

Hi Enio,

Here are my 4 drills:

My skill drill is the Puck Control one that has three drills in the diagram. Any of these are good for 5 min skills work maybe while the goalies are getting some specialized attention.

Team skill is Revolver. This is great for younger teams to teach them the concept of waiting until the passer is ready before I send them the puck. Our university players like it because it is quick with give and gos and gets their hands going.

The 3 zone 5 on 5 is great to test your team's in zone communication as all attackers must be identified when the play goes live. It also works our breakouts extra hard as the D on the blueline can be super aggressive as there is no chance for a breakaway against them. I will usually put my top line forechecking against my weakest as if they can get out against them they will be successful in games.

Last one is a battle game if your team is struggling to get into the tough areas of the ice. I have it drawn as a circle in the drill but I also put in pylons to mark off a bigger space. Coaches can use whichever. Having ice paint works better as you can define where you want your players to be. I also like the fact that defenders have to find a winger up top to pass to as in a lot of these drills they are just asked to clear the puck which creates bad habits.

As for the other pic one I'll give you all three:

Team Builder: Great one for short term events (provincial teams, National teams, tourney teams) where the kids may not know each very well yet. Each player's name is written on masking tape or hockey tape. One by one they walk up to the coach and turn around and a random players name is put on their back. They then have to stand against the wall so no one can see the name. Repeat until every player has a name on their back.

When you say go, all players must walk around and ask other players questions to help find out who's name is on their back. The trick is the question is can only be answered with a yes or no. Once a player thinks they know who they have on their back they go to a coach and tell them. If they are right they are done.

As a talking point after this you ask them, how hard was it with only yes or no questions to figure out who was on your back ?

A great time to emphasize clear communication when on the ice.

A book would be the one I give to my grads on their grad game:

"Wooden: a lifetime of observations on and off the court"

The quote I would give is from Mahatma Gandhi and we used it when I first took over my university program as we were not strong.

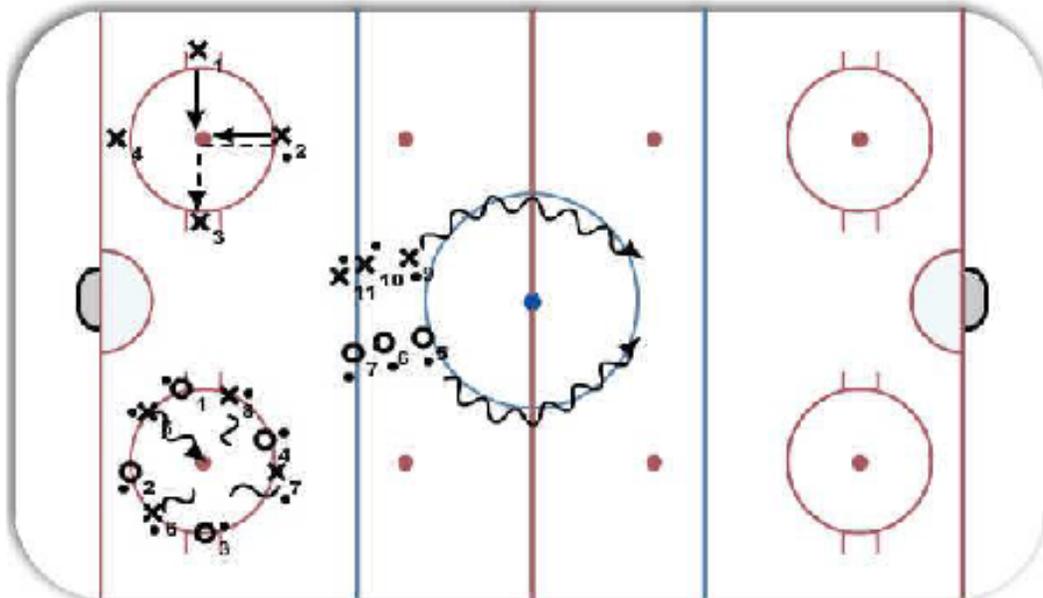
"First they ignore you, then they laugh at you, then they fight you, then you win."

Hope these are ok.

Thanks again for the invite.

