

DRILL CLUB 2017-18



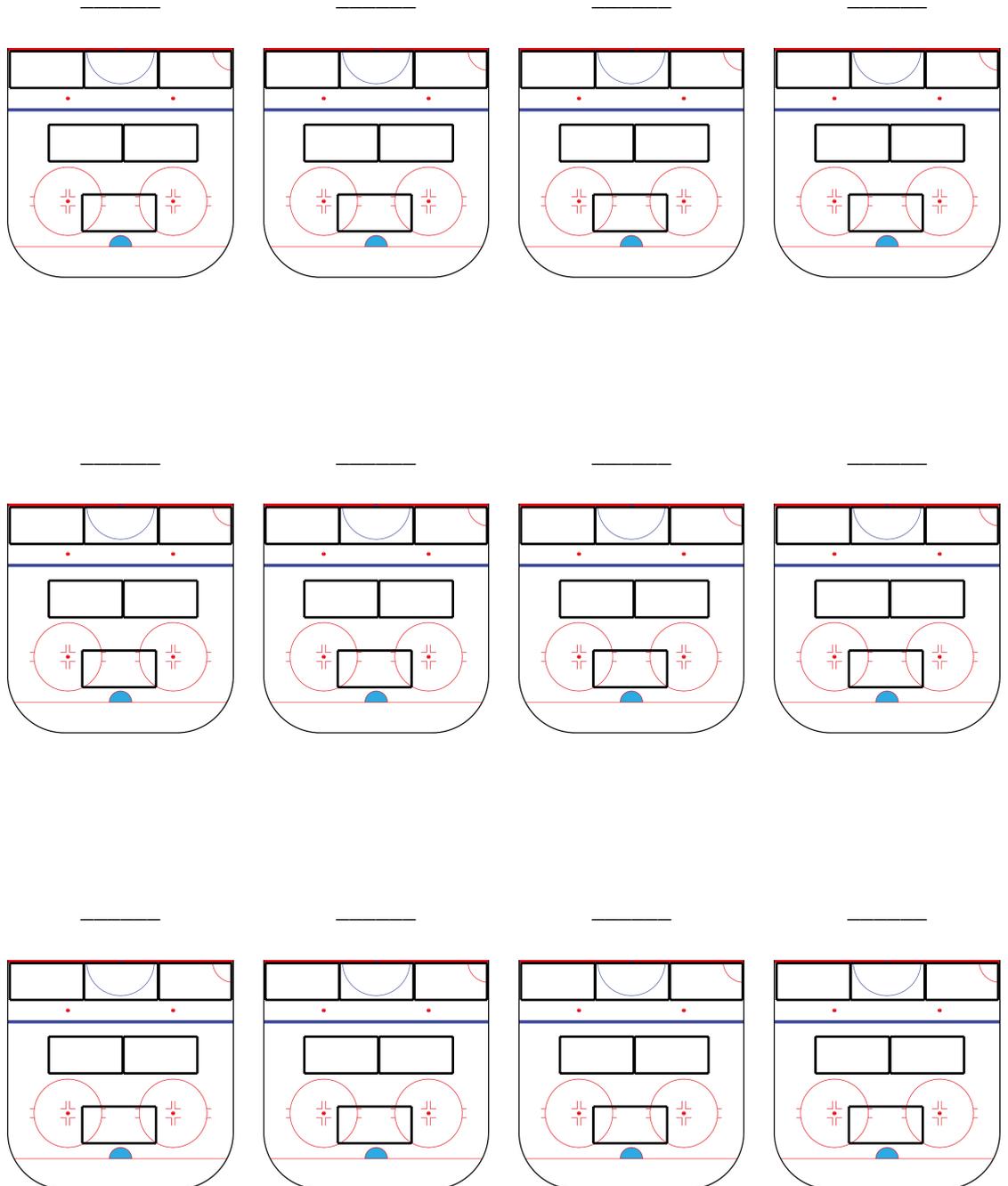
DURATION: 40minutes

DESCRIPTION:

Hi Coaches! Looking forward to getting more great drills this season! Larry

KEYPOINTS:

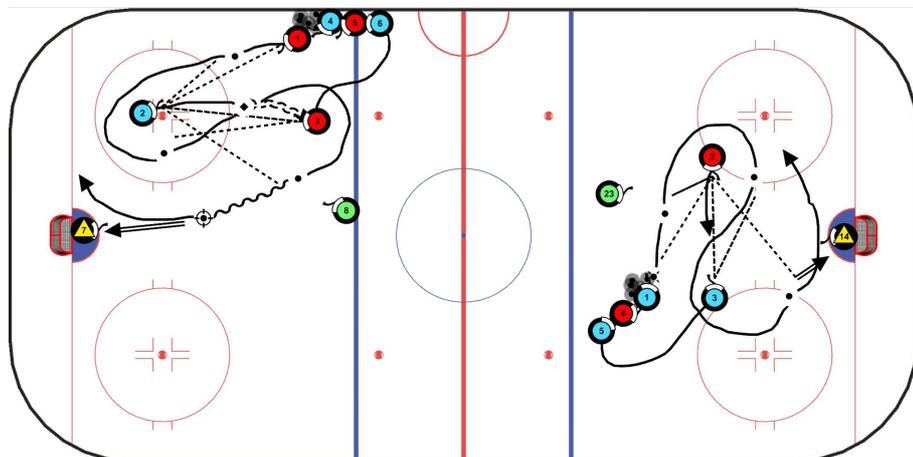
Keep Shooting!!!! :)





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1 - 8 BALL SHOOTER



TIME: 10

DESCRIPTION:

-P1 exchanges one touch passes with P2 and skates a figure 8 pattern making more quick passes with P3 and P2.

