

DRILL OF THE WEEK CLUB – 2014-15

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QUOTE: “Always do your best. What you plant now, you will harvest later.”  
Og Mandino

BOOK: Eleven Rings: The Soul of Success by Phil Jackson

TEAM BUILDING ACTIVITY: Helium Stick – We did this with Team Pacific U17 at the World Challenge (silver medal) last season and it was great! (next page followed by the drills for this year).

# Helium Stick

- Deceptively simple but powerful exercise for learning how to work together and communicate in small to medium sized groups.
- Line up in two rows which face each other.
- Introduce the Helium Stick- a long, thin, lightweight rod.
- Ask participants to point their index fingers and hold their arms out.
- Lay the Helium Stick down on their fingers. Get the group to adjust their finger heights until the Helium Stick is horizontal and everyone's index fingers are touching the stick.
- Explain that the challenge is to lower the Helium Stick to the ground.
- The catch: Each person's fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed - it must rest on top of fingers.
- Reiterate to the group that if anyone's finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin....
- Warning: Particularly in the early stages, the Helium Stick has a habit of mysteriously 'floating' up rather than coming down, causing much laughter. A bit of clever humoring can help - e.g., act surprised and ask what are they doing raising the Helium Stick instead of lowering it! For added drama, jump up and pull it down!
- Participants may be confused initially about the paradoxical behavior of the Helium Stick.
- Some groups or individuals (most often larger size groups) after 5 to 10 minutes of trying may be inclined to give up, believing it not to be possible or that it is too hard.
- The facilitator can offer direct suggestions or suggest the group stops the task, discusses their strategy, and then has another go.
- Less often, a group may appear to be succeeding too fast. In response, be particularly vigilant about fingers not touching the pole. Also make sure participants lower the pole all the way onto the ground. You can add further difficulty by adding a large washer to each end of the stick and explain that the washers should not fall off during the exercise, otherwise it's a restart.
- Eventually the group needs to calm down, concentrate, and very slowly, patiently lower the Helium Stick - easier said than done.



## How Does it Work?

- The stick does not contain helium. The secret (keep it to yourself) is that the collective upwards pressure created by everyone's fingers tends to be greater than the weight of the stick. As a result, the more a group tries, the more the stick tends to 'float' upwards.

## Processing Ideas

What was the initial reaction of the group?

How well did the group cope with this challenge?

- What skills did it take to be successful as a group?
- What creative solutions were suggested and how were they received?
- What would an outside observer have seen as the strengths and weaknesses of the group?
- What roles did people play?

What did each person contribute to the group's success or failure?



## Practice Plan

Team: DRILL OF THE WEEK CLUB

Practice No.: 2014-

Date : November 3, 2014

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Enio Sacilotto / Dave Lowry

### Objectives / Main tasks :

DRILL #1 - Offensive Zone 8 shooter - Can be a small group (after practise) drill for 2 to 4 forwards & 2 D, or a full team drill run out of both ends. DRILL #2 - AGILITY PASSING - Small area passing & agility skating drill, minimum of 3 players needed. DRILL #3 - Team Skill Warm up - Enio 1,2,3 Flow, actually copied from Dave Farish (many years ago). DRILL #4 - Pace N.Z. Transition Drill for Offensive Team Play (quick regroup). DRILL #5 - Competetive game or drill - Odd Game.

Drill no. : 1 Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : OFF. ZONE 8 SHOT

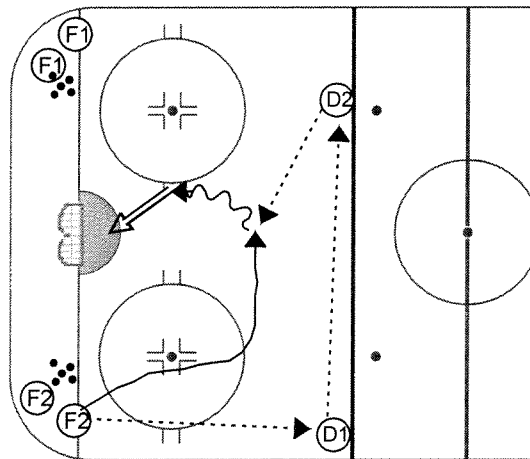
Category #1 : OFFENSIVE DRILL

Category #2 : 1 END

#### Description

1. F2 passes to D1, F2 rolls into slot, D1 to D2, D2 to rolling F2 for a shot on net, F1 repeats same from other end. (SEQUENCE #1)

Key points:



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : OFF. ZONE 8 SHOT (seq 2)

