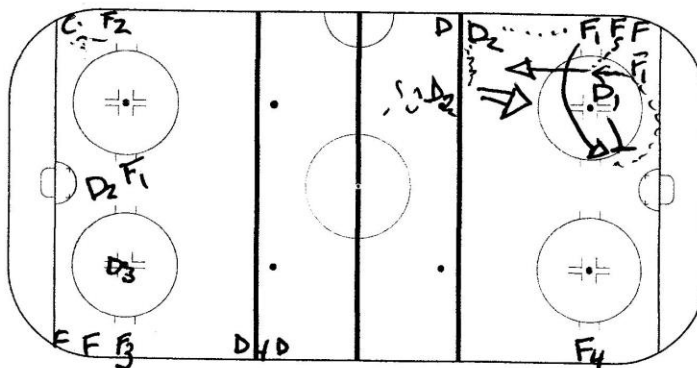


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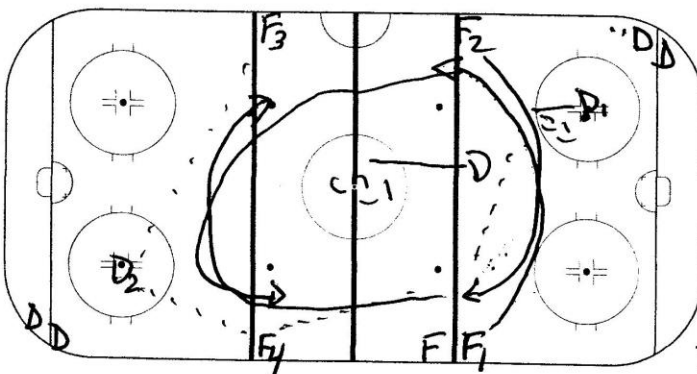
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DRILL OF THE WEEK CLUB Book - "Coach - The Pat Burns Story"



Exploding 1v1 x 3

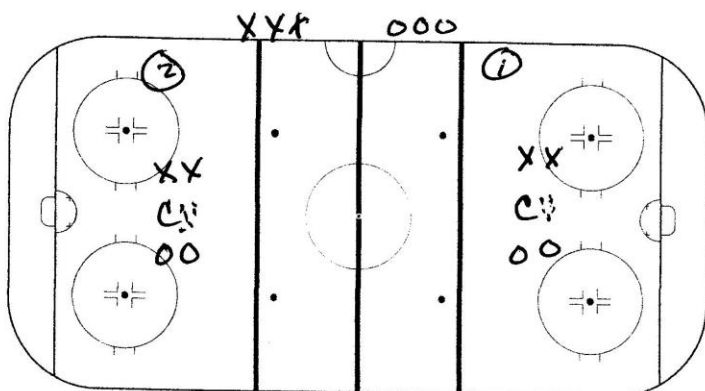
- F₁ to D₂ on whistle
- F₁/D₁ Net Front 1v1 - D₂ shot
- F₁ circles low outlet from FS
- F₁ vs D₂ Long 1v1
- Whistle, C passes to F₂ who plays D₂ 1v1 below Dots
- Both sides same time



Zug 2v1

- D₁ w puck top of circle Pivot touch to F₁/F₂ crossing
- F₂ passes to F₄ gives to D₂ gives to F₃
- F₁/F₂ swing below blue get puck attack 2v1 on D₁

* Good WAKEUP Drill

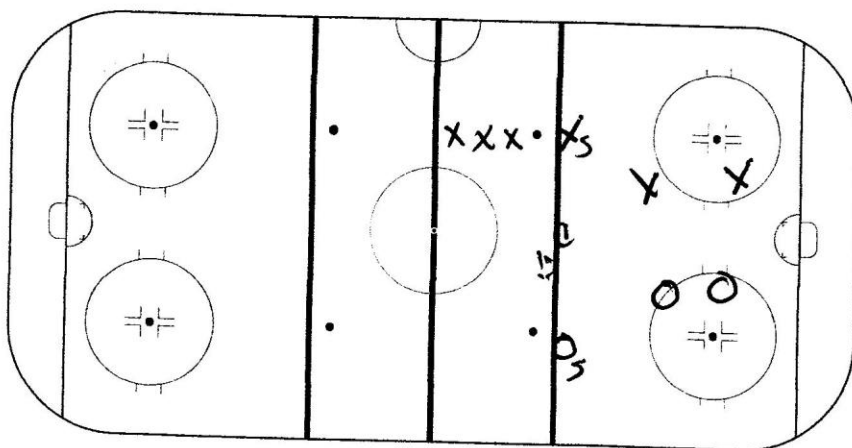


Brock Shift Drill

- 20 second 2v2 in zone 1 & 2
- Whistle zone 1 & 2 switch attack loose puck for 20 sec.
- Whistle X's & O's sprint to bench to allow 4 new players on their teams to attack

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Team Skill Box Game

- 2v2 in zone
- On turn over or goal must top puck to your slide guy(s)
- slide can go from C to D or D to C. If puck cross blue line, team gets it. Slide can shoot or pass.

