



**CONCORDIA UNIVERSITY MENS HOCKEY**

7200 Sherbrooke st. West  
 Montreal, Quebec, H4B 1R6  
[www.concordia.ca/stingers](http://www.concordia.ca/stingers)

LEGEND			
⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△	Defenders	⋯→	Pass
G	Goalie	↔	Drop Pass
—  —	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⚡	Pucks	—	Defensive Pressure

Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (Minutes)

Time: _____	Drill Name: _____	
① Shoots, ⑥ Butterflies	<p style="text-align: center;"><b>BOTH SIDES</b></p>	
② ⑥ P.P. to ②		
③ ⑥ T.P to ③	Key Teaching Points (KTP)	Key Execution Points (KEP)

Time: _____	Drill Name: _____	
<p style="text-align: center;"><b>H1 - LO W DRILL</b></p>		
<p>Shoot to score</p> <p>X Passes to 1</p> <p>X Passes to 2</p> <p>X Passes to 3 → Changes</p> <p>X Passes to 4</p> <p>X Passes to 5</p>		
Key Teaching Points (KTP)	<p style="text-align: center;"><b>BOTH CORNERS</b></p>	Key Execution Points (KEP)

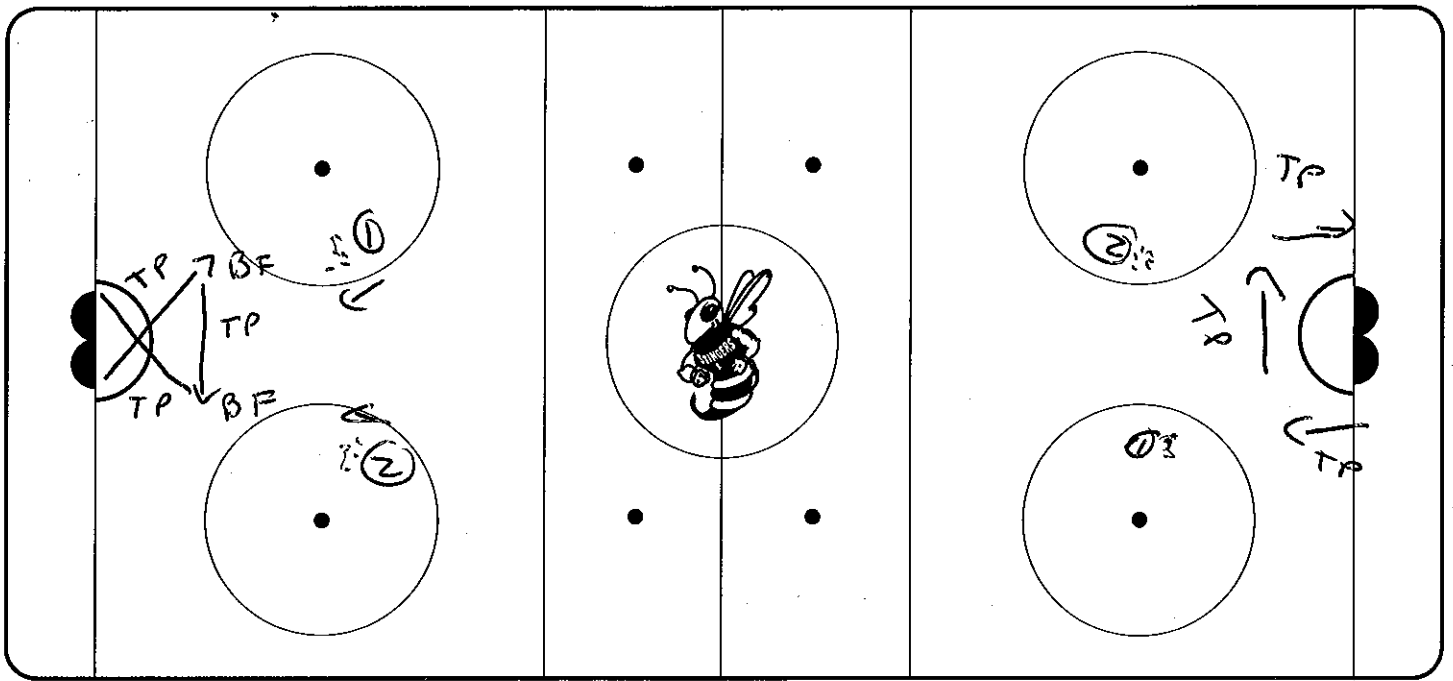
Time: _____	Drill Name: _____	
<p>⑥ T pushes to ① - shot</p> <p>⑥ T pushes over to ② - shot</p>		
<p>② BACK DOOR PASS TO ③</p> <p>① BACK DOOR PASS TO ④</p>		
Key Teaching Points (KTP)		Key Execution Points (KEP)

