

Enio Sacilotto

From: Larry Huras <lrhuras@yahoo.ca>
Sent: Wednesday, October 22, 2014 1:21 AM
To: Enio Sacilotto
Subject: Larry Drills
Attachments: img001.jpg; img002.jpg; img003.jpg

Hi Enio,

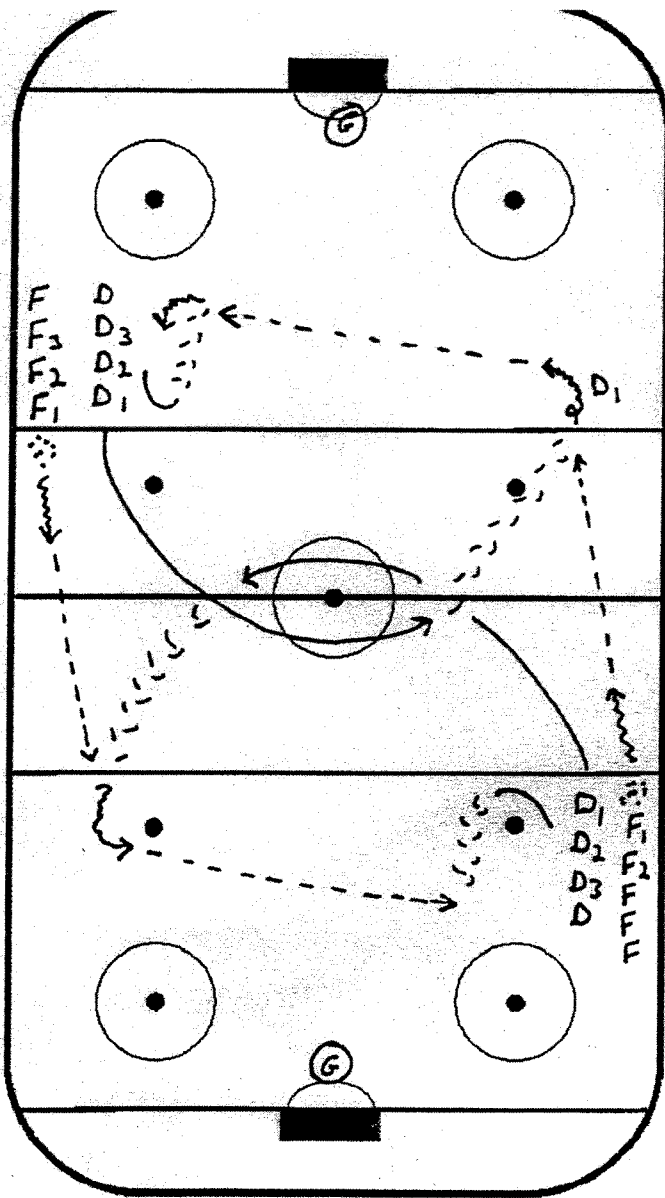
Here are three drills for your collection...first two are for N.Zone D to D passing...that I use to work the D's feet and passing techniques to improve their ability to pivot and pass. The third is a good basic break out drill to work on the low D to D and up...pass...combined with the winger board technique and the center coming in low and slow to support...good warm up drill and leads to full 5 against 5 breakout drills.

My two assistants would like to join the drill club if possible:

Manny Viveiros: mannyv3@msn.com

Peppi Heiss: peppi.heiss@gmx.de

Thanks...talk soon...cheers, Lar



Action:

2 D start around the center circle

Set up:

Forwards lined up on the wall. Defensemen inside.

