

## Enio Sacilotto

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**From:** Rob Cookson <robwcookson@gmail.com>  
**Sent:** Wednesday, October 22, 2014 7:38 AM  
**To:** enio@shaw.ca  
**Subject:** Drill of the Week Club  
**Attachments:** ZSC Lions drills 1.pdf; ZSC Lions drills 2.pdf

Enio,

Here are four drills that hopefully will be of use to other coaches.

Say hello to Dave for me.

The book I like is "The Talent Code" which I am sure most people have read.

Thanks  
Rob Cookson

OBJECTIVE: NEUTRAL ZONE DOUBLE REGROUP DATE: \_\_\_\_\_



NOTES:

LINE UP

TRANSITION SKILLS

SUPPORT/TIMING

PASSING/RECEIVING

NEUTRAL ZONE

COUNTER (NDC) OPTIONS:

1. D-D-W

2. D-D-SEAM W

3. D-D-CENTRE

4. D-D-hinge W

(2 COWS)

(1) B<sup>RW</sup>, B<sup>C</sup>, B<sup>LW</sup> tag up

AND COUNTER WITH

B<sup>D1/2</sup> (D-D-W)

(2) ALL FORWARDS TOUCH

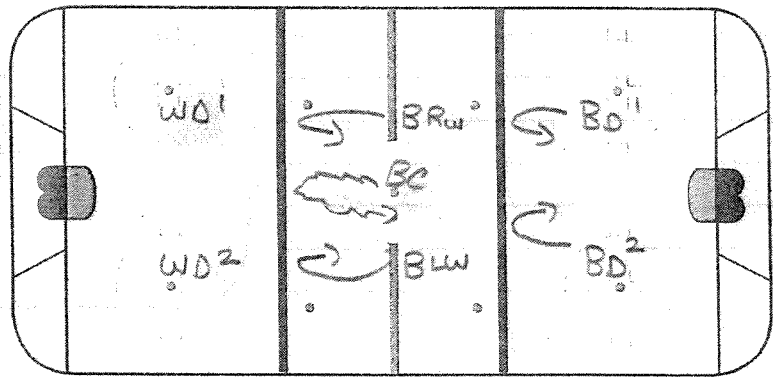
PUCK BEFORE PASSING

TO W<sup>D1</sup> OR W<sup>D2</sup>.

(3) W<sup>D1</sup> - W<sup>D2</sup> (PASS D-D)

THEN PASS DIRECTLY TO

B<sup>D1</sup> OR B<sup>D2</sup>



(4) B<sup>D1</sup> AND B<sup>D2</sup> PASS D-D

TO OPPOSITE WINGERS

(D-D-W)

(5) B FORWARDS COUNTER

TO ATTACK 3-0 (DOUBLE

DRIVE, OUTSIDE SHOT)

B<sup>D1</sup> AND B<sup>D2</sup> GET TO

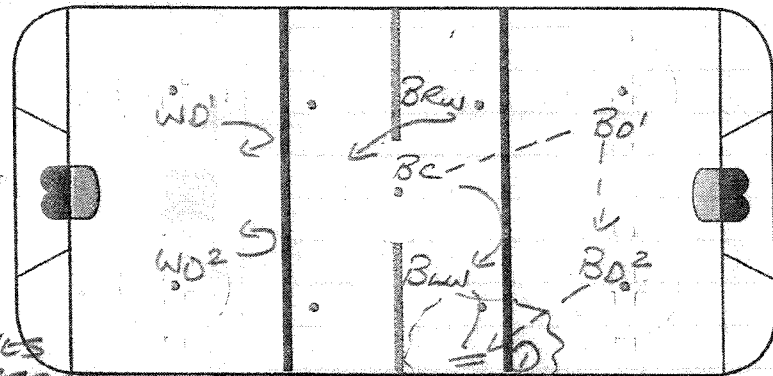
OPPOSITE BLUE LINE;

AND 1 FORWARD RETRIEVES

SECOND PUCK AND PASSES

TO D FOR D-D SHOT WORKING

THE BLUE LINE.



(6) NEXT LINE STARTS

REGROUP WITH W<sup>D1/2</sup>.

