

## REGINA PATS HOCKEY CLUB



## FACSIMILE TRANSMITTAL SHEET

TO: Enio Saciloto FROM: Regina Pats (Shawn Sutter)COMPANY: Chilworth DATE:  
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## KINGSTON BREAK-OUT DRILL

10 min

- $\Delta 1$  starts backwards around the inside of the circle, pivots to forward at the bottom of the circle and up the other side.
- While skating,  $\Delta 1$  exchanges the puck with  $\Delta 2$ .
- After the second time around  $\Delta 2$  lays puck low into the corner.  $\Delta 1$  may do one of three things:
  - Quickly turn the puck up ice;
  - Dive the back of the net and turn back;
  - Drive the back of the net, stop and step out on the same side.
- $\Delta 2$  moves to support  $\Delta 1$  decision for a pass from  $\Delta 1$  and a shot on goal.
- May add a coach or player to act as a forechecker especially on the quick turnback.

### KEY TEACHING POINTS

- Stay on the perimeter of the circle.
- Don't attempt too many passes when skating around the circle.
- When retrieving the puck use deception and look up ice when moving behind the net to simulate reading the break out options.



### COACHES NOTE

Coaches should encourage players to utilize deception when retrieving the puck and look away skills when passing.

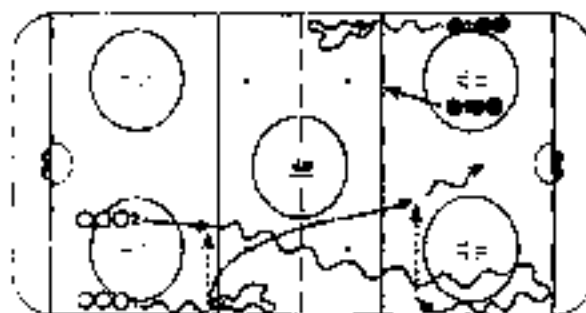
## PORTAGE & MAIN DELAY DRILL

10 min

- $\odot 1$  skates over the first blue line and delays to the outside.
- As  $\odot 1$  delays,  $\odot 2$  skates for the pass.
- $\odot 2$  carries the puck wide now, drives through the end face off circle and delays toward the boards.
- $\odot 1$  comes into the play receiving a pass from  $\odot 2$  for a shot on goal.
- $\odot 2$  follows in for the rebound.
- Both sides at same time.

### KEY TEACHING POINTS

- Use a tight turn delay.
- Delay wide to the outside and move back down the ice (don't turn on the spot).
- Receiver must come late into the pass rather than forcing the passer early.
- Call for the puck when creeping into the opening.



### COACHES NOTE

This tactic is excellent for teaching puck control, with attention given to the backhand and wrist across maneuver for tight turns. In game situations, the delay should be used to gain time and space when under checking pressure and no options are available. By delaying wide and moving back up ice in the offensive zone, this will normally create coverage confusion for the defensive team.

## NEEPAWA CHIP PASS DRILL

10 min

- Coach passes the puck low in the corner as  $\Delta 1$  moves to the top of the circle.
- $\Delta 1$  skates forward to the top of the circle and then goes backward and pivots to get the puck.
- $\Delta 1$  passes to  $\circ 1$  who has moved to be an outlet on the boards.
- $\circ 1$  chips (chops) the puck off the boards to  $\circ 2$  who calls for the puck.
- $\circ 2$  may drive and shoot or delay and pass to  $\circ 1$ .

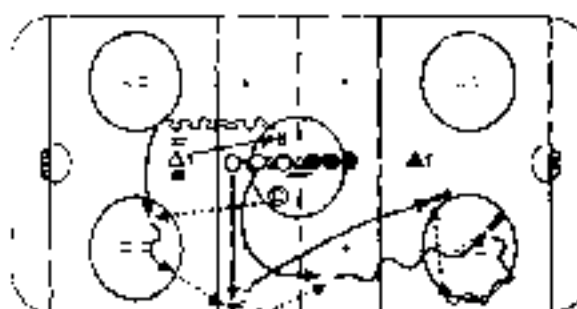
### PROGRESSION

Coach spots the puck inside the blueline.

- $\Delta 1$  skates forward to center then goes backwards and pivots to get the loose puck.
- $\Delta 1$  retrieves the puck and passes to  $\circ 1$  on the boards in between the blue and red lines.
- $\circ 2$  calls for the puck and  $\circ 1$  chips it off the boards.
- $\circ 2$  may shoot or delay.

