



SWAN VALLEY STAMPEDERS HOCKEY

Junior 'A' Hockey Club Inc.

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To the DOW

hope your all well,
thank you to Enio for organizing this again,
thank you for all your drills,
any questions please track me down
good luck and have a great Holiday Season!!
take care

Wolffie cell 604-250-9145

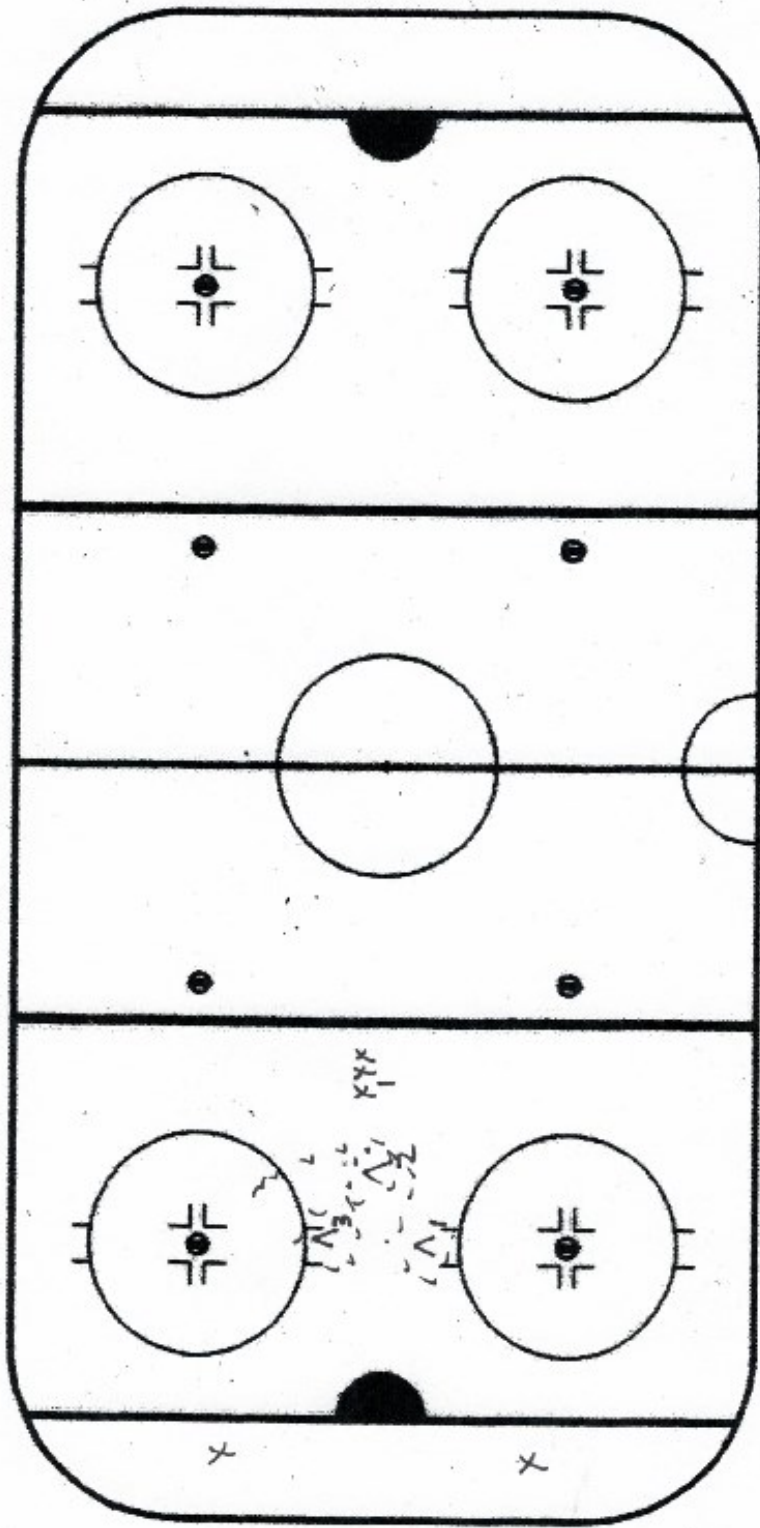
Book –The Coach's Guide to teaching,
By Doug Lemov

Quote- When there is a Fear of losing
There is only one option
WIN !!!

x Individual - Small Group Skill Drill

* Quick Feet - Quick release

x₁ skates Forward to A₁ - Backwards pivot to A₂ -
 Fwd to A₃ - Backwards to A₂ - CAN Go Left or Right
 Toward Net - Gets Pass From X on Side X₁ Goes -



Quick Release - SHOT - Play Rebound - When Puck is Dead
 The Other Side X Throws Puck to Net - For Post Pass to Same X,
 SHOT - Rebound.

