



To DOW Members - hope all is well, and you and your families are safe and staying strong with all this stupid Virus !!

Thank you to Enio for again organizing this club, and to you for all your drills,

Any questions on mine, please feel free to reach out any time,

Favorite Book- Relentless –From Good to Great to Unstoppable  
By Tim S Grover

Favorite Quote – You have to build it Every day, or it all goes to Hell!

Have a great and safe Holiday Season and Good Luck with your season! Fingers crossed we all get playing!

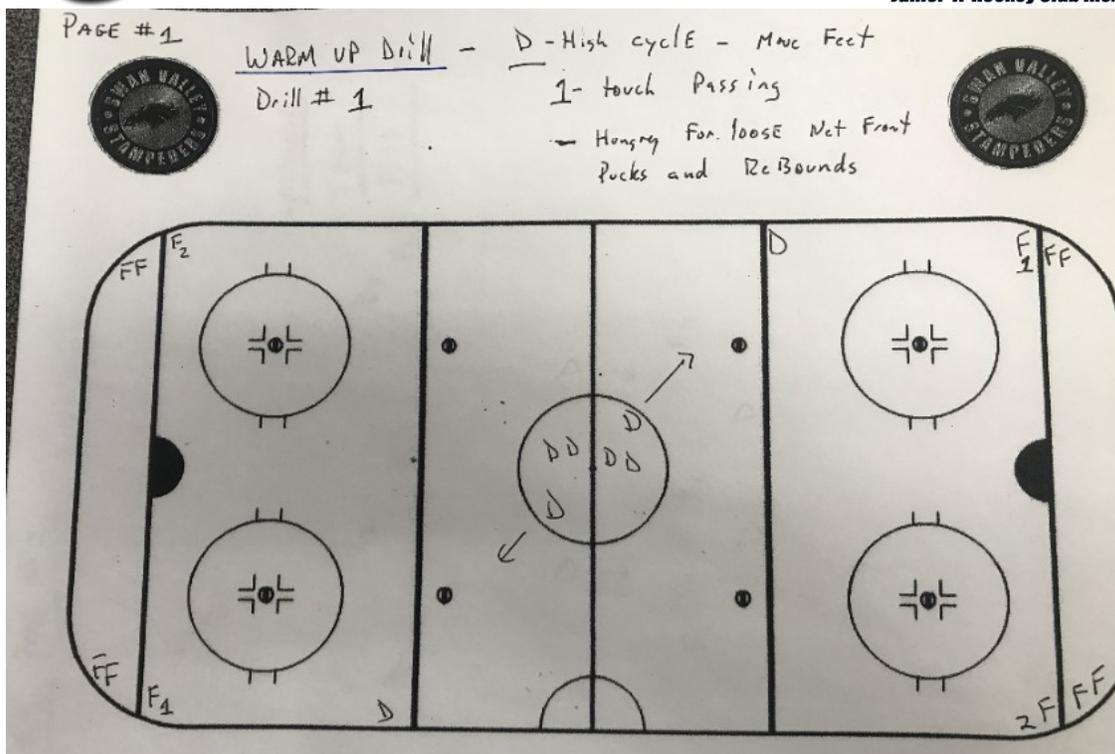
All the best!

Wolffie



# SWAN VALLEY STAMPEDERS HOCKEY

Junior 'A' Hockey Club Inc.



## DRILL #1 –Drills Page #1 Warm Up Drill –

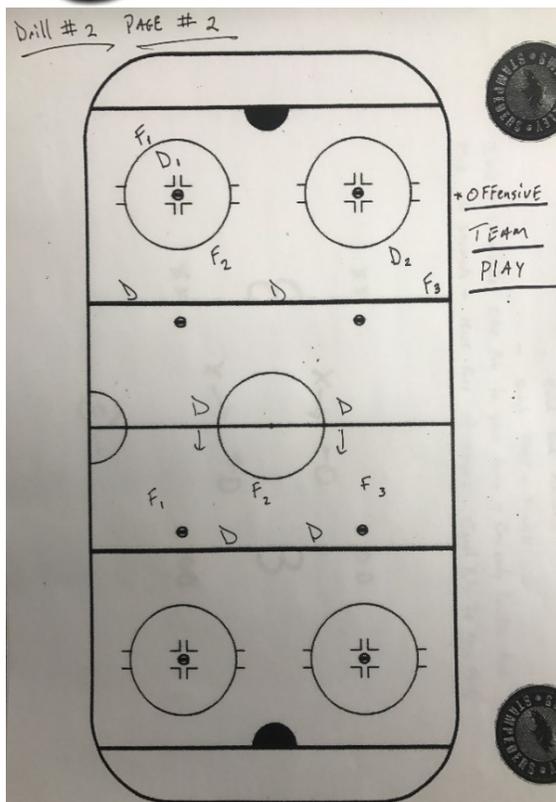
Forwards in all 4 corners, D-men in the middle, drill rotates sides every time,

On whistle- F2 takes puck to dot, wrist shot goes to the net looking for loose pucks  
Rebounds off the other side –(d-shot-then F1 shot)  
Then F2 is finished back to a line.

