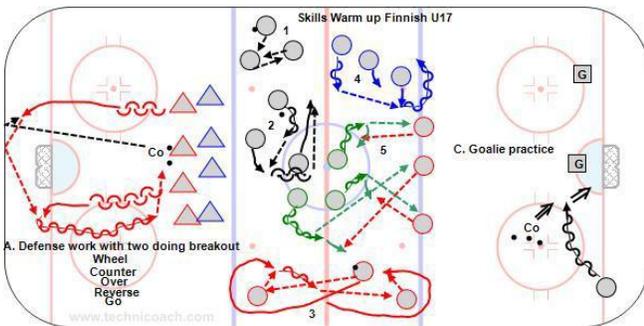




## Drill of the Week Club

## Practice Plan

<b>Date:</b>	<b>Time:</b>	<b>Venue:</b>
<b>Lines:</b> Tom Molloy	<b>Notes:</b> Current team Flyers Midget AAA Girls	



*Either a Warm-up or Individual Skill Work*

### **B Skills Warm up Finnish U17**

#### **Key Points:**

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

#### **Description**

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120418122055838>



*Team Play Practice:*

### **T2-4, D4 – Reilly Team Play Rotation**

#### **Key Points:**

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

#### **Description:**

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.

2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

*\*The play rotates from end to end.*

### Competitiveness

#### D400 1-1 Dukla Battles

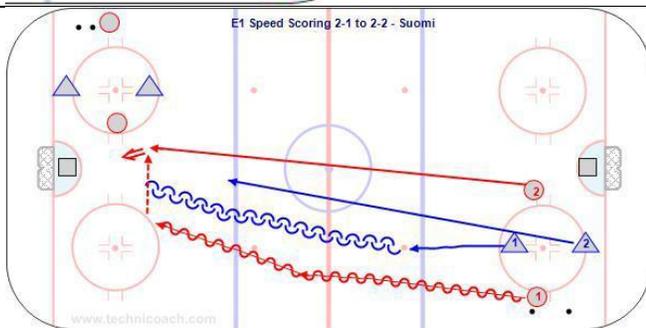
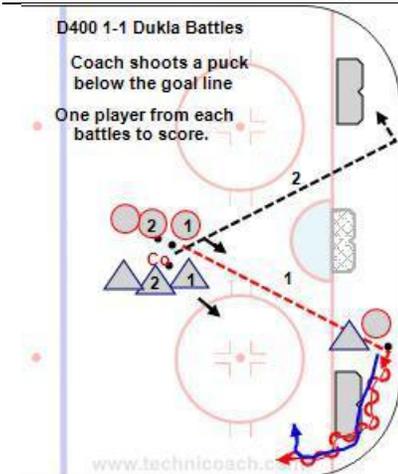
##### Key Points:

Put the nets at 45 degrees in each corner. Defender stick on the puck and D side. Attacker protect the puck and use fakes.

##### Description:

1. Players line up behind the hash.
2. Coach shoots a puck below the goal line.
3. One player from each team battles to score.
4. Play 10-15" alternating corners.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838>



### Shootout Competition:

#### E1 Speed Scoring 2-1 to 2-2 – Finland

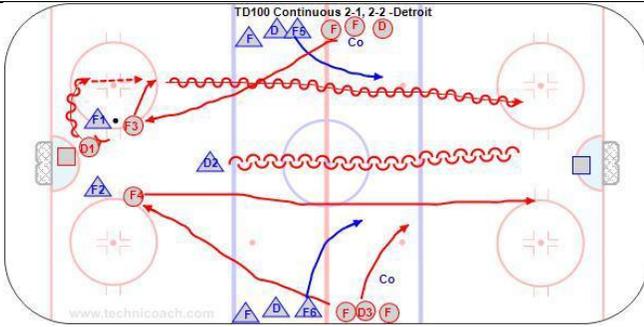
##### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

##### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



*Team Skill warm up drill.*

### **TD100 Continuous 2-1, 2-2 –Detroit**

#### **Key Points:**

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

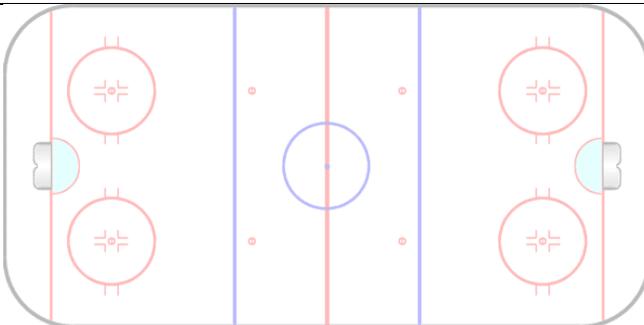
#### **Description:**

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.

8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

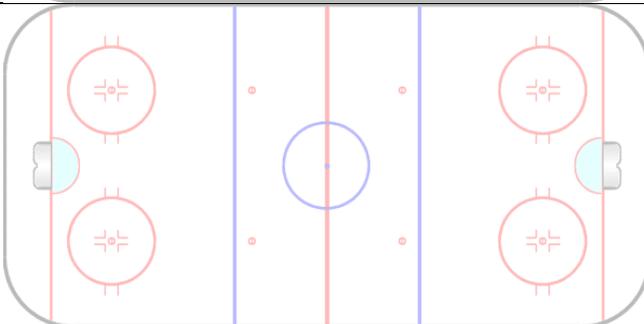


#### **Book:**

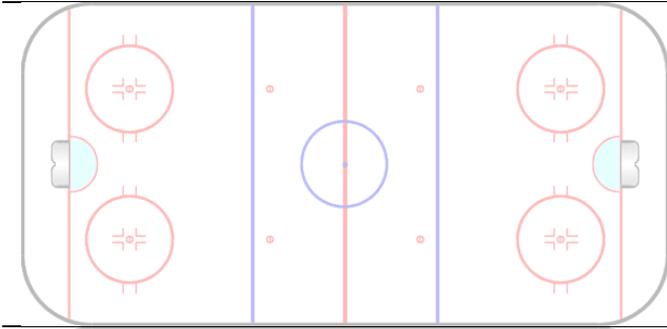
**The Brain that Changes Itself**

**Norman Doidge M.D.**

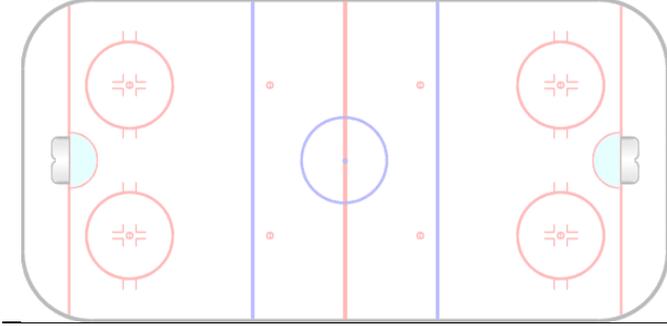
*Great book on how we can learn and relearn by changing our brain.*



#### **Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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