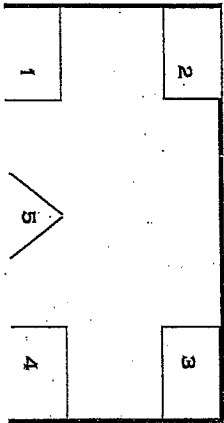


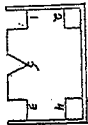
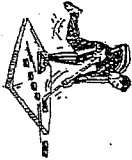
**ST. FRANCIS/NORTH BRANCH GIRLS HOCKEY
SHOOTING DRILLS**



- SHOOT FROM ABOUT 20 FEET OUT
- SHOOT FOR A TARGET ON EACH SHOT
- PRACTICE ALL SHOTS- QUICK RELEASE
- SHOOT FROM DIFFERENT AREAS- FRONT, RIGHT, AND LEFT SIDE
- SOME SHOOTING "GAMES"
- SHOOT THE CIRCUIT IN ORDER 1,2,3,4,5- THEN TRY 5,4,3,2,1
- SHOOT WITH A PARTNER- PARTNER CALLS THE TARGET NUMBER AND SHOOTER TRIES TO HIT IT. A HIT TARGET IS WORTH 2 POINTS FOR SHOOTER, A MISS IS 1 POINT FOR CALLER. PLAY TO 10 AND SWITCH ROLES.

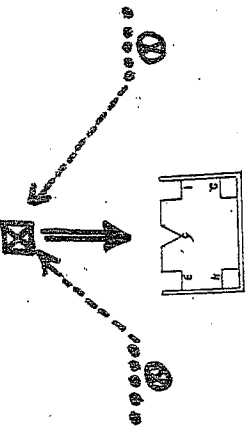
SHOOTING - With Regular & Weighted Pucks

1. **SHOOT WEIGHTED PUCKS OR SNIPER ON STICK**
Shoot pucks at open net as hard as possible. Do both to forehand and backhand side.
20 Times Each Side
2. **SHOOT FOR A DESIGNATED TARGET**
Shoot from 20 feet out. Shoot for one target. Shoot with eyes up.
10 Times
3. **SHOOT THE CIRCUIT: 1-2-3-4-5**
Shoot from 25 feet out. Shoot one puck at each numbered target. Go clockwise then counterclockwise.
10 Times

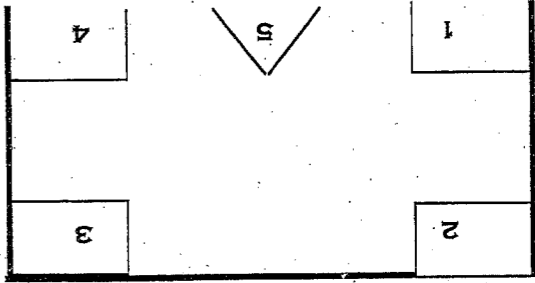


4. **SHOOT FOR TARGET CALLED BY PARTNER**
Close eyes and listen for partner to call a target. Open eyes and shoot for that target.
10 Times.

5. **SHOOT OFF PASS ALTERNATING FROM EACH SIDE**
3 players are involved, 2 stand on each side of net and alternate passing the puck to the shooter who is 20-25 feet out from net.
Backhand Side - Receive pass, rock back and shoot.
Forehand Side - One Time Shoot off pass.
5 Times from each side.



ST. FRANCIS/NORTH BRANCH GIRLS HOCKEY
SHOOTING DRILLS



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SHOOT FOR A TARGET ON EACH SHOT
PRACTICE ALL SHOTS- QUICK RELEASE

SOME SHOOTING "GAMES"
SHOOT FROM DIFFERENT AREAS- FRONT, RIGHT, AND LEFT SIDE

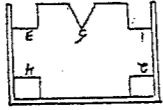
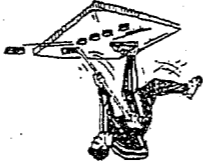
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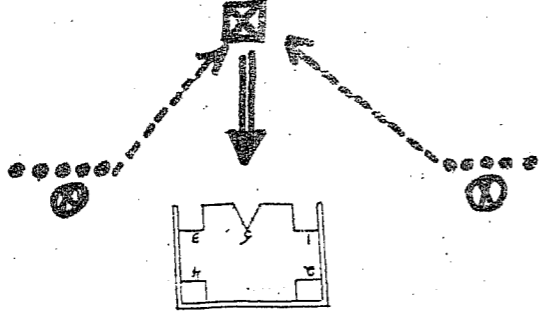
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PASSING

A GREAT PARTNER ACTIVITY! WHEN PRACTICING PASSING MAKE SURE YOU ARE NOT "SLAPPING" THE PASS. START WITH THE BALL/PUCK ON THE BLADE OF THE STICK NEAR THE HEEL.

