



To: Drill Of The Week 2014-2015 Members

From: Dan Fridgen

Favorite Quote:



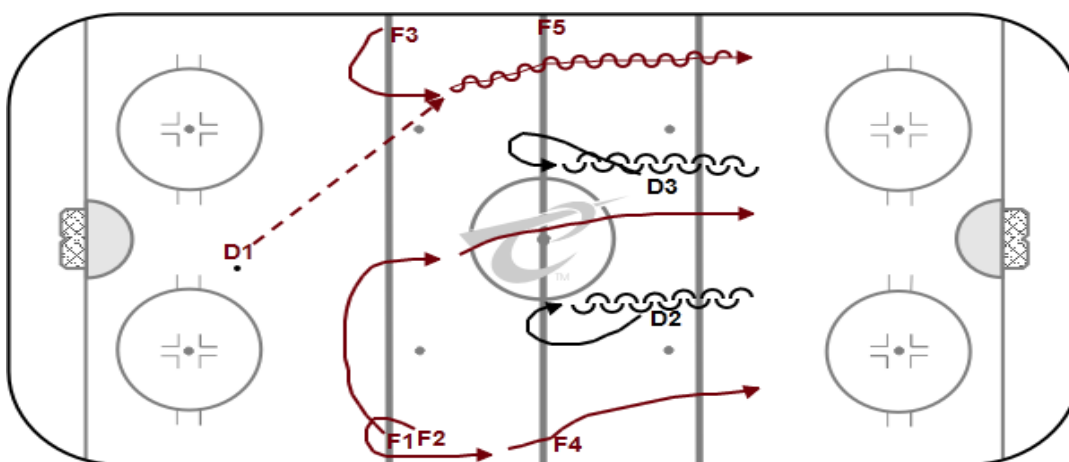
William W. Purkey

*"You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth."*

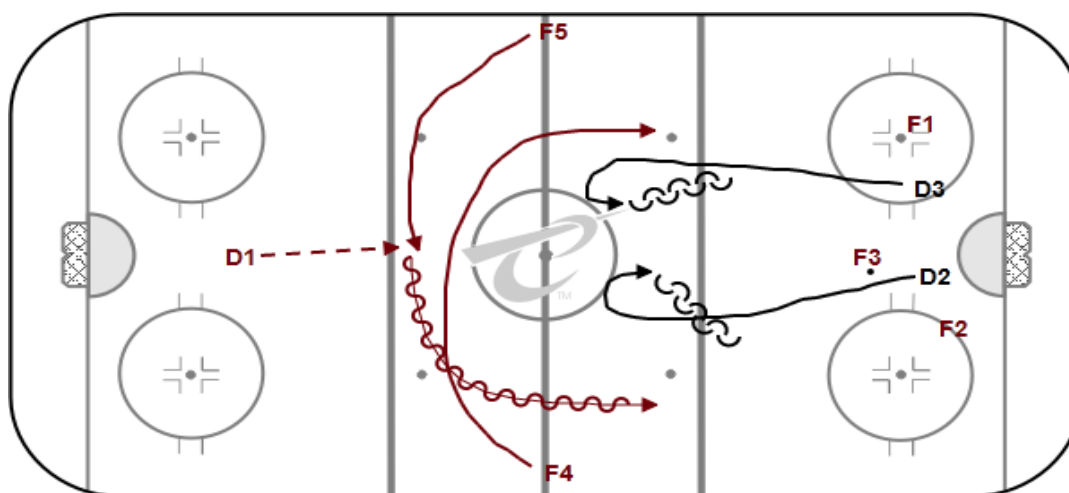
Good luck to all Coaches and their respective teams for a very healthy and prosperous season!



