

**ENIO'S DRILL OF THE WEEK CLUB**

**FEBRUARY 1<sup>ST</sup> 2014**



**SUBMITTED BY GEOFF GRIMWOOD**

**SOUTH ISLAND ROYALS**

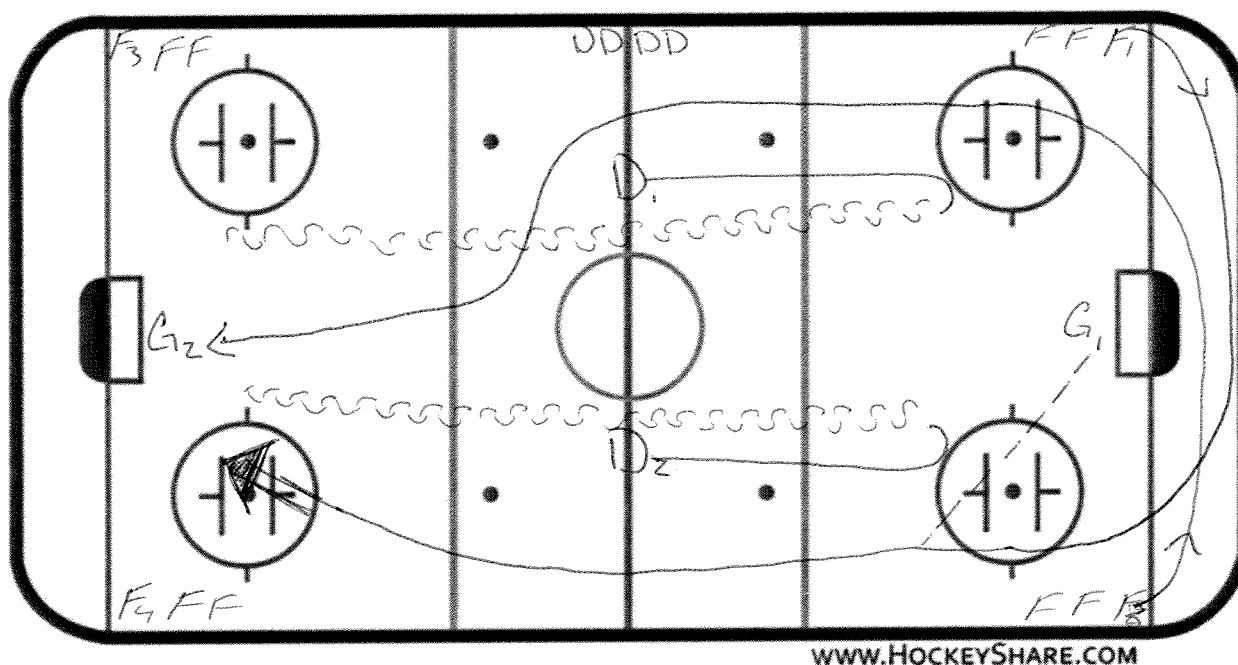
**BRITISH COLUMBIA MAJOR MIDGET HOCKEY LEAGUE (BCMML)**

**VICTORIA BC**

**READS:**

- **"Win Forever" by Pete Carroll**
- **"Earn the Right to Win" by Tom Coughlin**
- **"The Miracle of St. Anthony" by Adrian Wojnarowski**

