

2013 – 14 DRILL OF THE WEEK CLUB

GARY COMFORT – WEEK 15

I would recommend Mike Babcock's book LEAVE NO DOUBT

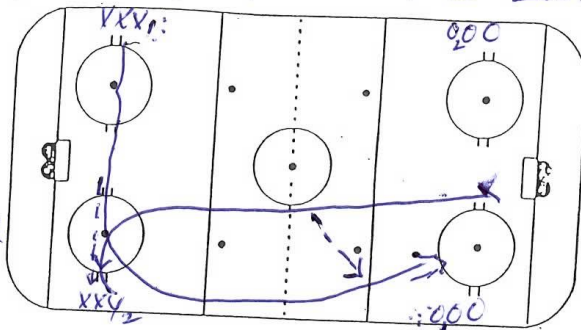
2 ATTACHMENTS

1) WARM UP DRILL 31jpg

2) OFFENSIVE BLUELINE WIDE ENTRY PROGRESSION 30jpg

OFFENSIVE BLUELINE ENTRY PROGRESSION

BOTH
ENDS
GO
TOGETHER



NOTES: BASIC DRIVE

X1 COMES ACROSS PASSING TO X2

X1 SWINGS UP BOARDS

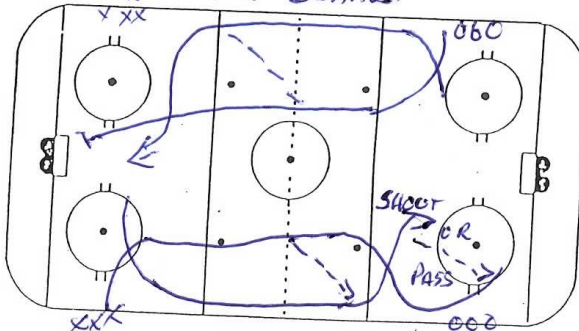
X2 SWINGS INTO MIDLANE

X2 MUST "KICK PASS" OUT TO

X1 BEFORE BLUELINE TO
CREATE OUTSIDE ATTACK

X2 DRIVES TO NET

OPTION 2 - CUT BEHIND



NOTES: OPTIONS 2 & 3

OPTION 2

AT BLUELINE X1 ALLOWS X2 TO
DRIVE MIDLANE AND CUTS BACK
INTO MIDDLE FOR SHOT

OPTION 3

X1/X2 X-CROSS INSIDE BLUELINE

X1 CAN SHOOT OR PASS TO X2

OPTION 3 X-CROSS

OPTION 4 - X1 DELAY MOVE LOOK
FOR A

NOTES: 2v0 REGROUP

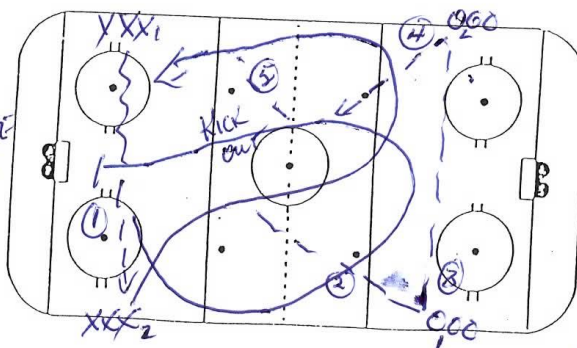
X1 ACROSS PASS TO X2 COMING OFF
WALL

X2 PASSES TO O1 AND
SUPPORTS O1 PASS ACROSS TO O2
SWINGS WIDE UP BOARDS

X1 SWINGS BACK THROUGH
MIDLANE TO RECEIVE PASS FROM
O2

* KICK OUT PASS BEFORE BLUELINE
GO THROUGH OPTION 5

OPPOSITE
ENDS
WILL
GO



NOTES: 3v0 REGROUP (4th SECOND LANE)

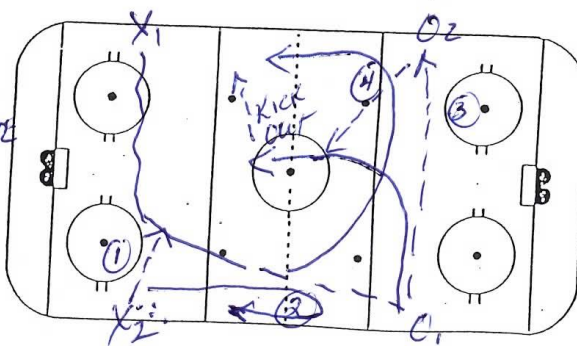
X1 COMES ACROSS TO RECEIVE PASS FROM X2

X2 SKATES UP BOARDS AND WILL
REGROUP

X1 PASSES TO O1 AND SUPPORTS O1 PASS
ACROSS TO O2 AND SWINGS WIDE
UP FAR BOARDS

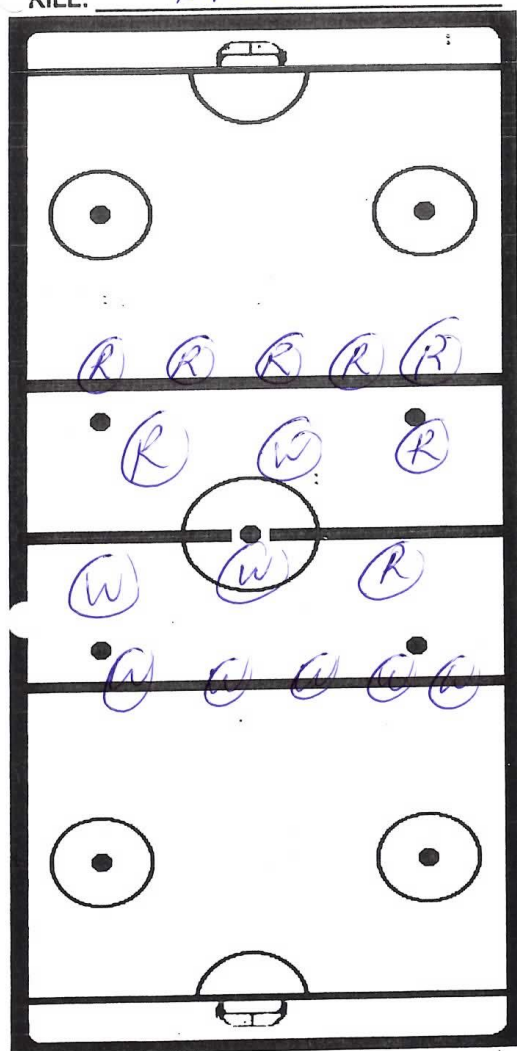
O1 JUMPS INTO MIDDLE TO RECEIVE
PASS FROM O2 (O2 FOLLOWS AS REGROUP)

OPPOSITE
ENDS



WARM UP DRILL

RILL:



2 TEAMS (2 COLOURS)

LINE (R) TEAM ON BLUELINE

LINE (W) TEAM ON OTHER
BLUELINE

EACH TEAM HAVE 3
PLAYERS IN NZ

OBJECTIVE IS TEAM TO
CONTROL PUCK, CAN USE
TEAMMATES ON BLUELINE
WHO REMAIN STATIONARY

TEACHES PUCK CONTROL,
SUPPORT MOVEMENT TO
OPEN SPACE

TEACHES DEFENSIVE
ANGLING, SUPPORT,
GOOD STICK