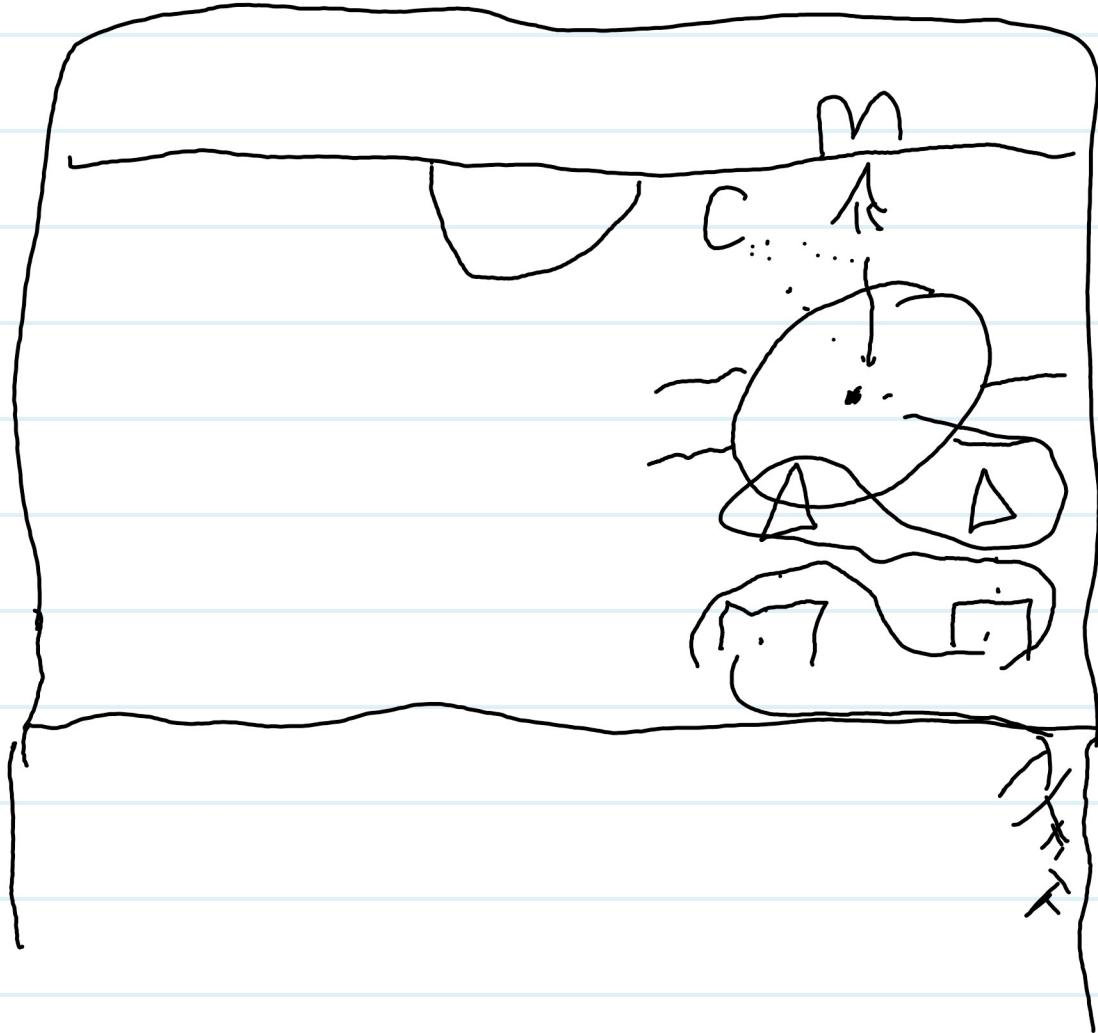


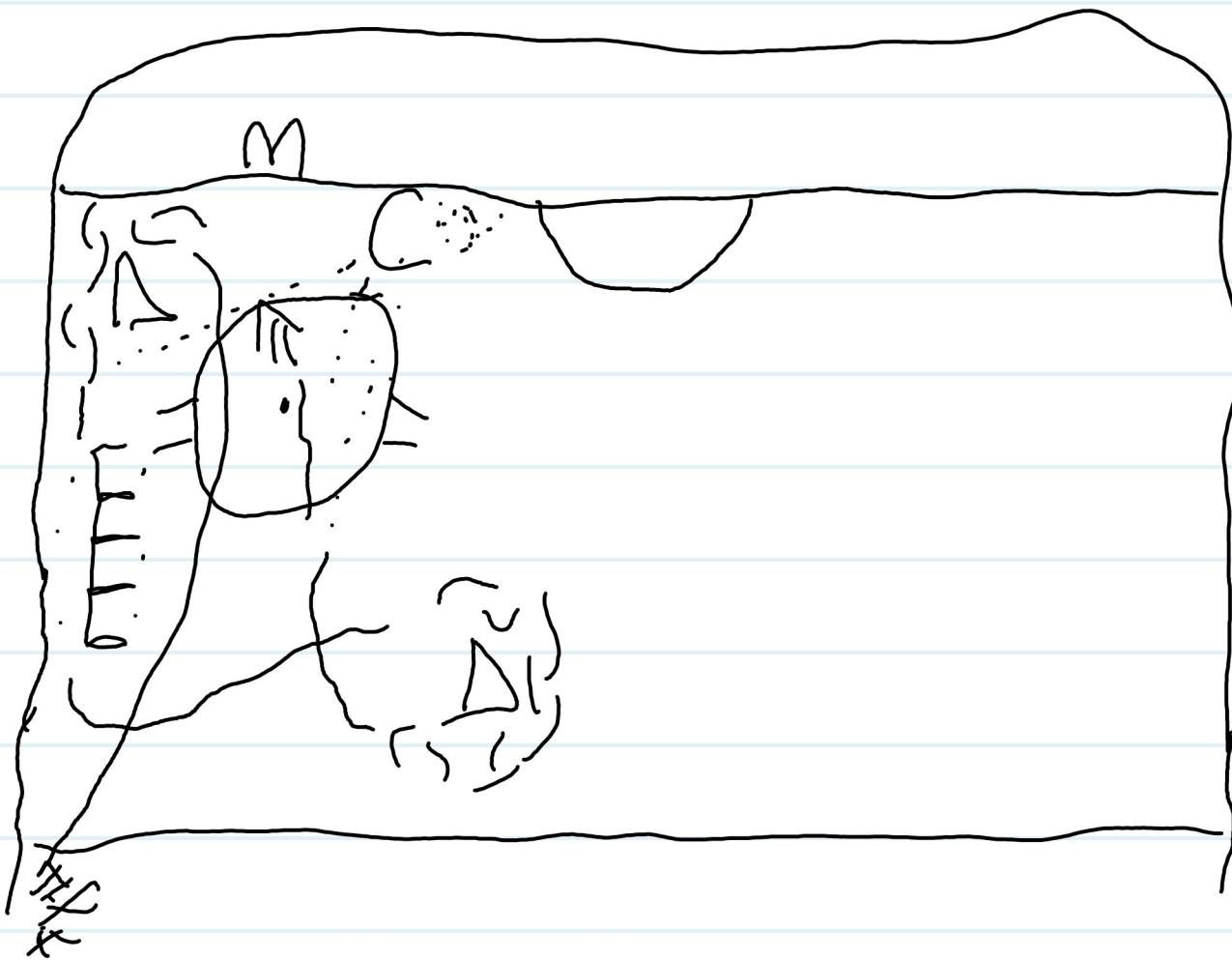
Mohawk Switchback



LINE ON BLUE LINE; PLAYER
STARTS BY MOHAWKING AROUND FAR
STICK BRIDGE (PICK UNDER OR OVER)
COMES AROUND TO SECOND STICK
BRIDGE (SAME THING). FIGURE 8
AROUND COMES, THEN GIVE AND
GO w/ COACH

