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To : **Enio's 2014-15 Drill Club Members**

Thanks to Enio for doing another outstanding job of keeping the drill club tradition alive and growing and welcome to all new members. 1 Guy making a Difference in the Hockey World !

Enclosed drills for this week along with the following quotes and book references.

"When enthusiasm is a habit, fear and worry do not hang around"

"Excellence is not an exception, it is a prevailing attitude." Sharma

**Work Ethic DETERMINES THE Preparation of the TEAM
Leadership DETERMINES THE Success Of THE TEAM**

**If we were humble, nothing would change us neither positivity, nor
Discouragement." Mother Teresa**

Imitative & Hard Work are the warm-up for the headliner called SUCCESS

BOOKS :

Leadership Without Title - Robin Sharma

Coach Wooden's Greatest Secret – Pat Williams

The Energy Bus – Jon Gordon

WIN – Dr Frank Luntz

All the Best to All for a successful season !

Gardiner Mac Dougall

AITKEN UNIVERSITY CENTRE

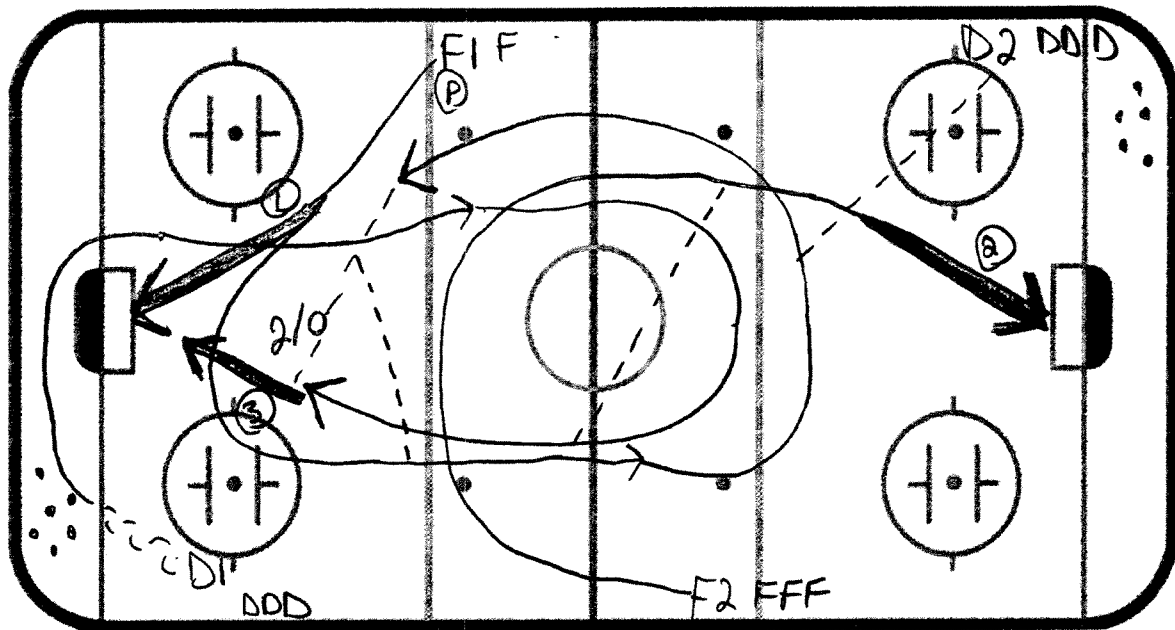
Home of the UNB Varsity Reds

CIS NATIONAL CHAMPIONS

1998 2007 2009 2011 2013

DRILL NAME:

