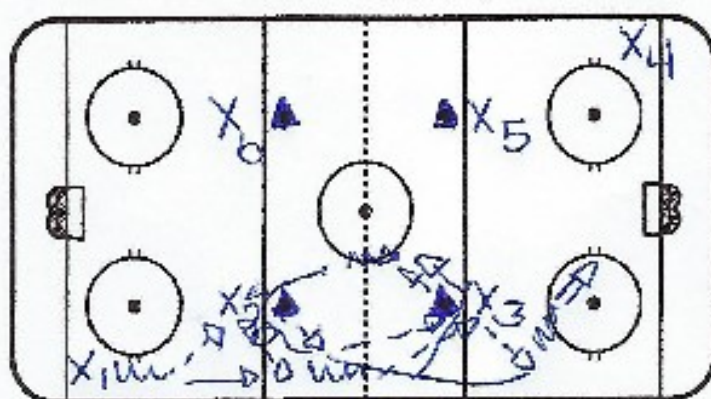


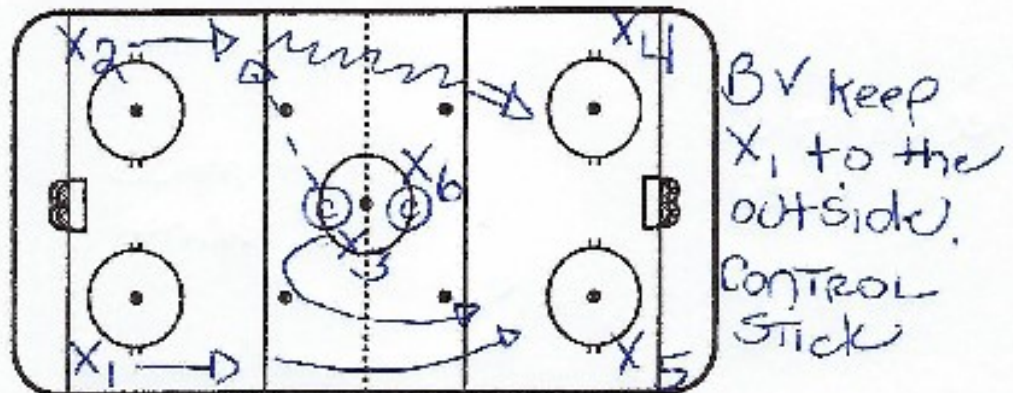
DRILL OF THE WEEK CLUB 2017/2018

Skill Passing Drill



Drill starts at the same time. X1 skates up the boards and passes to X2 and receives a quick return pass. X1 then passes to X3 at far pylon in neutral zone. He skates around and outside the pylon and open faces to X3 and receives a return pass. He stickhandles and passes to X2 and repeats the same maneuver. After receiving the pass from X2, X1 skates down the boards and passes to X3 for a give and go. He cuts wide and goes in for a shot.

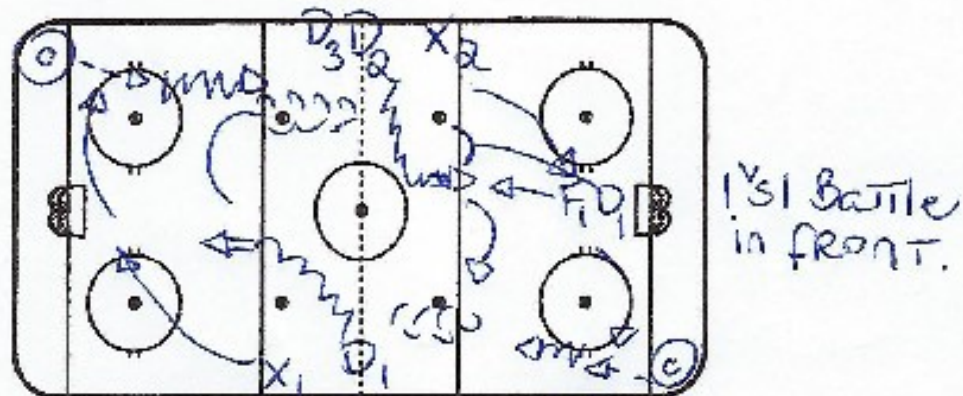
Backchecking Drill



Drill starts at one end. X1 and X2 starts the drill by skating up the ice out of their corners. The Coach passes to either X1 or X2. X3 in the middle circle picks up the opposite attacker and back checks until the shot is taken and the whistle is blown. Change the players in the middle after three to five minutes.

