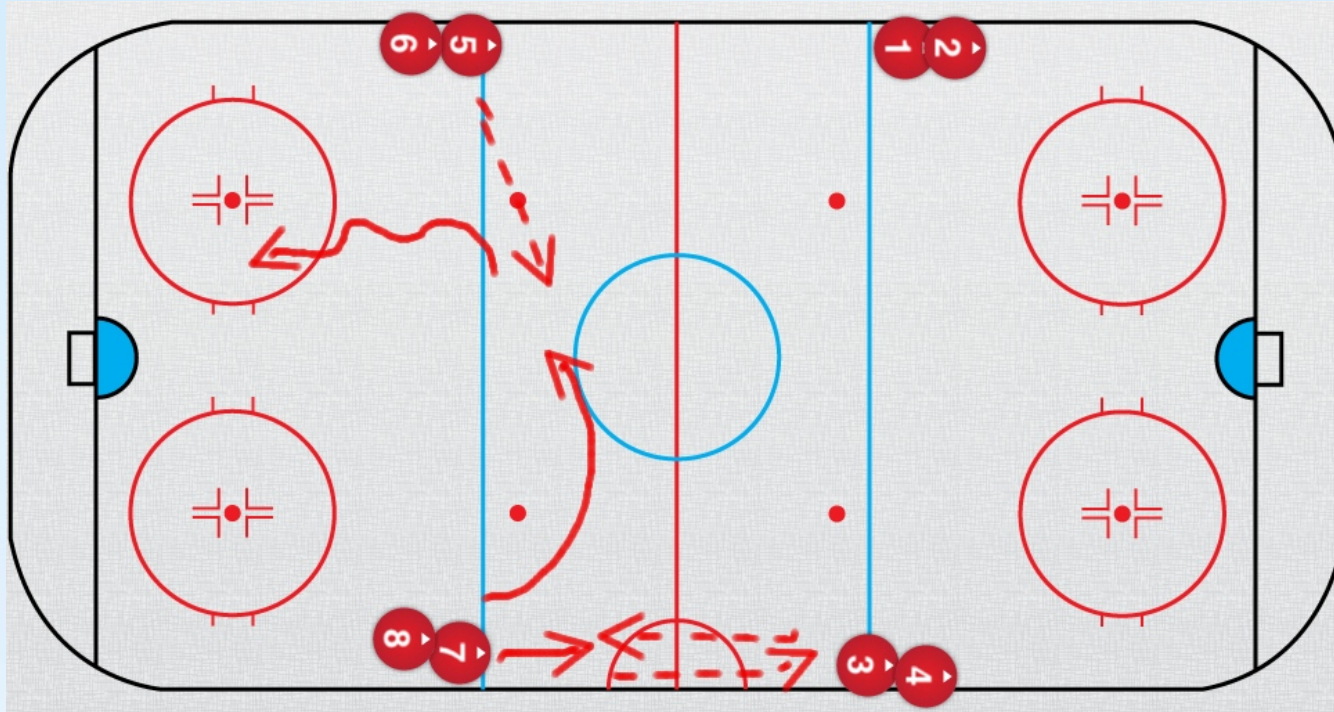


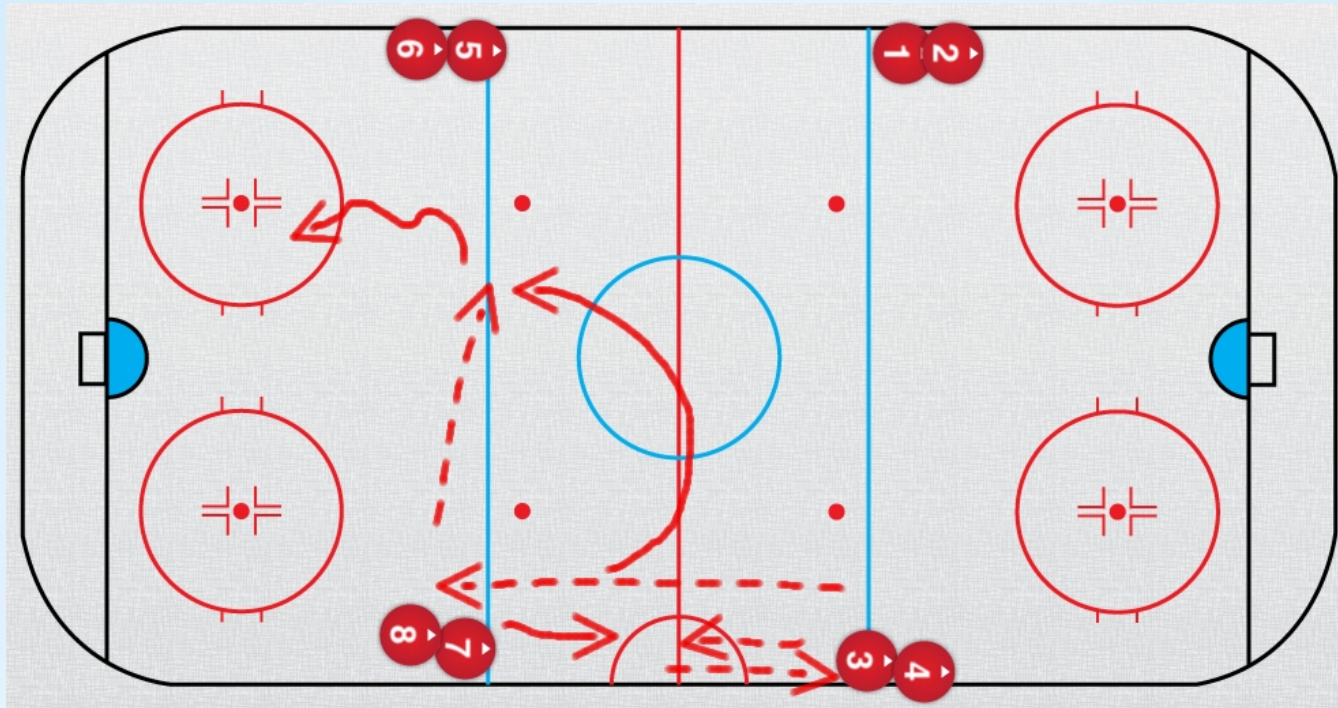


Work hard,
work well!!!

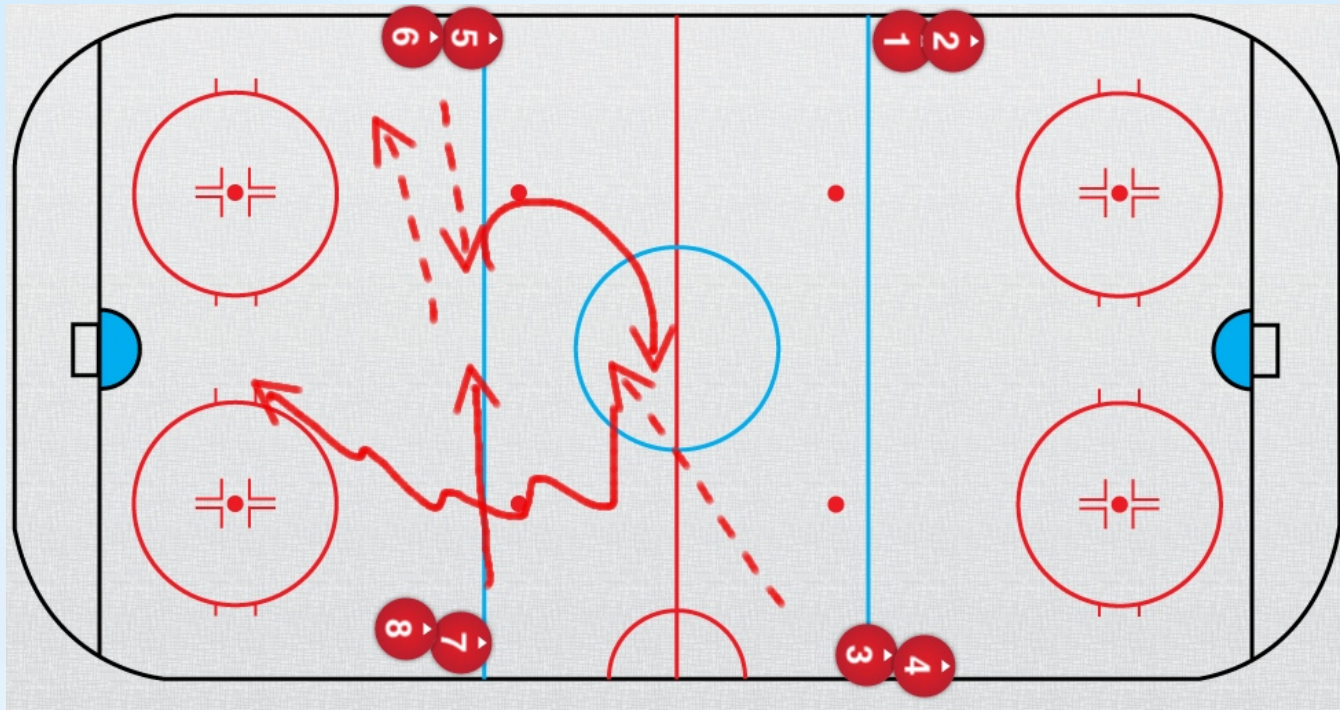
* Drills 1-0, full ice



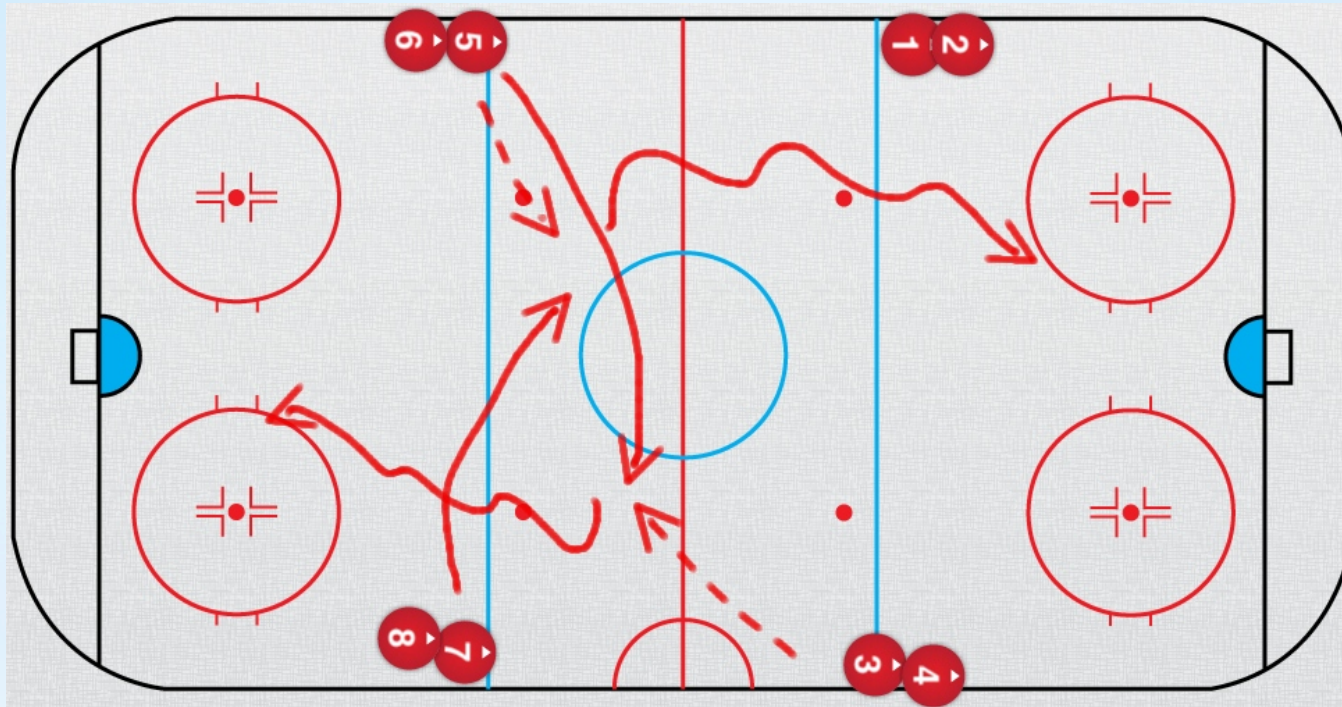
* Both sides at the same time



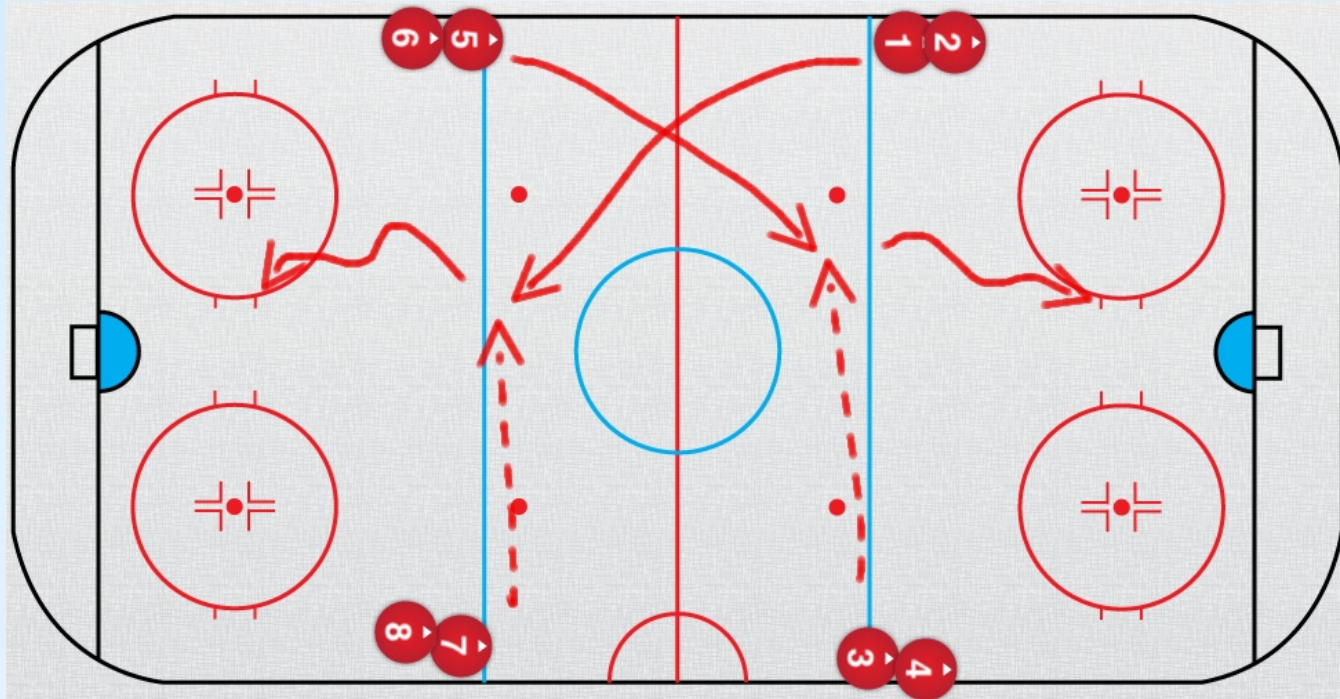
* Both sides at the same time



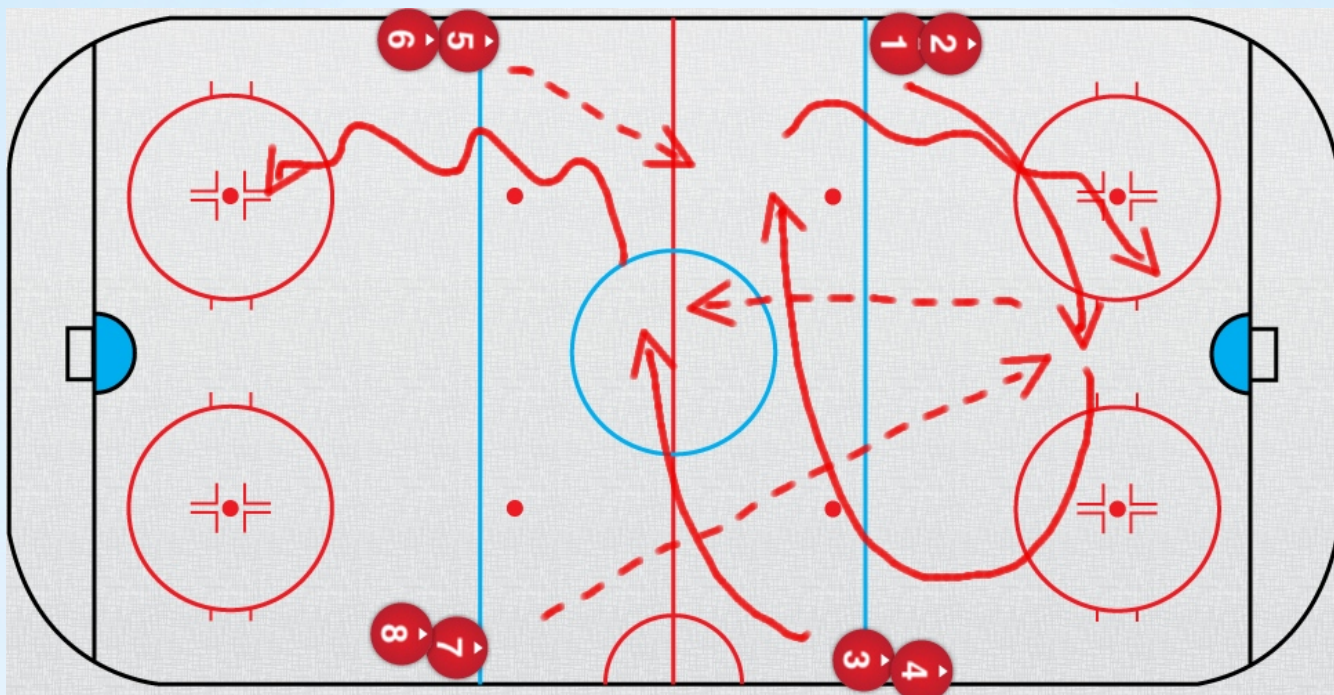
* Both sides at the same time



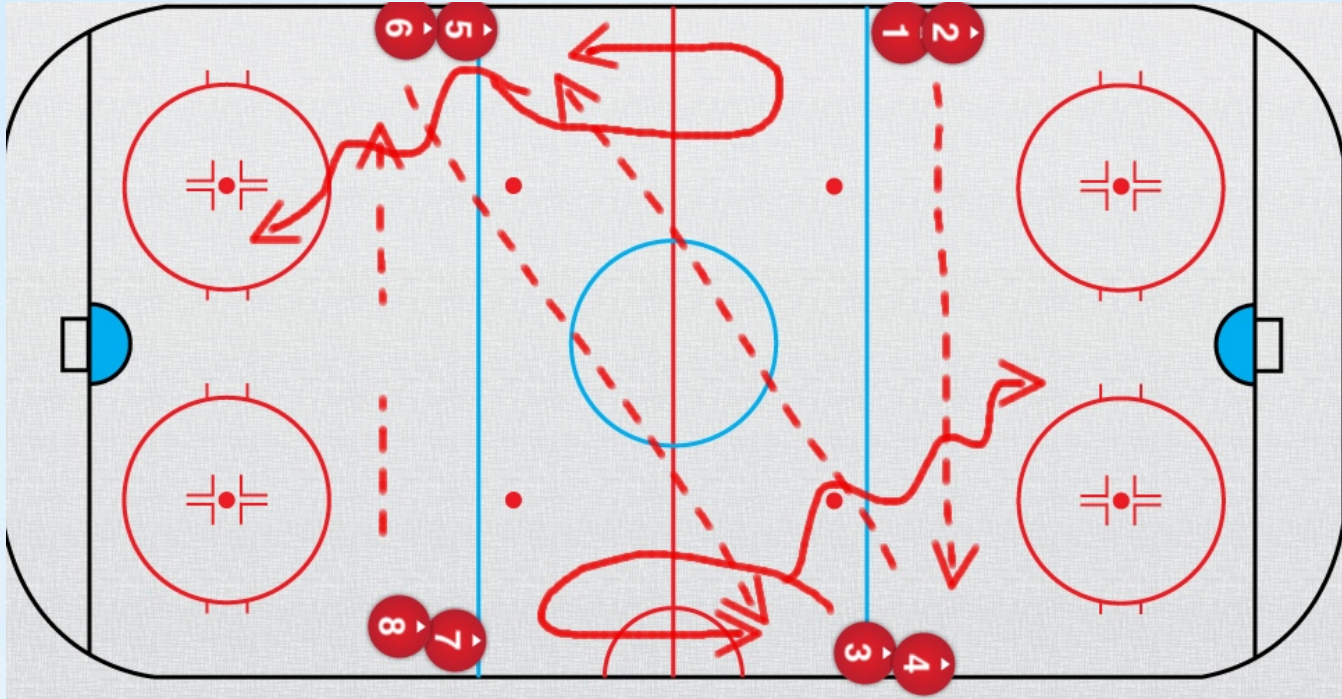
* Untraditional drill



* A lot of speed, go and stay for rebounds



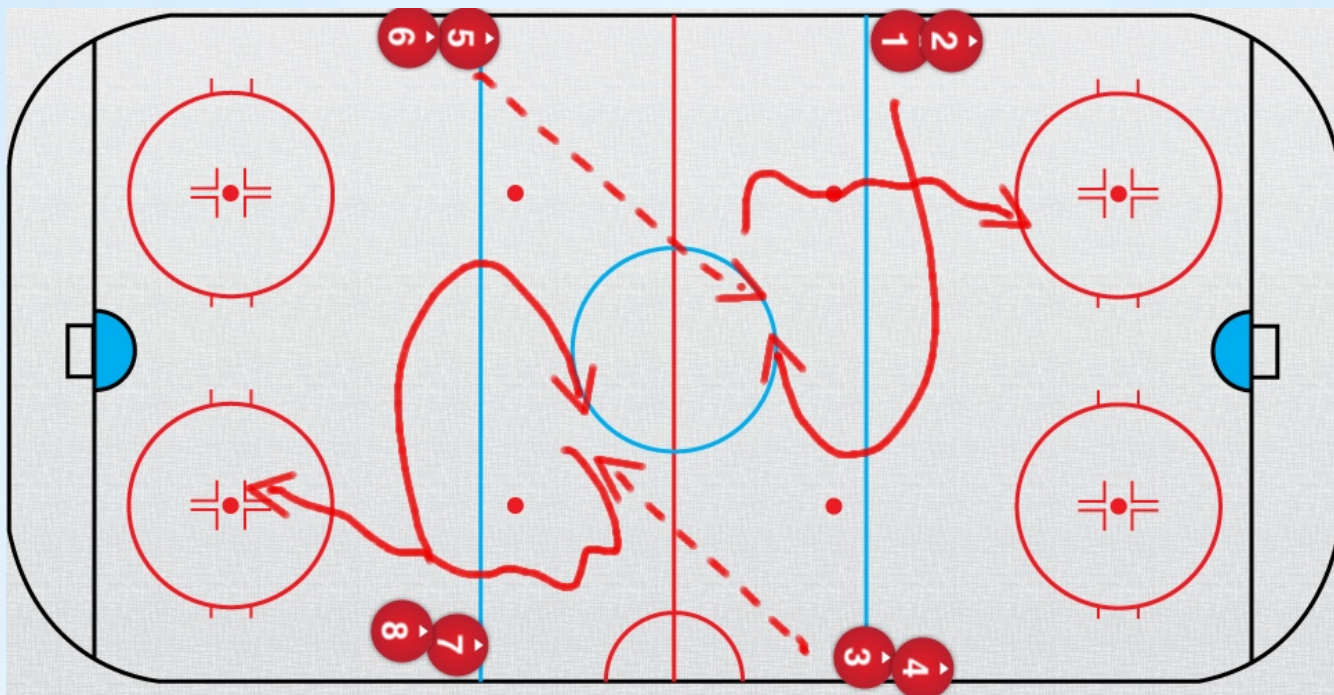
* Untraditional drill started by player Nr.1, pass from Nr.7, Nr.starts and shoots, Nr.1 receives pass from Nr.5



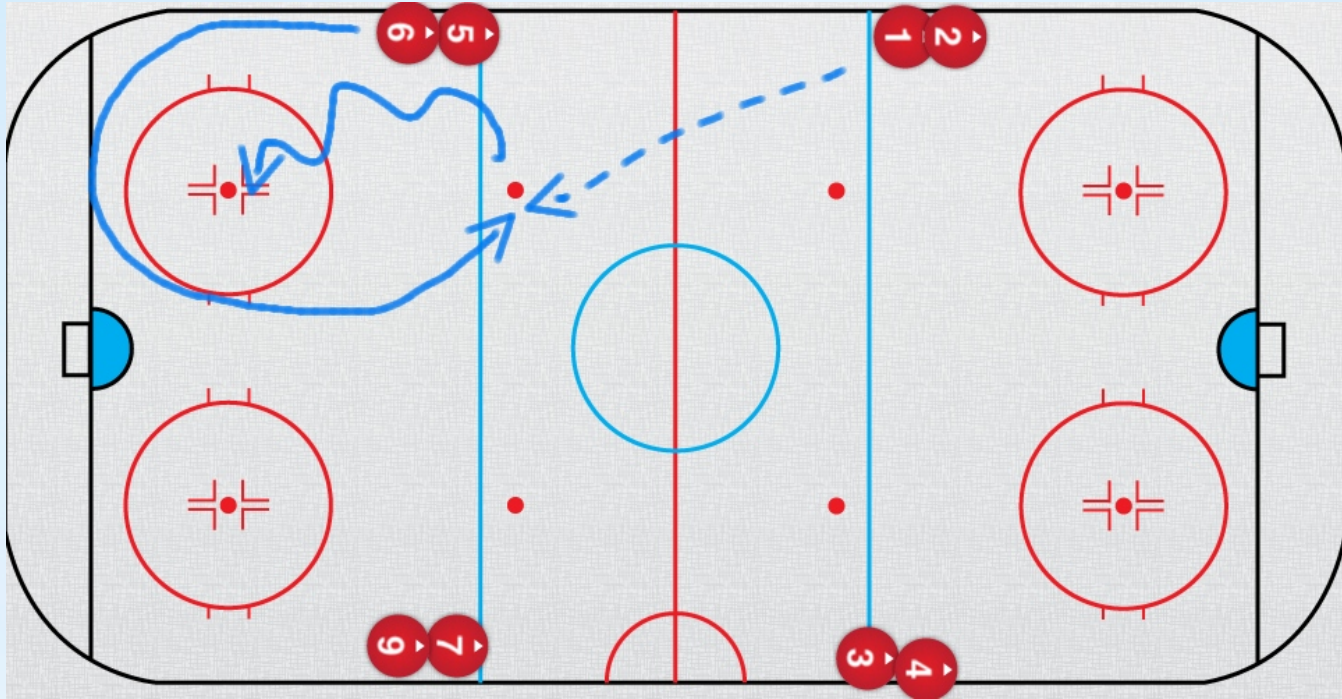
* Simply drill, speed,
crossovers, hard
passing



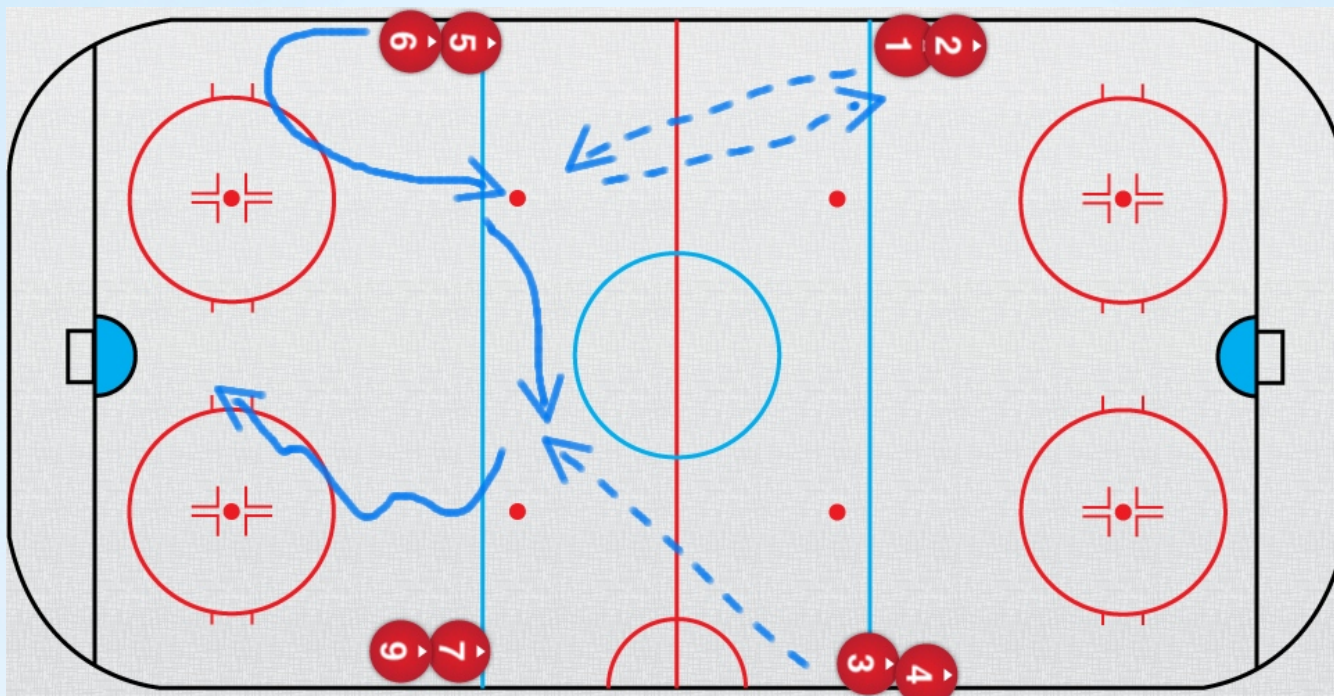
* Started by Nr.6,takes shot and goes behind the net,receives pass from Nr. 5 and plays this back, than receives pass from Nr.1



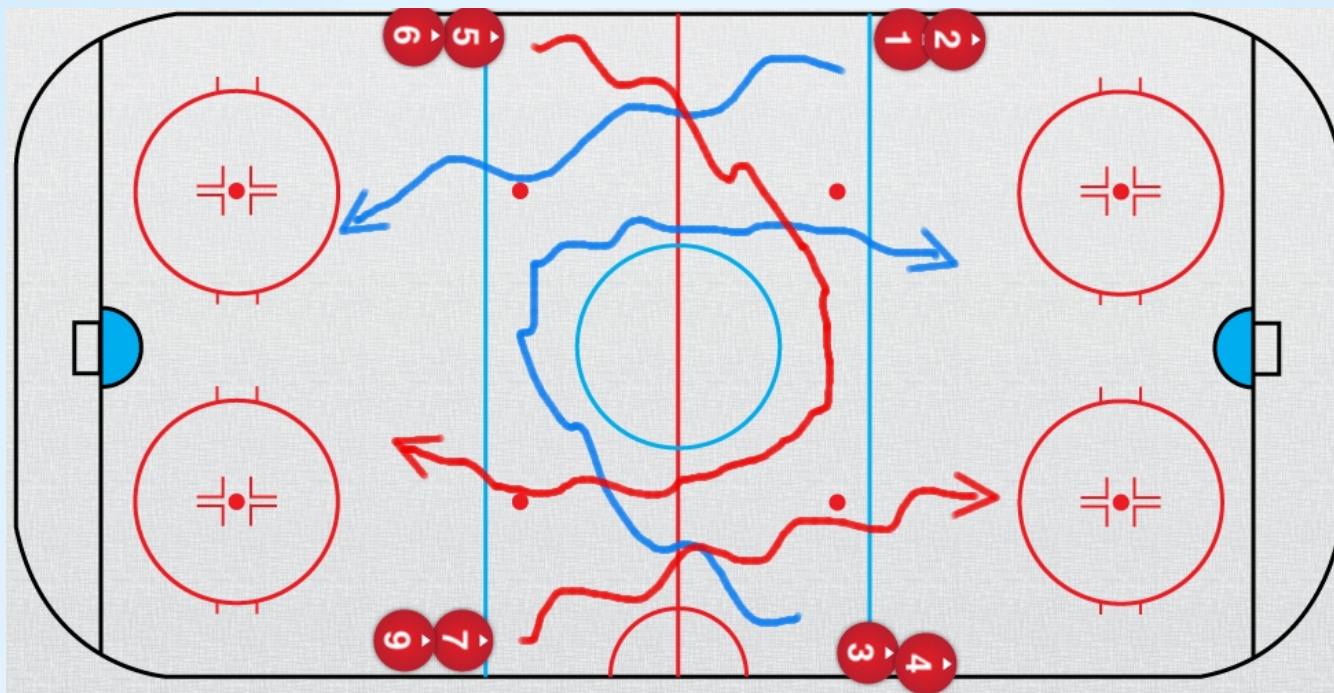
* Easy drill



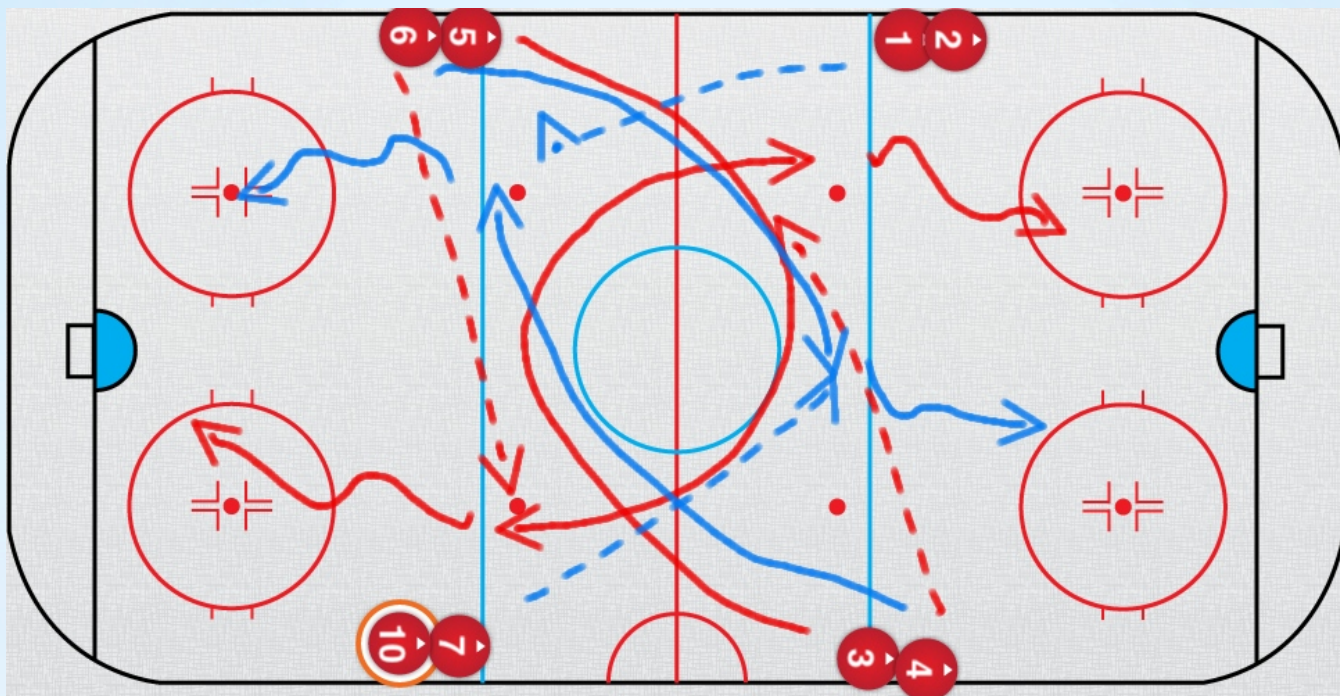
*Timing, directly pass
on the blue line



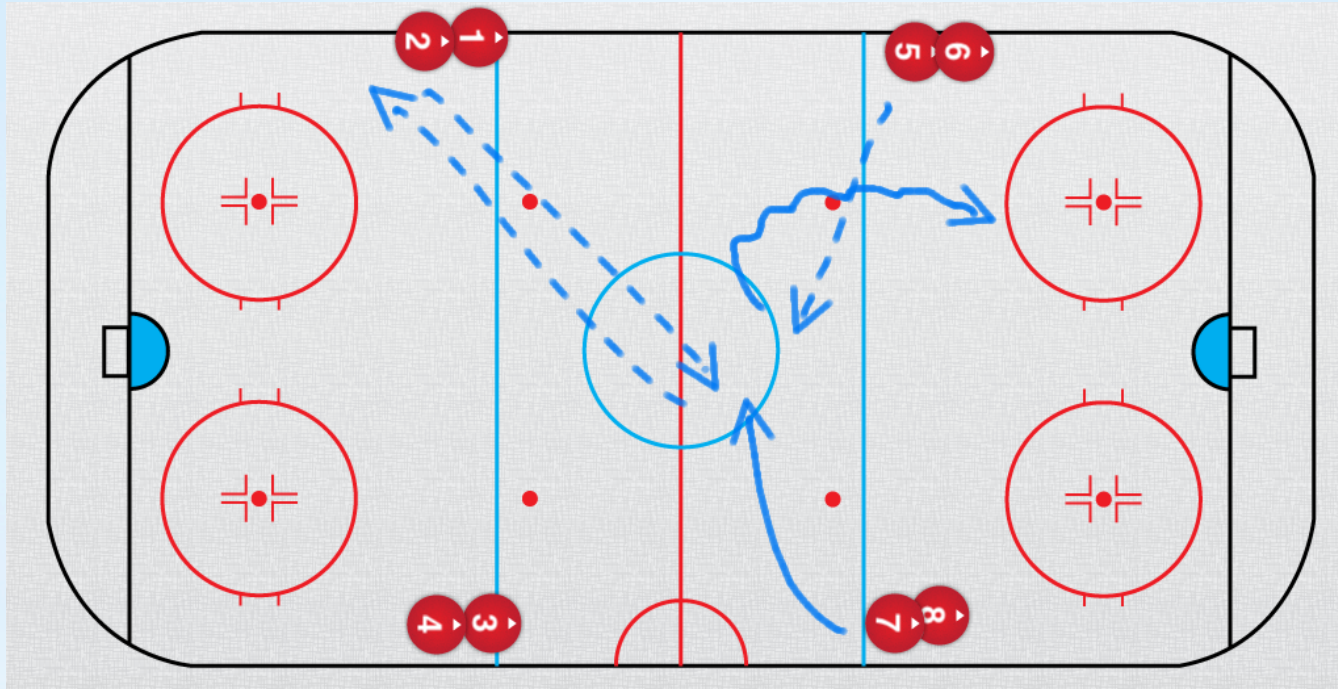
* Speed, short work,
passes on the blue
line



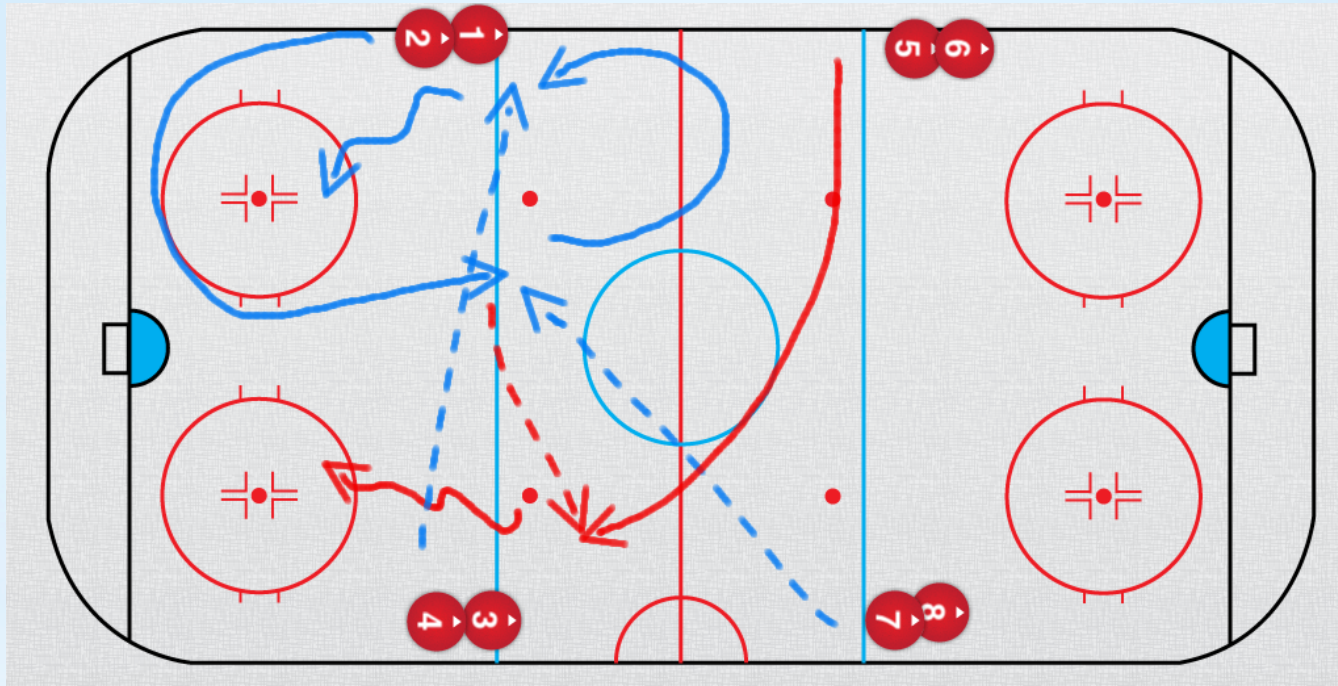
* Four players at the
same time



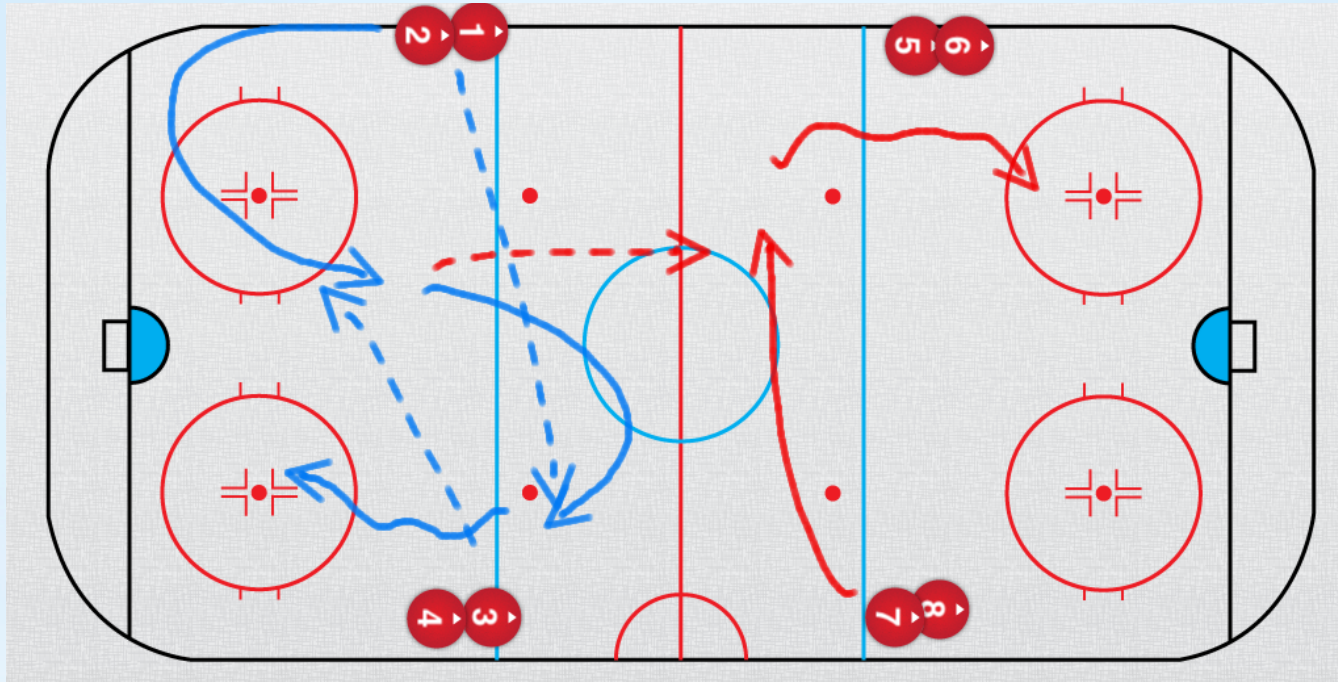
* Four players at the same time, 5 and 3 starts, after 6 and 4 played the passes, they start also



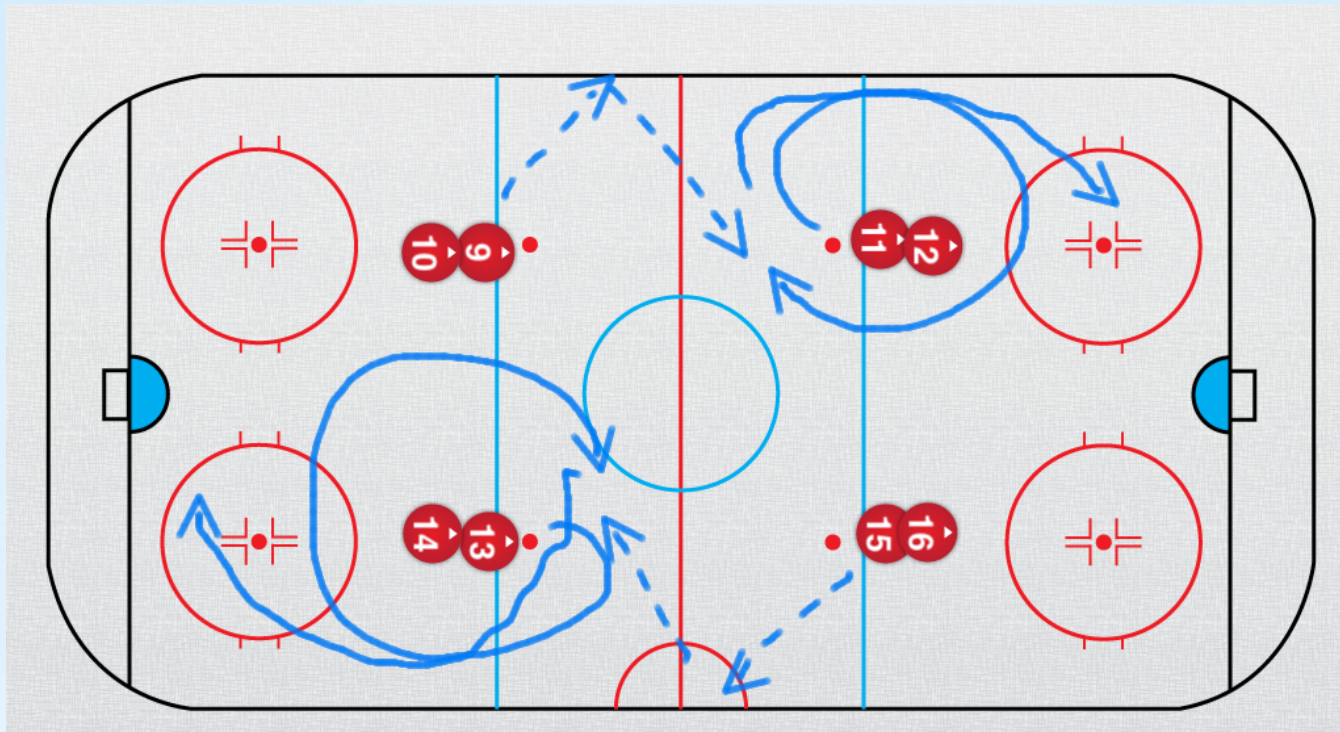
* Easy drill, but timing
and great passing
important



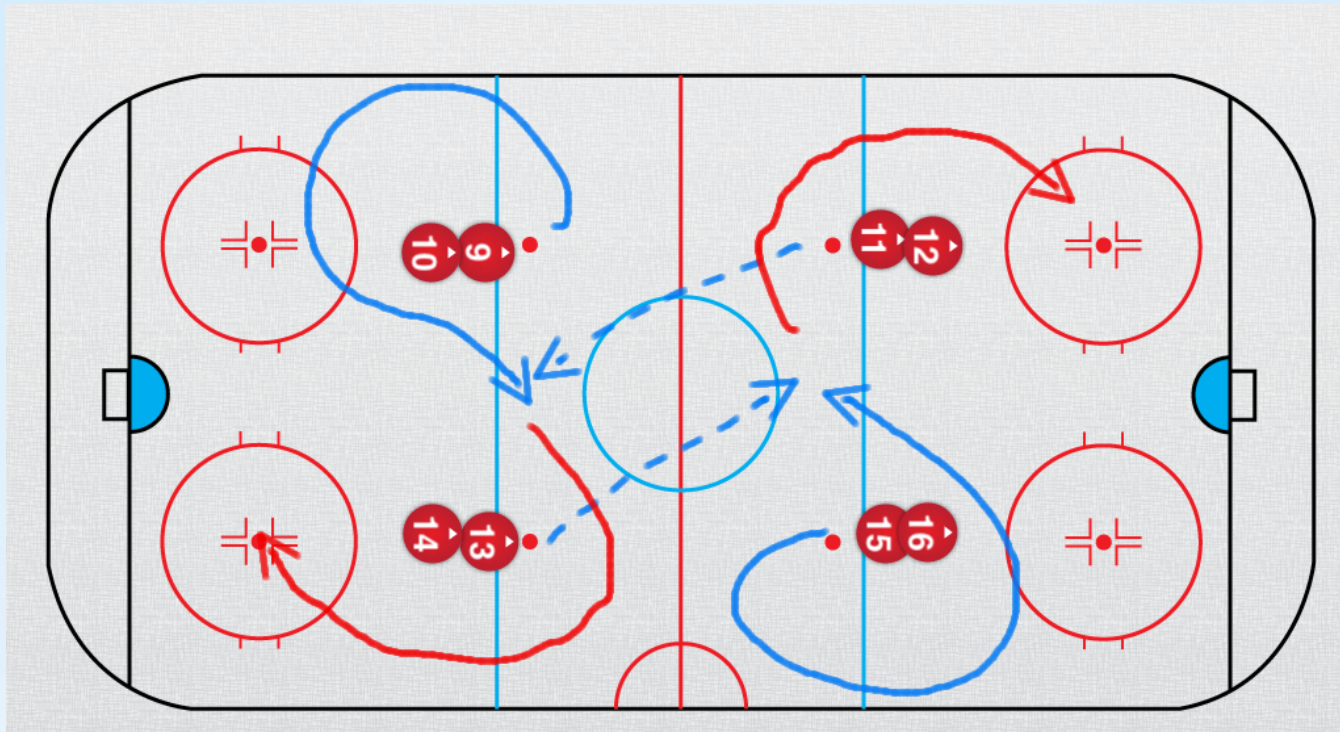
* Started by player 2, pass from 7 and pass on 5, than receives 2 pass from 3



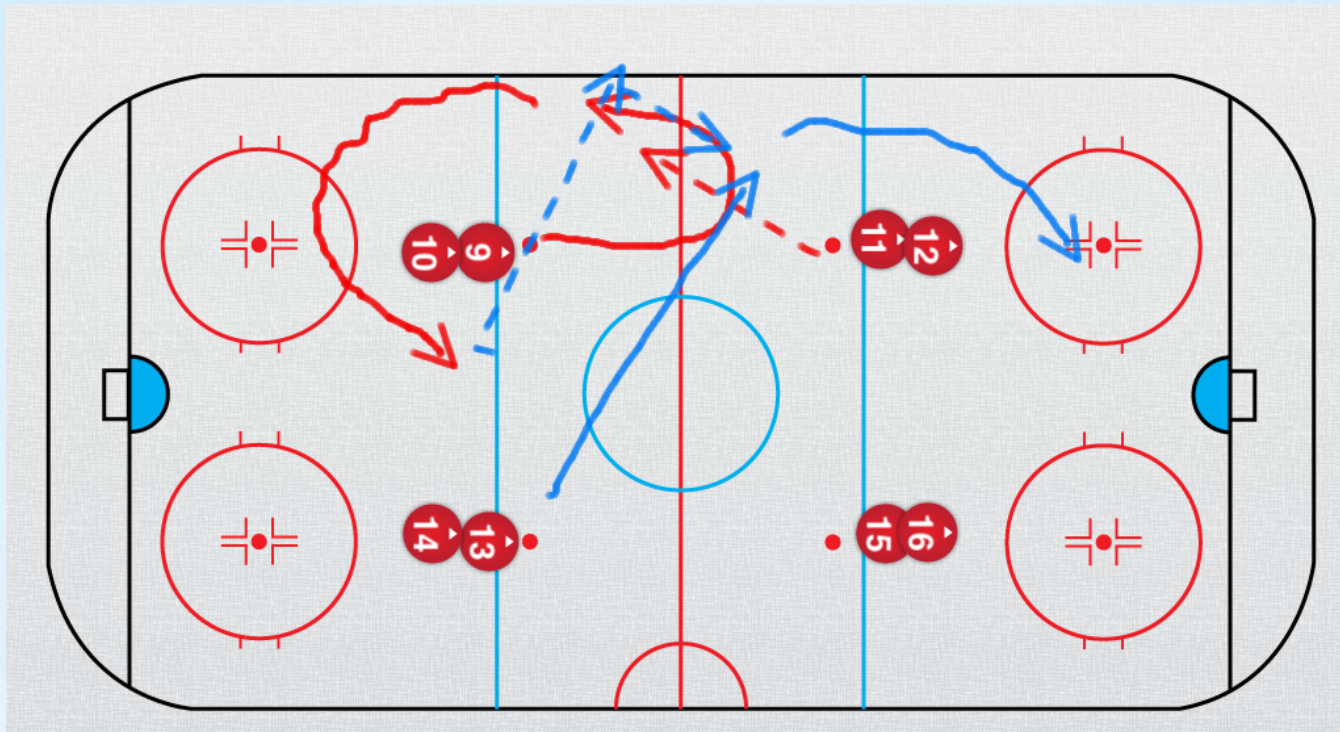
* Started by player 2, pass on 7 and after receives 2 pass from 1



*Twister, board pass



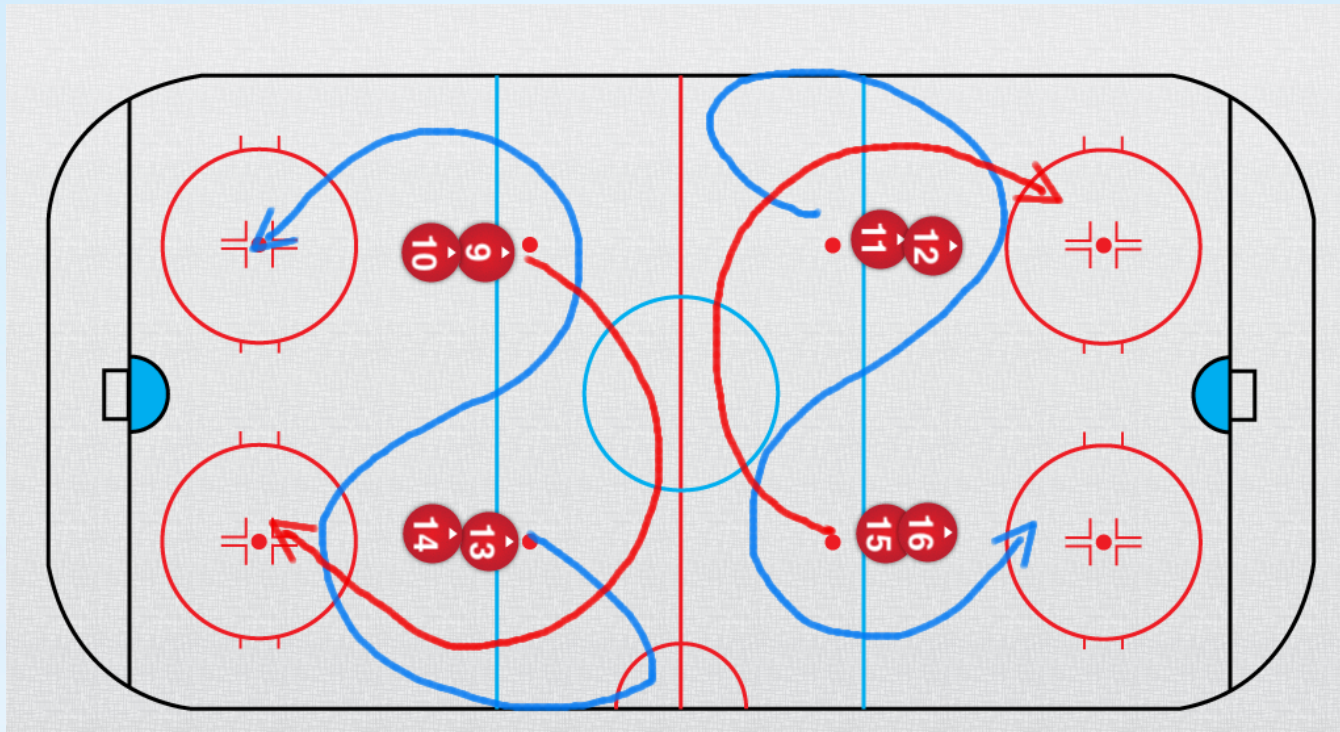
* S drill, speed, stickhandling



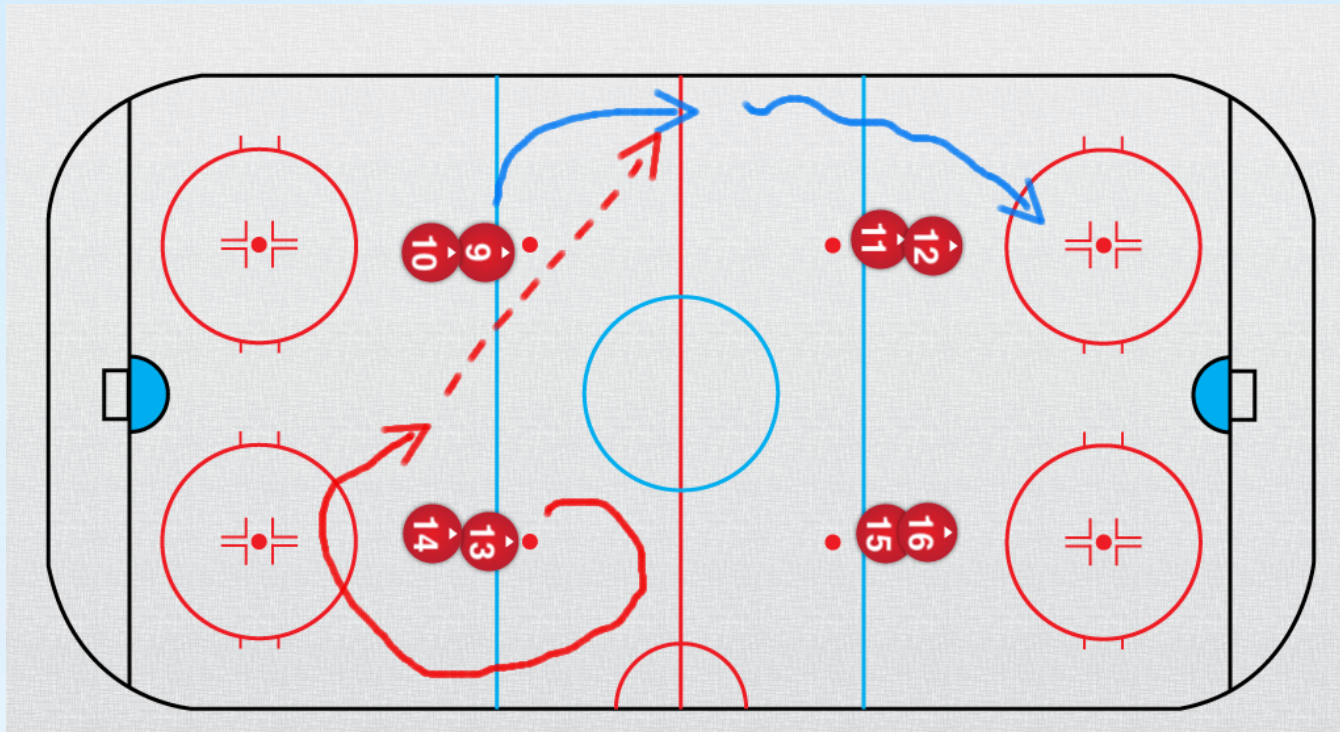
* Communication, timing



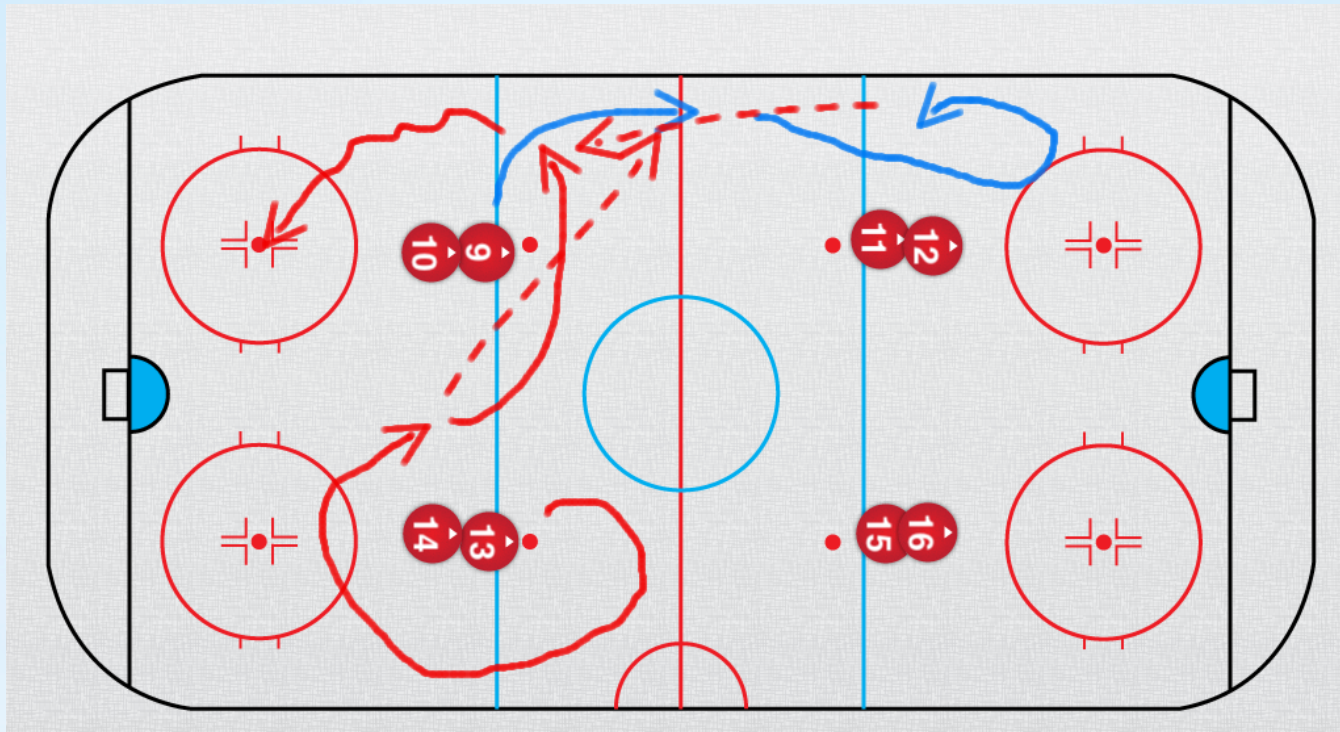
* Passing, speed,
timing



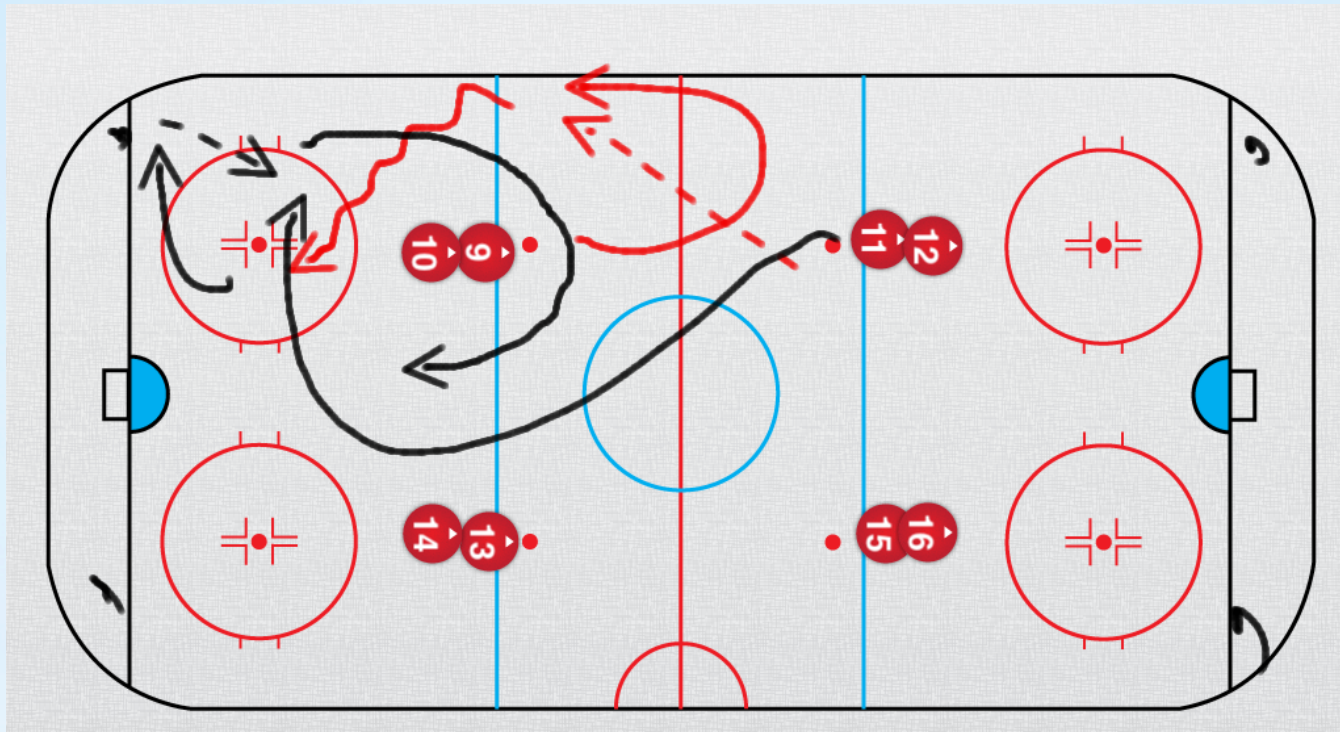
* No passing, four
players at the same
time



