

## Note to Coaches:

I developed this website/dryland program for the teams I coach - but clearly it's general enough that any player or team can make use of it.

You may use this site/DSD program for your team. In return, rather than charge a fee, I ask that you send me three of your favorite on-ice drills/games/activities that you feel your players benefit most from.

In return, I will offer to configure the online reporting form so that your players can use it and it will send you a weekly summary of how many cards each player reported doing. Please send me your team name and email for me to complete this.

## DSD Card Deck:

Each player needs a DSD deck of cards. To make your DSD deck, use the DSD Card labels to print labels onto blank Avery 8160 Mailing Labels. Then stick these labels on index cards. (They actually fit great on index cards cut in half). *Tip: make this a team activity rather than do all yourself!*



**DSD Deck on half note cards bound with a ring**

Have a great season!

Tom Aney  
[tomaney@benefittech.com](mailto:tomaney@benefittech.com)  
507-250-0825