



Drill of the Week Club

Practice Ideas

Date:	From - Tom Molloy	Venue:
Lines:	Notes:	

1) Individual OR small group Skill Drill - something we can work on with our players before or after practice.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

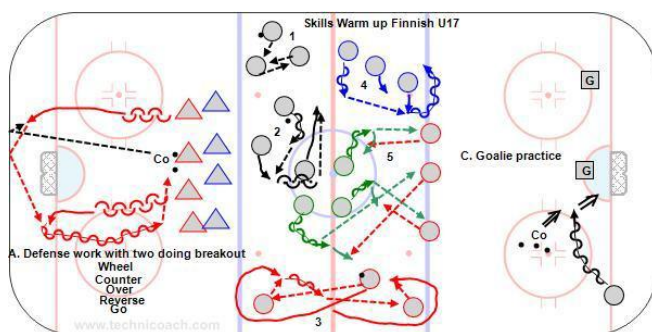
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



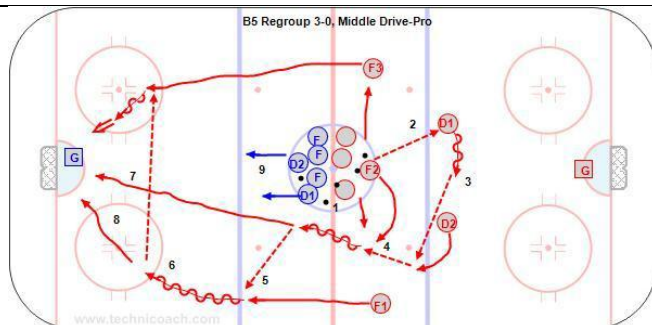
2) Team Skill warm up drill.

B5 Regroup 3-0, Middle Drive-Pro

Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:



1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012100209041983>

3) Offensive or Defensive Team Play Drill

C3 Breakout 5-0, Regroup, Attack 3-2- Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

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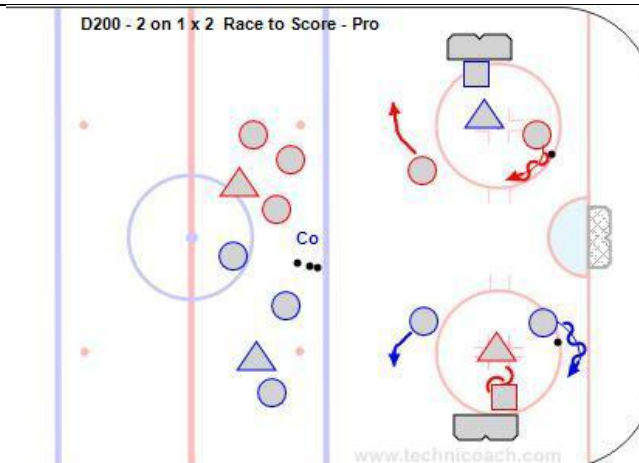
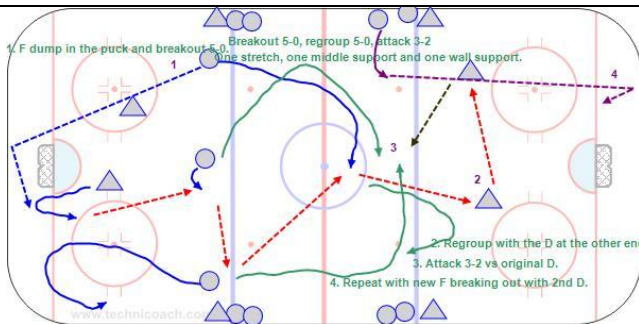
4) A drill or game to develop Competitiveness.

D200 - 2 on 1 x 2 Race to Score – Pro

Key Points: Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

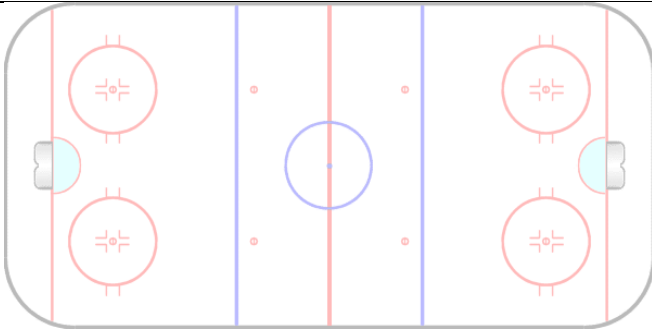
Description:

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)



*Making the 2-1 a game gives urgency to the attackers to score and the defender to battle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130910140300583>



Recommended Book:

The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Research

Norman Doidge

Quote ‘Good manners are the oil that makes society run smoothly.’ (my dad)

Links to drills, games, transition games.

Offensive Skills: Game Playing Roles 1-2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6821>

Defensive Skills: Game Playing Roles 3-4

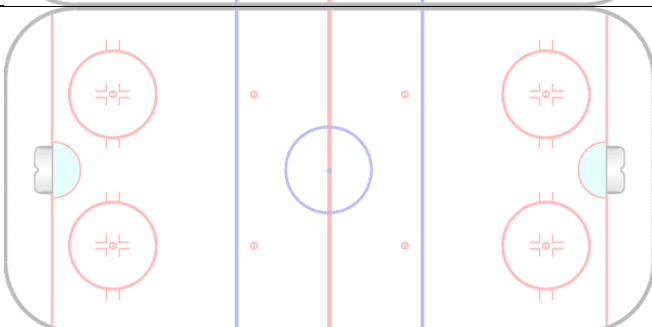
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6829>

This link takes you to drills, games and transition games to practice various game situations.

Practicing 1-1, 2-1, 2-2, 3-2, 3-3



Explanation/Notes:





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