AND GOES THROUGH

DOUBLE REGROUP

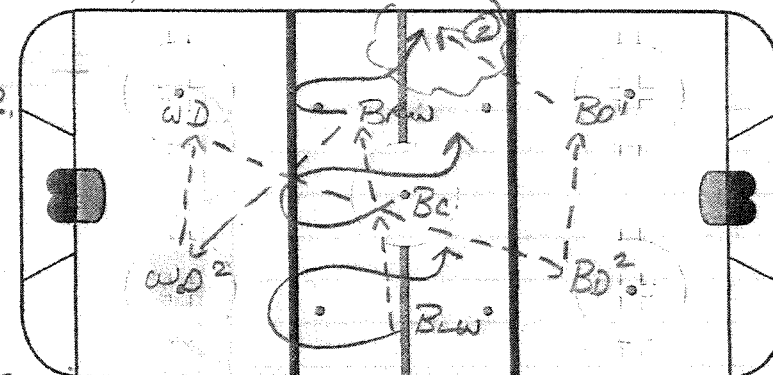
SEQUENCE/ATTACK

OPPOSITE END (NEW

PAIR OF B<sup>D</sup> STEP IN

(7) EACH LINE (4 LINES)

WORKS THROUGH EACH OPTION.



OBJECTIVE:

GCK SHOOTING

DATE:

NOTES:

LINE UP



WARM UP SHOOTING  
SKILL WORK  
DEPENDING  
NET PRESENCE

### Sequence

(1) SHOOT

(2) NET PRESENCE  
(OFFENSE)

(3) DEFEND NET  
PRESENCE

(1) A & B FIRST; C & D  
SECOND

(2) A/B O' CIRCLES OUT

Touching Red Line

(WITHOUT PUCK)

A/B 2 PASS AND RECEIVE  
BACK FROM A/B 1

(3) A/B O' SKATE WITHOUT

PUCK C & D 4 PASS

TO A/B O' AND RECEIVE  
BACK

(4) C & D 4 SKATES OUT

(CREATES PASSING ANGLE)

A/B O' GO UP BOARDERS

RECEIVE PASS / SKATE OUTSIDE

DOTS FOR SHOT

(5) ONCE SHOT IS

TAKEN, STAY @ NET

FOR OFFENSE REBOUND

THEN DEFEND NEXT

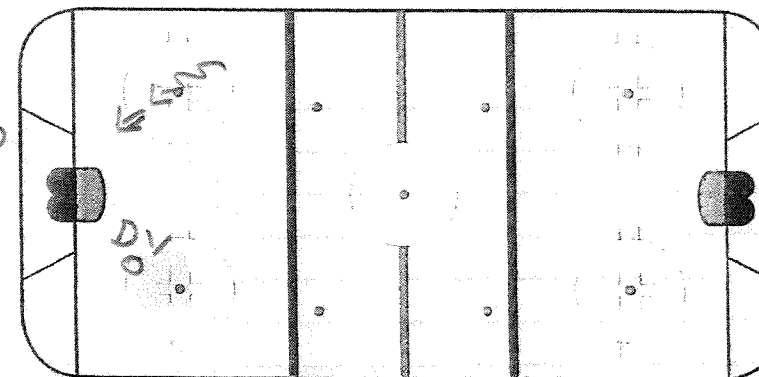
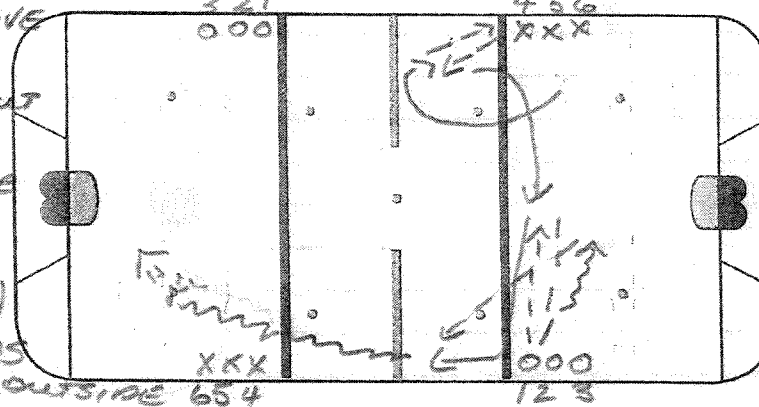
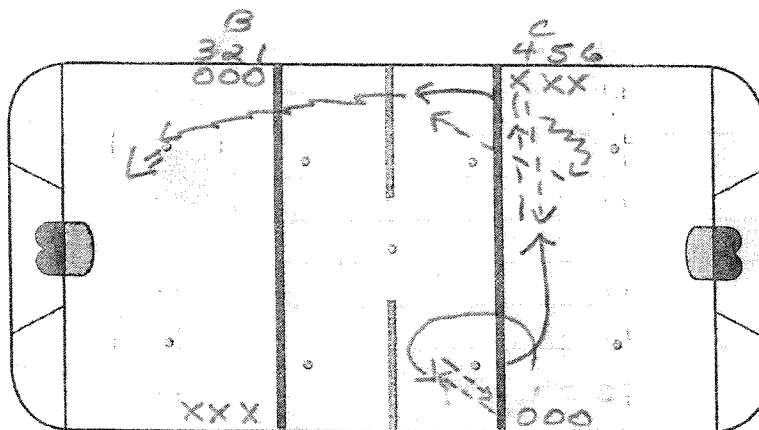
OFFENSIVE AT NET

