



To: Enio Sacilotto

From: Mike Pelino

Hi Enio,

Included with this cover letter, please find my Drill of the Week contribution. Pass on my best to all fellow members.

Sincerely,

Mike Pelino

Book: *The 21 Irrefutable Laws of Leadership*
By John C Maxwell

Quote: "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little boy who fell in love with the game and never ever looked back...play for him." Unknown



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Memorial Cup Champions 1978-79 • Eastern Conference Champions 2005-06

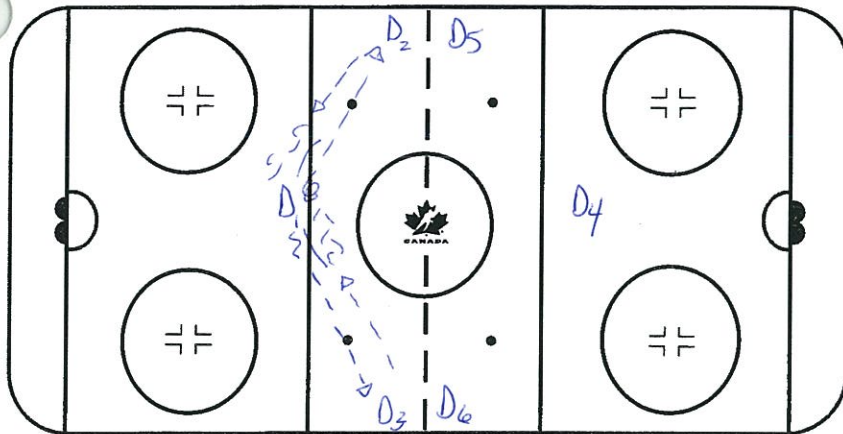
Ontario Hockey League Champions 1958-59, 1971-72, 1977-78, 1978-79, 1979-80, 1988-89, 1992-93, 1995-96, 2005-06

Leyden Division Champions 1978-79, 1979-80, 1984-85, 1985-86, 1987-88, 1988-89, 1991-92, 1992-93





HOCKEY CANADA PROGRAM OF EXCELLENCE



① Skill Drill

"V" Sign Passing

Focus on D-men

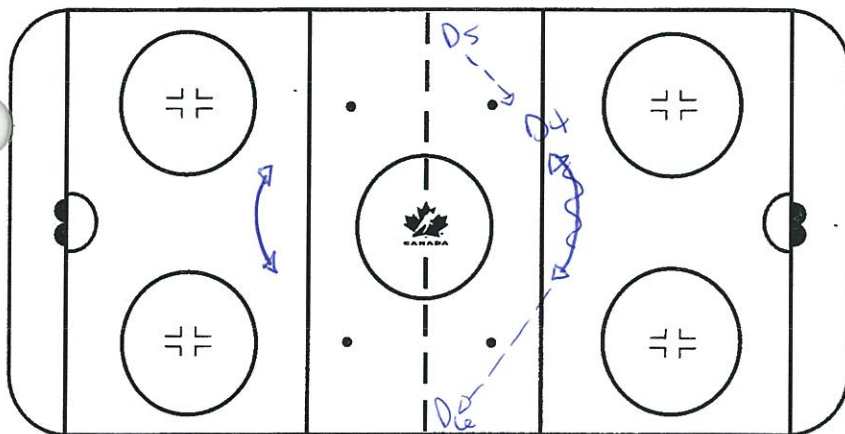
D₁ + D₂ focus on

"UNDER HANDLING" Puck

and making crisp-sound passes.

