

September 28, 2015

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Neepawa Natives (MJHL)	

RE: DRILL OF THE WEEK CLUB

QUOTE:

“You have to love what you are doing. If you love it, you can overcome any handicap, soreness, or all the aches and pains.”

- Gordie Howe

“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not: unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.

- Calvin Coolidge

BOOK:

Outliers: The Story of Success (2008) - Malcolm Gladwell

The Game (1983) - Ken Dryden

Gentlemen,
Here's hoping you all enjoy a successful season.

Regards,





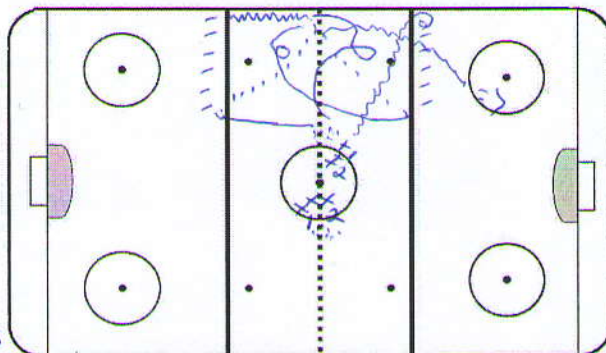
Neepawa Natives

Junior 'A' Hockey Club

① LUGANO

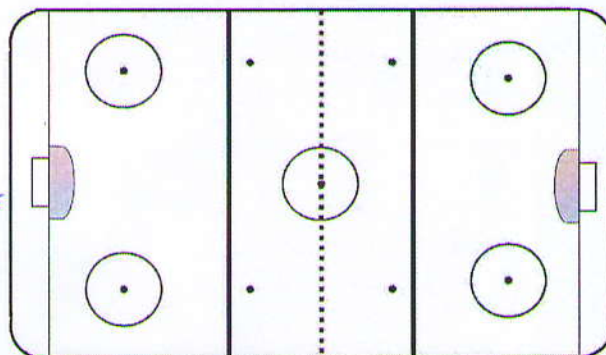
X₁ STARTS W/ PUCK, SKATES TO BLUE BOARDS.
OPEN PIVOTS & DRAGS PUCK ALONG BLUE

X₂ MIRRORS X₁, OPEN PIVOTS & RECEIVES PASS
FROM X₁. X₂ SKATES TO FAR BLUE, OPEN
PIVOTS & DRAGS BLUE. PASSES TO X₁ WHO
HAS MIRRORED. X₁ SHOOT ON NET, X₂ RETREIVES



NEW PUCK & BECOMES X₁. - CONTINUOUS
- BOTH SIDES

- PUCK ON FOREHAND ALL THE TIME
- PLAYERS DRAGGING BLUE ALWAYS FACE RED LINE
- TAPE TO TAPE
- HEAD UP



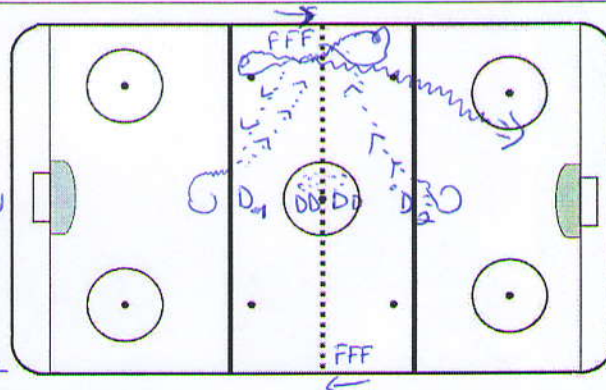
② 1-1 N₂ STEPUP

- WHISTLE CONTROLLED
- BOTH SIDES @ ONCE

D₁ & D₂ START WITH A PUCK, DO AN EVASIVE TURN
& PASS TO PROPER F

F'S RECEIVE PASS & PASS TO OPPOSITE D.