Legend! Shuffle

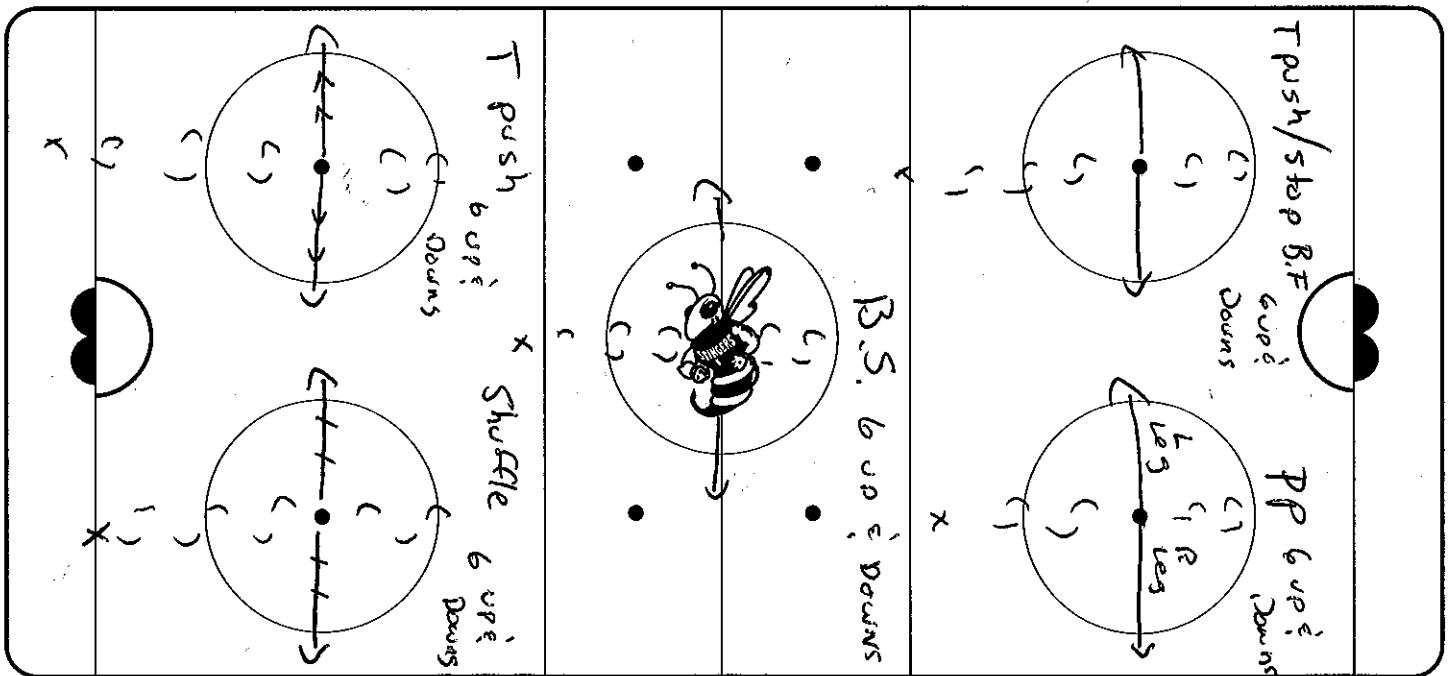
**KEVIN FIGSBY**  
 HEAD COACH  
 MENS HOCKEY  
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T.P = T-push  
 B.F = Butterfly  
 B.S, Butterfly slide  
 P.P. Power ~~Push~~ Push