3v2 into 2v2



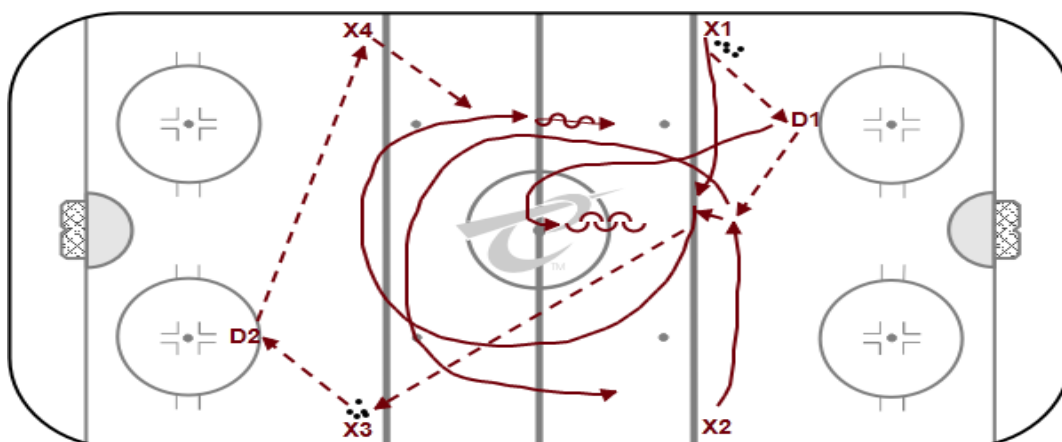
Drill Starts with F1, F2 and F3 filling lanes in the NZ. D1 passes to either 3 Fs. D2 and D3 gap up in NZ and play 3v2 rush. If puck is scored or cleared C can chip new puck. On whistle, all 3 Fs are done.



On Whistle, F4 and F5 support D1 for pass. D2 and D3 end the play in OZ and get up ice to establish good gap. F4 and F5 attack D on 2v2. C can chip new puck when desired. On Whistle, D2 or D3 makes a pass to the next line of 3 Fs who attack opposite way on 3v2 then 2v2. Drill is Continuous

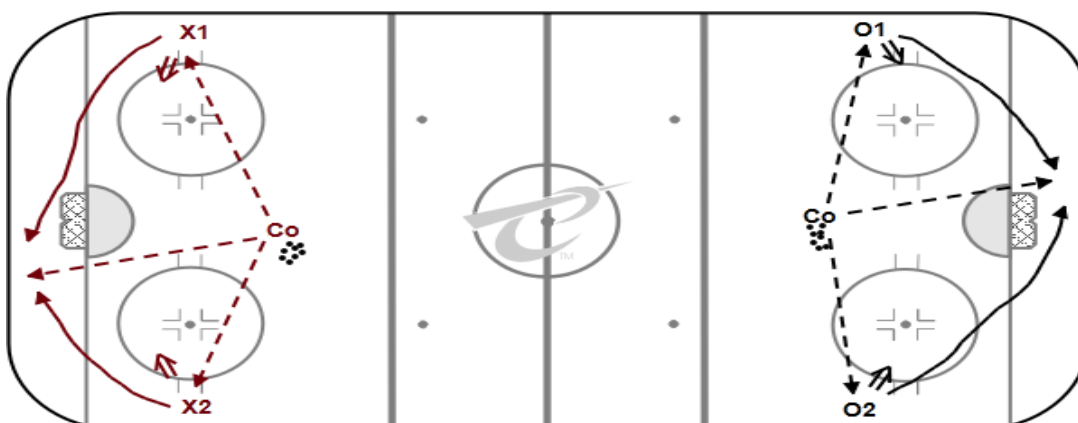


2v1 (Muskegon Explosion)



Drill starts with X1 passing to D1. X1 and X2 skate across blueline. D1 passes to X2, X2 one touches to X1, X1 one touches to X3. X3 one touches to D2. D2 passes to X4. Meanwhile X1 and X2 are circling the NZ looking to support the puck. D1 is gaping up on X1 and X2. X4 passes to X1 or X2 in NZ for 2v1. Once 2v1 goes beyond the NZ, X3 passes to D2 and drill starts up again.

