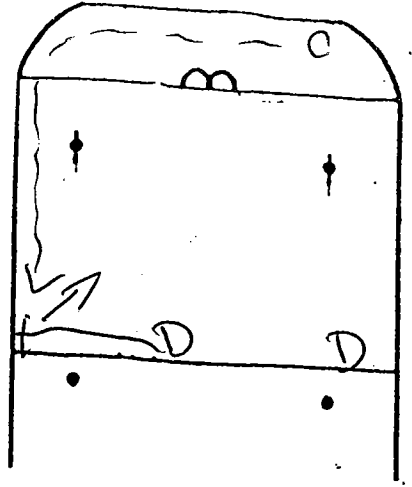
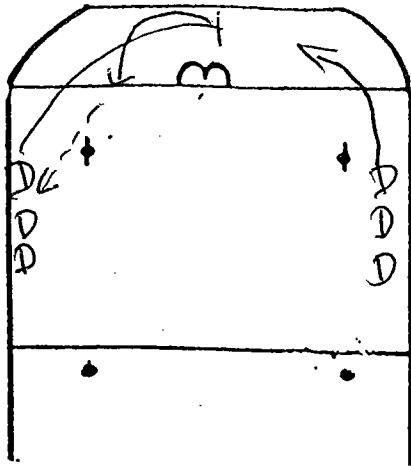
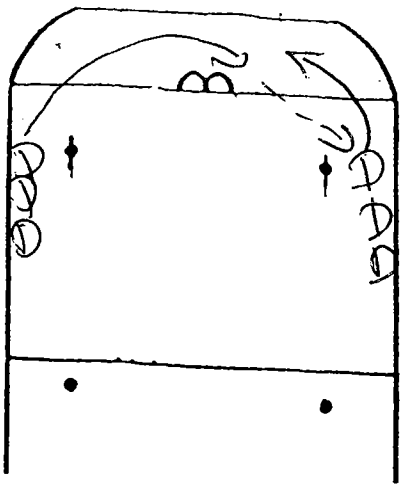
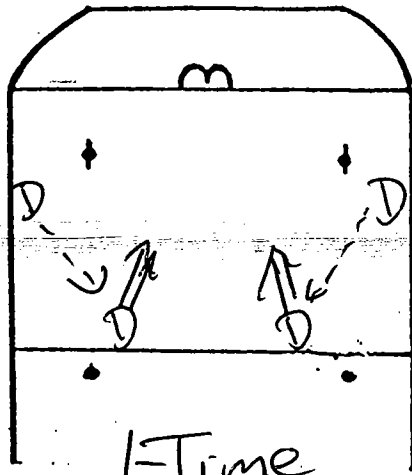
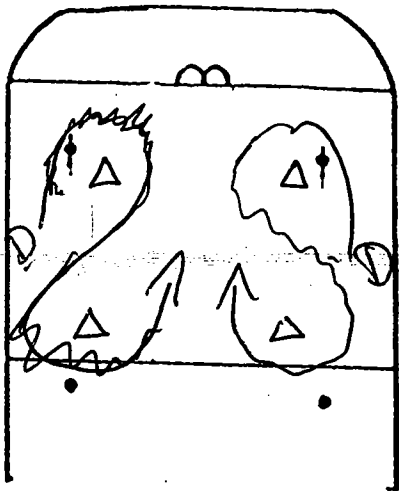


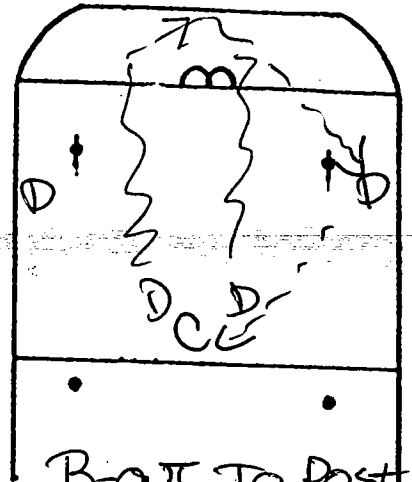
DEFENSE



D Drills

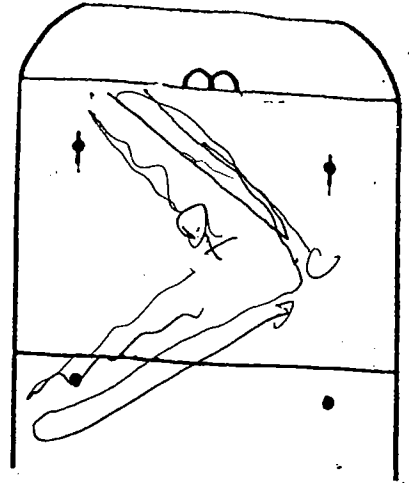
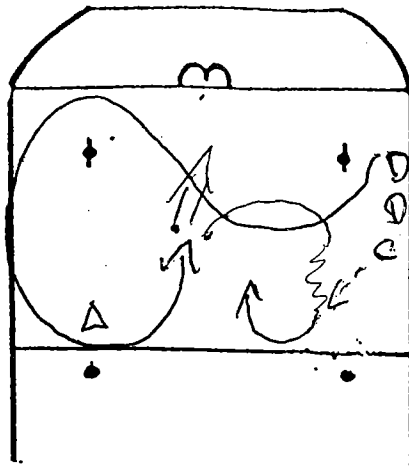
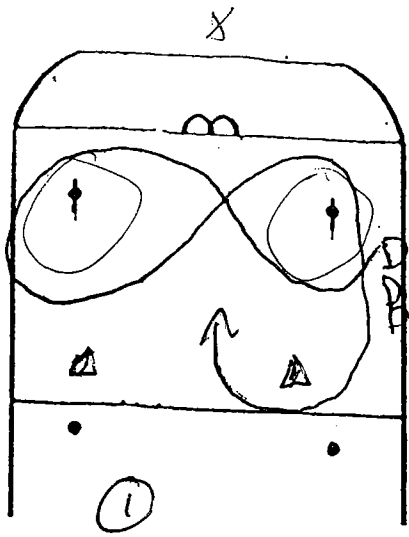


1-Time



B-out to Post
B-out

3-Puck to Coach
Battle in front



D-Drills

1-Chest Face Forward

Start Top Circle

Bottom-Top

Bottom

Cone-Shoot

Backwards

Top Circle-Bottom

Cone-Shoot

Backwards-Catch Pass

Walk line Shoot

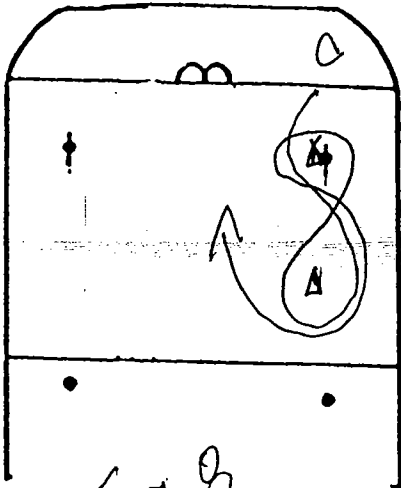
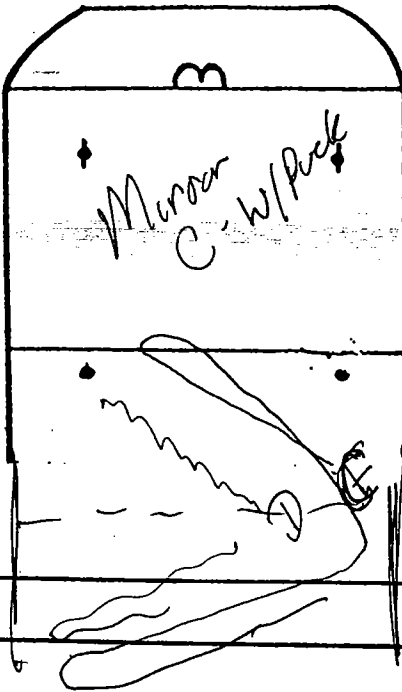


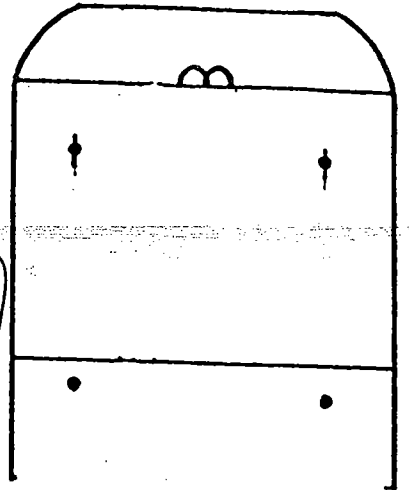
Fig 8

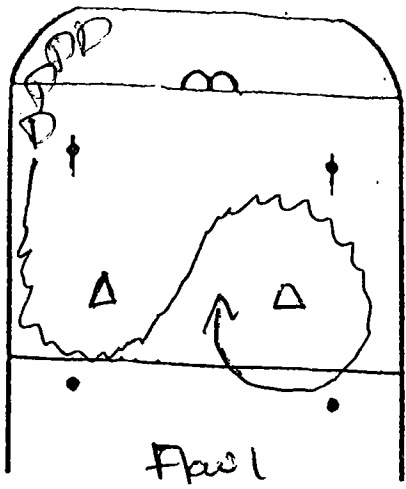
Play Court

w/ Catch

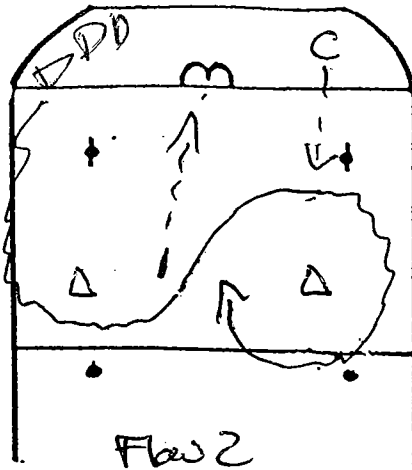


Mirror
C-w/Pass

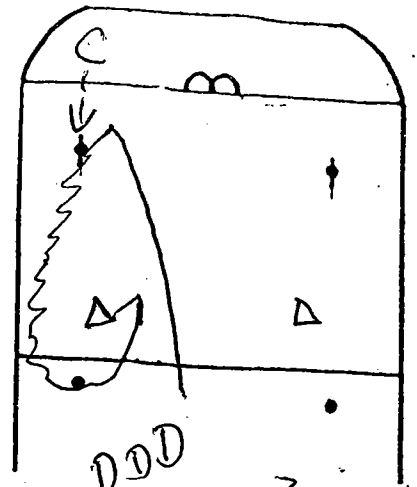




Flaw 1

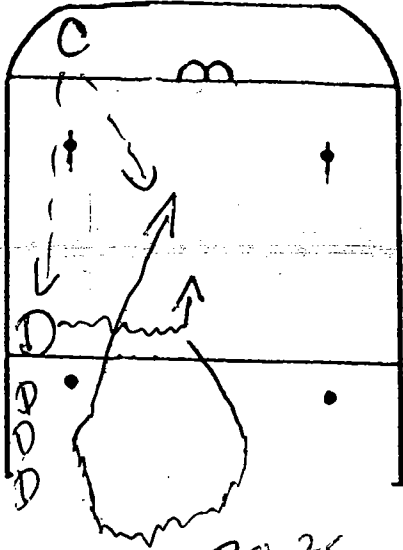


Flaw 2

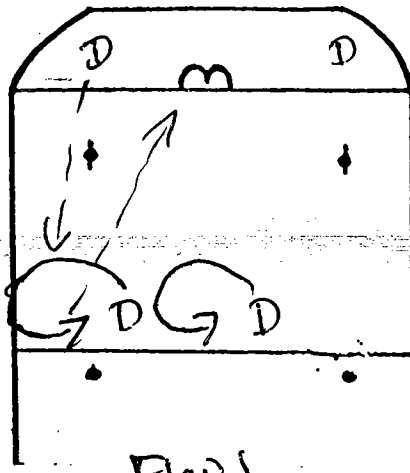


Flaw 3

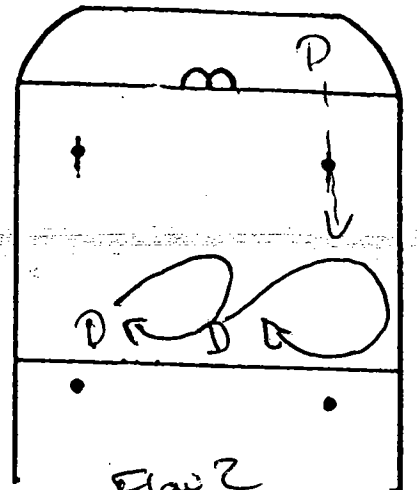
D-Drills



2 Shots

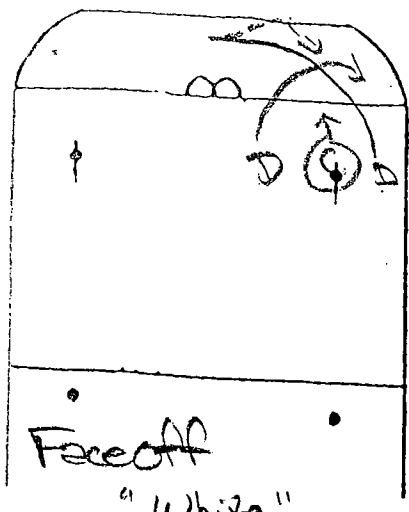


Flaw 1

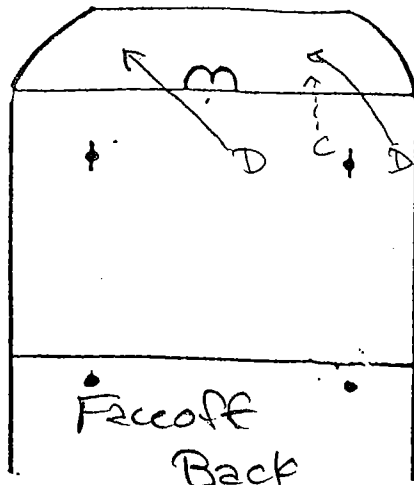


Flaw 2

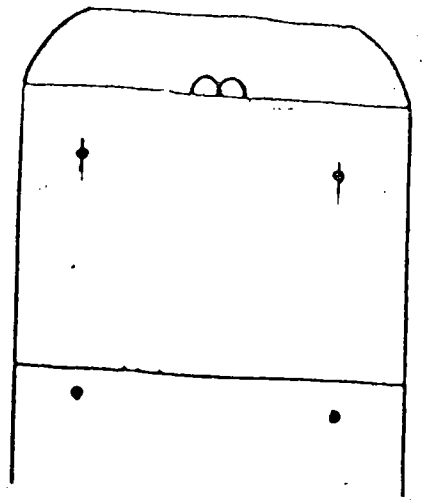
D-Move Together in Fig 8
 Always Board to Middle
 2 Shots (1ea D.)



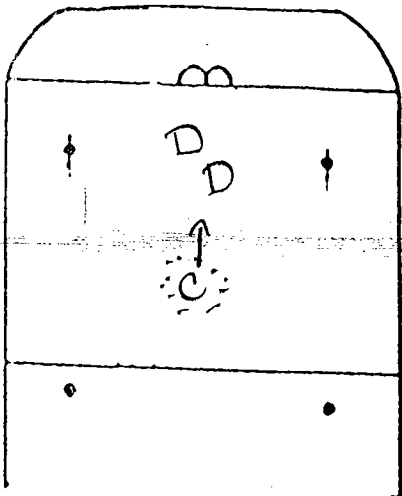
Faceoff
"White"



Faceoff
Back

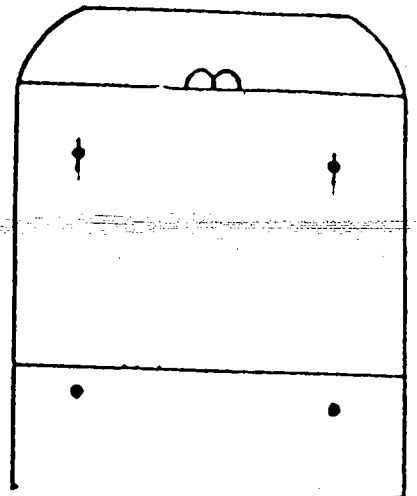
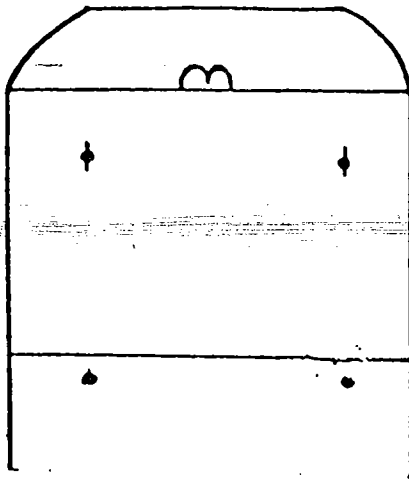


D-Drills



D-Defend D

Each shoots



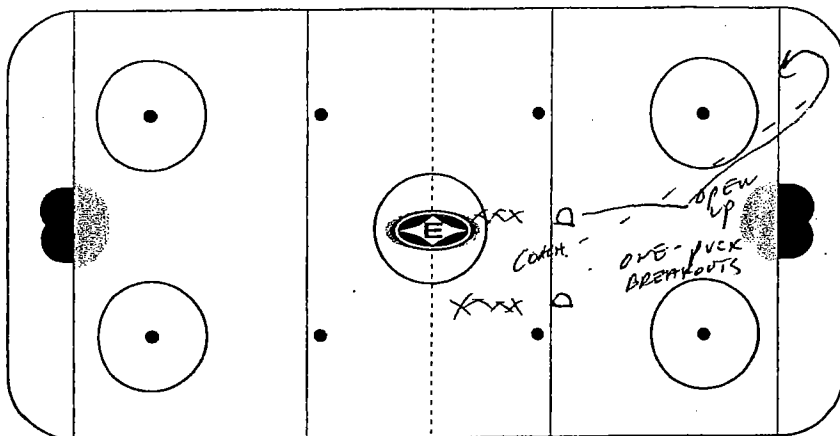


SYSTEM/DRILL

D-Drills 15 MINUTES



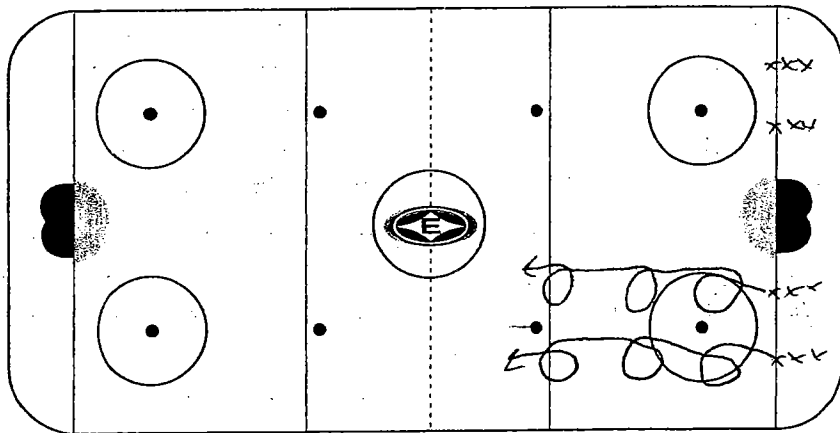
DEF. / SPLIT



Description DEF. 15 MINUTES

3-4 min.

Notes/Systems _____

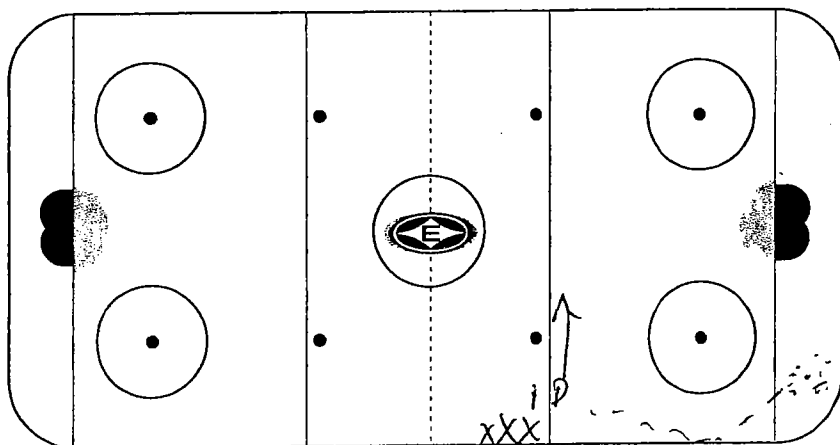


Description _____

3 CURL - DEF. HANDLING THE PUCK

3-4 min.

Notes/Systems _____



Description _____

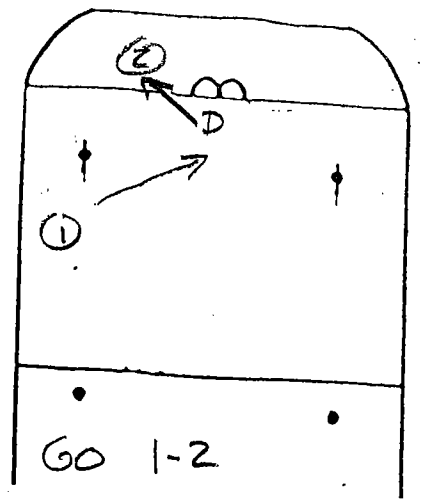
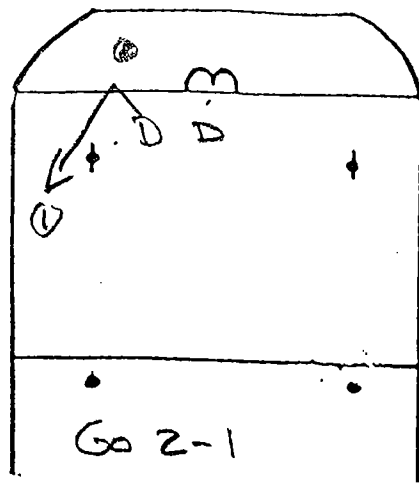
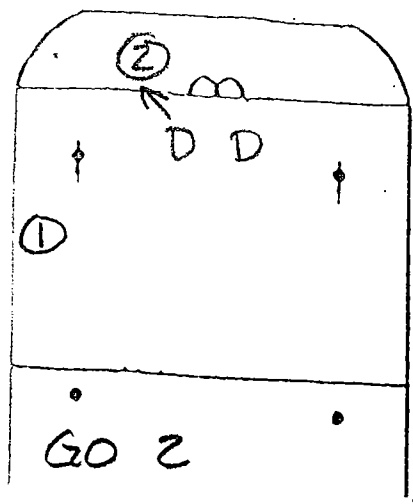
① - KEEP-INS WALK & SHOOT!
RINGS / WALK & SHOOT!
FACE THE PLAY

②. AFTER SHOT GO BACK DOOR FOR A SECOND PASS!

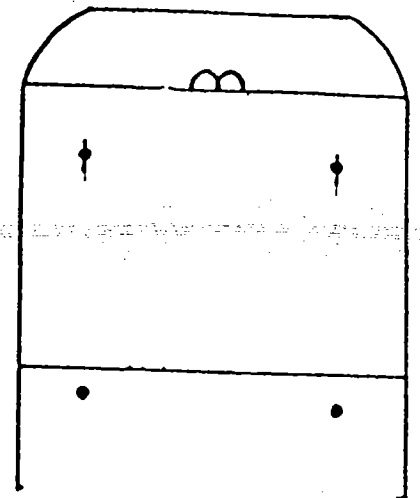
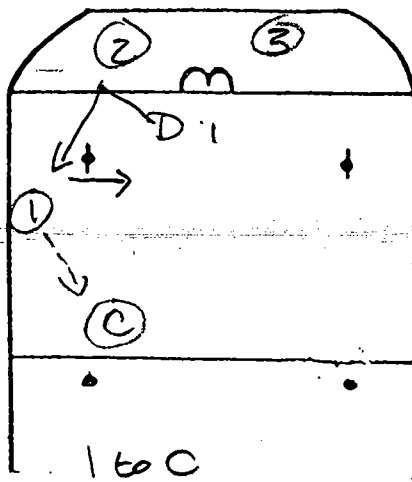
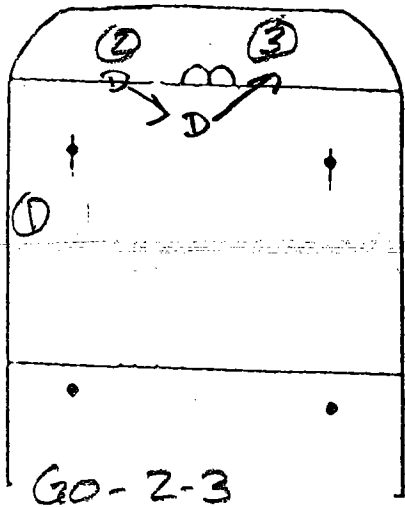
10 min.

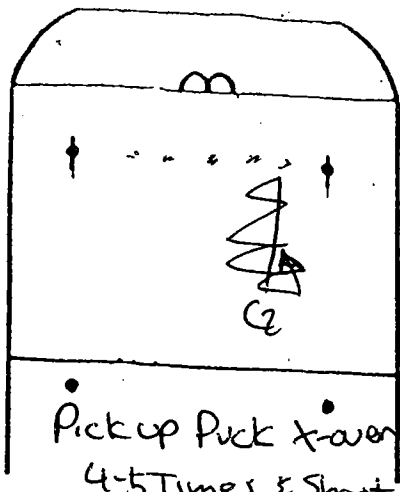
Notes/Systems _____



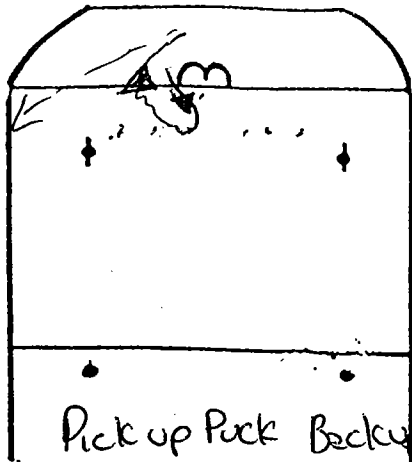


PK Drill for D

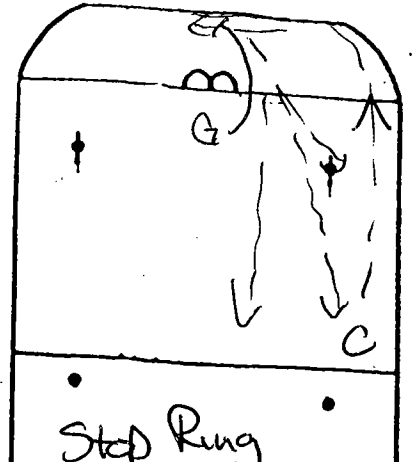




Pick up Puck & over
4-5 Times & Shoot

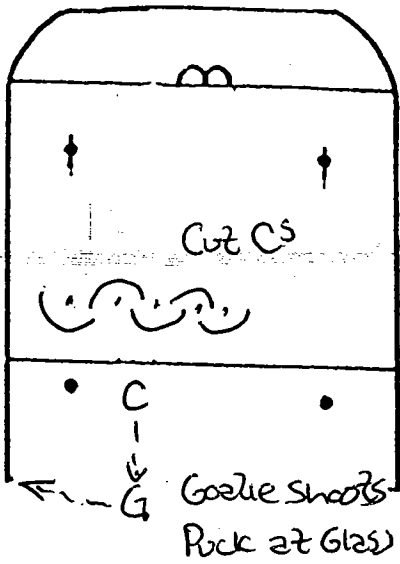


Pick up Puck Backup
Behind Net & Shoot



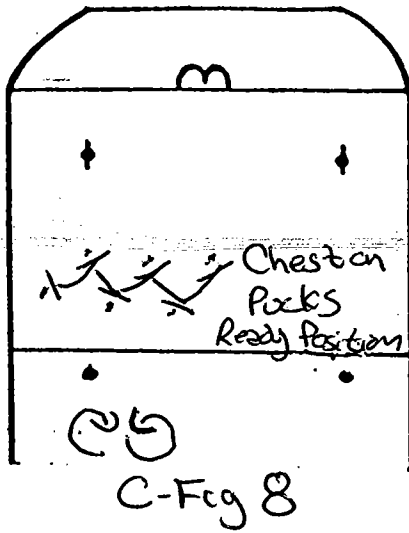
Stop Ring
Pass to Coach
Coach Moves

Coaches



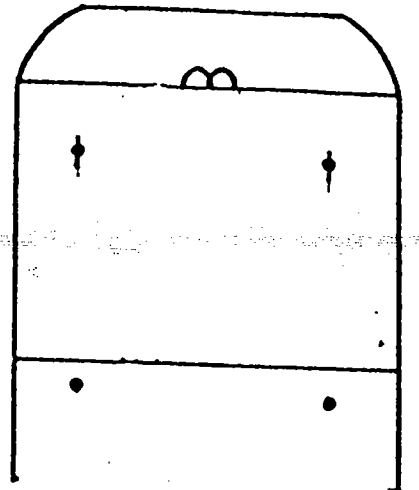
Cut C's

Goalie shoots
Puck at Glass



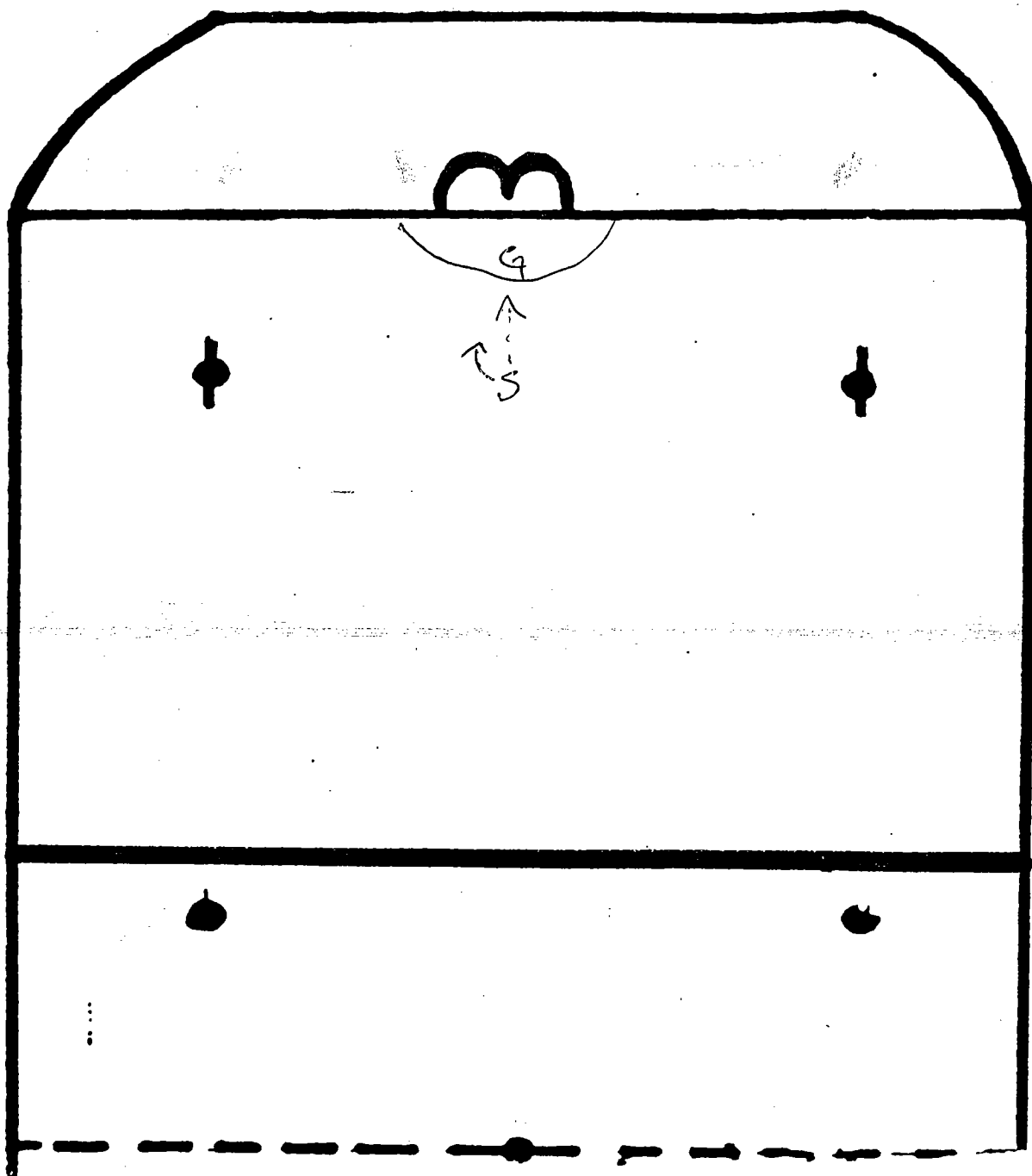
Chest on
Pucks
Ready Position

C-Fog 8



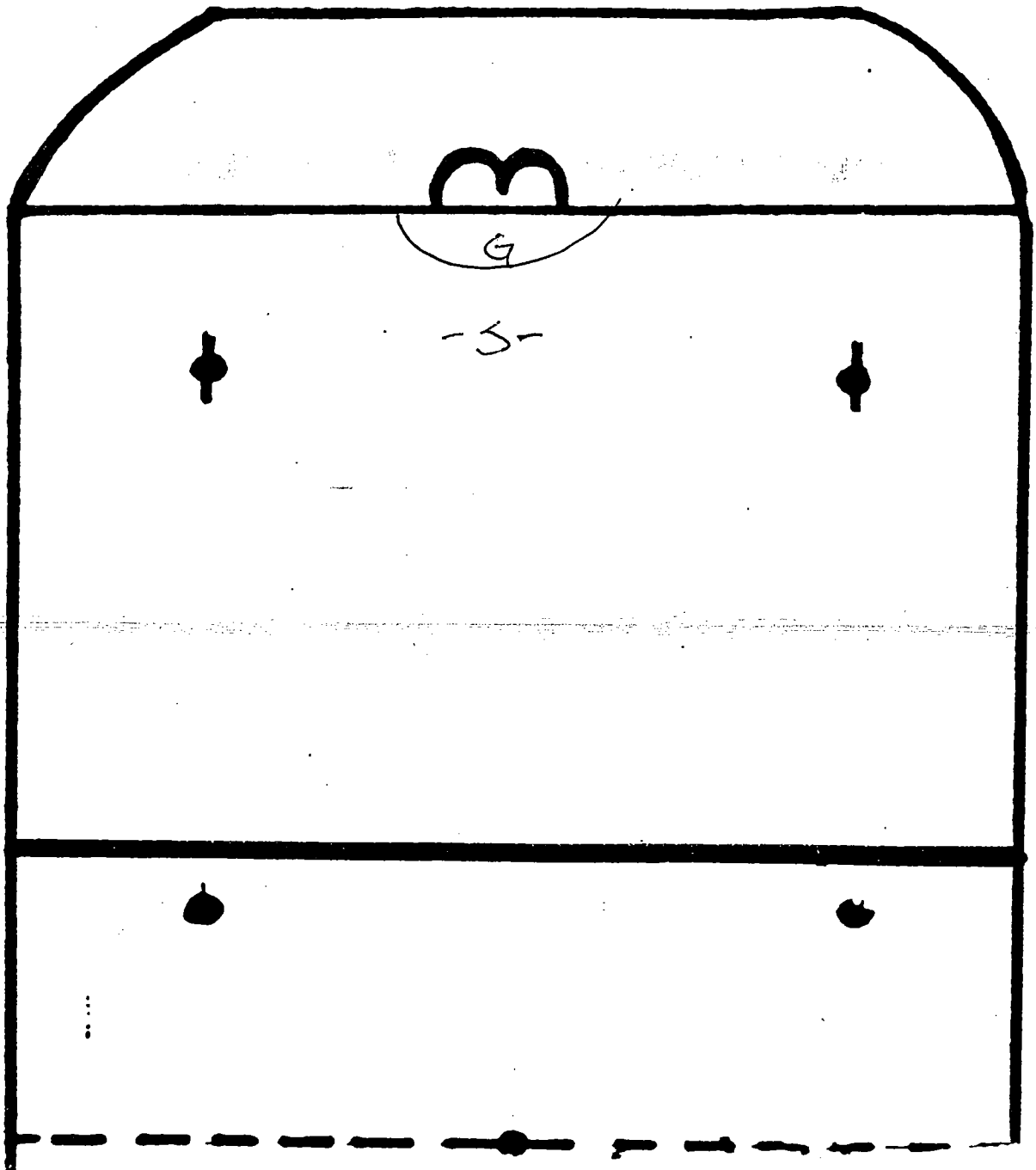
Name of Drill: Cozme

Description: IN Close REBAND DRILL



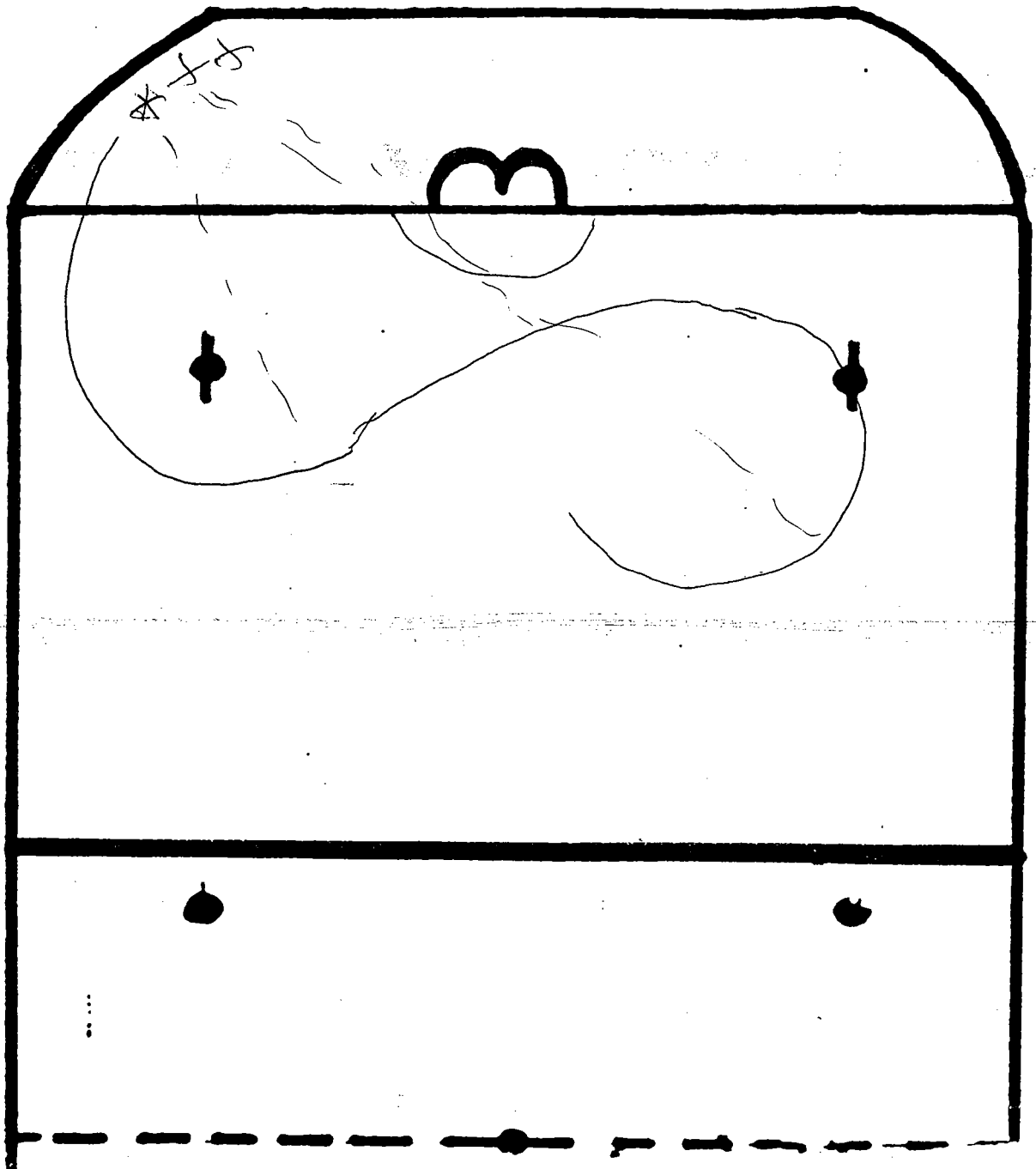
Name of Drill: Gaelic

Description: Shooter is stationary can stick and shoot. After - Shooter can take 1-Step



