

RYERSON RAMS

DRILL OF THE WEEK

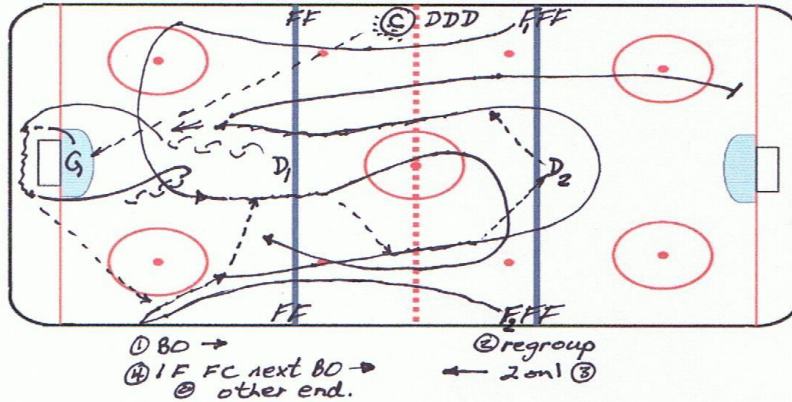
2013-14

Drills by: Johnny Duco

Compiled by: Graham Wise

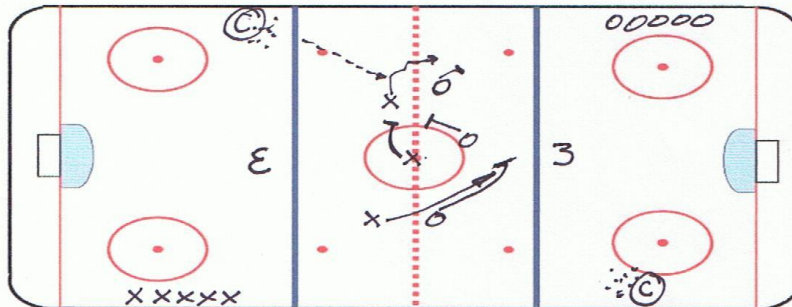
1) Continuous 2on 1

- C dumps puck in, D1 retrieves puck and BO with F1&2 from far end, F1&2 regroup with D2 and attack D1 2on 1, F that shoots FC against next BO at other end



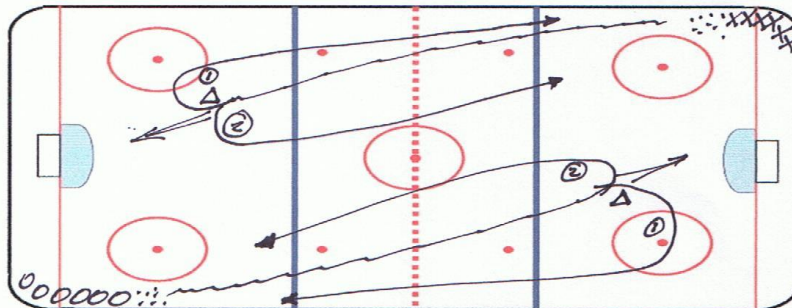
2) Transition Game

- 3 vs 3 in neutral zone. Both C's with pucks who chip pucks to neutral zone when a puck goes wide, the goalie freezes it or there is a goal. Quick transition for players from offense to defence, defence to offense.



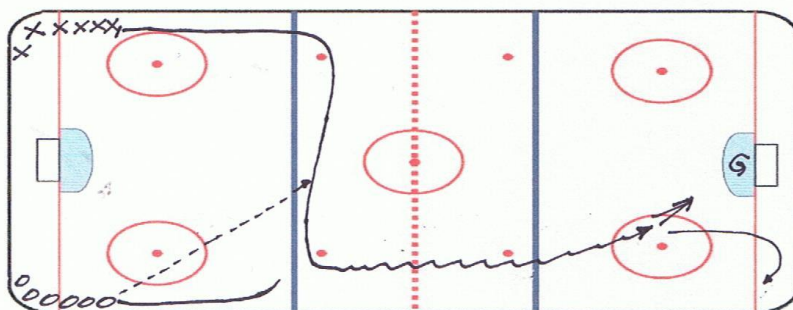
3) Laker Warm-up Drill

- half the players at each end. X 1&2 drive down ice with puck, shoot from the slot. First time, tight turn to the boards and BC to far bl. Second time, tight turn to mid-lane and BC to far bl.



