

## Séance d'entraînement



Équipe: Drill of the week club 2020-21

Séance No.: \_\_\_\_\_

Date : Oct 21

Heure: \_\_\_\_\_

Durée: \_\_\_\_\_

Version No.: \_\_\_\_\_

Préparé par: Philippe Trahan

### Objectifs / instructions:

I'm Head coach at Cegep André-Laurendeau, Assistant coach at University of Montreal and skills coach with the Team Canada and PWHPA players. I can be reached at philippe\_trahan@hotmail.com or 514-886-6990 [www.pthockey.com](http://www.pthockey.com)

Favorite book is Leaders eat last by Simon Sinek on building good leadership in your teams

Favorite quote: Winston Churchill "Success is not final, failure is not fatal: it is the courage to continue that counts."

Exercice no.: \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_

Titre : Continuous D mobility activation Catégorie #1 habiletés techniques Catégorie #2 TPS

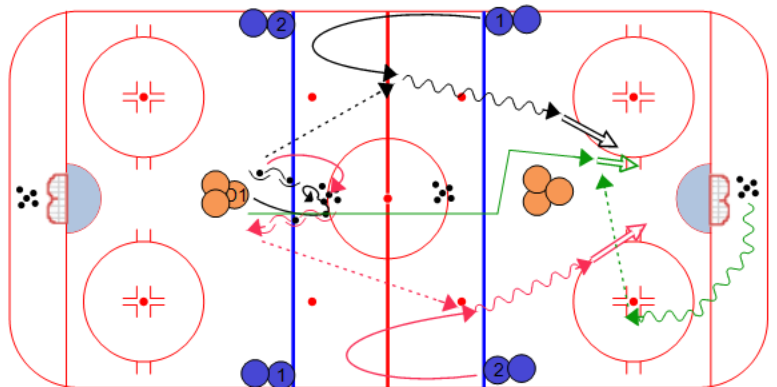
#### Description

Both sides at the same time

① skates up retrieves a puck in NZ circle - ① times and comes down along the boards gets a pass from ①.

① comes back up for a second puck - ② times and comes down along the boards should receive the pass at the blue line. Shoot no lower than Hmarks.

① follows up ice will read which side ① is on and will go on opposite side to receive a pass from ① for a quick shot. (you want the pass to cross the royal road) ② stays at the net



Points clés : Passing shooting timing

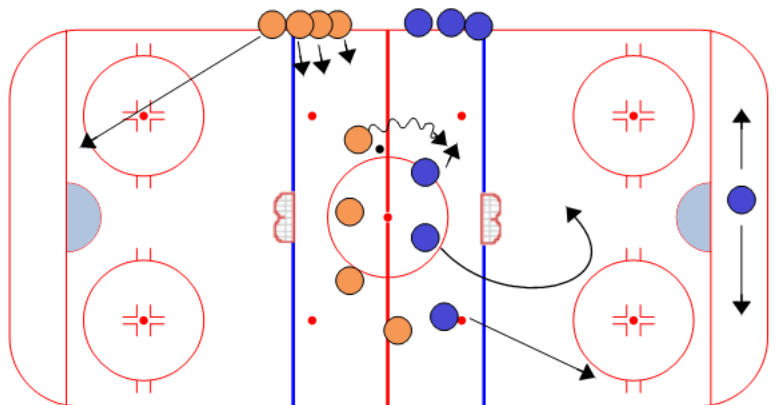
Exercice no.: \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_

Titre : poller Transition Catégorie #1 SAG Catégorie #2 Transition / Forecheck

#### Description

Start with a 4v3 in NZ but play can go anywhere.

