



DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_

TRAINER: \_\_\_\_\_

**ROSTER**

GOALIE

GOALIE

GOALIE

1. BLOCK

Thanks Eric!

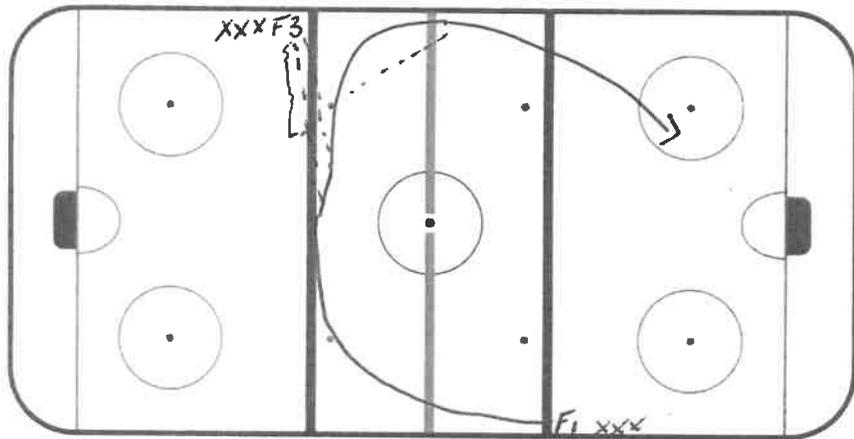
2. BLOCK

Happy Holidays to Everyone!

3. BLOCK

4. BLOCK

Thanks to Everyone!



**1. CONTINUOUS QUICK-UP**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Continuous Quick-Up Warm Up**

Players start on opposite blue lines. On the whistle player from each line will leave without a puck. F1 will swing to opposite line and receive a pass from F3, F1 one touch pass back and F3 flares out to middle of the ice to give a return pass to F1 driving down the wall. F1 receives pass and goes down and takes a shot. F3 then skates and swings to opposite line for same sequence.

\*Can add 2 players from each line to make it a 2-0 with coach on each end acting as a defender.