**TOTAL TEAM EFFORT**  
 "The team at the top of the mountain did not fall there"



NOTES: WARMUP / X DRILL  
 BOX DRILL  
 INVERTED X



NOTES: IRON CROSS - WARM-UP/SKATE

A) C-cut to dot shuffle to one side then the  
 T push Next

B) 6 up & 6 down at the top



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Date: \_\_\_\_\_ Duration: \_\_\_\_\_ (Minutes)

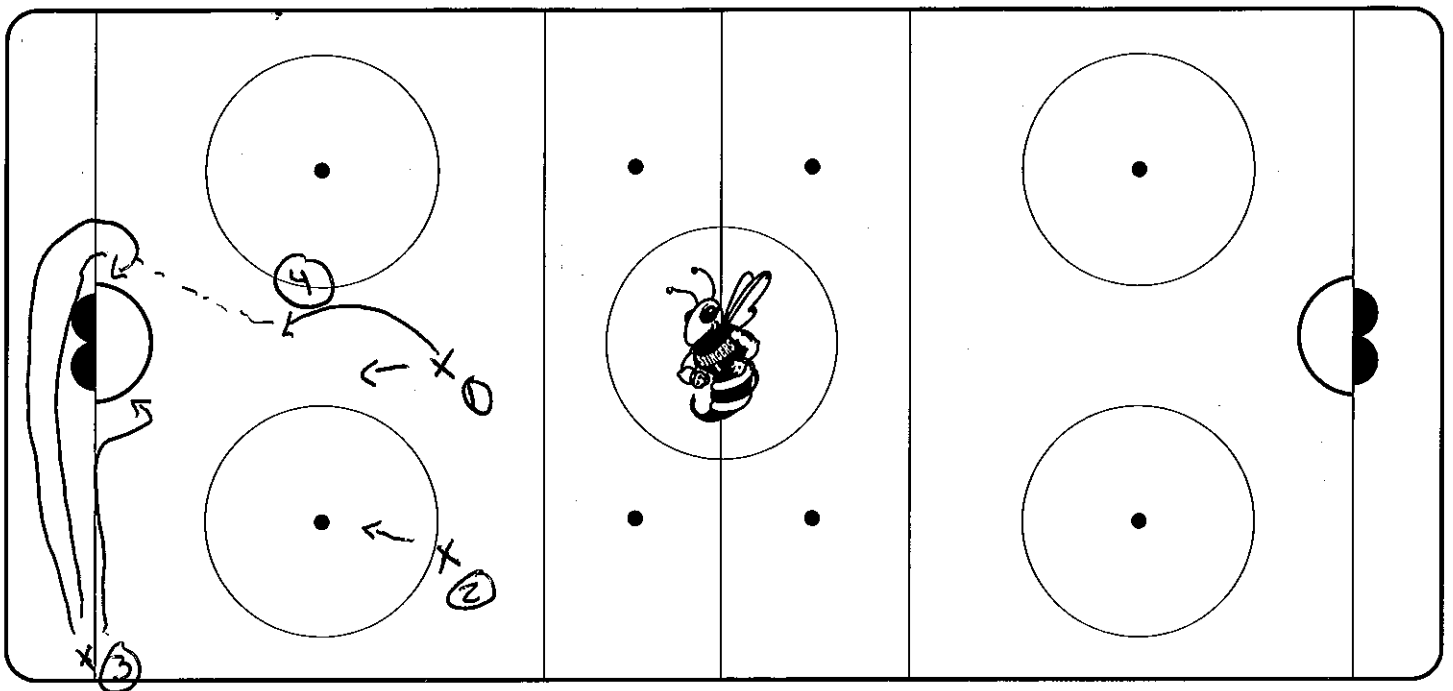
Time: _____	Drill Name: _____	
1 Shoots		
2 Shoots		
3 Shoots		
4 Shoots		
5 Shoots		
6 Shoots		
Key Teaching Points (KTP)		Key Execution Points (KEP)
_____		file

