

Enio Sacilotto

From: Newbridge <keifer.house@newbridgeacademy.ca>
Sent: January 22, 2015 10:45 AM
To: enio@shaw.ca
Subject: Drill of the Week club - Week 20 February 17th, 2015
Attachments: Keifer House - Drill of the Week Club 2015.pdf; Untitled attachment 00011.htm

Enio:

First I'd like to thank you for the opportunity to be a part of the club. Its a great resource and I've found it very useful so far. Please see attached for my submission for Week 20. Here are some books and quotes:

Books:

Toughness, Jay Bilas;
Hockey Tough Saul L. Miller

Quotes:

"A COMPETITOR will find a way to win. Competitors take bad breaks and use them to drive themselves just that much harder. Quitters take bad breaks and use them as reasons to give up. It's all a matter of pride."

"It doesn't take toughness to lift a weight or win a fight. It takes toughness to bring what it takes to win and bring it everyday."

- Bill Self, KU basketball

Good luck with the remainder of your season!

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Toughness is doing what it takes to make a difference; it is not accepting that you have a ceiling, but that you have another notch, another gear.

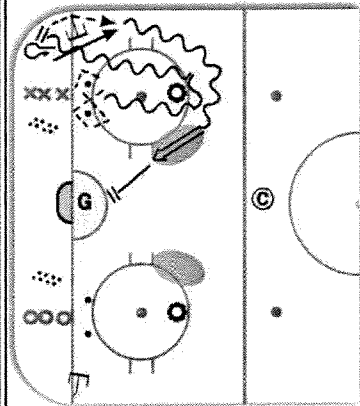
Tom Izzo

Drill of the week club - 01/20/15, 2:00pm - 60 mins

Prepared by: Keifer House

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Gladiator - 10 mins



Equipment required:

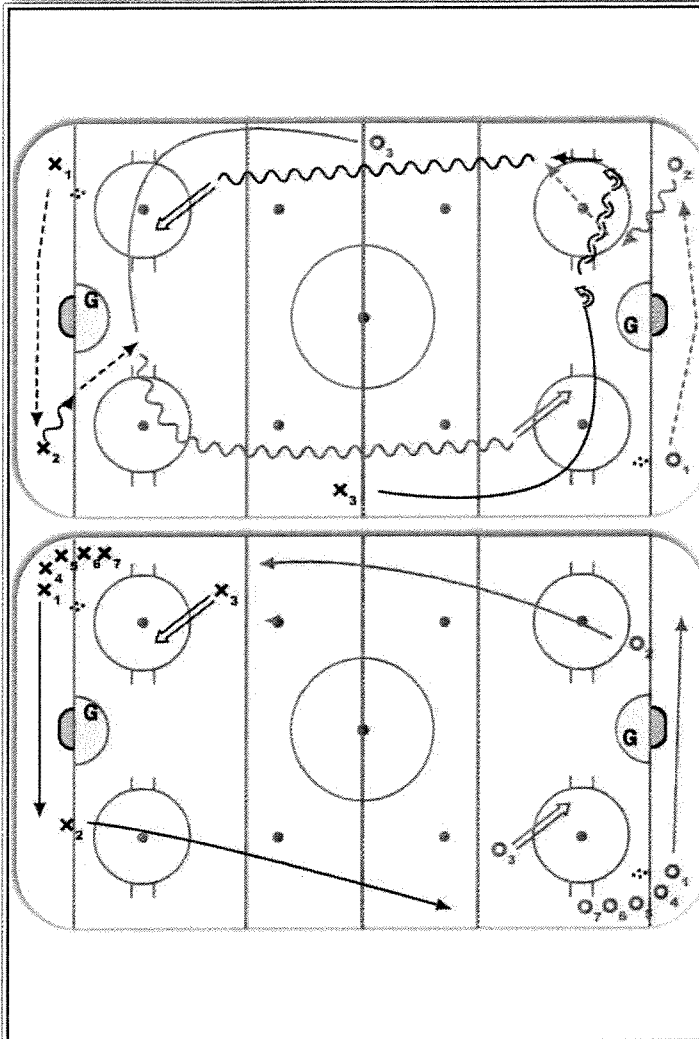
Tires/cones; Attack Triangles/Rebounder; pucks
(can use heavy pucks for figure 8s).

To start X stickhandles in a figure 8 pattern around two heavy pucks, make a fake then explodes towards the tire at the top of the circle. X then cuts back and drives to the cornered stops below the goalie protecting the puck. X then chips the puck over the attack triangle/rebounder, performs an escape move and retrieves the puck with feet moving. X then drives around the circle to the slot for a quick release shot from the designated area and follows shot to the net stopping in front to look for loose pucks. X then goes to the other line.

O can begin once X has made his chip in the corner.

Key Points: Puck Control Escape move Quick feet Quick release

swedish - 10 mins



Setup:

Players line up in opposite corners with pucks (see O1 & X1). X2 & O2 start below the goal line awaiting a partner pass from X1/O1 respectively. X3 & O3 start at the redline - NOTE: these players are stationary only to start the drill.