*Timing, start speed

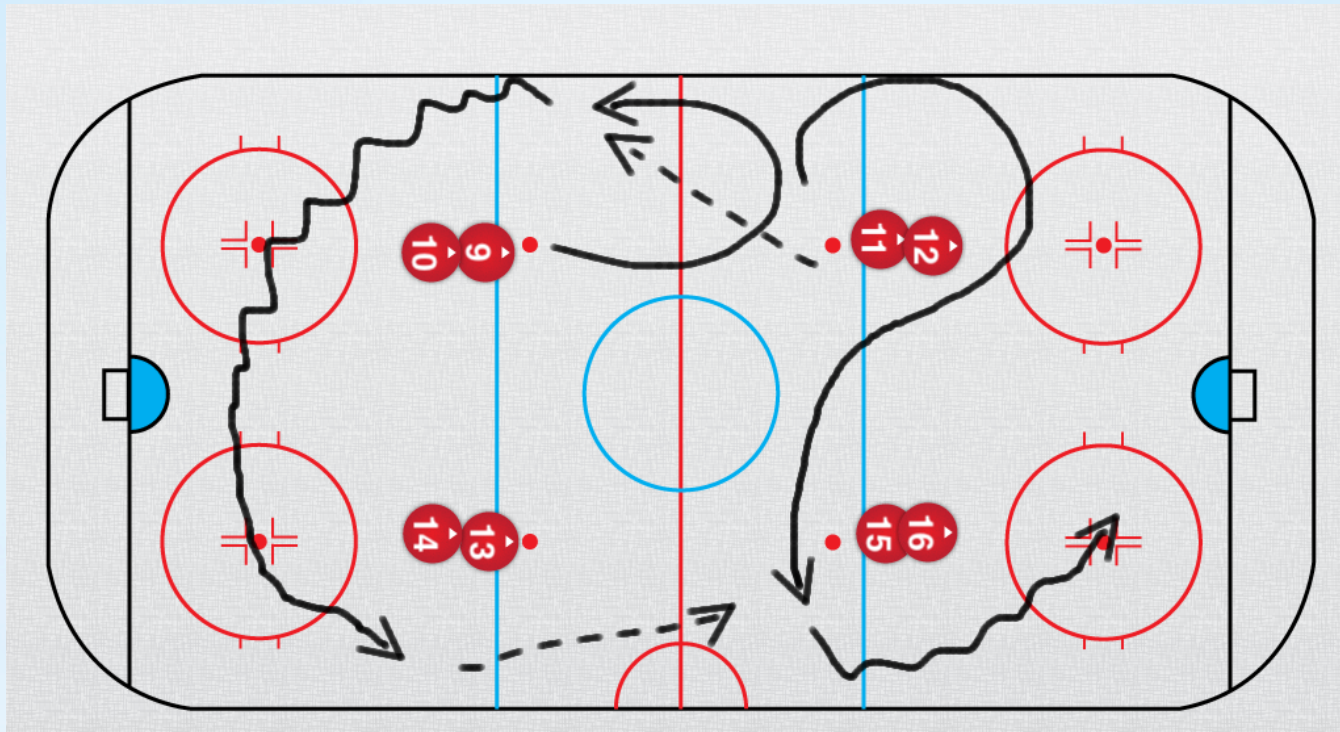


* Another option with
turn over

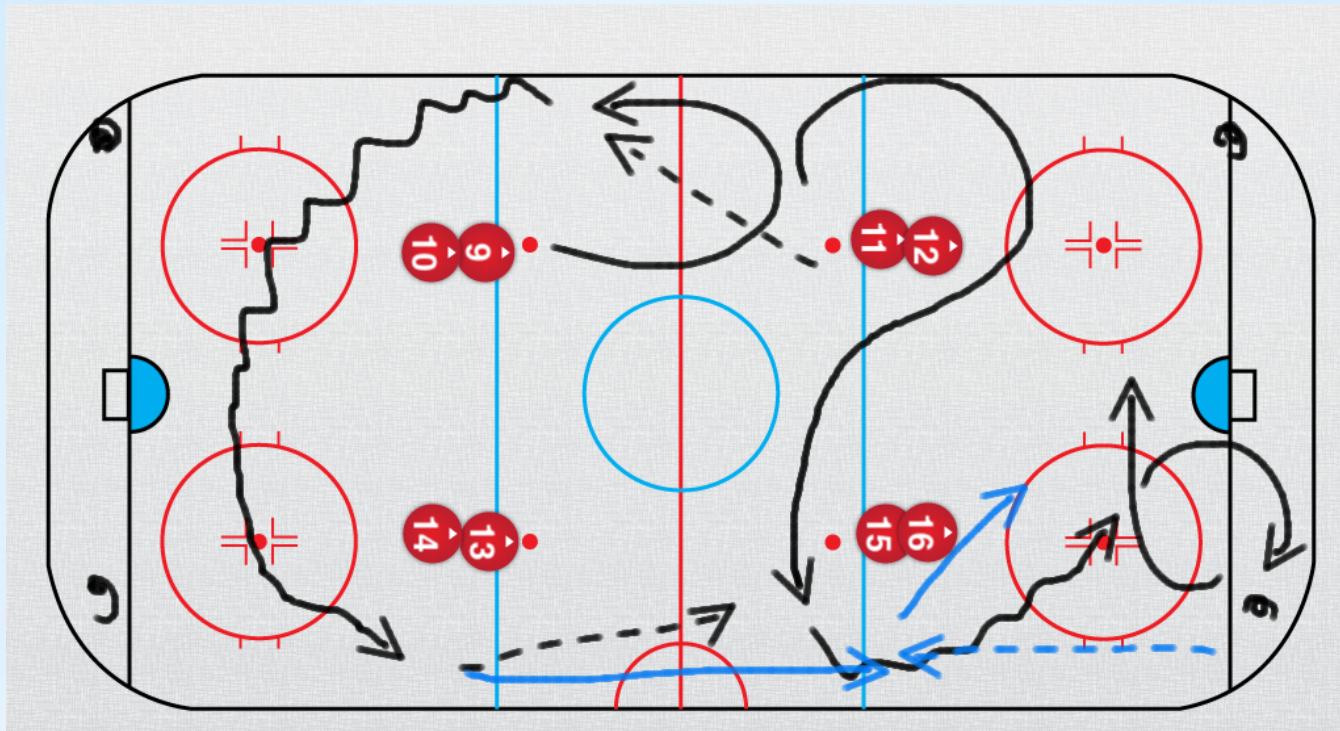


* Player 9 shoots, takes
the puck and plays on

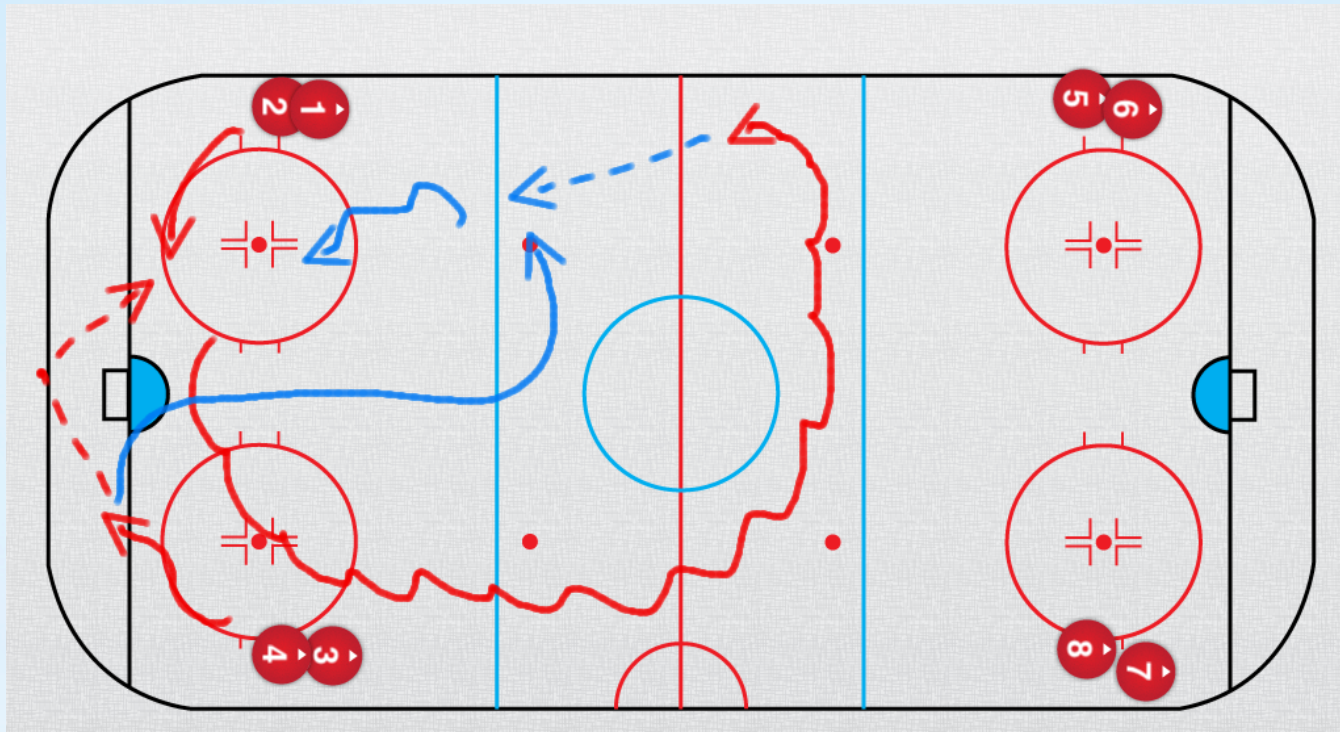
11



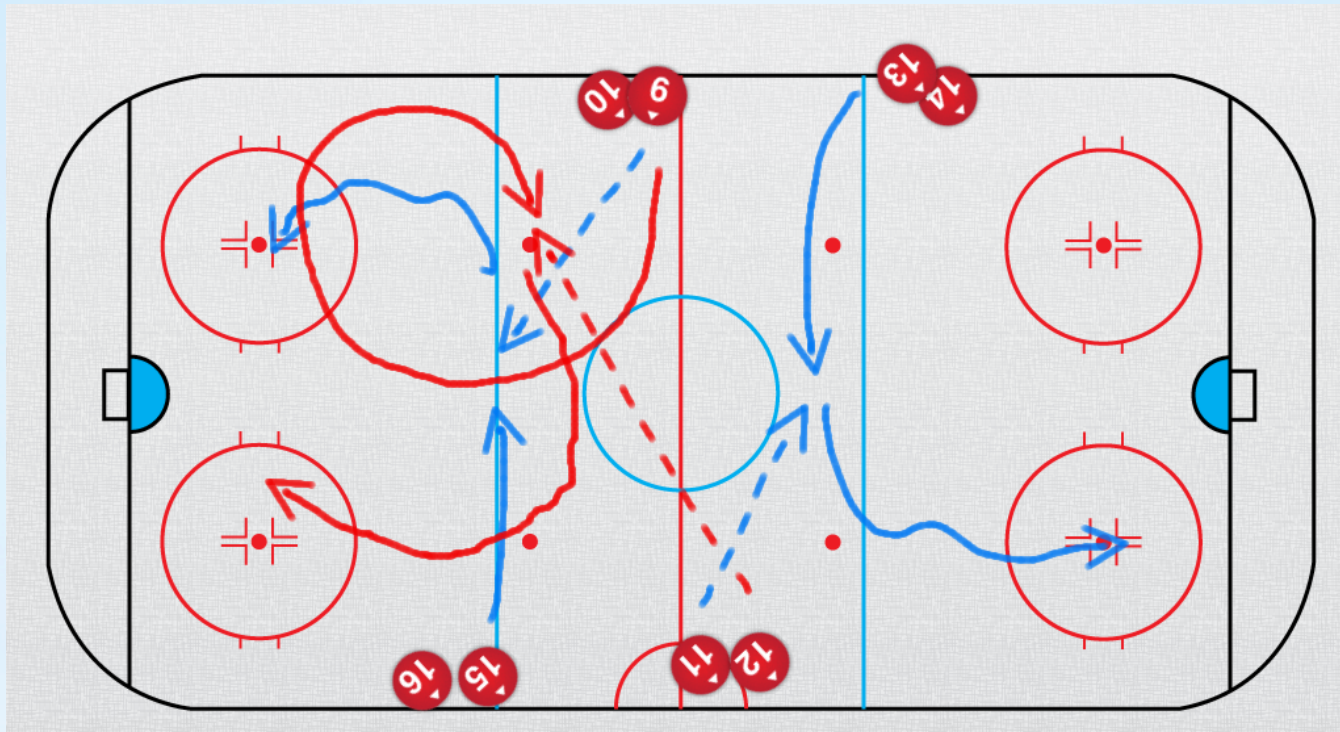
* Skating and timing drill



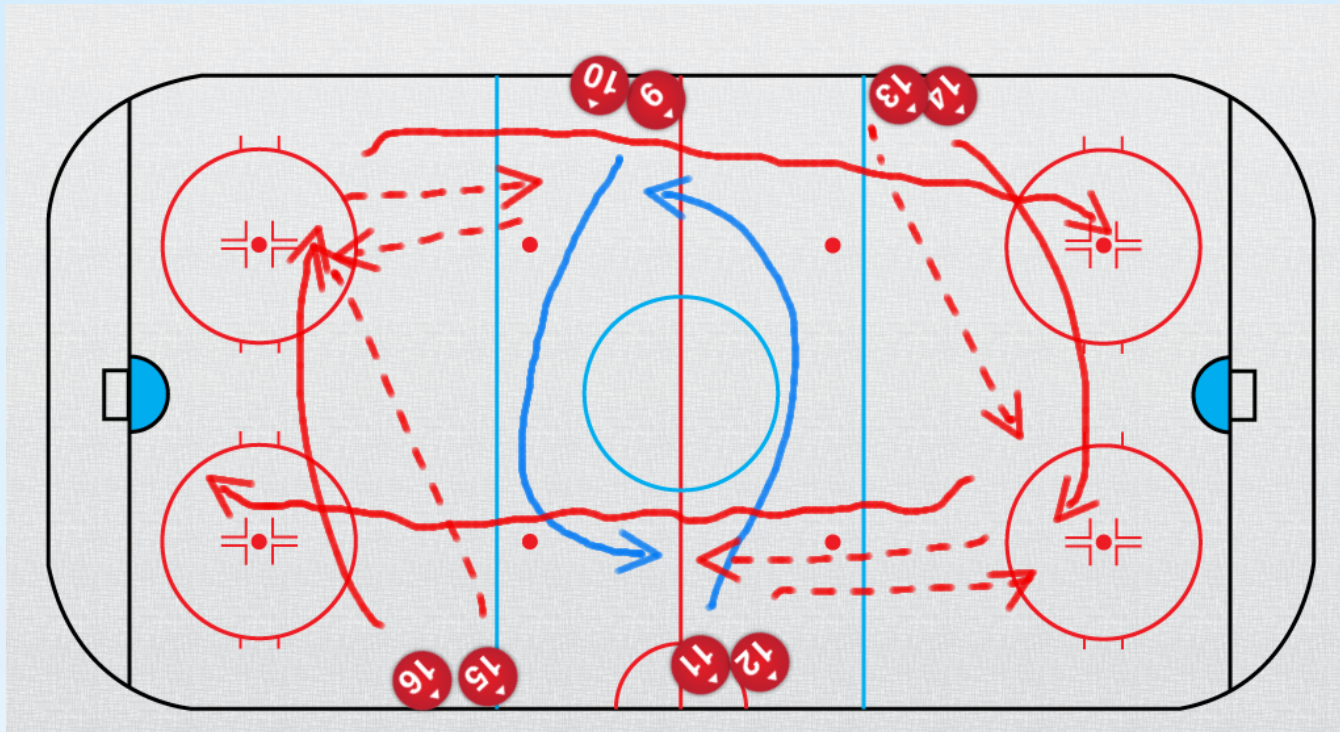
* A lot of move



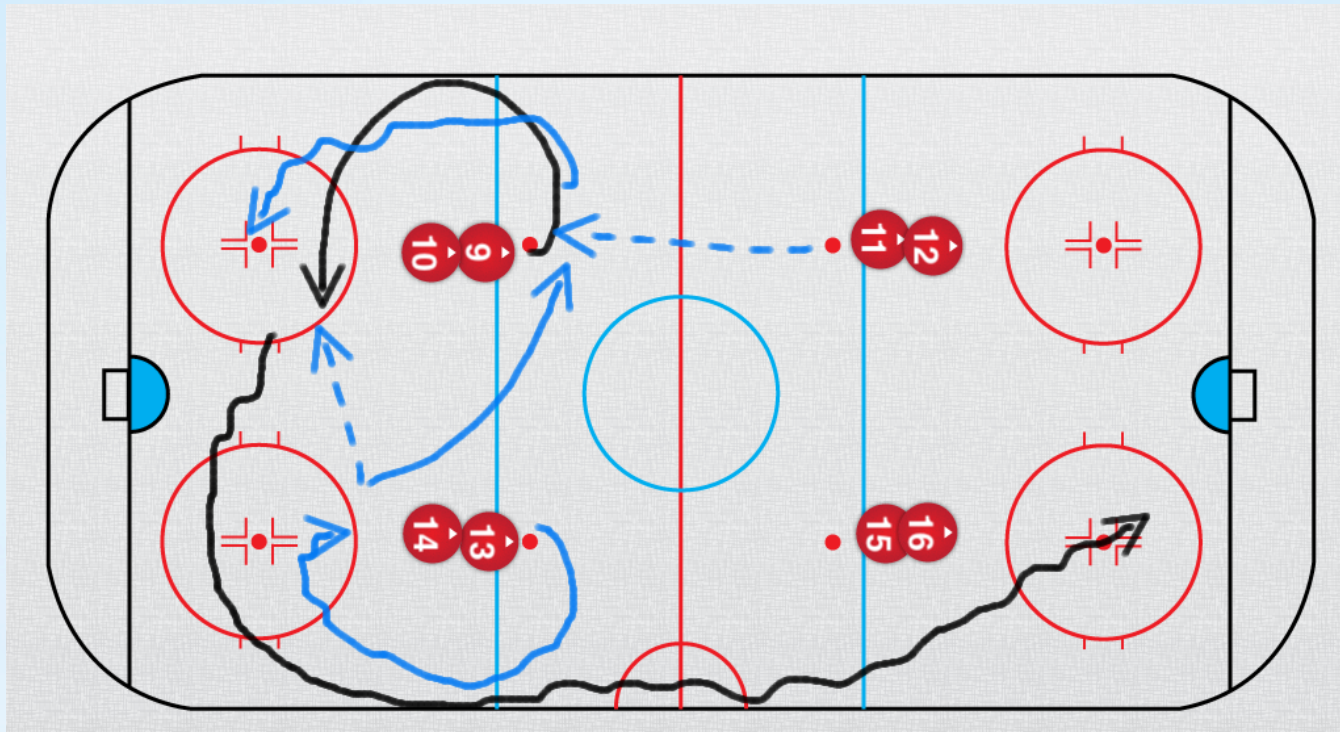
* Skating and timing



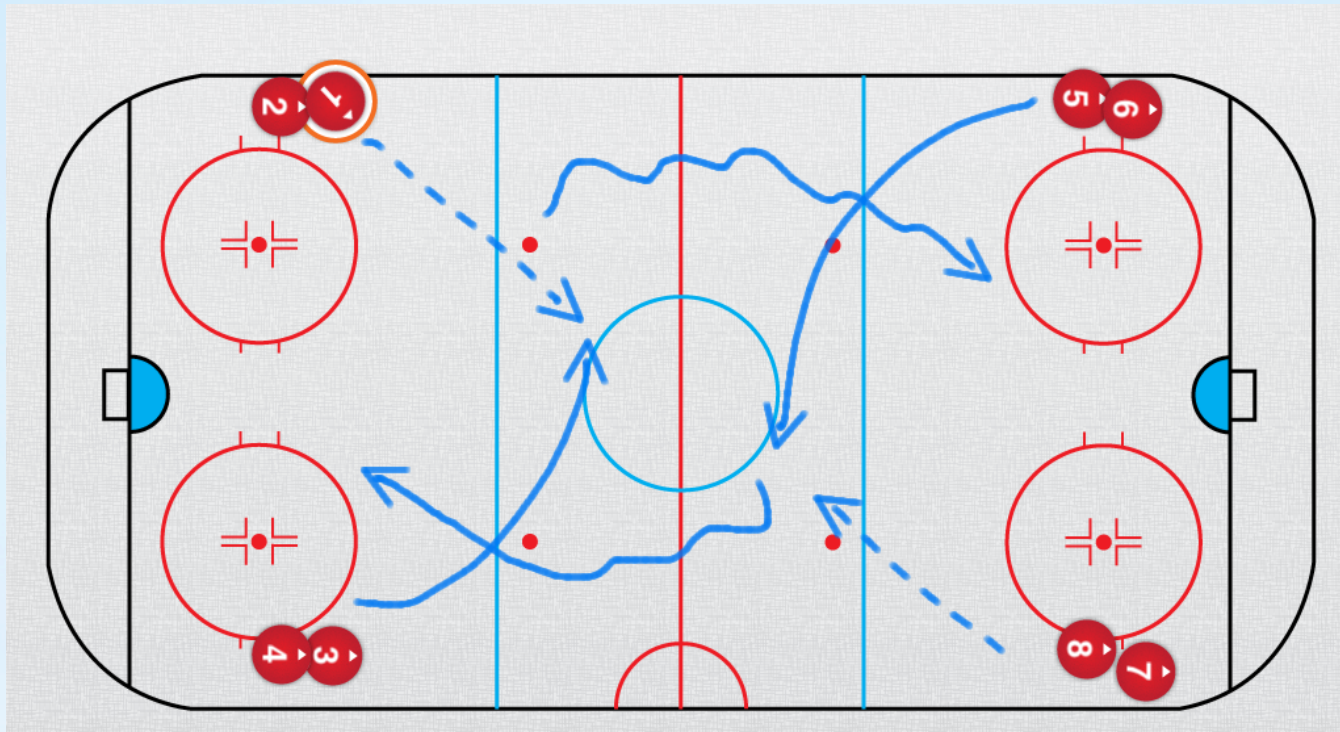
*Started by 15, than goes 9



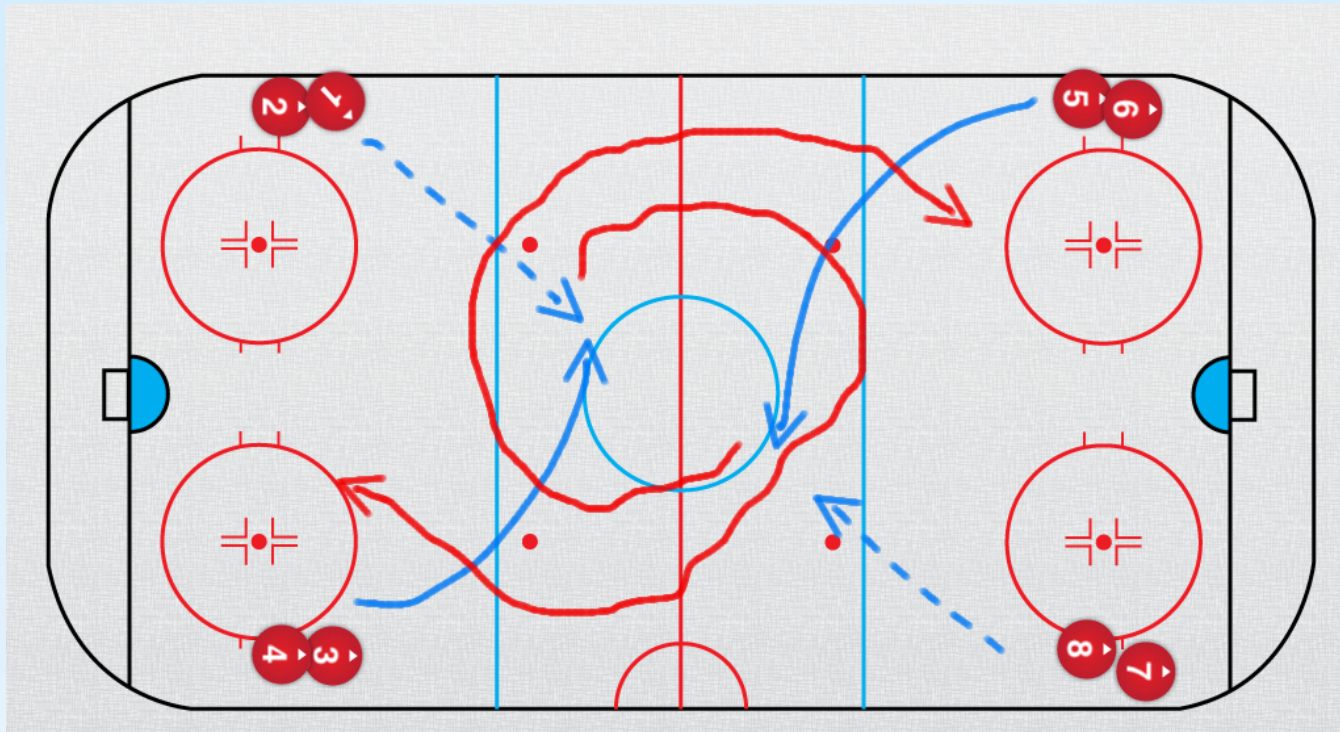
* Started by 16 and 14,
double passes with 9
and 11



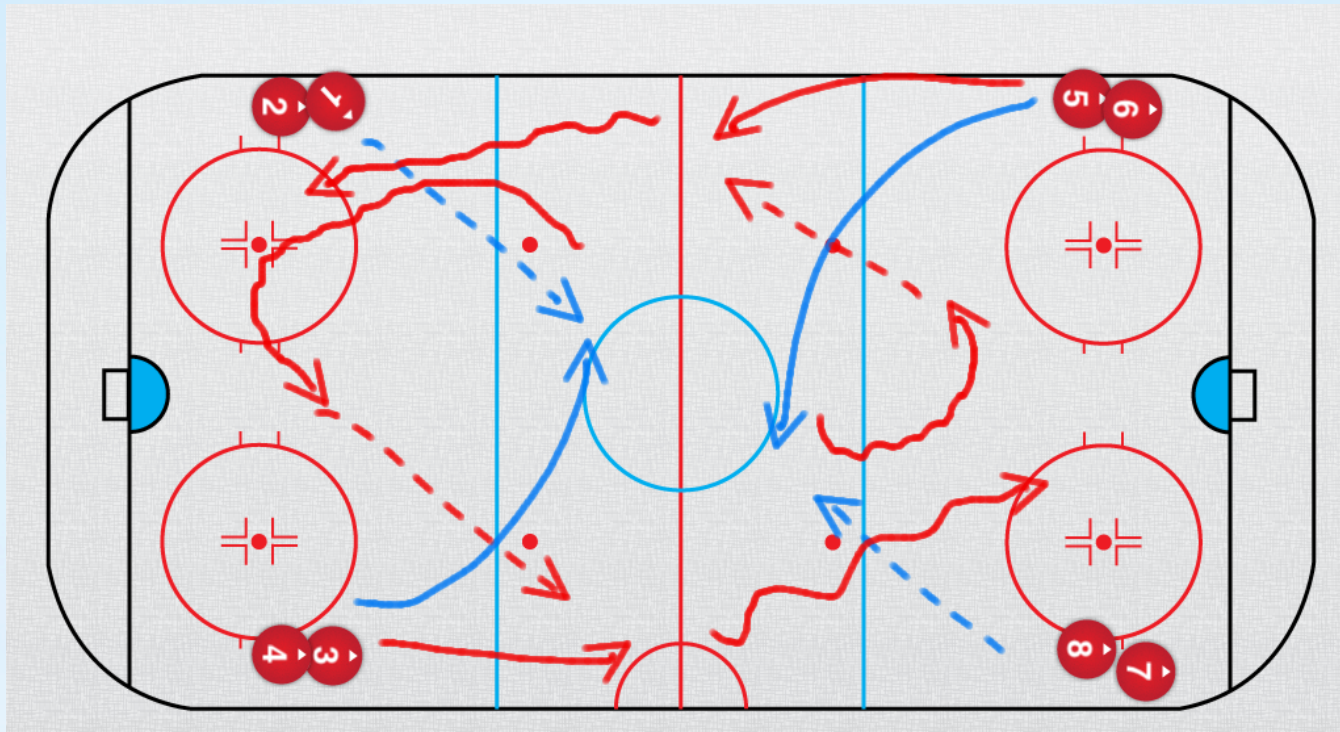
* Starting 9 and 13 , 9
 gets pass from 13, 13
 from 11



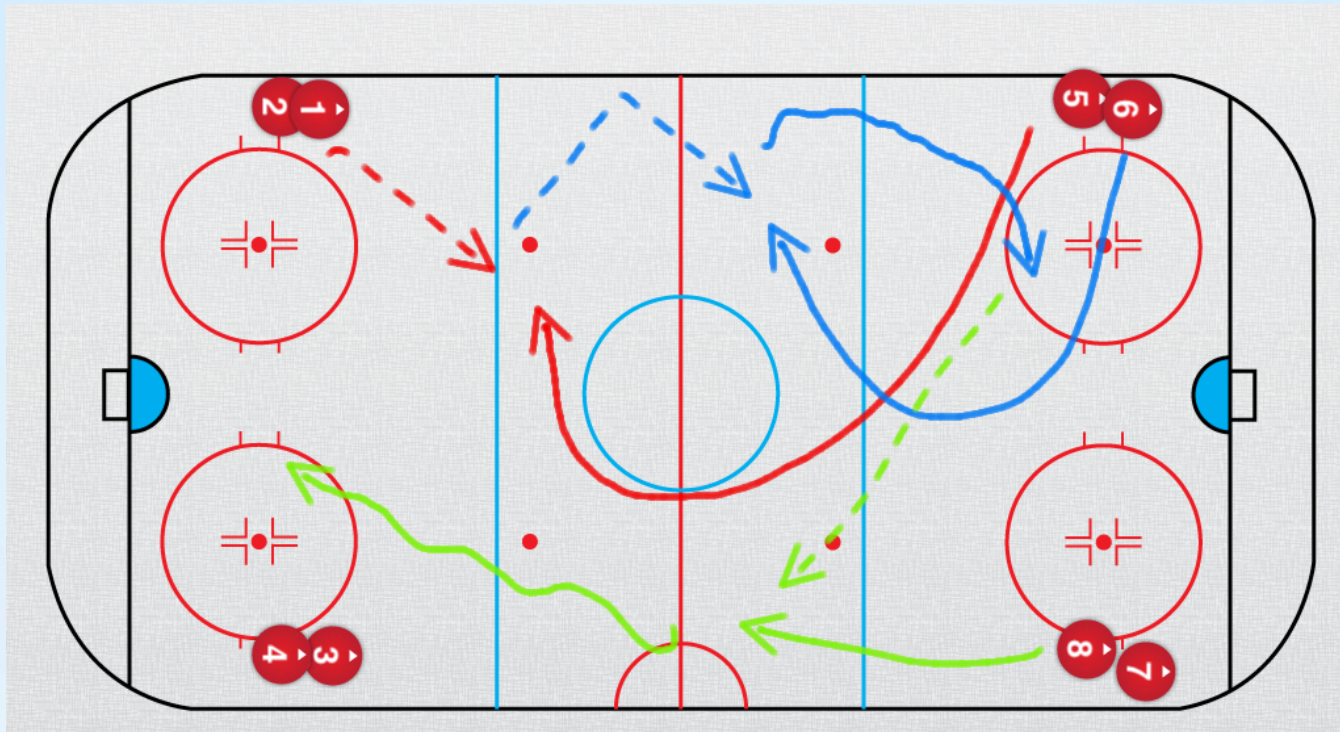
* Easy warm/up drill



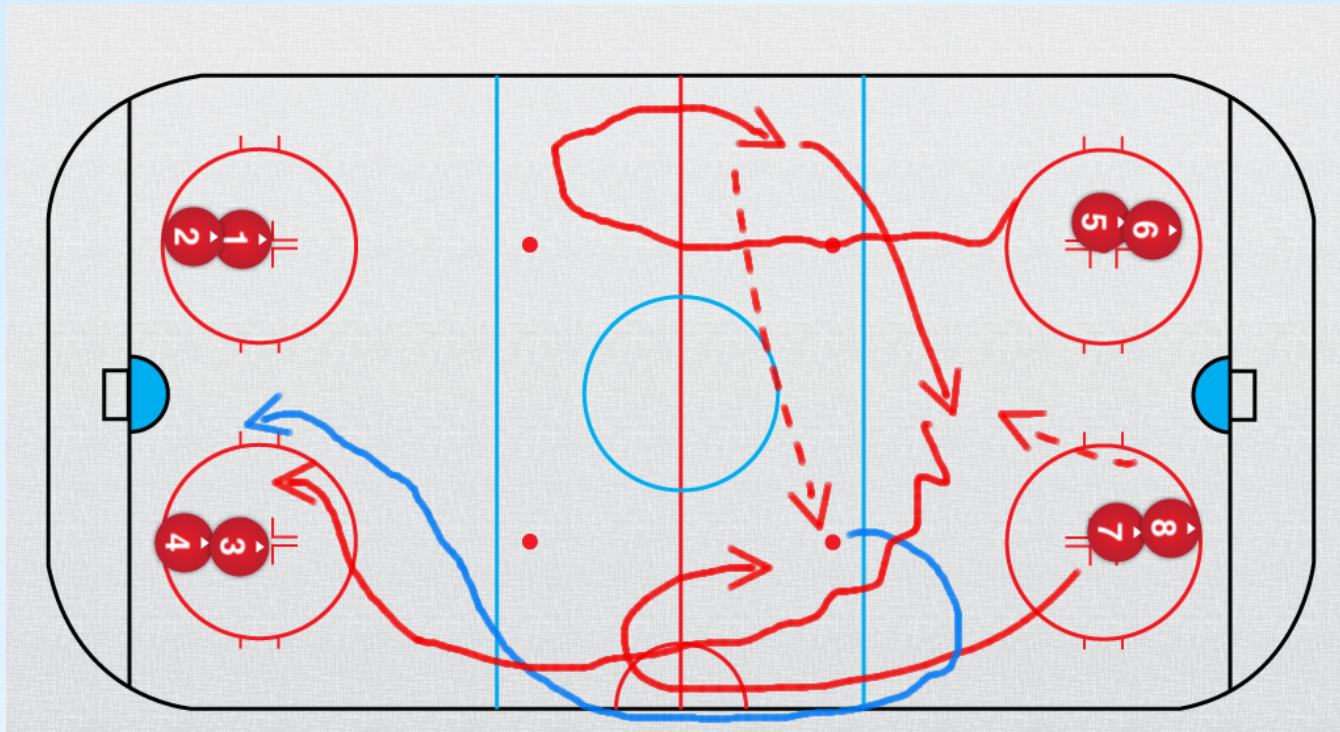
* Another version with
turn over



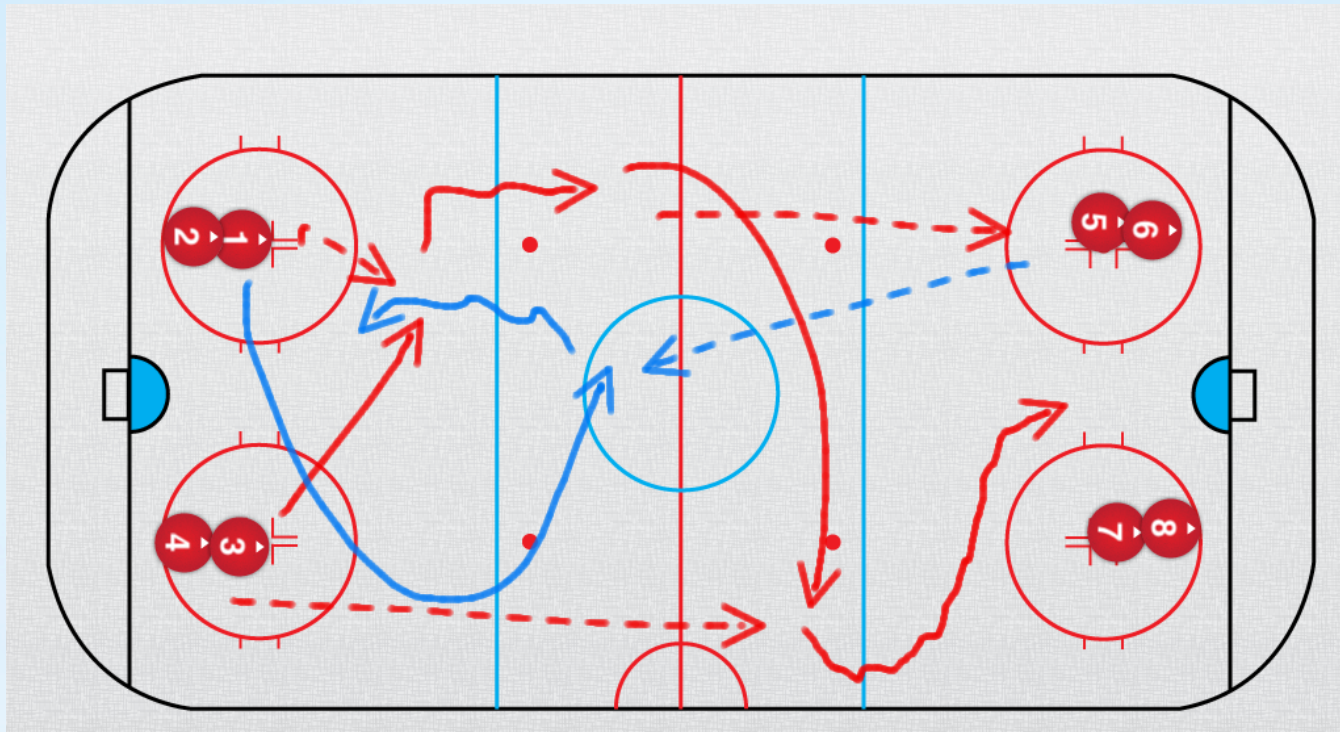
* Four players at the same time, 3 starts, pass from 1 and plays this one on 4



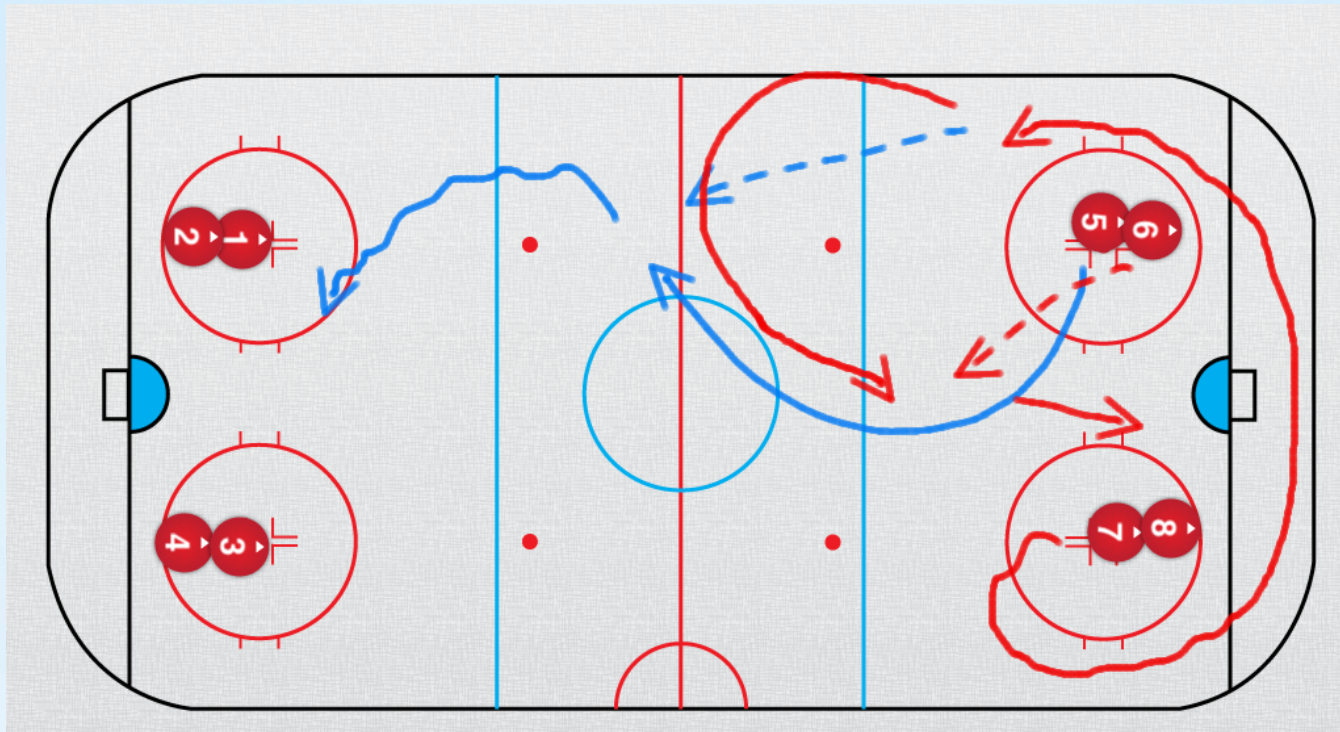
*Timing drill with one more player



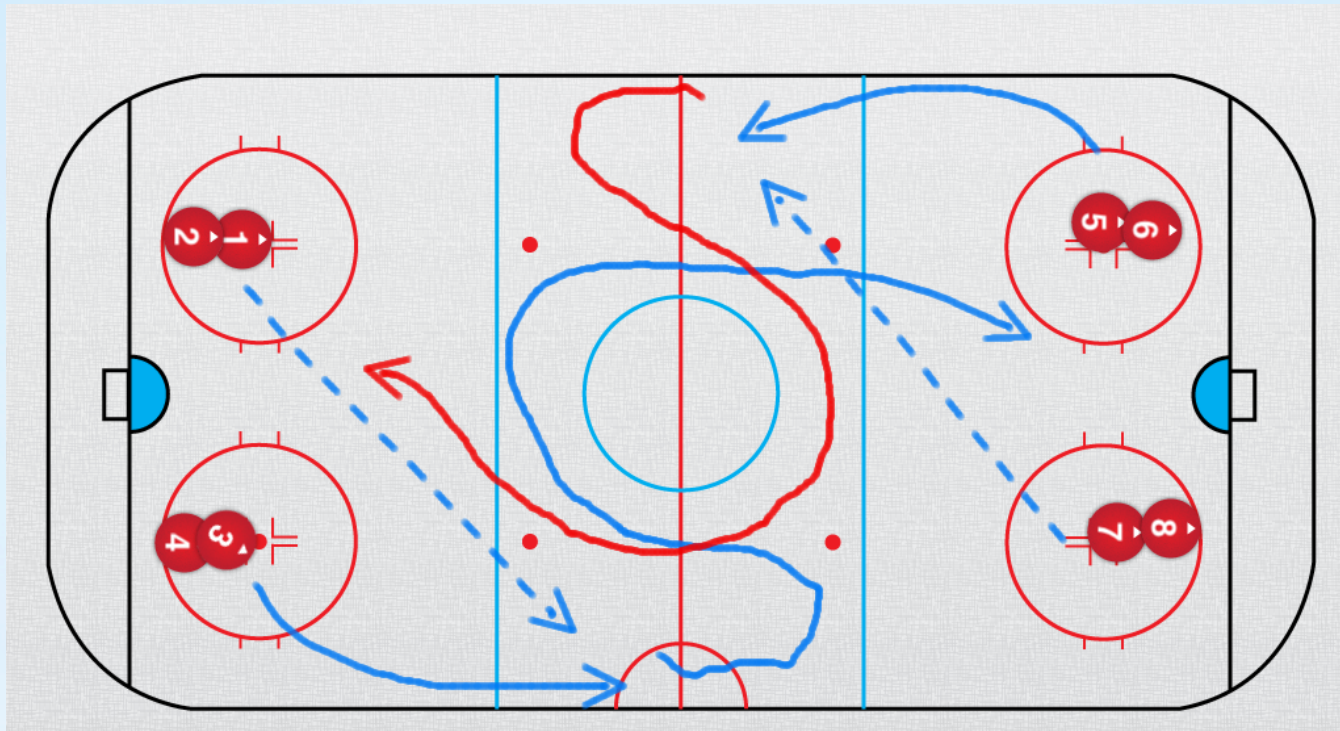
* One side drill, 5 starts with puck and plays this one on 7, after receives 5 puck from 8



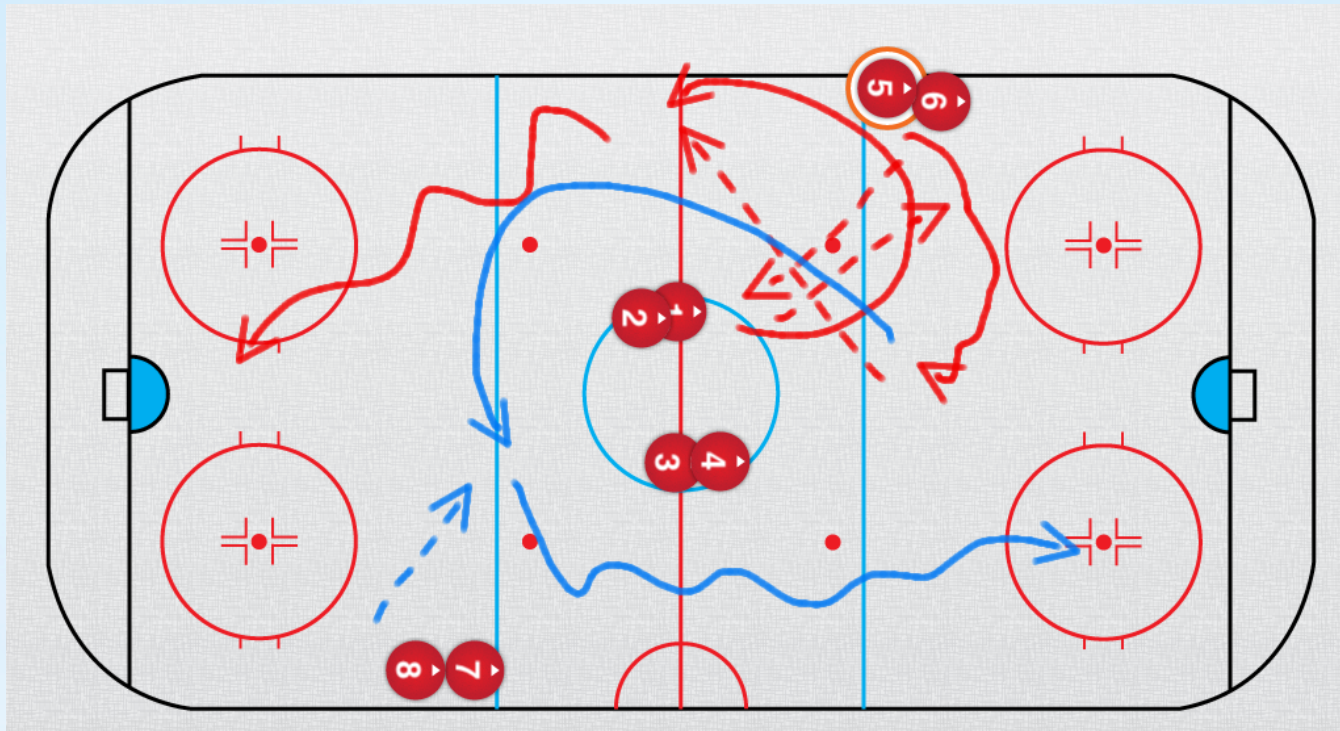
* Timing drill, 3 starts without puck, pass from 1, player 3 passes to 5, 5 to 1 and in the end 3 receives long pass from 4



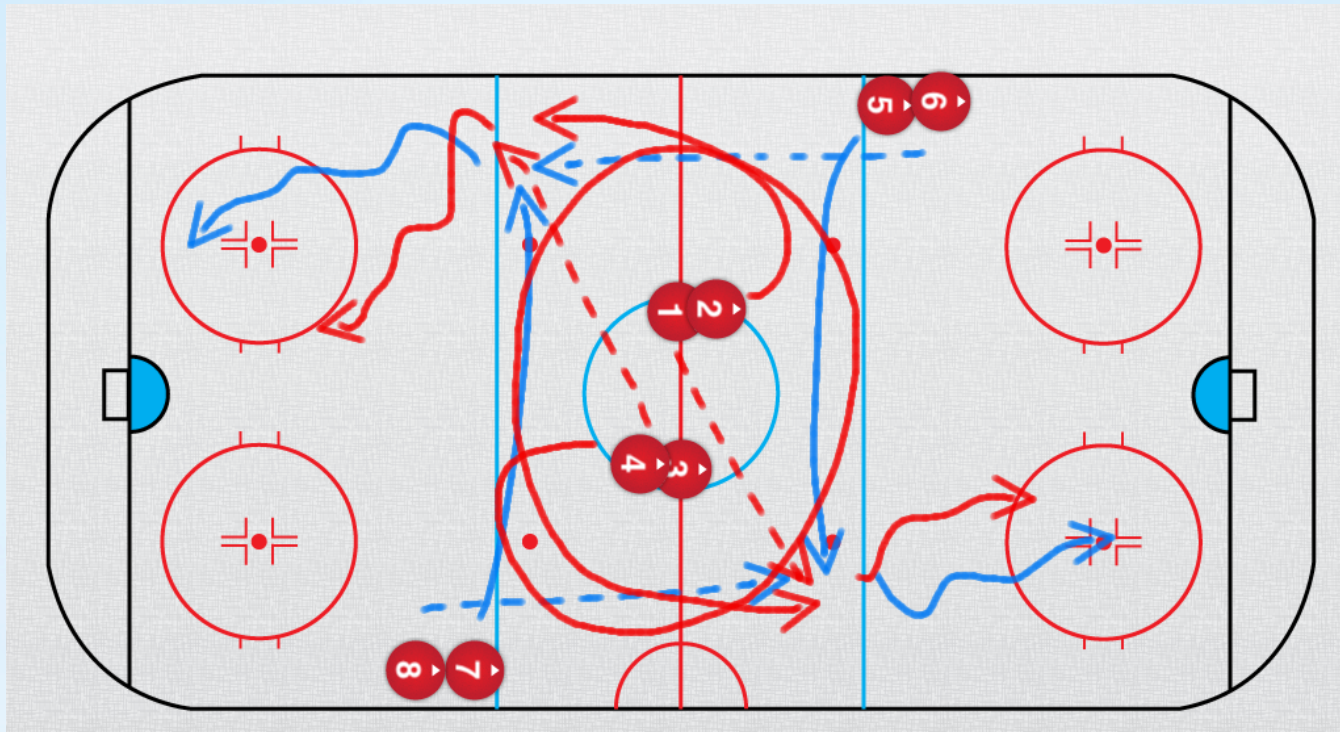
* Started by 7 without puck, pass on 5, the 7 gets puck from 6



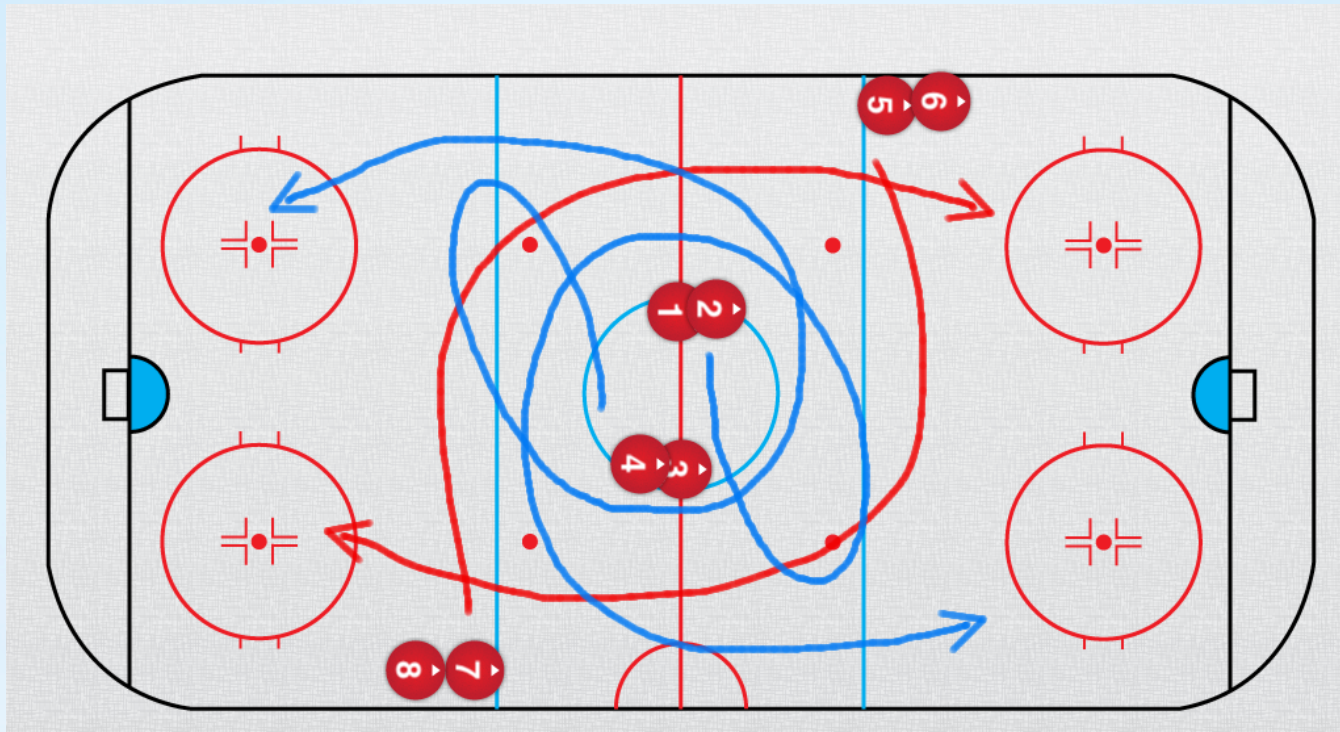
* Skating drill



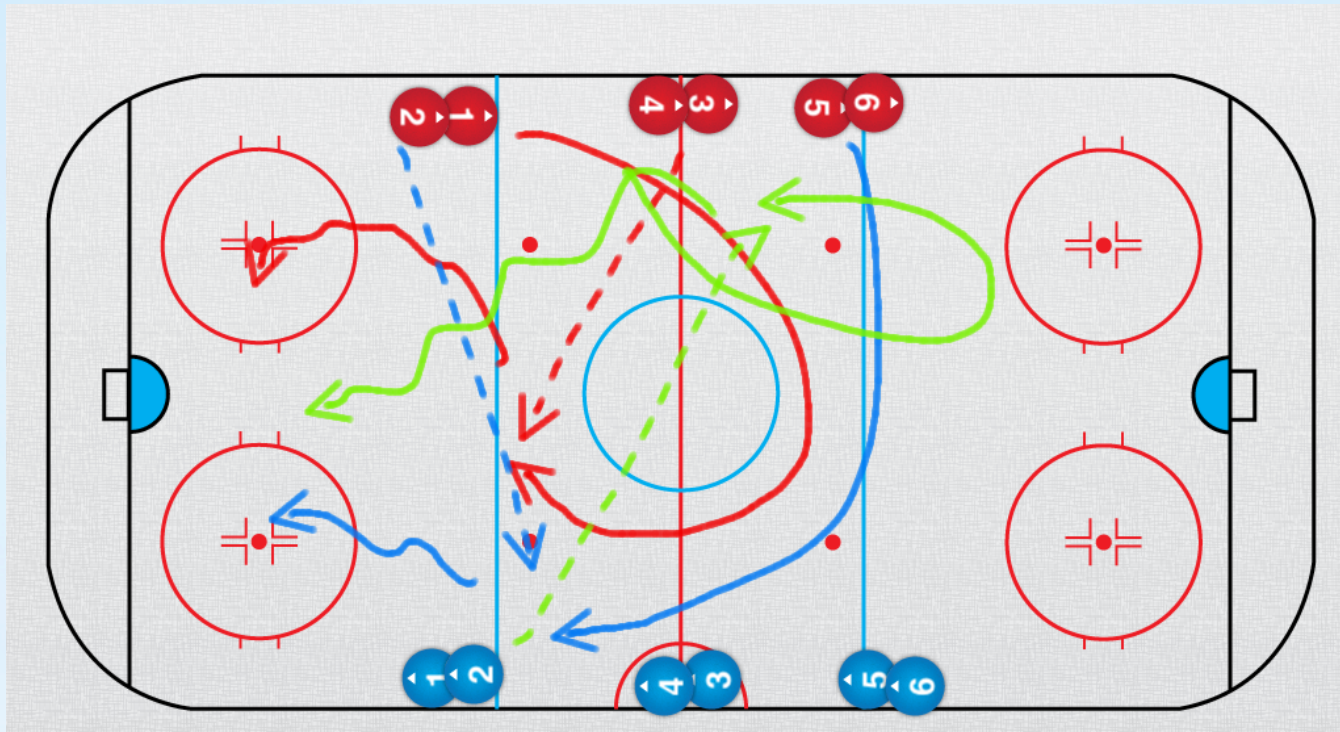
* Skating drill



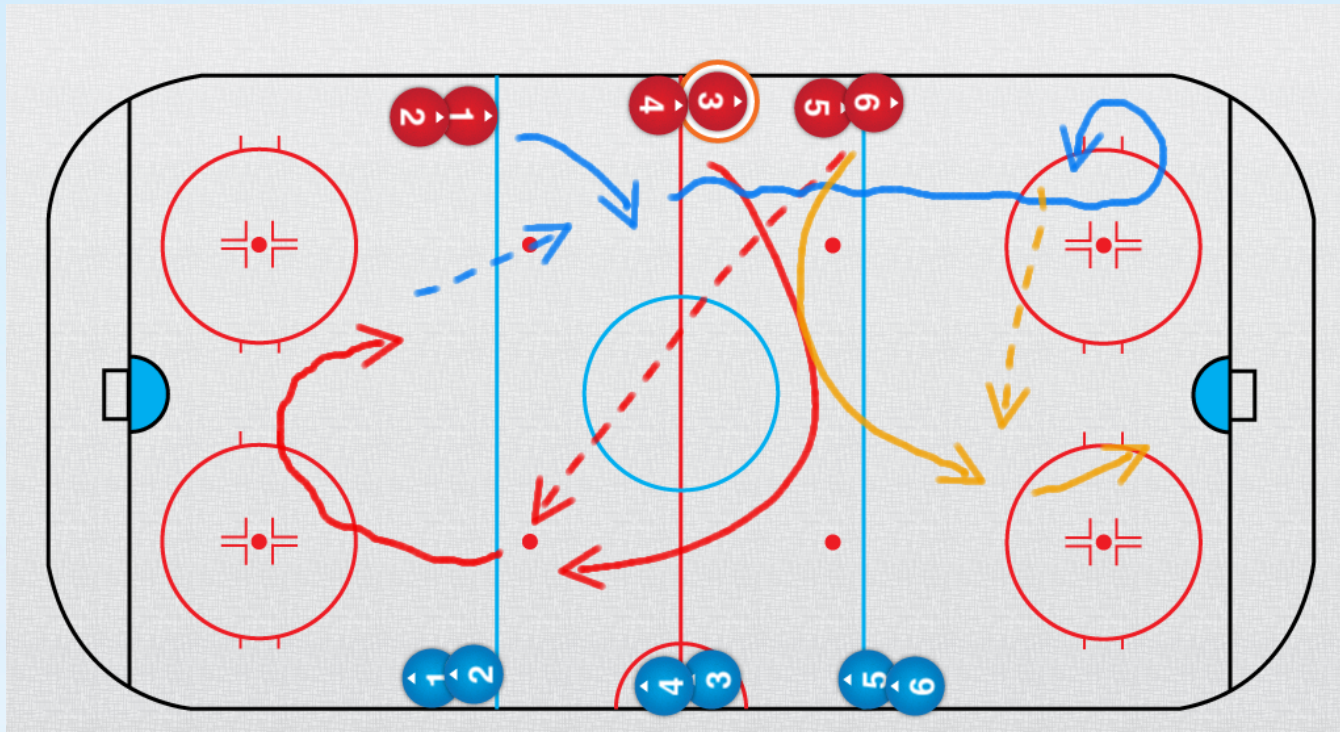
* Both sides drill, started by 5 and 7, along the blue line, pass, than 4 and 2, pass from the own groups



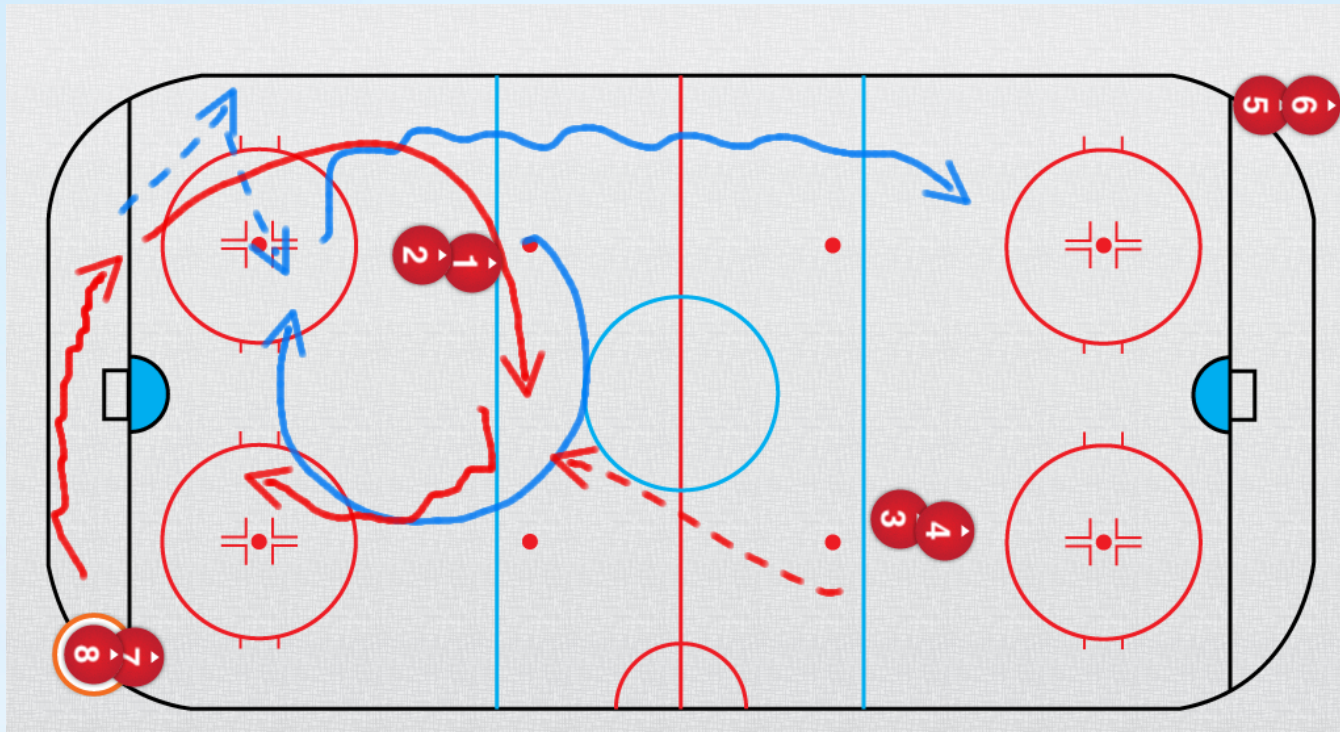
* Skating drill, all the
players at the same
time



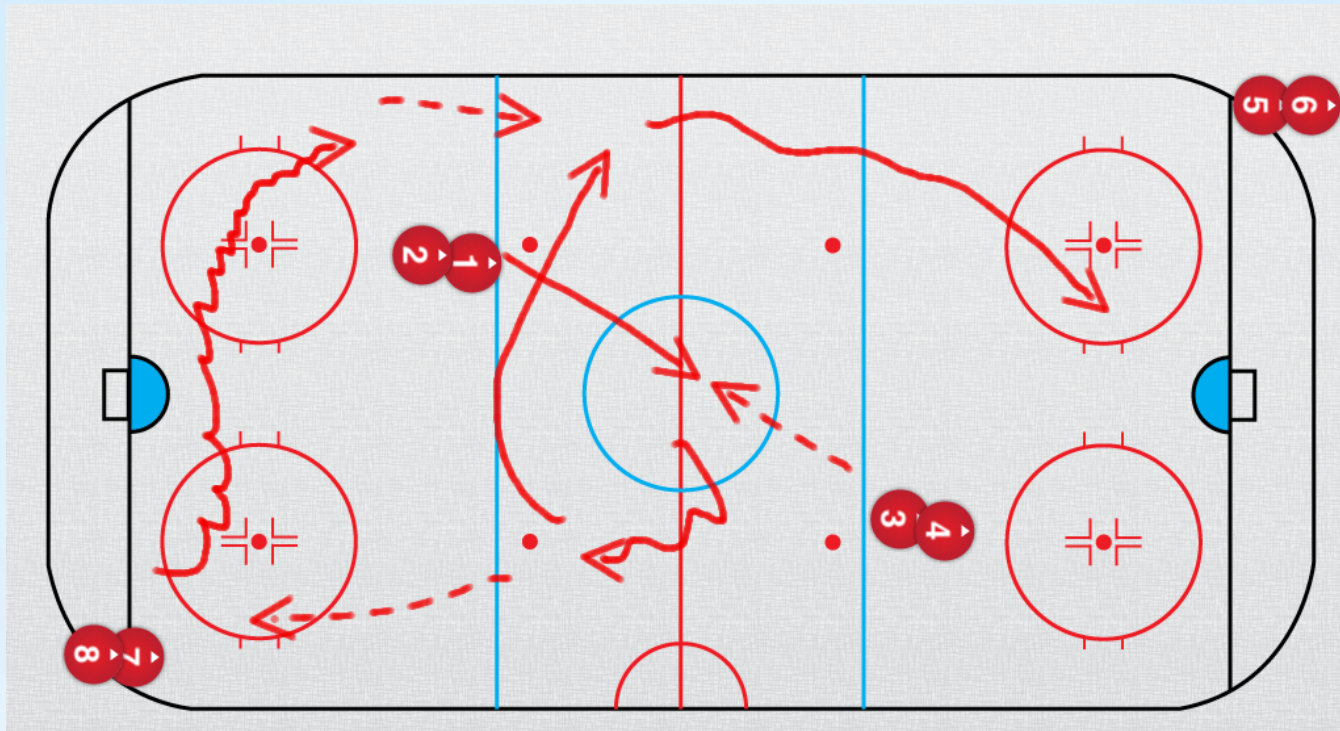
* Shootig drill, started
 by 1, than comes 5
 and 4 in the end



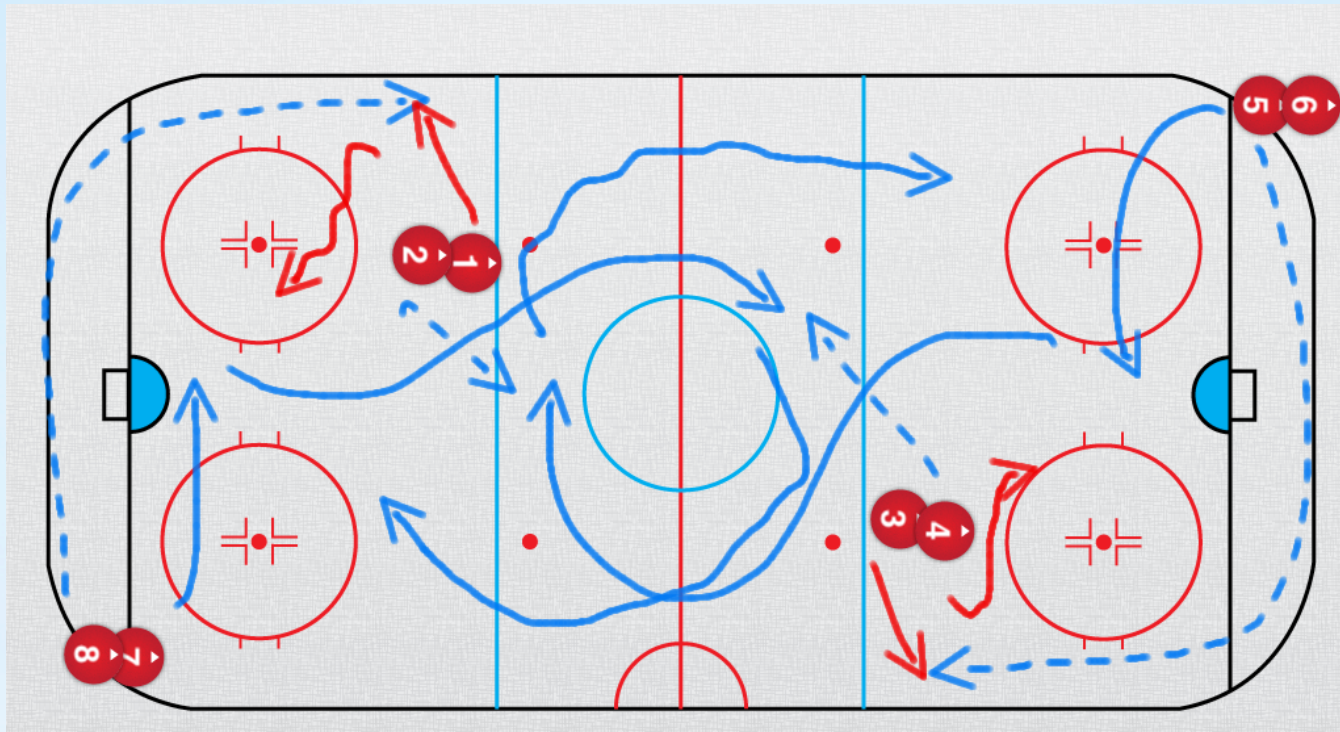
* Another version, just
one shot, timing



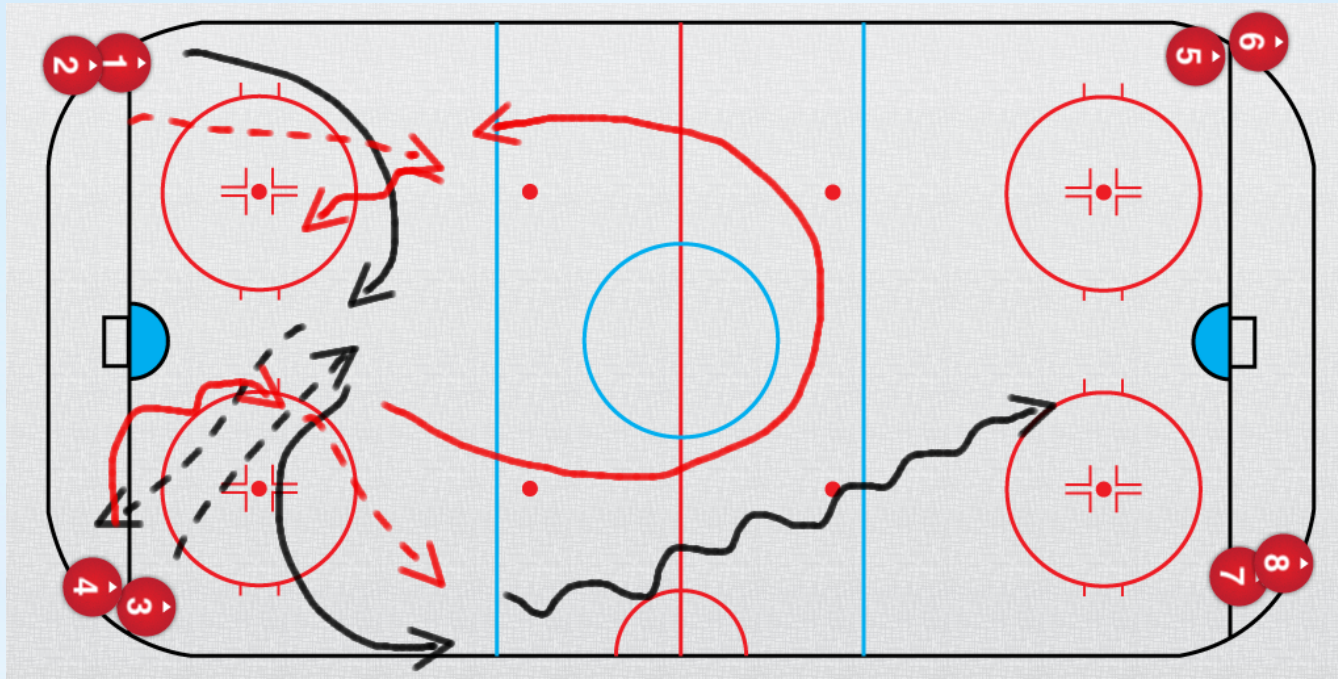
*Skating drill, warm/ up drill, all players



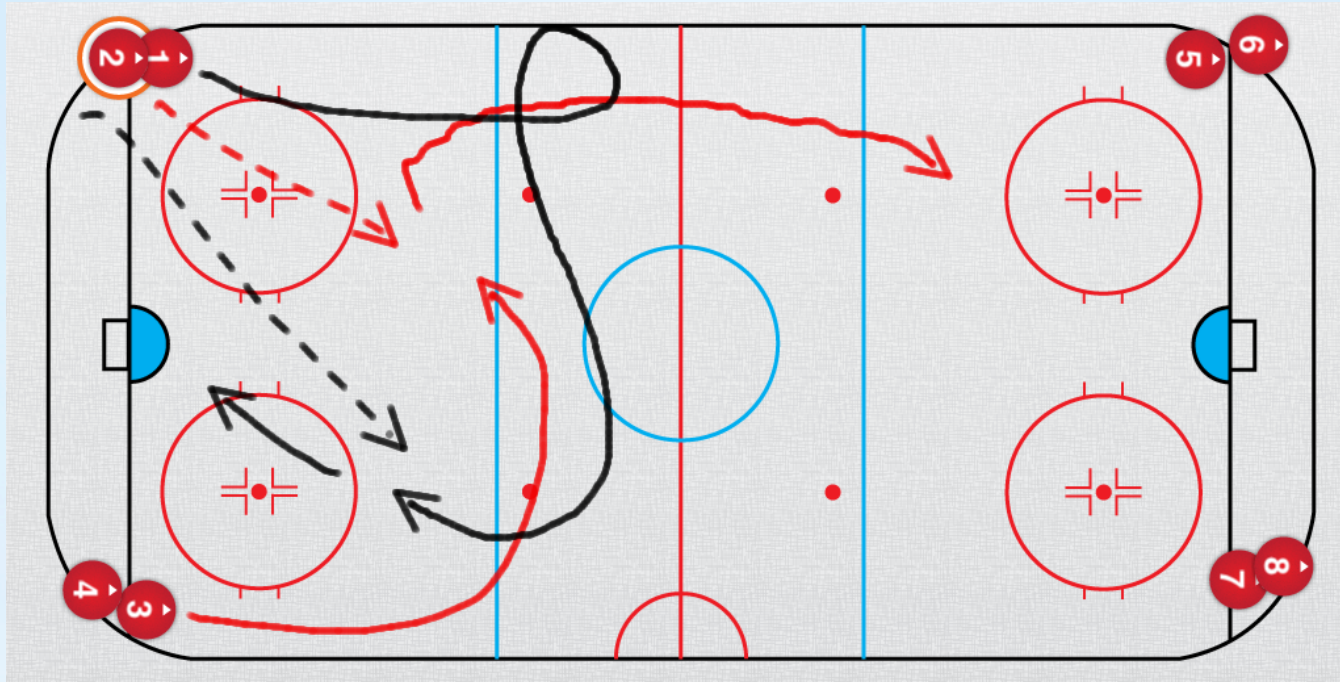
*Timing drill



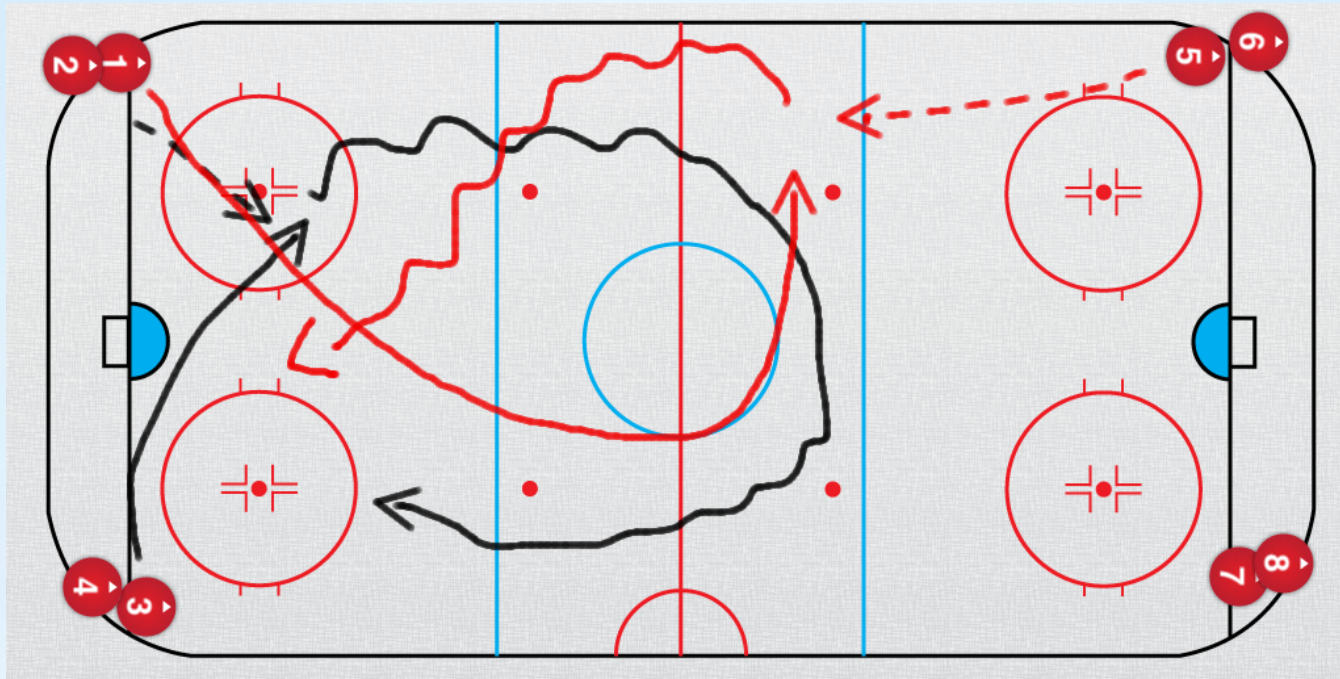
- * Skating and passing drill, dump the puck around the board, stop, go on the front of the net, screen/rebound, go around the circle, get a pass, shoot and score