PRACTICE:

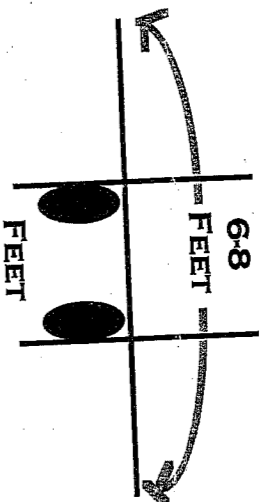
- FOREHAND PASSING
- BACKHAND PASSING
- TRANSITION FOREHAND (FH) TO BACKHAND (BH) AND PASS (START WITH PUCK ON THE FOREHAND, PULL IT TO THE BACKHAND , AND THEN PASS)
- TRANSITION BACKHAND (BH) TO FOREHAND (FH) AND PASS (START WITH PUCK ON THE BACKHAND, PULL IT TO THE FOREHAND , AND THEN PASS)
- SAUCER PASS - PLACE A STICK ABOUT 10 FEET AWAY AND "FLOAT" THE PASS AND HAVE IT LAND FLAT JUST ON THE OTHER SIDE SO YOUR PARTNER CAN CATCH IT.

Partner Passing 5-10-15 Feet Apart

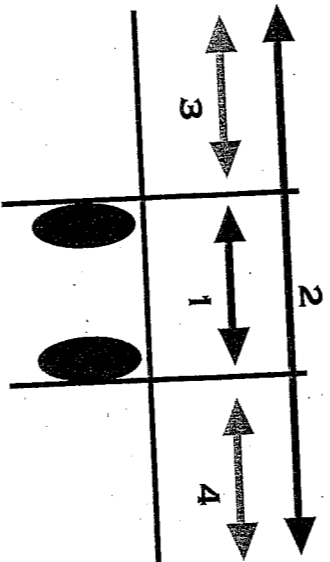
- * The two players stand 5 feet apart doing forehand or backhand passes to each other. This is the time to really stress the correct technique of passing & receiving.
- * Start the ball on the heel of the stick.
- * Look at target, slide the blade of the stick forward allowing the ball to move up the blade of the stick towards the toe.
- * Release the ball into the receiver's blade and point the toe of your stick at the receiver's blade.
- * Passing Command - "LOOK-SLIDE-GUIDE-POINT"
- * The player receiving the ball, will have his/her blade out in front of their front foot.
- * When the ball contacts the blade the receiver "gives" by pulling the blade back to his/her back foot. This then puts you into the passing phase immediately
- * Also when receiving the ball, have the blade "cupped" towards the path of the ball.

ST. FRANCIS/NORTH BRANCH GIRLS HOCKEY
DRYLAND STICKHANDLING DRILLS/TIPS

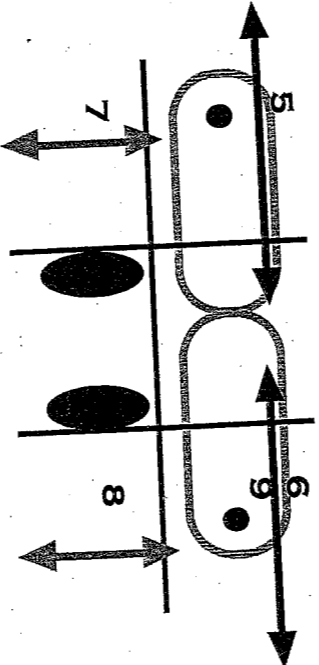
Each exercise should be done at least 10 times. Work on quickness and quality. Draw or tape a stickhandling grid on the floor. The grid should be 6 to 8 feet in height and width and will act as a visual guide. Place your feet on the lines (shoulder width), keep your feet planted so you can work on extending your reach.



