

Team: Burt - Drill of the week

Practice No.: \_\_\_\_\_

Date : Nov.14, 2018

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

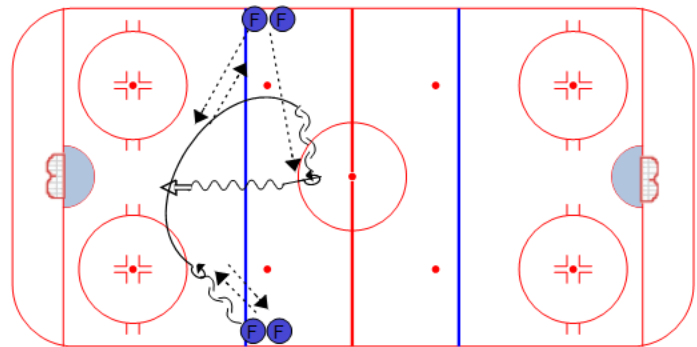
Prepared by: Wade Burt - 200 Hockey Development**Objectives / Main tasks :**

Book: The Talent Code: Greatness isn't Born  
By Daniel Coyle

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Swede Agility Touch

Key Points : \_\_\_\_\_



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Warm-up Drill

Drill Title : Detroit Drill

Passing

Components : \_\_\_\_\_

Content elements :

**Description**

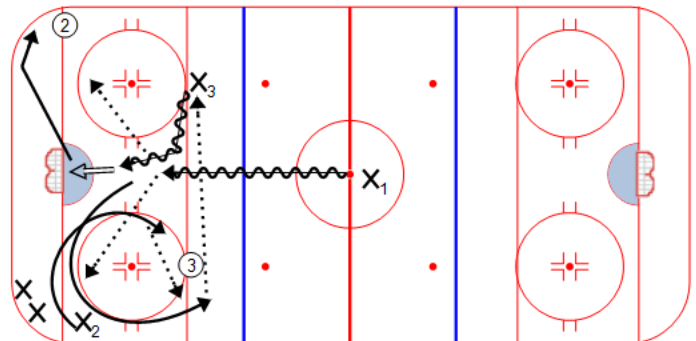
X1 skates up middle and passes to X2 in corner. X1 swings deep and up boards.  
X2 jumps into middle and passes back to X1 wide. X1 then passes to X3 on ringette line.  
X1 replaces X3  
X3 goes in and shoot then into corner.  
X2 goes to line at center.  
Flow an drotation

**Key Points**

Timing

Passing

Head up



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

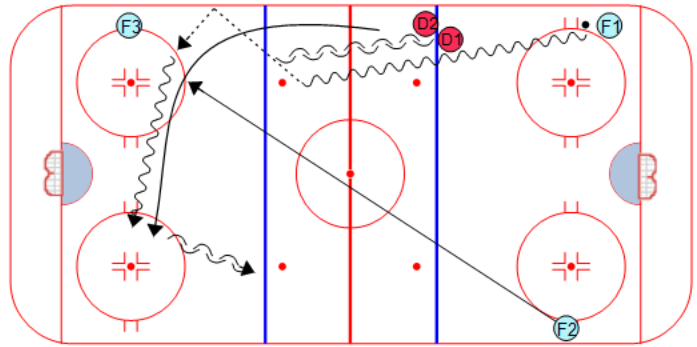
**Title :** Benny Tracking

### Key Points :

\* Continuous Drill

F1 goes down 1 vs.1 on D1. At the same time F2 tracks back through middle.

- F1 chips puck by D1 at blueline. F2 gets puck and goes back the other way on D2. D2 gaps up.



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Title :** Tarasov 2 v 2

### Key Points :

2 v 2.

Can use teammates on blueline for support.

