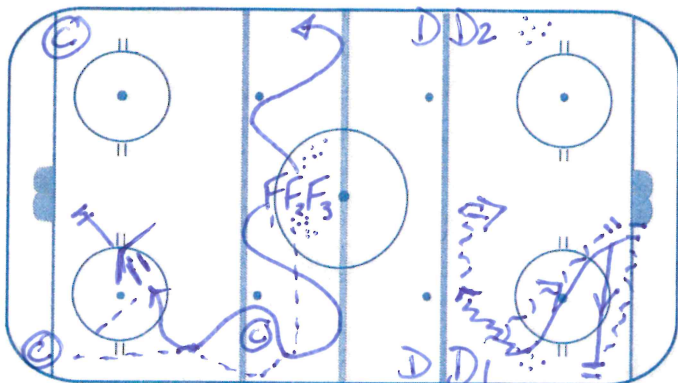


Page 1

Date: Dec. 12 2017
 Bernier Dan Olsen.

TIME DRILL NAME
 1 Player Skills

☐ CONTINUOUS
☒ CONTROLLED



OBJECTIVE(S) Individual skill & warm.

START Forwards (one side per time)

- F1 tag blue line, tag centre line to provide ultimate pass angle
- F2 pass to F1, F1 chip & retrieve around C or pylon
- F1 pass quick to C in corner
- C quick to F1, shoot, get to net!
- F2 goes opp. side.

D-Men.

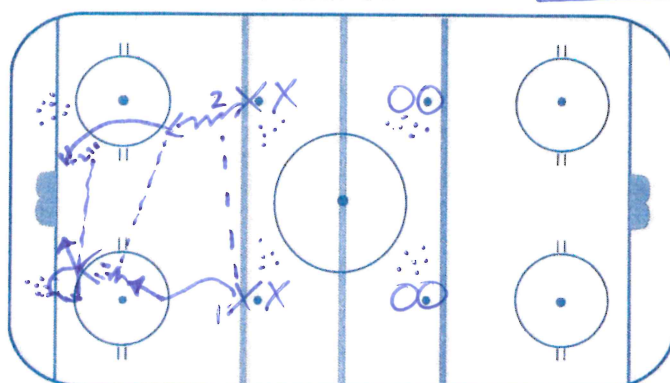
- D1 bcwds. to top o crease - Stop.
- D1 fwds. to corner, bcwds to crease.
- D1 fwds. to p pile, retrieve, sprint on blue line & shoot.
- D2 go opp. side.

ROTATION

VARIATIONS/PROGRESSION

TIME DRILL NAME
 2 Back Door

☐ CONTINUOUS
☒ CONTROLLED



OBJECTIVE(S) G work.

START

- X1 pass to X2 & they attack
- X2 pass back to X1 near hash marks
- X1 shoots, 1-times, redirects on net.
- X1 to p pile & attacks net above goal line
- X2 stay high/delay until X1 picks up p then drive to far post.
- X1 pass to X2 back door
- X1 & X2 play any rebounds.

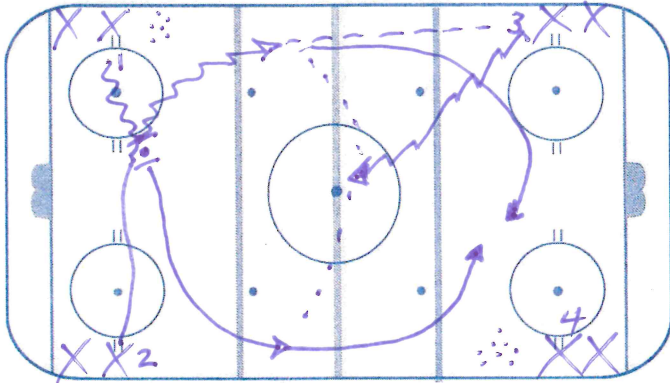
- KEYS
- G square to X2 initially
 - move on passes, track p, lead w/ gloves & stick
 - after 1st shot recover to post then sq. up to p
 - lead w/ eyes, turn head,

