

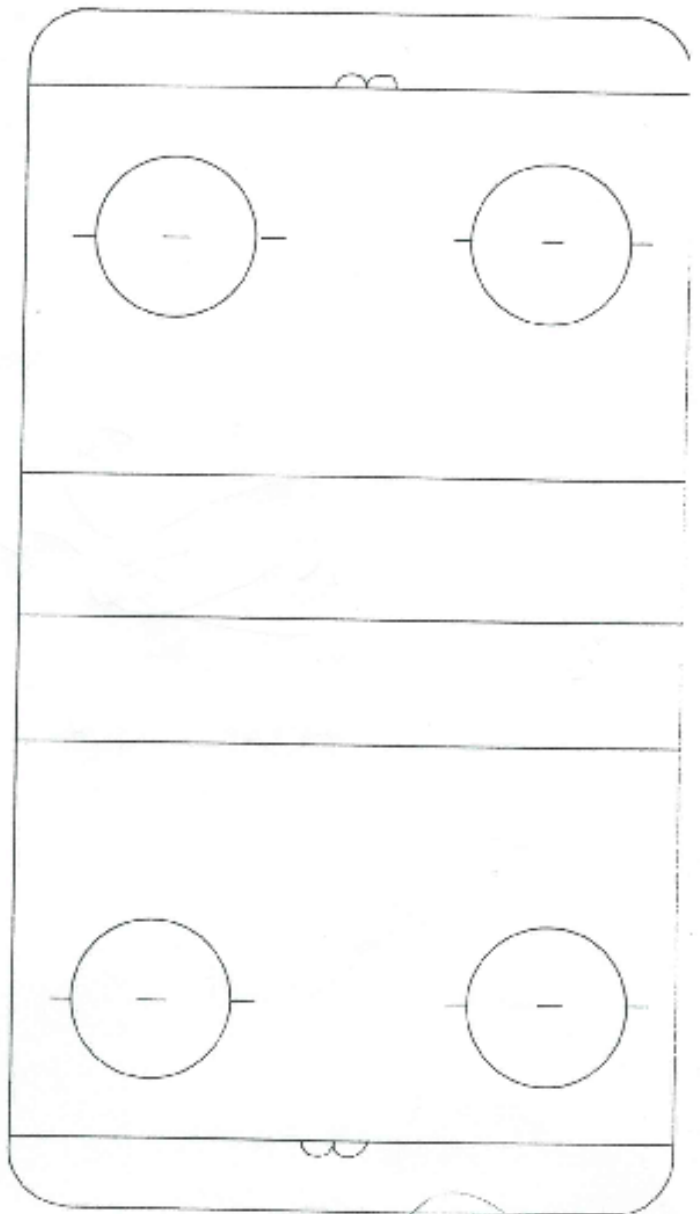
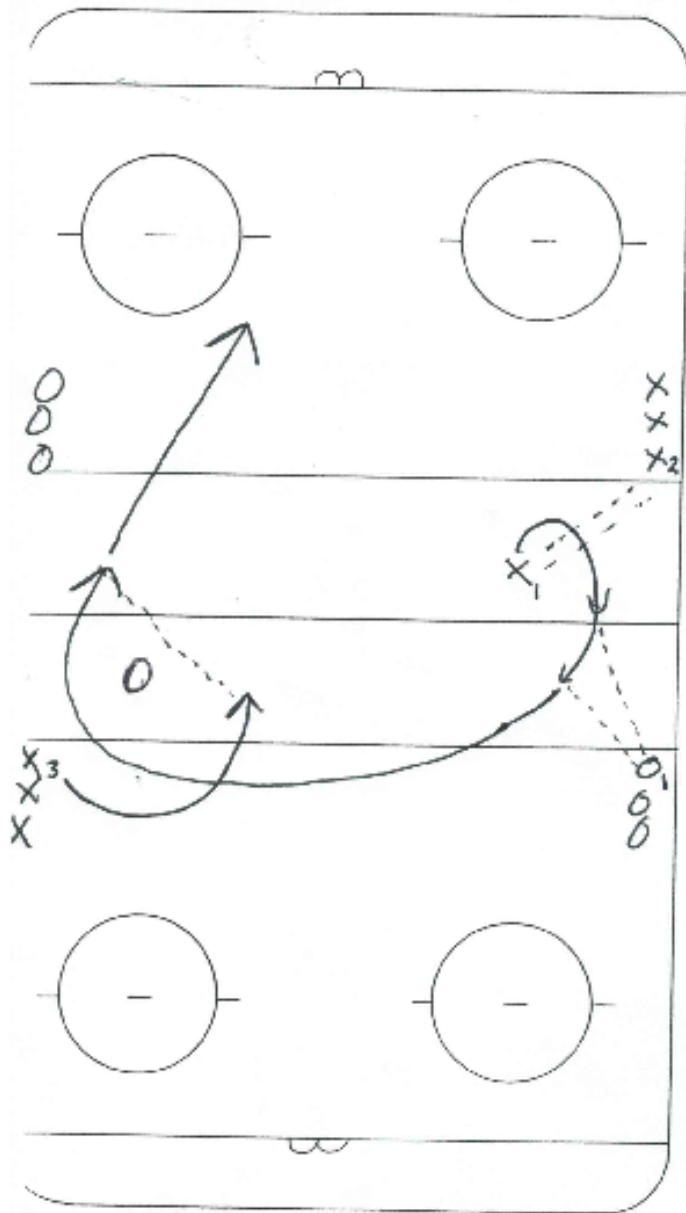
Drill of the Week Club

