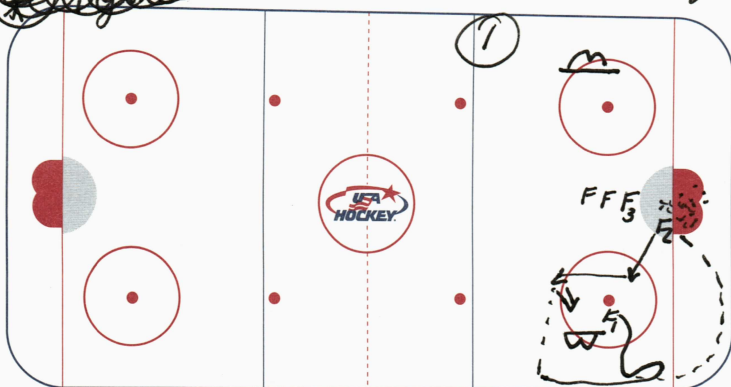




## SYSTEM/DRILL Drill of The Week Club - Howe

\* Book: How We Learn To Move by: Rob Gray

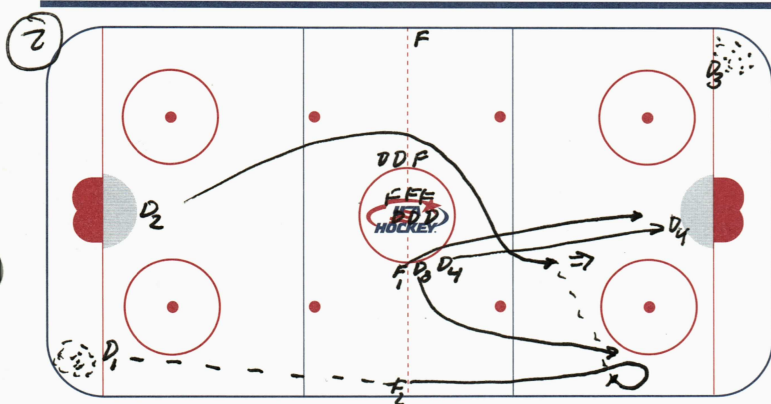


Notes/Systems

### Description

#### 1) Individual/Skill Drill

- F2 rims puck to F1, wall pass cutback & pass to F2
- Can mix up variations w/ cut backs, cycles, defenders, any or low play pattern

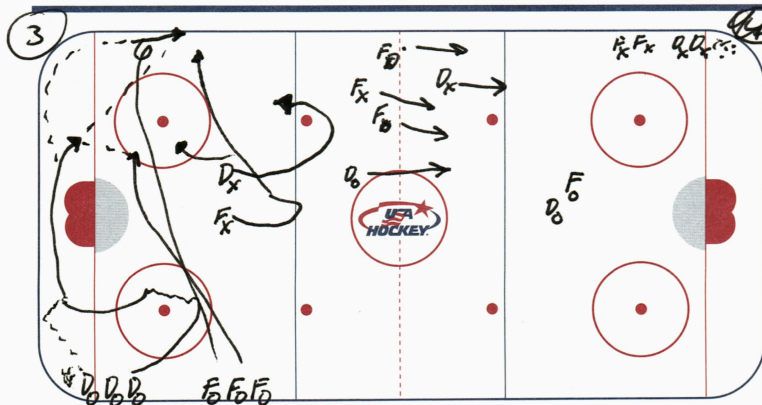


Notes/Systems

### Description

#### 2) Team Skill Warm Up Drill

- Quick Up 2nd wave
- D1 & D2 from previous rep, stretch pass to F2. As soon as F2 catches puck he drives wide w/ D3 looking to close space & shut down. F2 can drive wide or cut back to hit D2 who jumped, F1 driving net & screen.
- D3/D4 stretch pass to start next rep as soon as whistle kills first rep



Notes/Systems

### Description

#### 3) O2/O2 Team Play Drill

- 3x2 D2BO - D0 gaps up & retrieve spotted puck, can fall D0 to make direct pass or rim. Fx/Dx from prev. rep touch BL the Fx pressures BO or Dx Pitches. Play out 3x2 Rush, D0 & F0. Stays for next rep other way

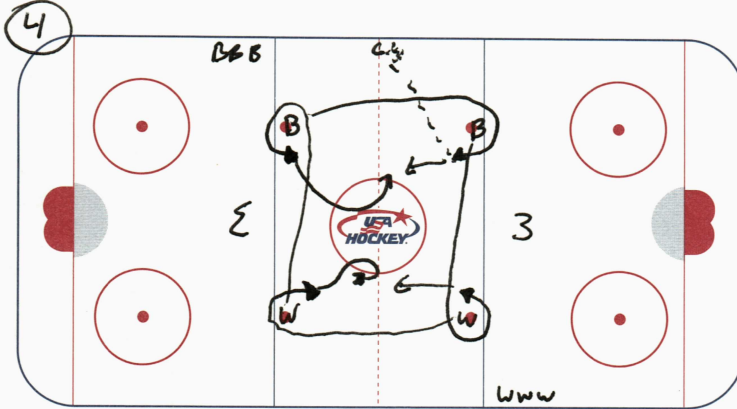
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## SYSTEM/DRILL



Notes/Systems

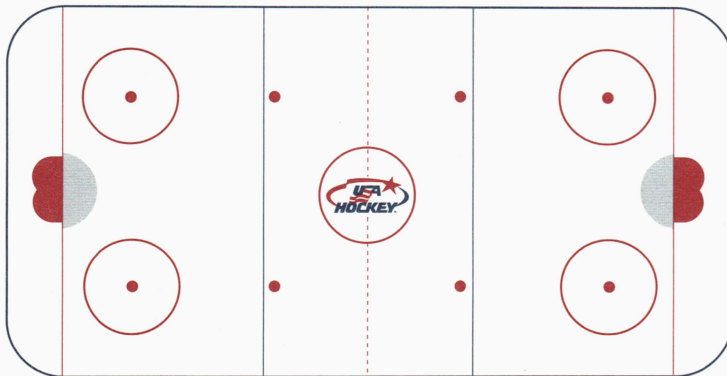
### Description

4-Game

Clock Angle Game

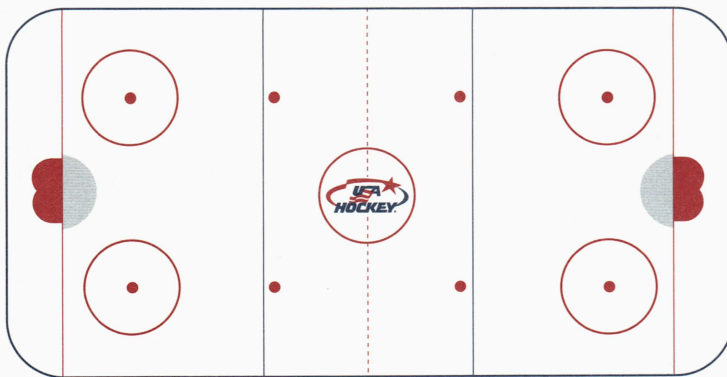
• B, B<sub>2</sub> start on dots opposite of W, W<sub>2</sub>. on whistle all skate clockwise to next dot (tell them route, can mix it up clockwise vs. counter, inside/outside dot).

• C passes to any player, play out 2x2, D team work on applying inside/out protection and ice. Spot man pushes as needed, next rep starts from NZ dots.



Notes/Systems

### Description



Notes/Systems

### Description

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