Peter

## Puckhandling Skills



### Description

#### Team Canada Drill

X1 starts into circle and receives pass from X2 and she touches it to X3 and continues forward to fill in behind X3. X2 skates out after passing to X1 and receives pass from X3 to touch to X4 and fills in behind her. Drill continues. After 2 min change directions so players learn touch off forehand and backhand

#### Chaos in a circle.

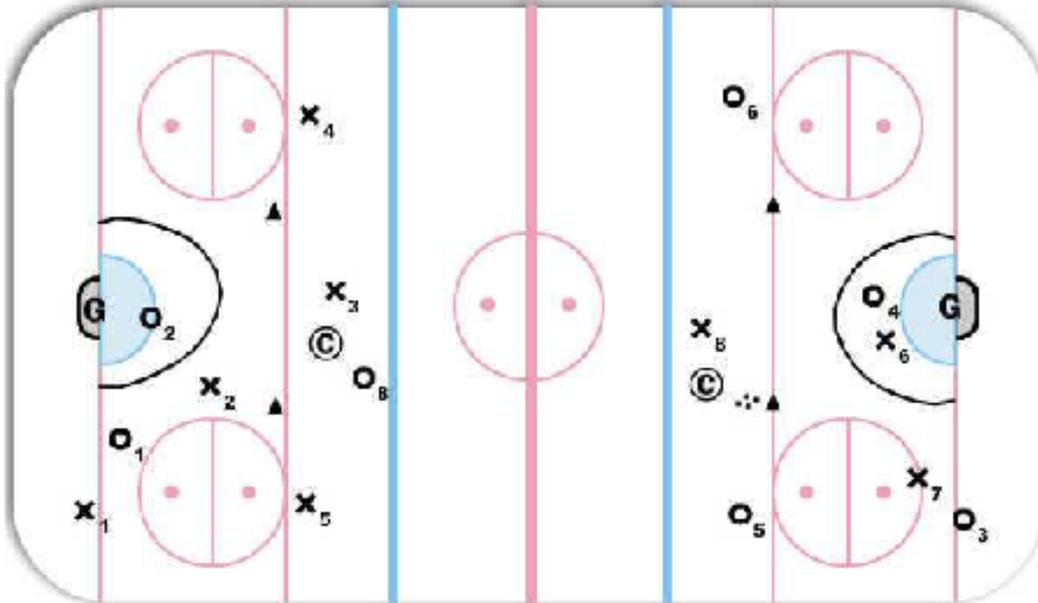
1/2 of the team on a circle, half at a time they go in and stickhandle around each other in small space. On whistle, other half goes in. Progress to trying to pokecheck the puck off the other players' sticks until only one is left.

#### Head On

Stickhandle around the line of the circle but half going in one direction and half in the other. Progress to pokechecking same as chaos. (likely use three circles for this drill).

**Key Points:** Puck control and possession, Touch passing

## 2 on 2 Battle



### Description

Players split evenly in both ends.

2 Def and 2 Fwds line up on ringette Line (all players will defend and attack)

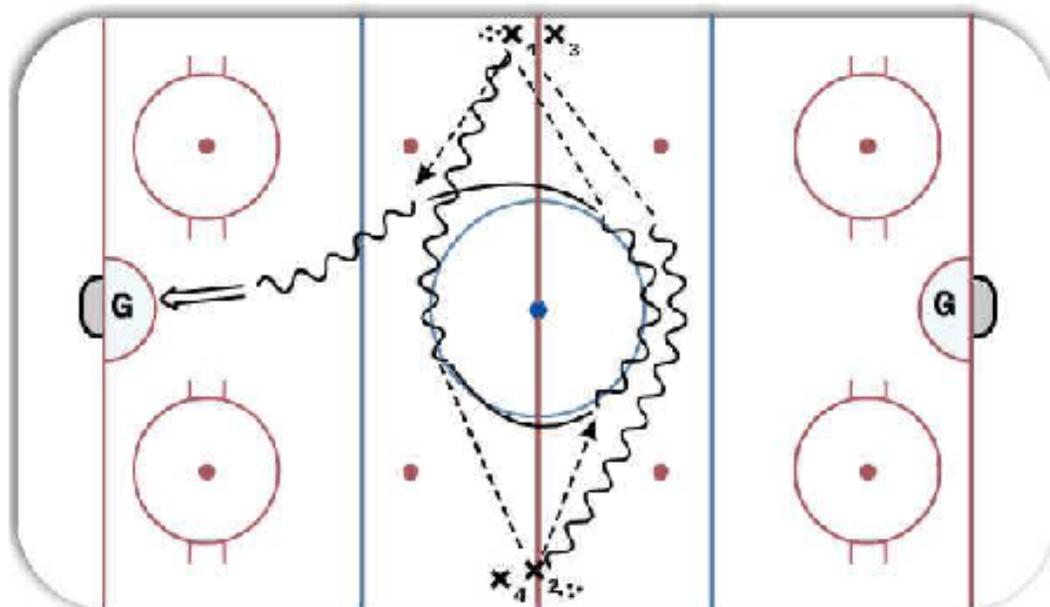
Coach dumps a puck in 2 fws and Def battle for possession. Fwds can't score from outside the box. They have to either pass into the box, or shoot for a rebound and the player in the box can score. Players do not have to be in the box except to score.

