

From: Higgins, Chris <chiggins@ivey.uwo.ca>

Sent: Wednesday, October 1, 2014 5:54 PM

To: Enio Sacilotto

Subject: RE: DRILL OF THE WEEK CLUB 2014 2015

Attachments: Swedish NZ warmup.pdf; philly 2-pass.pdf; Scotties 1 vs 1.pdf; Tom Renney 2 on 1.pdf; 8 Pass.pdf; Ambrio skill drill.pdf; Lightbulb.pdf; Kelly's warmup.pdf

Enio,

Sorry about the delay.

Here are 8 very good drills.

A good book: "Fierce Conversation" by Susan Scott (for coaches who need to learn to deal with all types of players)

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**Title :** 8 pass

**Content elements:**

**Components :** Pucks at 4 blues

### Description

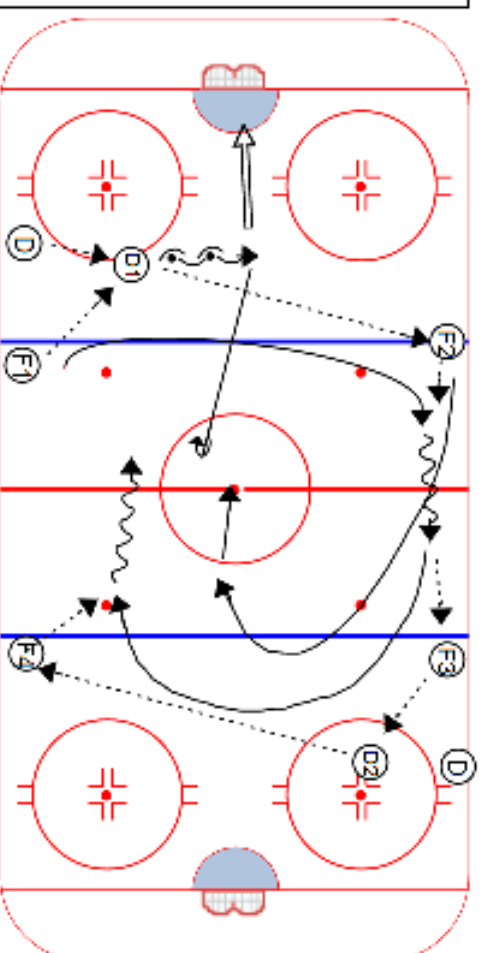
F1 starts the drill with a pass to D1.

D1 --> F2

After D1 makes the pass she turns and gets a pass from the next D in line. She drags and shoots and then heads up ice for a 2 on 1.

F2 gives the puck back to F1 who skates up and passes to F3. F2 leaves after making the pass and skates through the neutral zone ready to join F1 on a 2 on 1.

F3 --> D2 --> F4.



**Key Points :**

**Title :** Ambrio skill drill

**Start:**

continuous

**Pucks:**

4 blues

### Description

Both sides at same time.

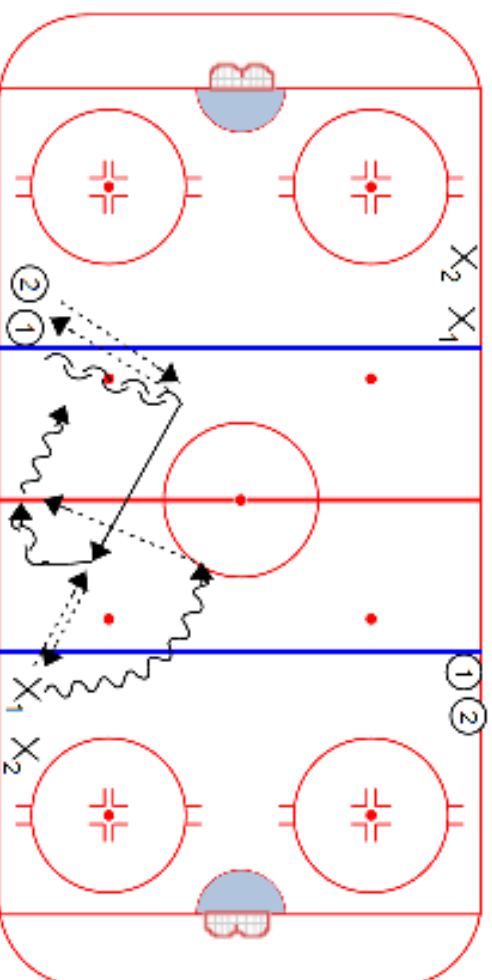
O1 skates out backwards and gets a pass from O2. She 1-touches it back to O2.

O1 skates towards X1 and gets a pass which she 1-touches back.