BREAK OUT REATTACK

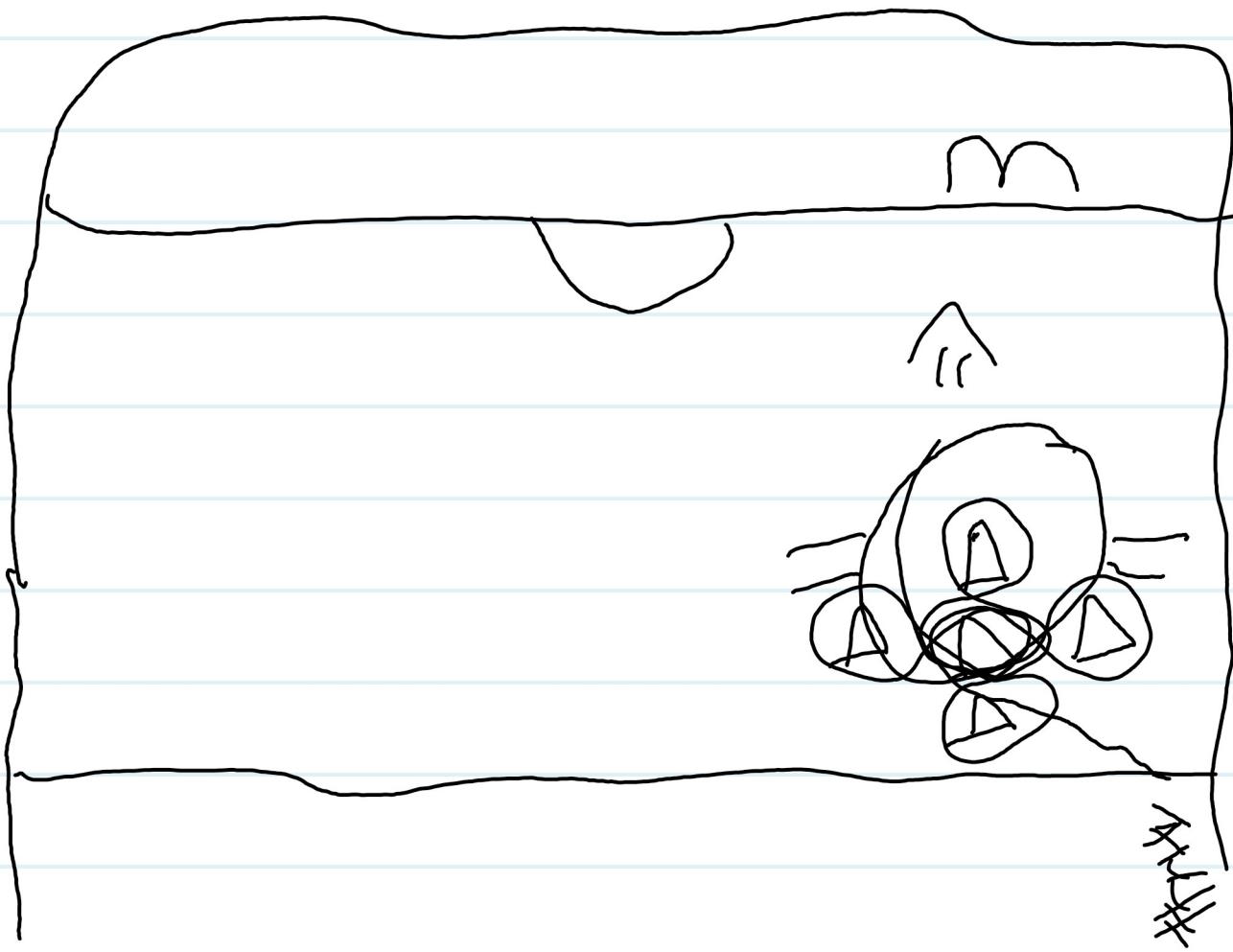
2



PLAYER STARTS BY SICKING
DOWN TO THE CONE AND
TRANSITIONS FACING THE COACH FOR
A PASS. STICK HANDS THROUGH THE BRIDGE
TOWARDS THE CONE. TRANSITION
AROUND THE CONE FOR A PASS AND
ONE-TIMER.