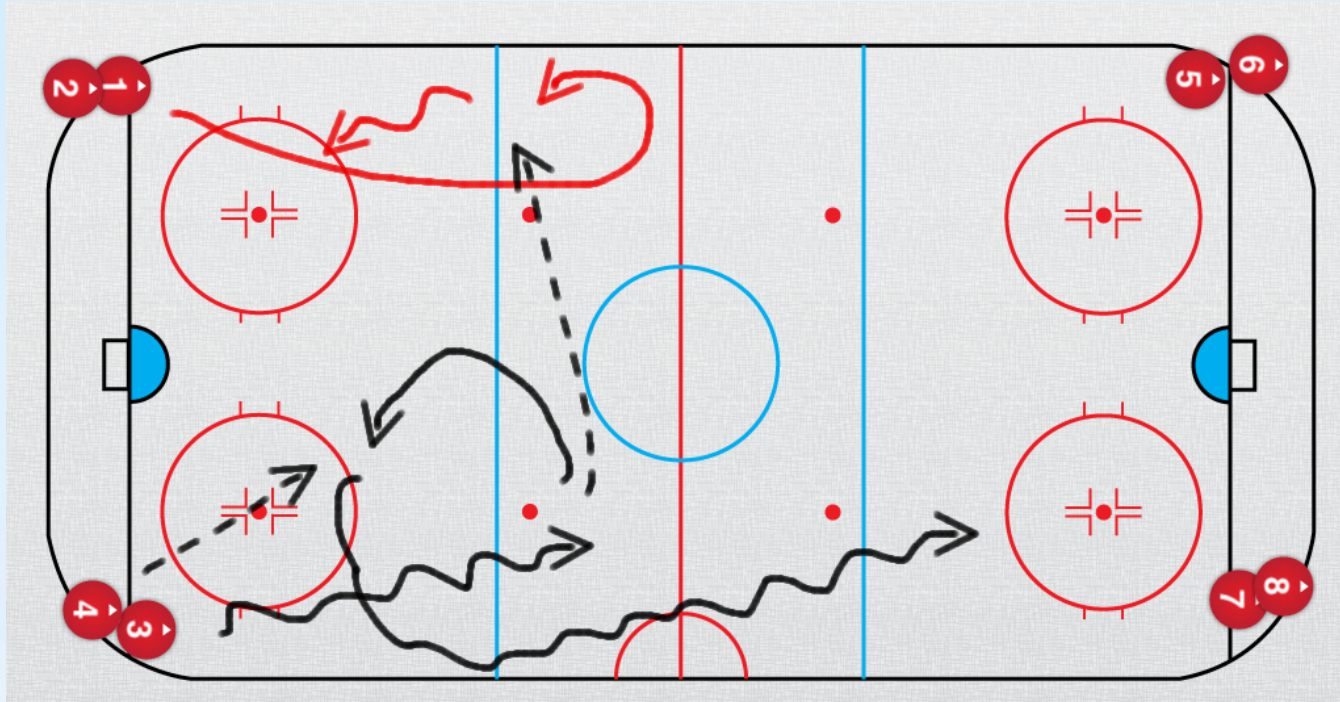
*Started by 1



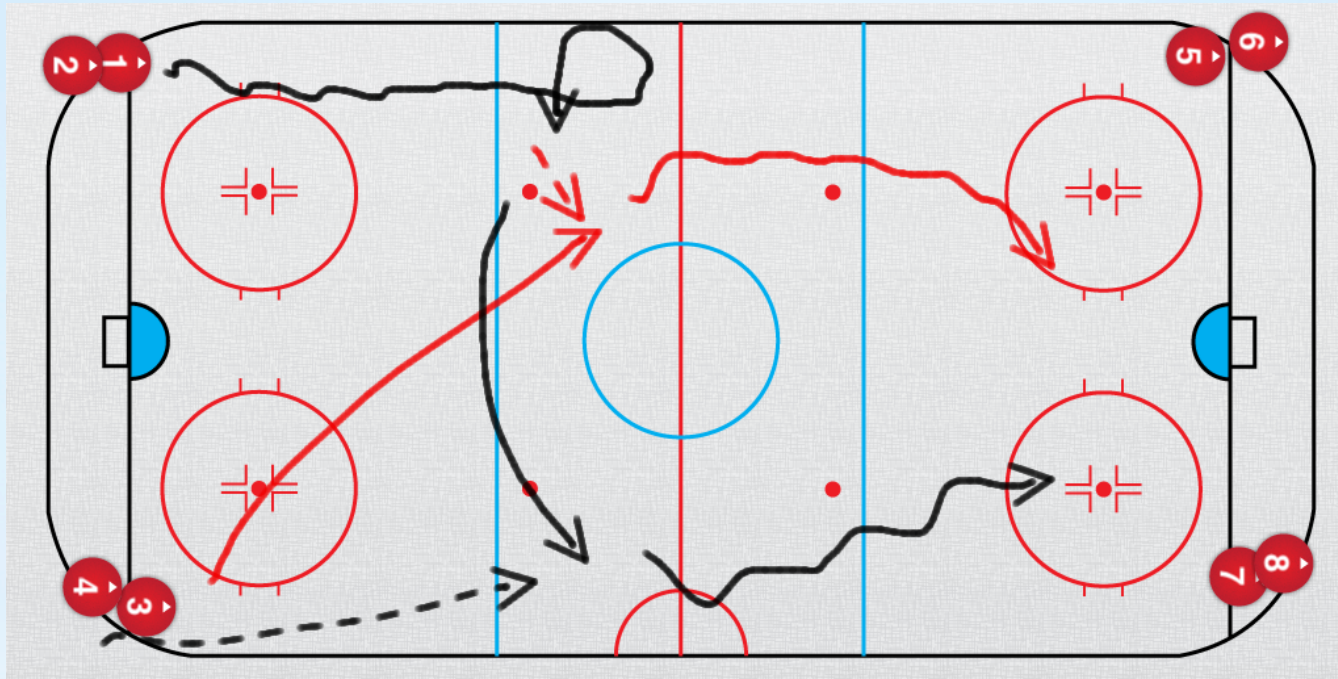
* A lot of skating



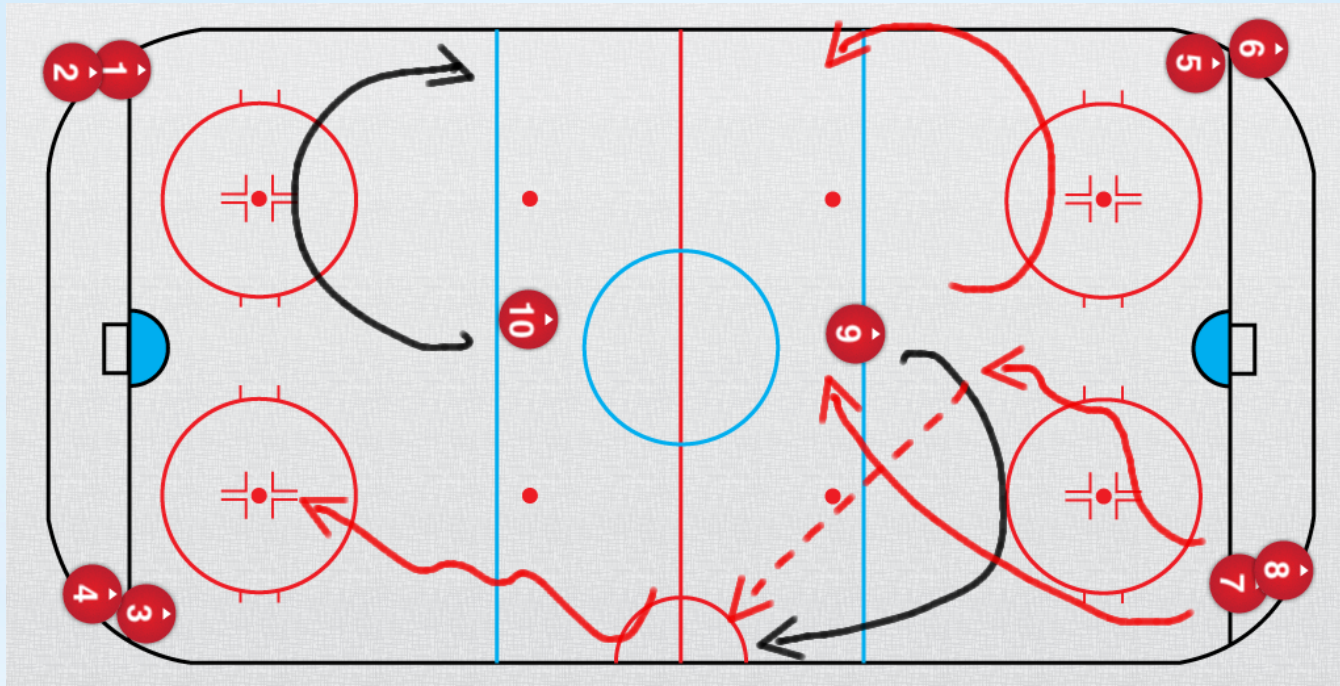
* More skating



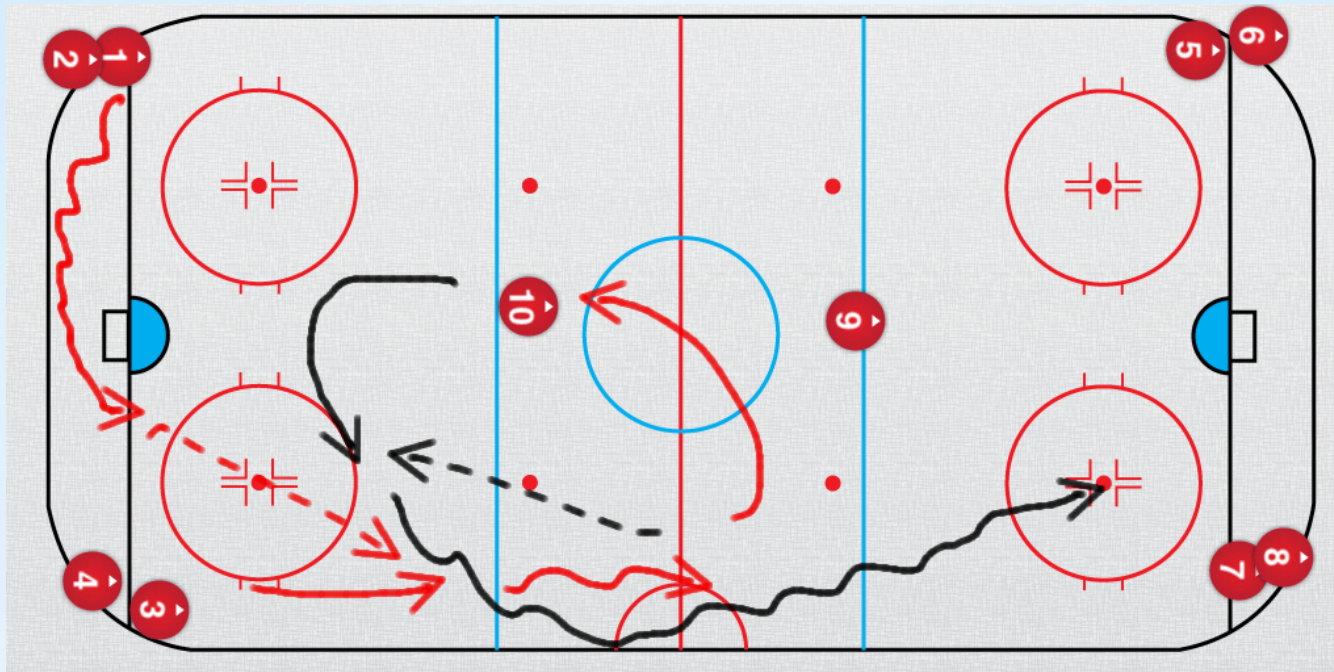
*Timing, passing, skating



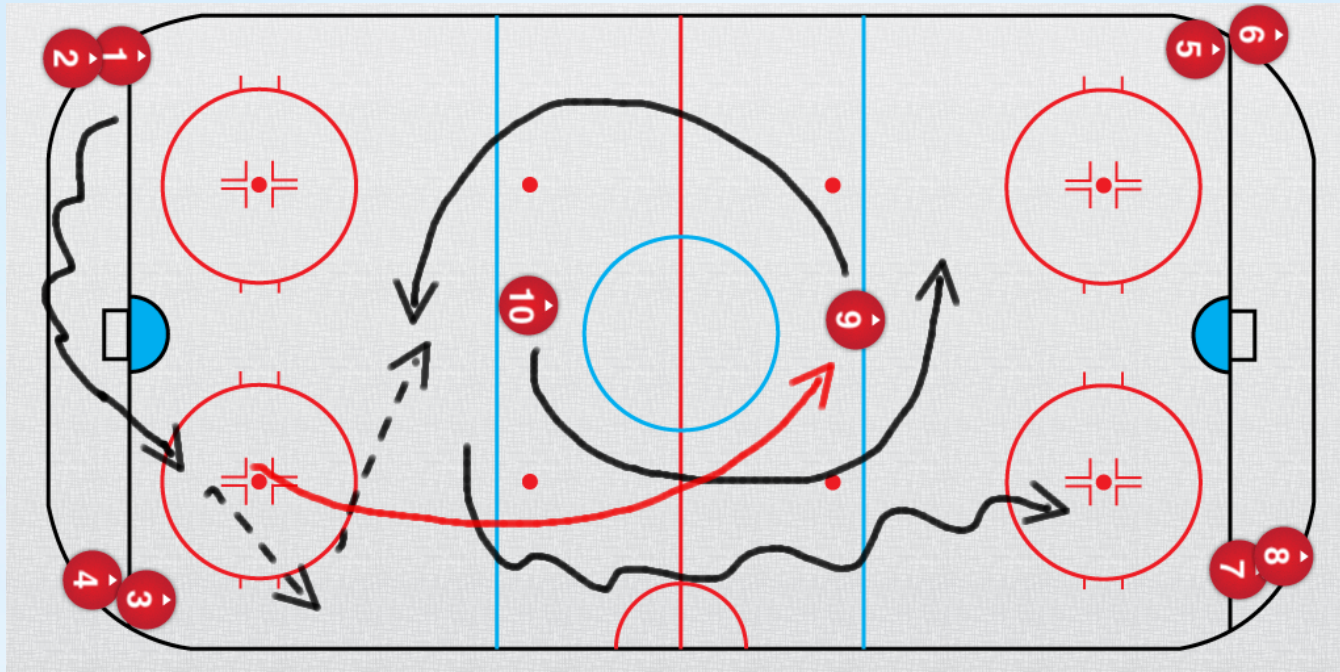
* A lot of skating for a few players



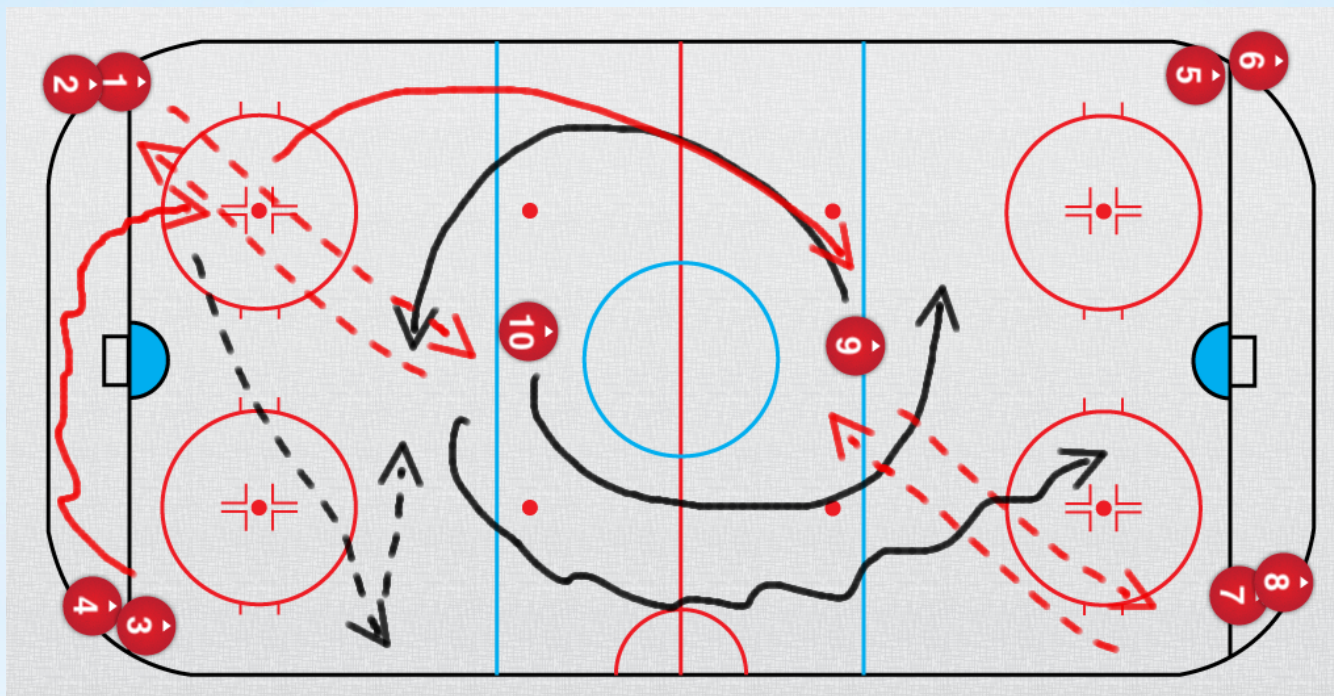
* Creativity drill, read and react



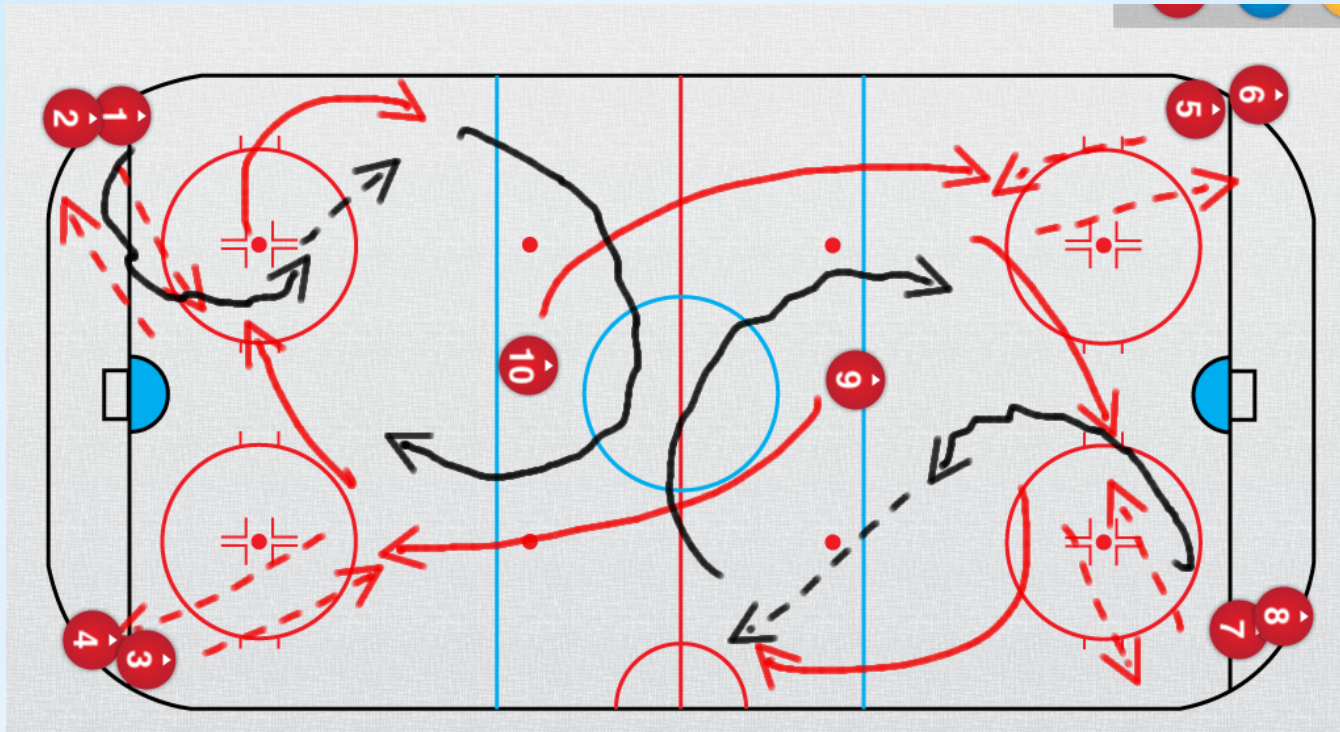
* Creativity, read and react



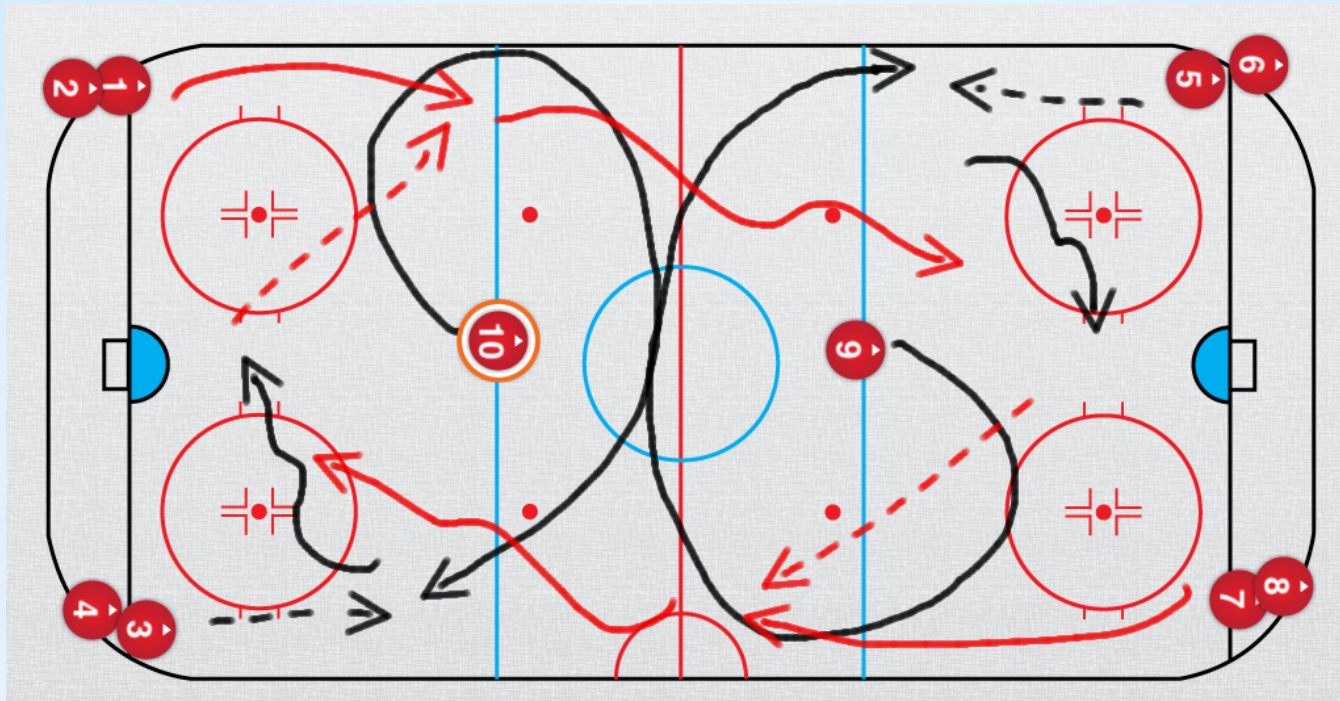
*Timing drill, read and react



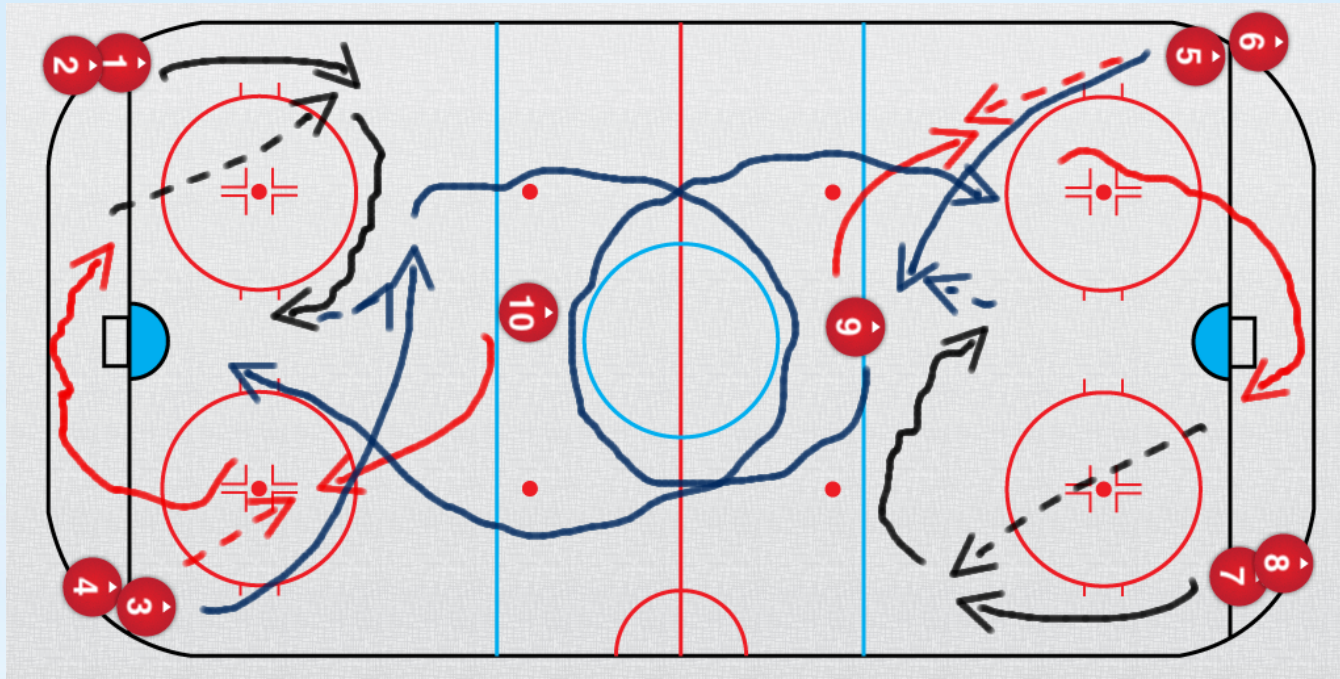
*Timing drill, read and react



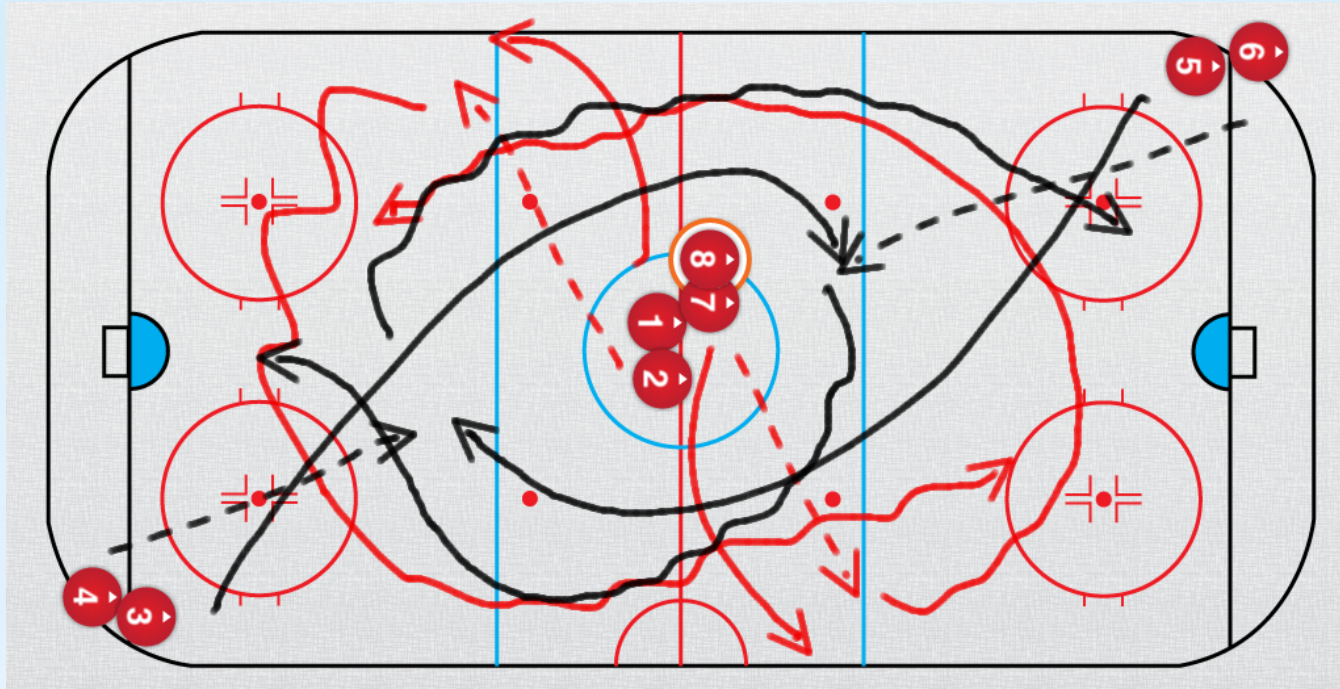
* Passing, timing, read
the game



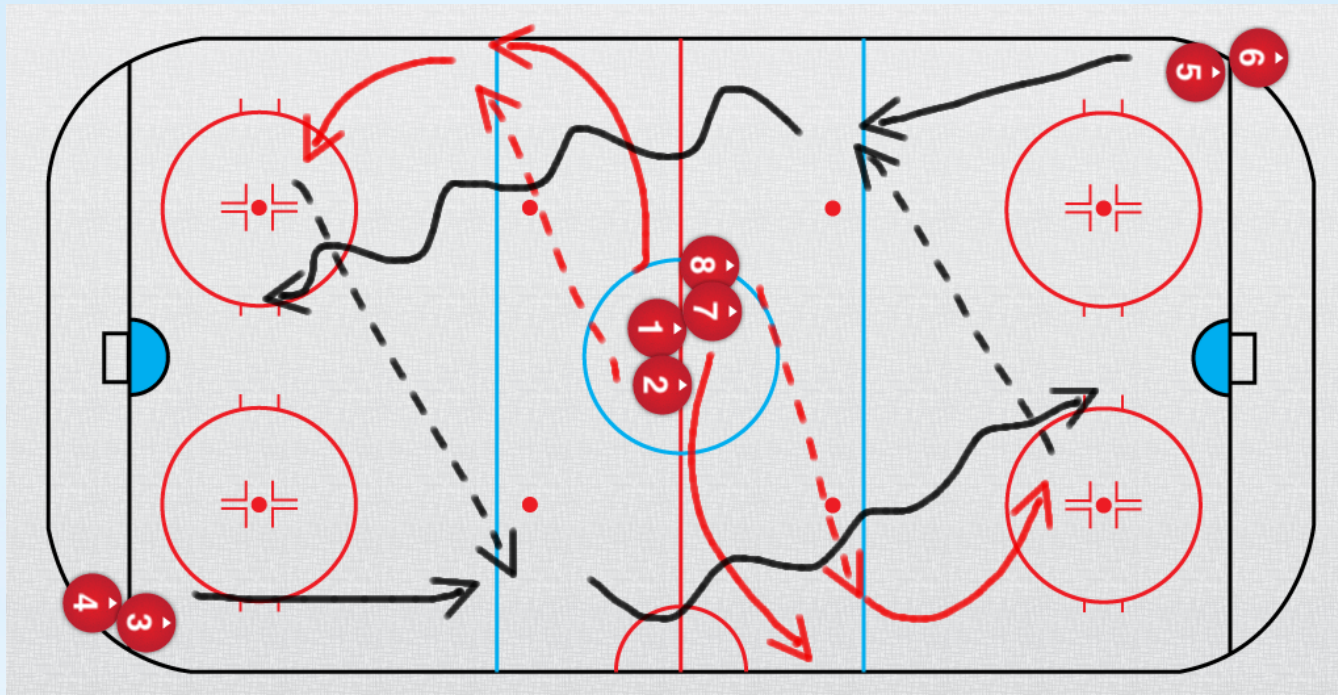
*Timing, read and react



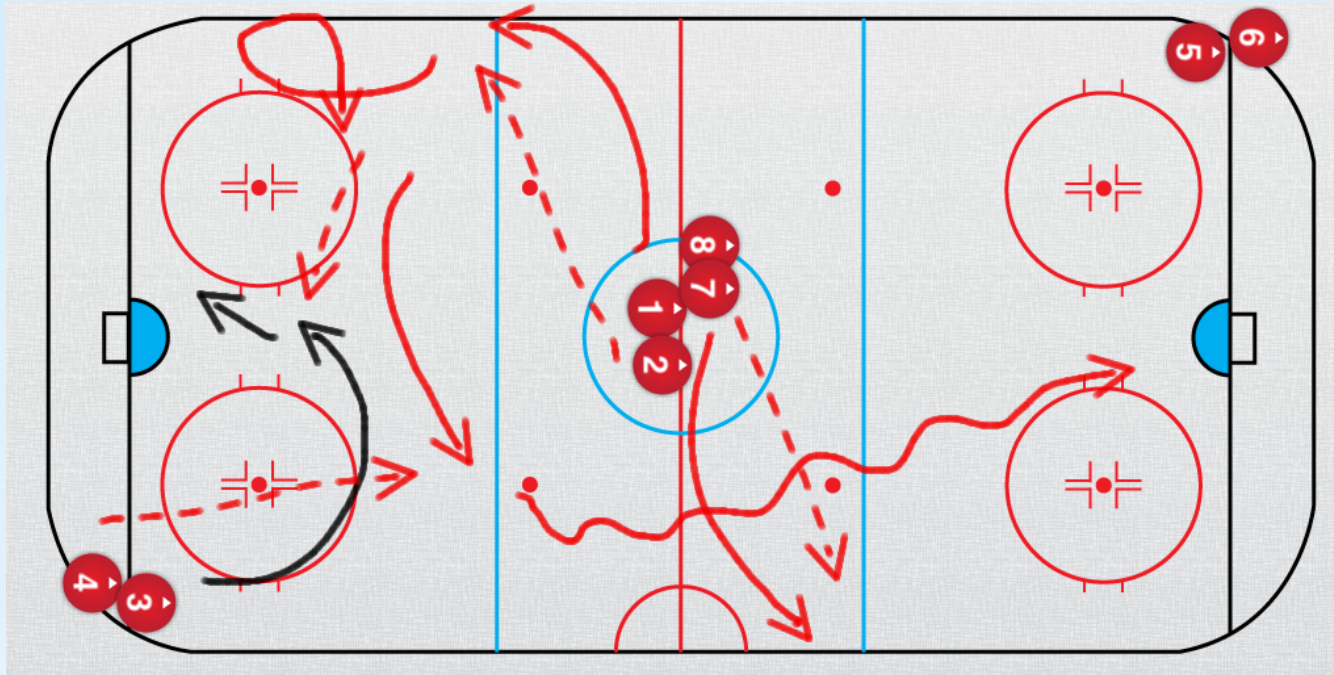
*Started by 10 and 9



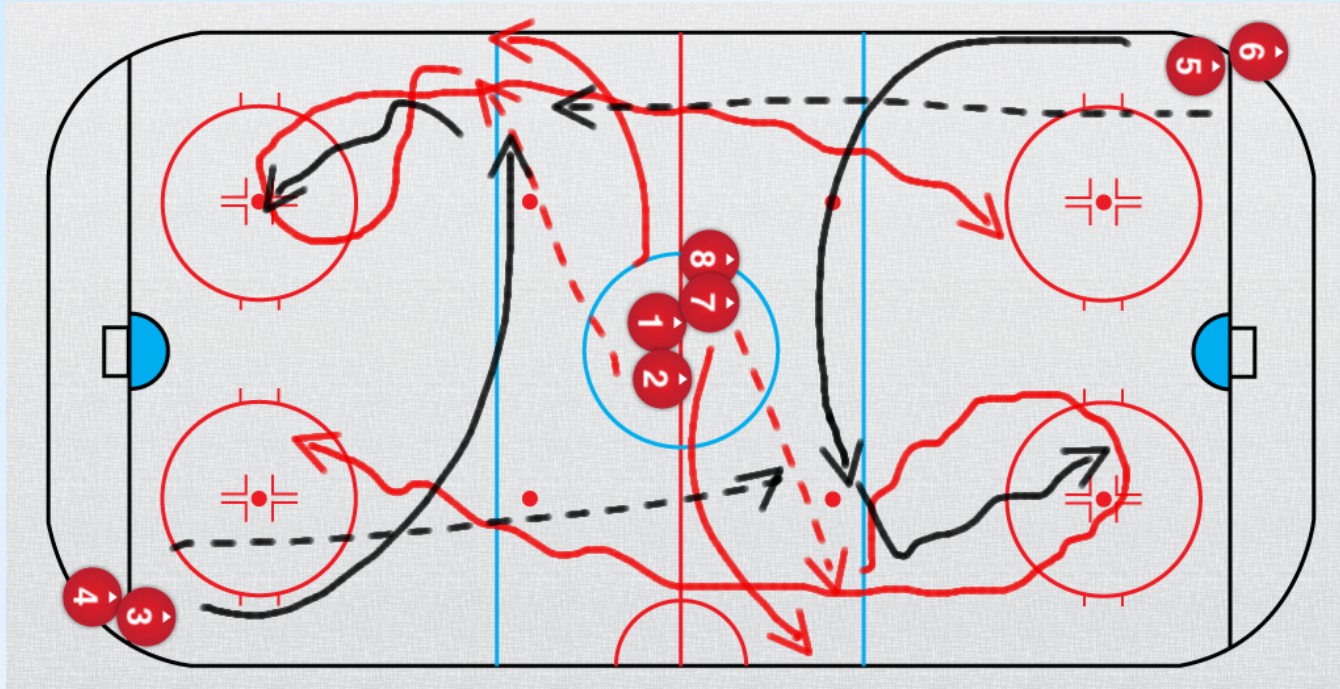
* Started by 1 and 7



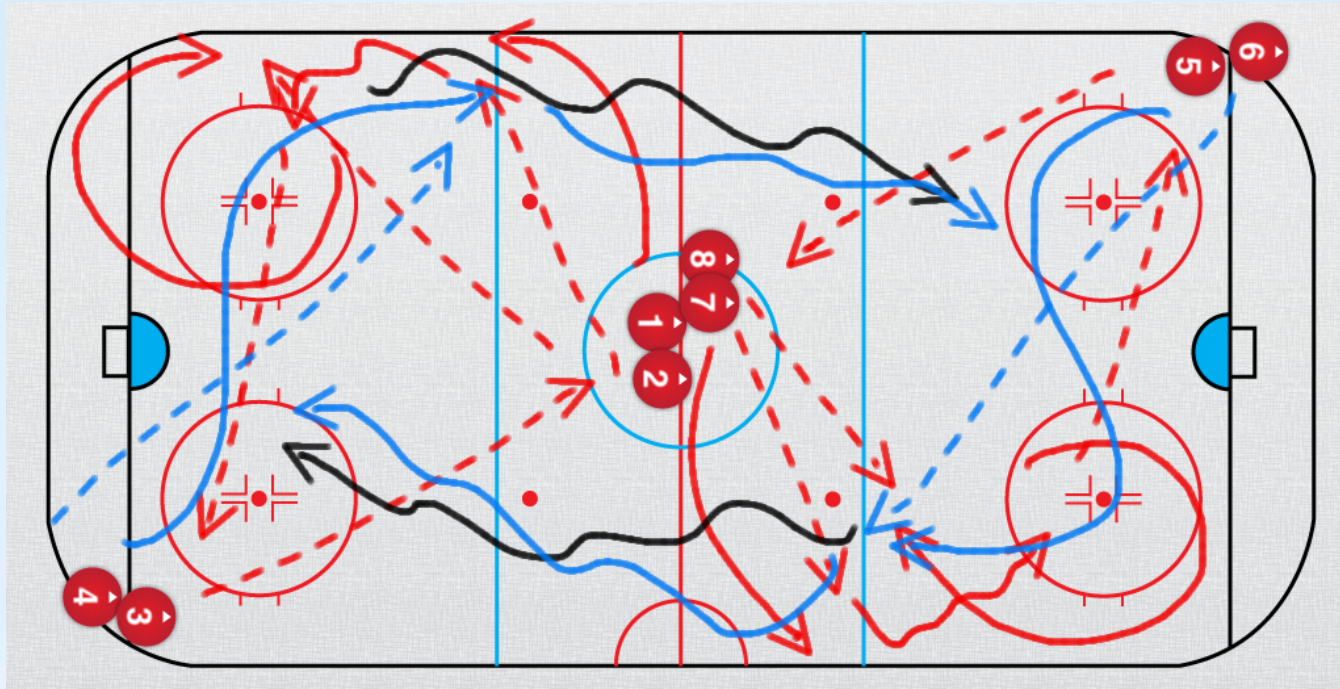
*Skate, give and go



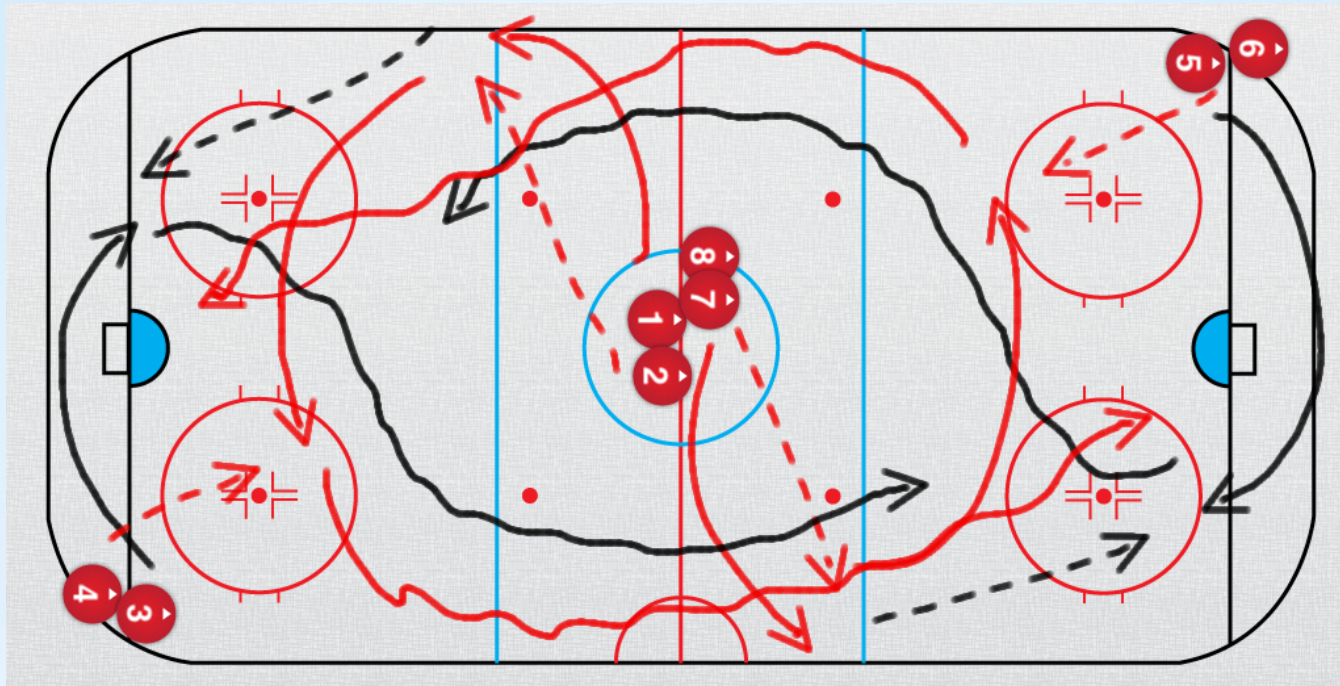
* Skate, pass and go,
never stop to skate



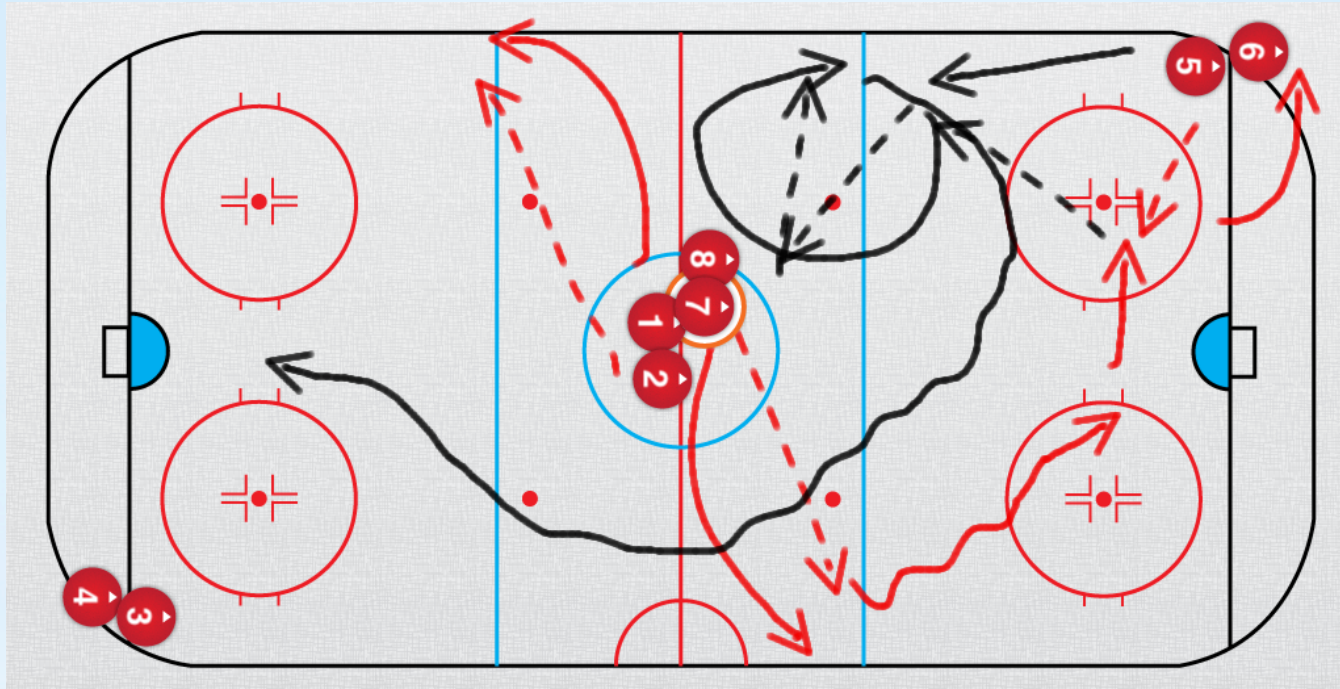
* Long ways by 1 and 7



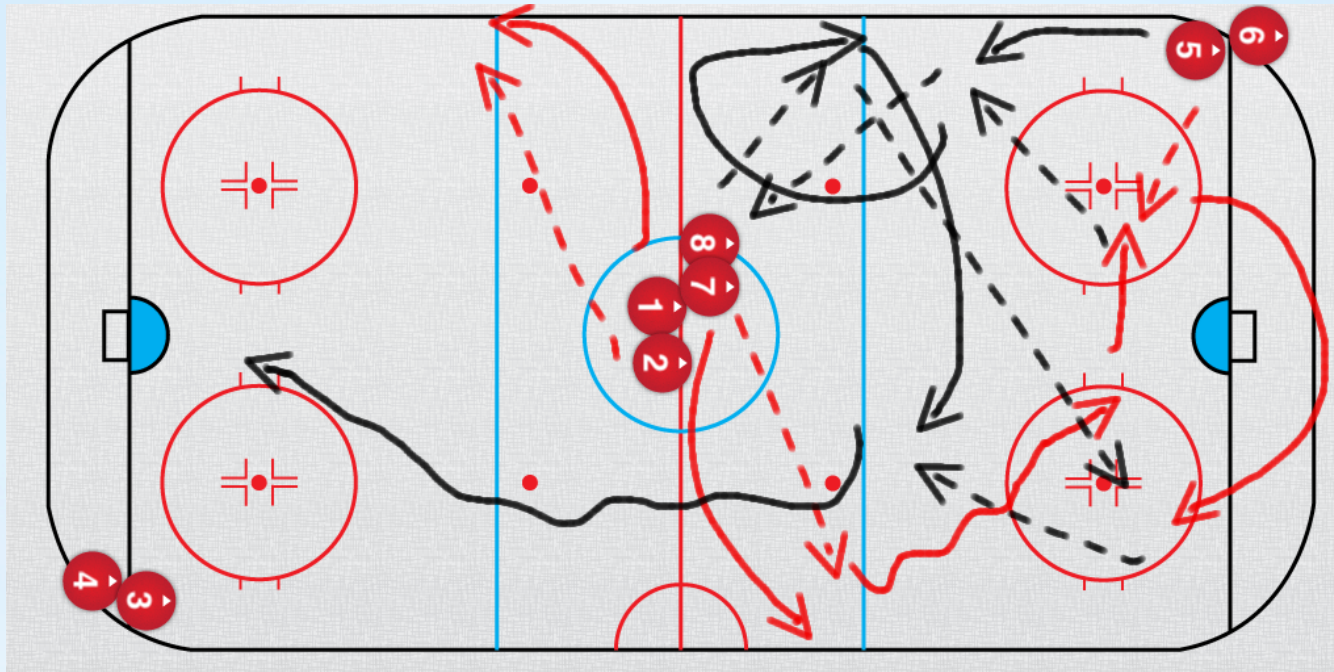
*Tougher version



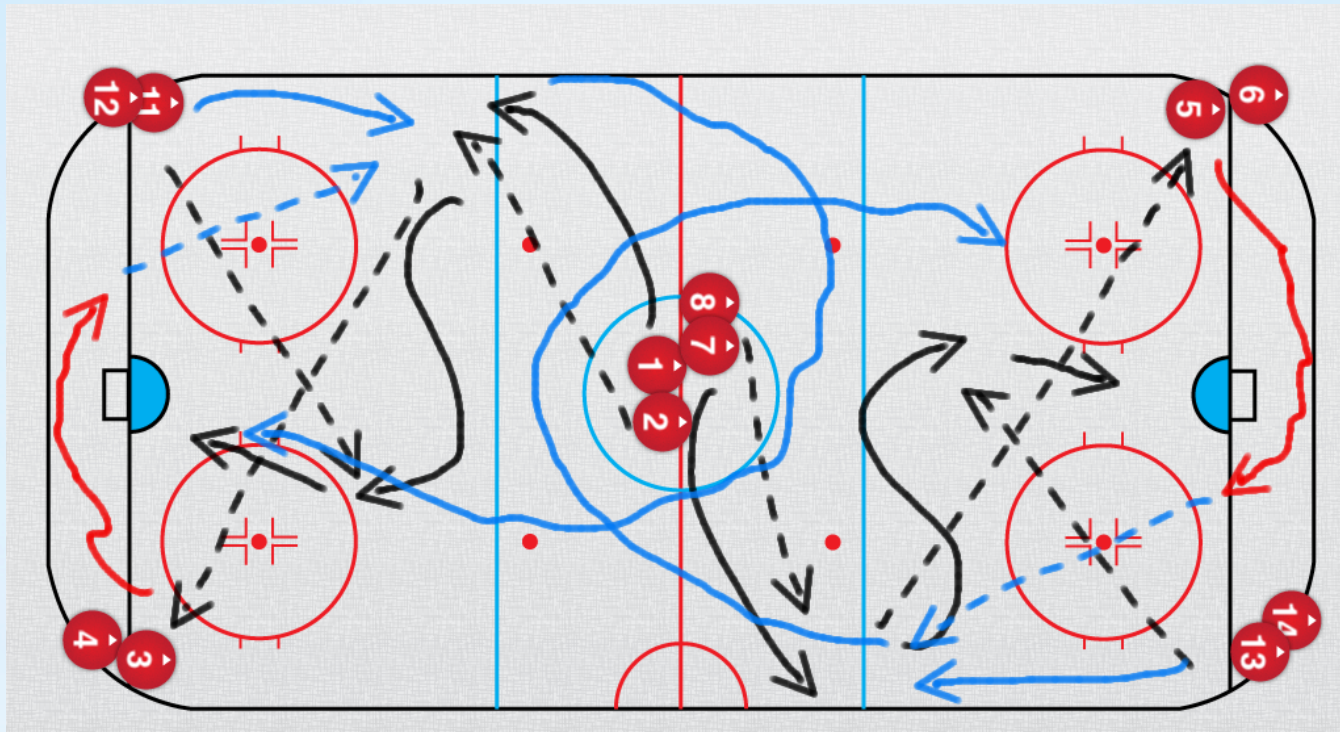
*Timing drill, communication



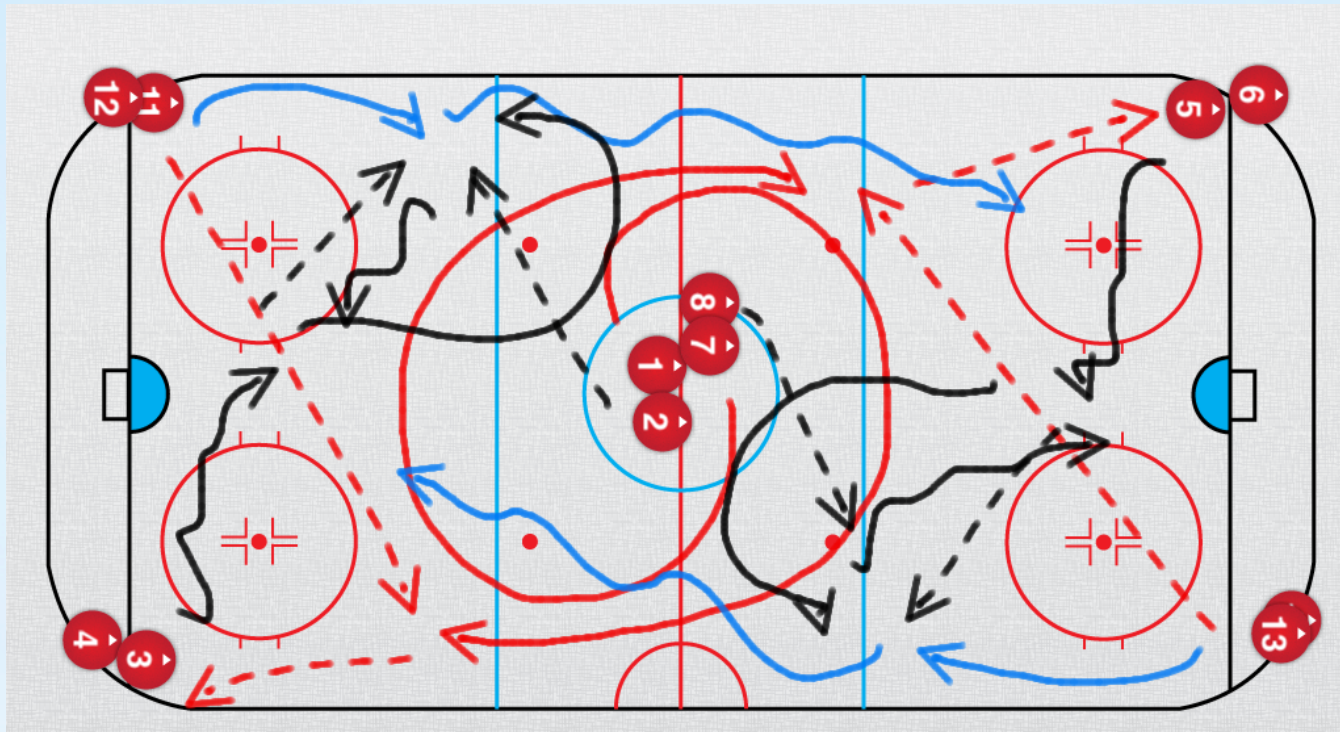
* Skating drill, turn
overs, forwards,
backwards...



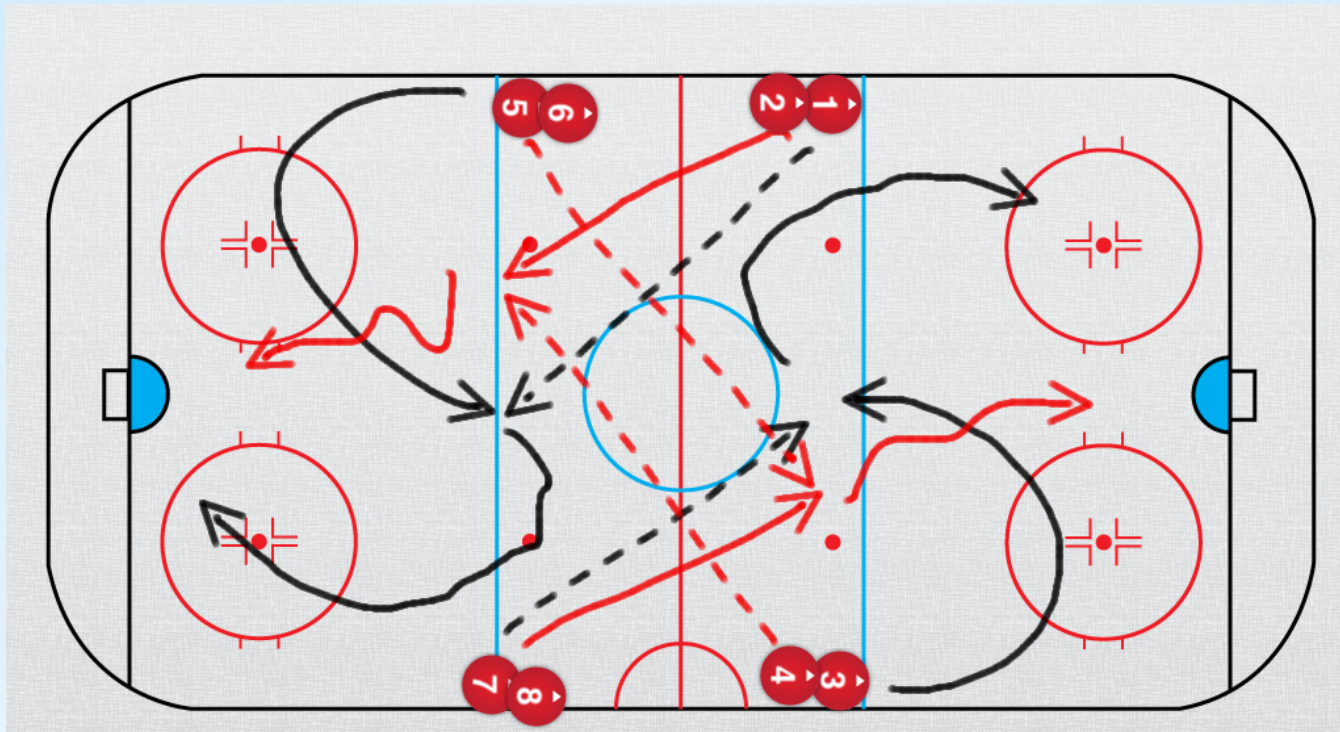
* Difficult version



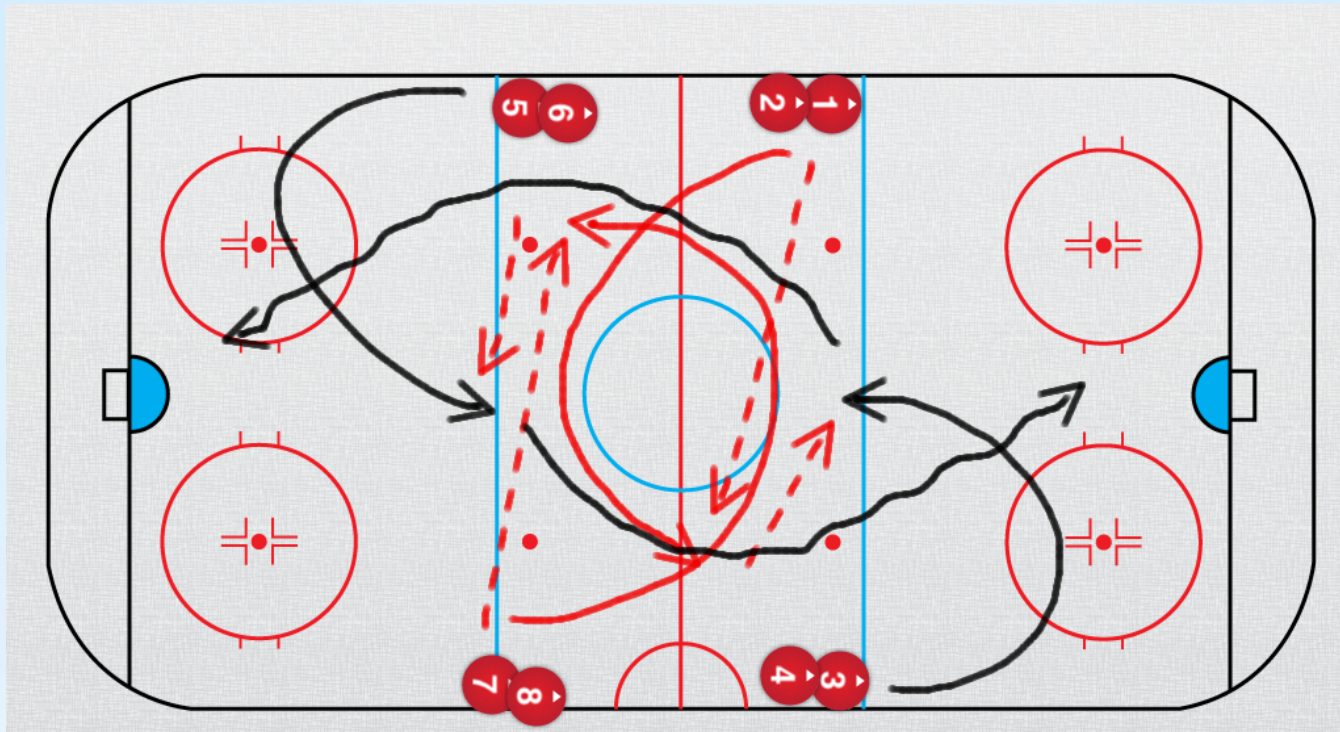
* Difficult version



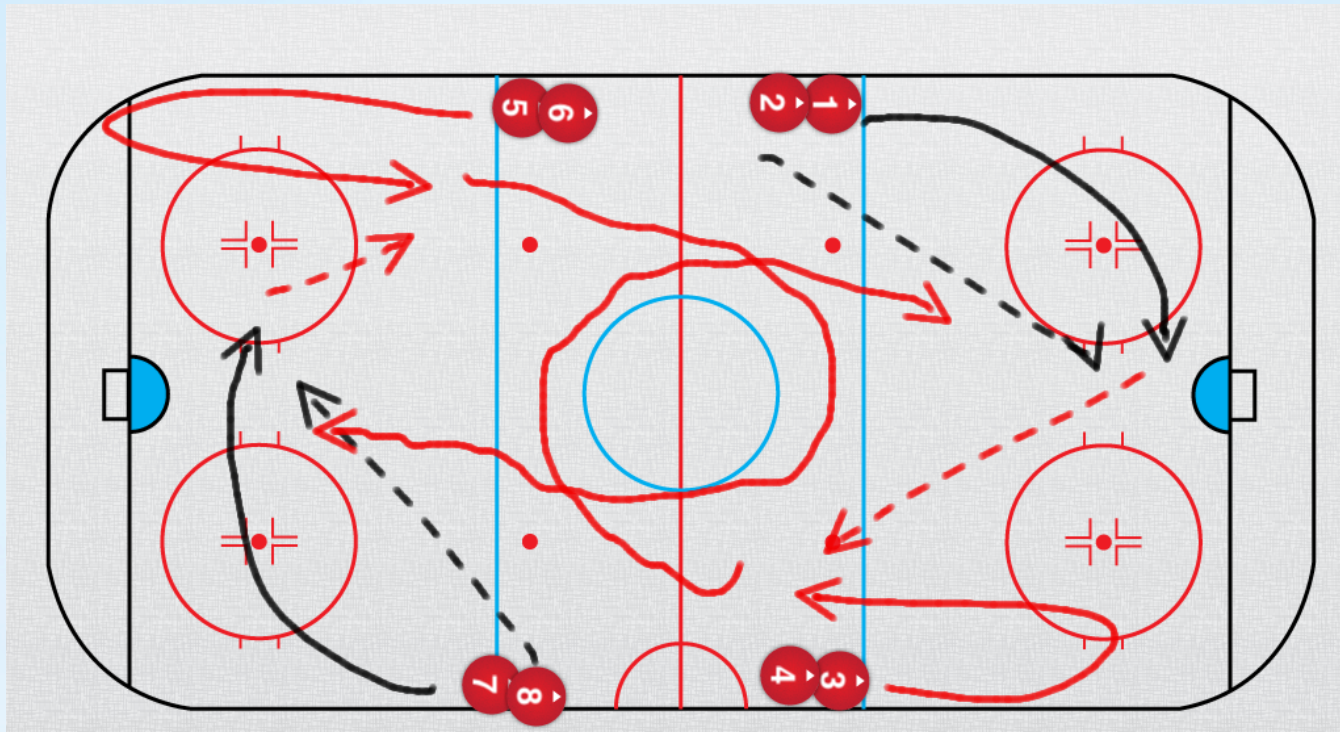
* Started by 1 and 7



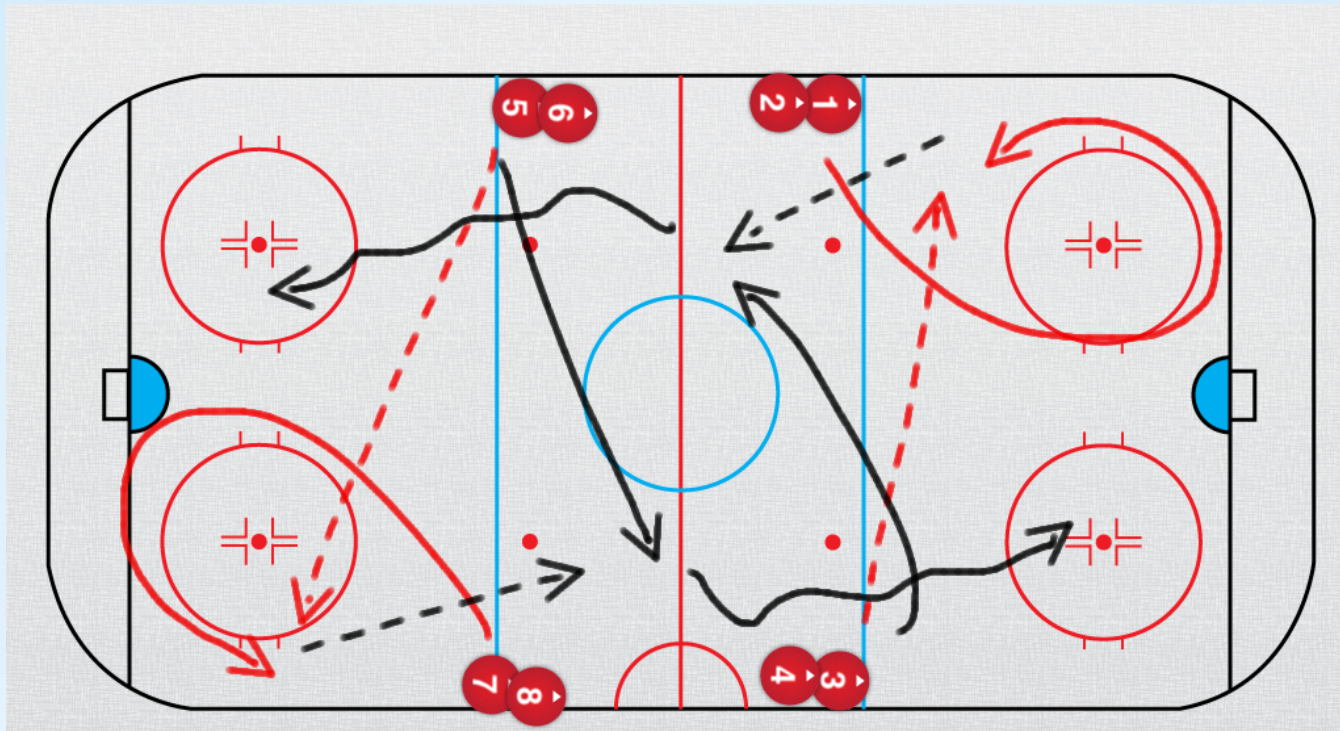
* Started by 5 and 3



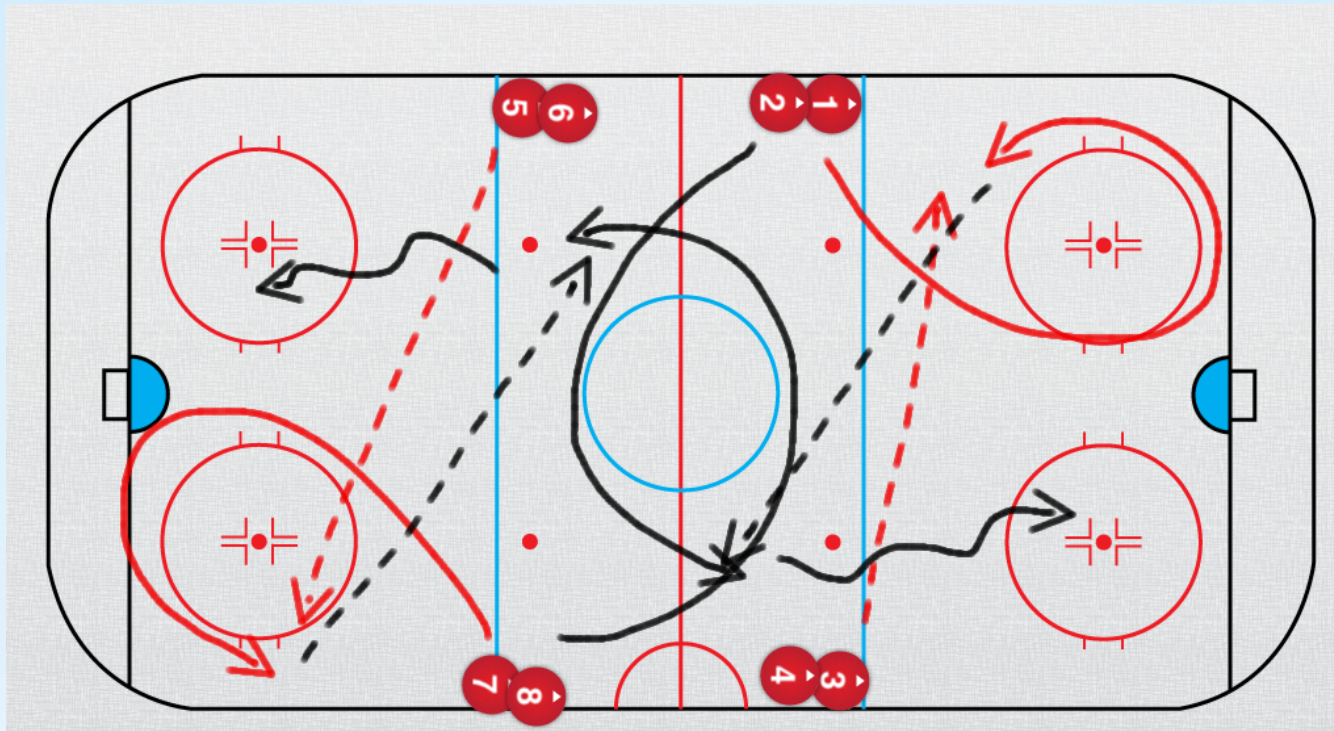
* Started by 7 and one,
passes on 5 and 3