Options on drill: Have the back checker make the passes instead of coach.

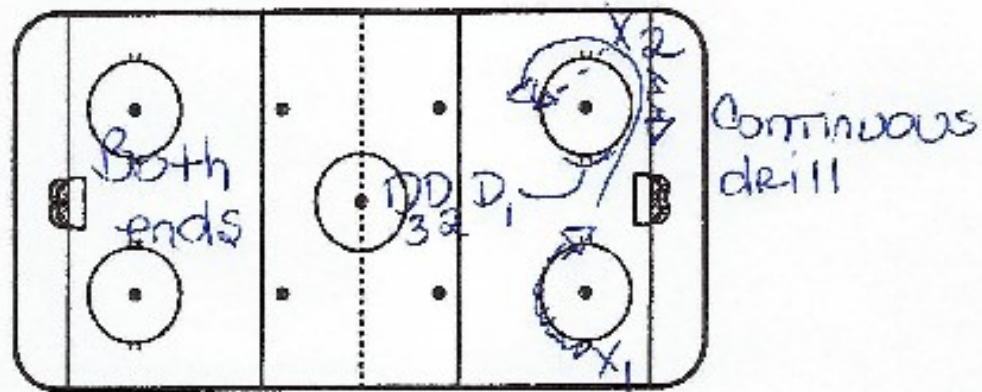
1 vs. 1, 2 vs. 2, 3 vs. 2 - Take Out Drill



Drill starts at one end. X1 attacks the offensive zone by skating in and tipping the shot from D1. He then skates to the corner and receives a pass from the Coach. He transitions up ice and play a 1 vs. 1 against D1. Once the 1 vs. 1 is complete (the Coach decides) they battle in front while X2 breaks in for a tip from D2 etc.

Options on drill: The X's can add two to start and then add three or a complete line.

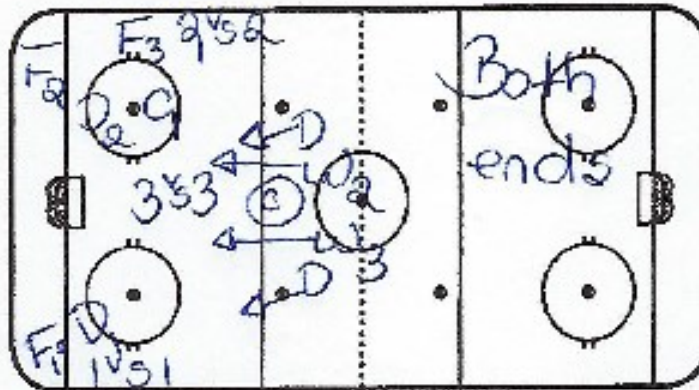
2 vs. 1 - Half Ice Drill



Drill starts at the one side. X1 attacks the net for a quick shot on goal. He then continues to the opposite corner with X2. D1 jumps down and into position to play a 2 vs. 1. X2 bumps puck to X1 and they now attack 2 vs. 1. The drill is continuous. D1 plays two reps and then D2 plays two reps etc.

Options on drill: X2 can carry the puck out of the corner and attack down low. He can carry the puck behind the net. He can shoot in the blue paint.

Specialty Drill – DZ 5 vs. 5 Battle Drill



This is a Defensive Zone Coverage Drill. The Coach blows the first whistle and a 1 vs. 1 starts. 1 vs. 1 coverage. After the 1 vs. 1 dissolves, the Coach blows a second whistle to start a 2 vs. 2 low coverage. After the 2 vs. 2 dissolves, the Coach blows a third whistle to start a 3 vs. 3 low coverage. On the fourth whistle, two Defenseman move on the blue line and the two wingers cover them inside out. After the 5 vs. 5 dissolves the team switches.

Options on the drill: Play 5 vs. 5 after the 2 vs. 2 dissolves.

99: Stories of the Game

Book by Kristie McLellan Day
and Wayne Gretzky

Favorite Quote:

If you want to make everyone happy, don't be a leader – sell ice cream.