ROTATION

VARIATIONS/PROGRESSION

South Side

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
3	Sort.	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) work O-3one Entry

START — go on © whistle

- one end per time
- X₁ off wall w/ \bar{p} drop pass for X₂
- X₂ quick into N-3one crisp pass to X₃
- X₁ & X₂ switch lanes
- X₃ fight hard for mid-ice lane
- X₃ Kicks pass out to either X₁ or X₂ & X₃ drives mid-lane
- X₁ or X₂ drive \bar{p} wide, player w/out \bar{p} supports high.
- X₃ always Kicks & drive net!
- © whistle X₄ starts @ opp. end.

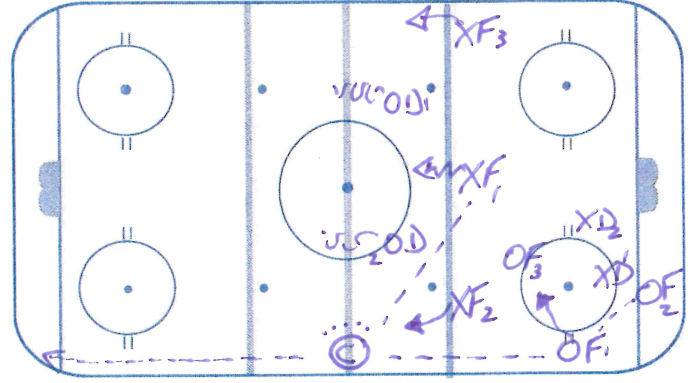
KEYS

- * quick game tempo
- * X₃ hard up ice, hard to net
- * stay on-side.
- * shoot for rebounds.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
4	D-3one	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) work B/C to D-3one.

START

- © pass \bar{p} to OF₁/OF₂/OF₃ & they play 3 on 2 vs XD₁/XD₂
- © whistle XF₁/XF₂/XF₃ rec. \bar{p} from © & go 3 vs 2 to far end vs OD₁/OD₂.
- OF₁/OF₂/OF₃ backcheck & XD₁/XD₂ hustle to join attack w/ XF₁/XF₂/XF₃ for 5 vs 5 at far end of rink.
- © whistle he spots new \bar{p} for second 5 vs 5

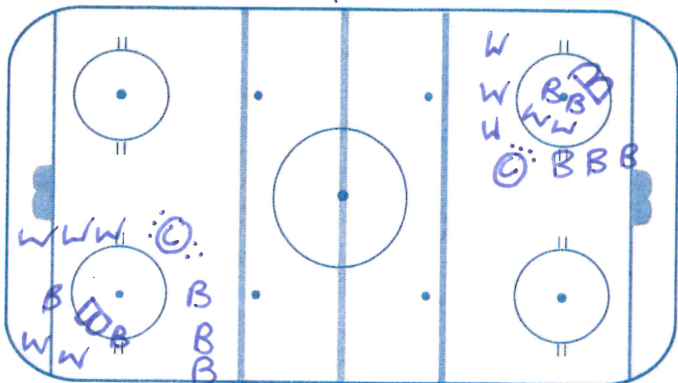
KEYS

ROTATION

VARIATIONS/PROGRESSION

Smitty

TIME 5 DRILL NAME Small Area ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) work small area 2vs2

START — quick transition.

