

**Notes:** JAGS: Beckett, Bodie, Cason, Derek, Drayton, Kyden, Memphis, Nash, Quinn, Titan.

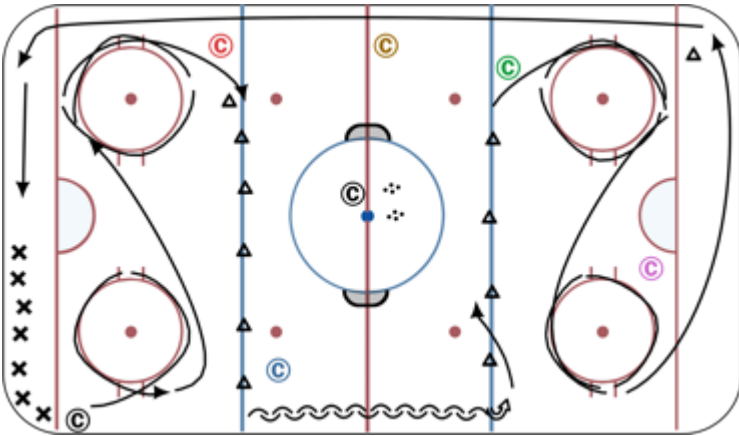
DAVIES: Maverick, Cruz, Dane, Oliver, Rhyln, Sam, Tate, Ty, Tyce, Jacob

FORDHAM: Paisley, Easton, Damon, Carter, Jaxson, Keenan, Danica, Remi, Thomas, Wyatt

JERRY: Blake, Cameron, Archer, Lennox, Luke, Brady, Lucas, Mason, Jack, Ryder

**4 Circle Block Pattern Simple - 10 mins**

4:15pm



Circles:

- 1) Backwards around Circles with pucks (fwds around cones)
- 2) 6/12 around circles with puck
- 3) FWDS around circles with puck

Cones:

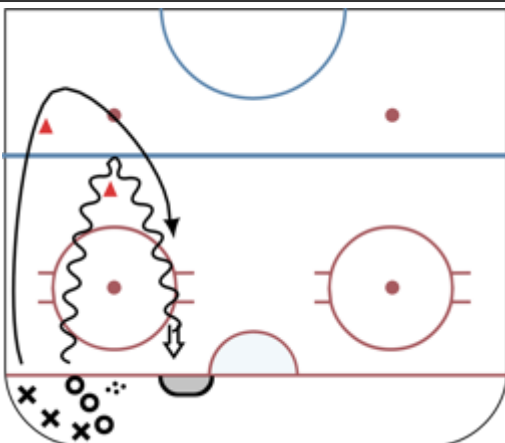
- 1st Blue Line: Tight turns through cones
- Backwards between the blues
- 2nd Blue Line: Mohawks

**Water and Sort to Groups - 4 mins**

4:25pm

**1/2 Ice Back Check FORDHAM - 7 mins**

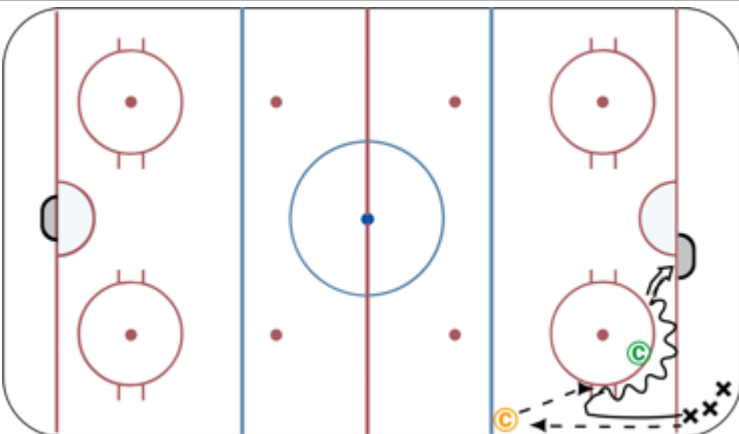
4:29pm



Player X and Player O leave at the same time. Player O is skating with the puck, around the closest pylon then attempting a shot on net. Player X has to skate around the far pylon then backchecks on Player O trying to prevent Player O from taking a shot on net. Players will switch lines after the drill.

**Puck Protection - Pass & Net Drive on Goal Line JAGS & MURRAY - 7 mins**

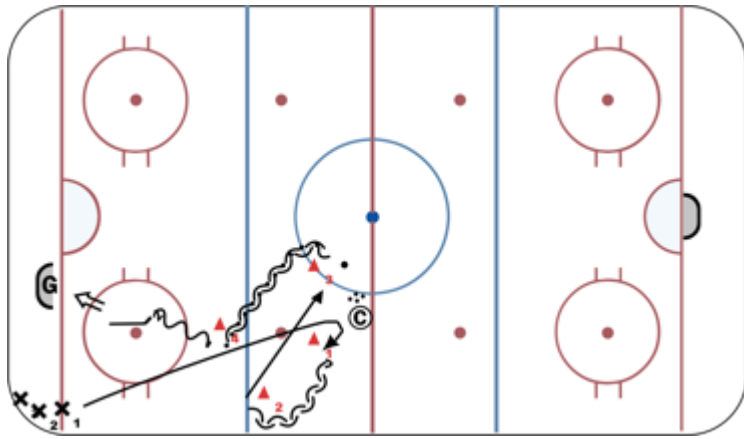
4:36pm



- Player x takes two strides forward and passes to orange coach
- Player x skates to hash marks and pivots and receives a pass back from orange coach
- Player x transitions to forwards skating while green coach pressures x to redline. Player x to protect puck away from green coach, cut back to front of net, and shoot.