WARM UP Drill -

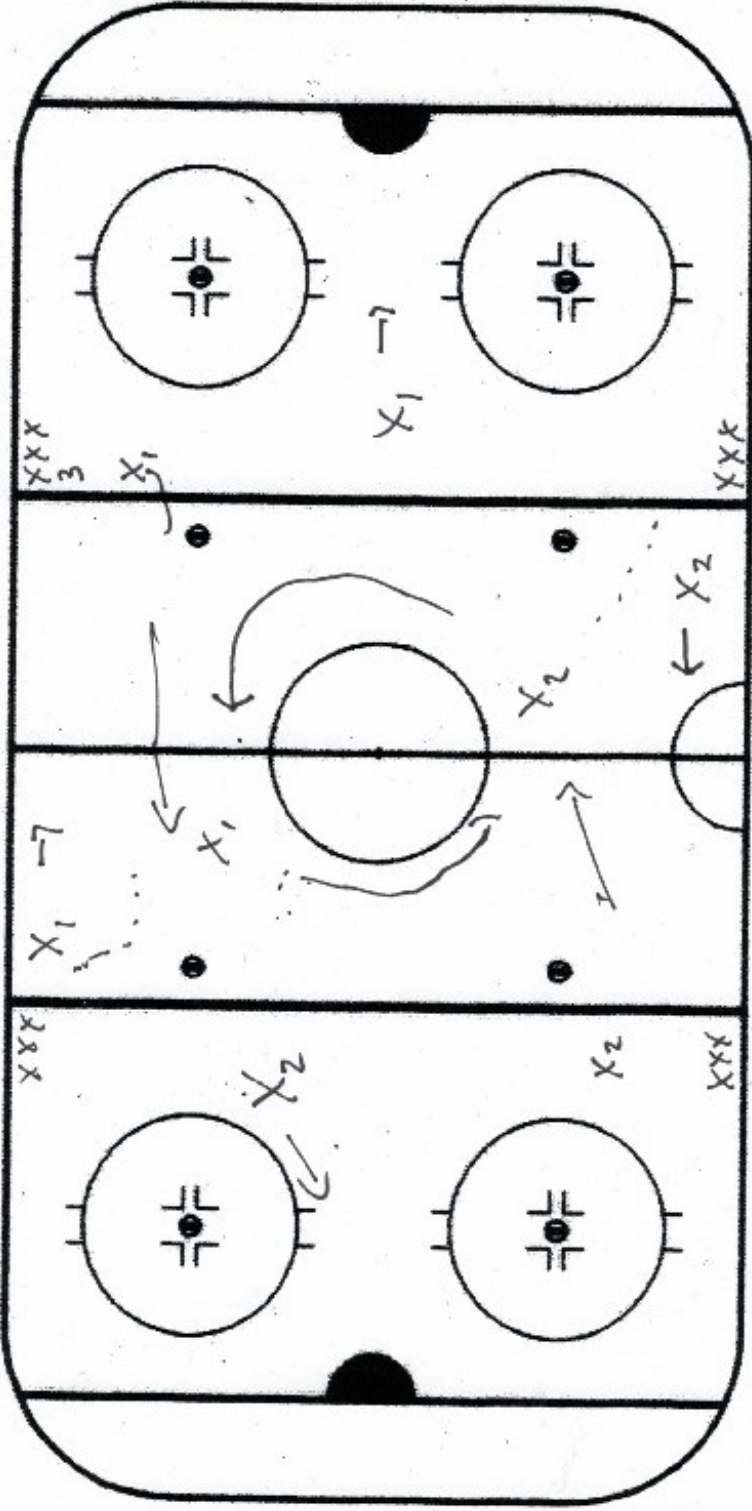
$X_1 + X_2$ leave with Puck -

Pass to X_1 to X_3 - X_2 to X_4 - ONE touch twice

Get Below Blue line - Facing PASSER - OPEN UP Get Puck Back

Skate towards line they left from Pass - Then Skate Quick Feet

