

# **2021/2022 DRILL OF THE WEEK CLUB**

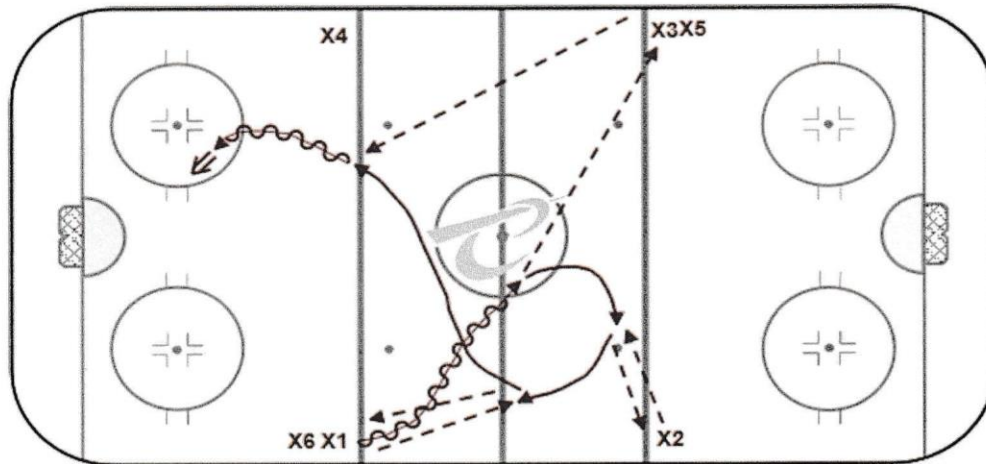
## **Drills by: Bryant Perrier**

**Hi Enio, Thanks again for hosting the drill of the club for another season! All the best to everyone, good health, and happiness. Success to you and your teams this year!**

