

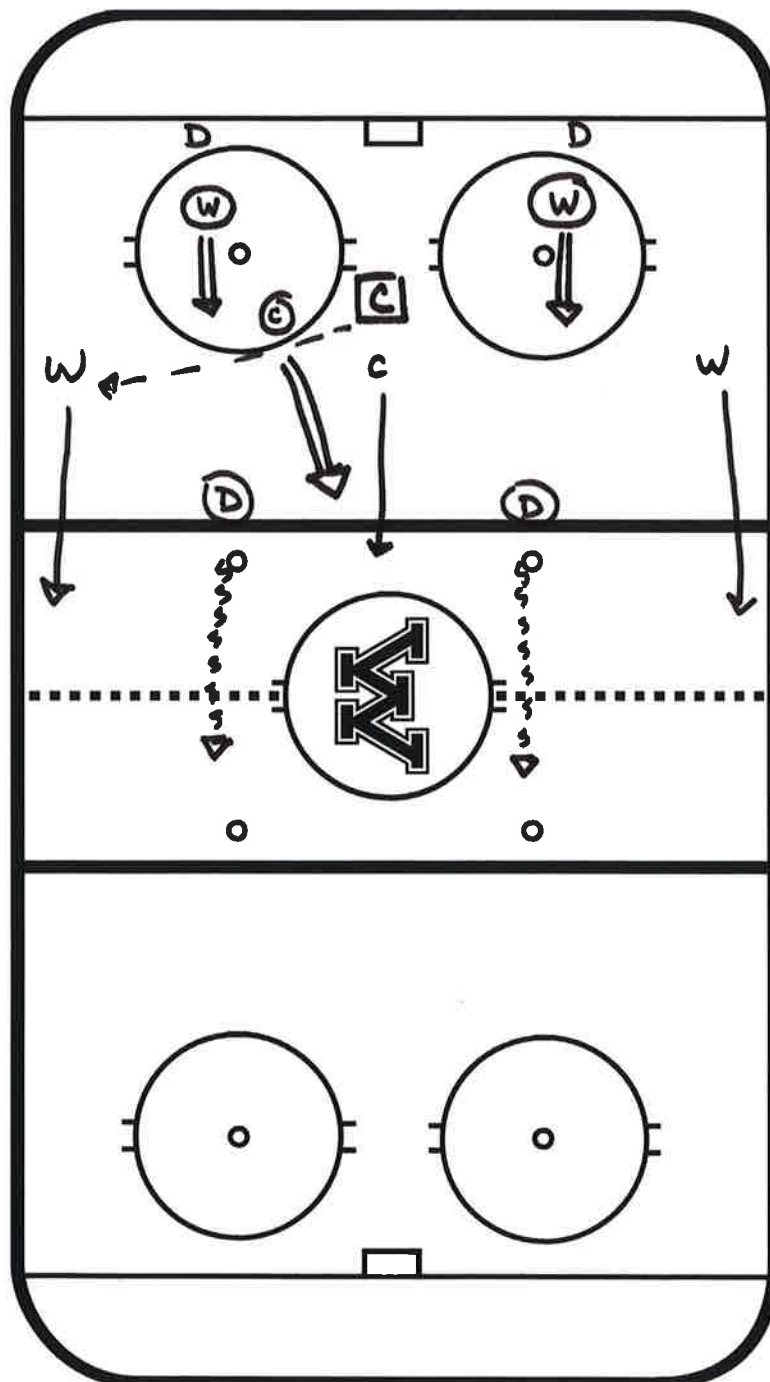
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Drill of the Week



If a Coach can't trust your effort in the weight room, the classroom and at practice, how can you be trusted to play in a game?

