

Recommended Read:

Hockey Tough

by **Saul Miller** Human Kinetics | July 24, 2003 | Trade Paperback

Foreword: Mark Messier No hockey player can reach his full potential without mastering the mental side of the sport. *Hockey Tough* provides players and coaches proven methods for mastering the mental side of the game. Author Saul Miller shares the psychological training and emotional management techniques he has successfully taught individual hockey players and teams for over 20 years.

Quotes:

“No one can defeat us unless we first defeat ourselves”.

~Dwight Eisenhower

“Courage is rightly esteemed the first of human qualities... because it is the quality which guarantees all others”.

~Winston Churchill

“Make sure that team members know they are working with you, not for you”.

~John Wooden



Peterborough Liftlock Stars

Tier II Jr. A

Practice No: _____



Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : **Matt Bowen**

Objectives / Main tasks : Drill of the Week Club

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

Drill no. : _____ Duration : **8** Minutes From : _____ To : _____

Categories

Pass

Drill Title : Pass, Pass, Shot, Back 2-1.

2on1

Components : _____

Content elements : _____

Description

-F1 and F2 leave on Whistle, receive pass from D1.
 -F1 & F2 skate with puck, down ice and shoot then drive net stop for screen.
 -D1 follows to OFZ blueline, receives pass from Coach (Co) -takes SMART shot.
 -Fwds support coach, receive puck and attack D1 for 2on1.

Then Start other side with D2...

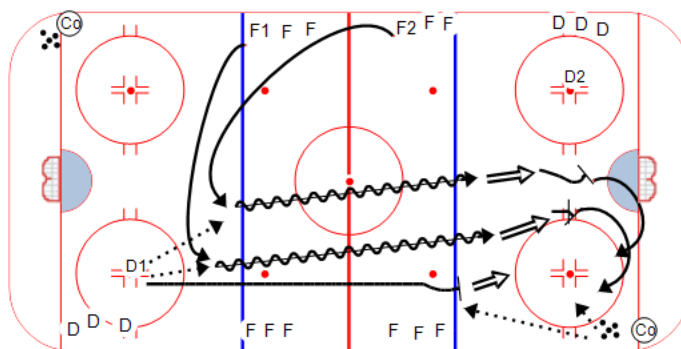
Key Points

Pass

Skate

Shoot to Score

Communicate



Drill no. : _____ Duration : **8** Minutes From : _____ To : _____

Categories

1ON1

Drill Title : Post Up, Sht, 1on1

Post Up

Components : _____

Content elements : _____

Description

-F1 skates with puck to centre, passes to d1 that has back pedaled to OFZ blueline
 -F1 posts-Up, receives puck from D1, goes in and shoots
 -F1 supports coach, attacks d1, 1-1 full ice

****D Must Aggresively CLOSE GAP****

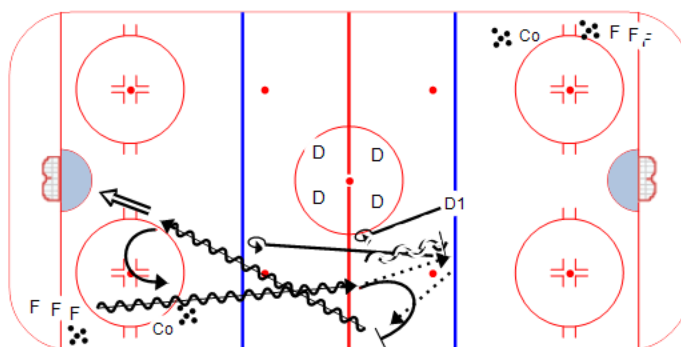
Key Points

Gap Up

Compete

Support

Communicate



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

DFZ

Drill Title : Bowen's TEAM PLAY -DFZ

Breakout -

Components : Attack 3on2 with specific principles.