**Agility w/puck DAVIES - 7 mins**

4:43pm



Player skates from corner to #1 pylon and pivots backwards to #2 pylon. Pivots forwards to #3 pylon and picks up puck, pivots and backwards to #4 pylon, pivots toward net, stick handle through dangle and shot on net.

**Perpetual Support Cycle (1/4 ice) JERRY - 7 mins**

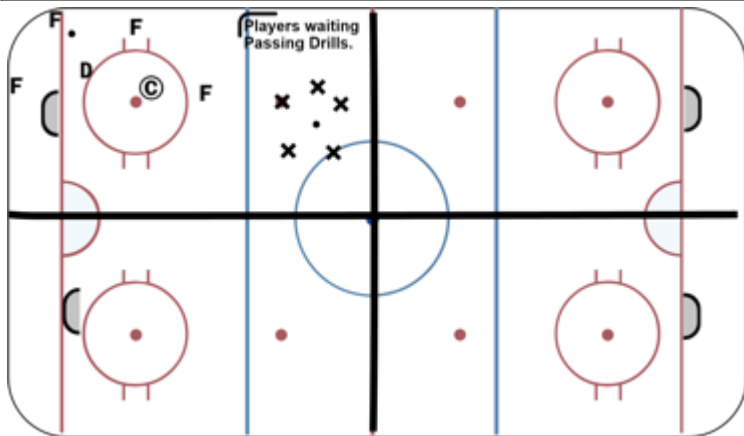
4:50pm



Coach dumps puck into the corner. Red player goes and retrieves the puck, while blue player follows behind for support. Red bumps puck back to blue player and then attacks the seam, opening up their blade or in a mohawk to prepare for a one-timer. Blue passes to red who shoots on net. Blue then cycles around the back of the net, coach dumps another puck into the corner, and new red player leaves to support blue. Once player shoots, they leave the zone and enter into a line.

**Controlled 4 on 1 - 8 mins**

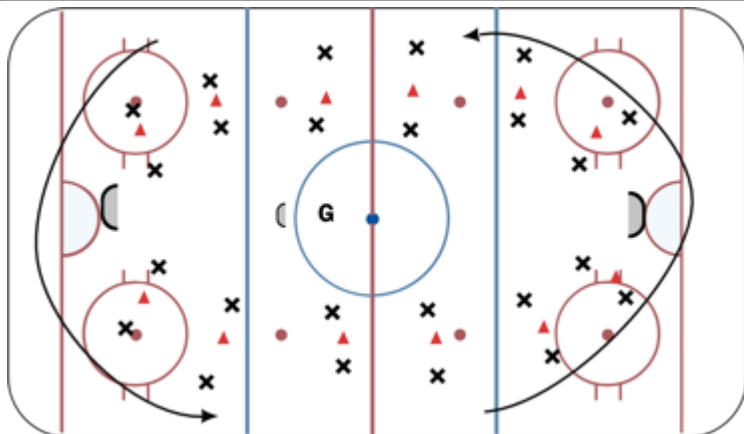
4:57pm



4 on 1 (plus coach) Controlled drill, stop play when necessary.  
 Coach act as supporting D-man to help guide the play to force decisions on FWDS.  
 Be sure to always have Defensive Forward in high position.  
 FWDS: Work cycles, puck protection, chip passes, puck support.  
 D-man: active stick, good positioning between puck carrier and net, head on a swivel.  
 FWDS all have to touch puck before they can attack.  
 Players waiting are passing in as a group of 5 in neutral zone

**Batton Race - 10 mins**

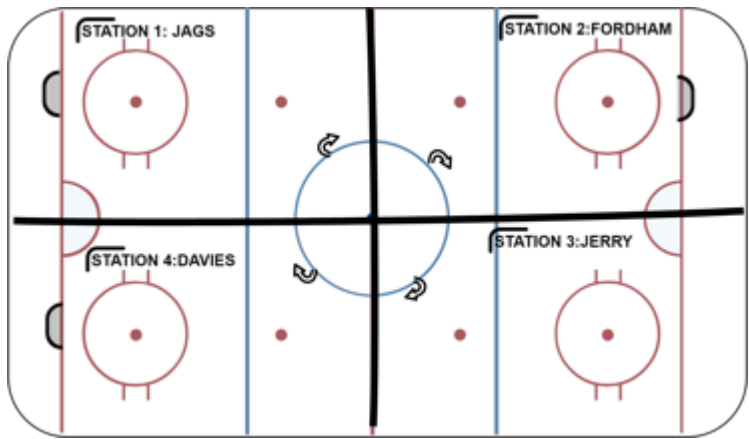
5:05pm



Pylons and nets form an oval track.  
 Teams of 2  
 1st Skater outside of the pylons and on the "track"  
 2nd Skater inside of pylons in plank position  
 On whistle, FWDS skating with a puck for 1 full lap, and pass puck to 2nd skater who begins his full lap.  
 First team to be on the inside of track in plank position wins. Losers 5 push ups...

**Station Rotation - 0 mins**

5:15pm



Rotate Clockwise