

November 17, 2015

Enio,

Attached is my drill of the week club contribution. Thanks again for keeping this going.

Best of luck to everyone for the rest of the season!

"TO BE THE MAN, YOU GOT TO BEAT THE MAN"

-Nature Boy Ric Flair

1) BO Sequence - Hit the Net front D



DRILL OBJECTIVE: BO practice hitting the Net front

6 min.

KEY ELEMENTS:

ORGANIZATION: BO Sequence - 5 players start the drill by tagging up and spotting a puck into the zone, the 5 players BO then spot a puck into the far end for the next 5 players waiting in the N-Zone to BO of the opposite end. Each line goes through the following progression listed below, with the final line closing the drill with a goal. Sequence:

1) Wheel to Wing to Net front D 2) Quick up to Wing to Net front D 3) D-D to Wing to Net front D 4) Reverse to Wing to Net front D

VARIATION:

GOALIE:

2) 2 Pucks for D



DRILL OBJECTIVE: Transition, Shooting, D join the

10 min.

KEY ELEMENTS:

• Speed through N-Zone

• Point shot with traffic

• Cycle with D activation

*Add part 3
cycle to work site
D*

ORGANIZATION: D1 starts the drill by skating up to the blue line, pivoting to two's and opening up to pick up a puck spotted by the next D man in line on the wall. F1 swings across the ice to receive a pass from D1. F1 drives wide and to the net for a shot, remains net front. D1 pivots backwards, picks up a second spotted puck and hits F2 swinging across. F2 drives wide into the zone and delays, then hits D1 who has followed up the play with a pass. D1 drops the middle for a shot while F2 goes to the net. Both ends go at the same time. Switch sides after a few reps and add second variation.

VARIATION: Add F2 delay, cycle with F1, and D1, who can shoot, pass across net or hit high man.

GOALIE:

3) Low to High 2on2 with Counter



DRILL OBJECTIVE: Practice 2on2 Battles net front

10 min.

KEY ELEMENTS:

• Battle to get in front of goalie's eyes

• D man good gap off 2-2 rush

ORGANIZATION: F1 starts the drill by passing up to the D on the blue line, they go D-D and shoot while F1 and F2 battle to get to the net against D1 and D2. OTW F1 and F2 get a pass from either corner and attack back down ice 2on2 and play out until the whistle. OTW drill repeats itself from the other end.

VARIATION: OTW 2 Forwards must come back and RGP with coach, D gap up, and then play the 2on2 back.

GOALIE:

4) ECHL Drill (BO - Counter - Attack 5-2 -



DRILL OBJECTIVE: BO and Counter practice with a

12 min.

KEY ELEMENTS:

ORGANIZATION: Players start at centre and tag up OTW. Coach spots puck into zone. Players BO as a 5 man unit, then counter with far D before attacking back 3on2 against the D that broke out. Countering D then begin the same sequence with 3 new F's and 2 new D out of the other end.

VARIATION:

GOALIE:

Counter 1 → 5-2 D-D + up

*Counter 2 → ⑥ pressure, huge on
underneath bag 85 ft*

7) Nick Folio Game



DRILL OBJECTIVE: 2on2 Battle Game

10 min.

KEY ELEMENTS:

ORGANIZATION: 2on2 in the circle and space behind either net, with coach spotting extra pucks if need be. Players shoot on opposite net. When a pair gets scored on they must sprint down to the far end, stop and return to the goal crease, stop before jumping in to face a new pair. Play out 2on2 till the whistle. Winning team is done, losing team skates. GOAL LINE 2 BACK

VARIATION:

GOALIE:

*Losers have 10 secs to go back
AND BACK then jump into
circle. US First group*