



Drill of the Week

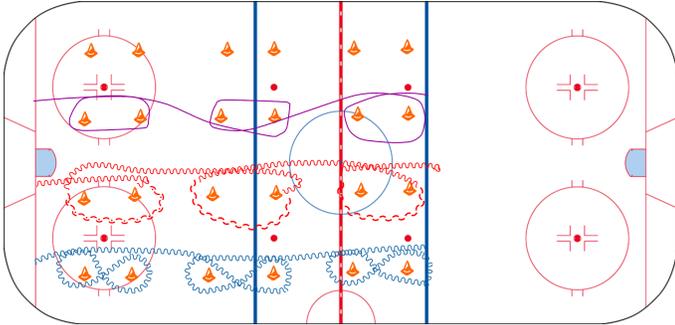
Date: Oct 28 2021

Time: 6:38 pm

Duration: 50 mins

6 Cone Drill

15 mins



2 cones: multiple options

- Tight turns
- Punch Turns
- Transitions (quick feet)
- Mohawks
- Escapes
- etc..

Key Points

Transitions: quick feet

Tight turns: Don't lose speed

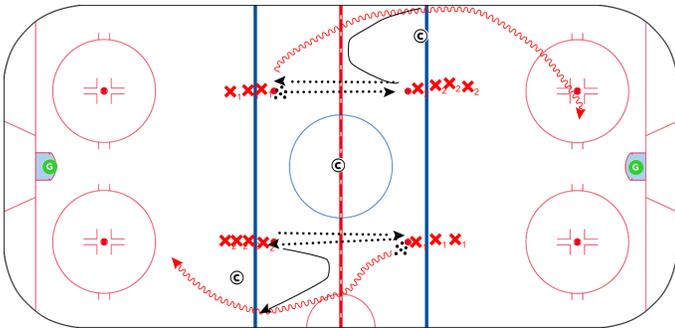
Mohawks: Open those hips

Escapes: Proper technique

Punch Turns: Quick turn, quick feet

Red Stars Angling

10 mins



X1: makes a pass to X2, X2 makes pass back to X1: Xi takes off and must go against the boards to try and beat X2. X2, needs to time to pinch off X1. Once X1 is pinched off, its a battle drill to the net. Stops on either whistle or a goal.

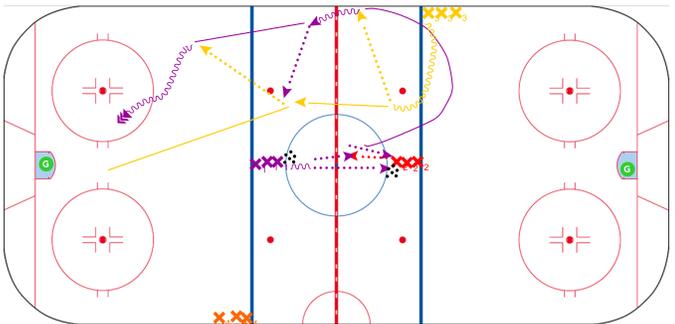
Change lines after each rep

Key Points

Work on timing and getting a step on the attacking player. then take space away from them and angle them to the boards and pinch them off.

Shooting Stars 2v0

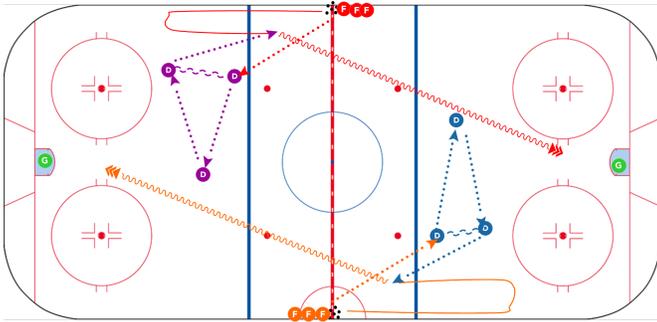
10 mins



X1 starts with puck on whistle. starts skating and makes pass to X2, who touch passes back to X1. X1 touches back to X2 and then peels off and circles towards the boards. X3 steps out from the boards and makes a pass back to X1. X1 & X3 go down on 2v0. Stop in front of net for rebounds. Then X2 starts with a pass to X1 and does the same pattern.

Key Points

Move your feet to make pass. Stop in front of the net for rebounds.



F makes a pass to strong side **D** and go low to time the route. **D** go D2D twice and then hit **F** between blue line and centre ice. **F** goes in for a shot.

Variation: Hit pass near middle of ice or indirect pass (off the boards).
Change sides halfway

Key Points

D step towards their partner (support) and then make themselves available for a return pass. **F** go down low... timing their route and making sure they are ALWAYS facing the puck. Catch pass at full speed.