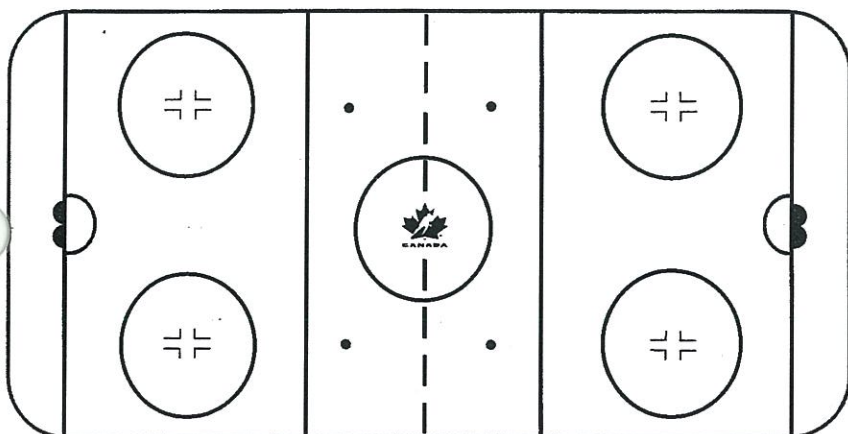
- Also focus on

rolling out w/ puck to pass



FOCUS ON QUICK TRANSITION

• Incorporate weighted pucks

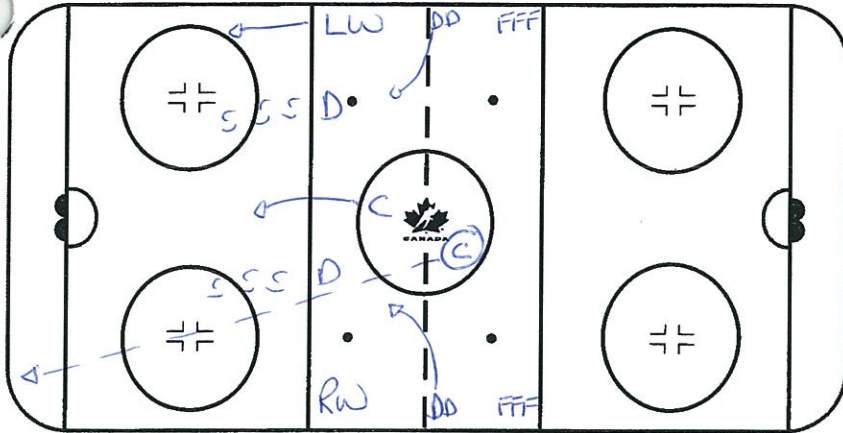




HOCKEY CANADA PROGRAM OF EXCELLENCE



② TEAM PLAY DRILL

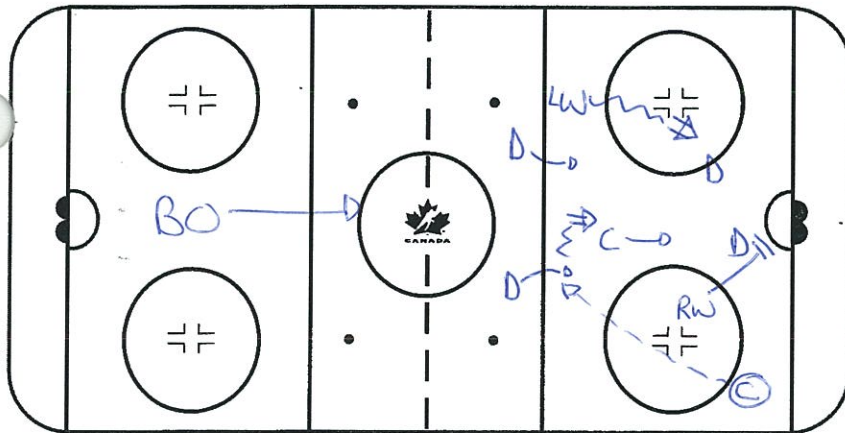


Point Shots + D-Man Cycle

- Practice Point Shot + D cycle from any flow or High tempo drill w 2nd + 3rd Puck

③ Starts w Dump in

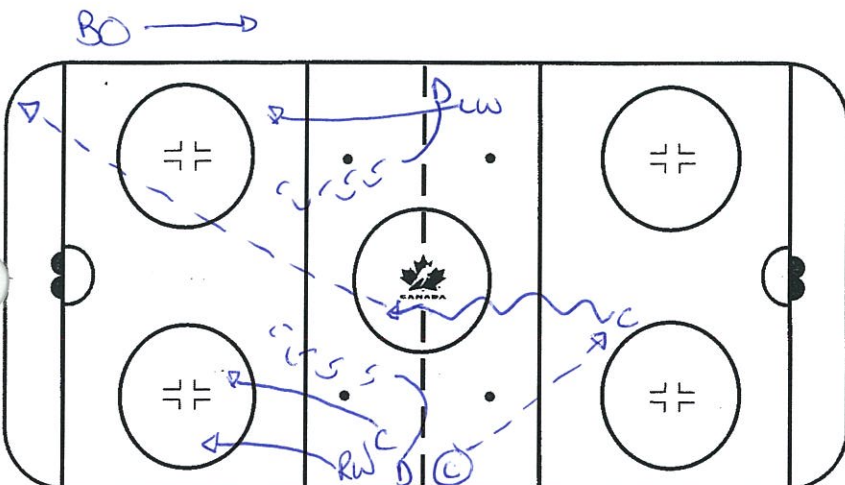
- Any normal BO (adjust...)
- Forecheckers will be introduced as drill continues.



COMPLETE Tie Attack to the other end

After the attack

- ③ either passes a 2nd Puck to the point or places it and acts as a defender so the D can work to find shooting lane...



DRILL continues

- ③ passes to high man... gains red line, dump-in
- LAST Point Men handle rush

- After next attack instead of point shot D finds lane down wall for cycle from Fwd w placed puck.



