

To: Enio Sacilotto

Drill of the Week Club

From: Mike Corbett

Assistant Coach United State Air Force Academy

Enio:

Enclosed is my Drills and a team building exercise we did with our team this year.

Also a quote or "team pledge of success" that we use with our team.

For the team building exercise we established an "identity" with our 2011 team. Our team chose the terms for each area of the zone, on "how" we want to play. It was a tremendous exercise for us to "Determine who we are"!! Good team exercise that gives all players a voice and gets them to buy in on their terms!

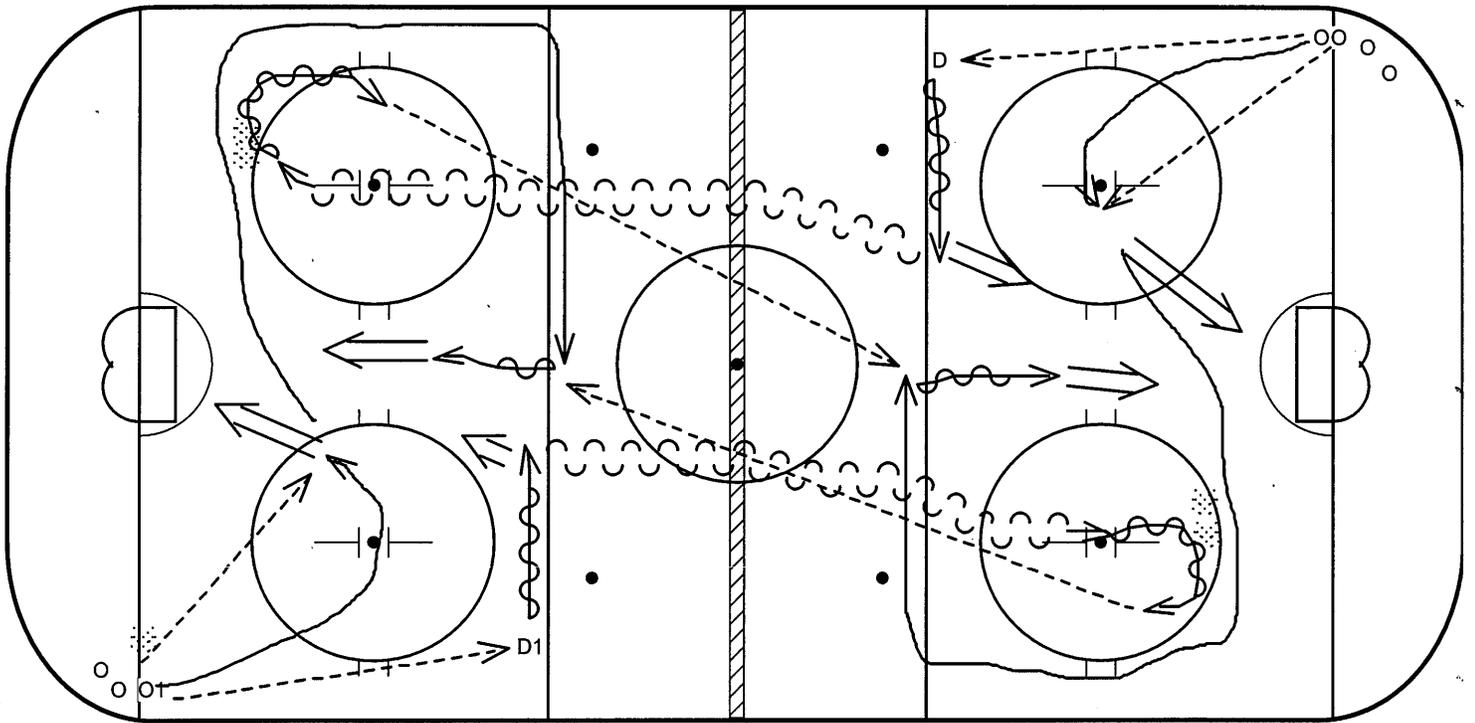
I apologize for the tardiness of my info...

Also the drills are great and it is a very diverse group of people and it is nice to share ideas, drills and see what others are doing...

Thanks

Mike Corbett

## Air Force 3 shot warm up



3 Shot Warm up... Short pass --- Long pass...

### Both sides at the same time.. Both sides doing the same thing... Timing is very important as is calling for the puck...