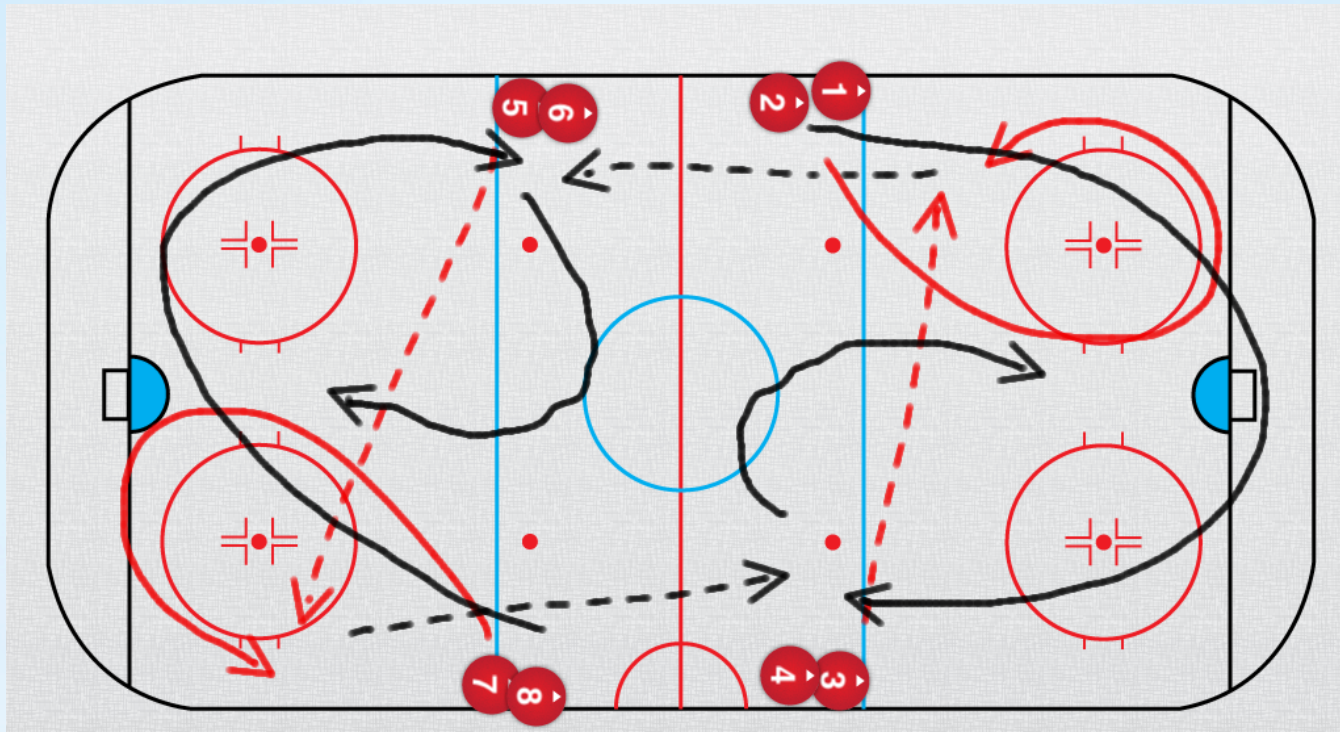
*Timing and skating



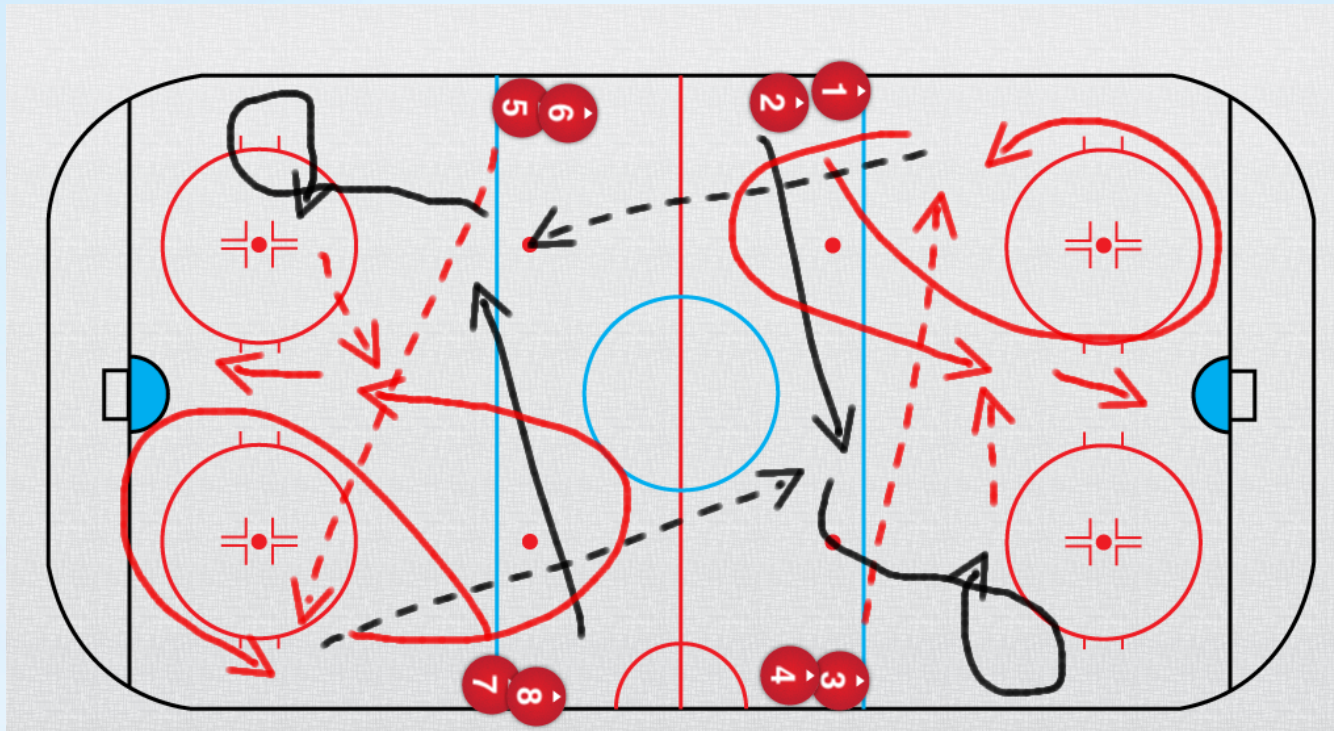
*Timing drill



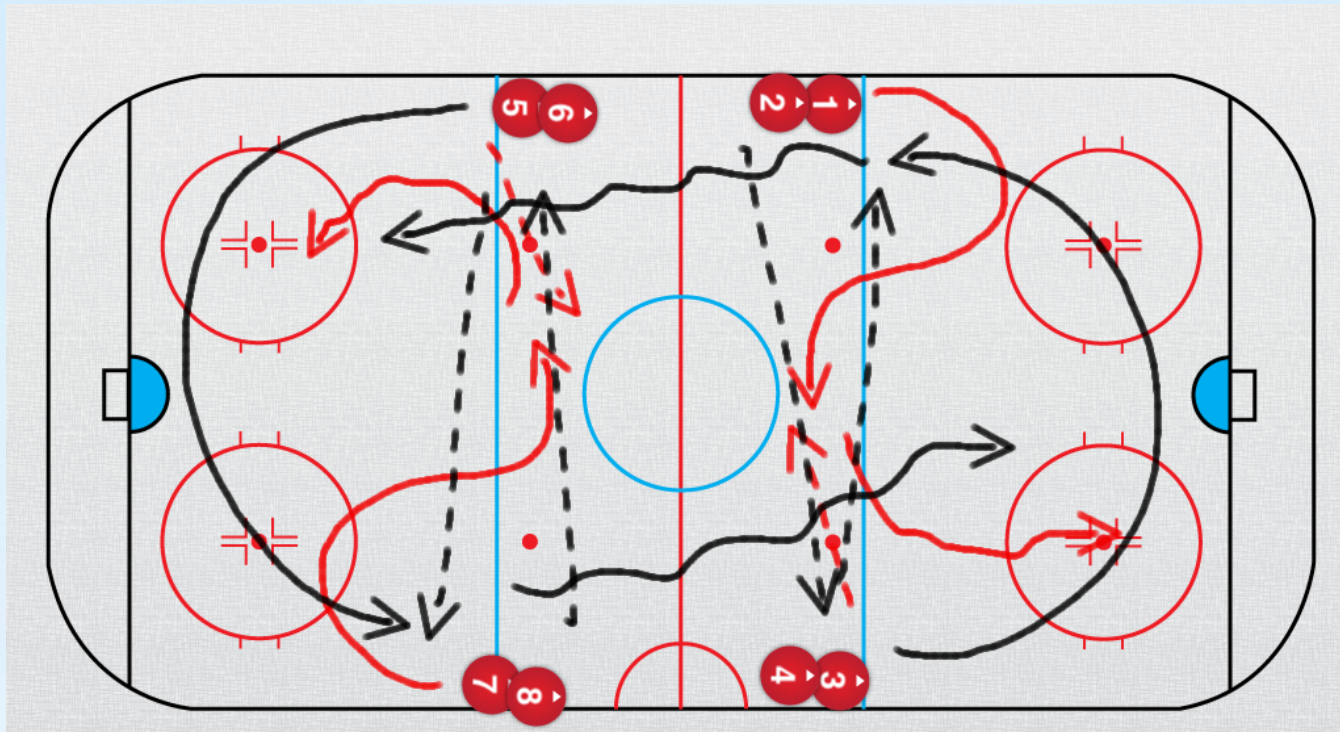
* Started by 7 and 1,
timing



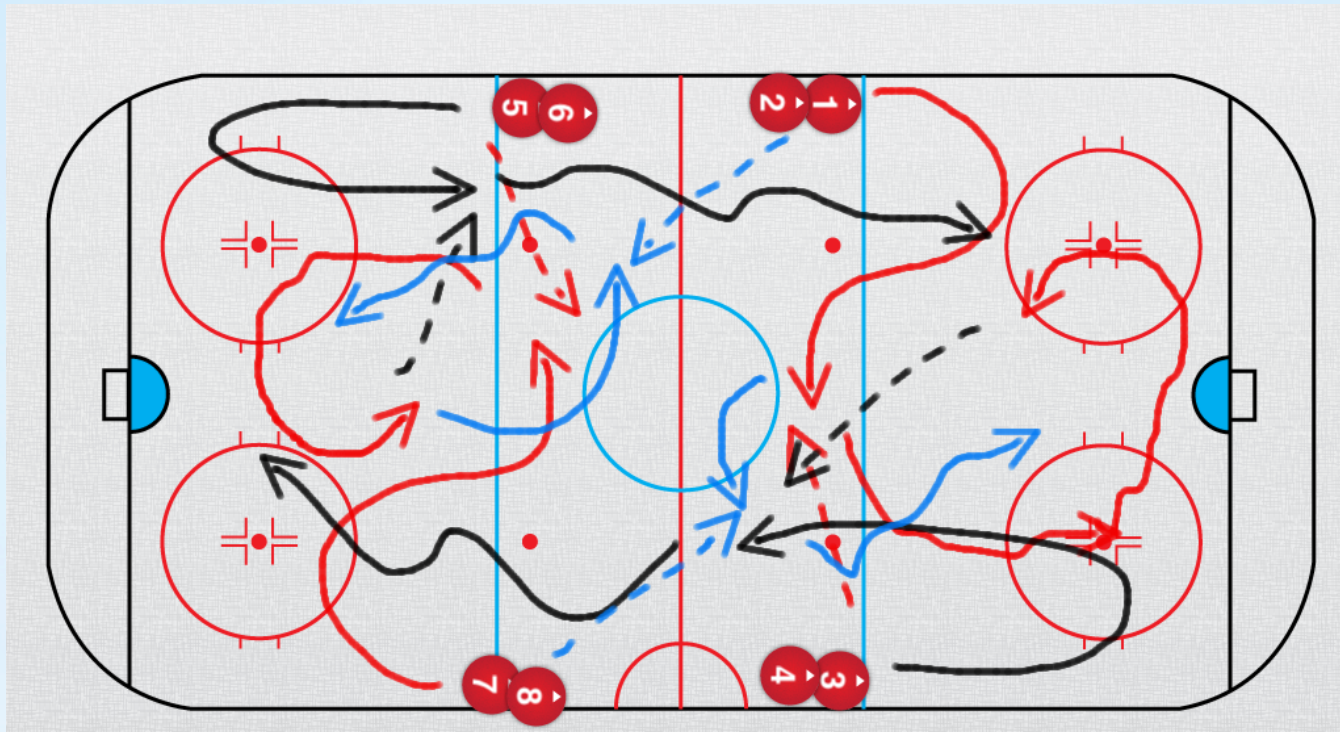
* Started by 7 and 1,
timing from 8 and 2



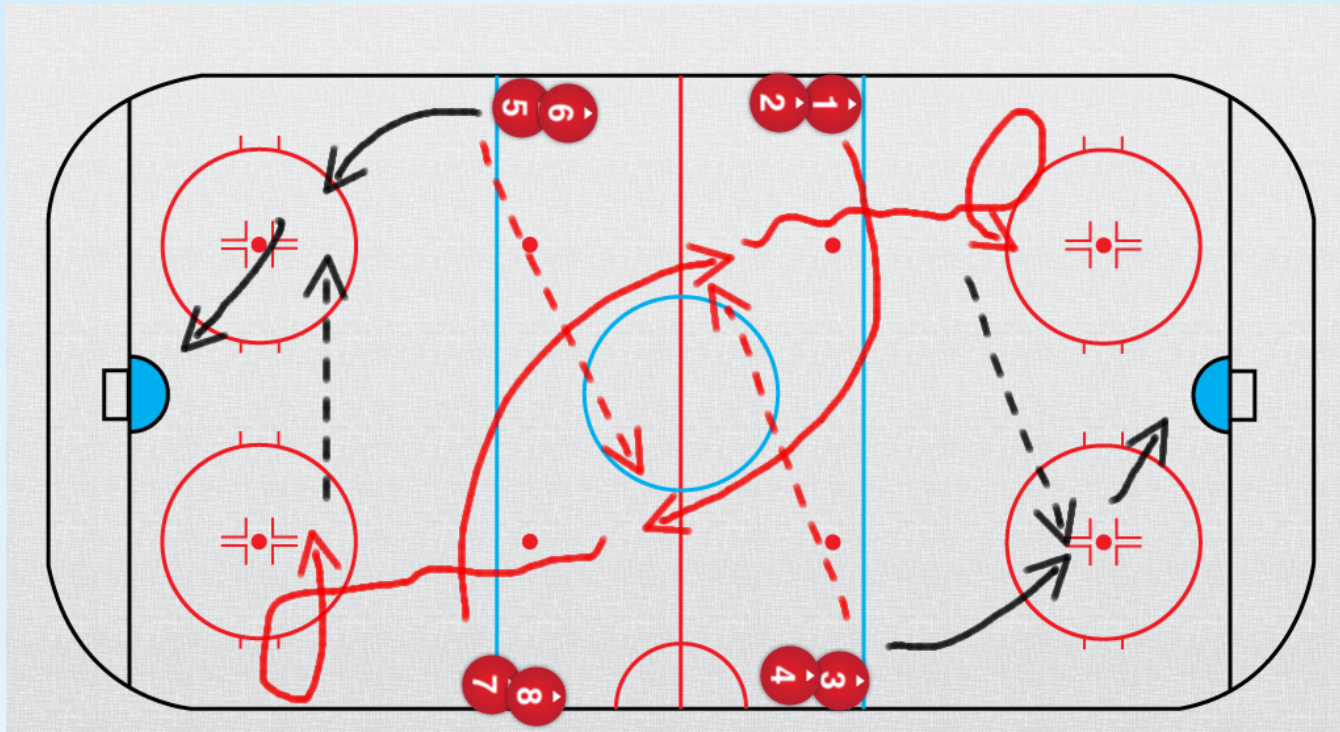
* Difficult version



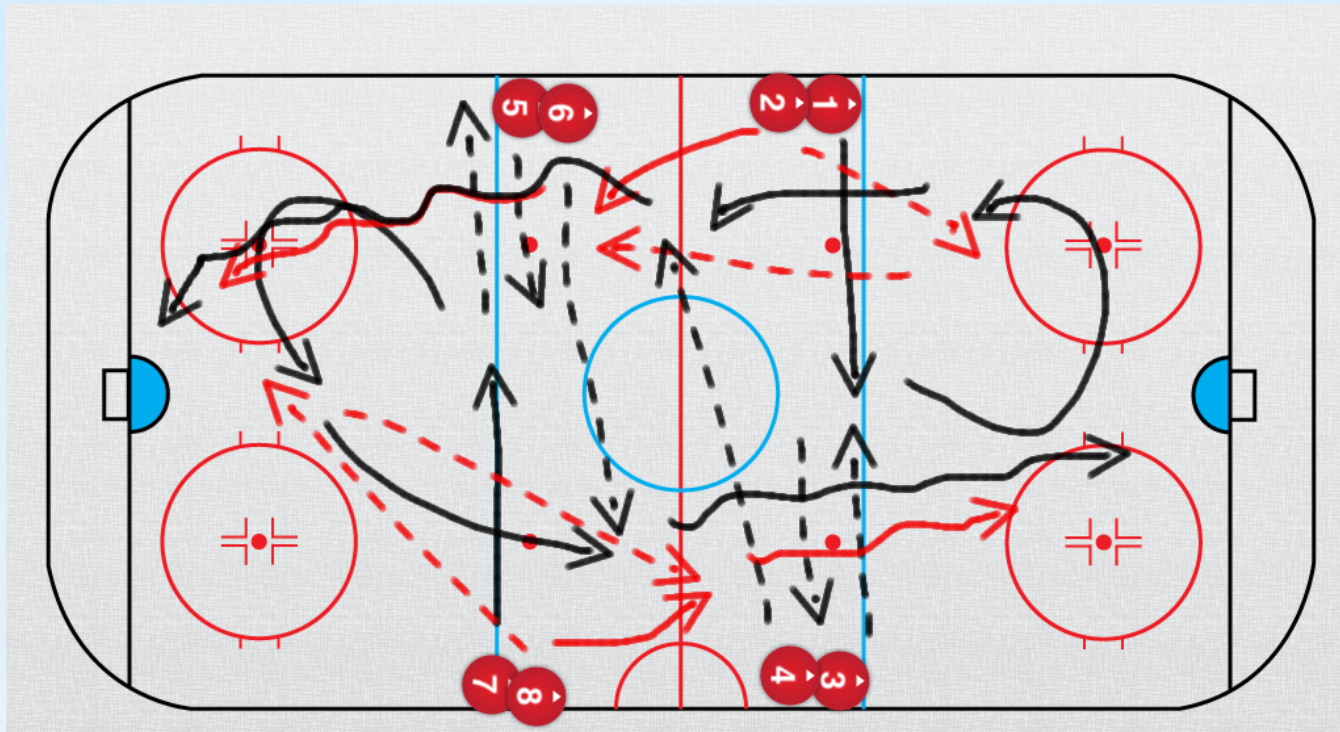
* Started by 1 and 7



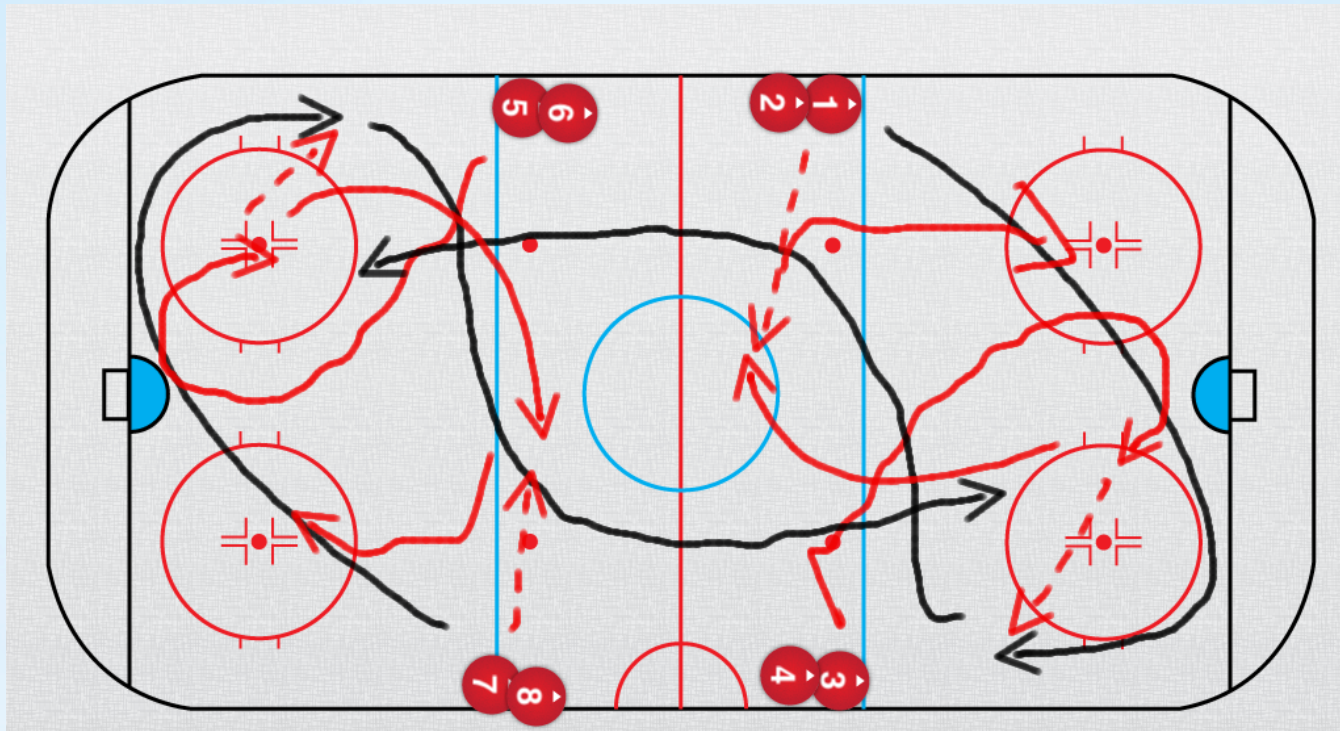
* Difficult version,
started by 7 and 1



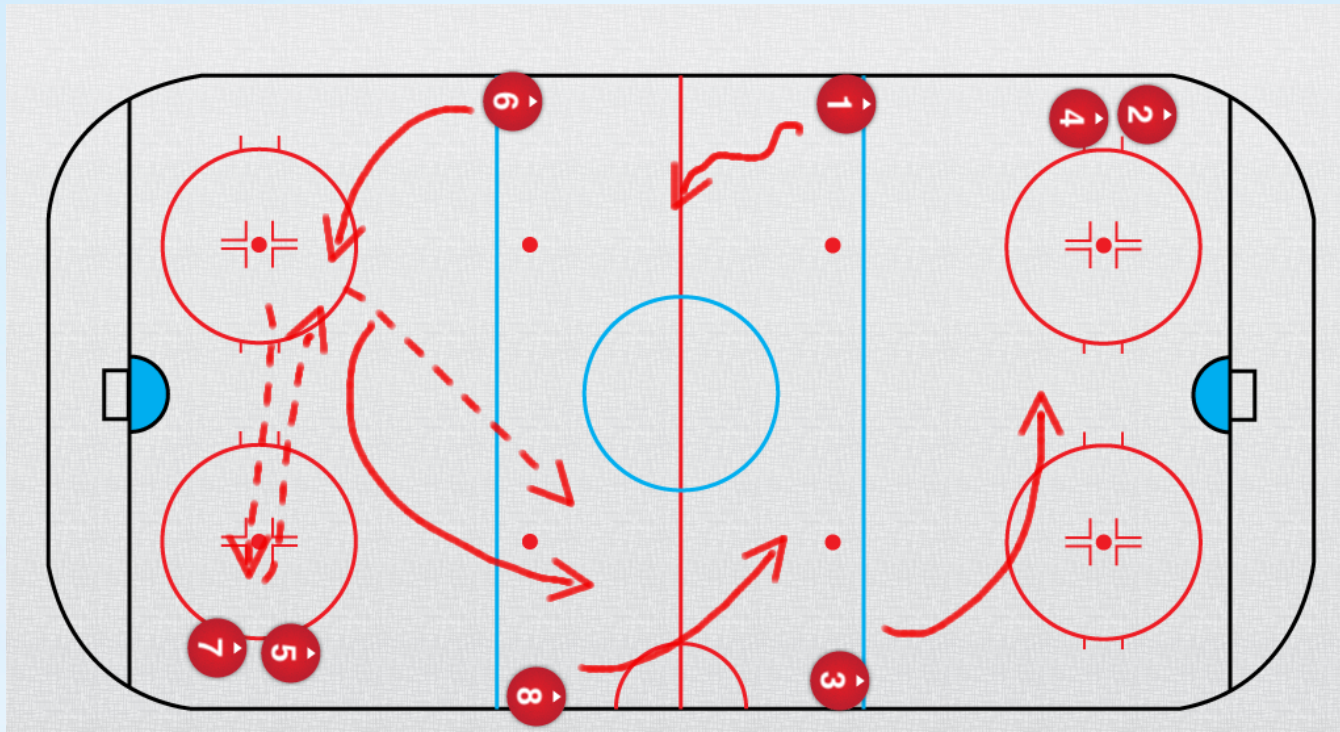
* Easy key-points



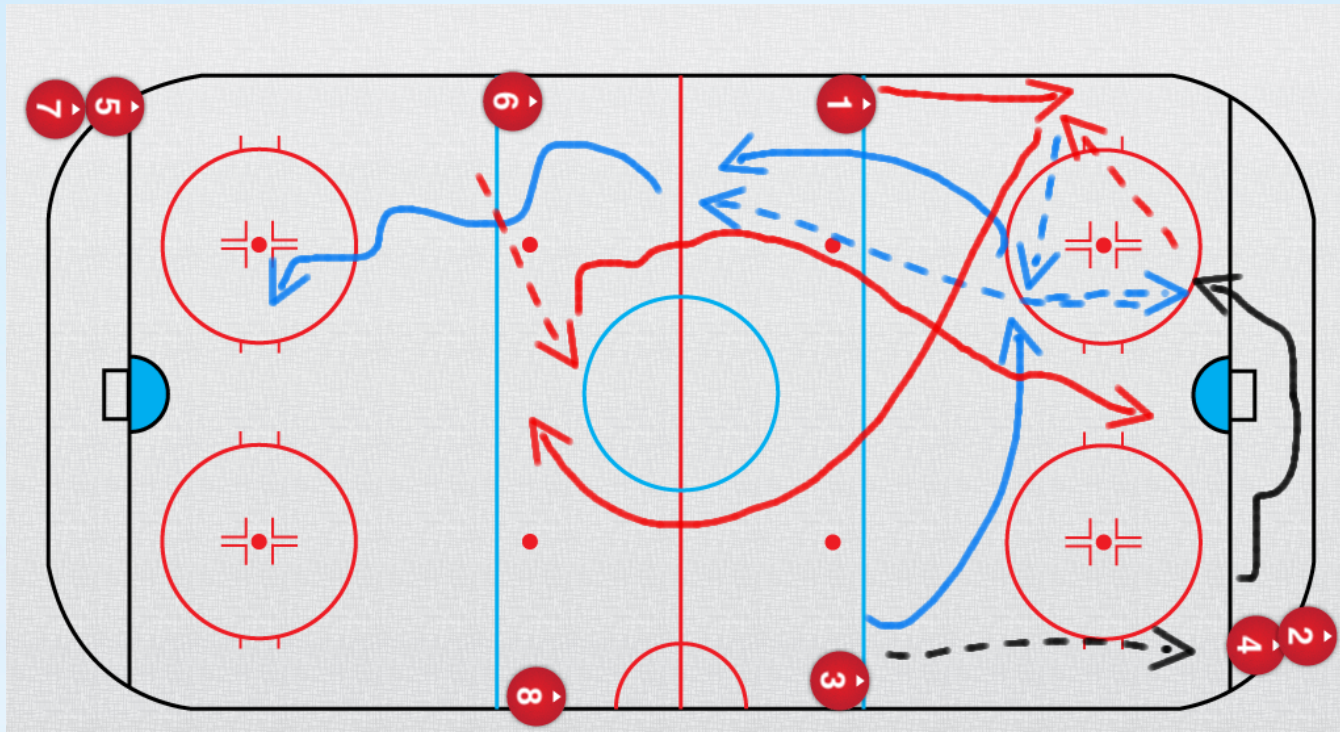
* Started by 7 and 1
with double passing



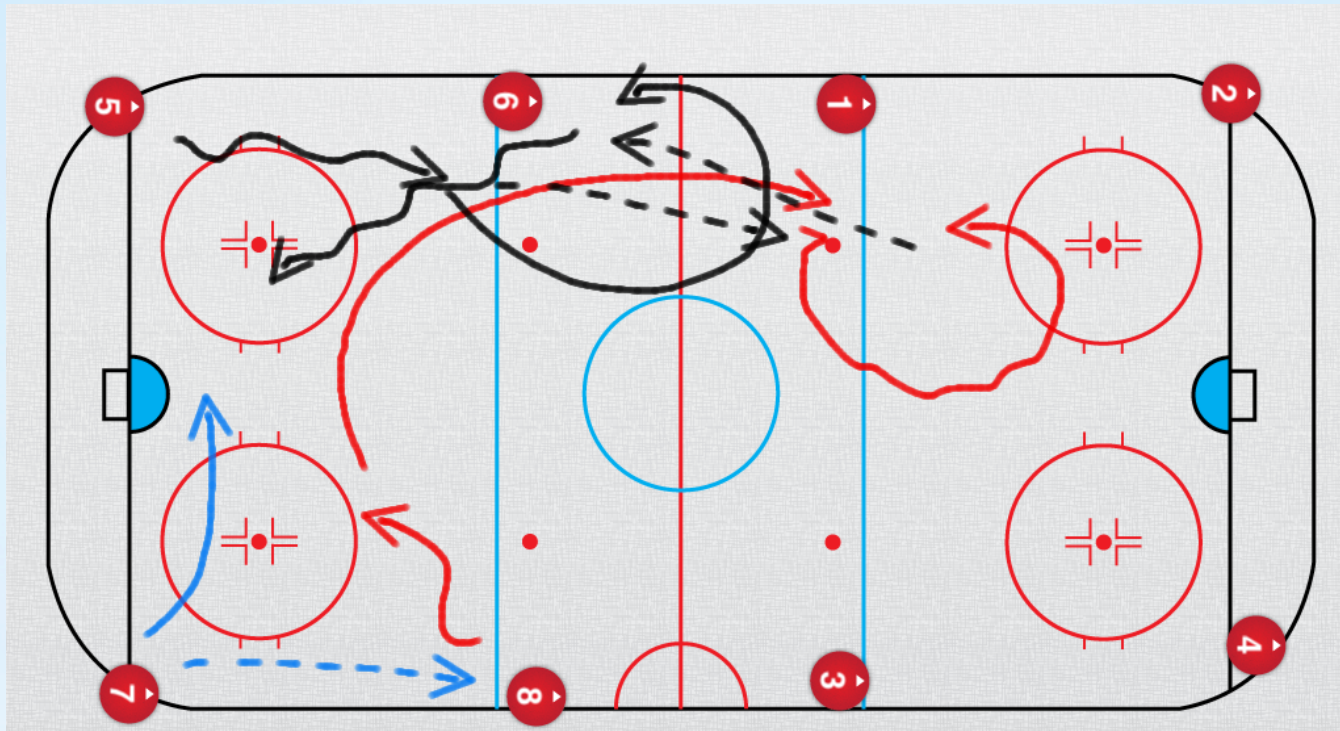
* Skating boys drill, timing



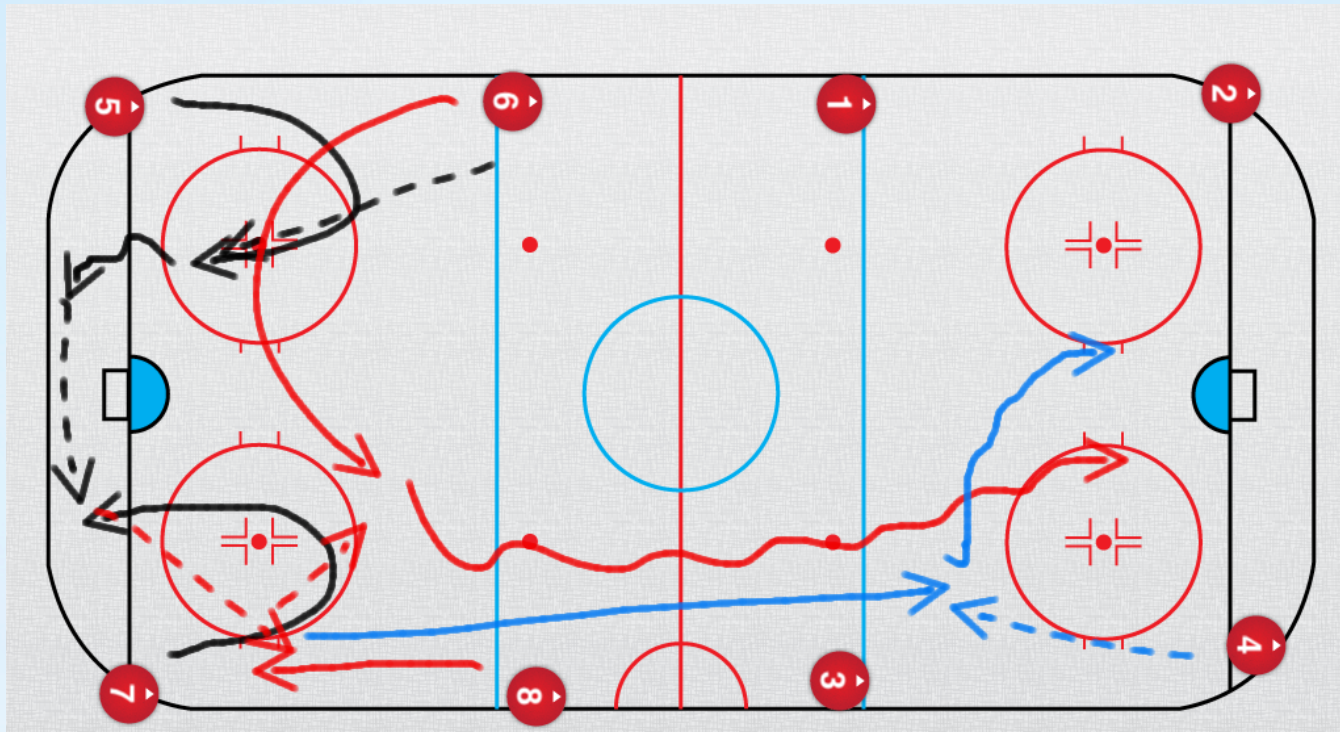
* Double nightmare,
very physical



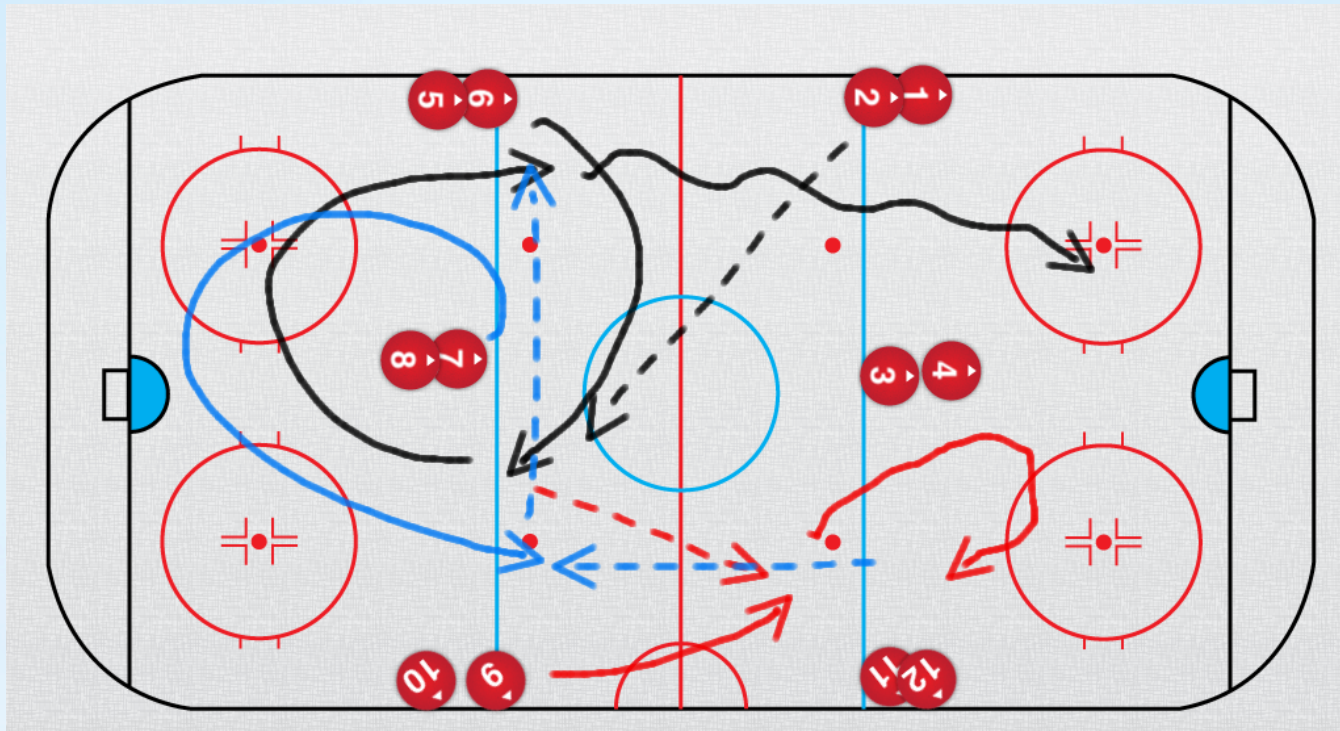
*Timing drill



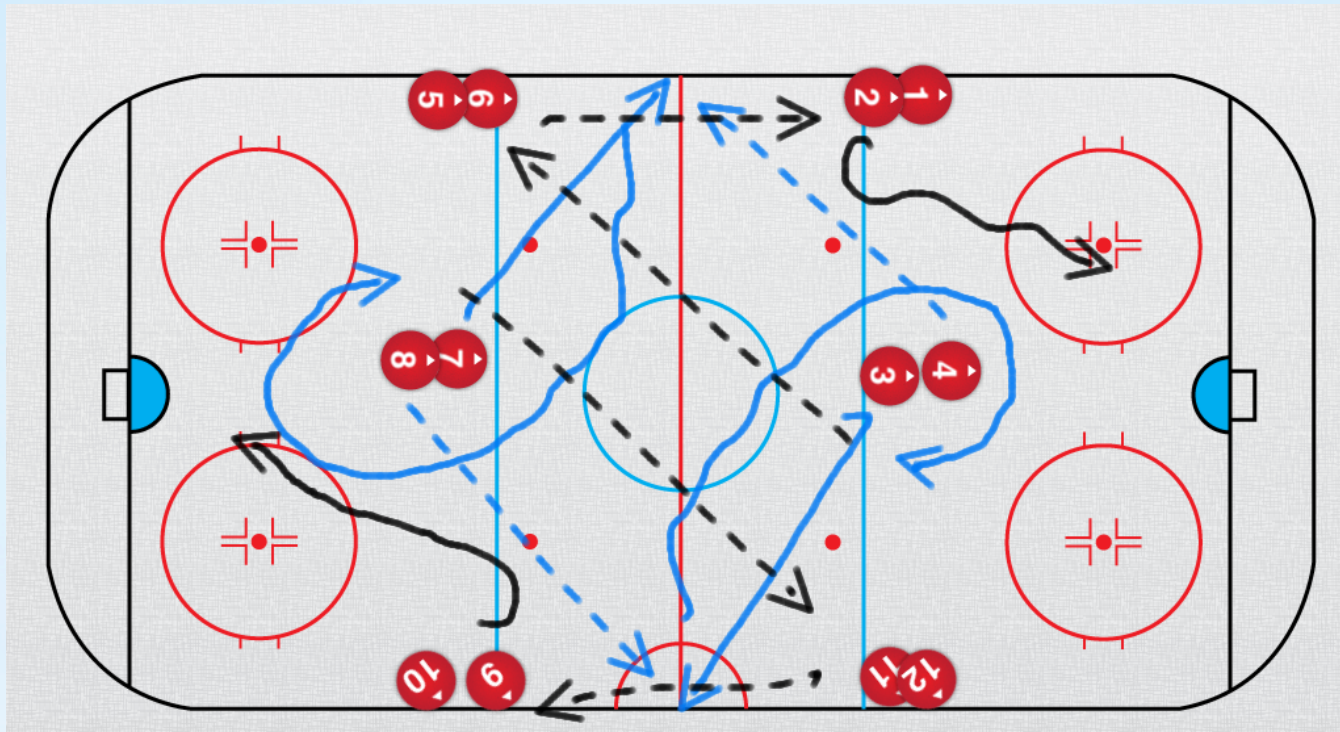
*Timing drill



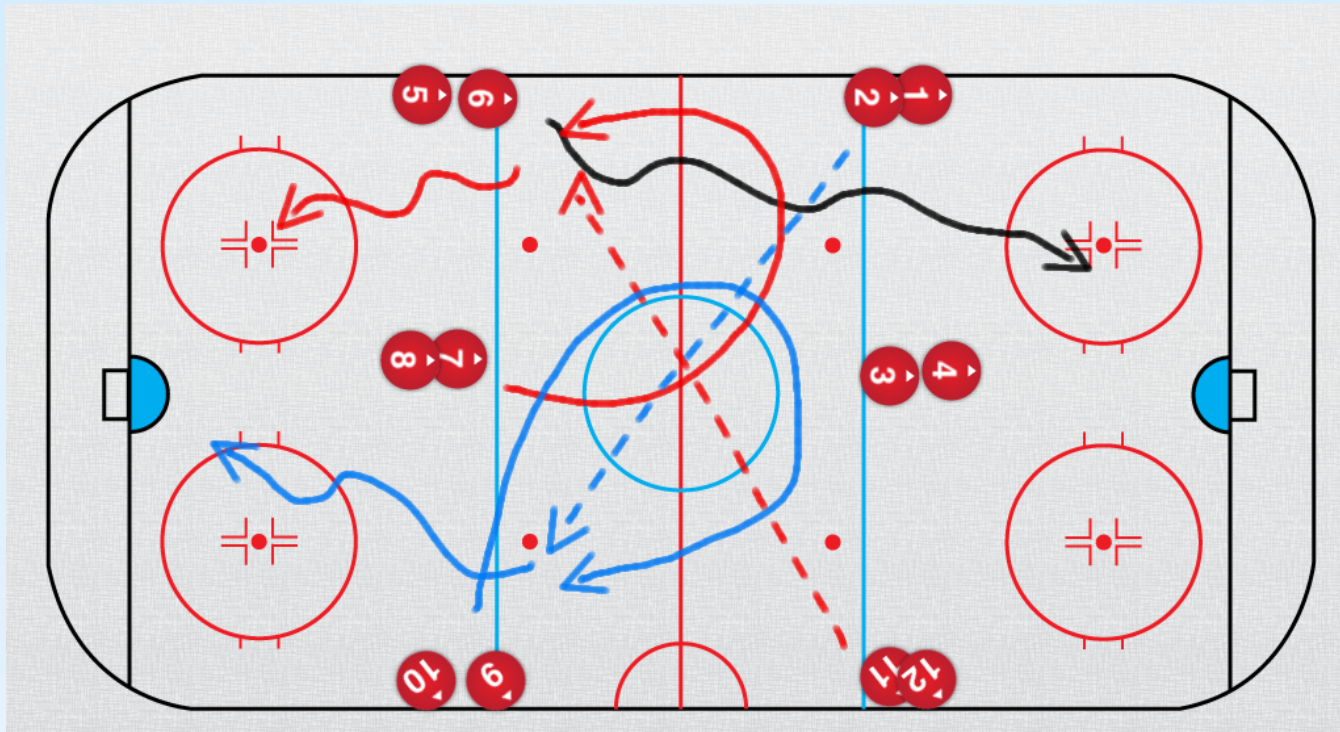
* B-out drill



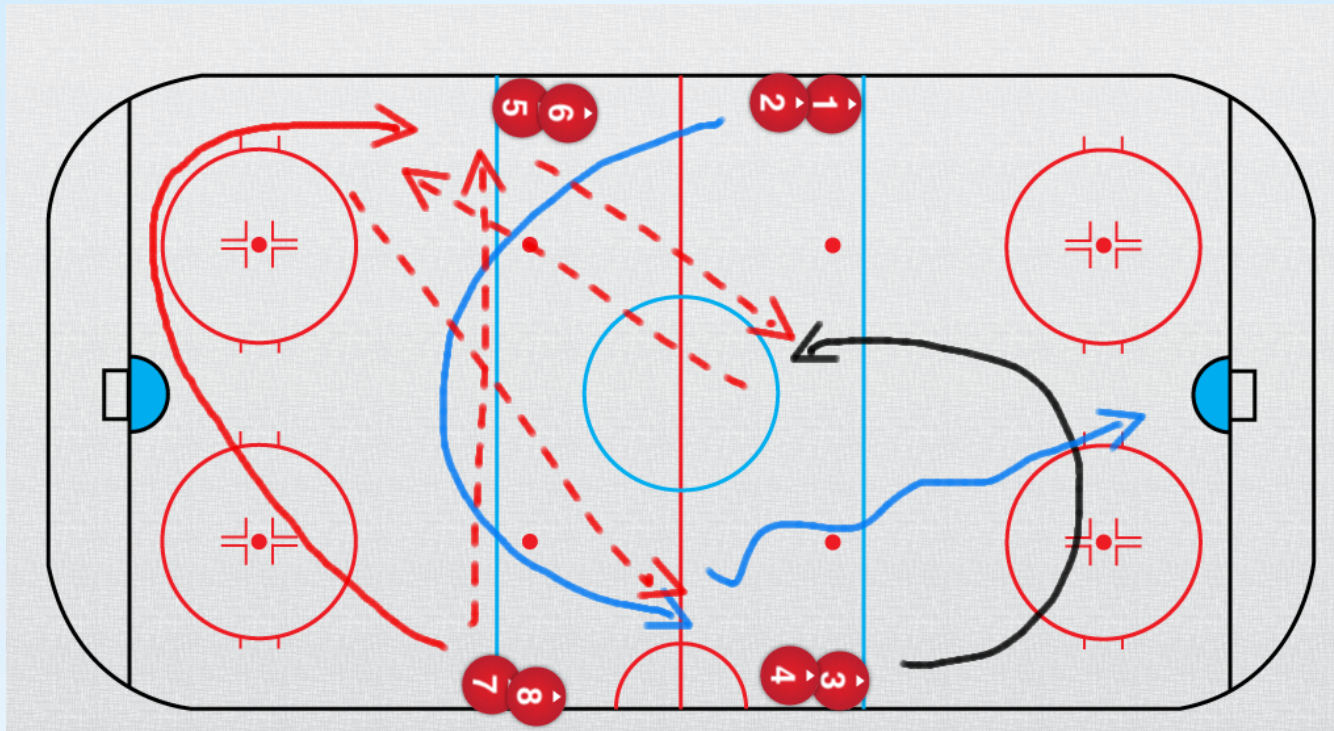
*Timing drill



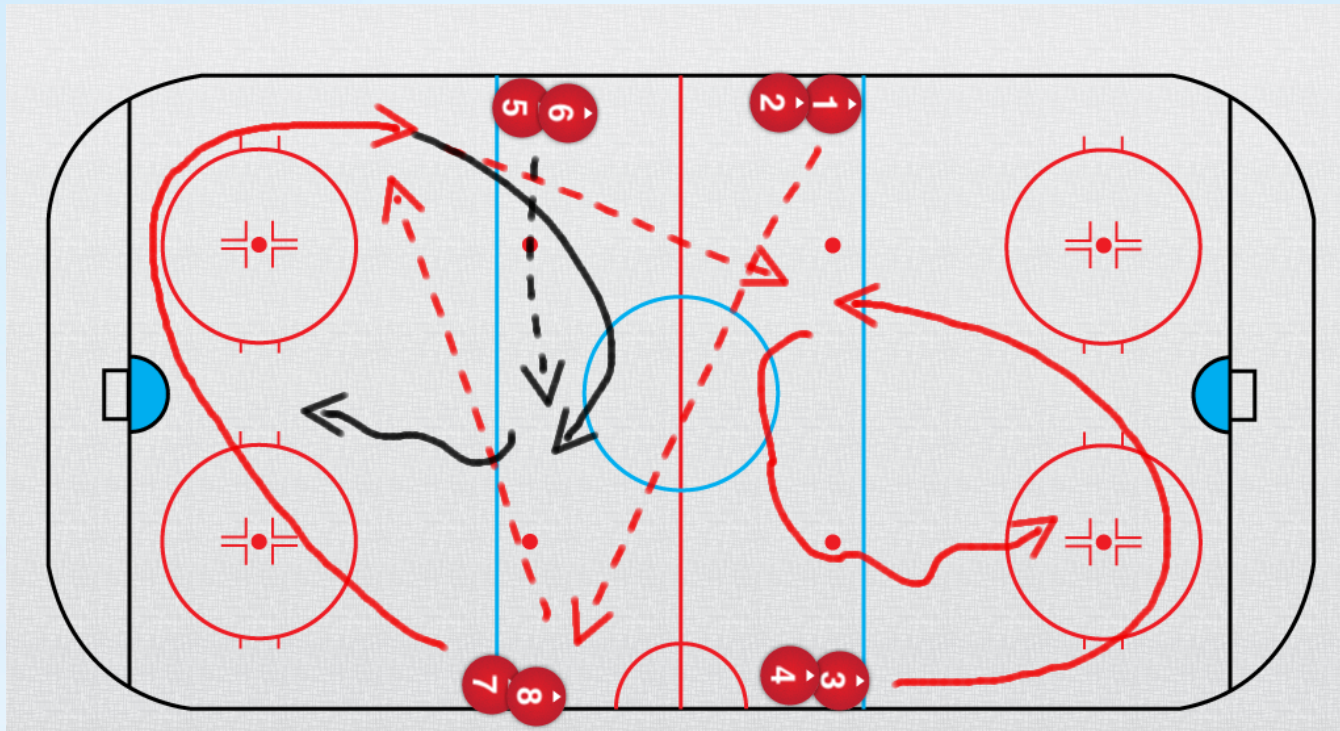
* Passing dream,
started by 7 and 3



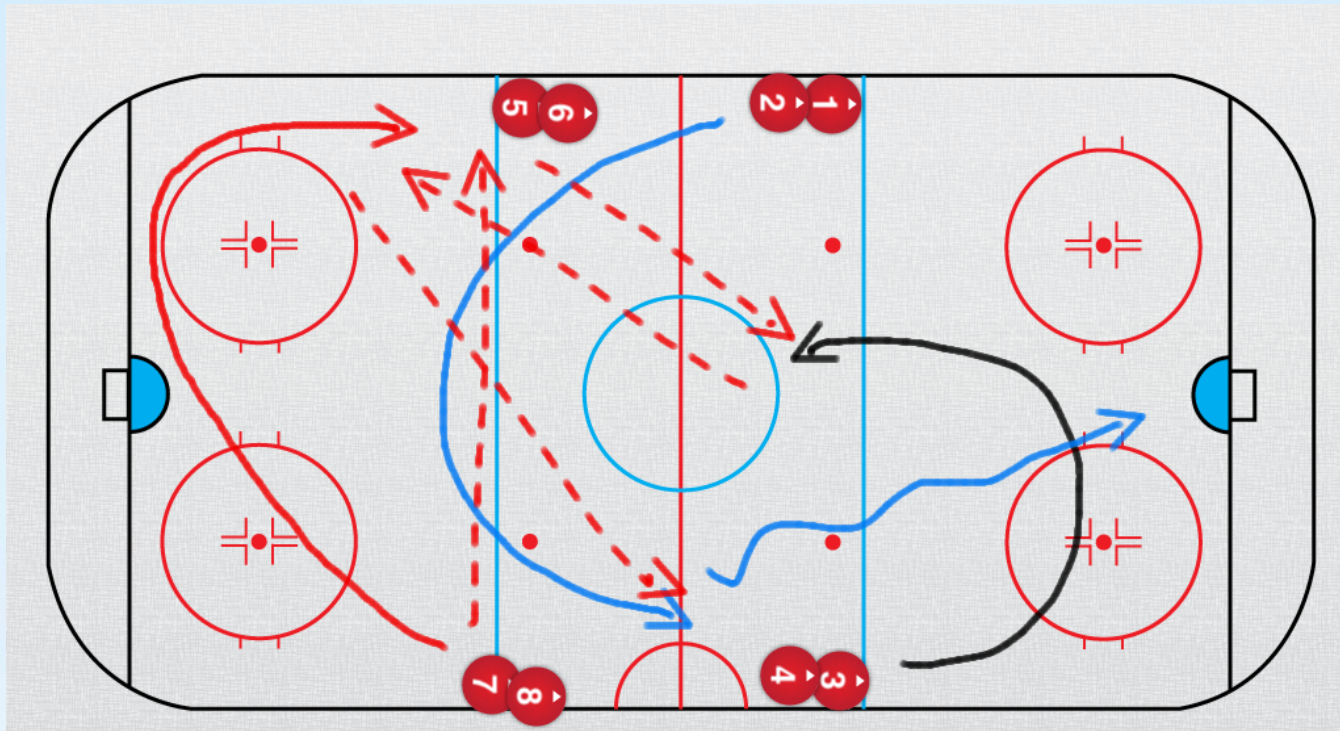
* Shooting drill, first Nr 6., than 7. and 9



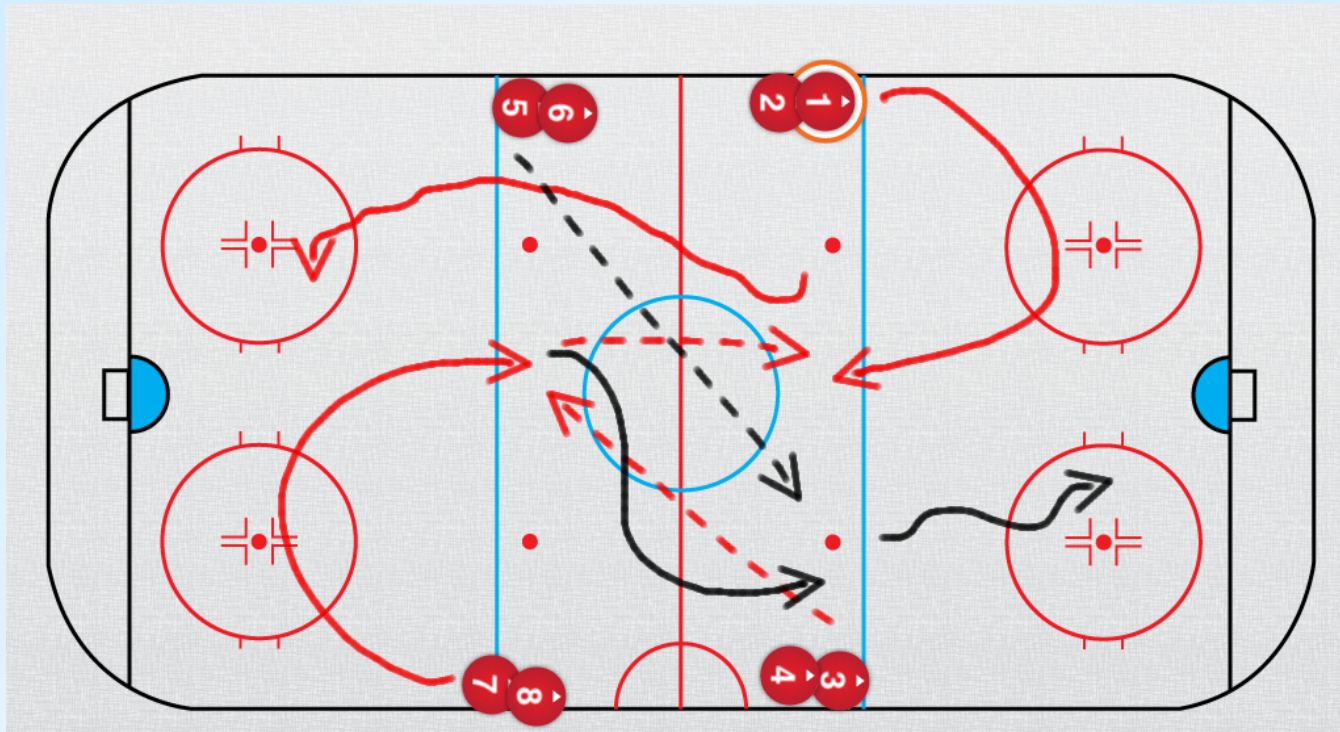
*Timing drill



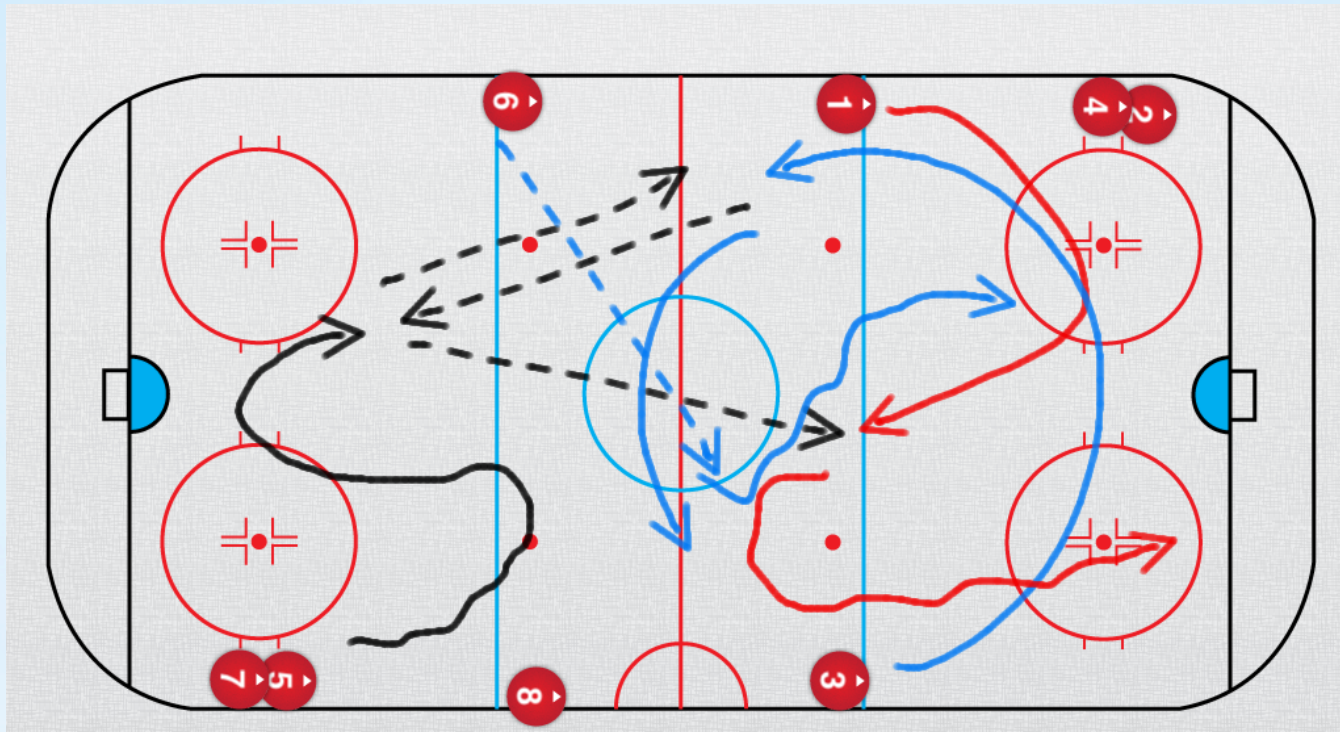
*Timing drill



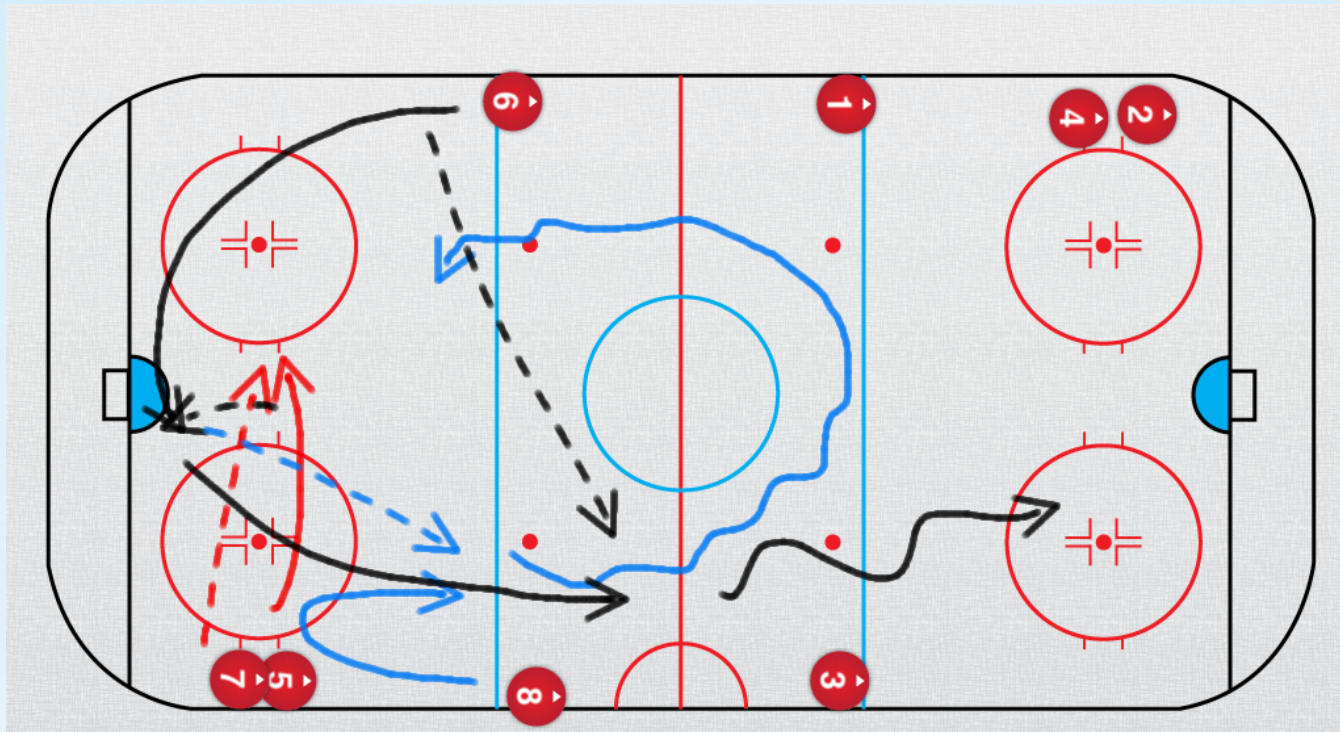
*Timing drill



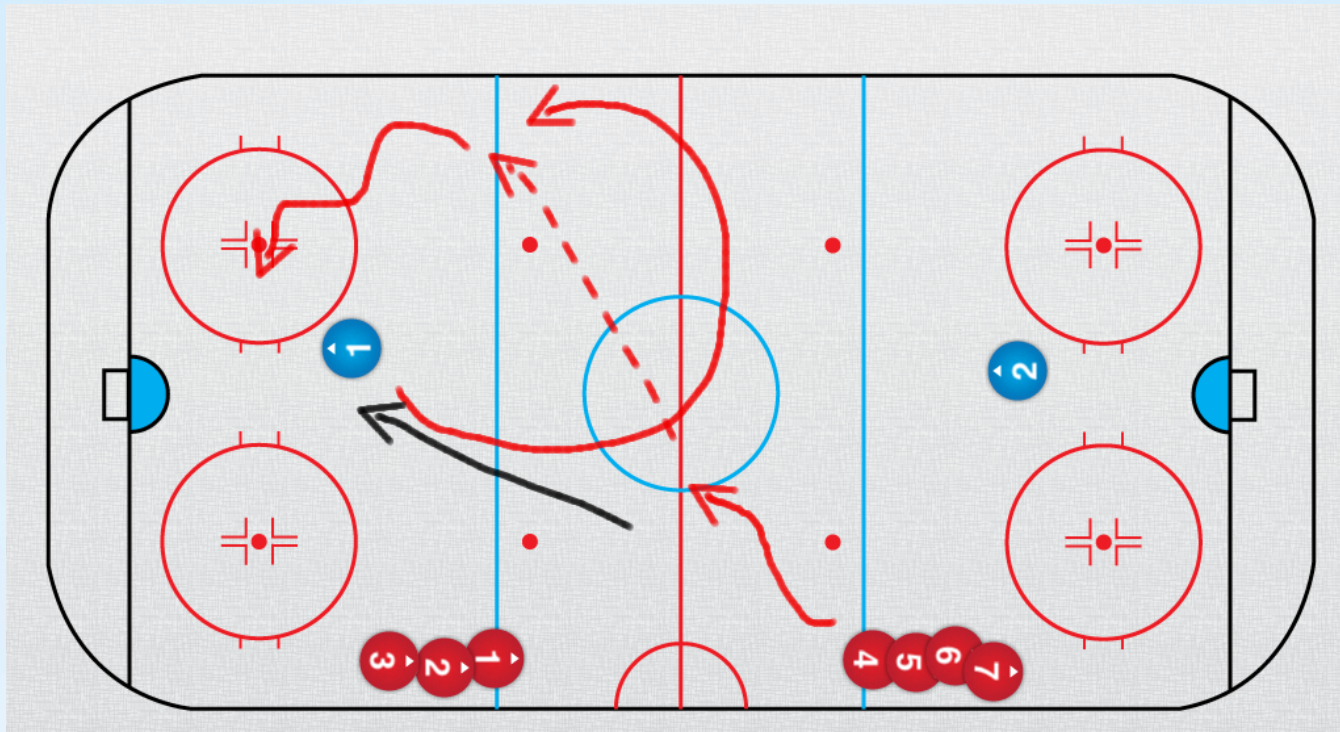
*Timing drill, started
by 7 and 1 at the
same time



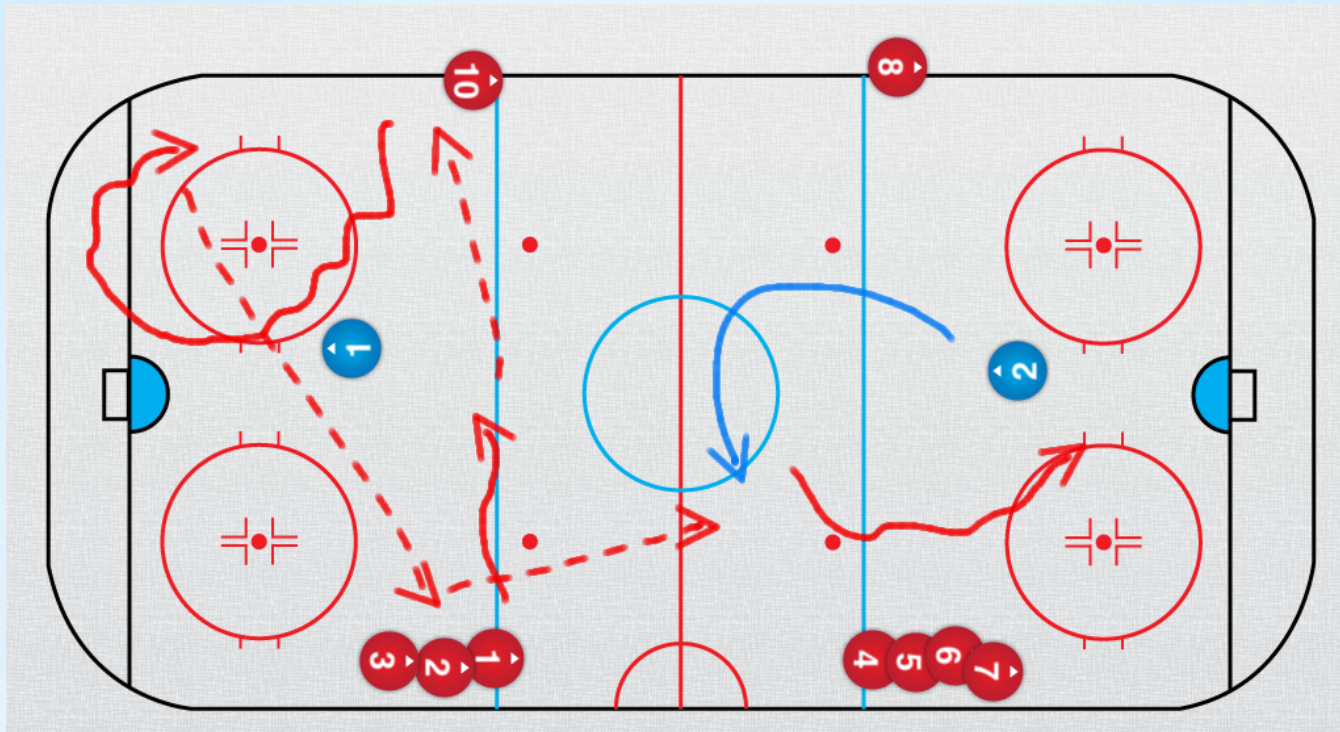
*Timing drill, started
 by 5, double pass with
 3 and then pass to 1



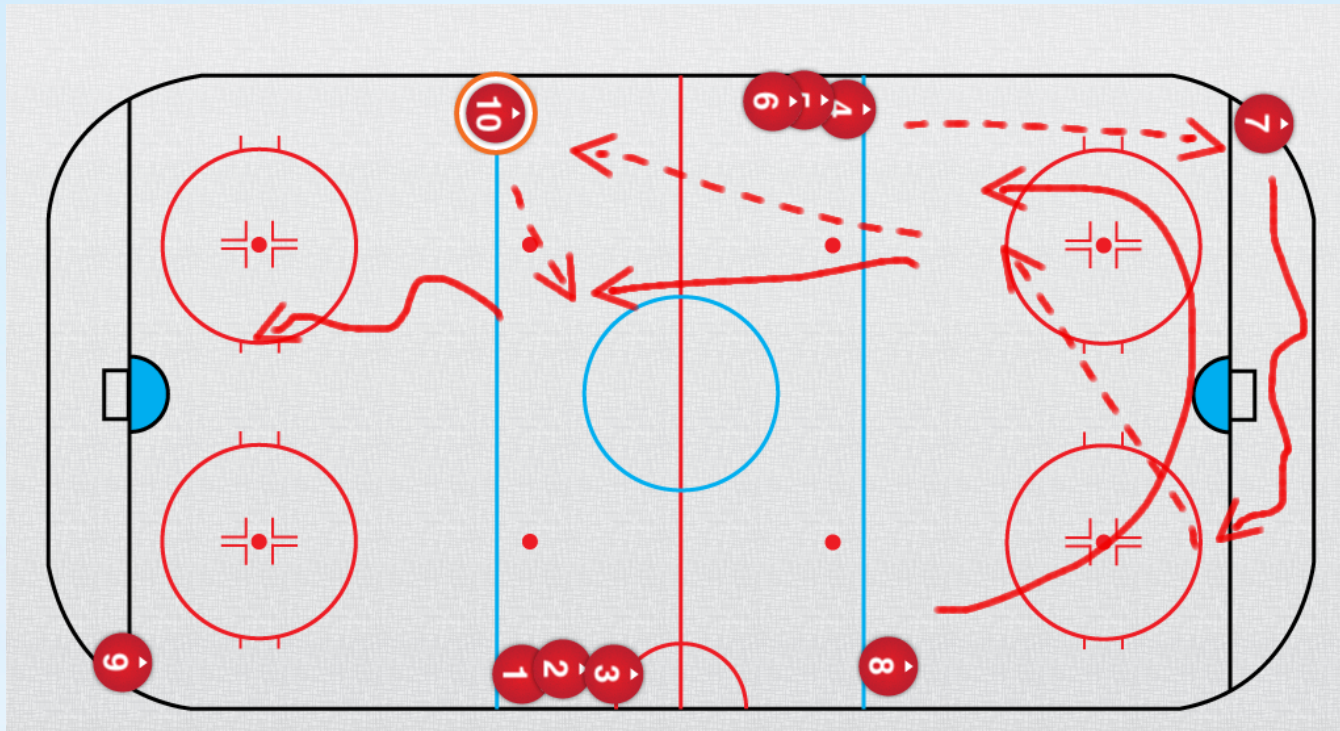
* B-out drill with reverse pass



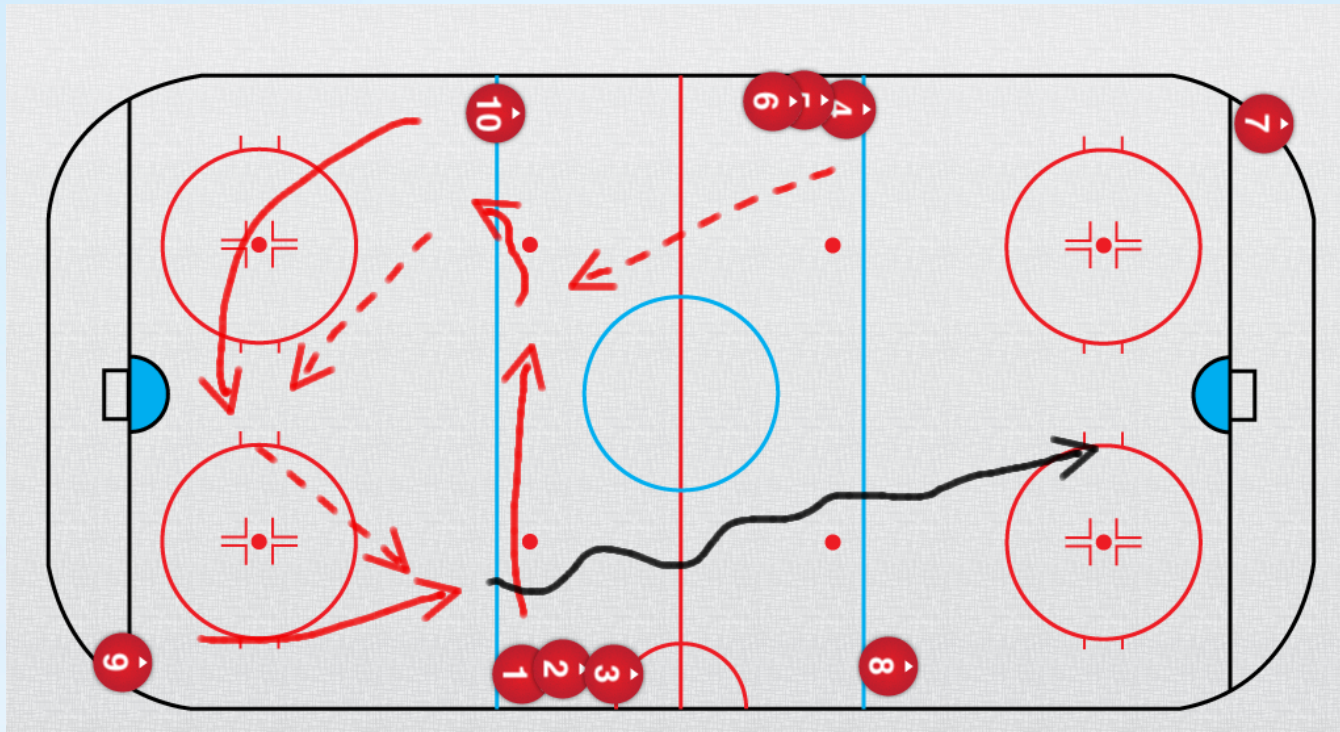
* B-out drill, 4 plays to
1 and goes on his
position



