

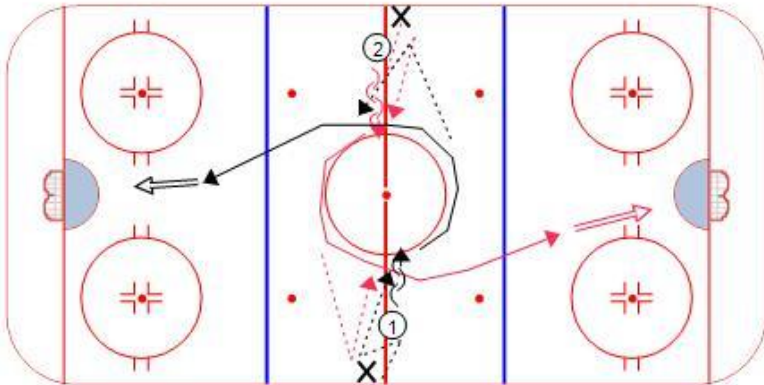


Date: 06/12/11 **Group:** Pee wee Minor
Length: 120 mins
Start Time: 4:15pm **Focus:** Passing / Flow
End Time: 6:15pm **Level:** PW

Length	Start	Drill Name	Category	Notes
10	4:15pm	Edgework Warmup	Skating	
10	4:25pm	5 Pass Drill	Passing	Note: both sides leave simultaneously
10	4:35pm	NZ Cross Pass Warmup	Shooting >> Misc	
10	4:45pm	Calgary Timing	Timing	Drill is continuous
10	4:55pm	NJ Flow v2.0	Timing	Both sides leave at the same time - drill is continuous
10	5:05pm	Bethel NZ	Flow/Timing	D1 becomes D2 for the next rotation
60	5:15pm	*** Scrimmage ***	Scrimmage	

Notes:

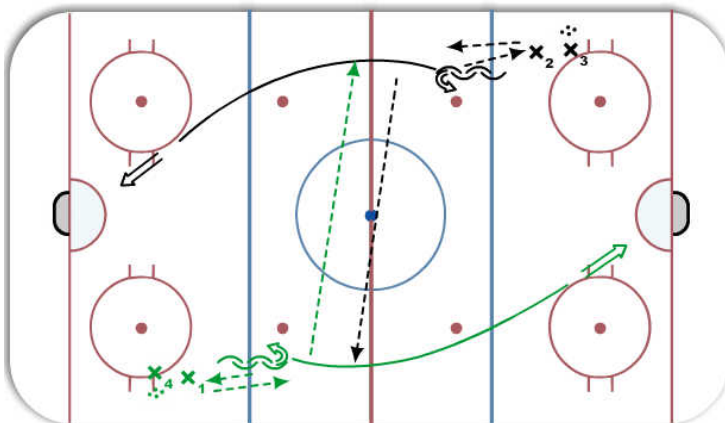
Drill Title: 5 Pass Drill (1 Diagram)



1 gets a pass from X, returns the pass, and gets another pass back from X - while skating backwards. 1 pivots forward and heads around the circle. 1 passes to the far-side X and gets a pass back. 1 finishes by driving to the net for a shot.

Key Points: Passing Agility Give & Go Footwork

Drill Title: NZ Cross Pass Warmup (1 Diagram)



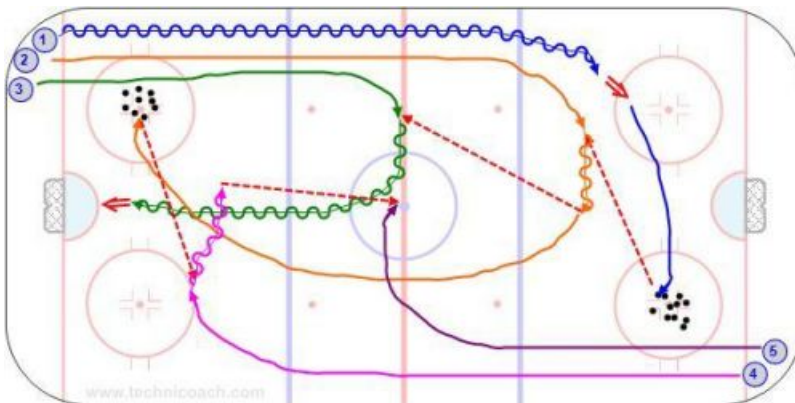
Side 1: X1 passes to X4, X4 quickly returns the pass. X1 pivots forward and passes to X2 on the far side of the ice.

