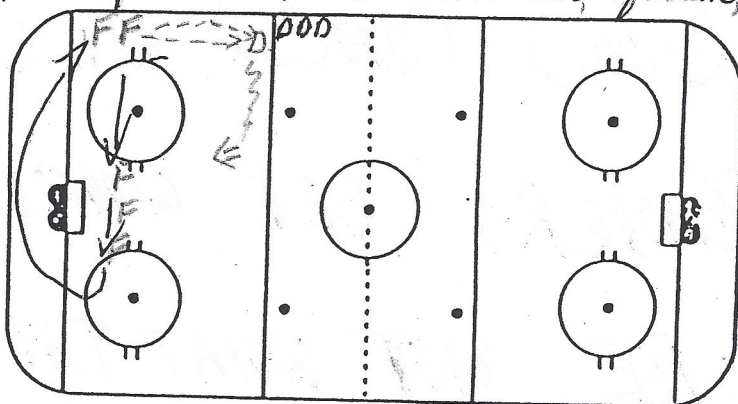


# DRILL (1) after practise Pt. Shot... Screen, Deflection, Rebounds

Bill BURLINGTON

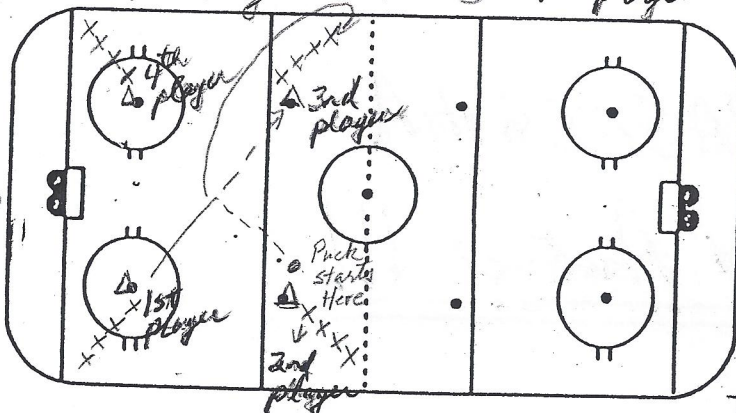
OF  
THE  
WEEK  
CLUB  
Small  
Group  
Skill  
Drill



**NOTES:** F @ Hash mark passes puck to D-man @ point, second pass is a little tricky (off the boards). D-man then carries puck to mid ice & shoots the puck on net. The 3 forwards @ the net screen, deflect & get the rebound. Forward who did the passing with D-man pushes out the far forward - Therefore each forward gets 3 chances w D's shot consecutive.

## (2) Passing One Puck x-player

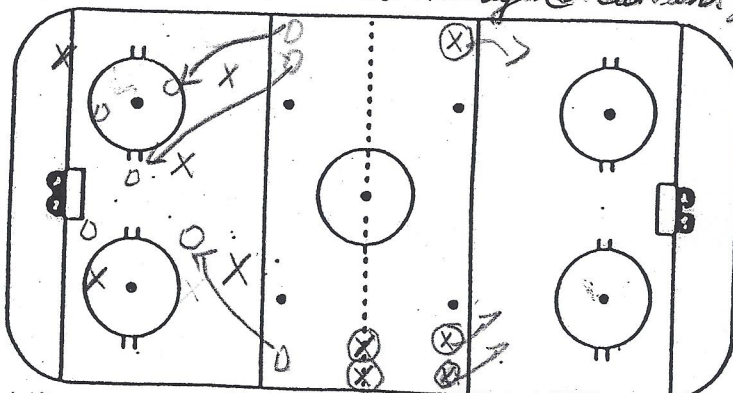
Team  
Skill  
Warm-up  
Drill



1st player skates with stick once to mid ice, receives pass from right or left depending on which direction the puck is moving. He then quickly turns his stick with puck & squarely passes the puck to the player directly in front of him. The 1st player then skates to the back of the line he passed too. The 2nd, 3rd & 4th player repeat this sequence.

## (3) Continuous 5 on 5 Scrimmage @ each end zone

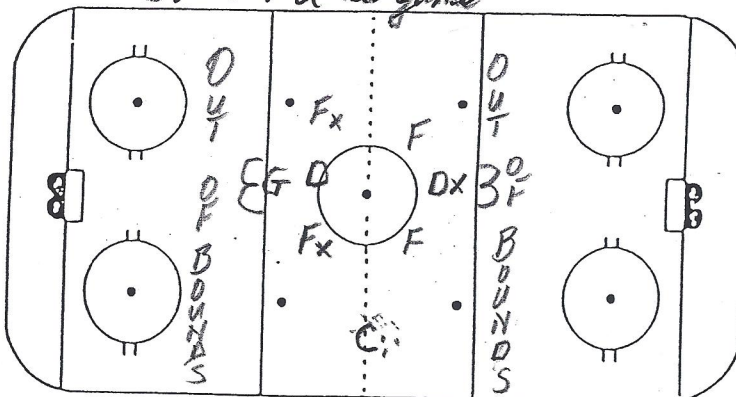
Team  
Play  
Drill  
offense  
vs  
Defense



**NOTES:** X - breakout 5-2 from other end (not shown in diagram). When the puck crosses the blue line it activates the O forward line to help their D-man teammates. 5vs5. If the X offense score, they get to bring the puck up the ice 5-2 but

## (4) 3 on 3 mid-ice game

Compete



if the O defense gets the puck out, they regroup in neutral zone & attack 5-2 with O waiting in the wings to be activated.

**NOTES:** O throws puck to a player who either shoots or passes to a teammate. Players pretty well remain in their position in offense & defense 2vs1 in each zone. O keeps feeding pucks as pucks go out of play. Keep score. Change players every 45-60 seconds.

QUOTE: "A GOOD COACH WILL  
MAKE HIS PLAYERS SEE WHAT  
THEY CAN BE, NOT WHAT THEY  
ARE"

ARA PARASHEGHIA

Being Patient ≠ Positive !!!