Content elements :

Description

1. On Whistle G slides puck to either corner
2. D1 and F1 battle in corner with coverage in front of net with D2 and F2.
3. If F gains possession -F3 moves in to create 3on2.
4. If D gains possession, quick Breakout pass to F3 who has moved across blueline. F1 and F2 move into NZ, counter's back with Pass from Coach. D1 & D2 gap up and play 3on2

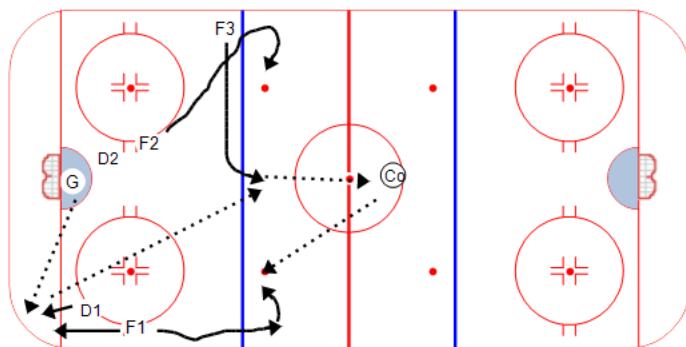
Key Points

Hit Zone

Net Front

Contact & Contain

Communicate



Drill no. : _____ Duration : 8 Minutes From : _____ To : _____

Categories

SHOOTING

Drill Title : CZECH 1-Timer Drill

1-Timers

Components : Half Ice -Both Ends

Content elements :

Description

- X1 dumps puck behind net, X2 retrieves, moves out gives a good pass to X1 for 1-Timer
- X1 goes to other corner retrieves puck dumped in by coach (Co).
- X2 has moved out around circle entered into slot, received pass from X1 for a 1-timer.

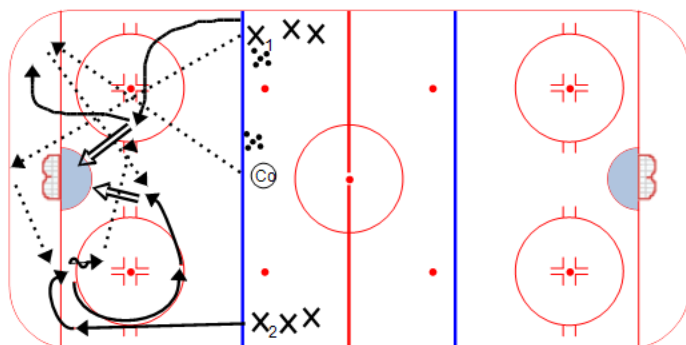
Key Points

Puck Placement

Jump and Feed

Open Up

Quick Release



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

Battle

Drill Title : Progressive 3on3

Competitive

Components :

Content elements :

Description

- Simulate game situation which offers players multiple even strength opportunities
1. 10 sec 1on1
 2. Next 10 sec 2on2
 3. Next 10 sec (2on secs into drill add 1 player from each side to make it 3on3)
 4. Take away players from each side to create less.

Abstract: 1on1, 2on2, 3on3...

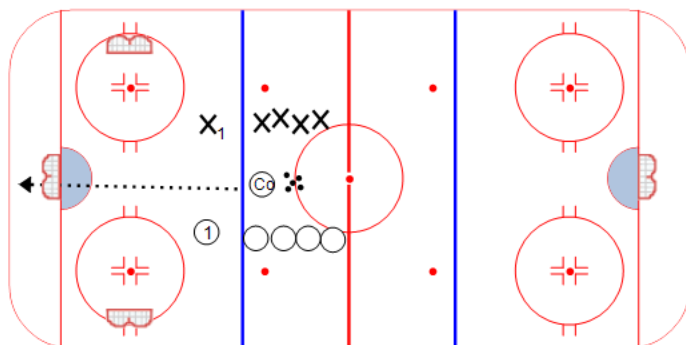
Key Points

Battle - Support

Communicate

Identify

Eliminate



Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Categories

Battle

Drill Title : Corner Battles/Races

Competition

Components : _____

Content elements : Battle, Compete, Puck Tough

Description

-opposite corners/ends
-onWhistle: Coach (Co) dumps puck into corner
-X1 & X2 battle for puck - 10 secs

Next Whistle: X1 & X2 race fullice to puck placed at far blue l.ine, in and shoot. COMPETE.

Key Points

Compete

Puck Tough

Sprint

Score