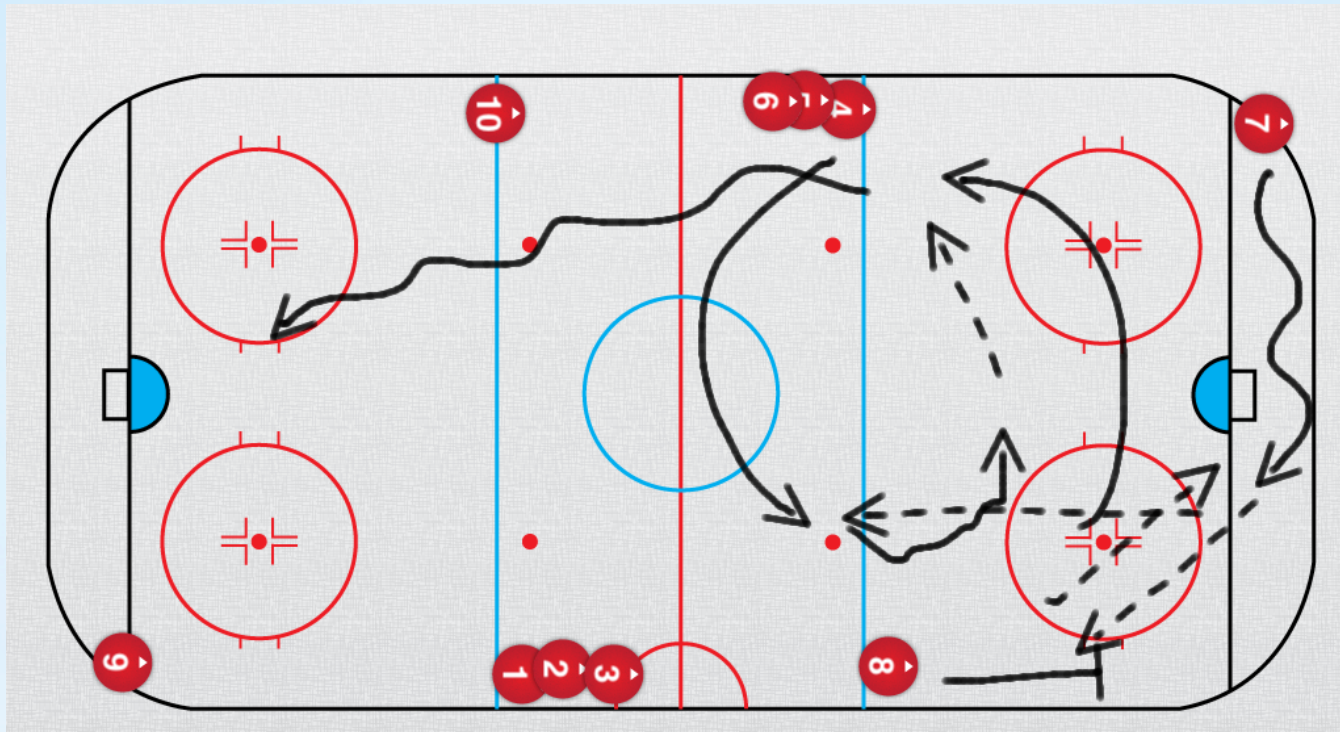
* 1 on 10, 10 on 2 and
2 plays on blue 2



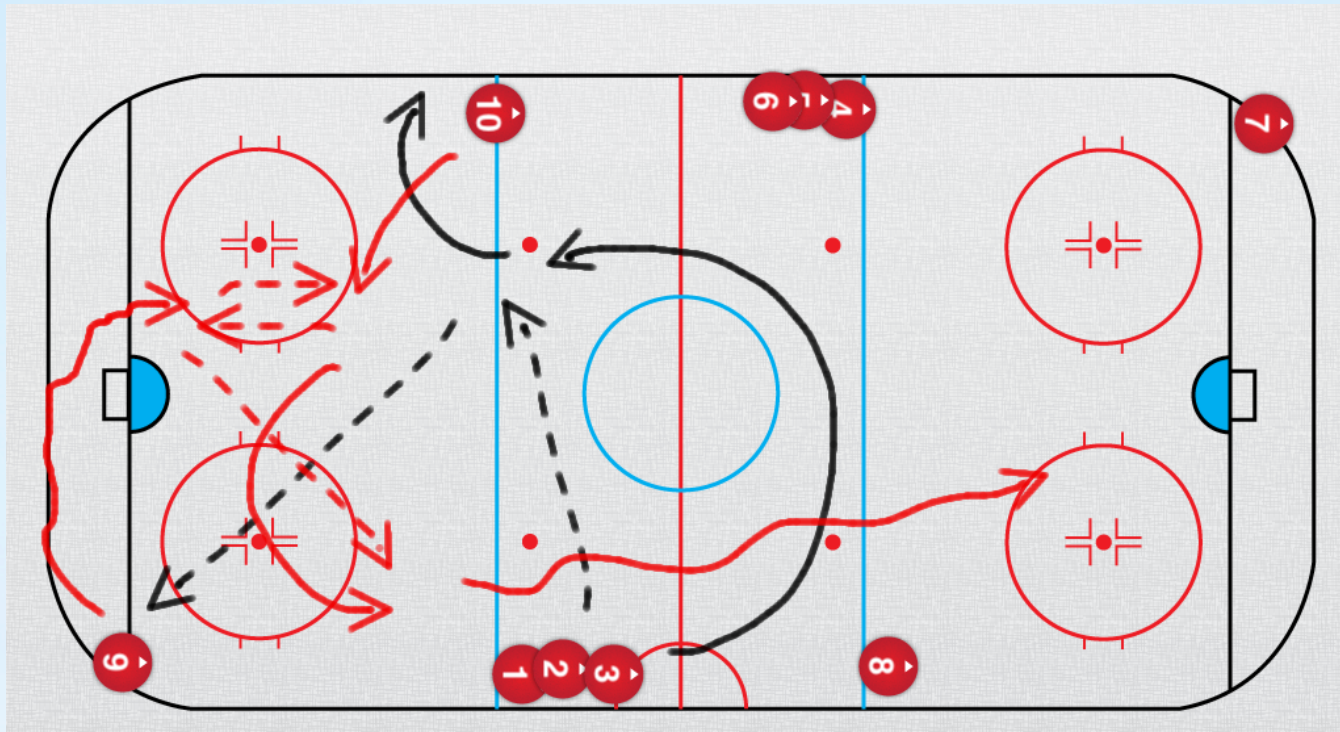
* B-out drill



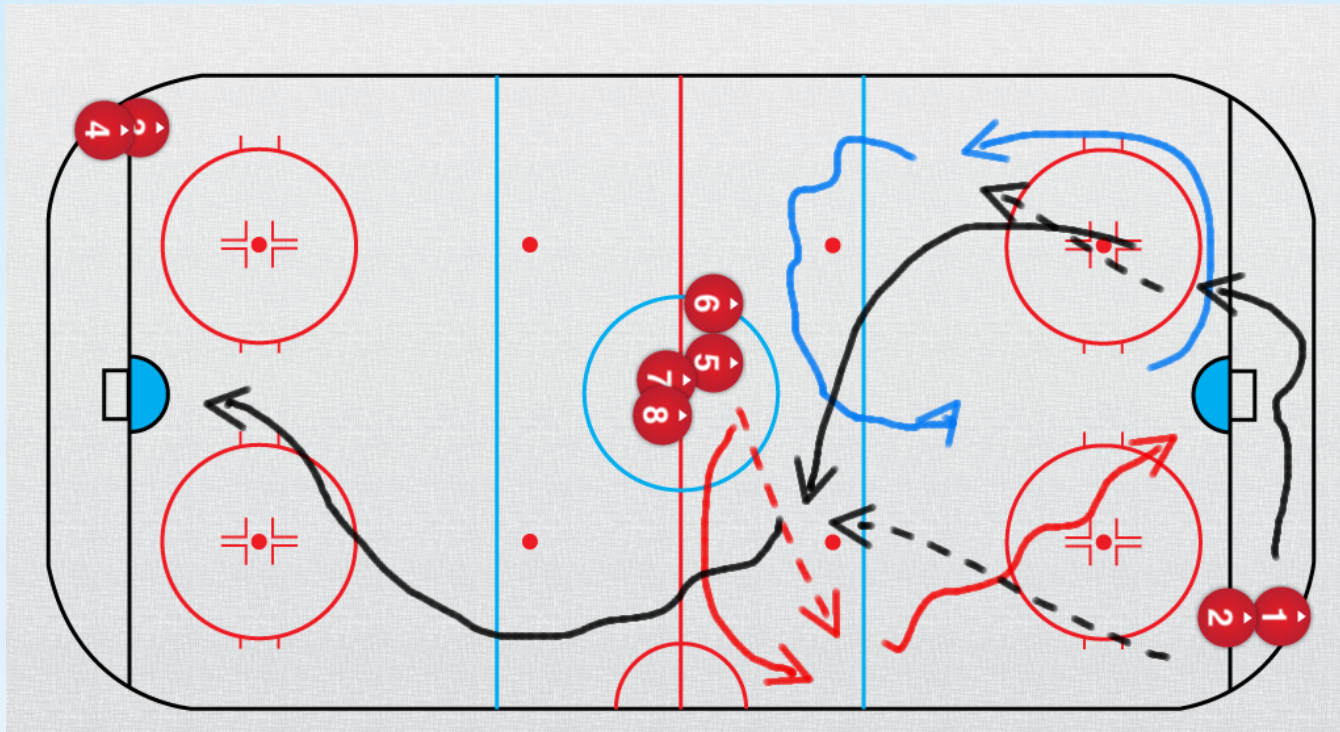
*Timing B-out drill



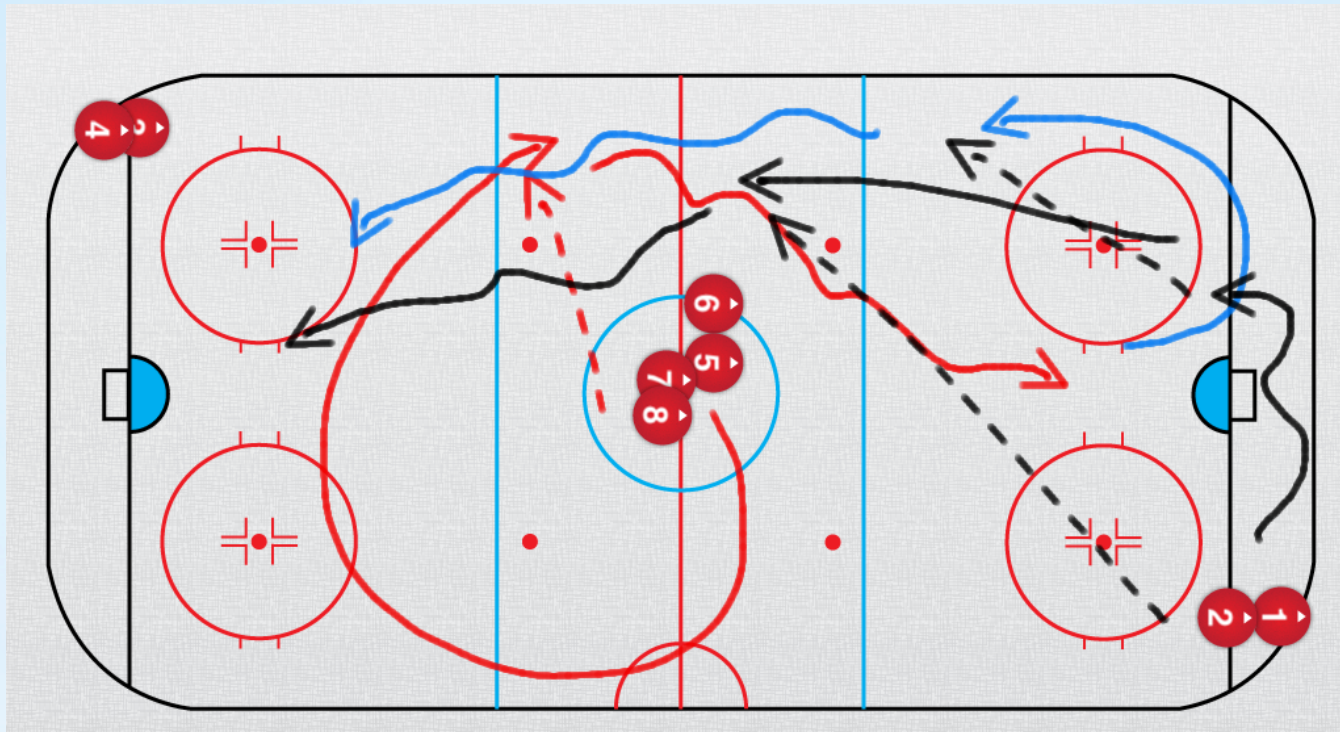
* B-out drill with more shots



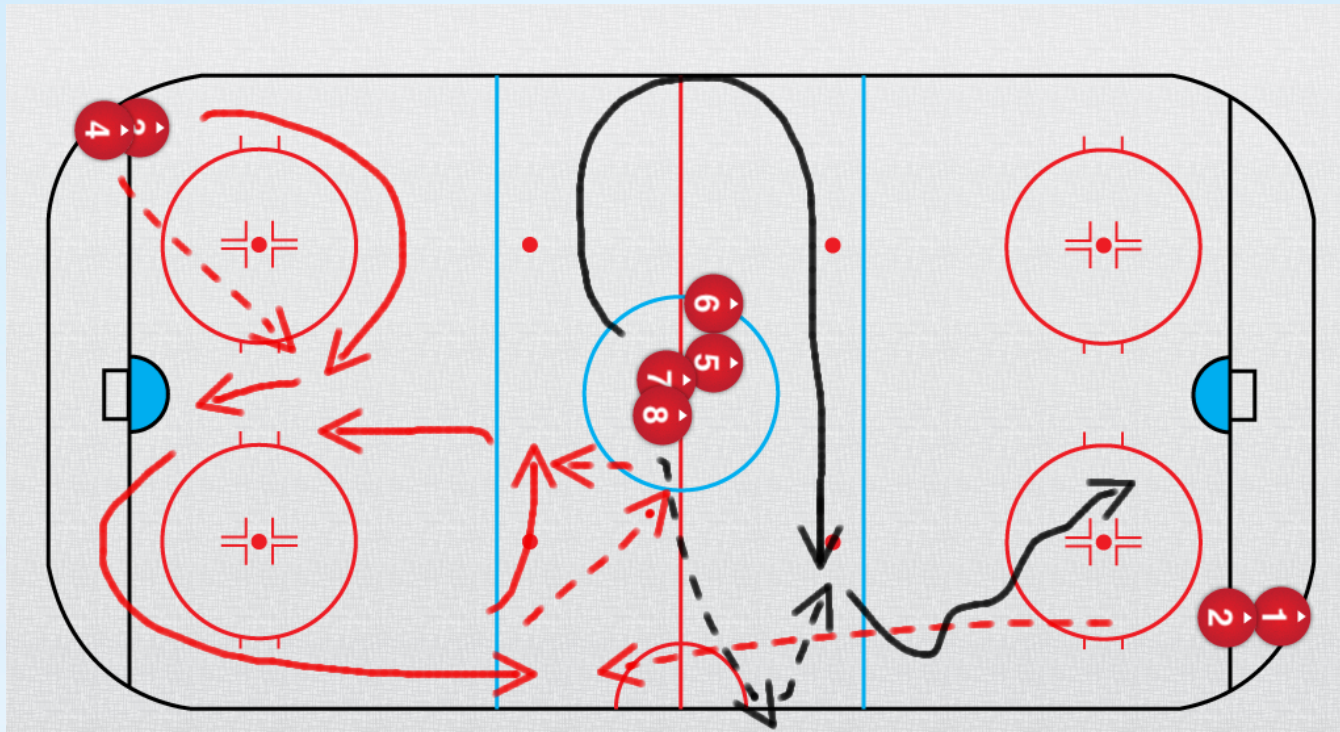
* B-out shooting



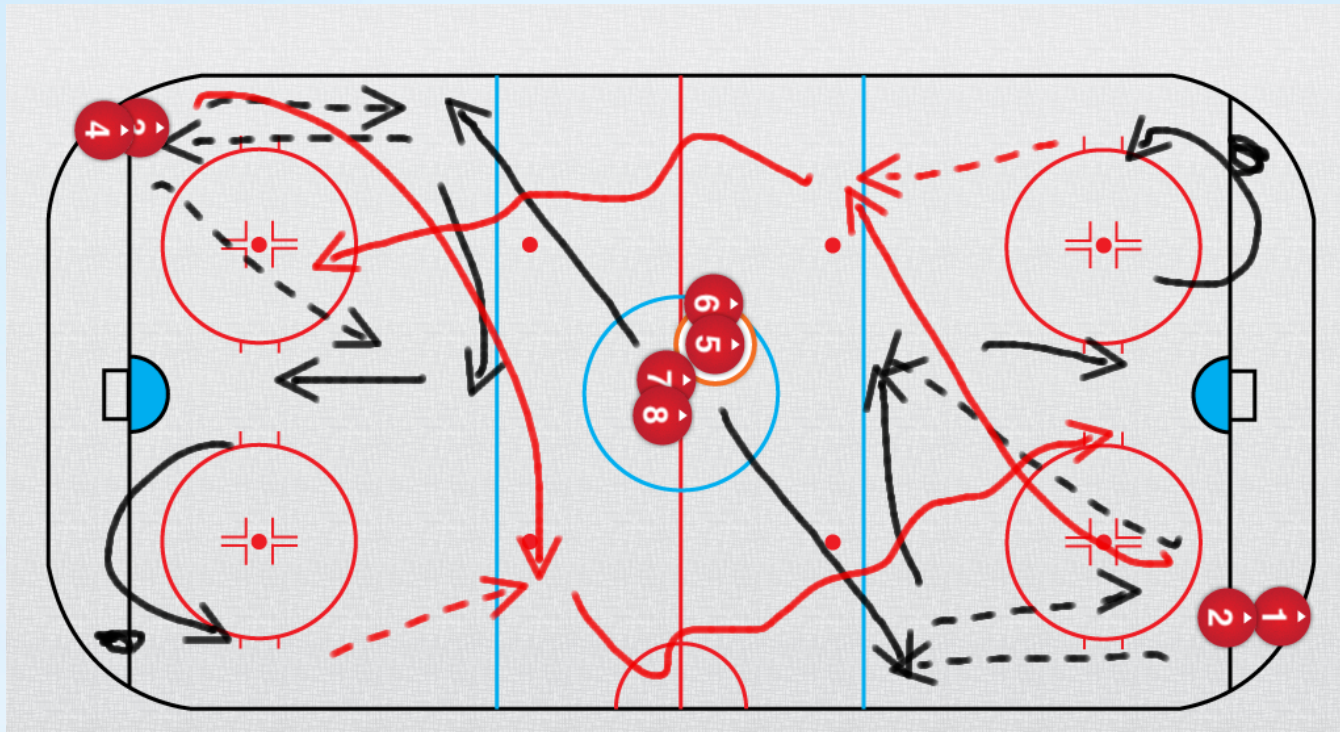
* 5. starts, shot, pass
from 1, shot again, 1
long way



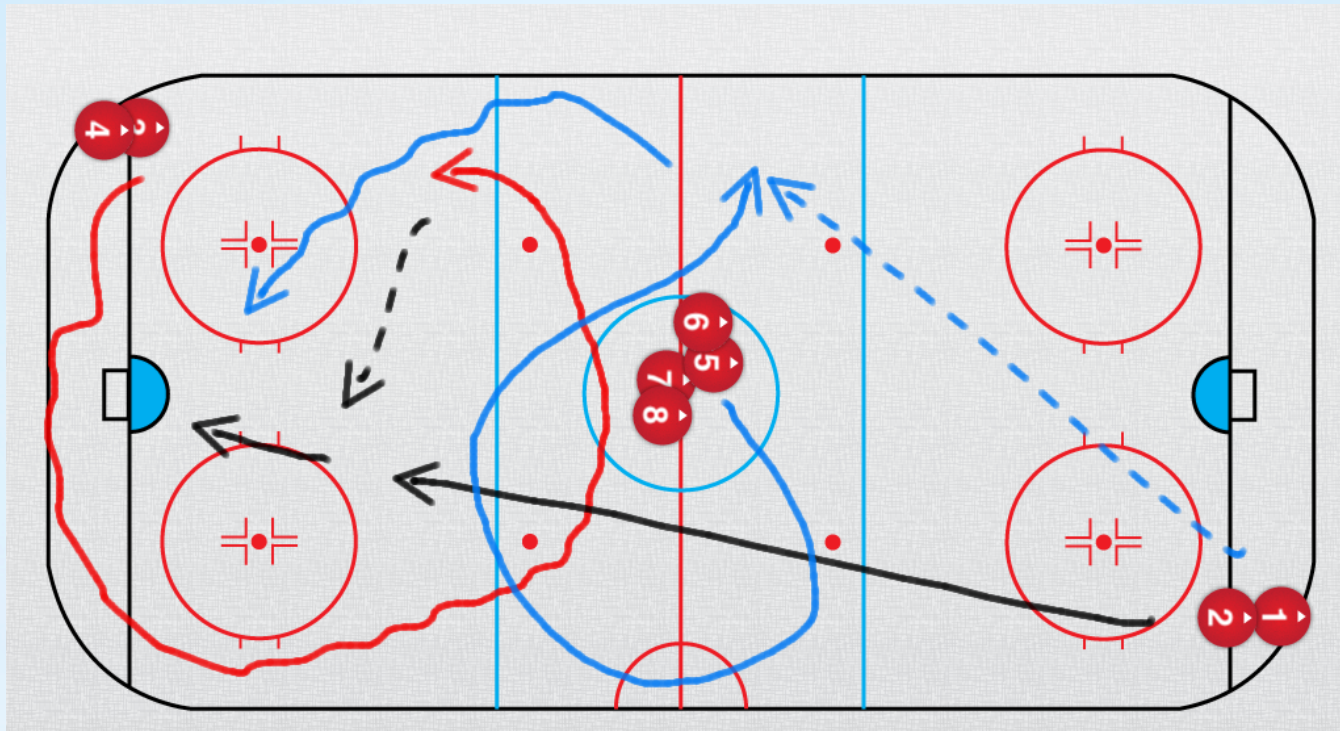
* Started by 5, pass from 8, shot, than pass from 1 and receives pass from 2



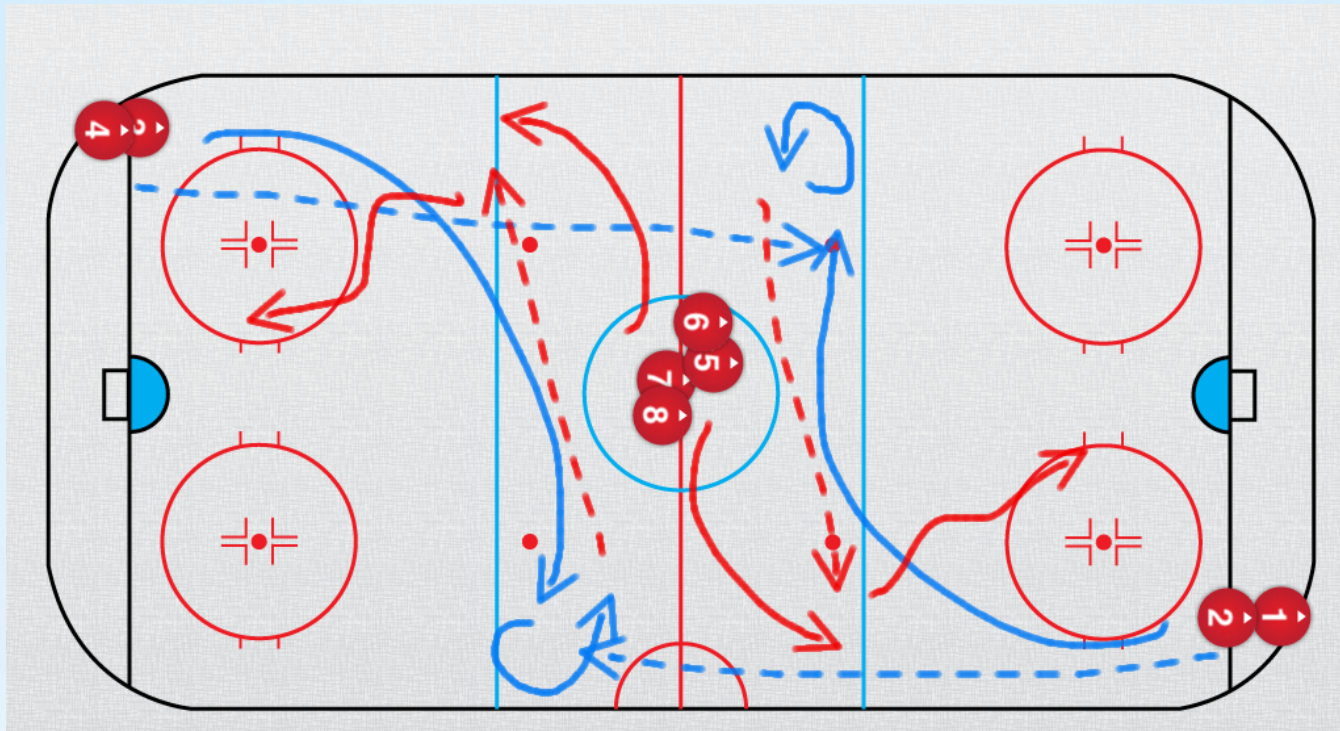
*Timing drill, started
 by 3, pass from 4,
 double pass with 9



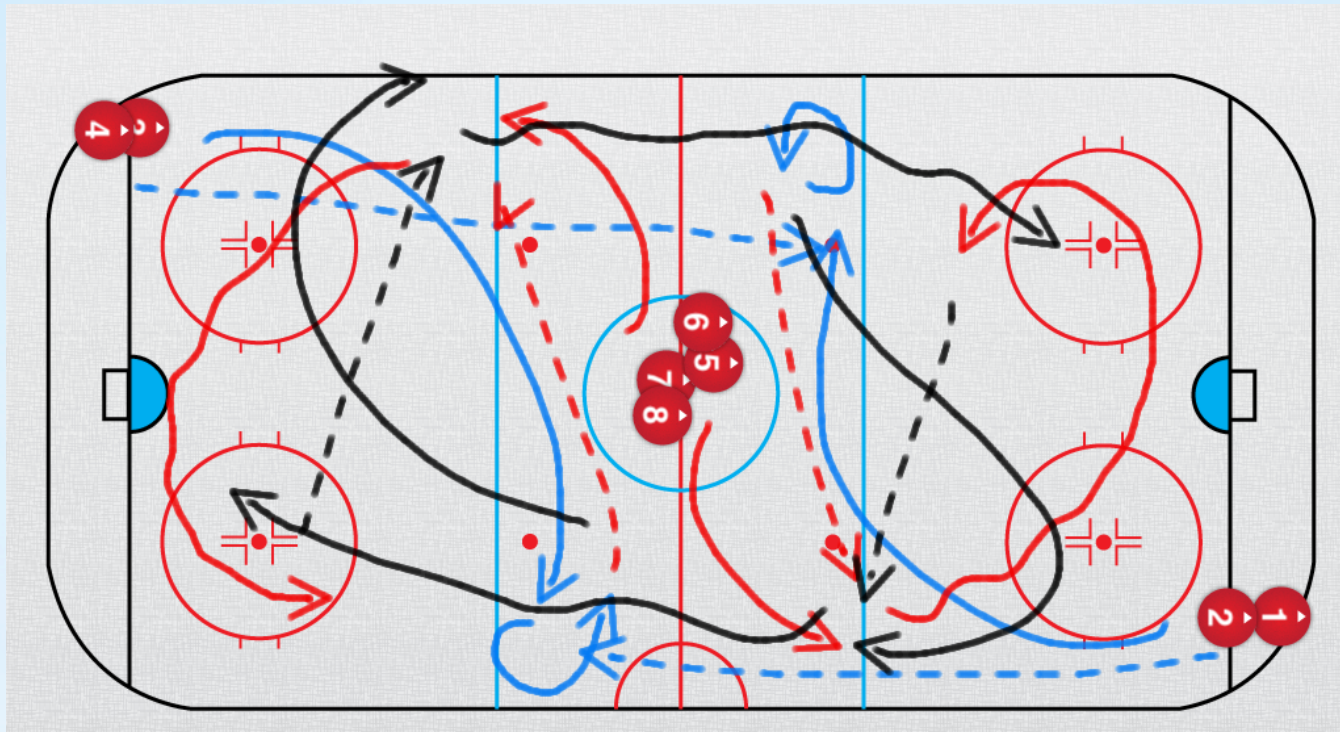
* 7 and 5 stop the puck on the blue line, shot, than puck picking on the corner



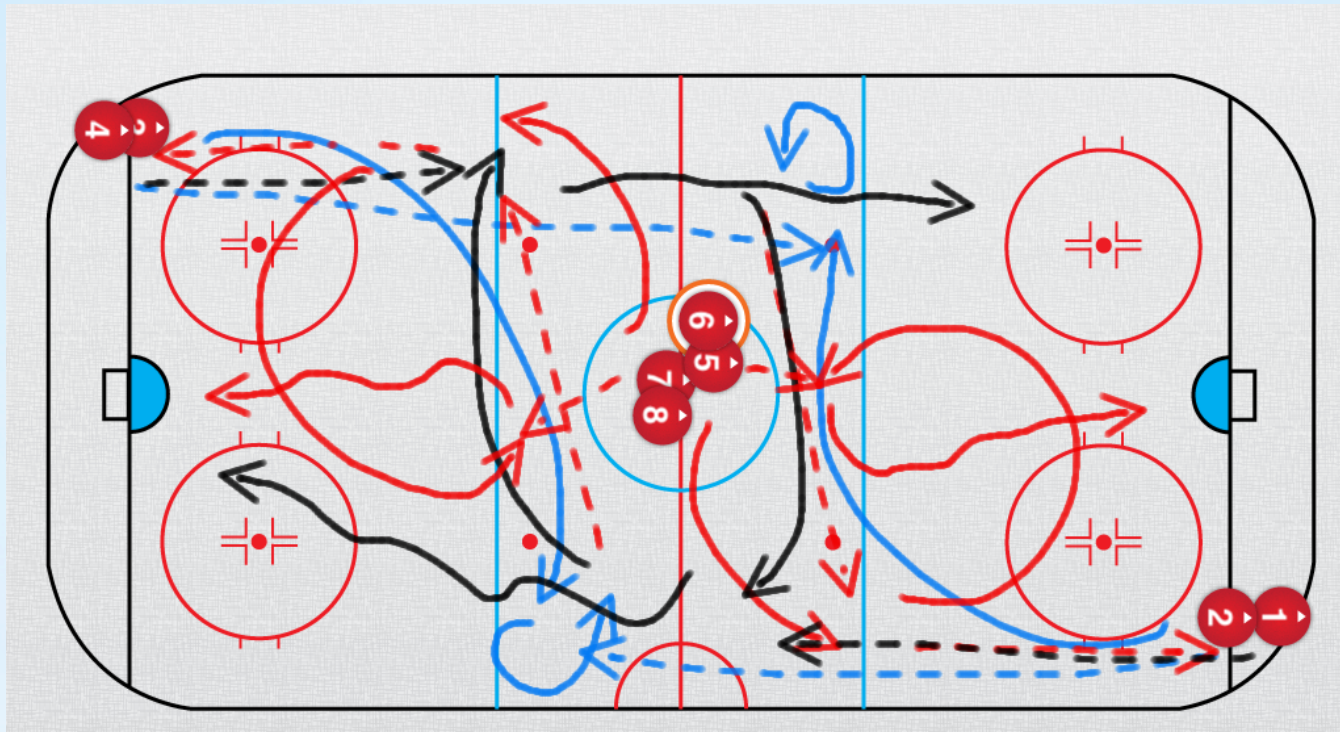
*Timing drill



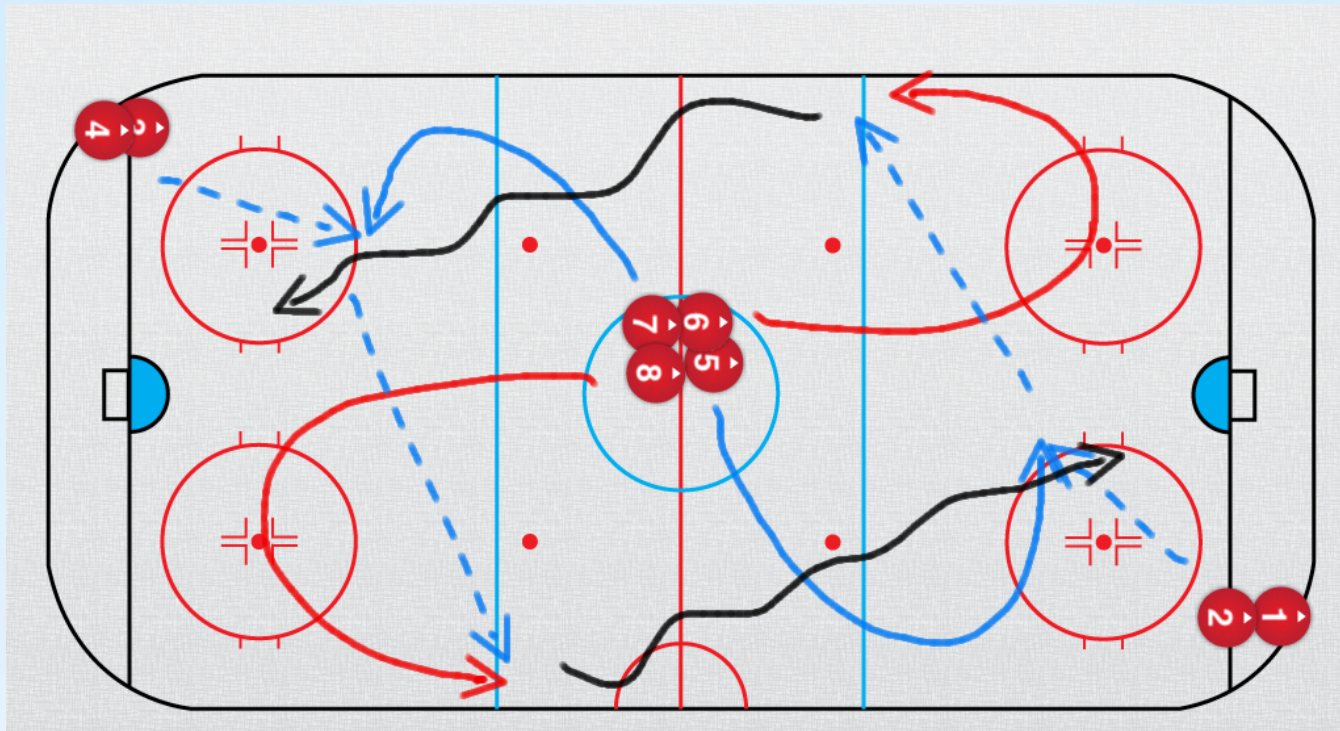
* Shooting drill, 7 and 5 start



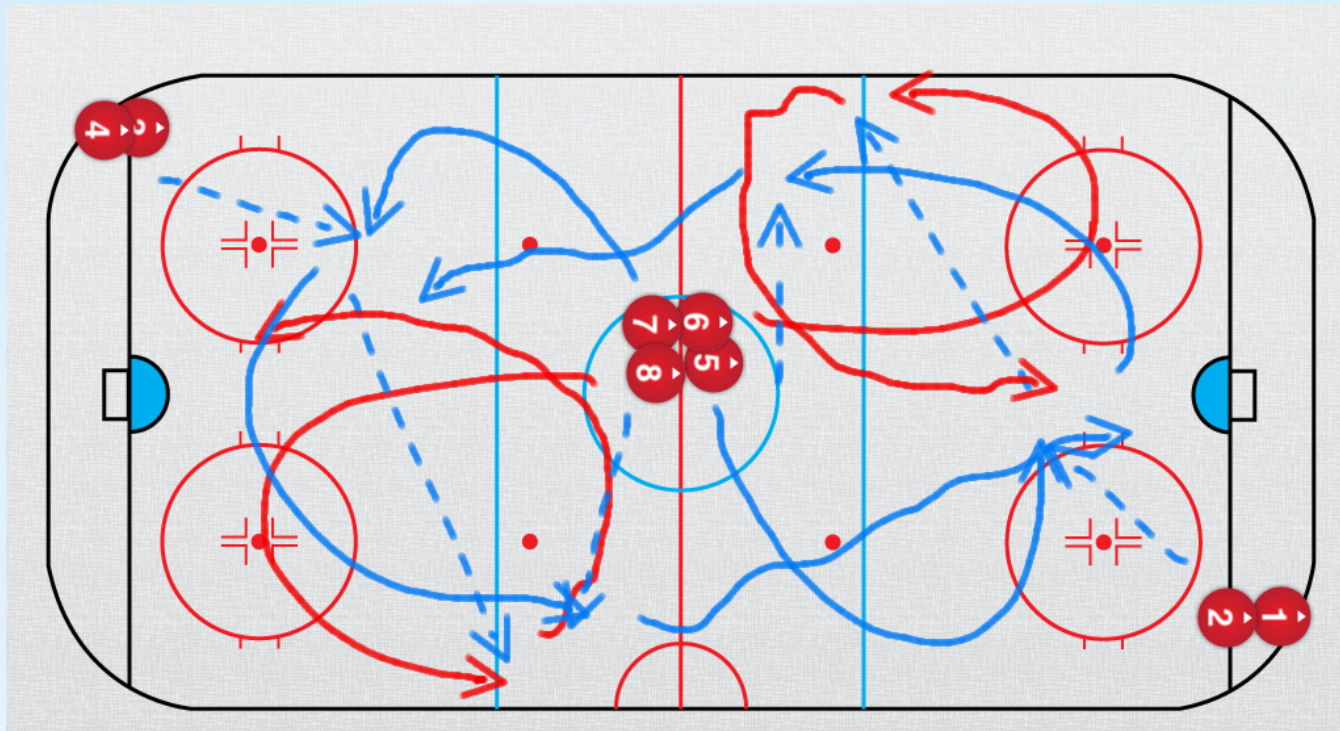
*Timing drill started
by 3 and 2, difficult



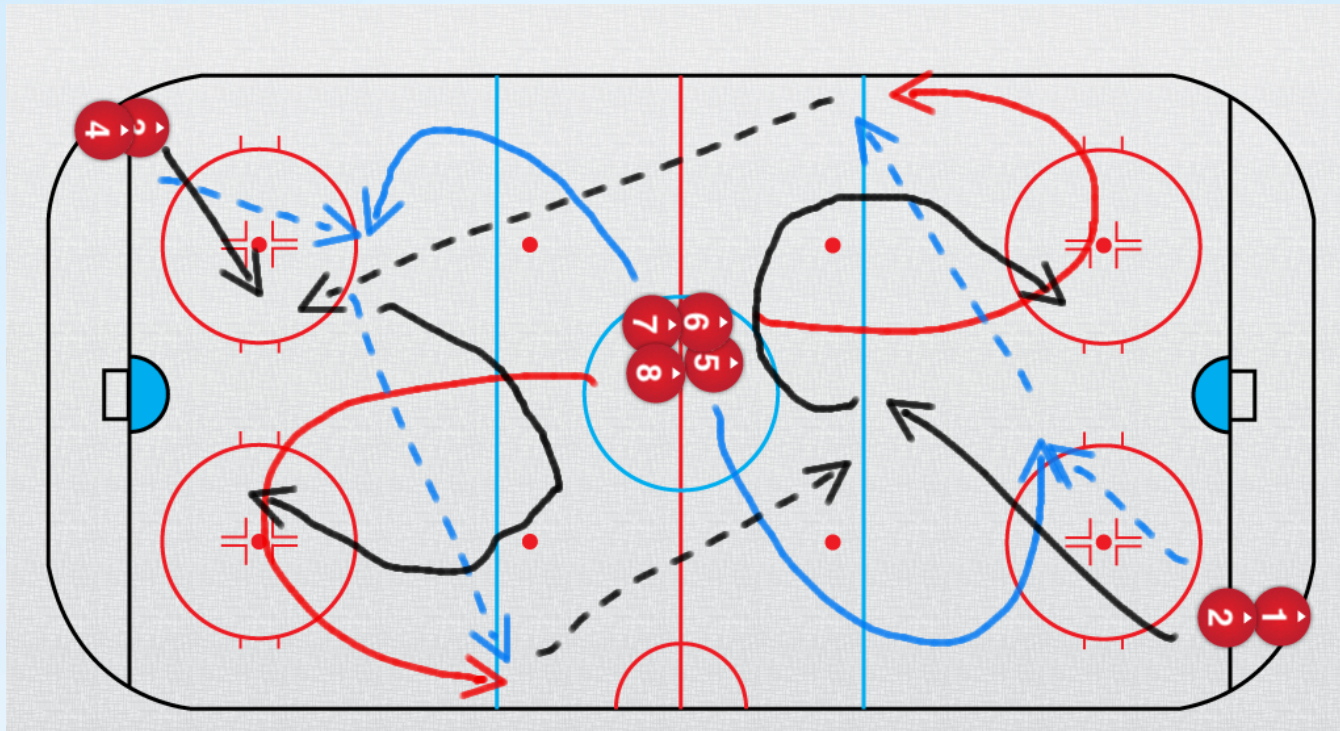
*Timing drill, much more difficult



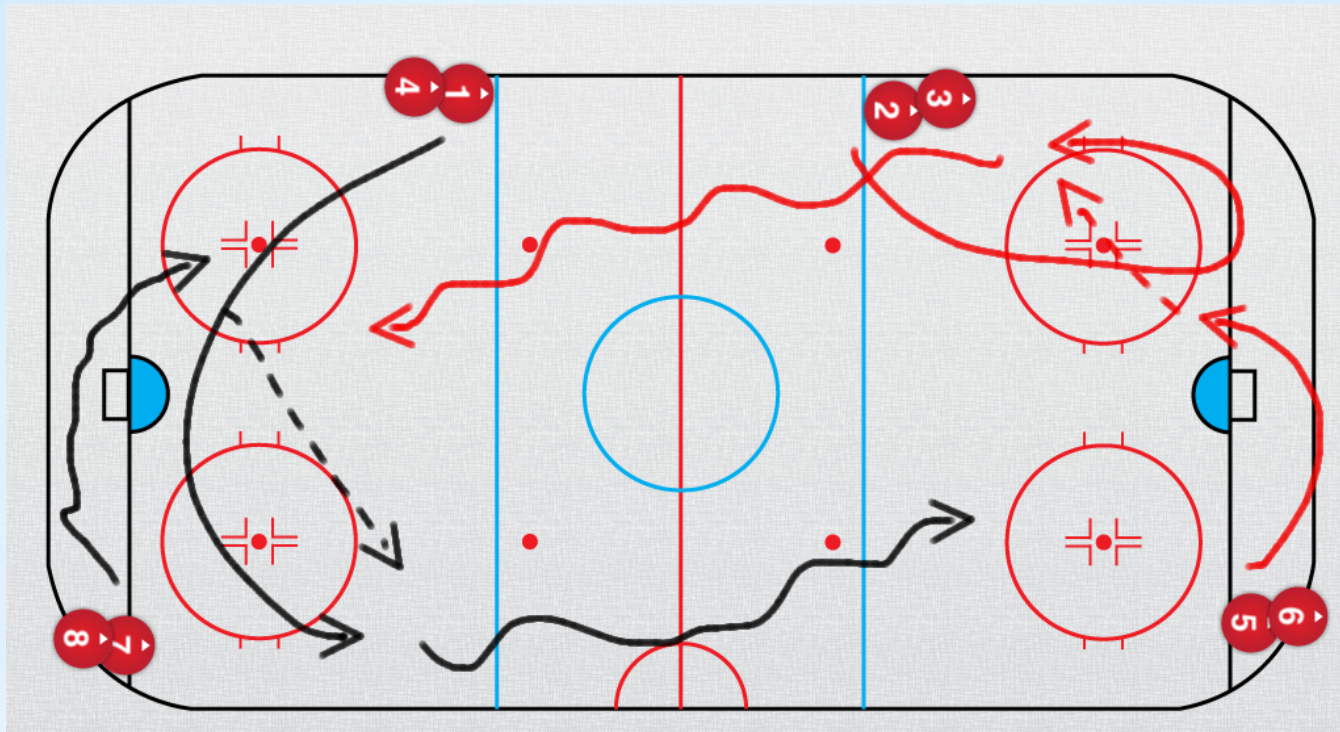
* B-out drill



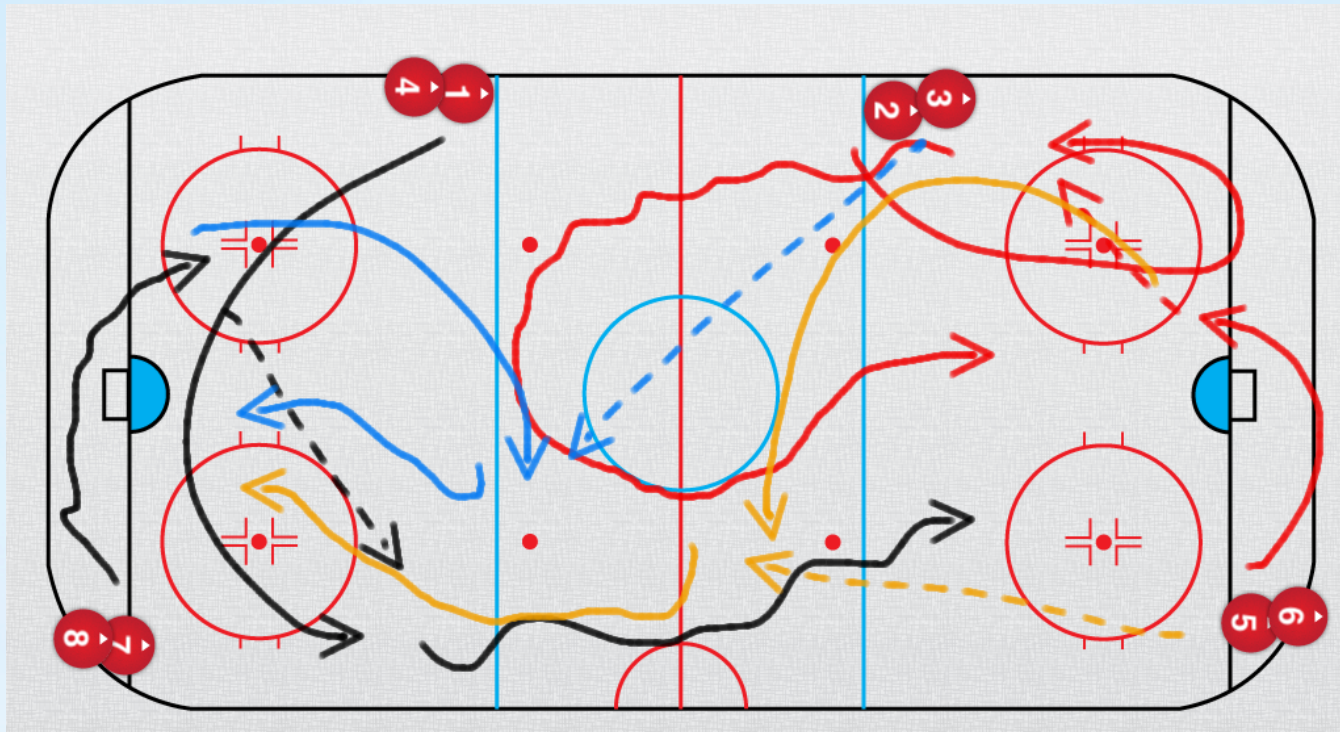
* B-out drill, version 2



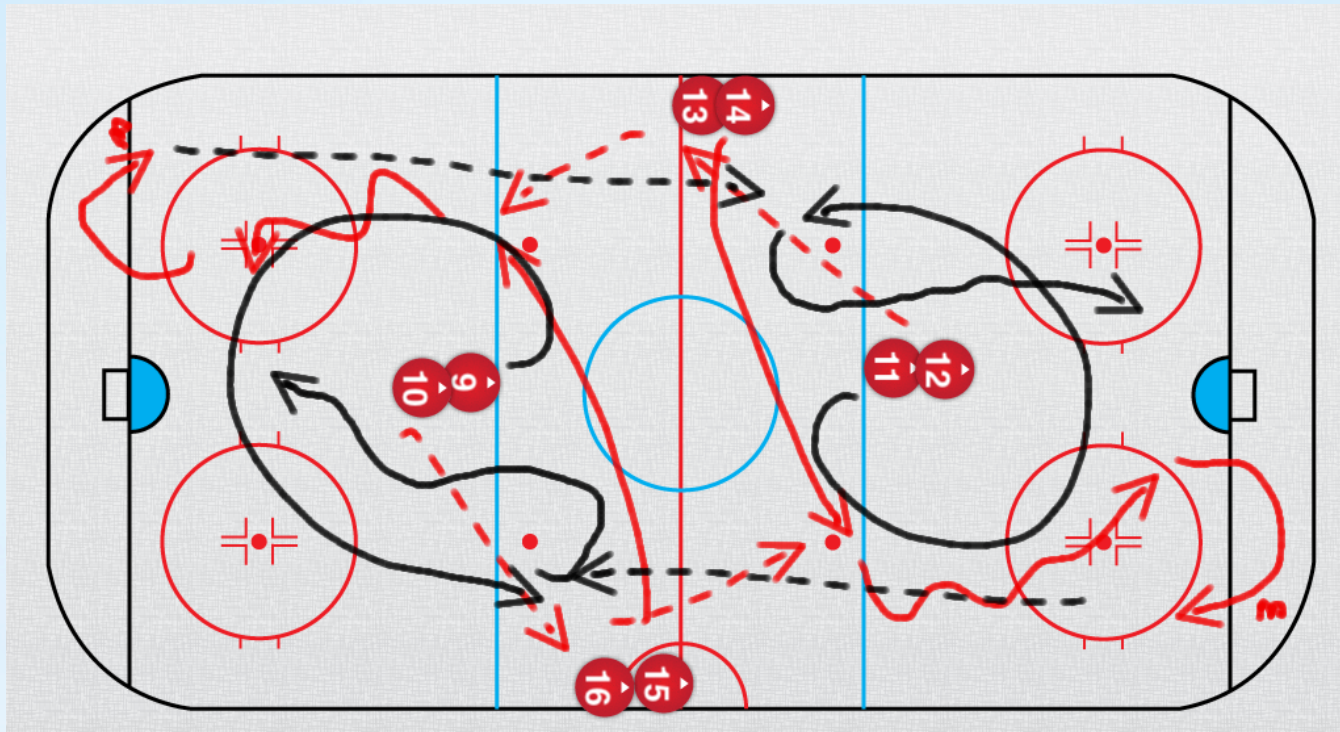
* B-out drill, timing



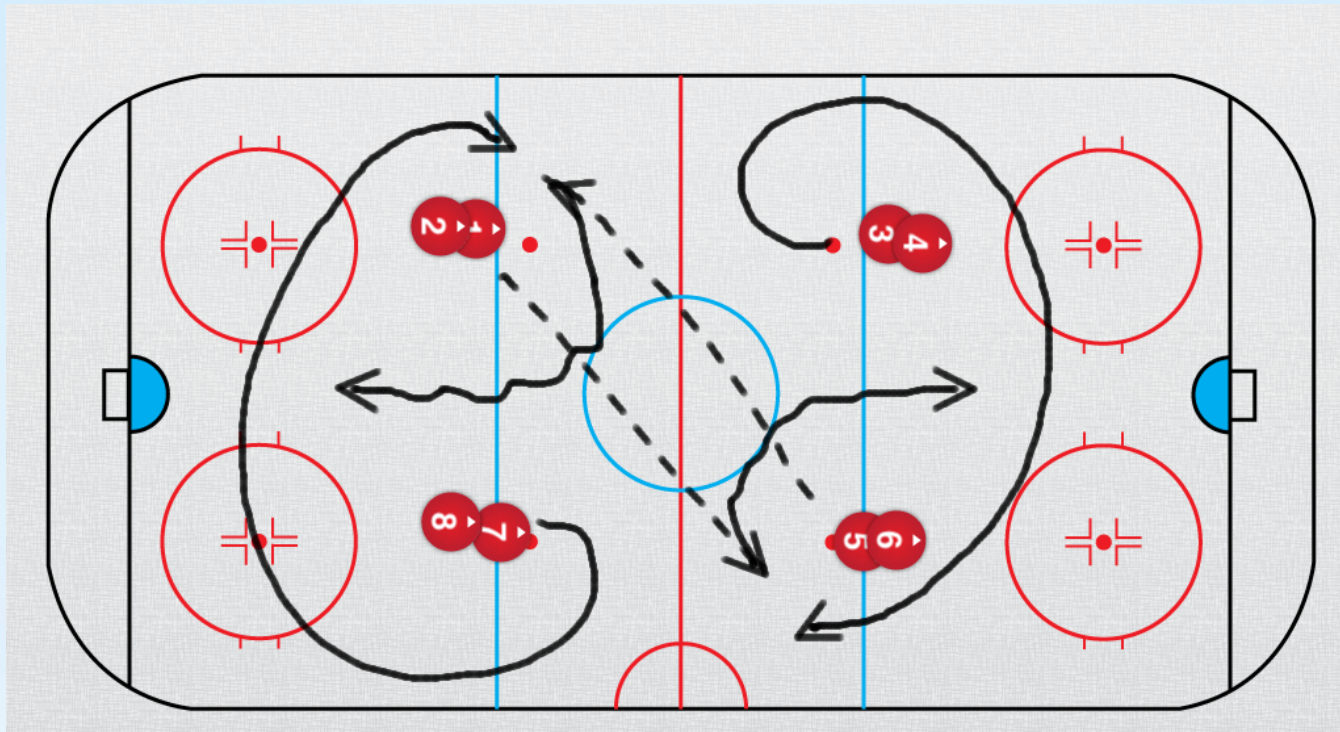
* B-out drill



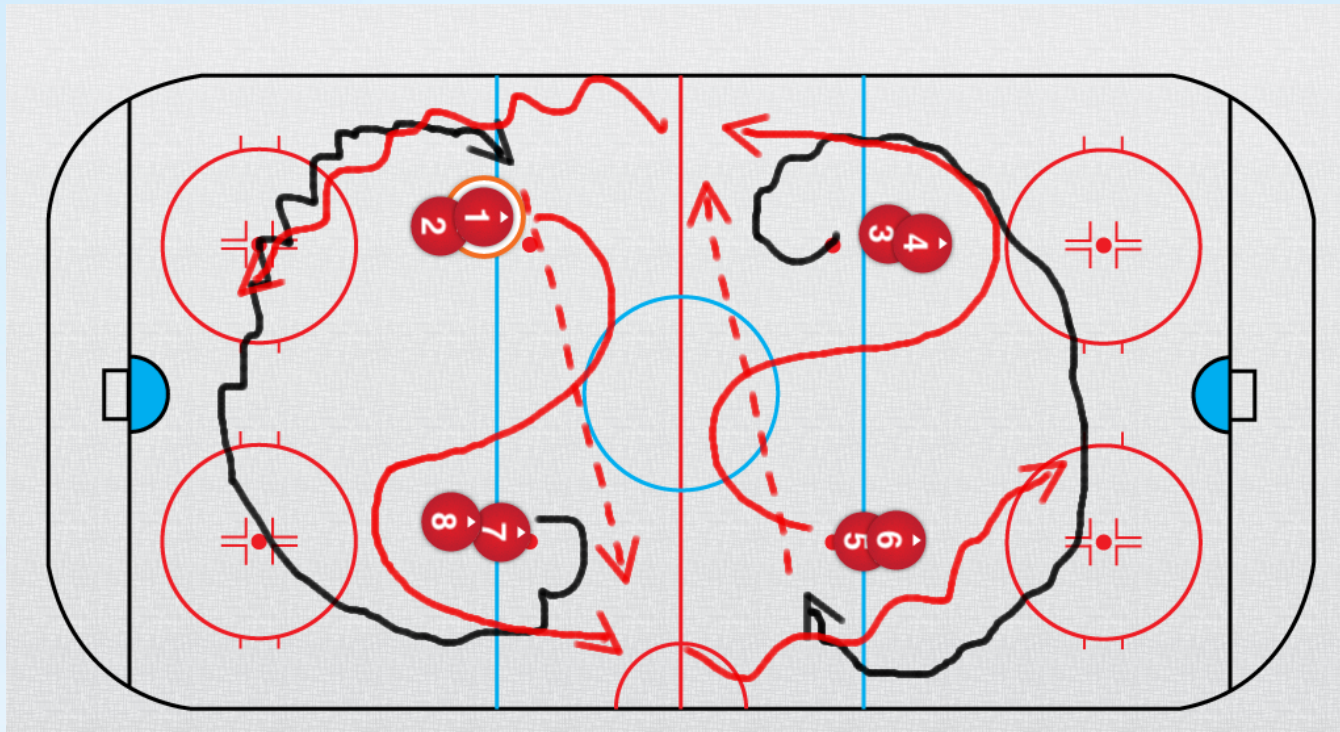
*Timing drill, very
difficult



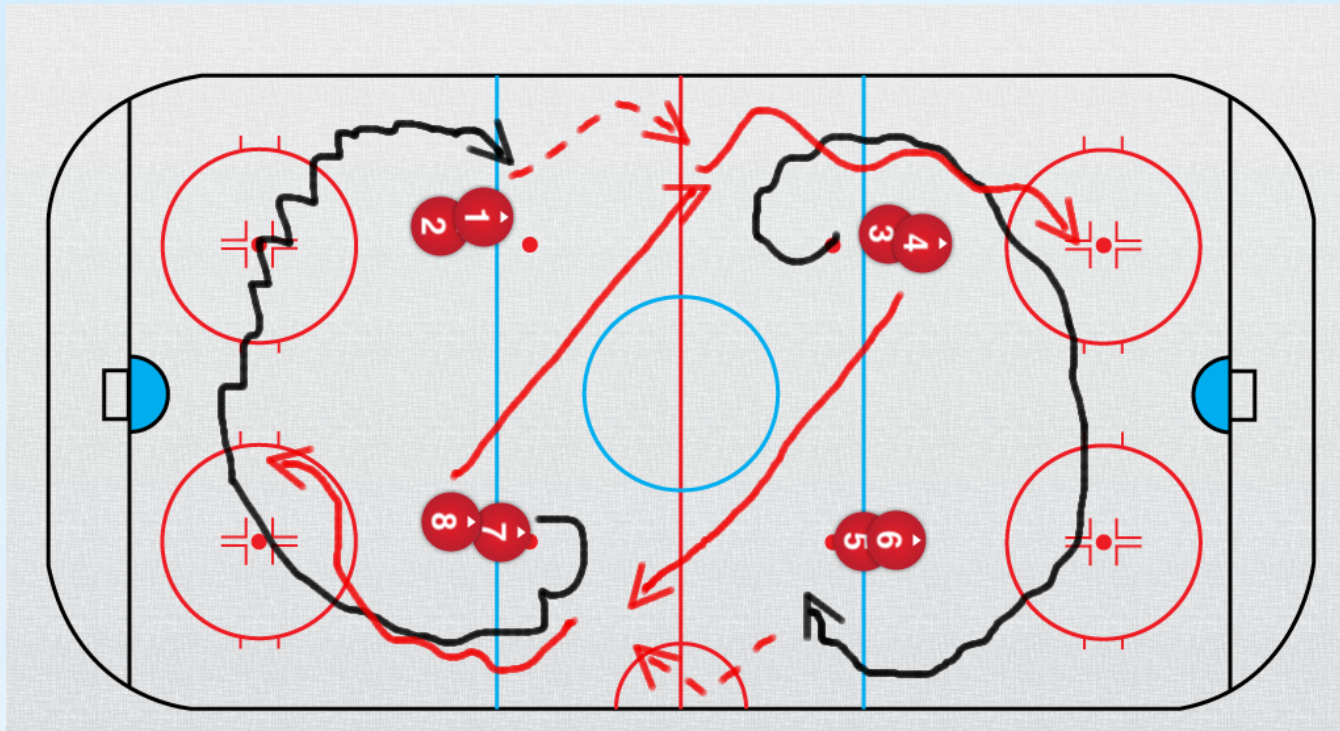
* Started by 14 and
15, than pick the
pucks in the corners



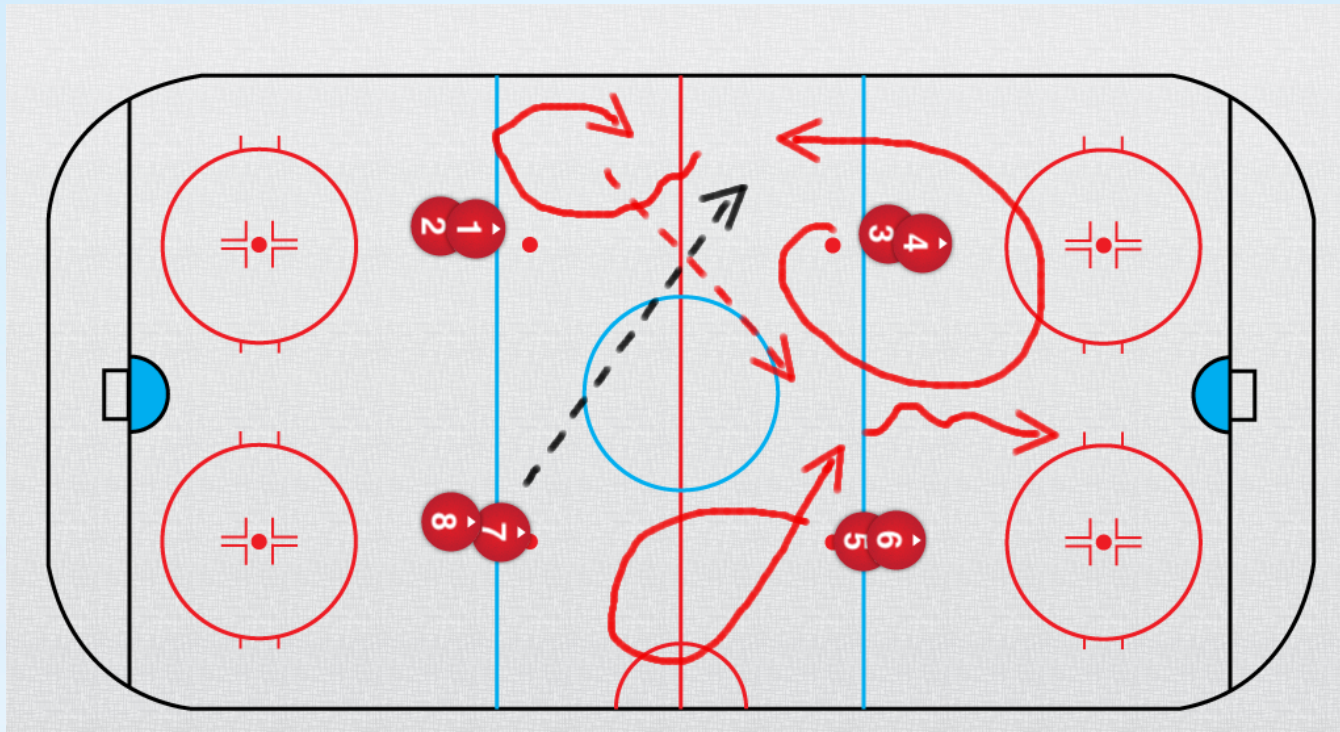
* Speed drill,
crossovers all the
time



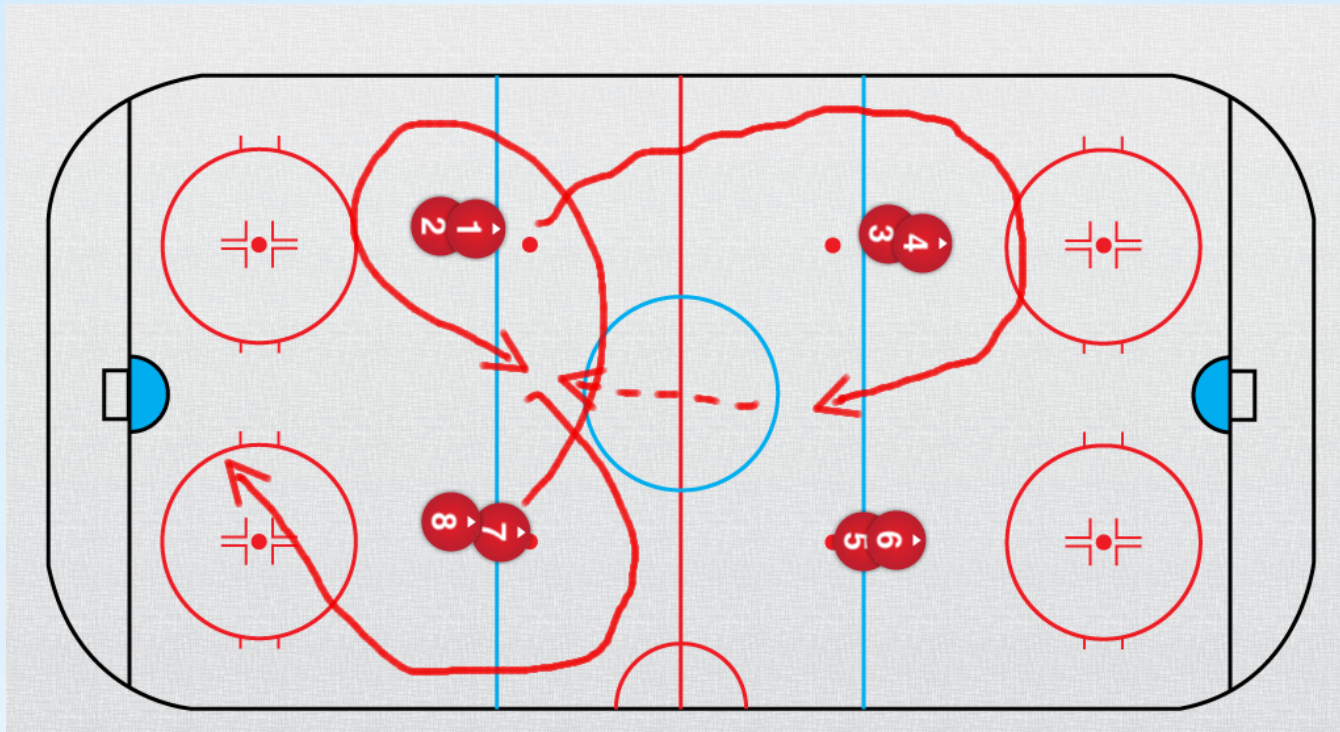
* Skating drill, started
by 7 and 3, timing



