

# DRILL OF THE WEEK CLUB 2013-14

A Twitter quote I took from Rio Ferdinand of Manchester United:



**Rio Ferdinand**

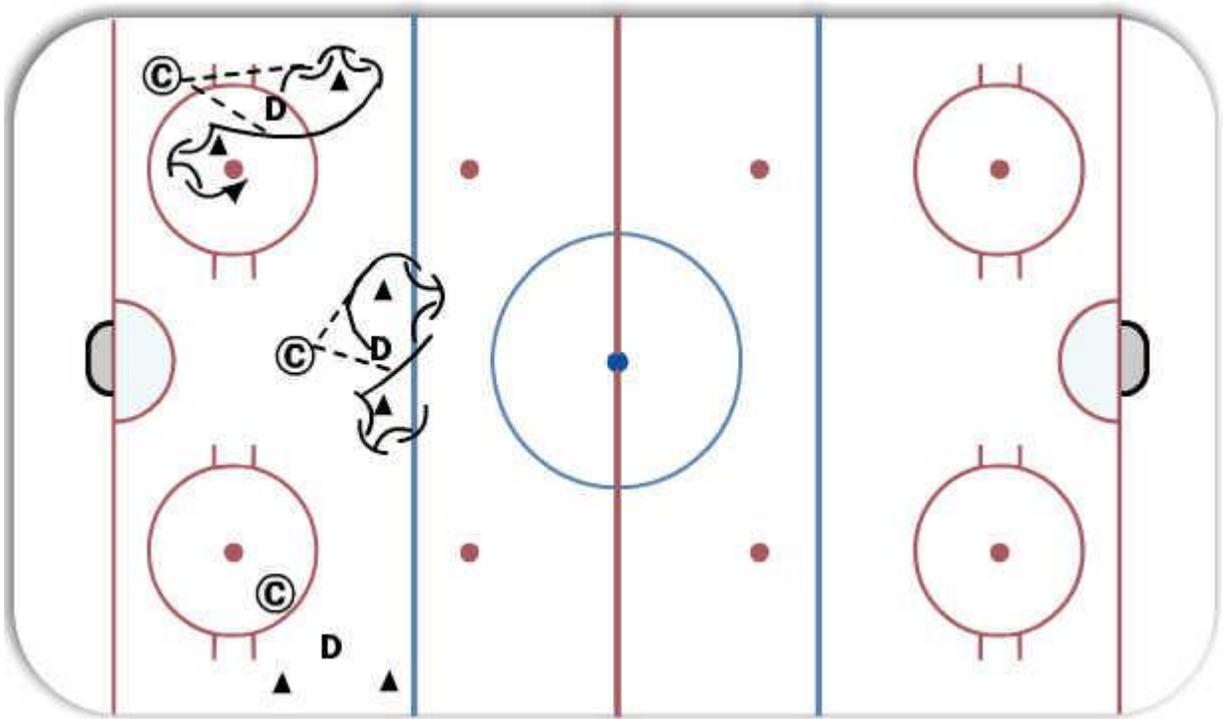
@rioferdy5

Having all the ability alone is not enough. You need the right attitude & work ethic to go with it.

