

Mike
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Drill of the Week Club 21-22

3-1 / 3-2 PP Development Ride em Off Angle Drill

3-1 / 3-2 PP DEVELOPMENT

Both ends.

3 players on offense vs 1 player and G on defense.

Coach has pucks.

Go for 30 seconds.

Coach passes puck to any of the offensive players.

They make a play and try to score.

Play goes until a goal, or puck crosses line, or is cleared, and then Coach provides new puck.

Continue for 30 seconds. Keep score.

When shift is over, next group goes.

After everyone has gone once on defence, go to 3-2 for 30 seconds.

Great drill for working on PP movement among the 3 on offense.

RIDE EM OFF ANGLE DRILL

All players against boards on same side, red on one side of centre, blue on other side of centre.

Coach has pucks and stands between the two

Coach shoots puck across so it ends up below blueline at either end. Player on the end of the puck

picks up puck and attacks other end.

Player defending, must touch his own blueline and then skate up to angle the opponent.

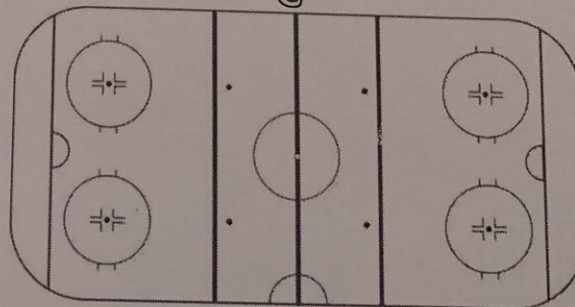
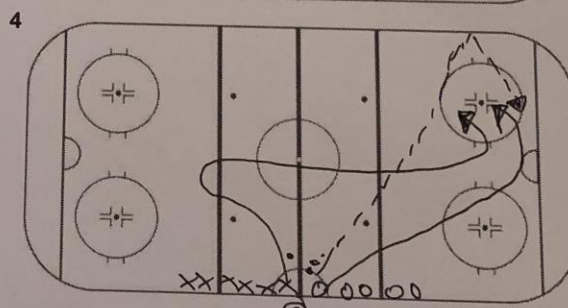
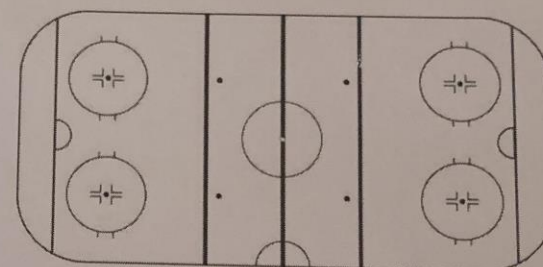
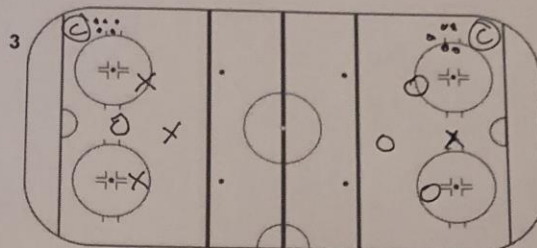
Offensive player must try to get to net staying wide - he cannot cut in. Defensive player angles him.

Coach can send 2 players from each team, same rule applies.....must beat the defenders wide.

Eventually offensive players can go anywhere and defensive players must react. Defenders must not let offensive players get to the net.

Difficult skill, but critical in developing good defensive players.....F or D.

"ENCOURAGE YOUR PLAYERS TO BE LEADERS! ANYONE AND EVERYONE CAN DO THIS. A LEADER IS MERELY SOMEONE WHO HAS THE ABILITY TO INFLUENCE OTHERS."



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3-2 Attack & Box Out Battleship

3-2 ATTACK & BOX OUT

White Fwds on the boards at the blue line.
Blue Fwds on boards - same side - other blue line.
D on blue line - other side. Half at each blue line.
Coach in corner same side as D, with pucks.
On whistle, F1 F2 F3 curl towards coach - get pass.
Attack 3-2 vs D1 D2 who have stepped out.
Finish attack.
Whistle blows....closest F retrieves puck from coach.
Passes puck to D at point (D3 D4 have stepped out)
D3 or D4 shoots while D1 D2 box out. F1 F2 F3
try to score. Play continues. If single whistle, F
comes to coach for 2nd puck. Pass to point.
Continue play.
If double whistle, F4 F5 F6 take off from blue line
towards coach for pass and now attack D3 D4.

* All Fwds must curl below dot on attack.

BATTLESHIP

5 players line up across each blue line....Red on
one blue line, blue on other. Players on stomach.
5 pucks on centre ice line.
On whistle all 10 players, get up and race to puck.
Starts out as 5 1-1's. Once puck is in net, players
involved in that 1-1 go and help any teammate.
Eventually it becomes 5-5.
Each puck scored stays in the net and counts one.
Except the last puck - it is worth 5.
Keep score.
Shift is over when the last puck goes in.
Now 10 new players.
Do a few times....keeping cumulative score...blue
vs red. Set a 2 minute limit and if 5th puck is not
scored, no team gets the 5 points.

After competition, winners skate 5 laps 3/4 speed.
Losers skate number of laps difference in final score

**"DO NOT BELIEVE THAT YOUR SUCCESS LIES
IN THE HANDS OF FATE. BELIEVE THAT
FATE LIES IN YOUR HANDS."**

