



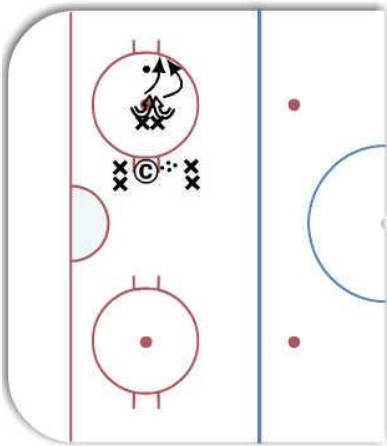
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|-------------|----------|--------|------|
| Date: | 11/01/17 | Group: | |
| Length: | 0 mins | | |
| Start Time: | 7:01pm | Focus: | |
| End Time: | 7:01pm | Level: | MIDG |

| Length | Start | Drill Name | Category | Notes |
|--------|--------|--|--|---|
| 10 | 7:01pm | Oilers Inside Position Puck Protection | Individual/Team Skills/Tactics - Puck Protection | -Stress taking a step inside on your opponent |
| 10 | 7:11pm | Blues - Fight for Position | Individual/TeamSkills/Tactics - Offensive/Defensive Skills/Tactics | -Stress the importance of fighting for good body positioning, and quick releases |
| 10 | 7:21pm | Colorado 2v1 | Line Rush Drills (For/Against) / OZ Entries | -Stress that players stay to their own side of the ice to avoid collision and to allow drill to flow properly |
| 10 | 7:31pm | Winnipeg 3v1 | NZ Transition/Counter Drills | -Stress the importance of switching lanes, motion regroup, and interchanging, while supporting the puck -Enter the zone, with good puck possession |
| 10 | 7:41pm | Small Area Game: Babson #'s | Small Area Games - OZ/DZ Play | -Stress importance of creating offence through the advantages or with the disadvantages that you have -Defending according to support and #'s |

Notes: Thanks for organizing this Enio, and to all of those you contribute. Great to learn from you each week!

Suggested Reading: "Win Forever" by Pete Carroll

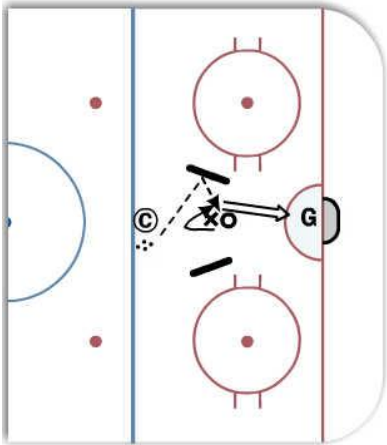
Drill Title: Oilers Inside Position Puck Protection (1 Diagram)



- Set up as shown, can be done in many different groups if needed
- No goaltenders needed, or added after as a progression
- Players line up "foot to foot" facing the coach and lines
- Puck is place a few feet behind the players, and a few feet off of the boards.
- On the whistles players are turning and trying to gain possession of the puck first
- Players need to Take a step inside on their opponent, "play in their equipment", gain inside position, as they look to control the puck.
- Whistle is blown to stop the repetition, after 1-2 seconds of possession
- Note this is a good "1st Progression Drill for Teaching Puck Protection", and for establishing inside position.

Key Points: , Gain Inside Position , Strong Stick , Low Centre of Gravity , Protect the Puck , Win Puck Races/Battles

Drill Title: Blues - Fight for Position (1 Diagram)



- Set Up as shown, using two bumpers on either side
- Offensive player gets outside positioning to start vs another coach, or defensive player
- Coach will pass off of the bumper three separate times, while offensive player, fights for good offensive position
- Player collects the puck, and quickly gets position and leverage for quick shot
- After 3rd shot, player gets down by the net, for a fourth puck from coach
- Player looks for quick redirect here.

Key Points: , Body Positioning , Spin off Pressure , Quick Shot , Puck Protection

Drill Title: Colorado 2v1 (1 Diagram)

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Colorado 2v1

Content elements: Speed

Components : Gap Control

Description

- On whistle out of both ends.

- F1 starts by opening up (FIND HONEY POT) to F2 while getting into the scoring zone.

- F2 passes to F1 who one-times shot on net, then follows up for rebound. Stay in front.

- D moves in, gets pass from F3, then shoots quick with F1 screening.

- After shot, D pulls out, F1 rolls out to boards, gets puck placed by F2, F3 comes across to support.

- F1 and F3 go 2v1 on D.

STAY ON YOUR SIDE OF ICE

Key Points :

Speed

Net Drive

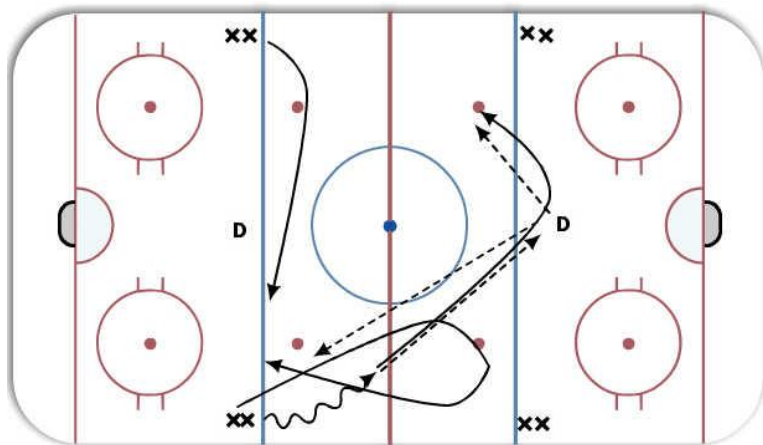
Gap Control

Active Stick

- See description above
- Be sure to switch sides halfway through to ensure shots from different sides, as well as breakouts from different side
- Reps Start on the whistle

