

Enio,

Thanks for the offer to participate on your Drill Club, and I will accept the invitation. I have attached 4 drills and also matched them by category right below.

- 1) Individual OR small group Skill Drill (Cutbacks and Soft Areas)
- 2) Team Skill warm up drill. (AIC 3-Pattern)
- 3) Offensive or Defensive Team Play Drill (Rolling Rushes)
- 4) A drill or game to develop Competitiveness. (Urgent 3v2 (10 sec))

My favorite hockey book is The Game, by Ken Dryden.

Thanks again and we look forward to receiving the weekly drills.

Gary



Cutbacks and Soft Areas

Works on developing low pressure with a cycle and cutback, ending with fighting for ice and finding soft areas in the slot.

X pursues puck spotted into corner, then carries puck around net & makes a drop pass (reverse) to O. X continues around the line of O's to find an open/soft area. O takes puck behind net to original corner, does a cutback towards the boards to protect puck, passes to X, and gets to the net. X times his arrival to the slot with O's skate, cutback, and pass. Coach provides resistance as X gets open. Repeat from opposite side.

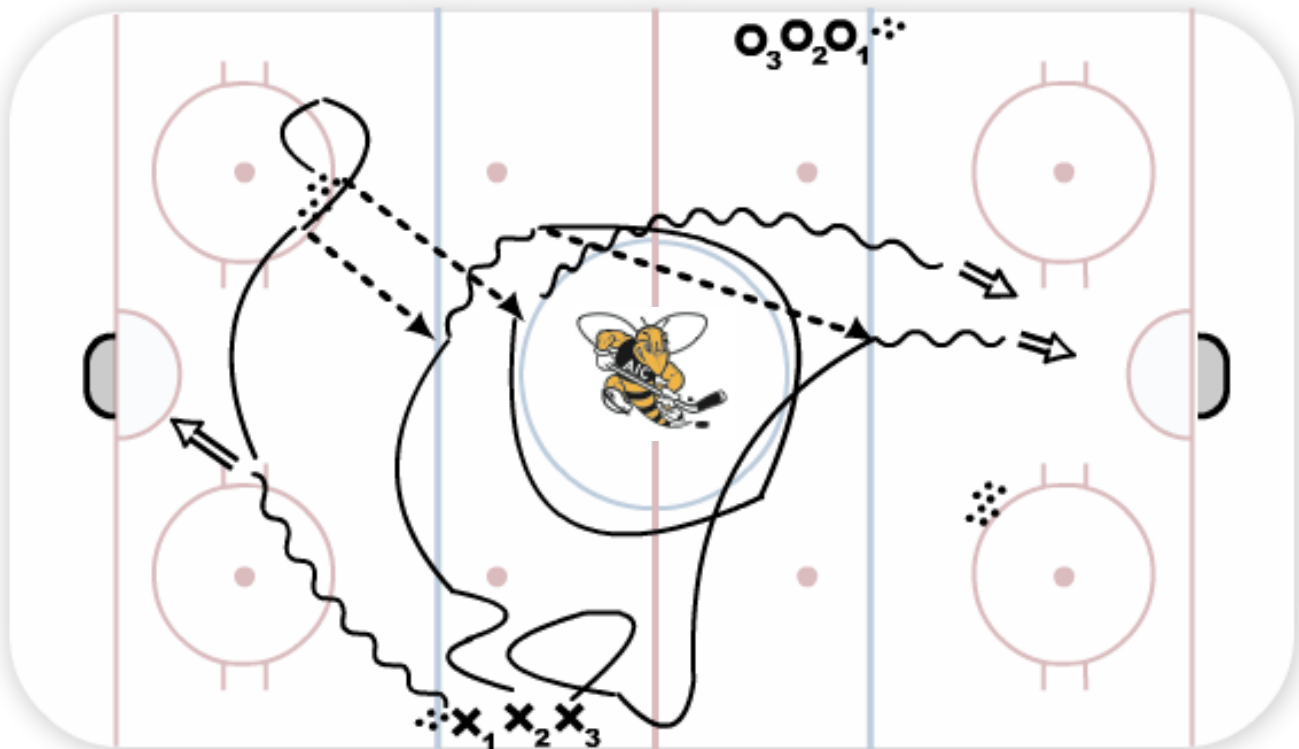




AIC 3-Pattern

This is an early practice skill-type drill that especially emphasizes the principles of support and timing. Heads up with 6 players skating at once.

3 players from each line start simultaneously on whistle (diagram shows one side). X1 skates with puck, shoots, then retrieves 2nd puck above circle. Meanwhile, X 2&3 control/delay skate. X2 receives pass from X1, makes stretch pass to X3 for attack on net. X2 then skates center circle, receives another puck from X1, and attacks net.

