

2015 Drill of the Week

Team play

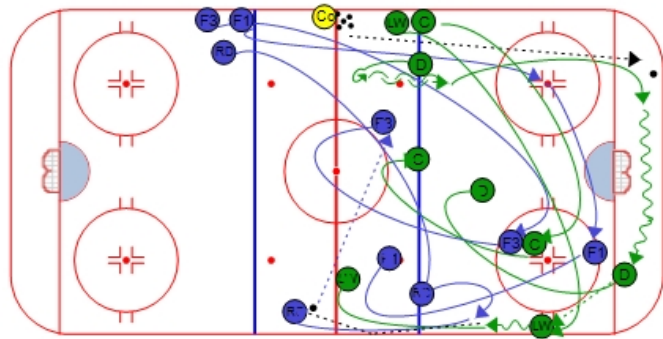
Title : 3v3 angling, transition

Content elements: Team Play Drill

Components :

Description

Green starts on the break-out, Blue starts on angling/ transition. The coach dumps a puck into the near corner of Green's Defensive zone. Gr D picks up the puck and wheels the net, Blue F1 pressues and angles the Gr D. The Green C and LW support Gr D on the wheel BO; Center goes to the middle of ice, LW goes to the wall. Blue F3 supports the forecheck by getting above the Gr C. The Blue RD supports the forecheck on the corner of the blueline. Blues try to force a turn-over around the blue line or in the neutral zone, then transition to offense and attack. Green tries to breakout and attack the far end. Play it out 3v3 for 15 seconds. When the whistle blows, it goes the opposite way w/ a new group. Blue on break-out and Green on angling/ transition.



Key Points :

Competitive Game

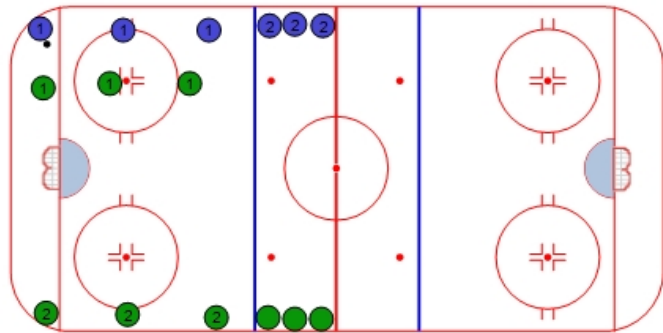
Title : 3v3 transition game

Content elements: Competitive Game

Components :

Description

Blue 1s have the puck and they try to attack the goal, Green 1s defend Blue 1s from scoring. If the Green 1s gain possession they pass it to the Green 2s who are waiting on the far wall. The Green 1s are out, the Green 2s attack the Blue 1s who, now, transition to defense. Blue 2s slide down the wall to get ready to receive the pass from Blue 1s on defense... game continues.



Key Points :

Player Skills

Title : D and F skills

Category #1 :

Drill exchange

Category #2 :

Individual skills

Description

Forwards (Blue): Player starts without a puck and skates a tight turn around the cone on the dot. He gets a pass from the line, attacks the blue and self chips around a tire. He collects the puck and makes a pass to the coach in the corner, busts laterally across the zone to the high slot. The coach gives him a pass back and player takes 1st shot. The coach rims a 2nd puck around the wall, player picks it up on the boards and rolls around for a tight 2nd shot.

Defense (Red): D skates, without a puck, to goal line and stops, moves laterally to each tire; emphasis on no crossovers and "stick-on-puck" posture, in this case stick-on-tire. D-man then skates hard to blue gets a pass from the coach moves laterally each direction (drag and push), with the puck, then takes a shot.



Key points :

Team Warm up

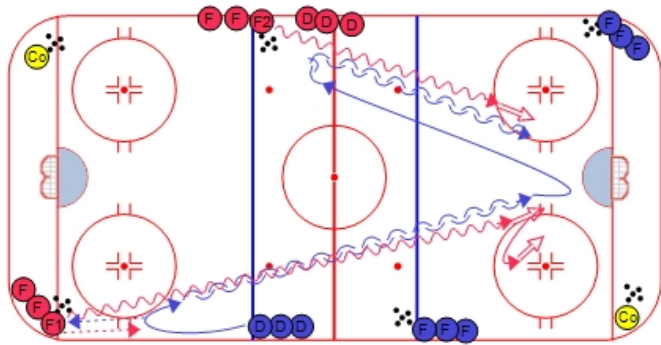
Title : Double 1v1

Content elements: Full Team Warm up

Components : _____

Description

Blue D Slides down the wall towards the Red F1. Red F1 gives the Blue D a pass and Blue D touches it back to the Red F1. Red F1 takes off and attacks the Blue D to the far end 1v1. After the shot, the Red F1 pops into the soft area (above the dot) to get a pass from the coach, he takes a second shot. The original Blue D then regaps with the other Red F2. Red F2 attacks the Blue D for a second 1v1. Same things happens going the other direction with the Blue Forwards and Red D.



Key Points :

Book

What You Really Need to Lead: The Power of Thinking and Acting like an Owner

Robert Steven Kaplan