Team Canada Transition Defense Drill

RUSH DEFENSE DRILLS

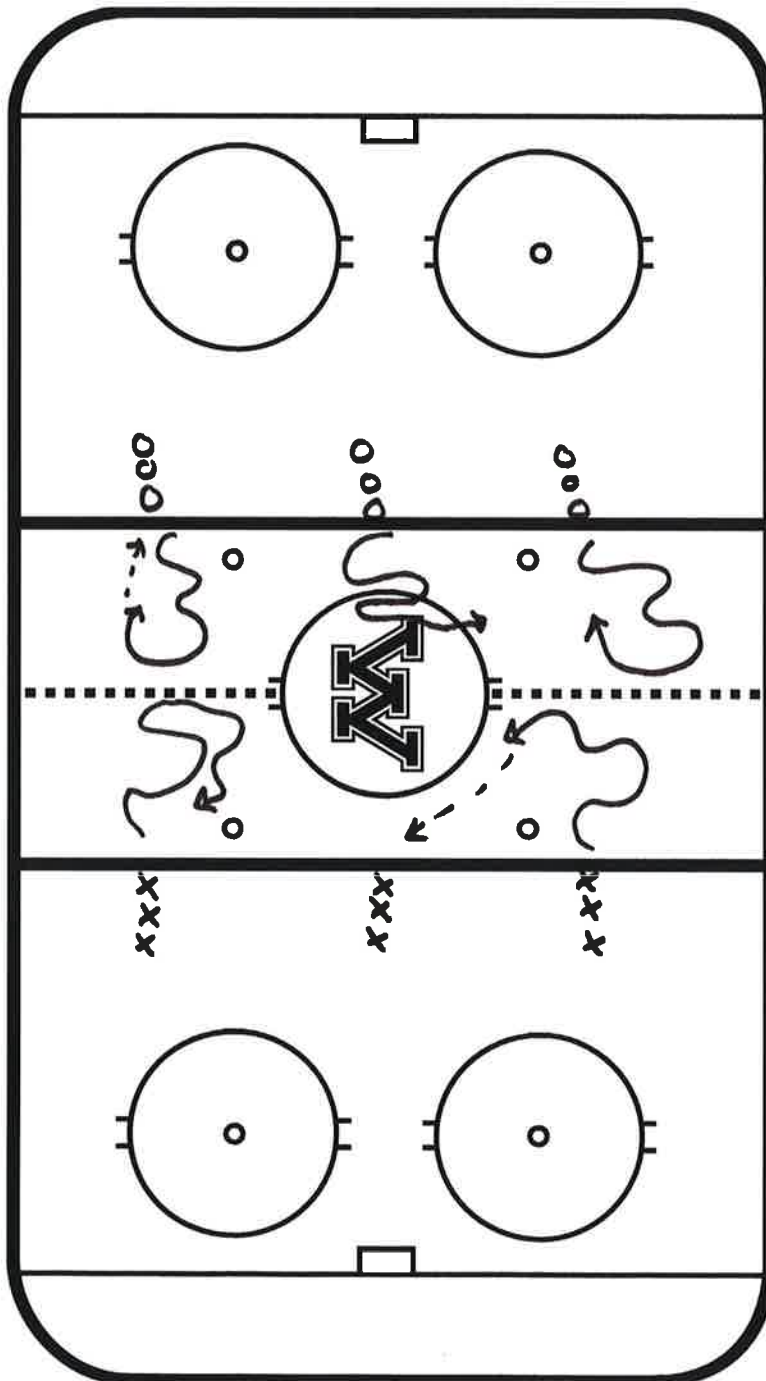


- Coach will be in slot with puck.
- Three Offensive Forwards will be located at Top of Circles on knees.
- Two Offensive Defensemen will be on knees on Goal Line.
- Two defending Defensemen will be on knees on the Blue Line.
- One Backchecking Forward will be on his knees below the Attacking Center.
- Two Backchecking Forwards will be on knees just above the Attacking Defensemen on the Goal Line.
- On whistle the Coach will pass a puck to Attacking Forwards to start the drill.
- All 10 skaters will get up and transition to Offense/Defense to far end.
- Play to whistle.



