

D.O.T.W.C

Sens

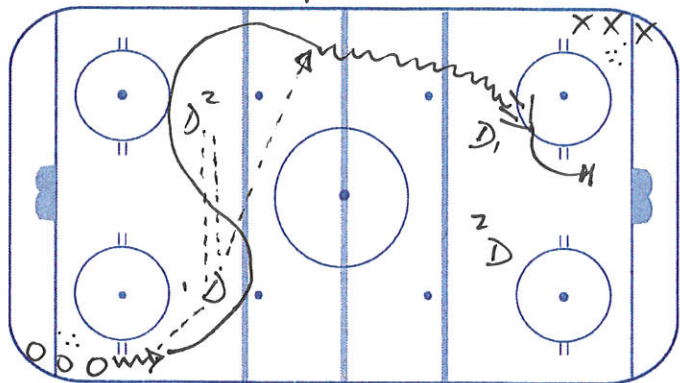


Dan Olsen

Date: November 3
2015

Philly

ME 1 DRILL NAME Warm Up. ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) indiv. skills to warm.

START

- go out of both ends
- 2 D-men on each blue
- (C) whistle first X & O pass to D1
- D make tape to tape passes while X & O skate thru D-men.
- pass to wide out skater who drives & shoots to warm G.
- stop @ net.

KEYS * passing hard, flat, accurate

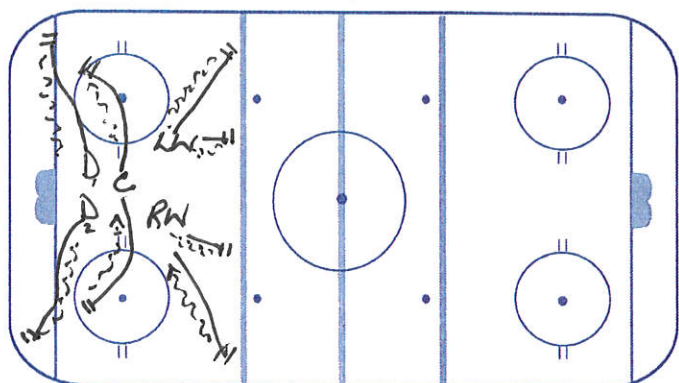
- * D Keep moving
- * pass receiver maintain eye contact.
- * shoot w/ wrist shot

ROTATION

ATIONS/PROGRESSION

Book; Why Teams Win
Dr. Saul Miller

TIME 2 DRILL NAME 5-Card Skate ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) team warm up skating

START

- skills - D-Zone cover & rotate.
- line up 5 man unit in house
- on (C) command D1 go to corner quick as pass. return bcwds to net
- (C) command D1 repeat.
- (C) command D2 go twice.
- (C) command C goes to bottom o circle stop, return backwards
- (C) command repeat in opp. corner
- (C) command LW to blue line quickly, stop, return.
- (C) command LW goes to wall & returns bcwds.

KEYS - RW on (C) command goes.

- * game speed skating
- * work start - stop bcwds skating off pivot.
- * active sticks
- * head on a bar stool.

ROTATION

VARIATIONS/PROGRESSION

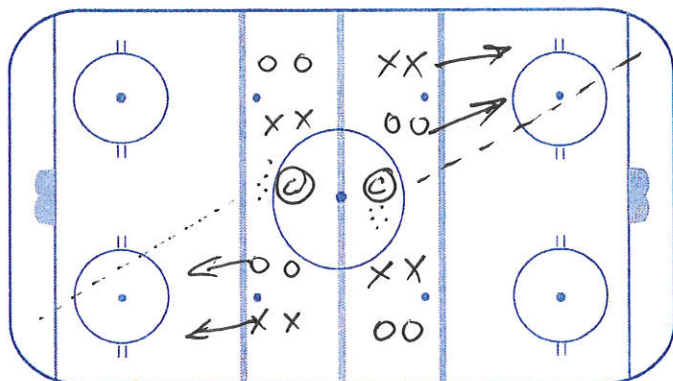
Quote: "Keep it Simple! It is not necessary to do extraordinary things, to get extraordinary results!"
Warren Buffet.



Date: Nov. 3/15

Olympic

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
	/ vs /	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) work / vs / w/ transition

START - work both ends

- (C) dumps \bar{p} to a corner
- first, quicker, player get \bar{p} contr. & tries to tag blue line before he can attack
- player w/out \bar{p} gets gap & D side position.
- Defending player try to turn \bar{p} over so he can tag & attack
- go 20-30 secs. (C) command he dumps \bar{p} to opp. corner for next 2 to compete.

KEYS

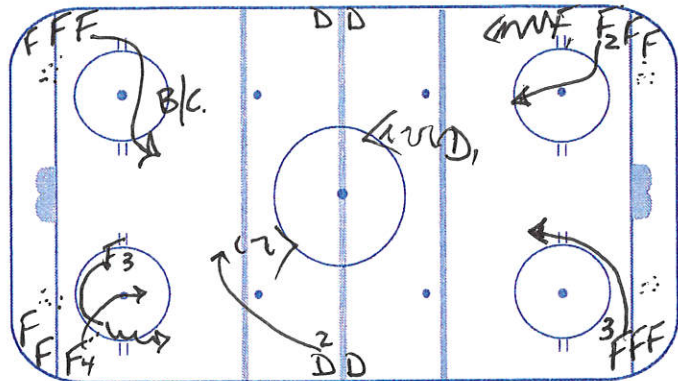
- * D-side position
- * great stick to jam \bar{p}
- * focus on body
- * offensively good \bar{p} protect, evasive moves
- get \bar{p} to net!