Category #1 : OFFENSIVE DRILL

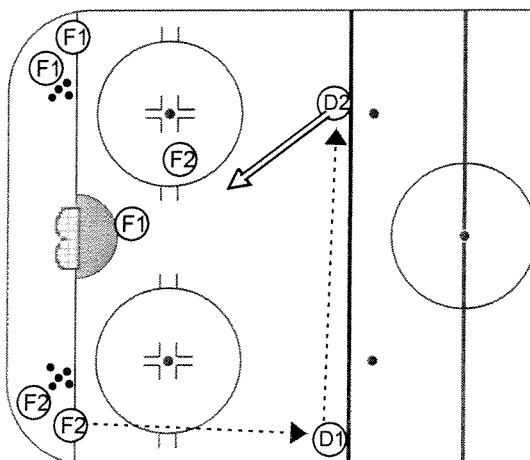
Category #2 : 1 END

#### Description

1. F2 passes to D1, F2 rolls into slot, D1 to D2, D2 to rolling F2 for a shot on net, F1 repeats same from other end.

2. Next F2 in line passes to D1, D1 to D2, D2 shoots, or shot tip to F2, F1 is in front of the net screening the goalie (being a "bad goalie"). F1 repeats from the other side. (SEQUENCE #2)

Key points:



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : OFF. ZONE 8 SHOT (seq 3)

Category #1 : OFFENSIVE DRILL

Category #2 : 1 END

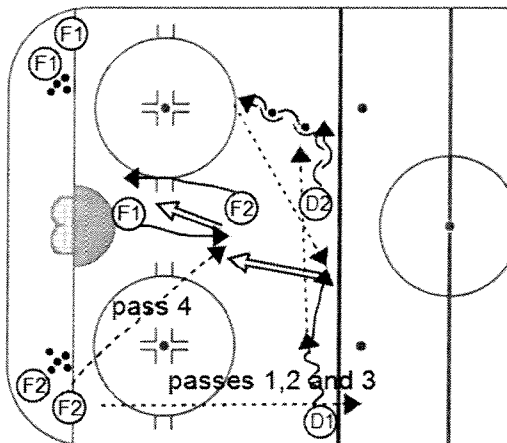
Description

1. F2 passes to D1, F2 rolls into slot, D1 to D2, D2 to rolling F2 for a shot on net, F1 repeats same from other end.

2. Next F2 in line passes to D1, D1 to D2, D2 shoots, or shot tip to F2, F1 is in front of the net screening the goalie (being a "bad goalie"). F1 repeats from the other side. (SEQUENCE #2)

3. In sequence 3, F1 (net front F) and F2 switch positions, F2 in the quickly passes to D1, who drags, then passes to D2, D2 takes the puck going backwards and then passes back to D1 (can use 1 timer is he is in the proper side). After the pass to D1, F2 passes to F1 in the slot for a quick shot. F1(in the corner) repeats from the other side.

Key points:



Drill no. : #2 Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

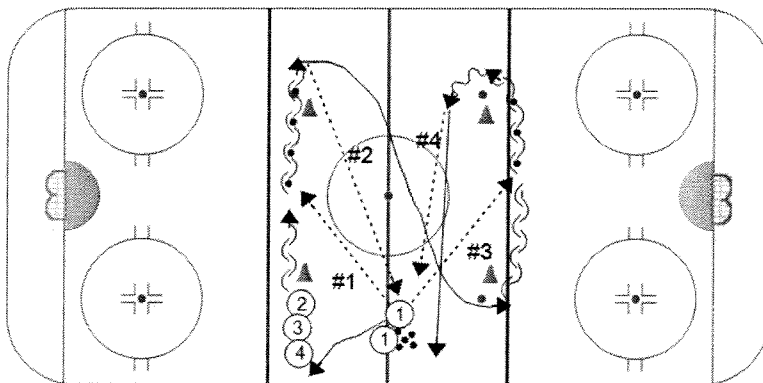
Title : AGILITY PASSING DRILL

Category #1 : Passing Fundamentals

Category #2 : Skill - techniques

Description

2 Players in position 1, rest line up behind 2. 2 starts backwards, CLEARS the pylon, passes to player 1, then sprints to opposite low pylon, pivots, goes backwards and gets a pass from 1, carries the puck backward, clears the pylon, pivots forward and passed back to 1, then sprints to the player 1 position, player 1 to the end of the line, the 2nd player 1 takes position for the next player.



Key points :

BACK FOOT / LOOK

SWEEP / POINT

OPEN PIVOTS

QUICK FEET / SPEED

Drill no. : #3 Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

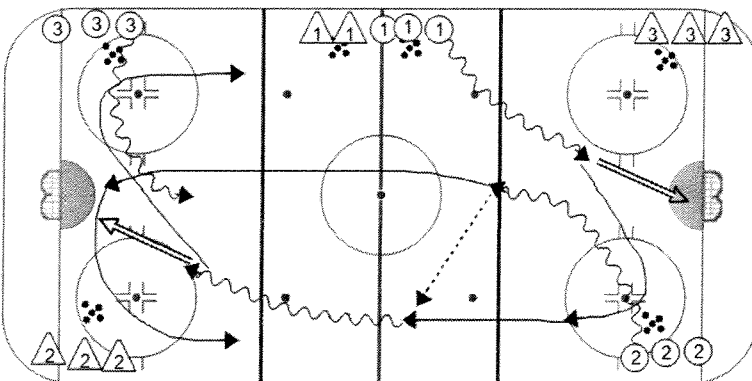
Title : Enio 1,2,3 Flow

Category #1 : Flow

Category #2 : 4 corner center formation

Description

① shoots, then curls outside the face off dot, ② steps off the wall in the middle lane and hits ① with a pass, ② shoots with ① going to the net. ①② switch lanes around the dots, ③ steps out in the middle lane and hits one of the other players, they go down 3 on 0 for a triple drive (wide entry). When the 0's pass the centre line, ① gets it going the other way.