Key Points: , Find Shooting Area , Quick Shot , Speed , Net Drive , Gap Control , Communication

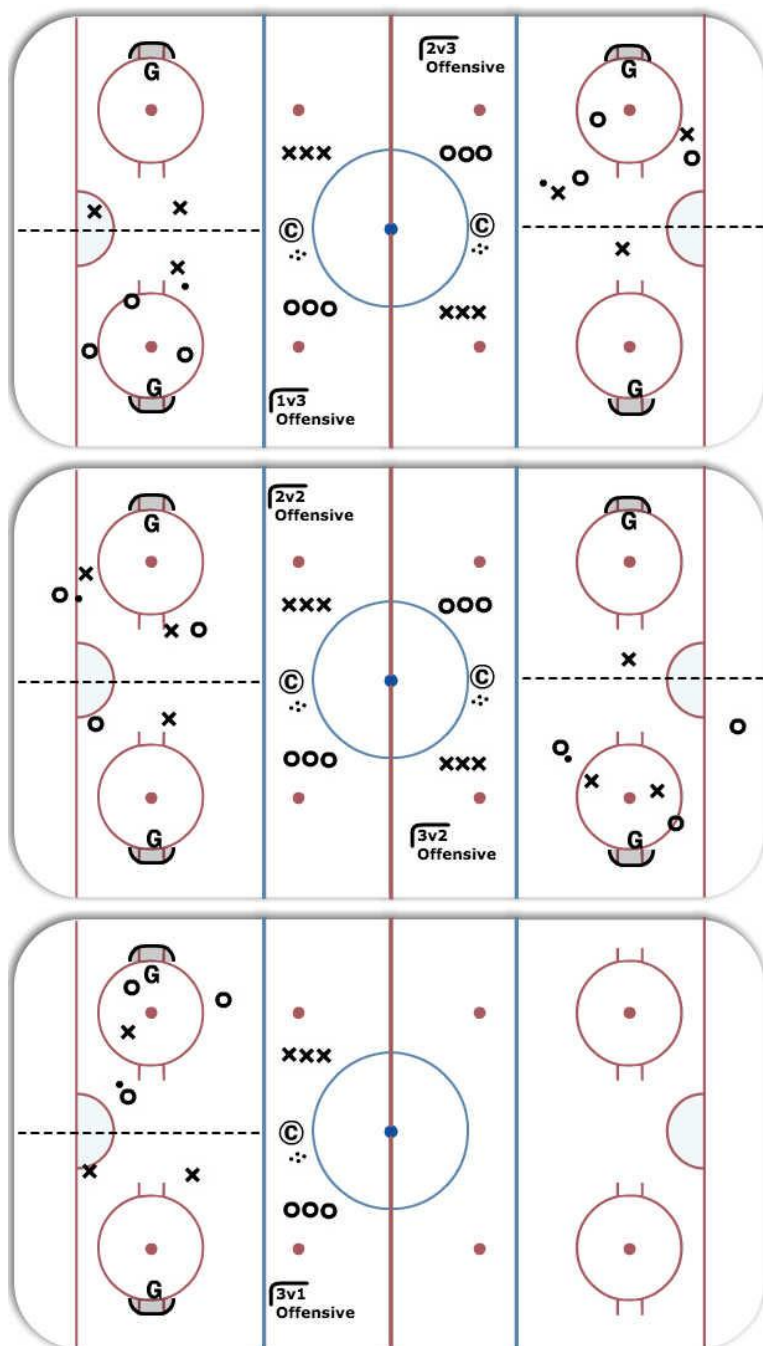
Drill Title: Winnipeg 3v1 (1 Diagram)



- Drill is set up as shown
- Each rep begins on the whistle
- Be sure to pre-determine the line with 2 players leaving from it before hand.
- F1 passes to the D man in front of them, and skates around the centre circle to the other side of the each, supporting the D for a possible return pass
- F2, leaving from the same line as F1, leaves behind F1, and curls up the boards on the same side of the ice that he started, supporting for a possible pass from the D
- F3, timing accordingly, comes across the ice in support of the puck
- D-Man who is mobile with the puck, makes a pass to F1 or F2, and the three forwards react and support accordingly
- Attack and enter 3v1 vs opposite side D-Man
- Next Rep will begin in the opposite direction
- D Man Rotation: Offense-Defence-Out
- Be sure to switch sides (line with 2 players) halfway through

Key Points: , Passing , Timing , Communication , Support The Puck , Creativity , Fill and Change Lanes

Drill Title: Small Area Game: Babson #'s (3 Diagram s)



- Set up as shown
- Can be played all in one end or in both ends to increase reps and playing time
- Playing options are Offensive 1v3, 2v3, 2v2, 3v2, 3v1

- 30 to 35 second shifts
- Select the #'s and conditions of the game prior to starting
- Use 2-3 different # set ups during a drill, and be sure the players know the set up and conditions of the game, both on offence and defence
- Be sure to utilize your numbers properly, given the situation, whether you have the numerical advantage or the opposing team does.
- Player can interchange and rotate with "non offensive players" when they see fit
- Offensive team can make passes outside of the zone to their non offensive player, who can shoot or pass, acting like high offensive support.

Key Points: , Battle , Compete , Awareness , Finding Open Ice , Pressure Puck , Support the Puck , Defending Accordingly , Strong on Puck , Communication