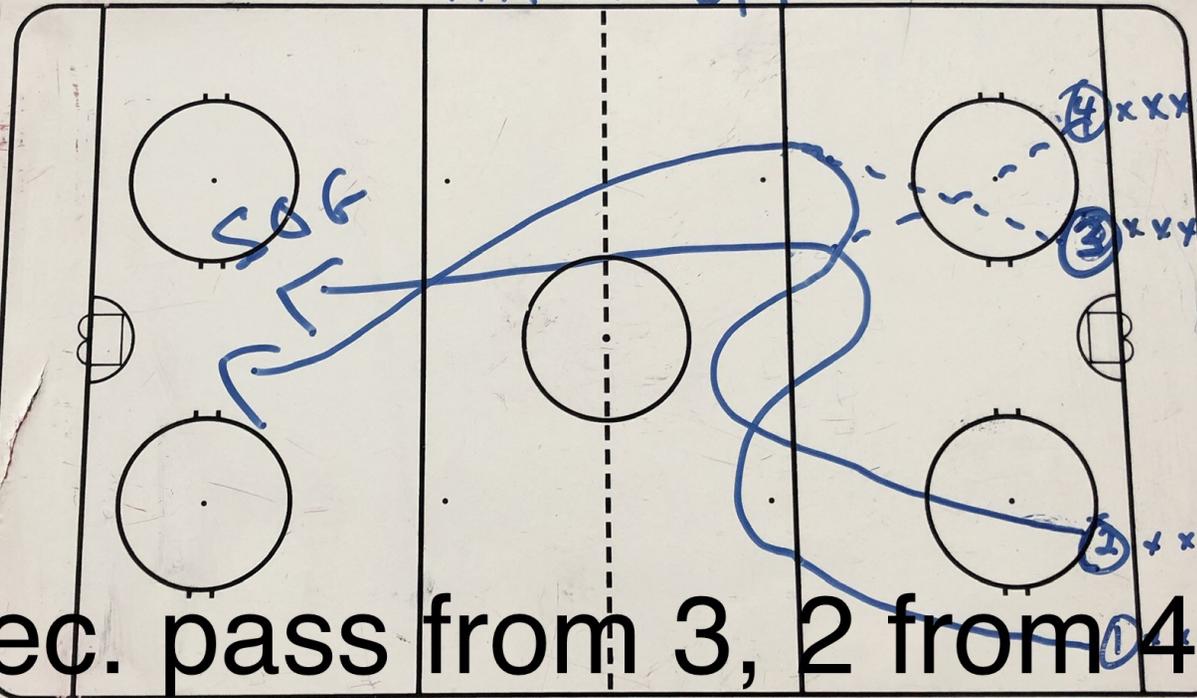
Book- Hockey Towns by Ron Maclean. Many stories about great hockey legends.

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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WARM-UP