**Best regards,**

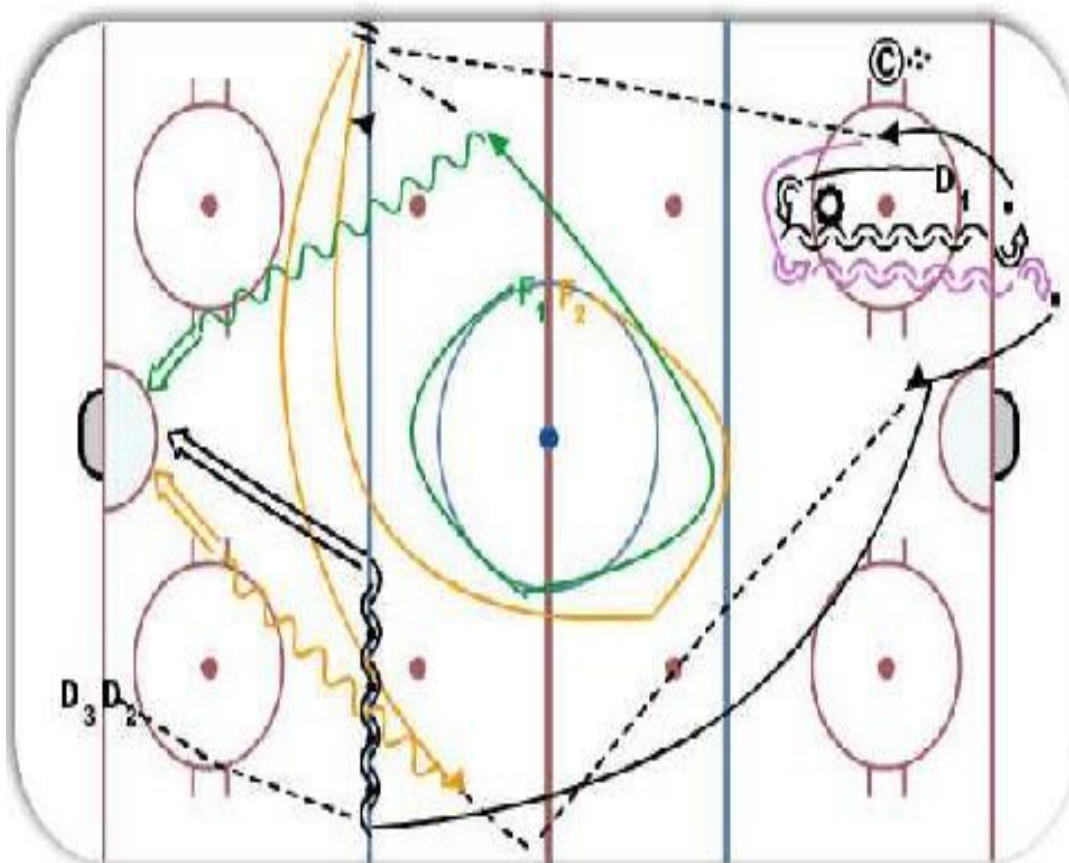
**Bryant**

## Winnipeg Passing



X1 and X3 skate toward center ice with pucks. X1 passes to X5 and X3 passes to X6. X1 turns and gets pass from X2. X1 bumps back to X2. X1 continues towards X6 and receives pass from X6. X1 bumps back to X6. X1 continues through the middle and receives pass from X5. X1 shoots on Goalie.