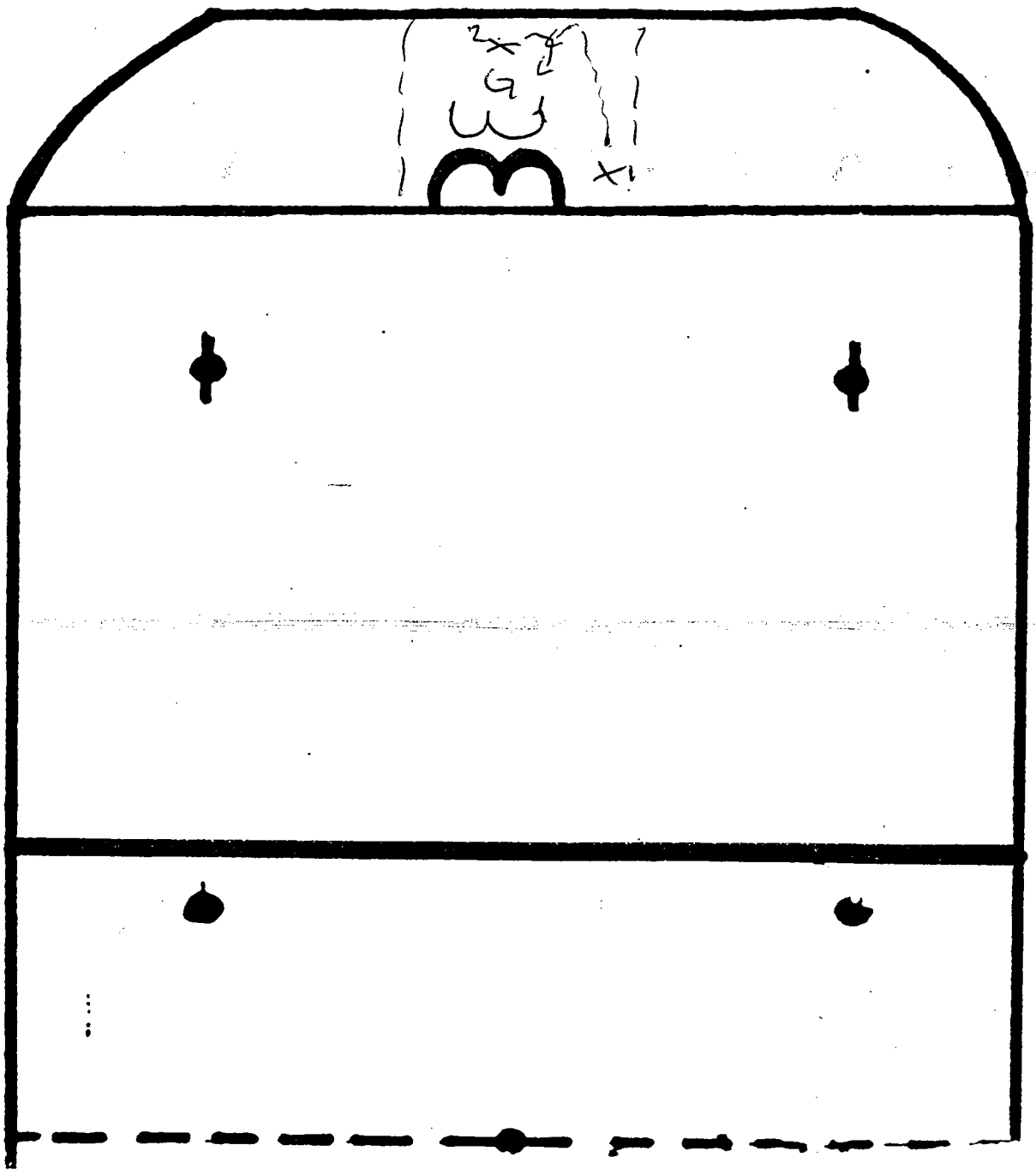
Name of Drill: *Goose*

Description: *Fig 8 Shooting*



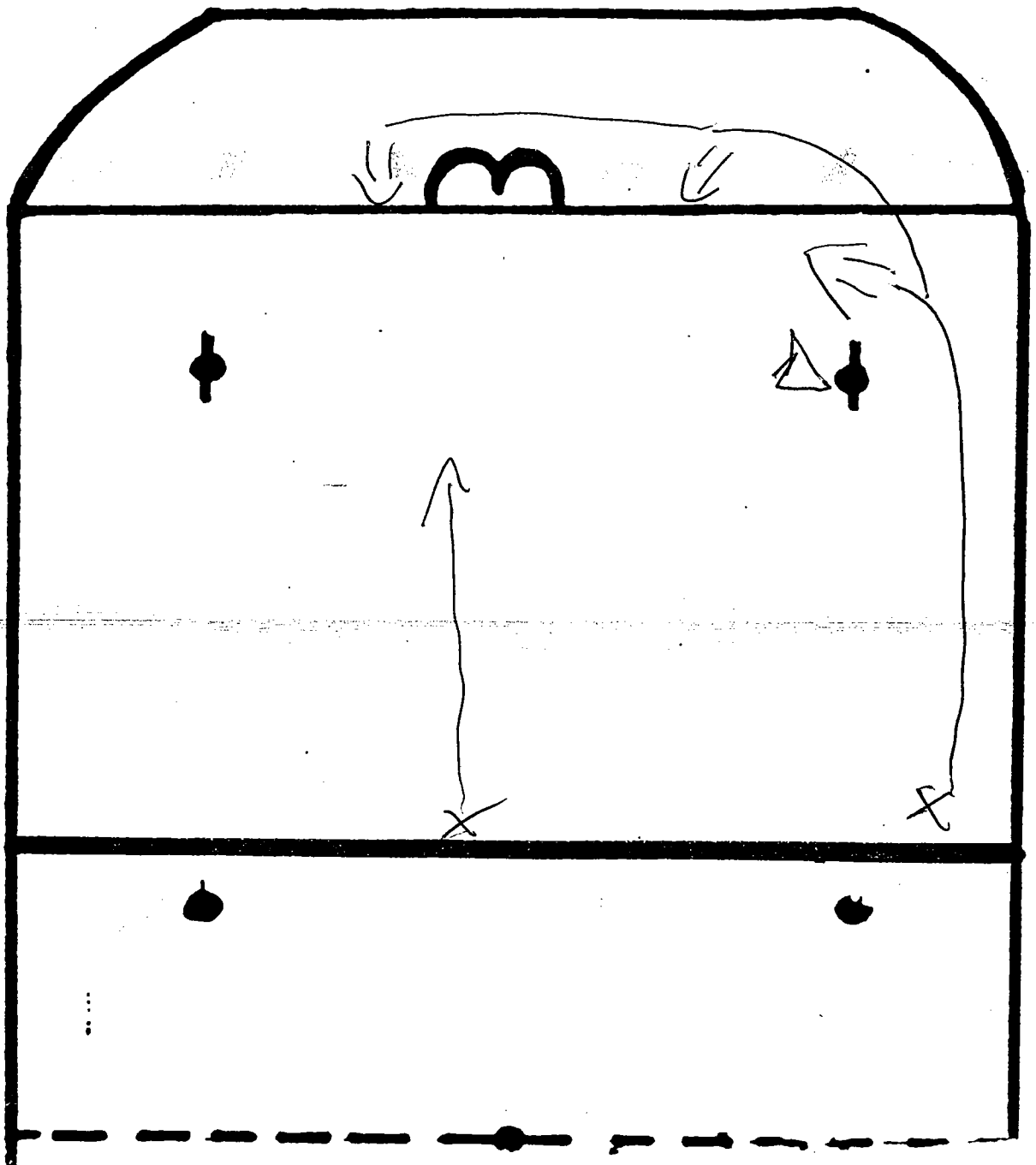
Name of Drill: Goalie

Description: X1 Flips puck off Rail or Glass
X2 plays it in small area



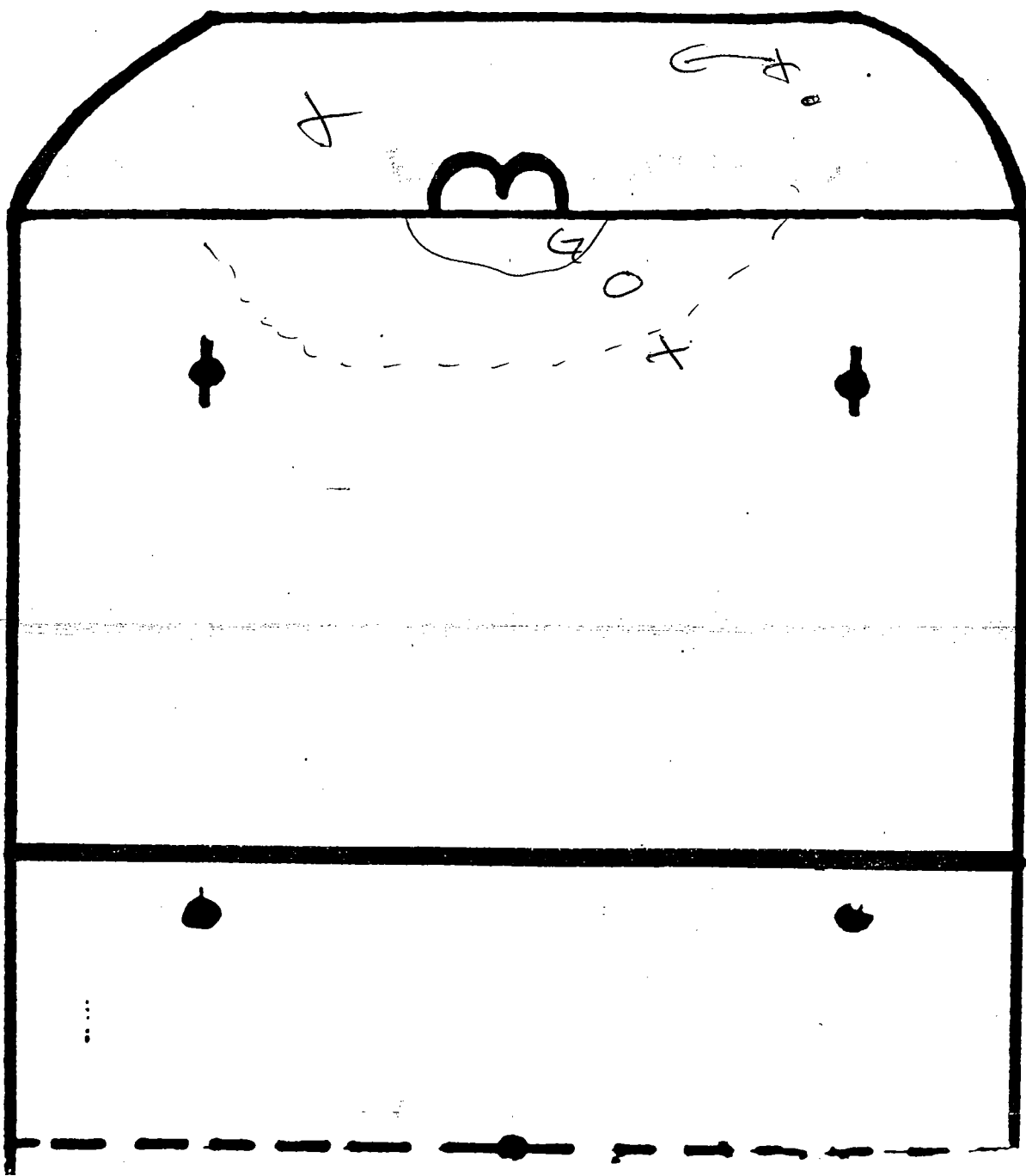
Name of Drill: *Goalie*

Description: *Z-Lines - Shoot or Pass*



Name of Drill: *Goalie*

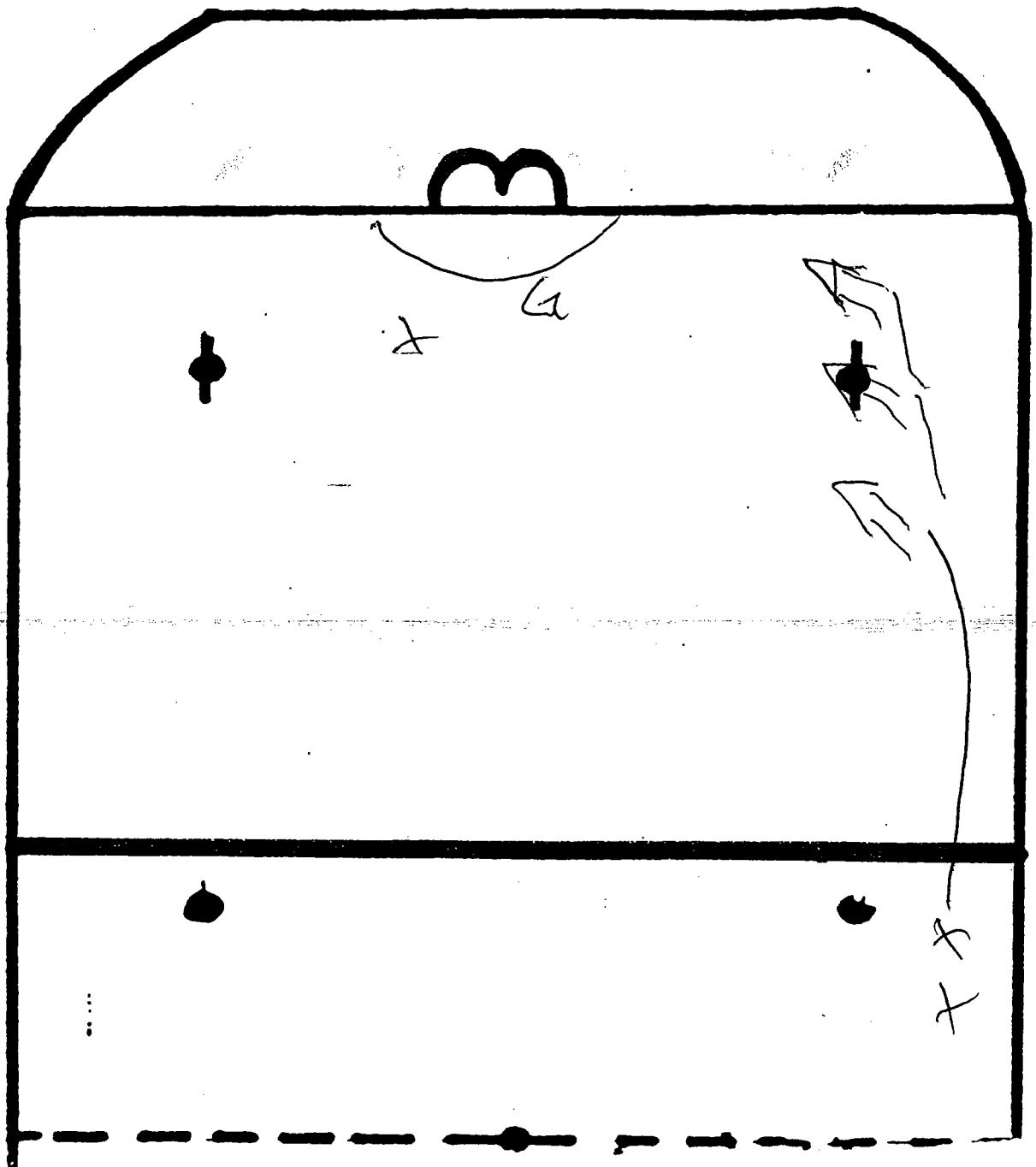
Description: *3 on 1 Low*



Name of Drill: *Goode*

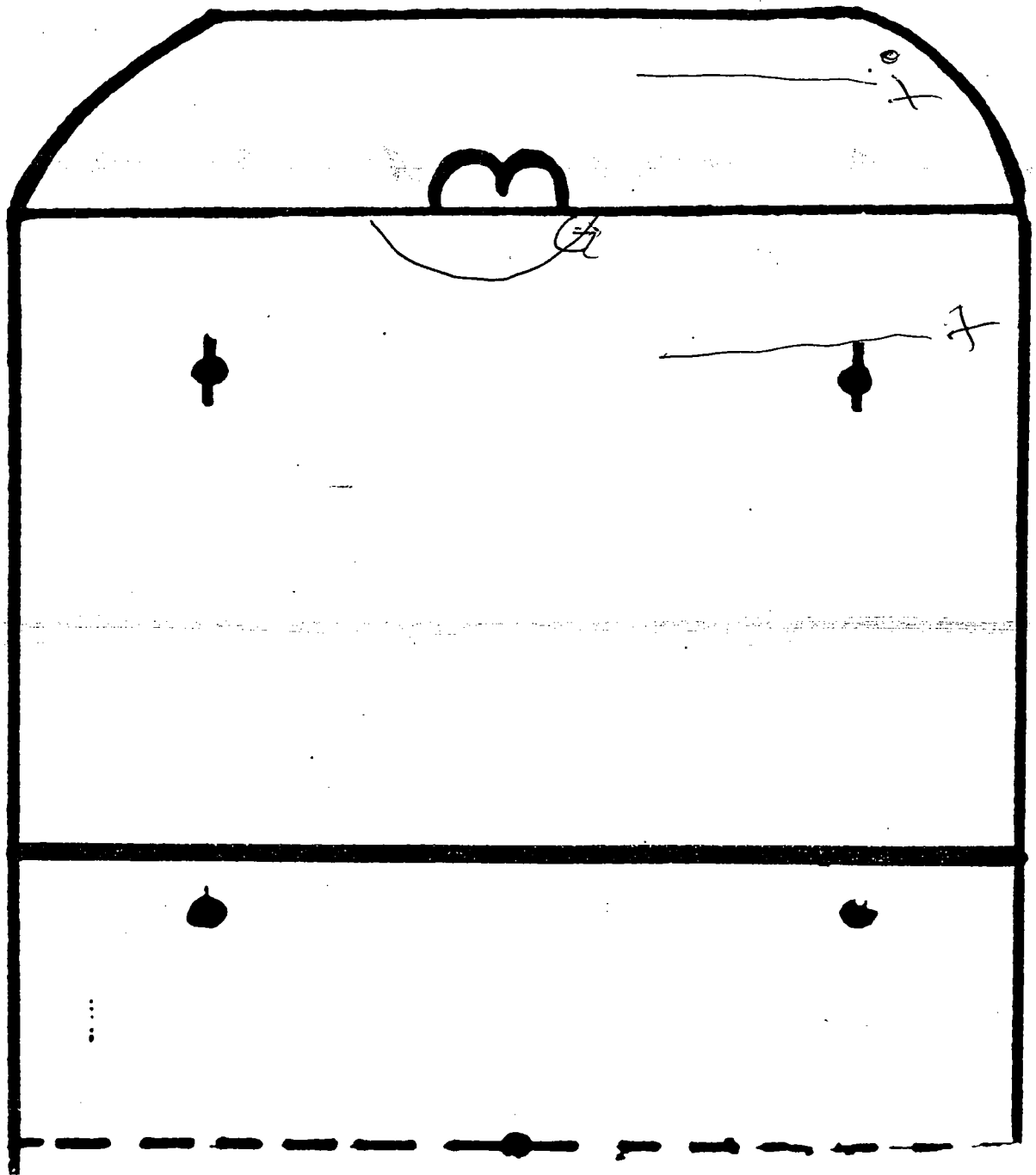
Description: *Off Angle*

After Shot - Stay in front for Rebound



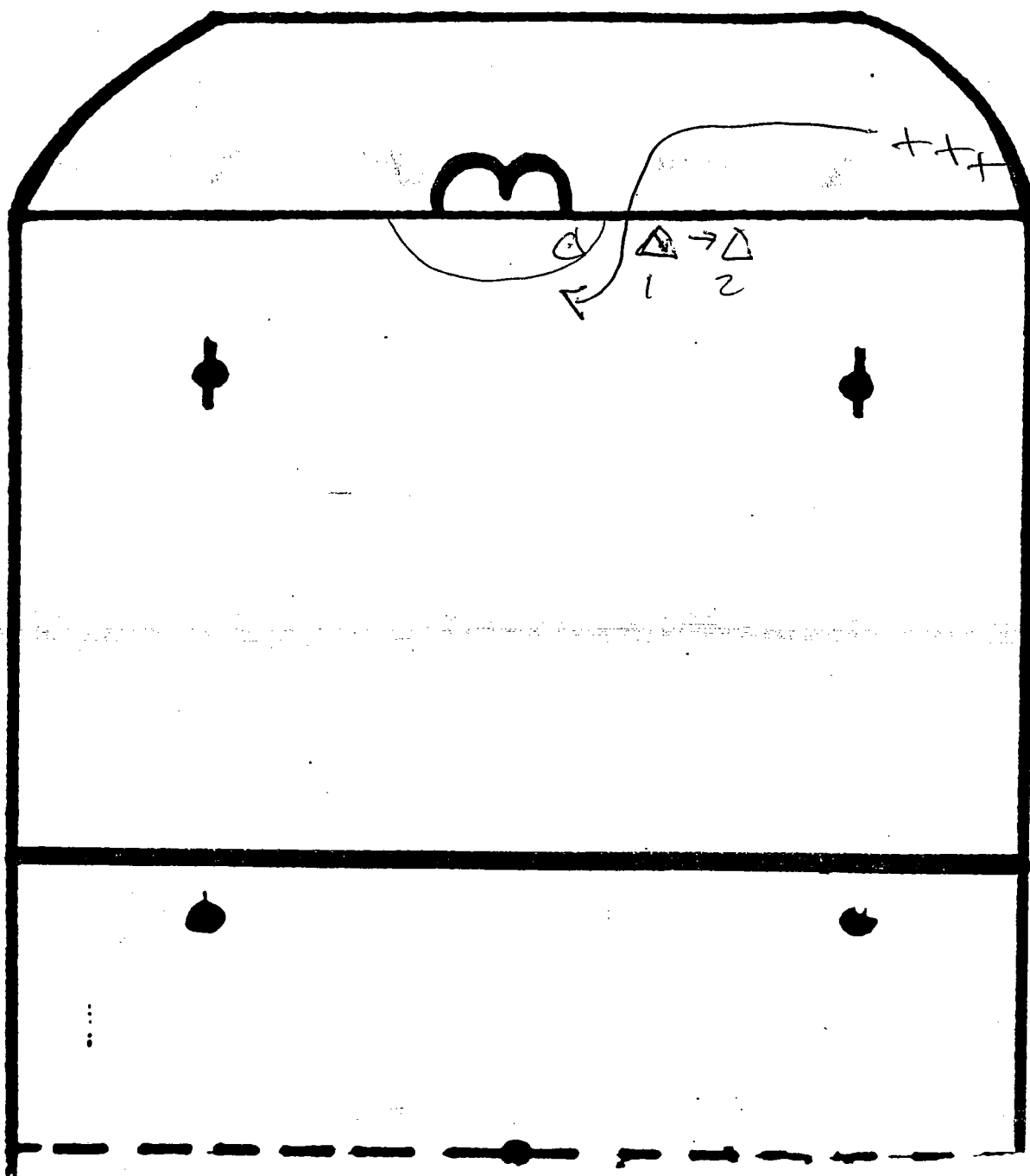
Name of Drill: Goalie Z-O

Description: Z-O - Puck starts low
Can pass - go behind - or stuff.



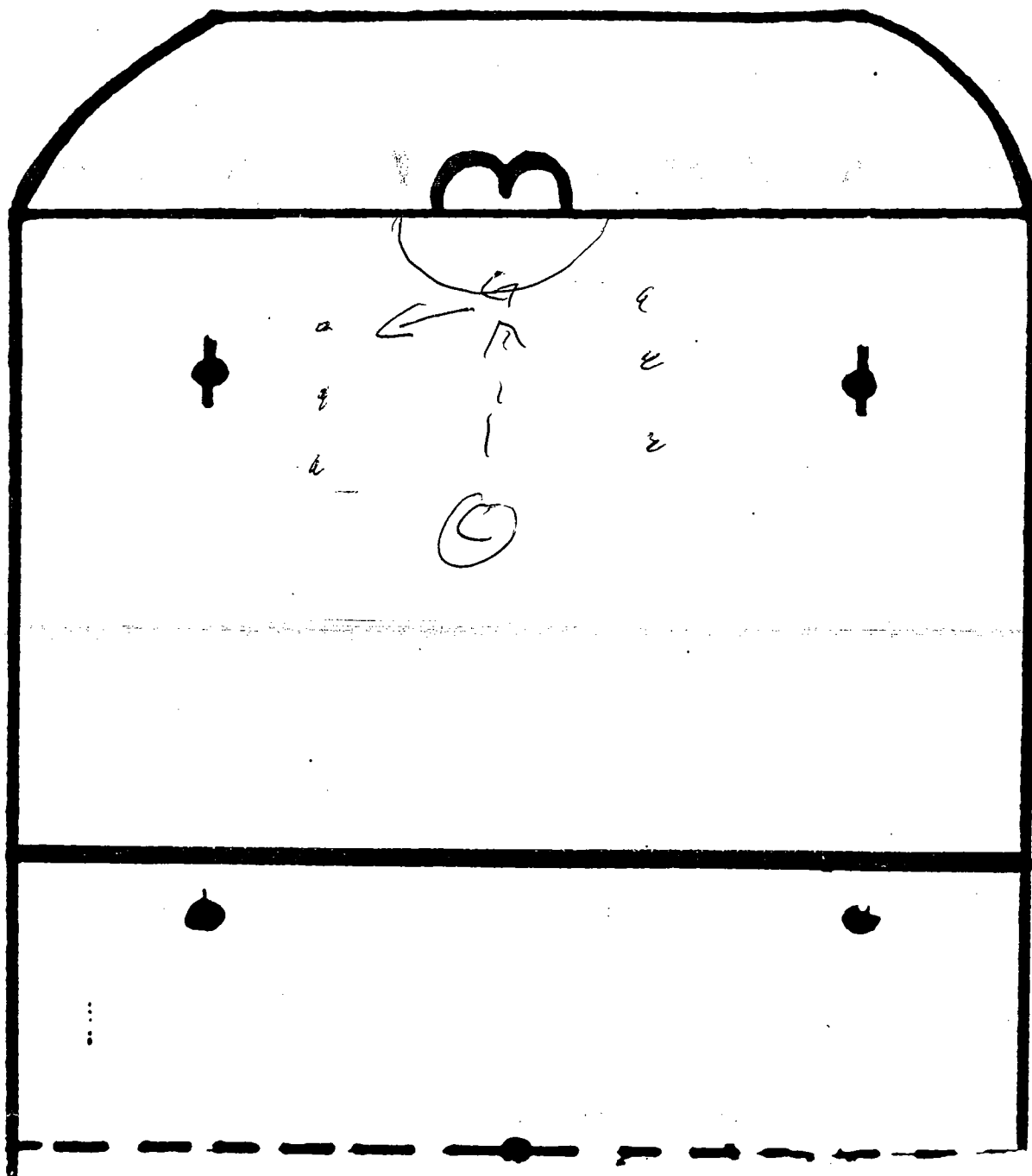
Name of Drill: Goose

Description: Cone Tight at first then
more Space (2)



Name of Drill: Goalie

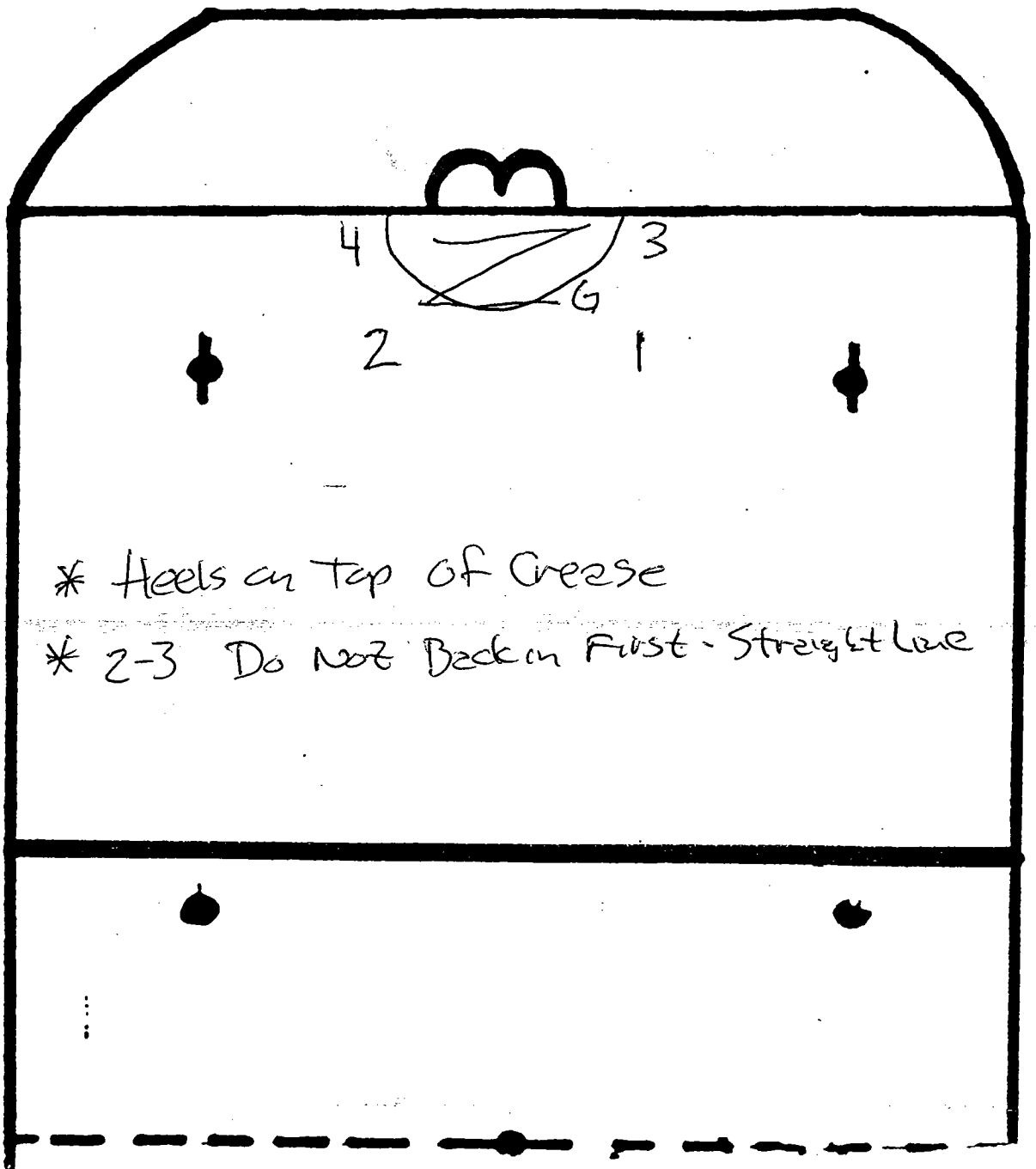
Description: C-Shoot - Goalie Save then
Knock Puck out Right Side
Nett Save Left Side



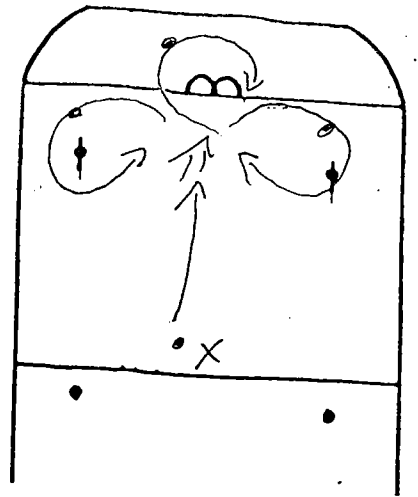
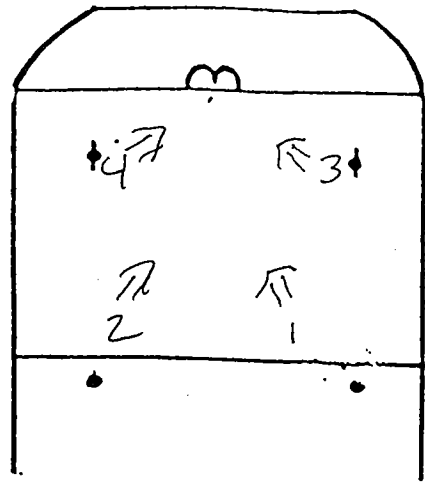
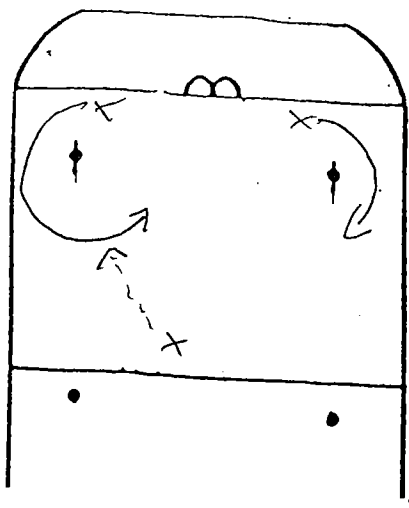
Name of Drill: Goethe Movement

Description: 1-2-3-4 → 1

Open hips Go in straight line from 2-3



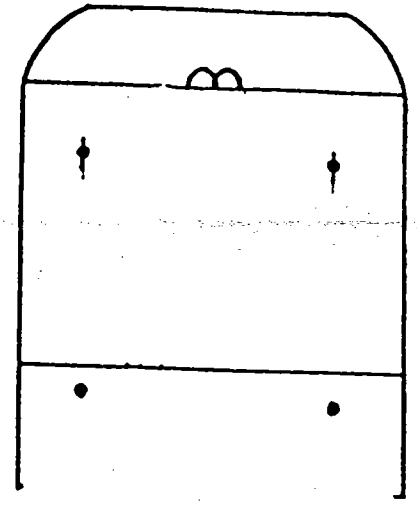
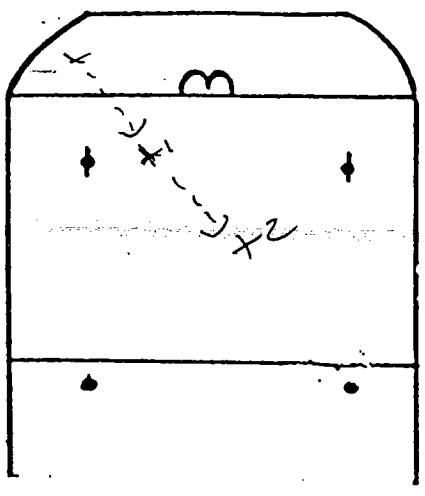
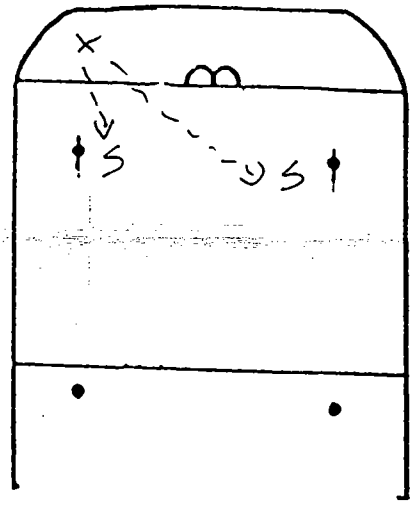
GOALIE SITU



ORBIT

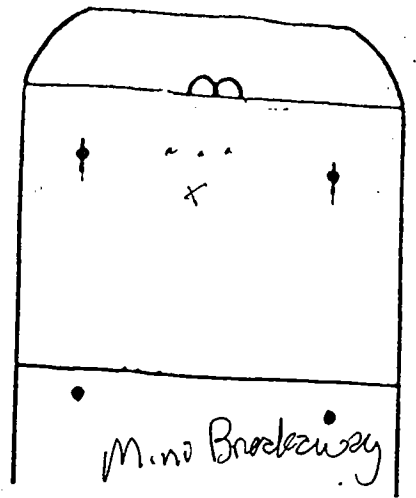
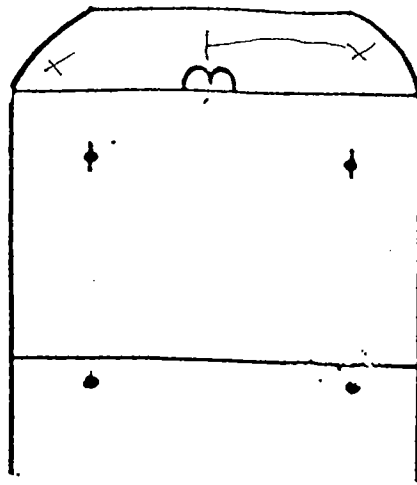
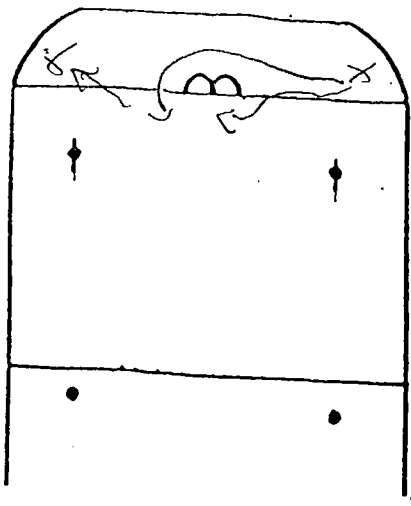
4 shots

1-Shooter 2-2time



Pass to Either

X1 can catch & shoot
or let it go thru
to X2



Mini Broekzweg

Cookie Stuff Drill

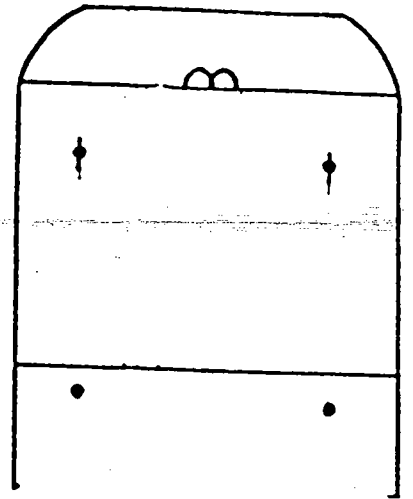
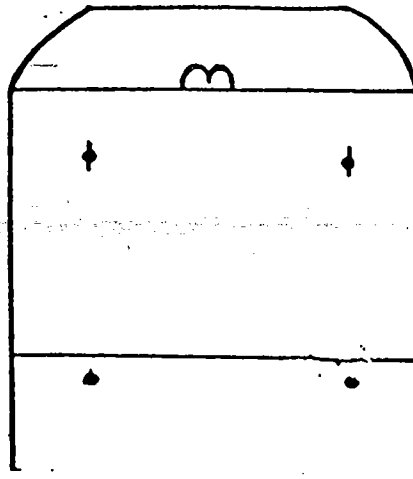
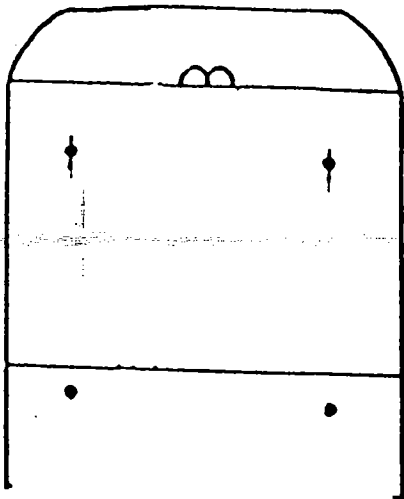
Stop behind

