



PETERBOROUGH PHANTOMS

CLUB

ICE HOCKEY

2014-2015 DRILL OF THE WEEK CLUB

Hi Enio, please find attached drills for the club. Thanks to you and all the other coaches for the great club. Wishing you all a successful season on and off the ice.

Jon Kynaston – Director of Hockey, Peterborough Phantoms EPL.

Quote – “It’s never too late to be what you might have been”

Book to read – Bounce by Matthew Seed. The myth of talent & the power of practice

Team Build Activity – Simple Tug-o-war. A long rope, two teams and some forfeits. Mix up the teams and forfeits, works well as an ice breaker when team comes together.

Drills (attached)

Favourite Drill – The Quick Up

Competiveness – Bull Ring

Team Play – Bobby Transitions

Skill – Plunger 1 touch

Have a great season

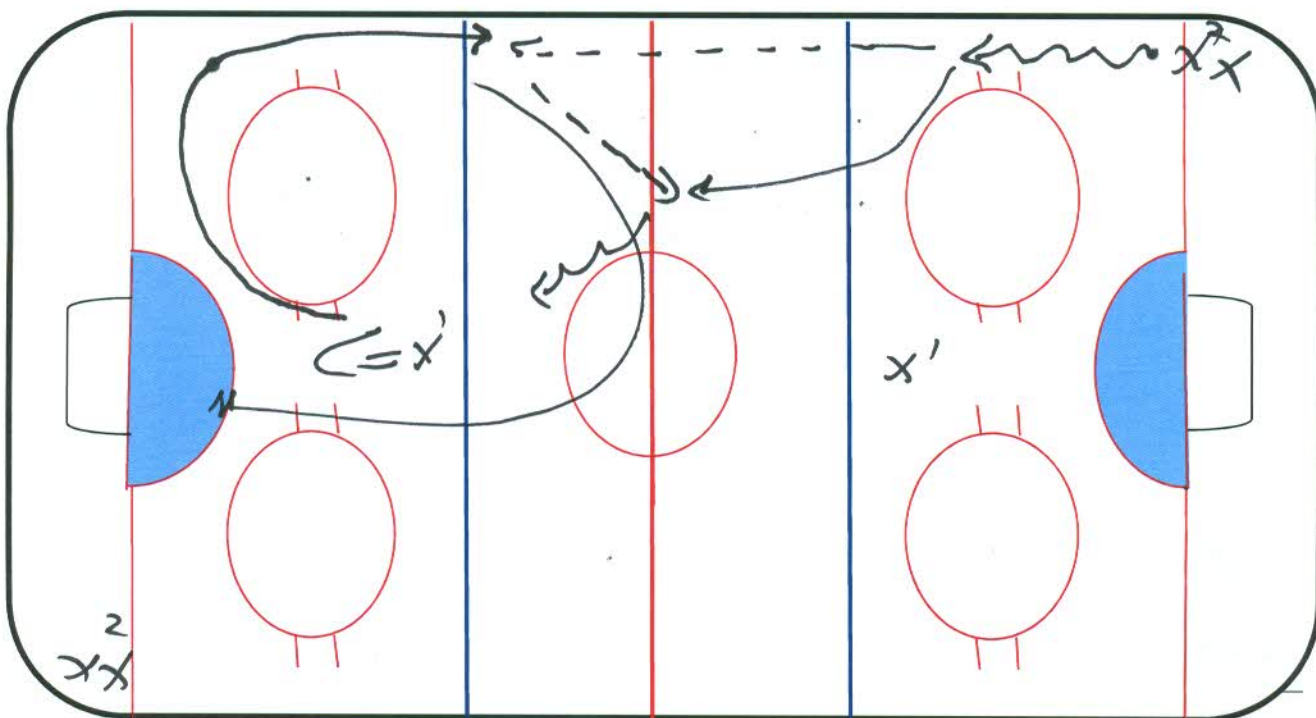
Jon

Date

Drill Number

Drill Type

SKILL WARM UP



Drill Purpose

Description

PLUNGER 1 TOUCH

x' starts with shot then hard back up ice for 1 touch
give and go with x²
x' follow up play to net for Rebounds

