

2020 – 21 DRILL OF THE WEEK CLUB

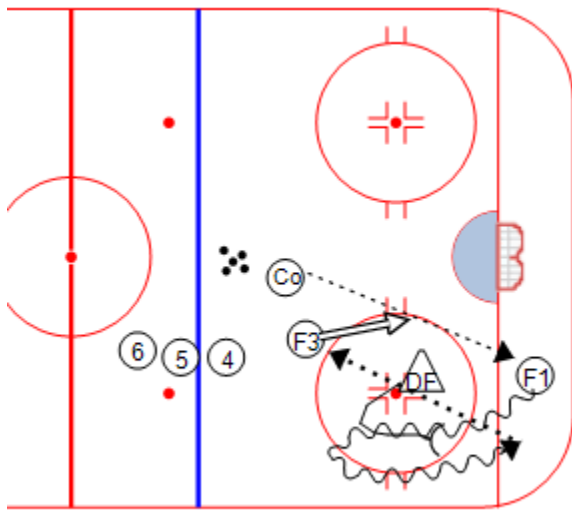
Week 10 – Enio Sacilotto

QUOTE: “WHAT YOU THINK ABOUT YOU BRING ABOUT”

BOOK: “The Mindful Athlete” by George Mumford (he worked with the Bulls, Lakers and Golden State, plus many other top athletes. Highly recommend book. Mindfulness can benefit athletes tremendously!

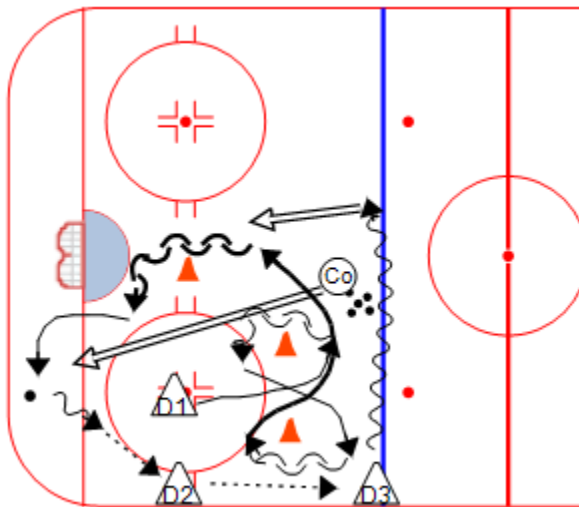
1. INDIVIDUAL SKILL DRILLS

I have submitted 2 drills to do before/after or even at a practise. One drill for forwards and one for D.



CUT BACK DRILL

Coach passes to F1 (coach can also spot the puck), F1 skates up wall then cuts back looking for F3 in "sweet spot" for shot. DF (defensive forward) does not allow F1 to cut in the middle (semi aggressive pressure). After F3 shoots, F1 and F3 go for rebound. After rebound F1 is finished. A new puck comes into the corner, DF becomes F1, F3 becomes defensive player (DF), Player 4 becomes F3. Drill is continuous.



KINGS AGILITY RETRIEVALS

D1 steps up and with quick feet, does a figure 8 around cones (with quick feet), goes forward to backward around cone, retrieves puck that is spotted by coach, does a shoulder check, fake then passes to D2 on the wall, D2 then to D3, D3 drags & shoots.

Can have D2 & D3 on other side for a wheel.

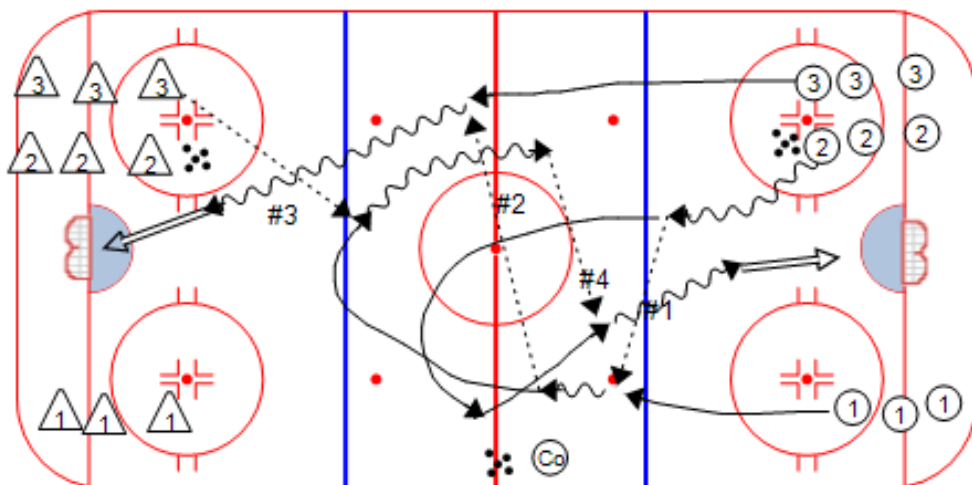
Set up a rotation to get all the D through quick.

