



Drill of the Week Club 20-21

Date: Nov 5 2021

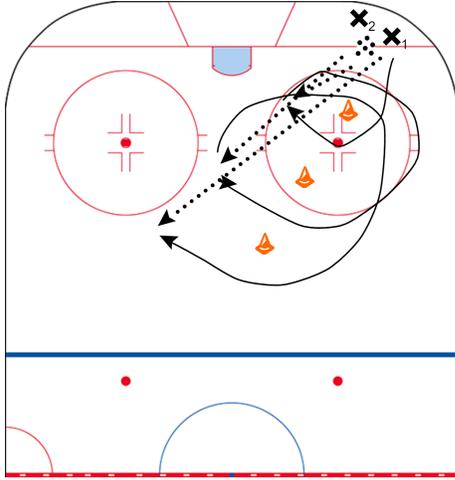
Practice No: 1

Time: 12:32 pm

Duration: 50 mins

Overspeed Shooting

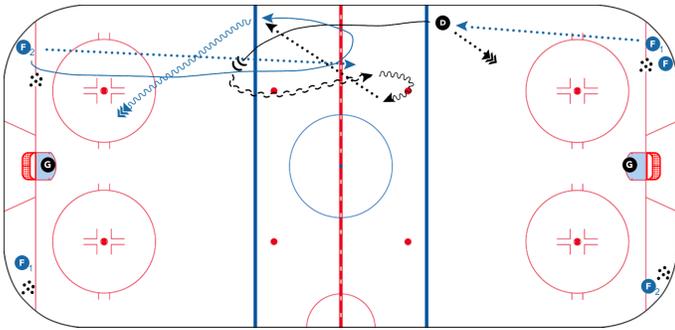
10 mins



X1 leaves without a puck around cone and gets a pass from X2 for shot. Repeats the for the next 2 pylons. Overspeed skating catching and release. X2 making good hard passes.

D Skate

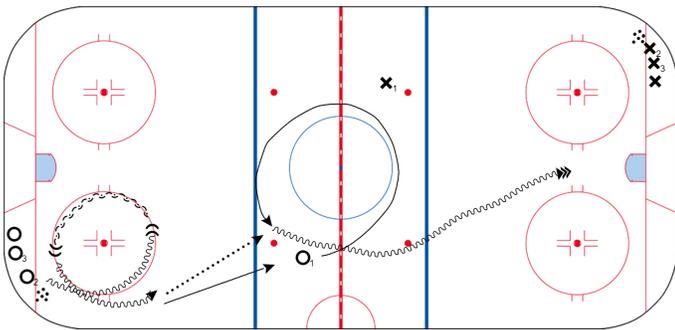
10 mins



F1 passes D who slides blue line for a shot. F1 goes to net for tip or rebound then back to the front of his line. D then skates forward to the far offside dot (outside inside pivots backwards). F2 then will step out and let D backwards to the redline and then pass and work hard off the puck and get a pass back from D who steps to the middle. D will then repeat with F1. D after pass to F1 will skate to far blue line for another shot.

German Horseshoe

10 mins

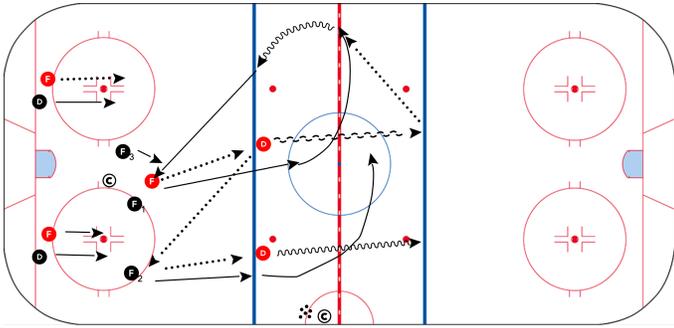


Both ends at the same time. O1 starts by going around center circle. O2 goes forwards to backwards around corner circle with a puck gets toe caps up ice and hits O1 with a pass. O1 then skates to far end for a shot. O2 then goes around center and O3 now goes around corner circle with puck.

Continous Drill

Buffalo 3 vs 3 5 vs 5

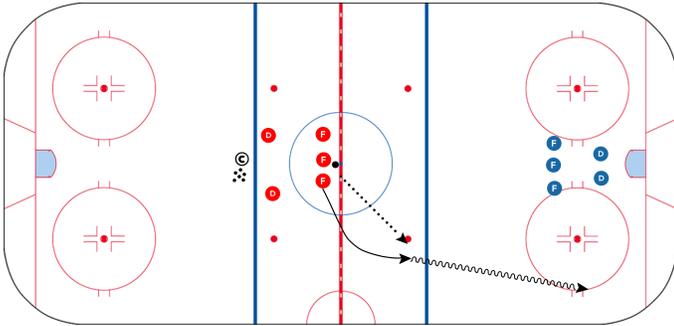
10 mins



FWDS exchange puck with as the D are skating backward and FWDS are skating forward. When puck gets to 2nd D, they go D-D and feed the Fwds in transition. Fwds work their way back to the end they started and pick up the third main of thier line and re-attack the D they started with. Coach releases back checker to defend rush 3 vs 3 into a 5 vs 5 in the other end. Coach may stop a 2nd puck to play 5 vs 5.

DZone 2 Time Tag Up

10 mins



Red Team will enter the zone wide on the entry. Blue players will start on one knee active into our defensive zone coverage as red enters over the hash mark. On the 2nd whistle blue platers will tag up F's red line and D to the blue line and enter back into the defensive zone and react to red players set up in a offensive formation.