

Drill of the Week Club
Week _____
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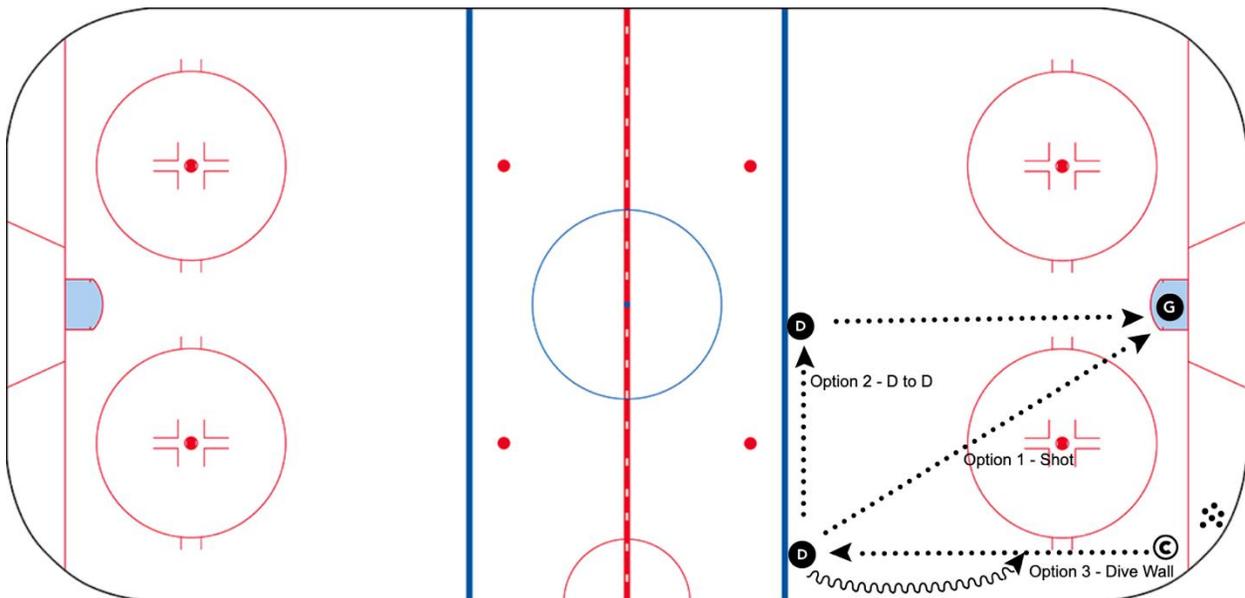
Recommended Book: Thinking in Bets by Annie Duke

1-Individual skill drill

3 Decision Drill for Defenseman

This drill simulates a won FO/OZ possession when puck comes to D on blue line. D has three options when puck gets to them: shoot, move it to their D partner or dive down wall.

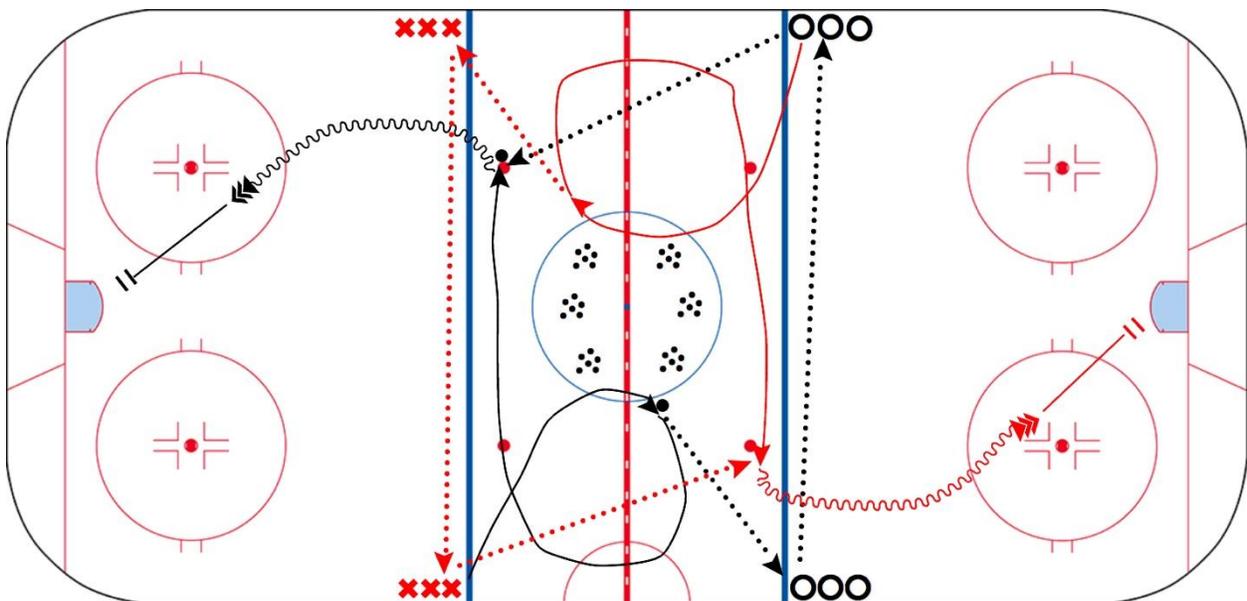
Coach passes a puck either directly or indirectly (off boards or glass, chip in air) to D to start drill. Vary between direct and indirect so D can practice all three options. When puck reaches D they can either 1) shoot, 2) pass to their D partner, or 3) dive down the wall. Have left and right D practice on both sides of blue line to get comfortable making decisions on strong and weak sides.



