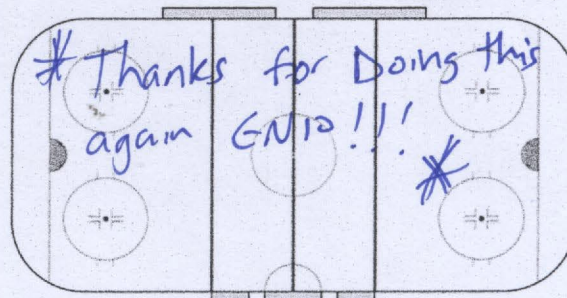


DAY: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_  
TACTICS: DRILL CLUB 2013/2014.

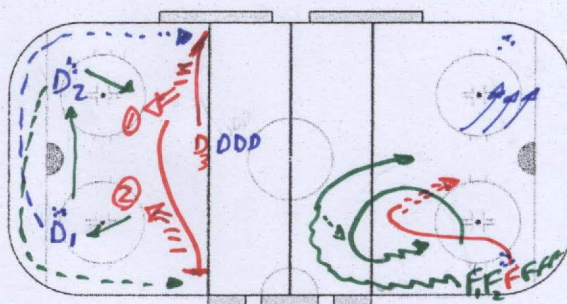
COLORS



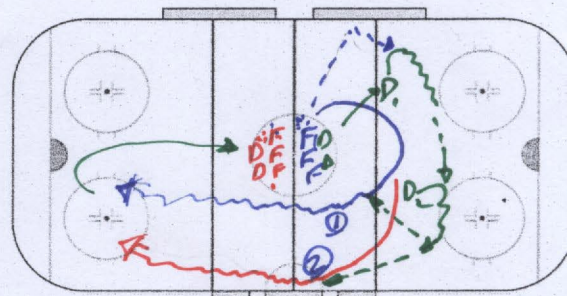

**DRILL: Team Building/Book/Quiz. TIME:**  
Book: "Heart Rate Training"  
By: Roy Benson + Declan Connolly.  
→ Heart rate training allows coach to monitor intensity.  
→ Also allows coach to individualize training programs



**DRILL: Small Group/After Practice. TIME:**  
Defencemen: Rim Shot  
① D<sub>1</sub> Rims D<sub>2</sub> stops and shoots  
② D<sub>2</sub> Rims D<sub>3</sub> stops and shoots \* Rotate \*  
Forwards: Quick 2v1  
① F<sub>1</sub> to middle + F<sub>2</sub> over Blue/ONSIDE  
② Return 2v1 vs F (F = GAP-UP).  
③ Switch sides for next.

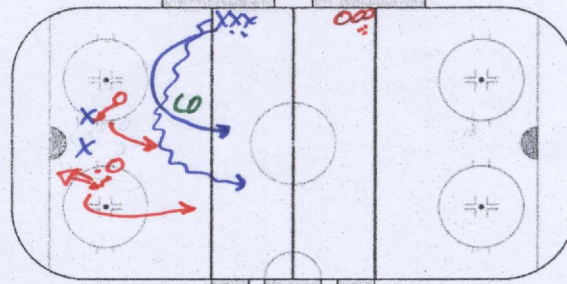


**DRILL: Team Skat/Warm-up TIME:**  
N. ZONE COUNTERS. (Puck/players middle)  
A) F<sub>1</sub> Dumps to D<sub>1</sub> ⇒ D to D  
B) F<sub>1</sub> supports middle for pass then shot  
C) One D out New D in  
\* Run also winger support + D ⇒ D ⇒ D \*  
\* Both sides go on whistle \*  
\* Run ONE option 10 times then switch \*



\* SAME CONCEPT TO RUN ANY N.Z. COUNTER \*

**DRILL: OFF/DEF TEAM PLAY. TIME:**  
1v1 or 2v2 or 3v3 etc...  
① 2v2 until whistle.  
② 2 new X's under COACH then BREAK  
③ O's New BACK-CHECK.  
⇒ OFFENSE to DEFENSE to DONE  
\* COACH moves and Dictates GAP between OFFENSE and BACK-CHECK.



**DRILL: Competitive Game/Drill TIME:**  
1v1 X3.  
① 1v1 ON GOAL ⇒ Puck = offense.  
② Whistle ⇒ New puck and 1v1 in contained area.  
③ Whistle ⇒ Same puck ⇒ Break full ice to score (Puck = offense).  
\* PLAYERS keep score at all goals \*  
\* for reward /punishment \*