DEATH BY 8'S

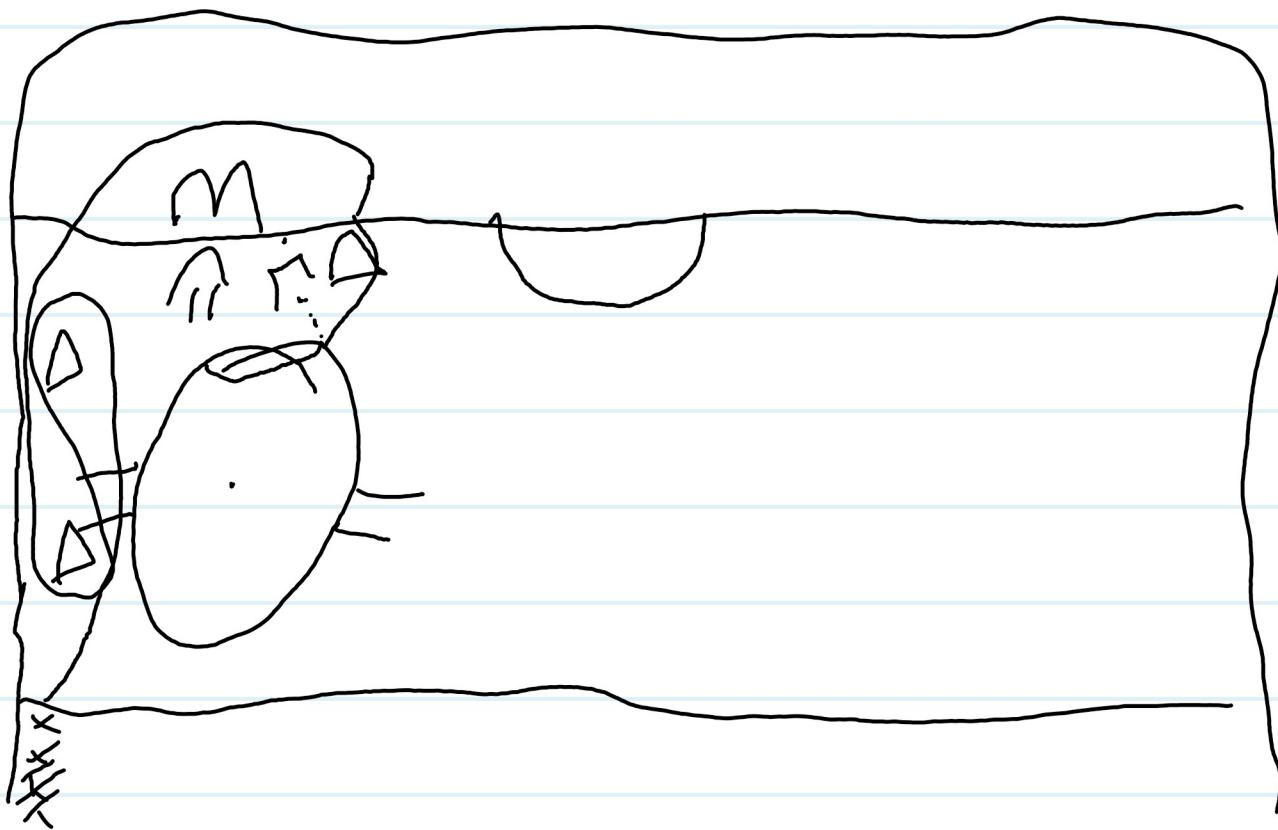
3



PLAYER STARTS W/PUCK
AND DOTS A SERIES OF
FIGURE 8'S AROUND THE CONS
AND ENDS W/ A SHOT ON NET

MOHAWK NET ATTACK

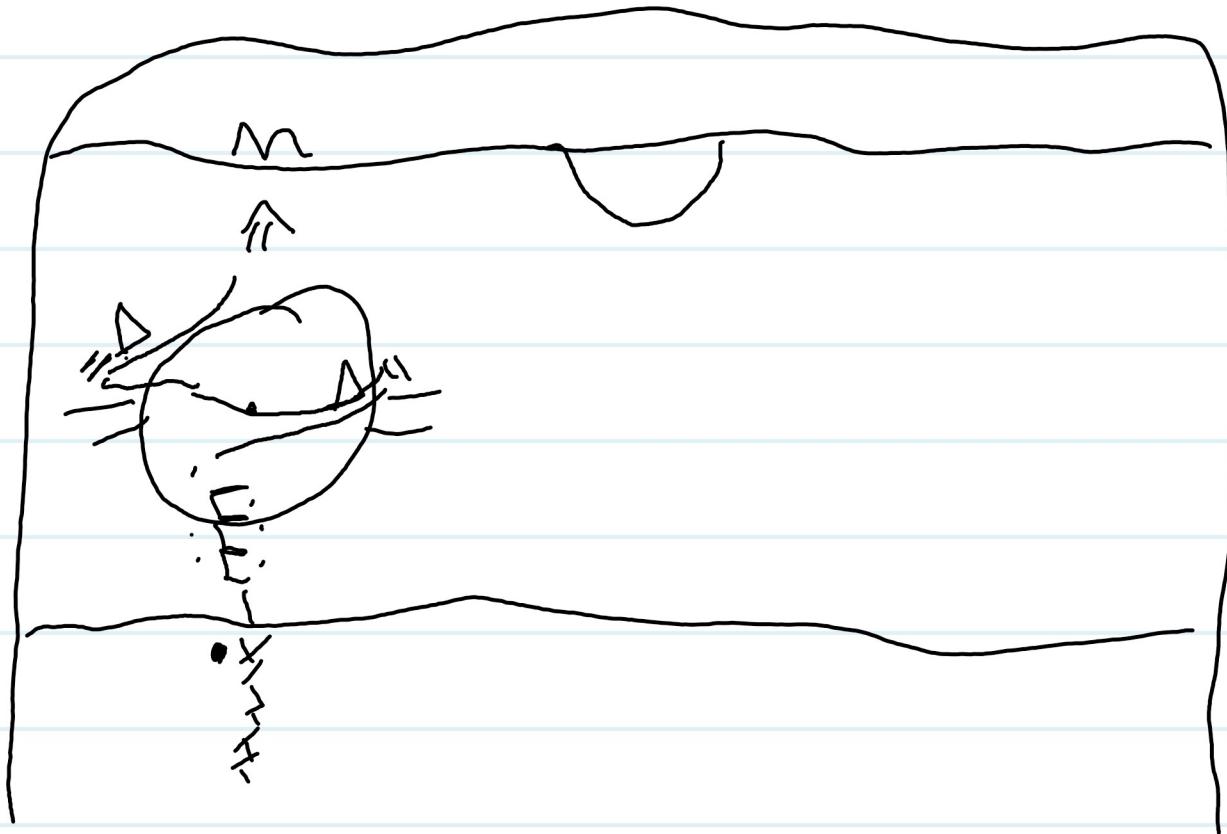
4



PLAYER SKATES TO BOTTOM CONE
TURNS BACK UP THE WALL TO
SECOND CONE; TURNS BACK DOWN
THE WALL TO GO AROUND THE NET.
MOHAWK AROUND THE CONE PUTTING
THE PUCK OVER/UNDER STICK
BRIDGE FOR A QUICK SHOT

STOP AND GO

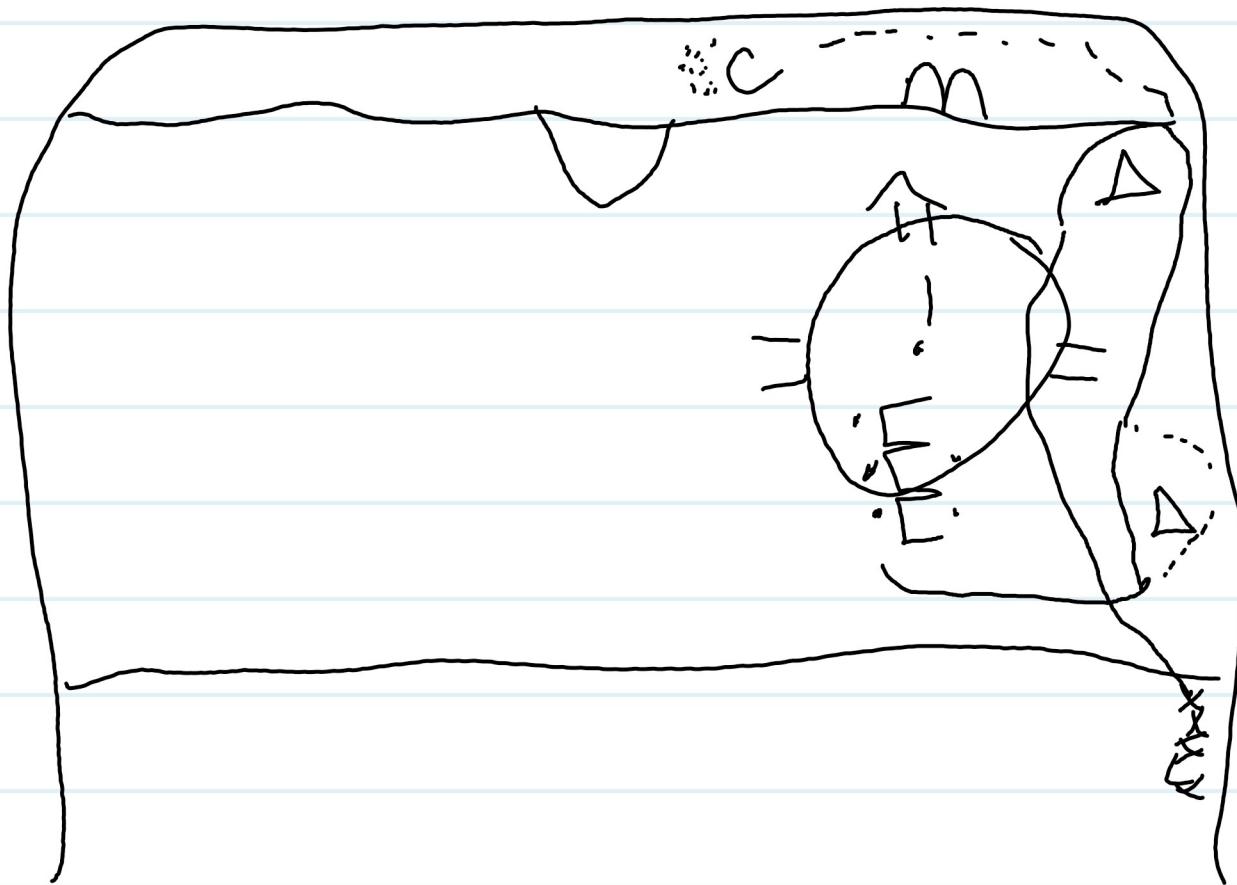
5



PLAYER STARTS BY STICK-HANDLING THROUGH STICK BRIDGE SKATES TO FIRST CONE, STOPS ON THE OUTSIDE AND TURNS BACK TO THE MIDDLE TOWARDS THE SECOND CONE AND STOPS ON THE OUTSIDE. TURN BACK TOWARDS THE MIDDLE FOR A SHOT.

