



# Drill of the Week - Doucette

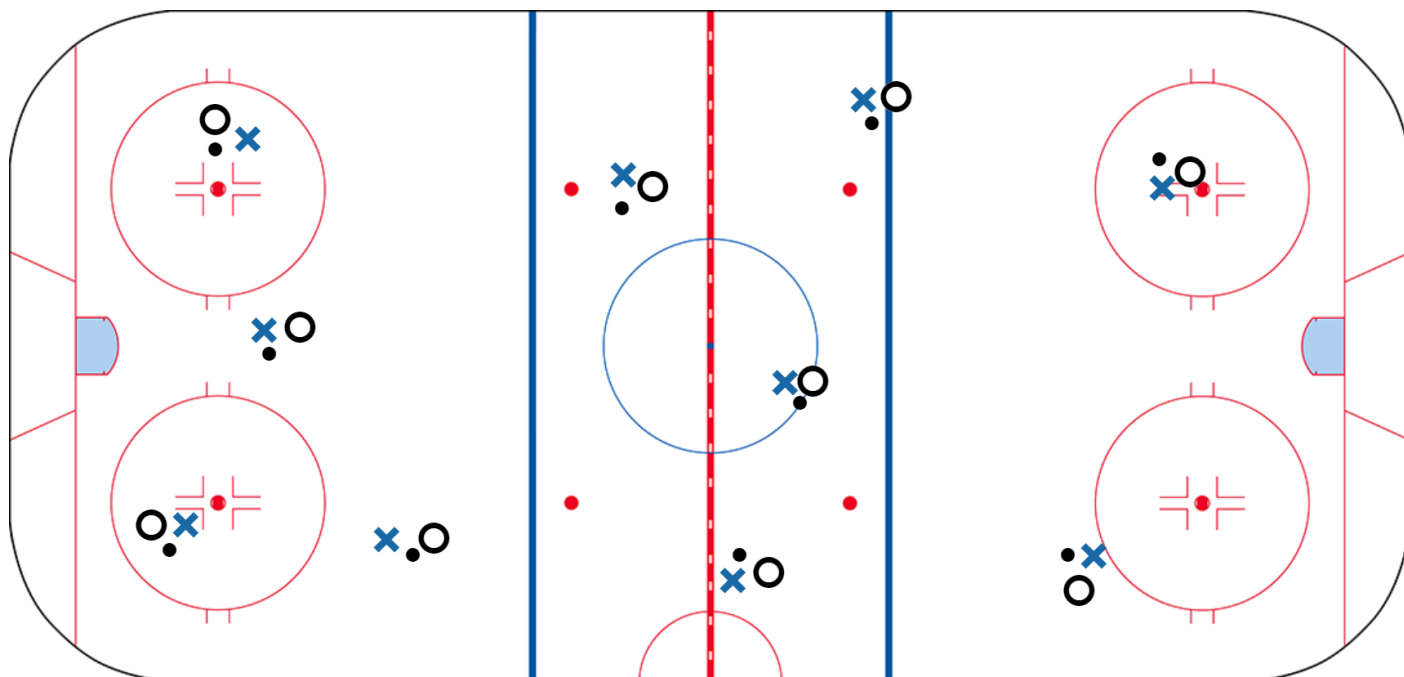
Date: Nov 2 2021

Time: 7:57 pm

Duration: 35 mins

## Quick Hands - Stickhandling

5 mins



### Description

Spread players all over the rink. Groups of 2 players and 1 puck.

Step 1 Player 1 stands in a hockey ready position. On the whistle, Player 2 stickhandles around P1. After 20-30 second switch.

Step 2 Player 1 in hockey ready position, flip stick over and tries to poke puck - Player 2 stickhandles around, over and thru P1. 30 seconds then switch,

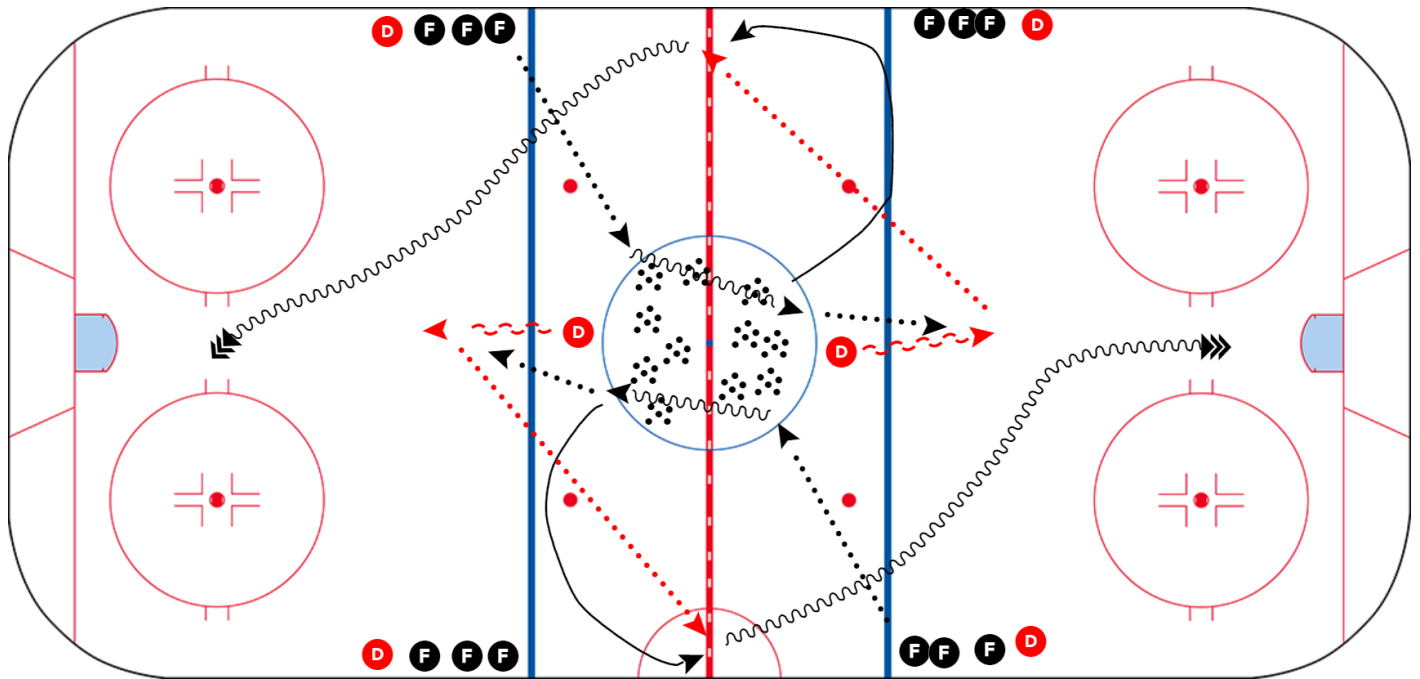
Step 3 P1 goes on hands and knees or the plank position, P2 stickhandles around, over and thru - 30 seconds then switch.

Can also be run with 3 players - 2 with pucks.

### Key Points

Stress soft hands and creativity - speed will come.

With older age groups or higher skill levels stress keeping the head up. With younger or less skilled players have them look over the top of the puck until they dont have to look at it anymore



### Description

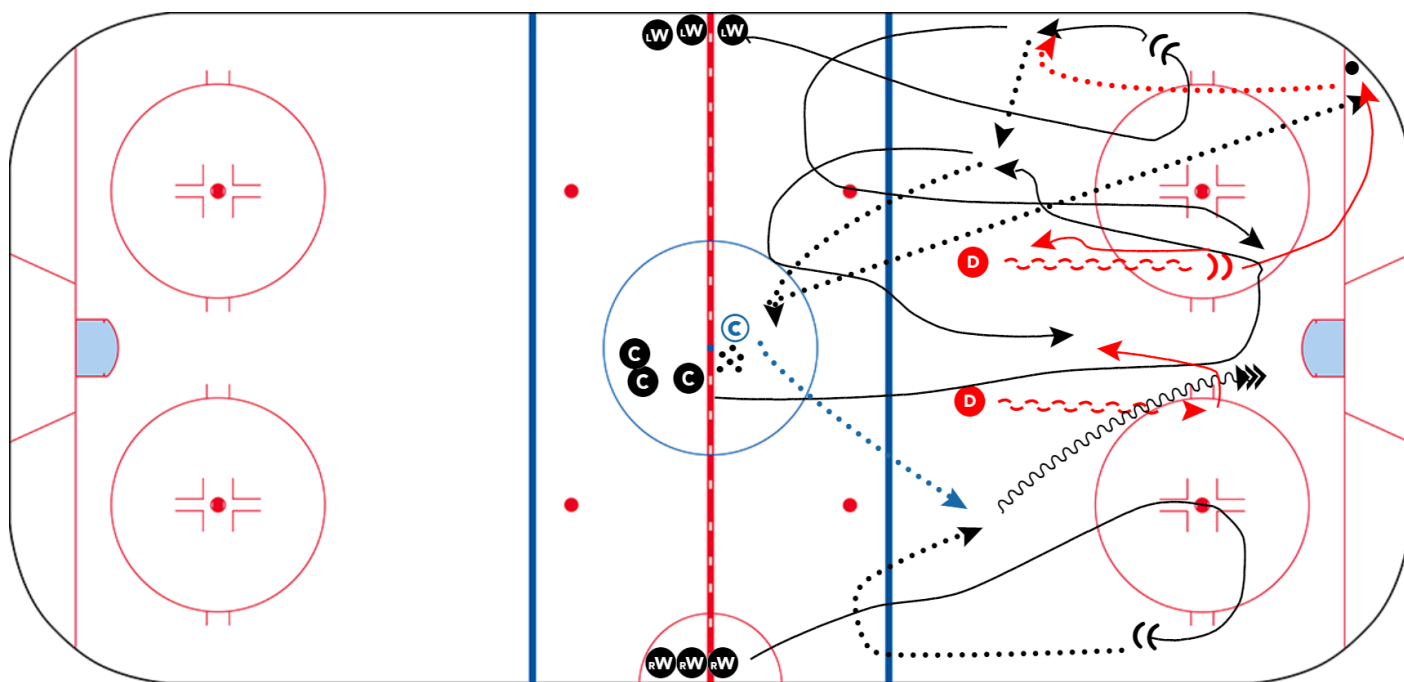
On the whistle the opposite diagonal players go. 1st F in each line skates directly to the loose pucks located in the center ice circle. They retrieve a puck and pass it to the defense man who should be in motion skating backward.

F then proceeds to skate towards the boards swinging low turning up ice to receive the pass back from the D and goes in and shoots.

On the next whistle the opposite side players go. The D needs to get to the center ice and re-pivot to backwards again, ready to receive the pass. Alternating sides on each whistle.

### Key Points

D should call for the pass. F should open up and face the D at all times - call for the pass and shoot to score

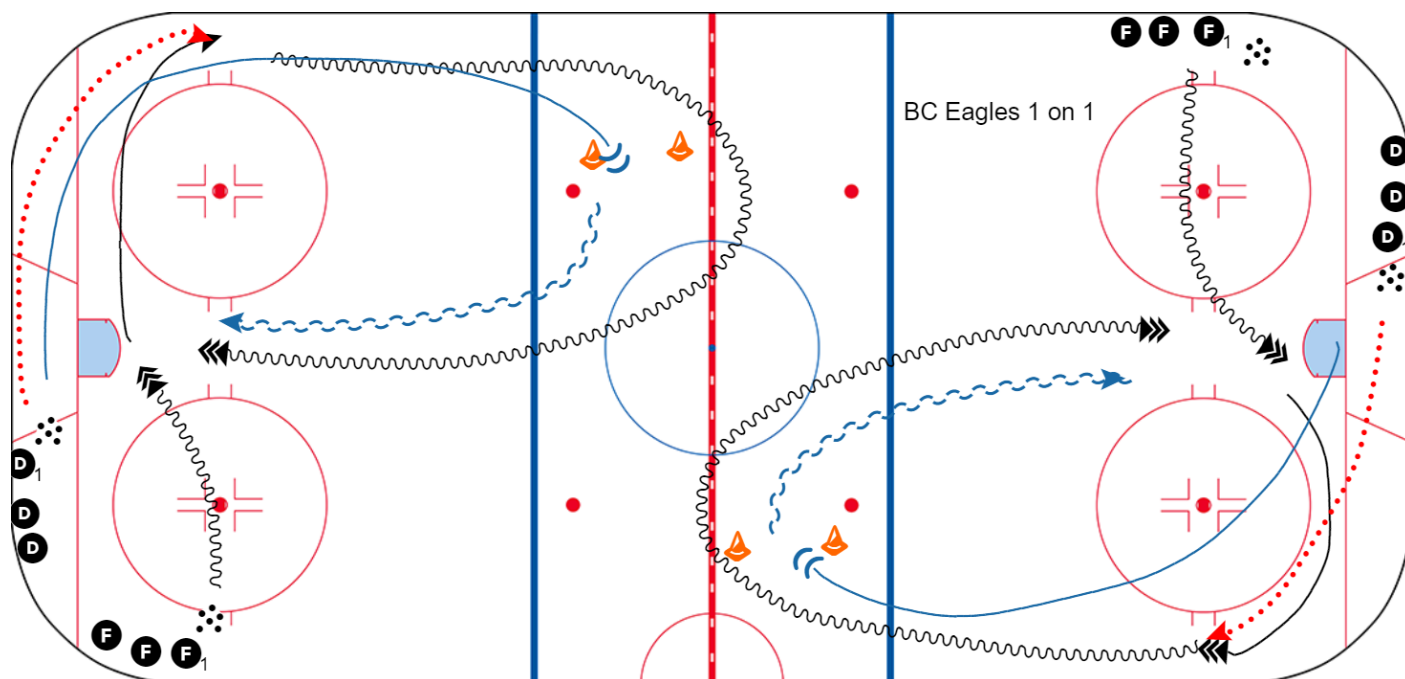


### Description

Coach dumps puck into corner. D skates backwards and pivots towards puck. Wings enter zone along the boards and look for a breakout pass. Centers curl low for pass from wing. Next pass is to the Coach. Coach passes to one of the Forwards and the enter to zone with speed. D plays the 3 on 2

### Key Points

Forwards always face the play. Enter the zone with speed. Puck carrier goes wide and deep. F2 goes hard to the far post. F3 stays high (top of the circles).



### Description

F1 comes out of the corner and cuts the seam for a shot. D1 skates behind the net and passes to the F1 who has posted up on the far hash marks. F1 carries the puck around the far cone. D1 cuts around the near cone and the two play 1 on 1 to the net.