Stick Skills Warm Up

SKATING/PASSING DRILLS

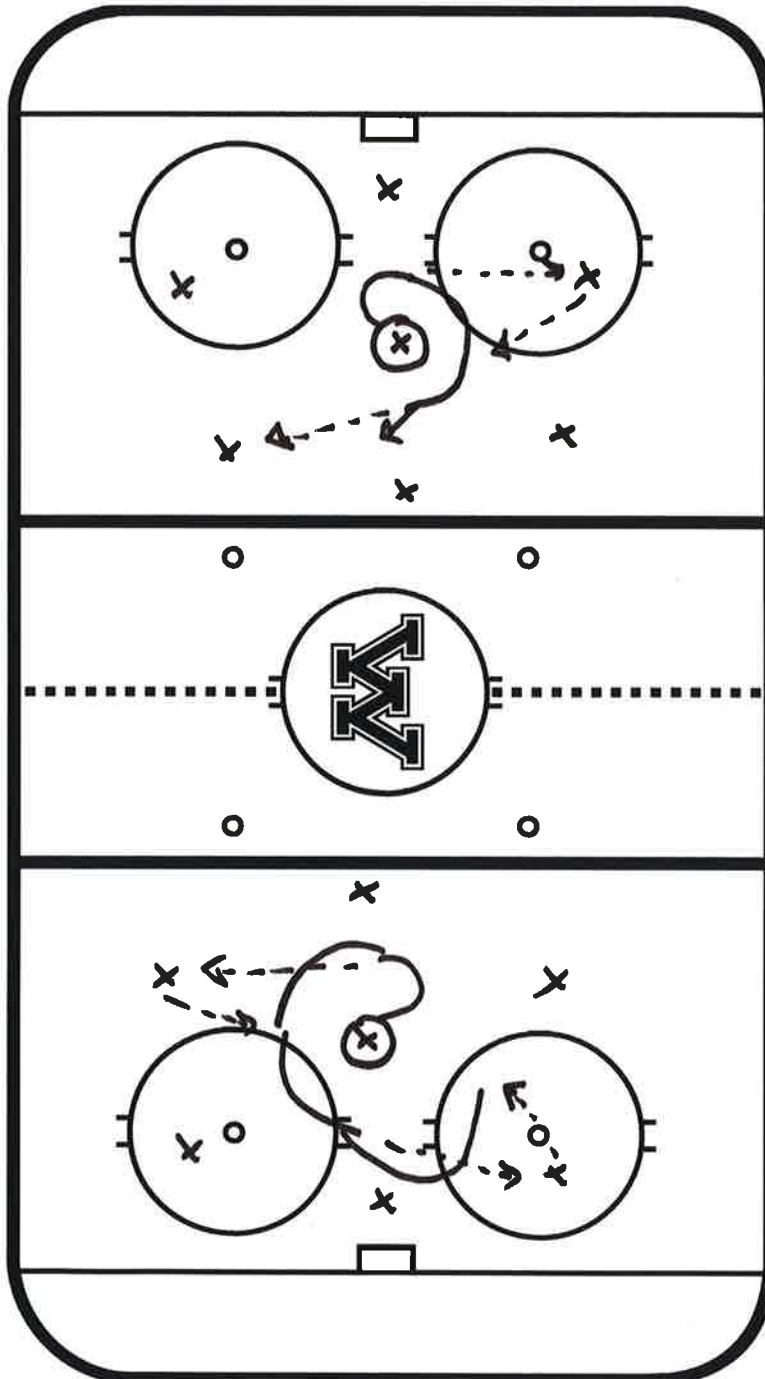


- Three lines will be located on both blue lines with pucks.
 - A player from each line will carry a puck and work on stick handling moves with quick feet on own side of red lines.
 - A player from each line will carry a puck and work on stick handling moves with quick feet while adding passes to next player in line.
 - A player from each line will carry a puck and work on stick handling moves with quick feet while adding passes to next player in any line on their own side of red line.
 - A player from each line will carry a puck and work on stick handling moves with quick feet while adding passes to next player in any line on either side of red line.
- Goalies will do crease movements.