BREAK-OUT CHIP/ATTACK

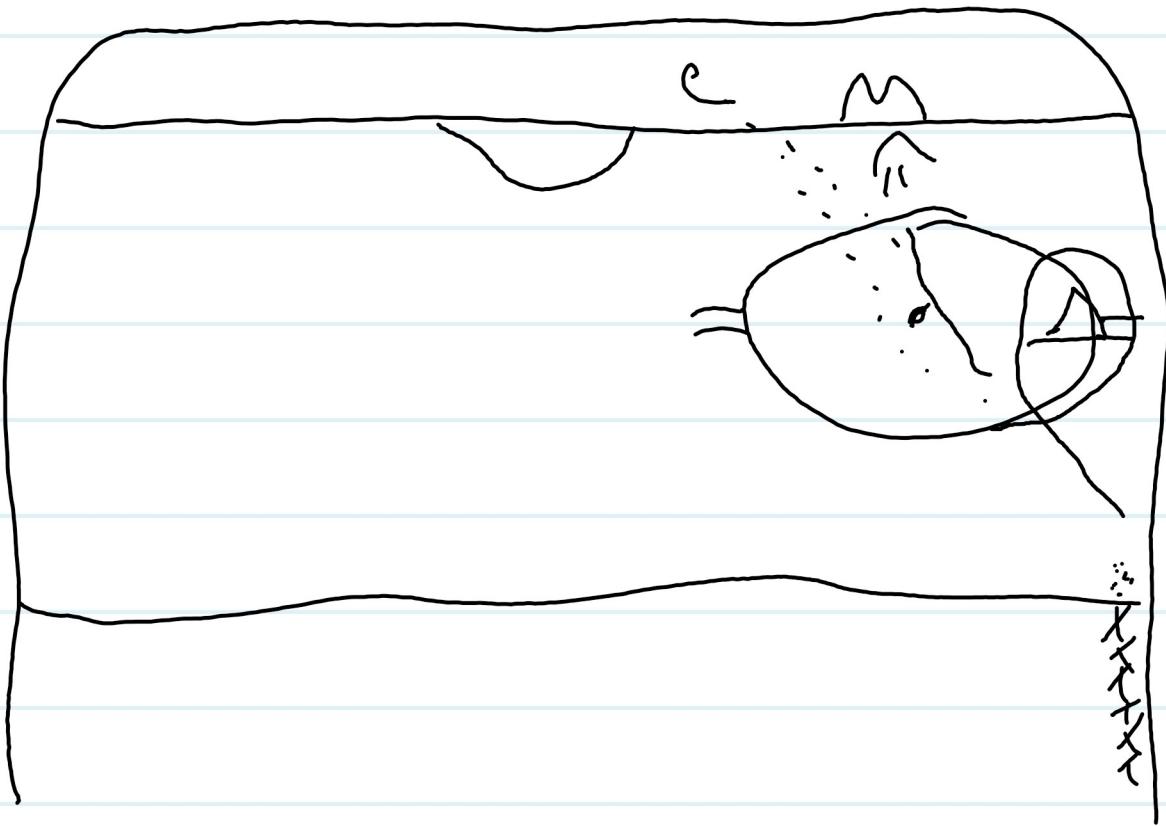
6



PLAYER STARTS WHEN THE COACH DUMPS THE PUCK AROUND THE BOARDS. PLAYER PICKS UP THE PUCK AND CHIPS IT AROUND THE COURSE. COMES DOWN THE MIDDLE, STICK HANDLES THROUGH THE BREAKOUT THEN TAKES A SHOT

HALF WALL DELAY

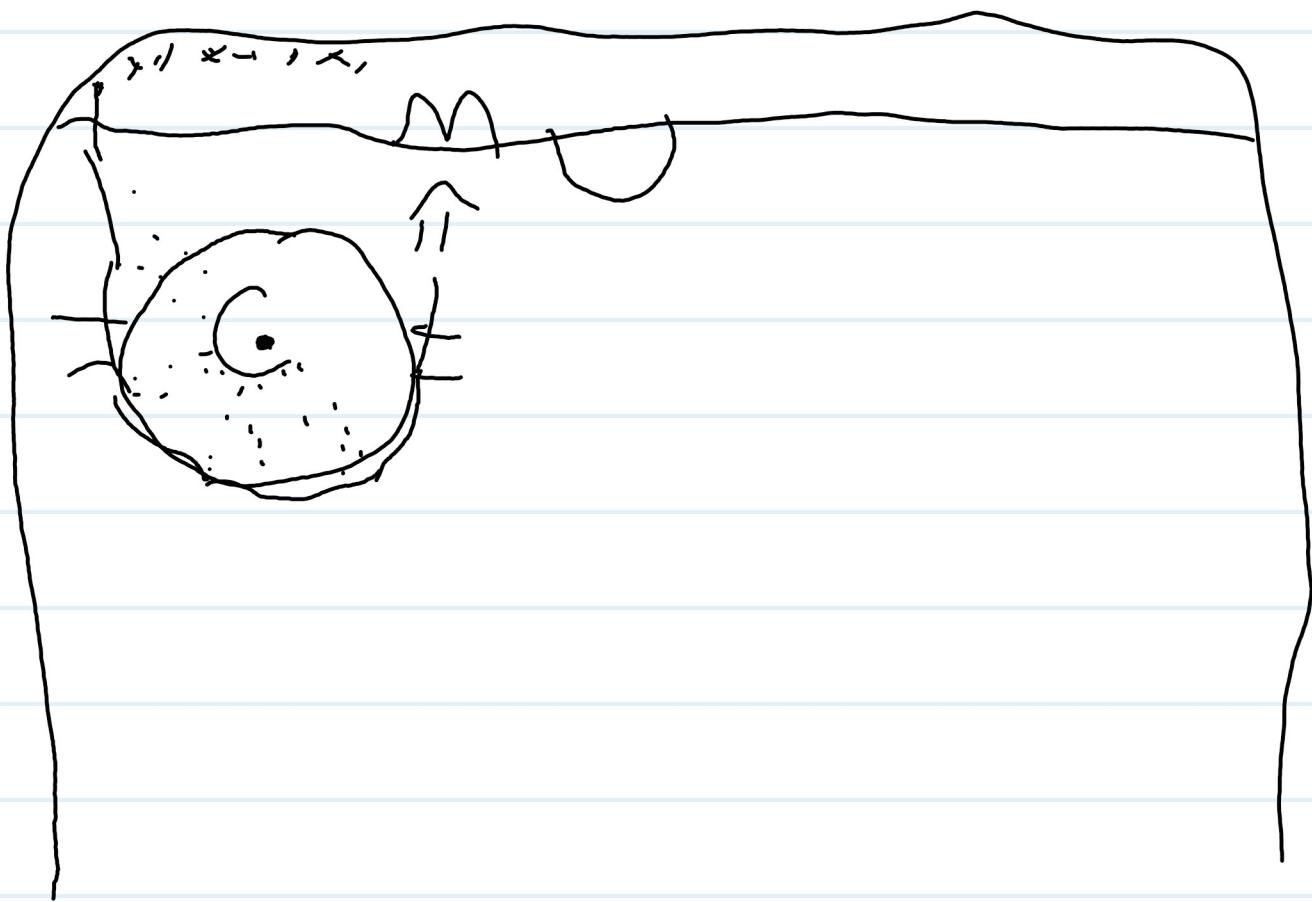
7



PLAYER STARTS w/PUCK AND
PONGER TURNS/TRANSITIONS AROUND
CONE TO DELAY. PASSES TO CONCET
FOR GIVE AND GO QUICK SHOT.

