



2017 - 2018 Evaluations - Skill Session Drills

SKATING

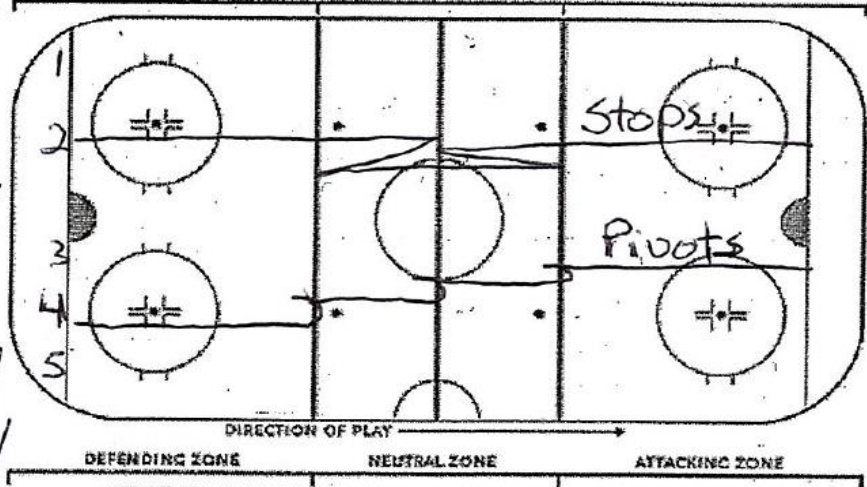
5 LINES FULL ICE

FW 2-4x BW 2-4x

DROP TO KNEES AT LINES 2x

STOPS C-B-B-C 2x Face 1 way

PIVOTS AT LINES 2x Face 1 way



Name: _____ Time: _____

Time: _____ Drill Name: Pylons Δ

SHOOTING

4 CORNERS 3 at a TIME

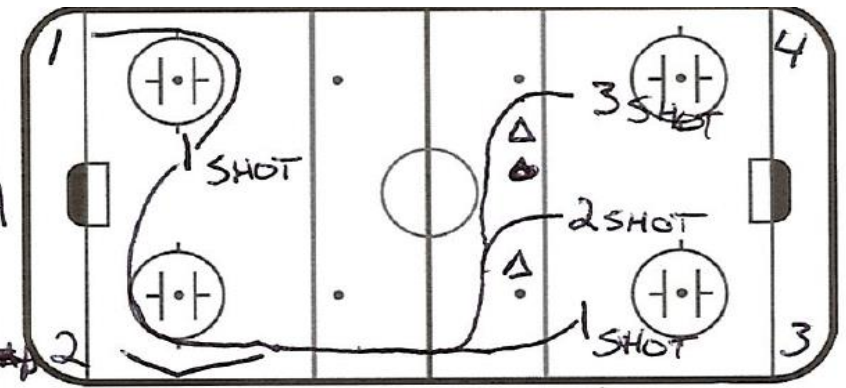
GOOD SPACING FLURIST SLAP BH

AROUND TOP CIRCLE WRIST OR BH

Bump pass from opposite line

DRIVE DOWN BOARDS SPLIT

3 Lanes AT FAR BLUE WRIST ~~OR BH~~ SLAP



Key Teaching Points (KTP): _____

File: _____



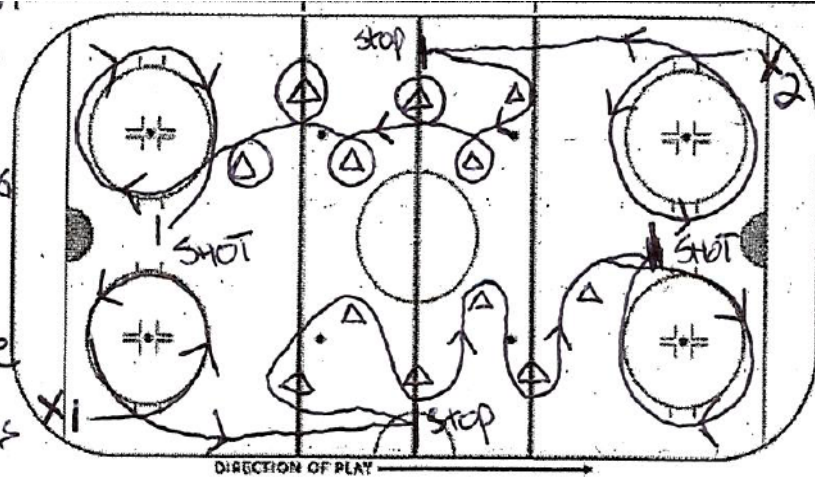
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Name: _____

