DRILL OF THE WEEK CLUB

"It's never crowded along the extra mile!"

Practice No: _____

Date : November 2014   **Time :** _____   **Duration :** _____

Version no : _____   **Prepared by :** Wayne Clark

Objectives / Main tasks :
1. Individual Skill
2. Team Skill Warmup
3. Offensive or Defensive Team Drill   4. Competition Drill

Drill no. : 1   **Duration :** _____ **Minutes**   **From :** _____   **To :** _____
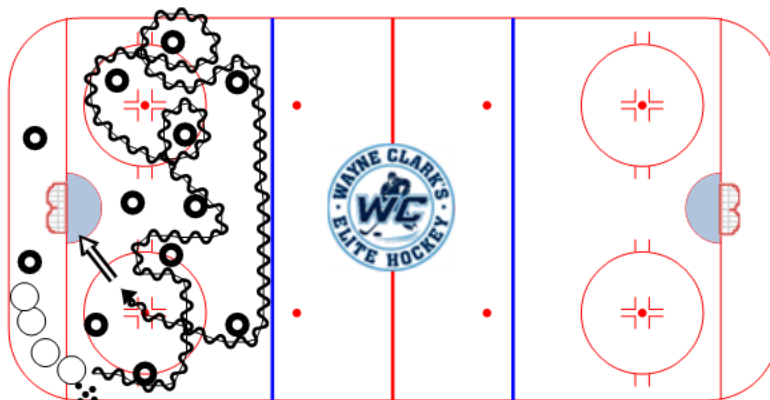
Title : Galchenyuk Tires   **Content elements:** Puck Skills   **Components :** _____

Description

Players attack tires.

-Choose pattern or attack any 5 tires at top speed and walk for shot.

Progress: Push for wide "wingspan" puckhandling...

Key Points :

Quick	Hands	Deception	Protection

Drill no. : 2   **Duration :** _____ **Minutes**   **From :** _____   **To :** _____
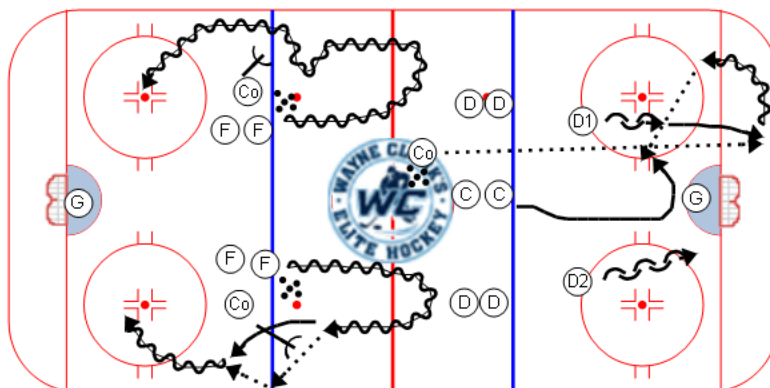
Title : Skill Reps -Warmup   **Content elements:** Chips...   **Components :** _____

Description

1) Ds and Cs
Breakout patterns
UP / OVER / REVERSE
-communicate
-C be low and slow

2) Fs (wingers)
Drives
Chip to yourself

Drives and Moves are successful when done outside hit zone of D man = he must turn and cannot finish hit.

Key Points :

Timing	Execution	Chip=space before	Feet

Drill no. : 3a   **Duration :** 11   **Minutes**   **From :** _____   **To :** _____

Title : Canada Transition Flow   **Content elements:** _____   **Components :** _____