3 chances

Go Behind or in front

Come out either side

After shot tag next guy



Conditionink

Cardio training

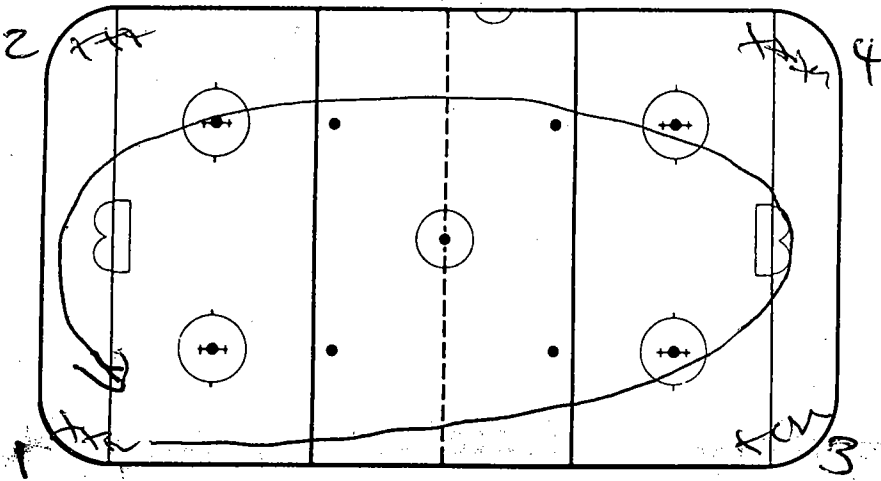
cut of 4 corners

Group 1 Goes

2

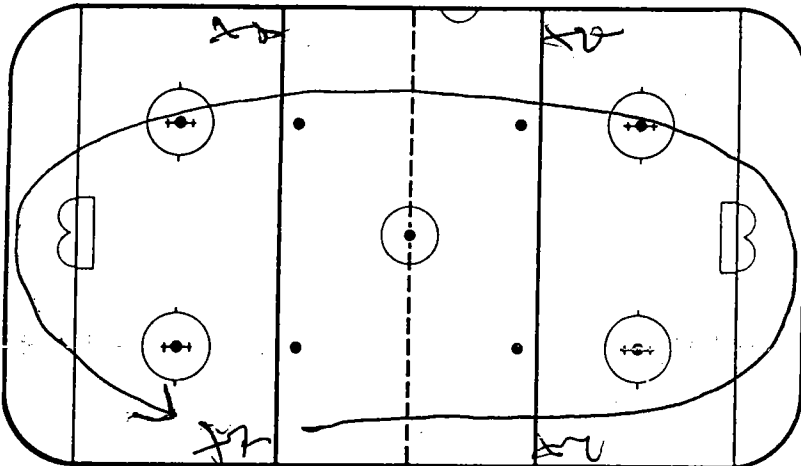
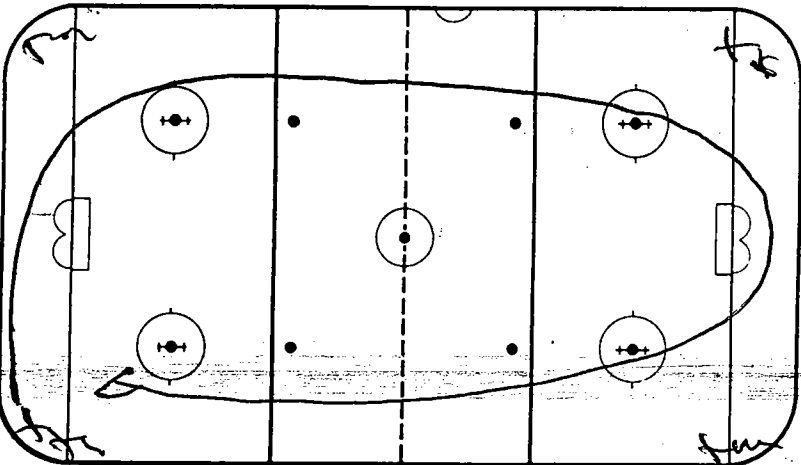
3

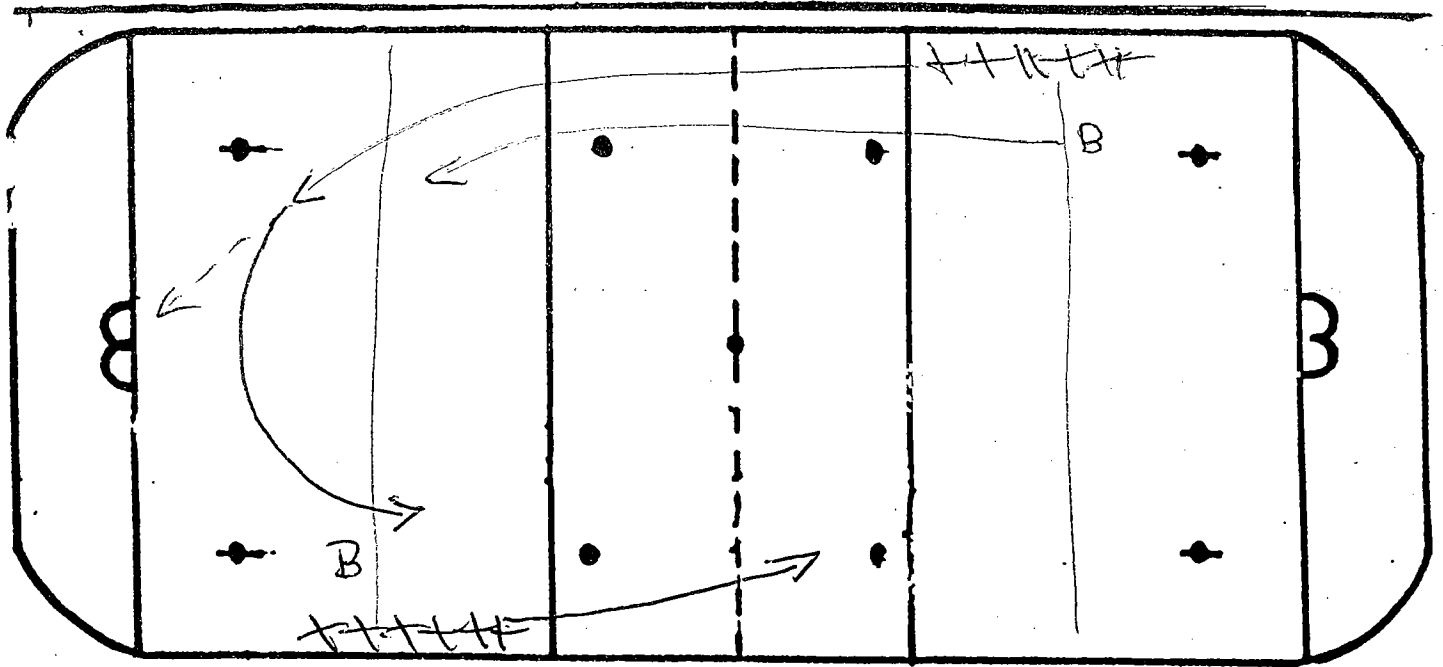
then 4



2nd Flaw other way

2 times

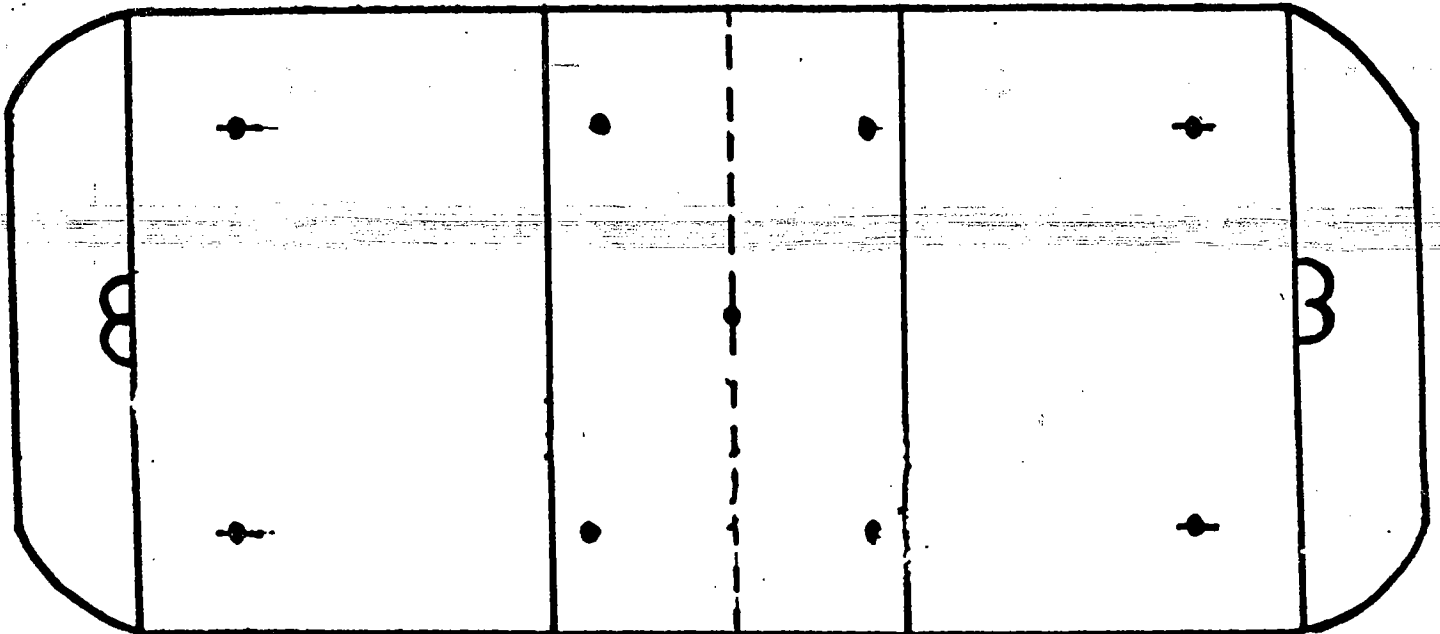




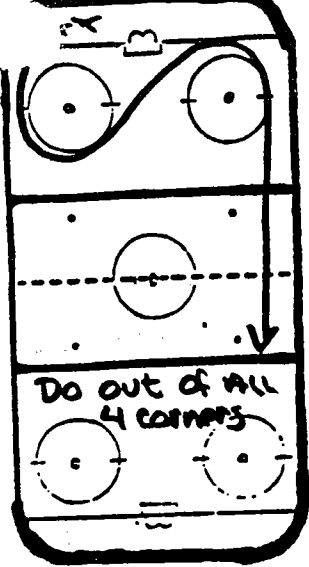
Backchecking Drill (Both Sides Same time)

Skate & Shoot after you shoot you continue

Skating & Backcheck - Player w/puck can't go until Backchecker gets to top of circle - FUN Conditioning!

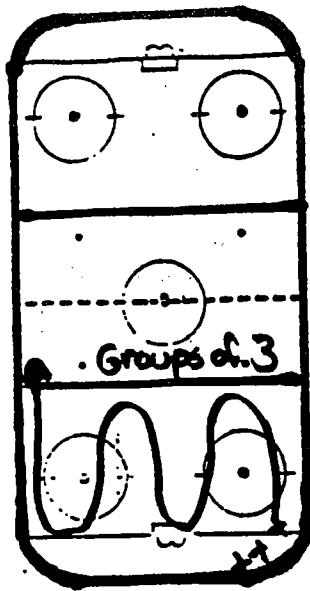


Groups of 3



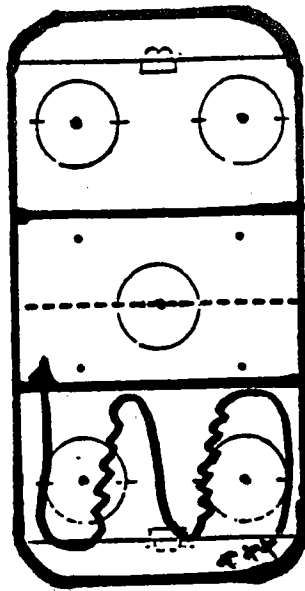
Do out of All 4 corners

x

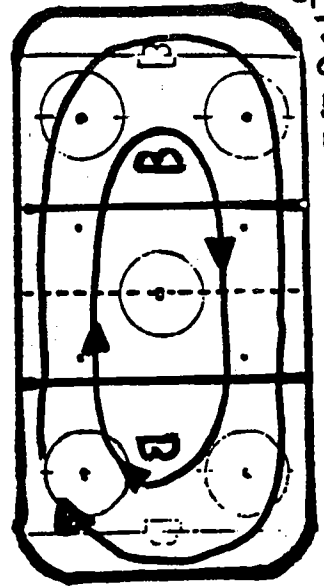


Groups of 3

x

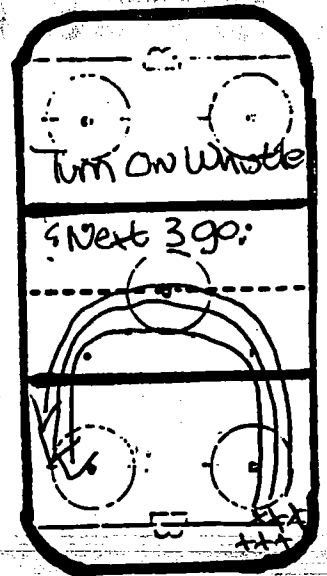
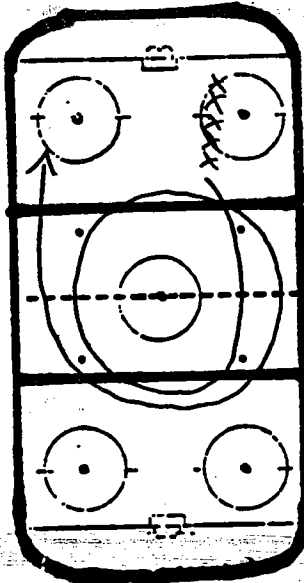
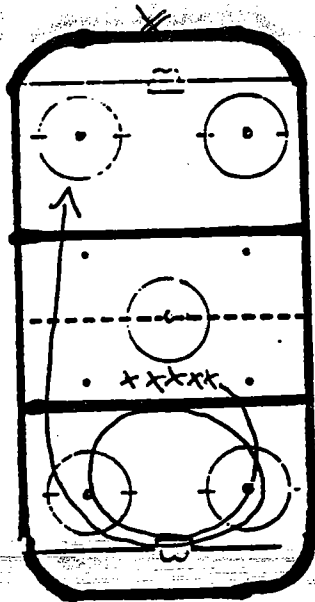
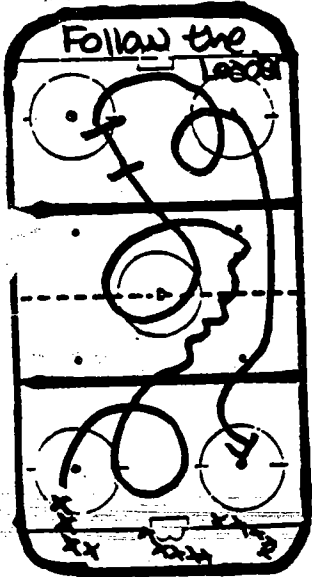


outside slow, Inside full speed for 30 sec. on whistle 5 NOW PLAYERS.



Sprints with or without PUCKS

Follow the leader

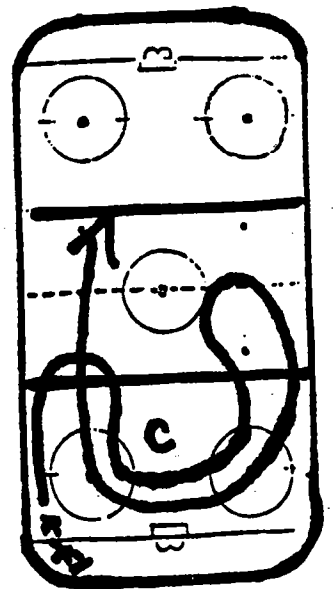
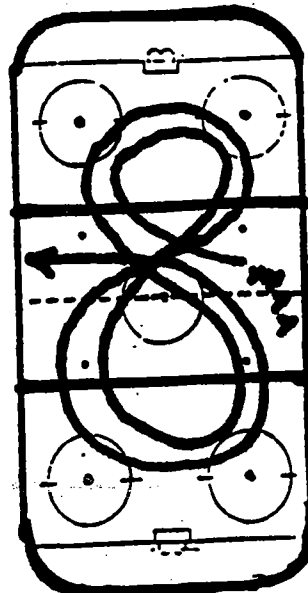
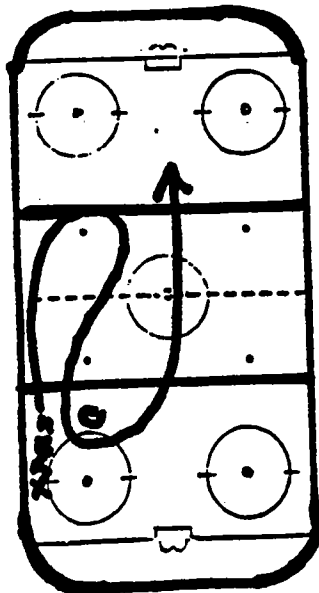
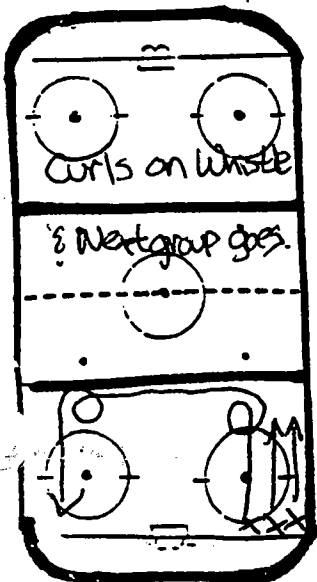


Turn on Whistle

& Next 3 go:

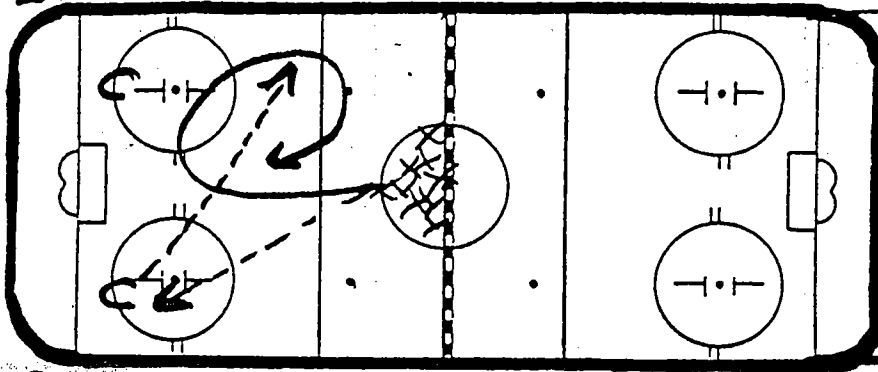
curls on whistle

& Next group goes.



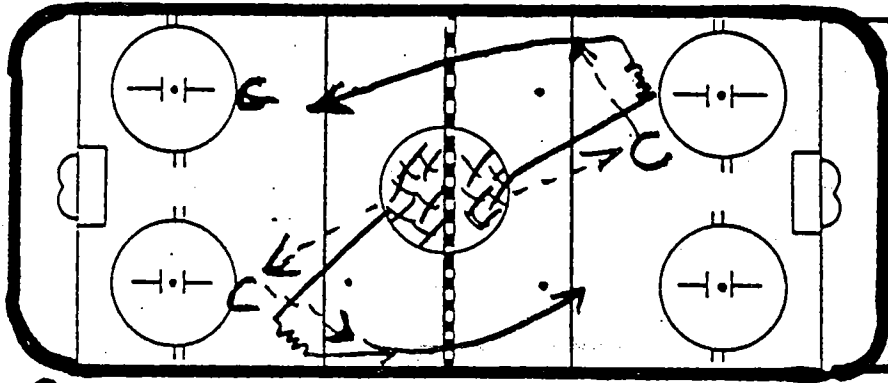
PASS, SKATE, SHOOT

1.



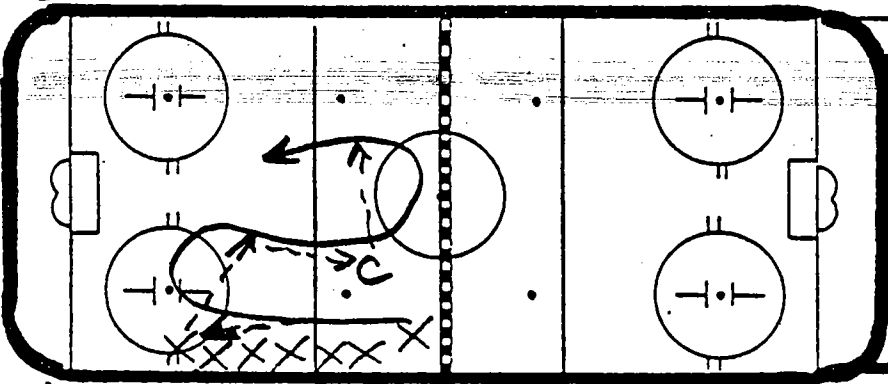
CROSS RINK BREAKOUT
PASS

2.



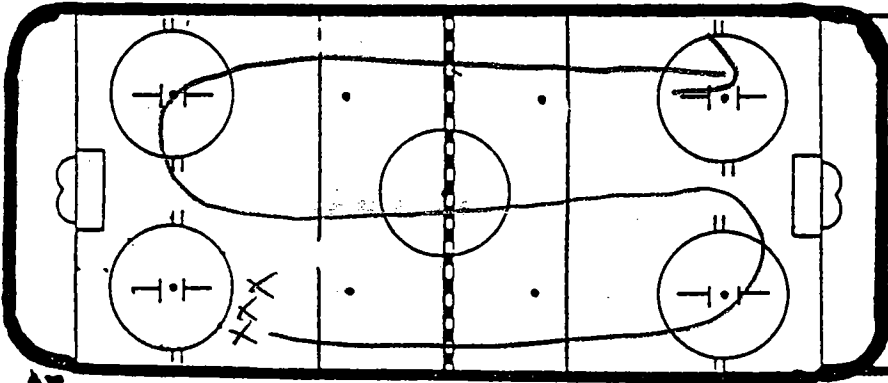
MOHAWK TURN

3.



4 PASSES

4.

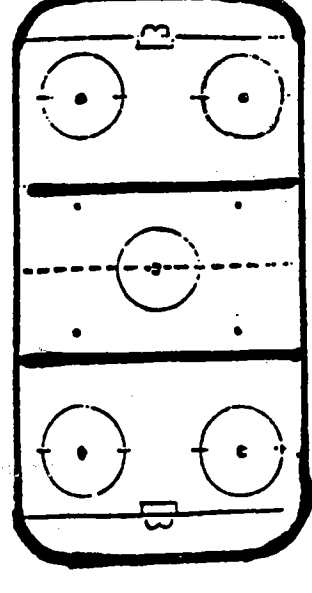
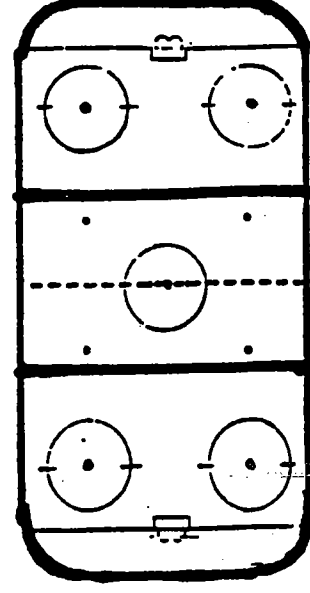
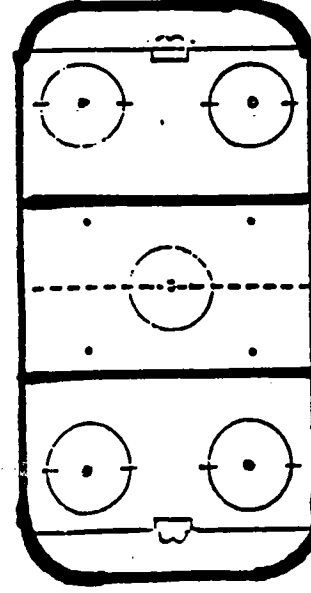
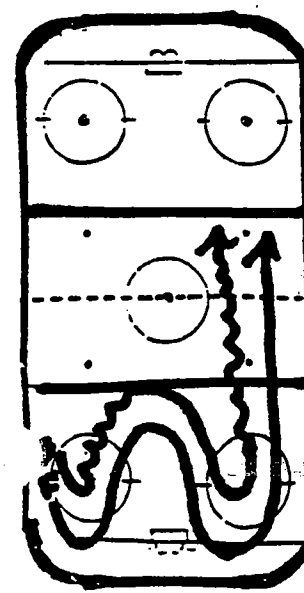
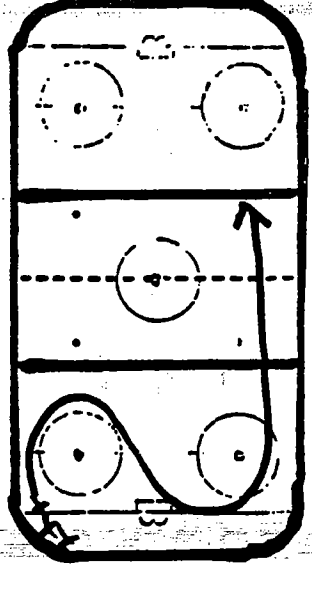
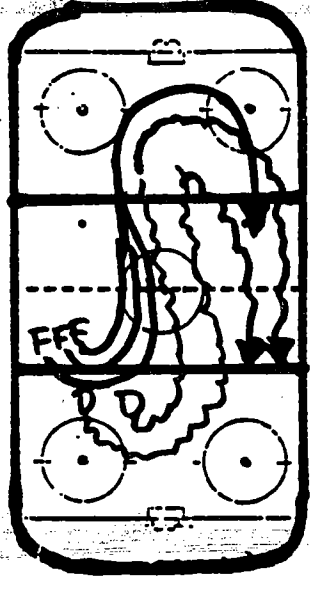
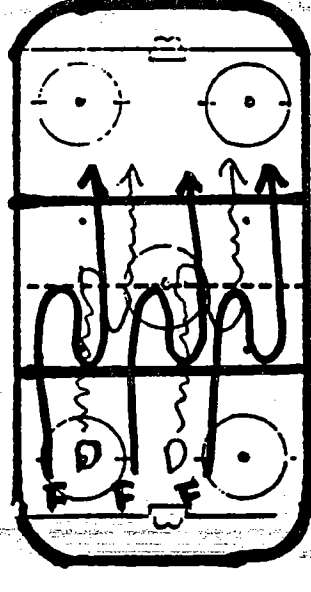
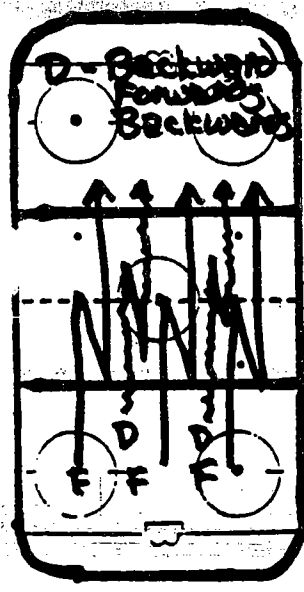
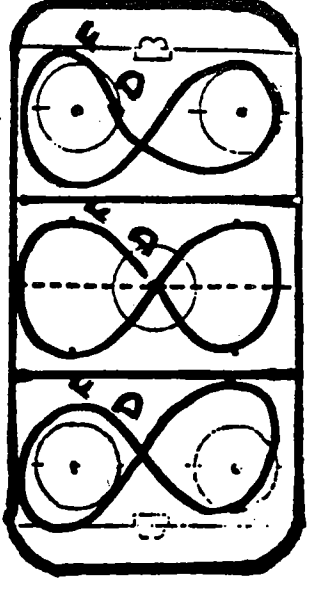
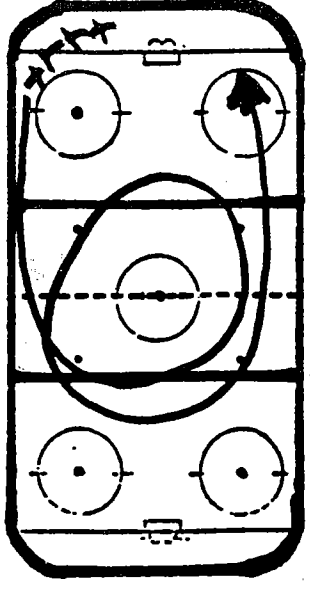
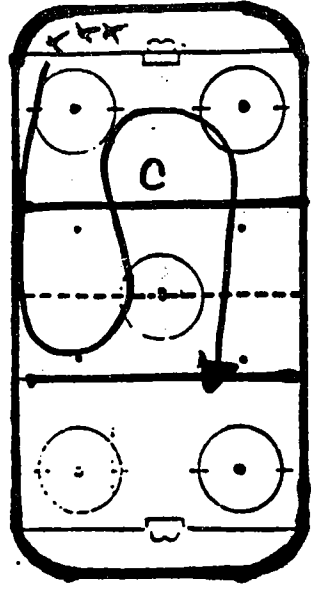
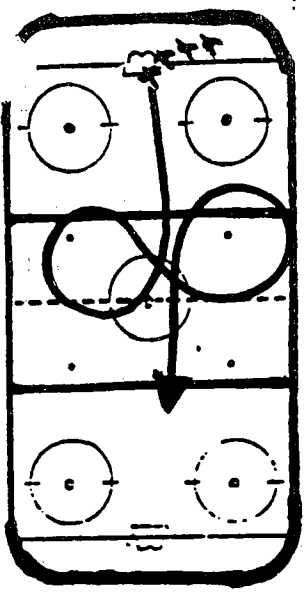


NOTES:

Forwards - Chase D
Give D 30 foot head start.

3 Forwards Chase 2 D.

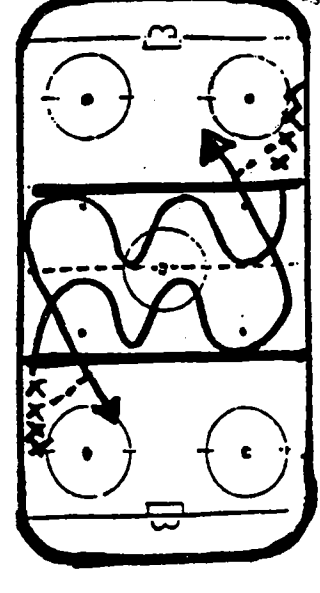
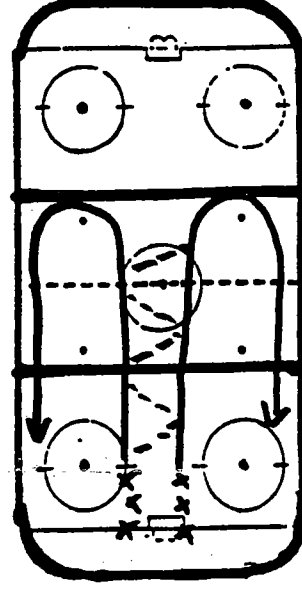
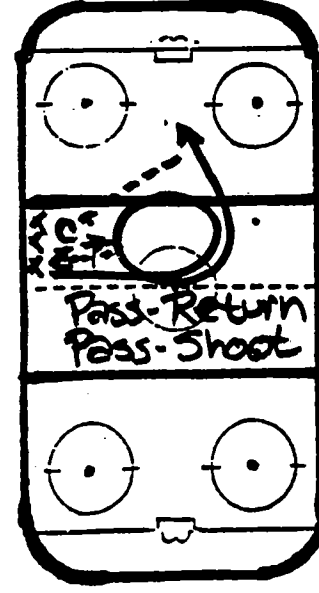
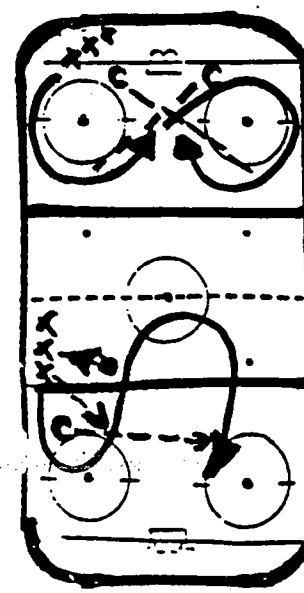
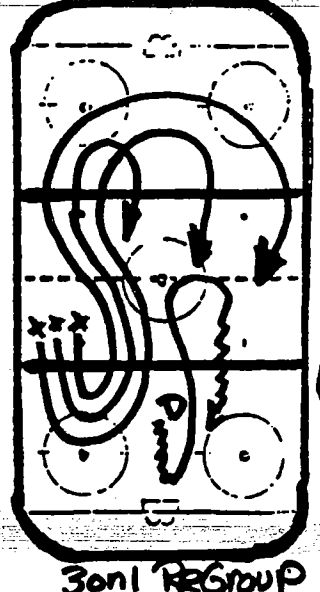
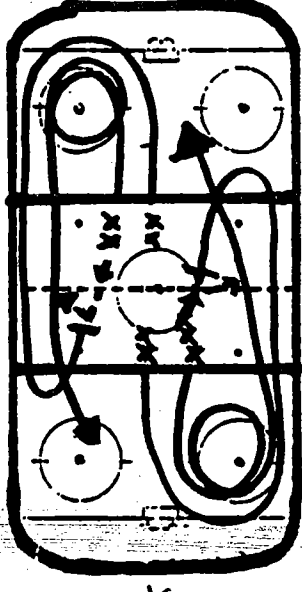
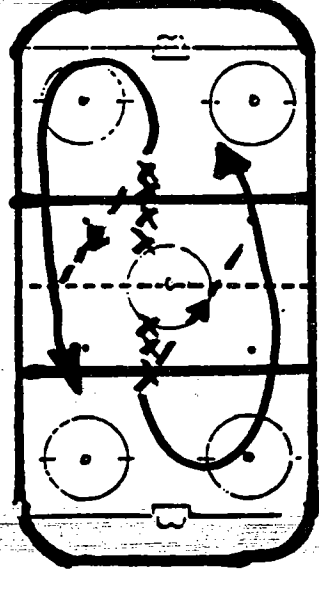
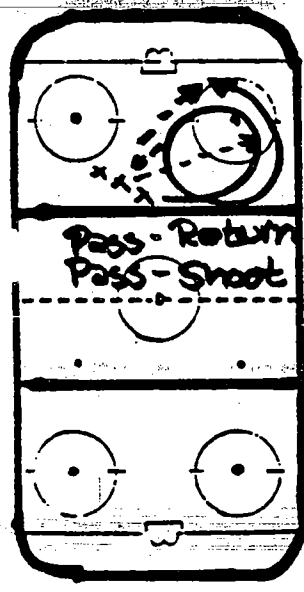
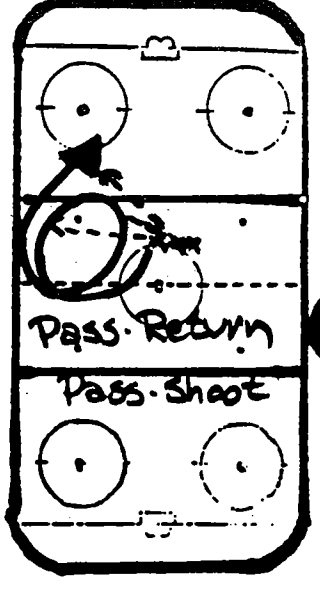
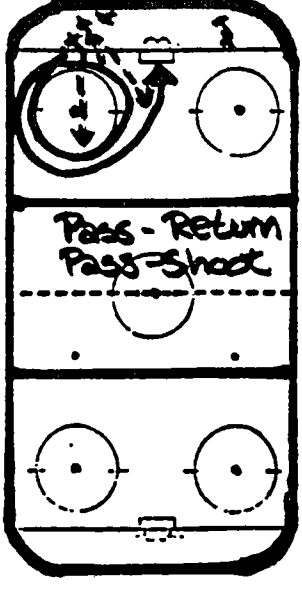
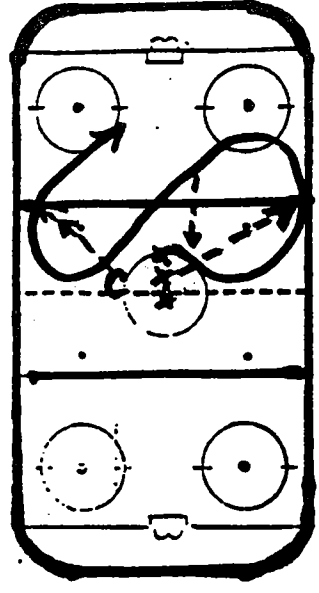
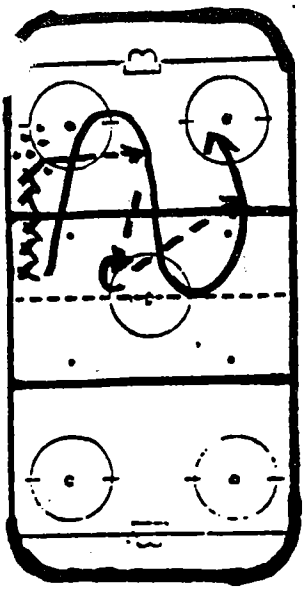
Forwards - Chase Defense



One per minute
Hard Passes

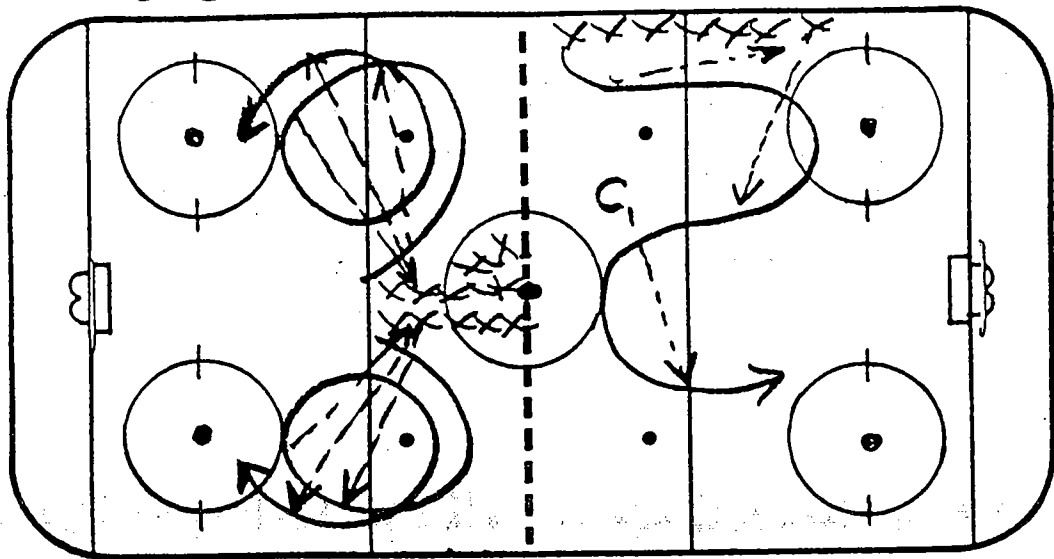
(Passing - Shooting)

Passing & Shooting

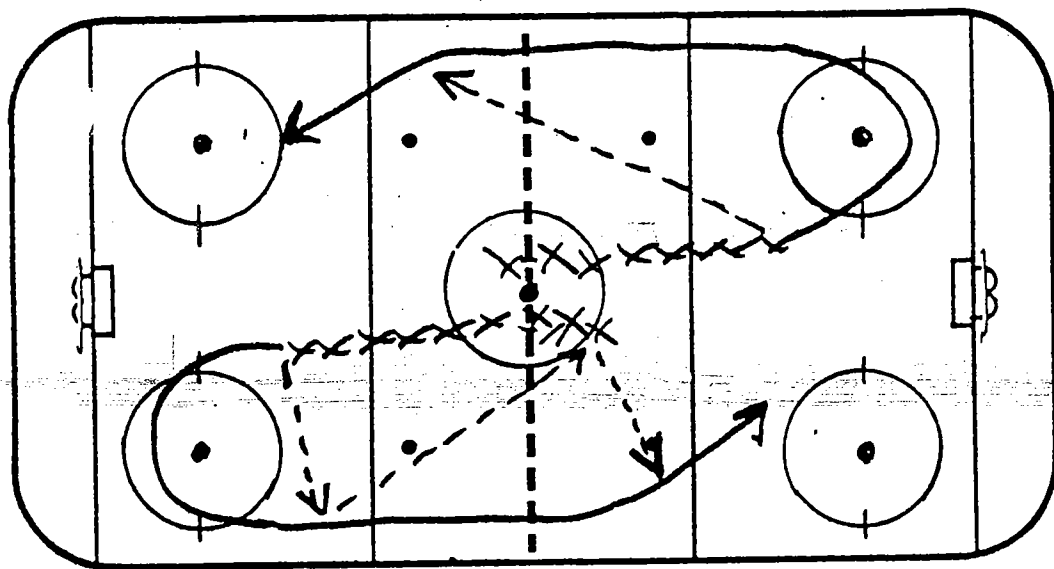


PASSING, SKATING, SHOOTING AT TOP SPEED

ONE PER MINUTE

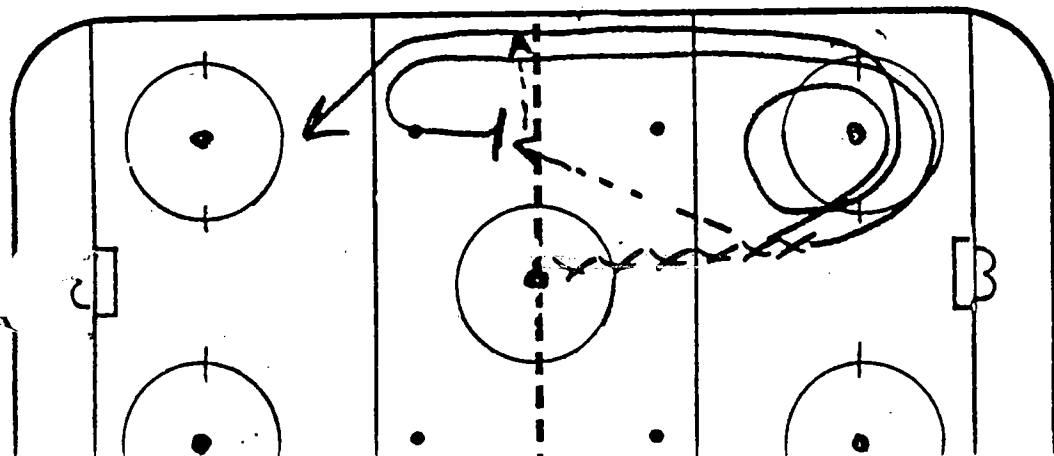


- ① RECEIVE A PASS
- ② RETURN THE PASS
- ③ RECEIVE
- ④ SHOOT



LONG OR SHORT PASSES

EMPHASIZE HARD PASSES

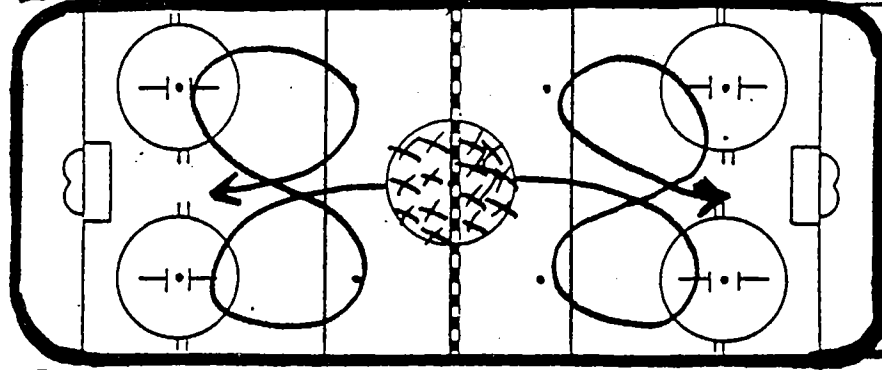


TWO AT A TIME

FIRST PLAYER FLIES TO FAR BLUELINE THEN DEFLECTS PASS TO SECOND

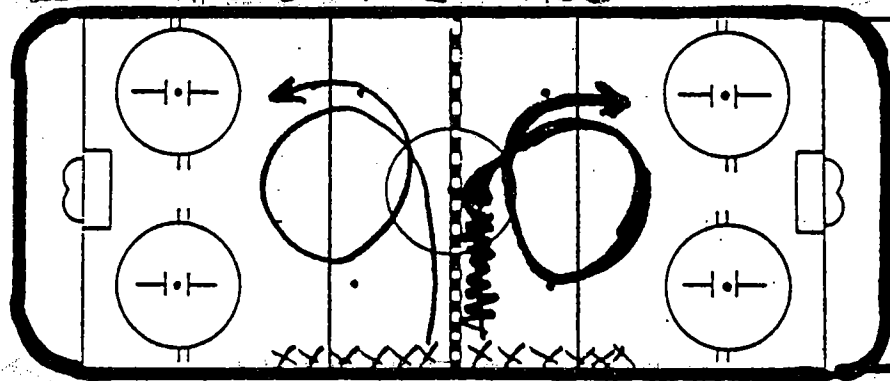
HIGH SPEED SKATING WITH PUCK, SHOOTING

1. FIGURE EIGHT AND SHOOT



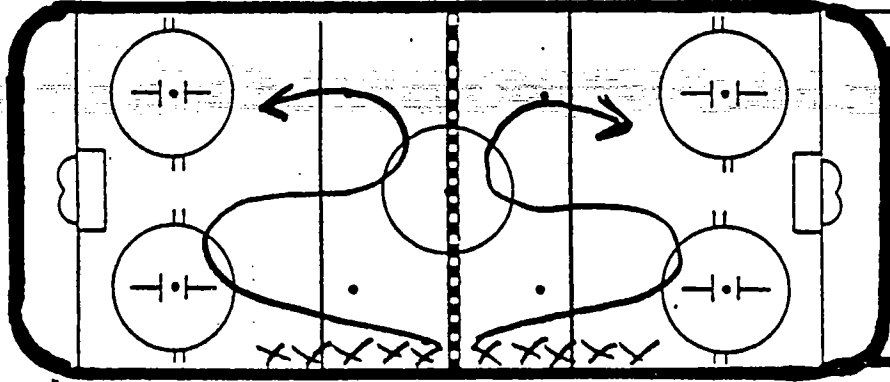
SHOOT WHILE MOVING FEET.

