



# Drill of the Week Club

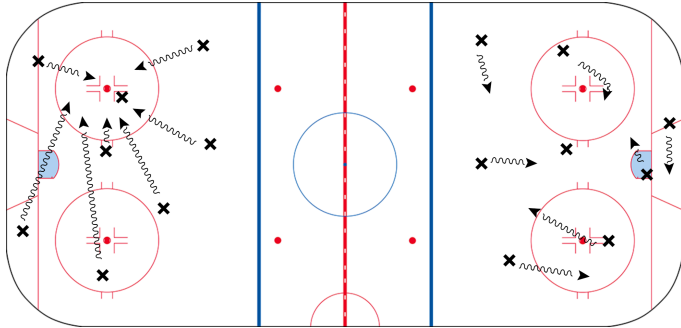
Date: Oct 28 2021

Time: 6:03 pm

Duration: 40 mins

## Chaos King of the Circle

10 mins



Each player has a puck and skates around endzone with puck. (not trying to hit other players puck) move with speed and creativity on the whistle players must enter designated circle players try to knock away each others puck while staying in the circle. if your puck is knocked out of the circle you are eliminated last player with a puck wins when knocked out, coach will tell you what to do (Ex. pushups, stickhandle pattern, skating, partner passing, surround edge of circle)

### Key Points

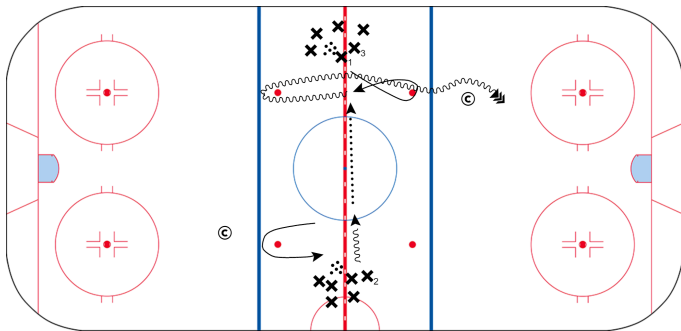
keep feet moving (speed)

set dekes

- left right deke
- left right left deke
- spin-o-ramas
- fake passes
- transitions
- tight turns
- toe drags
- fake shot

## Tiley Passing

10 mins



X1 leaves with out a puck tight turn around dot to boards skate straight up dot lane

X2 skates toward center circle and passes to X1

X1 receives pass and performs another tight turn at oppo dot (turning toward the boards)

X1 attack blue line (OZ) with speed and makes a move/fake at the blue, continues in for long shot on goalie

X2 continues drill by repeating X1's route (oppo direction)

X3 skates toward center circle and passes to X2

Cont.

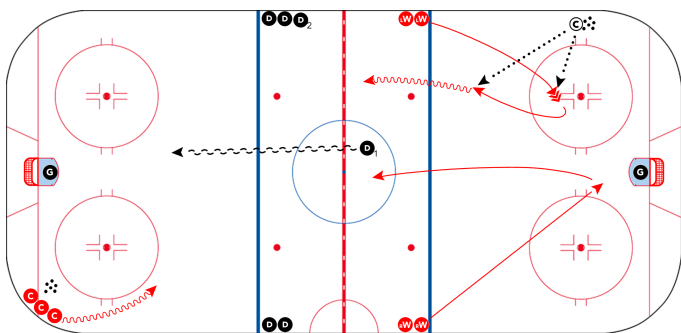
### Key Points

eyes up

move your feet, passing or receiving

present blade on ice

communicate, call for passes

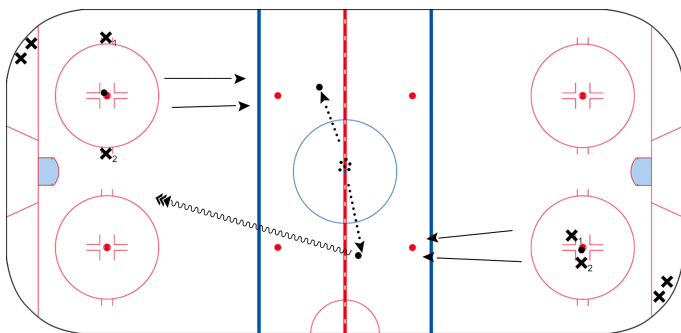


- Coach passes to **W** or **W** for a shot on goal
- After shot, Coach gives winger another puck for a 2v1 back against **D 1**
- After the 2 vs 1 shot, the center ( **C** ) passes to either winger and joins the rush for a 3v2 back against **D 2** with **D 1** chasing
- Coach passes to the high slot player after the rush (usually the center coming late) and they go back the other direction for a breakaway with **D 2** chasing. Start again with the next line.
- The TEAM must score 15 goals before the drill ends

### Key Points

- Good combination drill for the goaltenders with a variety of game situations
- Players must think quick
- Defense play a variety of situations including some where they are chasing down the rush
- Both fun and challenging for all positions. Conditioning is hidden in this drill... they'll love you for it!

## Johnny on the Spot



on whistle X1 X2 battle for puck possession in circle,  
2nd whistle leave puck in circle and race to loose puck near red line  
continue down to far end for a shot on net, battle for puck possession  
continues until there is a shot on net