

Hope All Well !

Thankyou Enid For Again Organizing
the D.O.W. CLUB. And All You
For All The Drills. Great JOB!!

Have a safe and Happy Holiday Season
AND GOOD Luck The Rest OF THE Year!

Book - Relentless - From Good to Great UnstopABLE

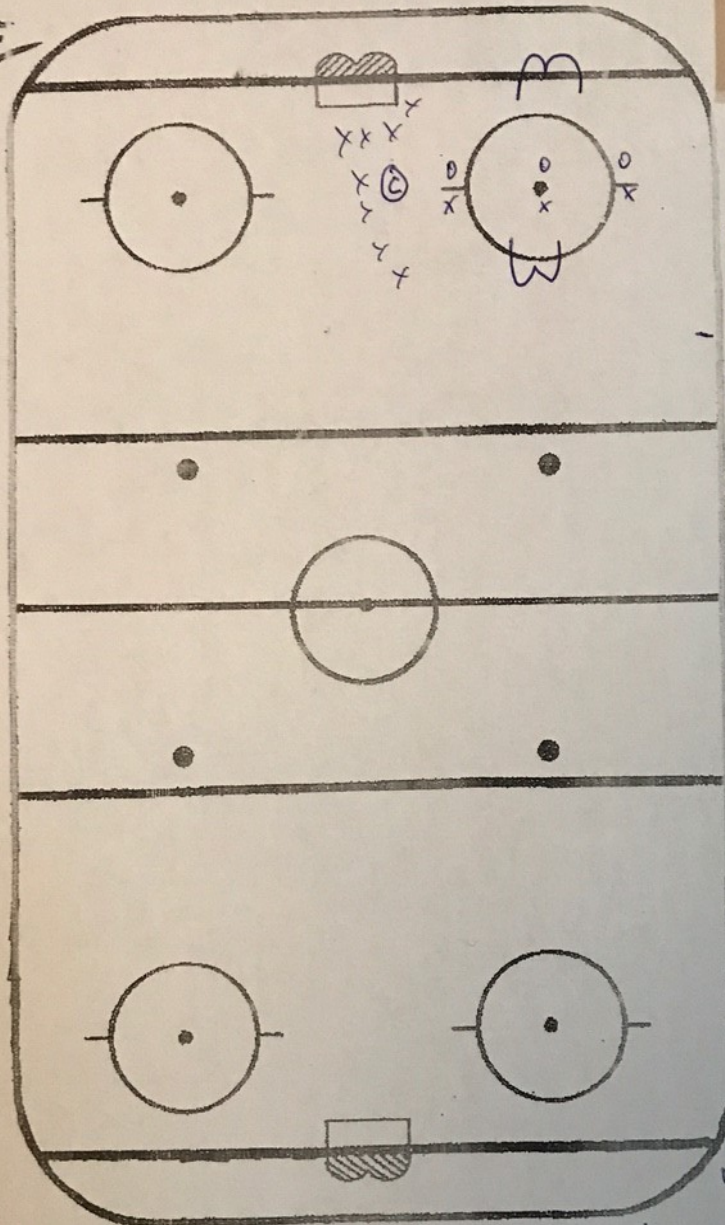
By Tim S. Grover

Quote - You Need to Work AS HARD to Be A
Great Team MATE AS YOU DO AS A
Great Player

Woffie

Barry Wolff

Competitive GAME



Face off GAME

line up

3 on 3

- Coach drops

Puck

- who ever wins
the DRAW

Plays 3 on 1

Center of draw
loss team

Stays IN

Other 2 line

Mates Are Out.

IF puck goes
outside of
Net Area or Goal

Drop New

Puck in

until You Feel

time to add New
Group.

Skill Warm Up Drill



Corner 1

Same for
Both Sides
X₁ one touch pass
with X₂ to
Top of circle
X₂ keeps shot
on Net (G₁)
Then Curls to
Corner 1-touch
with X₃ then
Keeps Push,
Skates Far end
when Hit Blue
line 1-touch
pass with X₄
then shot on
Net.

