

EN10,
Thanks again for doing the club.

Clayton Beddoes

RED DEER REBELS DRILL WORKSHEET



Theme: _____

Date: _____

Reason: Book: "Building A Champion"
BILL WALSH.

Post-Practice: _____

Time: _____ Drill

	SKILL DRILL: SMALL GROUP.
	⇒ X ₁ : X ₁ Give / Go
	⇒ X ₁ Drives wide and passes
	⇒ X ₁ shoots one-time or
	Direct shot if on off-side.
	⇒ X ₁ - STARTS NEW
	* Not About speed but Execution
	OF PASSES and SHOTS.
	TEAM WARM-UP: 5 Shot / Regroup.
	E ₁ = Shot / Net front
	E ₂ = Shot / Net front
	E ₃ = GOAL LINE Attack / Net front.
	D ₁ = Pull / Shoot
	D ₂ = Pull / Shoot
	* ON whistle coach spots puck for
	Quick Regroup in N-Zone.
	OFFENSIVE / DEFENSIVE:
	⇒ 2v2 low ⇒ to play
	offense the puck must
	be played to D's for shot.
	⇒ Promotes: BOX-OUTS on
	defense and NET-DRIVES on
	OFFENSE.
	COMPETITION:
	⇒ ON whistle 2 X's go w/puck
	and 2 O's go w/puck.
	⇒ Can play 2 on offense
	OR ONE offense + one Def.
	* 1st team to 7 wins.
	* play until Goal or SAVE or
	Dead play

