

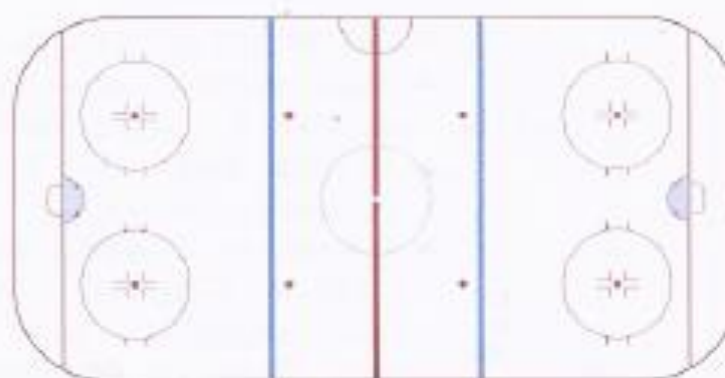
LUCIANO BASILE

HEAD COACH / BRIANCON "DIABLES ROUGES"  
FRENCH MAGNUS LEAGUE



(1) SMALL GROUP DRILL  
"ATTACK FROM BEHIND NET"

- ▶ ALSO A GOALIE DRILL
- ▶ F1 DEPOSITS PUCK BEHIND NET, F2 JOINS HIM OTHER SIDE
- ▶ AT THIS POINT, F1 CAN EITHER ATTACK NET, OR PASS TO F2 WHO CAN ALSO ATTACK NET
- ▶ BOTH F1 AND F2 CAN ALSO PASS TO F3 AND F4 FOR ONE-TIMERS.
- ▶ ENCOURAGE CREATIVITY AND DIFFERENT ATTACKS
- ▶ IT IS A 4 ON GOALIE SITUATION



(2) SKILL WARM-UP DRILL  
"SWEDISH 5-PASS"



- ▶ O1 AND A1 STRADDLE BLUE LINE AND EXCHANGE PASSES WITH O2 AND A2
- ▶ THEY GO BACK TOWARDS ORIGINAL LINE, EXCHANGE PASSES AND THEN RECEIVE A FINAL PASS FOR SHOT
- ▶ KEEP PLAYERS ON SAME SIDE TO WORK BOTH FOREHAND AND BACKHAND



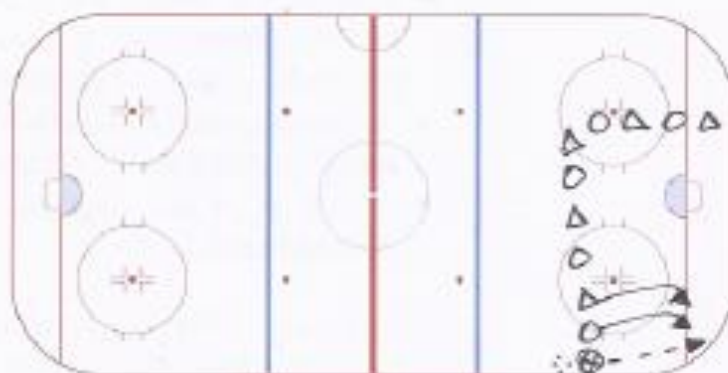
### (3) TACTICAL DRILL: "3-PUCK DZONE"

- ▶ 1ST PUCK = 1X1 ON ONE SIDE
- ▶ 2ND PUCK = 2X2 ON OTHER SIDE
- ▶ 3RD PUCK = 3X3 DOWN LOW  
(EACH PUCK SHOULD LAST MAX. 10-12 SECS)



- ▶ ENCOURAGE OFF. FWDS. TO USE POINT SHOTS
- ▶ ALL FWDS. SHOULD GO AT LEAST ONCE AS A DEF. FWD.

### (4) COMPLETE DRILL "THE FENCE"



- ▶ CAN BE 1X1 OR 2X2 DRILL
- ▶ COACH SPOTS PUCK IN CORNER AND 2 OR 4 PLAYERS BATTLE
- ▶ EITHER ONE CAN ATTACK NET AND SCORE
- ▶ REMAINING PLAYERS FORM A "FENCE" AND ANY PUCK THAT COMES TO THEM IS SHOT BACK IN CORNER



### (5) TEAM-BUILDING ACTIVITY: ▶ PAINTBALL / RAFTING (GROUPS OF 4)

RECOMMENDED BOOK:  
PATRICK LENCIONI  
"THE FIVE DYSFUNCTIONS OF A TEAM"  
(JOSSEY-BASS BOOK)

FAVOURITE QUOTE:

"THE STRENGTH OF THE WOLF IS THE PACK,  
AND THE STRENGTH OF THE PACK IS  
THE WOLF"