### KEY TEACHING POINTS

- This is a drill to beat pinching defences in the defensive or neutral zone.
- Communication is key as well as quick and close support.
- The referee must turn the puck up too quickly.
- Forwards should recognize where to pass the puck off the boards.



### COACHES NOTE

Not every pass has to be, or can be direct. Passes in behind defenders to a teammate to poke into are excellent methods of moving the attack with speed, and are effective against teams who try to sit up.

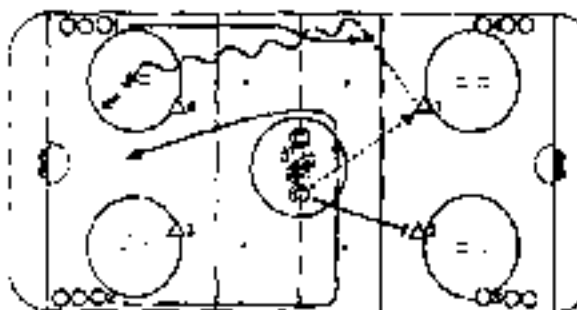
## RIDEAU SUPPORT DRILL

10 min

- $\circ 1$  and  $\circ 2$  skate down the boards towards their defence.
- One coach passes to  $\Delta 1$  or  $\Delta 2$ .
- One of the two coaches must pressure  $\Delta 1$  or  $\Delta 2$ .
- If  $\Delta 1$  has the puck and coach pressures  $\Delta 1$ ,  $\Delta 1$  passes to  $\Delta 2$  and  $\circ 2$  supports the boards while  $\circ 1$  moves in mid-ice.
- If  $\Delta 1$  has the puck and coach pressures  $\Delta 2$  (diagram),  $\Delta 1$  keeps the puck and passes to  $\circ 1$  supporting the boards while  $\circ 2$  moves across the ice.
- Double drive on entry for a wide shot or pass.

### KEY TEACHING POINTS

- Coaches must vary their strategy of who passes and who pressures.
- Teaches the forwards to read pressure and to support accordingly. One forward should support the boards as an outlet and the other should move quickly across ice to support the first pass.
- Wide forward becomes an outlet by moving off the boards.
- Read and react quickly.



### COACHES NOTE

This drill encourages the defencemen to read the checking pressure and move the puck accordingly. It also challenges the forwards to read the same checking pressure and move to support the puck and each other.

## PLUNGER ONE-TOUCH AND UP

10 min

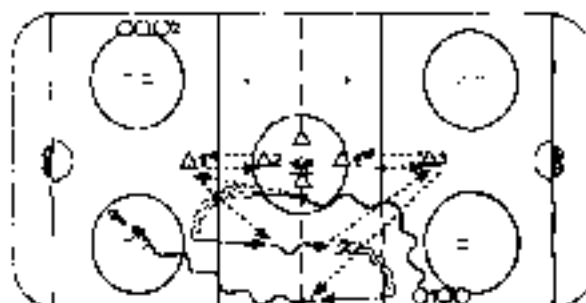
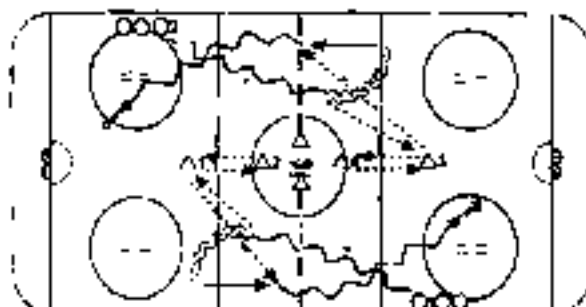
- O1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.  
Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- O2 goes at the same time passing to Δ3.

### PROGRESSION

- While skating back up ice O1 passes to Δ3, Δ3 passes to Δ4 and return.
- O1 performs an open pivot once again to the boards.
- Δ3 unsets to O1.  
O1 shoots at the opposite end.
- O2 is going at the same time.

### KEY TEACHING POINTS

- Eye on the passer
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel
- Accelerate into the pass.
- Encourage one-touch passing between skaters while their feet are moving.



### COACHES NOTE

The Mohawk turn or open pivot allows for eye contact with the puck-handling defenseman at all times. The key is to have your feet moving into and out of the Mohawk. You may wish to have forwards execute a tight turn toward the boards; however, maintaining eye contact is essential.