Defense need to gain possession and make a pass to their partner who then must pass to a player who is set up in a breakout position above the ringette line. After goal or successful clearing players switch.

30 sec max time

**Key Points:** Dmen -, Stick on Puck, Body Position, Front of net presence., Fwd -, Move to Open Spaces, Shoot for rebound, puck control with body.

## Revolver



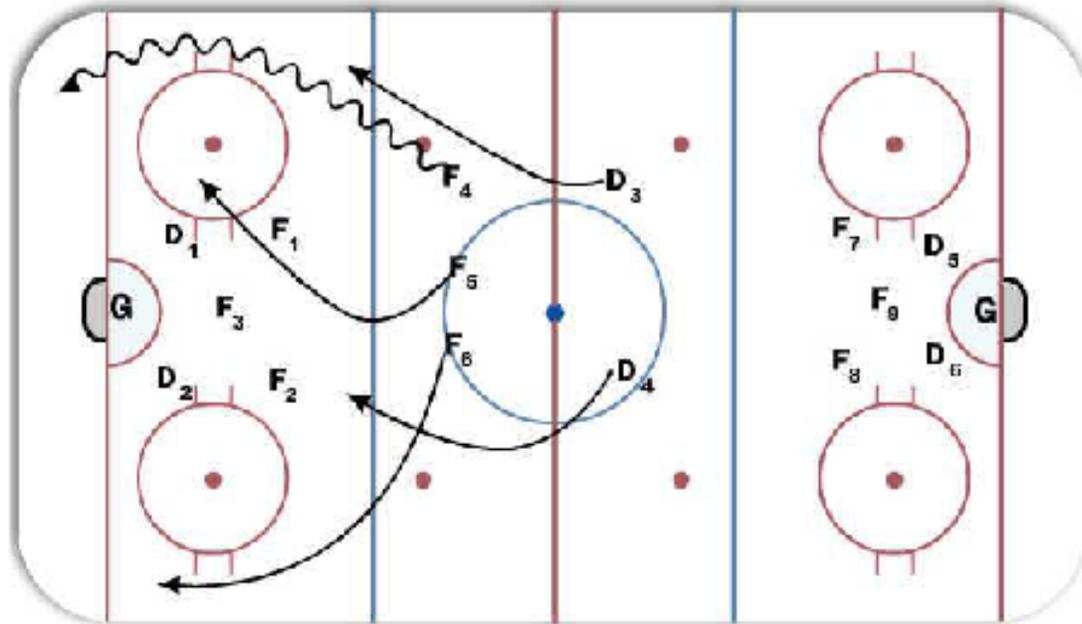
### Description

X1 leaves with a puck around circle and works give and go with X2. X1 continues around the circle to give and go with X3 while X2 grabs a puck and follows. X1 goes for shot while X2 works give and go with X3 and continues around circle to give and go with X4. X3 grabs a puck and follows. Essentially every player works two give and gos and goes for a shot. Each player at the start of the line receives two give and gos before they enter the circle with a puck.

With skilled players you would start both sides at the same time so X1 and X2 would both leave with a puck.

**Key Points:** Touch Passing, Eyes up, don't watch your pass, Timing

### 3 zone - 5 on 5



#### Description

Three 5 player units setup as shown (defending groups in dice setup to start).

NZ group will carry puck in and once puck carrier crosses the goal line the defenders activate and setup D zone coverage trying to regain the puck and break it out.

Breakout must be clean.

If it goes into the NZ to no one it will be thrown back in.

Team that breaks out will then go carry into far end on the attack.

Goalie freeze or goal will result in a faceoff.

Max time in zone is 1 minute then defenders will carry to far end.

This will be one of your toughest drills.

**Key Points:** Battle to regain the puck, Puck must be broken out clean