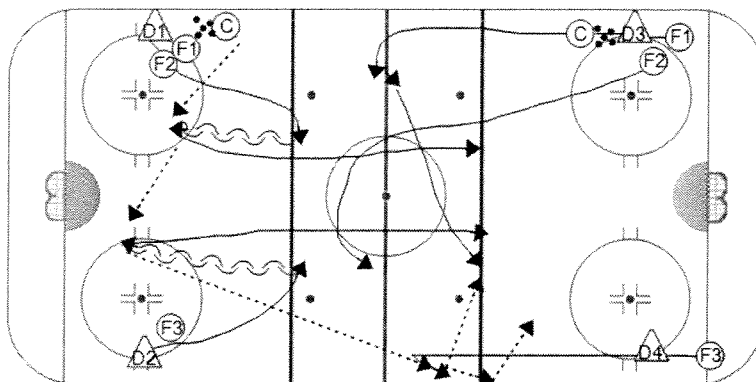
Key points :

Drill no. : #4 Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PACE DRILL - NZ TRANSITIO Category #1 : OFFENSIVE DRILL Category #2 : 4 CORNER FORMATION

### Description

Drill starts on whistle, Coach spots puck, D1 & D2, jumps up touch blueline, back skate, pick up puck and go D to D, and hit any of the 3 available options. F1, F2 and F3 skate full speed and skate their routes. F1 posts up strong side, then skates to the middle, F2 supports the middle lane and F3 posts up to the "new" strong side. Forwards then go 3 on 0, D follow up ice quick. (sequence #1)



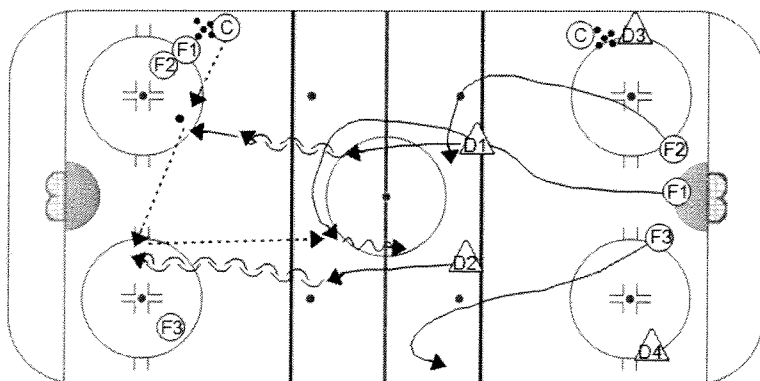
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PACE DRILL - NZ TRANSITIO Category #1 : OFFENSIVE DRILL Category #2 : 4 CORNER FORMATION

### Description

On the 2nd whistle, C spots a second puck and the patterns are repeated for a 2nd 3 on 0. Drill then starts from the other side.



Key points :

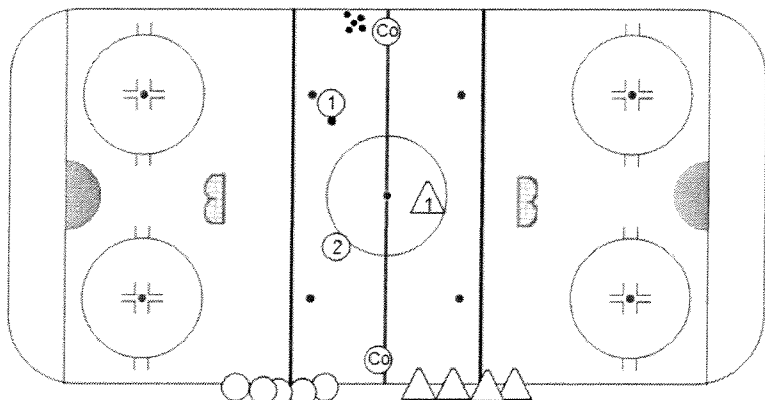
Drill no. : #5 Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : ODD GAME Category #1 : compete / battle Category #2 : GAME

### Description

Nets are all pushed up close to the blueline. All players are in the players benches, 1 coach is between the benches, other coach is across the ice with pucks and he spots pucks a puck when a goal is scored, the whistle goes or when the puck goes below the top of the circles.

The coach at the bench calls out what the situation is going to be, on the diagram is a 2 on 1, for the O's, next time it is a 2 on 1 for the A's. The next set the coach will call a 3 on 2, 4 on 2, 3 on 1, etc. Shifts are about 30 seconds.



Key points :