On Same Whistle, D leaves center circle, hard to Blue line, stops, F2 leaves corner with puck, pass's to D man-who 1 touch's puck back to F2, F2 carries puck high to create D high cycle, F2 waits on blue line, as D man skates down wall, shooting far pad from wall hash marks, for F1 to play rebound,

F2 gets a pass from the corner they left from, fake shot drag on Blue line, wrist shot to net, F2 and D play rebound,

D then gets a pass from same side corner, F1 gets into break out wall position, D pass to F1, who makes 1 touch pass back to D, can be a flat pass option (D-skates toward F1)  
Both F1 and D skate towards far end, D- pass back to F1 before offensive blue line, F1 shoots from above top of circle, goes to the net, for a screen deflection off a shot the D takes, (D stops on Offensive blue line, allows F1 to finish their part, then receives pass from F corner) fakes drags wrist shot on net. Switch sides



## DRILL #2—Drills Page #2 Offensive Team Play

One Forward line,(3 forwards) 4 –dmen 2 each side,

On whistle F1-push's puck to corner, goes after it with D1 attacking, finishing hit, F2 activates same time and talks to F1, to create a 2 on 1, in hopes of F1 pushing puck to open ice for F2 to retrieve and take to the net for scoring opportunity, on a goal or a whistle,

that activates F3 who 1 touch's to D2, D2 back to F3, who attacks the net,

Or can pass to either F1 or F2, creates a fast 3 on 2, in hopes of creating scoring opportunity in a hurry, can work on all cycles, corner, net, high slot.

On a goal or a whistle, coach spots a F a puck who attack 3 on 2 to the far end, the 2 D that just defended the end zone, activate to the offensive side and push up ice to join the rush,

-Can work on net drive, attacking the seams with speed, offensive zone entry's , flat pass option, hitting the D as a 4<sup>th</sup> man on the rush.

Looking for opportunity's to score off the rush, which means puck needs to get to the net quickly.

Play it till a goal or it is time, next group is set up and ready to go at far end. They start on your command



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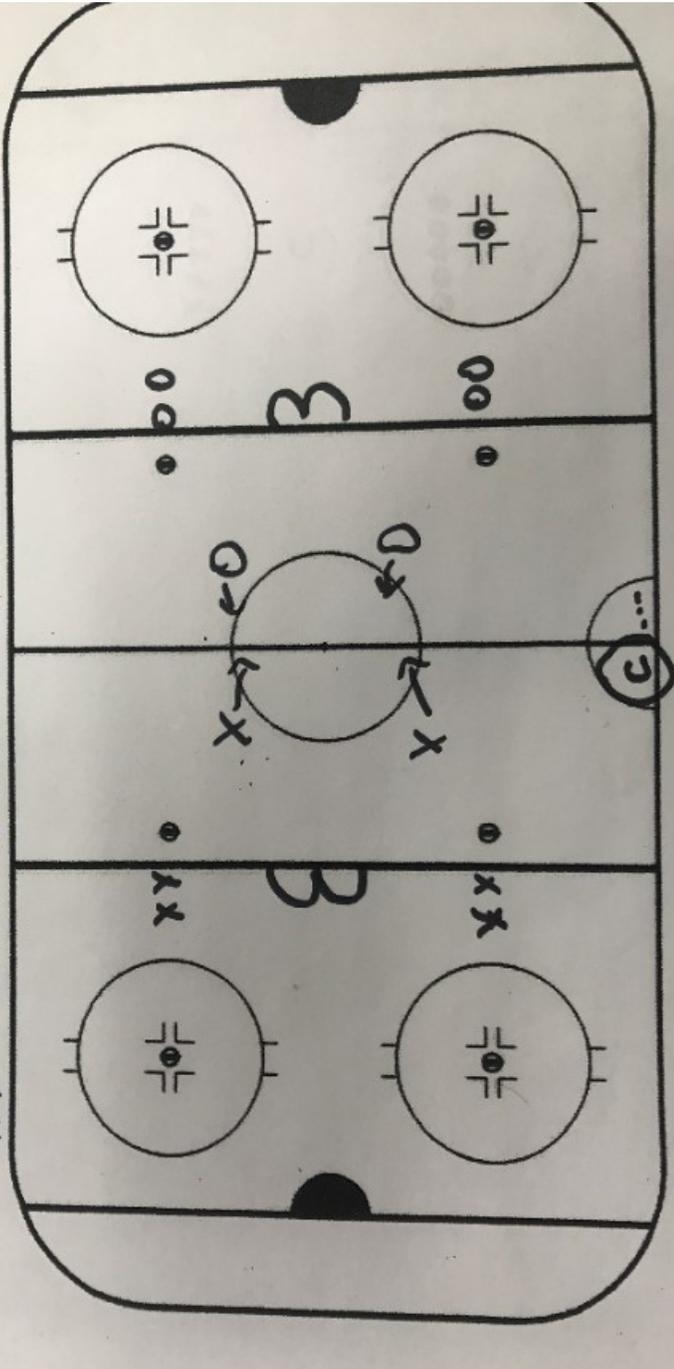
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PAGE #3 - DRILL #3



Drill to Develop - Competitiveness  
 - Quick Puck Movement  
 - Quick SHOT - Finish

2 on 2 in Middle - CAN Pass to your team - Can only handle Puck  
 Max 2 Seconds - Must Pass OR SHOOT - Coach Puts in New Puck





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PAGE # 4 Drill # 4.



- 1-1 - after Goal
- 2-2 - after Goal
- 3-3 - after Goal Back to 1-1
- Coach puts puck in
- Stay Below imaginary line
- SMALL Area Game
- Competitiveness
- Finish - Battles