O1 skates to boards and opens up.

X1 skates out and passes to O1 who goes for a shot on net.

X1 then skates towards O2 and the drill repeats.



**Key Points :**

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**Title :** Kelly's warmup

**Start:**

on the whistle

**Pucks:**

opposite ends

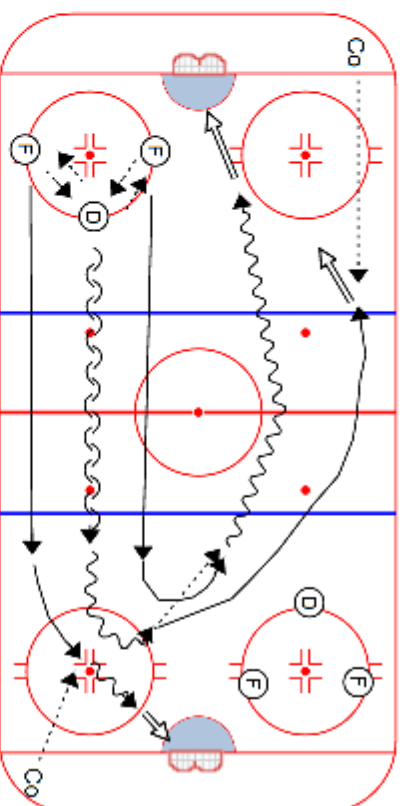
### Description

Two F's and a D skate down the ice exchanging passes.

When they hit the far blue line the boardside forward gets a pass from the coach and drives the net and shoots.

The D and inside forward go across the ice with the D passing to the F who goes for a shot.

The D follows, gets a pass from the coach and shoots.



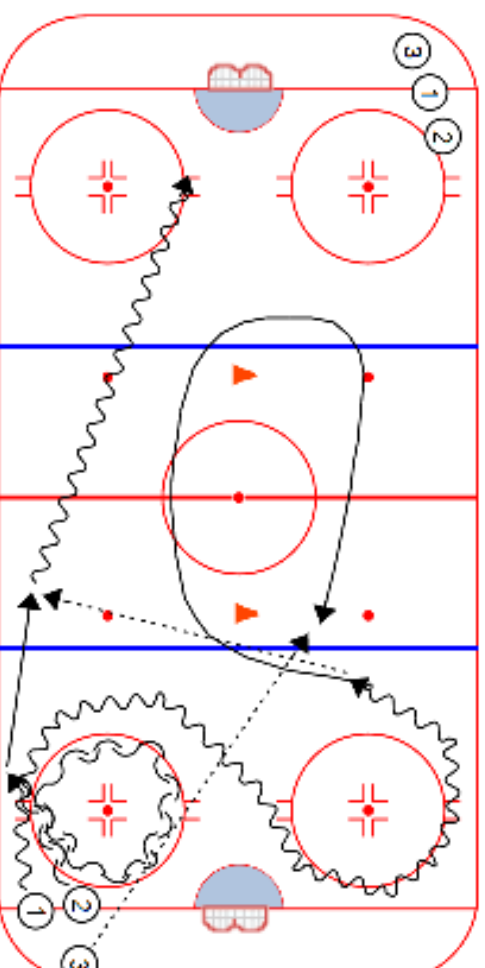
**Title :** Lightbulb

**Start:** on whistle

**Pucks:** Opposite ends

### Description

O1 skates around both circles and up the ice.  
 O2 skates backwards around the circle and up the boards.  
 O1 passes to O2 who goes down the ice for a shot on net.  
 O1 skates around the pylons and comes back into the zone.  
 She receives a pass from O3 and take a shot on net.



**Key Points :**

**Title :** Philly 2-pass

**Start:**

Continuous

**Pucks:** in face-off circles

### Description

Player 1 starts the drill (both ends) by taking a shot on net.

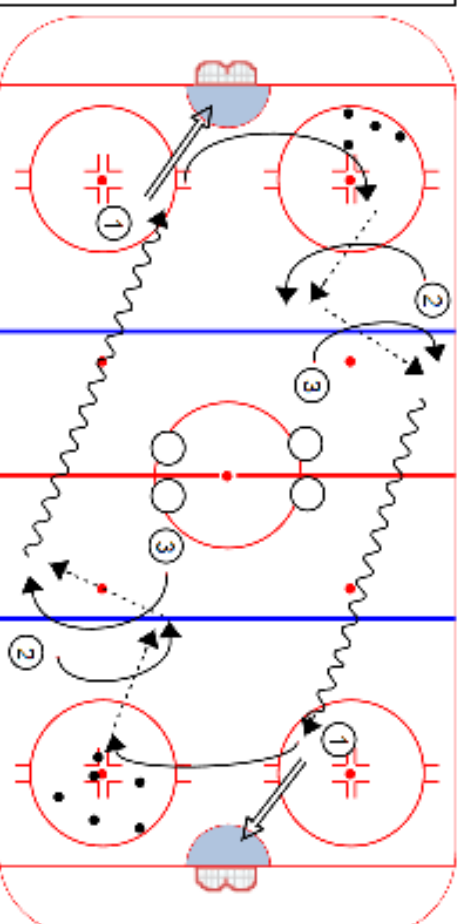
1 then goes to the face-off circle and picks up a loose puck.

