



EDGE MOUNTAINEERS MIDGET PREP HOCKEY CLUB

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2017-2018 DRILL OF WEEK CLUB

TEAM BUILDING ACTIVITY

- MINUTE TO WIN IT CHALLENGES (GOOGLE IT)
- DIVIDE TEAM INTO GROUPS OF 4 or LESS PEOPLE
- GROUPS COMPETE IN MINUTE TO WIN IT CHALLENGES
- SIMPLE CHALLENGES THAT KIDS ENJOY + BUILD TEAMWORK SKILLS
- WILL NEED SOME SUPPLIES DEPENDING CHALLENGES YOU PICK
IG. PING PONG BALLS, PLASTIC CUPS, ELASTICS
- CAN BE DONE PRETTY MUCH ANYWHERE... HOTEL, DRESSING ROOM



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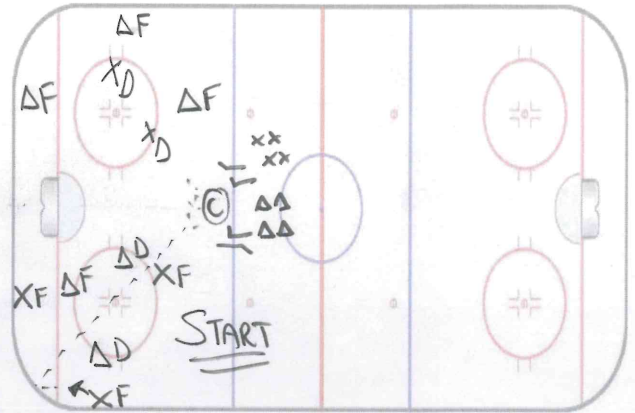
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DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: _____

SPEED CYCLE

FORWARD LINE (XF) play 3v3 against 2D + 1F (Δ) in confined zone space (top of circles + far post). Defenders do not have sticks. Play for 10-15 seconds max to create offensive urgency. On whistle → 1 Forward (x) will switch to other side (throwing stick out of zone).

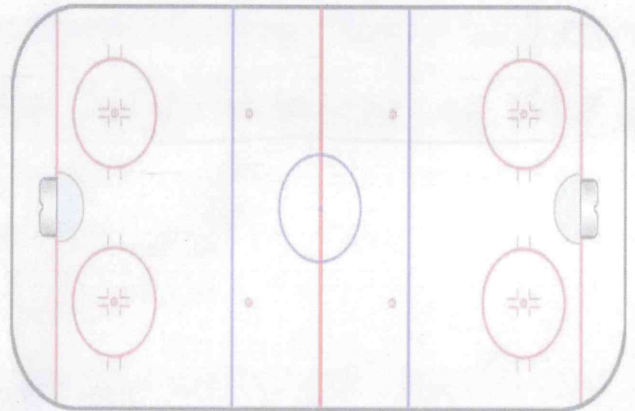


TIME: _____ DRILL: _____

+ defending with 2D against different forward line

KEYS

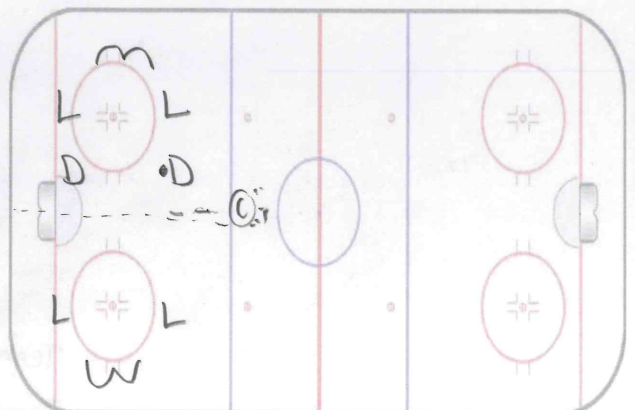
- F = Team Offensive Concepts (i.e. F³ high, F² @ post) Urgency Attacking Net w/ Pucks + Bodies Rolls + Picks to create seam
- D = Keep D-side position work on communication skills (puck, switches) Close gaps, finish checks + keep inside position



TIME: _____ DRILL: _____

2:2 CONTINUOUS TRANSITION

- Split zone
- 2 DARK (D) vs 2 LIGHT (L) in half zone. D are on offense until L creates turnover + transition pass to L's waiting in other zone. D's must transition quick from offense to Defense... 2 new D get set up in offensive zone
- Offense - Defense - Out
- * WORKS ON TRANSITION HABITS
- ATTACKING ON OFFENSE AQAP
- TRANSITION FROM OFFENSE TO DEFENSE AQAP





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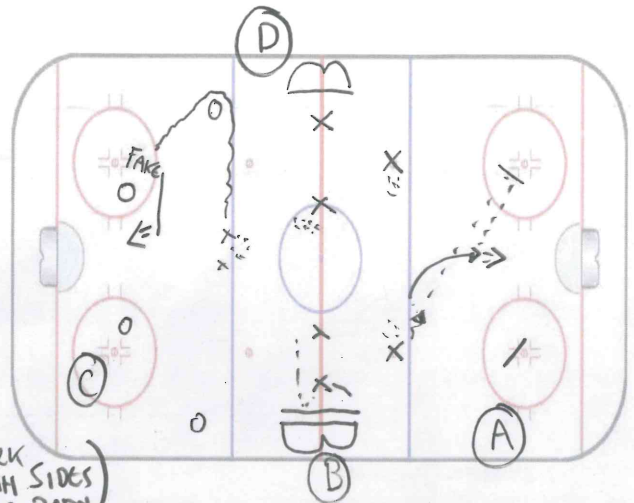
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DATE / TIME / PLACE: _____ FOCUS: _____

Skill

TIME: _____ DRILL: FORWARD Skill Stations

- (A) PICKING UP PASSES FROM REBOUNDER w/
- QUICK RELEASE SHOTS
- (B) PARTNER BANKS PASSES OFF REBOUNDER
- IN TIGHT FINISHING (SHOOTER TUTOR)
- (C) WIDE DRIVE INTO CHANGE ANGLE SHOT
- FAKE + PUSH/PULL SHOT
- (D) WRIST SHOTS FOR NET FRONT DEFLECTIONS



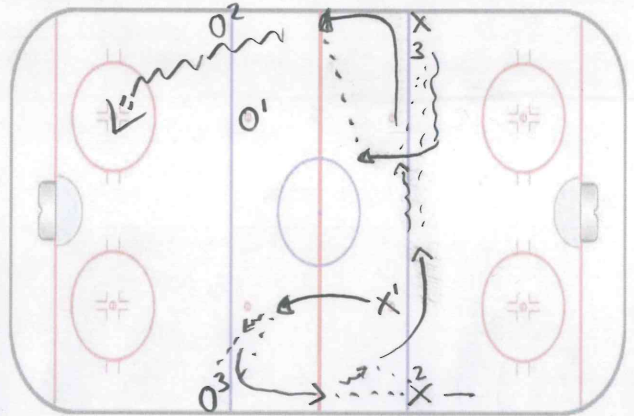
(WORK BOTH SIDES OF BODY)

TIME: _____ DRILL: _____
(x' + o' leave @ same time)

Flow

SMALL / BIG

- x' + o' leave @ same time
- x' gets pass from o³ - gives it back
- x' gets pass from x² - gives it back
- x' gets pass from x³ - gives it back, x³
walks to middle under x'. x' supports on
wall + opens up for pass from x³... Shot
- ... Continuous x³ + o³ repeat roles of



TIME: _____ DRILL: _____

x' + o'