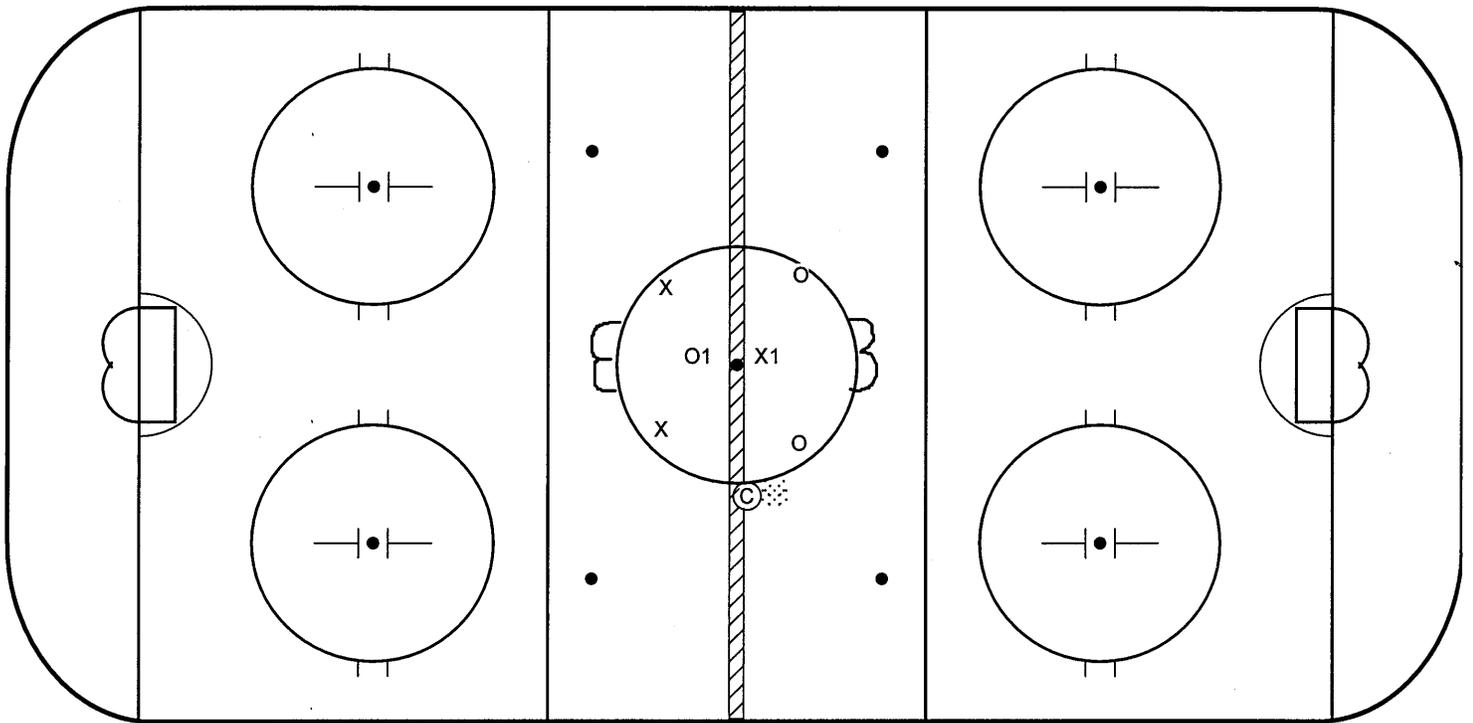
1. Start on the whistle, O1 will pass to D1. D1 will explode across the blue line for a shot. D1 will then skate backwards to the pucks at the bottom of the circle behind him.
2. After the shot is on net O1 will quickly get around the near dot and gain a pass from the next FWD in line, for a quick release shot. O1 will then proceed around the bottom of the opposite circle creating timing for the long pass.
3. D1 will surround a puck and skate up the ice looking for O1 coming up the opposite boards and cutting across the blue line. A long pass is made and O1 will take a shot.

## You can add a 4th shot with the D following up the play and getting a pass from the forwards for a high slot shot!

## Make sure the players use detail in the drill.

1. Acceleration with and without the puck.
2. Quick shot on net
3. Communication on passes.
4. Timing on the passes, IE long pass from the "D1"
5. Heads up, a lot is going on!