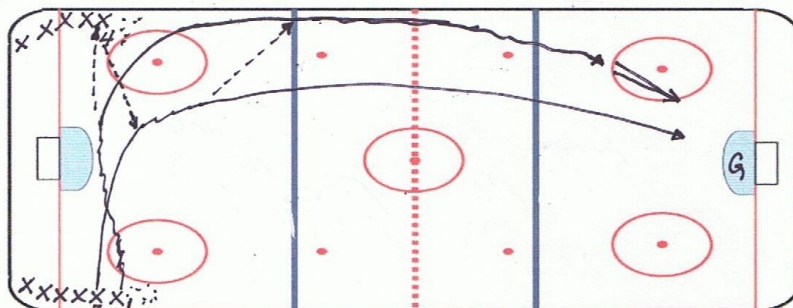
1) Comets Corner (Part 1)

- X1 drives to bl, across the flat, receives pass, around dot and drives down far side for a shot on net. Alternate sides, wait at far end. Repeat.



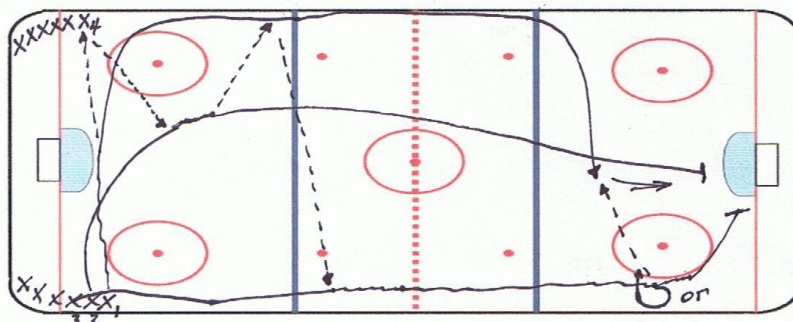
(Part 2)

-X1&2 drive across ice, X1 passes to X3 and swings up the boards, X2 times return pass from X4 through the middle. X1&2 attack up ice, X1 shoots from top of circle, X2 dives net for rebound. Alternate sides, wait at far end. Repeat.



(Part 3)

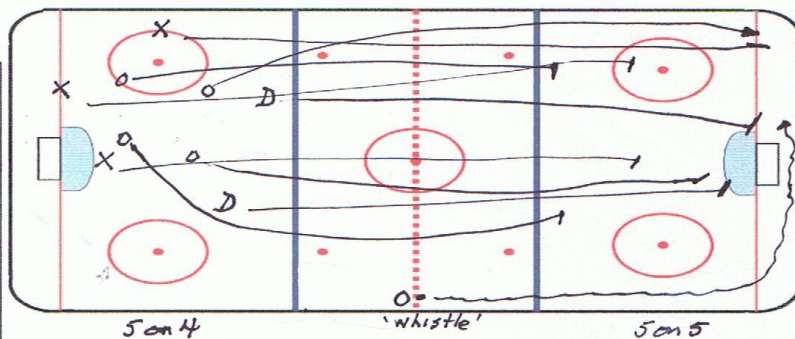
-3 players go, X1&2 drive across ice, X1 passes to X4 and swings up the boards, X2 times return pass from X4 through the middle. X3 stays up boards, receives pass and drives into the far zone, looks for X1 in high slot for pass and shot. X2&3 drive net for rebounds. Make assertive passes.



NU: 5 on 4 to 5 on 5

5 on 4 in zone, players on PK have their sticks turned.

On whistle "o" with puck at centre drives puck deep behind net. "o's" (original PK players) now attack zone vs "x" players who were on PP backcheck, identifying their man, communicating for a 5 on 5 DZC situation.



Discipline yourself and others won't need to.
John Wooden