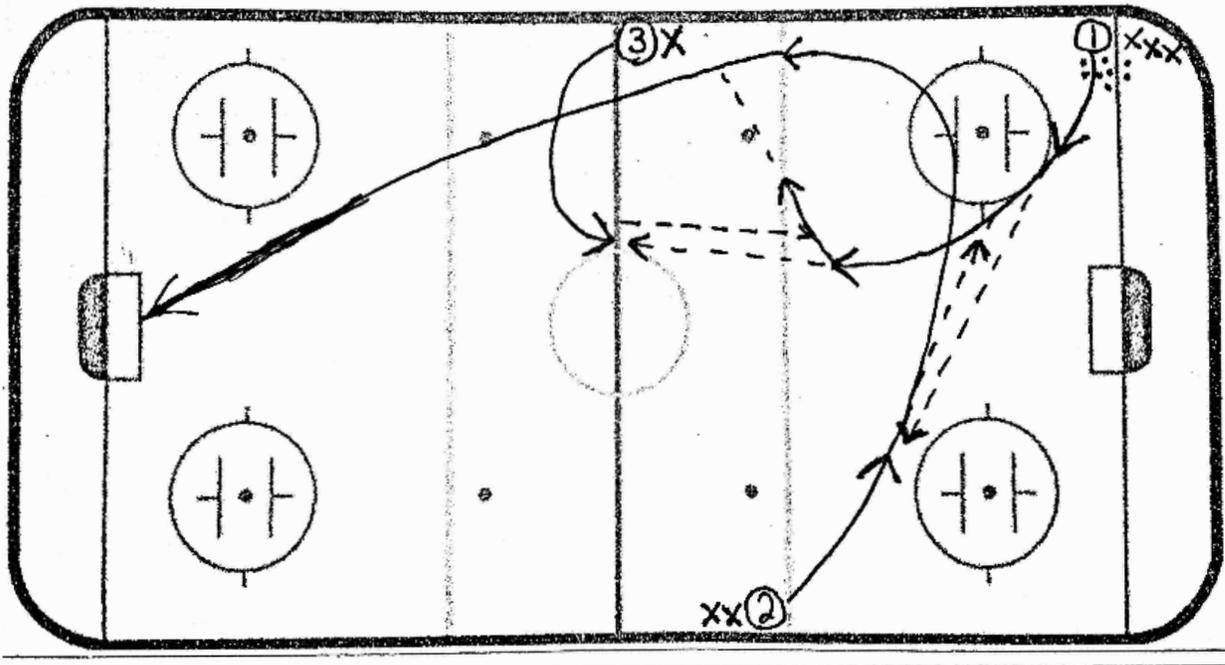


DRILL NAME: CIRCUS



STARTING FORMATION:

- 1 starts drill with pucks in the corner
- 2 starts at BL facing 1 in the corner
- 3 starts at RL on same side of ice as 1

