

Page 1



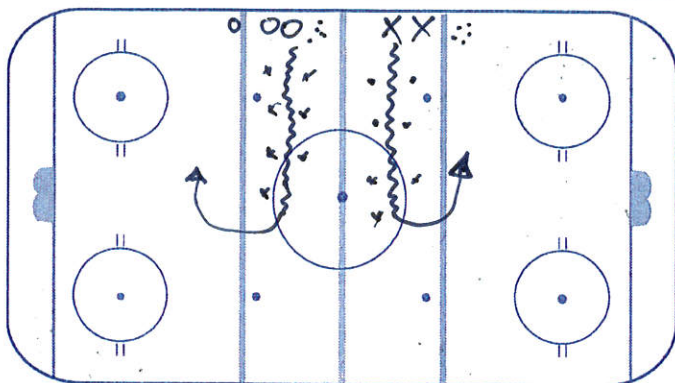
Enio's

Date: 2014-2015

D.O.T.W.C.

Puck

TIME ① DRILL NAME Dot Wide. ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) p handling skill work

START

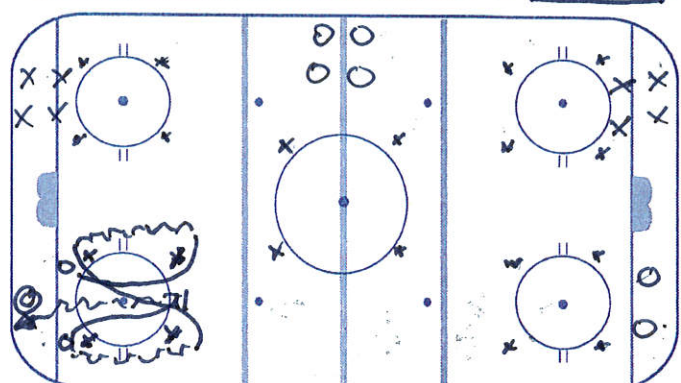
- start with 2 lines of about 5-7 p about 4-5 feet apart
- player will move p from side to side keeping both hands on the stick
- Keep feet wide for greater range of motion.
- for a progression, stick-handle at each p before moving it to other side.

KEYS \* quick hands  
\* feet wide & make sure bottom hand can slide on the shaft for greater quickness & range of motion.

ROTATION

VARIATIONS/PROGRESSION

TIME ② DRILL NAME Transition Skate ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) skating skills

START

- place 4 pylons around a circle or anywhere on the ice.
- can go one player per time or have a race w/ 2 players.
- start w/ 2 lines each w/ 2 pylon in a vertical line.
- players start @ bottom pylon
- on C command player's race to top pylon, pivot to bcwds, bcwds to bottom pylon, pivot to fwd
- repeat by pivoting the opp. way on next 2 pylons.

KEYS

\* efficient turns & pivots  
\* blow as little snow as possible  
\* quick feet.

ROTATION

VARIATIONS/PROGRESSION

\* add p.



Page 2

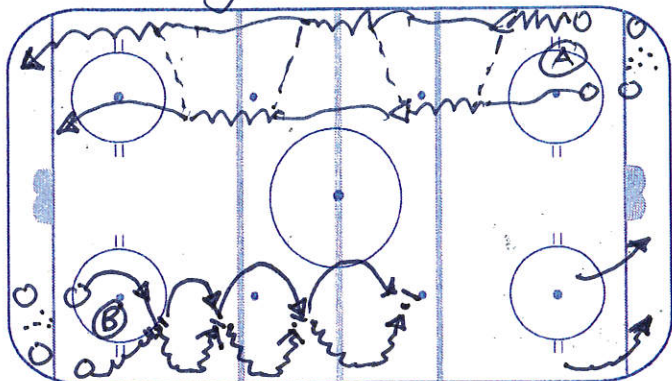
Pens



Enio's  
D.O.T.W

Date: 2014-15  
Dan Olsen

TIME 3 DRILL NAME **Passing Warm** ☐ CONTINUOUS ☒ CONTROLLED



OBJECTIVE(S) **passing team skill.**

START

A) partner pass up length of ice passing forehand & back hand.