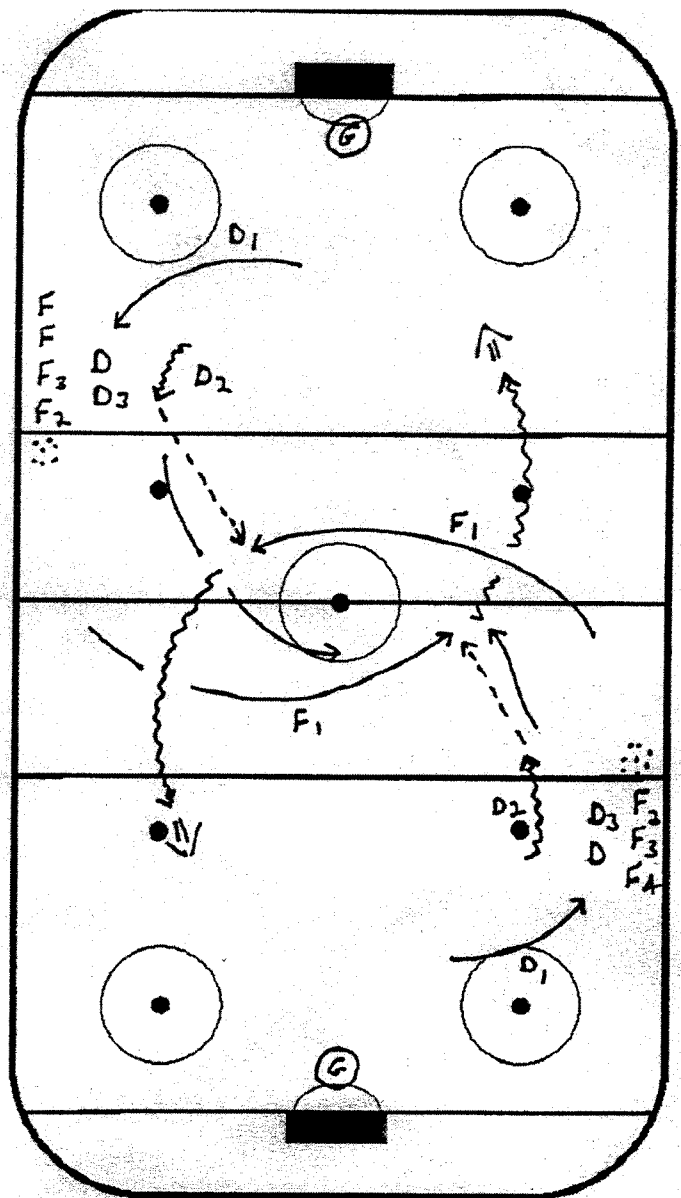
D1 and D2 start together and skate around the center circle. Both pivot backwards for puck.

F1 and F2 wait for the D to pivot backwards for easy reception of the puck

D2 and D2 run a small hook pattern for a pass from D1, D1

Teaching Points:

Skating mobility



Action:

Outside player shoots

Set up:

Forwards shadow puck. D1 and D2 move puck to F1

F1, F2 go in for shots.

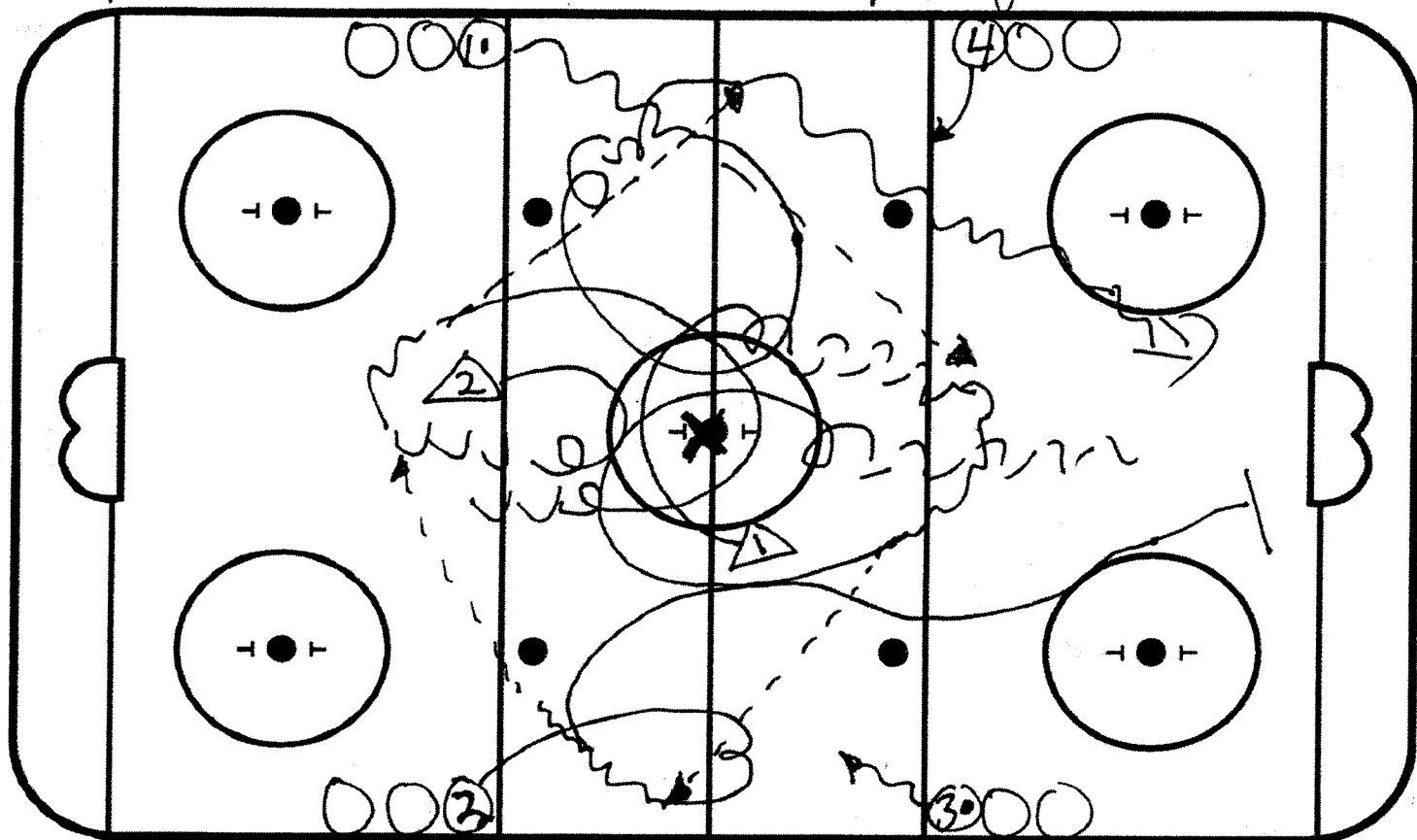
D2, D2 follow up their pass and repeat around center circle.

