



FAX TRANSMISSION SHEET

TO: <u>Enio Sacilotto</u>	FROM: <u>DAN NADEAU</u>
COMPANY:	DATE: <u>May 2nd, 2011</u>
FAX NUMBER: <u>778-737-1387</u>	
RE:	
COMMENTS: <u>Here Are My drill I Put a Star by the ones I Like Sorry I am out of Practice Planners</u>	
TOTAL PAGES (INCLUDING THIS PAGE): <u>6</u>	
<p>LLOYDMINSTER & DISTRICT JUNIOR A HOCKEY ASSOCIATION</p> <p>BOX 1122 LLOYDMINSTER, SK/AB S9V 1E9 PHONE: (780) 871-0900 FAX: (780) 808-2616 www.lloydminsterbobcats.com</p>	



Lloydminster Bobcats Jr. A Hockey Club

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Book

"Hockey Tough" - Saul Miller

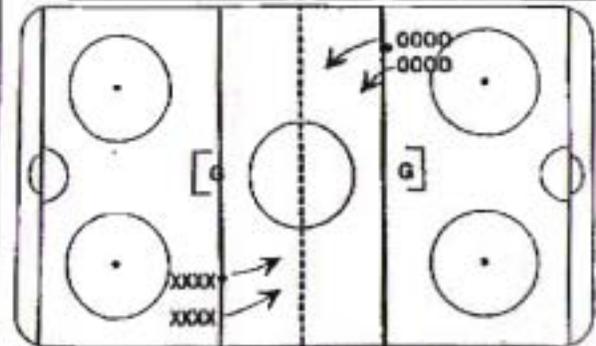
Quote

"Losers Quit when they are tired
Champions Quit when they hold the
gold"

CAPITALS PRACTICE DRILLS

Name: CUNNEY'S CHALLENGE

Type: FUN

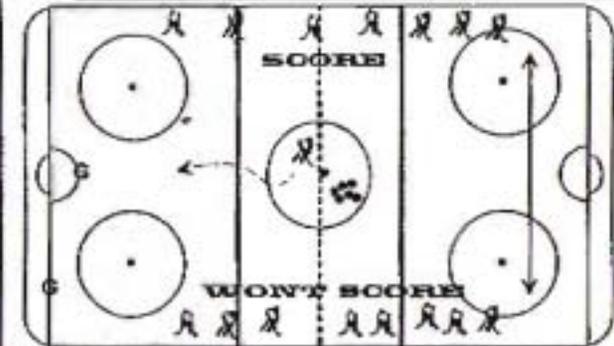


Players are divide into 2 teams and goals are moved up to blue lines. Each team has one puck and must score with that puck at other net. 2 skaters from each team play and must decide whether to defend or attack (2 on 0, 2 on 1, 1 on 1, etc.) This is a relay, when goal is scored, team must retrieve and give to next 2 players.

Fun Drill

Name: PEPSI CHALLENGE

Type: FUN



PLAYERS BET STOP AND STARTS (OVER AND BACKS) AGAINST A SHOOTER. PLAYERS WHO DECIDE SCORER WONT SCORE LINE UP ON BENCH SIDE, OTHERS OPPOSITE, LOSERS MUST DO AN OVER AND BACK OR SOME PHYSICAL ACTIVITY. CONTINUE UNTIL ALL HAVE SHOT



Name: 2 ON 1, 2 ON 2, CYCLE

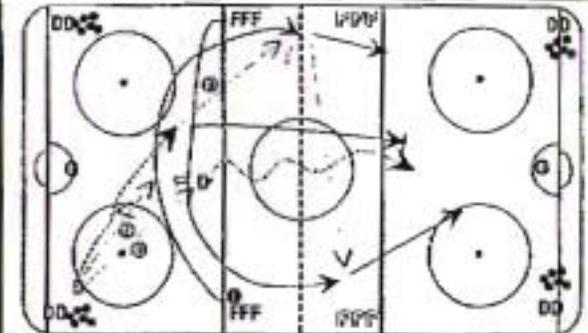
Type: 2 ON 1



Coach plays puck to midboard, F picks up puck, turns to wall and plays it behind net to partner supporting. Proceed with 2 on 1 at goal, then follow with point shot. Part 2 has 2 defenseman working low

Name: 2 ON 1, 3 PASS

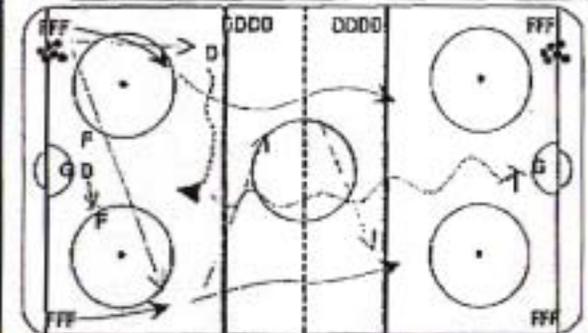
Type: 2 ON 1



Corner D begins drill with pass to D, who shoots and retreats for 2 on 1. Far F swings and bumps D's pass back to him, he then relays to other F and follows for shot at other end to begin again.

