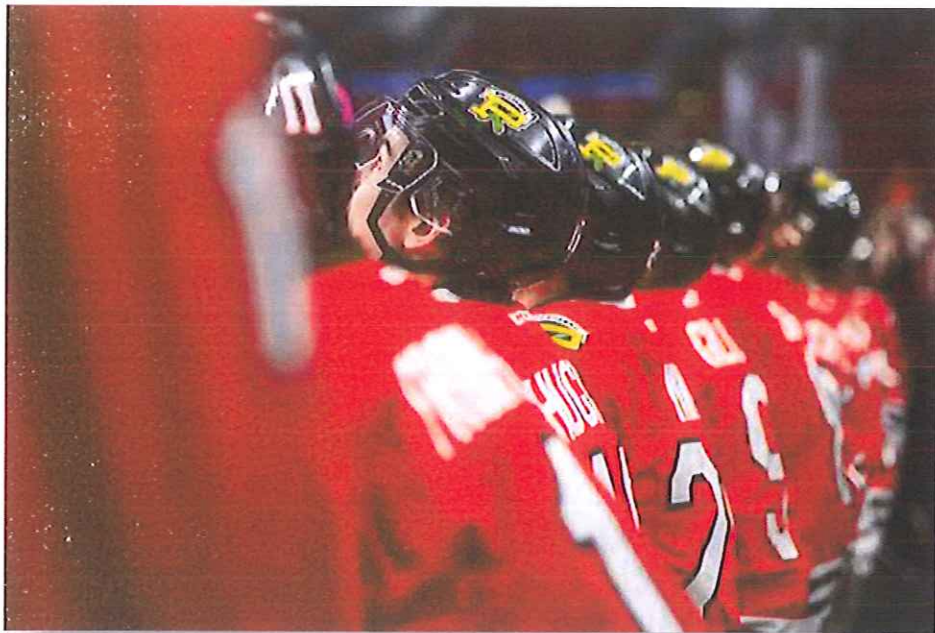


PORTLAND WINTERHAWKS DRILL OF THE WEEK



Quotes:

“The person who learns the most in any classroom is the teacher”

“Your body language is a billboard for your mental toughness and maturity”

“Coaching is taking a player where he can’t take himself”



PORTLAND WINTERHAWKS HOCKEY CLUB



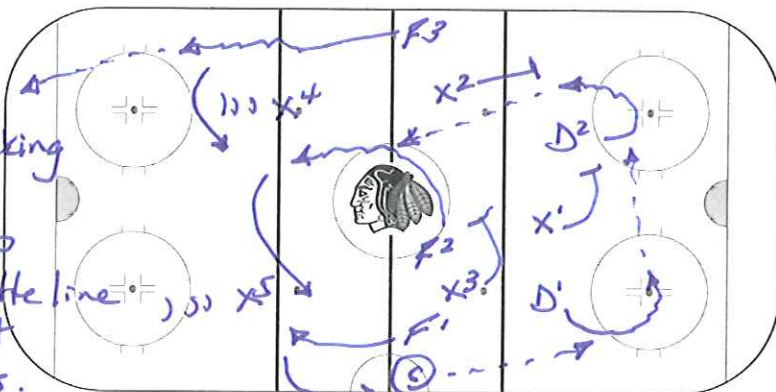
DATE: _____ PRACTICE/GAME DAY: _____

FOCUS: DRILL OF THE WEEK CLUB. - MIKE JOHNSTON.

HAY CHANGE DRILL

Time: _____

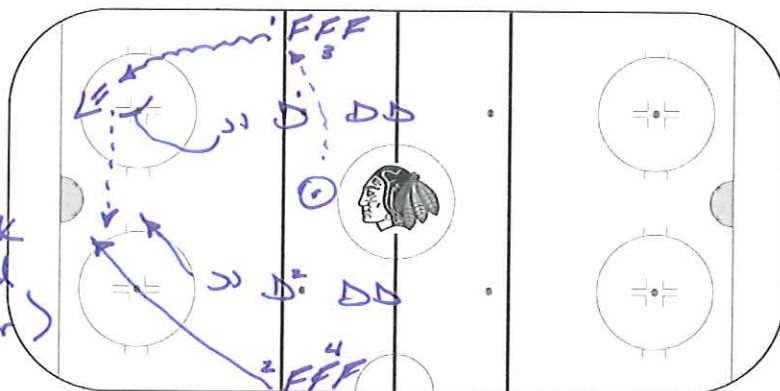
- Great drill to start practice because of energy + decision making
- Coach spots puck to one side
- 5 players must pass puck up the ice to the blue line or ringer line
- pass puck over goal line = 1 point and change → Continuous to 10 pts.



LAUSANNE DRIVE DRILL

Time: _____

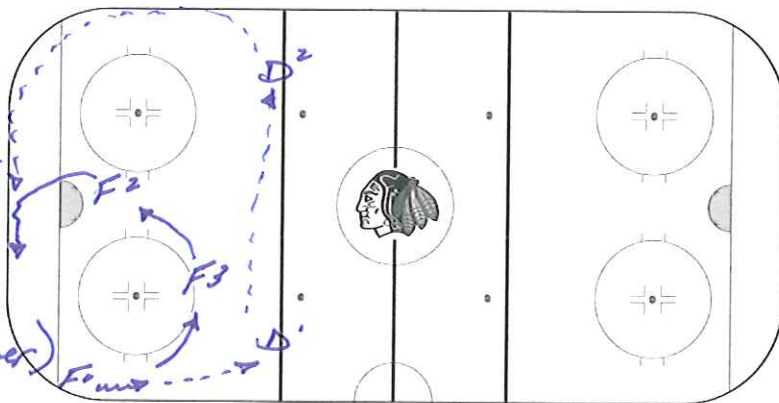
- F' F² wide on boards
- D' D² foot on the dot
- C pass to F' F²
- F' F² drive and stay on puck
- D' D² must stop the drive and pass direct to F³ F⁴ (same color)
- Continuous F³ F⁴ vs D³ D⁴.



RESET DRILL

Time: _____

- Good drill to work OFZ sets.
- F' rolls up and passes to D'
- D' to D² and reset behind net
- F² gets puck and repeats
- F³ gets puck and now work OFZ plays (D' to D² shot) (D' to D² to D' shot) (D' slash in F' over)



GOALLINE ATTACK GAME

Time: _____

- put goal on angle in corner
- other players form boundary
- RULES = before attacking the goal you must carry or pass the puck to teammate behind the goal
- Very good support drill !!

