

## **ENIO'S DRILL CLUB – 2014**

**Books To Read :** Pete Carroll – Win Forever \*\*\*\*

Roy Williams – Hard Work \*\*\*

Motivated to Win – Richard Denny \*\*\*

Mike Tyson – Undisputed Truth \*\*

### **QUOTES :**

If you read a book a month for the next year, you are among the 1% of intellectuals in America.

"Some people get frozen by the fear of failure but early in my career I realized if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. Michael Jordan

"The man who can drive himself further once the effort gets painful, is the man who will win"

Roger Bannister – first person to run 4:00 mile

Fight one more round – even though your body is completely devastated, fight one more round – remember the man who always fought one more round is never whipped.

James Corbett – Heavy Weight Boxer

Being a professional is doing all the things you love to do on the days you don't feel like doing them.

Julius Irving – NBA Star.

Discipline makes you free

Dean Smith

Discipline is the soul of an army

George Washington

Discipline is not the enemy of enthusiasm

Morgan Freeman

*See how to the locker  
"down the stretch" + into  
play-off!  
M. Freeman"*

# ENJO'S DRILL CLUB "2014"

Title :

Category #1 :

Category #2 :

## Description

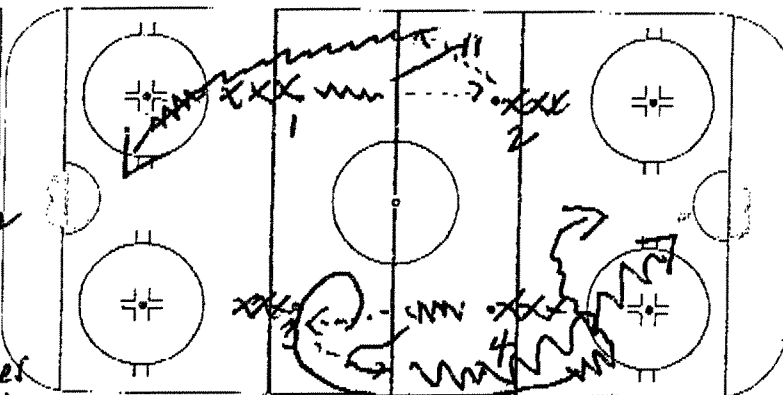
OPENSERS : "1x0 Drive"

- ① A. X<sub>1</sub> over "C" pass to X<sub>2</sub>  
Anchor Up & recovers position  
X<sub>1</sub> goes for shot  
Stay for rebound
- B. X<sub>2</sub> After pass, gets a 2nd puck & drives

Key points :

Middle for 2nd shot.

Outside shot for G W/L / Short Port Pads  
Finish Rebound



Title :

Category #1 :

Category #2 :

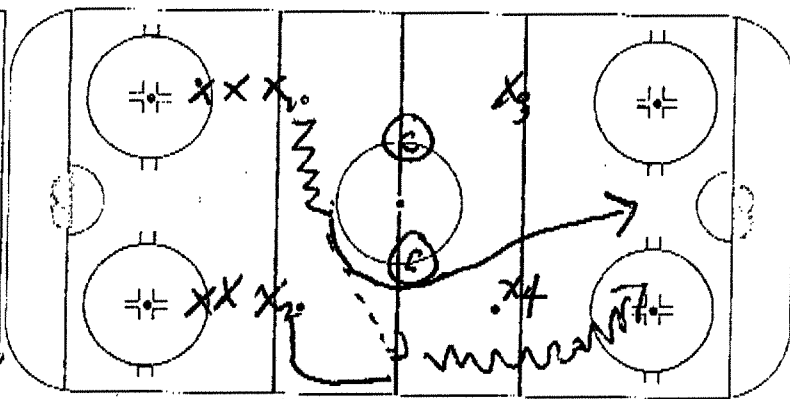
## Description

② 2x0 DRIVE

- X<sub>1</sub> Y<sub>2</sub> way across pass to X<sub>2</sub>
- X<sub>2</sub> drives wide for shot
- X<sub>1</sub> goes around (C) + Middle  
Drive to Net
- X<sub>4</sub> & X<sub>3</sub> go same time other way

Key points :

Mid Drive to Net / Shot Both Pads w/ "G" / option X-Tree Pass



Title :

Category #1 :

Category #2 :