(6) 2 PLAYERS @ NET

MUST STAY 1/3 RATTLE

FOR POSITIONING

OPPOSITE TO WHERE  
SHOT COMES FROM



OBJECTIVE: NEUTRAL ZONE / Rush GAP Coverage DATE: \_\_\_\_\_



NOTES:

LINE UP

Rush coverage

GAP CONTROL

Basic check

OFFENSIVE ATTACK

Communication

Coverage 10W

OFFENSIVE play

(1) DRILL STARTS WITH  
BRWS 1-2 PASSING TO  
GOALKEEPER (Run / Direct)  
WD 1-2 START AS DEFENDING  
BLUE LINE / CLOSE GAP  
AS MUCH AS POSSIBLE  
FOR 2 VS 2

(2) WITH NO WHISTLE  
BRWS 1-2 ATTACK ZONE 2  
VS WD 1-2

(3) ON WHISTLE BF 1-2  
TURN BACK AND  
REGROUP WITH ②;  
WD 1-2 MUCH QUICKLY  
RE-ESTABLISH GAP.

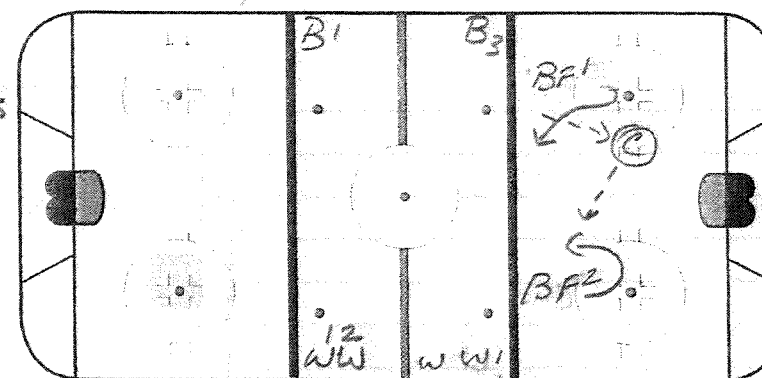
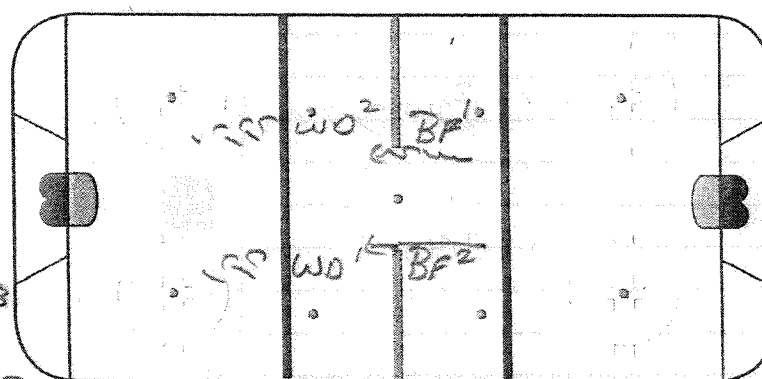
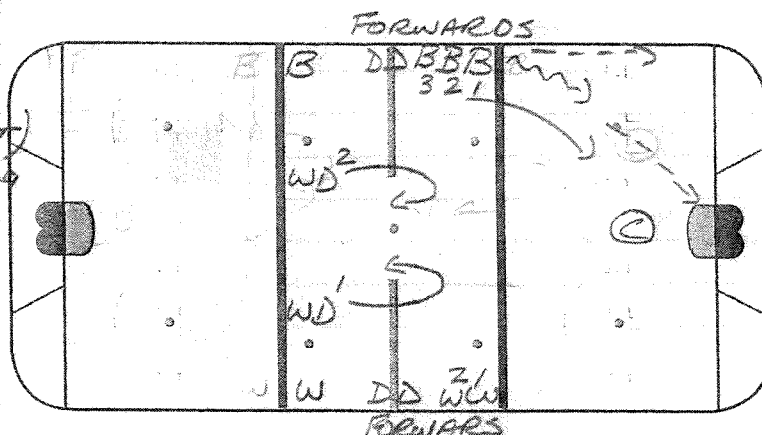
(4) PRIOR TO REGROUP  
② WITH SIGNAL TO BRWS 3  
TO JOIN REGROUP AND  
RUSH TO MAKE IT A 3 ON 2