- if offensive team scores another puck is given to them
- if offensive team misses the net or the Def team gets the puck back they activate their player below the goal line.
- Quick transition from D to F
- 4 offensive players get off the play and 3 jump in to press and 1 below goal line.
- puck must cross goal line to activate



Points clés : Quick transition Forecheck Breakout Quick support

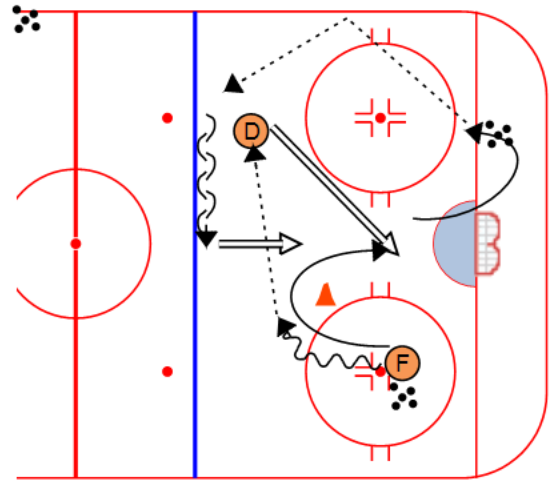
Exercice no. : \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_

Titre : october crisis Catégorie #1 habiletés techniques Catégorie #2 passing/shooting

**Description**

F skates up with the puck and passes to D back peddling from the centre OZ. After the pass F attacks the net stick on the ice for redirection.

second puck from the corner, indirect pass up to D walk the blue while F goes net front for screen.



Points clés :

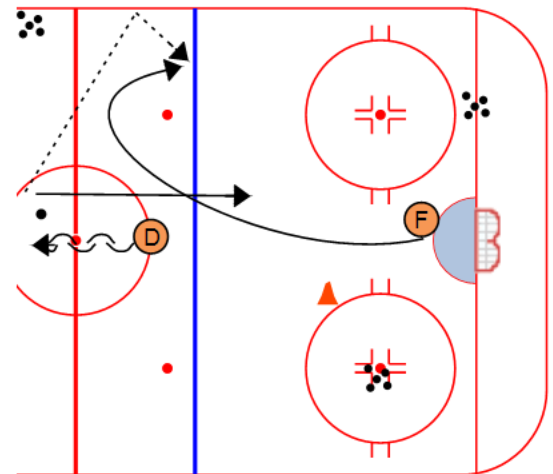
Exercice no. : \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_

Titre : october crisis (seq 2) Catégorie #1 habiletés techniques Catégorie #2 passing/shooting

**Description**

3rd puck D will regroup and make an indirect pass to F curling back into the zone and attack 2v0

ask the F to delay facing the play and spot a puck in the open space for D joining in



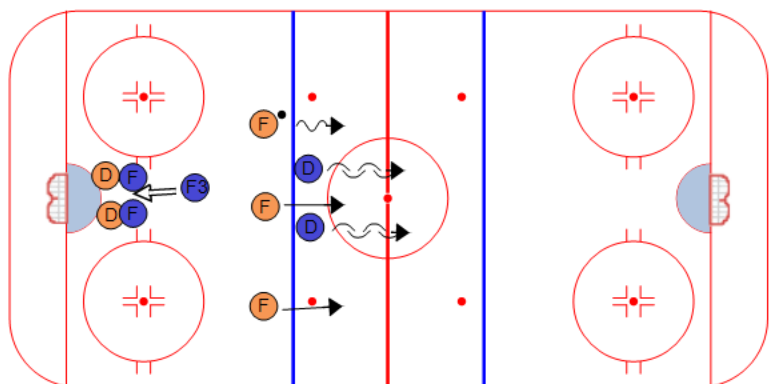
Points clés :

Exercice no. : \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_

Titre : Dallas transition Catégorie #1 TACTIQUE COLLECTIVE Catégorie #2 Backcheck/rush

**Description**

F3 Starts with a shot  
2v2 battle netfront  
on the whistle F will back check while  
3 F on the offense will rush  
In the far end play 5v5 until the whistle.  
Then NZT F will go for transition vs. pressure then second  
rush vs. F.



Points clés :

Communication