2-Warm Up Drill

Stretch Pass 1-0

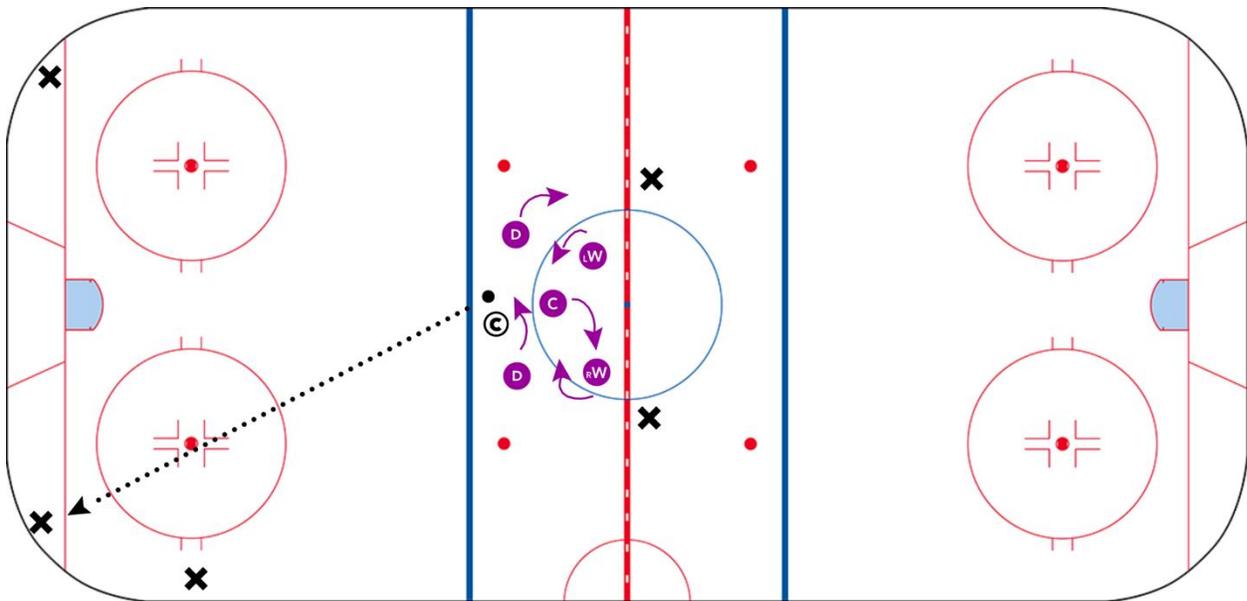
Opposite corners of blue lines leave at same time. Black O leaves and heads towards center line, receives pass from Red X line and one-touches back. Black O then continues skating in tight circle then towards far NZ face off dot where other Black O line is. After Red X line receives one-touch pass back from Black O, Red X line passes puck to other Red X line. This line then makes pass back to original Black O who started drill. Same thing happening with opposite corner blue line group.



3-Defensive Team Play Drill

Shark Tank Funnel

5 Purple players skate around NZ and interchange spots so they become a mix of 5 players instead of 2 D closest to goal then 3 F. 3 X's are stationary in zone waiting for pass from Coach. Coach will blow whistle after 5-10 seconds and pass to one of the 3 X's in zone. On whistle 5 purple "funnel" back to D zone in whichever style/order your team uses. 3 X's must pass/skate behind net before they can attack. 2 X's in NZ join the 3 X's in zone to play 5 on 5. Play out for 20-30 seconds.



4-Competitive Drill

OTL 1-1, 2-1, 2-2

One X and one O go at a time, start on whistle from inside hashmark. Coach passes puck off boards then X and O fight to “own the lane” and win possession of puck. Key is to get in front of player early, before puck, and own lane so possession is easier to win. If X wins possession, can pass back to line to activate 2nd player. Play 2-1 unless O can win possession and pass back to line, then becomes 2-2. Play out for 30-40 seconds, if either team scores then give them another puck.