## Falcon Circle Scoring Game



### Falcon Circle Scoring Game

## Extra players are around the outside of the circle keeping pucks in when needed.

## Play until a group scores 3 goals. Loser must skate sideboards.

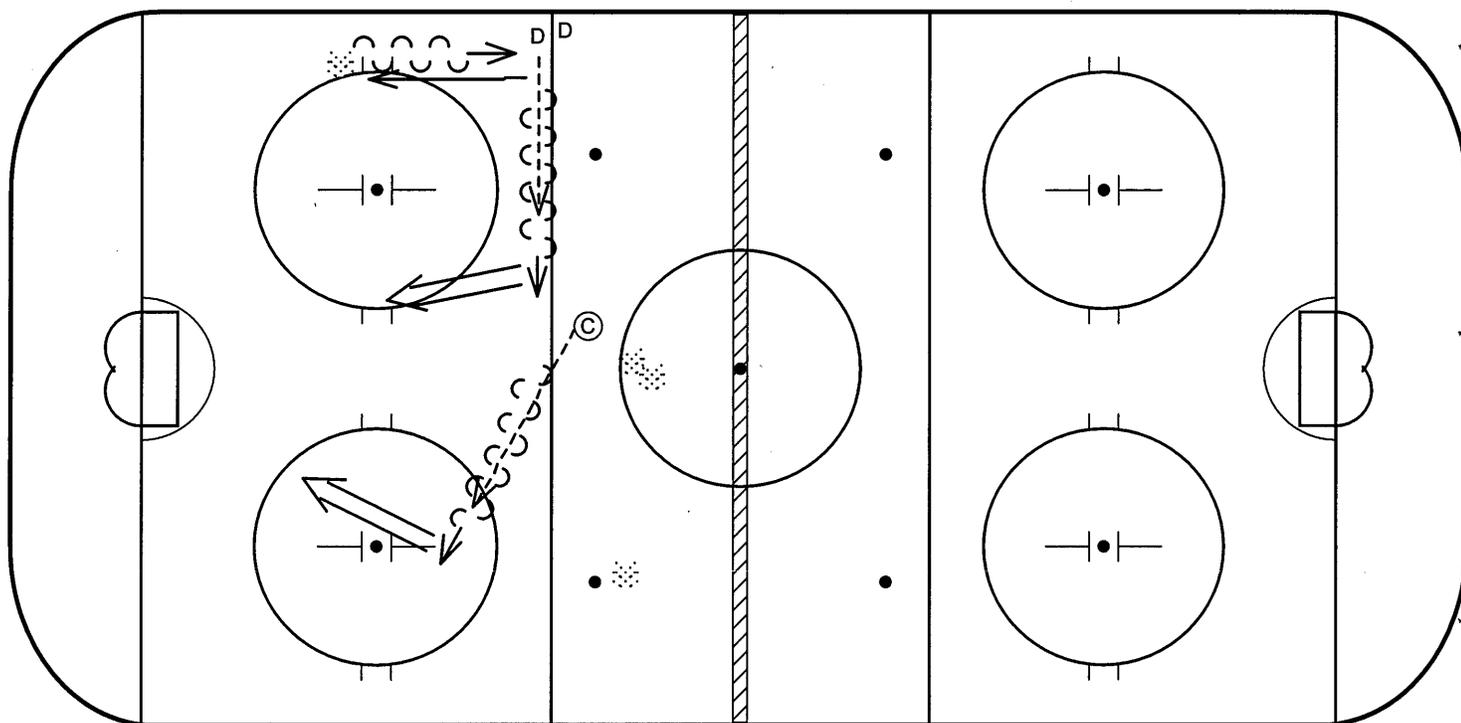
O1 and X1 have to stay on their side of the red line. They can be a shooter and are the primary defender. These players really run the show..

The players at the bottom of the circle typically are on their one-time sides for quick shots.

Coach will continuously put pucks in the center so for players to battle for possession and make plays.

Fun drill- Great Energy and Intensity...

