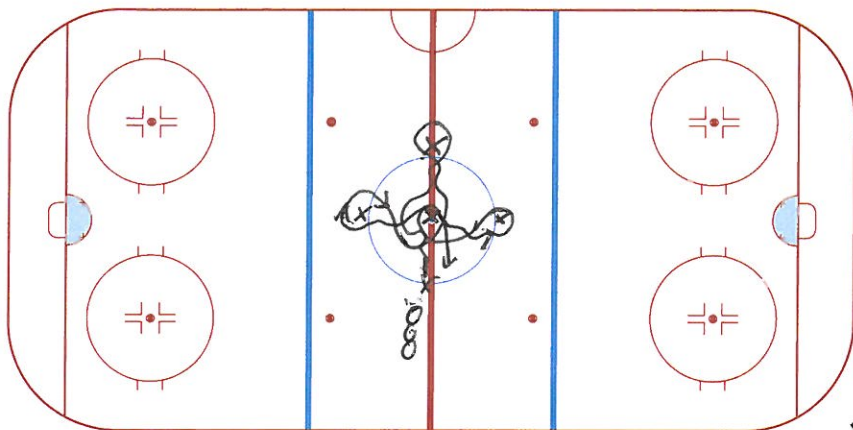


## Drill of the Week Club 2013/14.

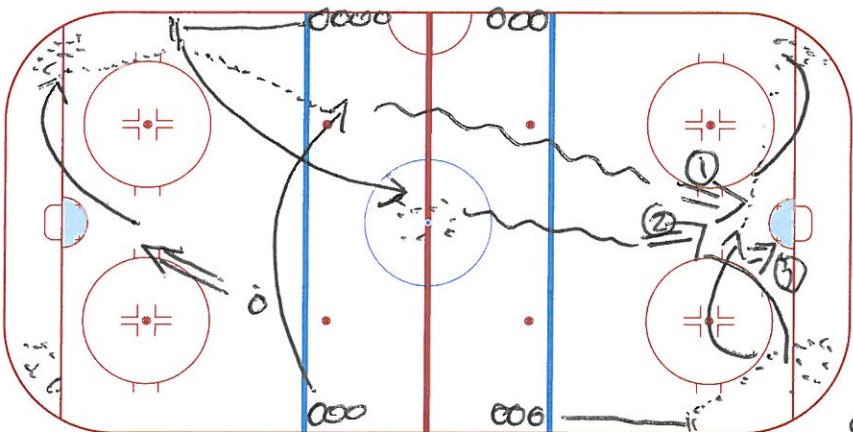
Jamie Elson - Head Coach Cardiff Junior Devils  
+ GB U18's Assistant Coach.



### 1) Individual Skill drill

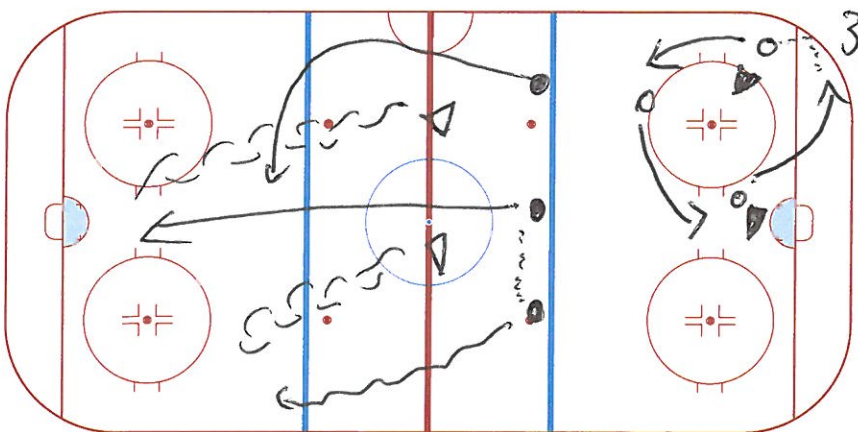
Cones out in a cross formation. Player skates with puck and turns right at centre cones. The does a figure of eight around outside cone, and repeats. Turn right at centre cone then figure of eight.

- \* Change drill to turn left.
- \* Then forehand only
- \* Then backhand only.



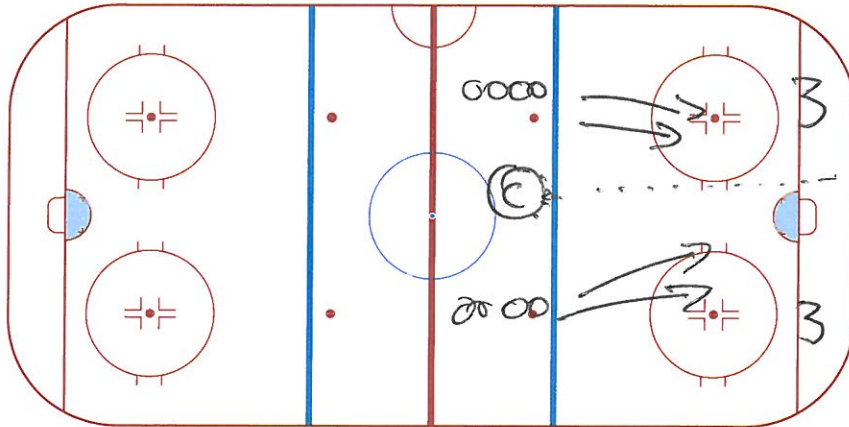
### 2) Team Skill warm up drill

4 lines of players at blue lines. One end starts with a shot. Player peds to corner and starts next set of players with a quick up pass. 2nd player curls across ice for head man pass and shoots and starts next group. Player off wall picks up puck through middle for 2nd shot.



### 3) Offensive/defensive drill

- + 3 on 2 down low, cycle puck
- + On whistle play active 3v2.
- + On second whistle a new 3v2 starts other way from line on the blue line.
- + Original forwards B/C and original Defence join play to make 5v5



4) Mini Game  
min. 2v2's.  
- Both teams can  
Score in both nets  
20-30 seconds, then  
new whistle for new  
2v2.

5) Book to Read.  
The Talent Code  
by Daniel Coyle.

Thanks Again Enio!  
And Good Luck Everyone..