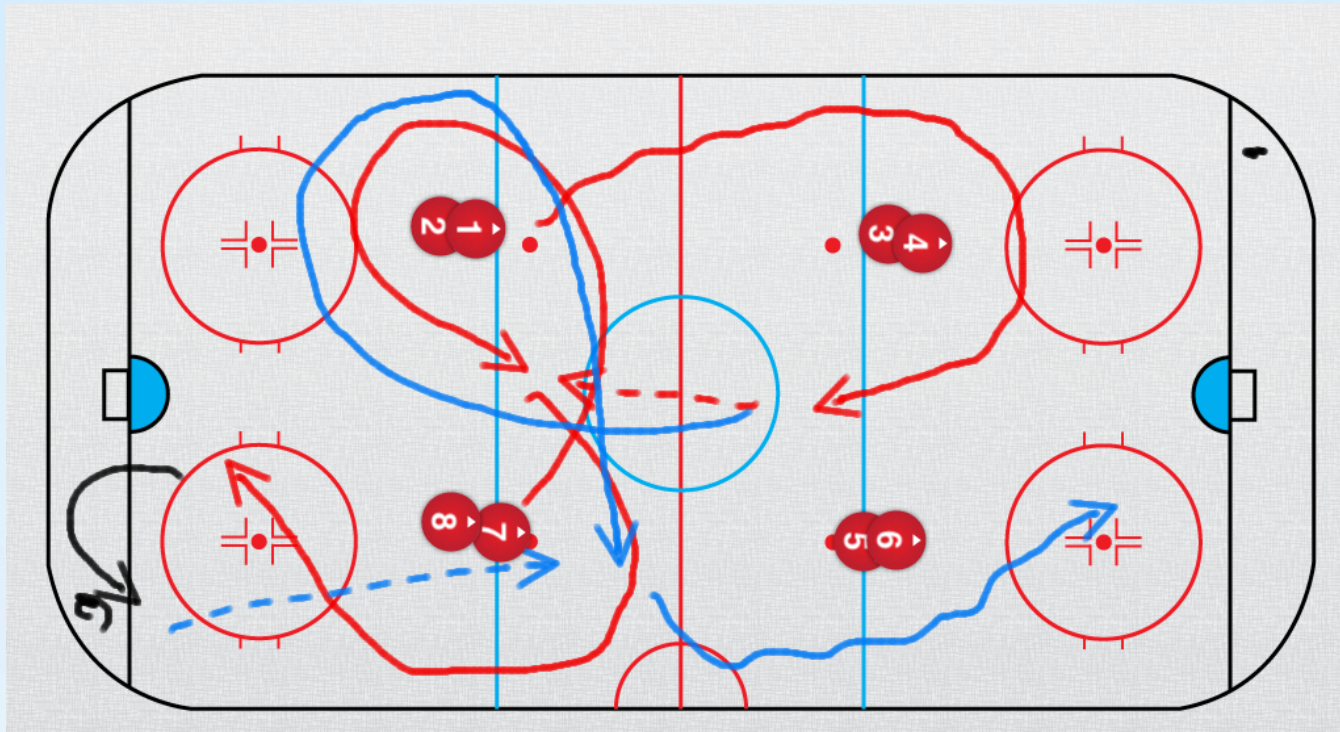
* Board passing



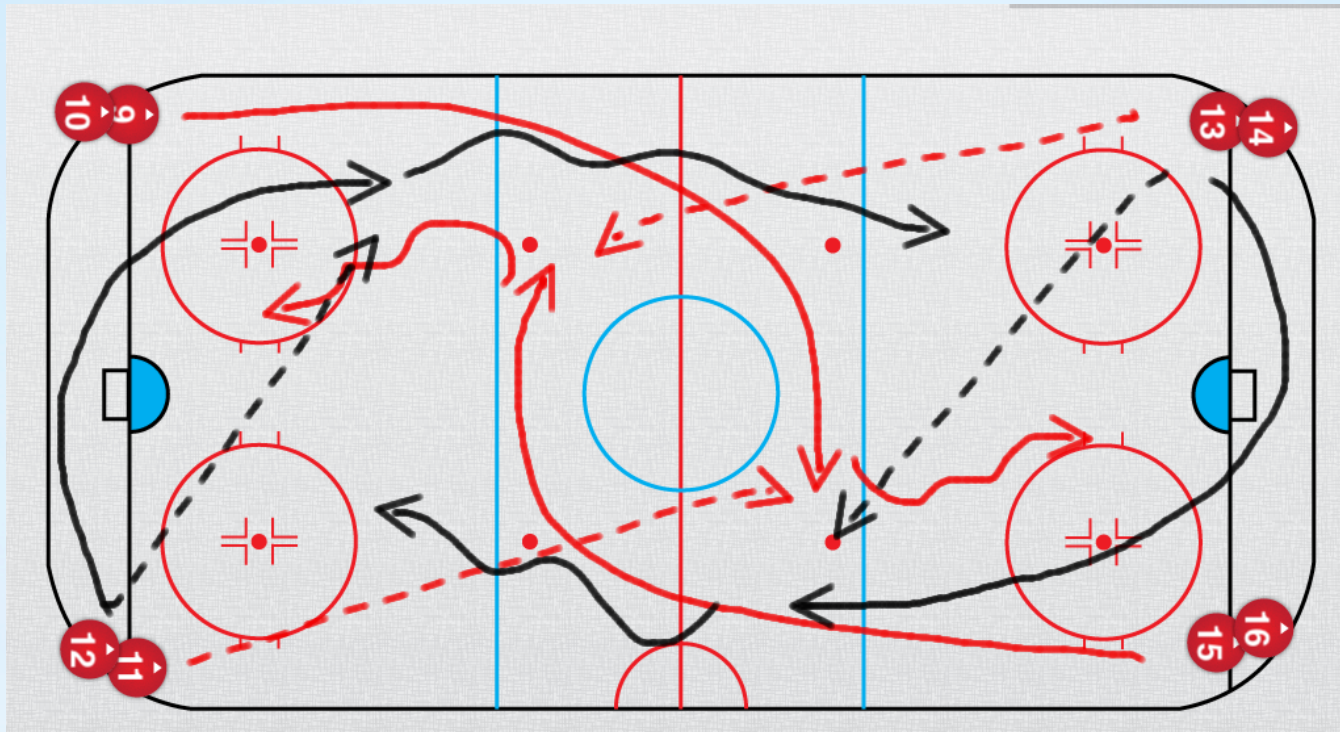
*Timing drill



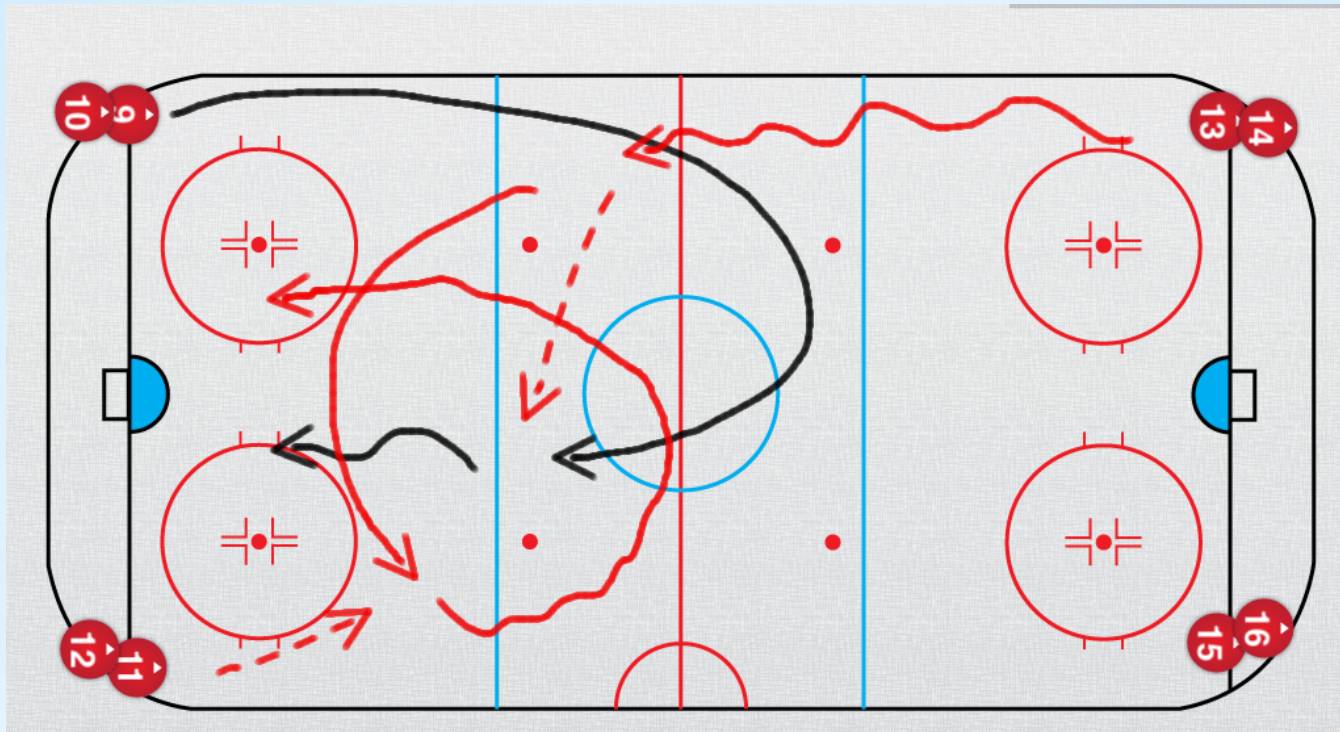
*Timing drill



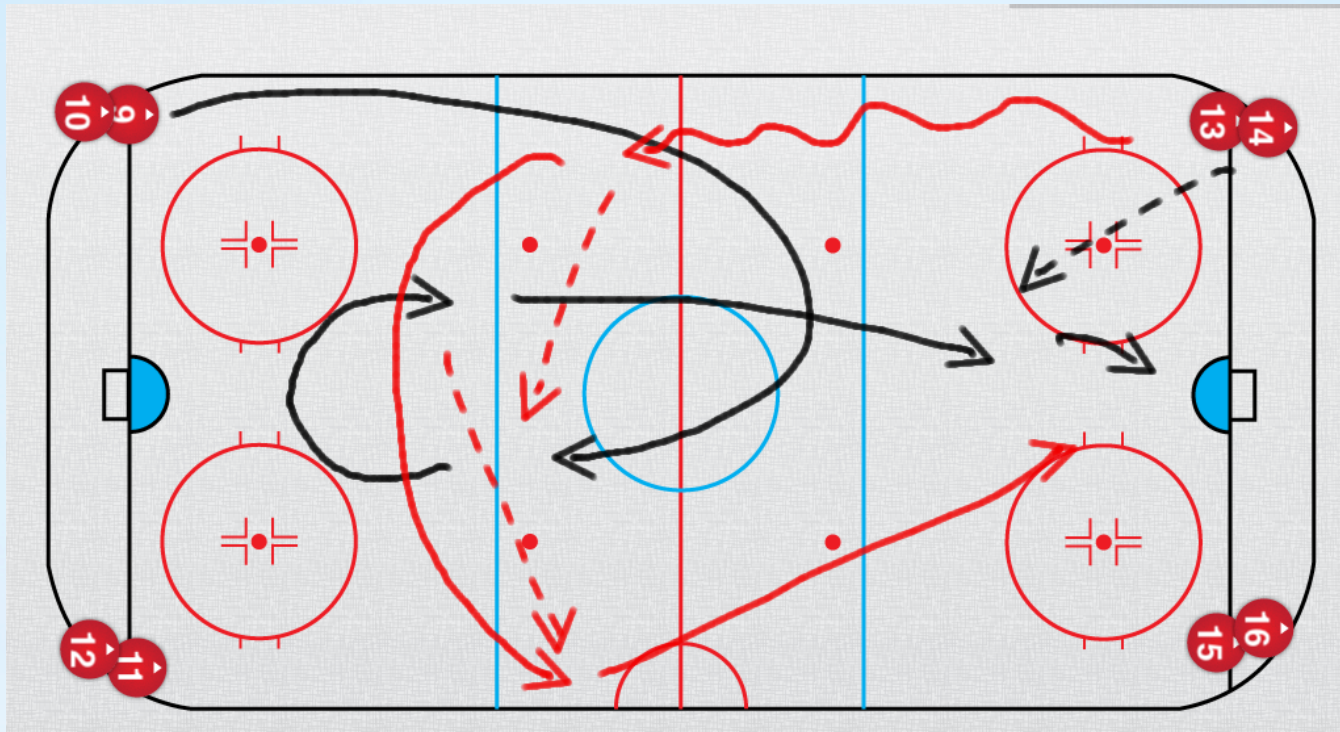
*Timing drill, started
by 1 and 7



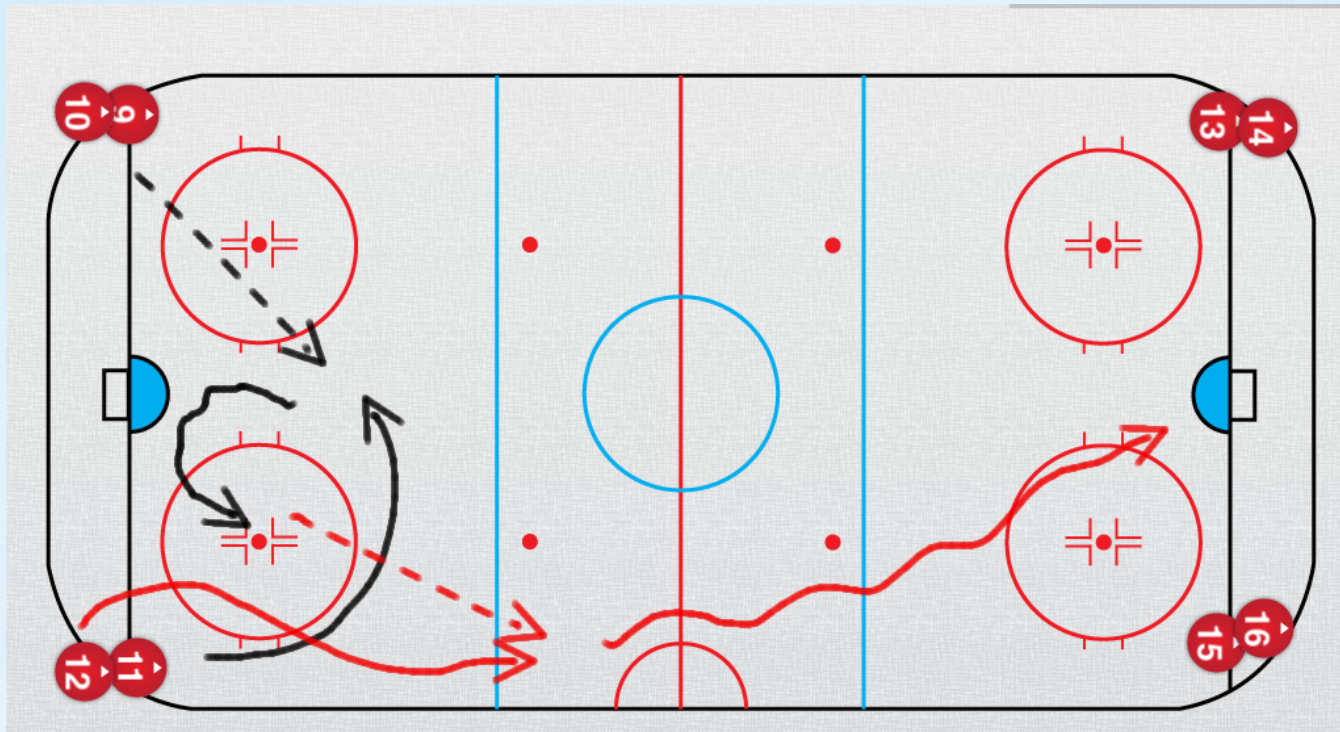
* Shooting drill, 11 and 13 first



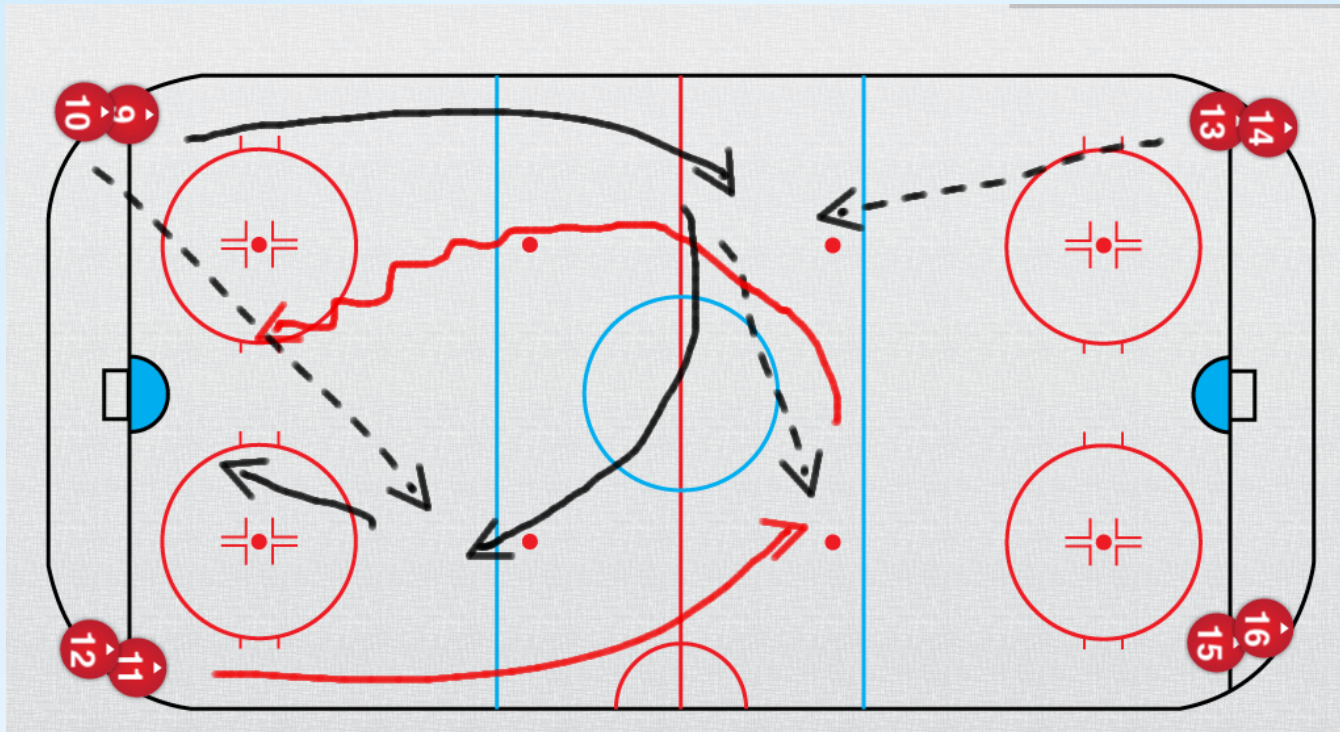
*Timing drill



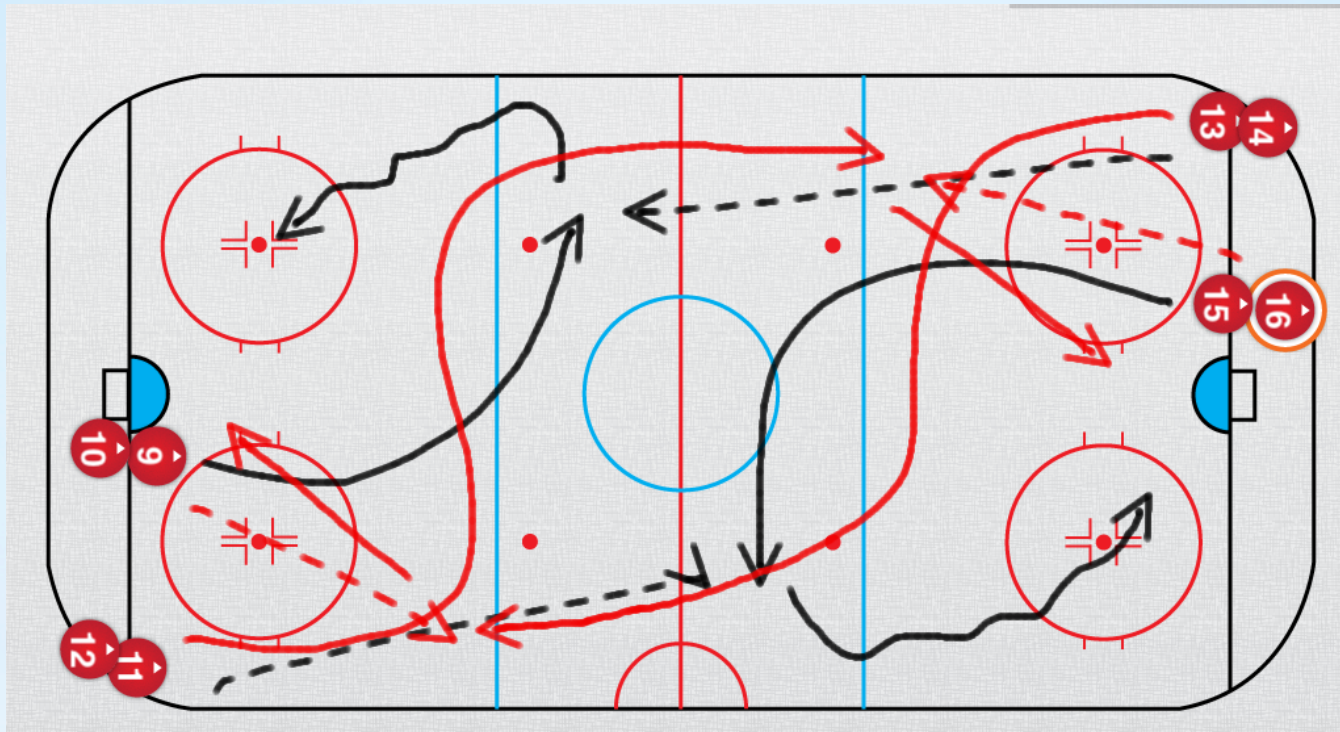
*Timing drill



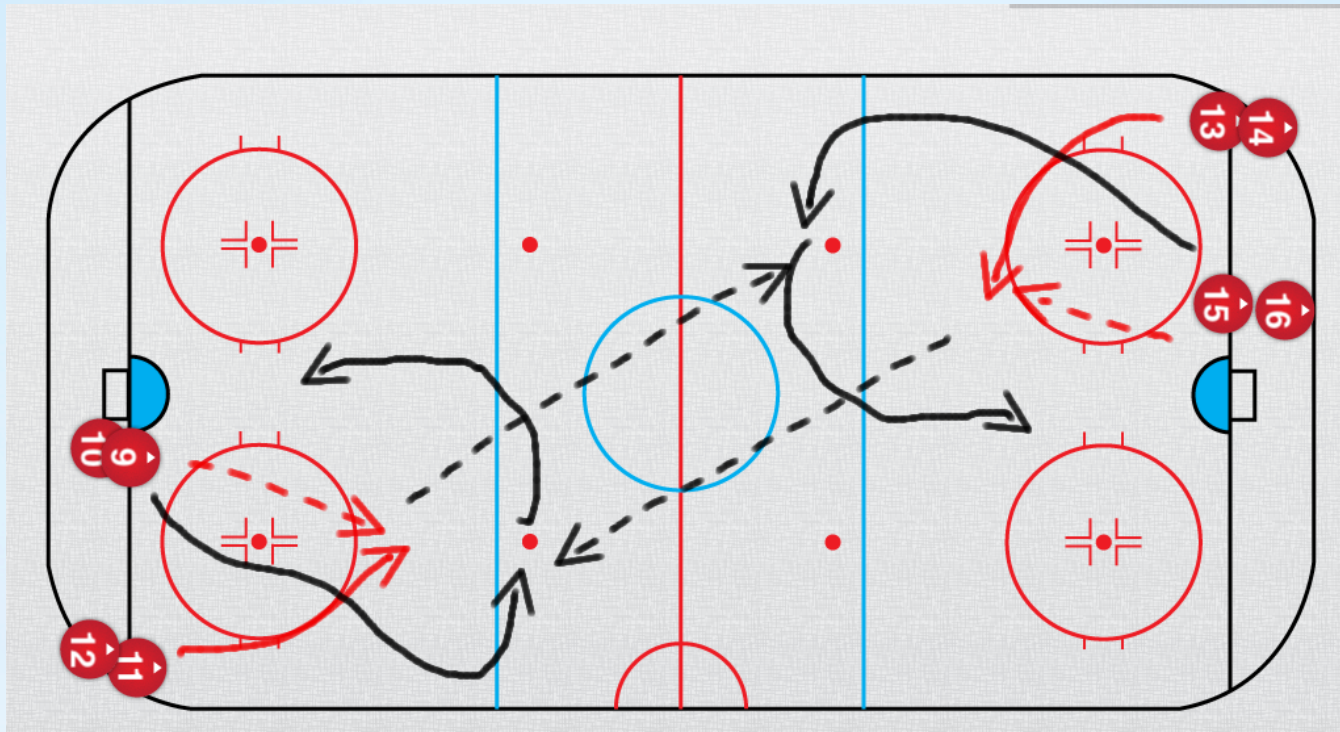
* Shooting drill



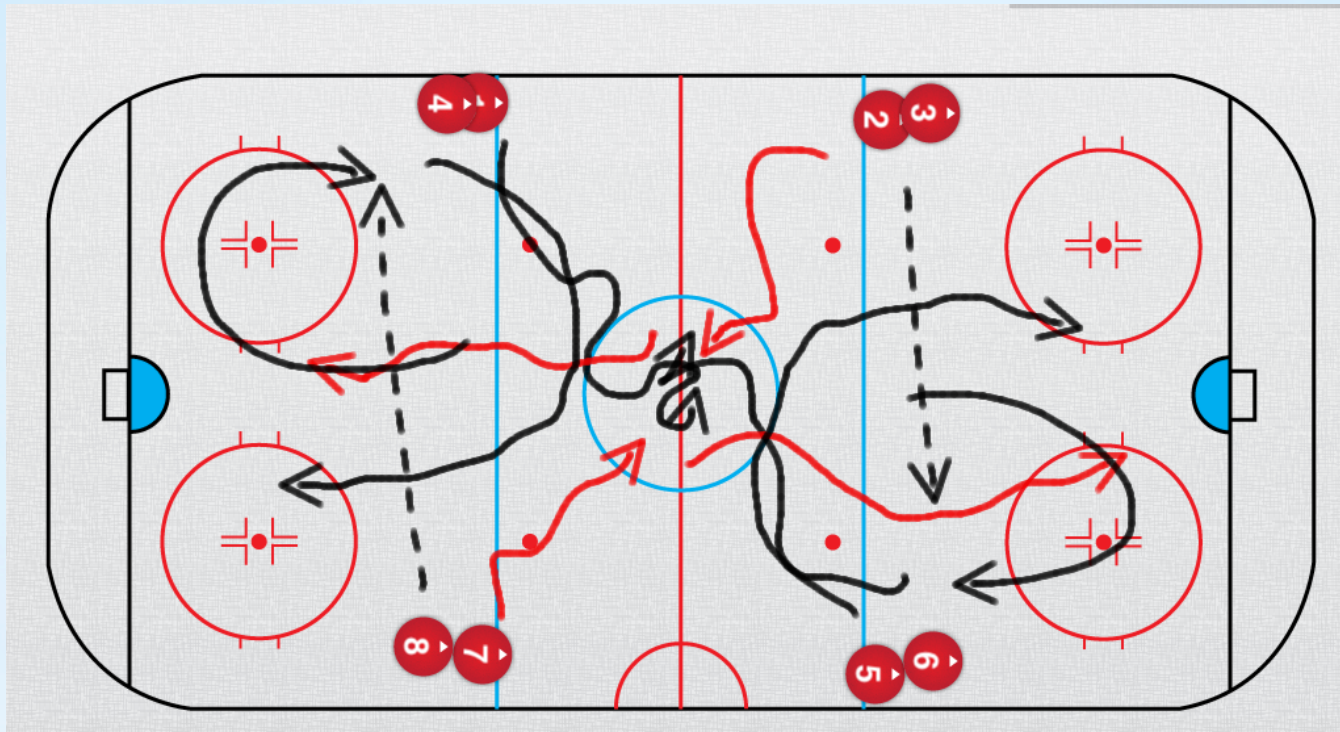
* 9 and 11 start and
the same time



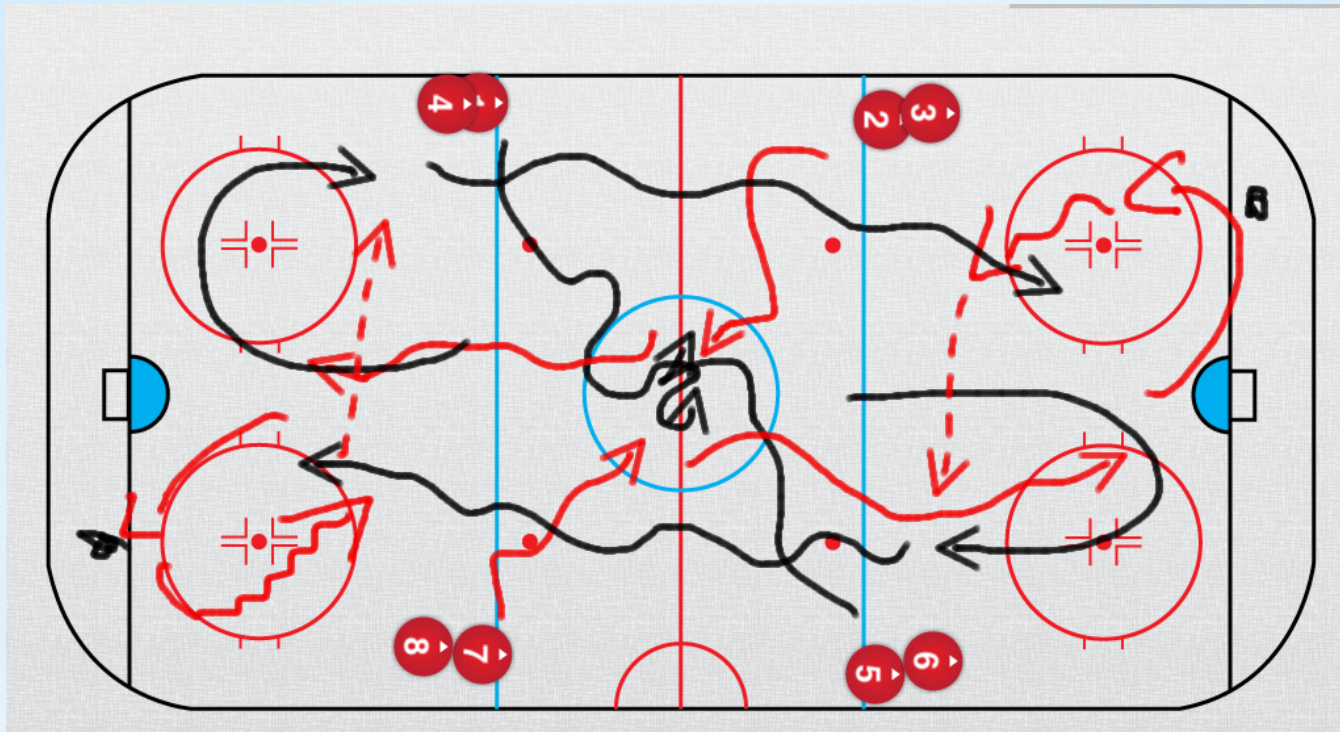
* Timing drill, started by 15 and 9, after 13 and 11 played their passes, they go also



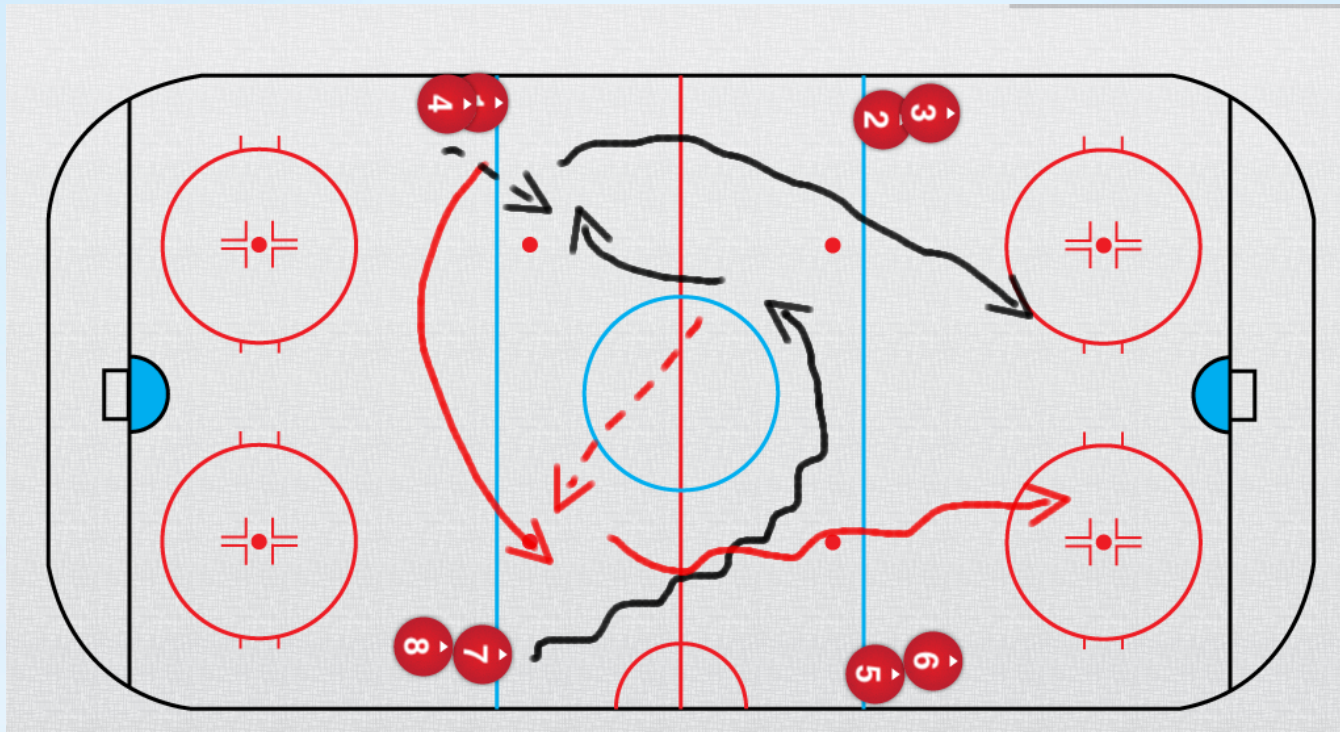
* Shooting drill



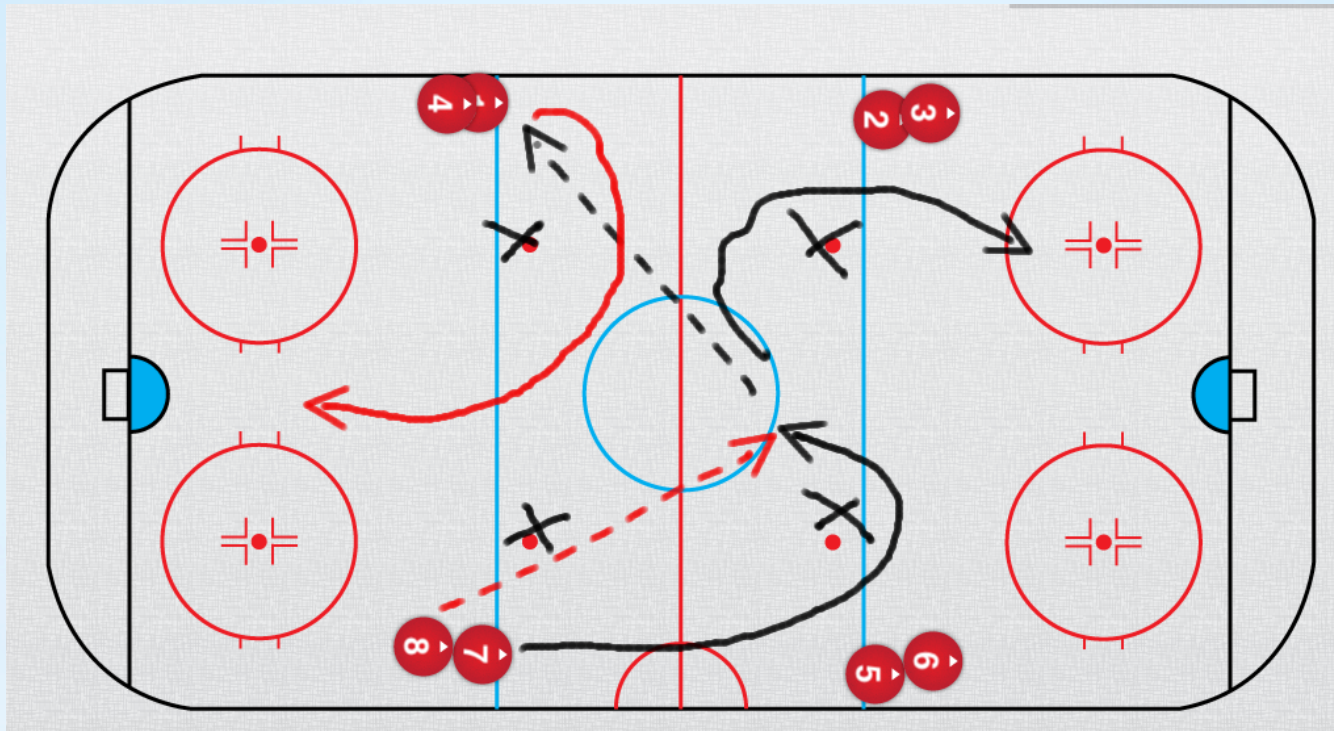
* Four players at the same time
in the middle, skating in the
circle, whistle from the coach
and go! Just two players has
puck



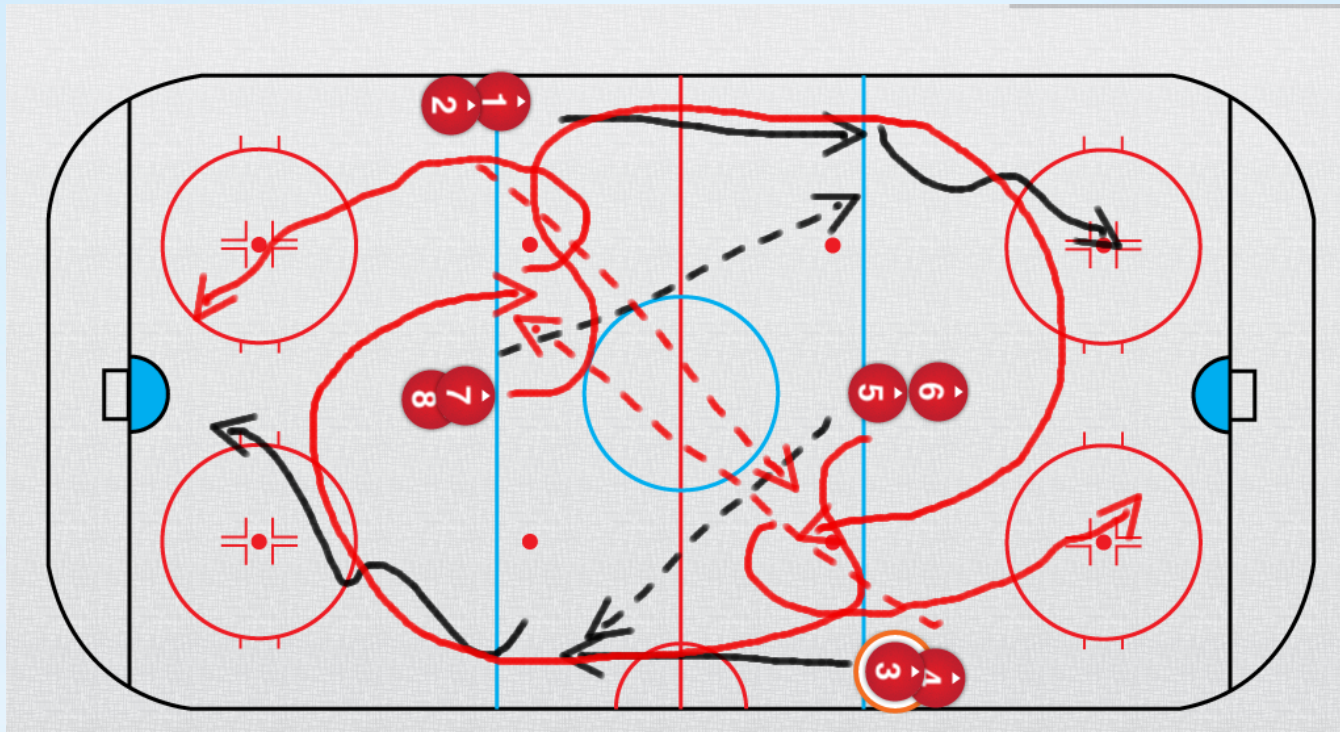
* Chaos with timing, skating in the middle and waiting for whistle



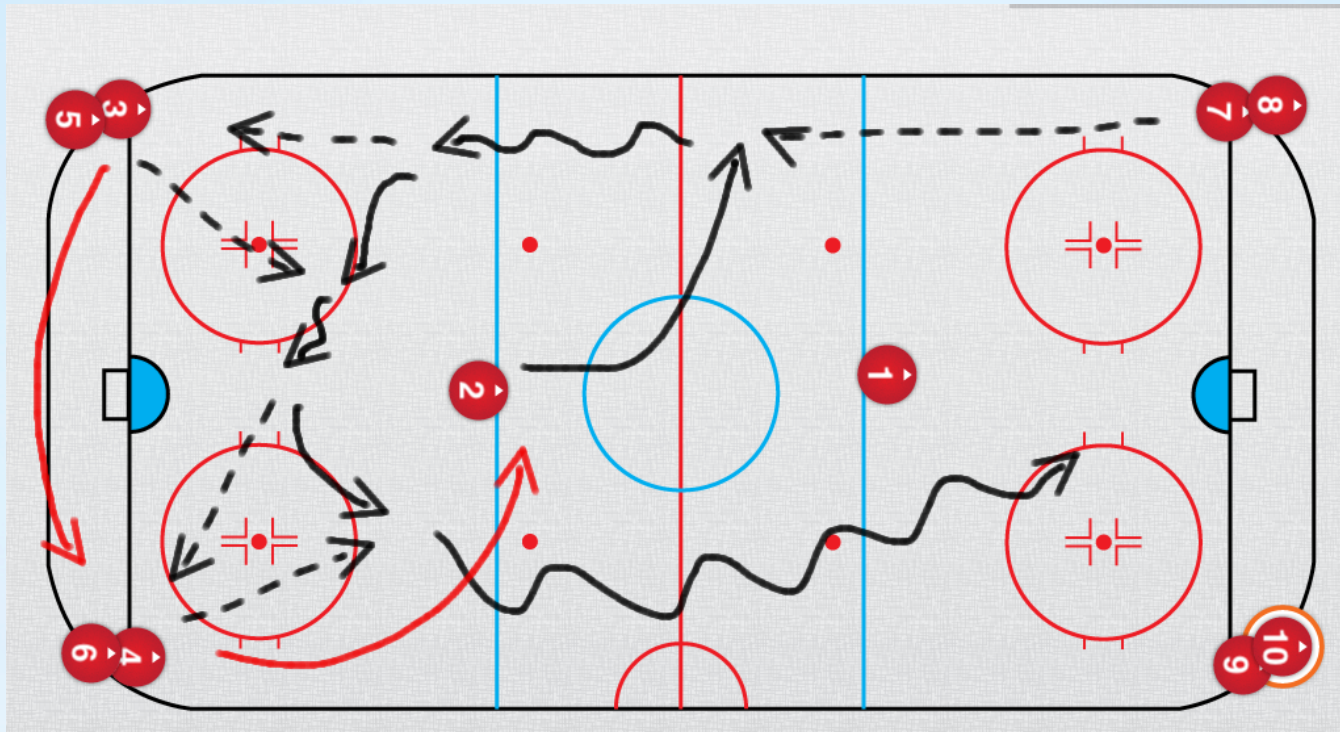
* 7 starts with puck
and plays reverse
pass on 1



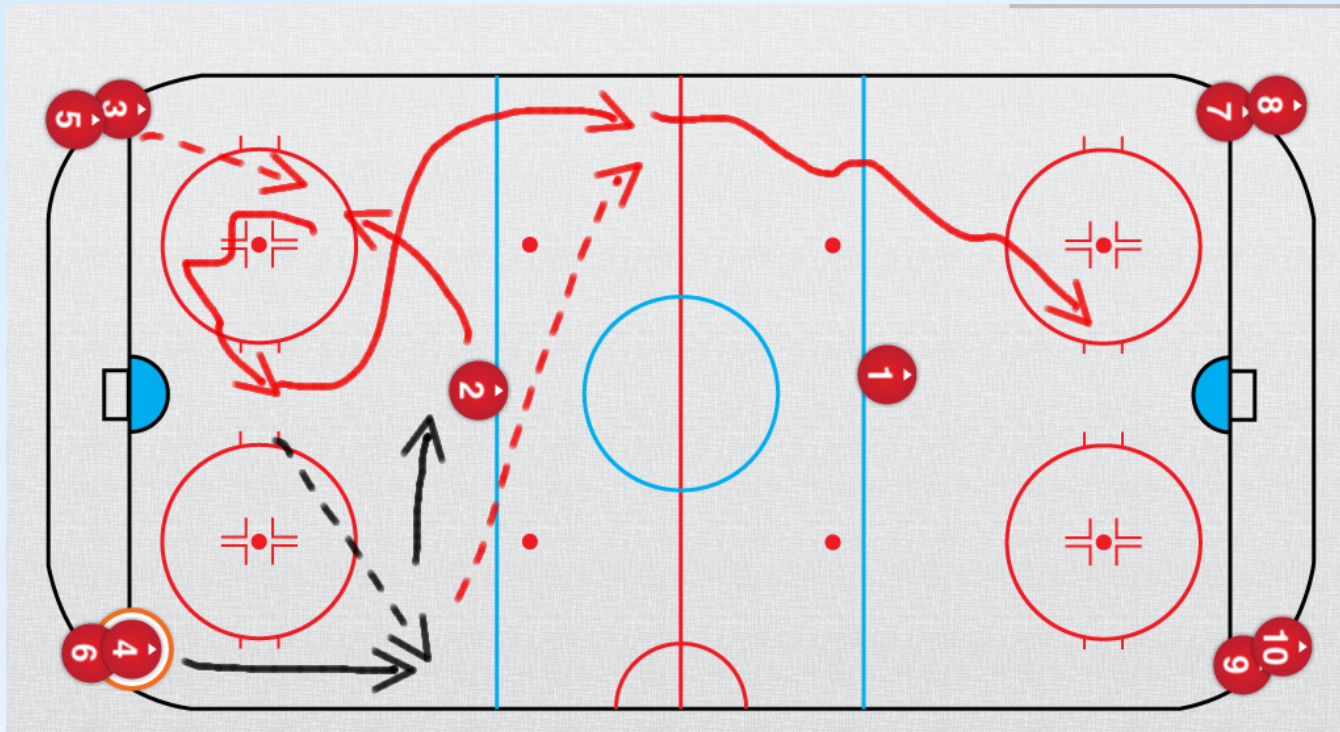
* Shooting and passing drill



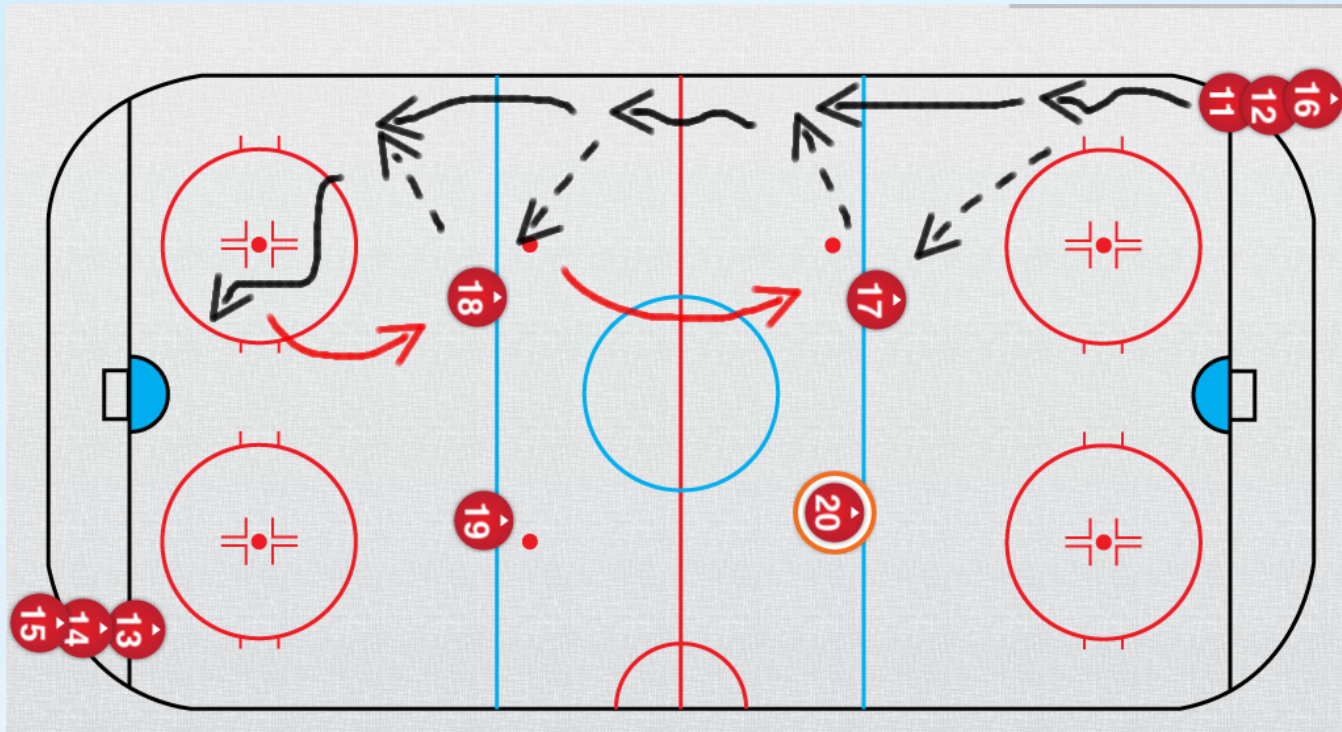
* Started by 1 and 3,
concentration, long
passes



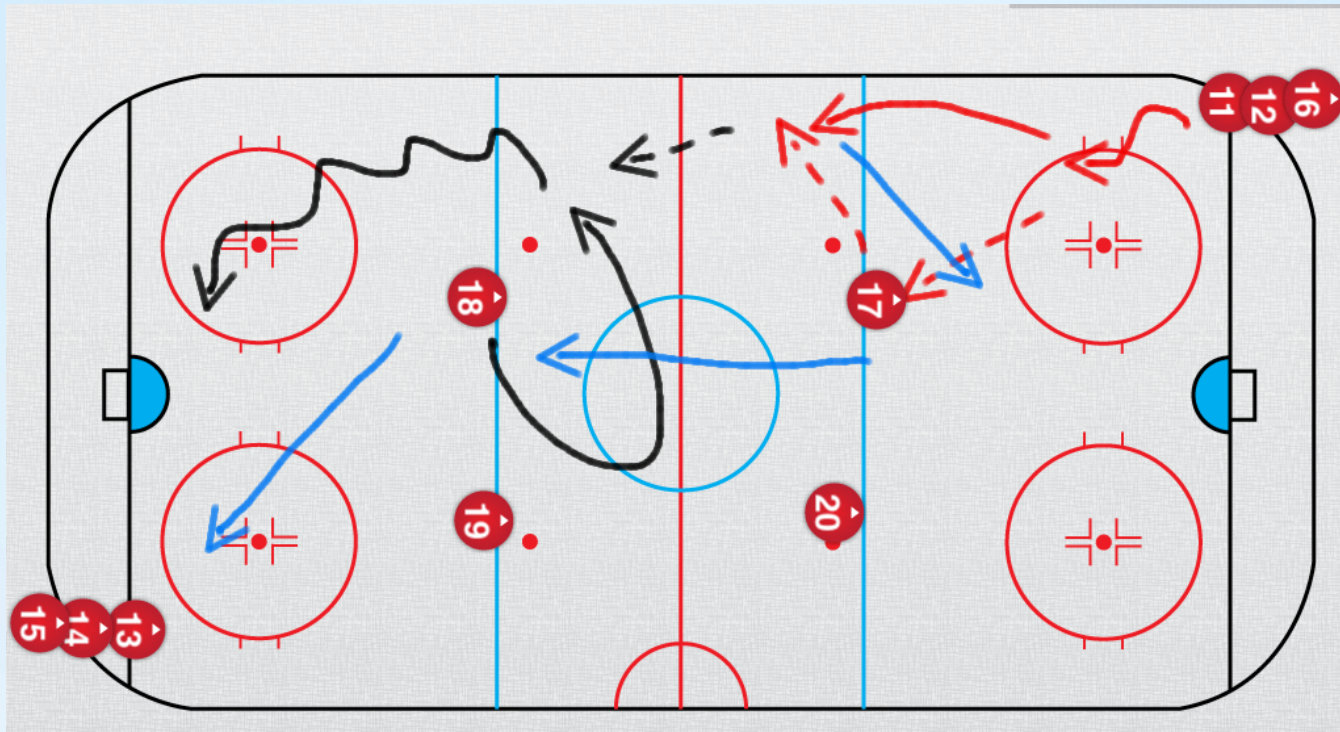
*Timing drill, flow



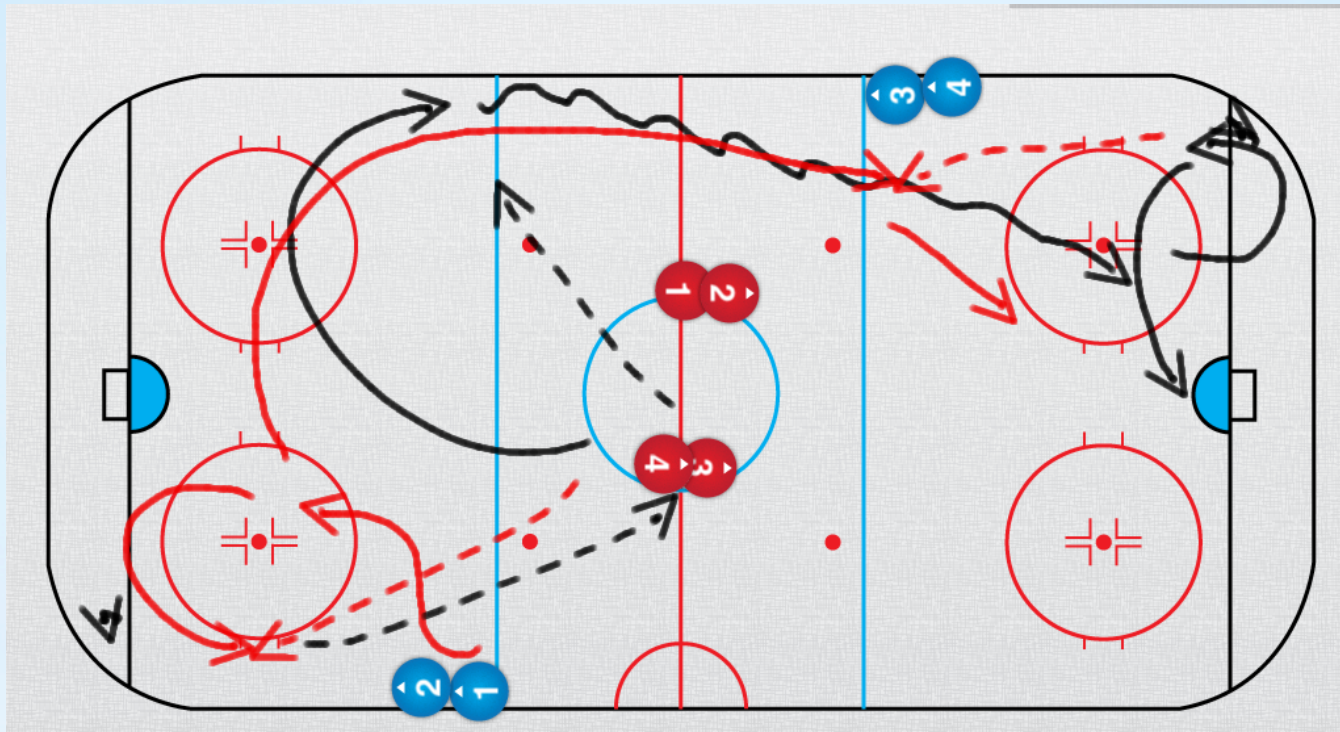
*Timing drill, flow



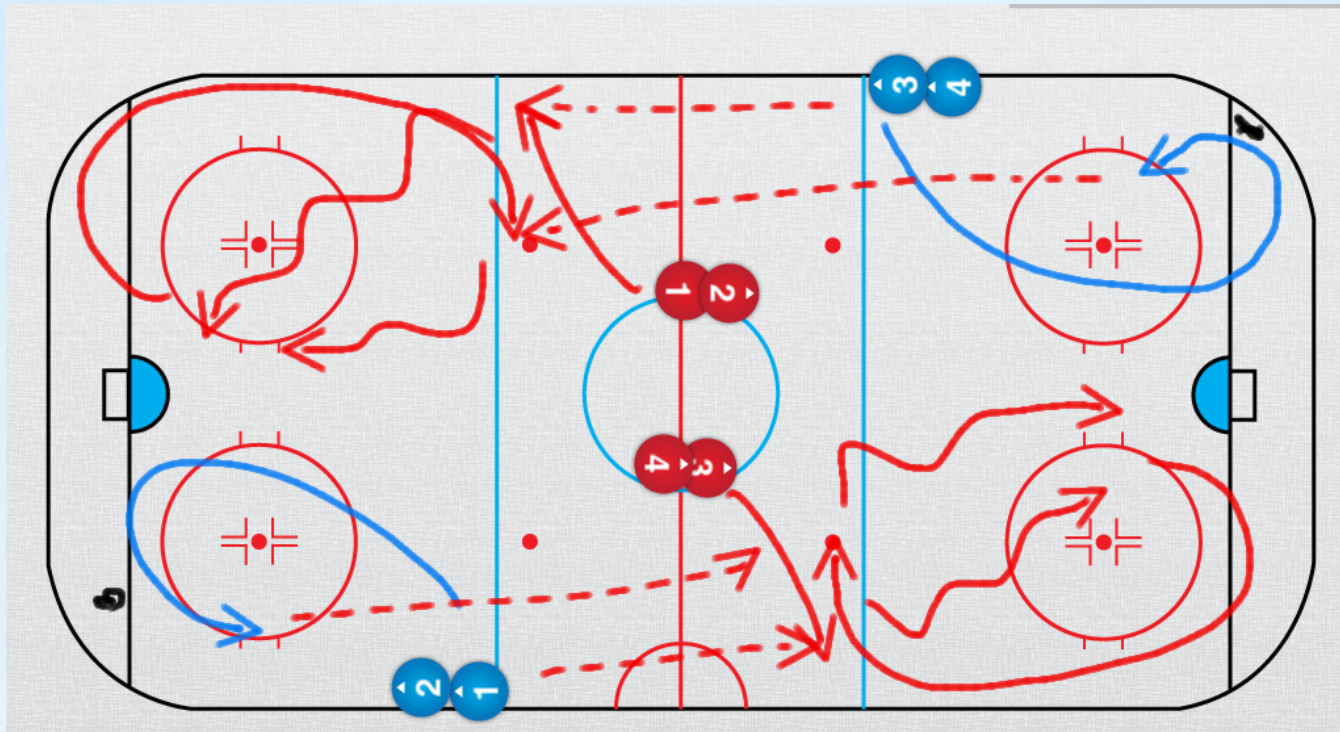
* Passing drill



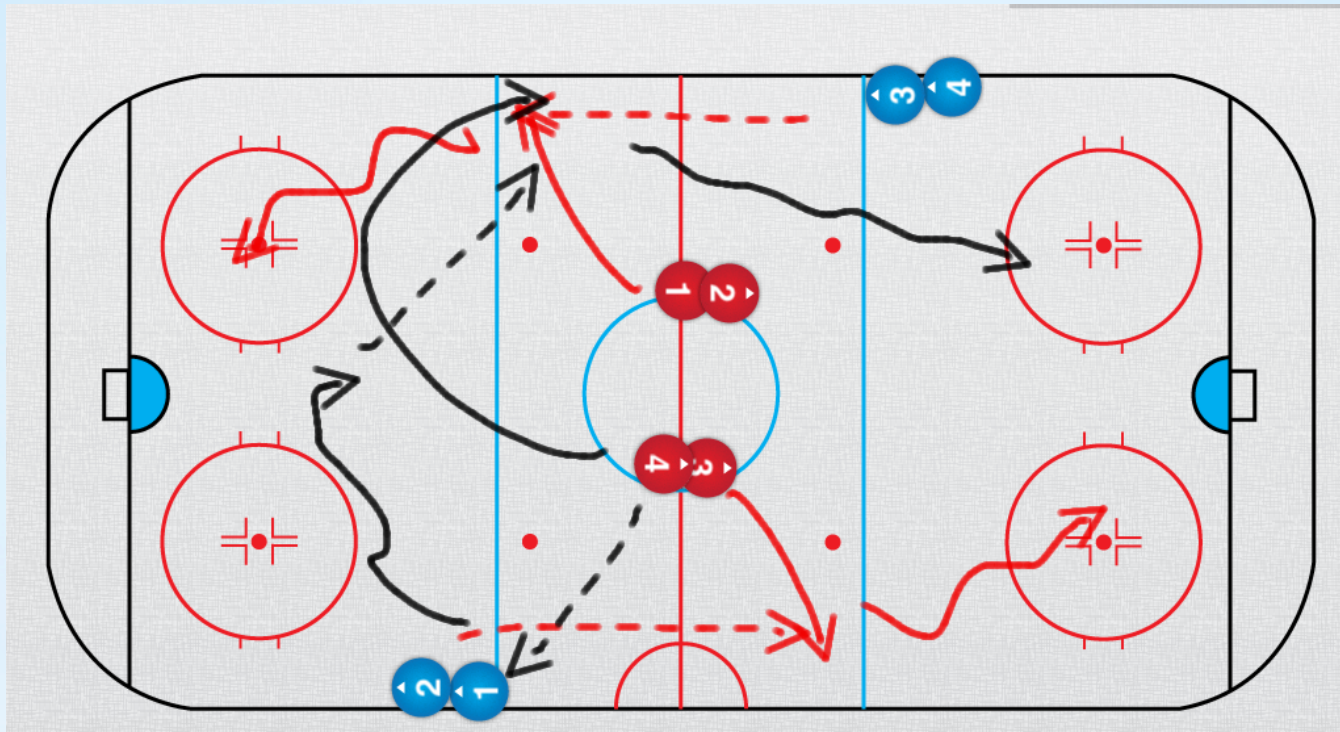
*Timing drill, flow



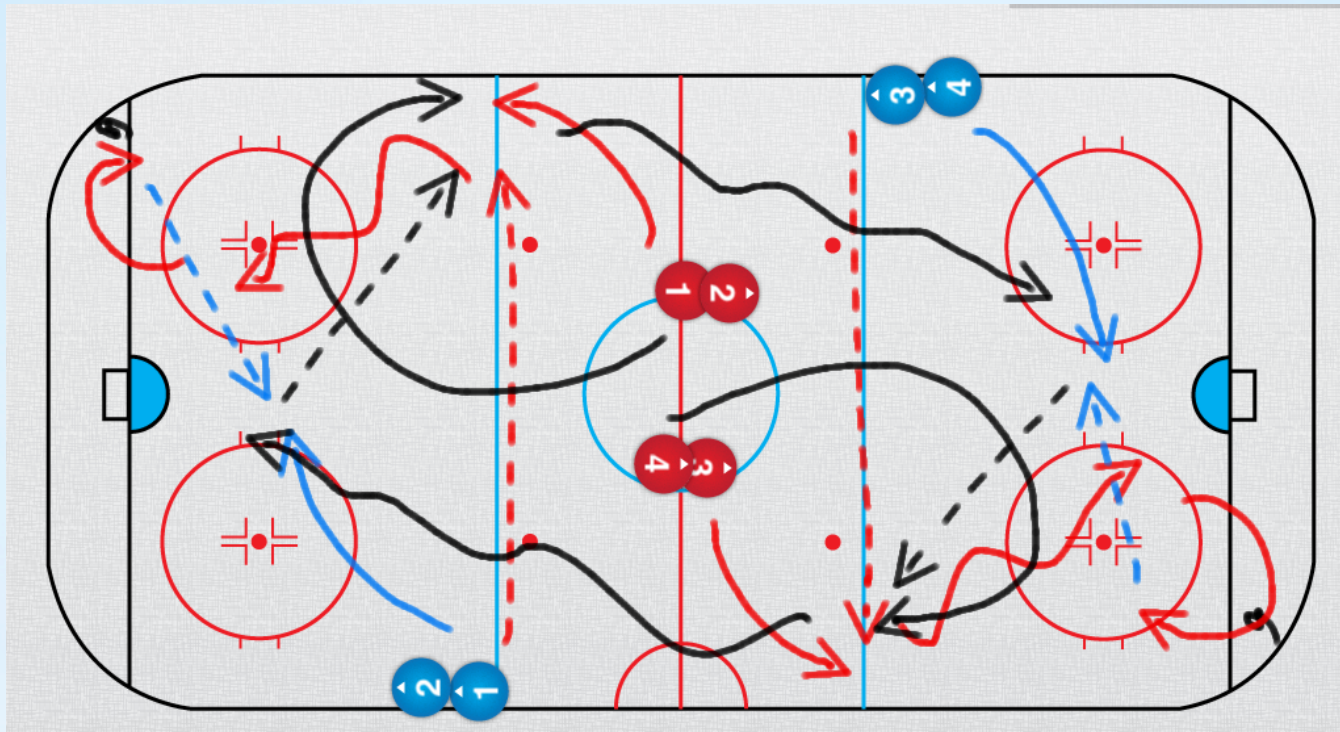
* Started by 1 and 3, both side drill



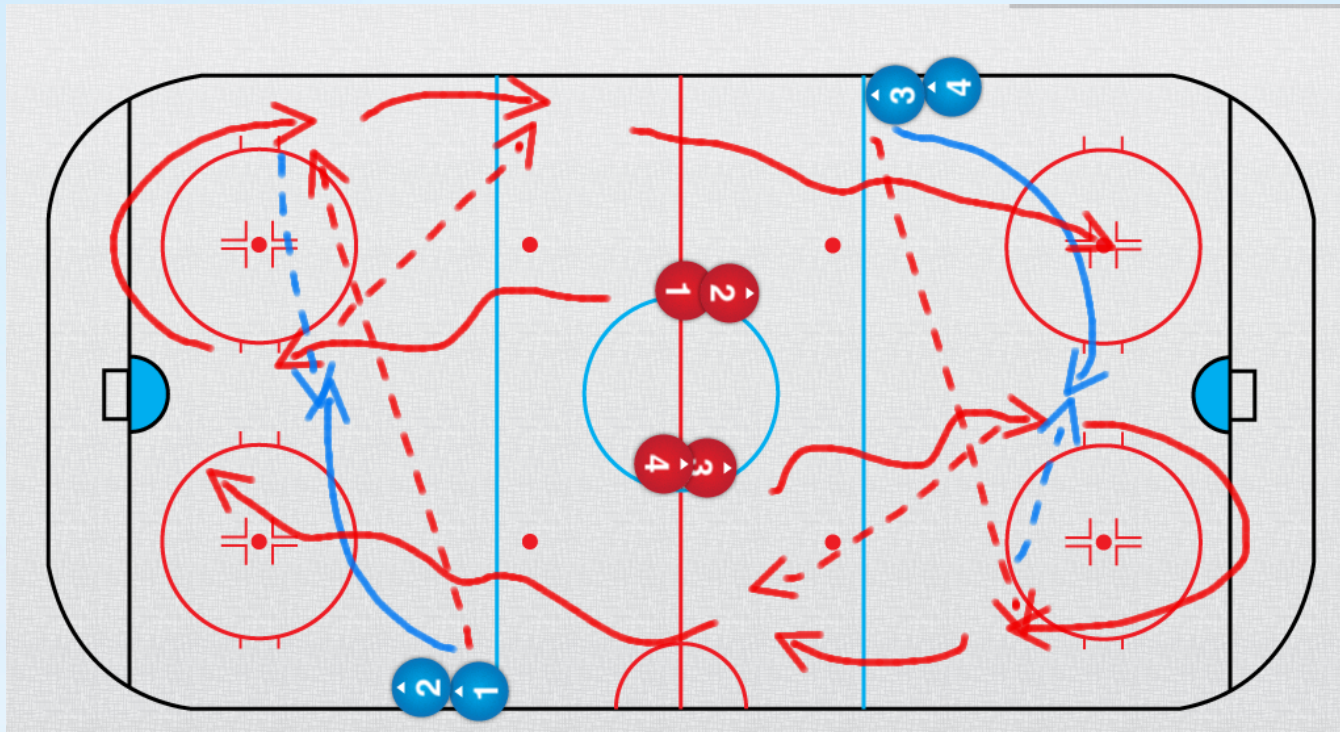
* Long passing drill



* Started by 3 and 1
blue



* Started by 1 and 3, long pass, take puck in the corner, pass to blue group...

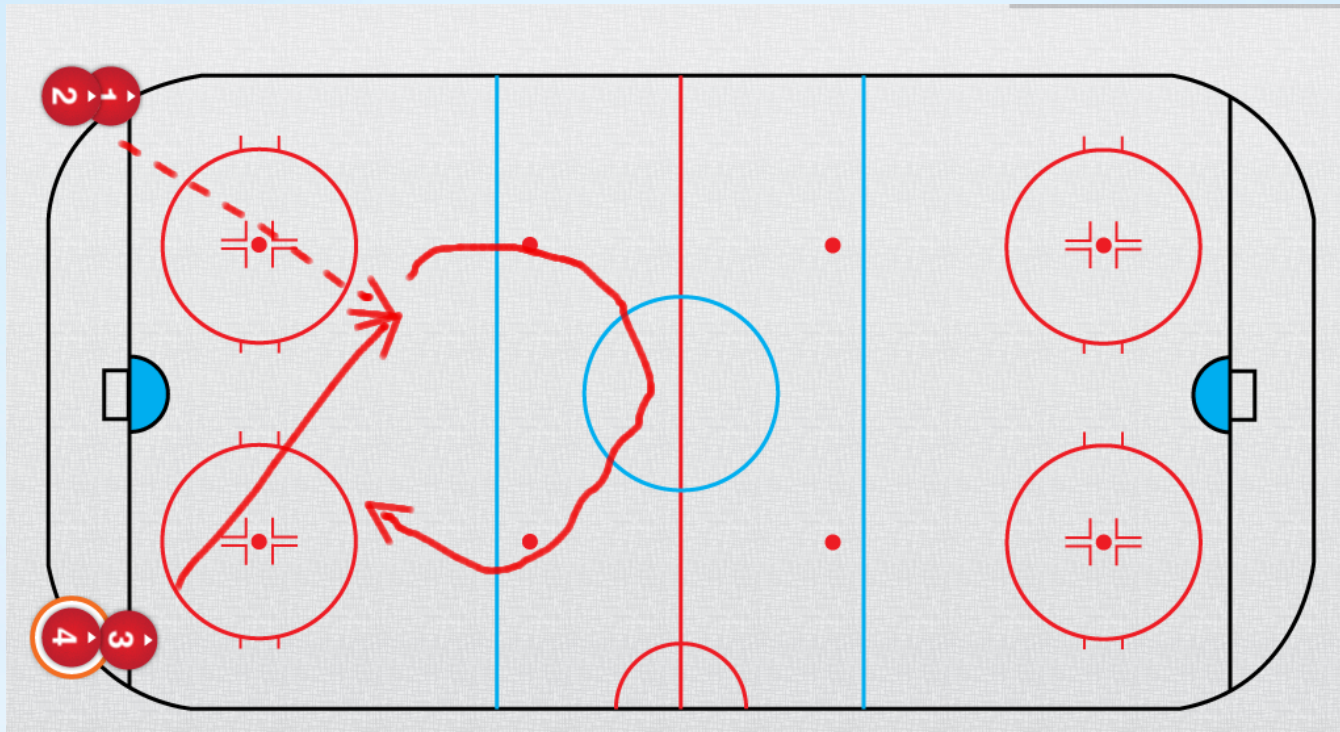


* Shooting drill with double passing

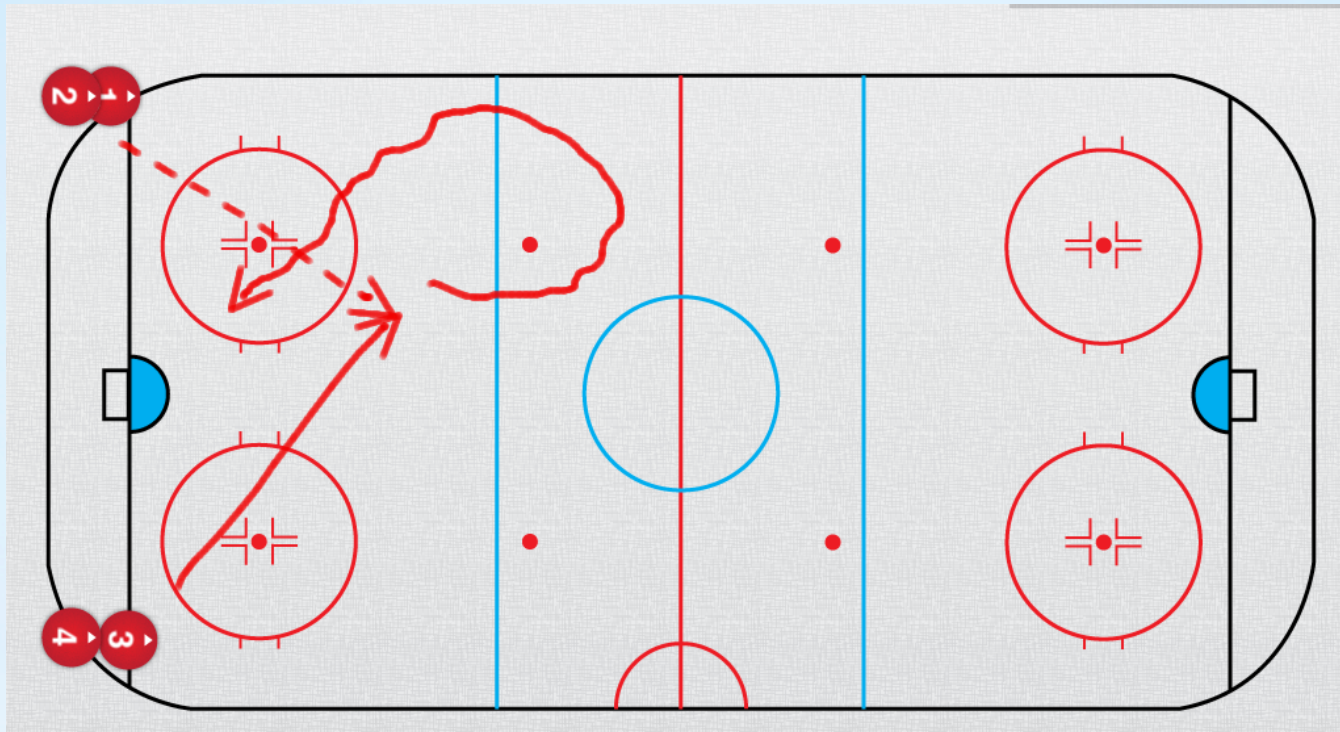


Work hard,
work well!!!

