

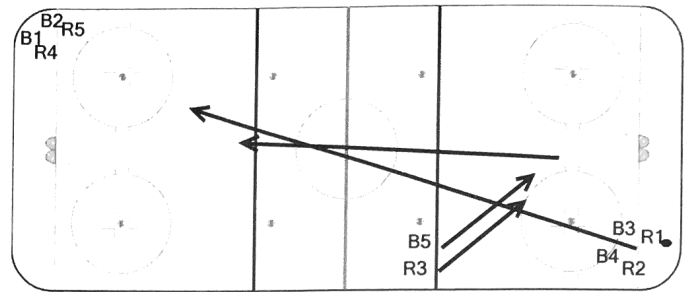


Drill of the Week Club

2-2, 3-3, 5-5

8:46 - 8:56

- Start 2-2 in Zone 1 (Rs on offense and Bs on defense)
- B5(d-man) and R3(high offensive forward) join play
- Play until the next whistle (approx. 15 seconds) as 3-3 low
- On whistle, C dumps puck in Zone 2 corner and play 2-2 (Bs on offense and Rs on defense)
- Zone 1 players must hurry into Zone 2 and read, react, and get into positions and play 5-5 (approx. 15 seconds)
- If puck is cleared out, C puts dumps another puck somewhere and players must read and react!
- POSITIONS AND INTENSITY!!!!





Drill of the Week Club

Tuesday, October 17, 2017 8:00 PM - 8:00 PM

Thanks Enio for putting this together again.

Jim Midgley
Halifax Mooseheads.

Skill

8:00 - 8:20

(1) 2 v2 Passing Game (5 mins)

(2) 3 Stations:

1. Two Releases
2. Double Rebound
3. Hands Race

Shooting

8:20 - 8:28

Shooting Sequence:

- Fakes: Pull and Shoot/Push and Shoot (Always Forehand)
- Catch and Shoot (Lateral Pass)
- Backhand Catch-Forehand Shot

Quickness and foot work

8:28 - 8:28

3 Man Transition

8:28 - 8:36

- F1 passes to D who backpeddles deep into the zone.
- F2 waits, then releases to get pass from D
- F1 swings to support F2.
- F2 skates and chips puck into space for F1.
- F1 drives and shoots with F2 driving the net for rebound.
- D follows the play up ice and will do a scissor with the F who retrieves the puck from the coach.

3 on 2 turn in 1 on 1 and 2 on 1

8:36 - 8:46

3 pucks

- 1st puck: attack at 3 on 2
- 2nd puck: F1 has to go back and touch the central circle, recovers a loose puck and attack D1 at 1 on 1.
- 3rd puck: F2 and F3 get back to the DZ top circle, recover a puck at the end blue and attack D2 at 2 on 1