DRILL DIRECTIONS: *** SAME THING IS HAPPENING AT BOTH ENDS ***

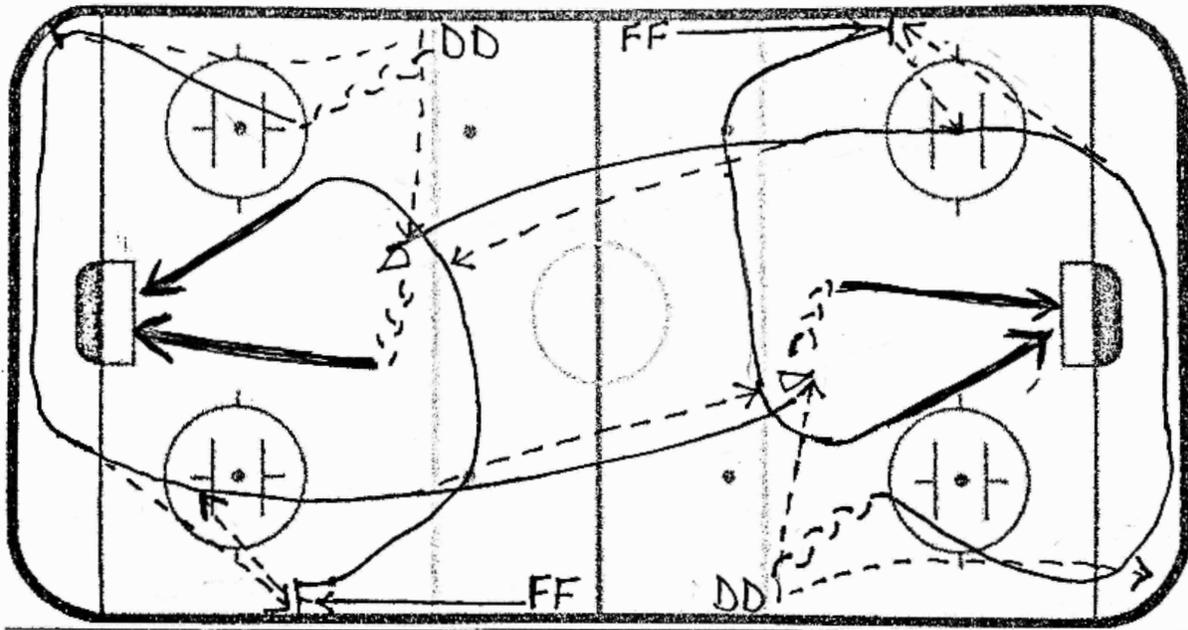
- 1 and 2 take a stride towards each other
- 1 passes to 2
- 2 makes a one touch pass back to 1 (this should happen near the top of the circles)
- 2 continues and swings up the boards without the puck
- 1 receives pass back from 2 and swings up the middle
- While this is happening - 3 is timing a loop at the RL
- 1 passes to 3 in NZ
- 3 makes a one touch pass back to 1 (this should happen between RL and BL)
- 1 makes a pass to 2 who is skating up the boards
- 2 goes in for a shot on goal

EXTRA INFO:

- This drill starts runs off of a whistle
- **THE SAME THING IS HAPPENING OUT OF BOTH ENDS**

DRILL NAME:

TAP BACK



STARTING FORMATION:

- D line up at BL along boards facing the corner. D are lined up at opposite BL on opposite sides of the ice
- F line up along boards at RL facing the corner - F are lined up at opposite RL on opposite side of ice

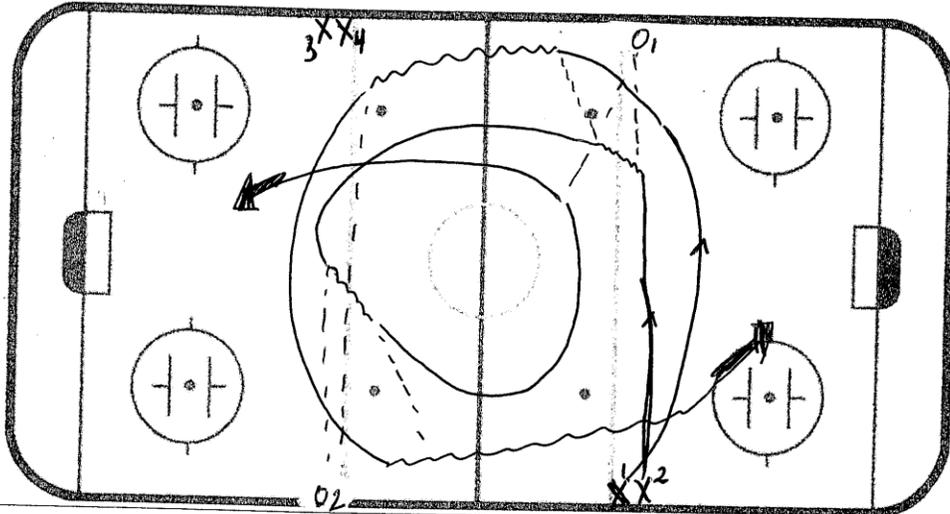
DRILL DIRECTIONS:

***** SAME THING IS HAPPENING AT BOTH ENDS *****

- The drill begins on a whistle with a puck dumped into corner (on same side D are lined up)
- D back peddle to top of circle - pivot - retrieve dumped puck and wheel the net
- At the same time the F on opposite side of ice is timing and sprinting down to top of circle along the boards
- D makes breakout pass to F along the boards
- F make a one touch TAP BACK pass to D (this should happen below top of circle)
- D receives tap back and skates up ice - makes a stretch pass to opposite end F
- after making tap back the F sprints up above BL and cuts to middle - receives stretch pass from opposite end D
- F receives stretch pass - goes in for a shot on net and remains at net front for point shot
- D after making stretch pass - sprints up the ice to opposite BL - receives pass at point from D in line
- D move feet laterally and take a point shot

***** TIMING IS KEY FOR THIS DRILL AS BOTH ENDS DEPEND ON EACH OTHER *****

DRILL NAME: 20 HORESTOE



Starting Formation: PLAYERS START ON ALL 4 BLUE LINES PUCKS ON EACH BLUE.

