



"There is a difference BETWEEN
COACHING and CRITICISM"

RED DEER REBELS

Thank you eno!
Book STILLNESS IS THE KEY
Ryan Hamilton

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

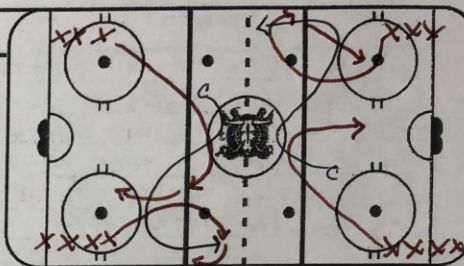
Time: _____ Drill Name: Miami Stick LIFT 2v0

Coach Tags Top of Circle and goes up ice.

X work inside Dots tracks LIFTS Coach stick with Purpose strips puck and ATTACKS same end started, x2 supports 2v0

Key Teaching Points (KTP)

Can chip or Possession entry

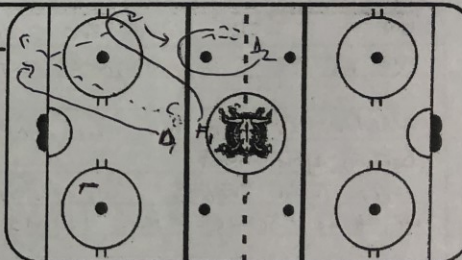


Key Execution Points (KEP)

Time: _____ Drill Name: _____

Coach dumps Puck in corner D1 retrieve right up to F1 who attacks D2 who gapped up. After 1v1 coach lays out Puck 2 at FAR Blue for D1 to regroup F1 who works back and attacks D2

Key Teaching Points (KTP)

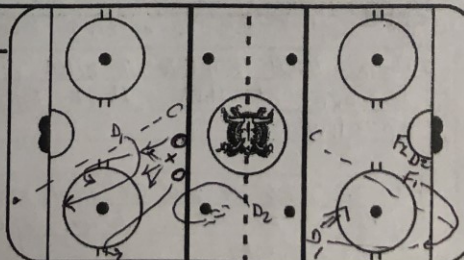


Key Execution Points (KEP)

Time: _____ Drill Name: Rebels 2v1 x2 Long Short

Coach Dumps in Puck - D1 Retrieve to Break out O1/O2 MIDDLE or wall X1 Fc either D1-D1 MIDDLE-O2 wall Breakout 2v1 vs O2, D1 Follow up. Whistle coach puts puck in corner F1 low to high Fc/x2 NET BATTLE D1 Strong Side shot

Key Teaching Points (KTP)



Key Execution Points (KEP)



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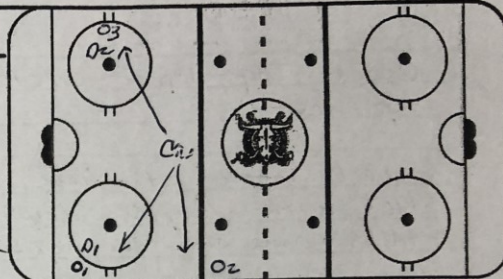
Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

Time:

Drill Name:

Coach passes to O1 = O1 vs D1 1v1 (15 sec)
Whistle coach passes to O2 = O1 touch boards
Join O2 2v1 vs D1. WHISTLE O1/O2/O1
Touch boards started @ then JOIN O3.
Coach passes to O3 = O3 Puck Protect vs D2
long time for O1/O2, O1/O2 1 Above 1 Below Puck

Key Teaching Points (KTP)



Key Execution Points (KEP)

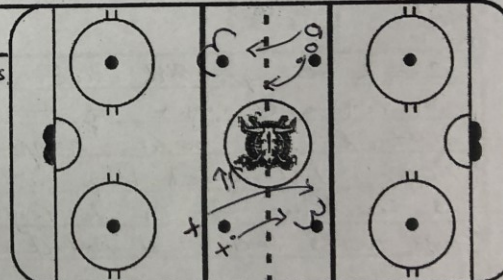
Time:

Drill Name: Oiler 2v0 score-0

Xs vs Os - on diagonal DOTS / same as NETS

Whistle 2v0 or 1v0 and send a man to
Defend your NET.
When team scores they defend and try
to steal + score other teams puck.

Key Teaching Points (KTP)



Key Execution Points (KEP)

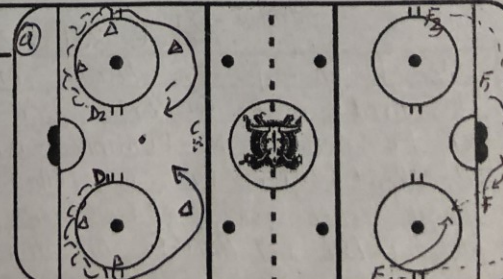
Time:

Drill Name: D + FWD Rebels split

a) D IN HASH BACKWARDS below gloves Pivt
Forward at HASH Puck Race around
top glove

B) F1 Long cycle, F2 pick up puck strong side
Play to F1, F1 then below goal line
get pass from F3

Key Teaching Points (KTP)



Key Execution Points (KEP)