(5) IF BRWS 3 JOINS RUSH  
WITH BF 1-2 THEN AS  
SOON AS ATTACK GOES  
BY NEAR BLUE LINE  
WD 1-2 BECOMING A  
BASIC CHECKER

(6) BRWS 1-3 MUST GET  
BACK DEEP INTO ZONE  
(NO TURNOVERS)

(7) WD 1-2 / WFW 1-2 MUST  
COMMUNICATE COVERAGE / 3 VS 3 LOW IN ZONE TO WHISTLE

(8) ON WHISTLE, NEXT SEQUENCE STARTS OPPOSITE DIRECTION  
WFW 1-2 ATTACK BF 1-2



OBJECTIVE: 2 on 2 Box Game

DATE: \_\_\_\_\_



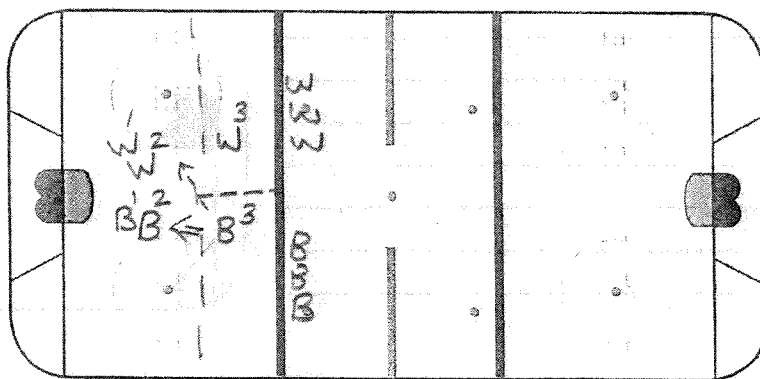
NOTES:

LINE UP

Plays to the NET  
Puck Protection  
Net Presence  
Transition

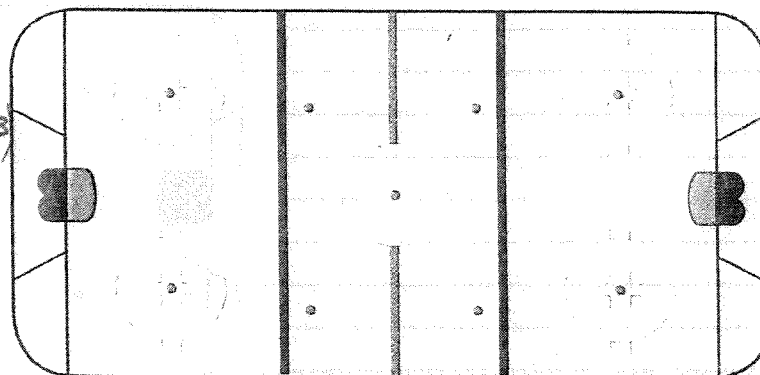
(1) W<sup>1</sup> W<sup>2</sup> vs B<sup>1</sup> B<sup>2</sup>  
STARTS GAME 2 on 2

(2) AS SOON AS  
TURNOVER OCCURS  
PUCK MUST BE  
TRANSITIONED TO  
BOX (EITHER B<sup>3</sup> OR W<sup>3</sup>)



(3) W<sup>3</sup> OR B<sup>3</sup> CAN  
SHOOT DIRECTLY ON  
NET OR PASS OFF  
(CAN NOT CHECK B<sup>3</sup> OR W<sup>3</sup>)

(4) W<sup>3</sup> OR B<sup>3</sup> CAN  
NOT CHECK ONE  
ANOTHER BUT CAN  
INTERCEPT PASSES



(5) USE OPTIONS SUCH  
AS PLAYERS IN BOX  
MUST ALWAYS SHOOT  
ON NET AND IF LINE  
FILLED MUST USE BACK  
BOARDS

(6) CHANGE LINE  
6 PLAYERS EVERY  
35 SECONDS / ADD NEW  
PUCKS AS THEY GO  
OUT OF ZONE