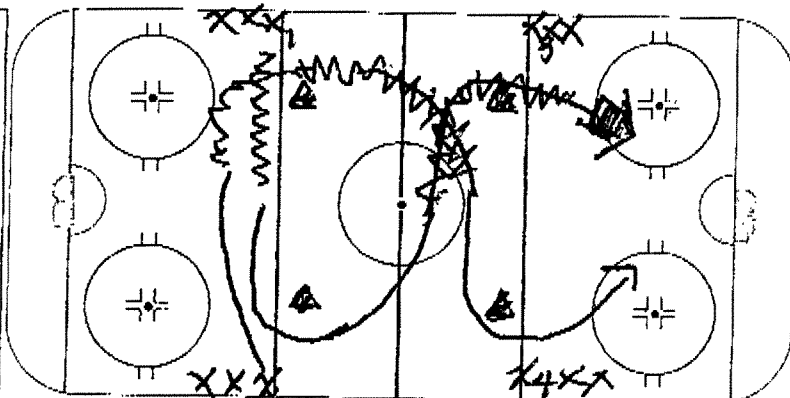
## Description

③ CROSS & DROP

- X<sub>1</sub> & X<sub>2</sub> cross & drop puck
- Go Around gloves & drop again
- FAR BLIND X<sub>1</sub> shot X<sub>2</sub> goes for  
rebound
- b) Go X-Tree PASS

Key points :

Shooting Angle for G's / Look for Rebounds - Short to Pass

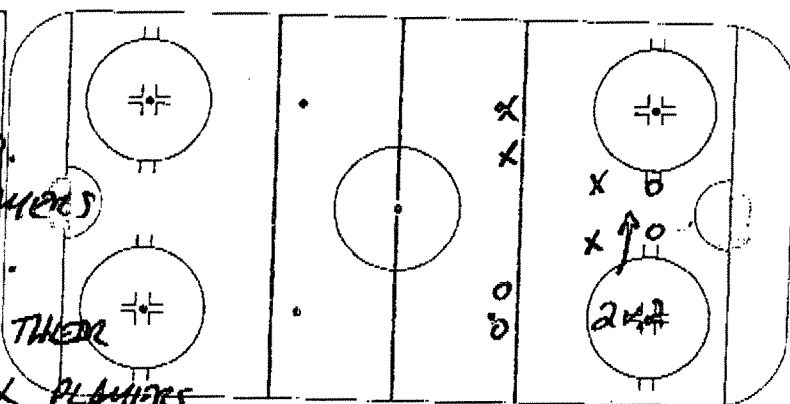


Title : **UNB RED DEVIL**Category #1 : Category #2 : 

## Description

**2 v 2 OFFENSE + DEFENSE**

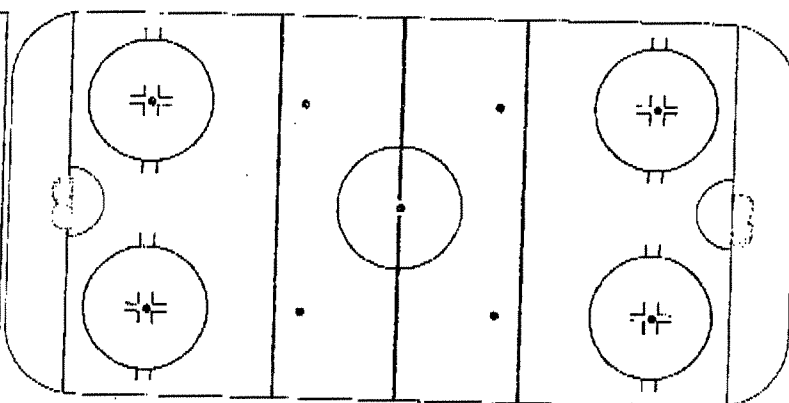
- TEAM X TRIES TO SCORE VS. TEAM O.
- IF TEAM X SCORES, 2 MORE PLAYERS FROM TEAM X ATTACK TEAM O.
- IF TEAM O GETS PUCK TO THEIR TEAM-MATES AT BLUE LINE, TEAM X PLAYERS NOW PLAY DEFENSE AND TEAM O IS ON OFFENSE



Title :

Category #1 : Category #2 : 

## Description

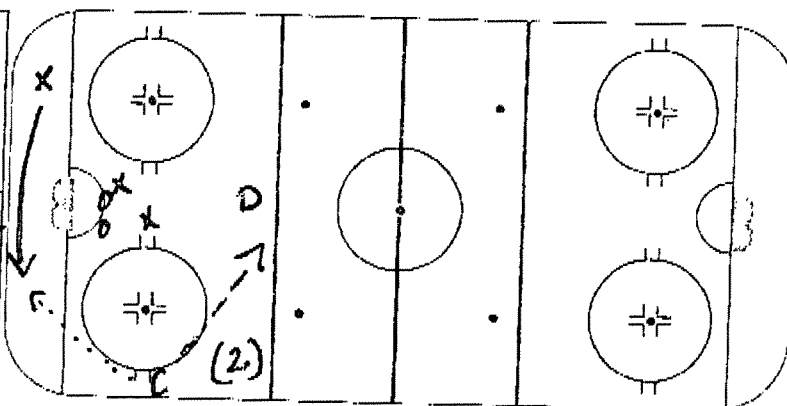
Key points : Title : **3 v 2 KAZZY**Category #1 : Category #2 : 

## Description

**3 v 2 Low / 3 v 3 Low (add F)**

FORWARD SKATES BEHIND NET AND RECEIVES PASS FROM COACH TO START DRILL. DEFENSE DEFENDS, FORWARDS ATTACK WITH HIGH F3.

