

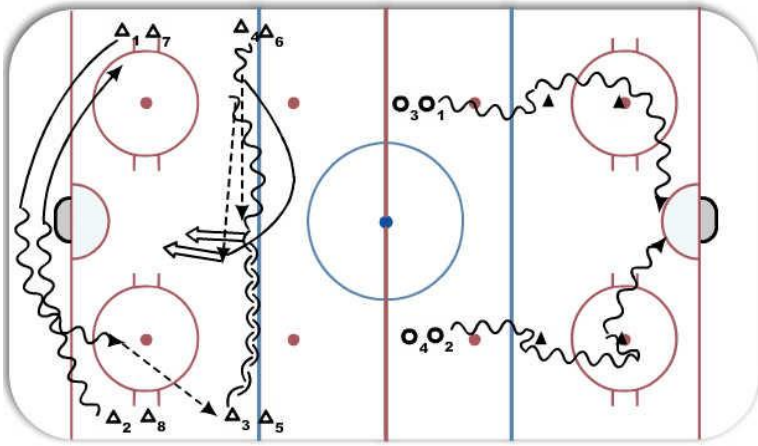


<b>Date:</b>	12/24/18	<b>Group:</b>	_____
<b>Length:</b>	60 mins		
<b>Start Time:</b>	7:00pm	<b>Focus:</b>	_____
<b>End Time:</b>	8:00pm	<b>Level:</b>	PRO

Length	Start	Drill Name	Category	Notes
10	7:00pm	Skills Stations D/F/G	Breakout	
10	7:10pm	Skills Wide Feet/Body Fakes	Stations	
10	7:20pm	Skill Stations	Stations	
10	7:30pm	Passing Stations	Stations	
10	7:40pm	D & F Skills	Transition	
10	7:50pm	Skills Warm-Up	Warm-Up	
10	8:00pm	Team Canada Breakout Drill (Fukami) - COPY	Systems	More Drills and Skills at <a href="http://weisstechhockey.com/blog">http://weisstechhockey.com/blog</a>

**Notes:**

**Drill Title:** Skills Stations D/F/G (1 Diagram )



**D İstasyonu**

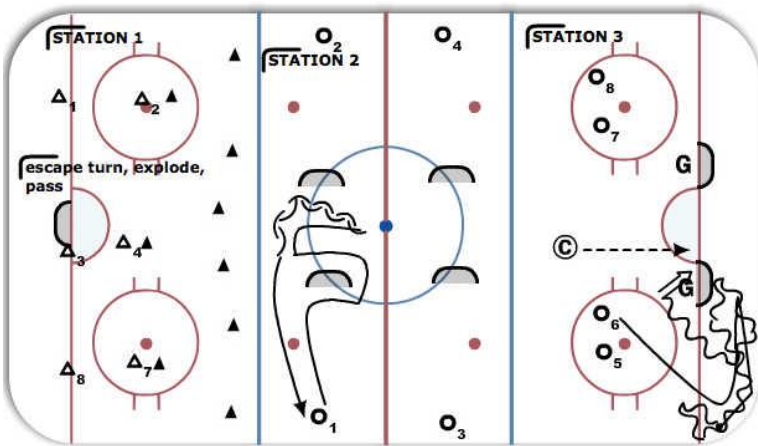
D1 paksız kale arkasına kayıyor, D2 pakla kale arkasına kayıyor...D2, D1'e paki bırakıyor..  
D1 pak ile dotların hizasına çıkıyor ve D3'e pas atıyor  
D3 çizgide yuruyor ve shoot çekiyor..  
D4 pak ile hareket edip, D3'e pas atıyor..D4 ve D3 yer değiştiriyorlar  
D3, D4'e pas veriyor ve D4 shoot çekiyor

**F İstasyonu**

İcerden disari feyk, 2. huniden sonra paki kuru ve kaleye tasi  
2. opsiyon forehand'de kuru ve kaleye tasi

Key Points:

**Drill Title:** Skills Wide Feet/Body Fakes (1 Diagram )



1. İstasyon  
Escape turn, patlama, pas..tekrar

2. İstasyon  
bacaklar acik, omuzlar, kayma, omuz feyklar

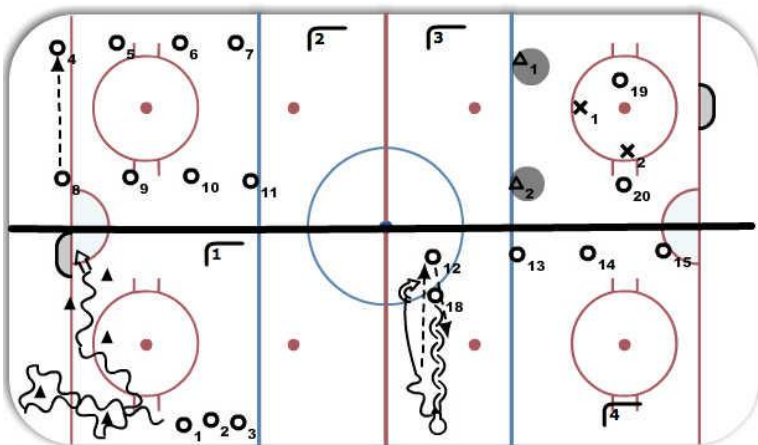
**KENDINE GUVEN**

3. Cut, cut w/o puck, cut, cut w puck, kaleciye calim

7dk. x 3

Key Points:

**Drill Title:** Skill Stations (1 Diagram )



1- O1 hunileri 8 yaparak pakla maximum hızla borda doğru dönüyor ve kaleye hunilerin arasında stickhandling yaparak gidiyor ve kaleye yaüst köşe veya kalecinin bacak arasına çalışıyor.