2. CIRCLE AND SHOOT

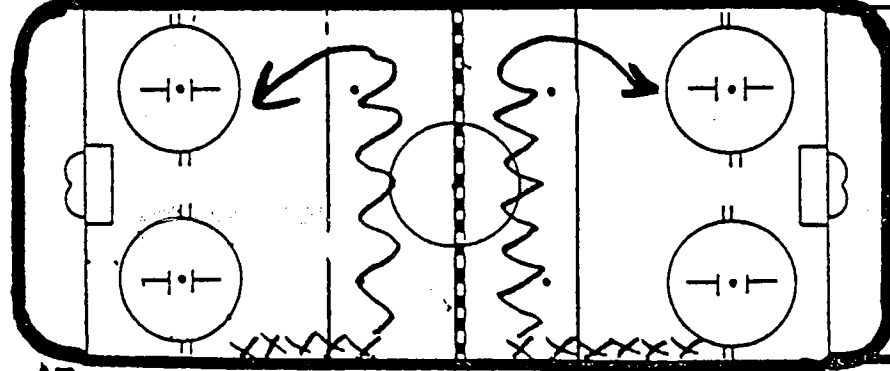


OR
BACKWARDS, PIVOT AFTER RECEIVING HARD PASS

3. CROSSOVER TURNS AND SHOOT



4. ZIG ZAG AND SHOOT

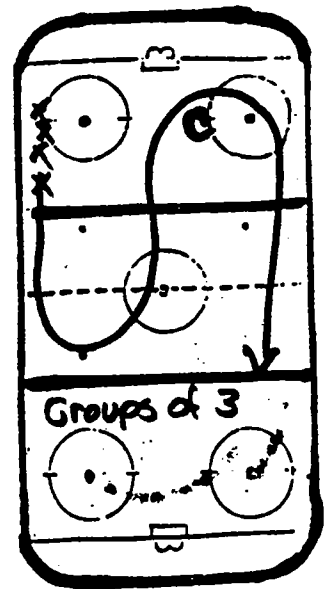
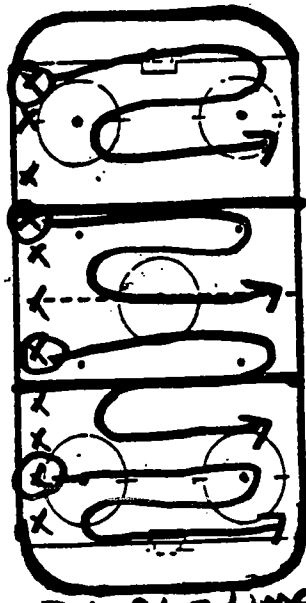
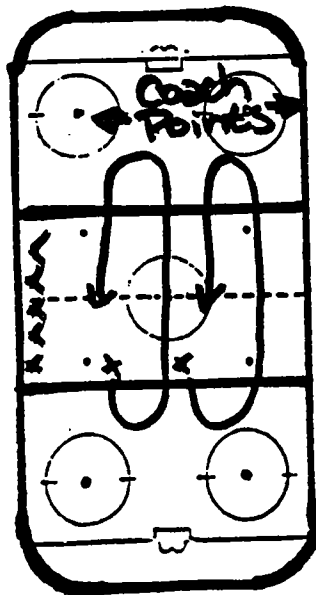
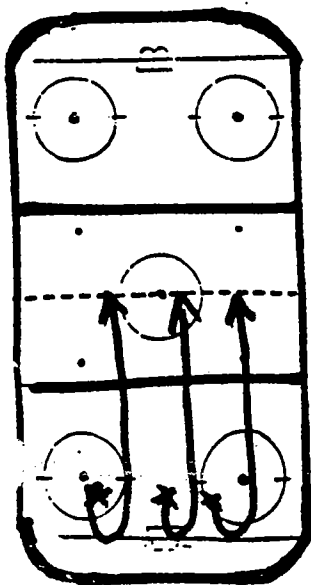
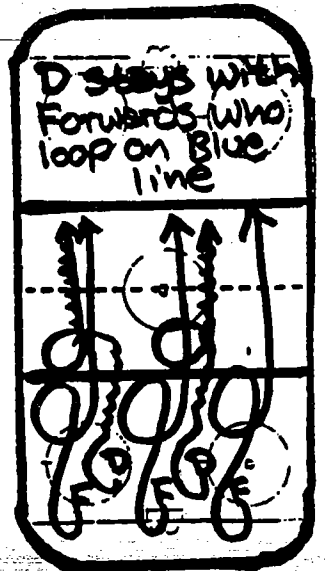
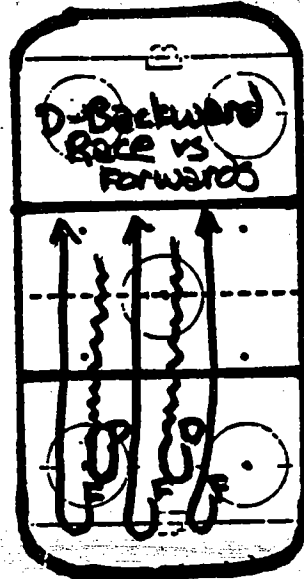
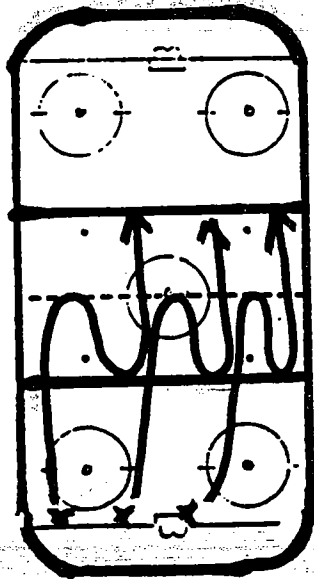
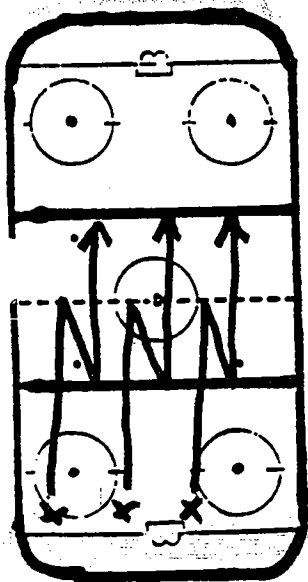
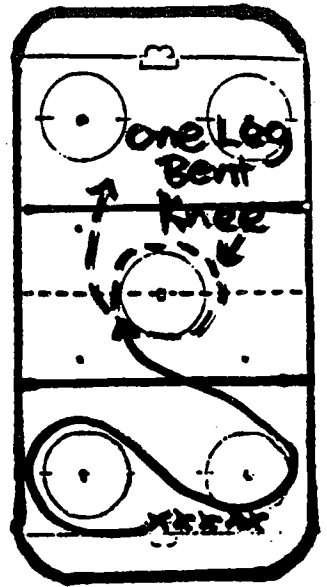
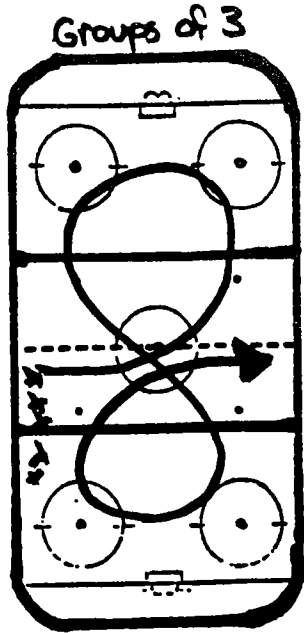
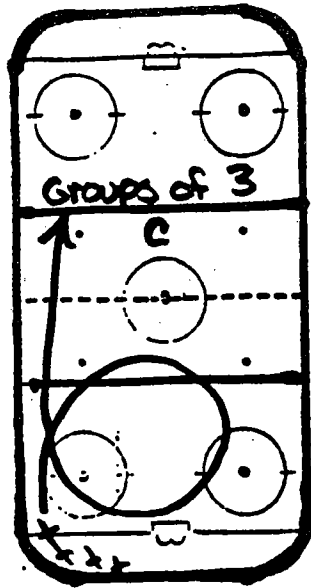
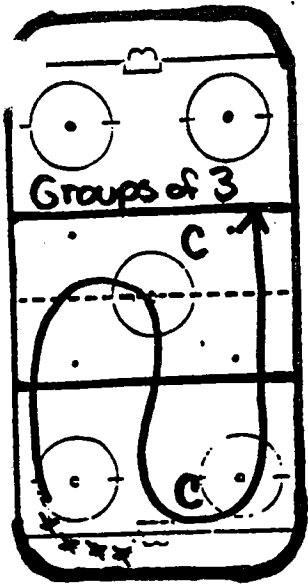


WIDE DRIBBLE EACH SIDE WHILE CROSSOVER SKATING.

QUICK STICK, QUICK FEET

NOTES:

Sprints with or without pucks

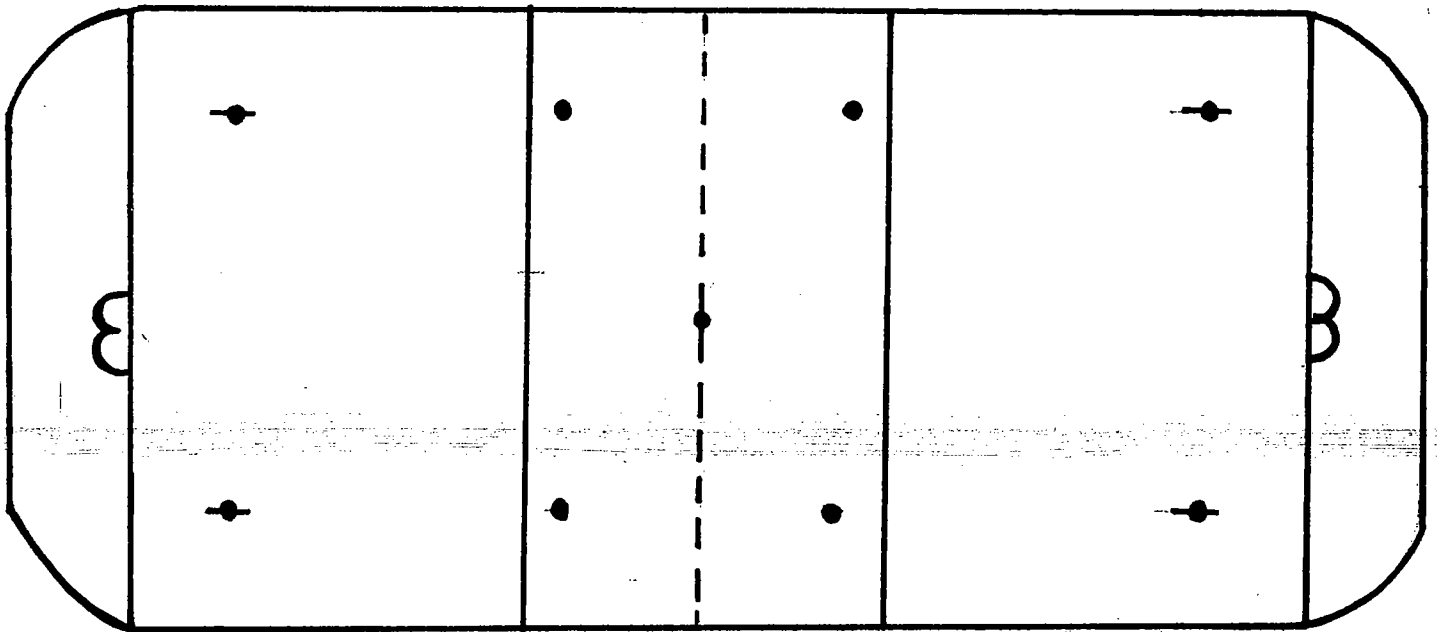


3-4 At a time Skate to Dots

Name of Drill: Conditioning

Description:

1. Blue-Blue
2. Herbies - Blue/Back Red/Back Blue/Back all the way Down/Back
3. Power Intervals - 4 lines - Hard Between Zone face-off Dots.
4. Short Sticks - Stick on Ice.
5. Gopher Boosters - Chest Drops - B-R-B (Wide-to pipe) Chest Drop B-R-B (up the middle.) 2 lines along Boards



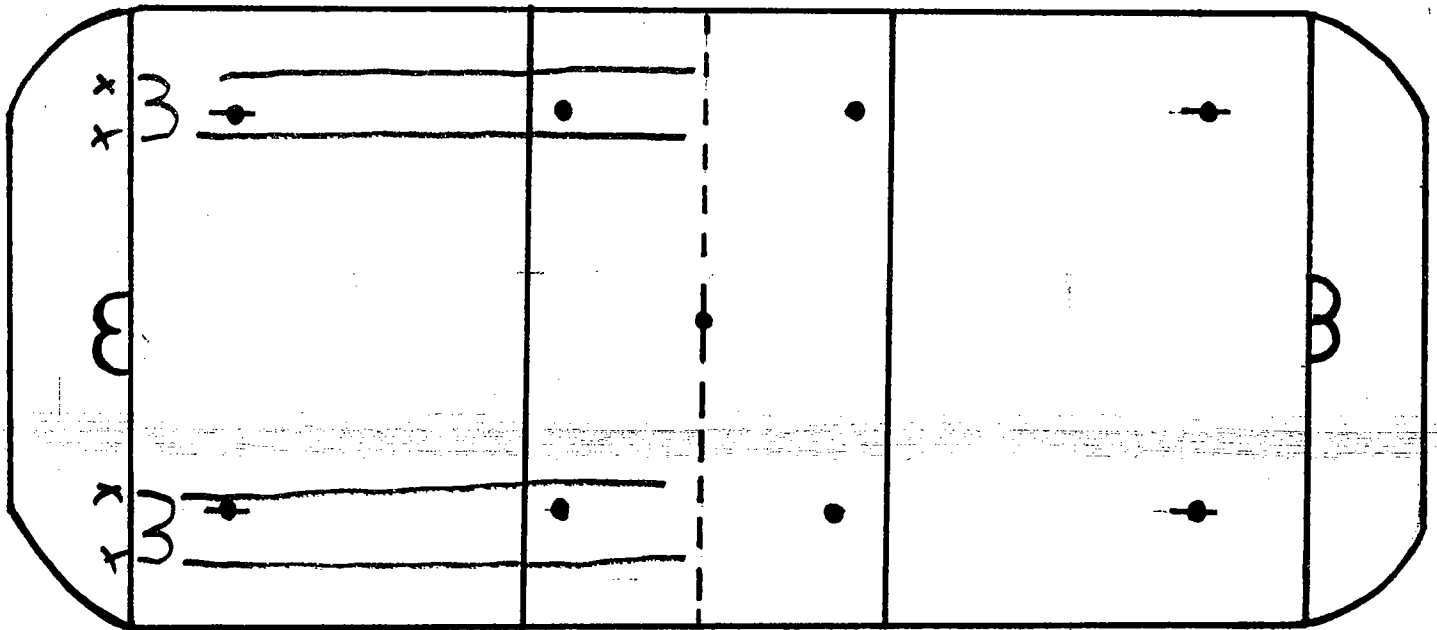
6. Side boards

7. Dives to Blue - Sumies to next Blue - Crawl to goal -
10 push ups - Sprint to far end.

Comments:

Name of Drill: Push Net Reby.

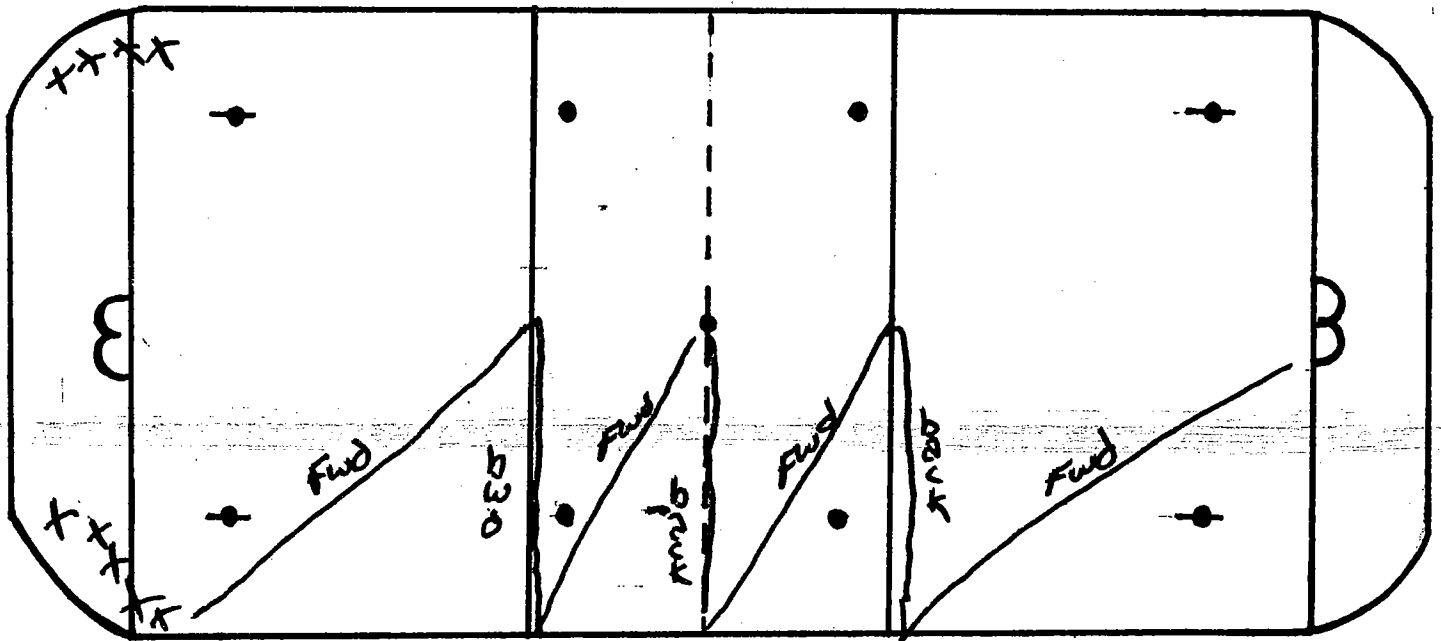
Description:



Comments:

Name of Drill: Cond.

Description:

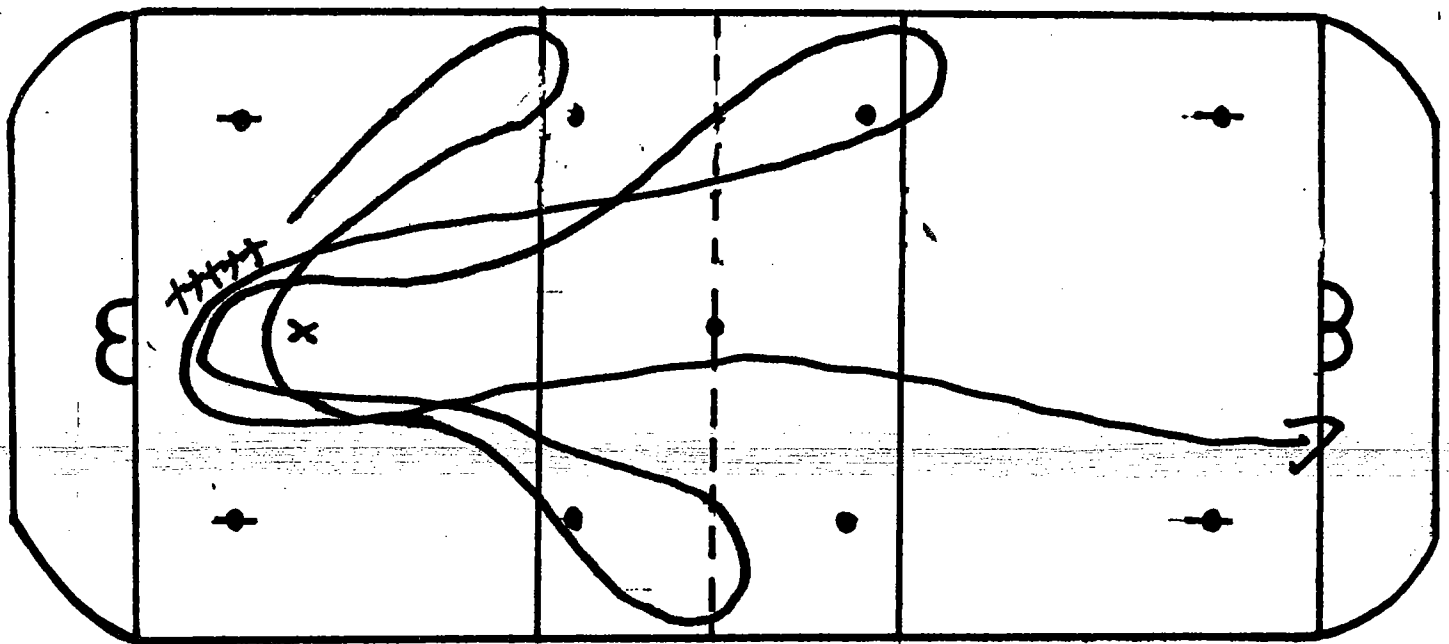


Comments:

Name of Drill: Big Ben

Description: Swing Blue
Red
Far Blue

Go around Coach

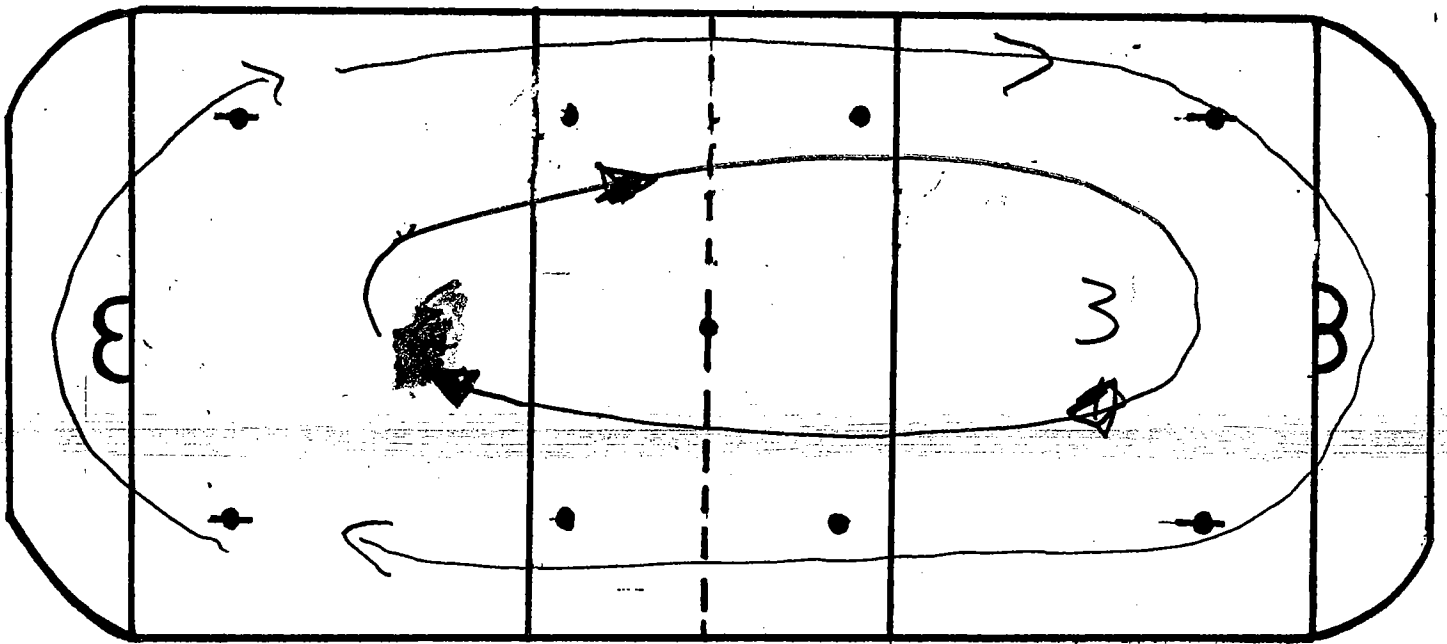


Comments:

Name of Drill: Small Group Circles

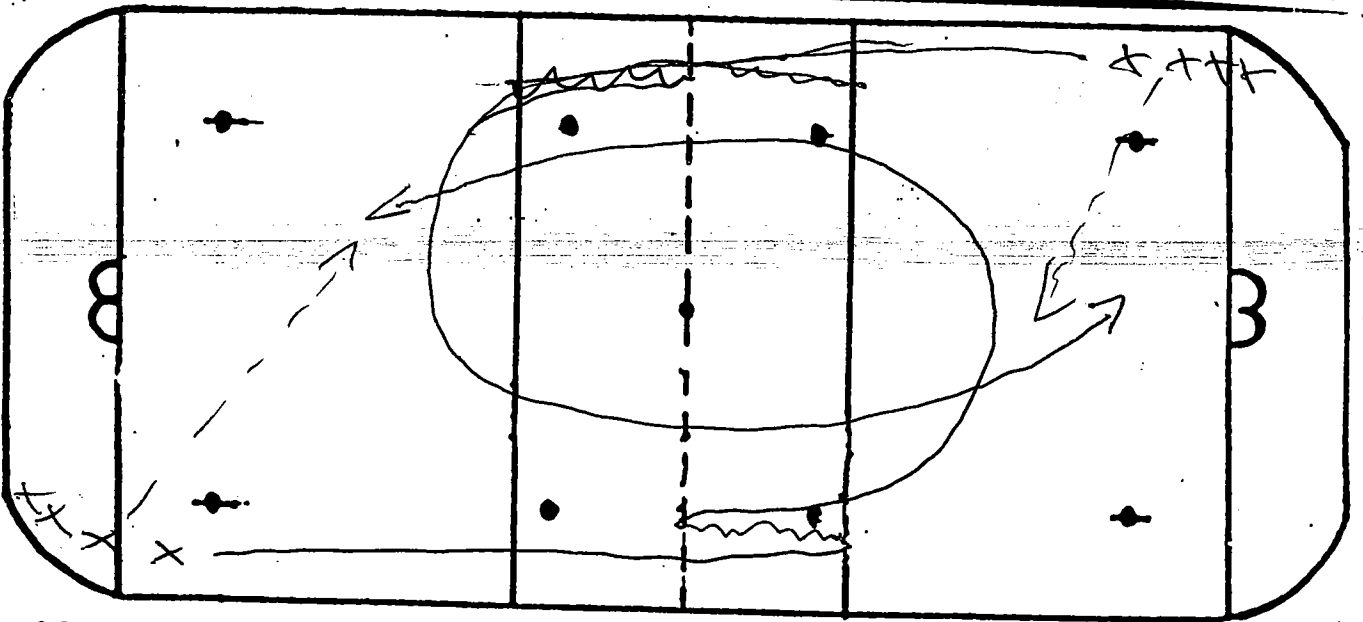
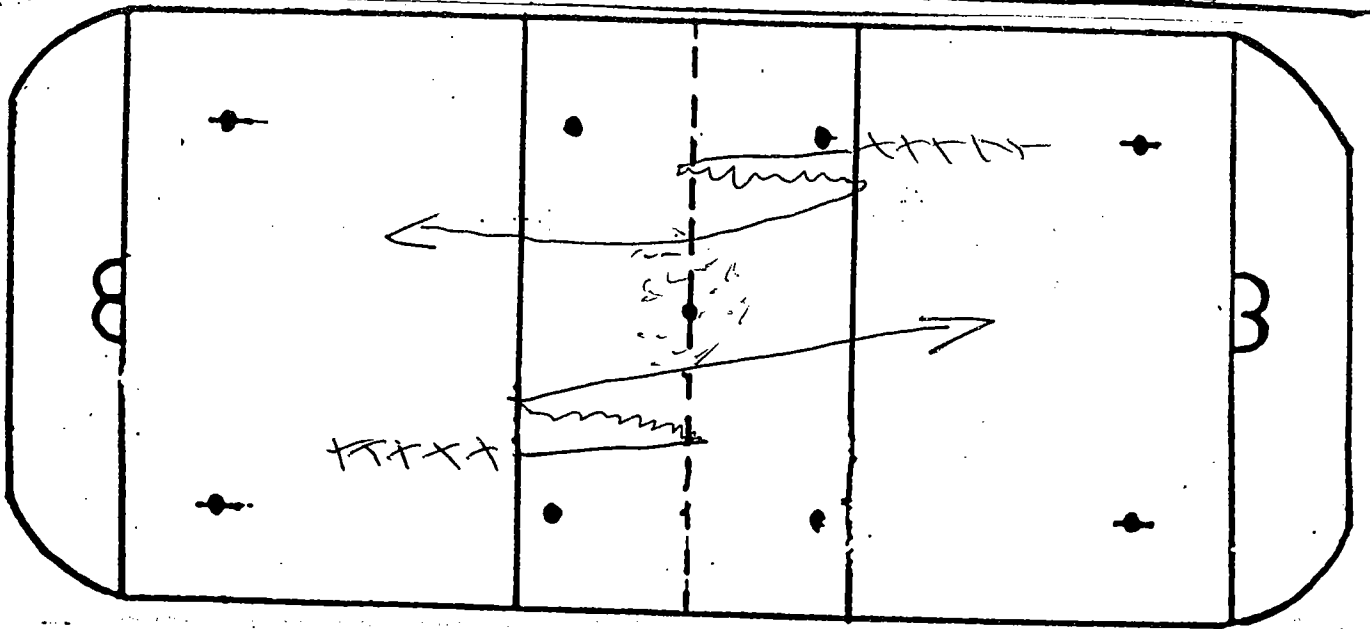
Description: Group outside skates

Slow inner group goes hard, on whistle change groups. Good for outside.



Comments:

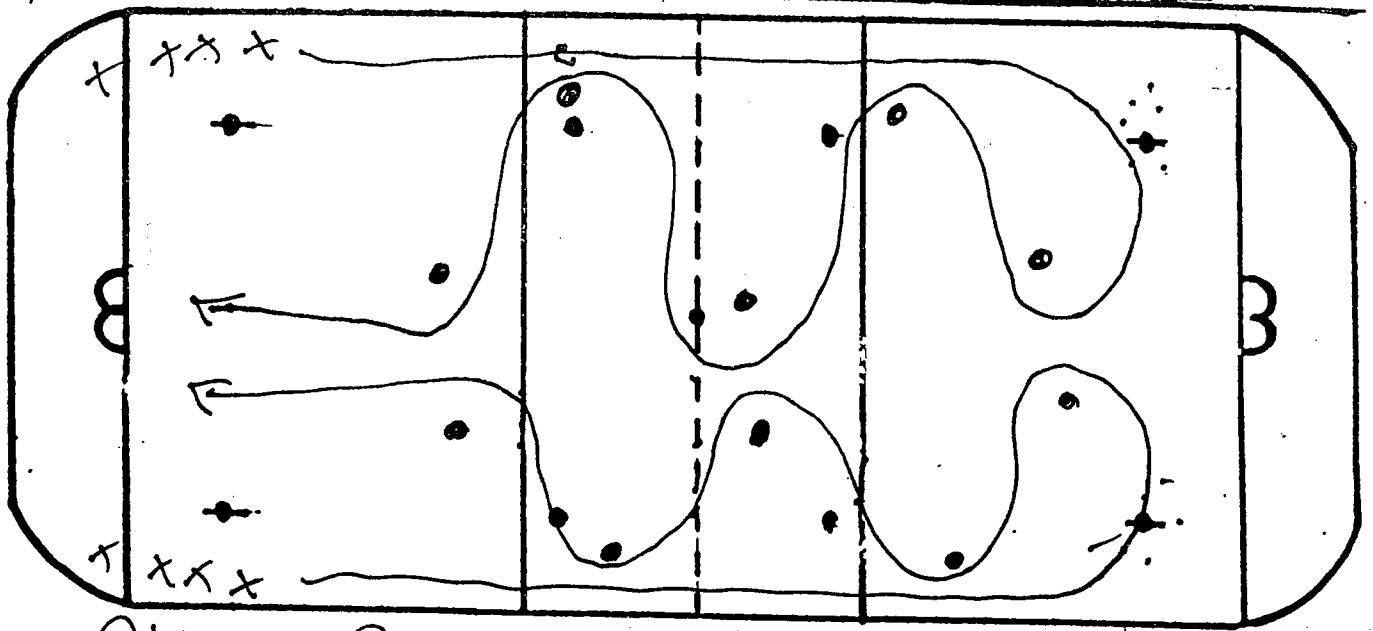
Conditioning



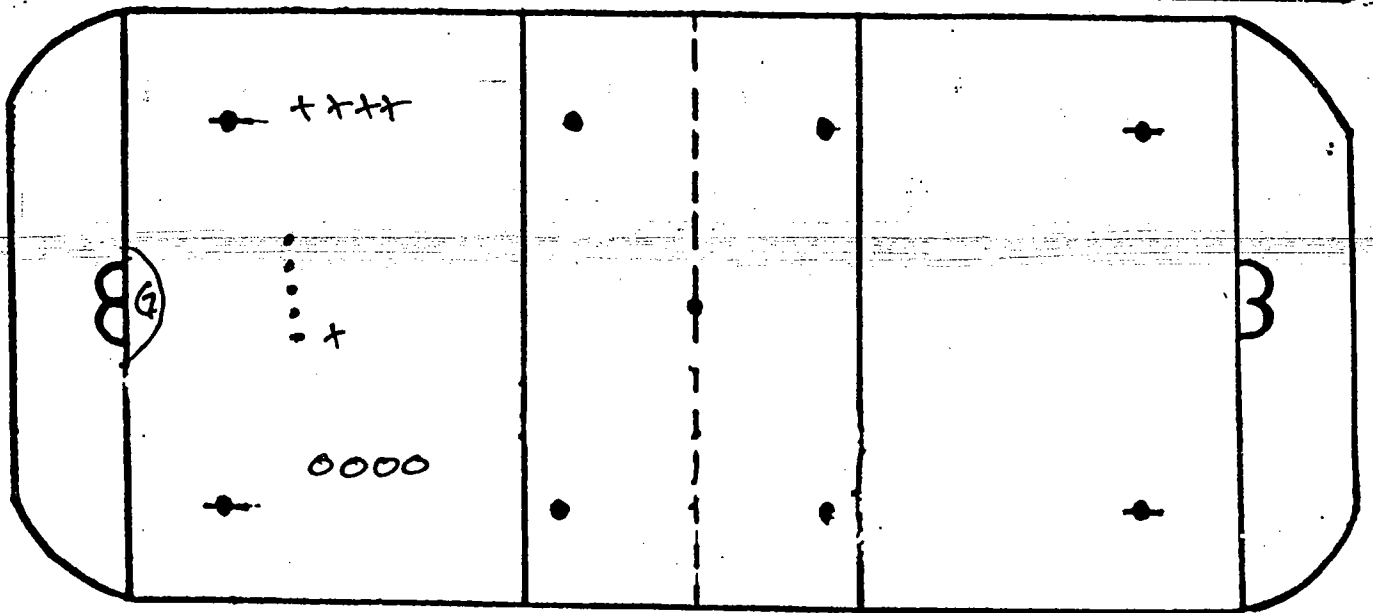
①

Relay

Conditioning

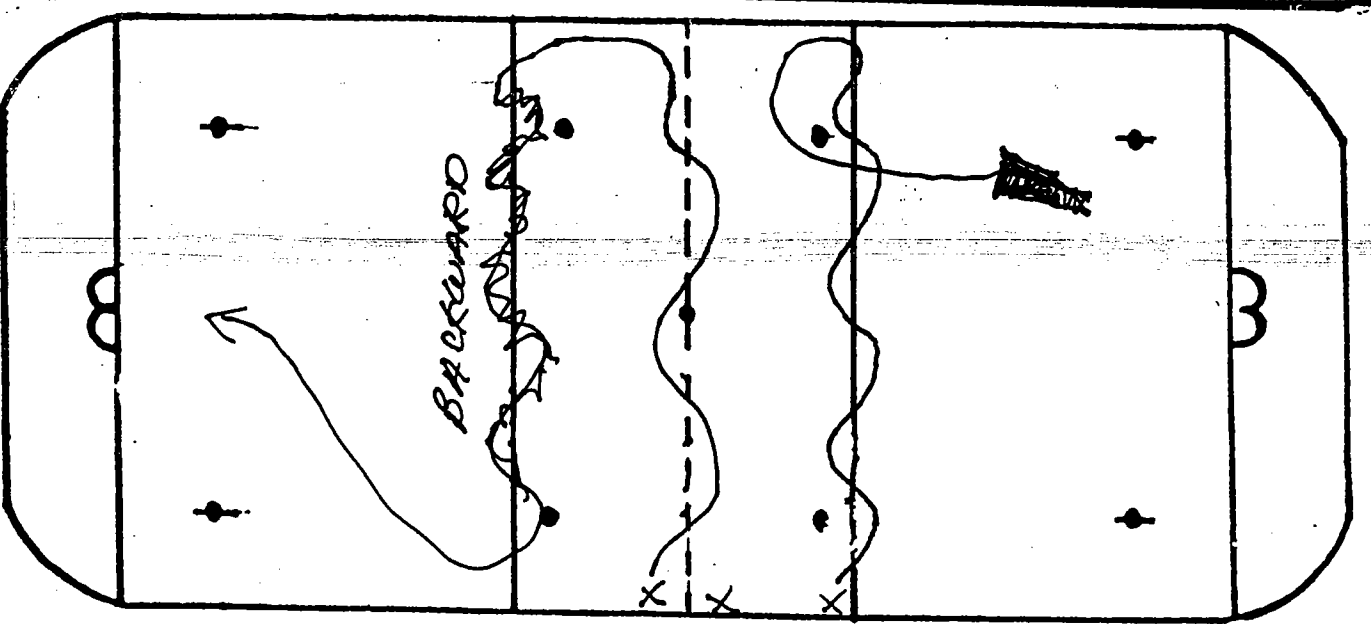
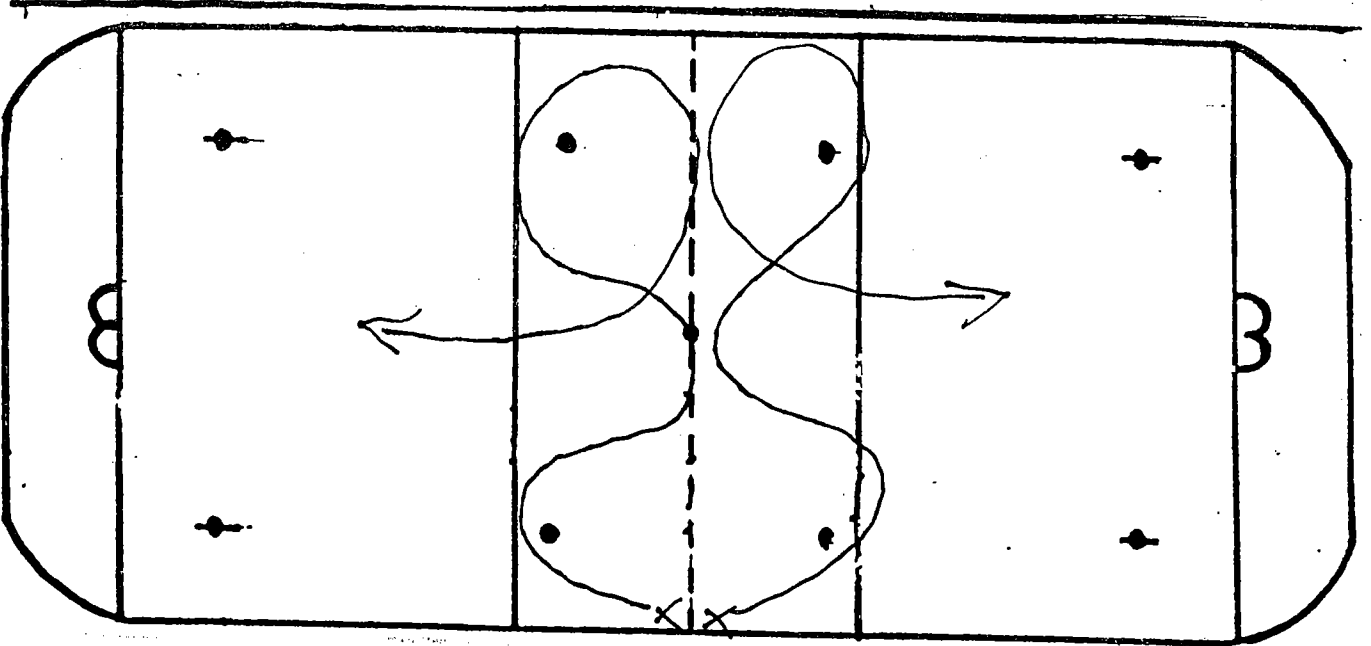


