

## Séance d'entraînement



Équipe: drill of the week club

Séance No.: \_\_\_\_\_

Date : 2021-21

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

Duré: \_\_\_\_\_

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

Préparé par: \_\_\_\_\_

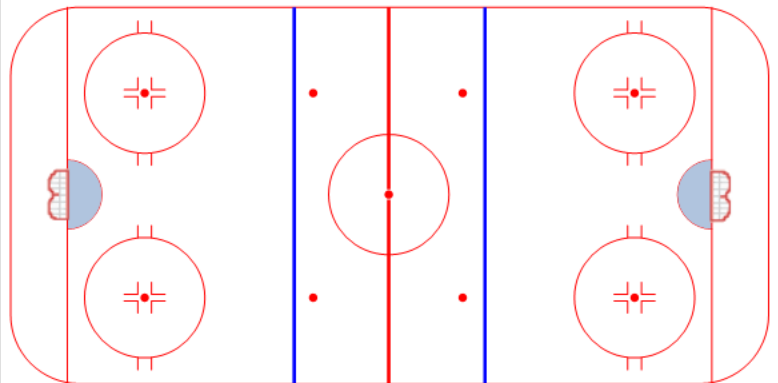
### Objectifs / instructions:

Here are some drills to work on individual tactics and skills. They put emphasis on decision making and reading the play.  
Quote : Be curious not judgemental

Exercice no.: \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_  
Titre : Patron exercice #3 HK Catégorie #1 \_\_\_\_\_ Catégorie #2 \_\_\_\_\_

#### Description

Philippe Trahan | Entraîneur-chef  
Hockey Féminin D1  
Cégep André-Laurendeau  
Entraîneur-adjoint  
Carabins Université de Montréal  
Skills Coach  
Centre 21|02, Team Canada  
C. 514.886.6990  
philippe.trahan@clairendeau.qc.ca

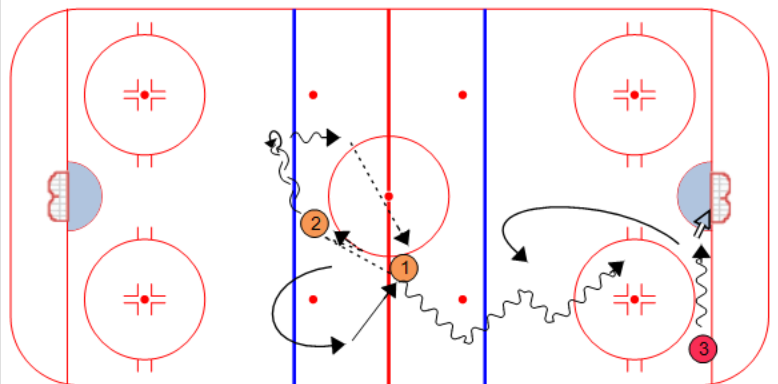


Points clés : \_\_\_\_\_

Exercice no.: \_\_\_\_\_ Durée : \_\_\_\_\_ minutes De : \_\_\_\_\_ À : \_\_\_\_\_  
Titre : Linear Cross-overs #1 Catégorie #1 habiletés techniques Catégorie #2 skating/puck protection

#### Description

top 25 NHL'ers crossover once every 4 strides - 3rd 4th line players crossover once every 12-14 strides.  
On the signal  
③ attacks the net  
① and ② exchange pucks, at the blue line ② escape move and take the middle up-ice. ① curl low inside blue and attack the middle and cut outside.  
after initial shot ③ will come back to the middle and angle out ① (either Fwd or Bwd ask to vary)  
Possible to add a point shot for net front battles  
[https://www.instagram.com/p/CLfZWYiACxm/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CLfZWYiACxm/?utm_source=ig_web_copy_link)



Points clés : Cross-overs deceptions read the pressure

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

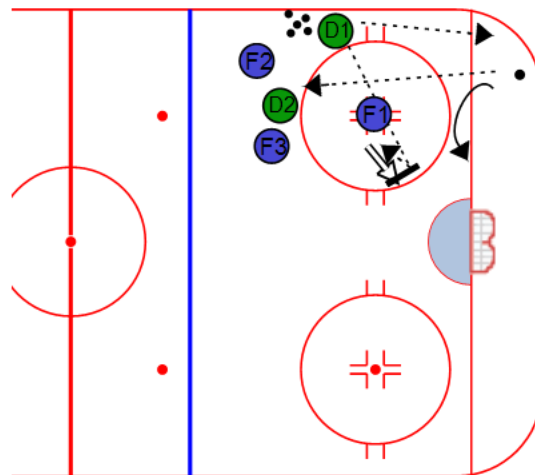
Titre : 1/2 ice finding F3

Catégorie #1 tactique collective offensive

Catégorie #2 OZP

### Description

D1 hits the rebound board for F1 to shoot quickly  
 D1 then spots a puck in the corner for F1 to recup.  
 F2-F3 are milling above top circle with D2 taking a 2v1 above the circles  
 F1 retrieves and must find best above the top circle option to attack. After the pass F1 must come around the net for a rebound.  
 non receiving player must pressure or cover for a quick release  
 Repeat twice with the dump in. On second dump in D1 presses F1