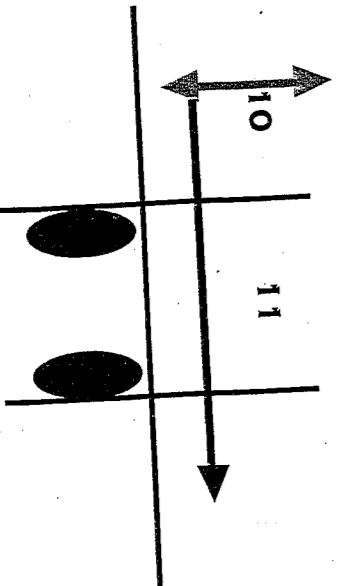
- 1. SHORT FRONT**
Short dribbles in front of your body.
Roll your wrists to cup the puck
- 2. WIDE FRONT**
Extend as wide as possible. Release bottom hand on backhand
- 3. LEFT SHORT**
Quick Dribble to front left of body
- 4. RIGHT SHORT**
Quick Dribble to front right of body



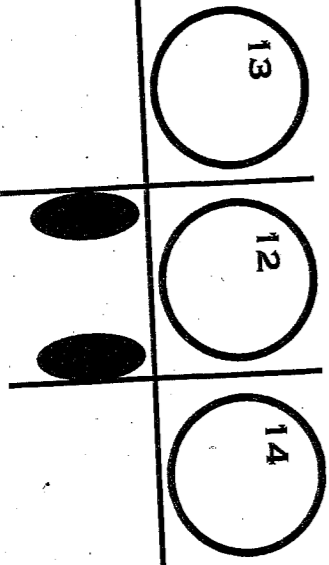
- 5. LEFT LONG**
Wider dribbles from left of body to middle
- 6. RIGHT LONG**
Wider dribbles from right of body to middle
- 7. LOW LEFT**
Dribble to side of body front to back
- 8. LOW RIGHT**
Dribble to side of body front to back
- 9. FIGURE 8**
Control ball in fig. 8 both directions



- 10. HEEL-TOE-HEEL**
On the forehand side, push ball way out then cup over and quickly pull ball back. When cupping over, loosen the bottom grip, allow top hand to rotate stick over the ball.
- 11. TOE DRAG WITH WIDE PULL**
Perform #10 and pull across your body to your backhand. Release the bottom hand when you extend to backhand.



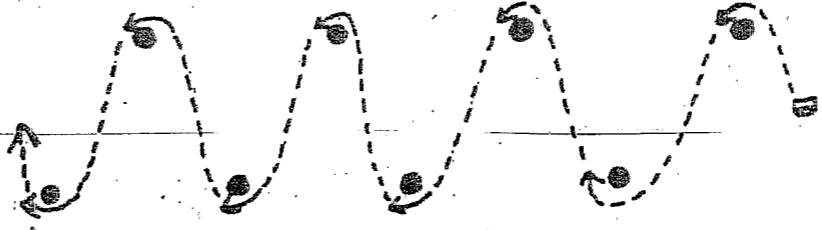
- 12. CIRCLE FRONT**
Control ball by cupping FH and BH in a circular motion in front of your body
Perform clockwise and counter clockwise
- 13. CIRCLE LEFT**
Control in circular motion in front left
Perform clockwise and counter clockwise
- 14. CIRCLE RIGHT**
Control in circular motion in front right
Perform clockwise and counter clockwise



QUICK HANDS DRIBBLE - 8 Pucks in A Row
 Put 8 pucks in a straight line about 12 to 15 inches apart. Dribble the puck as fast as possible in a zig-zag pattern between the pucks.
 10 Times



WIDE PULLS ALTERNATE SIDES ON OBJECTS
 Put 4 pucks on each side - Width 7 to 9 ft. apart & depth 4-6 ft. apart.
 Walk down middle pulling puck far right and then far left. Pull puck across body very quickly.
 10 Times



WIDE PULLS TO QUICK DRIBBLES ON OBJECTS
 Line 3 pucks up on each side width 8 feet apart & 5 feet depth - also line 8 pucks up in a straight line 12 inches apart. Walk down middle pulling puck far right & left and then quick dribble zig-zag on straight puck pattern.
 10 Times.

