

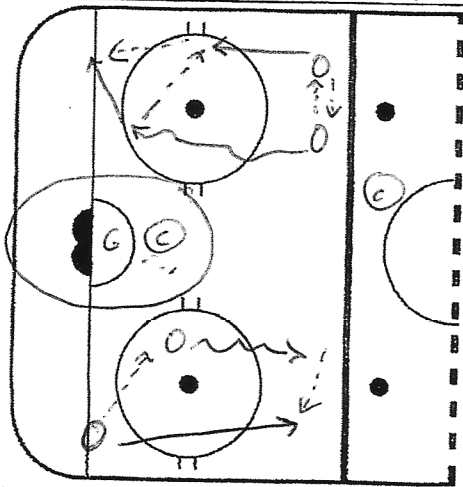
### Hockey Drill Planner - Half Ice Edition

Week #: 19	Date: 22 Feb 14	Team: TITANS - PW6
------------	-----------------	--------------------

Drill Name: WARM-UP

#: SHORT PASS - LONG PASS

10 MIN



Goals: - WARM-UP  
- PASSING

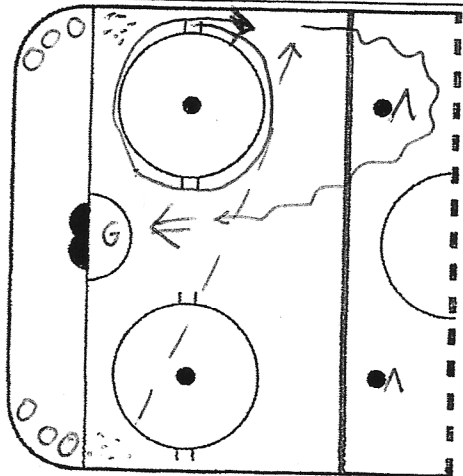
Emphasize: "LOOK-MOVE-LOOK-PASS"  
- MAKING + COMPLETING A PASS

Additional Notes - PLAYERS PAIR UP (ONE PUCK)  
+ SKATE IN ZONE ALTERNATING A SHORT PASS WITH A LONG PASS  
- COACHES CAN ADD PRESSURE

Drill Name:

#: CROSSOVER 1 v. 1

10 MIN



Goals: - WARM GOALIE UP W/ SHOTS  
- CROSS-ICE PASSING  
- 1 v. 1 DRIVE NET

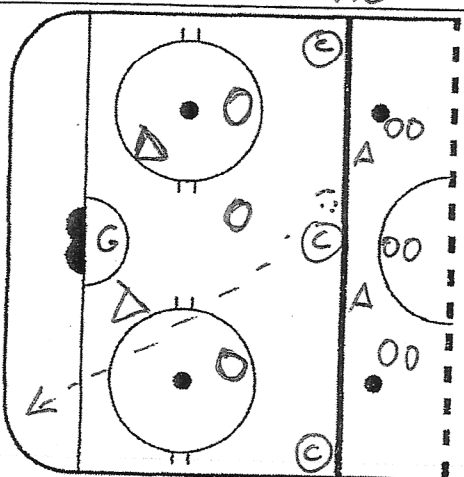
Emphasize: - CROSSOVERS, PASSING, SHOOTING  
"LOOK, MOVE, LOOK, PASS"  
- DRIVE HARD FOR NET - GET GOALIE MOVING

Additional Notes  
1. FIRST PLAYER SKATES CIRCLE, RECEIVES PASS FROM FAR CORNER  
2. OUT AROUND PYLON, ATTACK NET  
3. SWITCH SIDES

Drill Name: SAG

#: 3 v. 2

10 MIN



Goals: OFFENSE - PASSING - PUCK SUPPORT  
DEFENSE - ANGLE, COVERAGE, CLEARING PUCK

Emphasize: OFFENSE - FIND PASSING LANES  
- PRESSURE LOOSE PUCK  
DEFENSE - CLOSE GAP  
- STICK IN PASSING LANE  
- HARD CLEARING SHOTS

Additional Notes  
1. COACH PUTS PUCK LOW: GAME ON!  
2. DEFENSE GET PUCK TO BLUE LINE = 1 POINT.  
3. OFFENSE SCORES = 1 POINT.

- 30 - 45 sec SHIFTS
- 3 F (O), 2 D (A)

# Hockey Drill Planner – Half Ice Edition

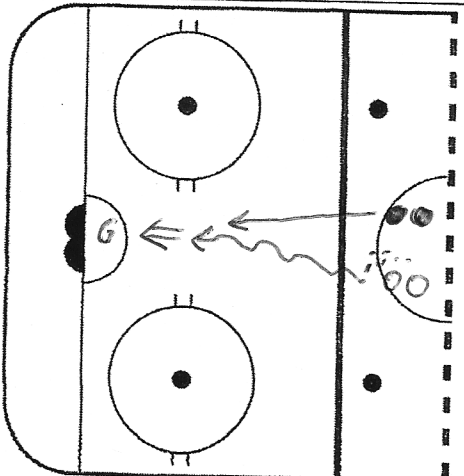
Week #: 19	Date: 22 FEB 14	Team: TITANS - PW6
------------	-----------------	--------------------

By: Page One

10 MIN

Drill Name: LOG

#: BACKCHECK SITOUTOUT



Goals: BACKCHECKING  
 CARRYING PUCK TO NET UNDER PRESSURE

Emphasize: PLAYER W/PUCK - PUCK PROTECTION  
 BACK CHECKER - PATH TO NEAR POST

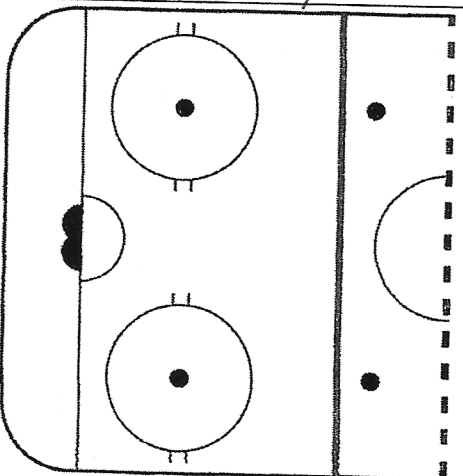
Additional Notes  
 - STICK ON BACK  
 - MOVE FEET

1. ONE LINE W/PUCKS; OTHER LINE DOWN ON ONE KNEE
2. ON SIGNAL, PLAYER W/PUCK DRIVES NET FOR SHOT; OTHER PLAYER HAS TO GET PUCK

10 MIN

Drill Name: LOG/SAG

#: PLAYERS CHOICE



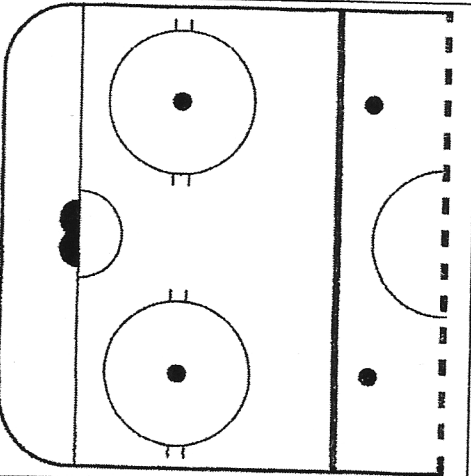
Goals: FUN!

Emphasize:

Additional Notes

Drill Name:

#:



Goals:

Emphasize:

Additional Notes