CIRCLE PASSING

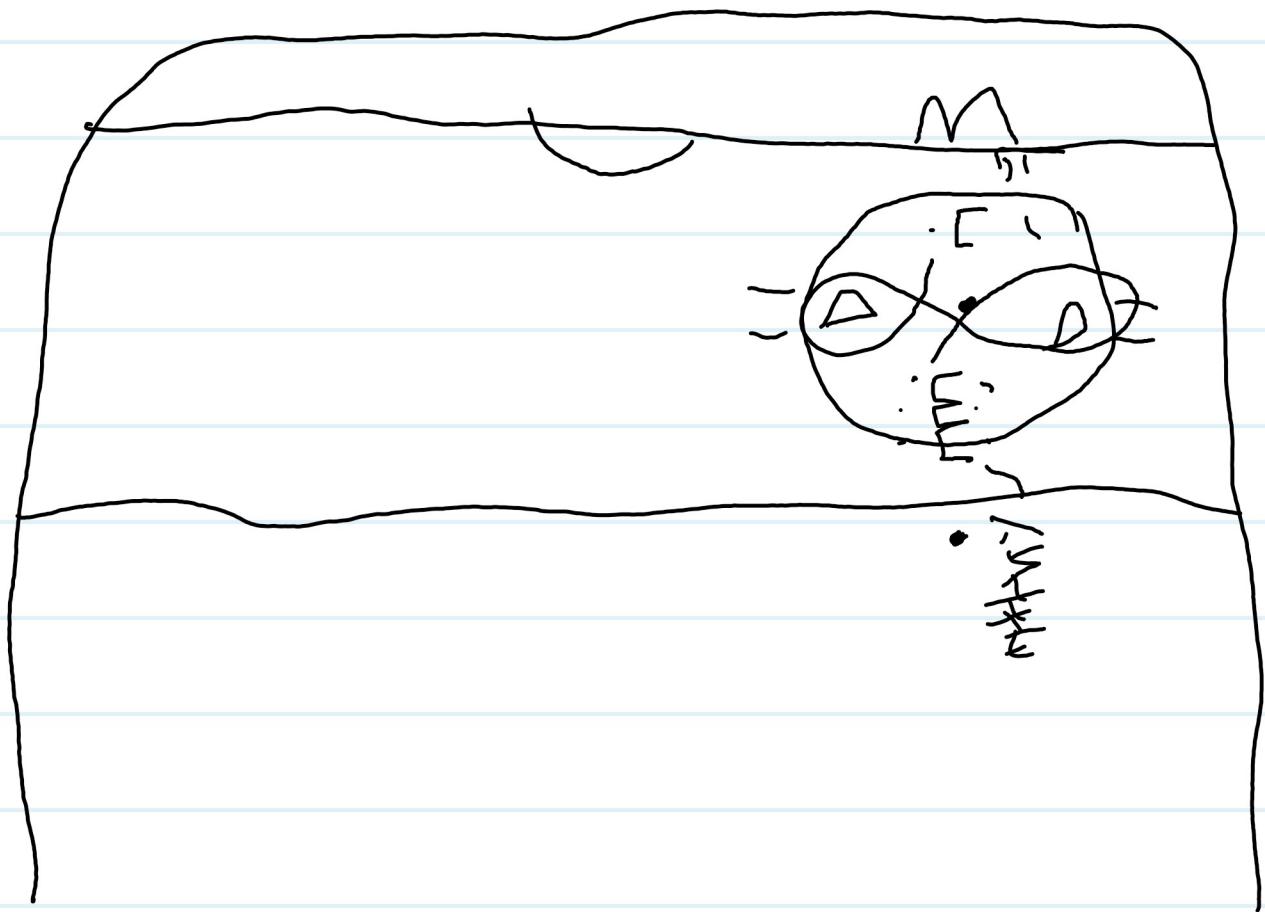
8



PLAYER STARTS IN THE CORNER
W/ PUCK AND SKATES AROUND THE
CIRCLE MAKING ONE-TOUCH PASSES
UNTIL SHE HAS IT, THEN TAKES A SHOT.

FIGURE 8 DOUBLE BRIDGE

9



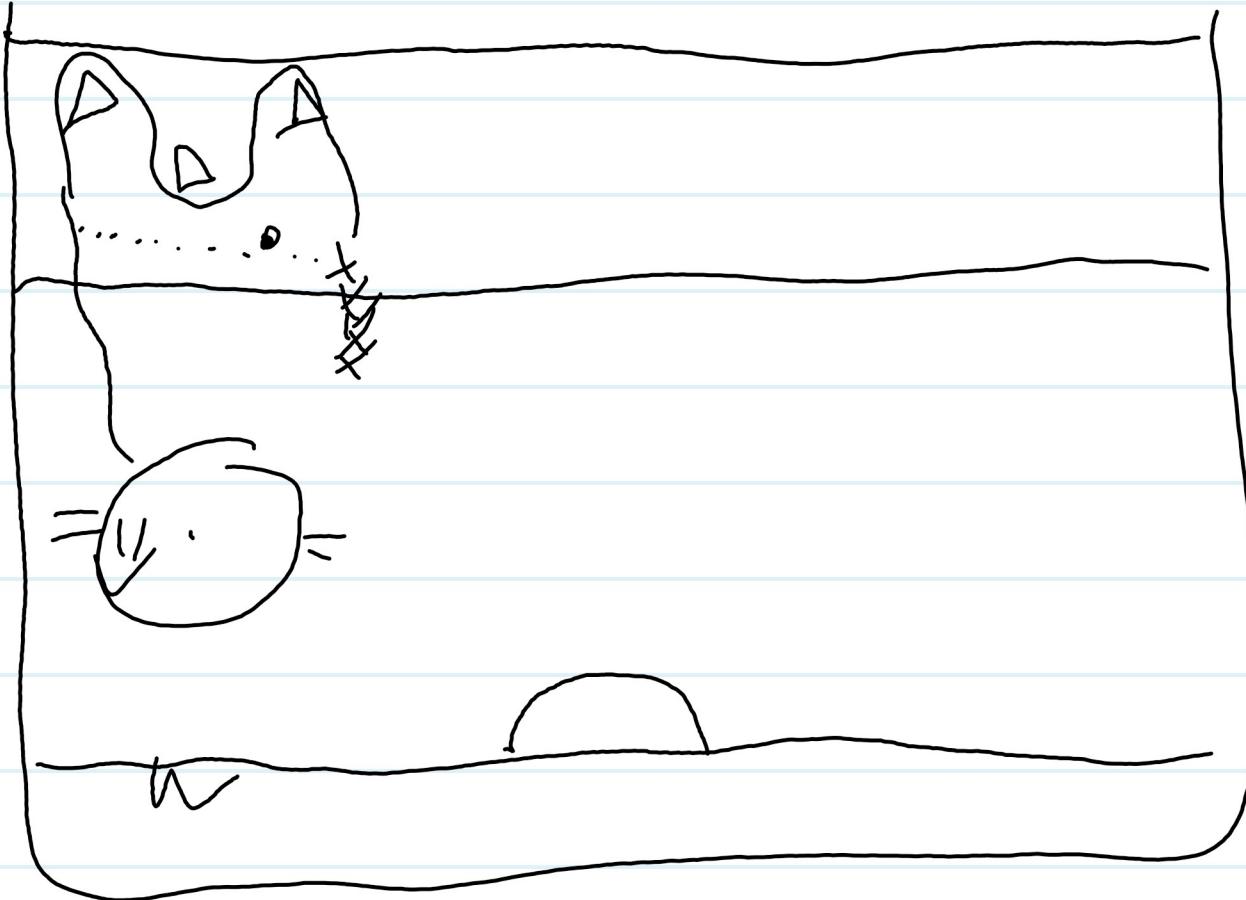
PLAYER STARTS W/PUCK GOES
THROUGH FIRST STICK BRIDGE,
THEN DOES FIGURE 8 AROUND
CONES. ONE TOUCH UNDER SINGLE
STICK BRIDGE TO EITHER FOREHAND
OR BACKHAND SHOT.