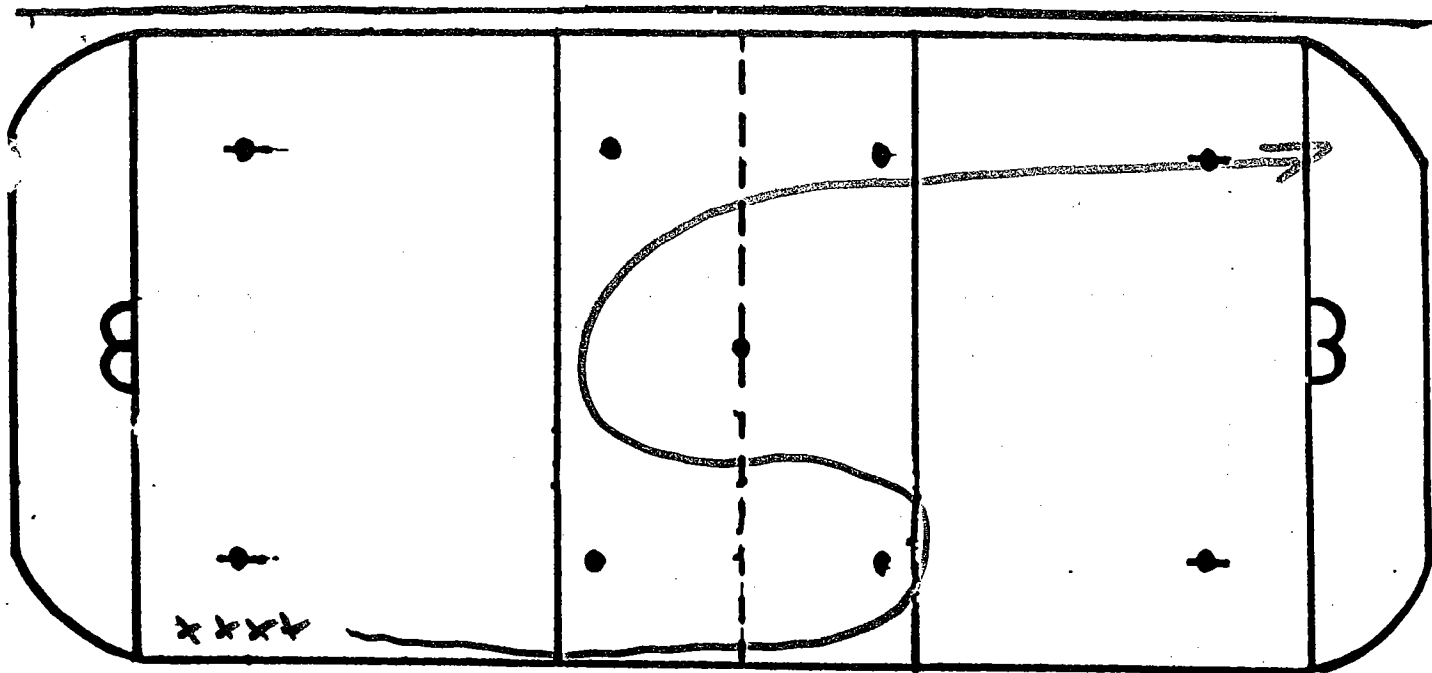
SKILLS COMP



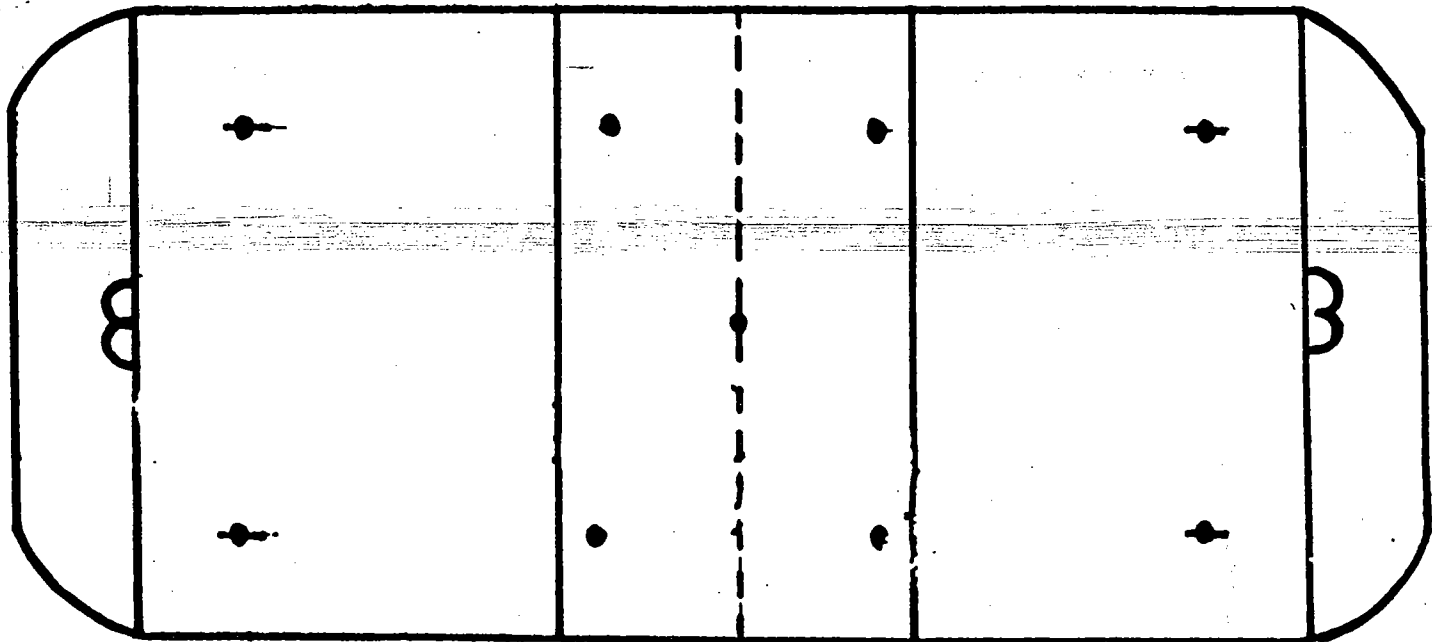
Rapid Fire

Conditioning



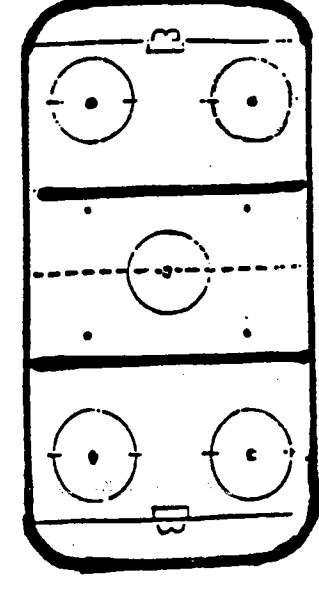
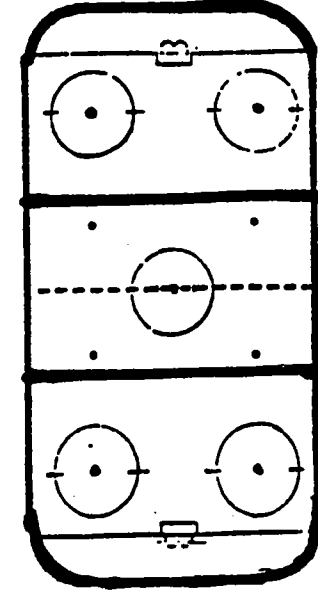
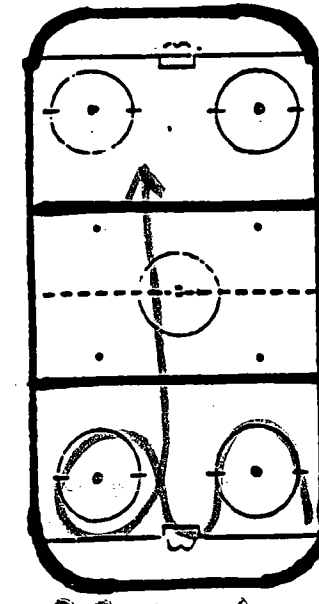
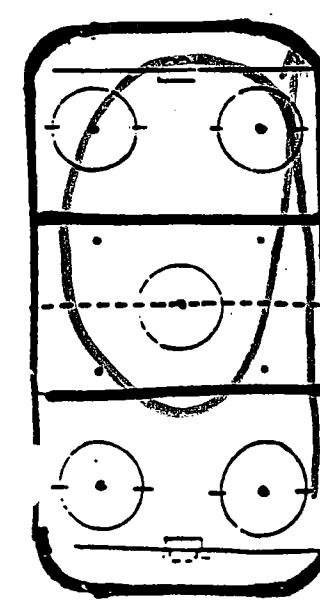
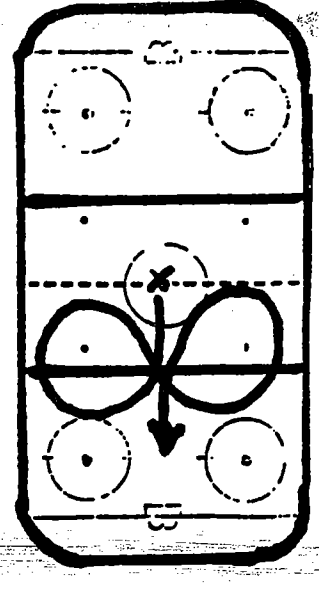
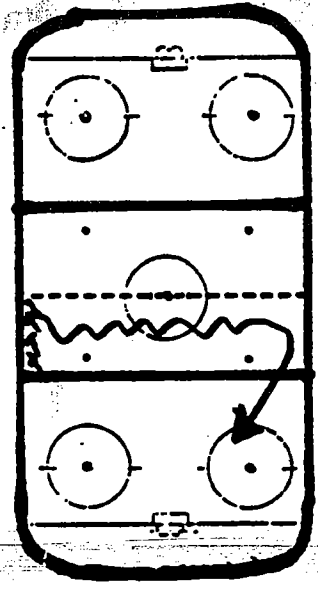
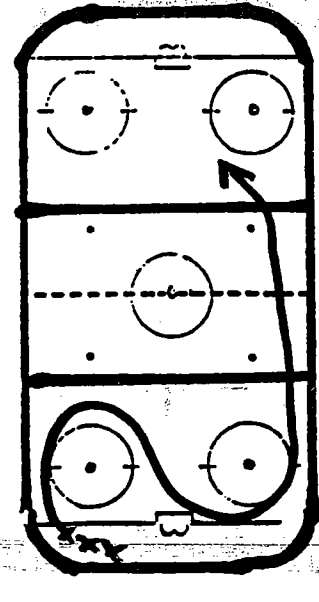
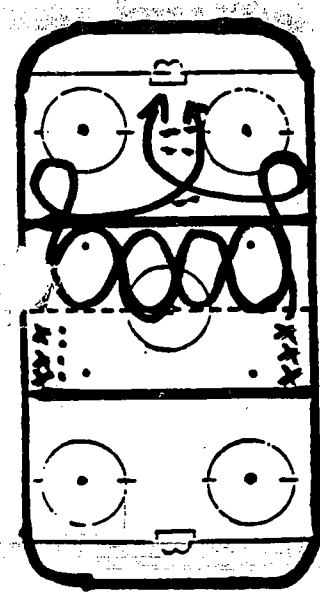
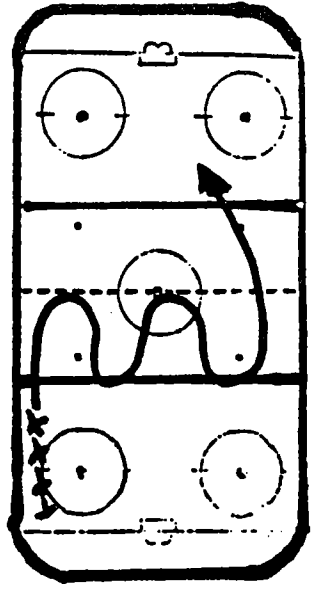
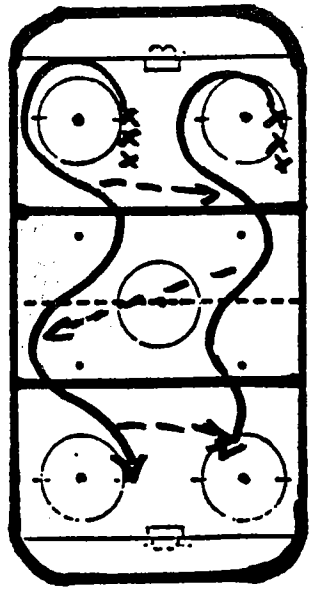
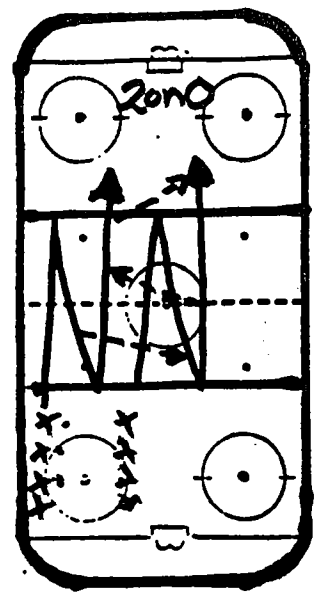
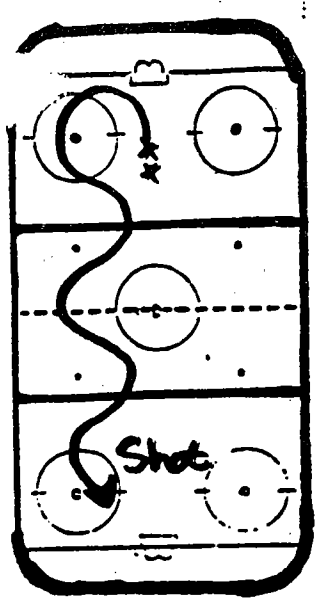


Conditioning



Top speed...
Shoot Uncomfortably Quick

Sprints with Pucks

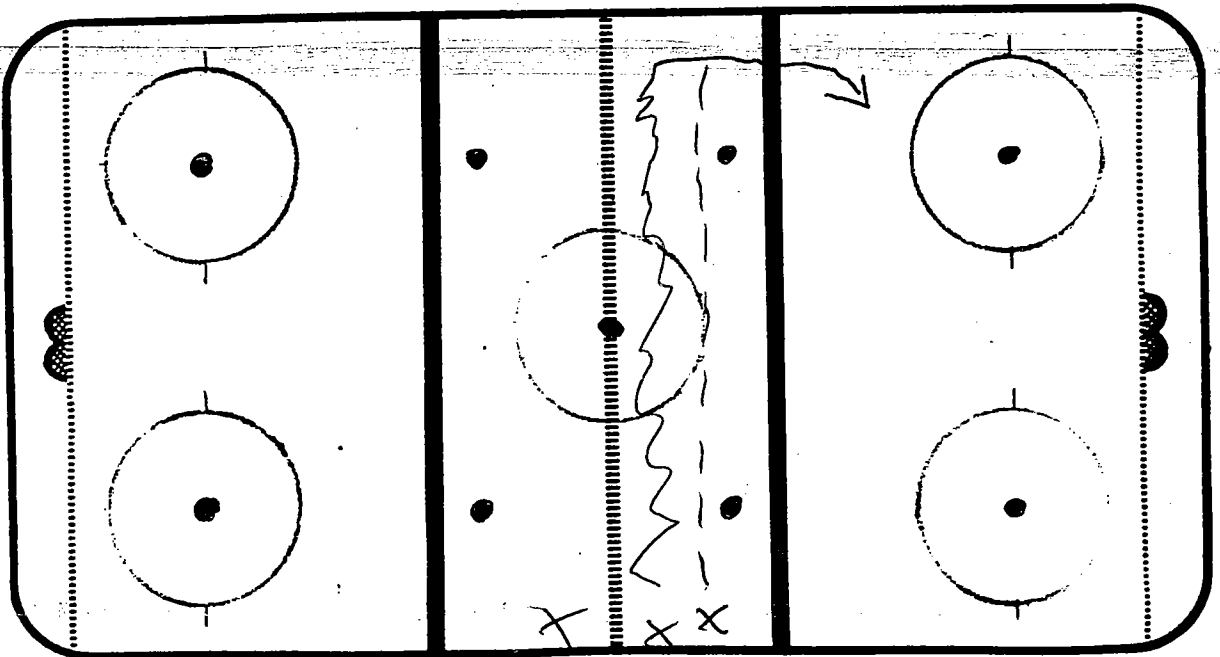
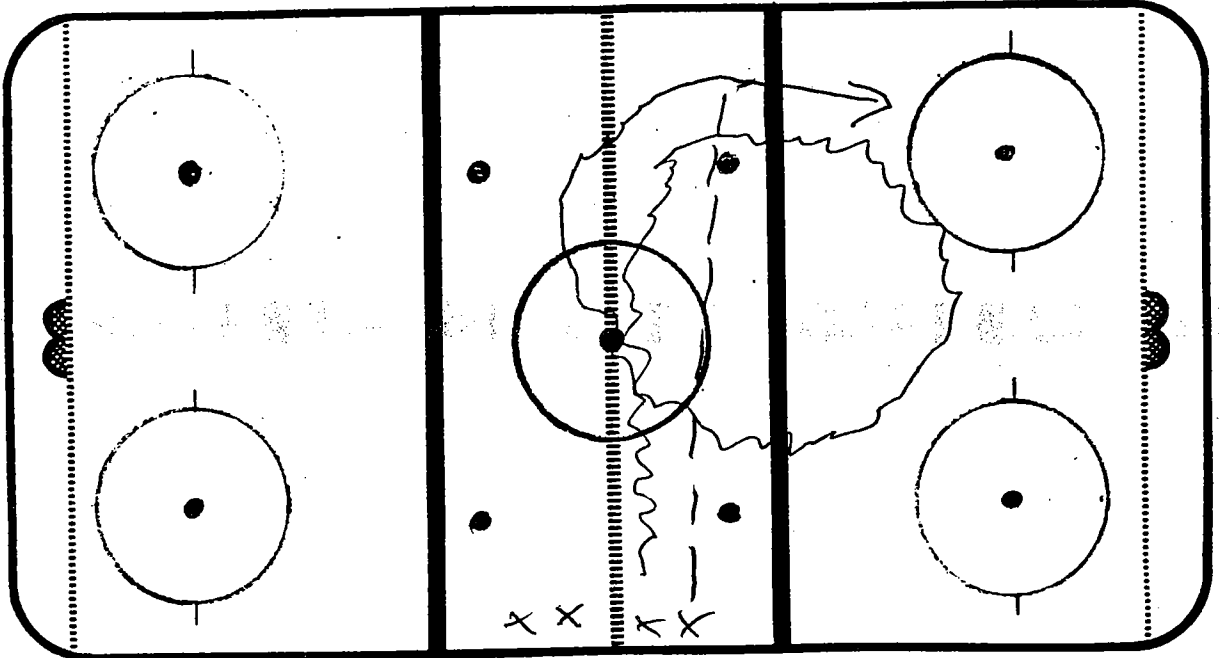


D Backwards



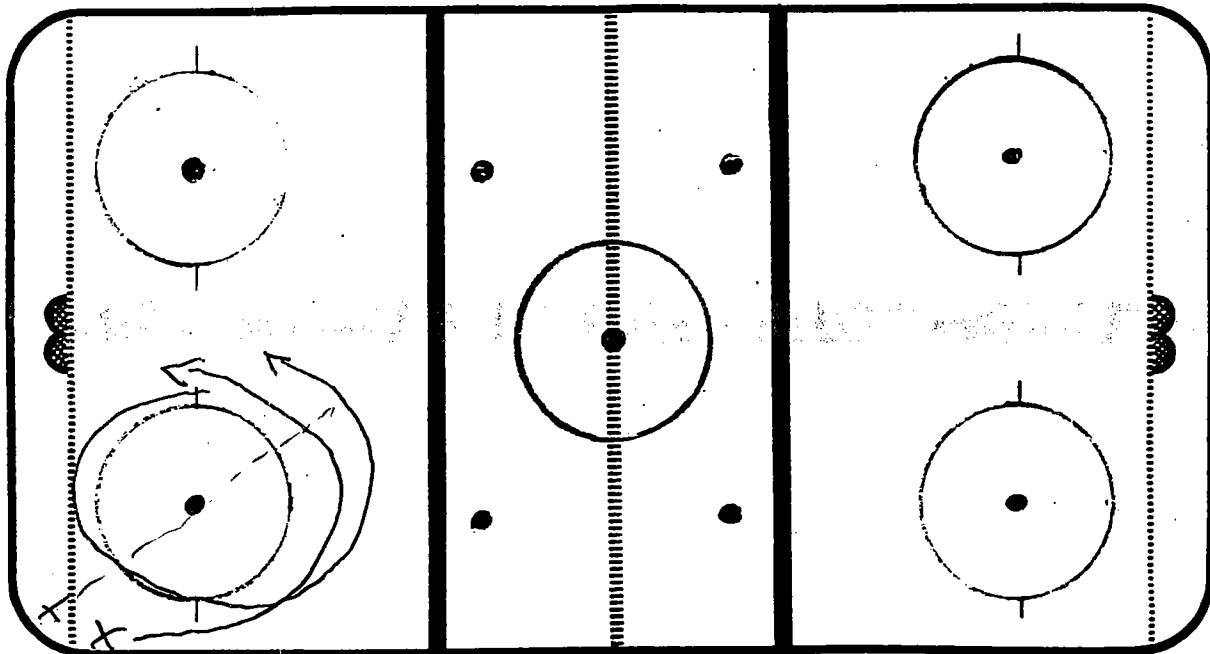
Blatherwick

Backwards circle - catch Pass from next guy in line.

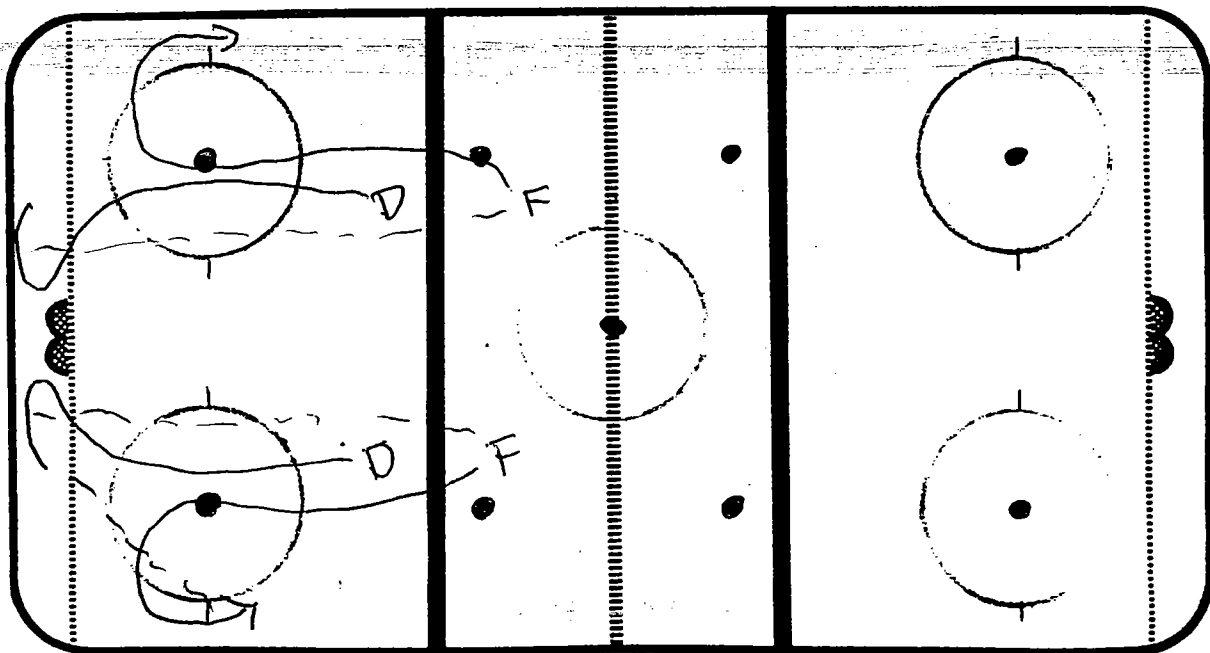




Carry Puck Shoot - Skate around bottom of circle back to top catch Pass from Next guy - Shoot again.

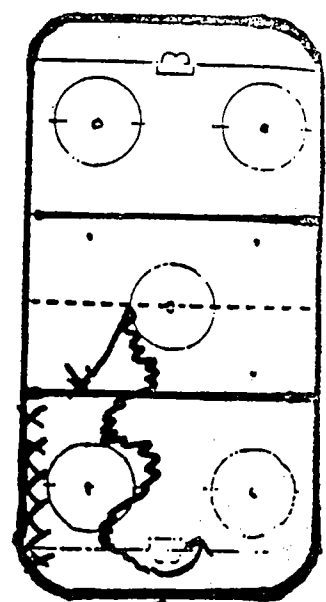
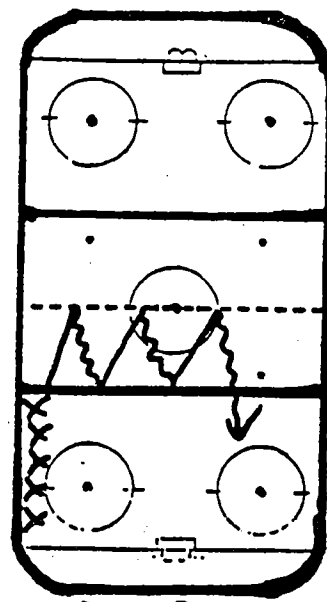
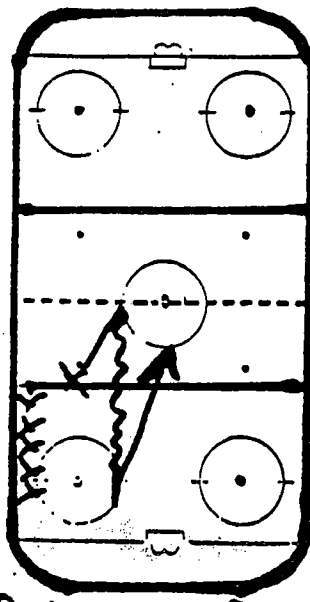
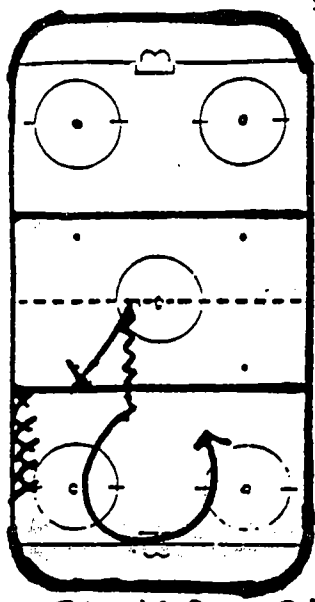


Forward Dumps it in D - Breaks out to Forward.



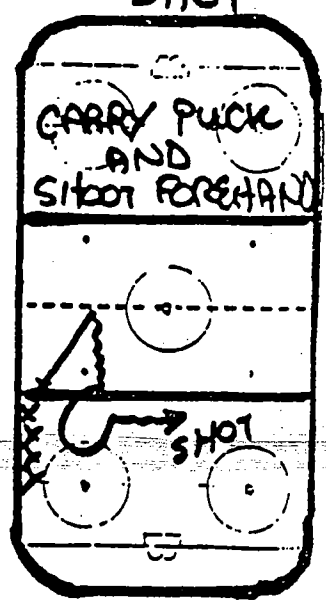
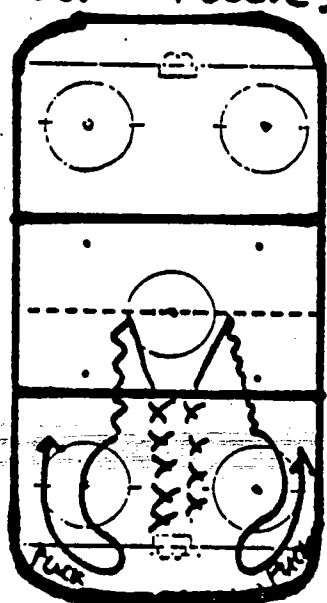
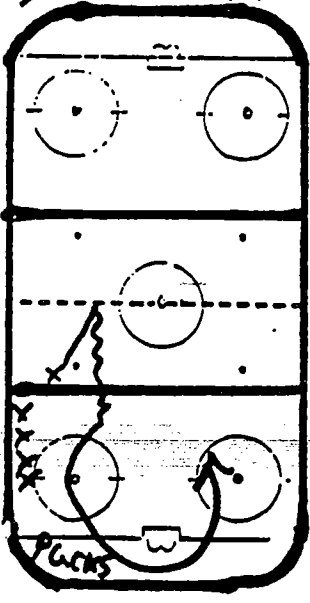
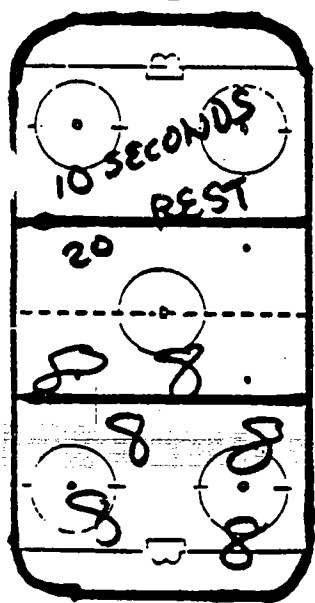
HALF ICE SPRINTS AND AGILITY FOR DEFENSEMEN

START EVERY 50-60 SECONDS



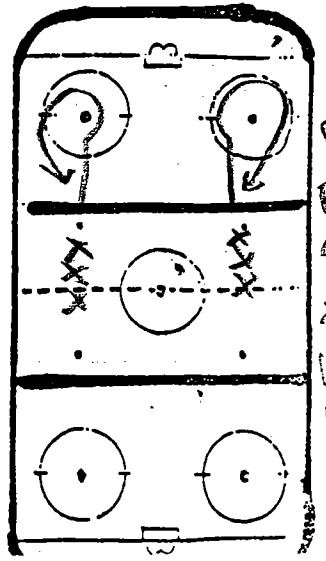
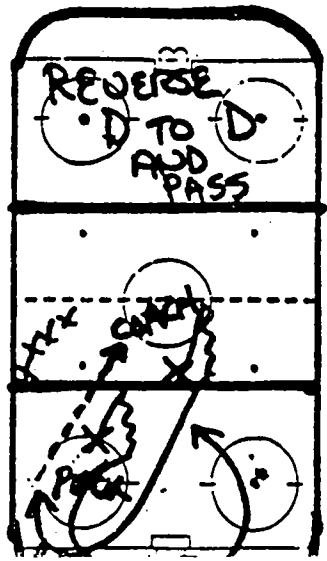
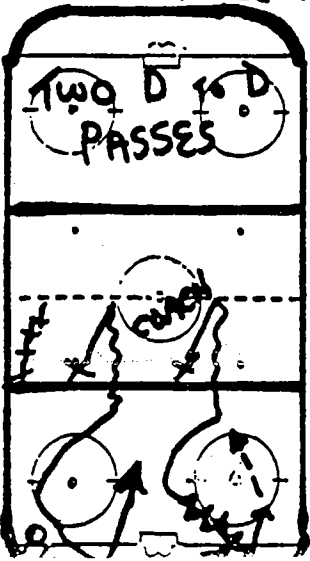
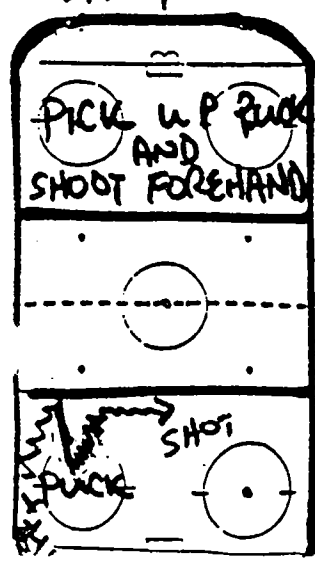
EITHER CARRY OR PICK UP PUCKS