Time: _____	Drill Name: _____	
BOTH SIDES		
① - Goes to the net and shoots. HE BACKS out to the slot		
② - passes to ①, ① shoots		
① - BACKS up across line, shoots		
② TAKES A Puck, Breaks out w ①		Key Execution Points (KEP)
Key Teaching Points (KTP)		file
_____		BOTH ENDS

Time: _____	Drill Name: _____	
① - Shoots		
② - Shoots		
① - BACKS up across blue, shoots		
2 VS 1 BACK		
Key Teaching Points (KTP)		Key Execution Points (KEP)
_____		file

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**TOTAL TEAM EFFORT**  
 "The team at the top of the mountain did not fall there"



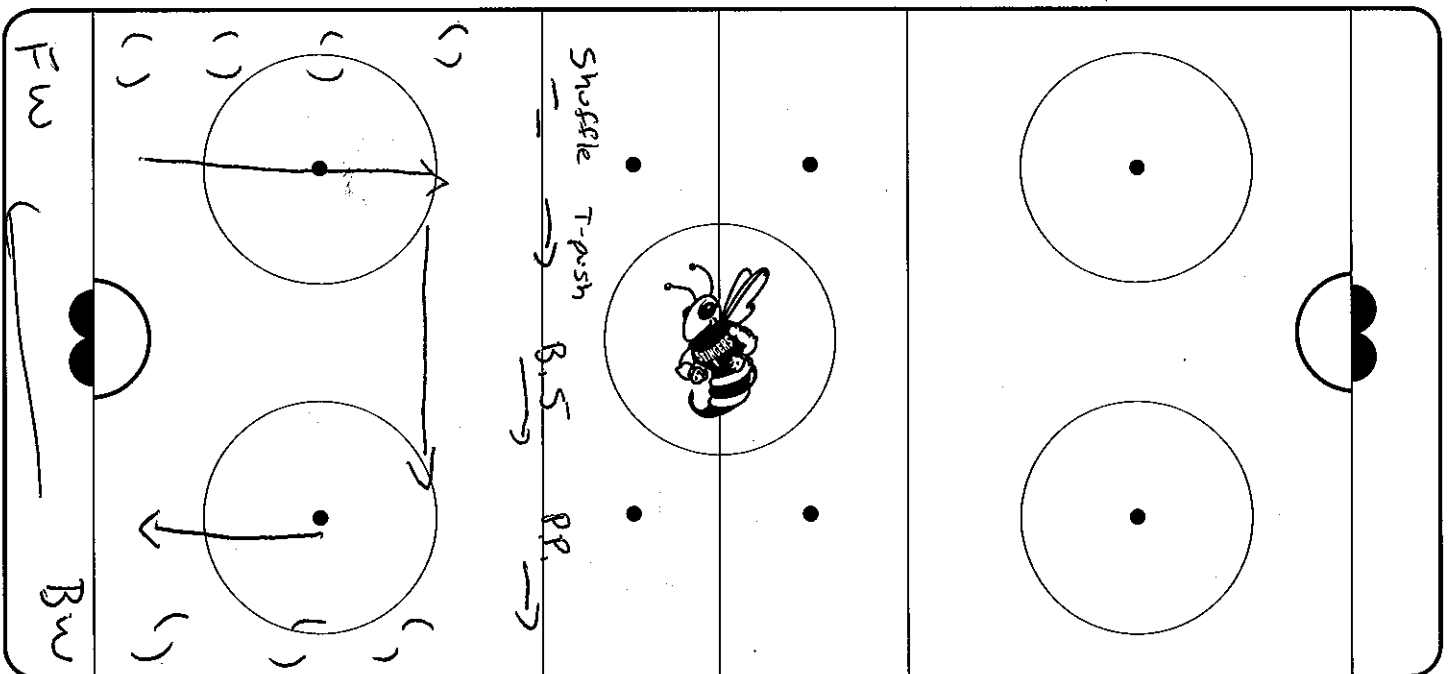
NOTES: **BOTH SIDES** ① Shoots

② Shoots

③ Either A) goes to the net, shoots

B) wraps the puck FAR SIDES

C) Goes Around the net and passes to ①



NOTES: SKATING - BOTH SIDES - WARM UP



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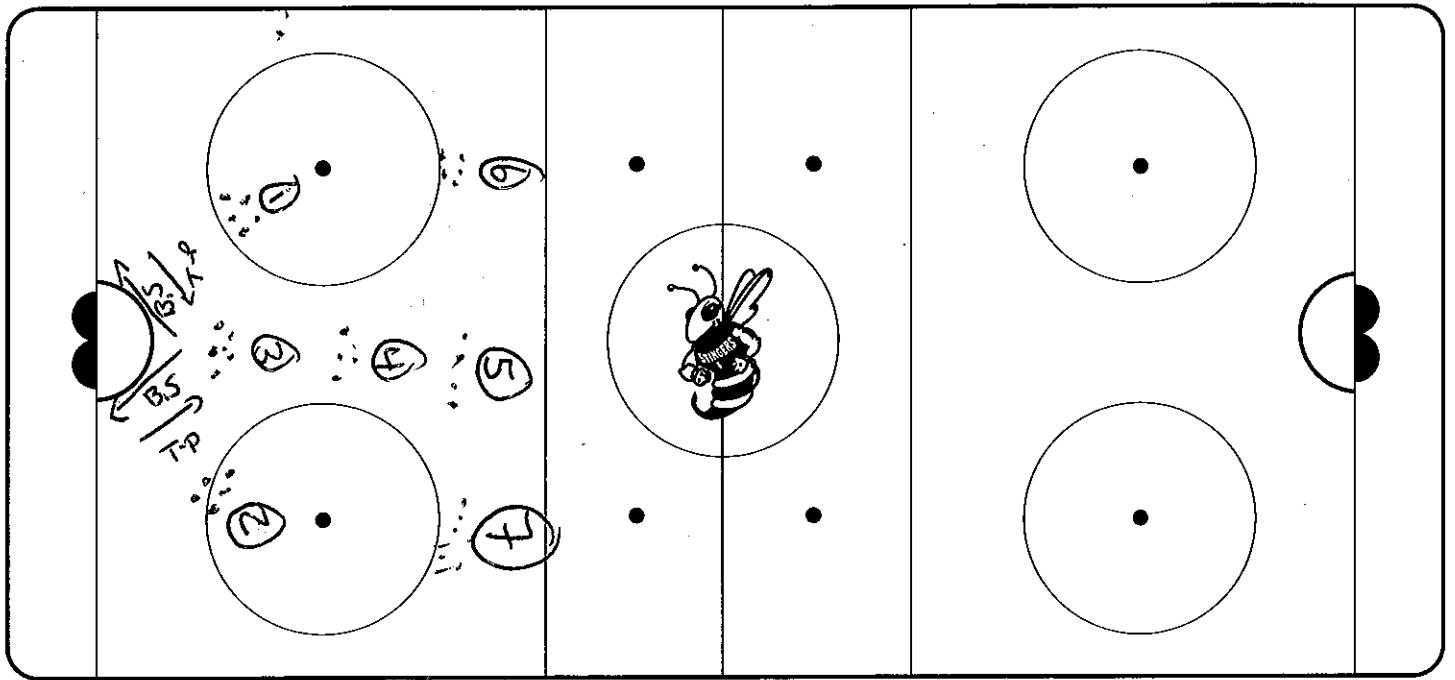
Time: _____	Drill Name: _____		
① Shoots			
② Shoots			
③ WALKS			
④ Receives a pass from M X			
Key Teaching Points (KTP)		Key Execution Points (KEP)	file

