

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

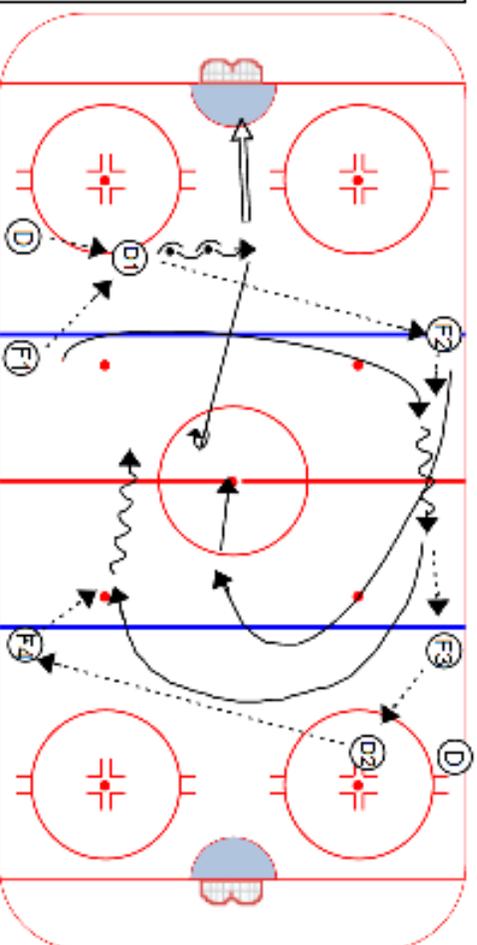
F1 starts the drill with a pass to D1.

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.

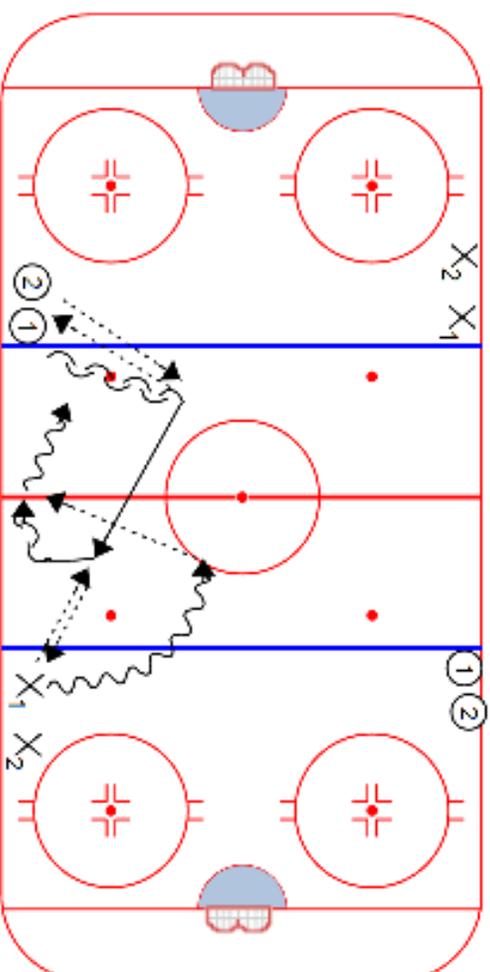
O1 skates out backwards and gets a pass from O2. She 1-touches it back to O2.

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 : Kellys warmup

Start:

on the whistle

Pucks:

opposite ends

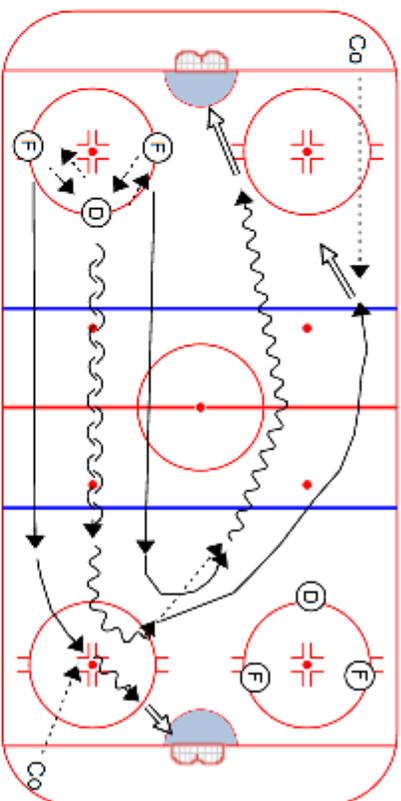
Description

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.