- OPTION**
- USE 2<sup>ND</sup> 3<sup>RD</sup> PUCKS
  - ADD POINT SHOTS FOR "NET FRONT"

Key points : 

\* USE BOTH SIDES OF ICE

Title :

2x1 / 3x2 NZW Regroup

Category #2 :

## Description

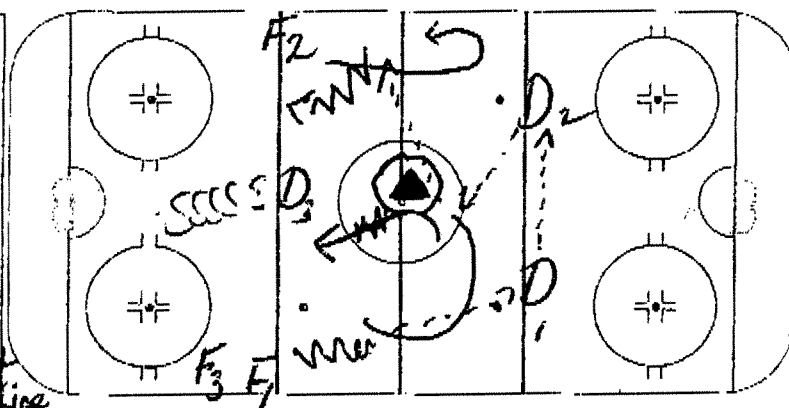
$F_1 + F_2$  Regroup in  $D_1 + D_2$

$F_1 + F_2$  Attack  $D_3$  on 2x1

Different Options for Regroup + Attack

OPTION:  $F_{100}$  Forecheck 1 to Simulate

Your NZW 4v  $A_2$  follows play to  $D_1$



Key points :

Title :

2nd. Part 3x2

Category #1 :

Category #2 :

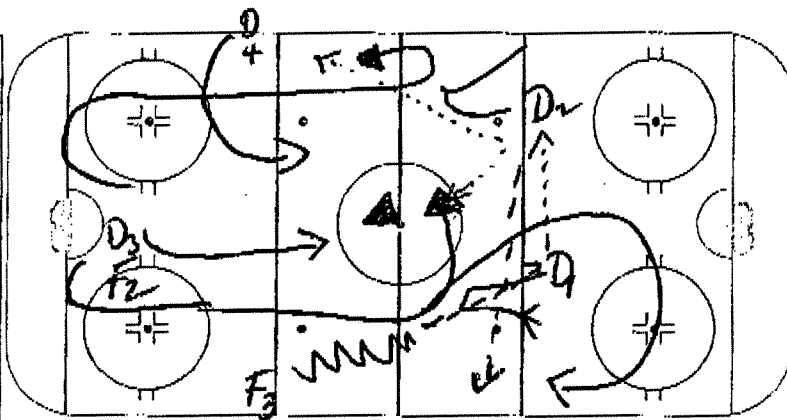
## Description

After initial 2x1 in Bu Rush

$F_3$  starts NZW Regroup 3x2 w/  $F_1 + F_2$

They Now Attack Net 3x2

OPTION:  $A_2$  4 checker W/NZW to defend us 3x2 Regroup. 4 checker only to Blaine



Key points :

Title :

Category #1 :

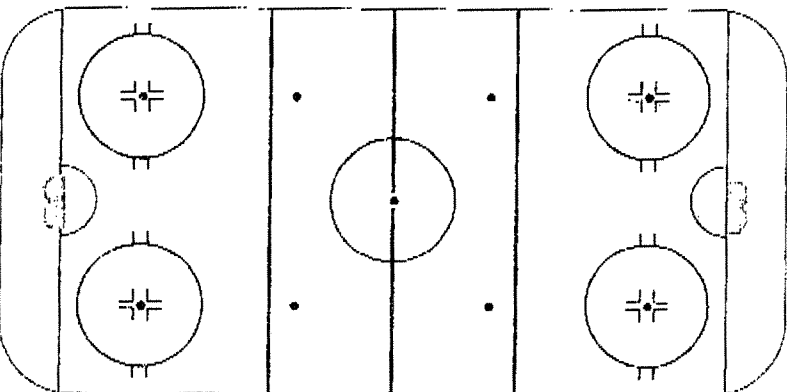
Category #2 :

## Description

\* Great for Transition in puck  
+ Great for NZW 4v + Decision

making for D + options for F's  
Ex.  $D_2$  3 options plus "Huge"

\* Start Drive offensively after  
and Regroup.