Book - Grit
by Angela Duckworth

PRACTICE DRILLS

DRILL: Montreal Bump Back

DRILL: _____



EXPLANATION:

X_2 G&G with X_1
 O_1 G&G with X_1
 X_3 pulls off wall with push.
 hit $X_1 \rightarrow$ goes in & shoots
 X_3 becomes X_1

This Goes from both sides at the same time



MICHIGAN STATE HOCKEY

Order 2v1

Priorities

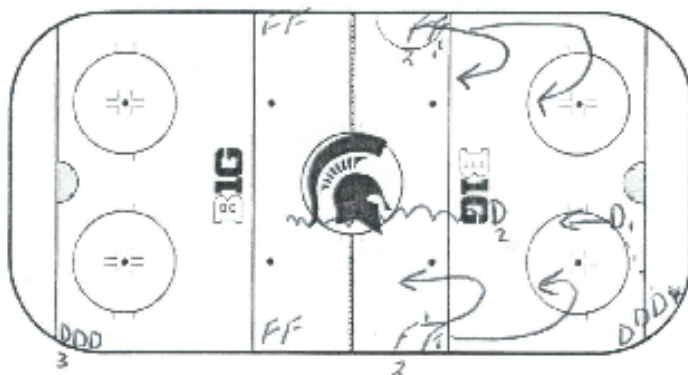
Drill

Time Work/Rest

D₁ starts F₁

2v1 vs D₂

F₂ wait for Rush to pass
then back check to the
house



Drill

Time Work/Rest

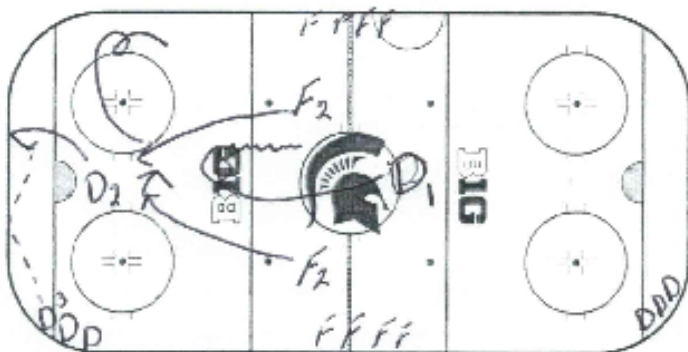
play 2v1 for shot
whistle

D₂ slide behind net

D₃ moves push to D₂

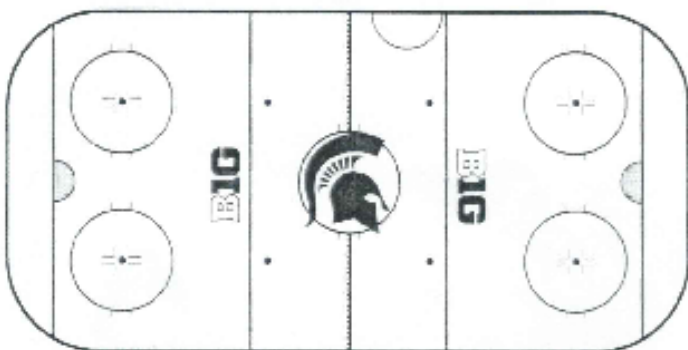
D₂ start F₁'s 2v1 vs D₁

D₃ joins D₂ drops off



Drill

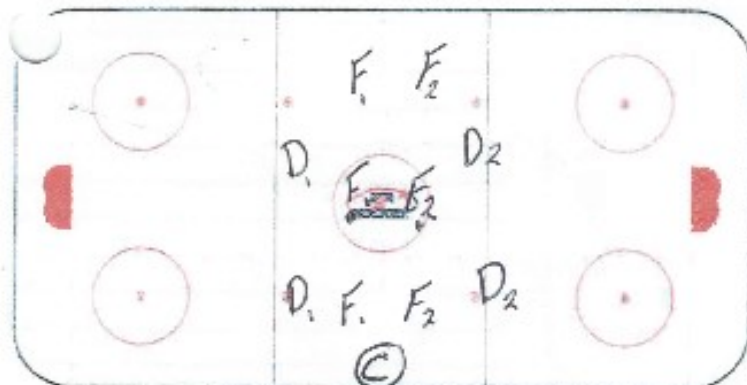
Time Work/Rest





SYSTEM/DRILL

NZ Entry / NZ Scrimmage



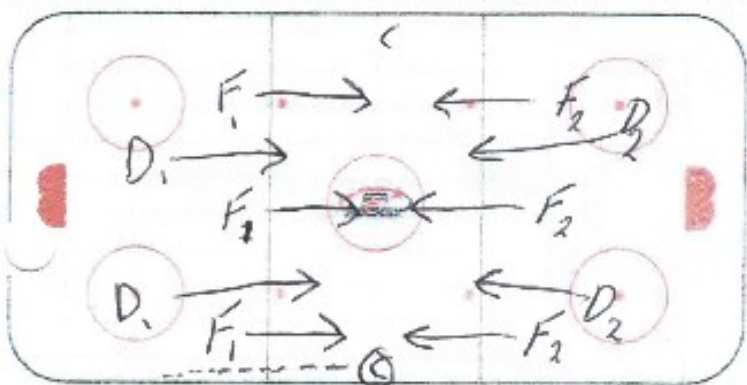
Description

- F1's attack D1 3v2
- F2's attack D2 3v2
- play in zone until whistle

Whistle

- 1's hard to NZ
- 2's hard to NZ
- (1's new on same team)
- (2's new on same team)

Notes/Systems



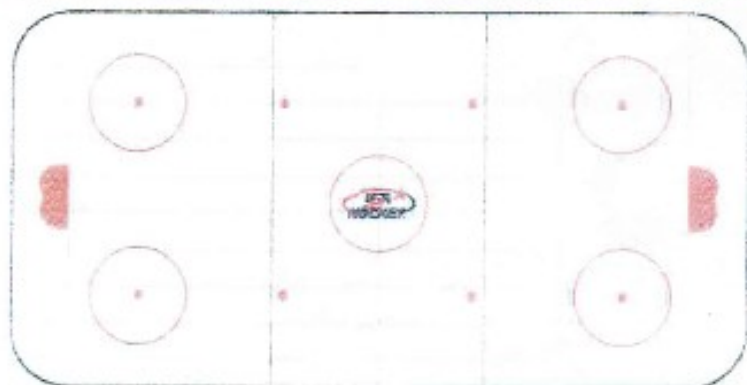
Description

© places puck

Run NZ Offense
Run NZ Defense

Let play go as long
as you want

Notes/Systems



Description

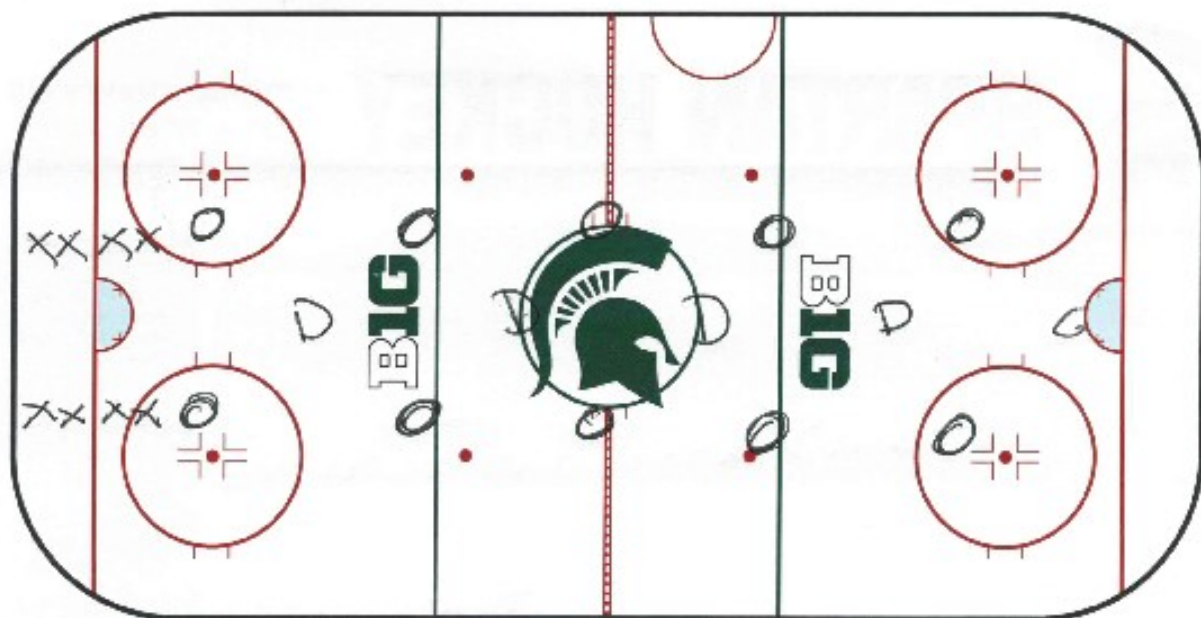
Notes/Systems

The USA Hockey Coaching Education Program is Presented By

CHEVY



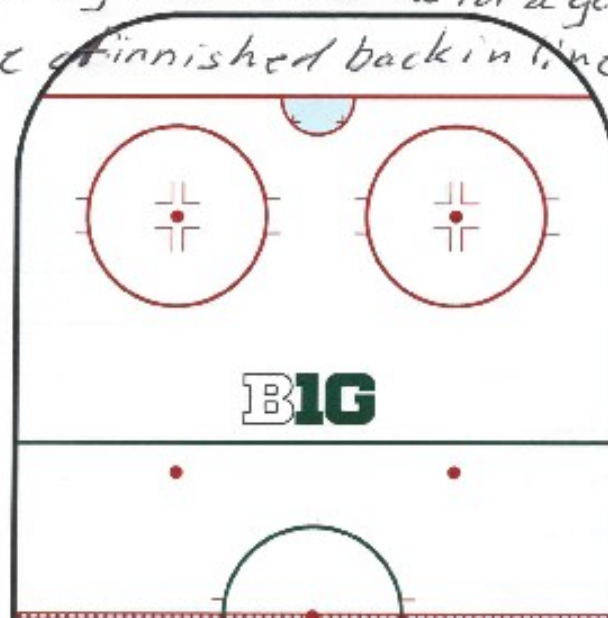
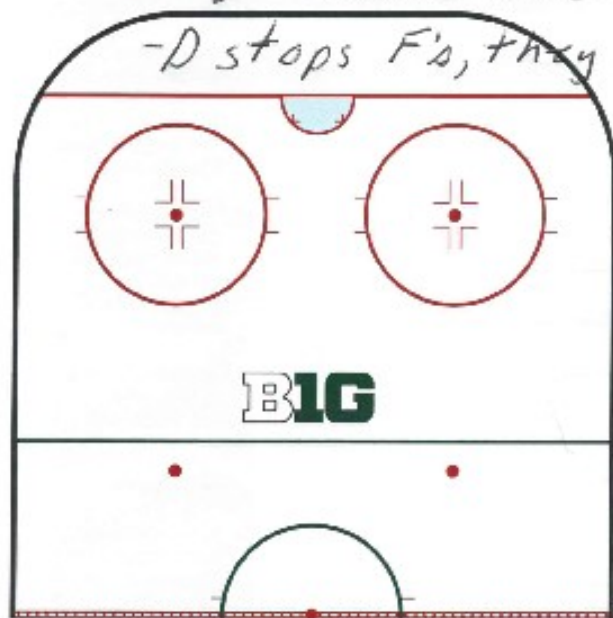
EASTON



* 4 Quad 2v1 Warm-up *

(good when goalies are coming off session)

- Divide team in 1/2 - 2x's must get by the D in each quad.
- skate/Pass/Cross/Pic just get by the D. D must stay in their quad. Set a time - Scoring 1 for a shot. 2 for a goal
- D stops F's, they are dismissed back in line



This becomes very competitive - forces creativity!