

**MERRITT
CENTENNIALS**

Enio,

Here are some drills we use and our submission for the drill of the week club.

I hope the following pages are clear enough for you to pass on.

Thanks for including us in this program.

Joe Martin

AL Merritt Centennials, BCHL



Merritt Centennials

Forward skill drill

LEGEND	⊙	Couch	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure

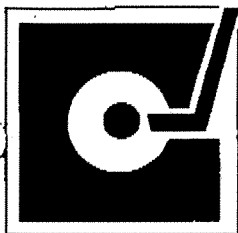
DATE: _____

DURATION: _____ (MINS)

Time	Drill Name: Chip and Chase	
<p>Forwards in all 4 corners, operate opposite corners.</p> <p>F1/F2 leave corner at same time</p>		
<p>Key Teaching Points (KTP)</p> <p>Freeze the couch then chip outside and chase inside</p>		
<p>Key Execution Points (KTP)</p> <p>Shoot puck while skating</p> <p>F2 - time net drive</p>		

Time	Drill Name: Chip/Chase and Support	
<p>Forwards in all 4 corners, operate opposite corners.</p> <p>F1/F2 leave corner at same time.</p> <p>F1 chips around couch</p> <p>F2 supports F1 then picks up puck. Shoot on fly or hard pass to F1</p>		
<p>Key Teaching Points (KTP)</p> <p>Freeze couch then chip outside and drive net</p> <p>F2 shoot on fly</p>		
<p>Key Execution Points (KTP)</p> <p>F2 - supports through neutral ice</p>		

Time	Drill Name:	
<p>Key Teaching Points (KTP)</p>		<p>Key Execution Points (KTP)</p>



**Merritt
Centennials**

Competition Drill

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

DATE: _____

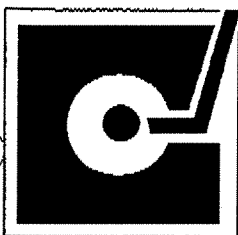
DURATION: _____ (MINS)

Time	Drill Name: <u>Box Game 2v2 / 3v3</u>	
<p>Coach dumps puck into offensive end. First team to retrieve puck is on offence other team defends. If group turns puck over they must pass to on blue line before attacking. 30 sec shifts of Goal scored.</p>		
<p>Key Teaching Points (KTP)</p> <ul style="list-style-type: none"> - Communicate defensive responsibility - use pucks for quick shots to net 		<p>Key Execution Points (KTP)</p> <ul style="list-style-type: none"> cannot leave blue line, boards to only puts new puck in, if puck leaves zone

Time	Drill Name:	
<p>Key Teaching Points (KTP)</p>		<p>Key Execution Points (KTP)</p>

Time	Drill Name:	
<p>Key Teaching Points (KTP)</p>		<p>Key Execution Points (KTP)</p>

Defence Skill Drill



**Merritt
Centennials**

LEGEND	Ⓢ Coach	~~~~~ Puck Carrying
	○● Forwards	⇒ Shooting
	△▲ Defenders	⇄ Pass
	G Goalsie	⇄ Drop Pass
	— Stop	↔ Backward Skate
	X Pylon	Lateral Movement
	Ⓟ Puck	— Defensive Pressure

DATE: _____

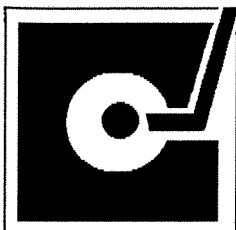
DURATION: _____ (MINS)

Time	Drill Name: Regroup and Jump	
<p>Defence all at centre ice, Forwards at opposite blue lines.</p> <p>D - one touch passes with stationary D</p> <p>- move up ice - pass to Forwards - shot</p> <p>D - quick pivot receive pass from centre - long shot on net</p>		
<p>Key Teaching Points (KTP)</p> <ul style="list-style-type: none"> - quick, crisp passes to start - D move feet up ice before passing to Forwards - long shot from outside blue line 		<p>Key Execution Points (KTP)</p> <ul style="list-style-type: none"> - Crisp passes with Defence, move feet up ice before passing to Forwards - Long shots

Time	Drill Name: Regroup to 1 on 1	
<p>Same start as regroup and jump</p> <p>F2 leaves blue line when coach releases him</p> <p>D1/F2 play 1 on 1 back into zone</p>		
<p>Key Teaching Points (KTP)</p> <ul style="list-style-type: none"> - quick, crisp passing with defence - Defence square shoulders to approaching F2 - D stick in middle of stance 		<p>Key Execution Points (KTP)</p> <ul style="list-style-type: none"> F2 leaves when Ⓢ releases him D move puck up ice after pivoting forward

Time	Drill Name:	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		
<p>Key Teaching Points (KTP)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Key Execution Points (KTP)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Special teams.



**Merritt
Centennials**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

DATE: _____

DURATION: _____ (MINS)

Time	Drill Name: PP vs PK (18 skaters)	
<p>5 - power play players vs 4 penalty kill</p> <p><u>Rules:</u></p> <p>P.P can move freely from O Zone to their own blue line - BUT NOT in D Zone. PK cannot leave D Zone. ●/▲ group works together.</p> <p>Key Teaching Points (KTP)</p> <p>Communication</p>		
<p>Key Execution Points (KTP)</p> <ul style="list-style-type: none"> - First to score 3 win - no offsides - neutral ice open to P.P players ONLY 		

Time	Drill Name: Defensive Team Play	
<p>- 3 on 3 Down low, ●/○ are passive in defence and are breakout options ●/▲/▲</p> <p>- ○/○/○ cycle puck and try to score</p> <p>- ●/▲/▲ defend and breakout with ○/○ ON Breakout ●/▲ attack 5 on 2, new F's join backcheck from bench, continue in other end</p> <p>Key Teaching Points (KTP)</p> <ul style="list-style-type: none"> - Hit to pin offensive F's - Communicate on coverage and breakout pass 		
<p>Key Execution Points (KTP)</p> <ul style="list-style-type: none"> - Defence change after breakout - soft dumps to covers 		

Time	Drill Name: Second Stage	
<p>● group dump puck in</p> <p>○ - backcheck</p> <p>▲ - setup on blue line</p> <p>- continuous drill, © whistles down on defensive mistakes</p> <p>Key Teaching Points (KTP)</p>		
<p>Key Execution Points (KTP)</p>		