

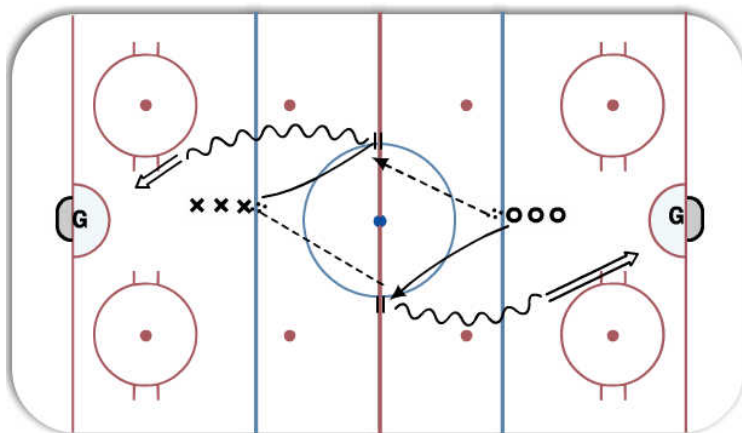


Date:	01/10/12	Group:	_____
Length:	0 mins		
Start Time:	7:00pm	Focus:	_____
End Time:	7:00pm	Level:	_____

Length	Start	Drill Name	Category	Notes
10	7:00pm	Centre line pivot and shot	Skating	Great for developing young forwards, to ensure they face puck 100% of time, and don't curl away and turn back.
10	7:10pm	Matzka give go drill	Skating	
10	7:20pm	5v5 with continuous line change	Systems	Drill works best with at least 4 lines of players.
10	7:30pm	2v2 2 nets	Small Game	change to 3v3 or 4v4

Notes:

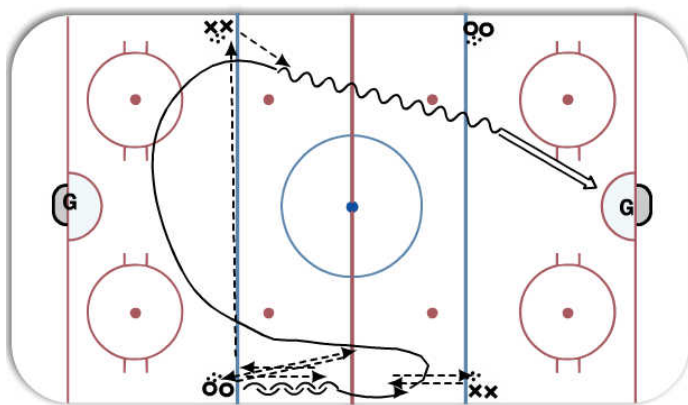
Drill Title: Centre line pivot and shot (1 Diagram)



Two lines of players with pucks. One at each blueline. First player skates hard to edge of circle at centre line, and pivots, so facing puck 100% of the time. Strong stick up ice, and receives a pass. Skates in and shoots. Passing player then skates to other side of circle and drill continues. Ensure players go to one side of circle then the other.

Key Points: Ensure face puck throughout. Correct pivots, facing line, with active stick up ice.

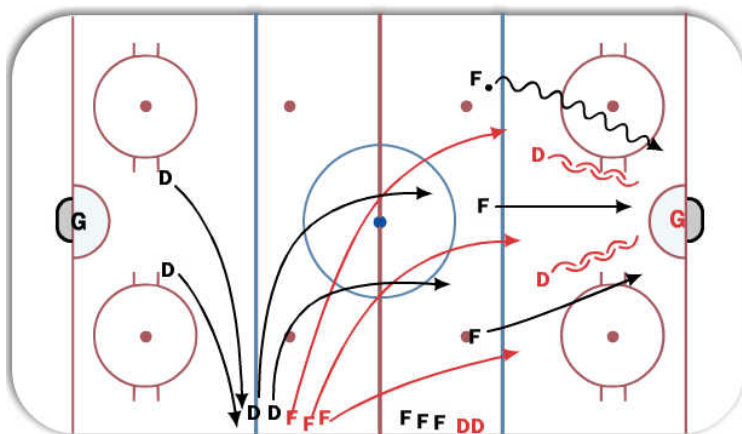
Drill Title: Matzka give go drill (1 Diagram)



O's go together and then x's go together.
First player in line leaves backwards and exchanges a give go with his own line. Player then turns to opposite line, and exchanges a second give go. Player then turns back to their original line and exchanges a third give go. Player then keeps skating and curls into the DZ and turns up far boards. While this player is skating, the original line passes the puck across the blueline to the next line, who passes the puck to the player skating up ice who goes in and shoots.

Key Points:

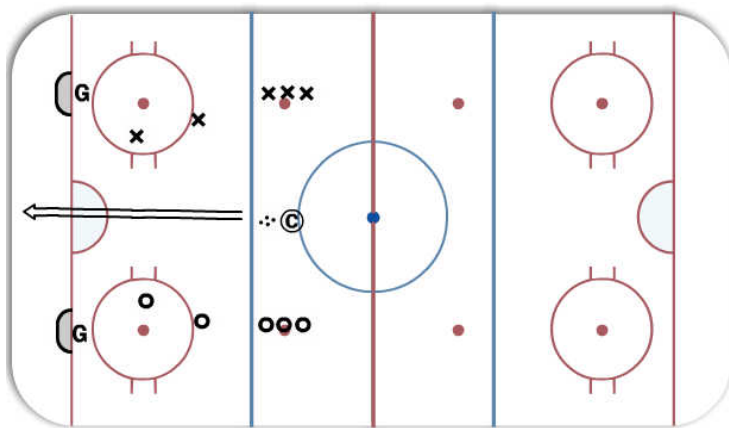
Drill Title: 5v5 with continuous line change (1 Diagram)



Play starts with black team breaking out 5v2 against Red D men. Once broken out the 2 Black team D men change and a fresh pair enter ready to defend the other way. As Black team forwards cross centre line with puck, three Red team forwards come off bench and back check hard to their D zone making it a 5v5. Once they turnover the puck they breakout and start a new attack. The three Black team forwards skate hard to the bench and 3 new forwards replace them and backcheck hard. The two Red team D men change up and 2 new D take their place. Drill continues end to end with no whistles.

Key Points: High Tempo. Communication on back, check.

Drill Title: 2v2 2 nets (1 Diagram)



Half Ice, with two nets set up. Two teams are set up and stand outside of blue line. Rules are that both teams can score in either net at any time. Coach dumps puck in and players play 2v2. If a goal is scored then coach can dump another puck in. Play for approx 30 seconds. Really good drill for creating space awareness. Players have to compete hard and play for the full 30 seconds flat out.

Key Points: High tempo. Competition drill.