

Enio Sacilotto

From: Kim Perepeluk <kim.perepeluk@rbe.sk.ca>
Sent: Thursday, October 23, 2014 11:25 AM
To: 'Enio Sacilotto'; Enio Sacilotto (cenio@coachenio.com)
Subject: DOW submission - Kim Perepeluk
Attachments: DOW club_2014.pdf; DOW_Enio_2014.pdf

Hi Enio, (I am at a new school and having issues with scanner, but looks like went through ok)

Just wanted to Thank – You again for organizing this club and for your commitment to improving the game of hockey. Attached is my 4 drills. As well, a book I recommend is Season of Life by Jeffrey Marx
A team building activity I recommend is:

Put your team in consecutive chairs twisted around a room divided up into 2 teams. Pick 2 leaders, 1 for each team, and they are where the activity starts and ends.

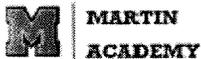
To start it, each team must pass a banana to each team member (in their row of chairs)... when the banana gets to the end the last person must run it back to the front and sit where the captain was sitting. When the last person runs the banana to the front, each player must slide over to the next chair... Winning team is the one which can pass the banana to each team member, not destroy the banana, no cheating so when the captain returns to their seat they win.

The losing team's captain is required to eat the banana (optional but usually mushed up.)....Lots of laughs.

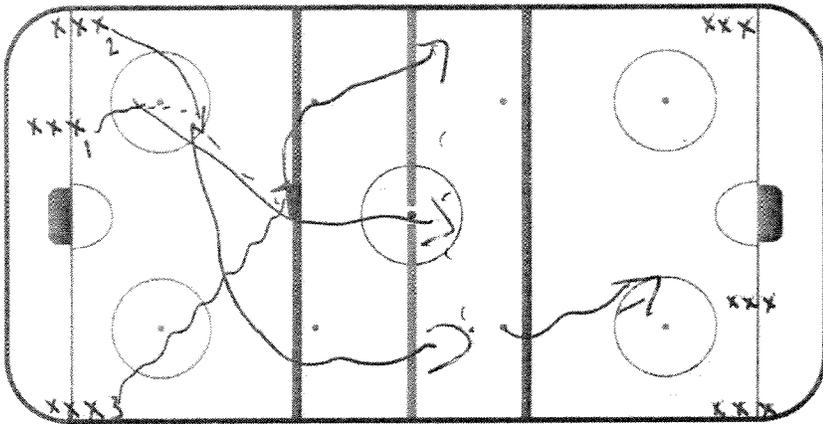
Thanks KIm

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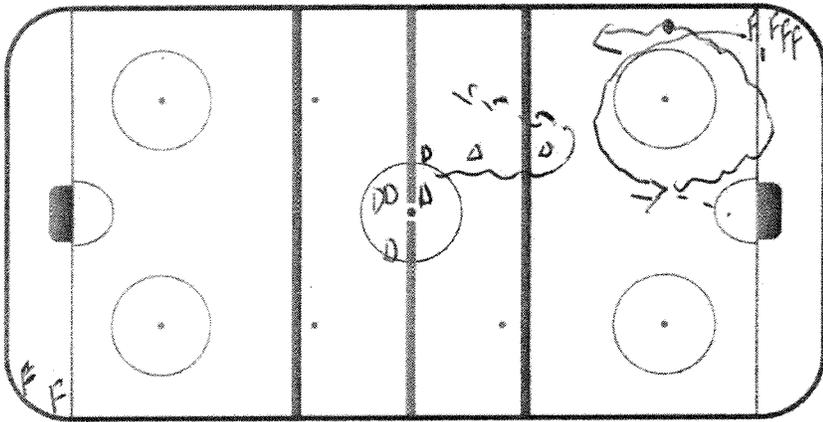


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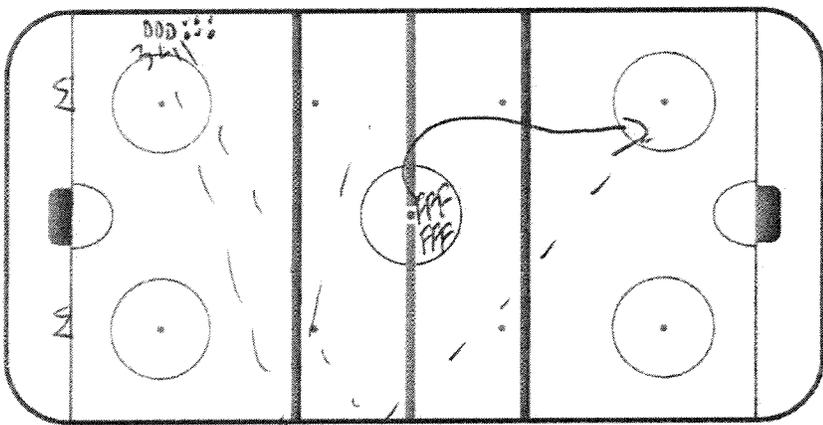
1 Good Drill to Start Practice