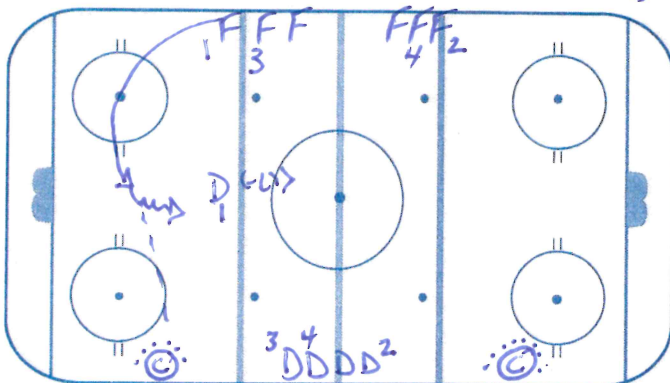
- most game battles in corner
 - decrease space ... increase pace.
 - (C) dump p̄ for 2 vs 2
 - players waiting to go keep p̄ in play
 - G's keep p̄ in play
 - go for 30 secs, change on (C) command.
 - D-Side position, talk to sort
 - sticks on ice, jam p̄
- Offence: control p̄, p̄ ⇒ you ⇒

KEYS opponent, evasive moves, cycle, keep feet moving, shoot & hunt rebnd.

ROTATION

VARIATIONS/PROGRESSION

TIME 6 DRILL NAME Manitoba. ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) Tempo to attack.

START

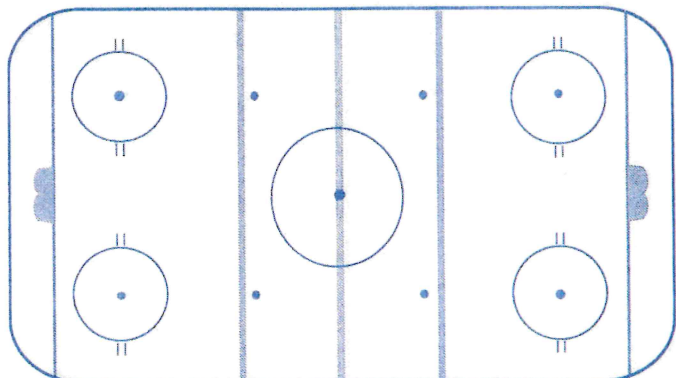
- F & D on opp. sides in N-zone
- F₁ off wall rec. pass from (C) & goes to opp. end / vs / on D₁
- on whistle F₂ off wall & rec p̄ from (C)² & F₁ joins & they go 2 on 1 vs D₂. D₁ joins Rush.
- after 2 vs 1 F₃ jumps off wall to rec. pass from (C) F₃ is joined by F₁ & F₂ & they go 3 vs 2 on D₃ & D₄, D₂ joins Rush to make it 4 on 2.
- F₄ starts drill from far end.

KEYS

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
		<input type="checkbox"/> CONTROLLED



OBJECTIVE(S)

START

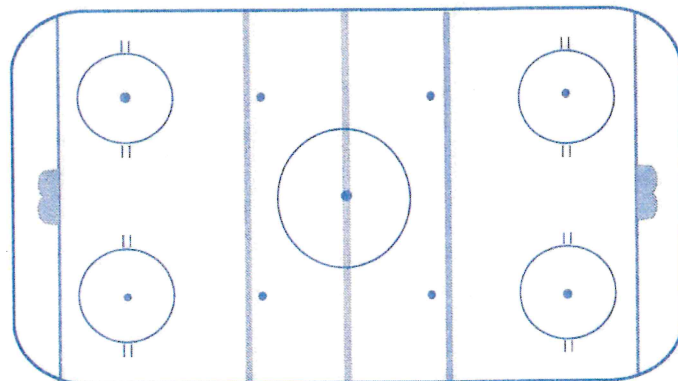
"A bad attitude is like a flat tire ... you can't go anywhere until you change it!"

KEYS

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
		<input type="checkbox"/> CONTROLLED



OBJECTIVE(S)

START

Book:
The Leadership Playbook:
Become your Team's Most
Valuable Leader
Jamy Bechler.