## Center Dot Swing



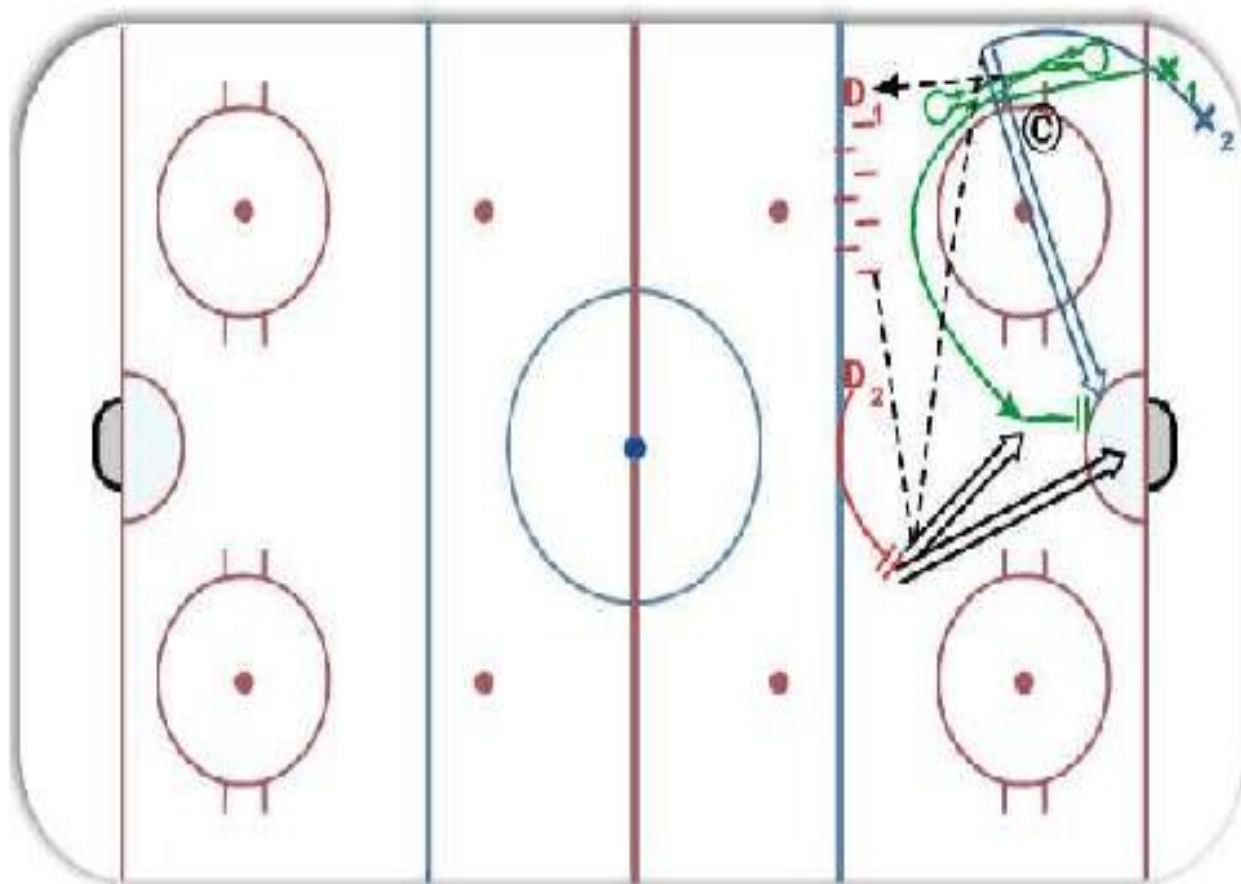
### Description

**Key Points:** QUICK TRANSITION

F1 and F2 skate in opposite directions around the center ice circle. At the same time D1 who starts at the bottom of the circle skates around the cone/tire pivots backwards and picks up a puck thrown out by the coach for a quick transition. D1 must shoulder check to see where F1 and F2 are located. After D1 shoulder checks they should fire a stretch pass to the far blue line where F2 will be posted up(simulating a quick transition or bad line change). F1 will receive a one touch pass from F2 and go in and shoot at the opposite end of the ice. F2 then takes ice and times it so they receive the second pass from D1 (who has gone back around the tire/cone again, shoulder checked and surrounded the puck) which is an indirect pass off-the-wall. They skate in and shoot at the opposite end of the ice. After D1 makes the second pass they get up ice and receive a pass from the D in the opposite end of the ice. D1 receives pass, uses blue-line movement and takes a shot from the middle of the blue line with F1 and F2 staying net front for screens/rebounds.

\* This drill can be done from both ends at the same time. There will be congestion in the neutral zone so communication is critical.

## Cully Cutbacks



### Description

X1 skates up the wall with the puck cuts-back to protect the puck (Coach applying a bit of pressure), X1 now cuts back again (towards the boards to protect the puck). X1 passes to Strong side D. SSD walks the line and passes to the weak side D. Weak side D has options:

- 1) Look for the seam pass to X2 who timed it and got to the half-wall
- 2) Hard pass to X1 going to the net for a deflection
- 3) Shoot for a rebound

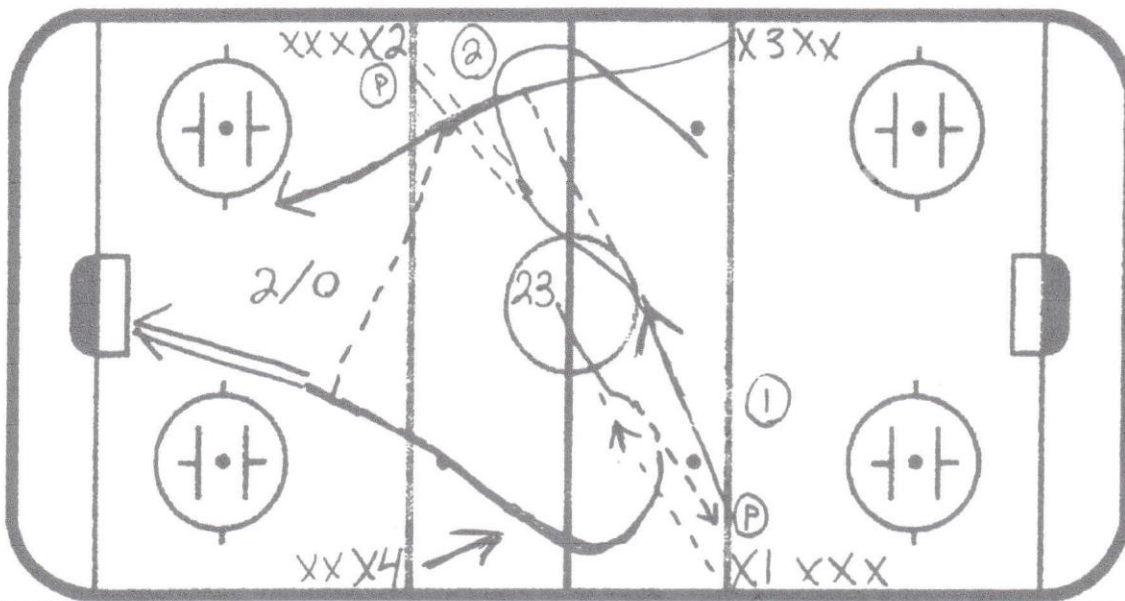
If X2 gets the seam pass from waekside D they are coming off the wall and shooting from an off angle. X1 should already be net-front and taking the goaltenders eyes away and putting home any rebounds. X2 continues to drive the net after the shot for a rebound.