Key points :

Fax 250-220 7887

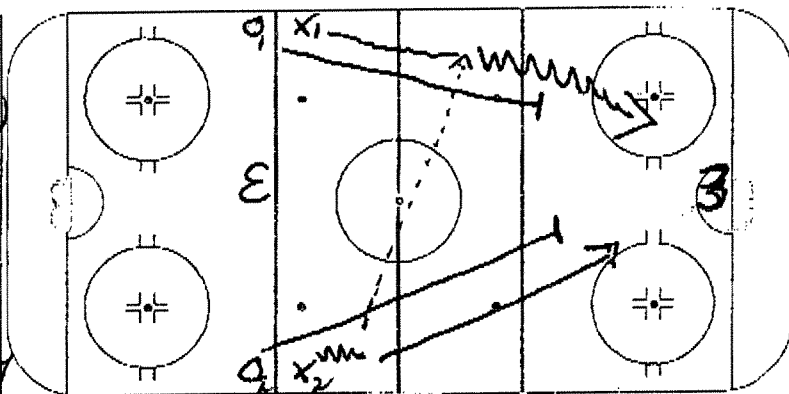
## "CHALLENGE" DRILLS

1.

Title: 2x2 SHOUKCategory #1: Category #2: 

## Description

$X_2$  passes to  $X_1$  for 2x0 to Net  
 $O_1$  +  $O_2$  pressure from back - 1 stick length  
 They can recover rebound/backcheck &  
 attack back to net which is located  
 at blue-line. Good 2x2 transition  
 off original net play. Short Shifts - Habitability  
 Keep Score to "5"



Key points:

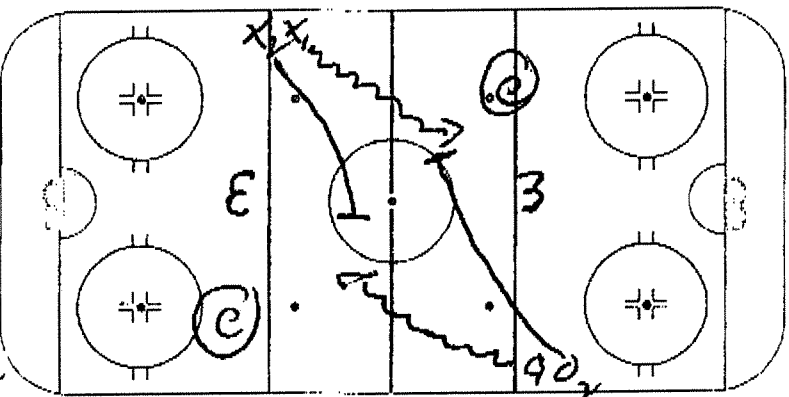
X-Transition/Net DriveBack Pressure/Transition

2.

Title: 1x1 JAPANCategory #1: Category #2: 

## Description

Net 1 @ Opposite B-line area  
 $X_1$  +  $O_1$  attack opposite net  
 $X_2$  +  $O_2$  get up + angle/defend net in  
 1x1 situation  
 @ @ each net to give 2nd/3rd puck  
 Play until 1 person scores on 12 seconds



Key points:

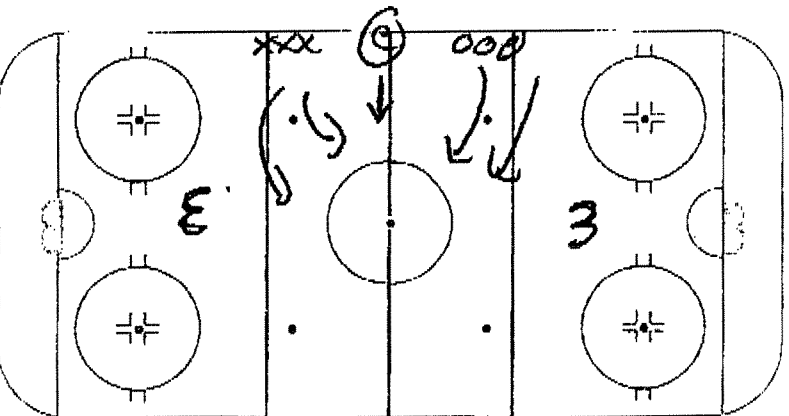
1x1 off-skills1x1 Defense SkillsCompetitive and Effort

3.

Title: 2x2 TransitionCategory #1: Category #2: 

## Description

$X_1$   $X_2$  go versus  $O_1$   $O_2$  in Confined  
 N-Zone area - play 2x2.  
 When puck goes below net - coaches spot  
 puck in opposite direction so quick  
 transition. 15-20 second shifts  
 Stops & Starts w/ All transition plays.



Key points:

Puck Protection 2x2Creativity & TransitionHockey Habits