SHOT



SHOT

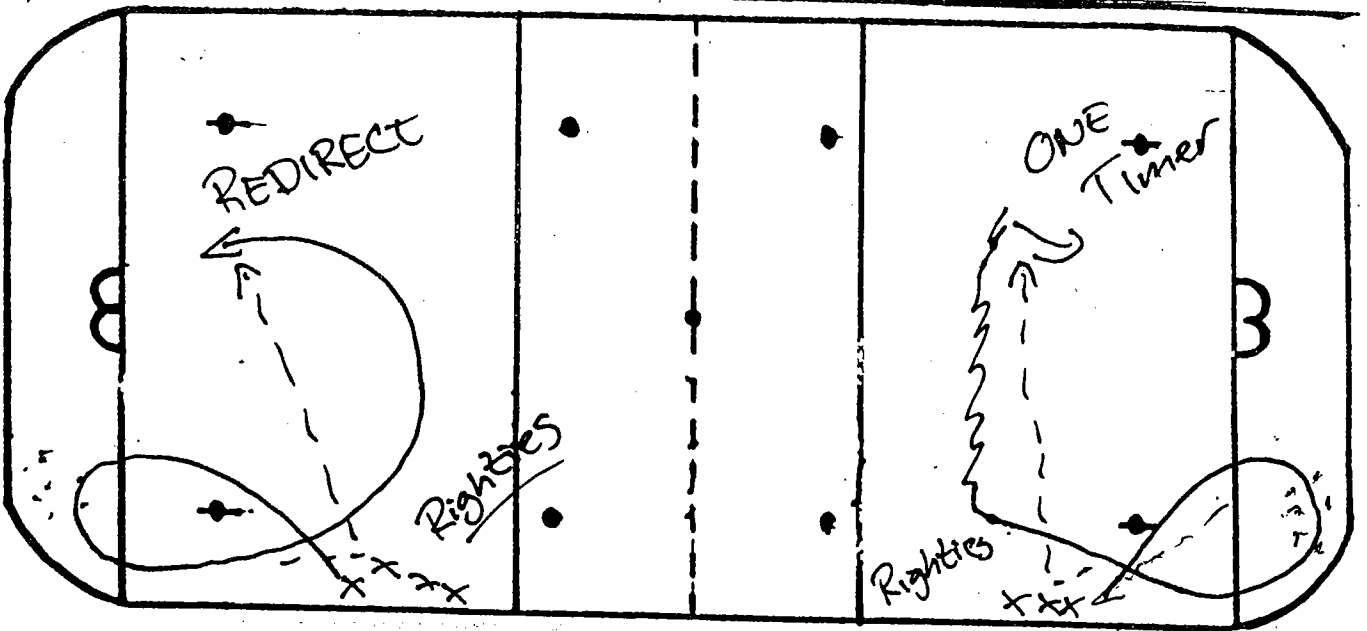
BREAKOUTS



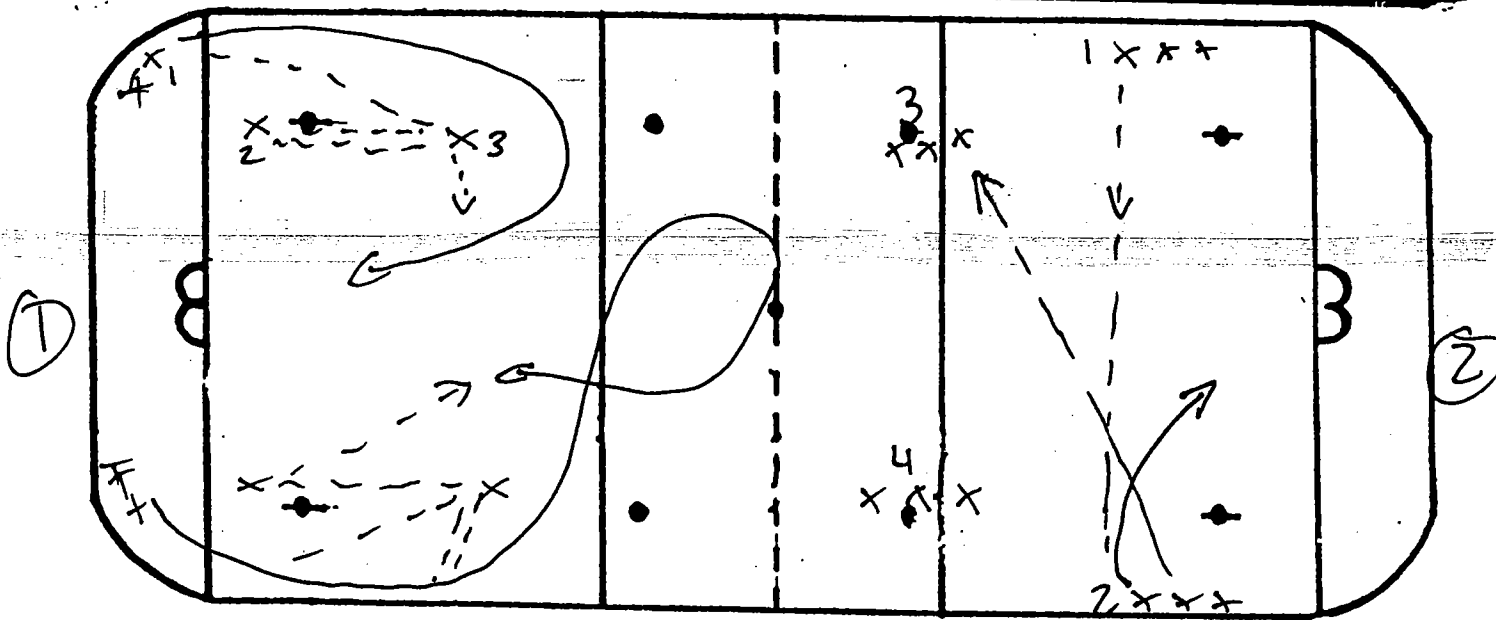
Play
Cote
ESG
Spartan
to D
Leah
Puc

1/2 ICE

Conditioning Skills



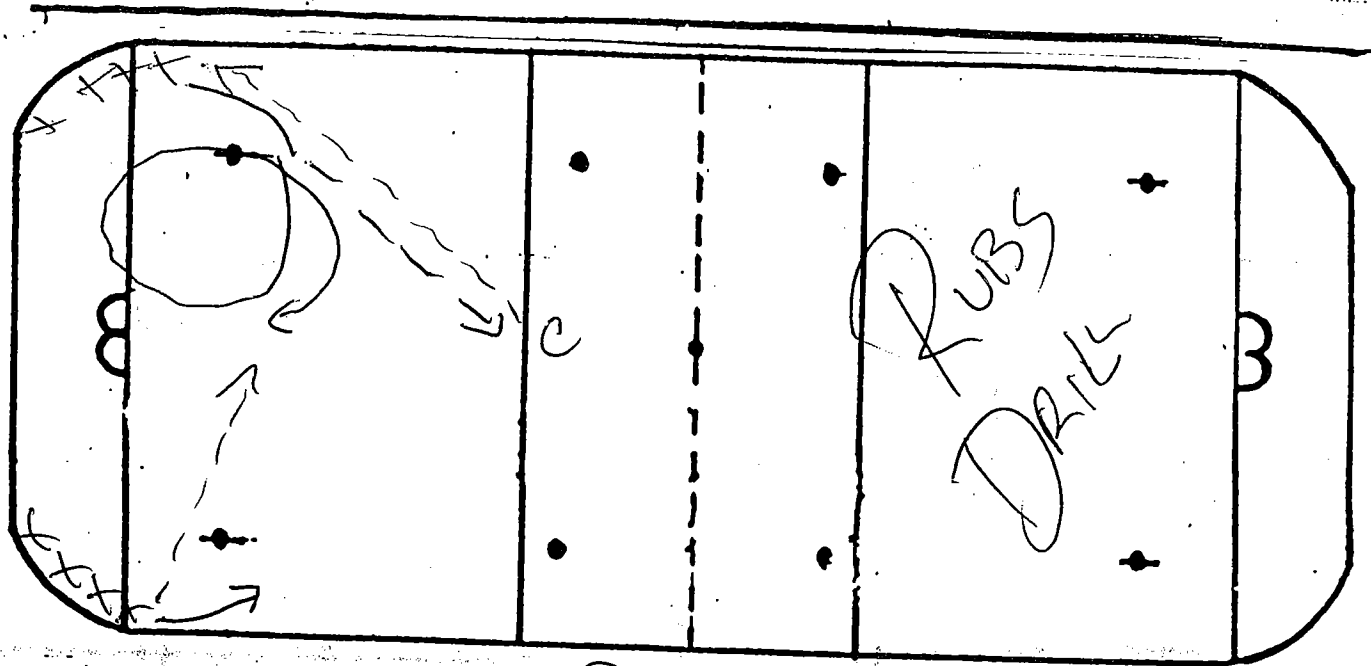
* Make Goalie Move



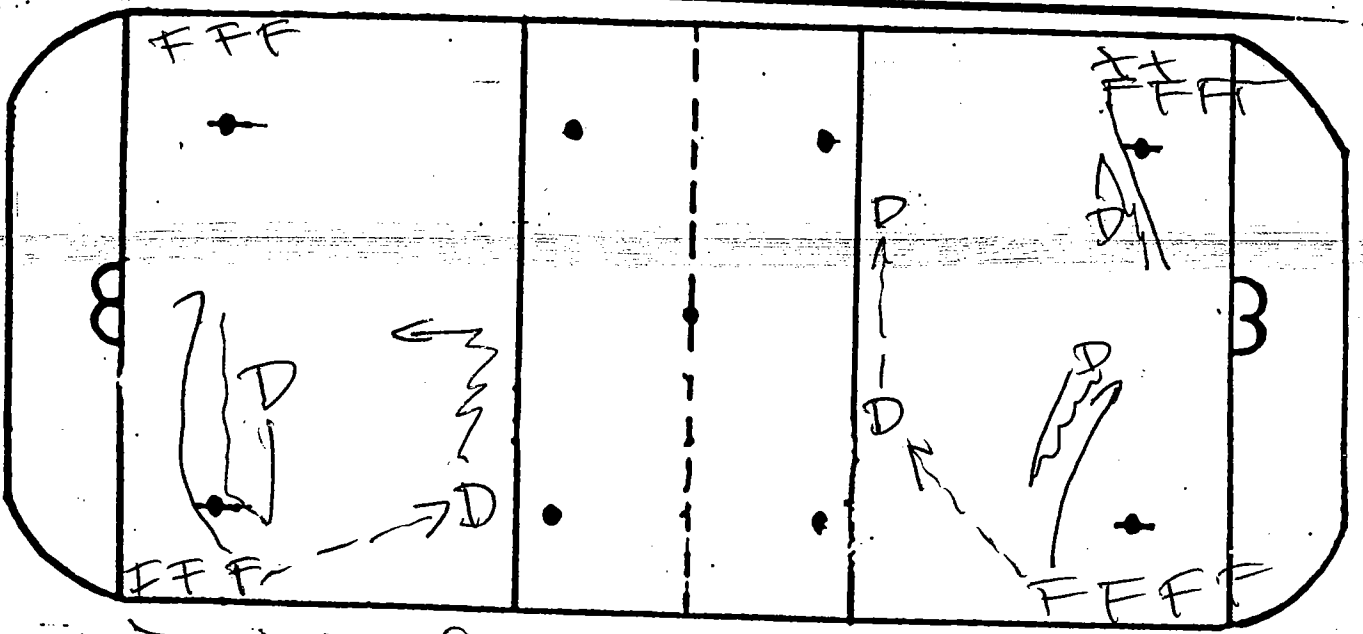
① x1 to x2 / x2 to x3 / x3 End of Line

1 to 2 2 to 3 2 to 1 1 to 4

1/2 Ice



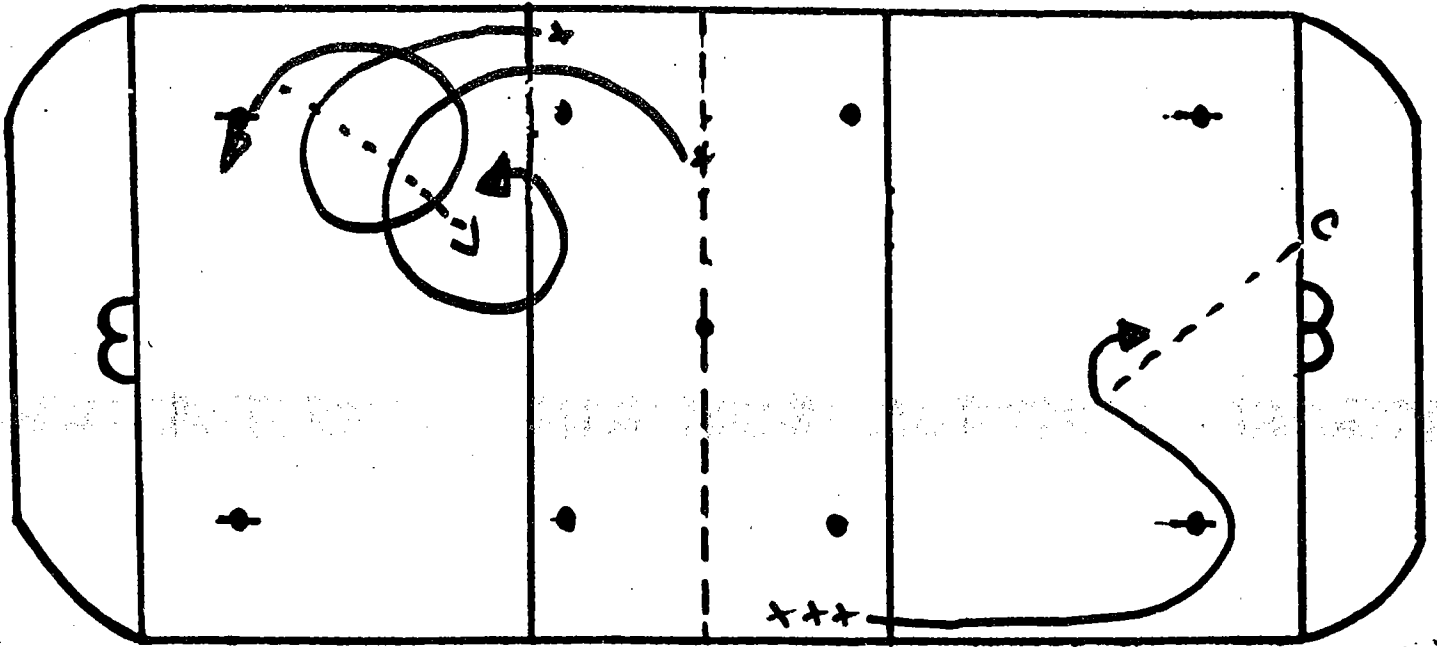
C - Pass to 1st Player / Player Returns Pass to C
Skate Circle
Catch Pass from 1st Guy in Far Line



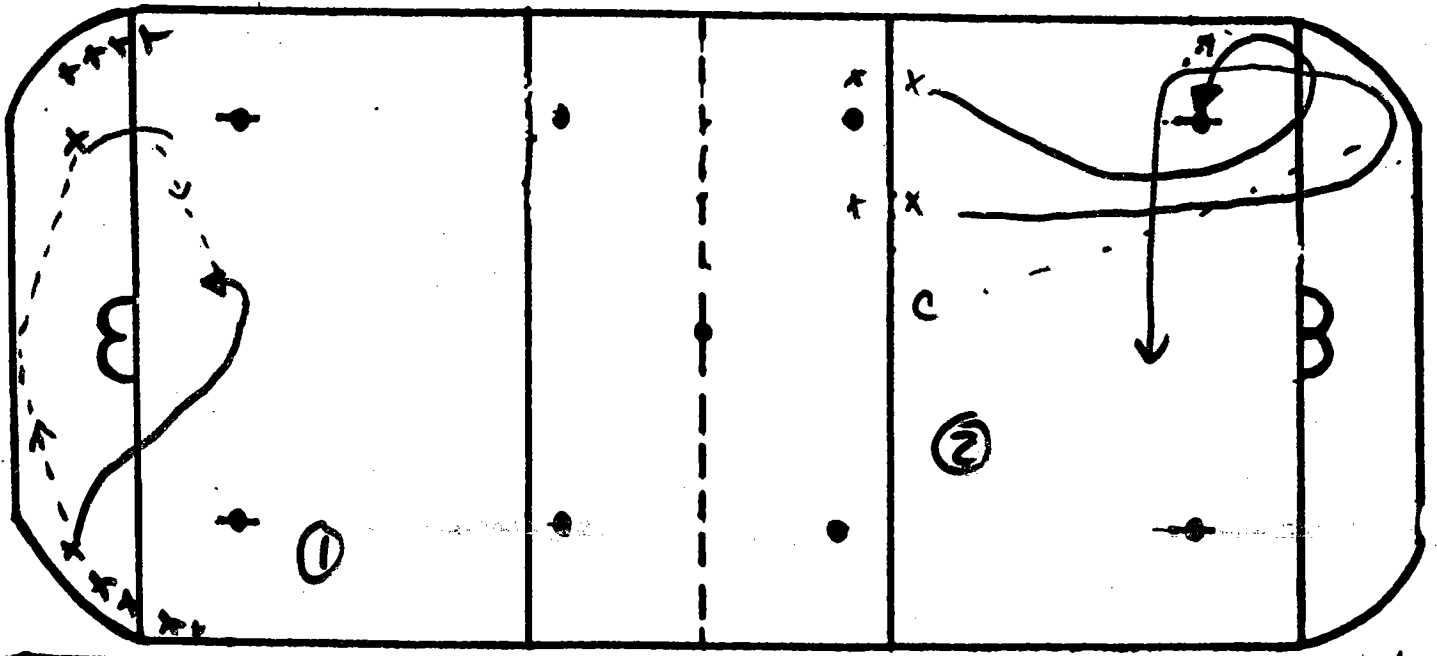
Tip & Defend

2v2

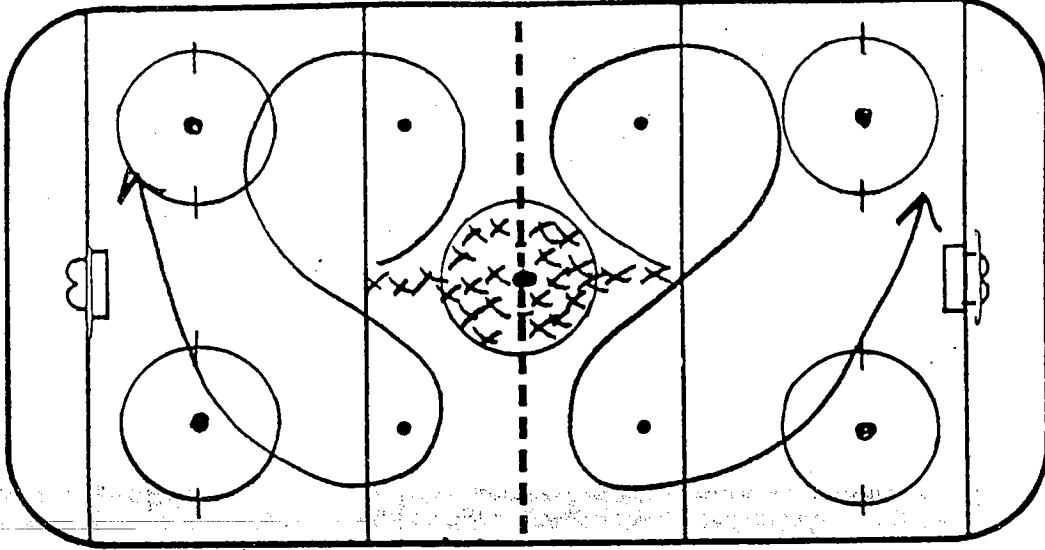
1/2 Ice



- ① Pass behind net, Go in front
- ② Cycle progression



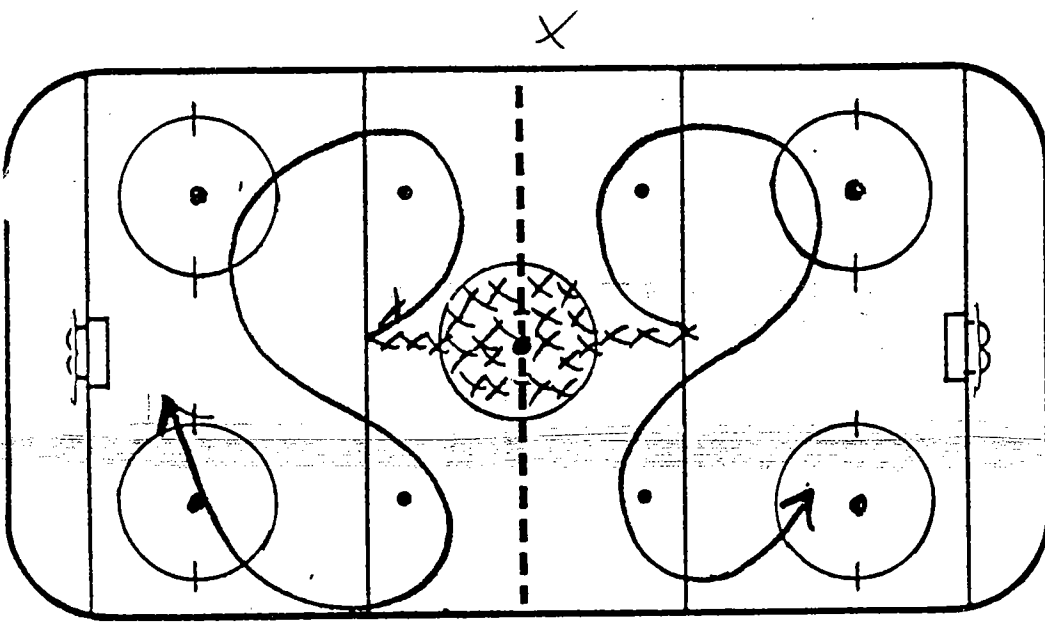
PROGRESSION OF ONE DRILL (FIGURE EIGHT) FROM EASIEST SKILL TO HARDEST. AT ANY TIME THE PERFORMANCE SPEED DROPS, GO BACK TO SKATING WITHOUT PUCKS.



SKATING W/O PUCKS

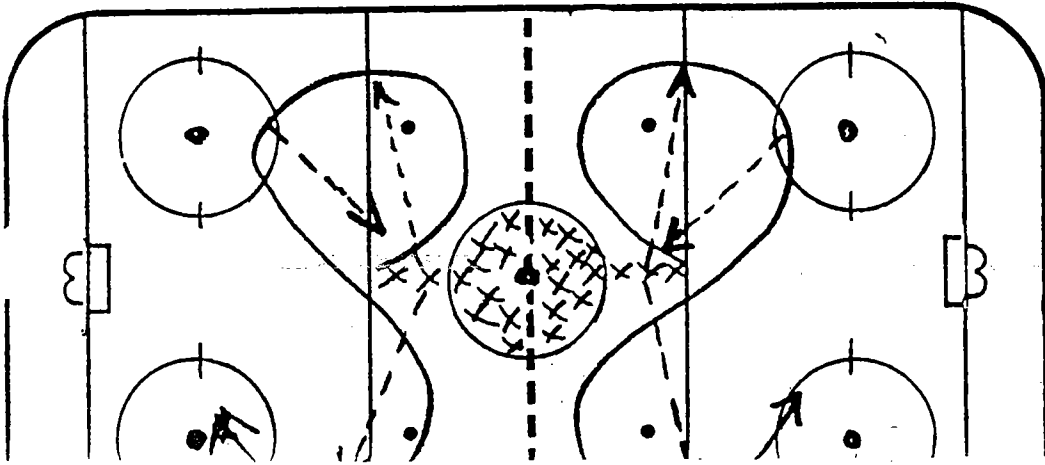
ATTEMPT FASTER THAN COMFORTABLE SPEED.

START ONE PER MINUTE



CARRY PUCKS

SKATE TOP SPEED WITH PUCKS, SHOOT AT TOP OF CIRCLES WHILE MOVING FORWARD



- ① RECEIVE A PASS

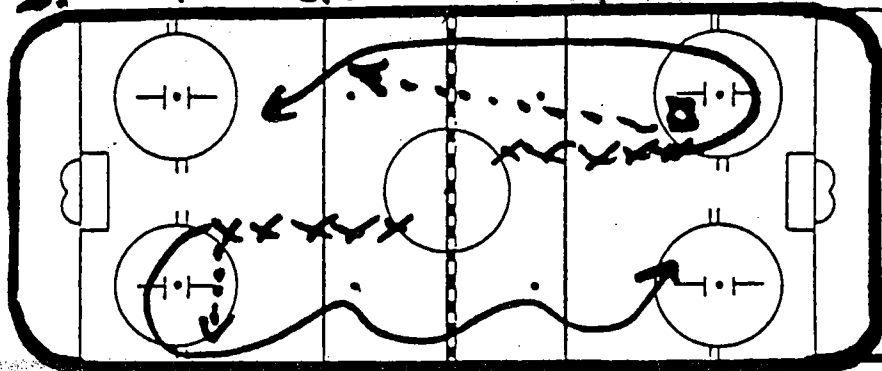
- ② RETURN A PASS OR SHOOT

- ③ RECEIVE

- ④ SHOOT

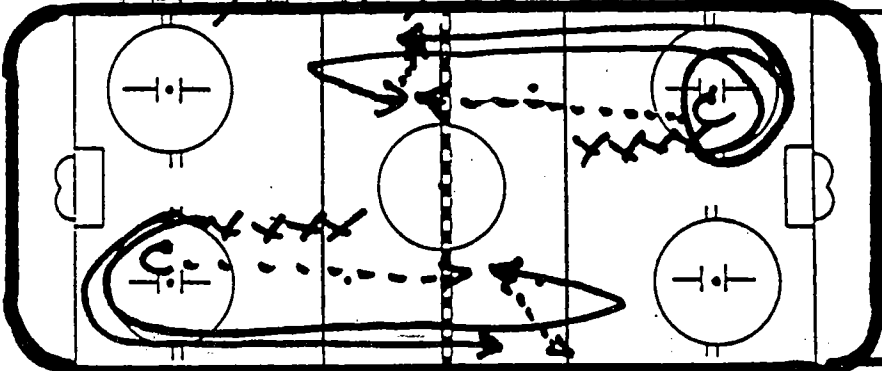
SKATE, LONG FLY PASS, SHOOT

1. LONG OR SHORT PASS



HARD PASSES

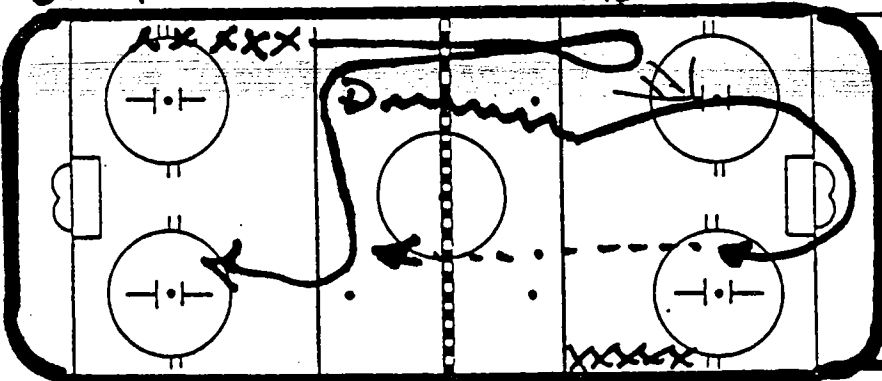
2. FLY, STOP, DEFLECT TO 2ND MAN



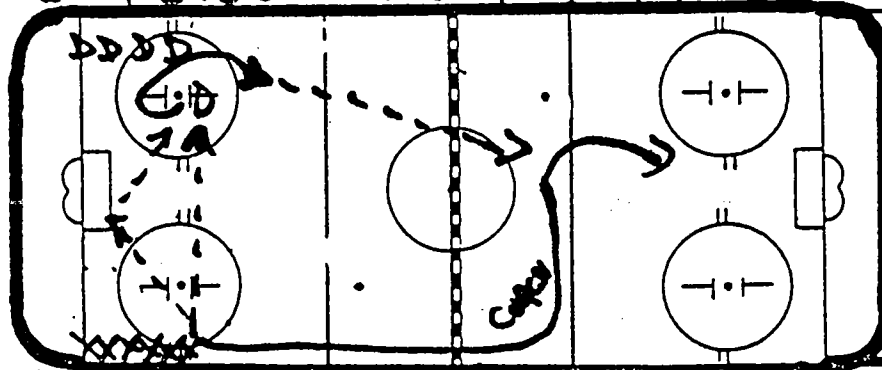
2ND MAN 1/2 CIRCLE

1ST MAN 1/2 CIRCLE

3. FORWARD TO GOALIE TO D TO FORWARD



4. PETE'S LONG FLY PATTERN

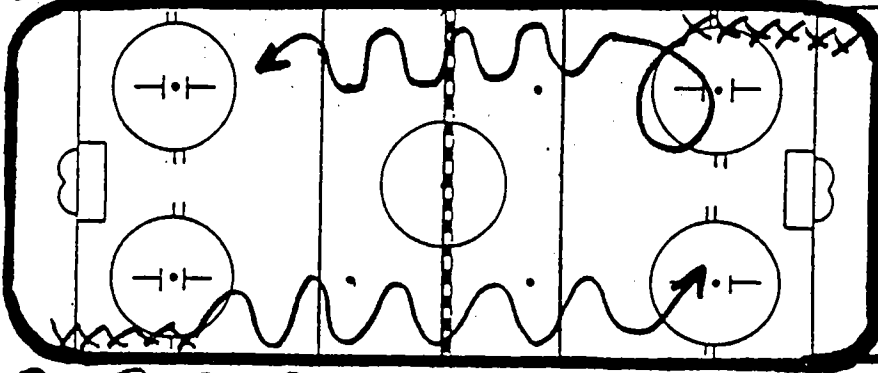


OR F DEFLECT TO 2ND FLOW

Notes:

HIGH SPEED CARRYING PUCK, SHOOTING AGILITY DRILLS

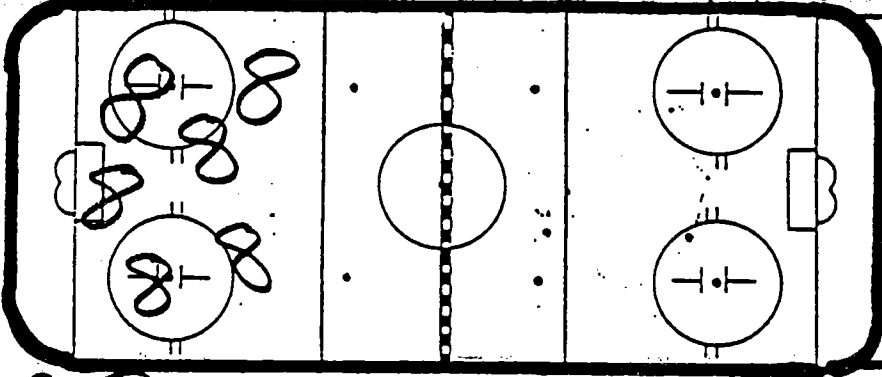
1. ZIG ZAG (WOODS)



QUICK FEET
QUICK STICK
WIDE DRIBBLE.

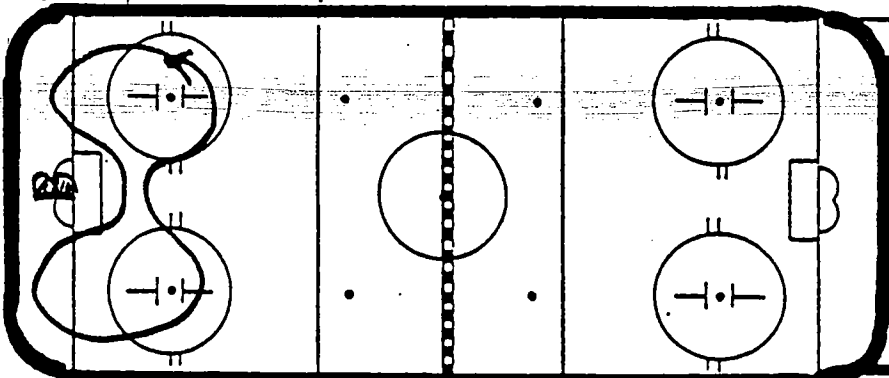
SHOOT WHILE
SKATING

2. 3 STEP FIGURE EIGHTS



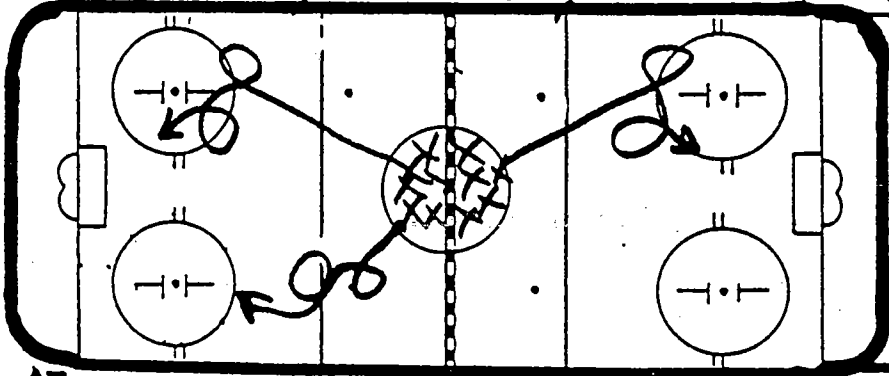
15 SECOND
AGILITY DRILL

3. PEANUT



15 SECOND
AGILITY DRILL

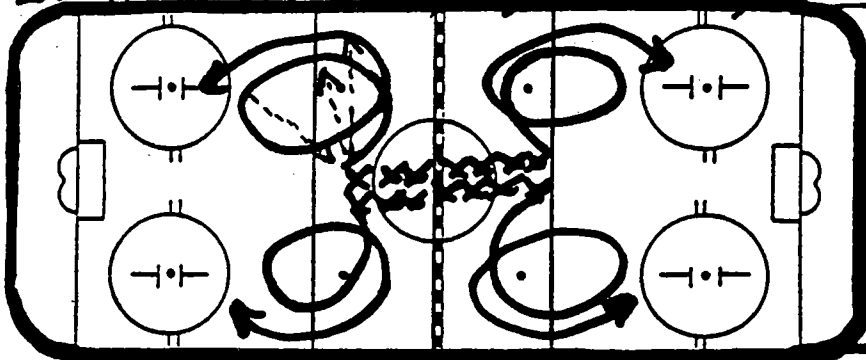
4. SPRINT, ESCAPE, TWO TURNS, SHOOT



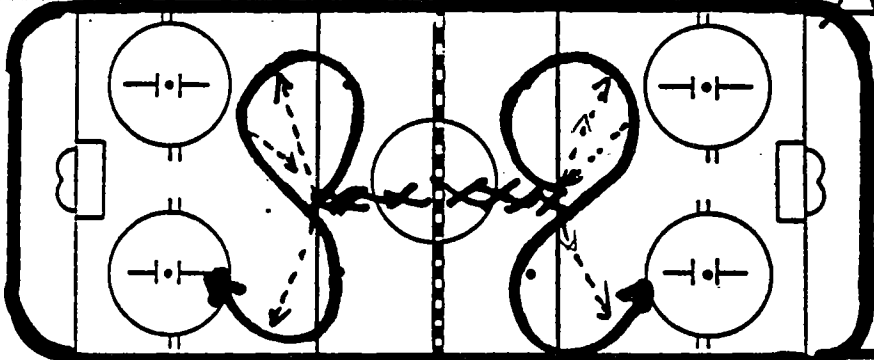
NOTES:

HALF ICE PASS, SKATE, SHOOT

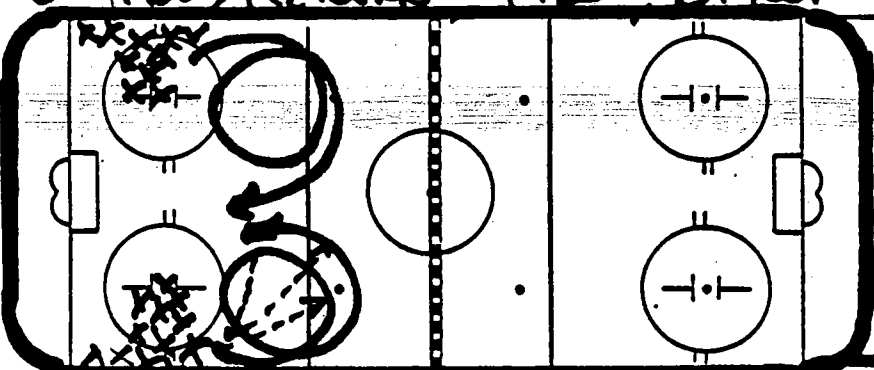
1. PASS, RETURN, PASS, SHOOT



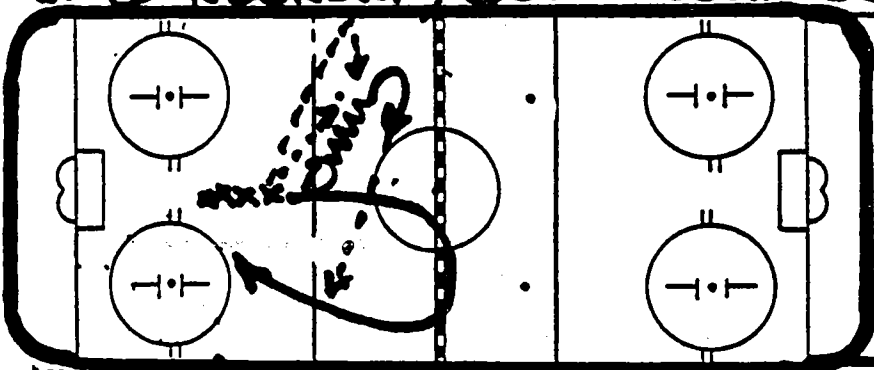
2. FIGURE 8 PASS, RETURN, PASS, SHOOT



3. PASS, RETURN, PASS, SHOOT



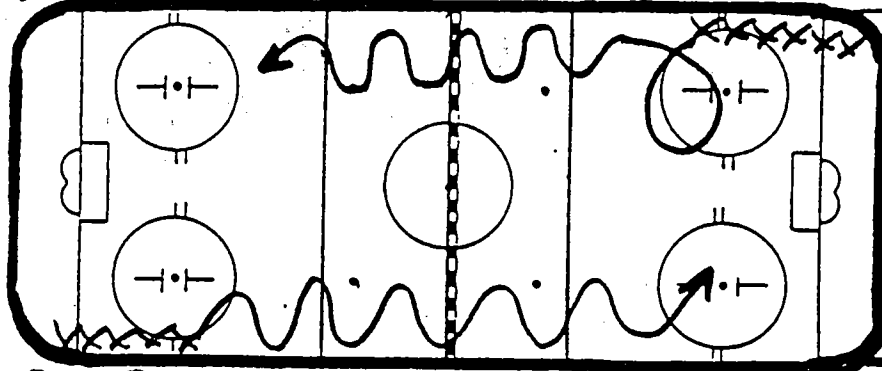
4. D REGROUP, QUICK COUNTER



NOTES:

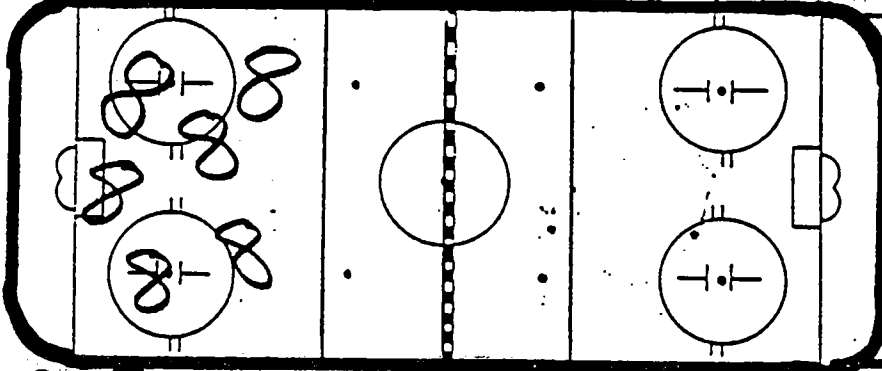
HIGH SPEED CARRYING PUCK, SHOOTING AGILITY DRILLS

1. ZIG ZAG (WOODS)



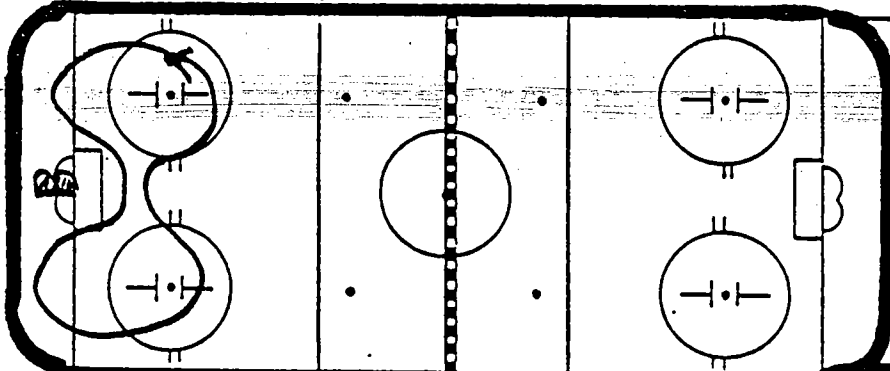
QUICK FEET
QUICK STICK
WIDE DRIBBLE.
SHOOT WHILE
SKATING

2. 3 STEP FIGURE EIGHTS



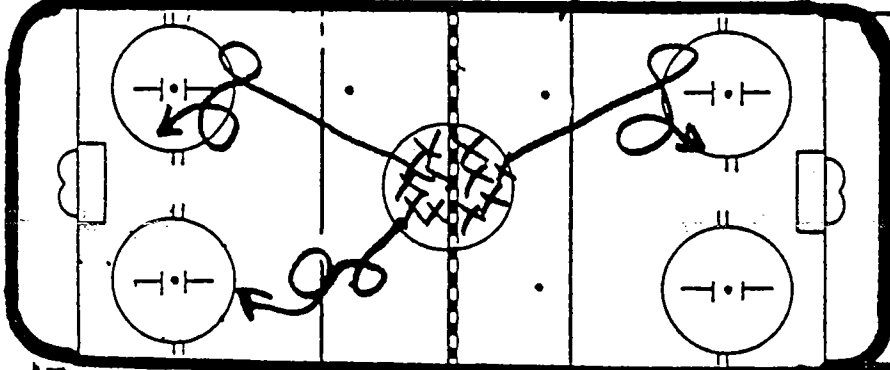
15 SECOND
AGILITY DRILL

3. PEANUT



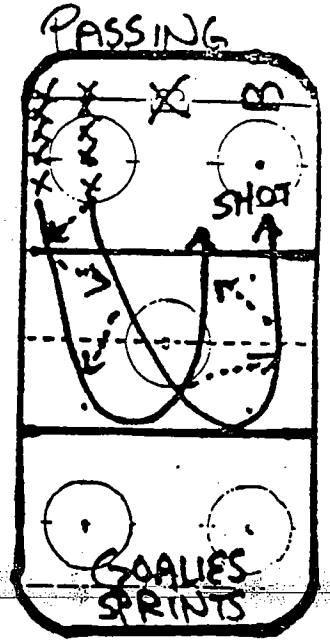
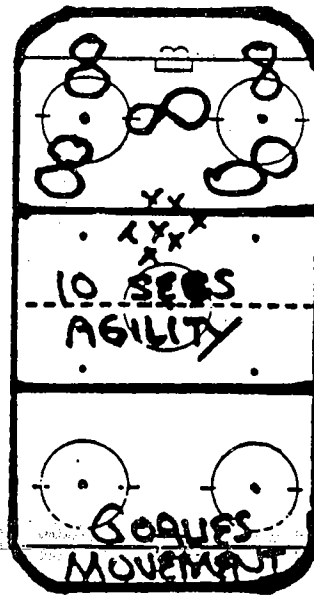
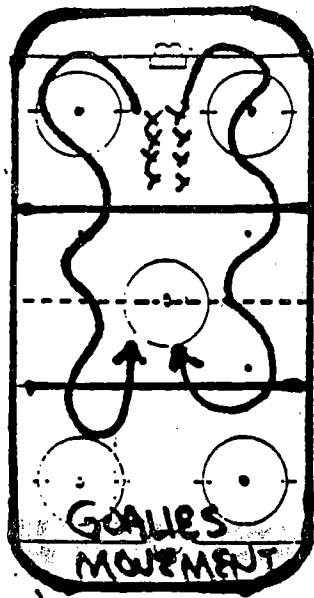
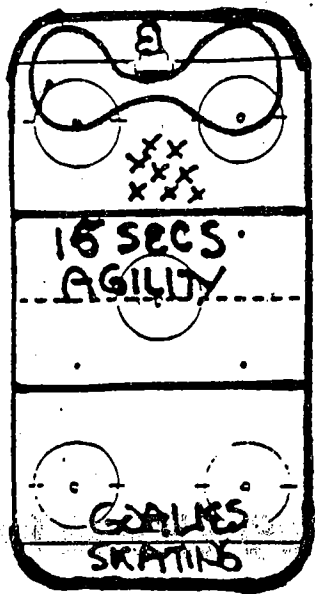
15 SECOND
AGILITY DRILL

