

## **Drill of the Week Club**

**Attention: Enio Sacilotto**

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**From: Gordon Burnett**

**1) Team Building Activity – We used a Leadership Professional**

**2) Book - Hockey Tough: A winning metal game by Saul L. Miller**

**3) Quote - Leaders all seek the ever so popular “buy in” .... What is buy in? I believe that is that time in a team’s existence that everyone realizes that none will get there unless ALL get there! –Scott Muscutt**

**Categories**

Skills Drills

**Drill Title :** Circle Work

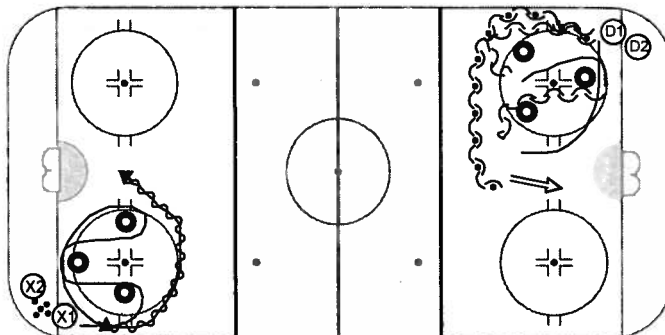
Forwards and Defense

**Components :****Content elements :**Description**Forwards**

Tight turns then around circle get puck and around top of circle, square up and shoot. DO with a Puck. CHANGE PATTERN

**Defensemen**

Backwards to forwards around tires then forwards to backwards pick up a puck pull and shoot. Use a puck. F to B

Key Points

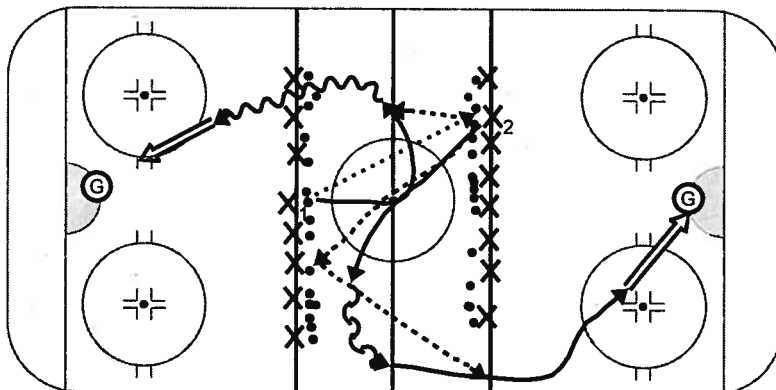
**Title :** LA Shoot **Category #1 :** Team Warm Up **Category #2 :** Pass and Shoot

**Description**

Pick a Player to start(X1). X1 passes it to any player on the other blue line(X2), X1 Follows pass, opens up and gets pass back from X2, X1 goes in and takes a long warm up shot on goal. Now X2 goes.

Keys:

- Call for pass
- Hard passes, make teammate handle it and give it back.

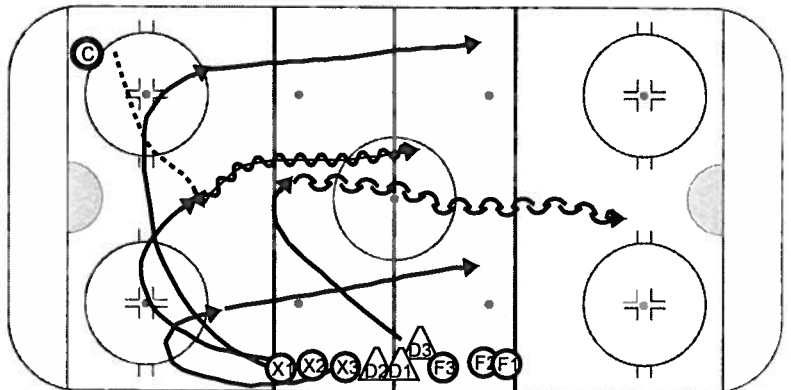


**Title :** 3v1/4v3 wedge **Category #1 :** Offensive **Category #2 :** Attack Options

**Description**

1. 3 Fs' swng 3 on 1
2. Whistel 3F's and that D come back 4 Vs 3
- 2D jump out and 1 Wedge guy from the side.

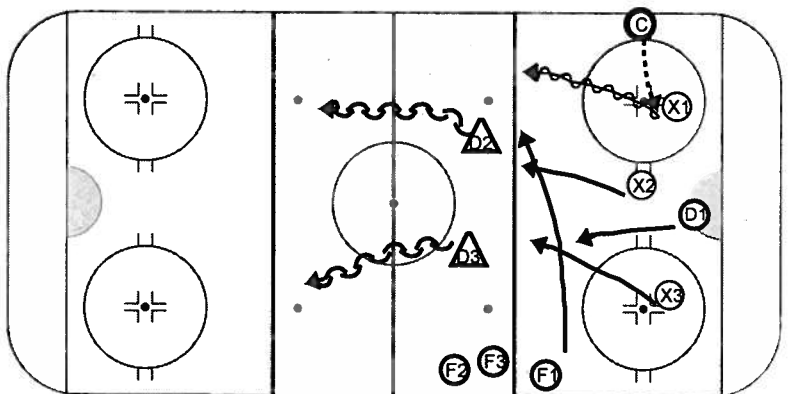
Objective is top create offense vs wedge situation. Use body positon chips and releases for week side F and use D sliding to the wall to support or at blue line off of delays.



**Title :** 3v1/4v3 wedge (seq 2) **Category #1 :** Offensive **Category #2 :** Attack Options

**Description**

C gives F a puck wdge from line create 4 Vs 3 need to keep puck alive, body position use indirects, releases, delays, push passes to stay ahead and find a scoring chance.



**Title :** 3v2 **Category #1 :** Competition/Game **Category #2 :** 3v2 game

**Description**

-2O's on defense ve the 3X's on offense. O's need to get puck and give it to the 3O's on other side of line.

-If a goal is scored new guys come in.

