



Drill of the Week Club

Drill of the Week Club 2020

Oct-15-2020

Practice No:

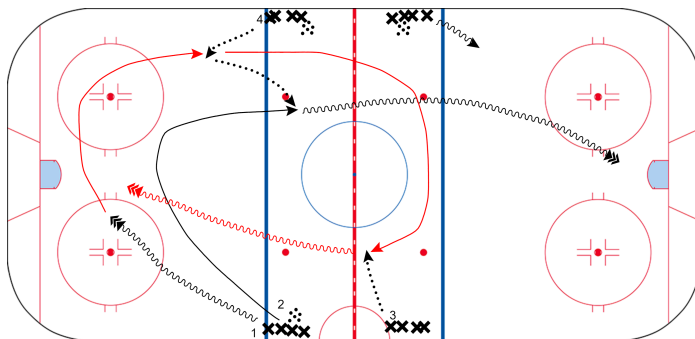
Duration: 40 min

Coyotes Warm up Shooting

10 mins

Description:

Both sides same time . X 1 leaves with puck skates , takes quick shot , turns up ice , receives pass from X4, X 2 skates to mid ice, gets pass from X 1 - skate in shoot , X1 continues around circle and receives pass from X 3 - skate in - shoot . Restart from opposite bluelines. Timing - quality passes , stop at the net



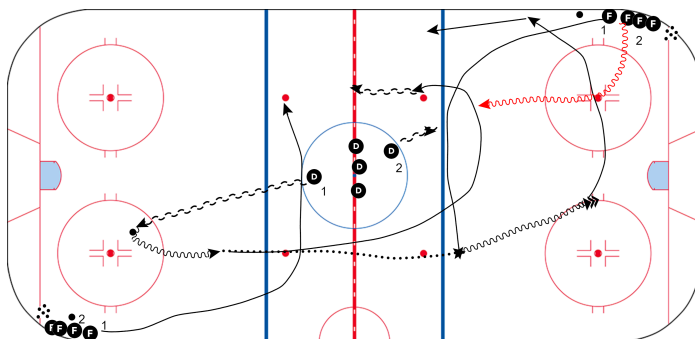
Future 2 on 1

10 mins

Description:

Both Sides same Time . Line up as shown. To start , F 1 leaves a puck for D to access. On the whistle - D back to puck - head up ice . F 1 skates up and times the route to receive a pass from far end D . Receive pass - go in for quick shot - skate to wall , F2 leaves with puck and gains mid ice - F1 F2 . D 1 has skated up ice and will play 2 on 1 .Play out till double whistle - hunt rebounds .

Could add point shot after 2 on 1

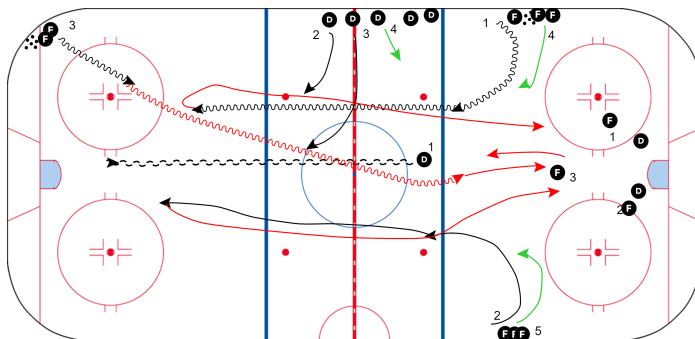


BC 2 on 2 - 3 on 2

10 mins

Description:

Line up players as shown . On whistle F1 F2 skate inside dots and go 2 on 1 vs D1 . Whistle - F 3 leaves with a puck , F1 F2 join F 3 for 3 on 2 vs D 2 D 3(who have stepped up to blue line) , play 3 on2 till whistle - HIGH FORWARD now back checks vs new 2 on 1 started by F 4 F 5 with D 4 popping out to play it . The Back Checking (High Forward) will fill the line he back checked to .Drill is continuous . Great drill with tempo - decision making - execution



Bear Pit-Battle - Compete

10 mins

Description:

2 players battle in " bear pit " for 10 secs (coach can decide)
- on whistle coach flips a puck up ice for the two players to
race for - get shot on net . Once the 2 players leave the bear
pit 2 more get in .