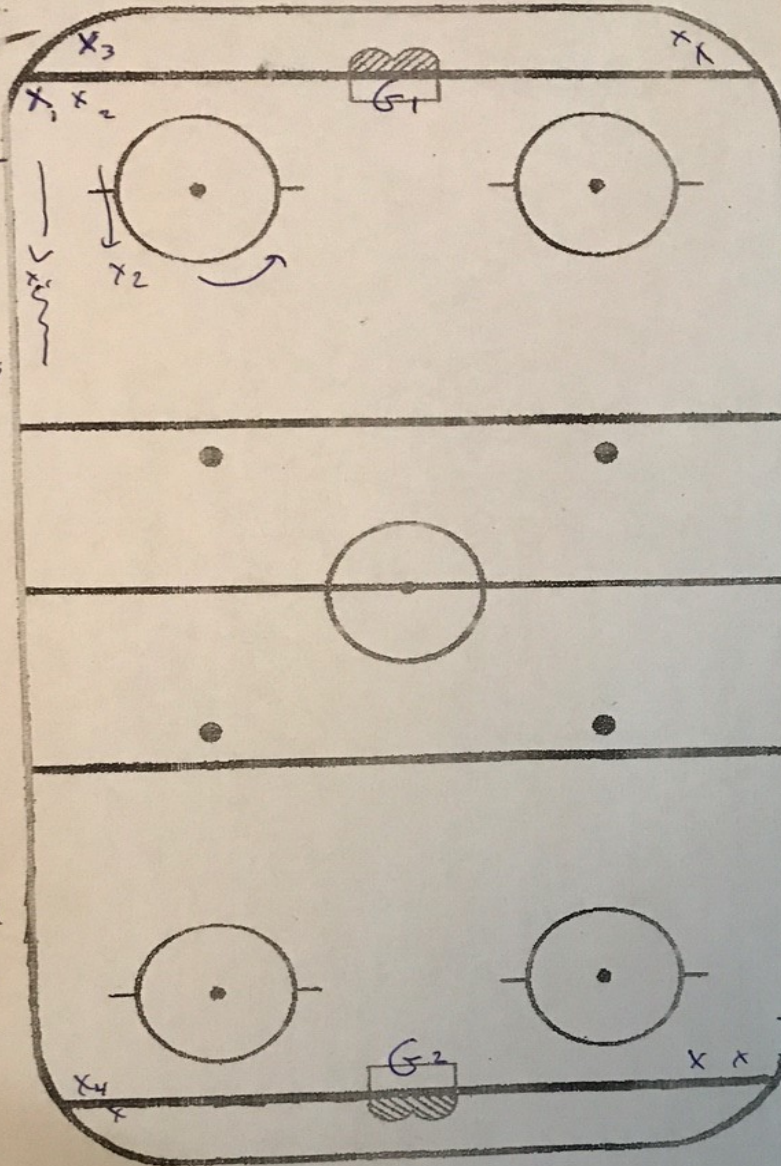
X₁ skates

Ahead of X₂

gets pass from X₄ 1-touch

shot on Net (G₂)

Then can screen/Deflect X₂ shot at G₂



Players IN All
4 corners
Opposite Corners
Go on whistle
Corner 1 + 2
Go together
Next whistle
Other 2 corners
Go