Option: 2 Forwards go together for area passes on the BL.

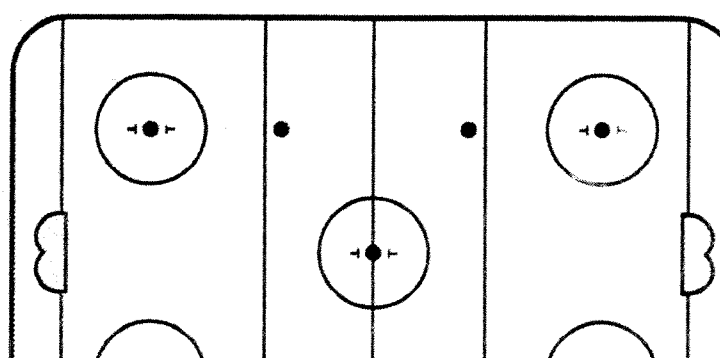
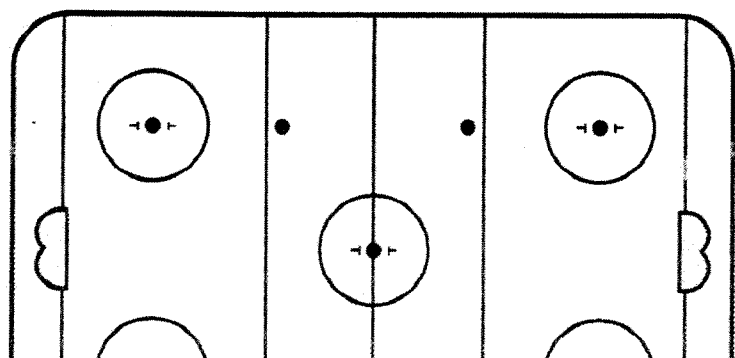
Teaching Points:

Skating and puck technique, shooting

circle 211 move - and part of 120 U-turn

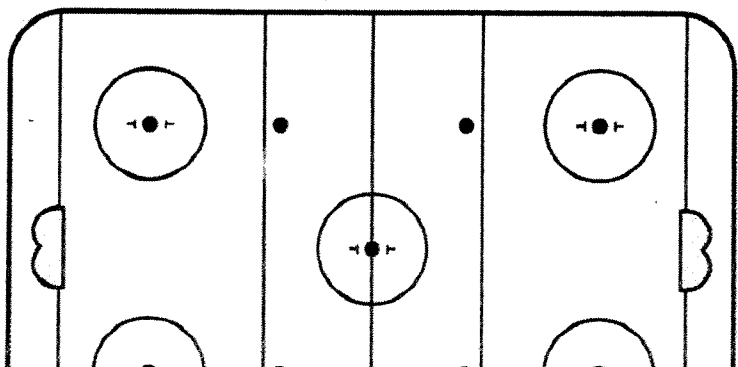


① starts drill by pivoting around pylon and opening up for pass from ②. ② comes back off boards and pivots (eyes in pylon), ready for quick up pass from ①. After receiving pass, ② now relays pass to ③, who has stepped up, backed off and ready for pass. ③ now passes to ① who has pivoted towards boards, then they go back 271 against ①. ① must pivot around pylon in center, i.e. before taking 271 to force him to move feet. After ③ makes his pass, he pivots around pylon and receives pass from ④.



① pivots, heads back to 2nd post of net, pivots to receive pass from ②. ① winger heads to top of circle and pivots towards boards as ② center comes in low & slow for support position on breakout. ① has option to pass to ① or ②. ③ comes out of center ice to defend 271. After 271, ③ drops down to 2nd post ready for pass from ② to start next 271.

Variation: D-man rims
it to wurger



Variation: Run it 371 or 372 one way.