HOCKEY CANADA PROGRAM OF EXCELLENCE



③ One of Our Favorites

Petes 3on3.

- Continuous Drill.

- D always play Defence then on whistle jump up on offence

- Fwd's - go on offence, then on whistle - backcheck.

START

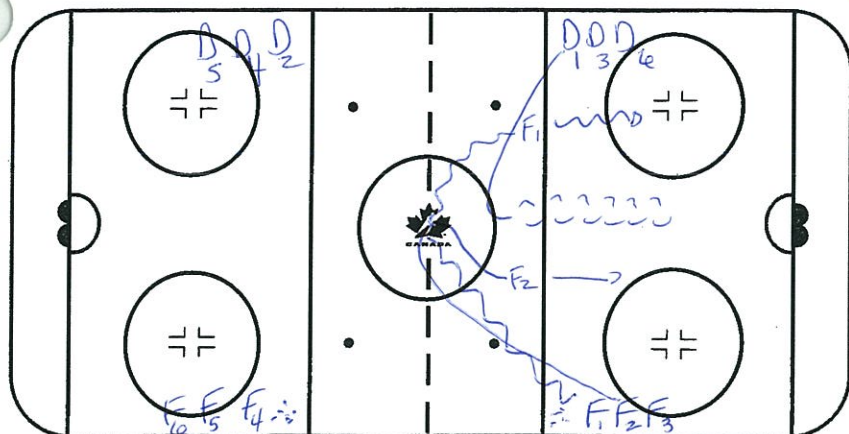
Whistle

F₁ + F₂ go (1 puck)

2nd vs D₁

F₁ + F₂ must go thru centre dot

D₁ must cut circle



Whistle - TRANSITION.

F₁ + F₂ - Backcheck

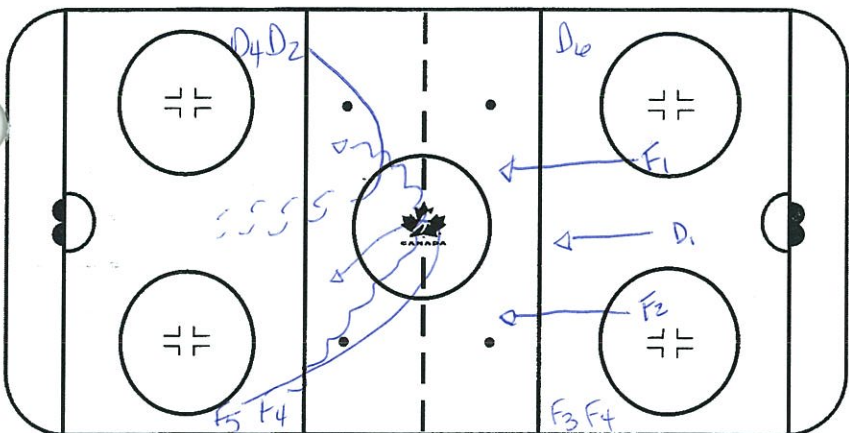
D₁ - Jumps up w F₄ + F₅

• F₄ + F₅ go thru centre

• D₂ cuts circle.

3on3

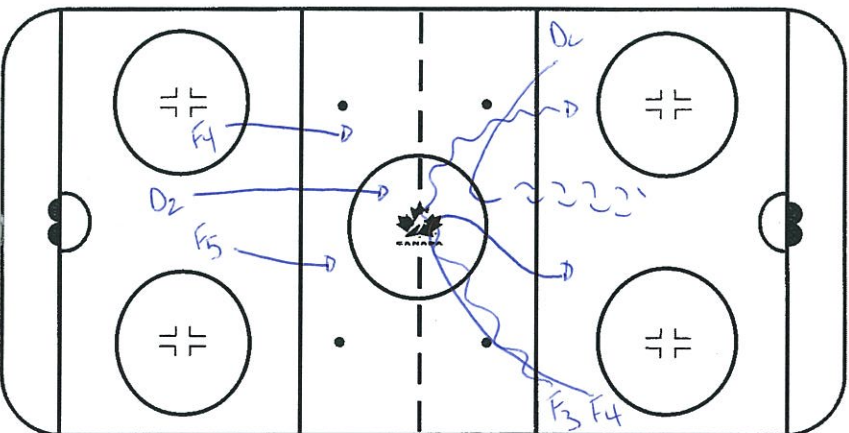
• Keep Communication, (Identify and Eliminate)