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

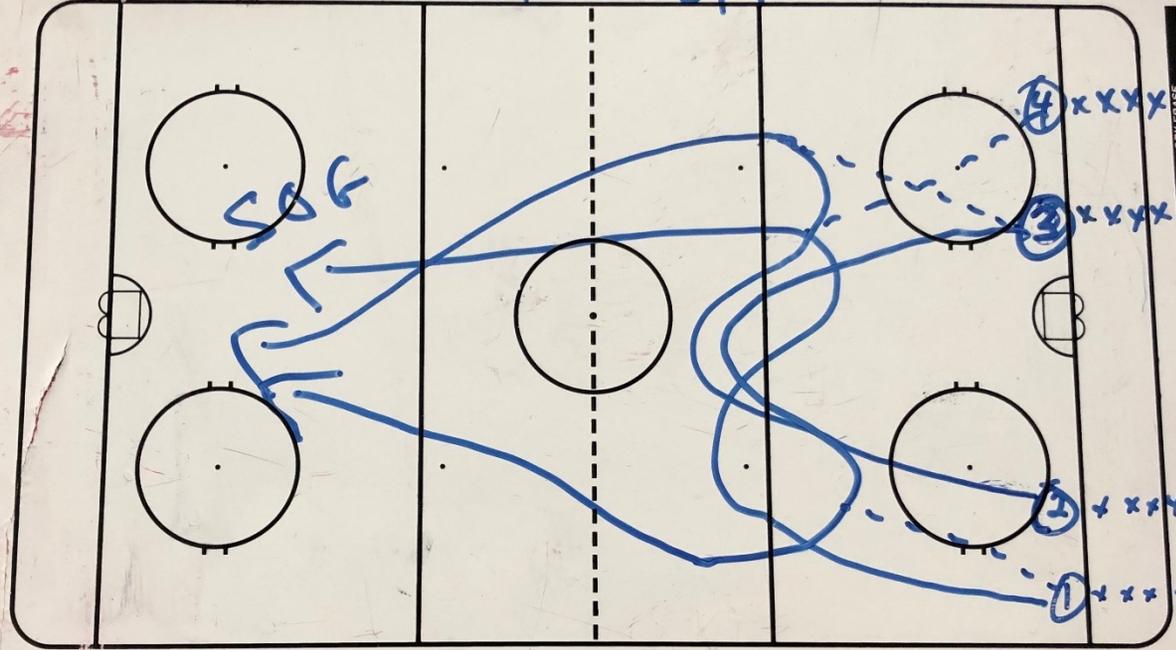
360athletics

ONLY ERASE
USE ONLY DRY ERASE PEN
CLEAN AFTER EACH USE
TRACE OVER HEAVY MARKS TO ERASE

ICE HOCKEY

WARM-UP

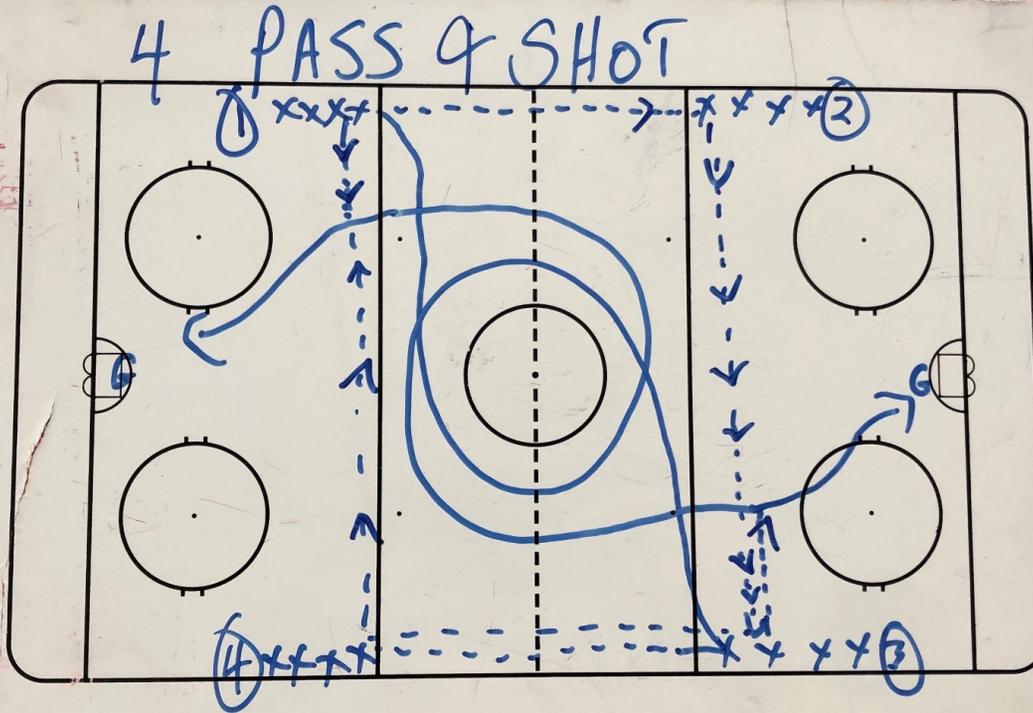
360athletics



DRY ERASE
*USE ONLY DRY WET WIPERS
*WIPER AFTER EACH USE
*TRACE OVER HEAVY MARKS TO ERASE

ICE HOCKEY

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



360athletics

DRY ERASE
USE ONLY DRY ERASE PEN
WIPE CLEAN WITH A TISSUE
ERASE OTHER HEAVY MARKS TO ERASE

ICE HOCKEY



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.

