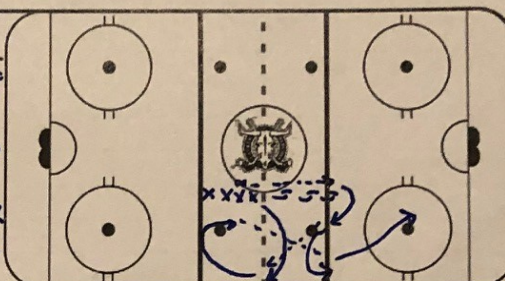




RED DEER REBELS

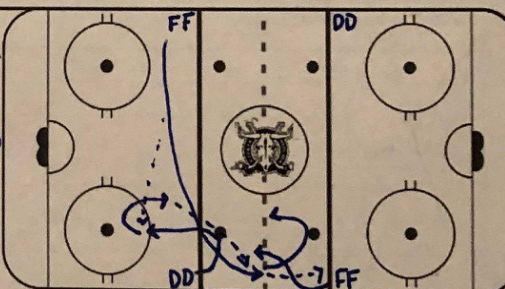
Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

- Time: _____ Drill Name: **OPEN UP TRANSITION WARMUP**
- LINE AT RED AT CORNER OF CENTER CIRCLE, PUCKS AT FRONT OF LINE
 - X1 SKATES BACKWARDS TO BLUE + GETS PASS FROM X2, X2 CIRCLES TO WALL + OPENS UP, X1 TAKES ICE + PASSES TO X2.
 - X1 CIRCLES BACK TO WALL, X2 CIRCLES TO MIDDLE + PASSES BACK TO X1, X1 GOES DOWN FOR SHOT, X2 PIVOTS BACKWARDS + STARTS DRILL AGAIN WITH X3
- Key Teaching Points (KTP)
- MOVE FORWARD TAKING ICE WHILE PASSING, NO FACEWAYS
 - OPEN UP TO PUCK WHILE RECEIVING



Key Execution Points (KEP)

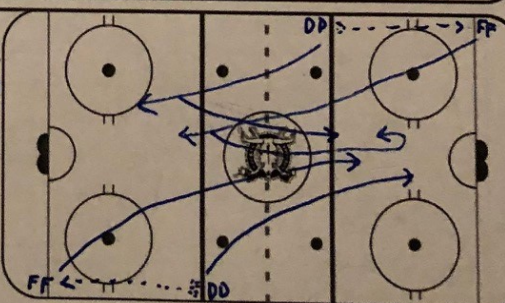
- Time: _____ Drill Name: **ANAHEIM 2x1**
- FORWARDS LINE UP AT OPPOSITE BLUES WITH PUCKS + D LINE AT OPPOSITE BLUES.
 - D GAPS UP TO DOT + BACKWARDS TOWARD THEIR END, FORWARD IN LINE ACROSS PASSES TO D + SWINGS TO WALL + GET PASS BACK FROM D.
 - FORWARD PASSES TO NEXT FWD IN OTHER LINE, CIRCLES BACK + BOTH FWDS ATTACK UP ICE AGAINST D.
- Key Teaching Points (KTP)
- BOTH SIDES AT SAME TIME
 - SPEED 2x1 ATTACK



Key Execution Points (KEP)

- Time: _____ Drill Name: **DUP 2x2**
- FORWARDS IN OPPOSITE CORNERS, D AT OPPOSITE BLUES WITH PUCKS
 - DRILL STARTS WITH D PASS TO F ON ONE SIDE + ONE ON ONE DOWN
 - ON WHISTLE OTHER SIDE STARTS WITH D PASS TO F.
 - PREVIOUS D JOINS F + PREVIOUS F BACKCHECKS FOR 2x2

Key Teaching Points (KTP)



Key Execution Points (KEP)



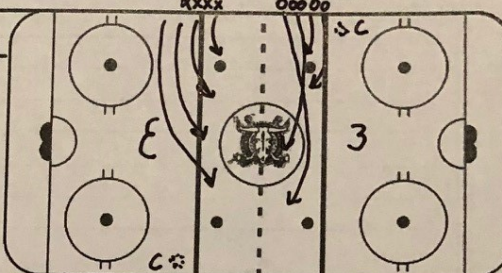
RED DEER REBELS

Practice No. _____ Date: _____ Theme: _____

Duration: _____ (mins.)

Time: _____ Drill Name: **4v4 RUSHES SMALL AREA GAME**

- NETS UP TO TOPS OF CIRCLES IN EACH END
- 4 FROM EACH TEAM COME OFF BENCH FOR EACH 40-60 SECOND SHIFT. NO CHANGING ON FLY
- COACHES HAVE PUCKS ON OPPOSITE BLUES.
- THE IDEA IS A FAST PACED 4v4 GAME WHERE TEAMS TRADE RUSHES. SO, HOPEFULLY, LOTS OF 2v1, 2v2, 3v2, 3v3, 4v4, ETC.
- ANY PUCKS GOING PAST NET ARE OUT OF BOUNDS + COACH AT THAT Key Teaching Points (KTP) END SENDS NEW PUCK IN.
- ANY CHANGE OF POSSESSION MUST BE PASSED TO A COACH BEFORE ATTACK.



Key Execution Points (KEP)

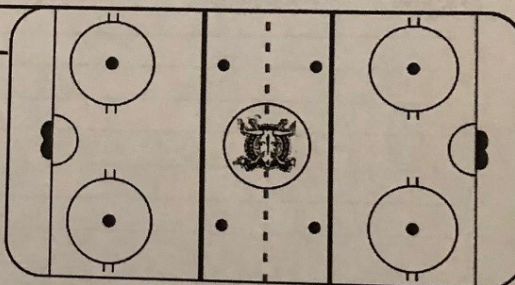
Time: _____ Drill Name: _____

RECOMMENDED BOOK:

'THE OBSTACLE IS THE WAY'

BY RYAN HOLIDAY

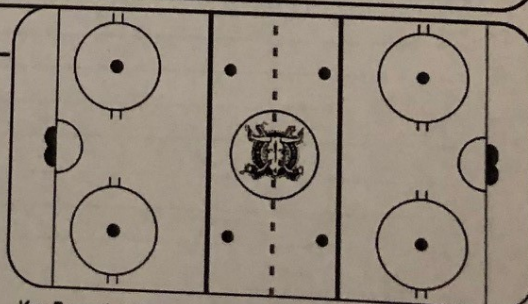
Key Teaching Points (KTP)



Key Execution Points (KEP)

Time: _____ Drill Name: _____

Key Teaching Points (KTP)



Key Execution Points (KEP)