Time: _____

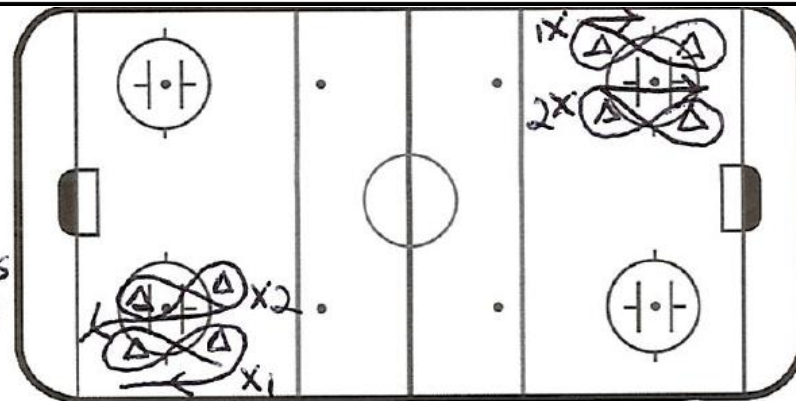
STICK HANDLE Pylons Δ

CIRCLES STOP TIGHT TURNS shooting
AROUND CIRCLE to center stop
back around PYLONS AROUND CIRCLE
X1 TIGHT TURNS X2 Figure 8 pylons
SHOT at end.



Time: _____ Drill Name: _____ PYLON Δ

BATTLES / ON 1
TOP OF CIRCLES to CORNERS
X1 Figure 8 w puck along
Boards Fight to Net
X2 Figure 8 ENGAGE AFTER pylons
DEFEND Both PLAYER going FW
DMAN AS X2 SKATING BW
MOVE pylons if needed
Key Teaching Points (KTP):
opposite corners Both ENDS



File: _____

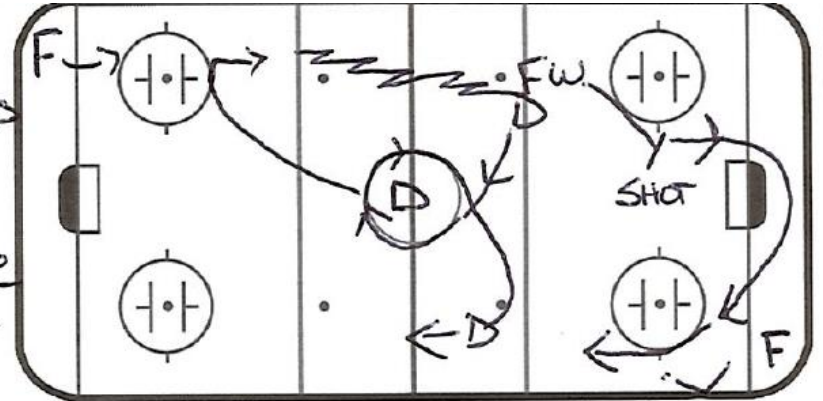
Key Execution Points:



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Time: _____ Drill Name: _____

1 ON 1
D MEN AT CENTER FW CORNERS
D DROP DOWN TO TOP CIRCLE
GIVE & GO TO FAR BLUE DMAN
RELEASE SKATE AROUND CENTER CIRCLE
FACE ON PUCK CLOSE GAP ON SAME
FW DEFEND



File: _____

Key Teaching Points (KTP):

FW TAKE SHOT CONTINUE
AROUND NET PU PUCK FROM
CORNER 1 ON 1 SAME DMAN

Key Execution Points:

BOTH CORNERS SAME TIME