3

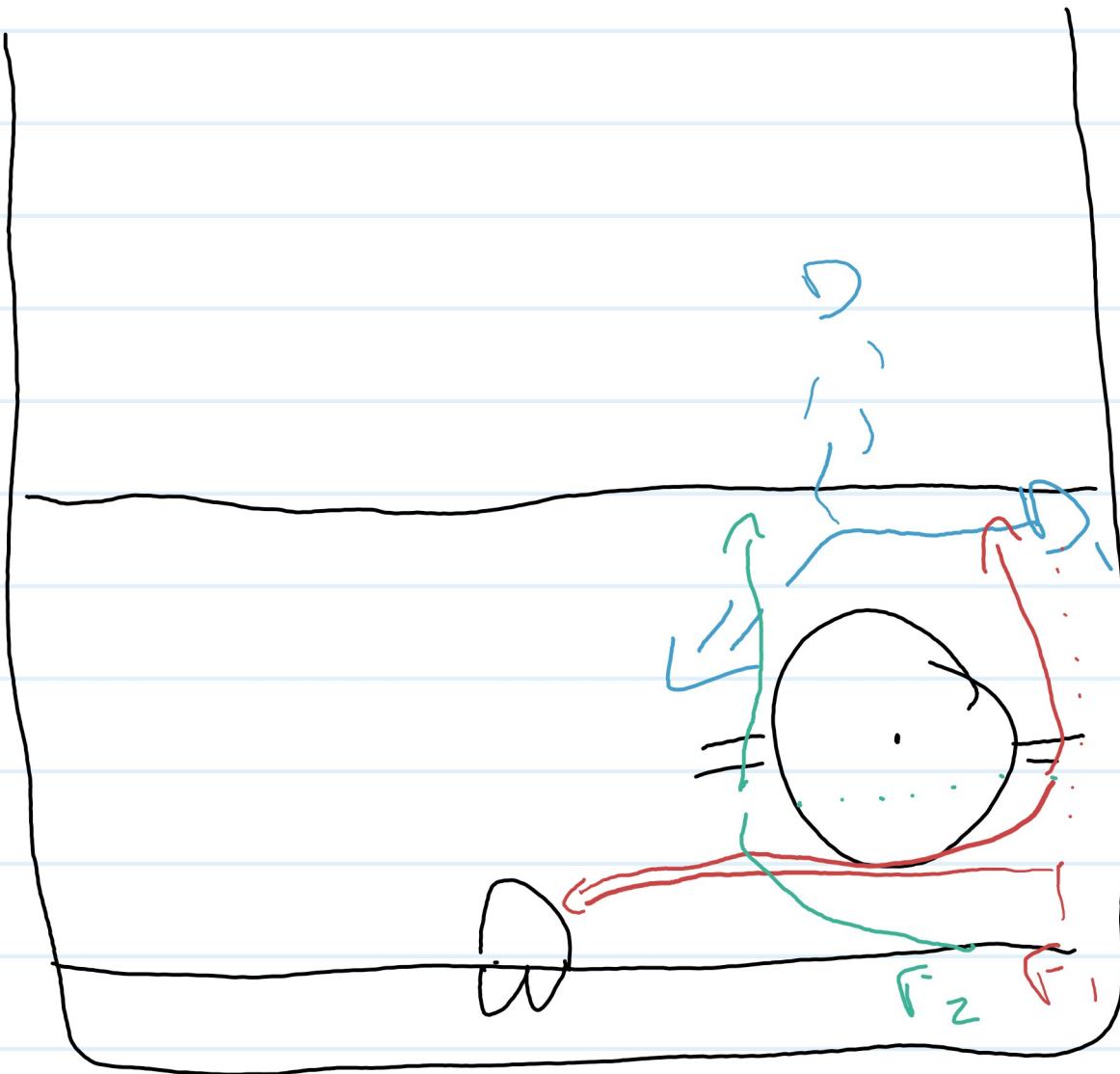
CONE

WARM UP

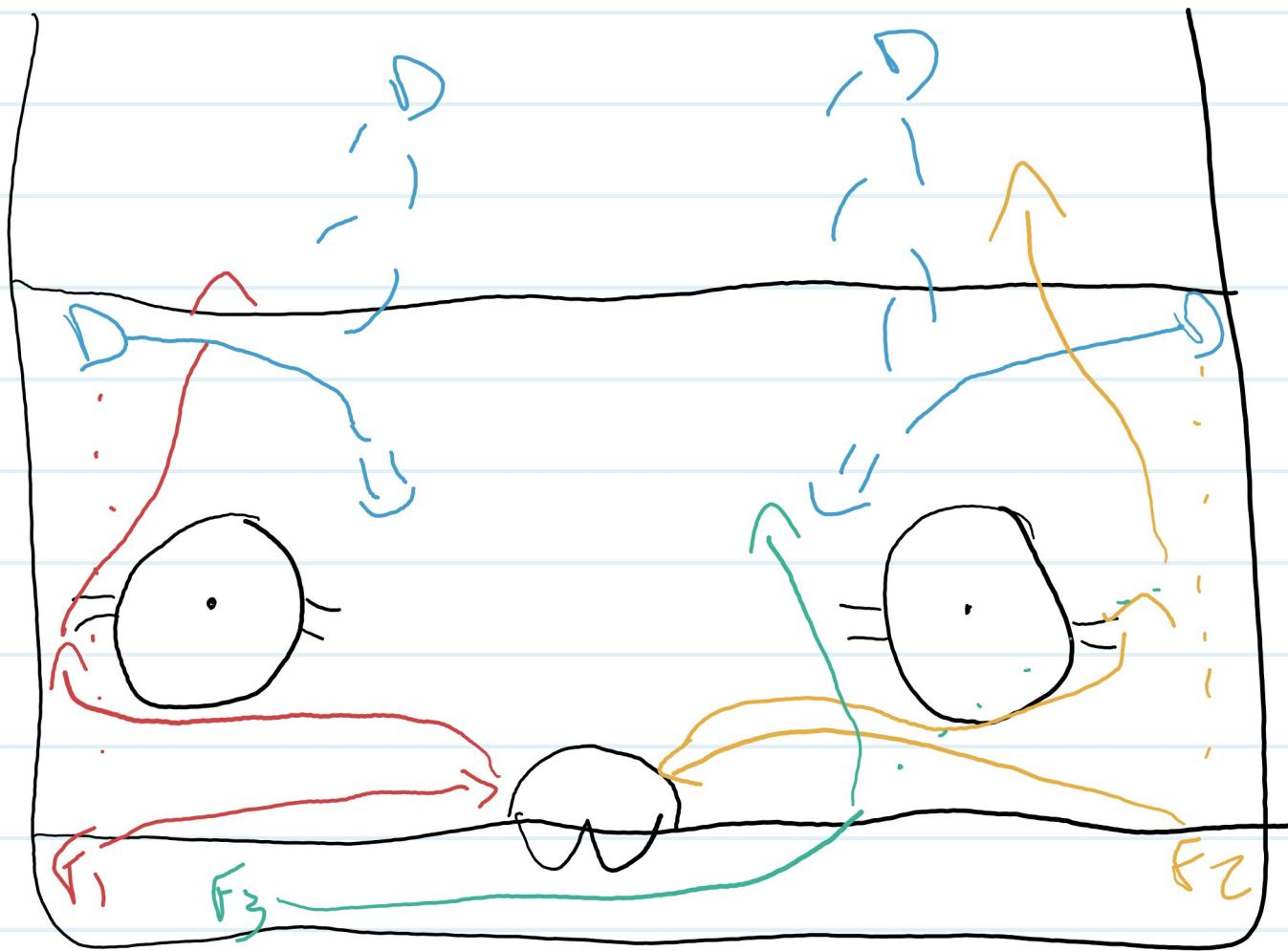
10



PLAYER STARTS THE DRILL w/o
PUCK, TIGHT TURNING AROUND CONES
AND REFLECTS PASS FROM SECOND
PLAYER IN LINE. CROSSES DOWN TAKES
A SHOT. ADD VARIATIONS w/ MONTAUKS,
TRANSITIONS, AND MULTIPLE PASSES



