

DRILL OF THE WEEK CLUB 2018 19

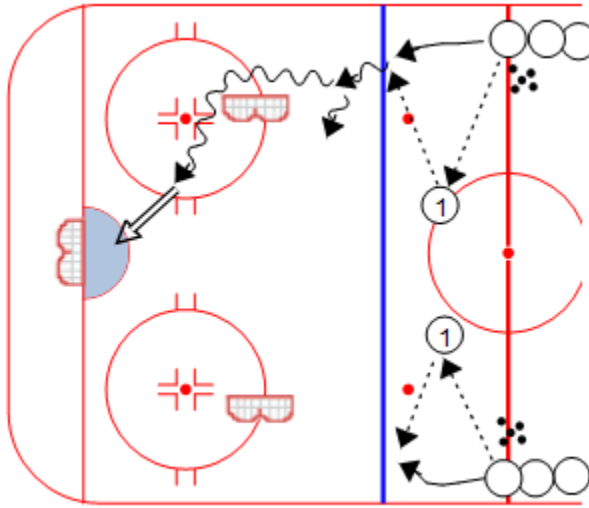
ENIO SACILOTTO

QUOTE: “You don’t GO through the season, YOU GROW through the season” my mentor the late Jim Koleff

“The strength of the team is each individual member. The strength of each member is the team.” — Phil Jackson

RECOMMENDED BOOK: **Grit: The Power of Passion and Perseverance, By Angela Duckworth**

DRILL #1 – INDIVIDUAL SKILL DRILL - CUT OUTSIDE/ INSIDE & PROTECT PUCK – DRIVE NET



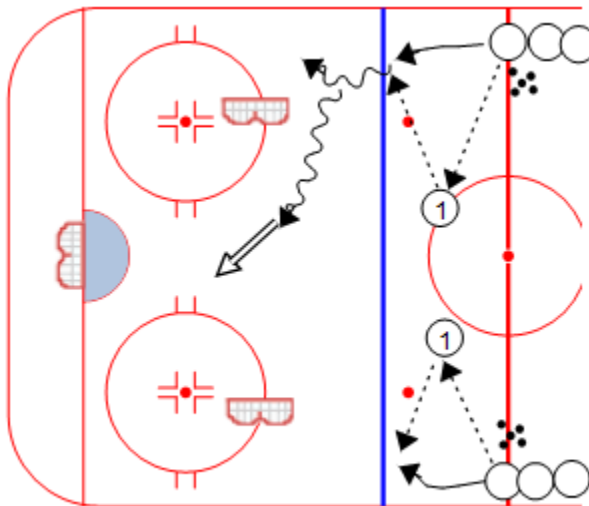
CUT OUTSIDE - POWER MOVE

Can have give and go and can leave out give & go.

Player skates in, fakes like he is going to take a wrist shot (on forehand), pulls puck accross toes and cuts outside, protecting puck.

2 hands when pulling outside and really sell the fake shot.

PUCK PROTECT: inside knee out / stay low / wide stance / skull with outside foot / create wall between puck & defender / puck handle outside so D man cannot get stick on puck.



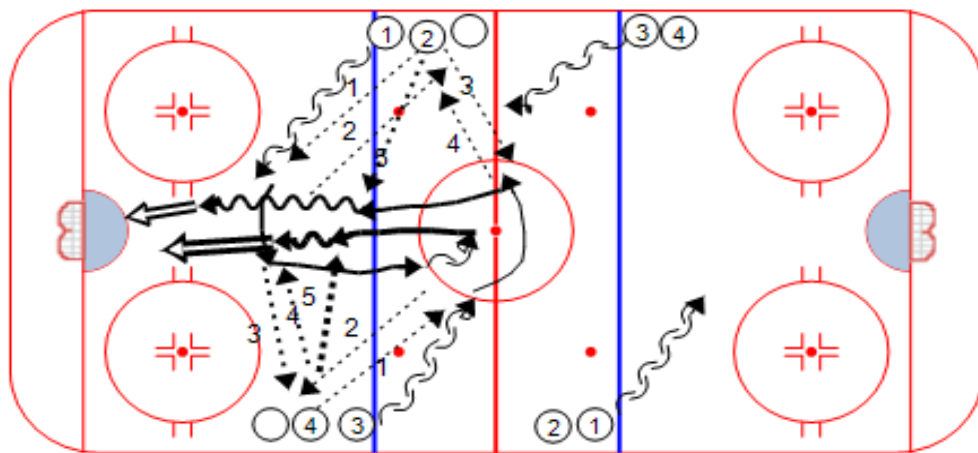
PULL TO BACKHAND CUT IN FRONT - POWER MOVE

Can have give and go and can leave out give & go.

Player skates in, fakes like he is going to take a wrist shot (on forehand), puts puck on backhand, cuts to middle - shot.