2 loops inside while 3 loops outside.

1 ---> 2 --> 3

3 goes down for a shot on net

After the shot 3 picks up a loose puck and the drill continues.



**Key Points :**

forwards must open up

call for puck

**Title :** Scotties 1 vs 1

**Drill Category:**

Skill drills

**Key Word:**

### Description

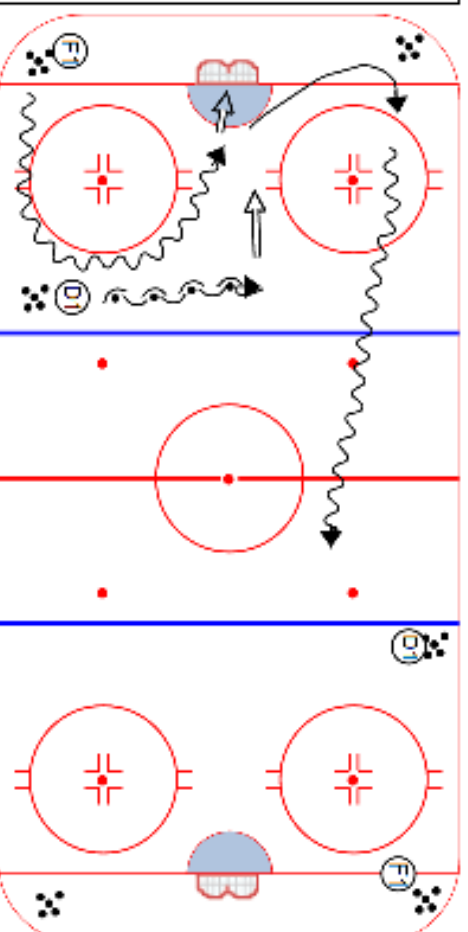
F's in corner and D on blueline same side of ice - both with pucks.

F1 skates around top of circle and takes a shot.

F1 continues into opposite corner and picks up another puck and heads up ice for a 1 vs 1 with D1.

After F1 shoots, D1 drags a puck across the blueline and takes a shot on net.

After the shot, D1 gets into position for the 1 vs 1 vs. F1.



**Key Points :**

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**Title :** Tom Renney 2 on 1

**Start:** On whistle

**Pucks:** Opposite ends

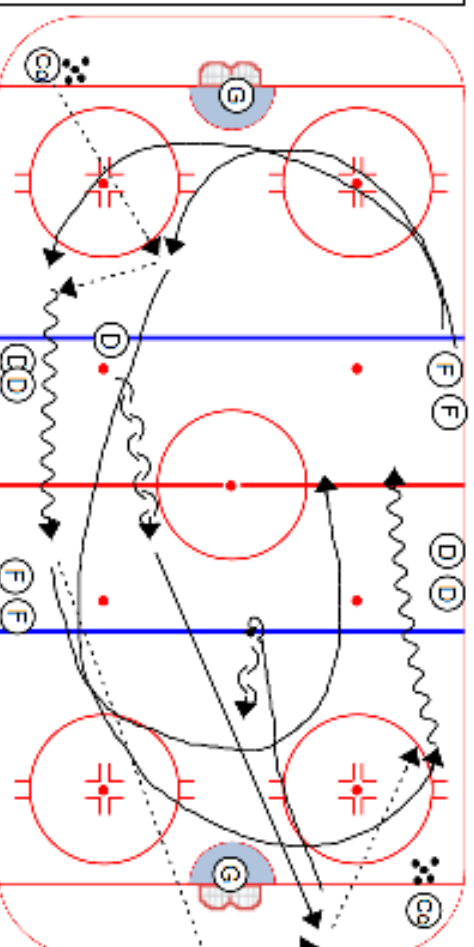
### Description

Both ends at same time. On whistle.

Two forwards swing low and receive a pass from the coach, then step over the center line and dump it in.

The D retrieves the puck and passes to one of the forwards.

The D head up the ice to play a 2 on 1 vs. 2 forwards coming from the other end.



**Key Points :**

Breakouts

2 on 1