X1 comes across/up pass to X2
 X3 across receives pass from X2
 All 3 Players touch puck in NZ
 Run out of both Ends
 Variations: 2 Sides Same Time
 Add A Re-group



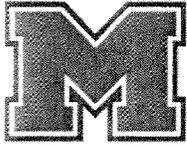
2 1-1 Variation "Cornell" -> Both Ends

F1 starts at goal line with puck
 on whistle -> F1 walks top circle/foot
 Hip + Quick Release! After
 release F1 keeps coming, receives
 new puck -> Sprints up ice!
 D -> Foot work -> Wap plays 1-1
 "Very hard for D"



3 Full-Ice - "Continuous" 1-1

⊙ stays by D with pucks
 ① D shoots puck past BL
 - 3 consecutive One on Ones
 - Can score on either net -> G must be
 looking at you
 - D must possess puck shoot puck below
 goal line =



DATE: _____ TIME: _____

PLACE: _____

TRAINER: _____

ROSTER

GOALIE

GOALIE

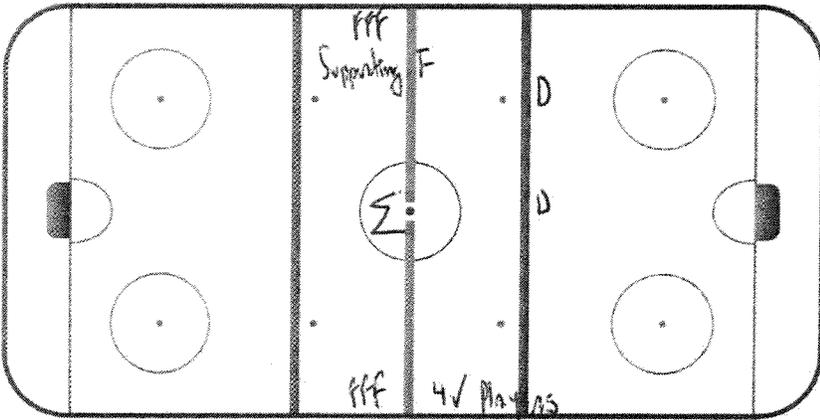
GOALIE

1. BLOCK

2. BLOCK

3. BLOCK

4. BLOCK



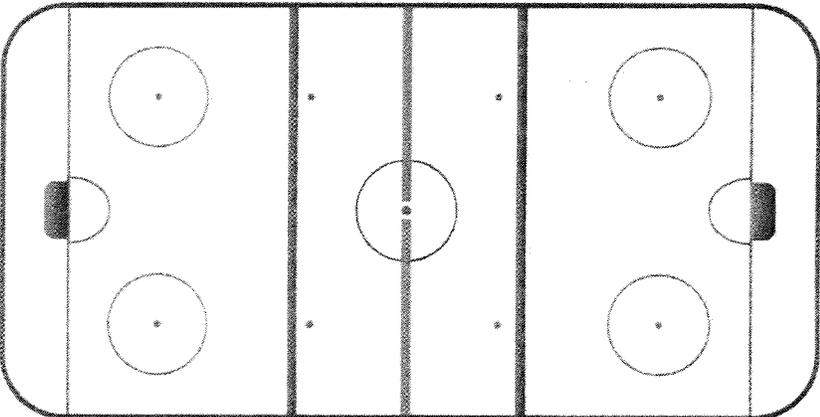
1 4V Progression Drill

ⓐ dumps puck in

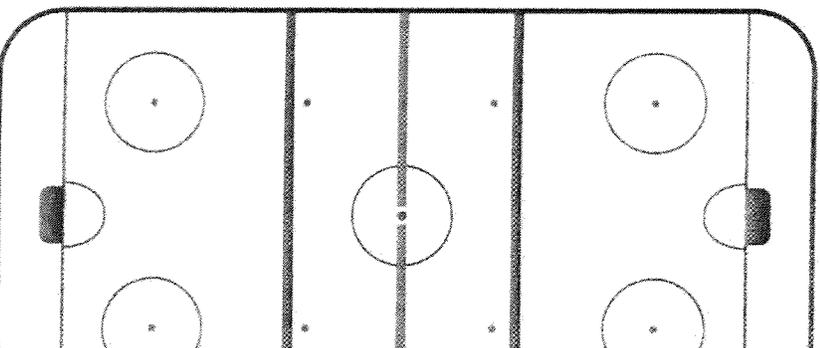
2 D + Supporting F try to breakout on 2 checkers who free check head (can vary 4V)

3 → 2 D + C try and BD and score on net

* 1+1K, Support, Passing etc



2



3