Drill Directions: X₂ LEAVES ON WHISTLE WITH X₁ → X₂ TAKES A FLAT ROUTE WHILE X₁ SWINGS LOW ALLOWING THE PASS TO GET TO X₂. X₂ BUMPS PASS TO X₁ WHO SKATES WITH PUCK AND PASSES TO O₂. X₁ CONTINUES WIDE AND X₂ TAKES FLAT ROUTE AGAIN RECEIVES PASS FROM O₂ AND AGAIN BUMPS TO X₁ WHO GOES IN FOR SHOT ON NET. X₂ CONTINUES ON AND GETS ANOTHER PASS FROM O₁ AND GOES TO FAR END FOR SHOT.

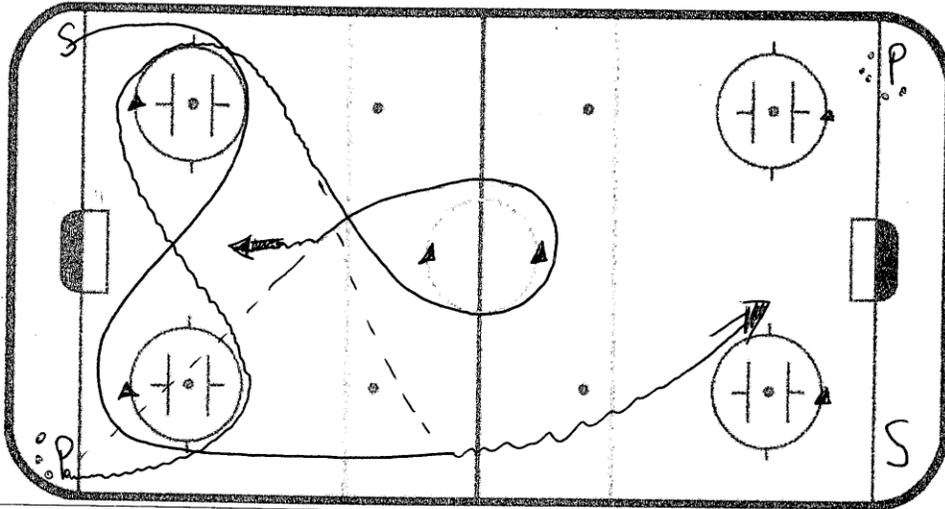
→ X₁ X₂ / X₃ X₄ LEAVE AT SAME TIME.

Teaching Keys/Variations: • TEACHING PROPER ROUTES/TIMING

→ MOVING FEET AND QUICK PASSES IN TIGHT.

→ DRILL CAN ALSO BE DONE OUT OF 4 CORNERS.

DRILL NAME: CHISHOLM 2 SHOT



Starting Formation: Pucks & Players in all 4 corners.

- Designate Passers and Shooters. Passers have to be diagonal from each to avoid collision.

Drill Directions: Passer start with puck and go over circle and under glove while keeping their feet moving. Shooter takes same route.

Passer has to get across to make pass.

→ Important to get past center so players don't hit each other.

→ After shooter receives puck with goes in for shot.

→ Passer goes around center circle and receives puck from his original line for shot.

Teaching Keys/Variations: Move feet, get across center, stop in front.

To : **Enio's 2015-16 Drill Club Members**

Thanks to Enio for doing such a great job of keeping this drill club going ! He certainly has done a great job in truly making a difference – thousands of drills spread world wide ! Thanks for his patience and hope I am out of the PM Box as well. Enclosed drills for this week along with the following quotes and book references.

QUOTES

“You don't have to be Great to start ..but you have to start to be GREAT.”

‘ Never be afraid to fail , be very afraid of being unprepared.’

“If everyone was satisfied with themselves, there would be no hero's.” Mark Twain

“ You can't measure success if you've never failed.” Steffie Graf

‘Discipline is the soul of an army.’ General George Washington

“Master the familiar .” John Wooden

BOOKS :

Training Camp – Jon Gordon

Winning Every Day – Lou Holtz

Competitive Excellence – Steve Brennan

Championship Team Building – Jeff Jannsen

Mindset – Carole Dweck

Coaching for Performance- John Whitmore

Way of a Champion – Jerry Lynch

All the Best to All for a successful season !

Gardiner Mac Dougall

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