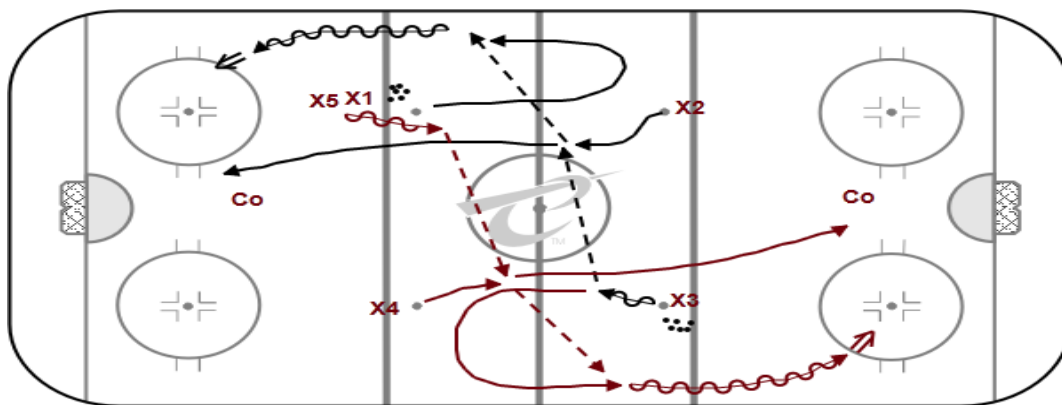
1v1 (Edmonton 1v1 Battle Drill)



Drill starts at same time from both sides. C passes to X1, O1 for shots. C passes to X2, O2 for shots. C chips puck in corner and X1, X2 and O1, O2 play 1v1 low. On whistle, X1, X2 and O1, O2 sprint to opposite sides where C has chipped a new puck and they continue 1v1 Battle. Next whistle they are done and next group starts up.

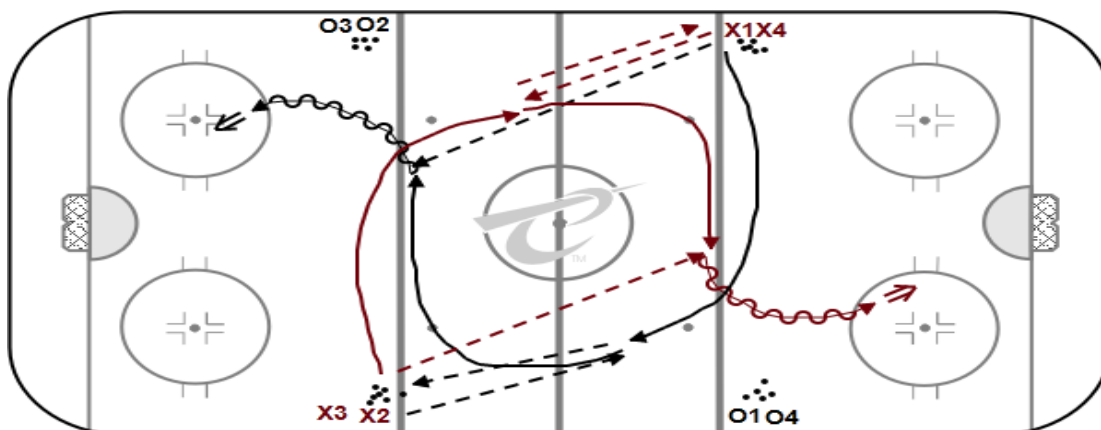


Shooting/Passing Drill (Whaler Net Drive)



Drill Starts with X1 skating toward X2 and opening up toward X2. X2 Skates toward the middle of ice and receives pass from X3. X2 Passes to X1 who drives wide and takes wide angle shot off far pad. X2 drives the net for rebound. Meanwhile, X3 continues toward X4 and opens up. X4 Skates to middle of ice and receives pass from X5. X4 passes to X3 who drives wide and takes wide angle shot off far pad. X4 Drives the net for rebound. Continuous Drill.