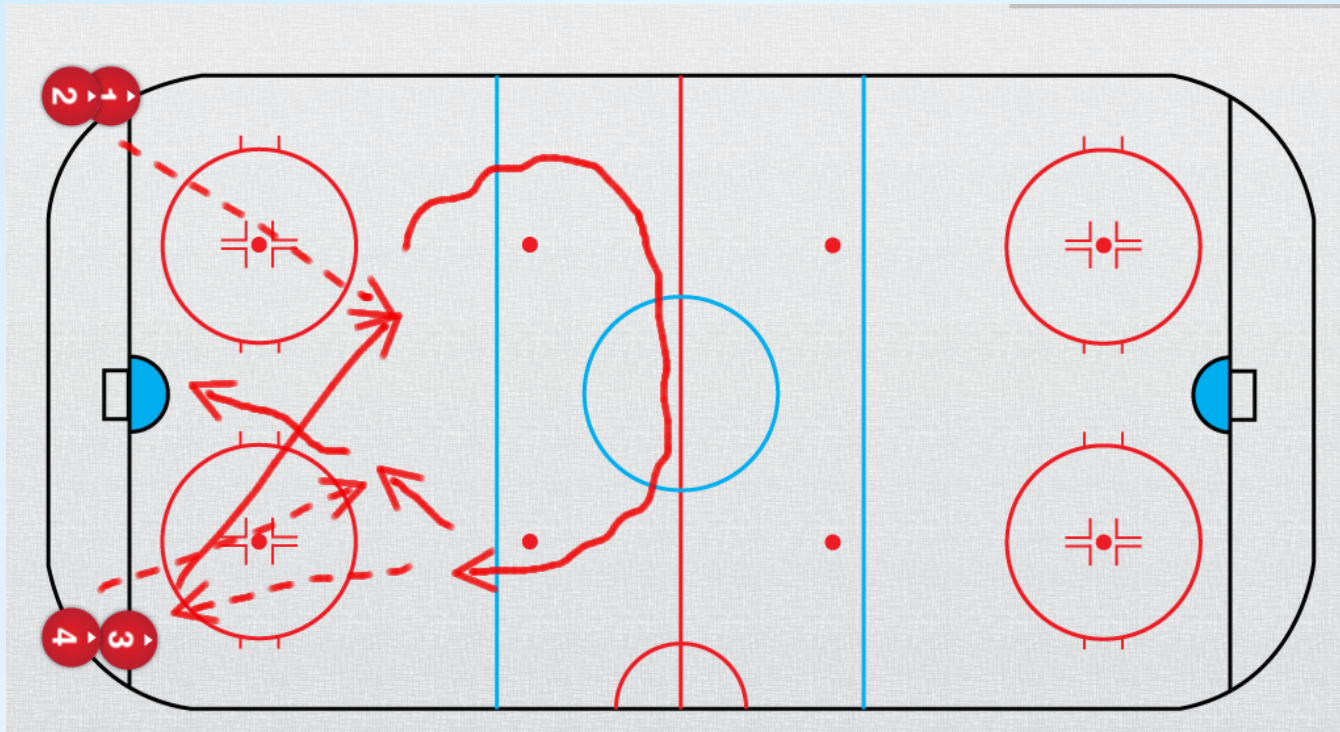
* Drills 1-0, half ice



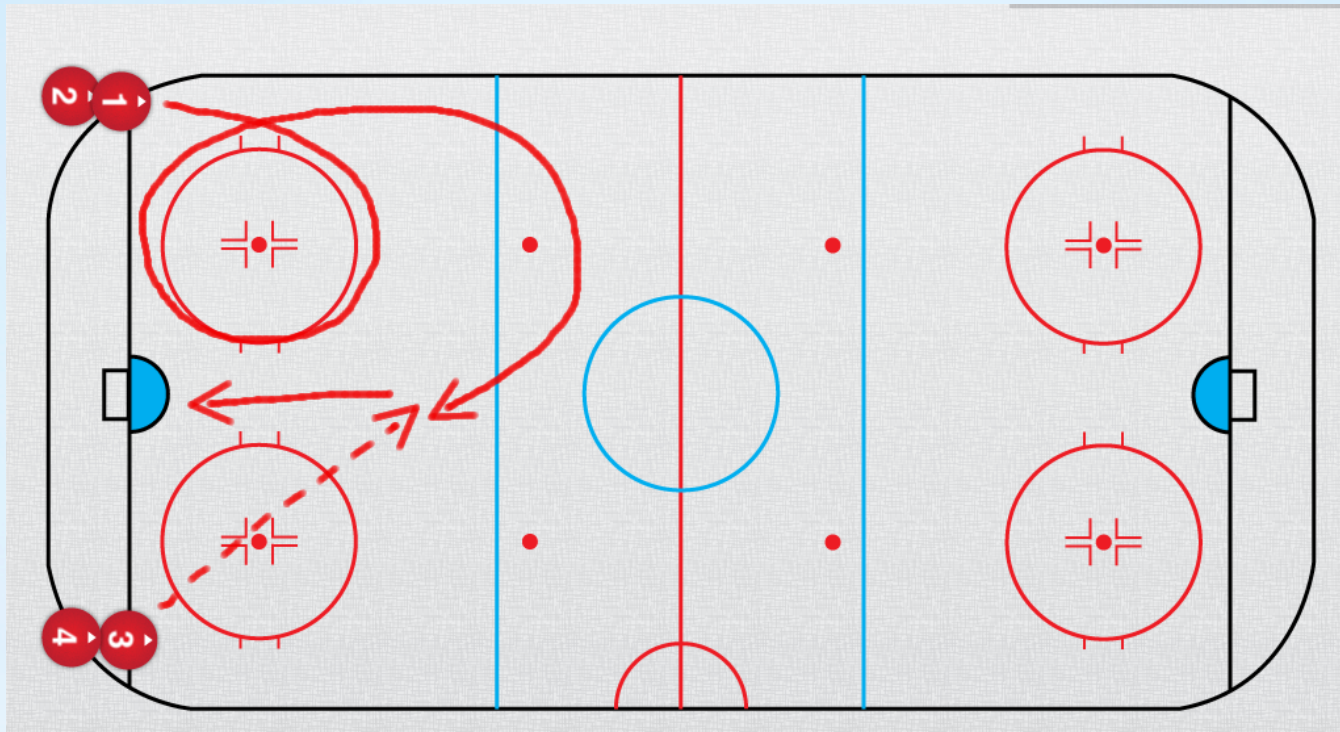
*Simply warm-up



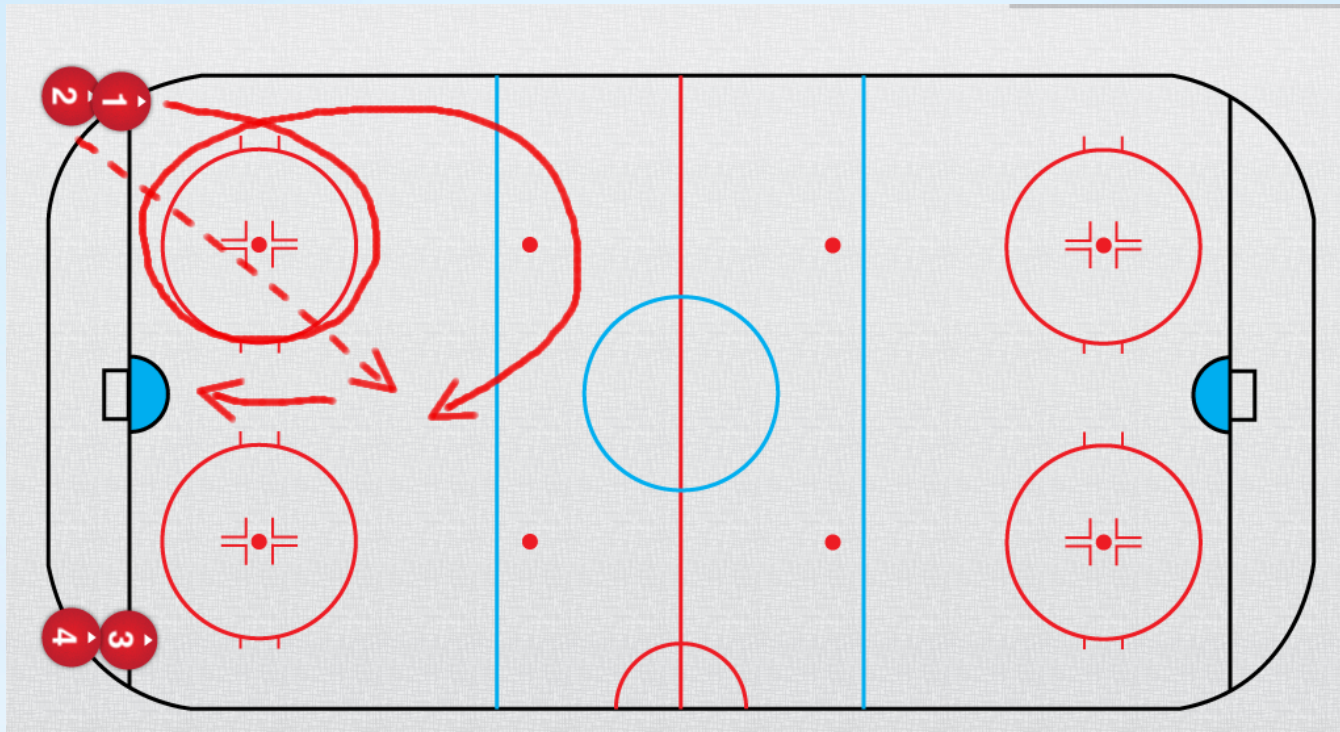
*Simply warm-up, another side



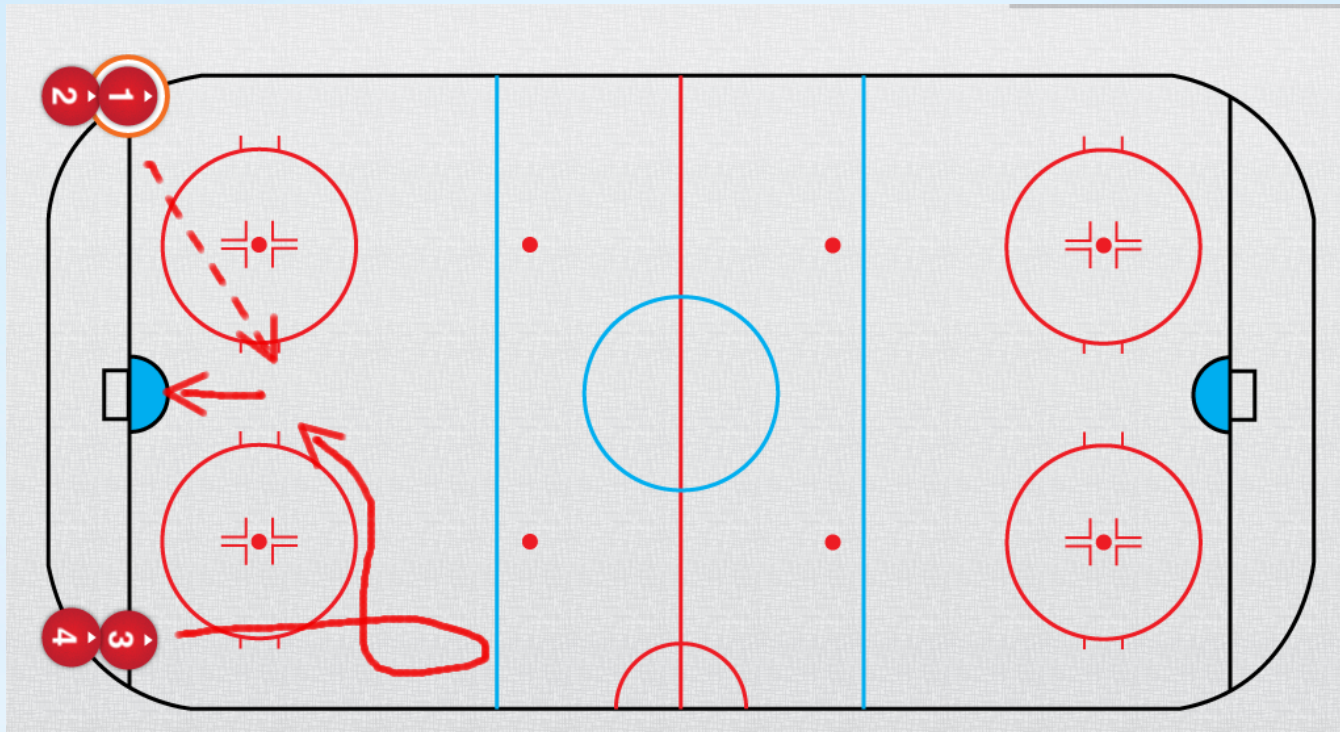
* Simply warm-up,
double passing



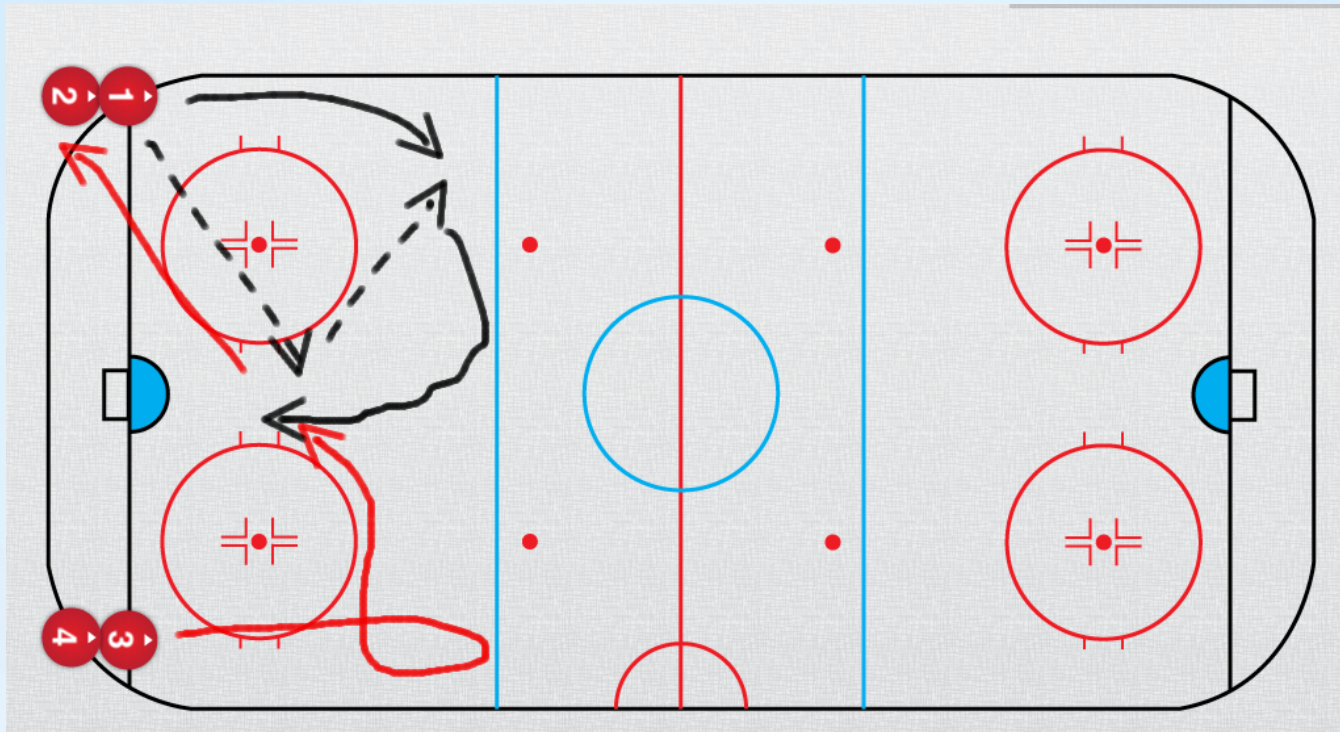
* Warm-up skating and shooting



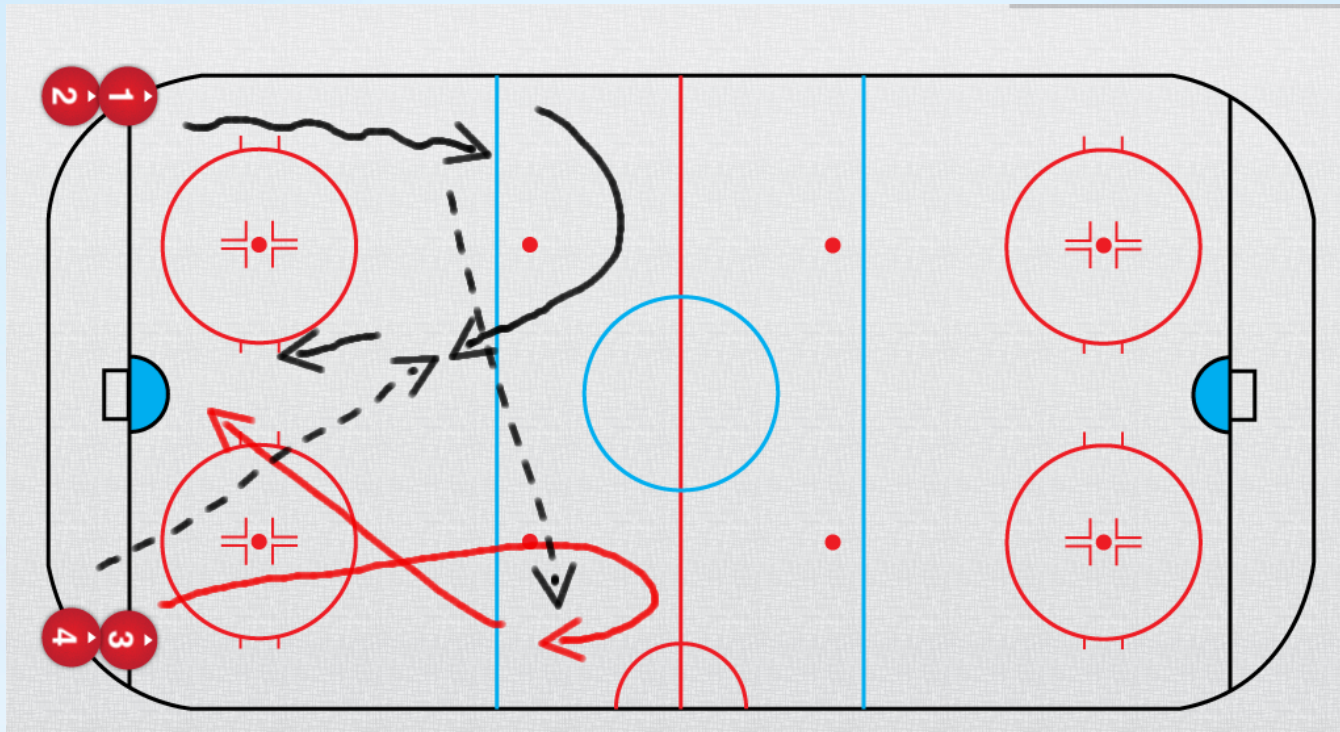
* Warm-up with skating and shooting



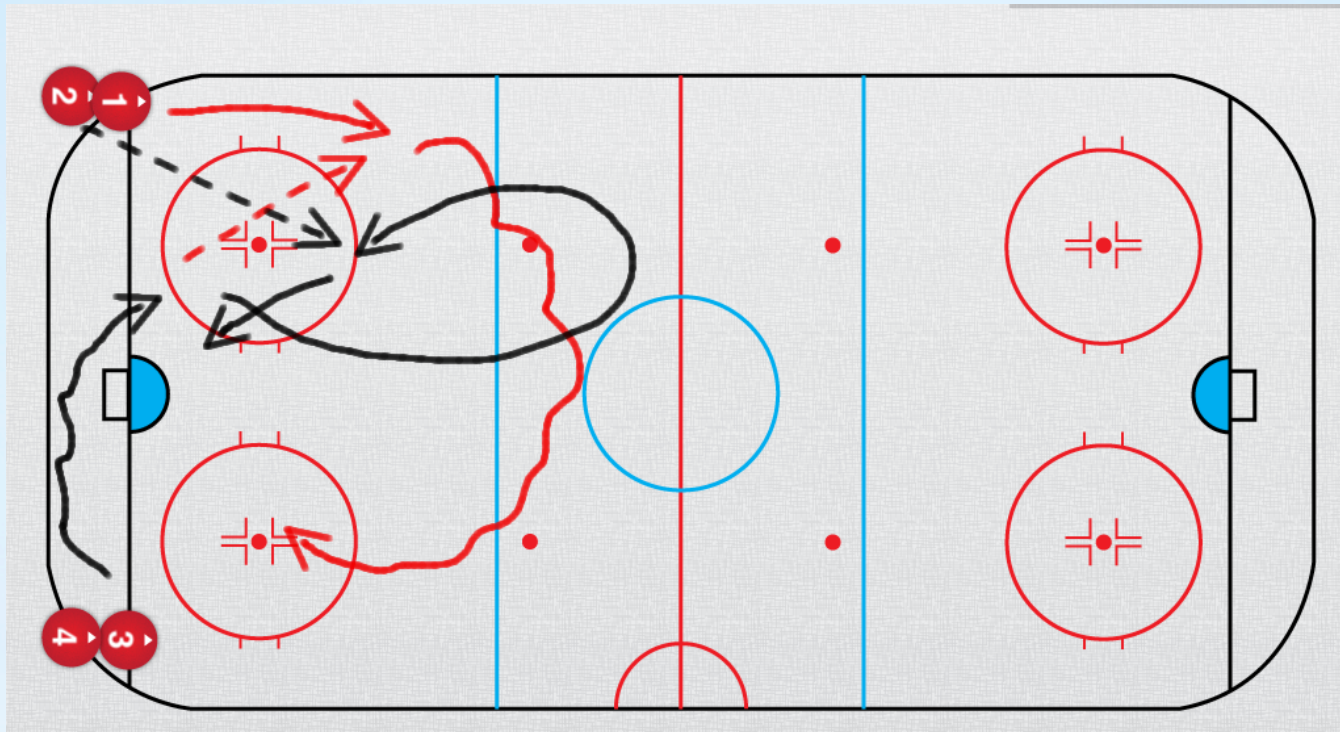
*Shooting drill



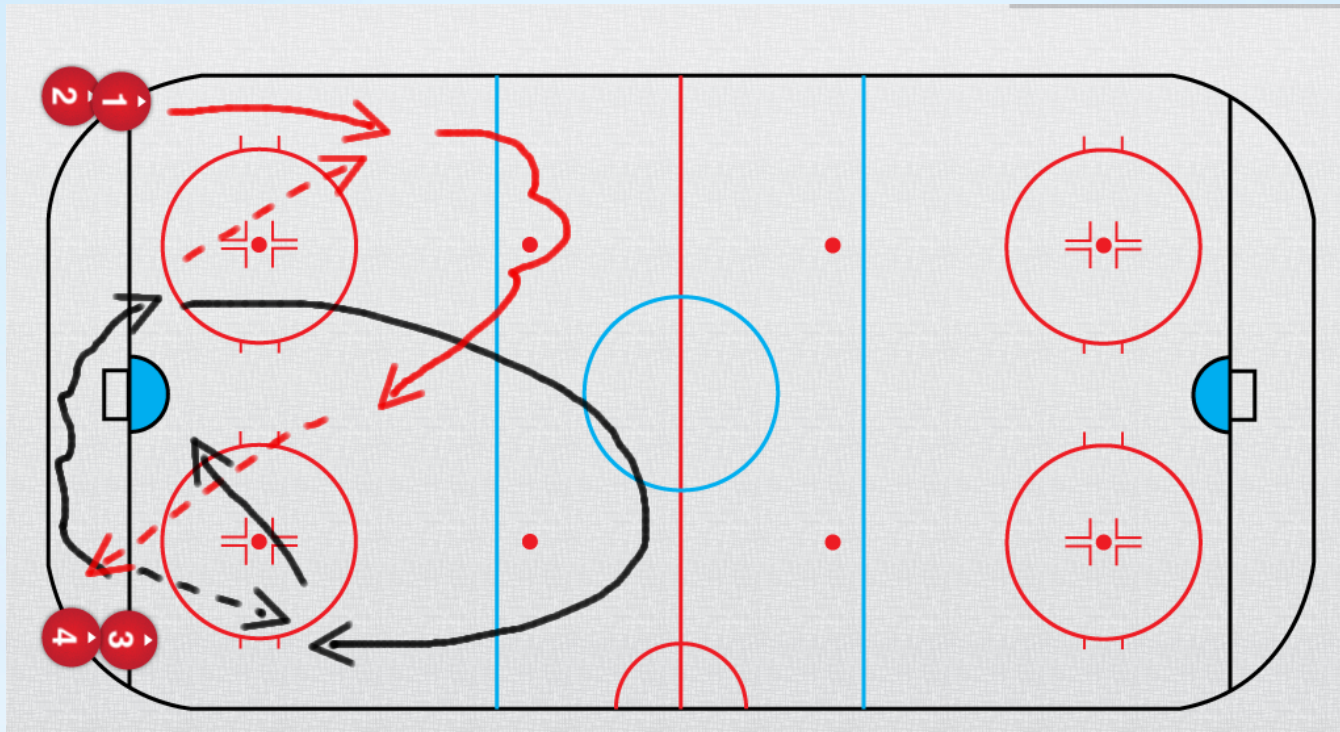
* Shooting drill, 3 no shot, double pass with 1



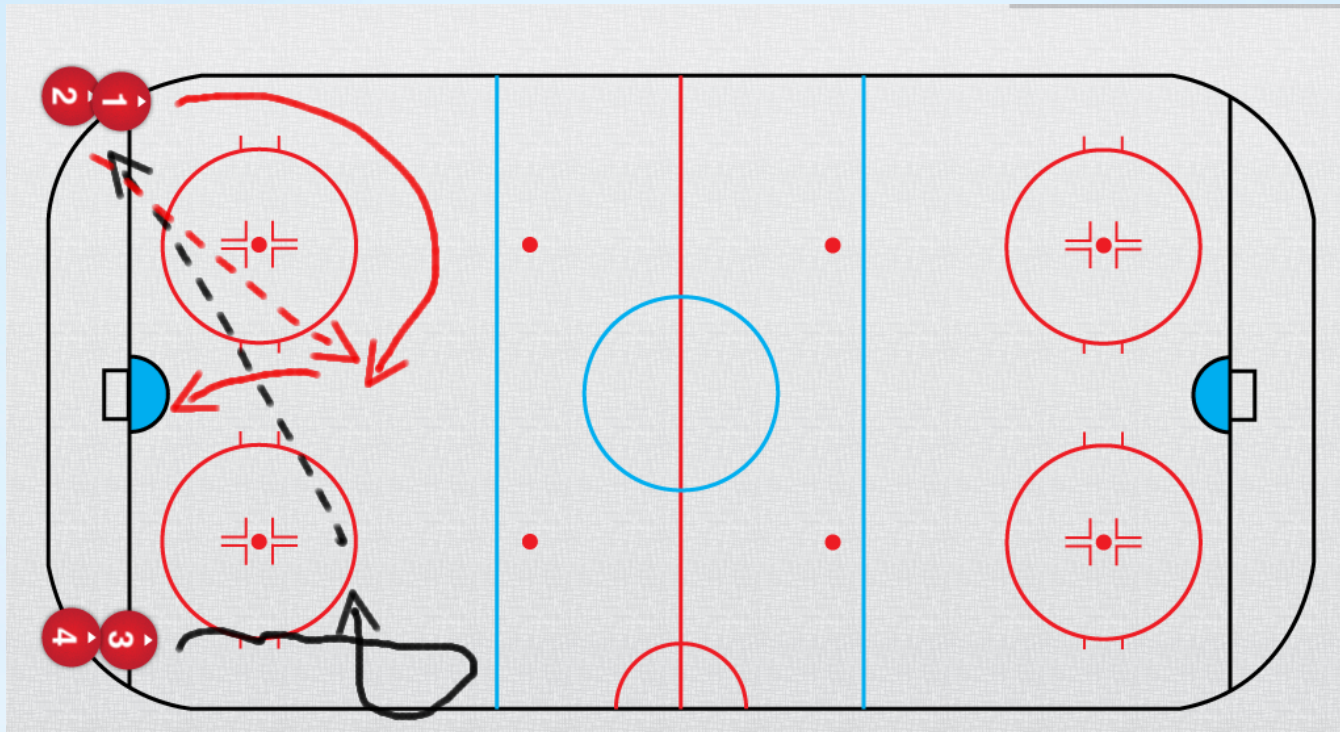
* Warm-up shooting starting with 3



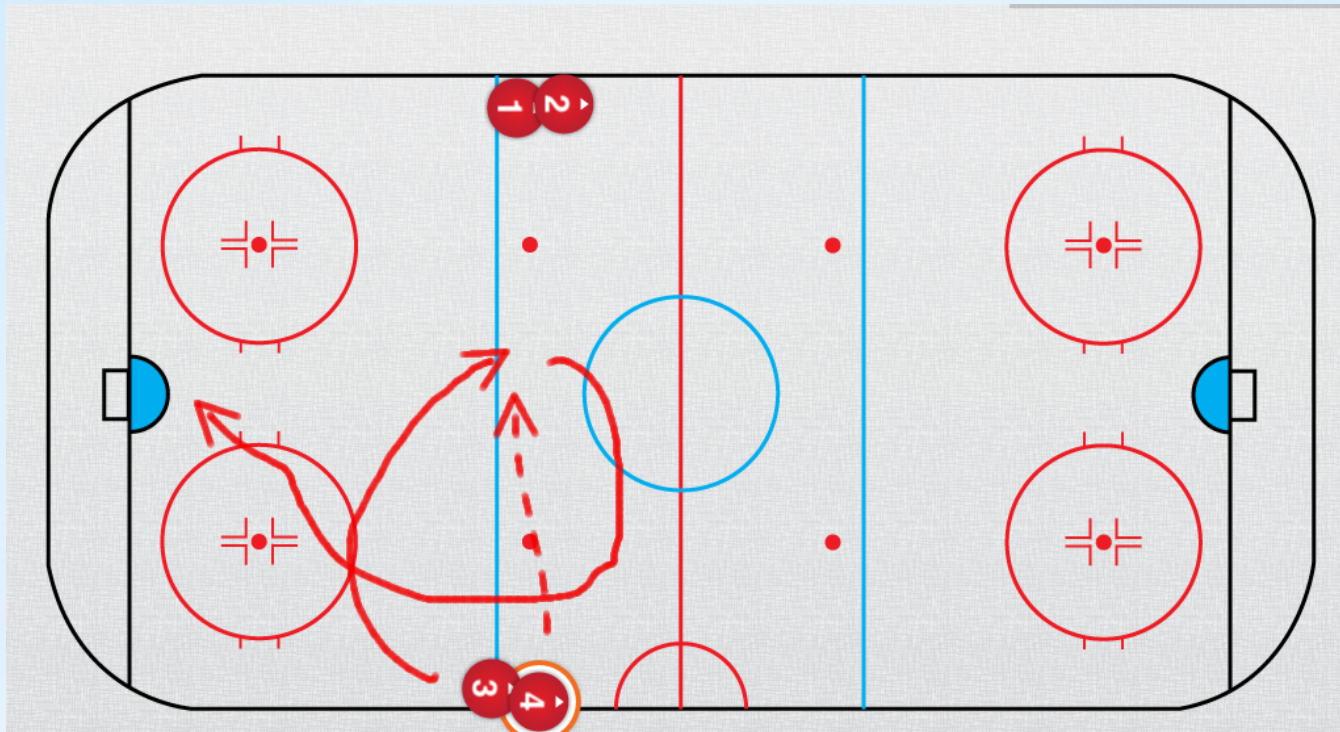
* B-out drill,
shooting, timing, 3
starts



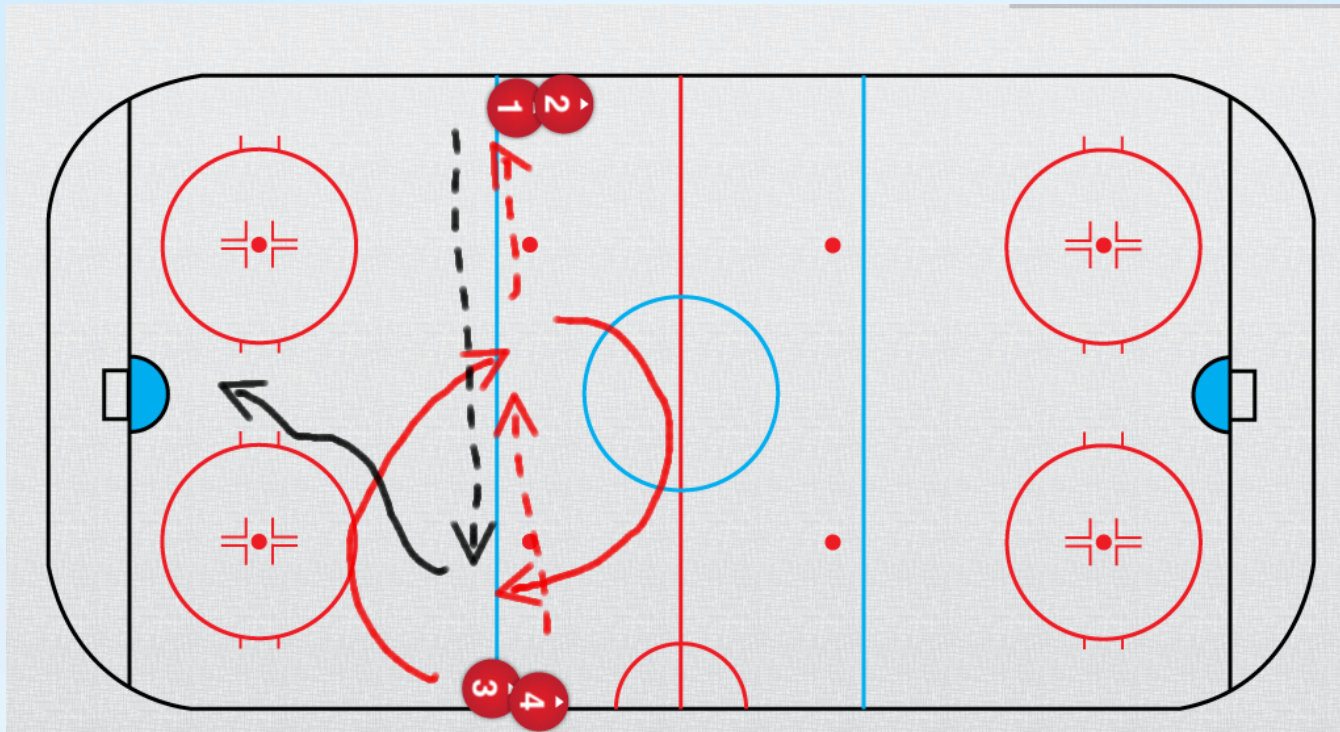
* B-out, shooting, 1 shot, 3 starts with pass on 1, 1 on 4 and 4 on 3 again



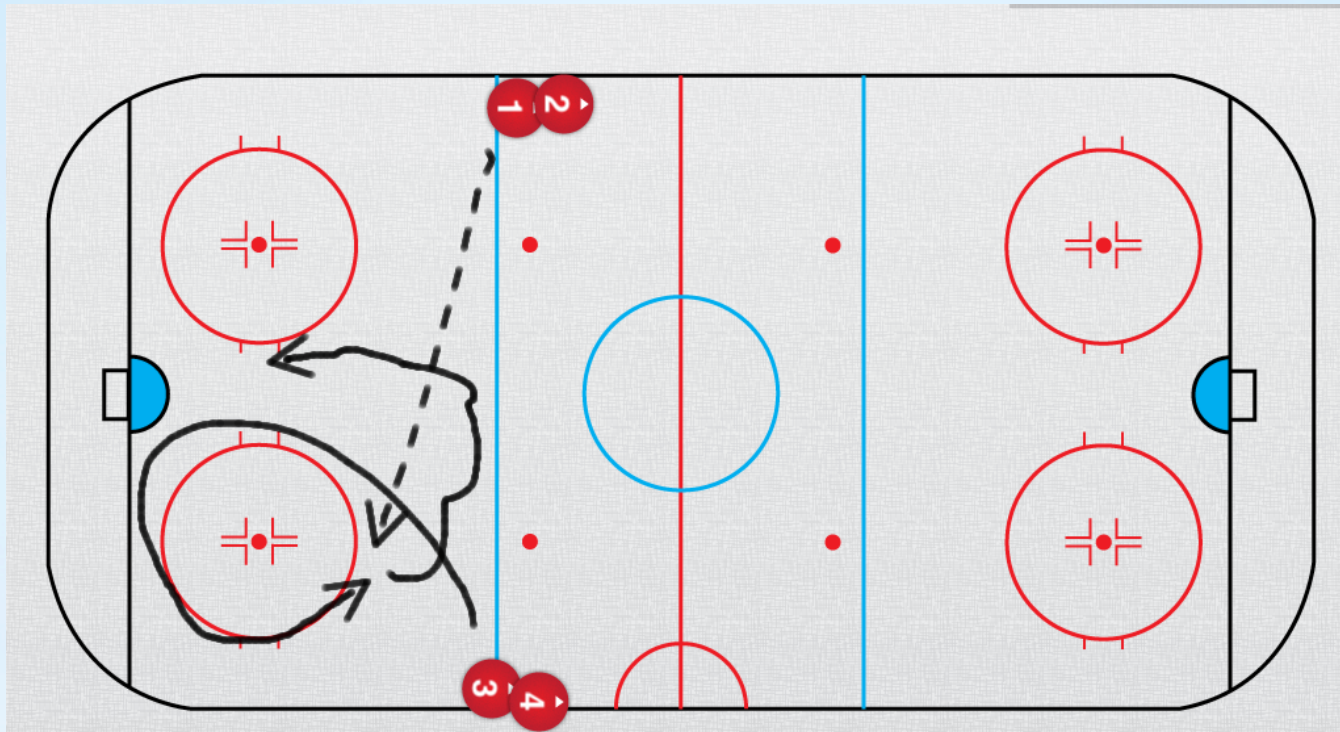
* Shooting drill, goalie challenge



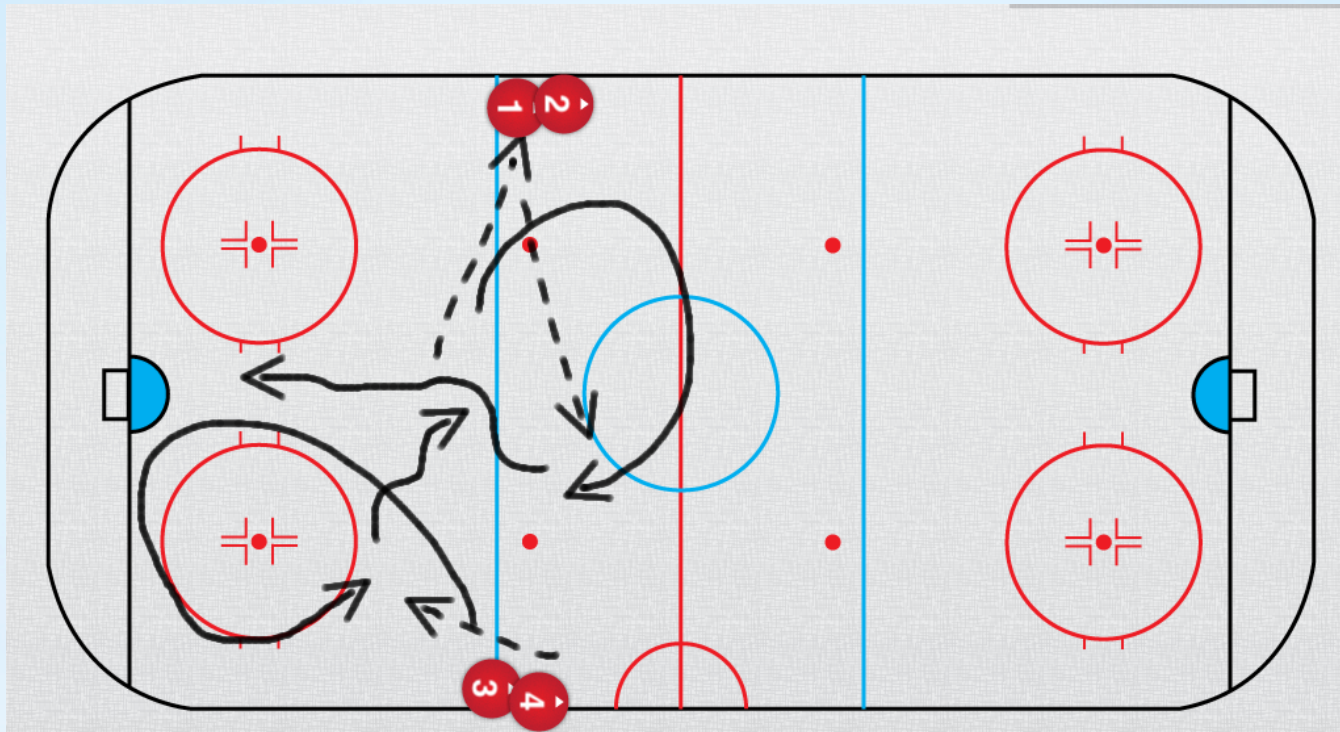
*Warm-up drill



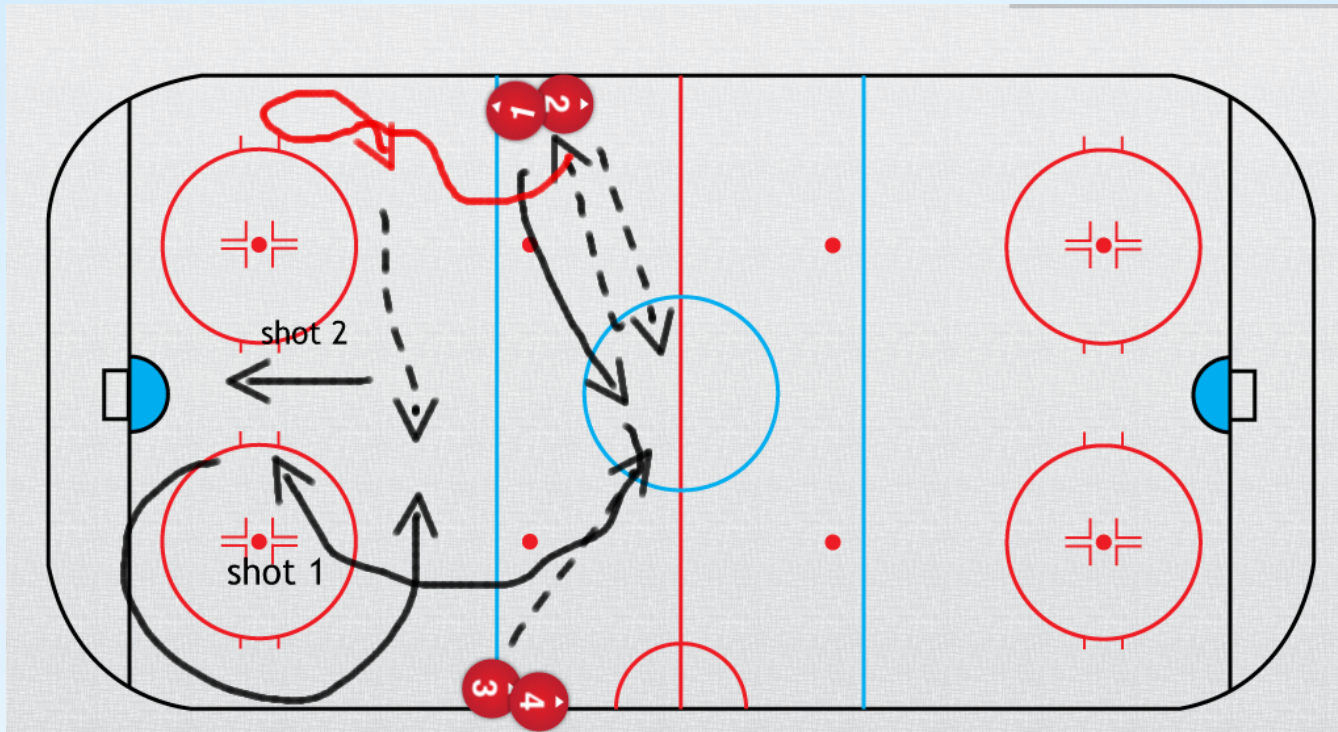
* Warm-up with more passes



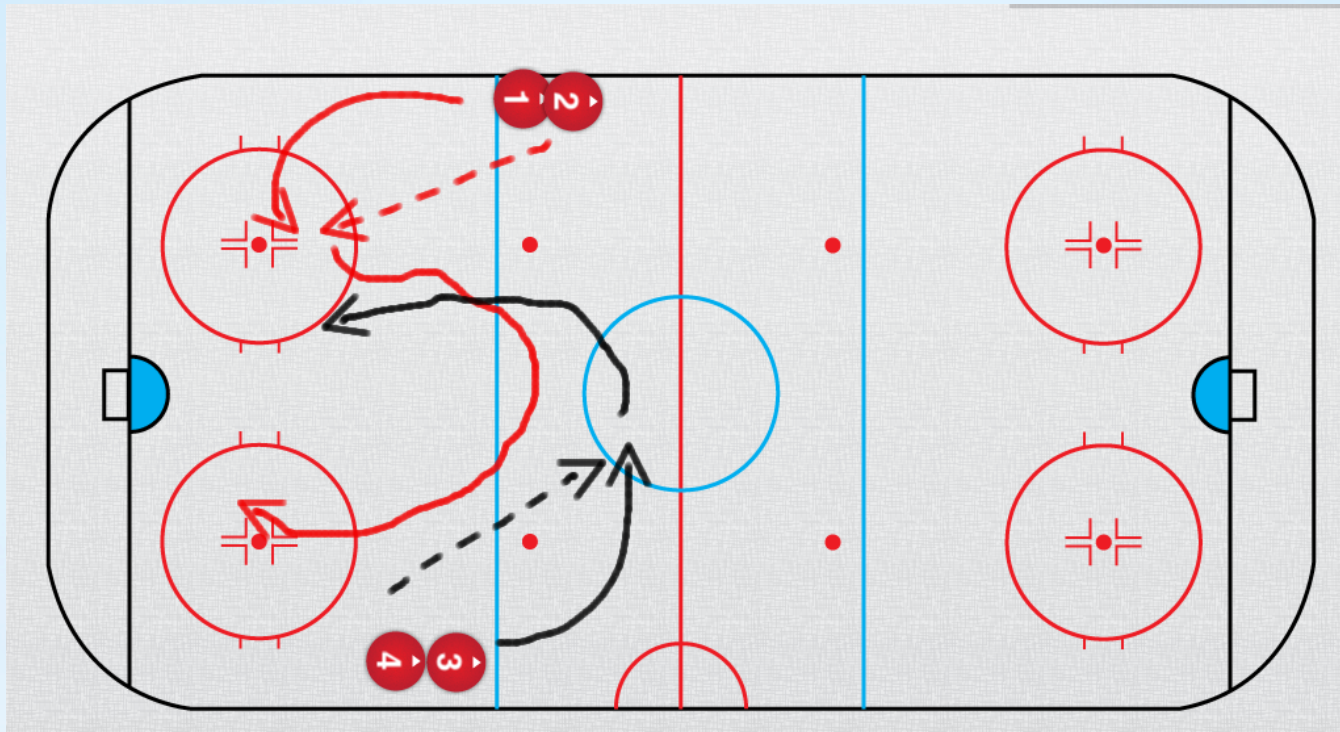
* Warm-up skating and shooting



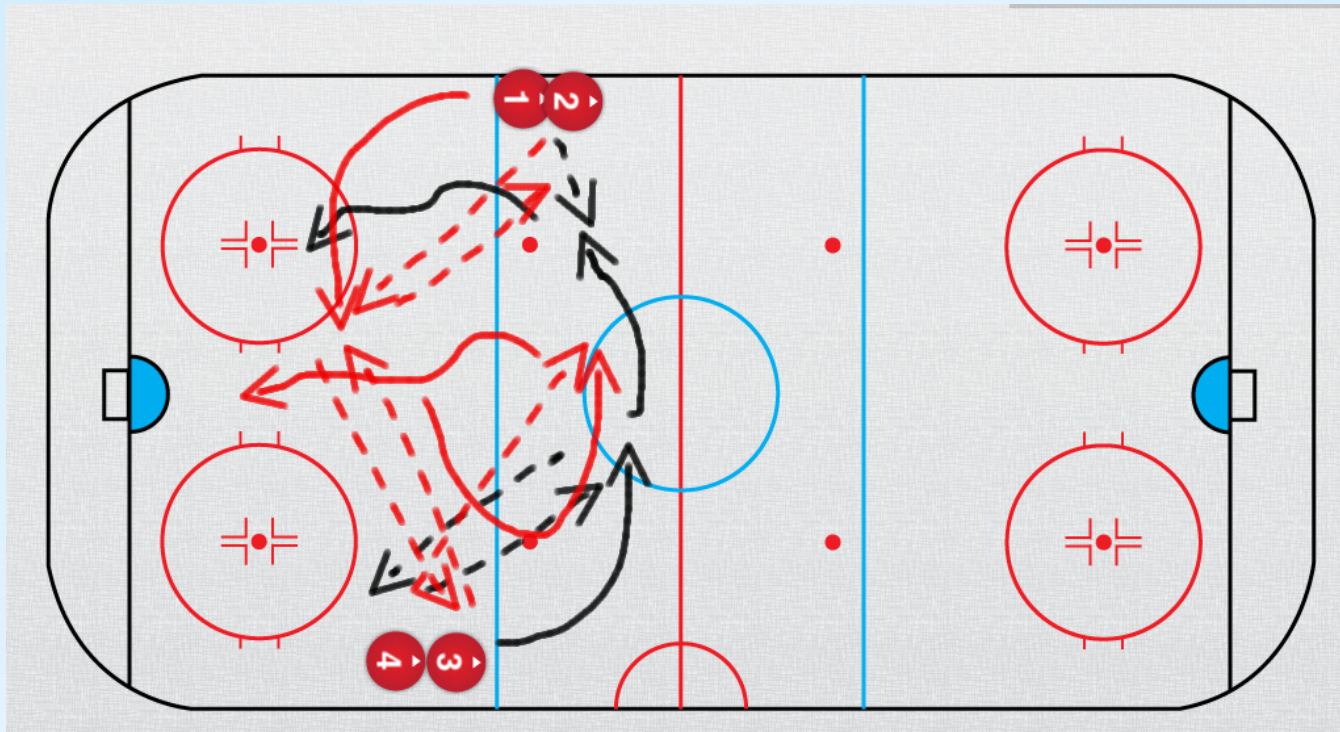
* Warm-up skating and shooting



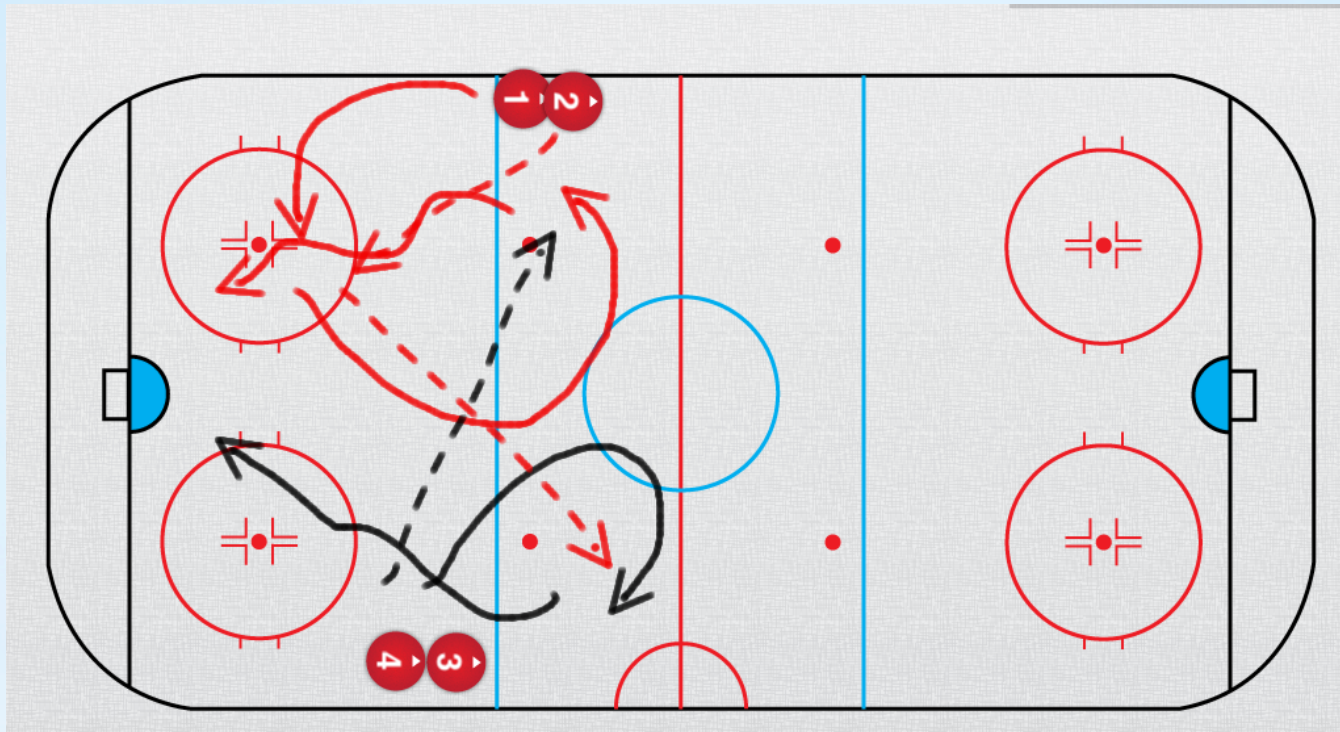
* 1 starts backwards, double passing, pass from 3 and shot, than around the circle and pass from 2-shot.



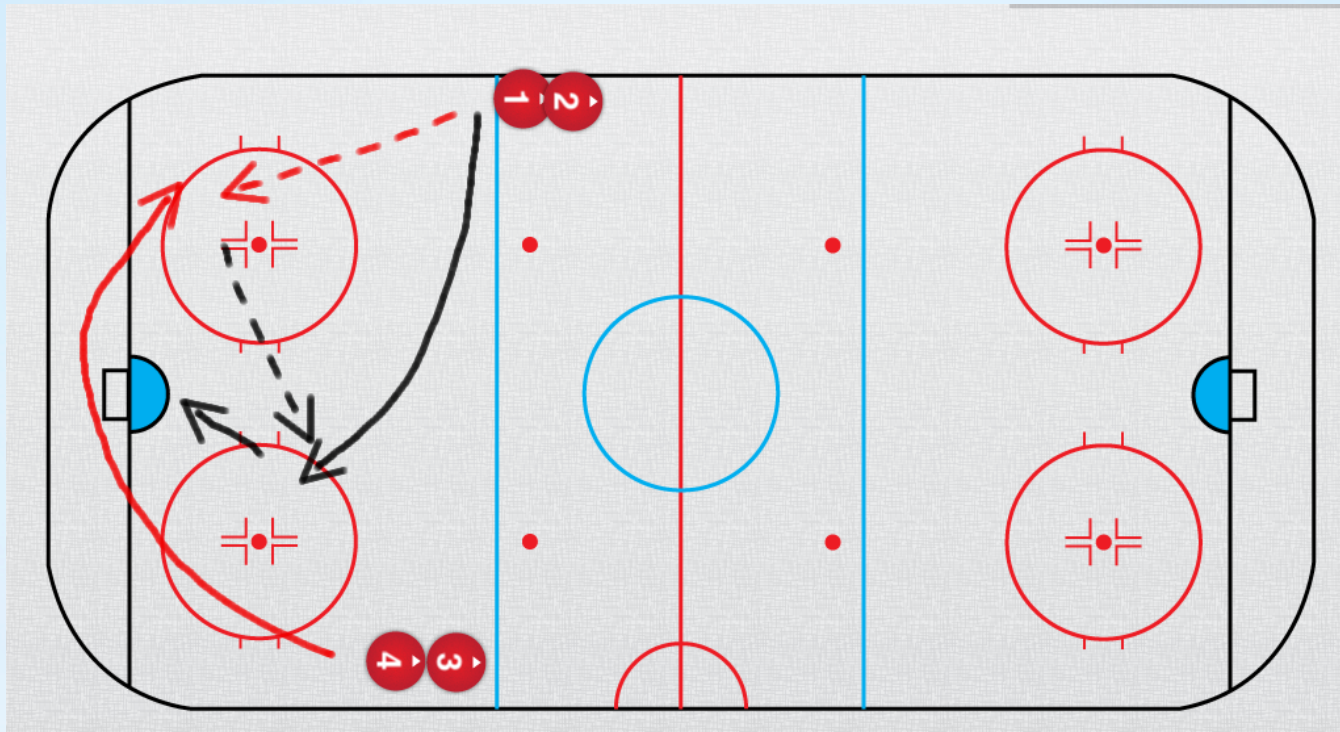
* Shooting, 2 players at
the same time,
timing



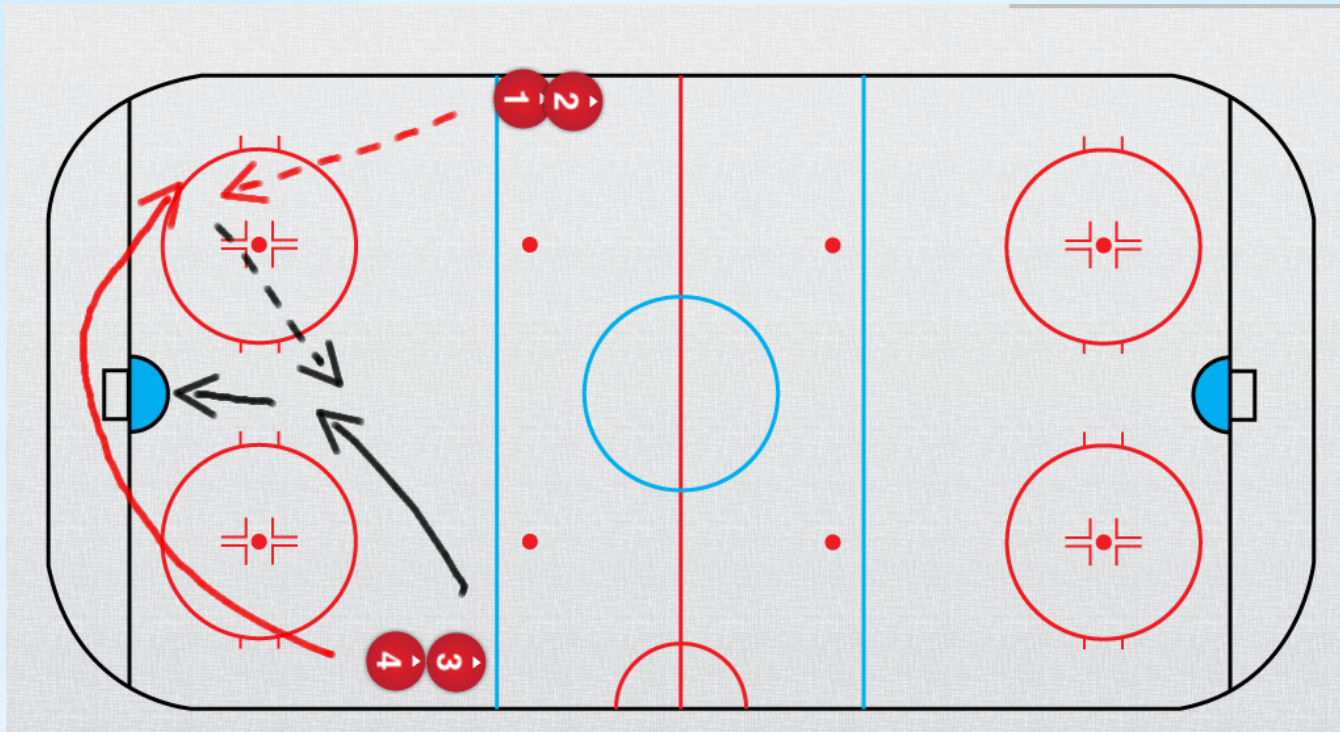
* Drill used by many
swedish teams started
by 3 and 1 at the same
time



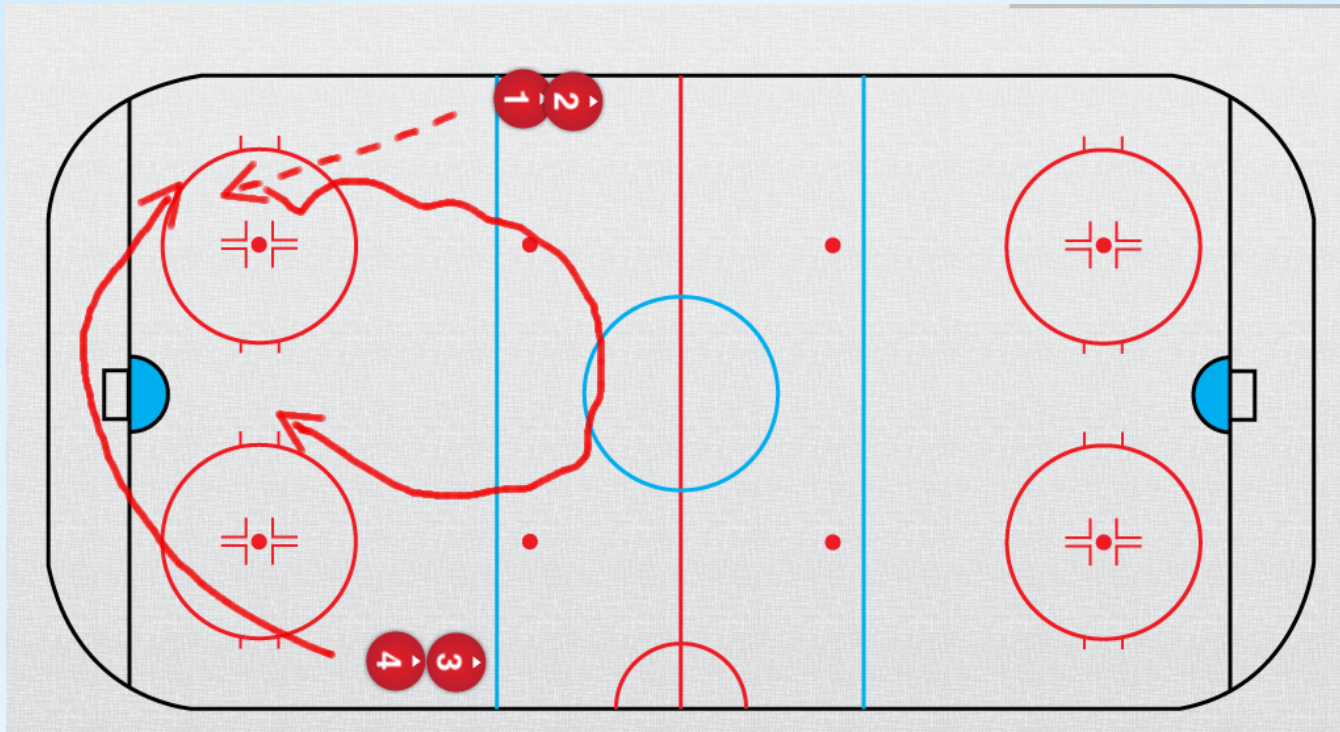
* Started by 1 receiving pass from 2, 3 started, pass from 1 and 1 receives from 4



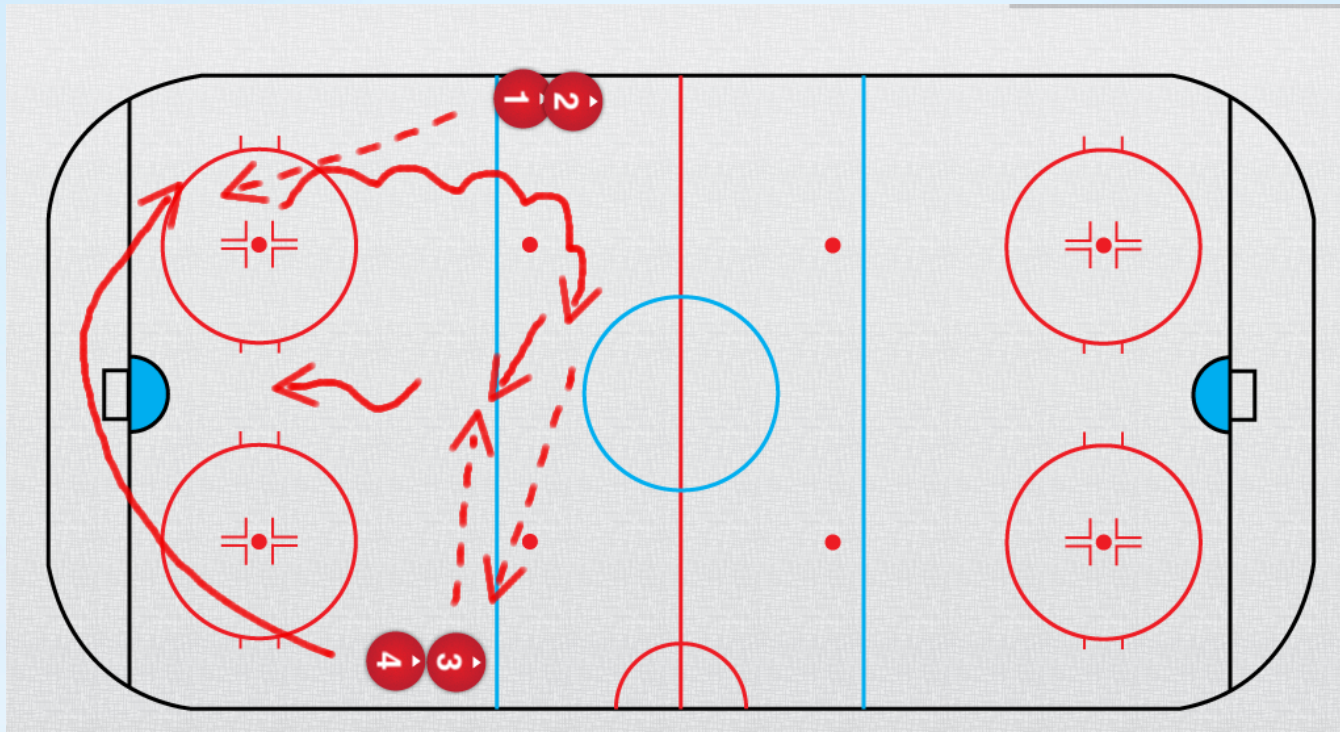
* Shooting drill



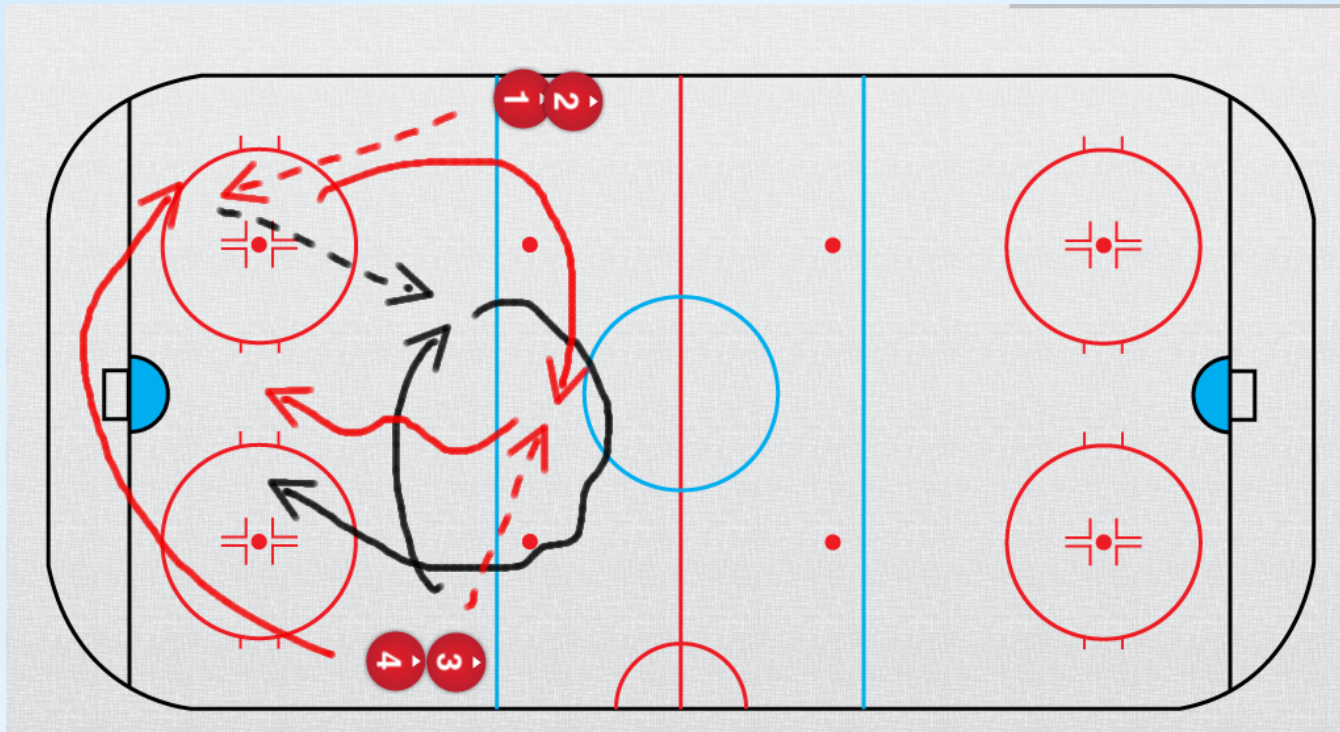
*Shooting drill



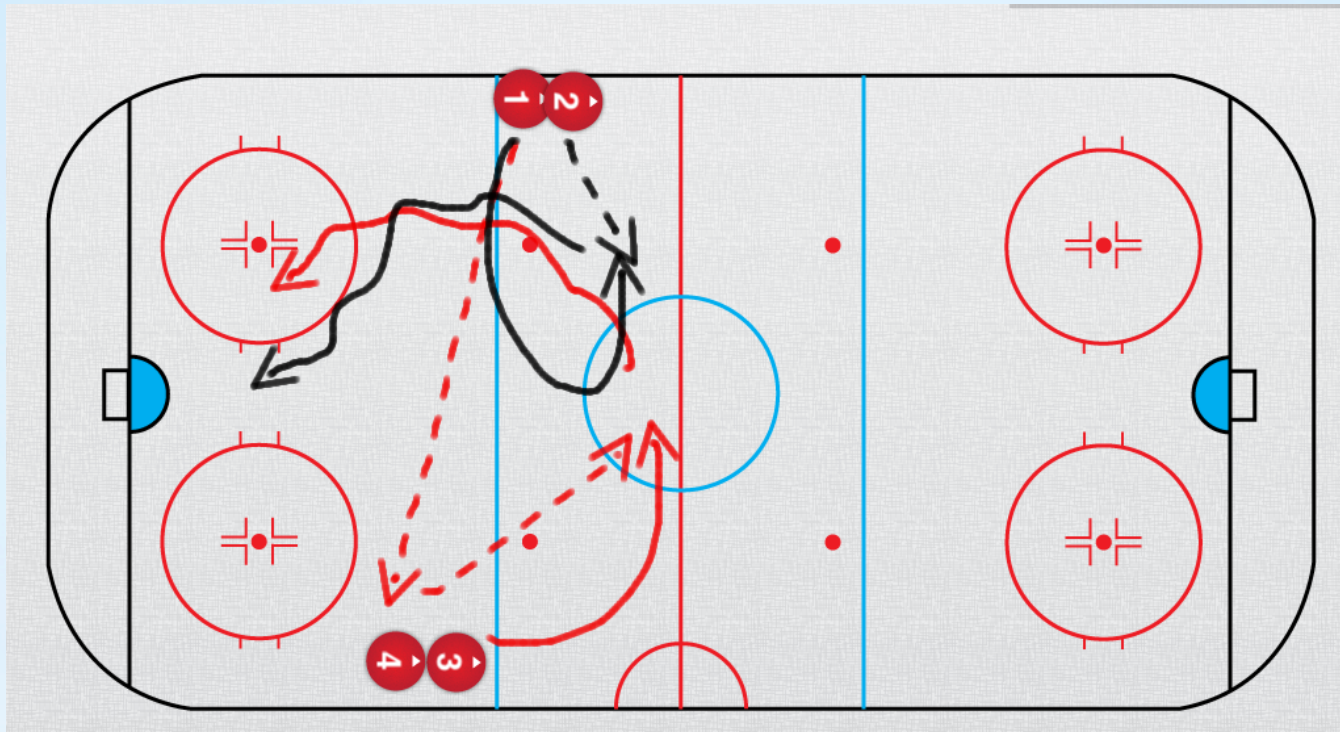
*Shooting drill



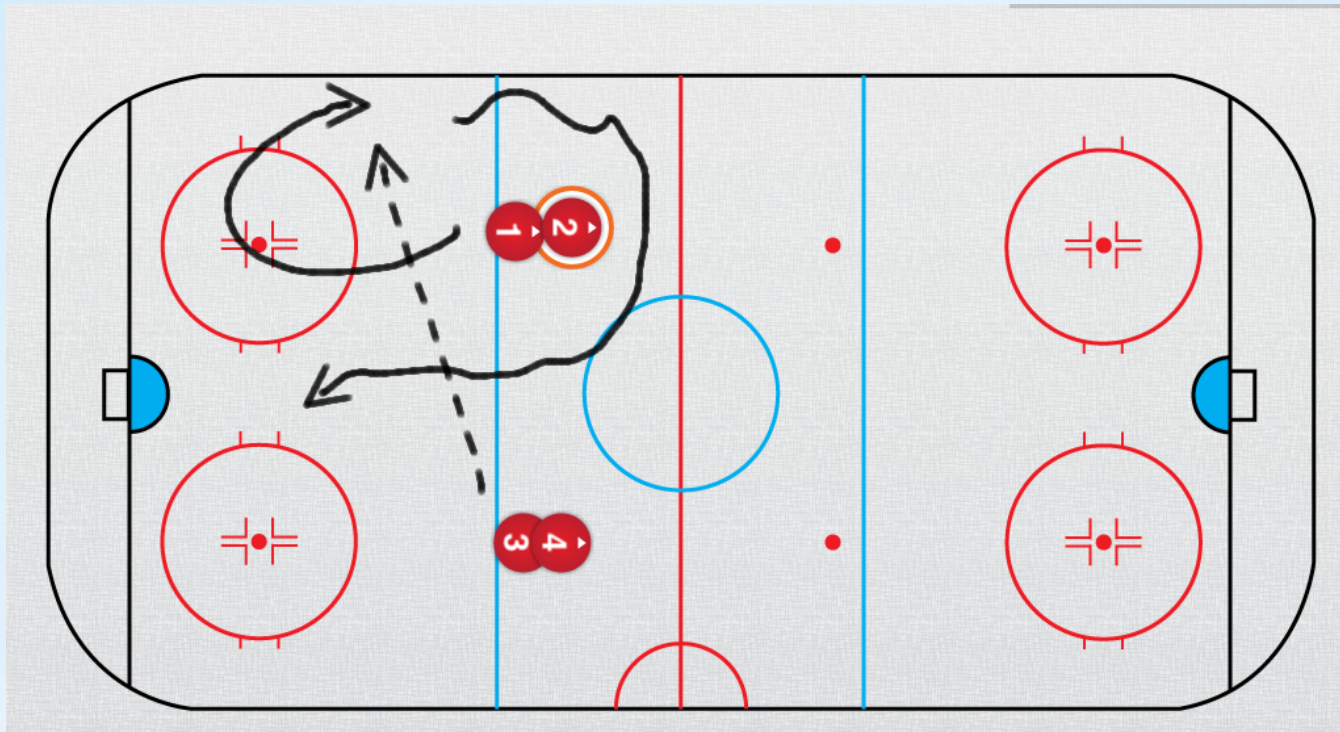
* Shooting drill with double pass



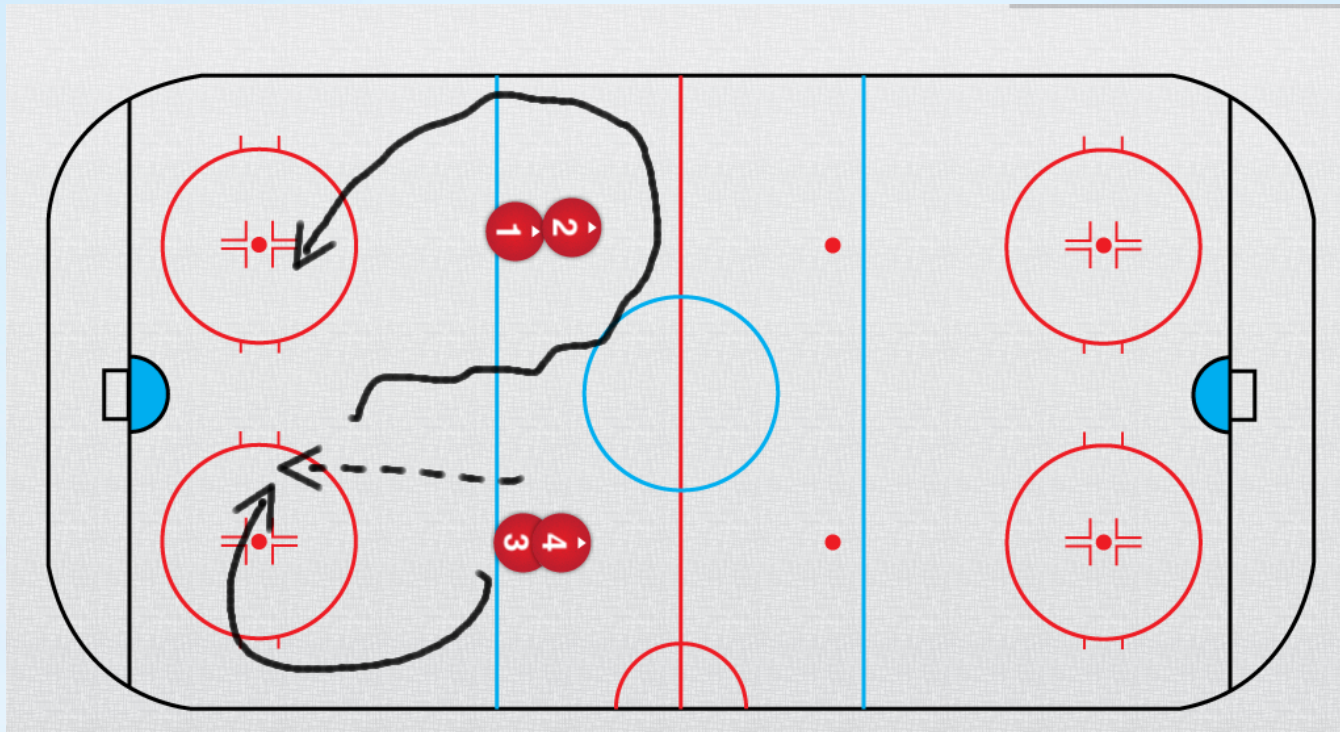
* Shooting drill with 2. shots



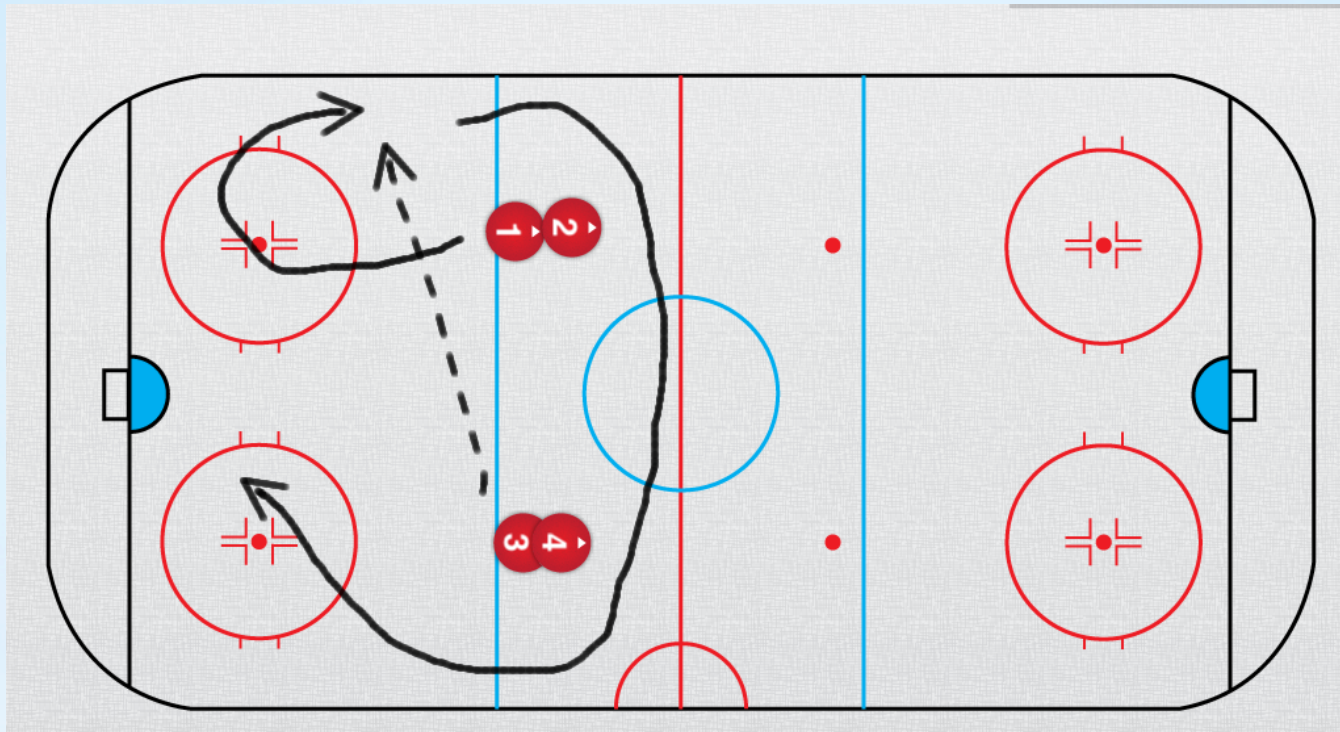
* 3 starts and 1 plays
pass on 4, 4 on 3, than
1 gets pass from 2