4. SPRINT, ESCAPE, TWO TURNS, SHOOT

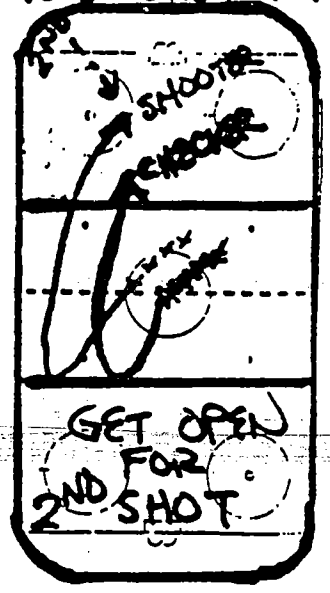
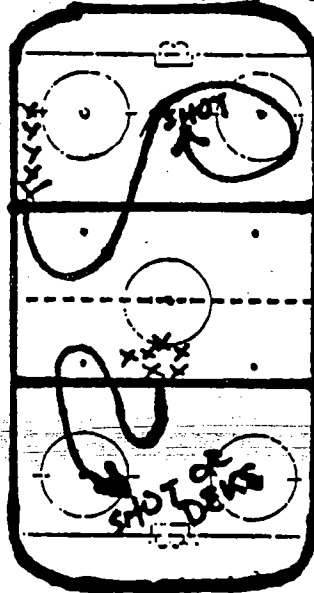
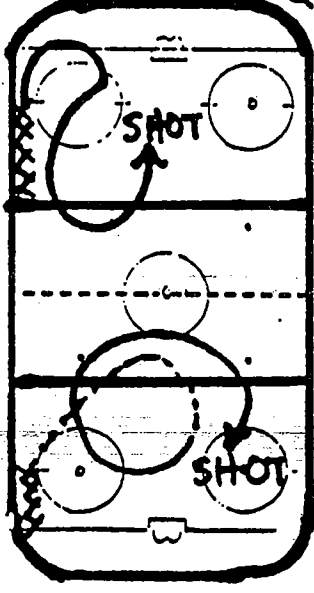
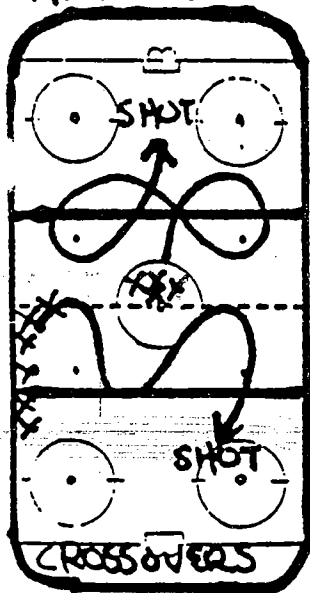


NOTES:

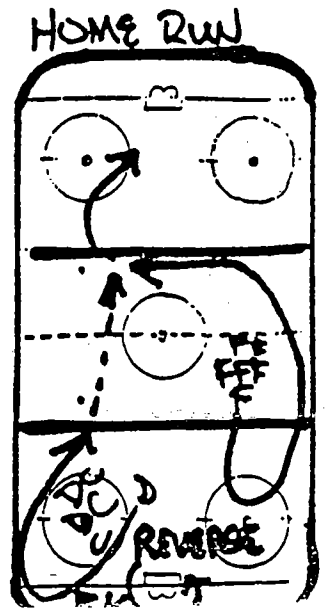
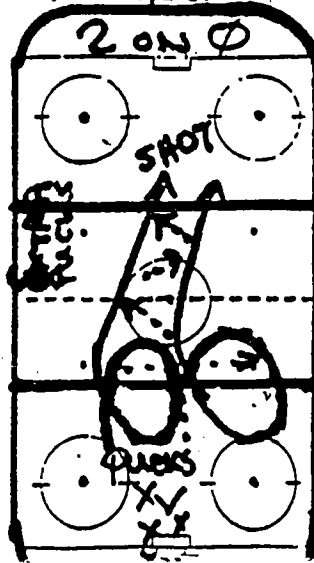
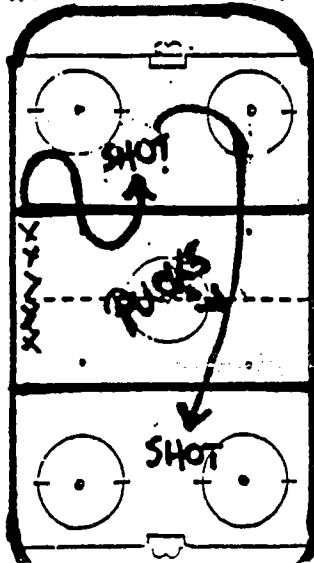
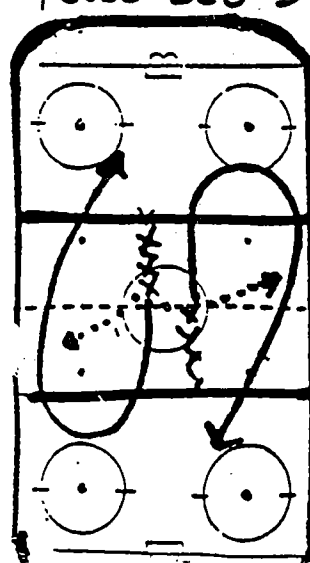
SPRINTS WITH PUCK ... START A NEW SPRINT EACH MINUTE CARRYING, PASSING, SHOOTING AT TOP SPEED



HALF ICE SPRINTS WITH QUICK RELEASE SHOTS OR BREAKAWAY

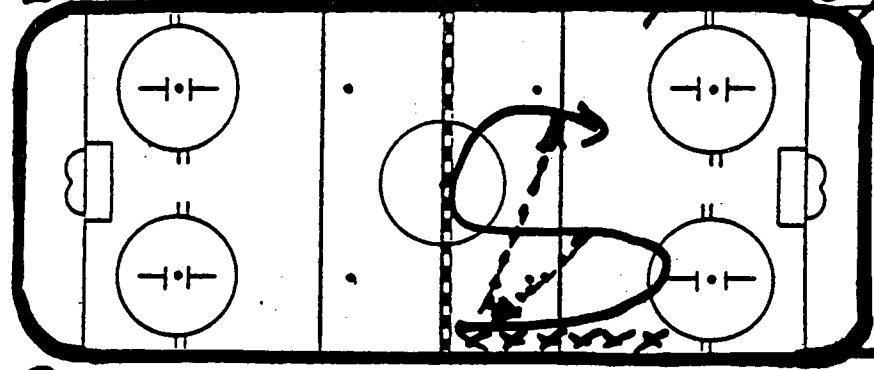


FULL ICE SKATING - SHOOTING - PASSING

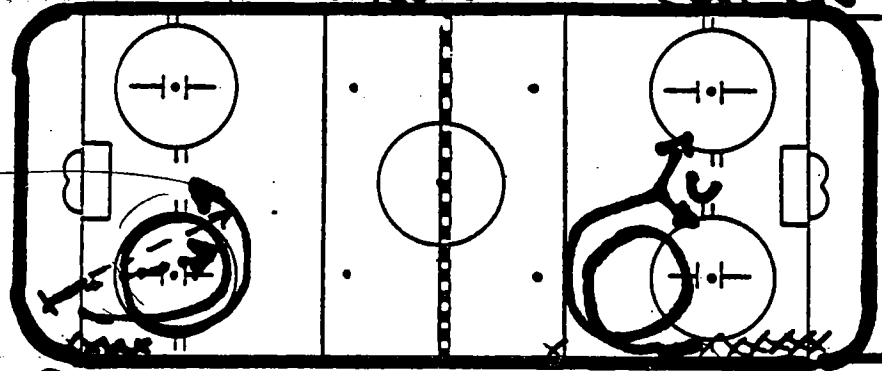


HIGH SPEED SKATE, CARRY, PASS, SHOOT

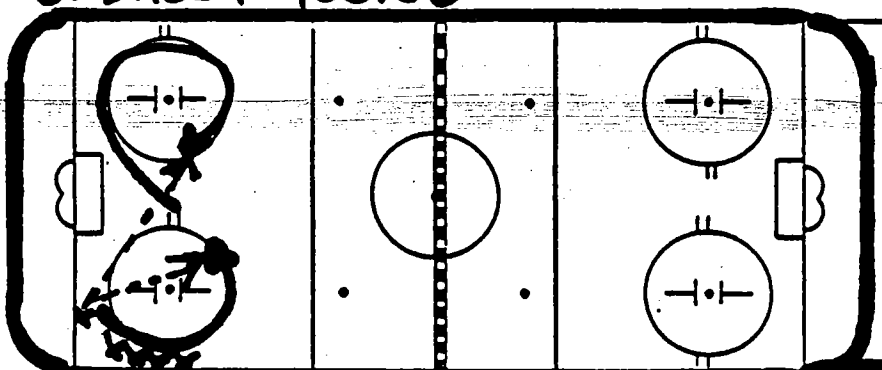
1. CARRY FIRST LOOP, PASS, RECEIVE, SHOOT



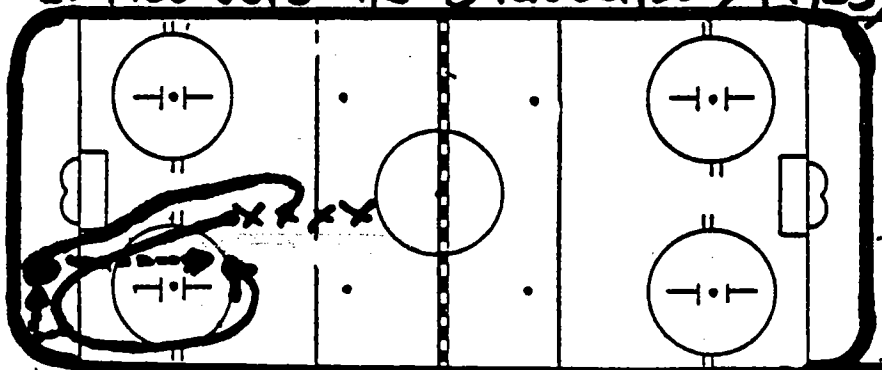
2. CARRY OR RECEIVE - CUT ON C'S SIGNAL, SHOOT



3. SHOOT TWICE



4. FILL VOID IN BACK WALL, PASS, SHOOT



FIRST PLAYER SKATES
TO PUCK DROPS
TO 2ND ON BACK WALL

NOTES:

Peanut

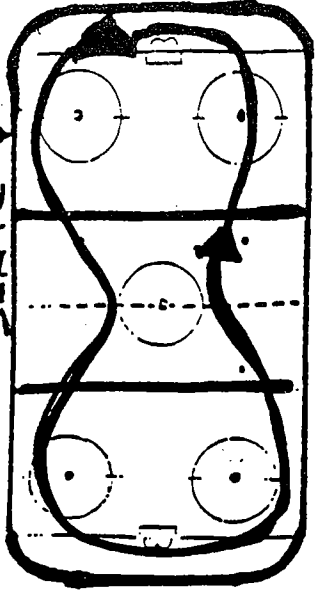
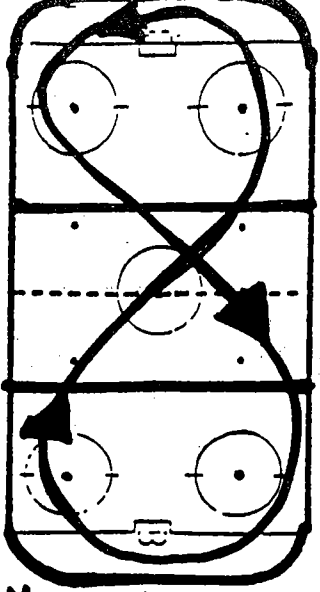
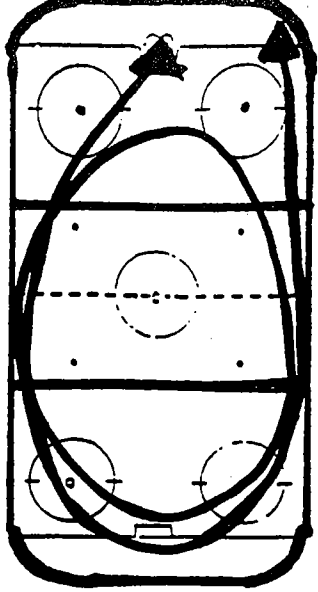


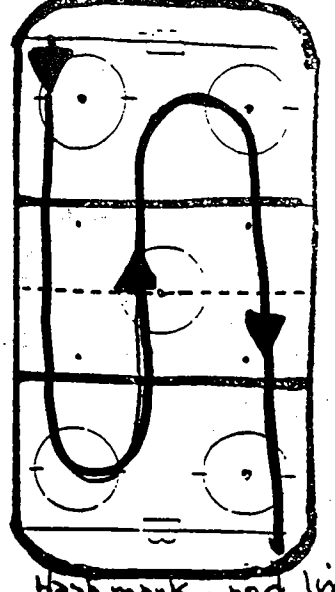
Fig. 8



0-2

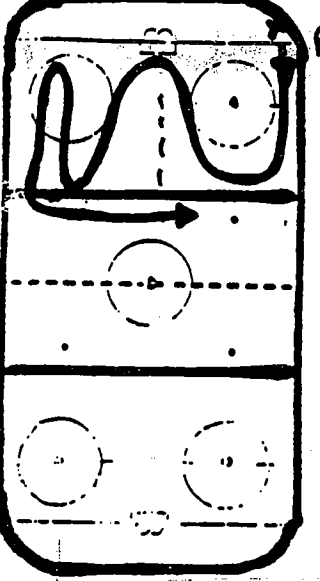


S SA



WARM-UP
'4)
SKATE

S-Shoot



1/2 0 - Shoot

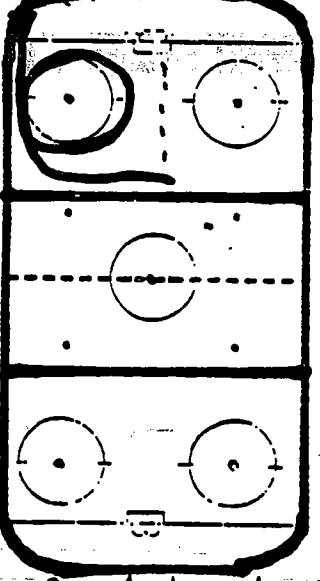
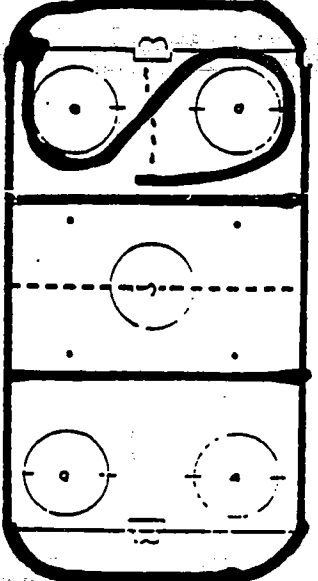
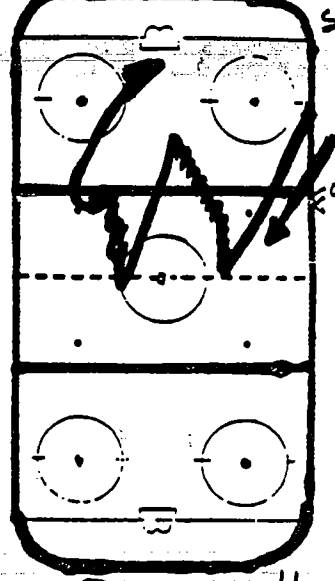


Fig 8 - Shoot

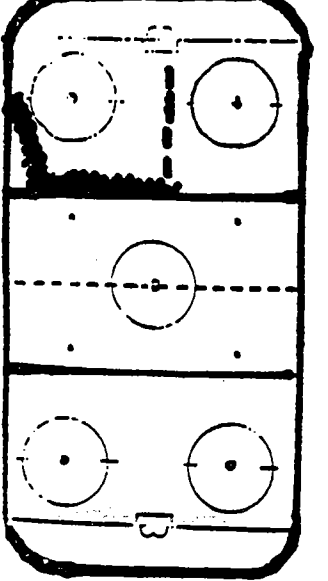


Hashmark - red line
backward - Forward - b. Sh

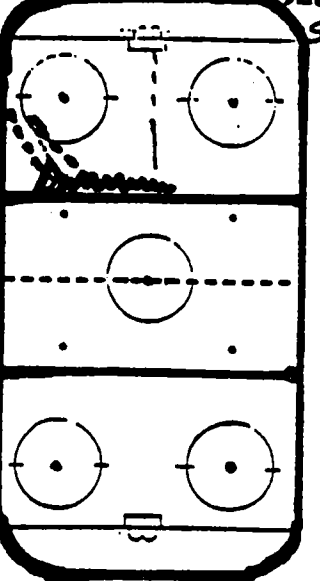


5
staps
F

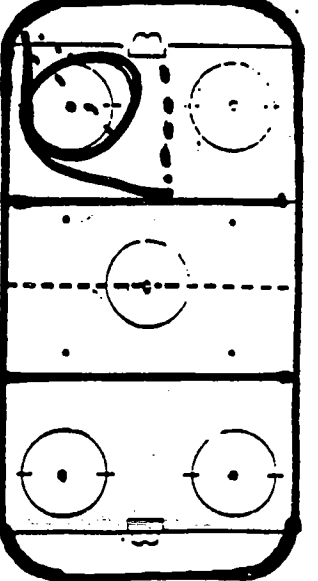
backward / shoot



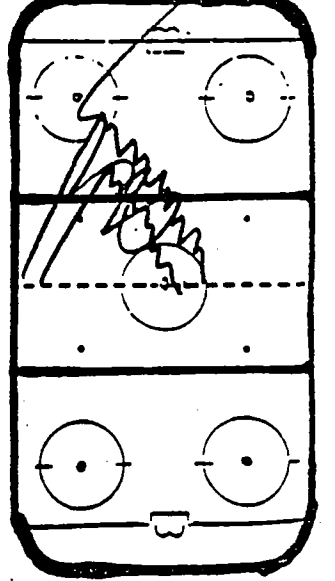
Pass/return/pass/
skate
Shoot



2 PASS / shoot



Forward / back

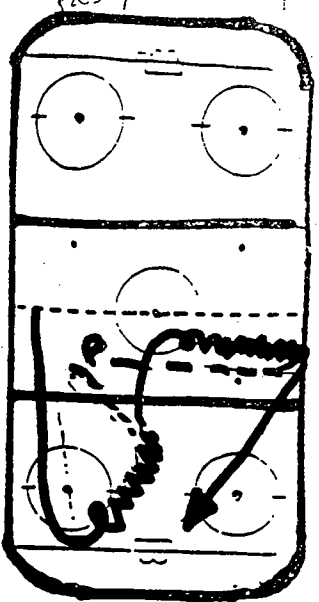
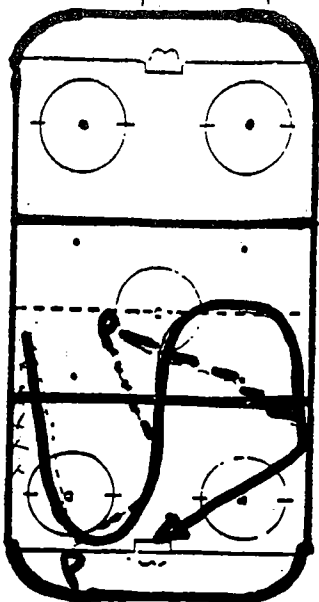
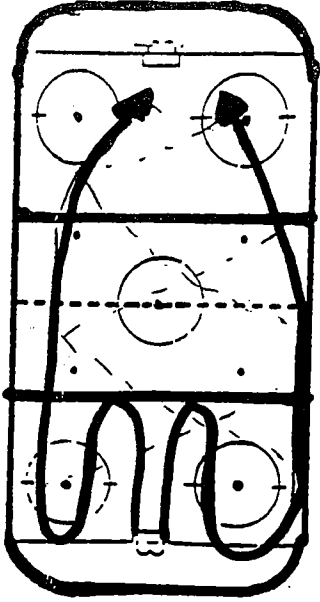
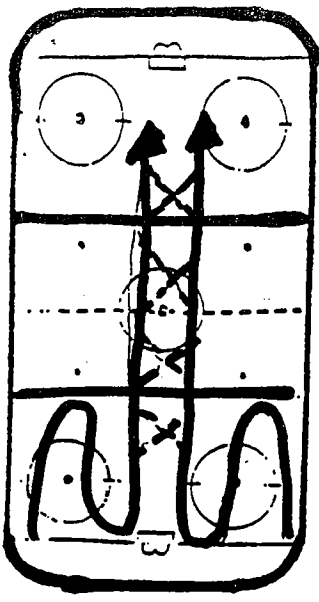


Narrow 1-1-1

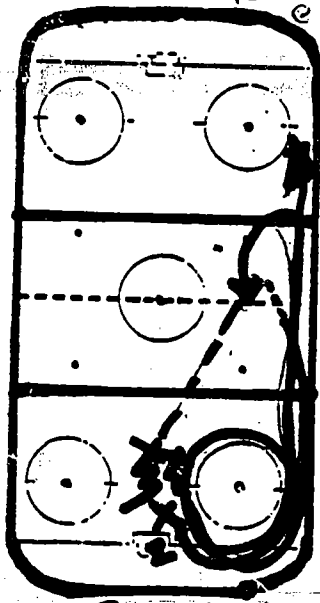
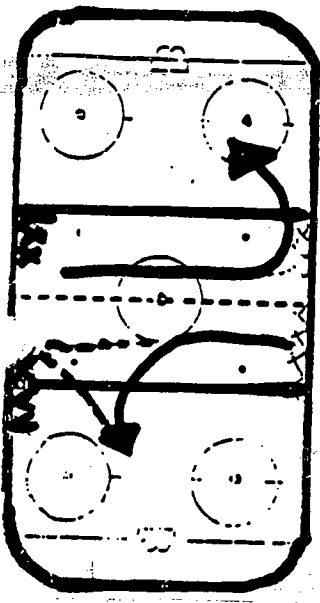
Wide 2-1-1

Pass/receive/Pass

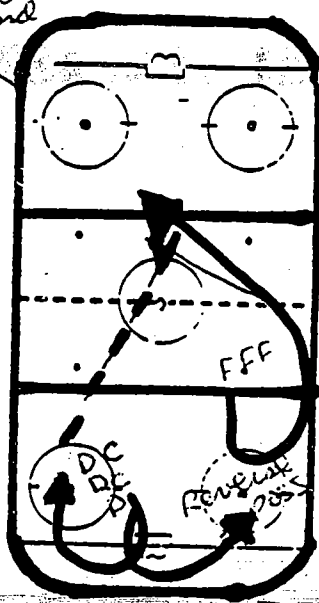
Pass/receive/Pass SP



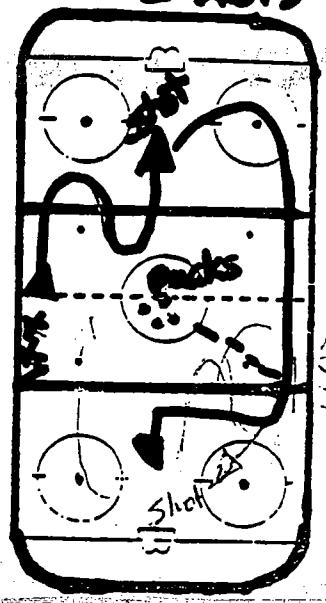
ONE TOUCH SKATE 2005



TEAMS @ each end



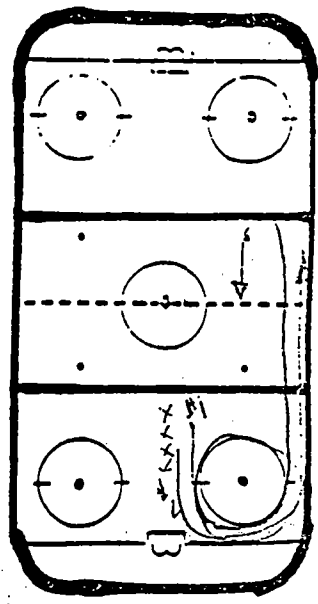
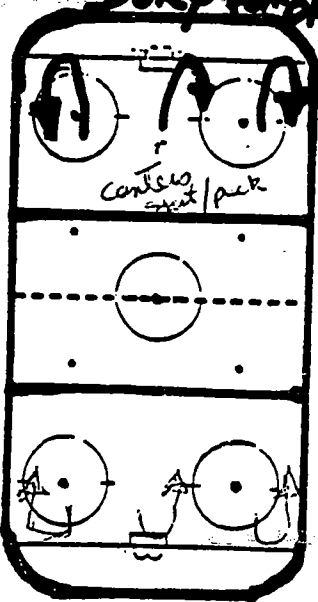
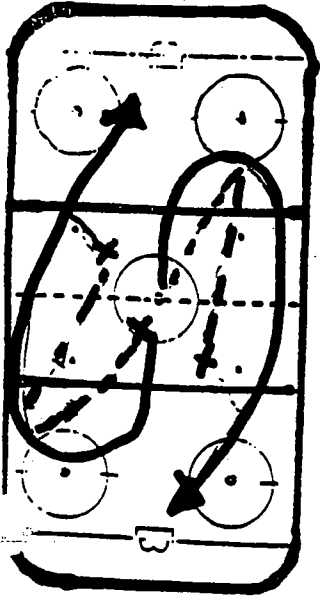
2 SHOTS



3 on 3

Fig 8 with Pick

Pass/Pick



- Passing -

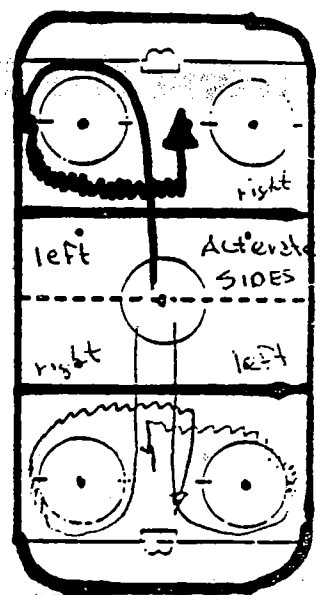
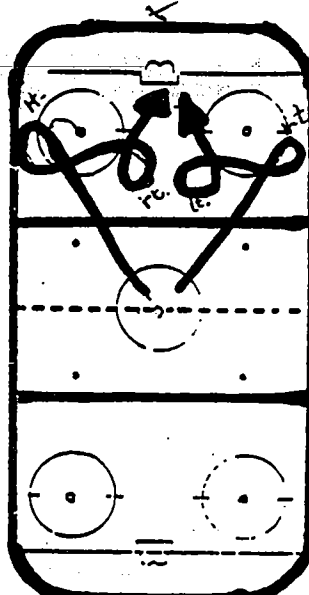
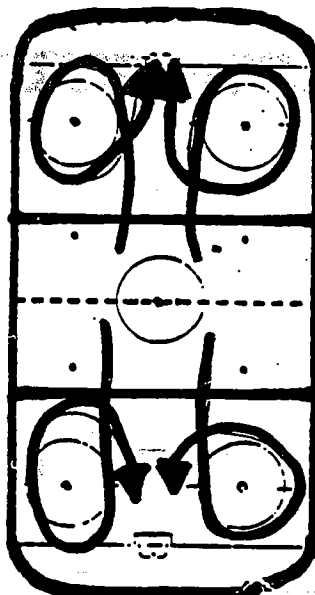
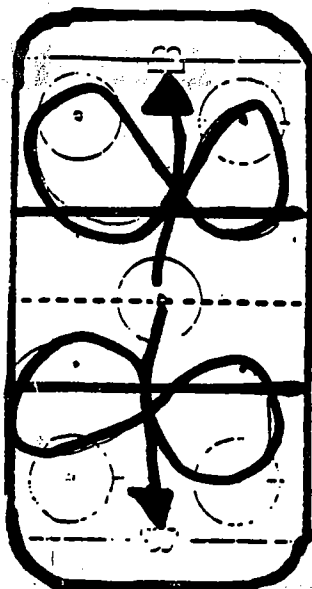
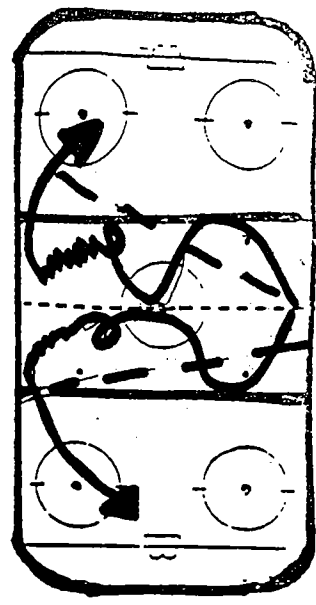
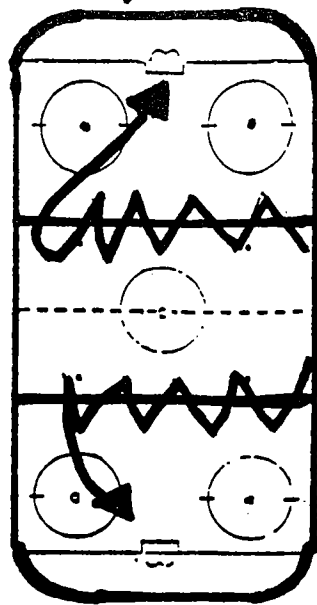
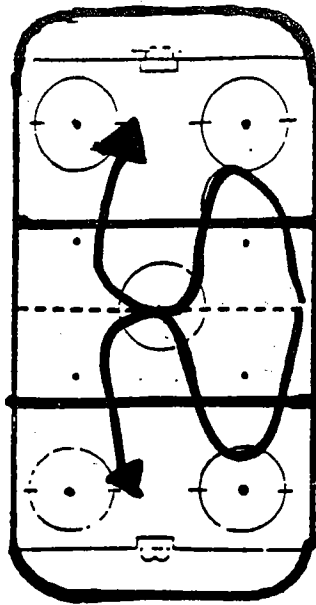
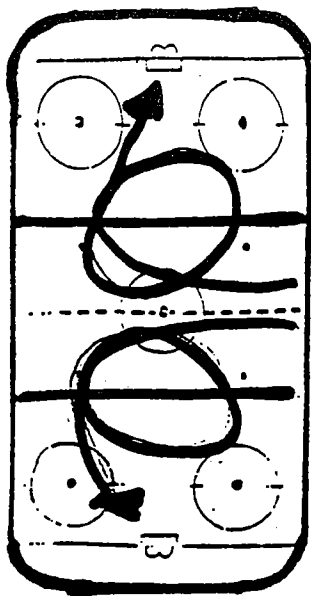
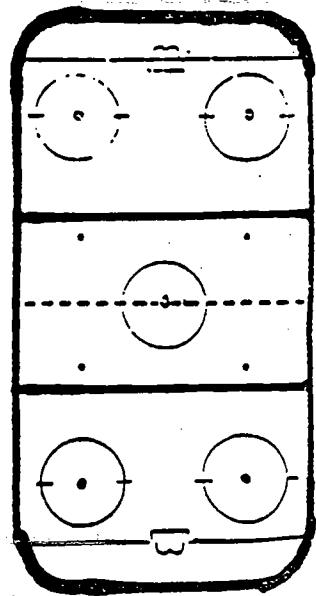
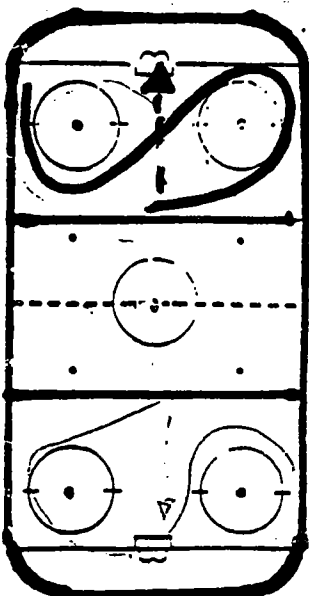
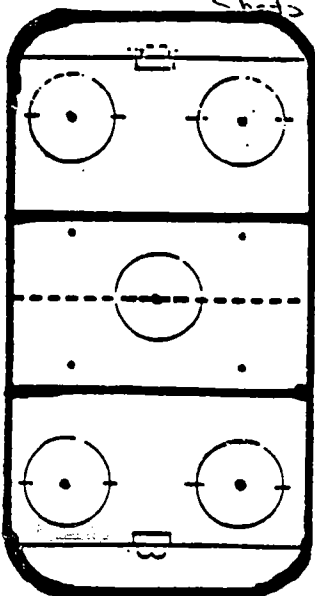
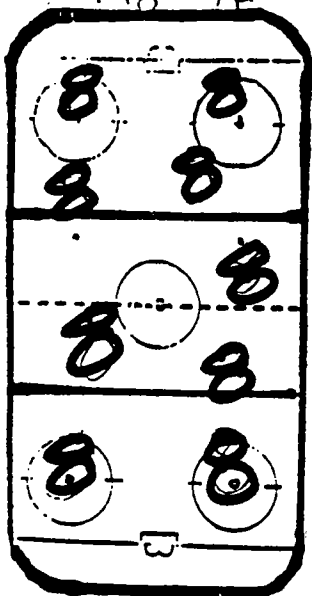


Fig 8 / pads

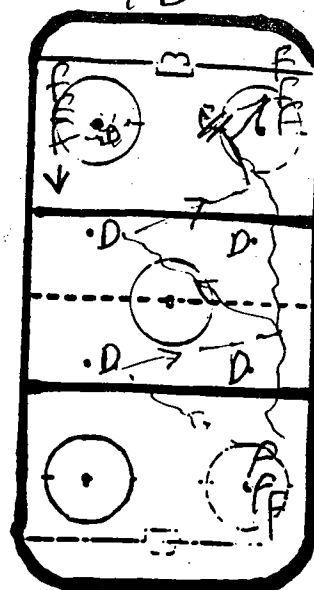
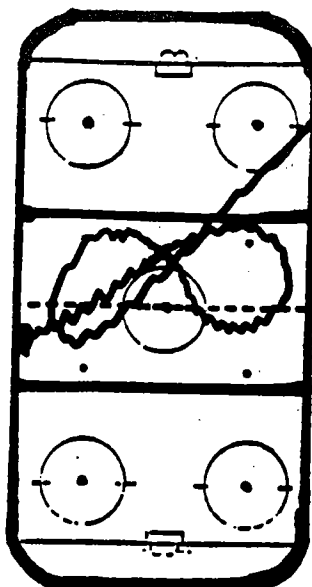
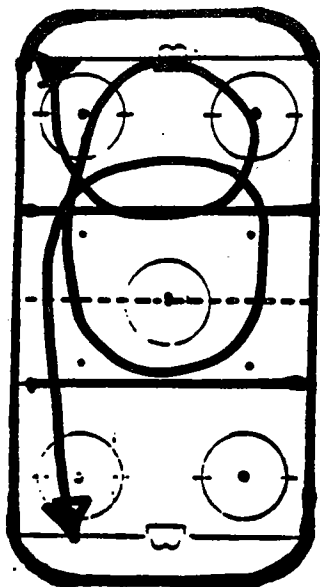
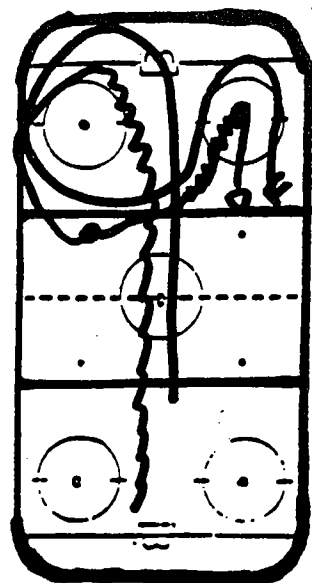
Pair-up one touch pads



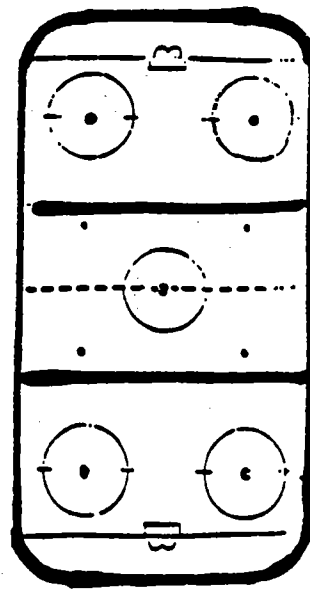
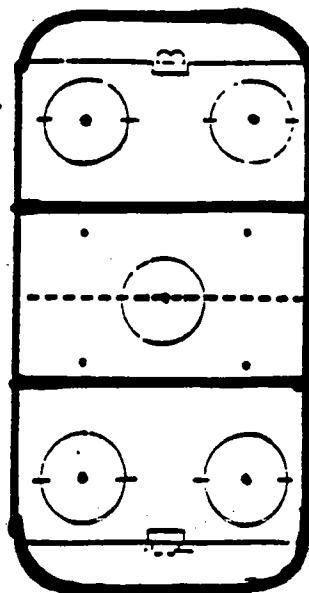
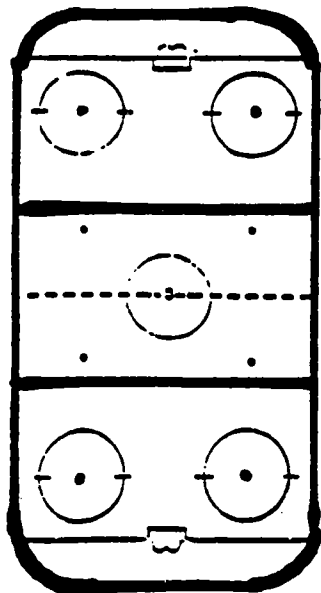
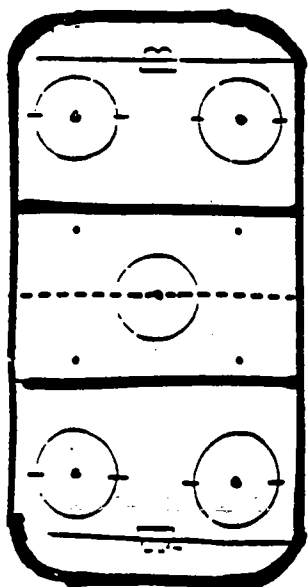
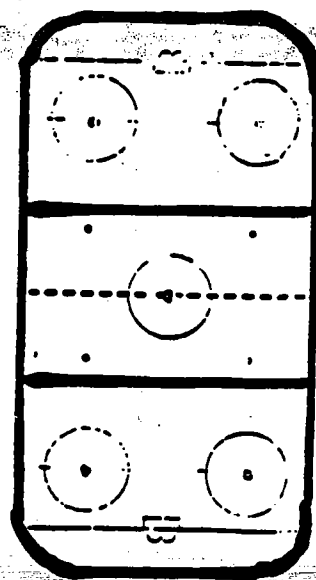
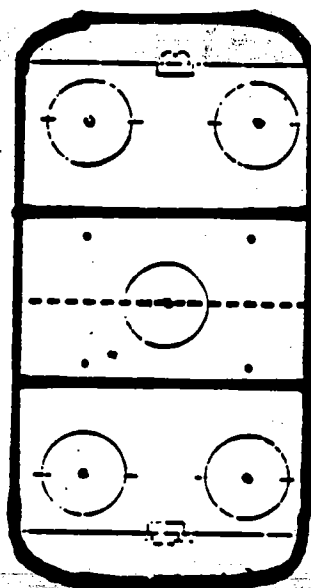
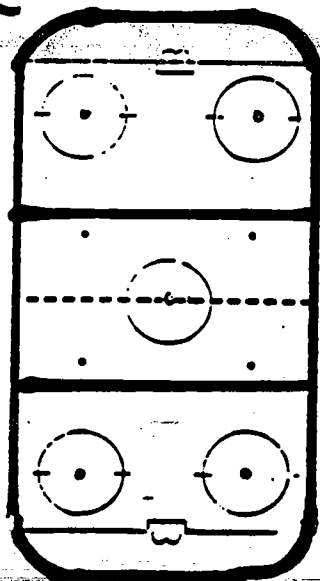
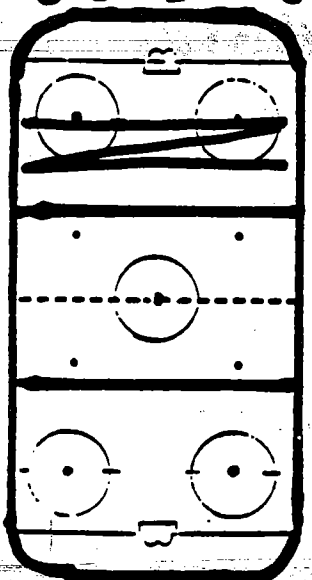
588 B