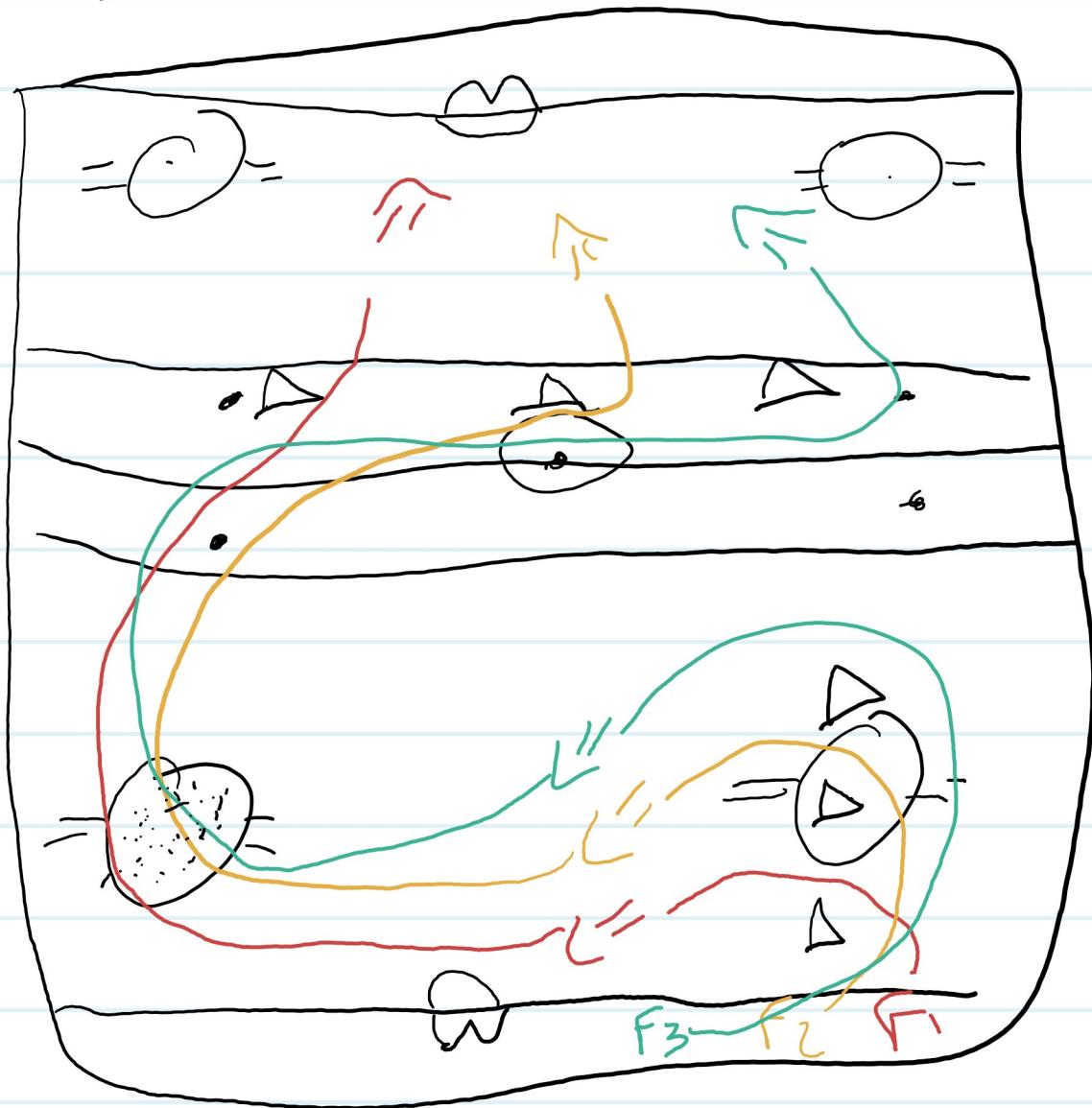
F₁ STARTS W/PUCK AND PASSES TO D. AFTER PASS F₁ GOES TO THE NET FOR A SCREEN. AFTER THE SCREEN F₁ SKATES TO THE HALF WALL FOR A BREAK OUT PASS FROM F₂ FOR A ZON-1.



F₁ STARTS THE DRILL w/PASS TO D. GOES TO THE NET FOR A SCREEN. F₂ PASSES TO D FOR SECONDS SCREEN SHOT. AFTER SHOT F₁ AND F₂ GO TO HALF WALL FOR BREAK OUT PASS FROM F₃ FOR 3v2 DOWN THE LINE.

Double Shot Full TCS.

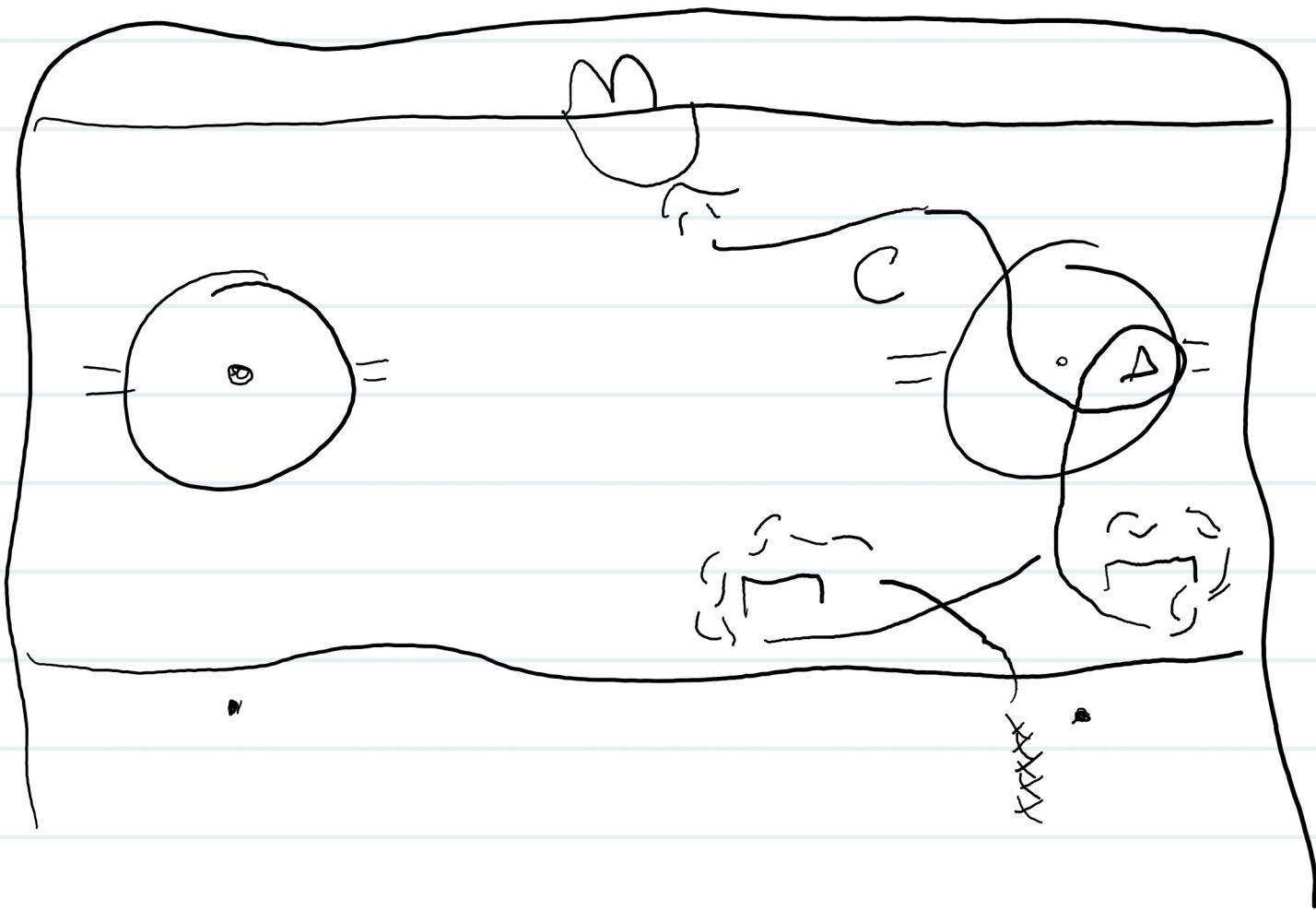
13



DRILL STARTS W/ ALL 3 PLAYERS
 W/ PUCKS GOING AROUND PERSPECTIVE
 CONES AND SHOT. THEY CONTINUE TO
 FAR SIDE CIRCLE TO PICK UP SECOND
 PUCK (STAYING ALONG BOARDS TIL RED LINE)
 WHILE THEY FAN OUT TO PERSPECTIVE CONES
 AND TAKE SHOTS.