Book: "Always Running"  
Luis Rodriguez

#### 4 Shot + Deception

##### "PAT Drill"

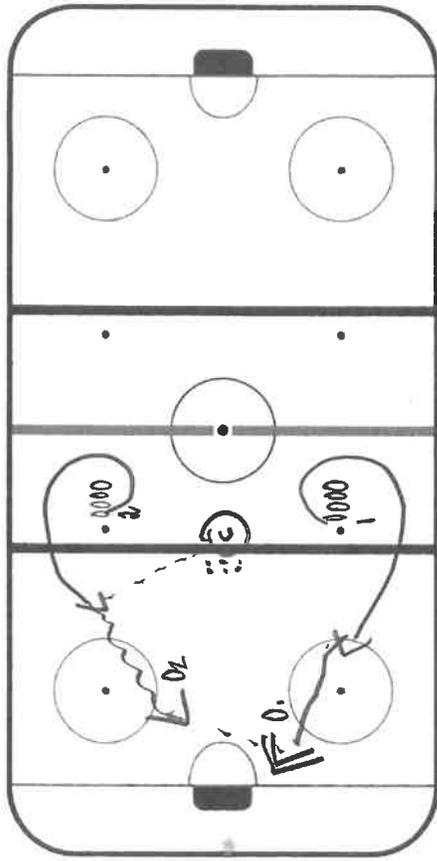
③ with pucks mid blue-line

D1 + D2 → Curl without puck

from the inside out + Sprint

into OZONE

③ Spots puck to either side



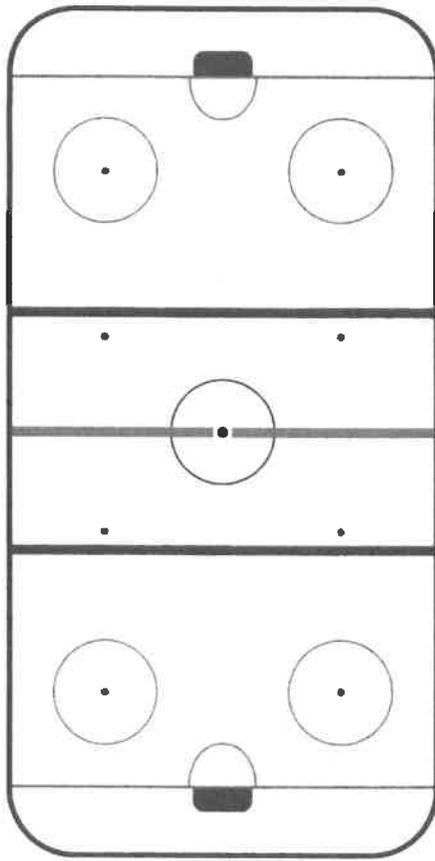
#### 5 D1 + D2 → Vary Offensive

Skill:

① Cross + Drop

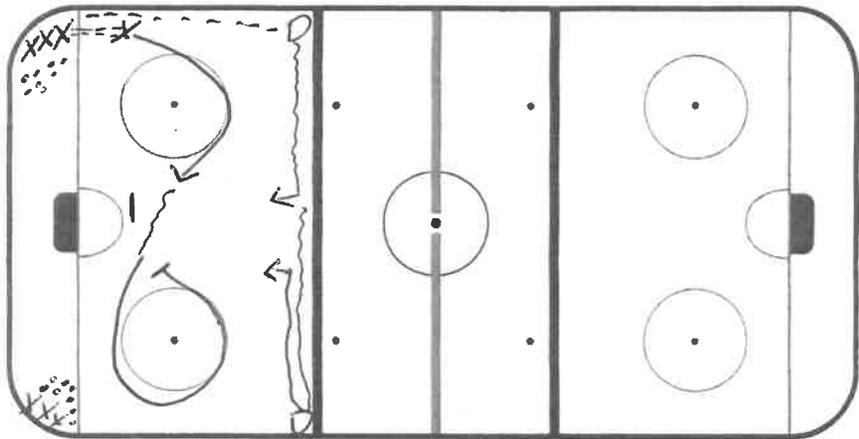
② One-liners

③ Deceptive pass shot



\* On Whistle → D1 + D2  
Return Sprint → Next Begin

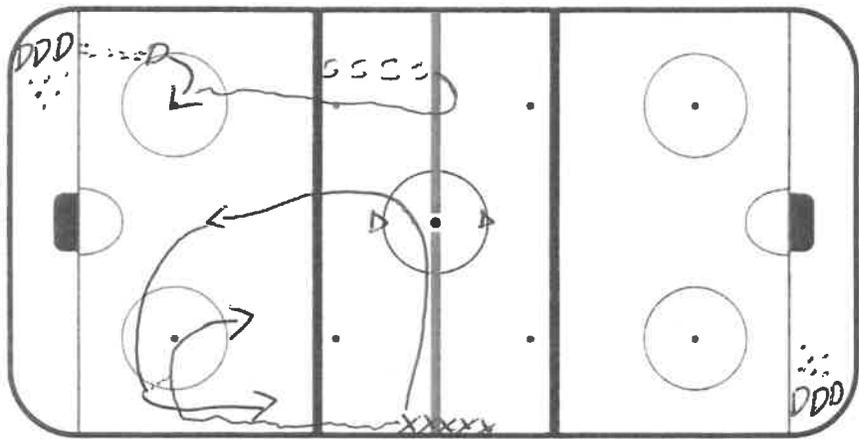
#### 4 1 SHOT - 2 TIP



#### 1 Shot- 2 Tip Drill

On whistle players start in the each corner with D on both points. F1 in one corner starts the drill with a give and go with F2 in same corner. Forward walks the top of the circle and takes a shot. Forward will stay in front of net. F2 in same corner makes a pass to D who walks the line for a low shot on net with F1 tip at net. Once D has taken shot he will retreat to the other wall and get a pass from F3 and carry it back to middle of the ice. During this time F1 will swing around other circle and will look for a backdoor deflection from the point.

#### 6 DRIVE 2-1



#### Drive 2-1

On whistle D start in the corner for a give and go one timer from the top of the circle. F1 drives middle cone for a shot then swings low while F2 drops pass for a 2 on 1 on the D on the opposite side. After D have made the original shot they will hurry up to red line to gap up on forwards coming down 2 on 1.

\*Add one regroup and attach on the same side you started on.