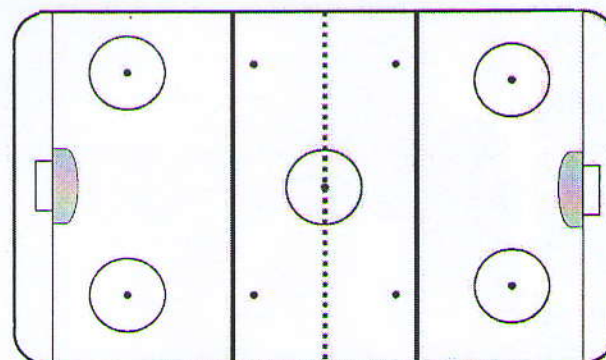
D₁ & D₂ DO ANOTHER EVASIVE TURN & PASS BACK



TO THE FORWARD THAT GAVE THEM THE PUCK.

F'S RECEIVER'S PASS & ATTACK 1 ON 1 VS THE
D WHO GAVE THEM THE 1ST PASS.

- GOOD PASSES
- TIMING BETWEEN F'S & D (EYE CONTACT, STICKS READY)
- QUICK FEET
- GAP CONTROL



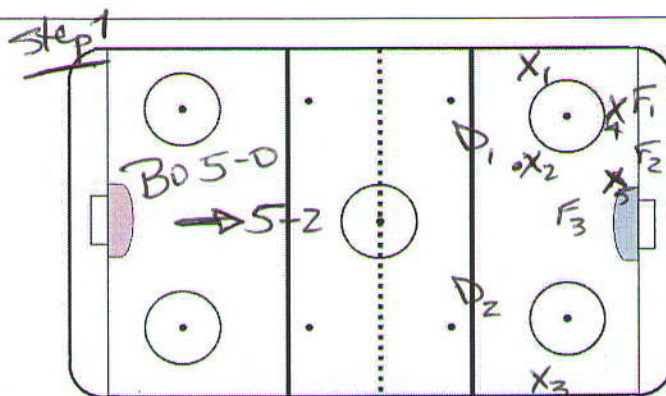


Neepawa Natives

Junior 'A' Hockey Club

#3) Defensive Team Drill

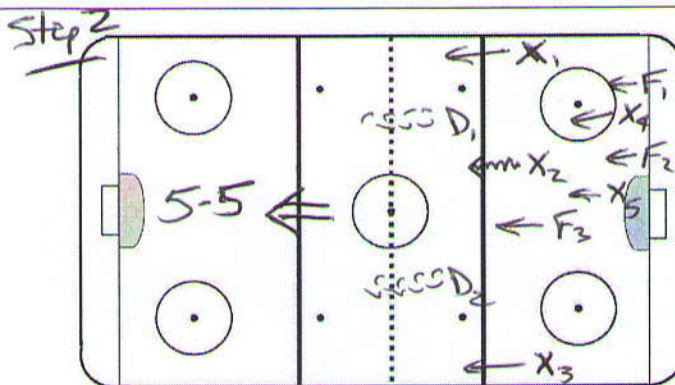
- F₁, F₂, F₃ + D₁, D₂
- B0 5-0 → attack 5-2 (X₃ X₄)
- X₁, X₂, X₃ set-up in zone w/ pk
- * © controls whistle
- on whistle F's leave puck
- X₁, X₂, X₃ attack D₁, D₂



F₁, F₂, F₃ backcheck
X₄, X₅ join attack

- play 5-5 till © whistles

Emphasis: → backpressure
- smart backcheck
- communication



#4) Competitive Game

Set Up: both nets one end
- O's vs. X's

→ 1-1 (X₂) ⇒ 2-2

- X₂ (with puck) vs. O₂
- O₁ (with puck) vs. X₁
- battle 1-1 till goal(s) scored;
1st player to score then joins
teammate to go 2-2
- © controls whistle

* Keep score → winners watch
losers do pushups, etc