QUEBEC 3-SHOT



Starting Formation: D MEN OPPOSITE CORNERS
FWISS @ OPPOSITE BLUE LINES

Drill Directions: • D1 PICKS PUCK FROM CORNER AND WHEELS
NET

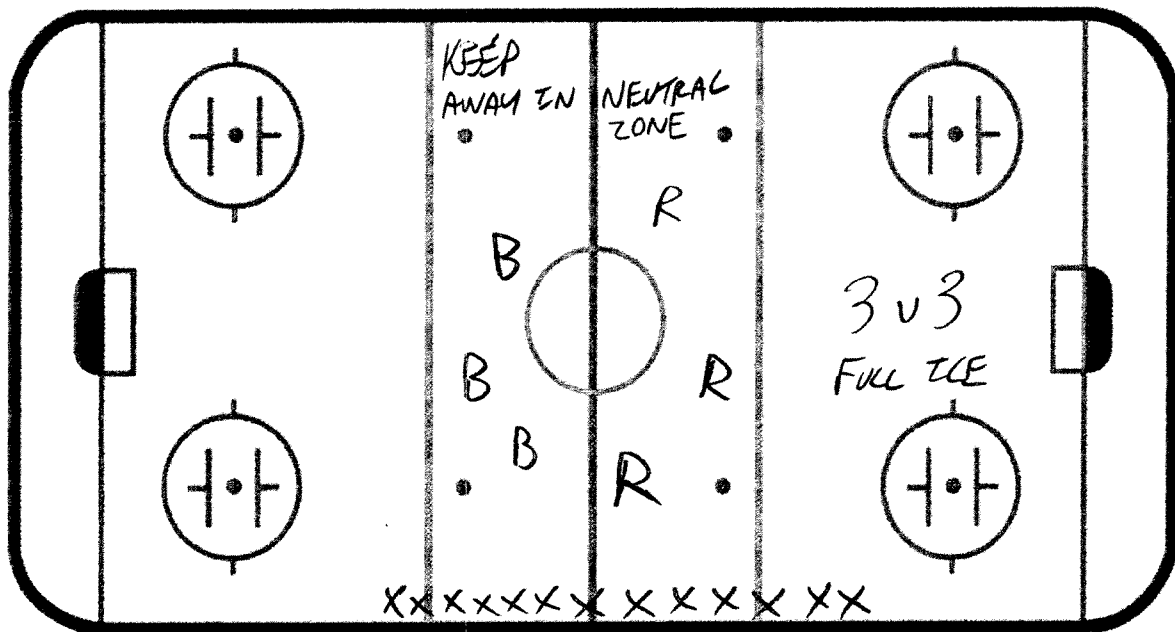
- F1 GOES IN FOR SHOT ① THEN CONTINUES UNDER
- D1 MAKES PASS TO F1
- F2 TIMES CROSS ICE ROUTE
- F1 MAKES PASS TO F2 GOES DOWN FOR SHOT ②
- F1 CONTINUES BELOW BL AND REC PASS FROM D2
- D1 CONTINUES ROUTE ABOVE BL
- F1 + D1 CONTINUE DOWN 2/0 FOR SHOT ③

★ DRILL SWITCHES OPPOSITE ENDS EACH WHISTLE

- D2 AND F2 START W WHEEL + SHOT @ THEIR END NEXT.

Teaching Keys/Variations:

DRILL NAME: 3/3 KEEP AWAY 3/3 FULL



Starting Formation: PLAYERS ALONG SIDE WALL
3 RED VS 3 BLACK IN NEUTRAL ZONE

Drill Directions: • PLAY 3 VS 3 KEEP AWAY IN NEUTRAL ZONE

- ON WHISTLE THE SAME PLAYERS PLAY 3 VS 3 FULL ICE
- 6 NEW PLAYERS READY TO GO NEXT WHISTLE

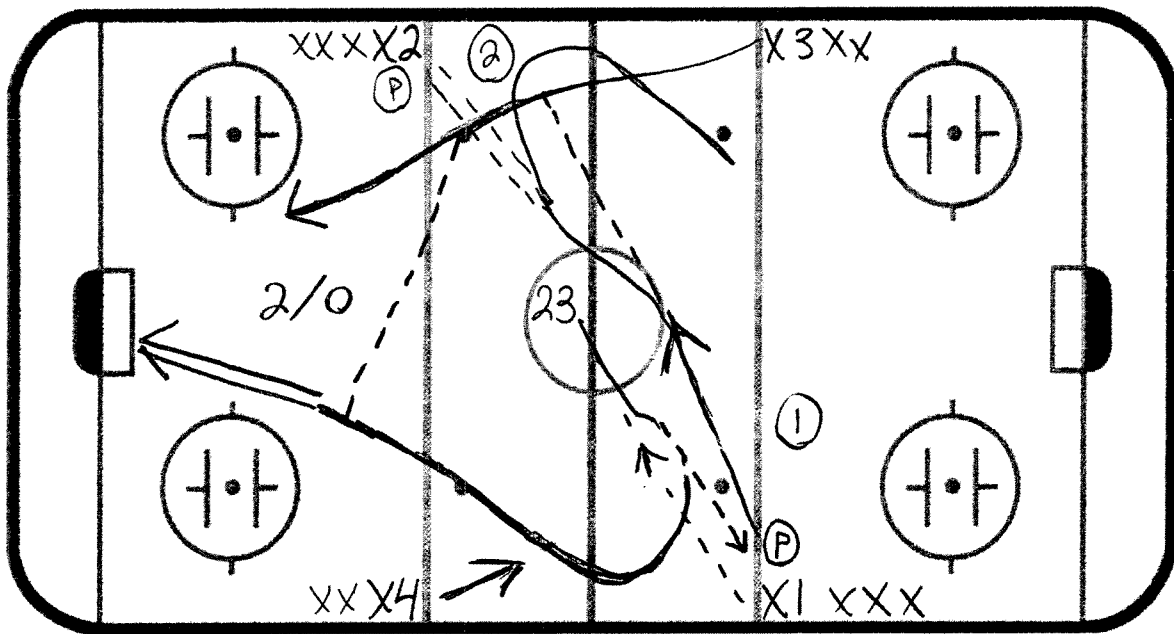
* CAN DO FWD LINES VS FWD LINES - COMPETITION