2. **TEAM WARM DRILL** - Minny Passing Warm up drill – this will take time for your players to learn, but it is a great drill. Promotes passing, timing, thinking, and lots of movement.

MINNY PASSING DRILL

PART 1

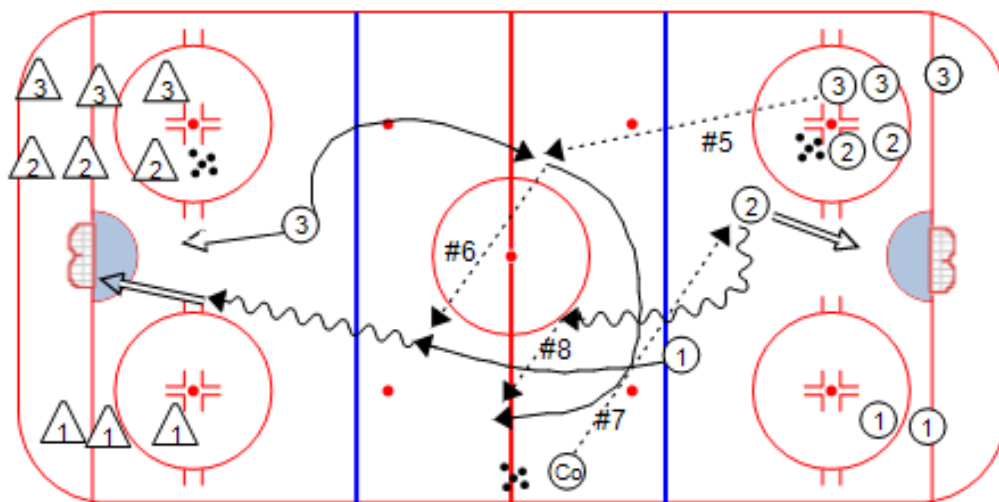
Drill starts with whistle then flows. 1,2 and 3 go 3 on 0. 2 pass to 1 (pass #1), 1 passes to 3 (#2), 3 goes in and shoots. 1 gets a pass from player 2 on the other side (#3), player 1 passes to player 2, (#4) player 2 goes in and shoots.



PART 2

While all this is going on, player 3, who had the first shot, starts coming back into the zone to which he came from. Player 3, from the other side, passes to player 3 (#5), player 3 passes to player 1 (#6). While this is happening, coach passes to player 2 who just shot (#7), player 2 and player 3 (#8) go in 2 on 0.

KEY POINTS: Passing & receiving skills, timing, thinking (reading the play), being prepared and alert, shooting skills, skating skills. All kinds of skills!!



3. **TEAM PLAY DRILL** – Great day before the game or morning skate drill. Again, lots of flow and movement.

ROYALS REGROUP DRILL - Coach dumps puck in for 5v0 breakout (F's, D1&2)

After breakout, F's regroup with D3&4 in NZone

F's go back 3v2 against D1&2

F dumps new puck to far end for D3&4 to breakout with new F line

New D pair jumps out for the re-group and the drill continues

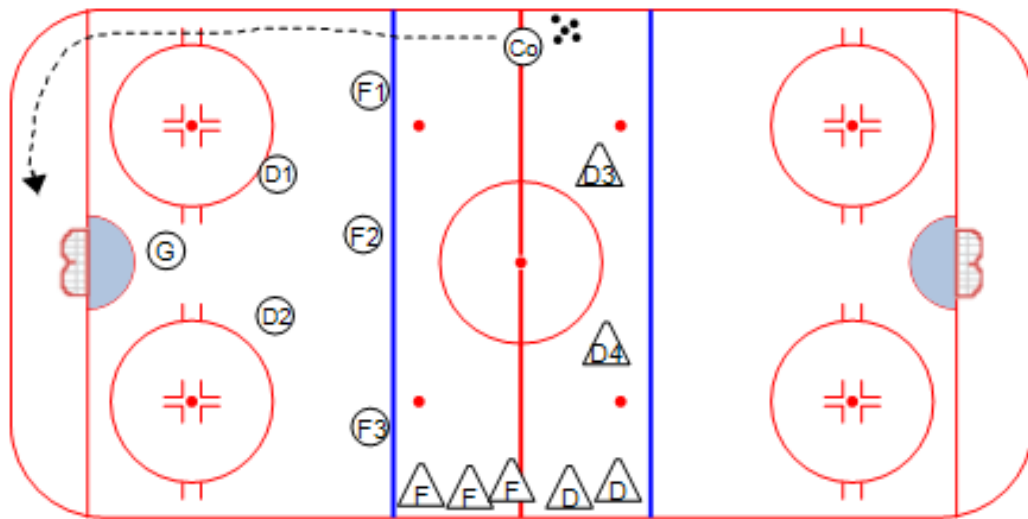
KEY POINTS:

Focus on breakouts, especially D exchanges

Enter the zone hard on the 3v2

Move puck with pace and accuracy

Include goalies with wraps and exchange with D



4. **FUN/COMPETE DRILL/ GAME** – We always play this at the beginning of practise as a warm up. It is competitive keep away – promoting passing, support, checking & a fun way to start practise.

PERRTI PASSING GAME

Constant regrouping of 2 vs 2 or 3 vs 3.

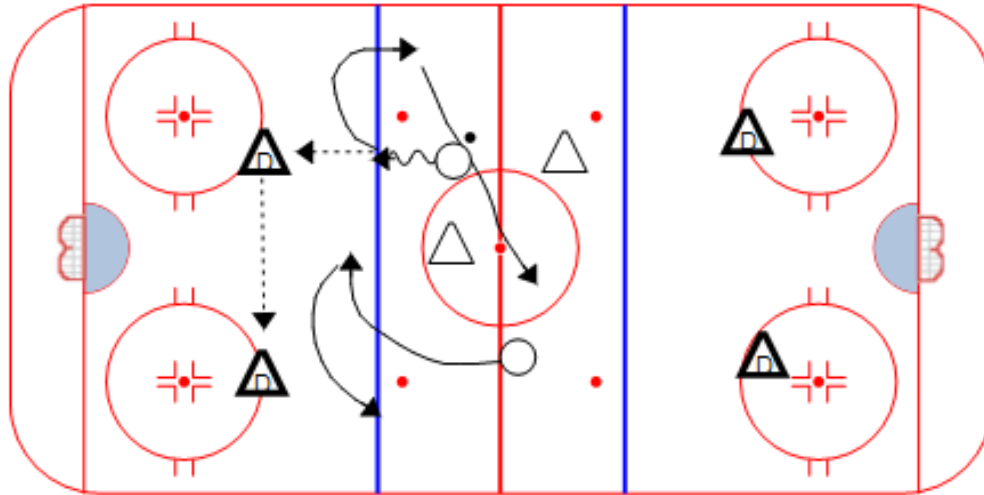
3. D play on both teams, so whoever gives them the puck, the D try to return it to.

4. Use top of circles to top of circles. Coaches warm up goalies or they do drills on their own.

5. O's have the puck and try to keep possession as long as they can, by using teammate on the ice and available D. D work on D to D and regrouping techniques.

6. O's give the puck to D then keep stick on ice, present themselves and try to get open. Figure out areas to go to open up and get the puck.

F's can use either D men.



TEAM BUILDING ACTIVITY

Not sure about all you guys, but we have been holding ZOOM virtual meetings all season. We did our tech teaching, systems and fundamental skills on ZOOM. We did lots of team building activities as well.

VIDEO ROUNDTABLE – 30 minutes to 1 hour.

The goal of the meeting is to have everyone join a video conference and get an update from all the team members about what's going well and what's not.

This is **not** a detailed status update to discuss issues or risks (which should have their own separate meeting), but rather general feedback about how things are going with the team. In addition, everyone must share a single personal update about them to spice things up.

The key to making the activity work is two things:

First, explain to your team members ahead of time that it's mandatory that **everyone** use video, and second, that every team member will get the chance to talk. This way, you'll ensure that everyone has their web cams ready ahead of time, AND is prepared to give an update.

To add some structure to this, you can limit everyone's responses to **6 minutes** each, and have them answer three questions

1. What's one thing that's been going great lately?
2. What's one thing that can be improved upon?
3. What's one thing that's been going on with you personally?

A sample response could be:

1. *"Even though because of COVID we can't play games, everyone is committed to work hard in the gym and on the ice."*
2. *"One thing we could do better is be more competitive during our drills and maybe play more small area game".*

3. *"A personal update is that our family went skiing during the Christmas break and we are planning a big family vacation once COVID is over."*

The idea is to avoid "presenting" anything. The focus should be on the person talking because it's a Video Roundtable, and team members are free to ask or comment on any of the responses so that it feels like an open forum.

Having the video turned on is awesome because you can read everyone's facial and body expressions as they speak, and it's like you're all sitting in a large conference room.