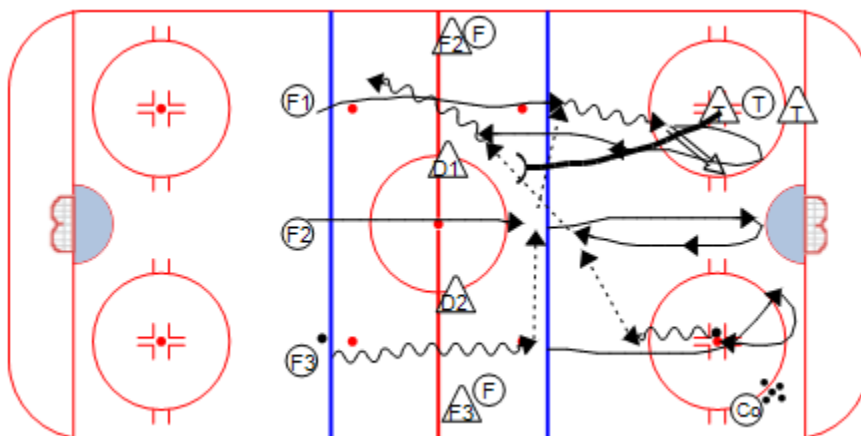
FAKE SHOT / TO THE BACKHAND / CUT & SHOT

DRILL #2 – WARM UP DRILL – SWEDISH PASSING WARM UP

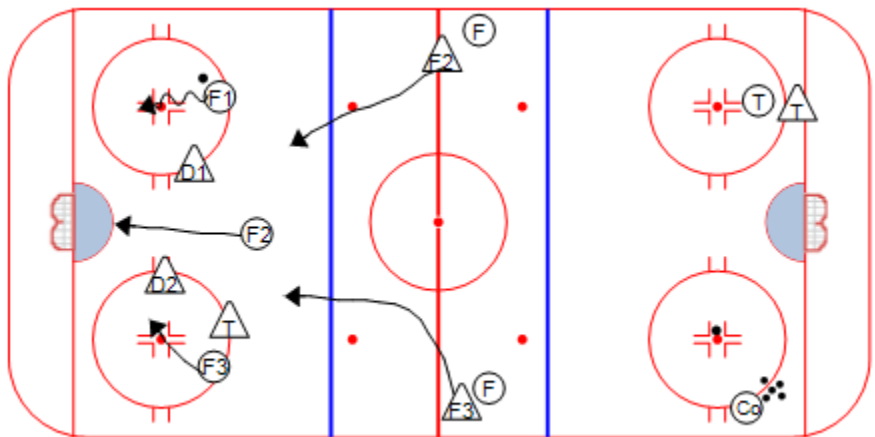







Drill starts on whistle, 1 skates backward into the zone, 3 skates backward into the neutral zone, they exchange passes with 2 and 4, passes (1 & 2), 1 & 3 then exchange passes with players in the opposite line. 1 with 4 and 3 with 2. Passes 3 & 4. 3 then goes to the net and gets a return pass from 2, goes in and shoots. 1 skates into the NZ, goes backwards to centre then goes to the net and gets a return pass from 4 and goes in and shoots. Both sides at the same time (4 players moving). Can control on whistle if you wish. 4 players moving at once.

DRILL #3 – TEAM PLAY DRILL - TEAM CANADA 3 ON 2 TEAM TRACKING



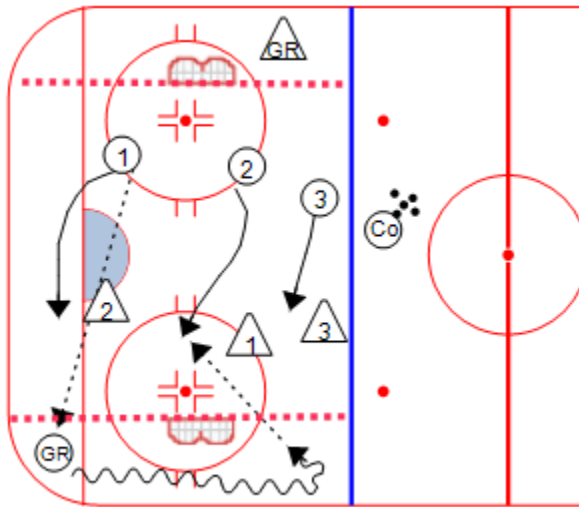
O's go down 3 on 0 (triple drive), shoot, O's turn the other way staying in their lanes. Coach spots a puck on the dot going 3 on 2 vs. D1 and D2 that popped out. When the O's touch the puck, that activates the tracker and he starts tracking back trying to make a 3 on 3.



Play ends as a 3 on 3 low,   &  come in through the dots, assuming DFZ pt. & slot coverage responsibility. D1, D2 and the T must win the puck and break out  , once they are out, the T joins them to make a 3 on 0 and the drill starts all over again. Continuous drill.

Tracking / hard work / conditioning / reading the rush / identifying your man / 3 on 3 low / transition.

DRILL #4 – COMPETITIVE ACTIVITY – SMALL AREA GAME – THE GRETZKY GAME



. Players play 3 on 3, GR (gretzky player) can move anywhere behind the imaginary line, but cannot cross the line. Before the attacking team can make a play on net they must pass the puck to gretzky, then move to get it back (give and go).

Coaches must encourage players to get open,

Always make sure the players rotate being the bp player.

COMBO GAME: breakout game plus gretzky game - change of possession puck goes back to bp player, before a shot puck goes to Gretzky.