



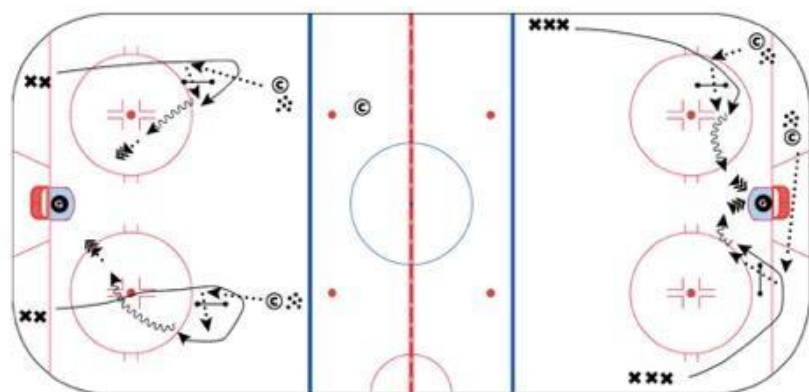
Date:	09/21/18	Group:	Drill Club
Length:	0 mins		
Start Time:	5:09pm	Focus:	Drill Club
End Time:	5:09pm	Level:	MIDG

Length	Start	Drill Name	Category	Notes
10	5:09pm	Weeks Self Pass, Attack!	Individual/TeamSkills/Tactics - Offensive/Defensive Skills/Tactics	-Relate the various attack variations to game situation
10	5:19pm	Double Self Pass Warm Up	Individual/Team Skills/Tactics - Passing	
10	5:29pm	D/C Reverse Breakout Warm Up	Breakout Drills	-Switch sides half way through
10	5:39pm	Small Area Game: 2 Below The Goal	Small Area Games - OZ/DZ Play	-Stress the importance and value of playing/creating offence below the goal line

Notes: Drill Of The Week Club

- Book Recommendation: "The Culture Code" by Daniel Coyle

Drill Title: Weeks Self Pass, Attack! (1 Diagram)

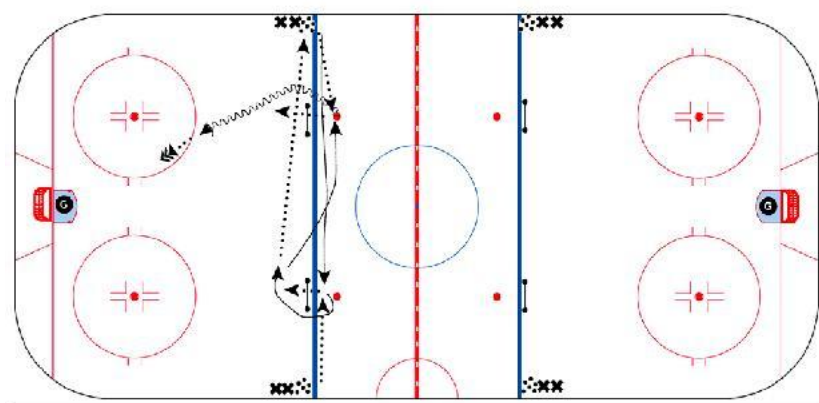


- Various self pass to attack options
- Run through various attacks for time or in stations

- Top Left - High Roll, Bump and Cut Inside
- Top Right - Low walk, Bump inside, Attack Low
- Bottom Left - High Walk, Bump Outside, Attack Wide
- Bottom Right - Low Walk, Bump From Below Goal Line, Walk Out

Key Points: , 1 Touch , Quick Stick , Soft Hands , Lead with Stick , Quick Release

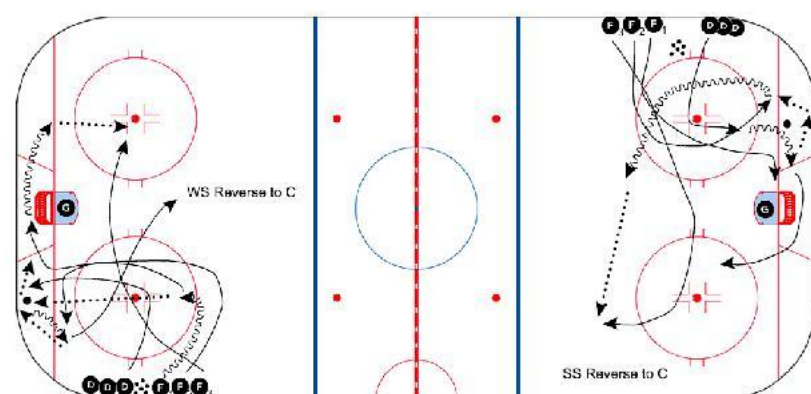
Drill Title: Double Self Pass Warm Up (1 Diagram)



- Each end works independently of each other
- Player leaves without puck
- Gets pass from opposite line
- Self pass through deviator
- Picks up puck return pass to original line
- Gets inside blue line
- Gets pass back, self pass through other deviator
- In for shot on goal
- Other line goes

Key Points: , Passing , Receiving , Soft Touch , Quick Transition

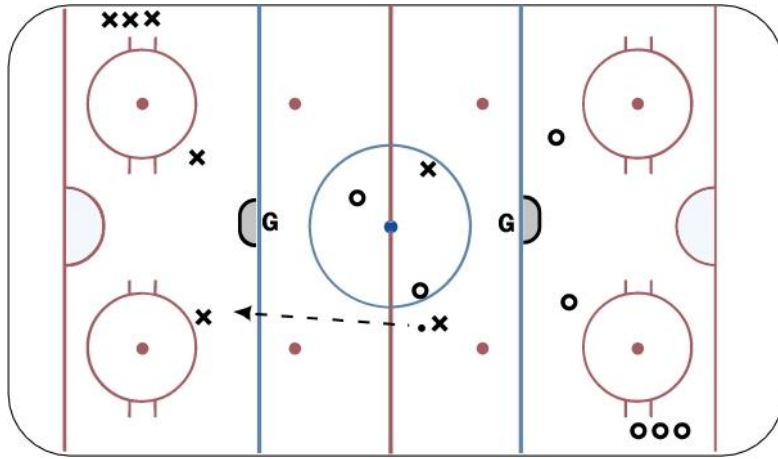
Drill Title: D/C Reverse Breakout Warm Up (1 Diagram)



- Strong Side and Weak Side Options
- D retrieves puck
- Pressure from F1 (FC)
- F2 is DLS for D
- Reverse in the direction dictated by FC
- F2 gets puck, and transitions and hits F3 who has supported the play
- Attack 3v0 (F2/F3 and D the Jumps into Rush)

Key Points: , Passing , Receiving , Communication , Support , D Up Ice , SPEED

Drill Title: Small Area Game: 2 Below The Goal (1 Diagram)



- Game played 4v4 in small area
- 30 to 40 second shifts

Rules:

- 2 players must remain "below their offensive goal line" at all times
- On transition/gain of possession, offensive team must pass puck below the goal line at least once
- Players below the goal line can come above, and walk out, but only if they are being replaced by another offensive player on an exchange, thus maintaining 2 players below the goal line

Scoring:

- Regular Goal = 1 pt.
- One Timer = 2 pts.
- Below Goal Line East to West Pass to One Timer = 3 pts.

Key Points: , Create O from Below Goalline , Passing/Receiving , Communication , Support , Constant Movement