**Key Points:** Puck Protection, Blue line movement for D, Support, Timing, Screens/Rebounds, Shotpass



DRILL NAME:

23 CONTINUOUS



Starting Formation: 4 BLUELINE SET

1 PLAYER (23) STARTS HEADED FROM MIDDLE TWD X1 WITH NO PUCK

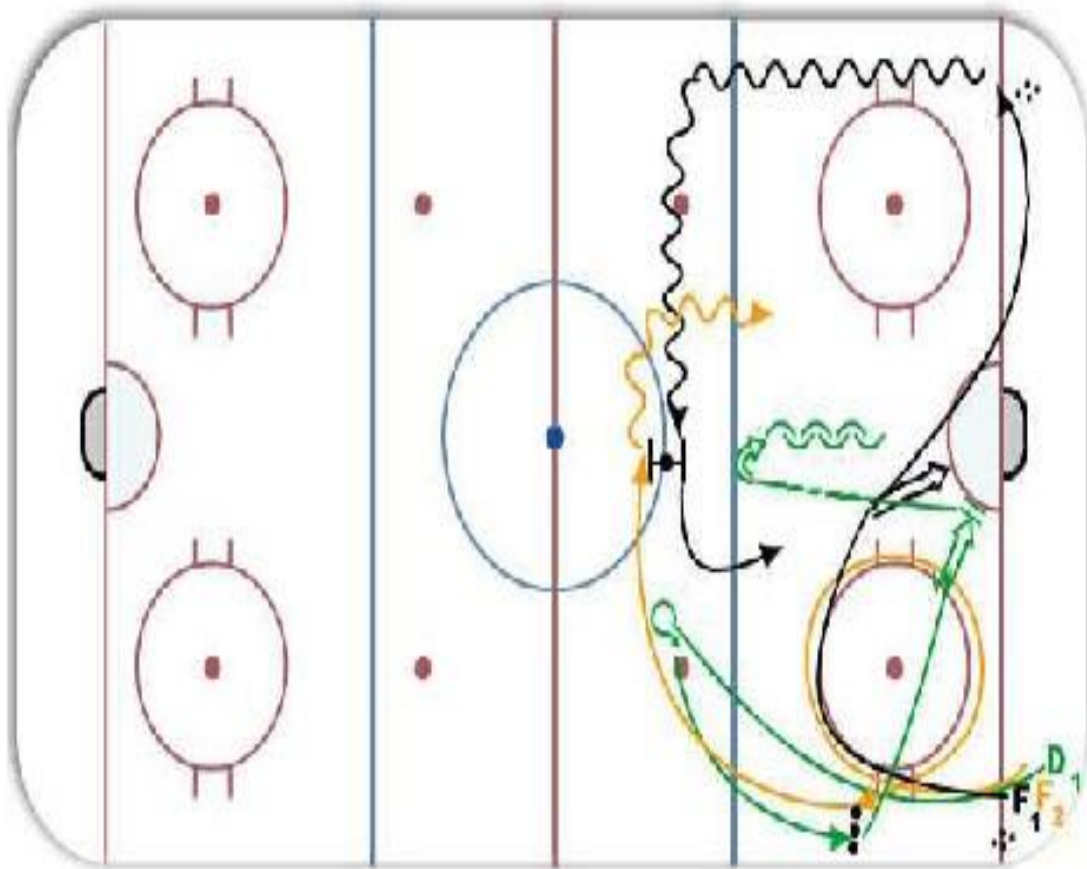
Drill Directions: ① • X1 PASS/EXCHANGE W 23 - PASS BACK TO X1

- 23 CONTINUES WIDE ROUTE AND DRIVES TO NET
- X1 REL PASS BACK FROM 23 - TAKE 2 STEPS MAKE CROSS ICE PASS TO X3 BUSTING UP WEAKSIDE
- X3 + 23 HAVE 2/0 @ ONE END
- X3 CAN MAKE QUICK PASS ACROSS OR SHOT FOR REBOUND

DRILL IS CONTINUOUS - AFTER X1 PASSES CROSS ICE TO X3 - X1 CONTINUES TWD X2 TO START THE EXCHANGE

Teaching Keys/Variations:

