



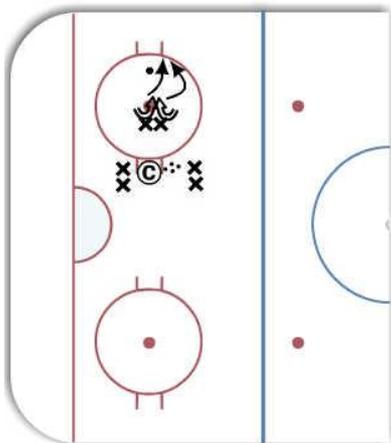
**Date:** 11/01/17 **Group:** \_\_\_\_\_  
**Length:** 0 mins \_\_\_\_\_  
**Start Time:** 7:01pm **Focus:** \_\_\_\_\_  
**End Time:** 7:01pm **Level:** MIDG \_\_\_\_\_

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/Team Skills/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 )



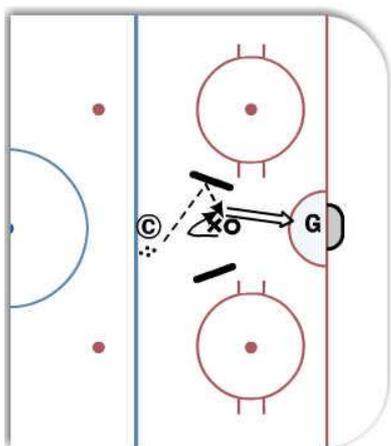
- Set up as shown, can be done in many different groups if needed
- No goaltenders needed, or added after as a progression

- 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

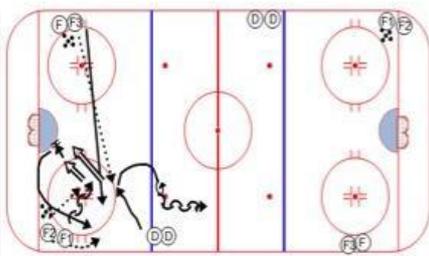
**Drill Title:** Colorado 2v1 (1 Diagram )

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.



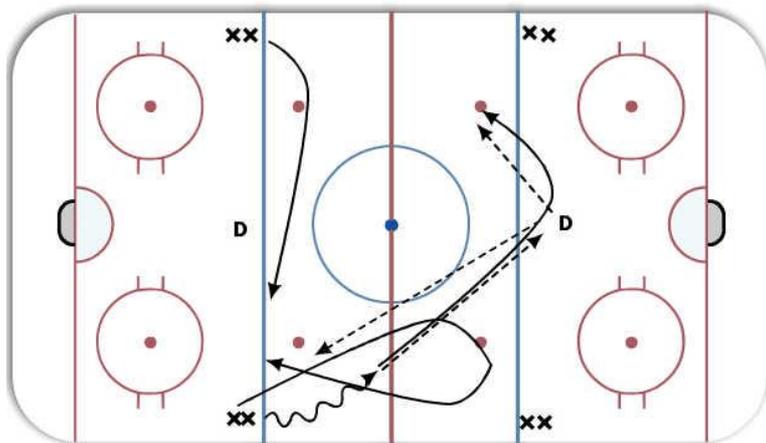
STAY ON YOUR SIDE OF ICE

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

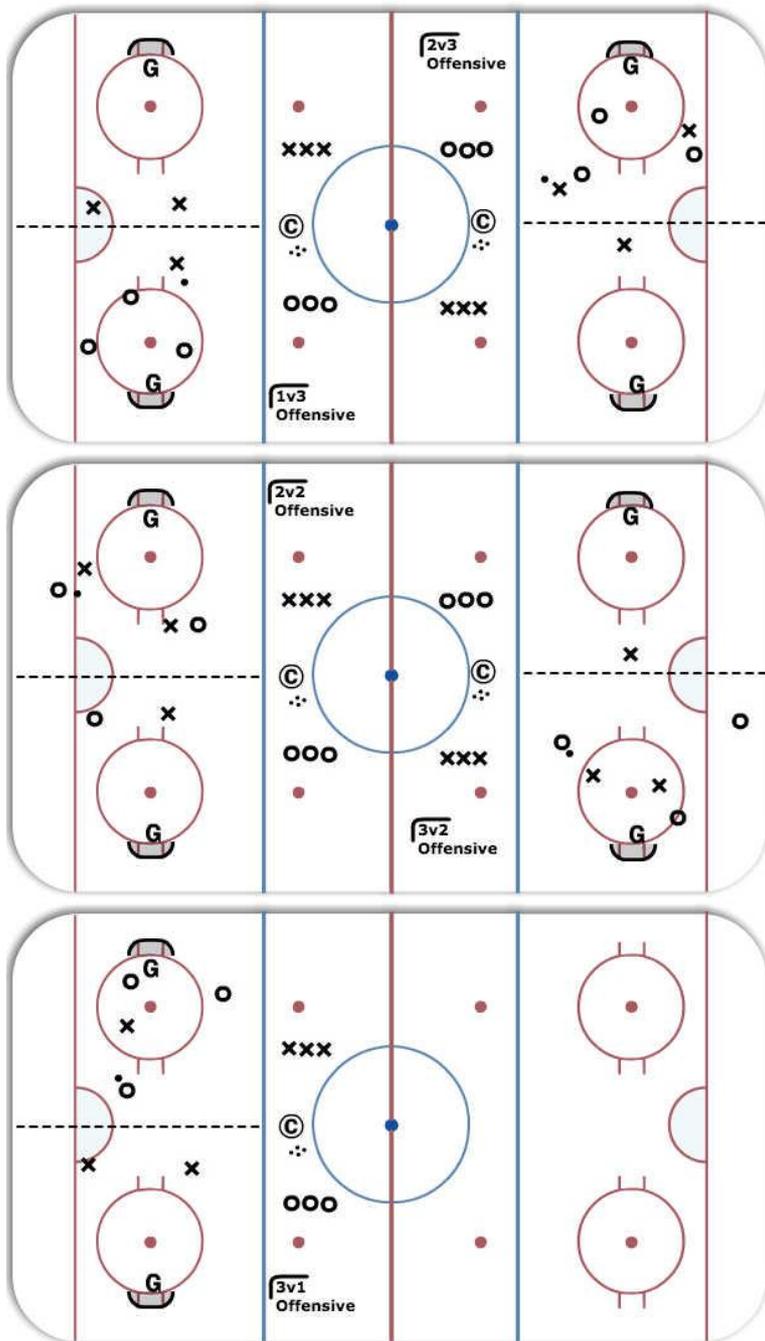
**Drill Title:** Winnipeg 3v1 (1 Diagram )



- 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