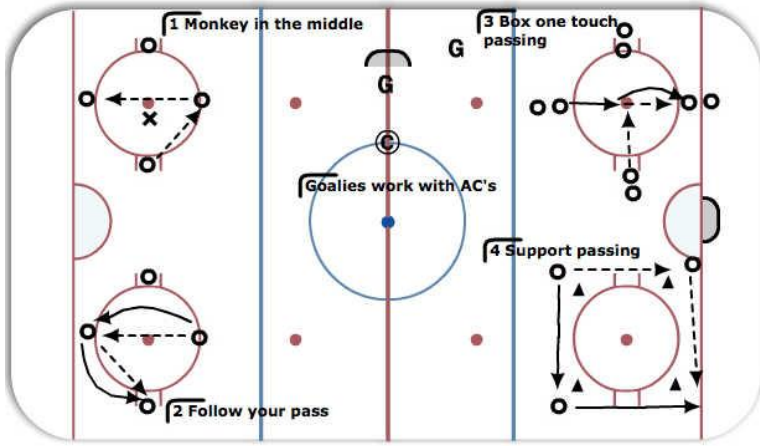
2- Pas Pas Keep Away

3- Kutudaki Defanslar

4- Pas ve Kaçış Dönüşü

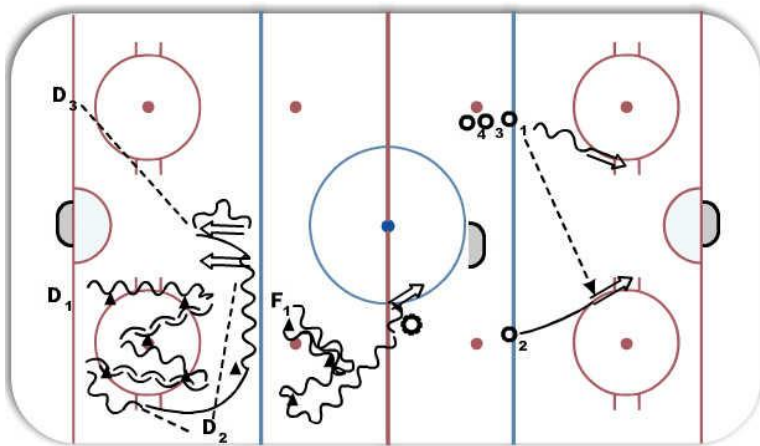
Key Points: Pas Kaçış Dönüş Ani Dönüş Pak Koruma Pak Destek

**Drill Title:** Passing Stations (1 Diagram )



Key Points: Passing stations Power Play prep

**Drill Title:** D & F Skills (1 Diagram )



**D work**

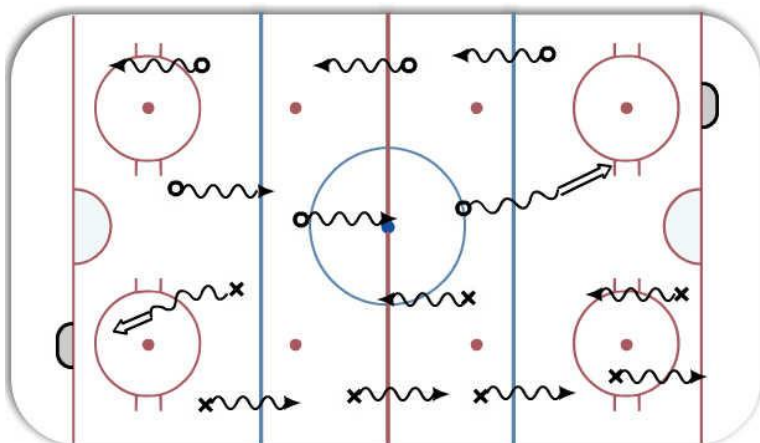
- Transition skating w/o puck
- Transition skating with puck
- Transition skating w passing

**F work**

- accelerate and quick shot
- receive pass on receive puck on one foot and shoot with other foot and bring your shoulder down
- skate around pylons and shoot around the tire with a pull shot

Key Points:

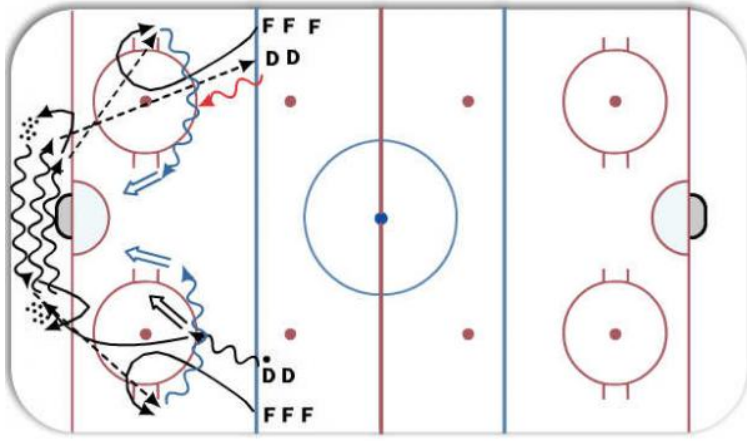
**Drill Title:** Skills Warm-Up (1 Diagram )



- Body fakes
- Shoot fakes
- Pass fakes
- Big moves

Key Points: Loose shoulders

**Drill Title:** Team Canada Breakout Drill (Fukami) - COPY (1 Diagram )



On the whistle, a D walks in with a puck and shoots. The D picks up a puck from behind the net and makes a pass to a F on the boards. The F shoots on goal. The D continues, picks up a new puck and makes a pass to a F on the other side. The F takes a shot on goal. The D continues, picks up a new puck from behind the net, makes a pass to a D on the blue line. That D continues the pattern.

\*\* Drill is continuous.

Key Points: , high tempo , solid passes