5:25pm - 15 Sep 13

Have a great season,

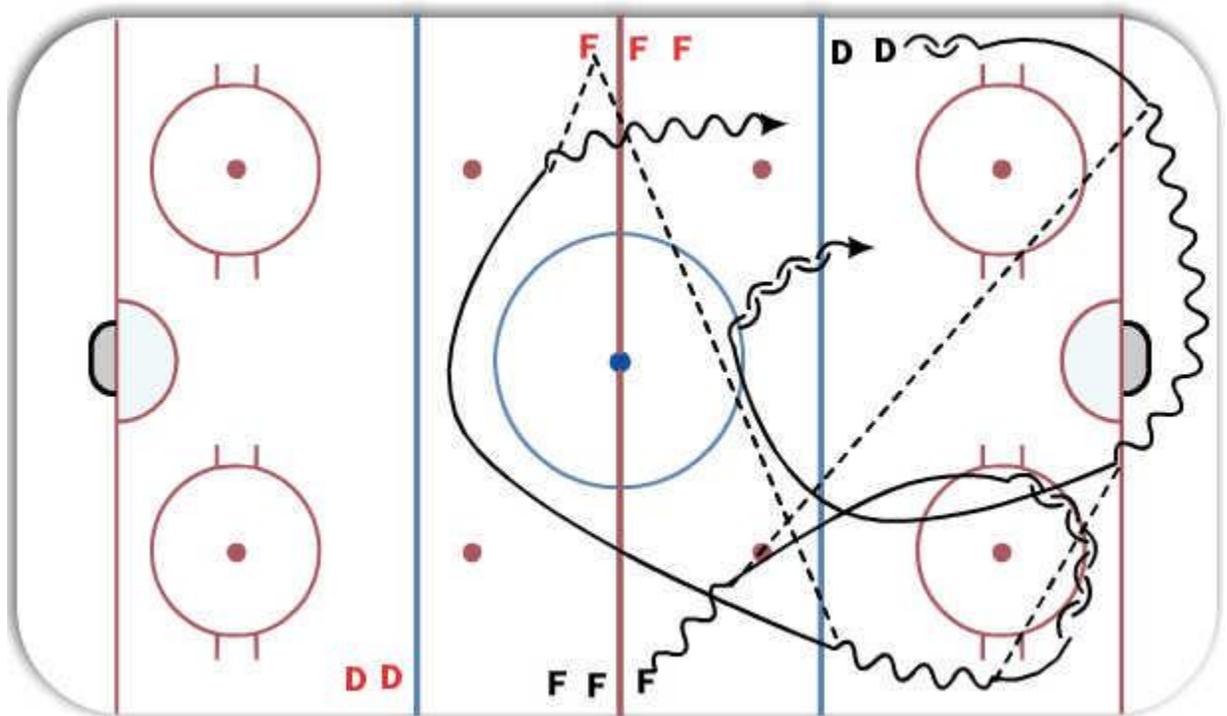
Stuart Wilson



## DEFENCEMAN QUICK FEET

Description: Defenceman skates around cones always facing the coach. They exchange passes while doing this. Place the cones in different parts of the zone to challenge the Dman's mobility. Place cone close to blueline and make the Dman aware that he must keep the team 'on-side'. Also, place cone close to the boards to allow the Dman to receive and pass the puck while in contact situations

Key points: Use forehand and backhand passes. Pass to the Dman's skates to encourage their ability to control the puck in any tight situation.