Key Points

Speed

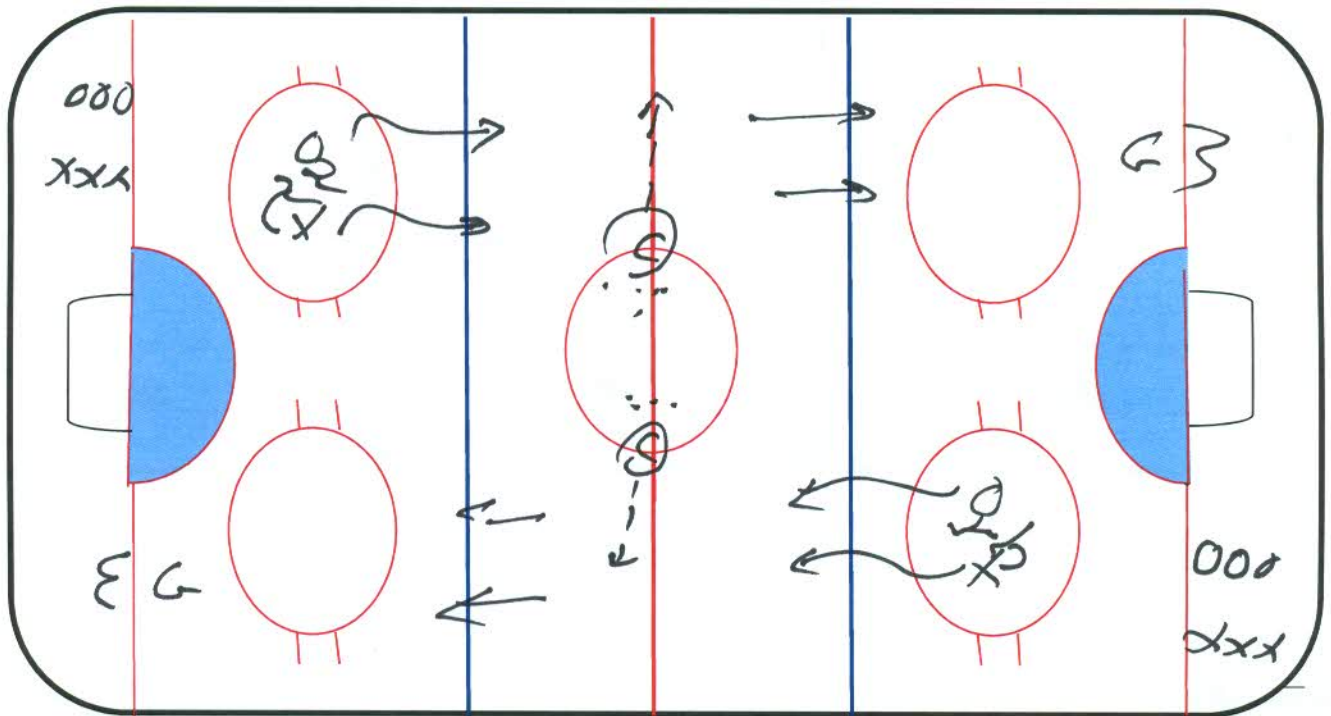
2 quick steps towards puck
Communicate

Date _____

Drill Number _____

Drill Type

COMPETITIVENESS



Drill Purpose _____

Description

BULL RING

O + X ENTER CIRCLE FOR BATTLE, VARY THE RULES, PROTECT
DOT OR REMOVE OPPONENT FROM CIRCLE ETC.
AFTER 30 SECS WHISLE THEN RACE FOR PICK SPOTS
BY EACH FOR 1 or 1 TO NET

