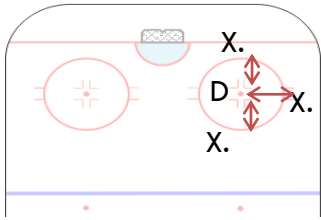
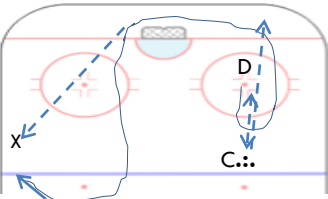


# DISTRICT 9 HOCKEY

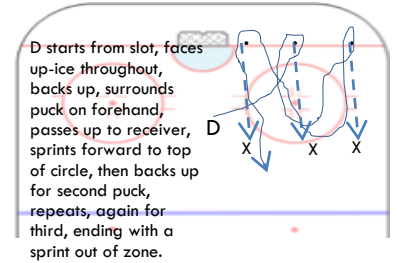
Drills for defensemen—Many thanks to Pat Cullen and St. Olaf College Men's Hockey Head Coach Sean Goldsworthy



← 3 Puck Pokecheck

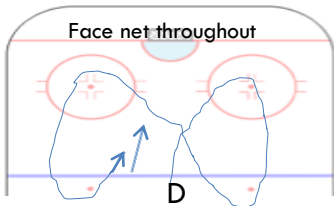


→ 3 puck surround

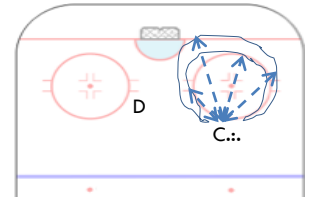


← BO Passes

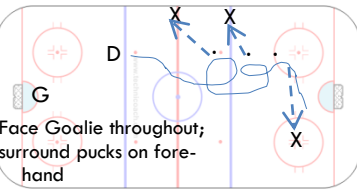
→ Brad Berry around circle



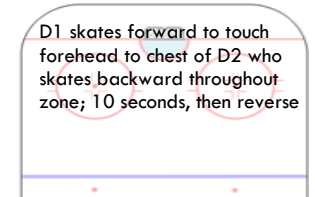
← Butterfly



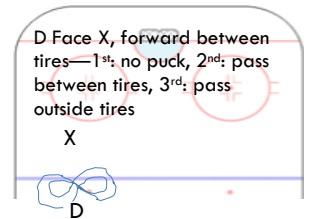
→ Chase



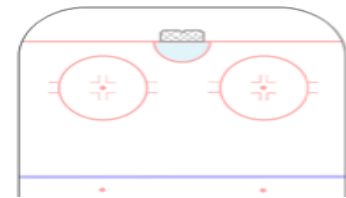
← Cullen Drill



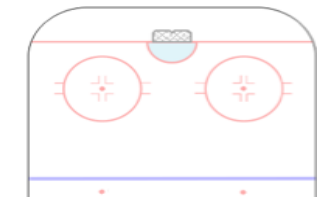
→ Figure 8s



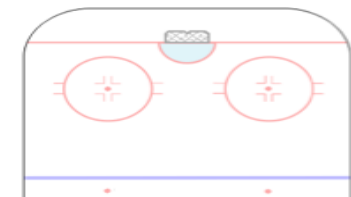
← Pass escape move



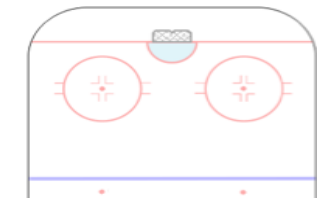
→ Pull Puck Around Cone



← Rocking Chair 2 and a half reps



→ Shooting Thru Tires



← Shot out of corner