Description

Whistle -Start. C pass to D1.
-DtoD
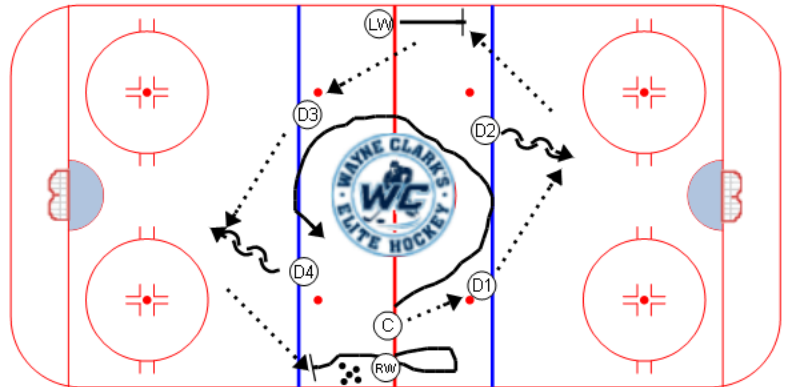-D2 pass to Lw opening up on the wall. C supports
-LW counters with D3
-D3 goes DtoD with D4
-D4 hits RW opening up on the wall
-RW, C and LW attack D1 & D2 on 2on1.

Once they enter attacking zone, New Forwards start with D3 & D4.

Key Points : | Organize - Available | Counter | Support with Speed | Attack 3on2 |

Drill no. : 3b   **Duration :** _____   **Minutes**   **From :** _____   **To :** _____

Title : Battle Royal Circuit   **Content elements:** 4 Groups   **Components :** "Puck Tough"

Description

1) "No Shadows" Coach dumps puck for 1on1 (XvsO). Battle and try to score.
If Coach yells 2nd puck leave that one and go for new spotted puck
If O scores, Xs skate 4 times to blue and back
2) "Bulls Ring" O tries and use body to shield away X from getting to puck. 20 secs and new pair.
Progress: 0 carries puck in circle and X tries to push 0 or Puck out of circle. 20-30 sec reps.
3) "Chief's Corner" Small Area Battle Game. 1on1 try to score and battle. 2nd puck...3rd puck...
4) "Keep Away and Pin...Battle". Must stay along the wall. in Shaded area. Battle for possession.
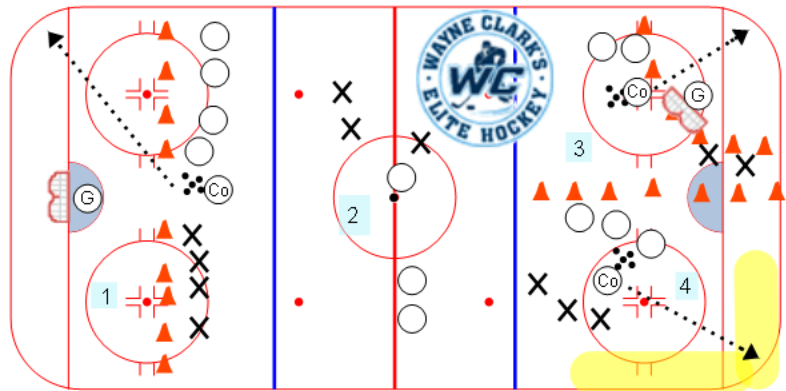
Key Points : | BATTLE | RESPECT | 2nd PUCK -Jump | PRIDE |

Drill no. : 4   **Duration :** _____   **Minutes**   **From :** _____   **To :** _____

Title : Bruin Shootout   **Content elements:** _____   **Components :** _____

Description

"A" END   "B" END

Players shoot both ways before elimination
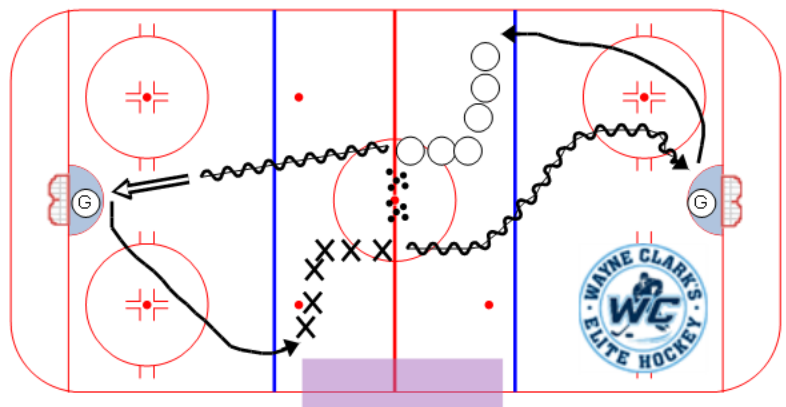
Os shoot on A end, then lineup to Shoot on B end.
Xs Vice Versa

After both shots, If NO GOAL -GO TO THE BOARDS.