Key Points

BATTLE HARD

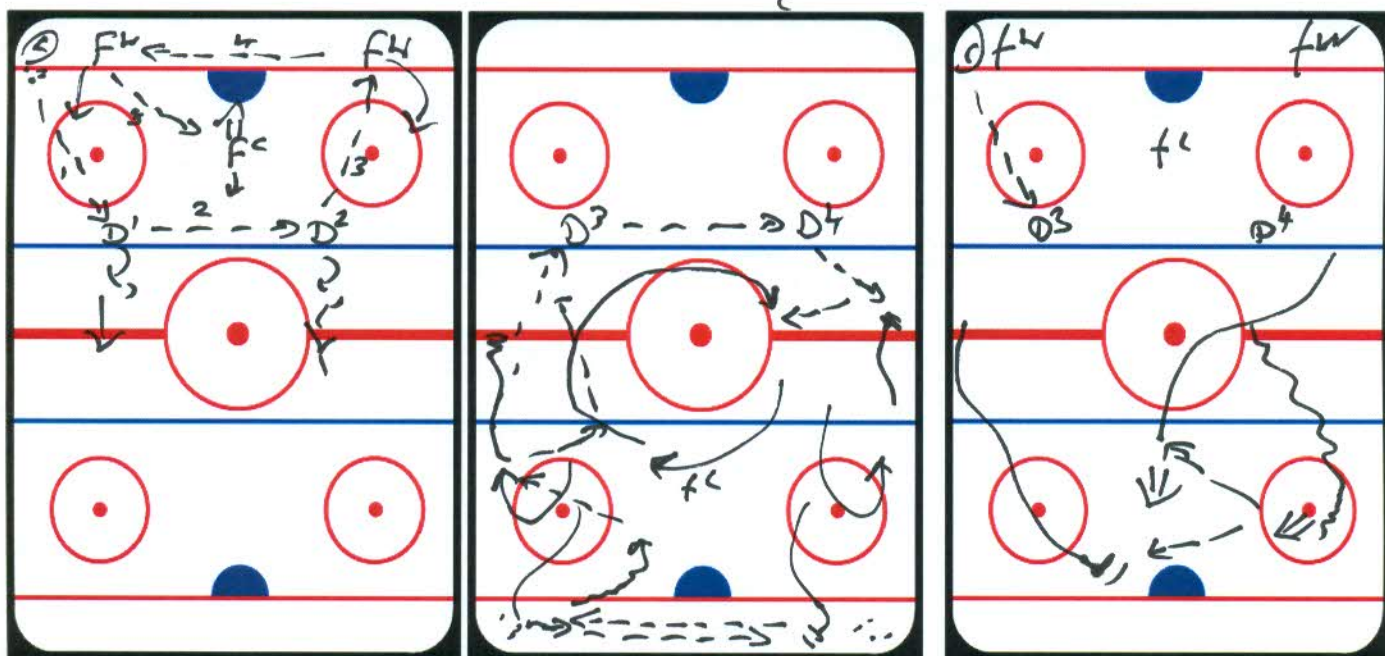
WIN THE PICK RACE

NO QUITTING EITHER PART OF DRILL

Date

Drill Type

Puck Control / Support



Drill Name

BOBBY'S TRANSITIONS

Description

PHASE 1 D' TO D', D' TO D², D² TO FW, FW TO FW, FW TO F^c F^c shot. After pass each transition back to other end.
PHASE 2 D' + D² rotate puck and play D² D pass, FW's support with F^c for breakout. Regroup with D³ + D⁴, Postup FWs, F^c mid lane support.
PHASE 3 F^c wide drive, FW TO NET, FW late, one play to NET AND finish. D³ + D⁴ AFTER REGROUP spin for DRILL RESET.