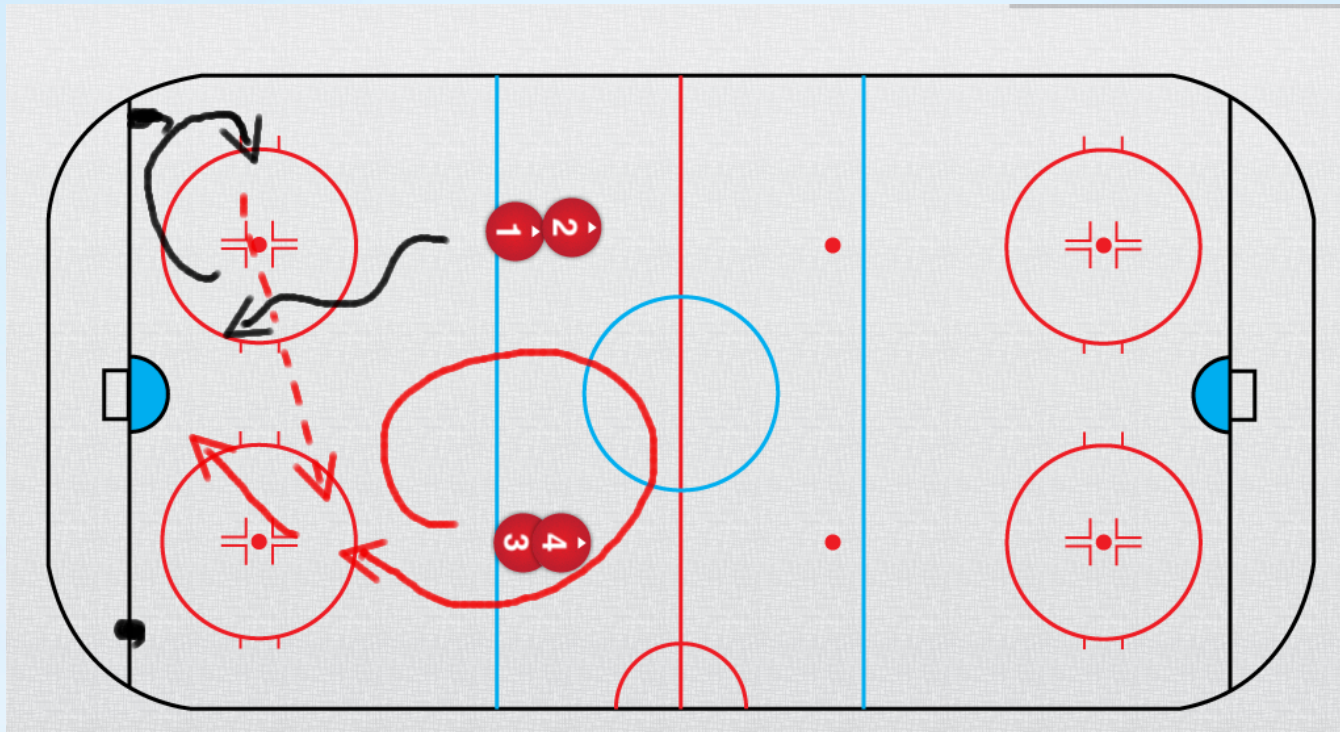
* Shooting drill, warm-up



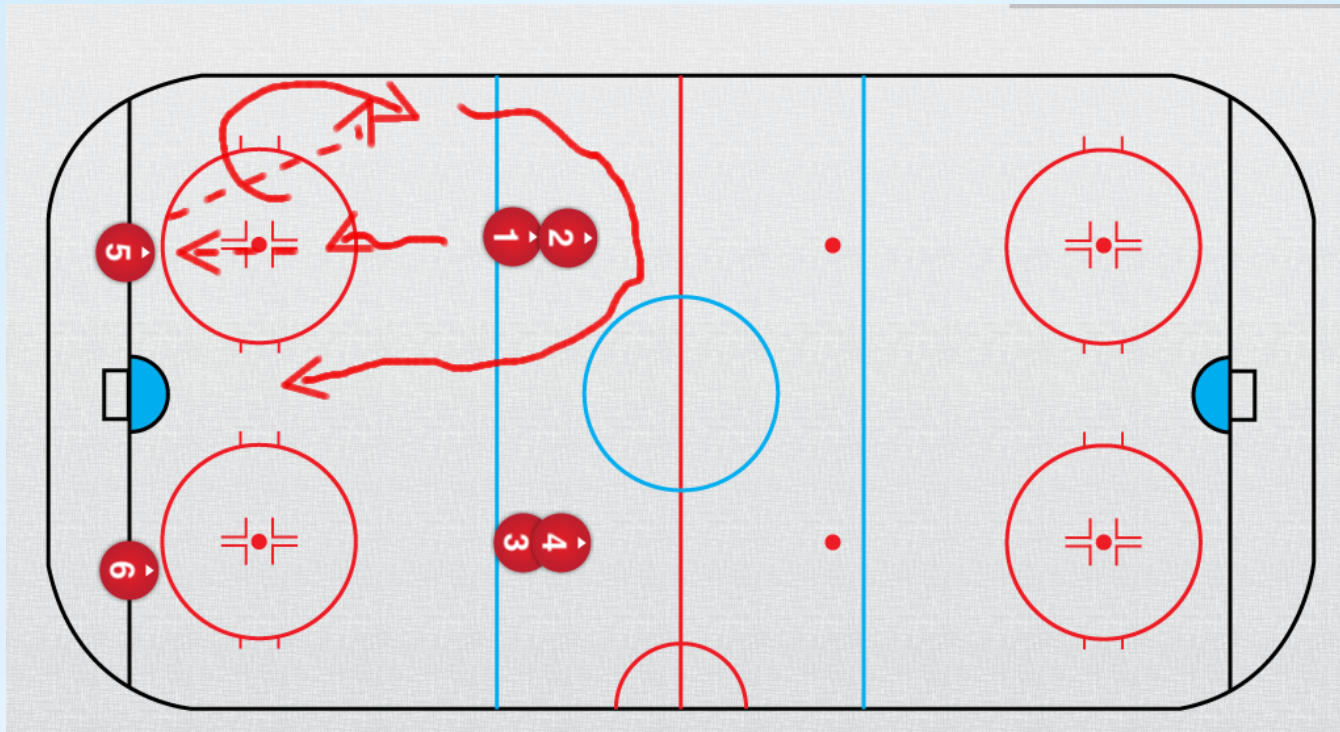
*S-drill



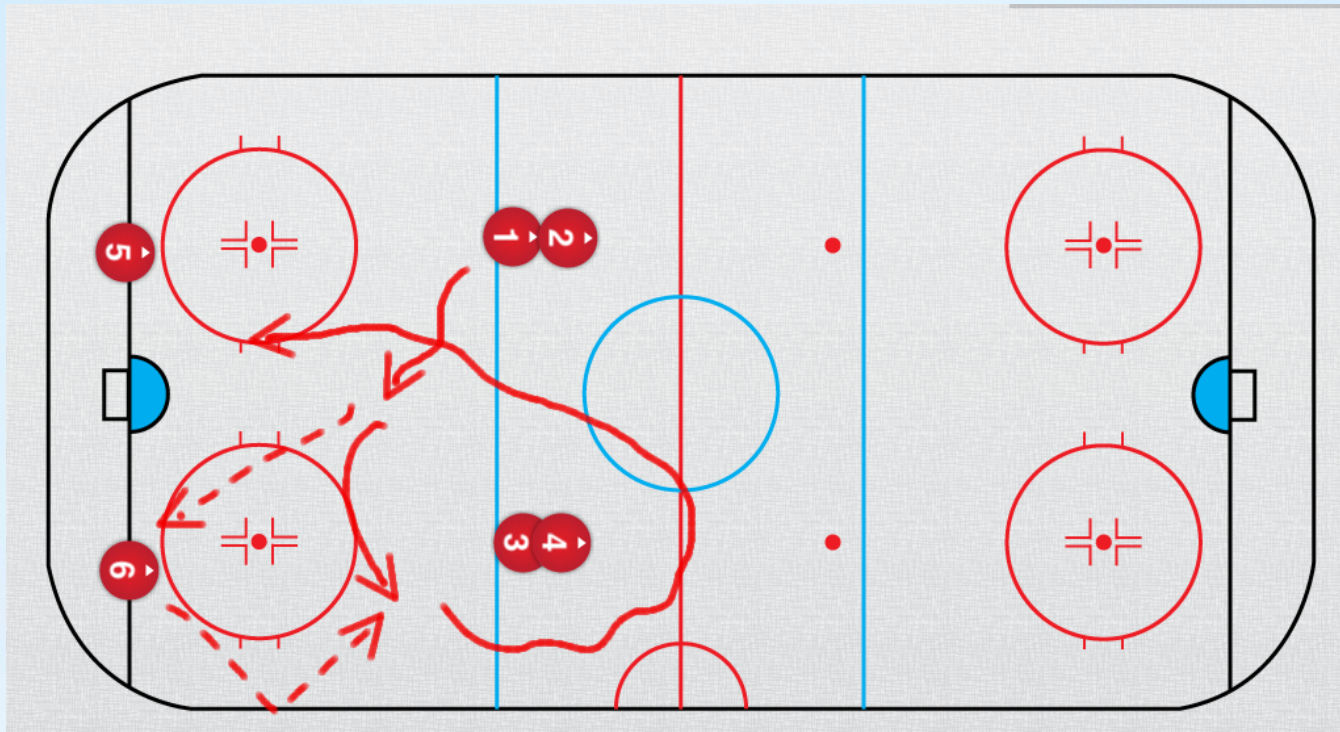
* Warm-up drill



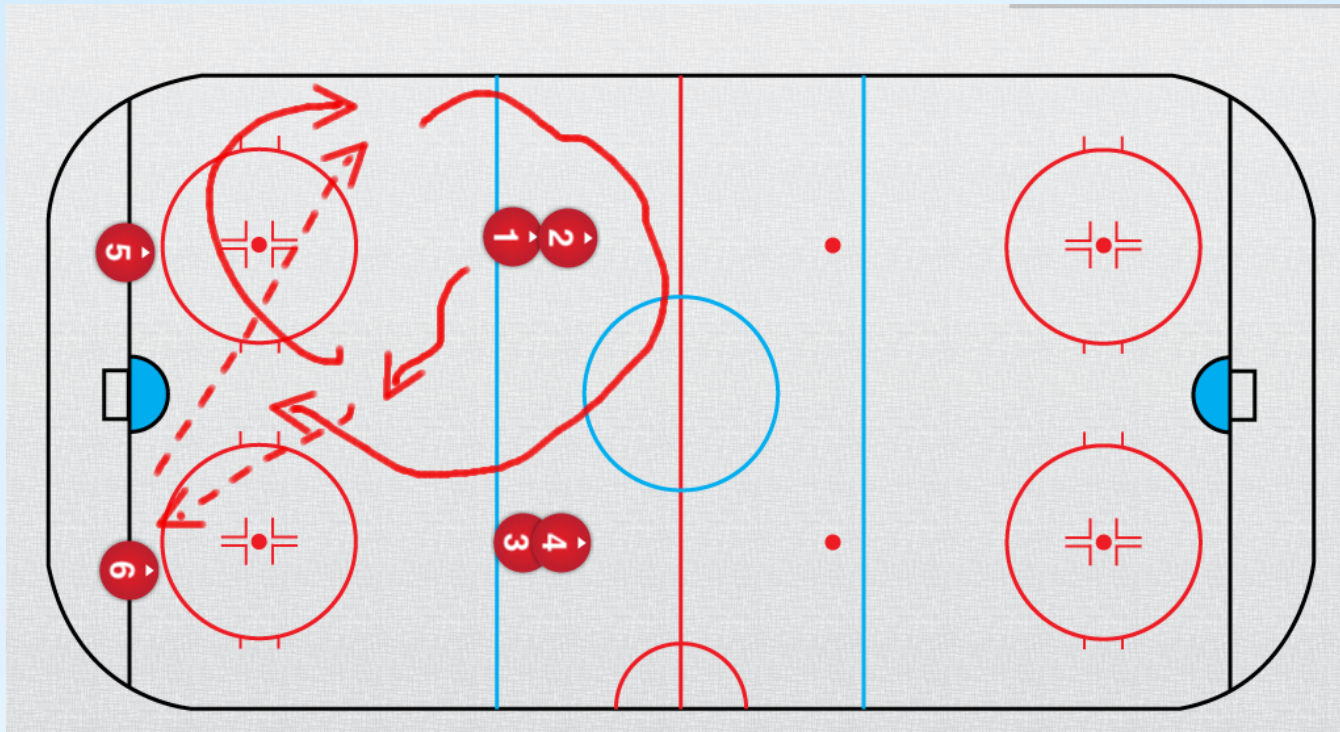
* Shooting drill, 1 takes a shot and pick the puck in the corner



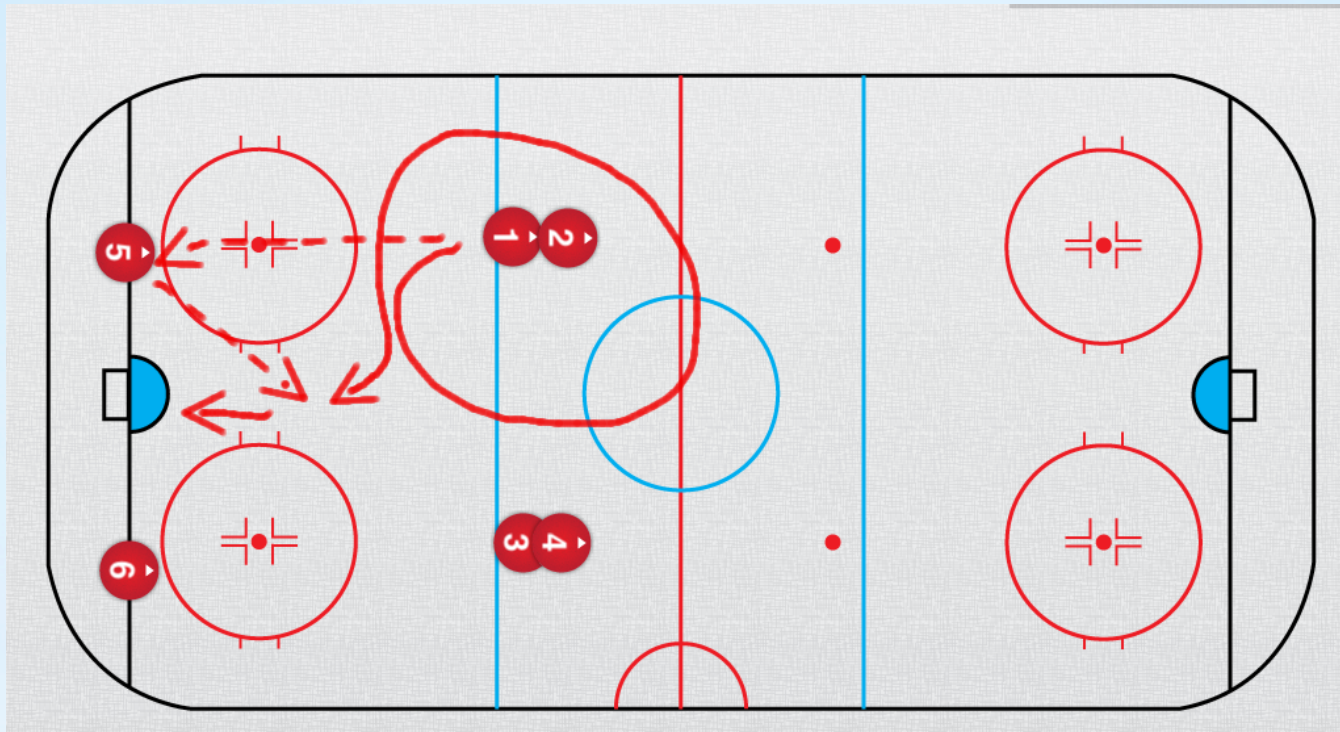
*Warm-up drill



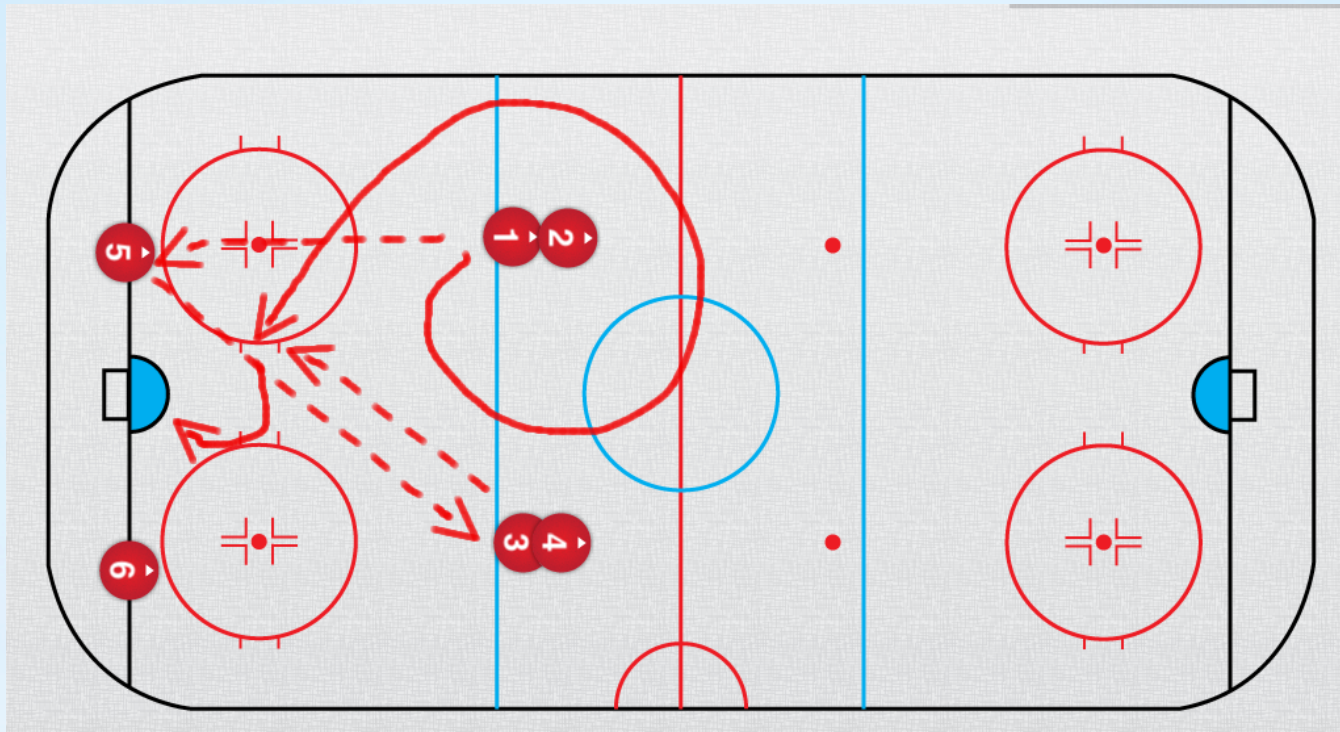
* B-out drill with board pass



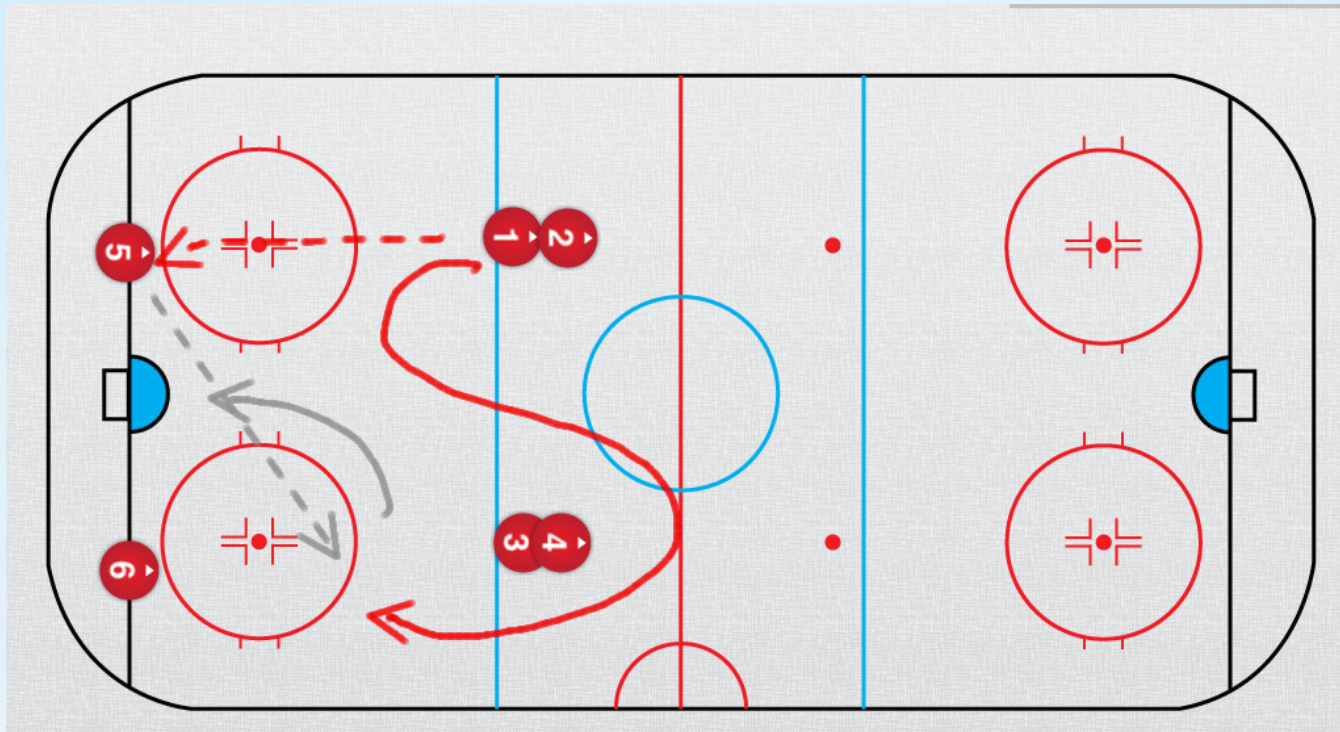
*Warm-up drill



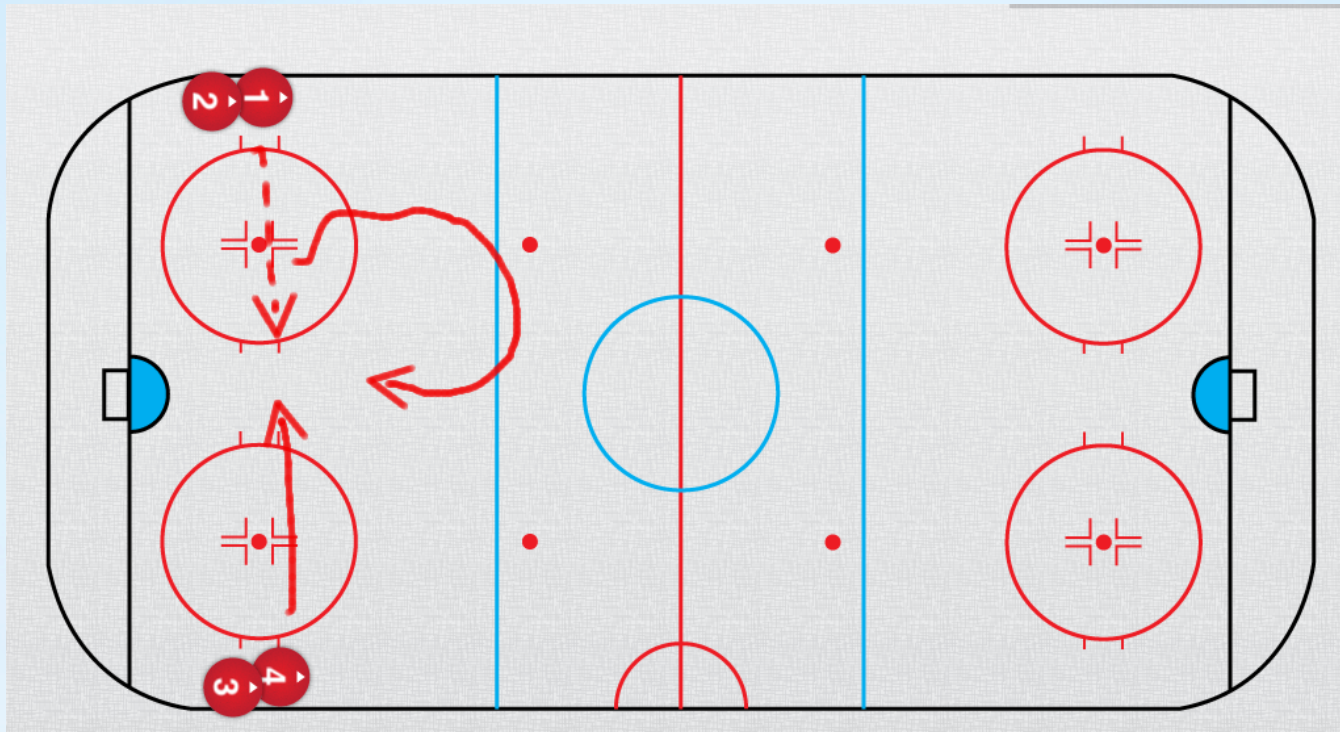
* Scoring drill



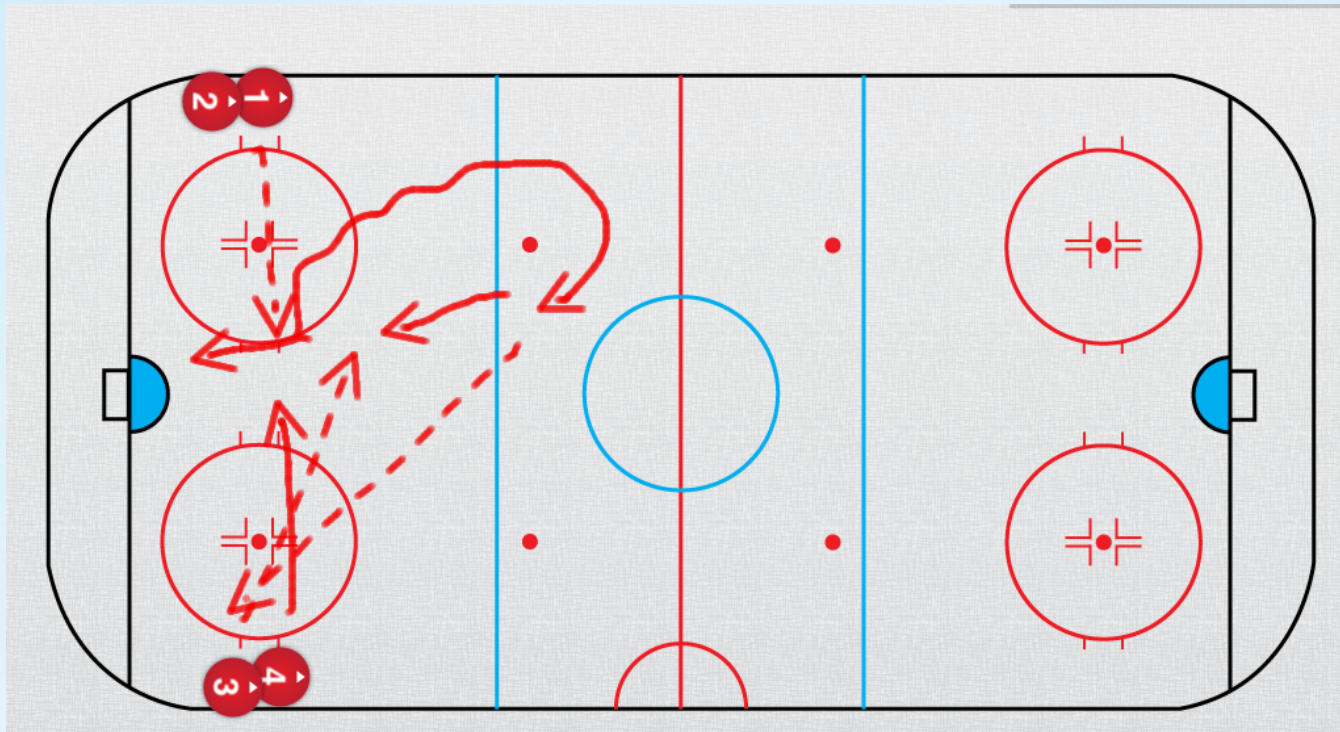
* Scoring drill



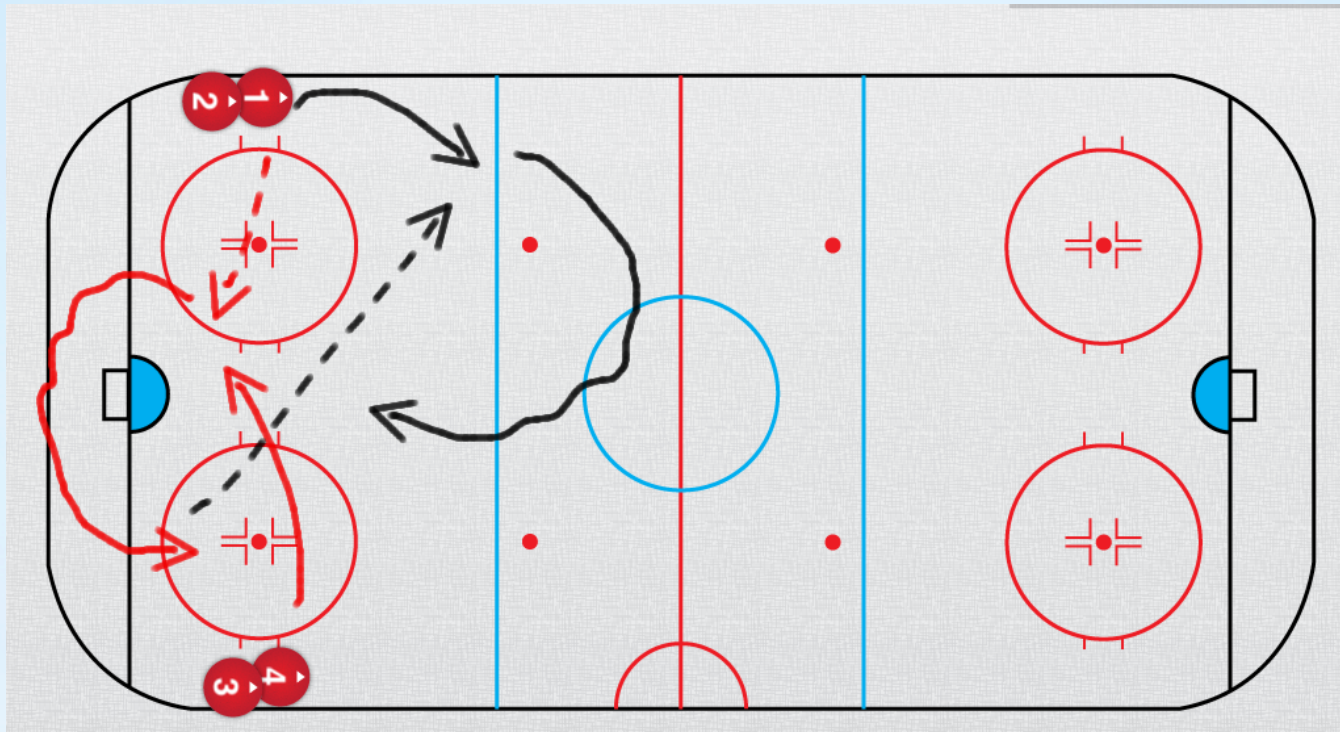
* Scoring drill, go on
rebound, shoot on
outside pad



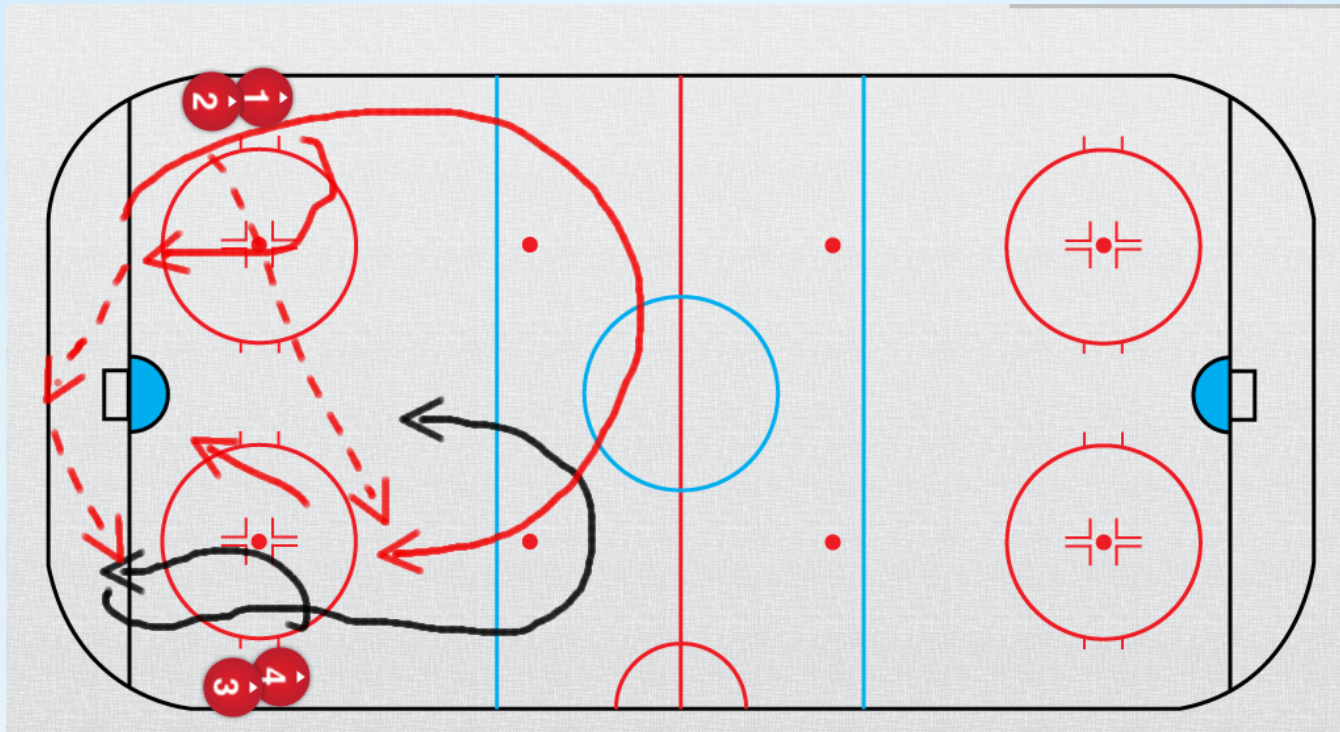
*Warm-up drill



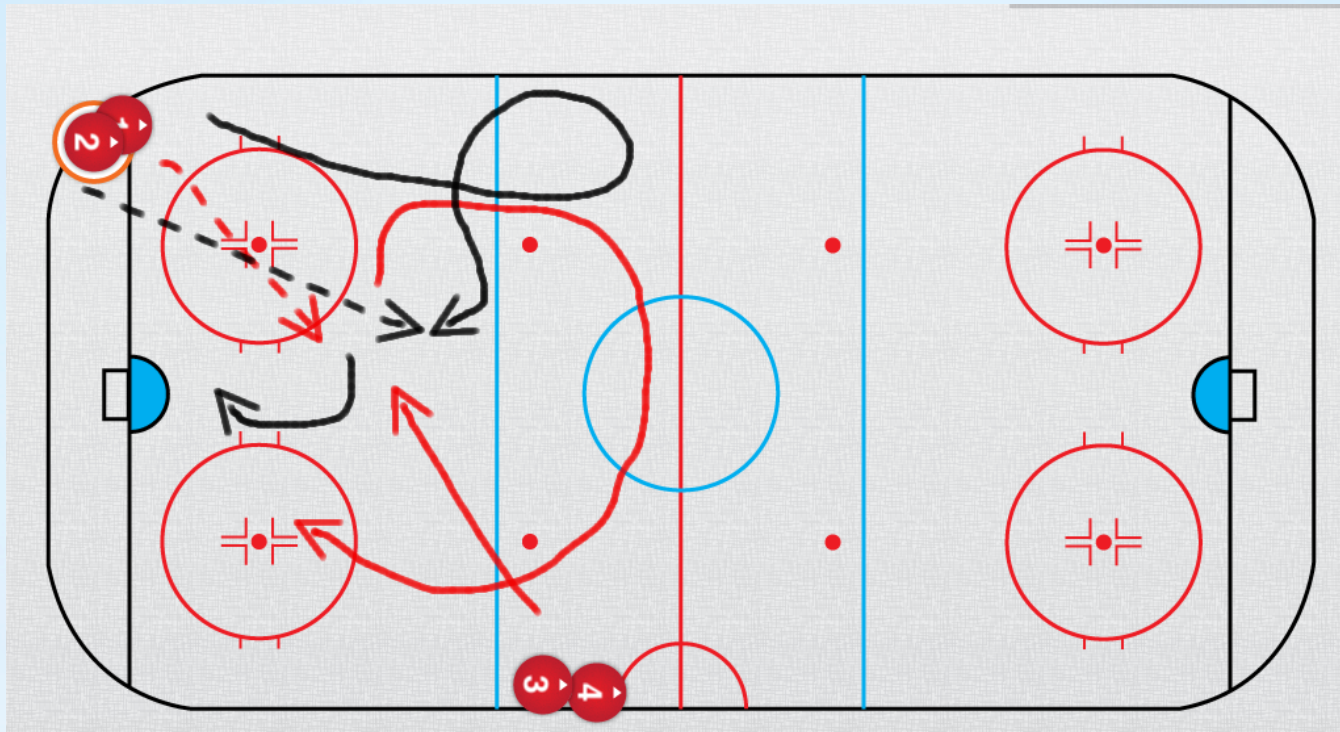
* Warm-up drill with double pass



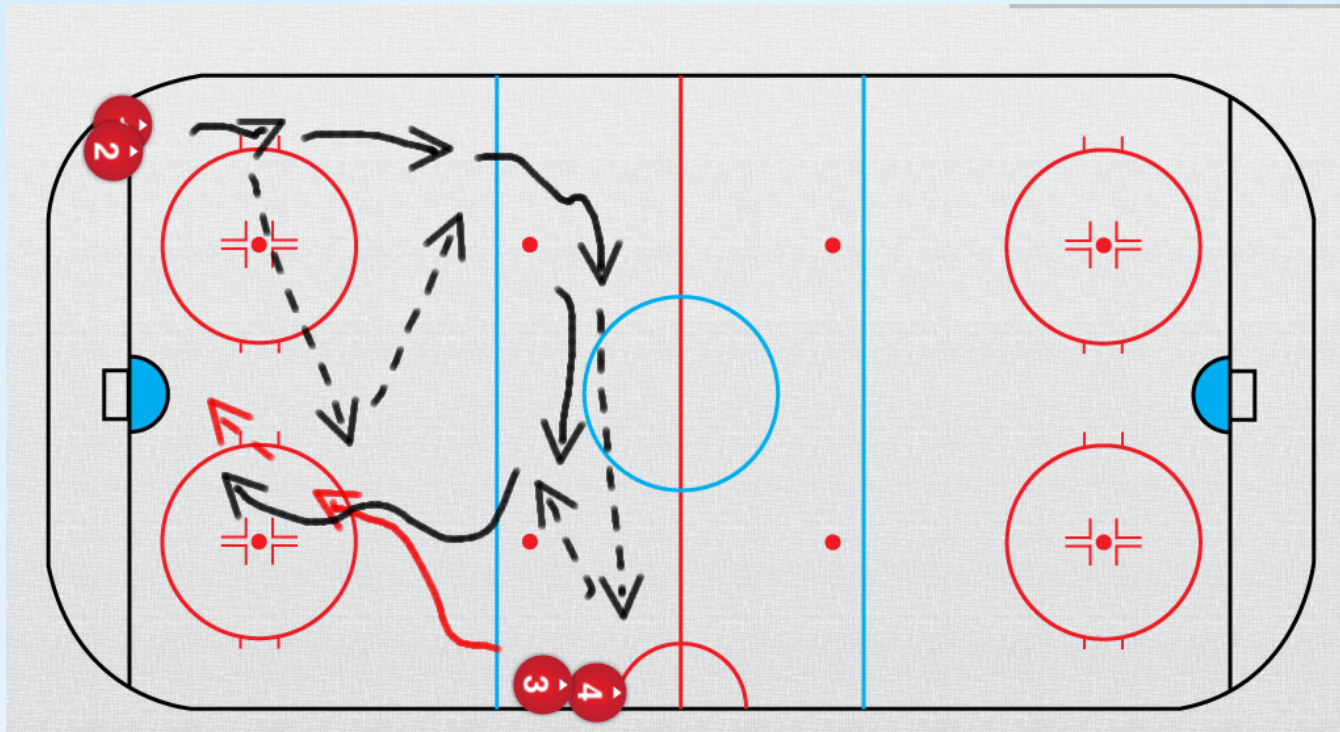
* Scoring drill, go on rebound



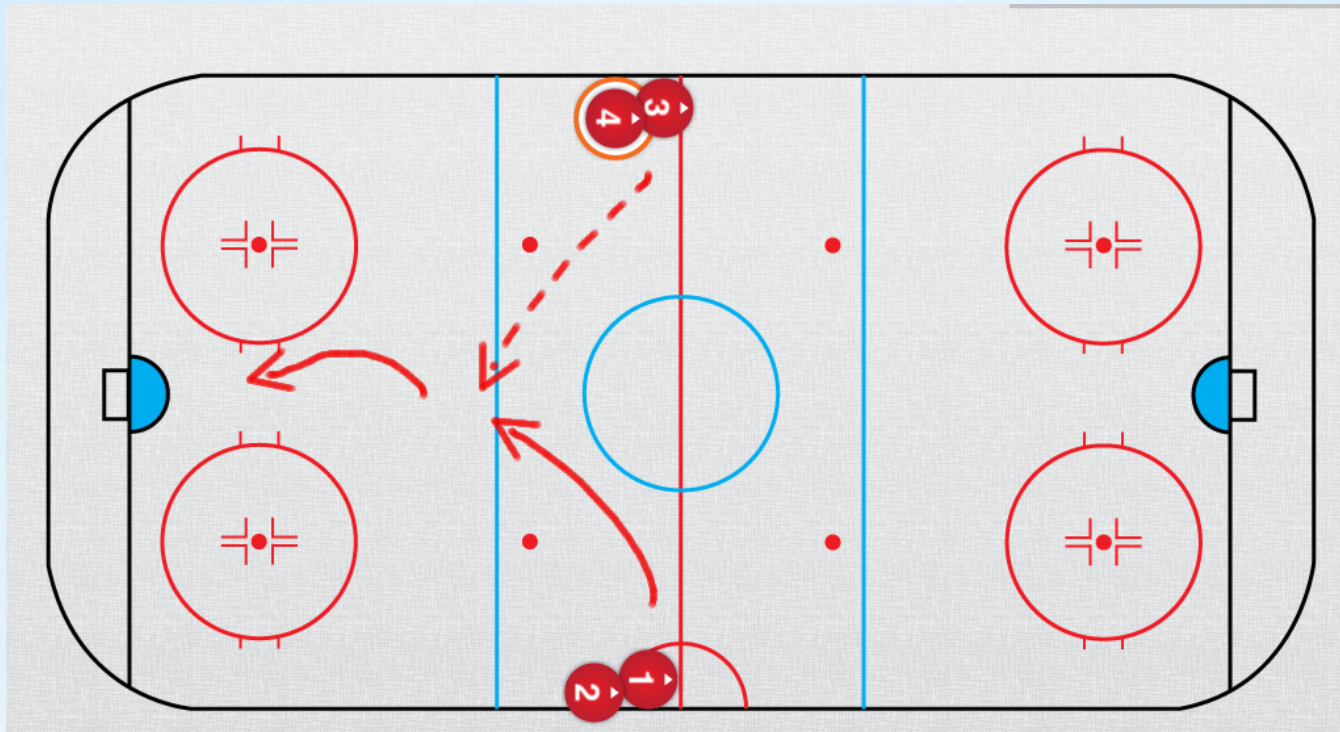
* Both players started, 4 receives a pass and shots like a first one, than shots 1



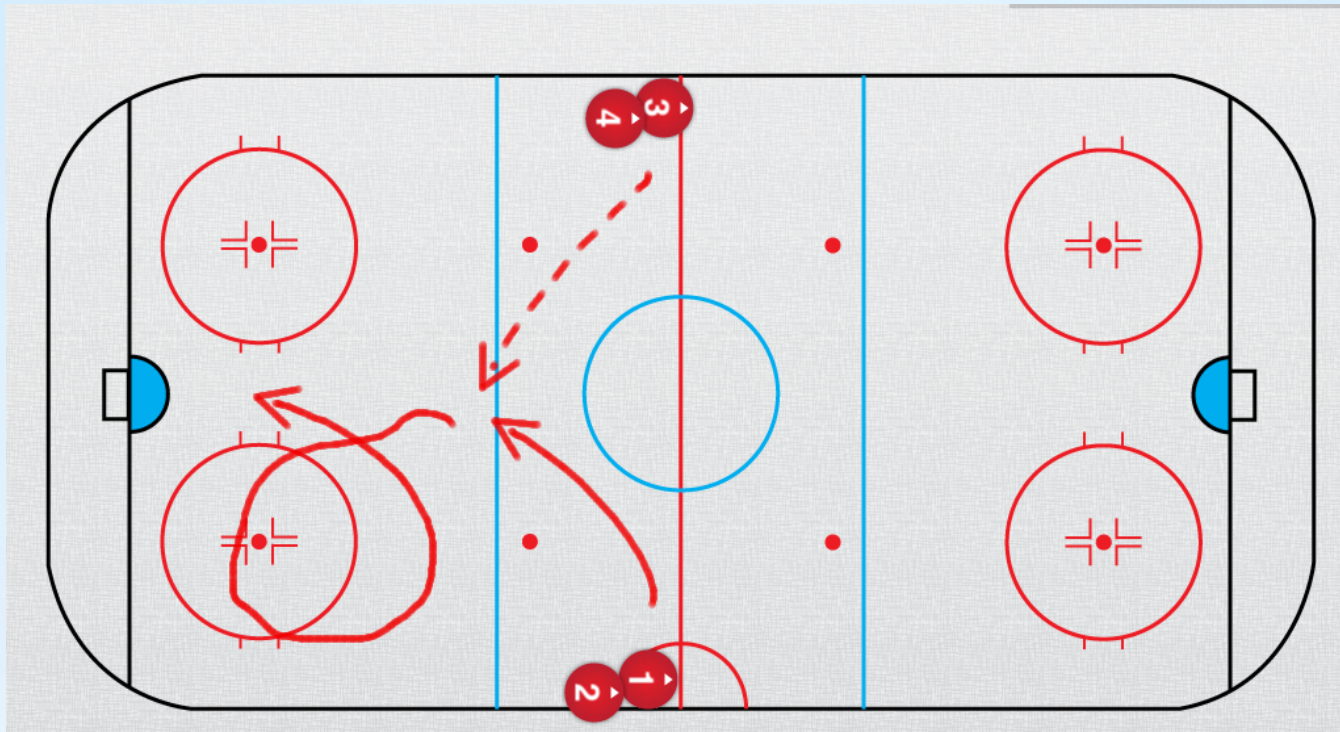
* Started by 3 he crashes the net, pass and shot, than 1 goes and receives pass from



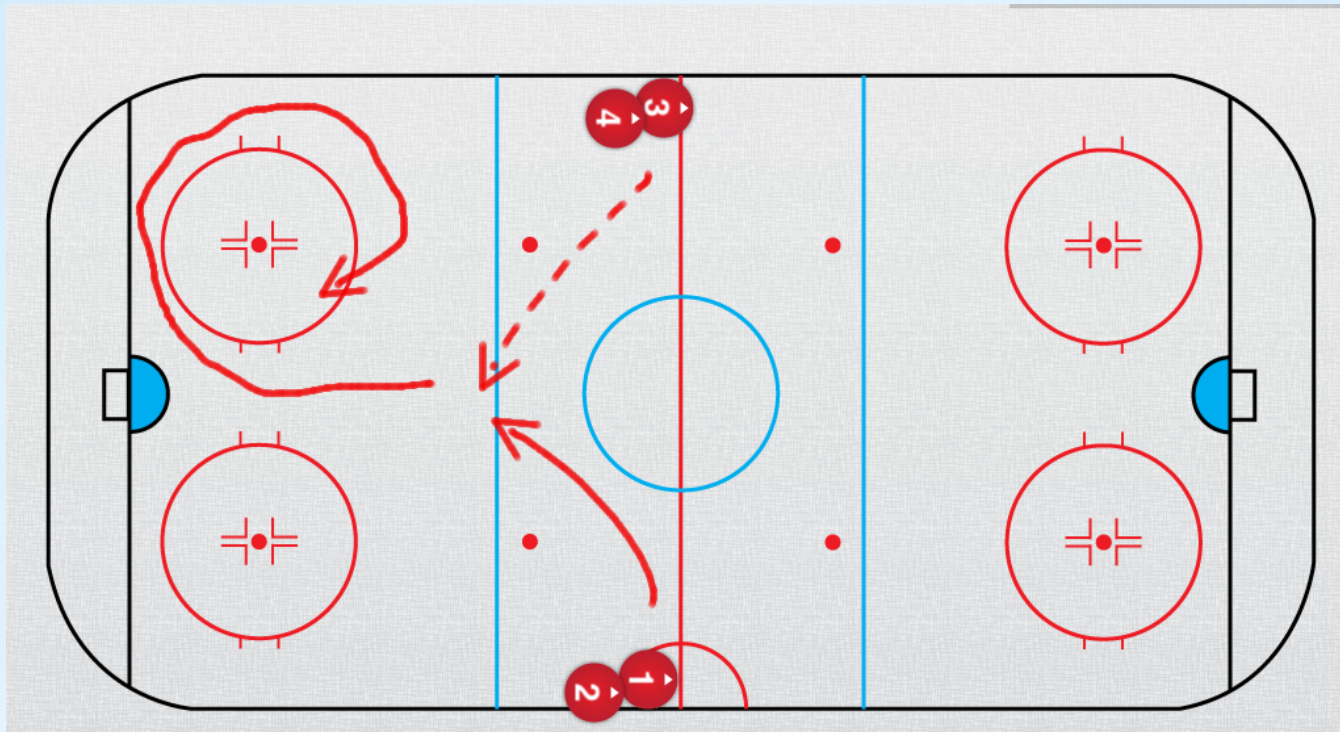
* Shot from 3, than
double pass with 1.



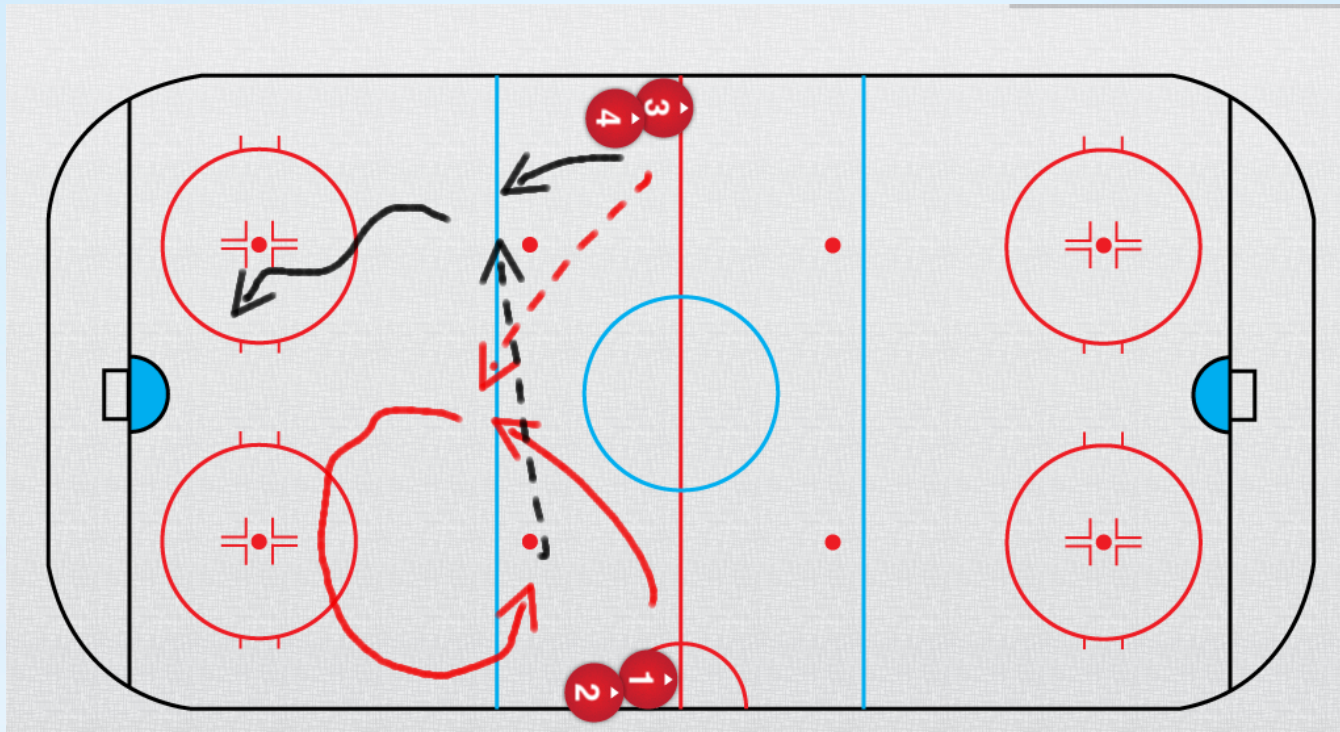
*Warm-up drill



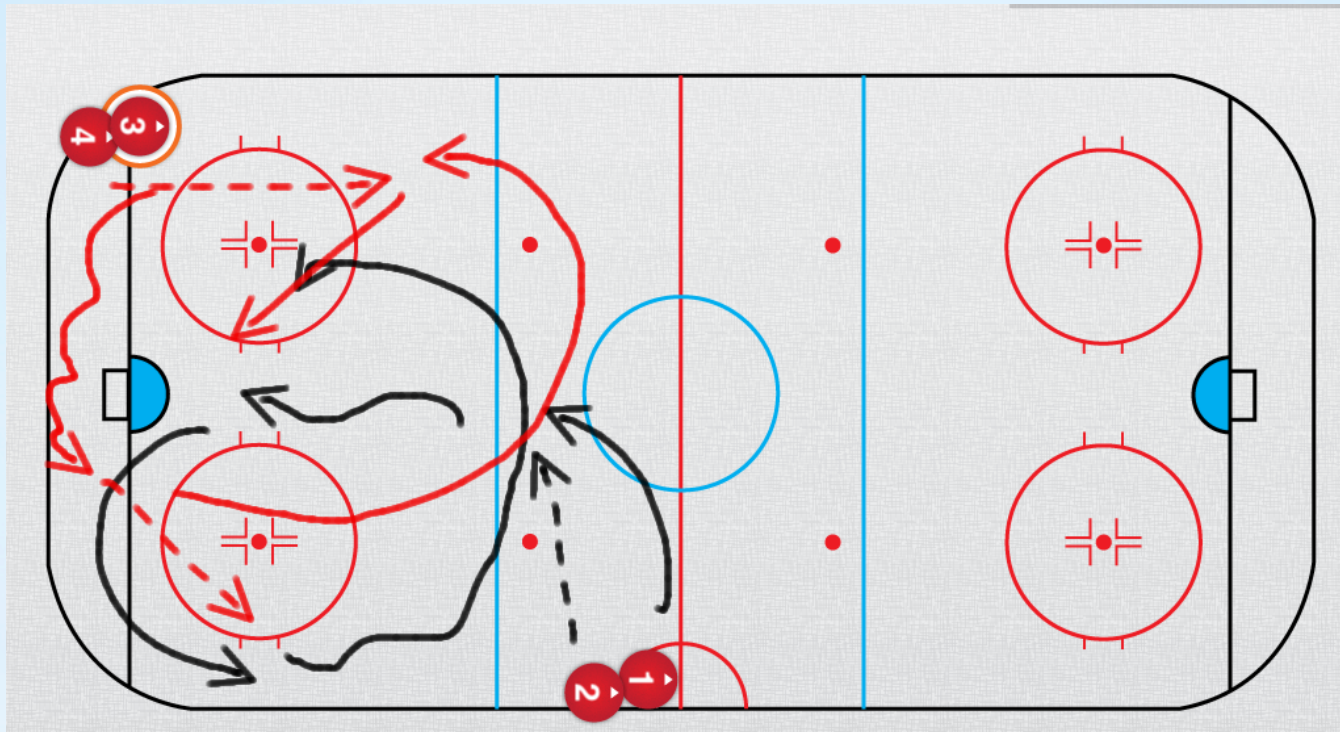
*Warm-up drill



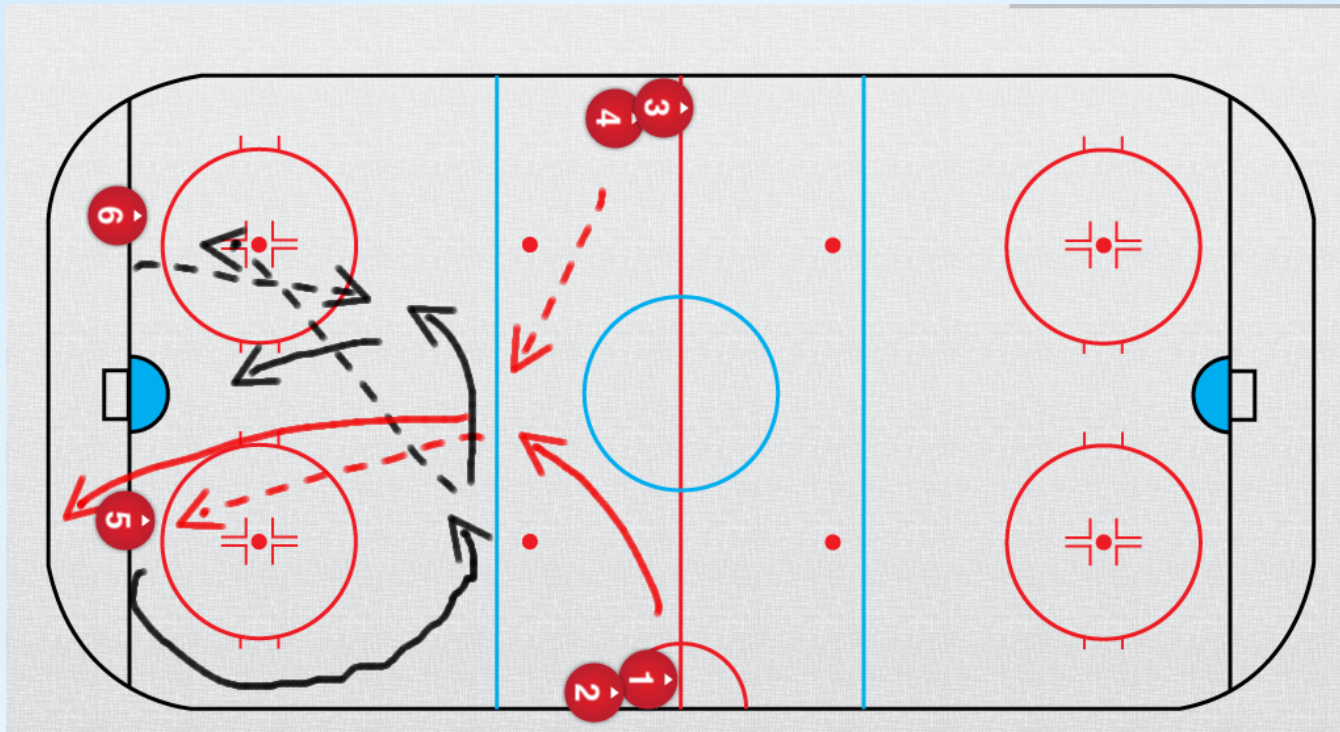
*Warm-up drill



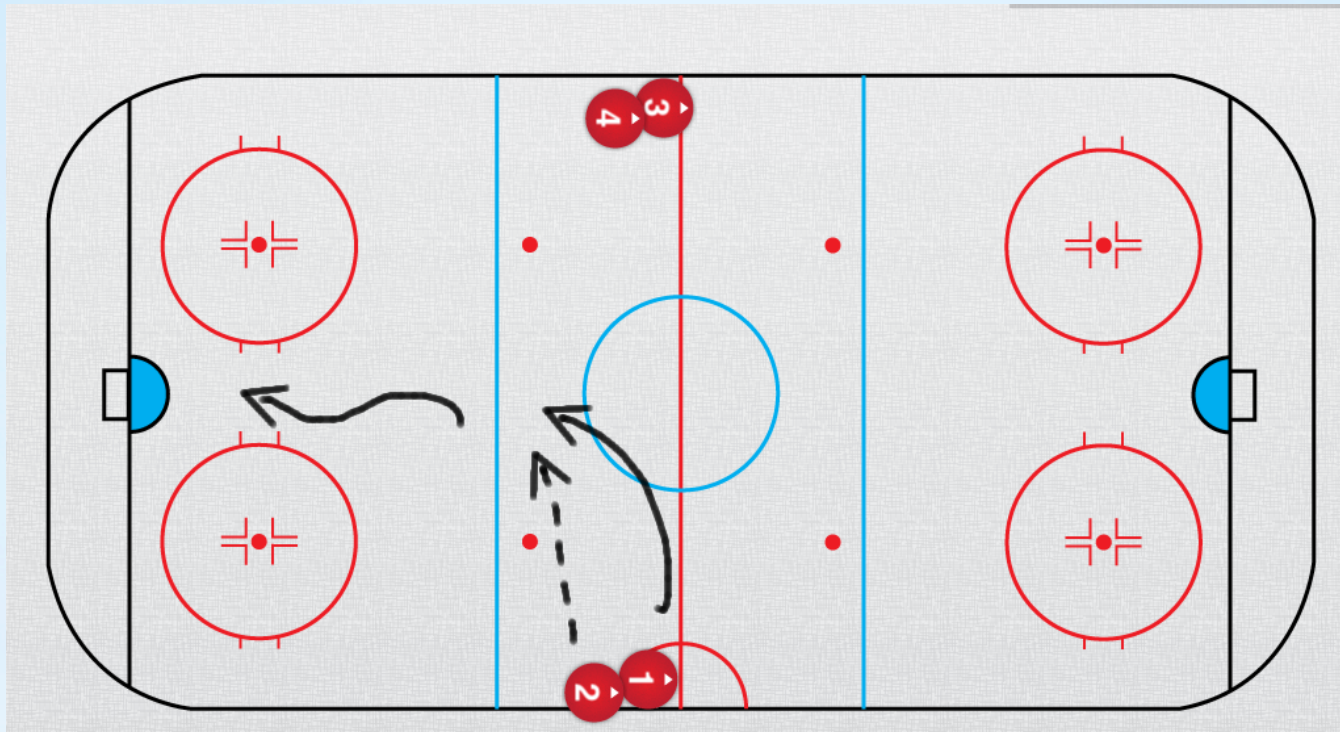
*Started by 1



* Started by 1, he shoots, goes down and receives pass from 3, 3 long way and pass from 4



* Started by 1, receives pass from 4 and plays this on 5, takes his position, 5 double pass and shoots



* Warm-up drill



* Done by Mag. Oldrich
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* But don't forget,
don't teach the drills,
teach the skills!!!