

Pro Practice 3-7-17

Key Points:

Coach only went to the board for the team play. Drills were named and coaches simply shouted out the drill. Very few whistles.

Description:

Warm up skill drills.

Low 3-3.

Middle drive.

Backcheck

Power Play

Penalty kill

Pass off the pads - cycle

One timers

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=15&page=&sort=2>

<https://youtu.be/7TMoJmVgBWQ>