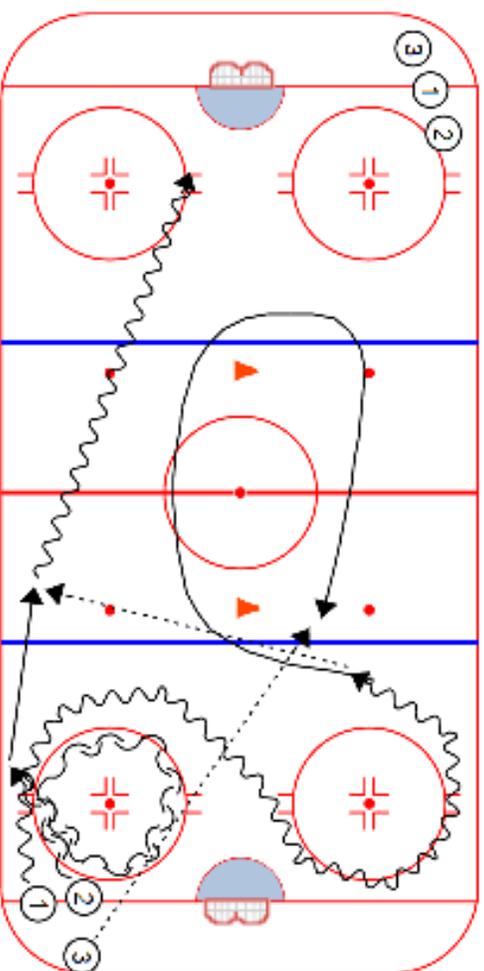
Title : Lightbulb

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 :

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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.

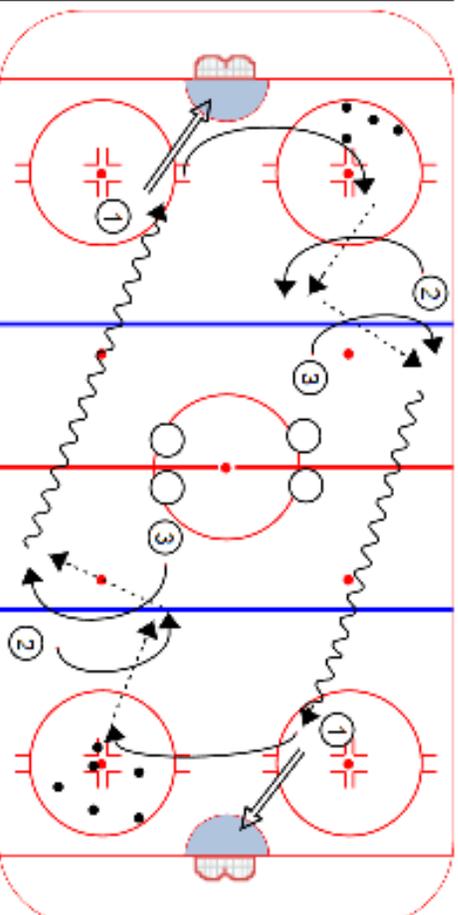
1 then goes to the face-off circle and picks up a loose puck.

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 : Swedish NZ Warmup**Start:**

On whistle

Pucks: 4 blues**Description**

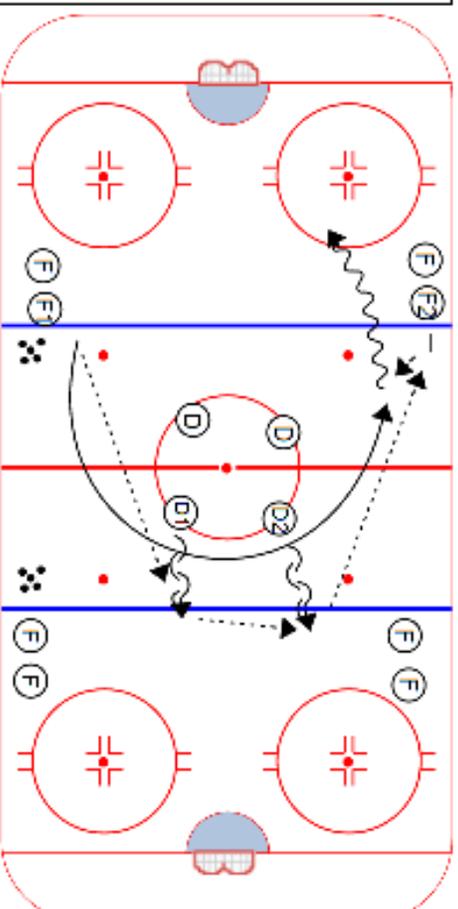
On whistle D1 and D2 back up from centre circle to their own blue line.

F1 passes to D1 and loops through the NZ. F2 moves up the boards and opens up for a pass.

D1 -----> D2 -----> F2 -----> F1

F1 and F2 go down 2 on 0 for a shot.

Other side goes next.

**Key Points :**

D must hinge

Call for puck