- partner pass to far end. Join (B) line.

B) 2 man weave

- drop passes

- p carrier to mid ice from outside in

- support always gets to drop pass from inside out.

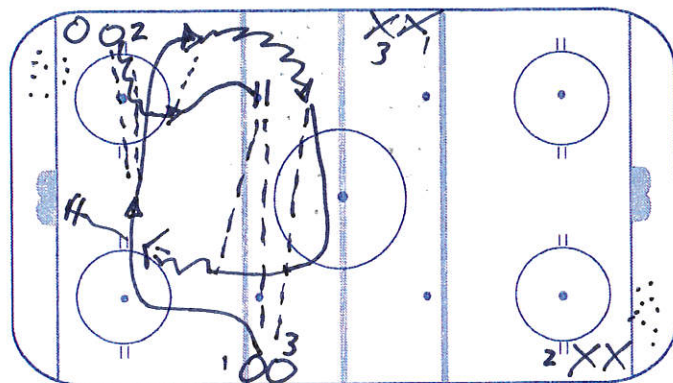
KEYS

- \* eye contact
- \* communication
- \* follow through to target
- \* give target - blade square
- \* cushion.

ROTATION

VARIATIONS/PROGRESSION

TIME 4 DRILL NAME **Kretzel** ☒ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) **work timing - support - passing skills.**

START

- 1's deep into zone for pass from 2's, 1-touch back to 2.

- 1's fill wall lane, 2's stepout

- 2's pass to wall 1's

- 2's to off-side dot.

- 1's into N-Zone & crisp to 3's

- 3's crisp to 2 on O/S dot

- 1's read to time for return pass (on-side) from 2's.

- 1's in & shoot.

- as soon as shot taken start drill

KEYS

\* constant momentum.

\* Forehand to forehand  
1 touch passes.

\* communicate.

\* hard, crisp, flat passes.

ROTATION

1's to 2, 2's to 3' line.

VARIATIONS/PROGRESSION

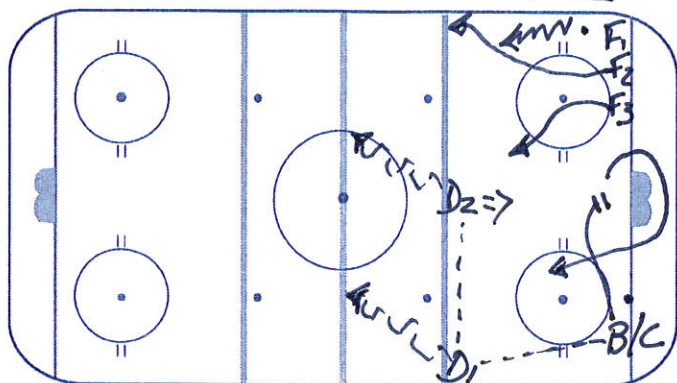
3's go next.





Bruin

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
5	Back Check.	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) transition to backcheck.

START

- have players on benches except for 6 involved.
- drill starts w/ B/C passing to D1
- D1 can shoot or pass to D2
- as B/C gets to net to screen
- as soon as B/C crosses goal line skating behind net, F1/F2/F3 begin 3vs2 rush.
- B/C sprints to make it 3vs3
- D & B/C communicate
- use your team rules for the B/C.

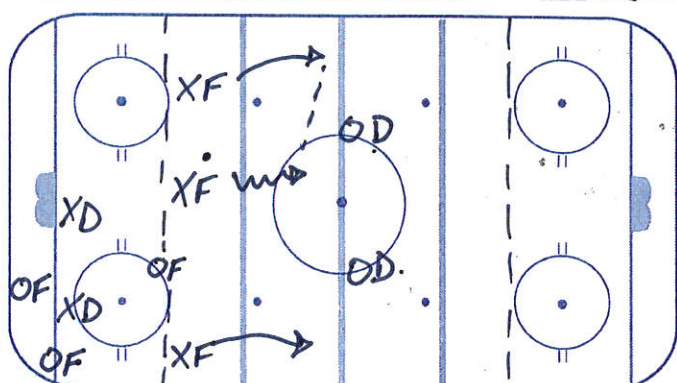
KEYS

- \* communicate to sort out
- \* communicate so no hesitation
- \* communicate so no duplication.
- \* good body position
- \* good stick to jam p.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	<input type="checkbox"/> CONTINUOUS
6	World Jr.	<input checked="" type="checkbox"/> CONTROLLED



