

November 17, 2015

Enio,

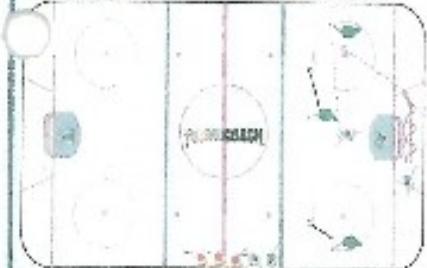
Attached is my drill of the week club contribution. Thanks again for keeping this going.

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 like  
D*

ORGANIZATION: D1 starts the drill by skating up to the blue line, pivoting to bwd'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 drags 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:

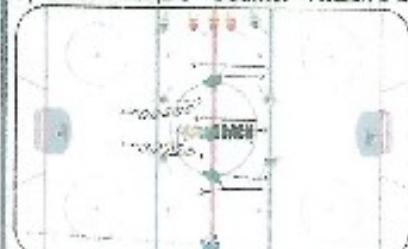
- Battle to get in front of goalie's eyes
- D man good gap off 2-2 rush

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 as 2on2 and play out until the whistle. OTW drill repeats itself from the other end.

VARIATION: OTW 2 Forward's 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.

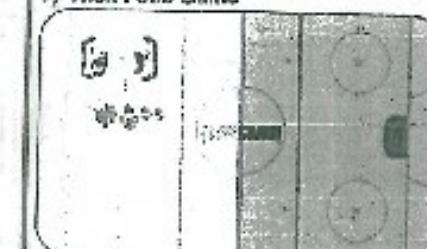
KEY ELEMENTS:

ORGANIZATION: Players start at centre and tag up OTW. Coach spots puck into zone. Players BO as a 5 man unit, then counter with 2 for 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 → (② pressure, large or  
unwound trap, 85 ft)*

7) Nick Fatto 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 TO BACK.

VARIATION: LOSERS HAVE 10 SECS TO GO BACK  
GOALIE: AND BACK THEN JUMP IN TO CIRCLE. US FIRST TO GROUP