

ENIO

Thank you for doing
this.

Book:

The Champion's Mind
Jim AFremow.

Quote

Can't always control/circumstance
However, you can always control
attitude, approach, and response.
Your options are to complain or
look ahead and figure out how
to make situation better
"Tony Dugy"



Drill of Week Club

Practice No: _____

Date : Nov 19/18

Time : _____

Duration : _____

Version no : _____

Prepared by : _____

Objectives / Main tasks : _____

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Four Faceoff Dots/

Category #1 : _____

Warmup

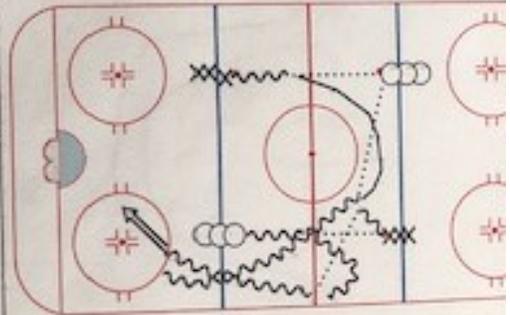
Category #2 : _____

Passing/Sh

Description

Four groups at the dots, opposite sides will go at the same time. Pass straight up the wall and then open up get pass back, drive wide and shoot. continue to net for rebound, stop at net

Alt: Pass then below the centre faceoff dot get a pass



Key points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Skill Drill

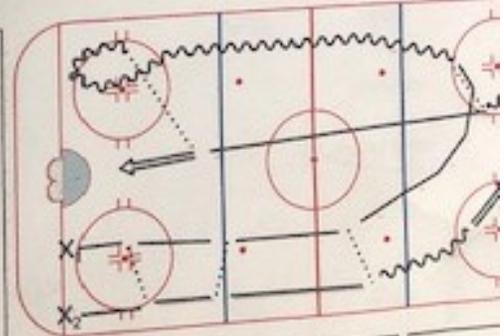
Category #1 : _____

One Touch

Category #2 : _____

Supp

Description

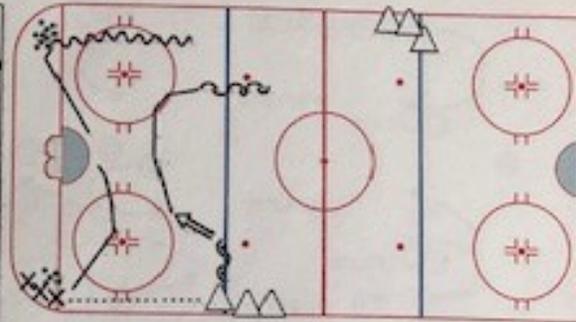


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 vs 1 Cross Ice Category #1 : Quick Release Category #2 : Defending 1 vs 1

Description

x1 and o1 will start on coaches whistle, x and o will pass to D1 and D2, who will drag puck to the middle and shoot, while x1 and o1 will go to net for deflection or a screen. Once the shot is complete, x and o will curl in corner and pick up a puck, D1 and D2 will mirror and play a 1 vs 1 down their side of the ice. YOU CAN'T CROSS THE MIDDLE UNTIL OVER THE RED LINE.



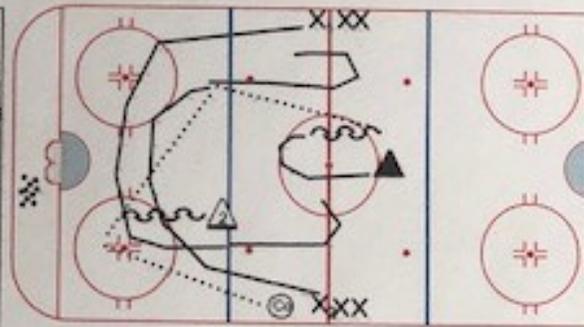
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 2 vs 1 Category #1 : Continuous Category #2 : Attack Mid Zone

Description

Coach puts puck in corner, D will retrieve puck X1 & X2 will come down and curl support puck, D looks for the best option D2 will come up and skate backward getting a pass and then attack back at D1. D2 then comes all the way back retrieves a puck, two forwards will come down and support, new D steps out and then same play takes place.



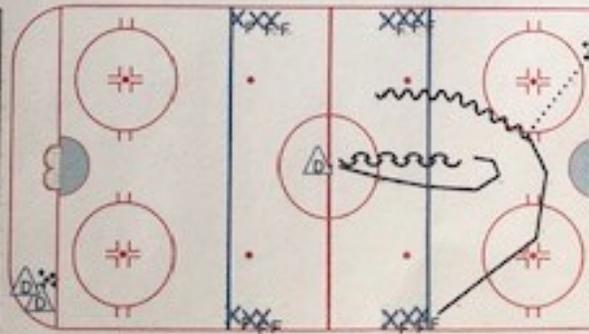
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 on 1 Continuous Category #1 : National Category #2 : Battle 1on1

Description

On coaches whistle, F1 will curl get a pass from the D man in the corner, D in neutral ice steps up closes the gap, and the F attacks, D that made the pass get up ice. Once the attack crosses the blueline opposite forward will curl and get a pass from the D man in the corner, and attacks the D that stepped up in the neutral zone. Then the D steps up in neutral zone ready for the next attack



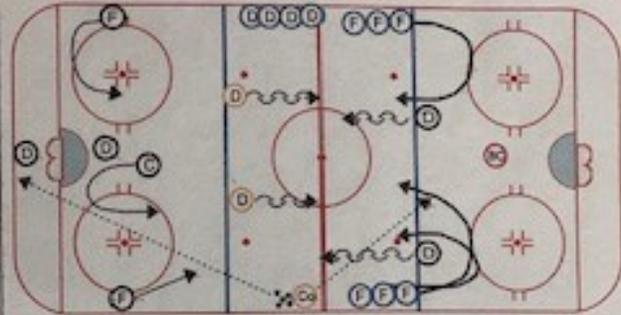
Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 5x2 To 3x3Category #1 : nationalCategory #2 : Battles**Description**

The drill begins with the coach dumping a puck deep for a 5x2 breakout.

- The 5 offensive players bring the puck into the offensive zone and try to score.
- On the whistle 3 forwards come off the boards and touch the top of the circles. The coach passes a puck to one of them and they attack the opposite end 3x2 against the two offensive defensemen from the original breakout who will be on the blue line.
- The high forward on the whistle becomes the back checker to make the drill a 3x3. Let the players play out the 3x3 for some time.



Key points : _____

