

Drill of the Week Jim Midgley

Friday, September 21, 2018 8:00 PM - 8:00 PM

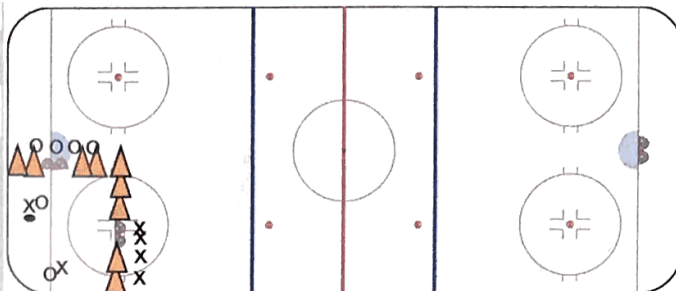
Book to Read-DRIVE Daniel H Pink

Quote A Leader is one who knows the way, goes the way, and shows the way-John Maxwell

2-2 Corner

8:00 - 8:10

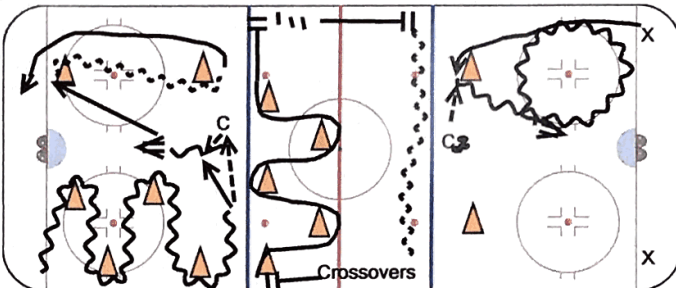
- Xs score on one side while Os score on the other
- Focuses on supporting quickly and reading and reacting



Skills

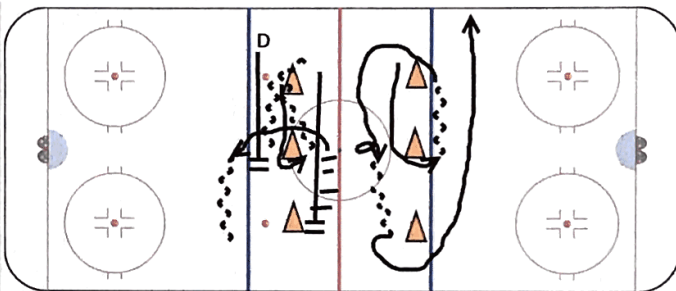
8:10 - 8:20

Stations



Quickness and foot work

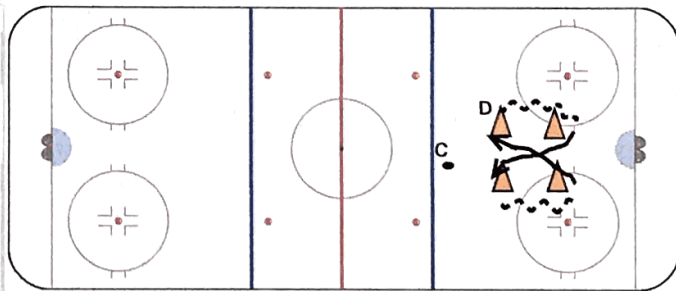
8:20 - 8:20



4-Cone Agility passing

8:20 - 8:30

- C and D pass puck while D works on his pivoting.
- If D receives puck when pivoting bw, he must keep it until he pivotes back fw.

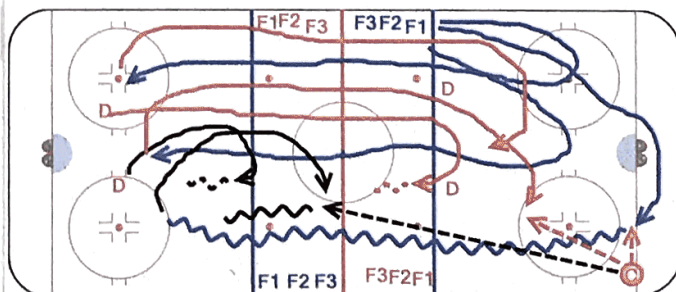


3 on 2 turn in 1 on 1 and 2 on 1

8:30 - 8:40

3 pucks

- 1st puck: attack at 3 on 2
- 2nd puck: F1 has to go back and touch the central circle, recovers a loose puck and attack D1 at 1 on 1.
- 3rd puck: F2 and F3 get back to the DZ top circle, recover a puck at the end blue and attack D2 at 2 on 1



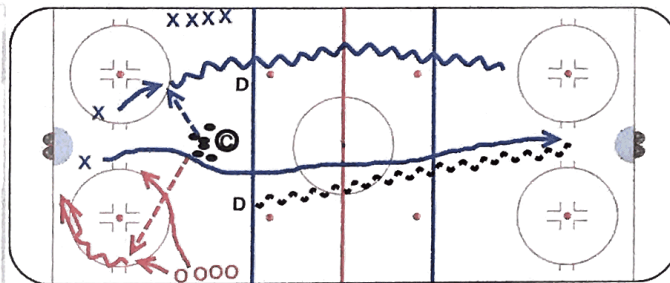
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2 on 2 half board / rush

8:40 - 8:46

Rotation, offence - defence - rush

- The coach direct the play with his whisel for the rush and the 2 on 2 down low.



3 on 2 turn in 1 on 1 and 2 on 1

8:46 - 8:56

3 pucks

- 1st puck: attack at 3 on 2
- 2nd puck: F1 has to go back and touch the central circle, recovers a loose puck and attack D1 at 1 on 1.
- 3rd puck: F2 and F3 get back to the DZ top circle, recover a puck at the end blue and attack D2 at 2 on 1