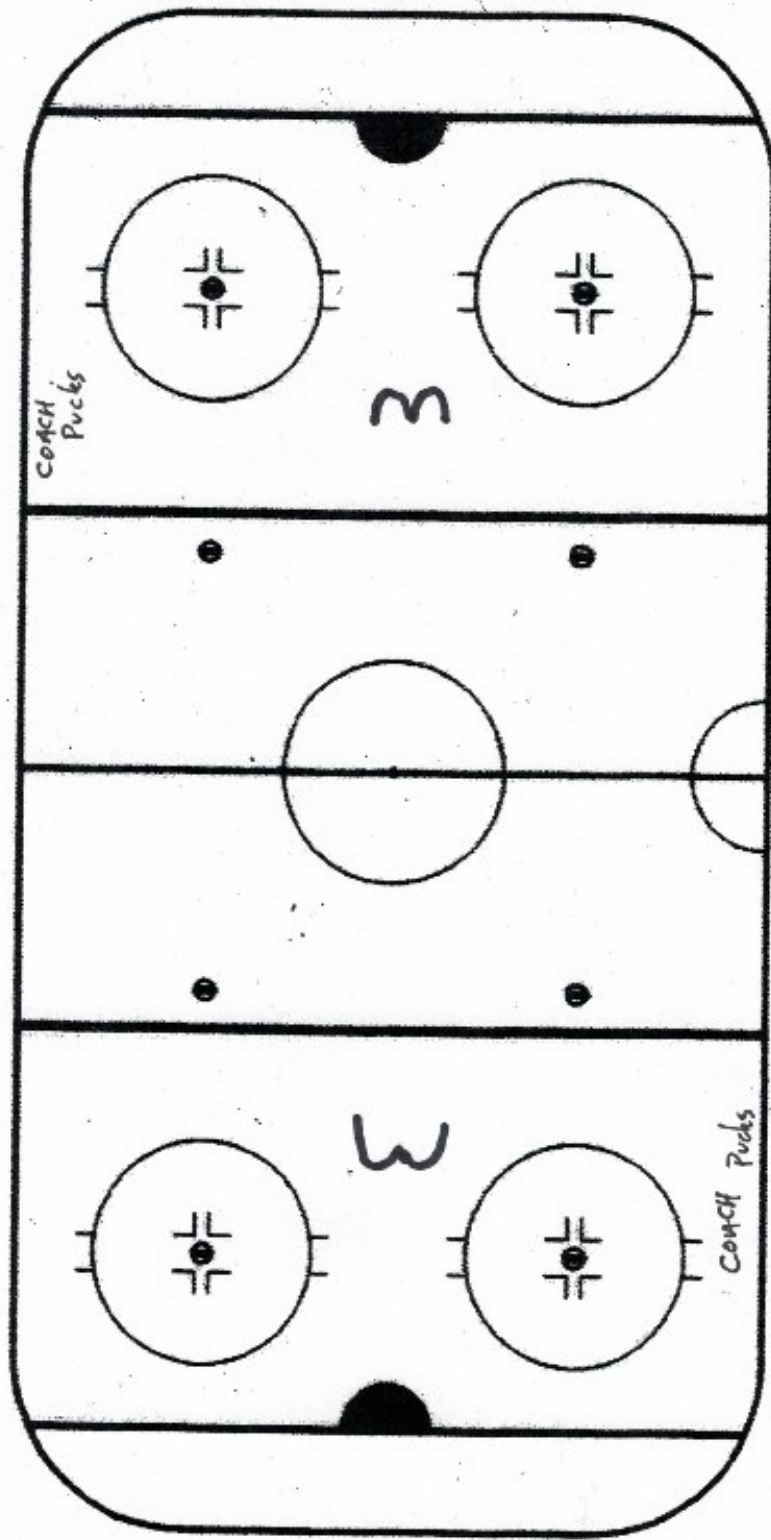
Around Circle - X_1 gets Pass from Original X_2 line. Shoots - ReBound



X_2 gets Puck from Original X_1 line
SHOOT - ReBOUND

Mini Nets To Ringette Line

- 3 on 3 - If team Scores OR
- If Puck Goes Beyond Nets - Coach Makes Pass
- 40-50 second shifts