## Euro 2on1



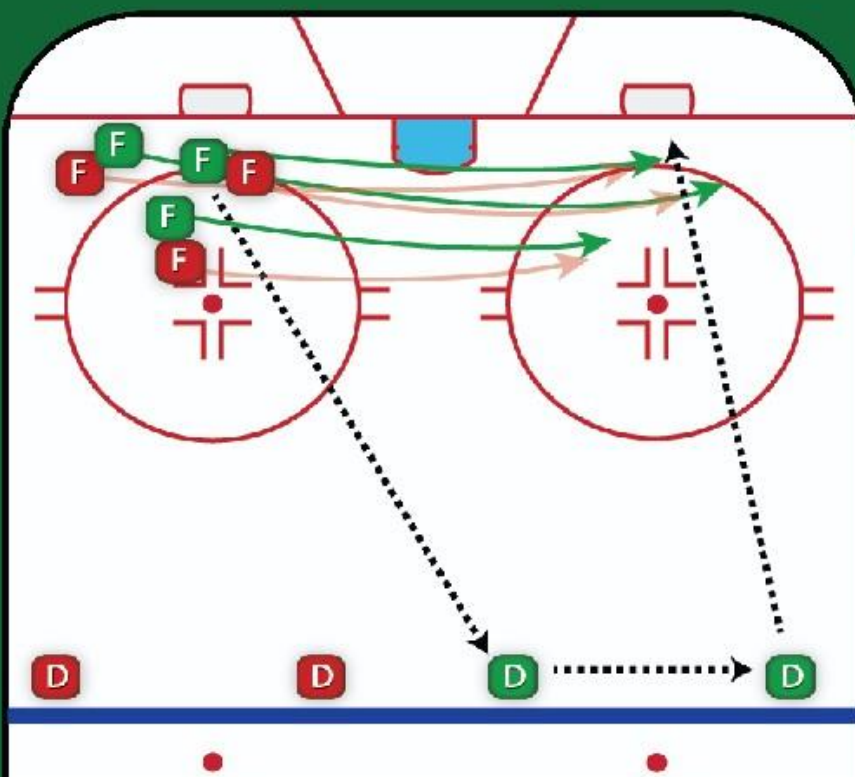
### Description

All 3 players leave at the same time on the whistle. F1(w/a puck) skates over the top of the circle and takes shot on net. F1 continues skating into the far corner, picks up a puck and heads up the wall exiting the zone. D1(w/o a puck)skates to the near neutral zone dot, cuts back towards the wall and enters back in the zone for a takeover pass from F2. F2(w/puck)skates around the circle and leaves an exchange in a safe area with D1 and then continues to exit the zone. D1 now with possession of the puck takes two strides and funnels an off angle shot to the net stopping in front. D1 now gaps up on F1 and F2 who have criss-crossed outside the blue line and are now on the attack against D1. Play the 2 on 1 out to the whistle.

\*Drill will be going at both ends of the ice. Also, all player's are interchangeable, meaning it doesn't always have to be a defenseman defending the 2 on 1.

### Key Points:

# SHOT/TIP/REBOUND GAME



## OFFENSIVE OBJECTIVE:

- Score by getting to the hard area.
- Create layers at the net.
- Take the goalies eyes away.

## DEFENSIVE OBJECTIVE:

- Own the net front.
- Get your check on your hip.
- Take sticks away.

- Goals can only be scored off of tips/re-directs, rebounds, or if the goalie is screened. Clean shots do not count!

- Drill starts with a 3v3 on either net.

- When the defensive team (green in this diagram) gets possession, they attack the opposite net and sprint for net front position.



**“Wisdom is always an overmatch for strength.” – Phil Jackson**

**“Without self-discipline, success is impossible, period.” – Lou Holtz**

**“In baseball and in business, there are three types of people. Those who make it happen, those who watch it happen, and those who wonder what happened.” – Tommy Lasorda**

**“Strength does not come from winning. Your struggles develop your strengths.” – Arnold Schwarzenegger**

**“By your own soul, learn to live. If some men force you, take no heed. If some men hate you, have no care. Sing your song, dream your dreams, hope your hopes, and pray your prayers.” – Bo Schembechler**