Whistle - F₁, F₂ + D₁ Done

F₄ + F₅ Backcheck

D₂ - jump up w F₃ + F₄



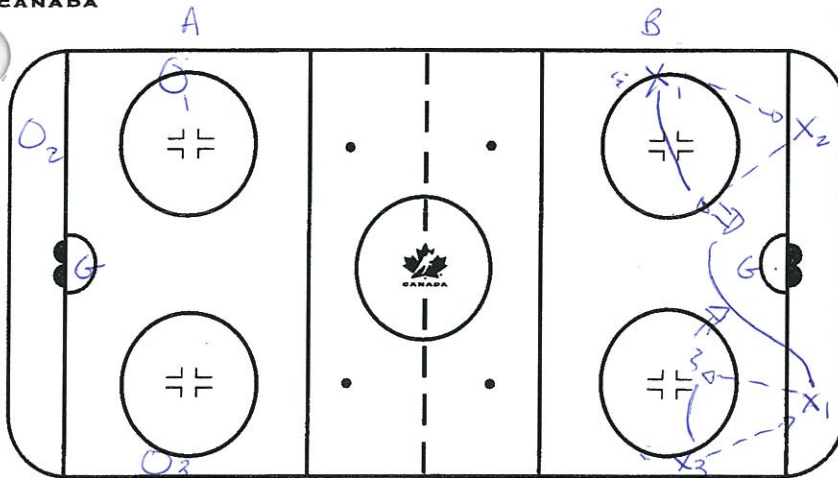


HOCKEY CANADA PROGRAM OF EXCELLENCE



FUN + COMPETITIVE

④ PETES 2on1 GAME



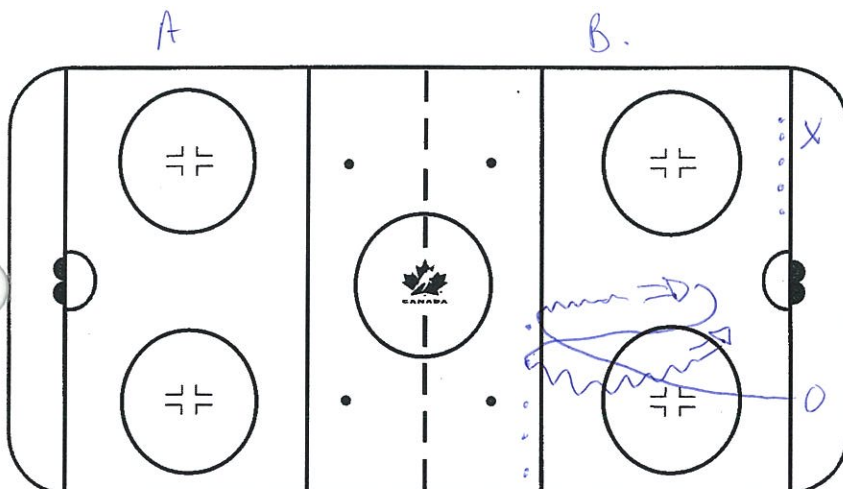
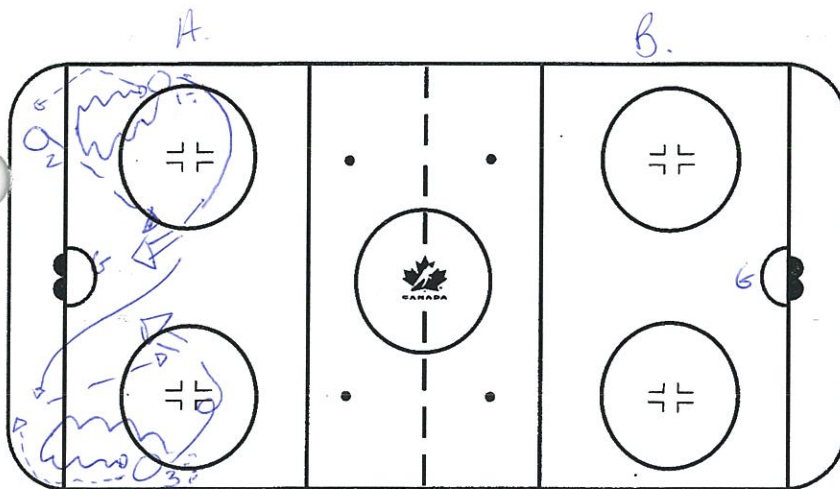
Divide in 2 Teams
@ Either end (A+B).

FIRST TEAM TO 10 Goals.

2on1 five + 60. Continuous.
X₁ passes to X₂ - for pass back
X₁ shoots - picks up rebound...
X₁ then goes low - receives
pass from X₃ - gives it
back to X₃ who shoots
then takes X₂ position
for pass.

COACHES COUNT GOALS.

Progression: O₁ cycles puck
instead of direct pass



⑤ Setup + Shootout Competition.

- At both ends (A+B).

X setup up pucks @ blue line
- sprints w stops

O - sprints and goes in for
shootout 1-0 vs baseline.

After all 5 pucks rotate

Xs - Shootout

O - sprint + Setup.