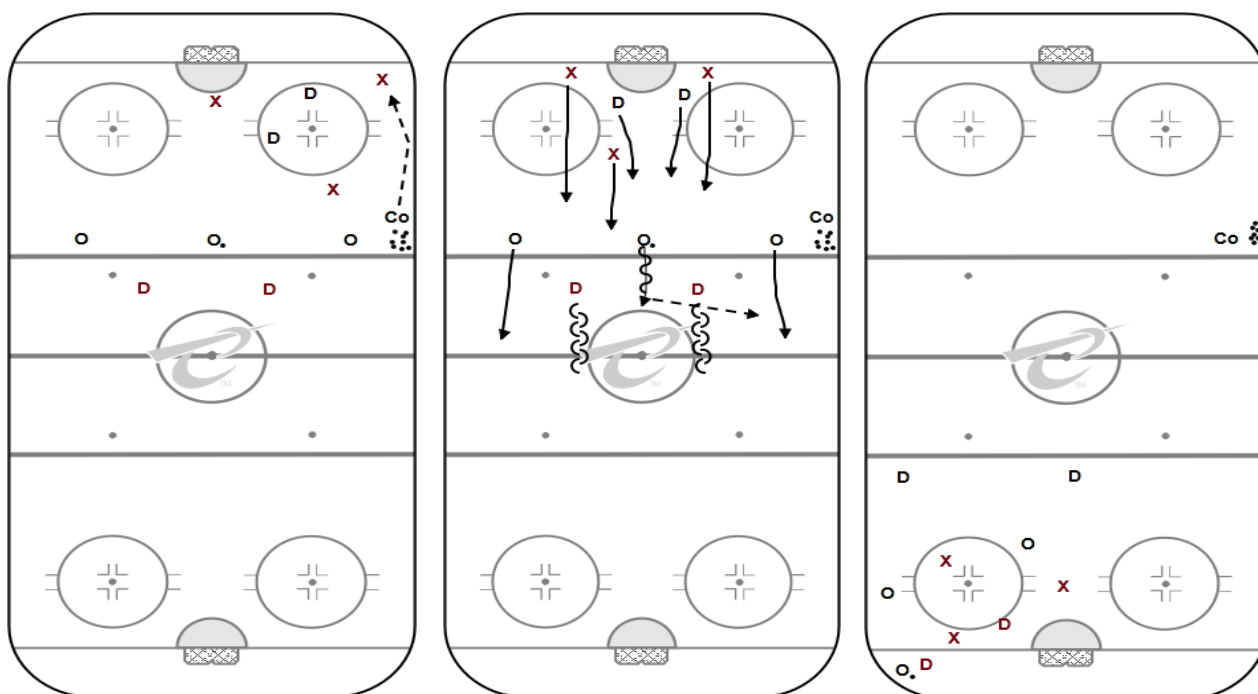
Shooting/Passing Drill (Weiss 3 Pass and Shot)



Drill starts with X1 and X2 skating below the blue line without the puck. X3 and X4 pass to X1 and X2. X1 and X2 touch pass back to them and continue through the guts of the ice. X4 passes to X1 and X3 passes to X2 for a shot on net. Os go next. Drill is Continuous.



Tracking Drill (Montreal 3v2)



Part 1

- C dumps puck to 3 Fs for 3v2 low
- C can chip more than 1 puck
- On Whistle, play is dead, 3 Fs backcheck and communicate to pick up Fs and D. 2 D look to jump in play

Part 2

- 3 Fs on the blue line attack 3v2 on Cs whistle
- Look to make a play 3v2, if back pressure catches up, chip puck. No turnovers at the blue

Part 3

- Play 5v5 In Zone
- If goal is scored or puck is cleared, C can chip more than 1 puck
- On whistle, 10 guys skate out to far blue