PAGE 1

offensive - Defensive Team PLAY -

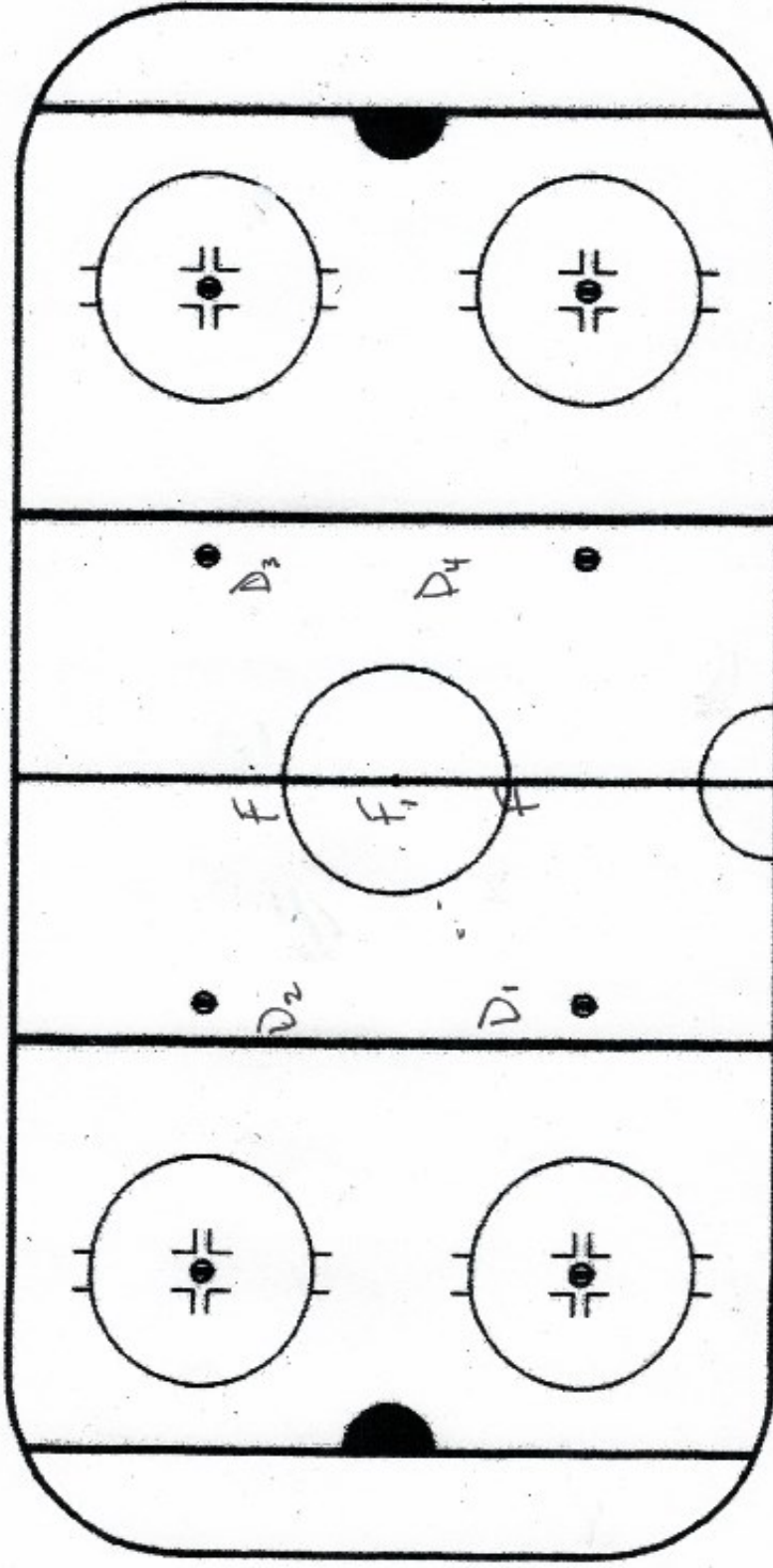
F₁ - Pass to D₁ - D₁ to ONE of the F - 3 F Attack the 2-D with D₃-D₄

work on Entry - Flat Pass - OR Chip to = Marks -

- Push to Net - Finish -

on Whistle - Coach drops Puck IN - - U₁-D₂ B.O. The 3 F

WHO Attack OTHER End. D₃ + D₄ NOW Defending FAR NOT



NOW - Entry Wide Lane - Middle Lane F NOT Dive FAR Lane F Far Dot Lane

Available for Flat Pass - D₁ or D₂ Be Option as 4th MAN on Attack