

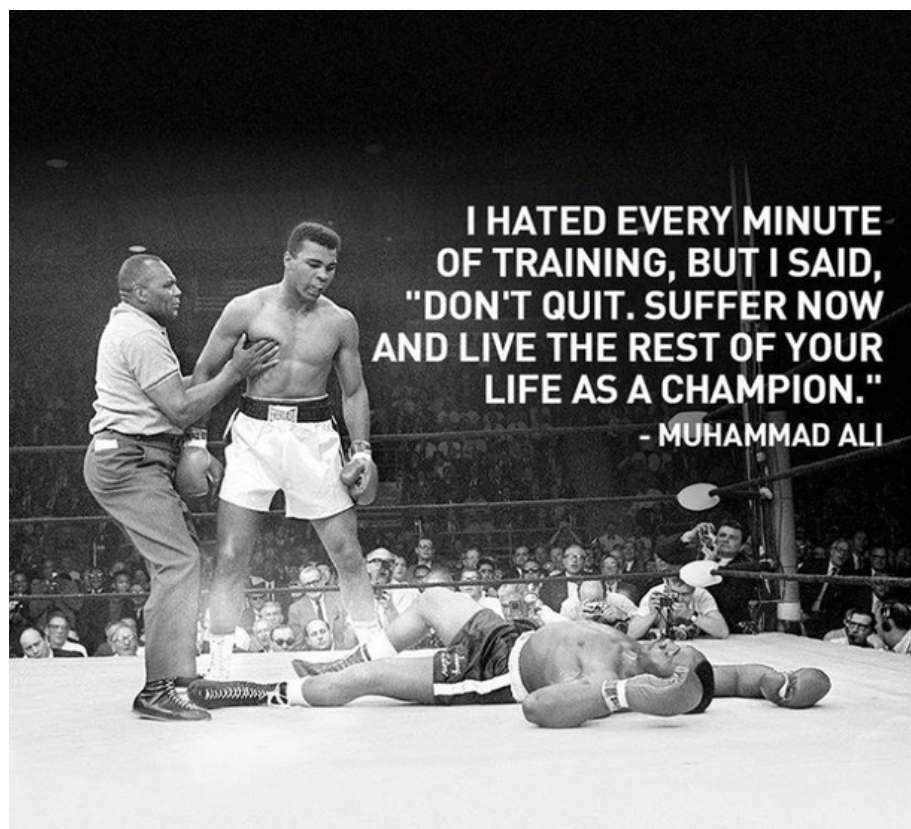


To: Enio's DOTW 2016-2017 MEMBERSHIP

Thank you to all the coaches for their terrific drills, quotes and suggested reads. Finally, a very special thank you goes out to Enio who puts this together every year, and puts up with those of us who are tardy. I apologize to all for these drills being so late...as we would like to hear from our players...I have no excuse! Thanks for not benching me Enio!

Good luck moving forward to all members and their respective teams!

QUOTE:





Practice Drills



Date 1-6-2017

• Weiss 3 Pass and Shot •

Drill starts with X₁ and X₂ skating below the blue line without the puck. X₃ and X₄ pass to X₁ and X₂. X₁ and X₂ touch pass back to them and continues through the neutral zone. X₄ passes to X₁ and X₃ passes to X₂ for a shot on goal. D's go next. Drill is continuous.

• Whaler Net Drive •

Drill starts with X₁ skating towards X₂ and opening up toward X₂. X₂ skates towards the middle of the ice and receives pass from X₃. X₂ passes to X₁ who drives wide and takes wide angle shot off for goalie pad. X₂ drives net for rebound. Meanwhile X₃ continues toward X₄ and opens up. X₄ skates to middle of ice and receives pass from X₅. X₄ passes to X₃ who drives wide and takes wide angle shot off for goalie pad. X₄ drives the net for rebound. Continuous drill.

• Numbers - Letters 1X1 •

© spots puck in corner. F retrieves puck and passes to D at point. D walks to middle and shoots. D pressures F hard (numbers) and boxes out as D shoots. F goes to opposite corner for 2nd puck. D must stay at net until F touches the puck (letters).

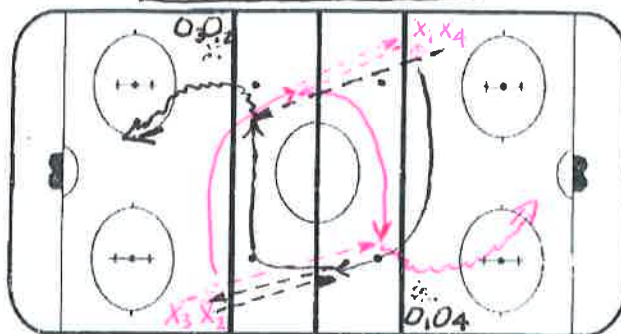
NUMBERS → pressure/pin/stick off ice in front.
LETTERS → contain/angle to force poor shooting angle.

• 3X3 Game •

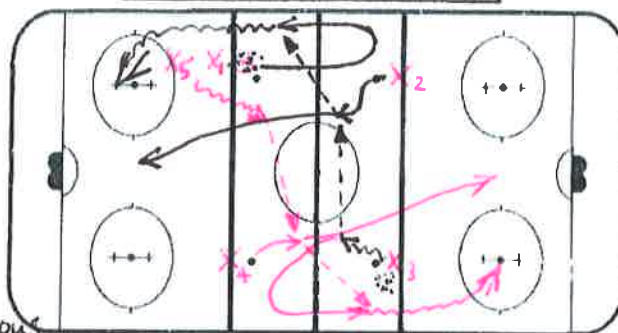
Support man (S) plays for both teams. MUST STAY in restricted area. HE CAN SHOOT.

Full Ice

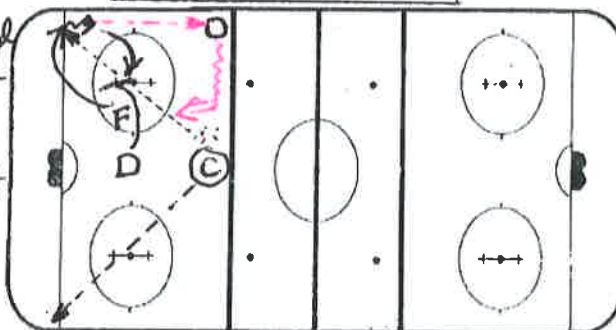
SKILL DRILL



OFFENSIVE DRILL



DEFENSIVE DRILL



FUN DRILL

