

RYERSON RAMS

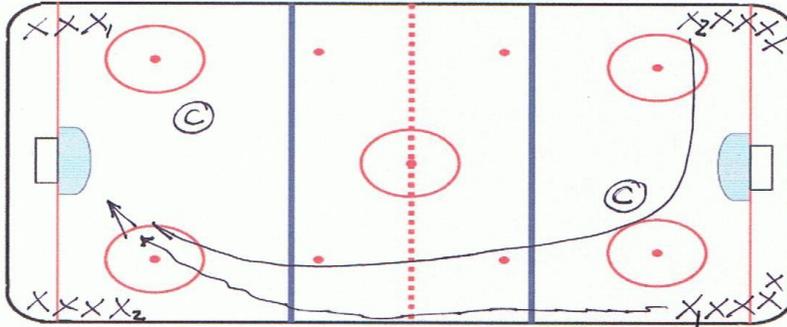
DRILL OF THE WEEK

2014-15

Johnny Duco & Graham Wise

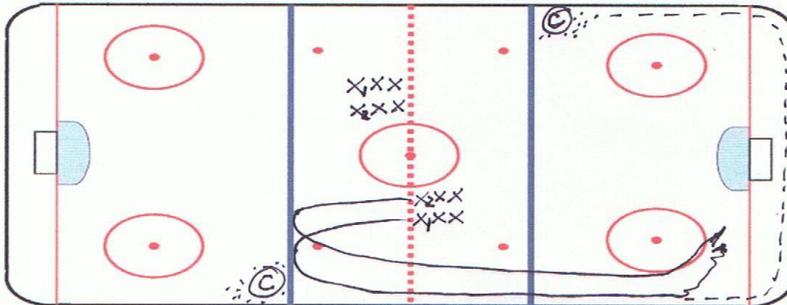
1) Start-up BC Drill

- players in 4 corners, both ends go at the same time.
- X1 drives with the puck down ice, X2 BC around coach & tries to catch X1.
- adjust coach's position to make it competitive.
- switch sides.



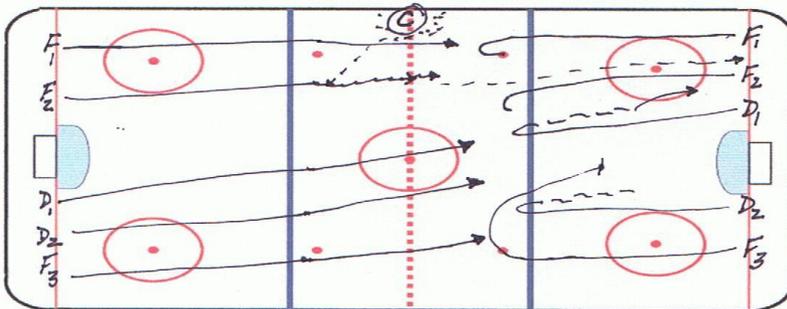
2) DZC: Spotter 1on1, 2on2, 3on3

- two lines of players at center. 1 line offensive the other is defensive.
- on whistle X1 & X2 up to blueline, turn and drive to rimmed puck by the C.
- both ends at the same time.
- battle 1on 1 in zone.
- add 2 on 2 then 3on 3
- switch sides.



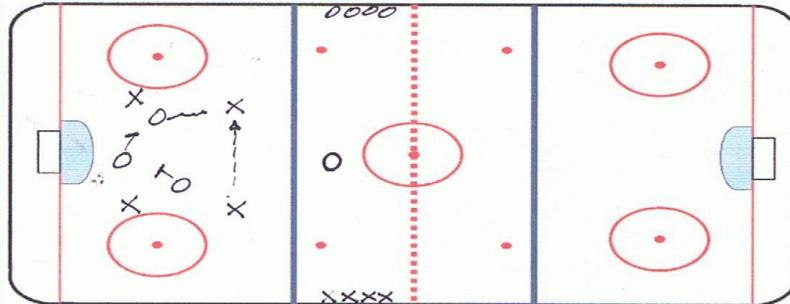
3) FC, DCZ All Out

- 5 players (3F's & 2 D) on each goalline.
- players on whistle skate to center, C passes to team that is calling the loudest.
- team receiving the puck dumps it and FC, other team tries to BO against FC or play DZ coverage.
- let continue for all out scrimmage.



4) Area Drill: 4 vs 3

- each end zone 4 X's vs 3 O's with an O outside the blueline.
- X's try to score, O's try to get puck to O outside blueline.
- if O's get puck to O outside blueline they go 4 on 3 vs 3 new X's.
- first team to 5 goals.
- both ends same time
- use other number combos.



Will it be easy? – NOPE.
Will it be worth it? – ABSOLUTLEY.