OR 2 FWD + 1 D - GAME LIKE SITUATIONS

OR 2 D + 1 FWD

Teaching Keys/Variations:

23 CONTINUOUS



Starting Formation: 4 BLUELINE SET

1 PLAYER (23) STARTS HEADED FROM MIDDLE TWO X/
WITH NO PUCK

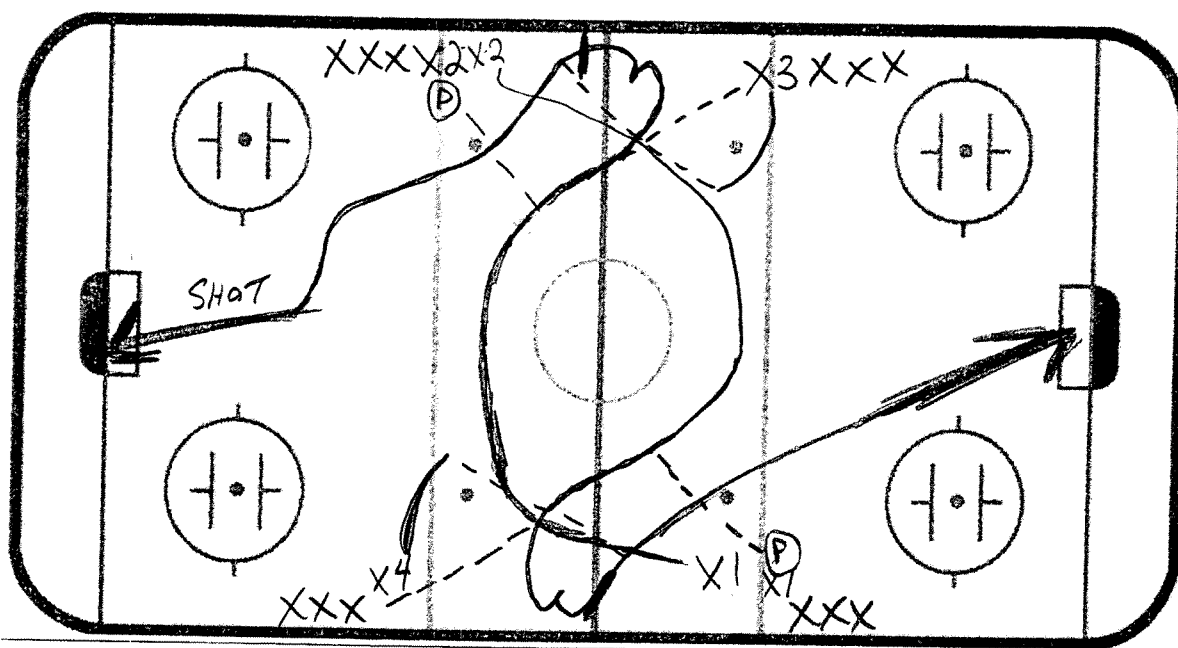
Drill Directions: ① • X1 PASS/EXCHANGE W 23 - PASS BACK
To X1

- 23 CONTINUES WIDE ROUTE AND DRIVES TO NET
- X1 REL PASS BACK FROM 23 - TAKE 2 STEPS
MAKE CROSS ICE PASS TO X3 BUSTING UP WEAKSIDE
- X3 + 23 HAVE 2/0 @ ONE END
 - X3 CAN MAKE QUICK PASS ACROSS OR SHOT FOR REBOUND

★ DRILL IS CONTINUOUS - AFTER X1 PASSES CROSS
 ILE TO X3 - X1 CONTINUES
 TWD X2 TO START THE EXCHANGE

Teaching Keys/Variations:

DRILL NAME: ANCHORS OVER



Starting Formation: FROM A 4 BLUELINE SET
OPPOSITE CORNERS DO SAME ROUTE X1 + X2 - X3 + X4 NEXT WHISTLE

- Drill Directions:
- X1 + X2 OPPOSITE SIDES START NO PUCK
 - X1/2 SKATE OVER CIRCLE REL PASS FROM OPPOSITE LINE
 - X1/2 KEEP MOTION AND MAKE PASS TO X3/4
 - X1/2 BUTT HOOK POST-UP
 - X3/4 TAKE STEP OFF BOARDS PASS TO X1/2
 - X1/2 CONTINUE DOWN FOR SHOT
 - X3/4 RESTART THE DRILL GOING OVER THE MID CIRCLE
- ~~X~~ DRILL IS CONTINUOUS OPPOSITE SIDES

Teaching Keys/Variations: