

Team: Drill of the Week

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Wade Burt**Objectives / Main tasks :**

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

Categories

Agility

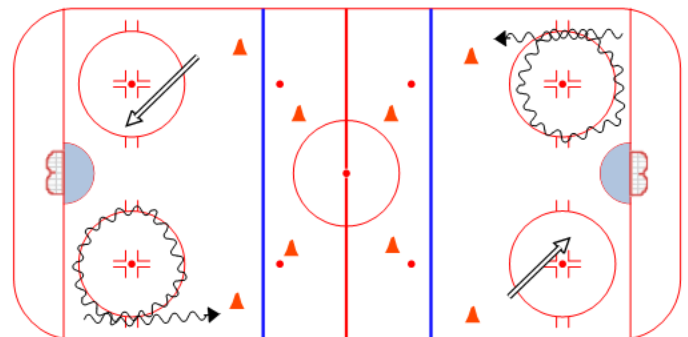
Drill Title : Speed and attack

Puck Control/Edge Control

Components : _____

Content elements :**Description**

Full Speed around Circle
Head fake at each pylon
then shoot

Key Points

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

Practice

Drill Title : Yale Passing

Passing/Shooting

Components : _____

Content elements :**Description**

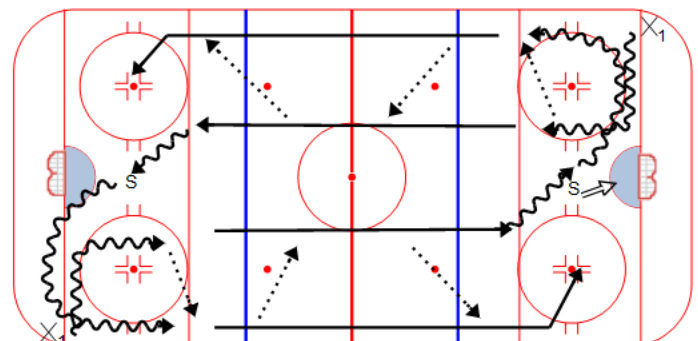
Shooter inslot.
On shooter shoots he curls to corner and crosses and drops with X1.
Shooter and X1 pass all of the way up the ice. Inside player give puck to shooter (outside) at red line. Outside player shoots inside player starts drill by curling low into the corner.
Continuous drill.
Add more player depending on age.

Key Points

Timing

Passing

Shooting



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

Title : Wide and Point Shot

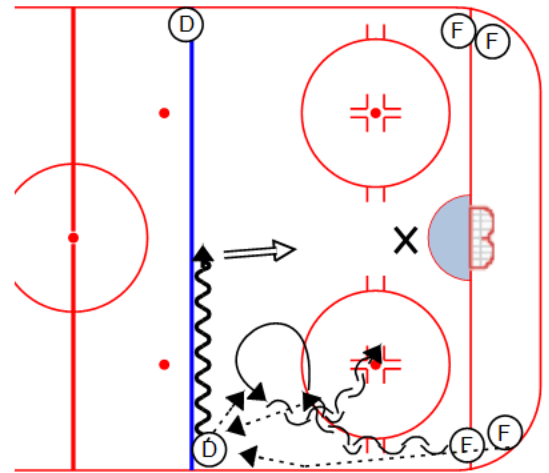
Category #1 : Offensive Attack

Category #2 : Shooting

Description

FWD comes out of corner, curls towards middle and passes to D
As forward curls to boards D passes back.
FWD drives wide and shoots

Same time FWD2 passes to D who drags and shoots with FWD1 screening.



Key points:

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

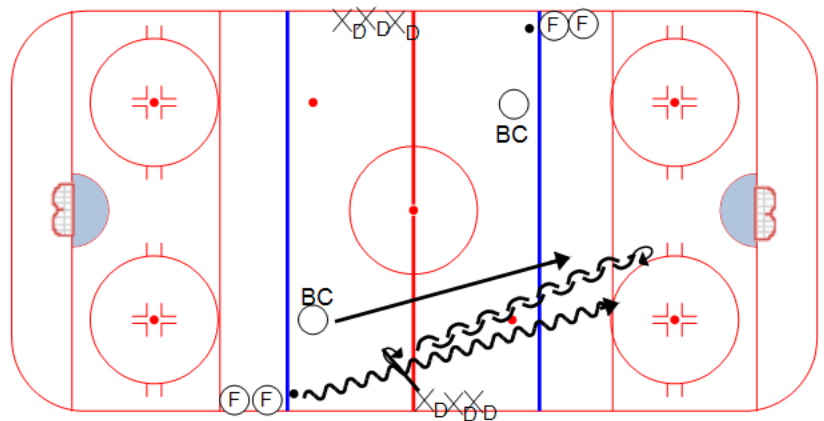
Title : Continuous 1 on 1 with BC

Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Gap Control

Description

On Whistle FWD takes on D 1vs. 1. Once FWD crosses Red line. Back Checking FWD (BC) joins play. He back checks to the middle of the ice. Once play dies he collects puck and swings behind new back checker and becomes attacking FWD.



Key points :

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