Side 2: X2 passes to X3, X3 quickly returns the pass. X2 pivots forward and passes to X1 on the far side of the ice.

X1 and X2 drive to their respective nets and shoot.

Key Points: Passing Pivoting

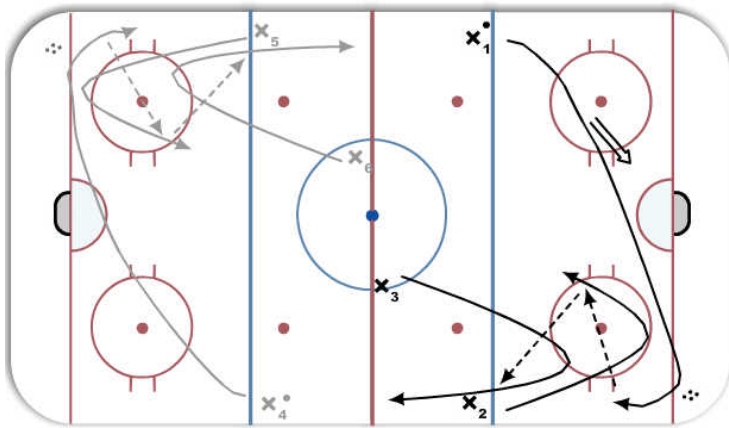
Drill Title: Calgary Timing (1 Diagram)



- 1) 1 starts with a puck - skates down the boards and shoots
- 2) 2 leaves down ice after 1 reaches red line
- 3) 1 picks up puck from circle and passes to 2
- 4) 3 leaves down ice after 2 gets to red line
- 5) 2 passes to 3 who should be near center ice
- 6) 2 and 3 continue down ice
- 7) 4 leaves when 2 gets to red line
- 8) 3 shoots/rebounds - 2 picks up puck and passes to 4
- 9) 5 leaves when 4 reaches red line
- 10) 4 passes to 5

Key Points: , Timing , Continuous Flow

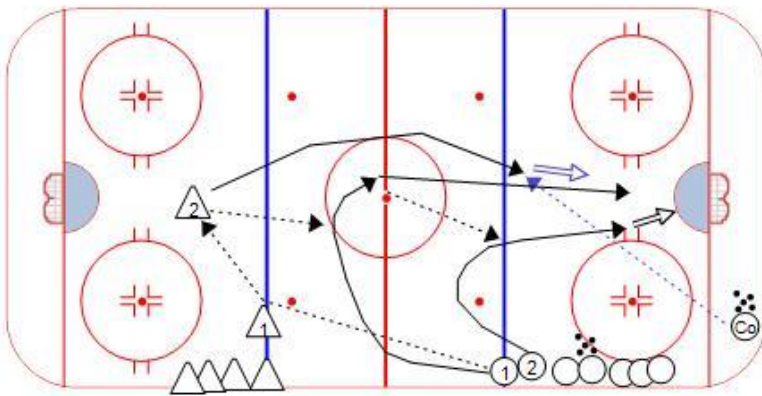
Drill Title: NJ Flow v2.0 (1 Diagram)



X1 drives the net and shoots. X2 swings outside-in. X1 picks up a new puck in the corner. X3 swings inside-out. X1 passes to X2. X2 one-touch passes to X3. X3 drives down ice, shoots. Drill continues.

Key Points: Timing One, Touch Passing Flow

Drill Title: Bethel NZ (1 Diagram)



F1 passes to D1. F1 cuts through the NZ. D1 passes to D2. D2 passes to F1.

F2 times a short cut through the NZ and receives a pass from F1 (F2 should time the play to catch the pass while entering the zone on-sides). F1 and F2 attack the net, D2 follows the play up to the point.

After F1/F2 shoot and play the rebound, Co passes a new puck to D2 - D2 shoots, F1/F2 tip/rebound.

Key Points: NZ Timing Passing Screening Tipping Rebounds