NET DRIVE PROTECT

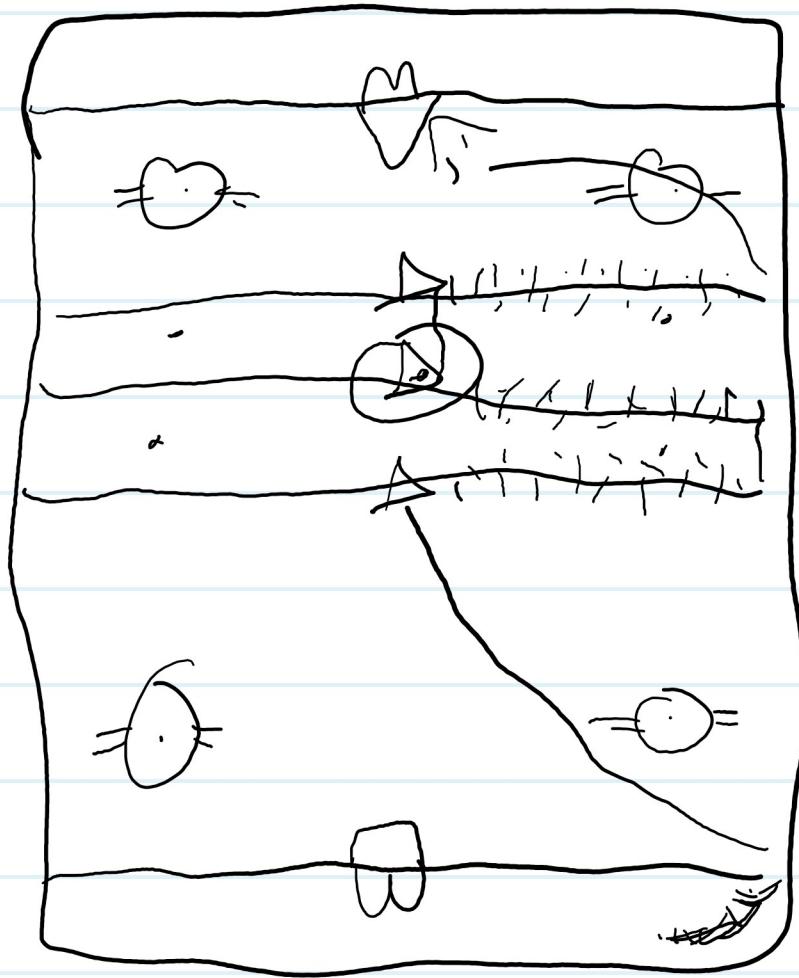
14



PLAYER STARTS DRIVE w/ PUCK DOES FIGURE 8 AROUND STICK BRIDGE AND PUTTING PUCK OVER OR UNDER OR AROUND (PLAYERS CHOICE). SIT DOWN TO CONE FOR A FAIR TURN UP THE WALL. AFTER THE TURN PLAYER ATTACKS/DRIVES THE NET & STICK FRONT LEG OUT TO PROTECT THE PUCK FROM THE CONCER.

FULL ICE KARAOKE

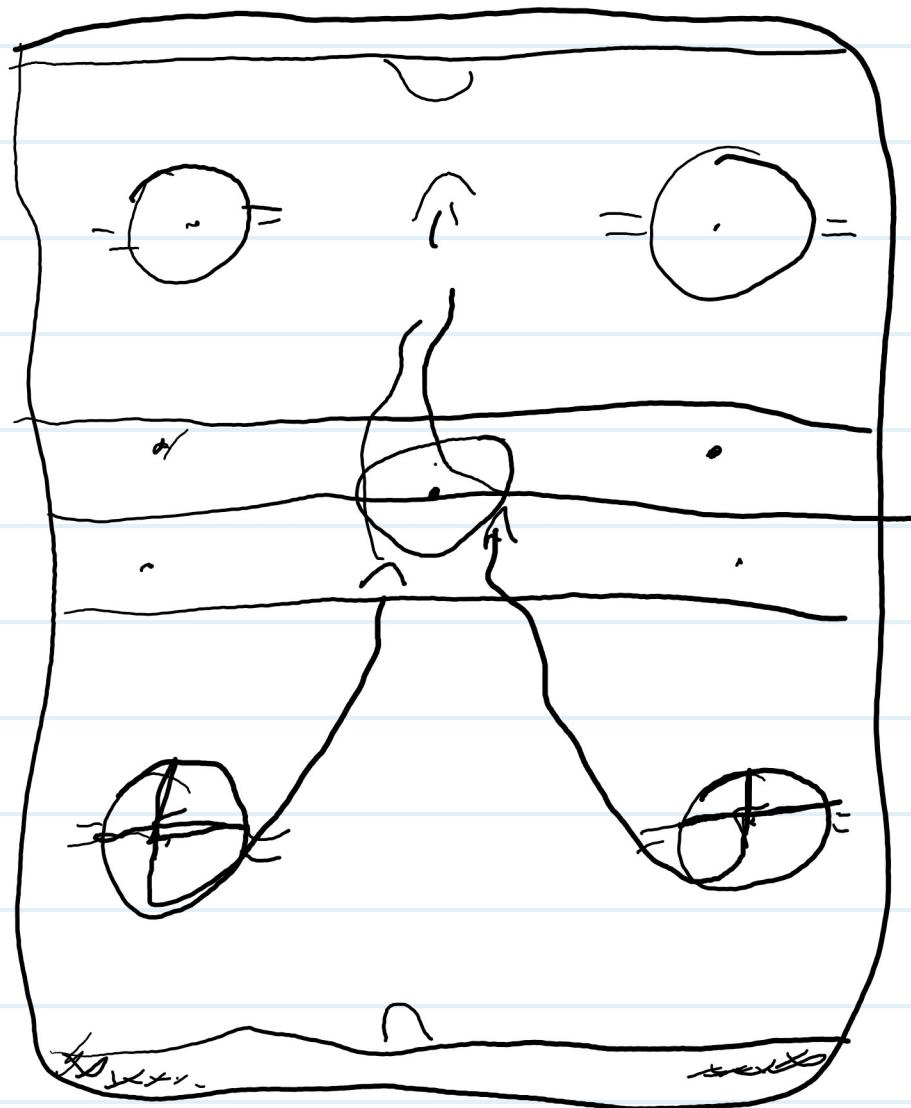
15



PLAYER STARTS DRILL W/PUCK SKATES
TO FIRST CORN. KARAOKES TO THE BOARDS
THEN SKATES TO RED LINE AND KARAOKES
TO CORN. SKATES CORN ON FAR BLUE KARAOKES
TO BOARDS THEN SKATES IN FOR A SHOT.

TRIN CROSS FULL ICE

16



PLAYERS START ON THEIR BELLIES IN THE MIDDLE OF THE CIRCLE. ON THE TOP OR THE COACHES STICK THEY POP UP KARAOKE TO LEFT EDGES OF CIRCLE THEN FAR RIGHT, BACK TO MIDDLE, FWDS TO TOP OF CIRCLE, THEN BKWDS TO BOTTOM AND RLF FOR PULK AT CENTER ICE.