Time: _____	Drill Name: _____			
1, 2, 3 = 3, 2, 1 DRILL				
X passes to ③				
X passes to ②				
X passes to ①				
Reverse Order 6 shots = 1 rep		Key Teaching Points (KTP)	Key Execution Points (KEP)	file

Time: _____	Drill Name: _____		
Depth Drill			
Key Teaching Points (KTP)		Key Execution Points (KEP)	file

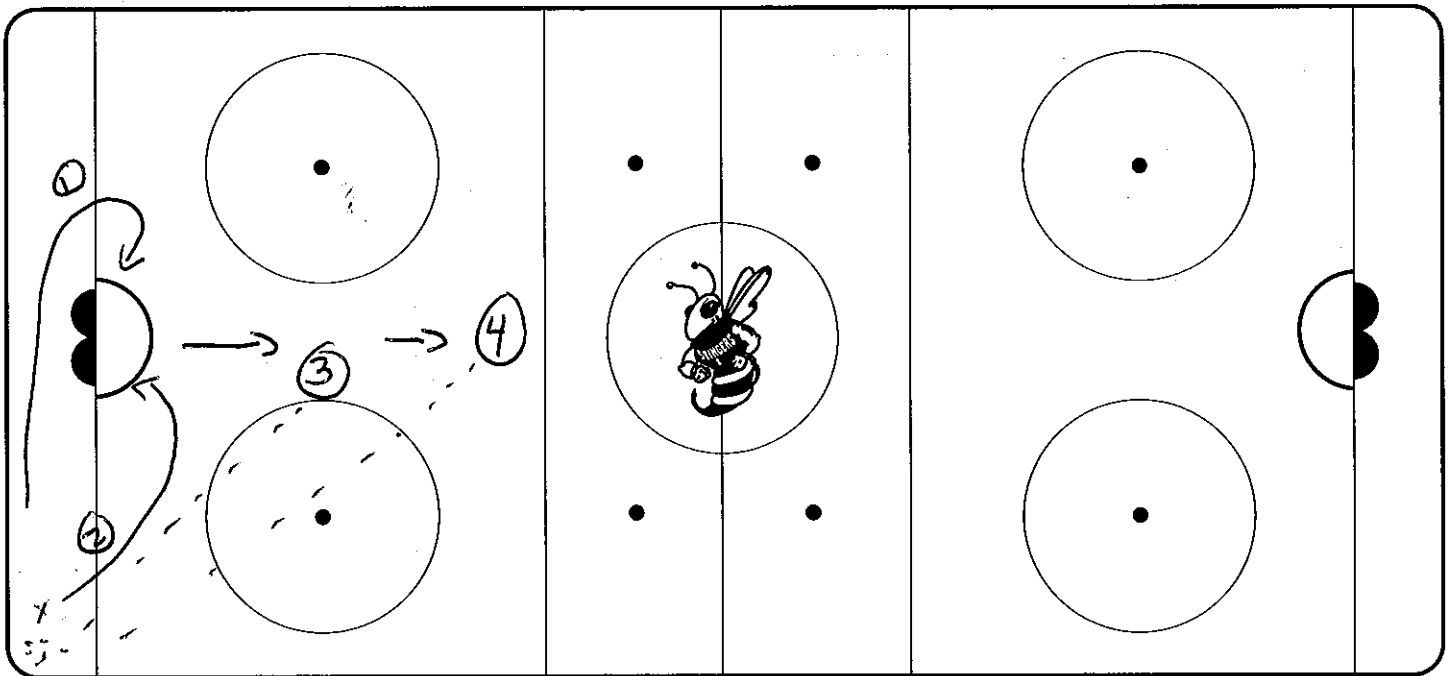
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NOTES: WARM-UP / CIRCUIT DRILL

→ MEANT FOR GOALIE TO FEEL THE PUCK



NOTES: WRAP / WALK / PASS-SHOT / One timer

BOTH SIDES