KEYS

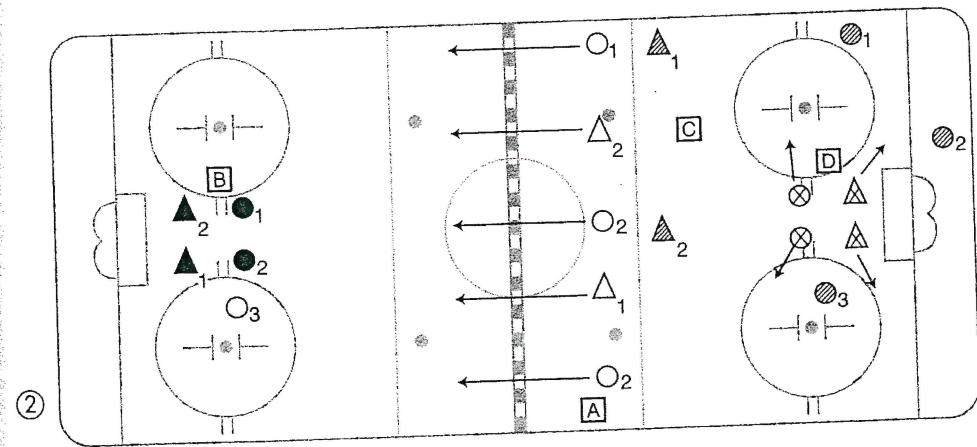
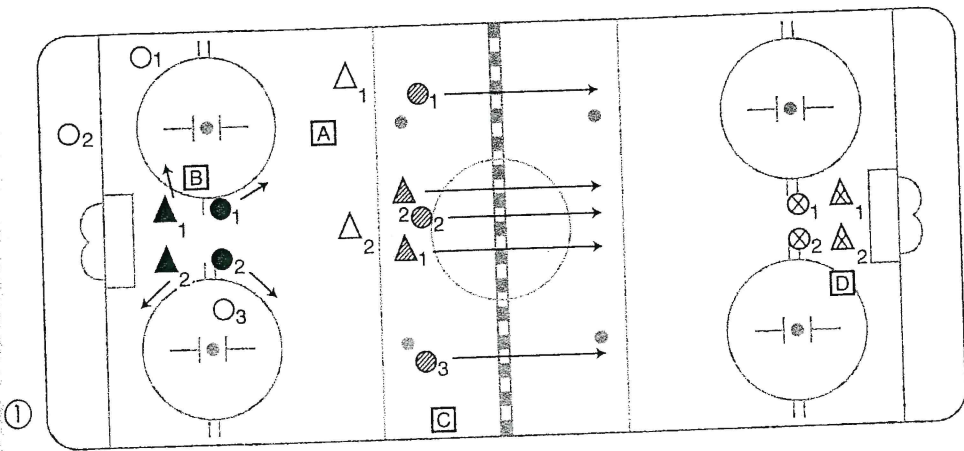
ROTATION

VARIATIONS/PROGRESSION

1. On the whistle, group A (offensive defensemen 1 and 2 and offensive forwards 1, 2, and 3) goes against group B (two defensive defensemen and two defensive forwards).
2. Group C (second power play unit defensemen 1 and 2 and third unit forwards 1, 2, and 3) waits at the blue line in the neutral zone.
3. Group D (second penalty-killing unit defensive forwards 1 and 2 and defensive defensemen 1 and 2) waits inside the far blue line in a box formation in the slot.
4. When group B (the penalty killers) gains possession of the puck and clears it out of the zone to group C, group C enters and makes two passes.
5. On the second pass, group D goes actively against group C as penalty killers.
6. Group A comes to the neutral zone at the far blue line after group C enters the offensive zone.
7. When penalty-killing group D gains possession of the puck and clears the zone, group C enters the offensive zone against group B and makes two passes.
8. Group A then goes actively again against group B as penalty killers.
9. If the puck is held and not cleared, the coach gives a puck to the power play players in the neutral zone. The best entry play for this drill is a shot around the rim of the end boards, but other entries can be used.
10. The drill is continuous, and the power play players and the penalty killers can switch halfway through the drill.

Dan Olsen

D.O.T.W



Dec 12/17

D.O.T.W.C.

Dan Olsen.