ROTATION

VARIATIONS/PROGRESSION - go 2 vs 2.

Toon

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
	2 vs 1 to 2 vs 2	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) work 2 on 1 to B/C 2 vs 2

START - continuous drill -

- (C) send F_1 & F_2 vs. D_1
- (C) send F_3 (B/C) to help D_1
- after play @ far end F_3 has option to curl to either side or corner.
- that F passes \bar{p} & they go 2 vs 1 on D_2
- opposite corner F must now be B/C to Support D_2 & Keep drill continuous.

- * D be the General
- KEYS * Communicate w/ B/C F.
- * no duplication on coverage.
- * F 's attack w/ speed & supp.
- * make something happen on offense.
- * Communicate w/ ea other.

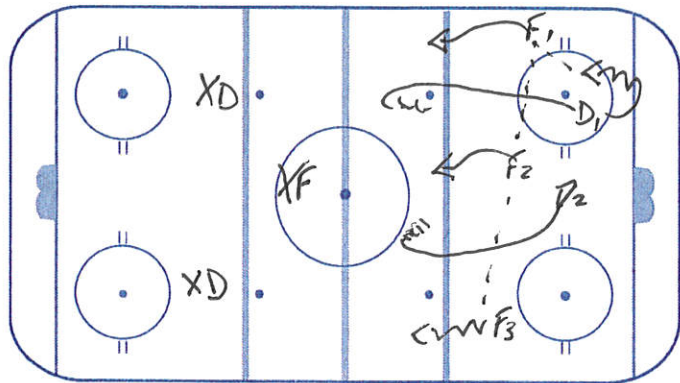
ROTATION

VARIATIONS/PROGRESSION

Nashville

Pats

ME 5 DRILL NAME N-Zone ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) work N-Zone F/C & transition

START

- (C) dumps p for unit of 5 to B/O
- have a F & 2 D-men in N-Z.
- off B/O when p carrier reaches centre line pass p to one of the X-D-men.
- the unit of 3 attempt to get the centre line & dump p or carry to attack if possible.
- once the p is w/ the unit of 3 the unit of 5 execute your N-Zone F/C which sh create a turnover. Counter &

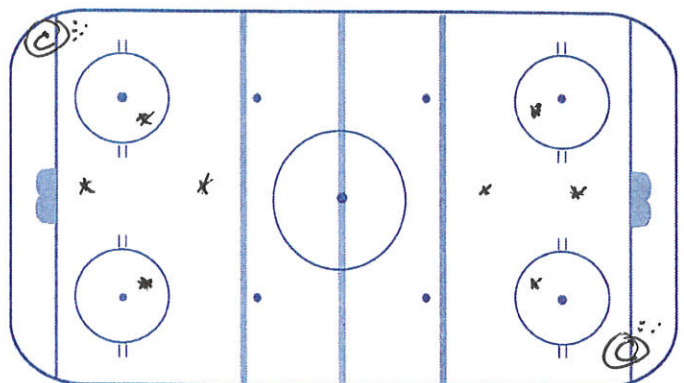
KEYS attack 5 vs 3.

- * run your N-Zone F/C
- * go @ game speed.
- * quick support on B/O
- * (C) may add new p in play.

ROTATION

VARIATIONS/PROGRESSION

TIME 6 DRILL NAME P.P work ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) work your P.P 5 vs 0

START work both ends.

- start off on scrum vs (C)
- get p possession & then go into your P.P
- mx. 3 passes & need a shot
- after play @ net 1 rebound
- (C) spots new p
- P.P unit retrieve & repeat.
- after play @ net get 1 rebound
- (C) spots one more p
- after play @ net unit out of zone, next unit in.
- * work both ends.

KEYS * game tempo

- * support p, more to support
- * crisp, tape to tape
- * release 1-timers if good pass
- * get to net.

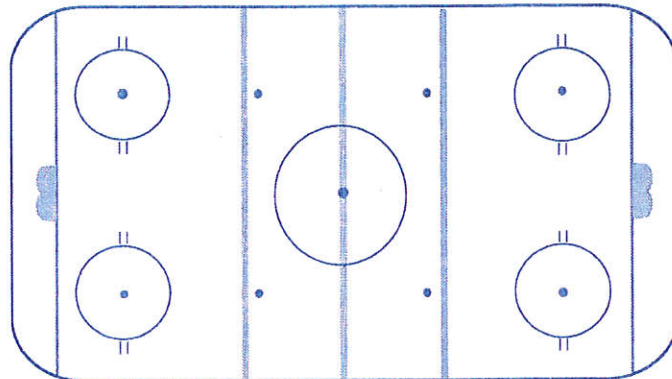
ROTATION

VARIATIONS/PROGRESSION

if passes or shots hit pylons, each player does 25 plu & 25 s/u.



TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
		<input type="checkbox"/> CONTROLLED



OBJECTIVE(S)

START

This image shows a single sheet of white paper with horizontal blue lines and a vertical red margin line on the left side. The paper is oriented vertically and appears to be a standard notebook page. There are no markings or text on the page.

KEYS

[illegible]

ROTATION

VARIATIONS/PROGRESSION