New Jersey Timing Drill

GROUP SKILLS DRILL

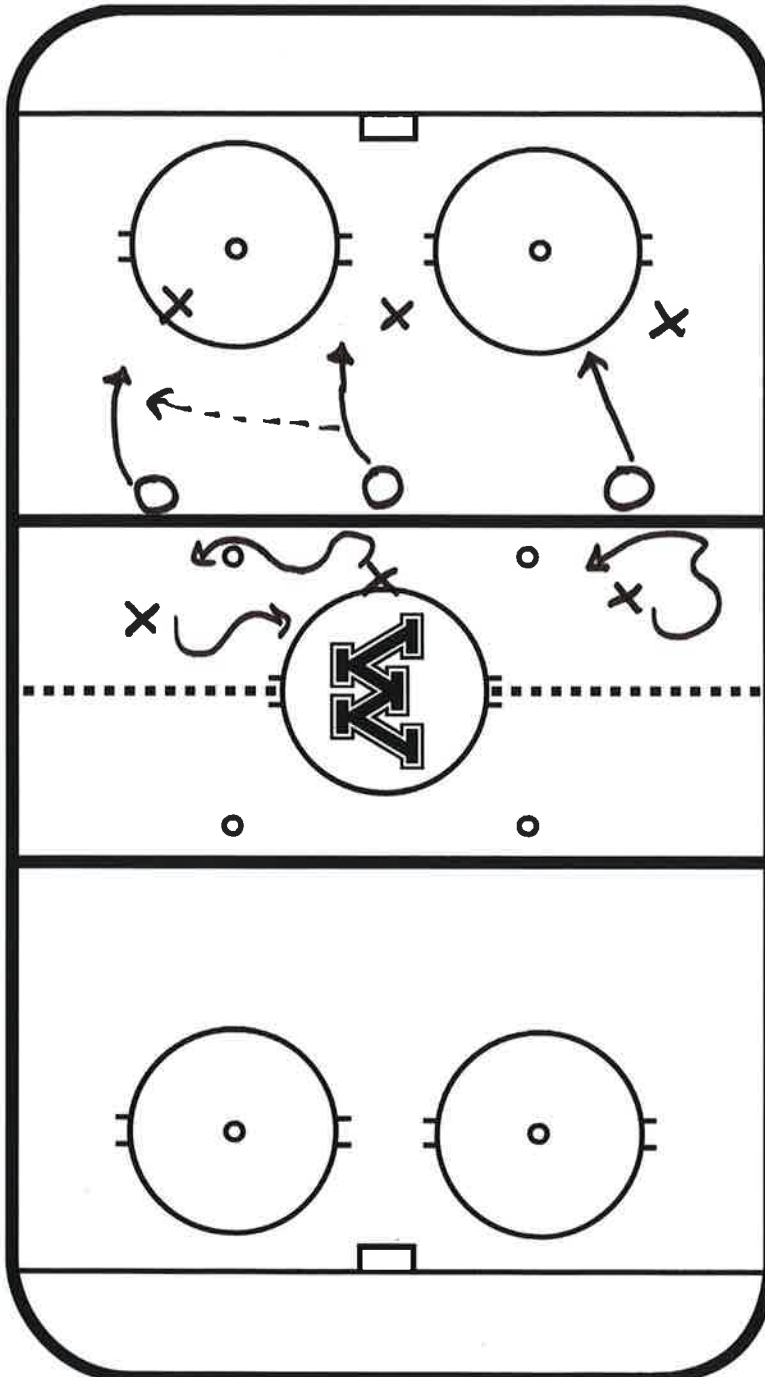


- 6-7 players will form a circle and have 1 player in the center of the circle with puck.
- Player in middle will pass puck to any player on circle then curl to Forehand for support to receive pass.
- Player in middle will then pass to another player along the circle and curl to Forehand for support to receive the 2nd pass.
- Player in middle will then pass to another player along the circle and take his place.
- The new player will then enter the center of the circle to start next sequence of passes.



Buffs 3v3 Game

SMALL GAMES



- Three X's start on defense.
- Three O's start on offense.
- The three O's are trying to score and if they score they get a new puck.
- The three X's are trying to break the puck out to their teammates skating around in the Neutral Zone.
- Once a defensive team makes a pass to their teammates, they are done and leave the zone.
- The three new offensive players now attack the three defenders who transitioned to D to play 3v3.
- Emphasize MLD on entries with puck support, breakouts, forechecking, attacking the net.