Flow:

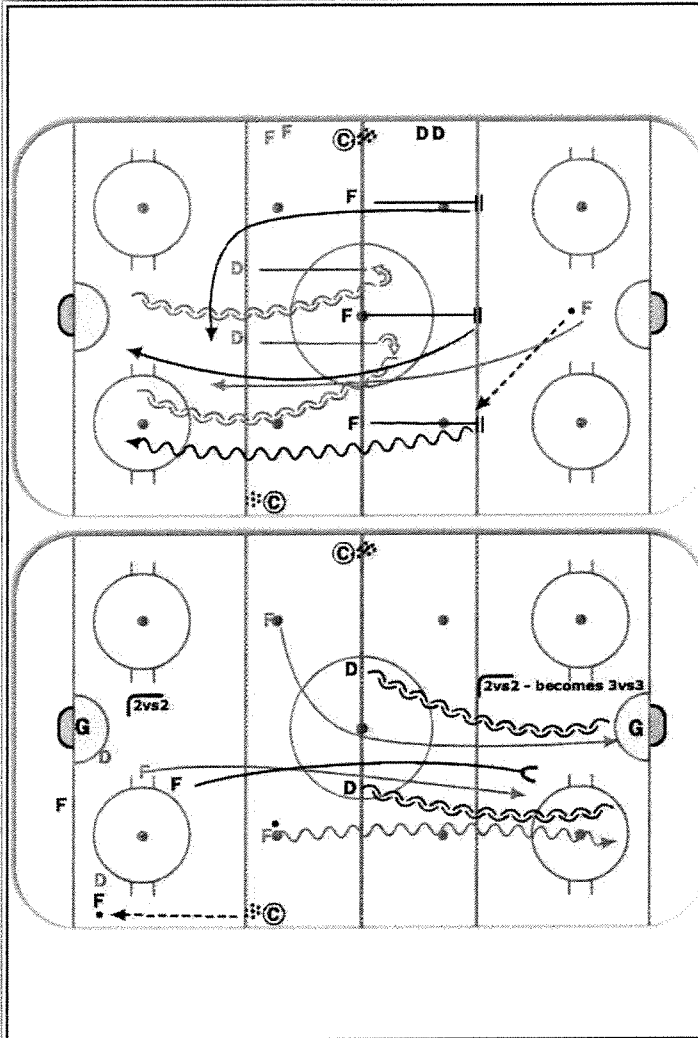
On Cs signal X3 & O3 skate back to regroup with O1/O2 & X1/X2 respectively. Once the X3/O3 hit the blue-line, X1 and O1 make a partner pass behind the net. X2 and O2 will receive pass and jump into the middle lane looking for cutter (X3 or O3). The passer (X2/O2) has the option to make a direct pass to hit the cutter in the mid-lane or allow the cutter to swing outside and make a pass to them as they skate up the wall.

Once X2/O2 make their pass they will jump up ice and become the next cutter in the far end.

X1 and O1 will rotate to the corner to make the next outlet pass and then jump up ice to be the cutter as per above (X2/O2).

Key Points: Passing Timing Eyes on puck

Subway Series - 10 mins



Step 1 - On Cs signal F (black) will tag up on the blue line and receive an outlet pass from F (green) and then attack 3vs2 against the green D. Green F that made the outlet pass will back check creating a 3vs2 with a back checker.

Once this group has entered the O-zone, the next two green Fs will spot up on the off-side dots at that end and 2 black D will set up on the red line awaiting C's signal.

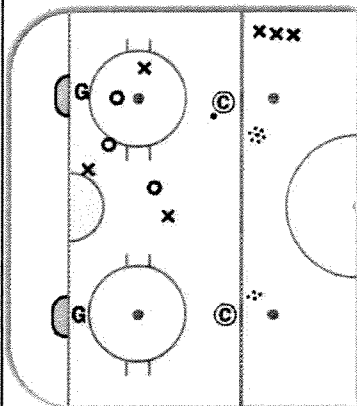
Step 2 - On whistle, the group in the N-zone will play 2vs2 with green attacking the far end. The back checker from the initial rush will now transition into offence and join the rush to support his line. At the same time the F3 (black) will back check to assist his D creating a 3vs3.

The remaining Fs (black) and D (green) will play out a second puck spotted by a C, 2vs2 in the same end zone.

Rotation = the line that originally attacked 3vs2 will go out and the group that had done the back check/2vs2 will start the next rep in their place. A new line will rotate in to back check and play the 2vs2.

Key Points: Playing the rush Transitioning from offence/defence or defence/offence

Point Shot Small area game - 10 mins



Set up:

Two nets on goal line in line with face-off dots. Pucks just outside the blue. Extra players in line against the boards outside the blue-line.

Note: Cs are used on the diagram, however using players is a great alternative.

Play:

C dumps a puck in and teams work to gain possession. The team that gains possession must work the puck to the the Cs (or D if players are used). All scoring opportunities are to be generated from the blue-line, options are:

- Screen
- Deflections
- Rebounds
- One-timers *this can be introduced later if you prefer to focus on the net front opportunities.

The defensive team is looking to regain puck possession, transition the puck back to the Cs and then work to score as described above.

Key Points: Net front play Using the D in offensive zone D, zone coverage Goalies , playing point shots with traffic