

“QUOTE”

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat.”

- Theodore Roosevelt quotes (American 26th US President (1901-09), 1858-1919)

RECOMMENDED BOOK: The 21 Irrefutable Laws of Leadership.

By: John C. Maxwell



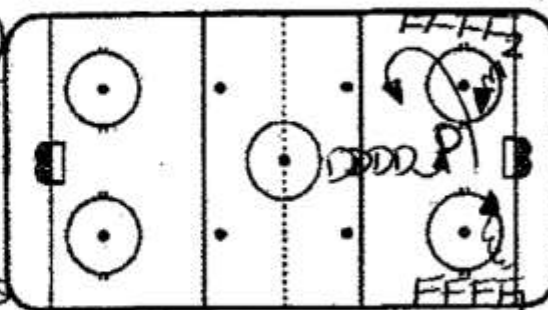
HOCKEY MANITOBA

217-200 Main Street
Winnipeg, Manitoba R3C 4M2
Tel: (204)925-5755 Fax: (204)925-5761
Web: www.hockeymanitoba.mb.ca
E-mail: info@hockeymanitoba.mb.ca

C	Coach		Puck Carrying
●	Forwards		Shooting
▲	Defenders		Pass
G	Goalie		Drop Pass
— —	Stop		Backward Skate
X	Pylon		Lateral Movement
	Puck		Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2v1)
F1 attacks net for quick shot, continues to opposite corner. Def moves to defend. F2 bumps puck to F1 + now attack F1 + F2. F2 after quick 2v1 continues to opposite corner, + attacks net w/ F2. D handles 2v1s + is replaced.



Key Teaching Points (KTP)

Key Execution Points (KEP)

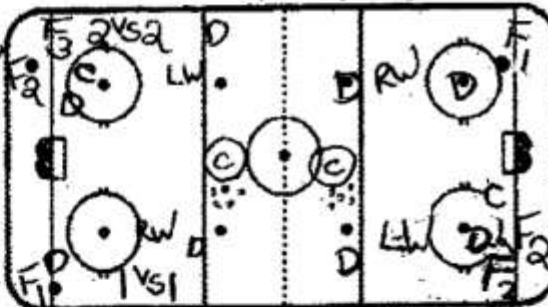
file

GREAT Drill for Goalies

Date: Duration 20 (Minutes)

Time: 20 Drill Name: Defensive Zone Situation / 5v5 Battle Zones.

Coach blows whistle + 1v1 starts. 1v1 low coverage. After 1v1 dissolves, Coach blows and whistle to start 2v2, 2v2 low coverage.



Key Teaching Points (KTP)

Key Execution Points (KEP)

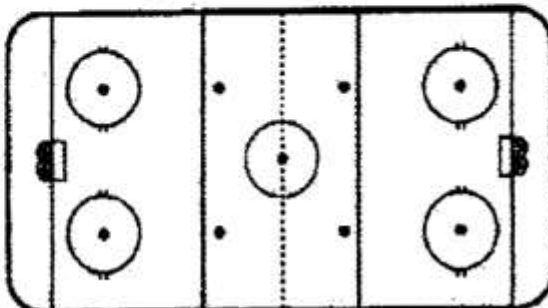
file

D's move on Blue Line + Wingers cover inside out. After 2v2 dissolves, the teams switch.

OPTION: 5v5 coverage on 3rd whistle

Date: Duration (Minutes)

Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

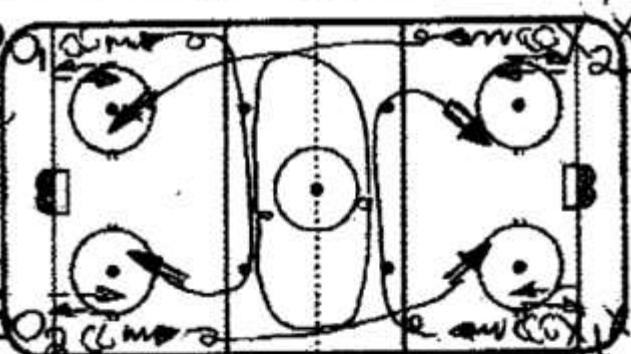
file

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Long + Short)

ALL 4 Lines begin on Whistle. Each Player STARTS w/ Puck + Pivots to Backwards. The players make a pass to their line + get a Quick return pass. The players then pivot back to fwd + then skate into "N". The players from opposite corners

Key Teaching Points (KTP) Skate the same route. O + X go short ground, the near dots + O + X skate around the far dots before taking a shot on goal. Each player must perform a high speed maneuver in the "N".

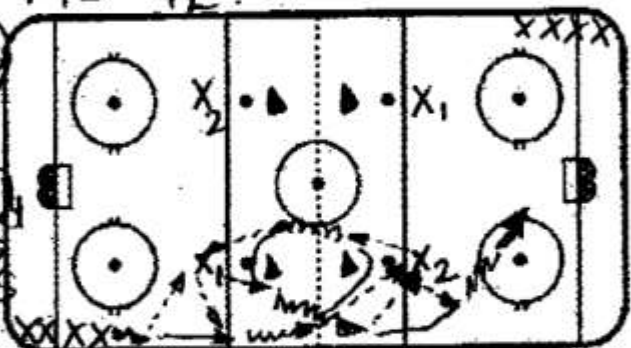


Date: _____ Duration _____ (Minutes)

Time: 10 Drill Name: (Snake Drill)

Start drill at same time. on taking the return pass from X₁, he stick handles to the pylon passes to X₂, tight turn around the pylon + takes a return pass from X₂. He then stick handles to the second pylon + passes to X₁ again. After curling

Key Teaching Points (KTP) around the second pylon he takes a return pass from X₁, moves down the boards, passes to X₂ again + after receiving a return pass from X₂, cuts for the net for a shot.

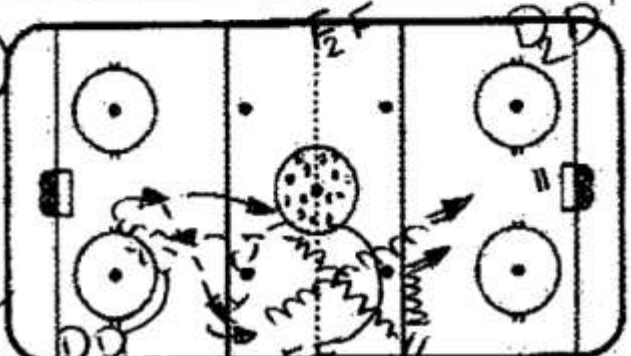


Date: _____ Duration _____ (Minutes)

Time: 10 Drill Name: (ORR TRANSITION)

F₁ + F₂ go at the same time into Red zone, F₁ + F₂ gets puck back, goes in for a shot. D₁ + D₂ gets 2nd puck @ center, they skate to the wall, skate across to the middle for a 2nd shot. Fwd plays the rebound.

Key Teaching Points (KTP)



Key Execution Points (KEP)

File