Points clés :

shoulder check

getting open

3 hard steps

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

Titre : Rondo 2v1

Catégorie #1 tactique individuelle défensive

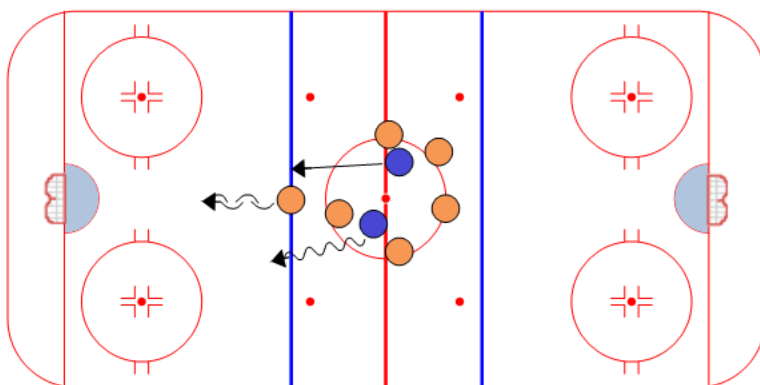
Catégorie #2 stick in lane

### Description

O will pass the puck on the outside of the circle.  
 B will be inside pressing and activating their sticks.

When a turnover is created by the B, they attack 2v1 on the player that initiated the turnover

(O will either backcheck or receive)



Points clés :

stick in lanes

quick transition

communication

eye contact

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

Titre : bunny regroup

Catégorie #1 tactique collective offensive

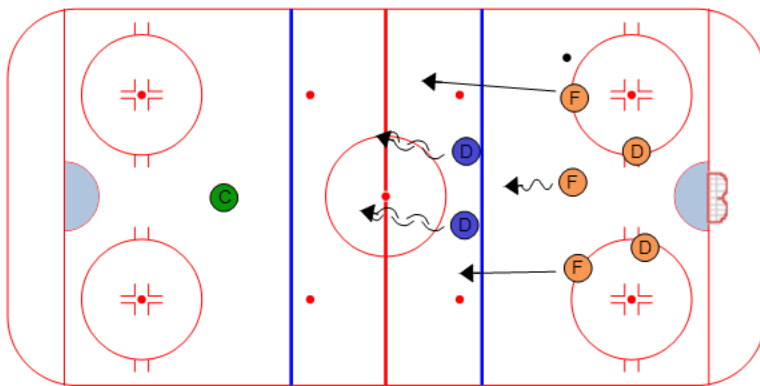
Catégorie #2 OZP / rush / regroup

### Description

F play 3v2 inside the zone on the whistle loose puck is spotted for them to rush 3v2.

G will lift his stick F will regroup with D and D will gap up for on coming 3v2

Could be more than 1 regroup.  
 No whistles so that players learn how play with their heads up and communicate.



Points clés :

Communication

rush with speed

support

gap control

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

Titre : Air force 2v2






Catégorie #1










SAG

Catégorie #2

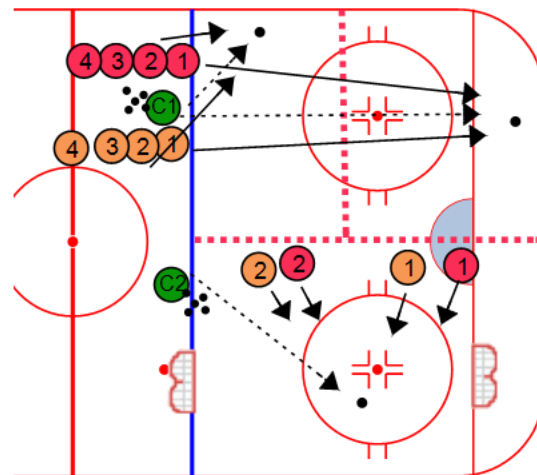
SAG

### Description

On the first whistle  dumps a puck in the far end for   to race. At the same time spots a puck in the closest zone for  .

Both groups play keep away until the second whistle where  will put a puck in the larger zone.     will again race to the puck and 2v2 until the whistle is blown for the transition.     start their 1v1 keep away on that same whistle.

Play for about 15 seconds in each sections.



Points clés :

Race to the puck

puck support

puck protection