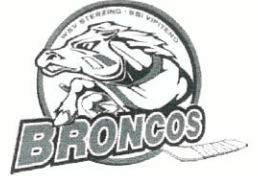


DAY: M DATE: 17/10/2016 TIME: _____

TACTICS: _____ ENJOY DRILL CLUB 2016/17

COLORS

Enio					
Thanks for Doing the Club Again!!					
					CLAYTON



DRILL: 3 ZONE KEEP AWAY TIME: _____

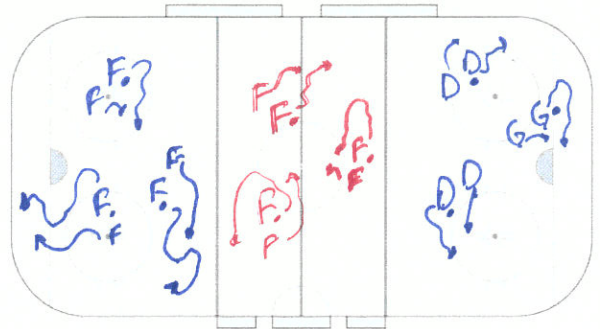
→ :20 sec to :30 sec. Intervals

→ One vs one → Stay in zone.

→ on whistle - NEXT-ZONE STARTS

* → NO Puck on whistle = 5 push-ups.

* 3-6 REPS = CONDITIONING + SKILL *



DRILL: Focus 2v1 TIME: _____

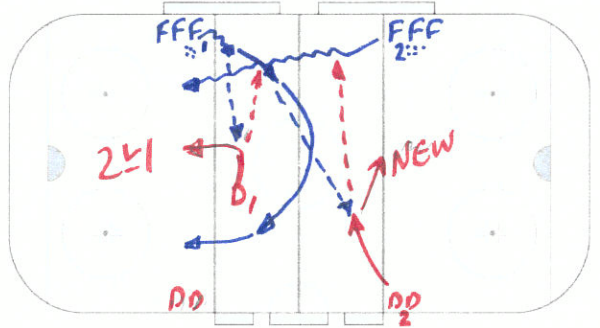
→ F₁ pass to D₁ → D₁ back to F₁

→ F₁ to D₂ → D₂ to F₂

F₁ + F₂ GO 2v1 ON D₁

D₁ starts NEW OPPOSITE DIRECTION.

* OBJECTIVE IS TO MAKE EVERY PASS A ONE TOUCH *



DRILL: DEFEND FROM CHAOS TIME: _____

START → Dump Puck to 5v5

1/2 ICE KEEP-Away 10-15 sec

→ whistle → Team w/puck = offense.

Team w/o puck = Defense.

OFFENSE = Quick SCORE OPPORTUNITY.

DEFENSE = COMMUNICATE/FIND Position/Defend INSIDE to OUTSIDE.



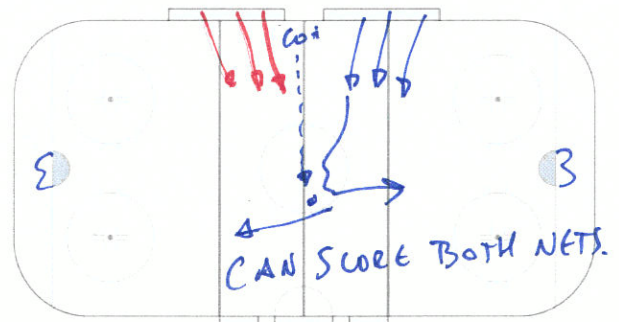
DRILL: 3v3 or 4v4 Full-ICE TIME: _____

→ CHANGE ON WHISTLE / New Puck EVERY CHANGE.

→ Full-ICE / CAN SCORE BOTH NETS.

* 360° view of ICE *

* MANY SCORING OPPORTUNITIES *



DRILL: FAVORITE BOOK TIME: _____

"TARASOV - The father of Russian Hockey"

Anatoly Tarasov

"IF you survive my training, you will become a great player"

Tarasov

