

CoachThem

Drill of the week Club

Oct-20-2020

Practice No:

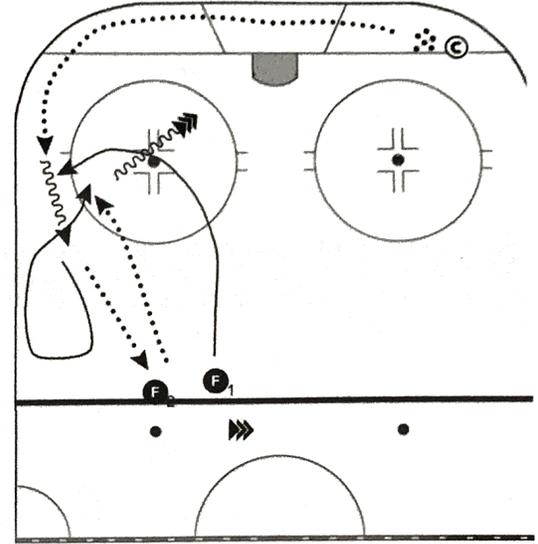
Duration: 50 min

4 Puck Rim Sequence

10 mins

Description:

Coach rims to F1 picks up rim and passes to F2 then opens up and gets pass back from F2 and goes in for a shot. Repeat for 3 more pucks.



F1 F2 F3

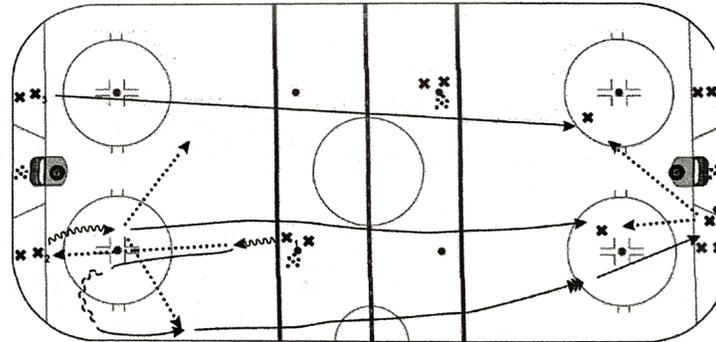
10 mins

Description:

✕ 1 leaves their line with a puck and makes a pass to ✕ 2

✕ 1, ✕ 2, and ✕ 3 attack down the ice 3-0

The shooter on the rush picks up behind the net and passes a second puck to one of the other two ✕ 's that pop up above the dot



Banff Finisher

10 mins

Key Points:

Shooting

Pace

Entries

Communication

Description:

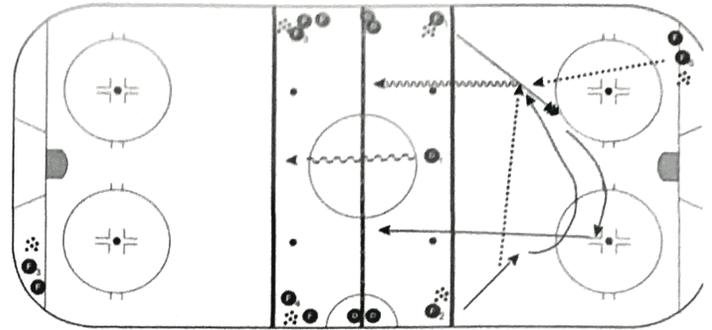
2-0-shot from F1 and F2 pass from F5

2 v 1 from F1 and F2 vs D1

3 v 2 from F1, F2 and F3 joins vs 2 new D

breakaway from F3

F4 and F5 start other

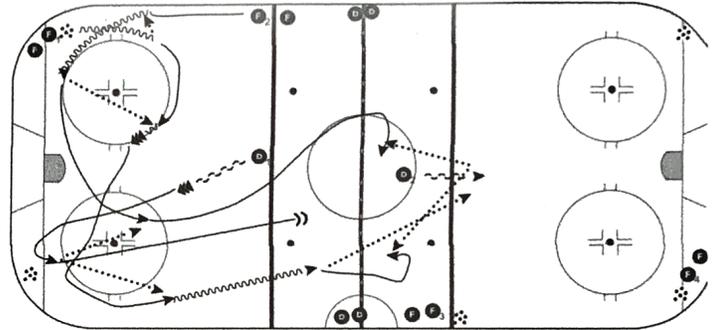


Eagle National 2 v 1

10 mins

Description:

On whistle, F1 leaves with a puck and moves up the wall; F2 and F1 make an exchange down the wall (*this is optional) and then attack 2-on-0. Meanwhile, D1 retreats back to get a puck, and moves their feet to get up ice, breaking out the F2 and F1, who will regroup with D2 in the neutral zone. D2, once making the pass to F1 and F2, will then start off on the other direction, with F3 and F4 starting the drill and making it continuous.



2 v 2 Low Rim Off-to-Def

10 mins

Description:

Red O1 rims puck to Red O2. O1 jumps to slot for a pass from Red O2 and takes a shot. On whistle both reds go around cone and become Black O1 who rims puck to Black O2. They play 2 v 2 until whistle.