Drill Name: EXPOSE 2v2

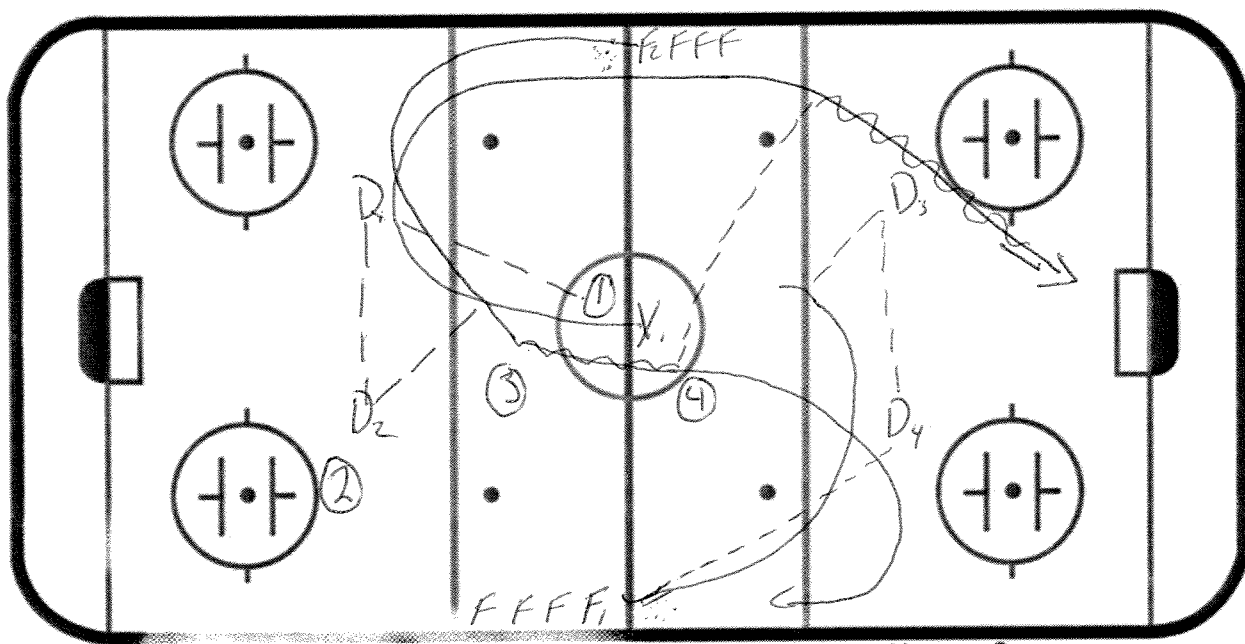


### Description:

#### SET UP:

- F1'S IN ALL 4 CORNERS; PLAYERS START WITH BUTT TOUCHING GOAL LINE ON BOARDS
- D1 & D2 START ON CENTRE RED LINE, INSIDE THE DOTS
- ALL PUCKS ARE IN THE NET, EXCEPT 1 PUCK WITH ONE GOALIE ON WHISTLE
- F1 & F2 TAKE OFF FULL SPEED BEHIND G1'S Net. THEY COME OUT FROM NET, STAYING OUTSIDE THE DOTS
- G1 PASSES PUCK TO F1 / F2.
- D1 / D2 SKATE FORWARD TO TOP OF CIRCLES, PIVOT TO MIDDLE, AND THEN RELIEVE 2v2 Rush.
- Drill ENDS WHEN THE PUCK IS SAVED/SCORED, OR PUCK IS CLEARED FROM SLOT
- NEXT WHISTLE F3 & F4 Begin, with new D1 & G2 BEING THE PASSER

Drill Name: NZ TIMING



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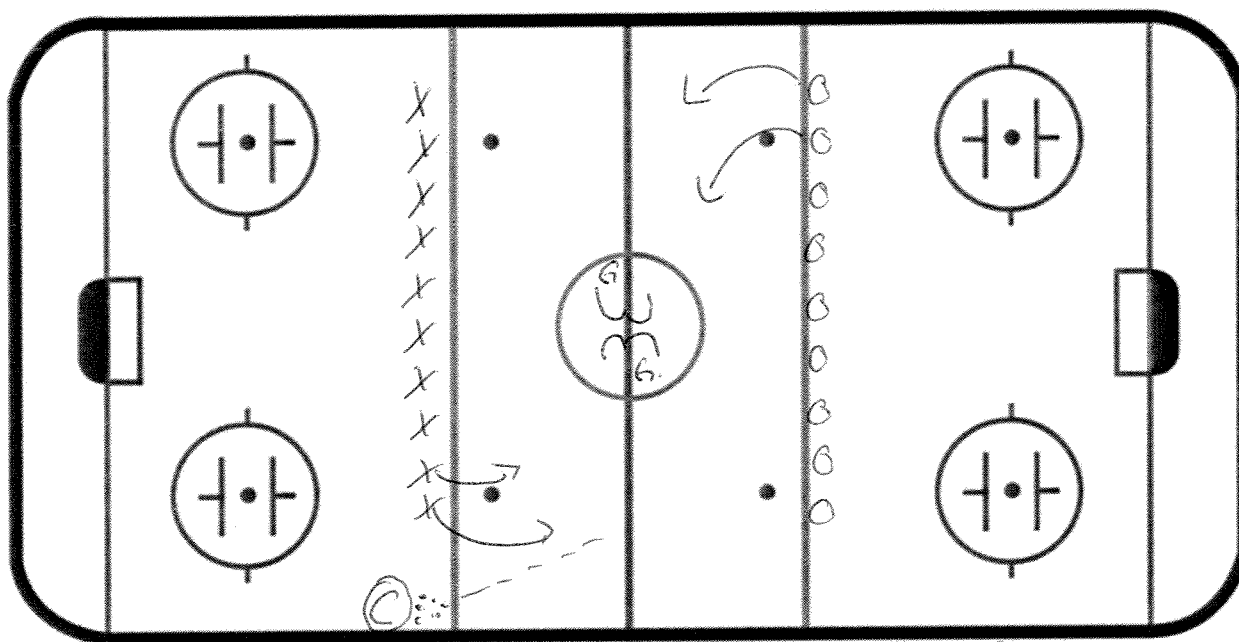
**Description:** X1 STARTS WITH PUCK AT CENTRE ICE, TO START DRILL

- ① ON WHISTLE, V1 PASSES TO D1, WHO THEN PASSES TO D2.
- ② X1 SWINGS LOW AND GETS OUT WIDE, F2 SWINGS LOW AND FILLS MIDDLE LANE.
- ③ F2 RECEIVES PASS FROM D2, AND THEN KICKS PUCK OUT WIDE TO X1. V1 PROCEEDS TO SHOOT ON GOALIE.
- ④ F2 SWINGS LOW AND WIDE, WITH F1 PASSING TO D4 AND FILLING MIDDLE LANE.

DRILL GOES CONTINUOUSLY UNTIL COACH BLOWS WHISTLE & SWITCHES OUT DRILL.

KEY POINTS: TIMING, QUICK PASSES, TACKLE.

Drill Name: 2v2 NET GAME



**Description:**

- TWO TEAMS LINE UP ON OPPOSING BLUE LINES
- TEAMS ARE SHOOTING ON OPPOSITE NETS.
- ON WHISTLE, TWO PLAYERS LEAVE FROM EACH TEAM.
- COACH SPOTS A PUCK, AND TEAMS PLAY 2v2 IN N.Z.
- PLAYERS IN MIDDLE CAN NOT PASS TO PLAYERS ON BLUE.
- PLAYERS ON BLUE LINE HAVE TO PROTECT THEIR LINE FROM REBOUNDS AND BOUNCING PUCKS. IF A PUCK CROSSES THEIR BLUE LINE, THEIR WHOLE TEAM DROPS AND DOES 5 PUSH UPS. THE OPPOSING TEAM CAN TRY TO SCORE DURING THAT TIME.
- ON WHISTLE, TWO NEW PLAYERS FROM EACH LINE REPLACE ORIGINAL PLAYERS.
- 20 SECOND SHIFTS, COMPETE HARD.