## Double One Timer



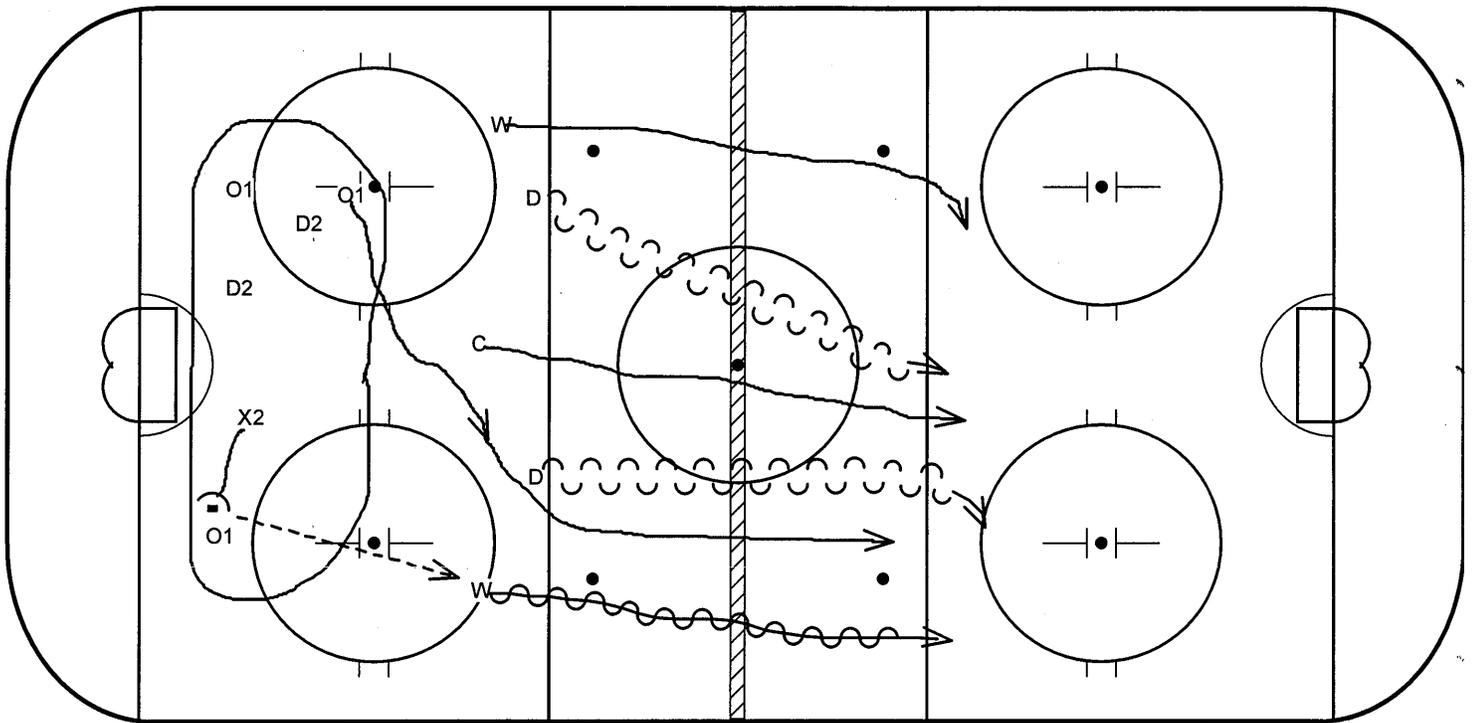
### Double One Timer.

Both sides- Hard passes- light on your feet (adjust)

1. Defenseman will skate down the boards and pick up and puck and backpedal with the puck. (underhandle)
2. Defenseman will drop the puck to next Defenseman on the blueline, then proceed to accelerate tightly across the blueline. The 1st one time pass will occur here.
3. After the 1st shot the Defenseman will then fade to the top of the circles area, where the coach will then pass a puck to him for a 2nd one time shot.

##Shooter-- call for puck-- Stick at waist level showing a one time opportunity (loading the gun)-- Nose down and follow through...

## 3-2 with BC'er Continuous



### Team Play...

3-2 with Backchecker, 1 puck continuous.

## All the O1's are on offense and will attempt to score on the rush or in the zone if not successful on the rush.

## D2 and X2 are defending in the zone to start the drill. 3vs3 in the zone until a goal is scored or the defending team gets possession and makes a direct pass to the Center or Wingers near the top of the circles.

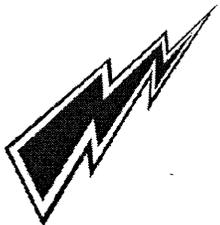
## Once a pass is made to the Center or Wingers they will attack the opposite end, 3vs2, one of the offensive players (they are all forwards) will backcheck the puck carrier, in an attempt to protect the middle of the ice so the defensemen can play the puckcarrier at his defensive blueline.

### Keys:

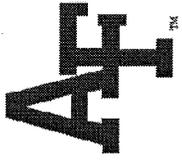
##BC backcheck the puck until the defensive blueline they turn off and find the 3rd offensive player.

##Good strong gaps by the defensemen and communicate with BC'er. Hold the defensive blueline.

## Offensively on rush drive center lane and create space. Puck carrier head up and read play and options, find third forward for seam pass if available. Worst case get a shot!



# AF Hockey Pledge of Success



Today is a new day, a new beginning.  
It has been given to us as a new gift.  
We can either use it or throw it away.

What we do today will affect us tomorrow.

We cannot blame anyone but ourselves if we do not succeed.

We promise to use this day to the fullest by giving our best, realizing it can never come back again.

This is our team and we choose to make it a success!!

**WIN THE DAY...**

## DEFENSIVE

## OFFENSIVE