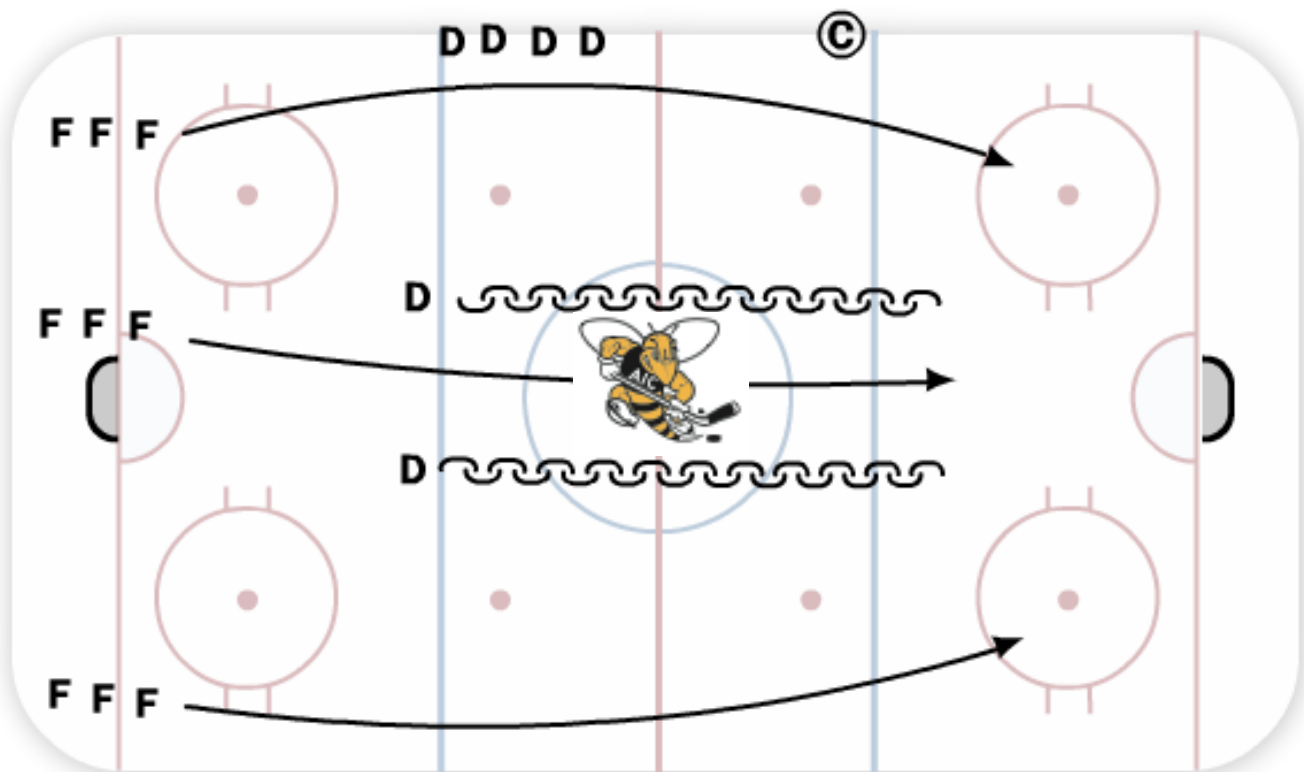




Urgent 3v2 (10 sec)

This otherwise conventional drill is enhanced by the 10 second limitation, which promotes intensity, 2nd effort hustle, and loose puck retrieval. Players will find that 10 seconds is longer than they think. Competition aspect gets forwards communicating/strategizing between shifts.

On whistle, 3 F's attack 2 D's. When puck crosses red line, F's have 10 seconds to score. Whistle sounds at 10 seconds, F's/D's sprint back. Next group starts on whistle. Coach on bench watches for offsides, keeps score. F's (lines) = 1 pt for goal. D's/G's = Minus (-) for goal against.





Rolling Rushes

This full-ice rush drill emphasizes speed on attack. Attacking players should utilize the D joining the play while dealing with the added pressure of a backchecking forward.

3 F's start with puck on red line, D's on blue. On whistle, F's swing slightly as D gap up to play 3v2. As rush goes by, next group of F's/D's (from bench) quickly line up to go opposite direction. The next whistle signals: (1) New group starts rush in opposite direction. (2) High forward from initial rush backchecks that group. (3) 1 D from initial rush jumps up to make potential 4v3. Each following whistle triggers (1),(2),(3) to make for a continuous, fast paced drill.

