



# Drill of the Week Club 2021

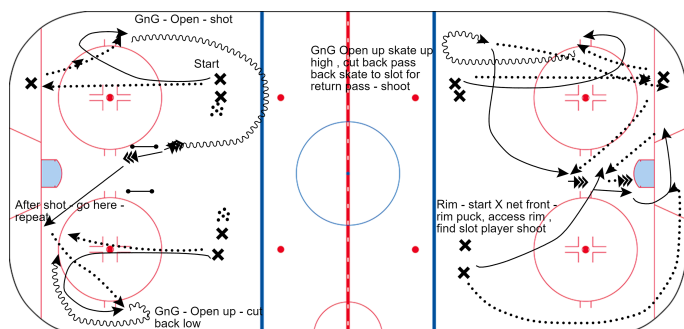
Date: Nov 3 2021

Time: 5:44 pm

Duration: 44 mins

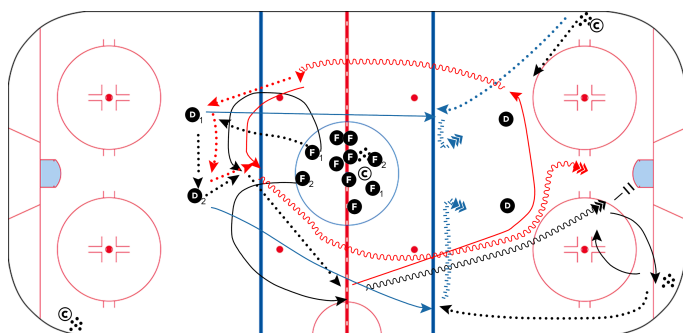
## Give and Go Shooting

15 mins



## Canada NZ Regroup

10 mins



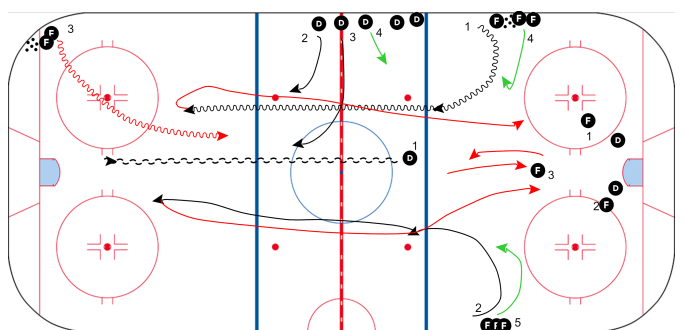
BOTH SIDES Go Same time ( one side shown )

F1 passes to D1 skates low /slow route gets return pass from D2 - F2 skates wide route and receives pass from F 1 - go in and shoot ( coach dictates shots ) F1 now skates inside blue line and receives pass from coach he heads back to the same end he started then passes to D1 to - D2 tp F1 F1 goes in and shoots - D1 and D2 follow up ice . F2 collects puck from the corner and makes low to high pass to D 2 - Shoot with F 1 F2 net front - new puck back to D1 from coach - shoot - go to whistle - hunt lose pucks

Options - D can go D to D along the blue line before shooting then repeat other side

## BC 2 on 2 - 3 on 2

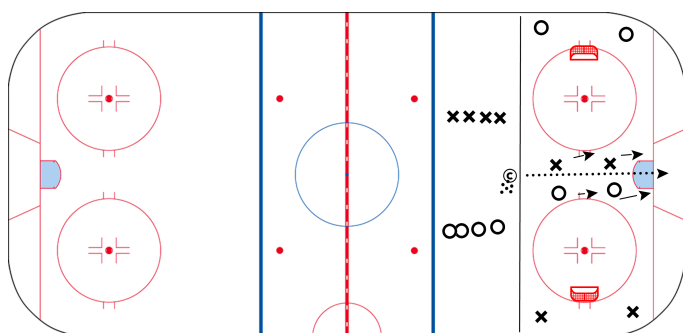
10 mins



Line up players as shown . On whistle F1 F2 skate inside dots and go 2 on 1 vs D1 . Whistle - F 3 leaves with a puck , F1 F2 join F 3 for 3 on 2 vs D 2 D 3 ( who have stepped up to blue line ) , play 3 on 2 till whistle - HIGH FORWARD now back checks vs new 2 on 1 started by F 4 F 5 with D 4 popping out to play it . The Back Checking ( High Forward ) will fill the line he back checked to . Drill is continuous . Great drill with tempo - decision making - execution

## SAG DOUBLE GRETZKY

9 mins



Set up as shown . Active players use their " Gretzky's " as passing options in that end . Gretzky's have to stay below goal line , they can pass to each other . - Active players are out - Gretzky's go active . Line players go to Gretzky spot **Keep Score** - losers down and back 2 times - or whatever you like