

**Drill Club of the Week: Book Recommendation and Team Building**  
**Kyle MacLennan**

1. Book – “You Win in the Locker Room First” by Jon Gordon and Mike Smith
  
2. Team Building Activity - Simple but effective, Team Puzzle Challenge. Break teams into 2 to 4 groups of even players. Provide each team with the same puzzle, and see which group can finish the puzzle first. This is a great activity as it will display different types of leadership and skill sets in a competitive environment. You will see some players take charge and organize, some be the “workers” and find the specific pieces, and the activity really stresses team work and communication. A personal twist can be added to the activity by getting custom puzzles made, of team logos, team pictures, or anything else meaningful to the team. Custom puzzles are usually inexpensive as well.

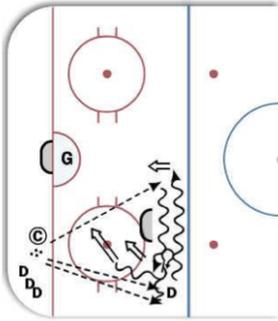


**Date:** 11/08/16 **Group:** Drill Club of the Week  
**Length:** 50 mins  
**Start Time:** 8:39am **Focus:** Set of 4 Drills (Various Focuses)  
**End Time:** 9:29am **Level:** MIDG

Length	Start	Drill Name	Category	Notes
10	8:39am	Russo - D Shooting Lanes	Individual Skills/Tactics - Defence	-Stress quick sprints laterally, and moving your feet/puck -Head Up on Movement/Shots -Quick Release, and Try to Not Under handle the Puck
10	8:49am	Colby 4 Line Series	Team Skills - Warm Up	-Stress attention to detail, creativity and good passing
10	8:59am	Utah 3v3 Strong Side D-Zone	Team Play - DZC	-Stress the importance of support and patience from F1/F2 -Good habits, and be sure not to puck watch
10	9:09am	Small Area Game - Royal Line	Small Area Games - OZ/DZ Play	-Stress the importance of changing the point of attack -Goals can only count if the puck has crossed the mid line (pass or carry) -Support with the weak side!

**Notes:**

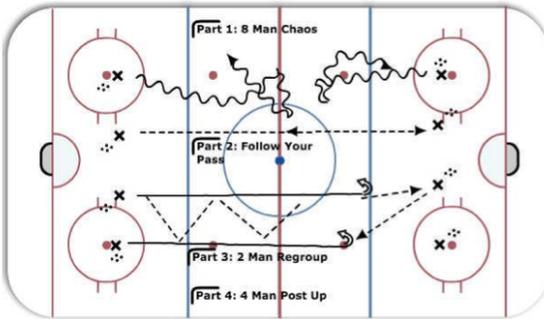
**Drill Title:** Russo - D Shooting Lanes (1 Diagram )



- Drill is set up as shown
- Drill can run alternate sides if there are enough nets, and players
- D Starts on the whistle, gets puck from coach and walks laterally, quickly, to the middle of the ice and shoots the puck
- Player then gets second puck from coach, and walks back to the boards, around the net for a quick shot
- Player then gets third puck, walks laterally towards the middle, before performing an escape turn, and cutting around the net, and down the wall for a quick shot
- Be sure to run out of both sides of the ice
- Be sure players are picking up passes on both their forehands and backhands

Key Points: , Head Up , Quick Feet , Find Shooting Lanes , Quick Release , Under handle puck , Good forehand/backhand pick ups

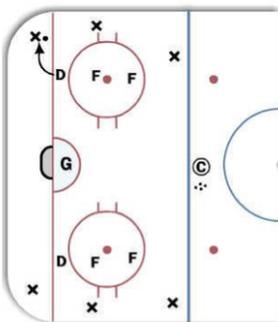
**Drill Title:** Colby 4 Line Series (1 Diagram )



- Set up as shown, for a quick warm up sequence
- Four lines at each end, with pucks at each line
- Part 1: On whistle, all 8 lines send first player into the middle for chaos. On the next whistle they return back to their lines and pass it to the next player who goes and repeats
- Part 2: Follow your pass with touch passes to the line in front of you
- Part 3: Work with the line beside you, in groups of two. Passing back and forth 2v0, and then regrouping back to your own line
- Part 4: Players leave in staggered pattern, make pass to line in front of them and post up for a return pass, and go down for a shot on net
- Drills can be varied if needed
- Lines can be reduced from 8 to 4 if needed.

Key Points: , Puck Control , Head Up , Passing/Receiving , Communication , Open Up

**Drill Title:** Utah 3v3 Strong Side D-Zone (1 Diagram )



- Set up as shown
- Players will play 3v3 on strong side of the ice.
- Players will be spotted a puck, and look to generate offence from the strong side of the ice
- D1 look for containment first
- F1 or DLS needs to be playing off of the dots and in good position to support and jump on puck movement (2nd Quick)
- F2 is low, and off the wall, in the D man's lane
- Deny walkout through the dots, and explode to any passes to the point
- Play 10-15 seconds, whistle ends one side, and starts the other. Switch side 2-3 times per repetition
- Alternate offensive and defensive players each repetition

Key Points: , Contain , Pressure , Support , Stick on Puck , Patience Explode to Point , Communication

