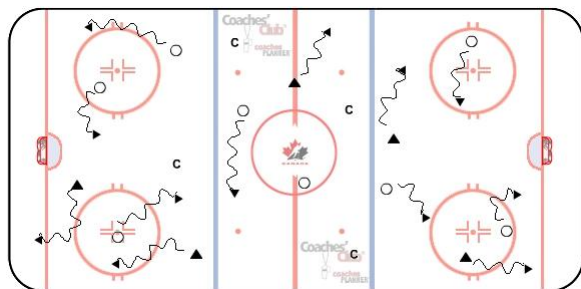


Chaos



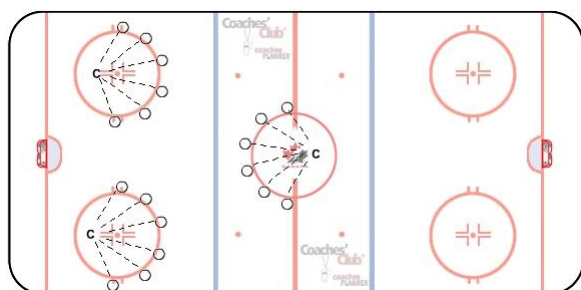
Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

Key Execution Points

Forehand Pass and Receive

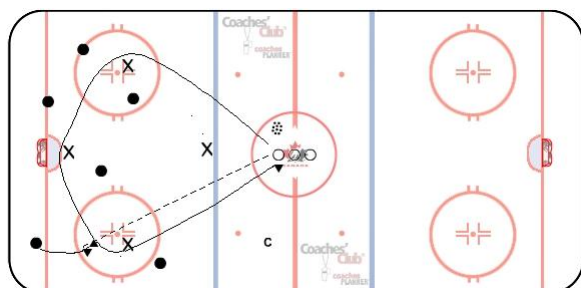


Drill Overview

10 min.

1. Review key points for receiving pass on forehand.
2. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him. Each player returns the pass. Provide feedback.

Baseball



Drill Overview

8 min.

- Can be played in three areas.
- Divide players into two teams.
- Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.
- Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out.
- Every player gets up once and then team changes positions.