OBJECTIVE(S) 3vs2 low - B/C - 5 vs 5

START

- players on bench.
- drill begins on (C) command w/ low 3 vs. 2 (3OF vs 2XD.)
- play 3vs. 2 below ringette line.
- have XF1/XF2/XF3 ready to go vs. 2 OD.
- on second (C) command XF's go 3 vs 2 on OD
- OF1/OF2/OF3 will backcheck to help OD1 & OD2.
- XD1/XD2 hustle to support XF1/XF2/XF3 for 5 vs 5.
- play it out for 20-30 sec

KEYS

- \* quick, effective back press.
- \* enter zone inside F/O dots & be prepared to go deep.
- \* use your D-Zone system.
- \* use your Offensive systems.

ROTATION

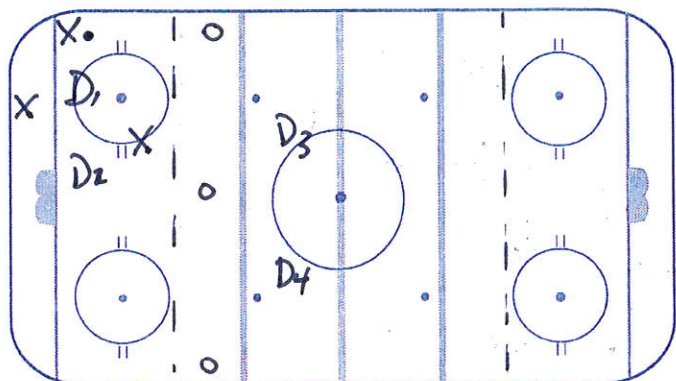
VARIATIONS/PROGRESSION



Page 4  
Gabby

Date: 2014-15  
Dan Olsen.

TIME 7 DRILL NAME Continuous ☒ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) work 3vs2 continuously.

START pit D vs. F.

- Coach command X's battle D1 & D2 below ringette line.
- D1/D2 try to gain p possession & get p to O forward line.
- O's then attack D3/D4 3vs2. to opposite end.
- X's to bench as a new line gets to ringette line so D3 & D4 can break them out. against D5/D6
- new F line cannot cross ringette line to help D.

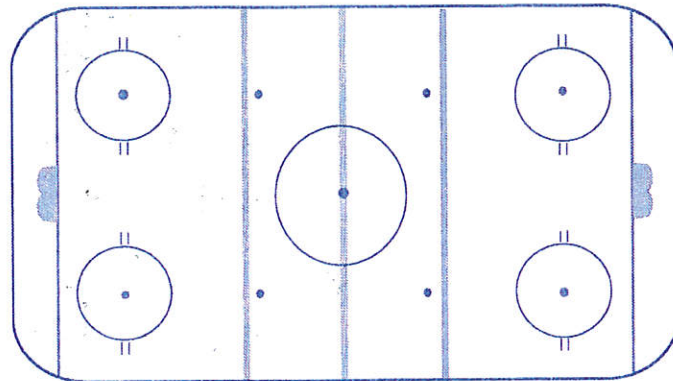
KEYS

- \* offensive support, move, triangulation, cycle, p protection.
- \* D-side, patience.
- \* carry p or quickly move out of zone.

ROTATION

VARIATIONS/PROGRESSION

TIME 8 DRILL NAME ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S)

START

"Commit to the Team"  
"Rely on the Team"  
"Defer to the Team"  
"Be Accountable to the Team"  
"Because one is too small  
a number to achieve  
greatness"

KEYS

Preparation = Confidence.  
Confidence = Presence  
Presence = Leadership.

ROTATION

VARIATIONS/PROGRESSION