Corner 2

TEAM Play DRILL



Breakout -

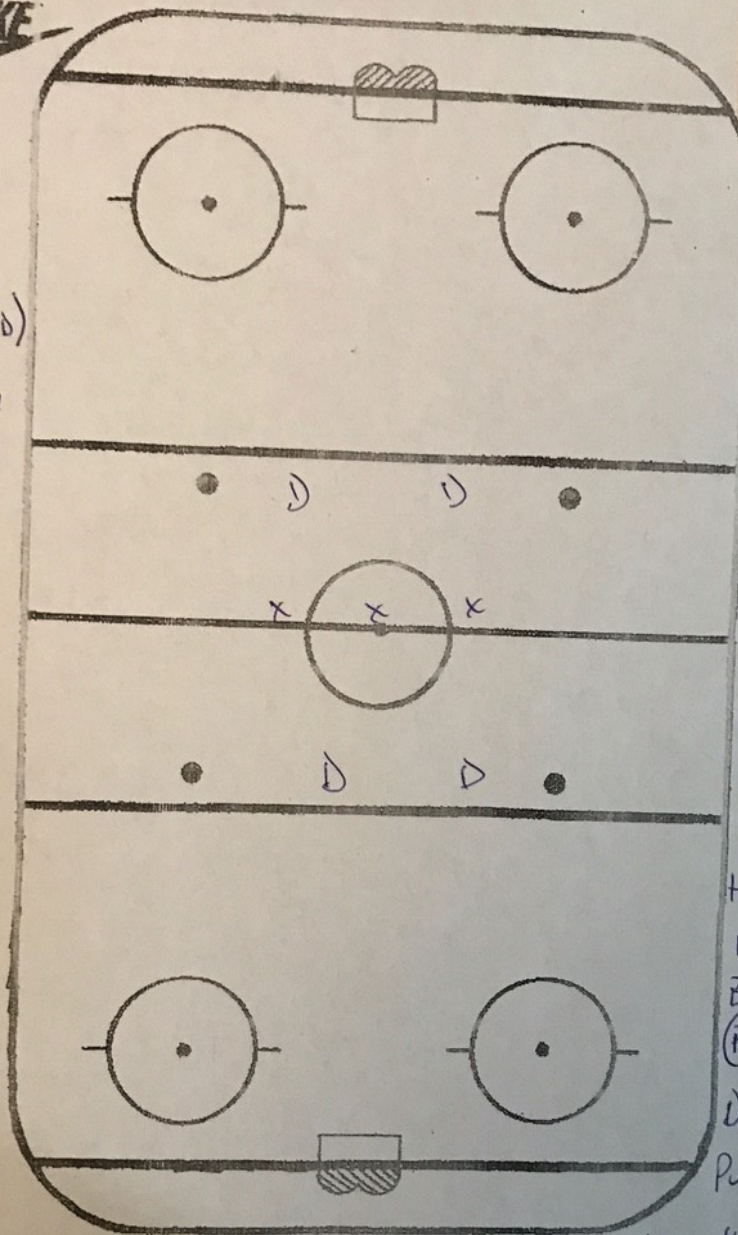
O-Zone Attack

Cycle - Entry

2-2 (with 2 D)

F₃ - Break away

Far End.



Dump Puck

IN

Breakout To

Far End

Work on Entry

Offensive Attack

5-on 2 -

After a Few

chances / or

Puck is Dead

Blow Whistle

F₃ skates

towards other

End on

Breakaway

(Puck @ Center)

Dump New

Puck IN

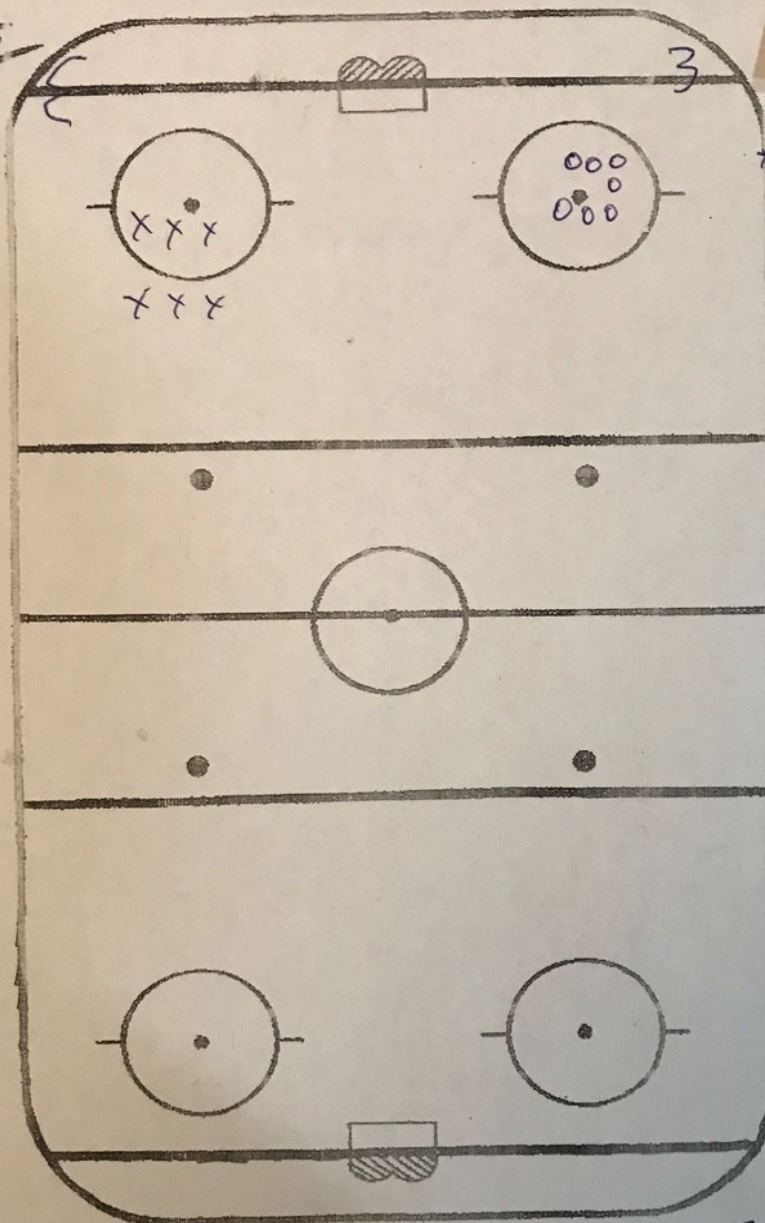
With the other players

they Play 2 on 2 with

(5 on 2) Same D men ON OFFENSIVE Blue line

SMALL Group Skill / Competitive Drill

NIKE



* Nets in either
Corner

Starts

1-2 -

When Goal Scored

2-2 -

When Goal Scored

3-3

-After every
Goal a new
player jumps
IN.

The Original
players stay
IN GAME

After 3-3
Goal Start

Over with 2 New players

1-1.