IF AT LEAST 1 GOAL GO AGAIN FOR A SHOOTOUT AT BOTH ENDS.

Continuous to Winner

Key Points : | A End | B End | BOARDS OR ALIVE | EXECUTE! |

Drill no. : 4b   **Duration :** _____ **Minutes**   **From :** _____ **To :** _____

Title : PRIDE IN OUR SKILL: 1 on   **Content elements:** On whistle   **Components :** _____
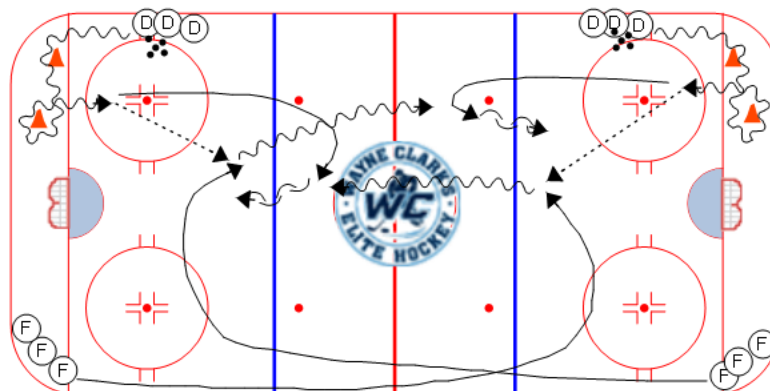
Description

On whistle D1 and F1 leave from each side of the ice (4 players at the same time).

D1 does a figure 8 around the cones, then makes a breakout pass to F1 swinging through.
After making the pass D1 closes gap on the F1 from the opposite line to play her 1 on 1.
If coach blows the whistle, F1 changes direction and play the 1 on 1 with the other D1.

Coach can blow the whistle multiple times during the same turn.
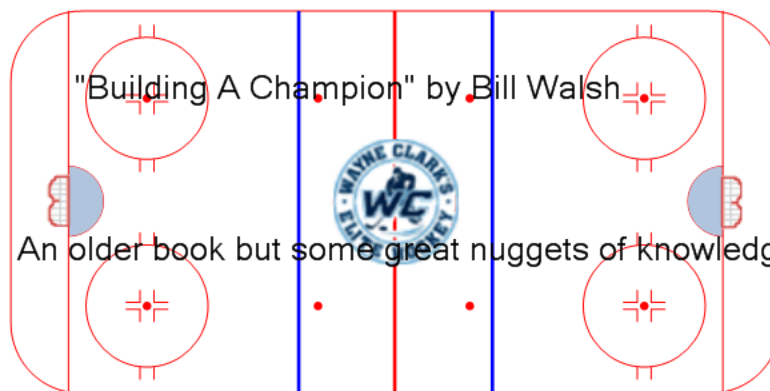D VS FWD: No Shot = 1 pt for D, Shot is .5 pt for Fwd, Goal= 5 points for Fwd

Key Points : | **FEET** | **GAP UP** | **1on1** | **COMPETE** |

Drill no. : _____   **Duration :** _____ **Minutes**   **From :** _____ **To :** _____

Title : Book   **Content elements:** _____   **Components :** _____

Description

"Building A Champion" by Bill Walsh

An older book but some great nuggets of knowledge.

Key Points : | | | | |

Drill no. : _____   **Duration :** _____ **Minutes**   **From :** _____ **To :** _____

Title : _____   **Content elements:** _____   **Components :** _____

Description

Key Points : | | | | |