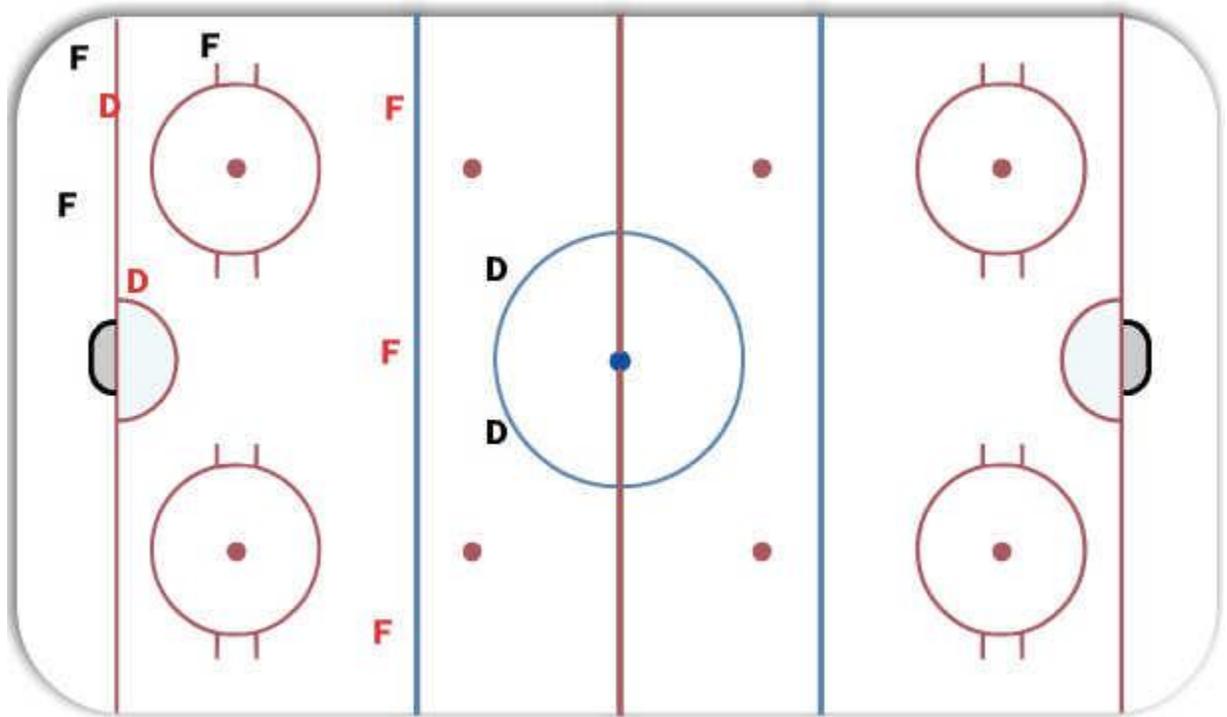


## TRANSITION 1-ON-1

Description: F dumps puck in opposite corner. D backs up, turns, picks up puck and skates to the quiet zone behind the goal. F skates low into zone for breakout pass. F skates with puck into NZ and transition passes with F in other group. D skates up ice and plays F in a 1-on-1 on the way back.

Both ends go at the same time

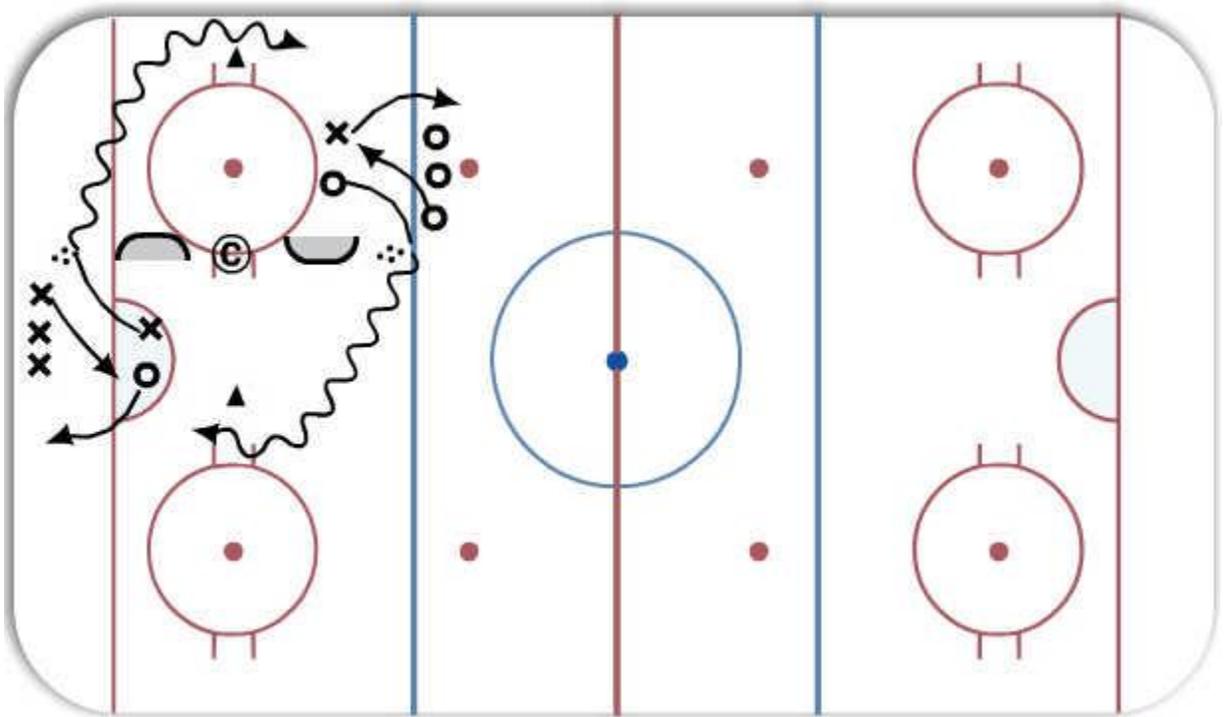
Key points: communication, speed, good passes, gap control.



### 3-ON-2 LOW, 5-ON-5 HIGH

Description: 3 black F play a 3-on-2 low against 2 red D. On whistle, 3 red F leave and attack 3-on-2 against 2 black D. the 5 low players must support as drill becomes a full ice 5-on-5.

Key points: Good offensive and defensive understanding, communication.



## SAG TRANSITION 1-ON-1

Description: Players play 1-on-1 as shown. On coaches whistle, the defensive players pick up a puck and become the offensive players on the other side. A new player from each line becomes the defensive player.

Drill can also be played as a 2-on-2

Key points: offensive and defensive battles, quick feet.