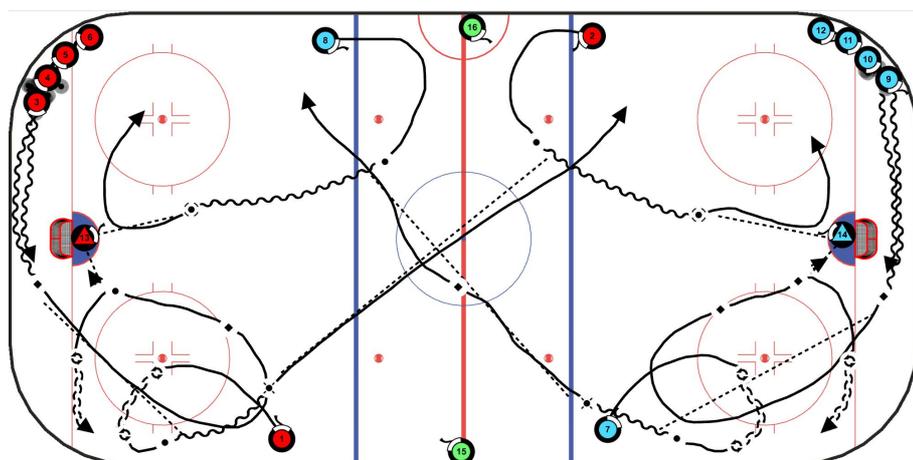
-After the last pass, attack the net.

KEYPOINTS:

-Full speed, accelerating out of the tight turns.

-Vary the position of the passers to change the attack angle and shooting positions.

2 - SNAKE NET DRIVE



TIME: 10

DESCRIPTION:

-P1 must time his pivot to open up on time to receive break out pass from P3.

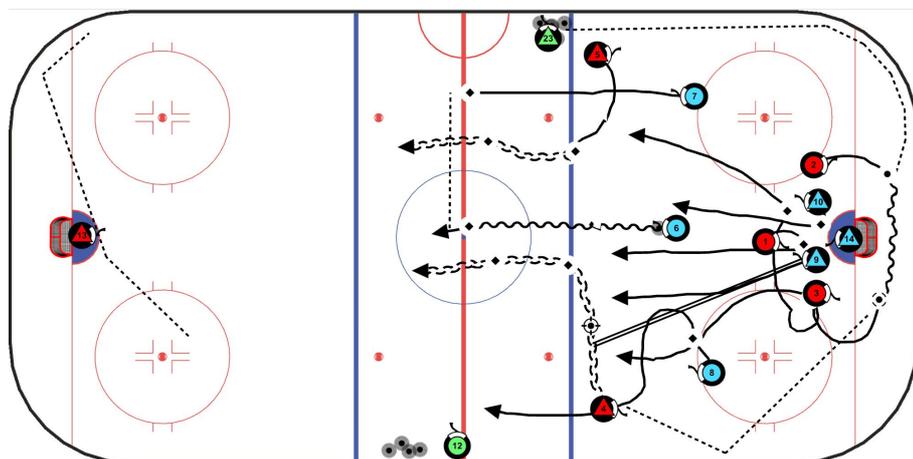
-P2 must time his cut at the blue line to be able to take the pass from P1 at full speed

-After passing to P2, P3 drives to the net for a rebound off P8's shot

KEYPOINTS:

-Breakout passer starts skating to start the next break out after the player coming in has shot

3 - JACQUE'S BACK CHECK TO LZD



TIME: 10

DESCRIPTION:

- Coach long cycles puck behind net for red F2 who banks up to D for shot

- Let forwards play low 3@2 until whistle when blue line F6, F7 and F8 can now attack up the ice 3@2

- Red line now back checks to their D zone and Blue D jump up as well

- Finish 5@5 low. Coach ready to spot 2nd puck on a quick clear by the defender

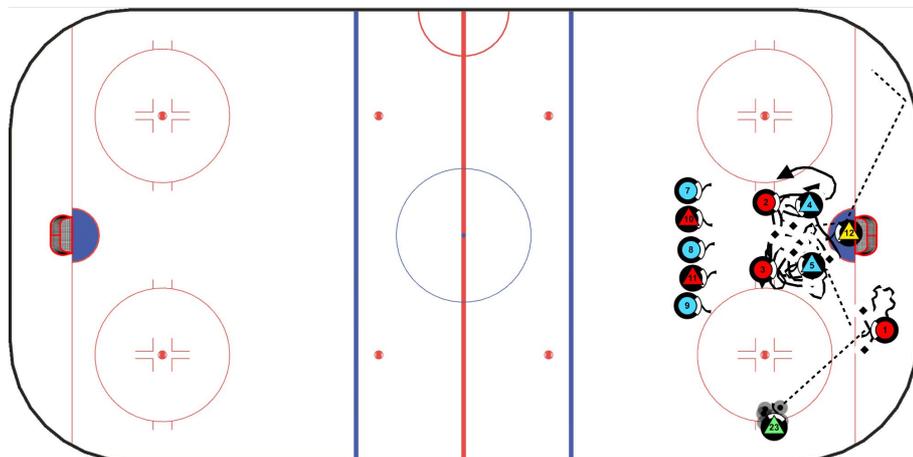
KEYPOINTS:

- After low 3@2, all must back check



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4 - FROLUNDA 2@2 NET FRONT SIG



TIME: 10

DESCRIPTION:

- Two forwards and two defensemen set up in front of the net. The passing forward sets up below the goal line.
- The forwards get three pucks to score as many goals as possible
- Forwards battle to get open for passes and D men defend
- Option: Alternate low forward after each pass

KEYPOINTS:

- Defensemen must maintain good body position on the forward they are