F b t

4D



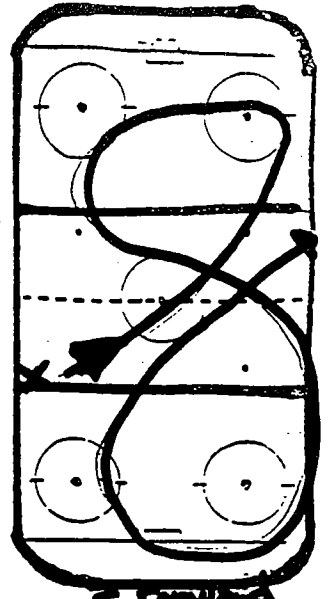
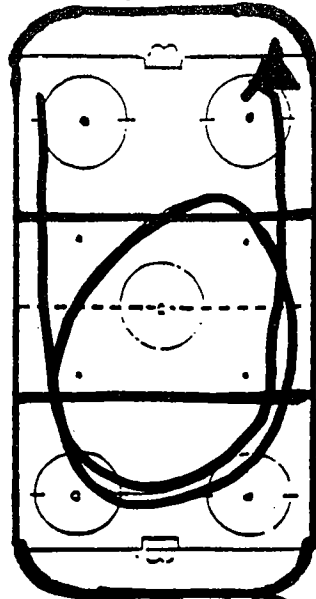
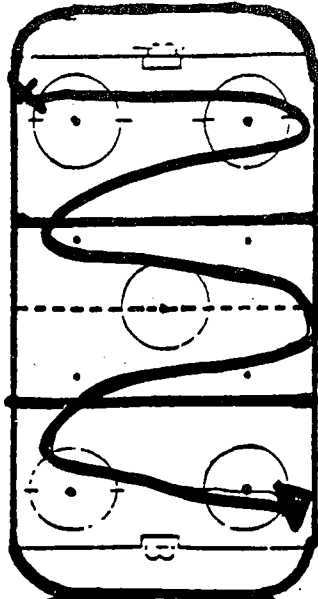
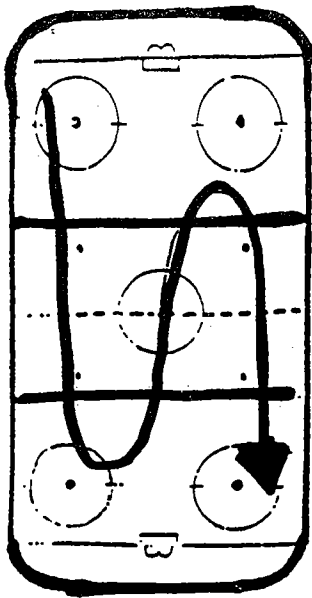
over back over



6 @ a time

TRAINING

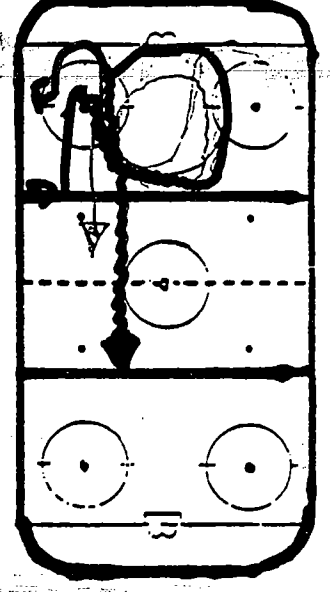
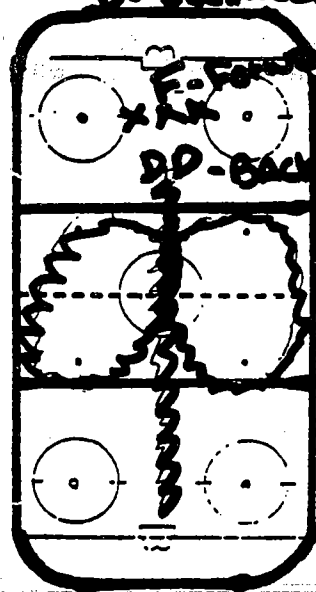
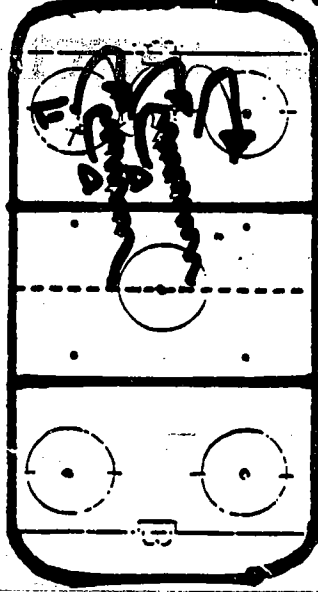
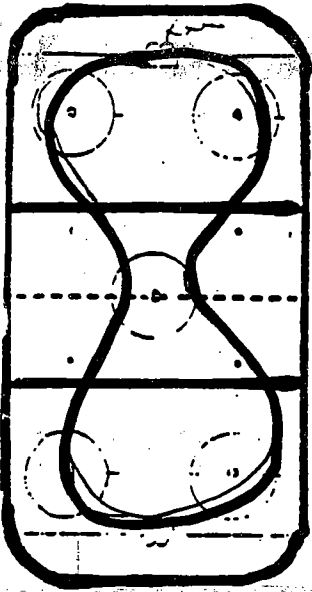
210-10



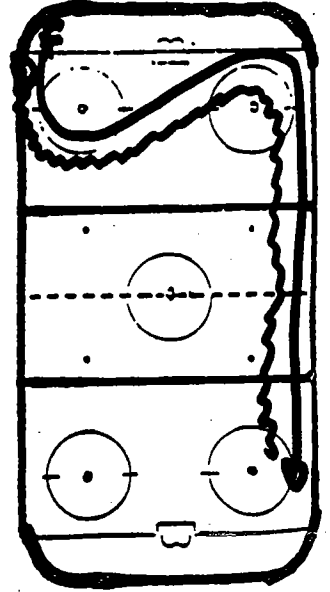
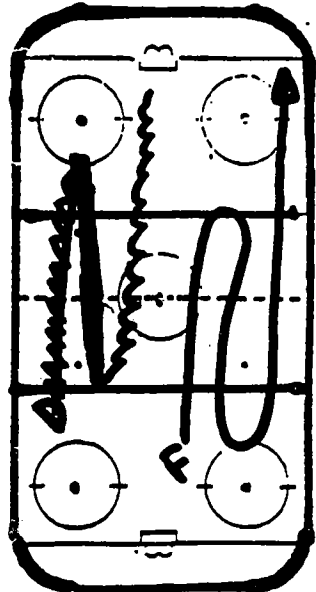
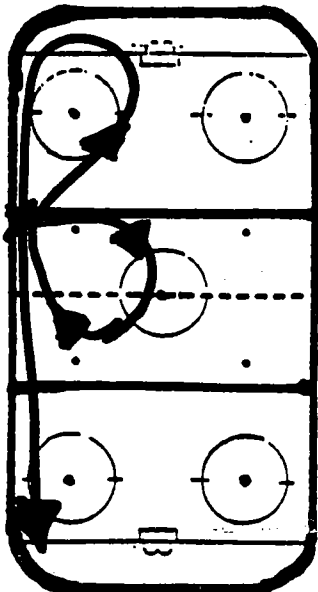
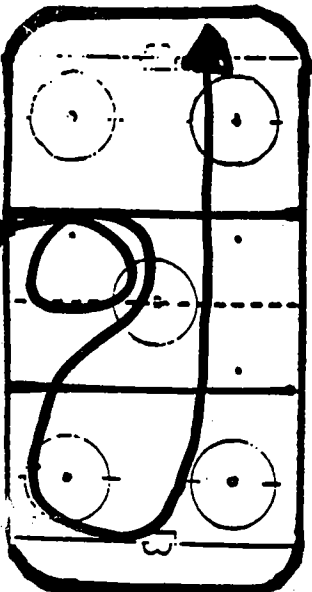
F FORWARD
D BACKWARD

F FORWARD
D BACKWARD

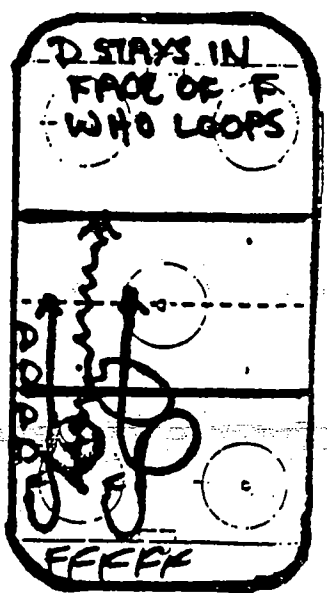
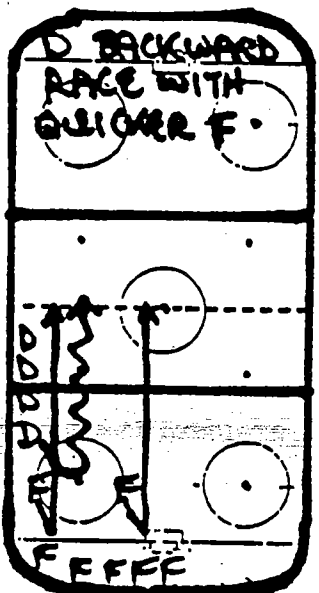
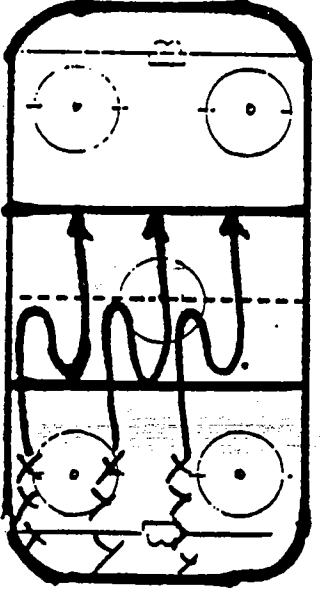
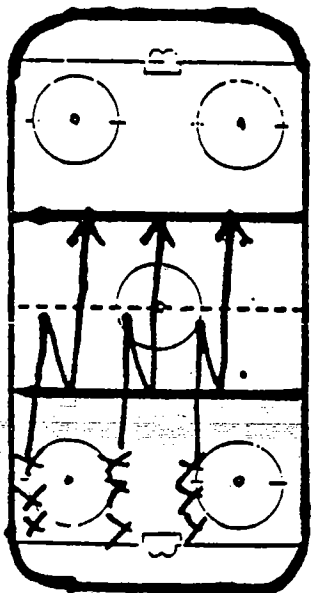
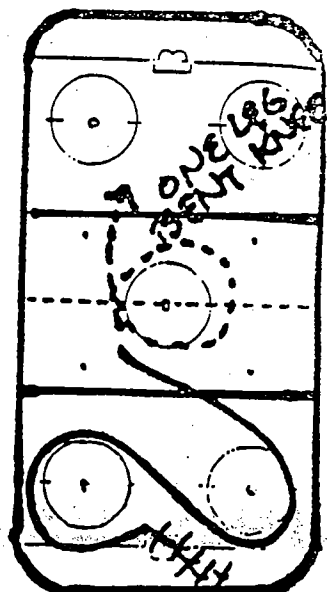
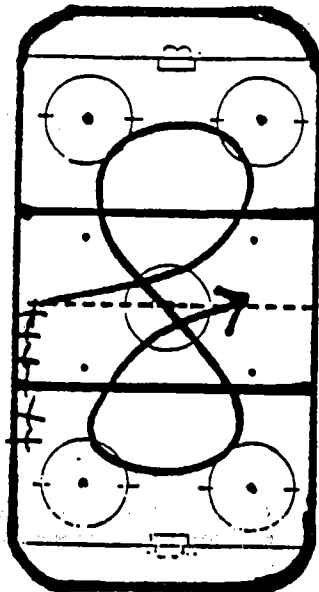
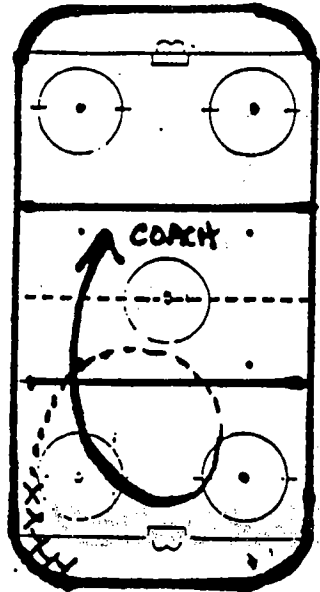
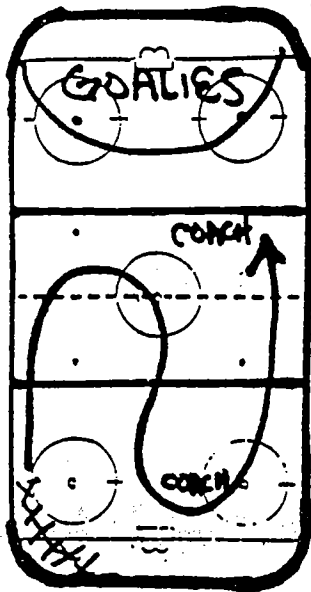
F FORWARD
D BACKWARD



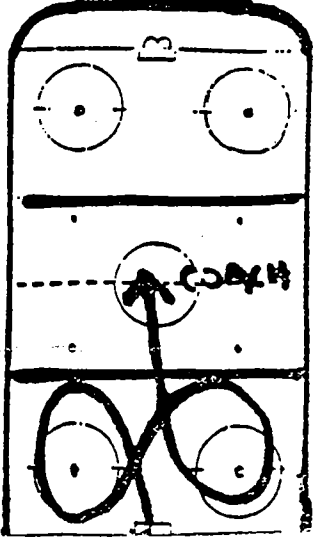
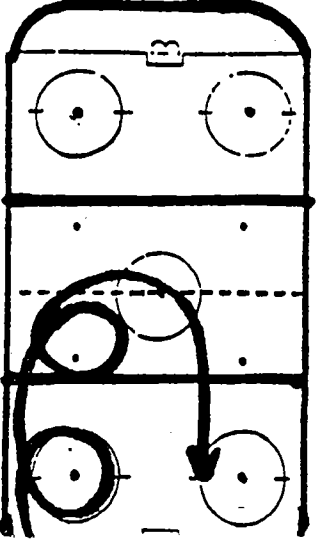
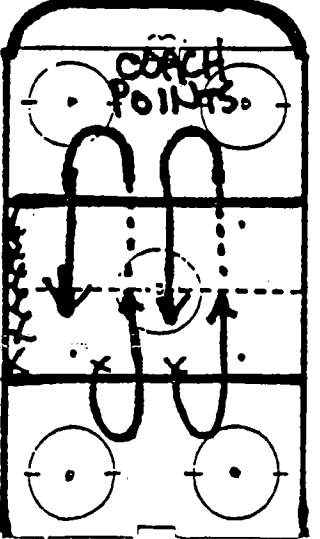
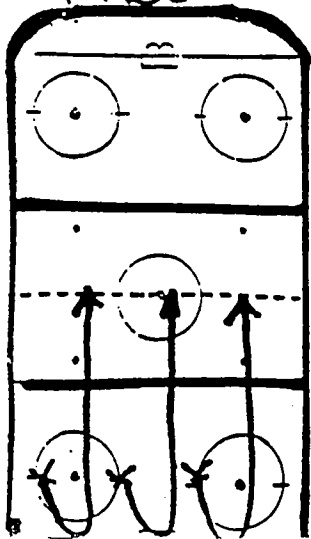
F FORWARD
D BACKWARD



SPRINTS WITH OR W/O BALL -- ONE PER MINUTE

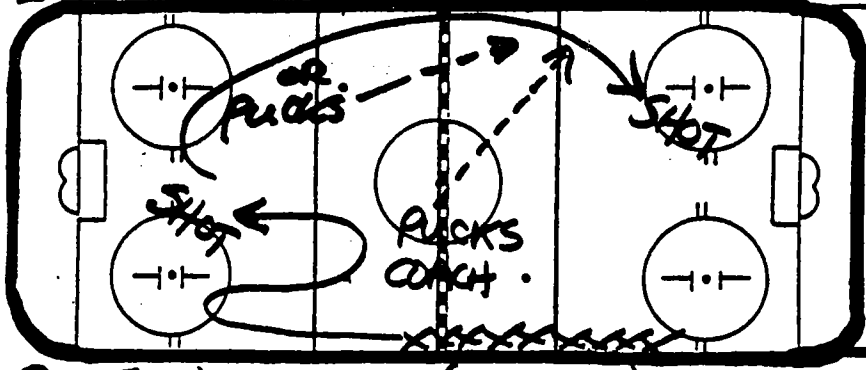


RACE



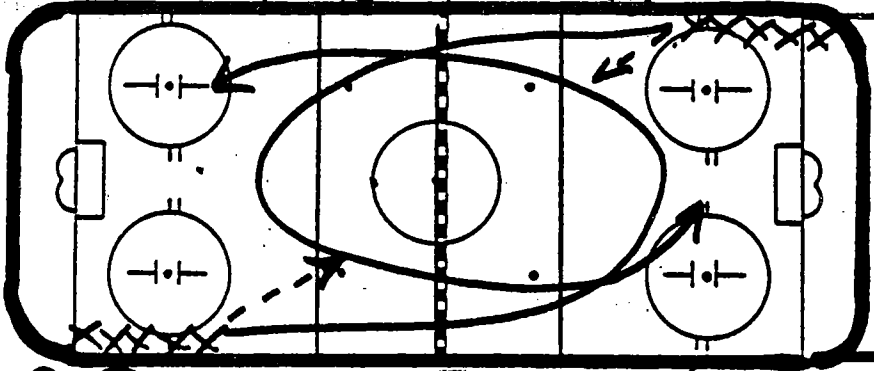
HIGH SPEED SKATING, PASSING, SHOOTING

1. TWO SHOTS



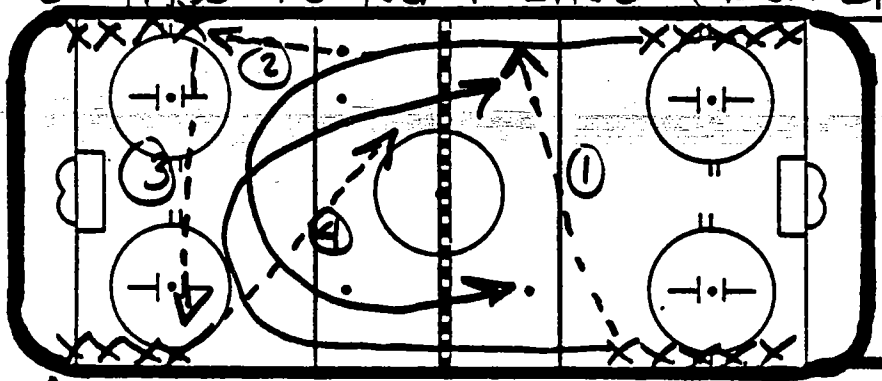
TWO CONTROL TURNS AND SHOOT.
 SPRINT TO RECEIVE PASS AND SHOOT AGAIN.

2. FLIN FLON (WOOG)

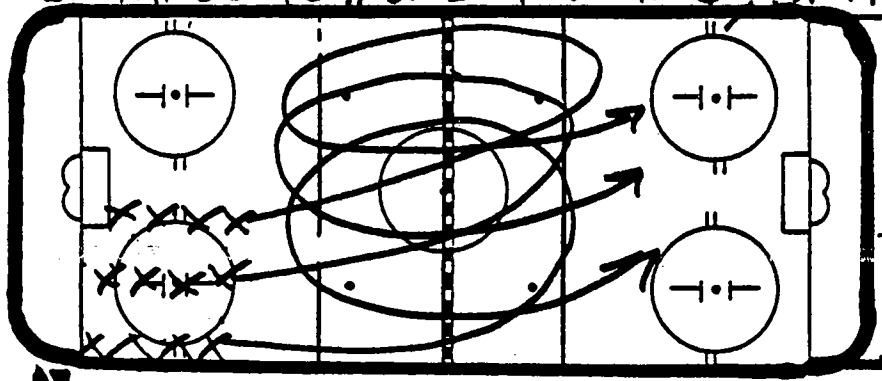


ONE ON GOALIE OR TWO AT A TIME.

3. PASS TO NEXT LINE (BEN SMITH)



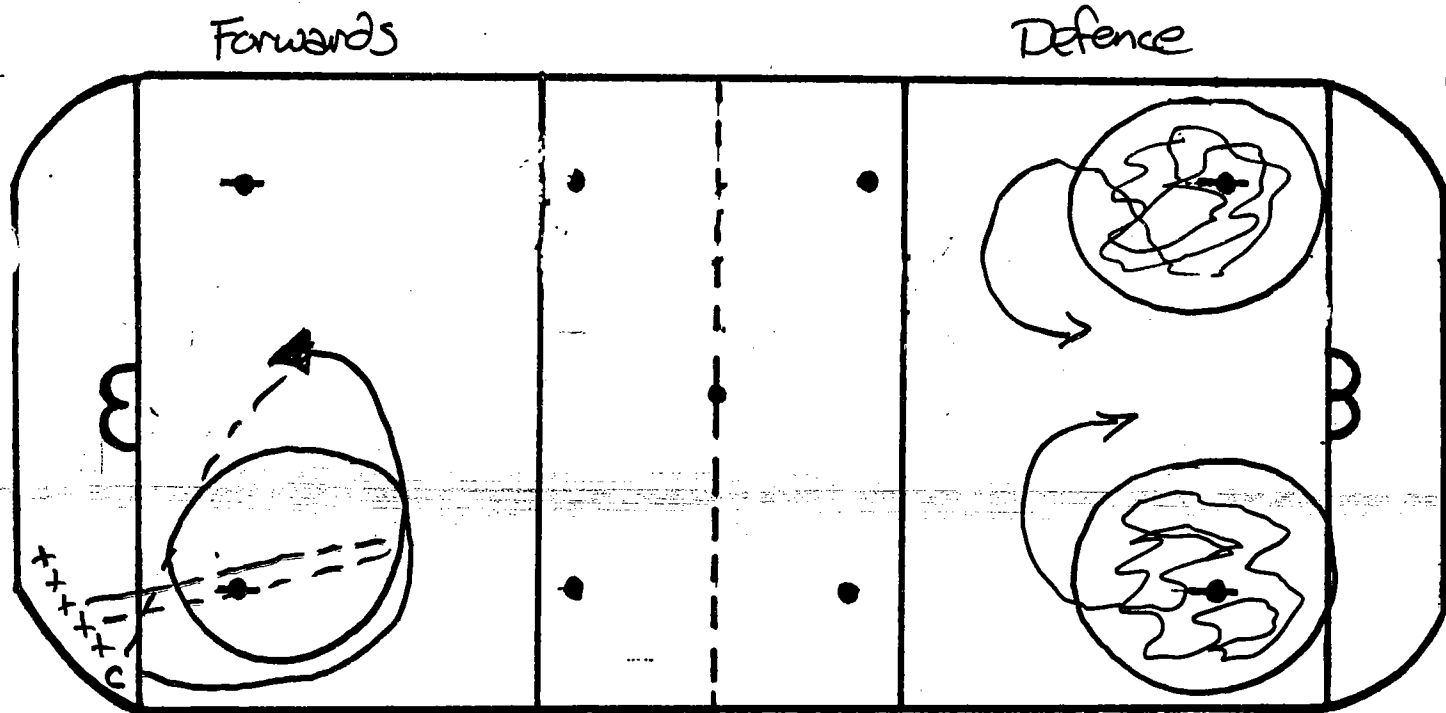
4. THREE PLAYERS PASSING SKATING



NOTES:

Name of Drill: Blatherwick Cond.

Description: Top Speed.



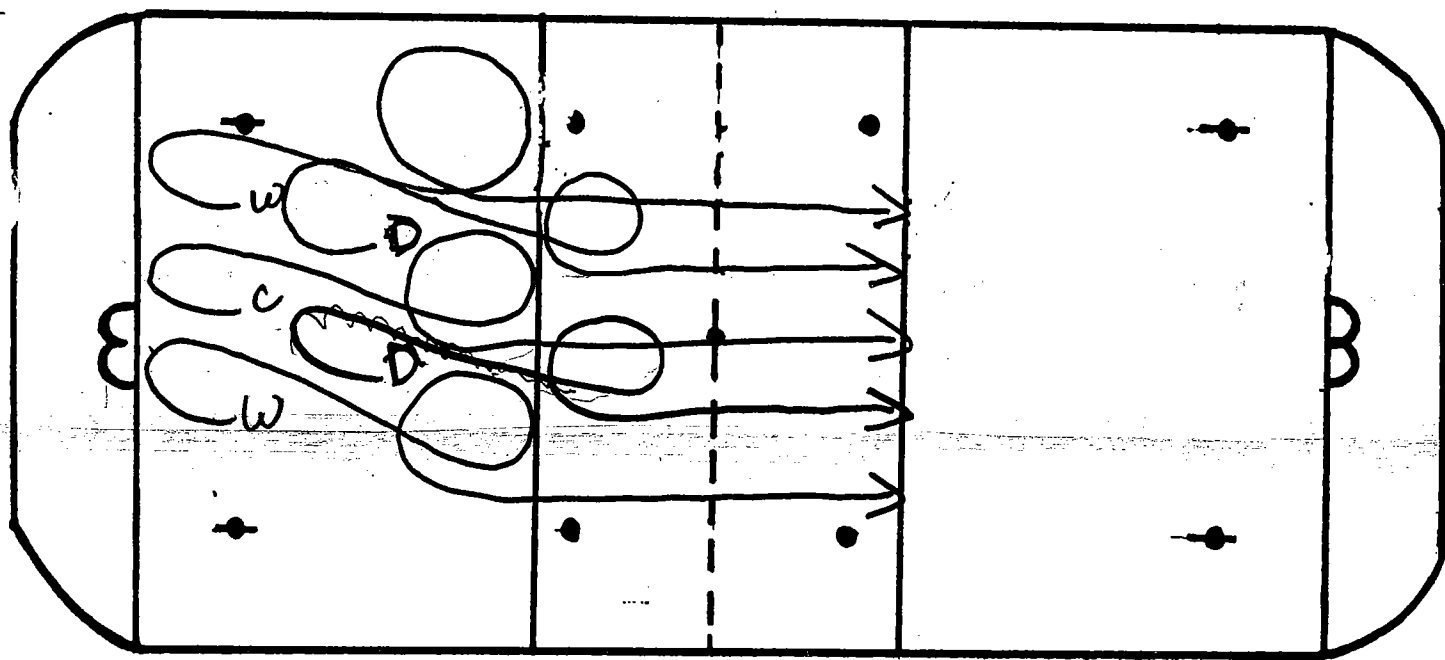
Comments: |

D- Backwards skating
always facing one way
— When Coach says - Shoot.

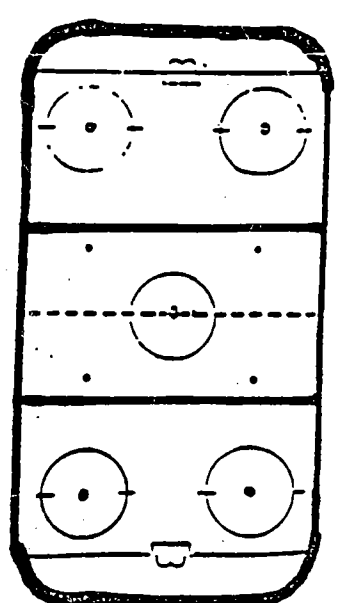
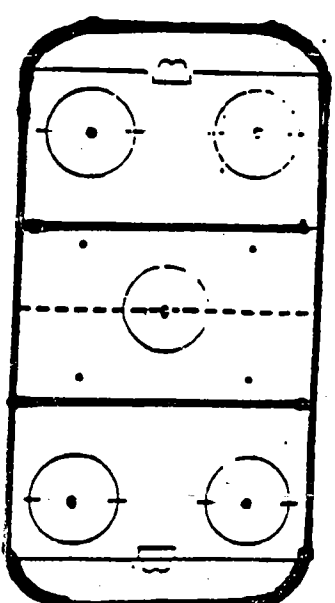
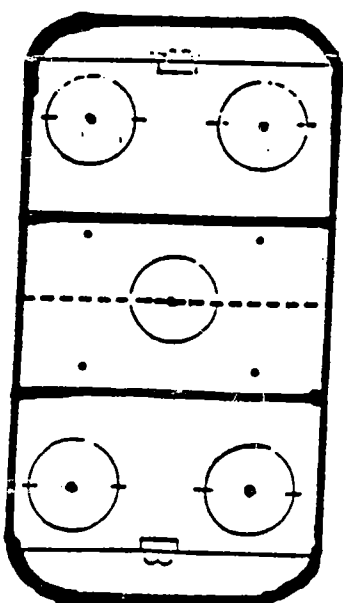
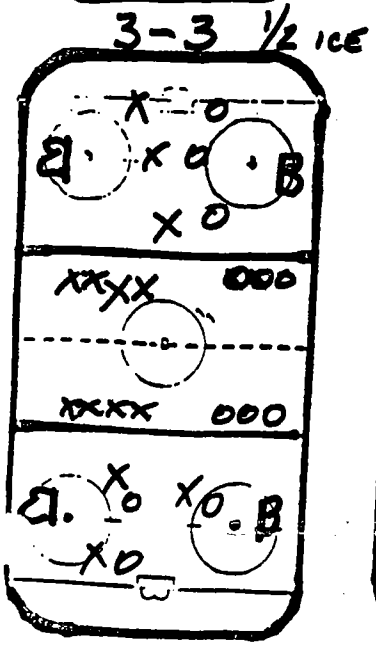
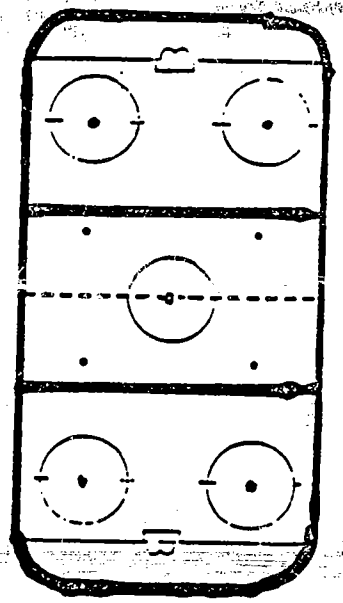
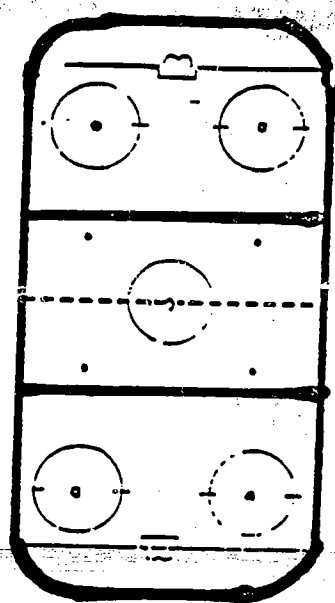
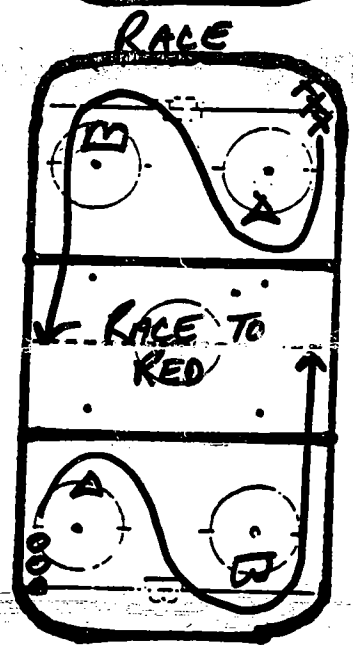
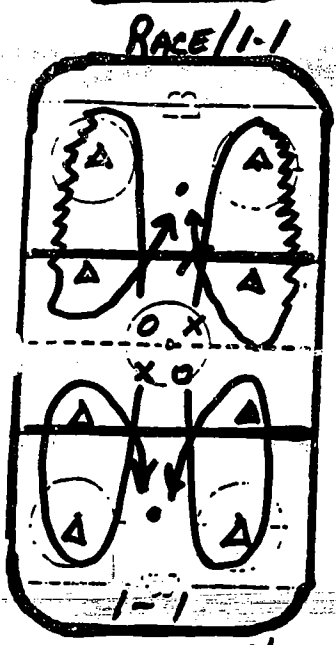
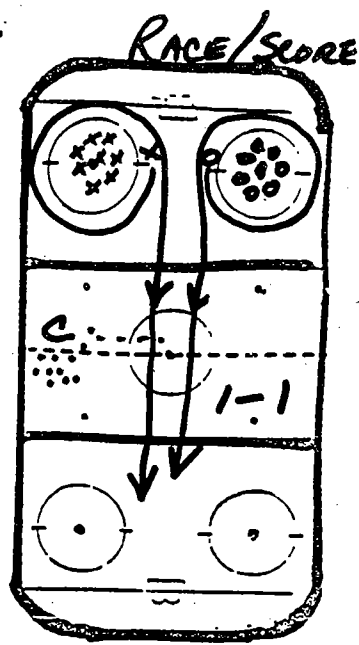
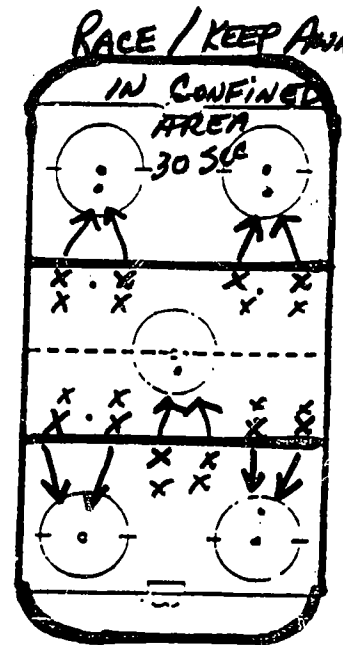
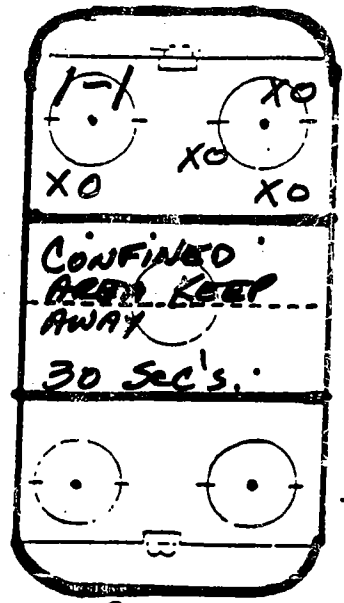
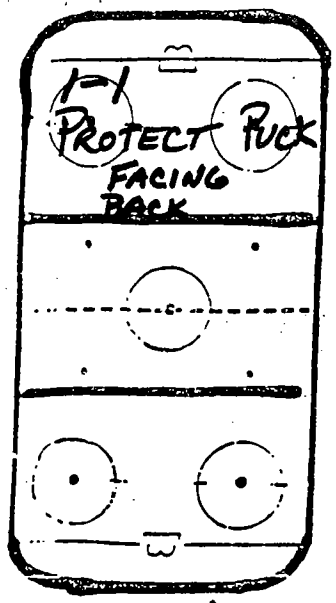
Name of Drill: Blatherwick Cond.

Description:

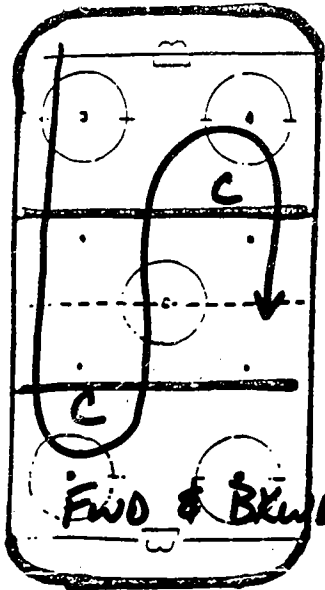
D. Follow forwards. Great Pivot Drill. Skate Backwards
F. Power Turn then Circles Sprint to Blue.



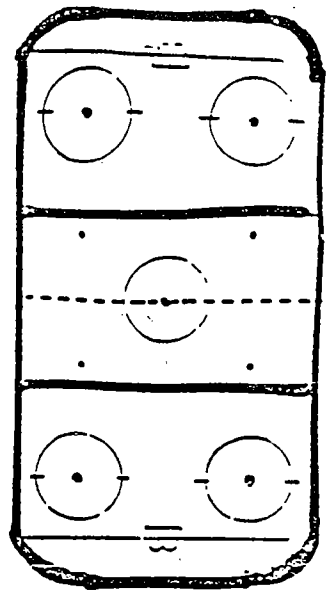
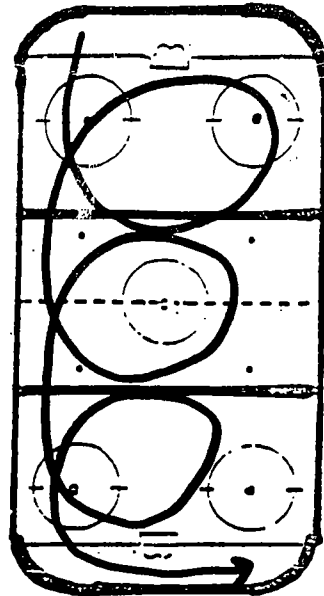
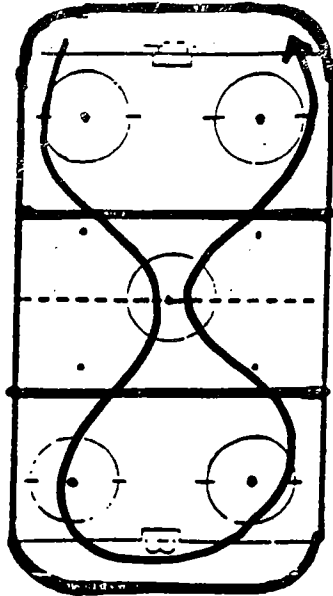
Comments:



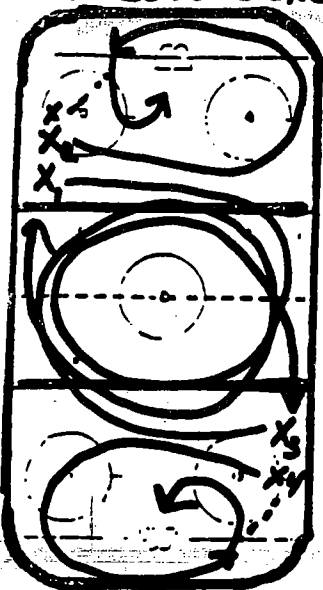
Howe 11 CONDITIONING



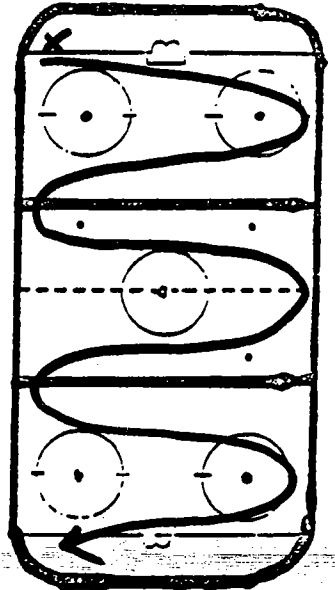
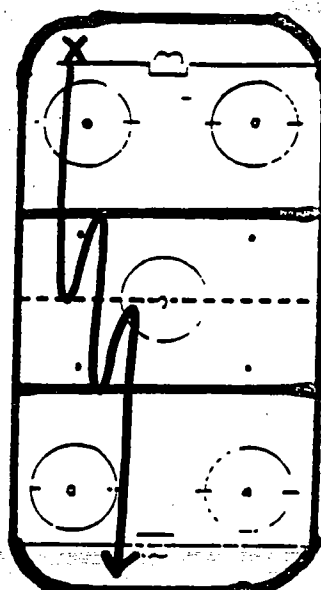
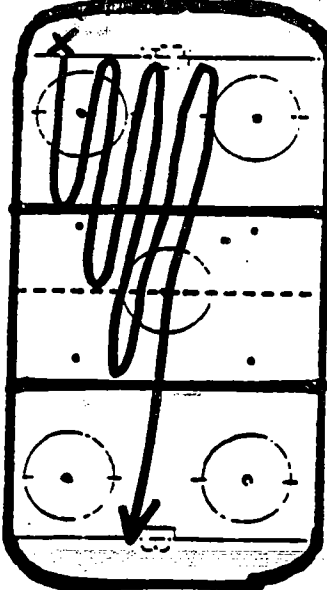
FWD & BKWD



3 ZONE SKATE



BOTH SIDES



3/3 Below DOTS

5/5 Full