Key Points

GOOD PASSES

SUPPORT OF PUCK

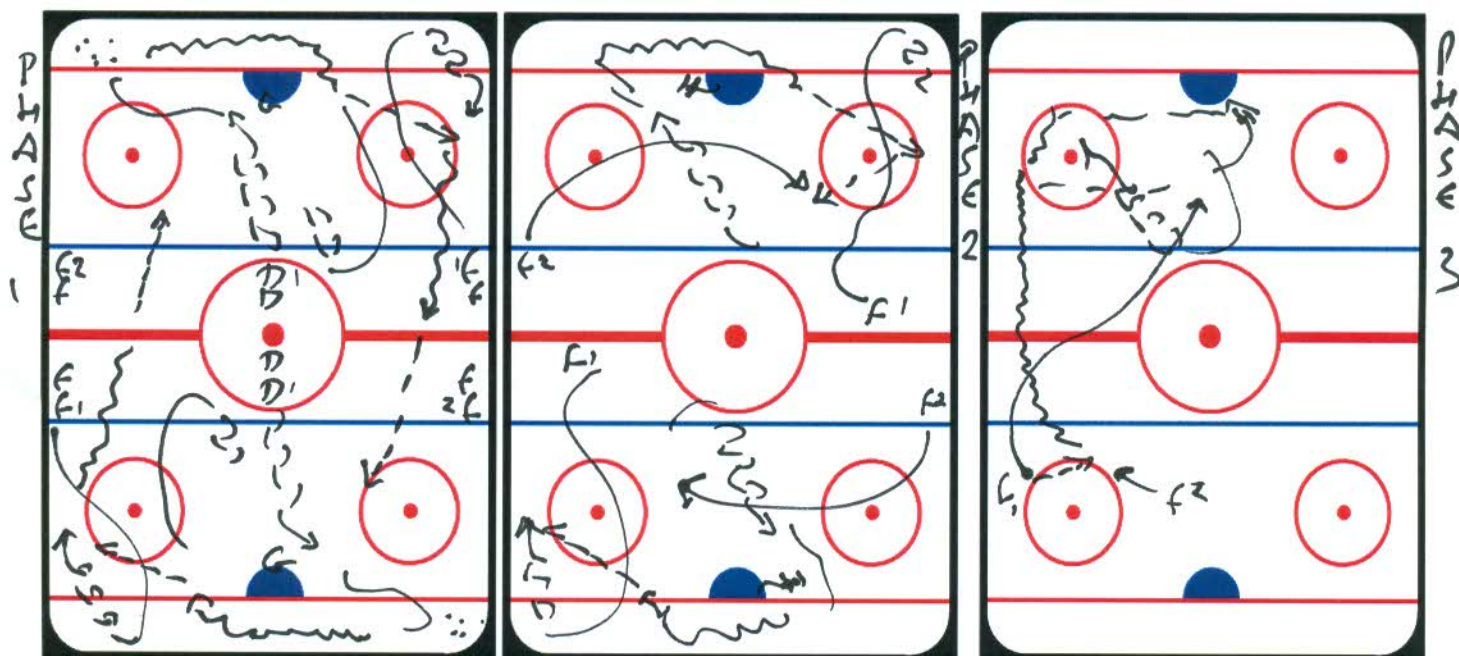
TIMING

TALK THROUGHOUT DRILL

Date _____

Drill Type _____

Puck Support



Drill Name _____

QUICK UP DRILL

Description **PHASE 1** D' BACKS UP + LOCATES PUCK. F' SUPPORTS LOW, QUICK UP TO F', F' GAINS LED + DUMPS TO D OR CORNER OR NM. D' BREAKS BL.

PHASE 2 F' RETURNS TO SUPPORT AS D' SPINS TO LOCATE 2ND PUCK. QUICK UP WITH F2 OFFERING MID LANE SUPPORT.

PHASE 3 F2 PASSES WIDE, F' JOINS FOR 2v1 ON D' F' BACK DOOR NETS DRIVE OR WIDE OPTION F2 READ AND EXECUTE 2v1 ON D FOR SCORE.

Key Points _____

COMMUNICATION

HEADS UP

GOOD PASSES

TIMING + SPEED