



## ПЛАН ТРЕНИРОВОК

Дата: 2015-2016

Время: \_\_\_\_\_

Drill of the Week Club

### 1. 'SHOOT FOR OPPORTUNITY' QUICK HITTER

Players line up single file with X1 just inside blueline.

Two cones / tires set up top of circle above dots.

To start drill, X1 drives in and shoots, curls back gets a puck from X2, curls around one of the cones and shoots for far pad while X2 drives net for rebound. X2 becomes shooter and X3 drives.



SHOOT  
FOR  
OPPORTUNITY

### 2. 'TWO ACROSS' SERIES

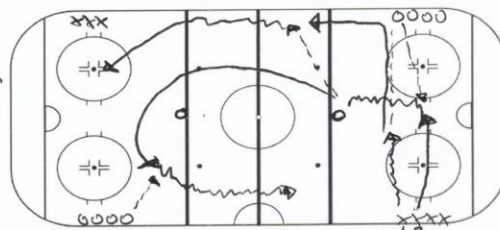
4 groups at top of circles on boards. X1, X2 take off across ice with X1 passing to O1 in other line. X1 then gets wide with speed. O1 passes to X2 following behind X1. X2 then relays to X1.

**OPTION 1:** X1 Drives. X2 to go other way.

**OPTION 2:** X1 and X2 attack 2-0. X1 shoots to score or shoots for rebound or pass/shoot to X2.

**OPTION 3:** X1 Drives wide...looks to pass to X2 who has started from other end and gone all the way around. X1 can deep delay or go below goal line and look to hit X2 coming late.

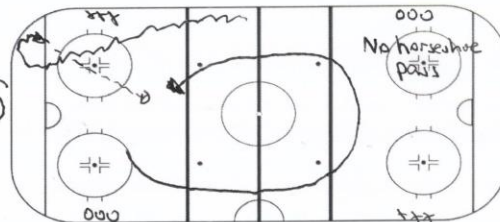
Option  
①



2 ACROSS

Option ②  
2-0

Option  
③



No horsehoe  
pass

### 3. '3-2 DOUBLE GAP'

All forwards along boards near centre ice line - both sides. D at boards on blueline. Drill starts with D1 pulling puck off wall, skating along blueline and shooting. As D1 shoots, F1, F2, F3 leave from that same side of centre red line with one puck and cut the far blueline...curl back and now attack D1, D2 3-2. Play continues until whistle. As soon as whistle blows, D1, D2 get back up ice to face F4, F5, F6 who have started from that same side of centre red line. These Fwds must cut the tops of the circle before returning 3-2.

Go until whistle, then other end goes.

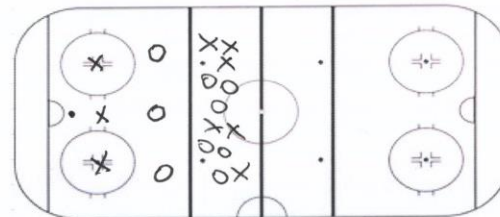
**OPTIONS:** Fwds can swing and cross or RW and LW can tight turn towards boards.



3-2  
DOUBLE  
GAP

### 4. 'CRASH THE CREASE 3-3'

Puck spotted just outside top of crease. 3X's on defence, 3O's on offence. On whistle, O's try to get to puck while X's box out. X's cannot touch puck until O's do. Continue 3 on 3 until X's get the puck out of zone with control. Now O's go on defence and 3 new X's go on offence.



CRASH  
THE  
CREASE

QUOTE: *To play a wrong note is insignificant; to play without passion is inexcusable.*  
Ludwig van Beethoven

BOOK: *Legacy - What the All Blacks Can Teach Us About the Business of Life.* James Kerr

CAN DO BOTH ENDS  
IF ENOUGH PLAYERS  
OR

3-3 one end / 2-2 other