Name: 2 on 1, BATTLE IN FRONT

Type: 2 ON 1

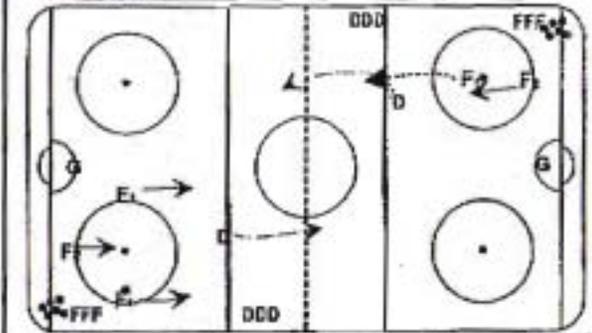


Start with shot from D (walks to middle); 2 F's take off receive pass and attack 2 on 1. After attack shot, next group starts with pass to point; 2 on 1 group battle a goal for screen/rebound. D should eliminate most dangerous man.

** FAKE Drill **

Name: 2 ON 1 CHASER

Type: 2 ON 1



Attackers start on Dzone hash marks, chaser at bottom of circle, D on knee inside blue line. On whistle, both ends go, chaser must pressure attackers, D must communicate and take away middle.

Name: 2 ON 1 HALF ICE, 2 X's

Type: 2 ON 1



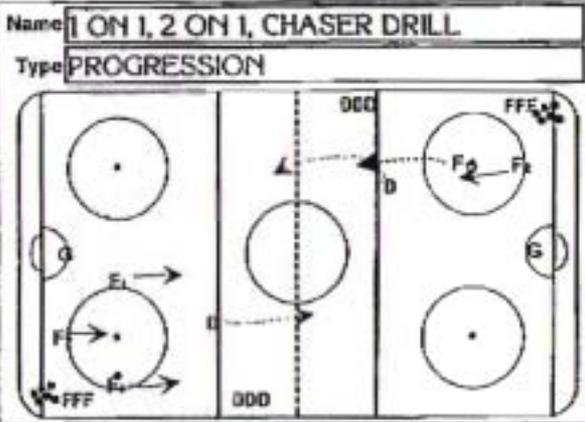
F's attack D from redline half ice. After original rush, F's support coach, receive pass and attack again. D must stall first attack and regain lost ground on 2nd.

Name: 2 ON 1 QUICK ATTACK

Type: 2 ON 1



2 F's start stationary on NZ FO dots with D facing them at redline. Quick attack on coach's whistle. Stress getting a shot on goal. After a few minutes, add criss cross.

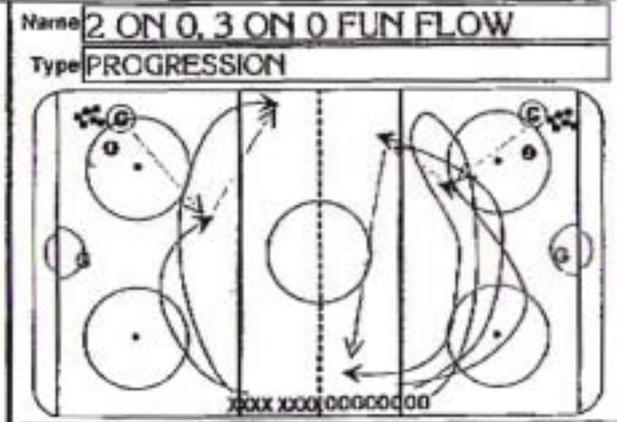


Part 1, F1 has puck on FO dot, F2 (chaser) starts at bottom of circle, D on knees or stomach at blue line. On whistle, full sprint 1 on 1 with pressure from chaser. Part 2, two F1's create a 2 on 1 with pressure from backchecker (F2).

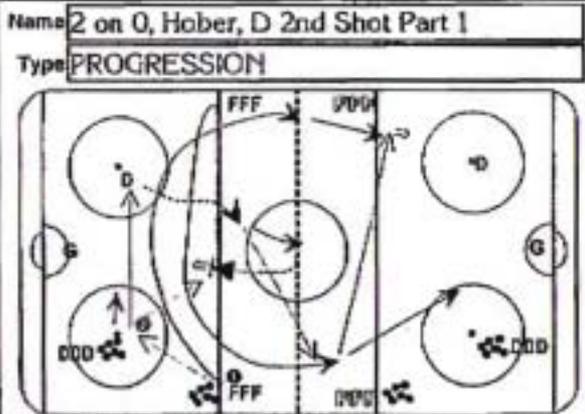


While F1 goes to net for battle with D2, F2 passes to D1 for shot at net. Following shot, D1 retreats to far end to get puck (coach may make pass), while F's regroup over redline. D2 must regain ice. Following attack 2 on 1, D2 becomes D1. Both ends can work at same time.

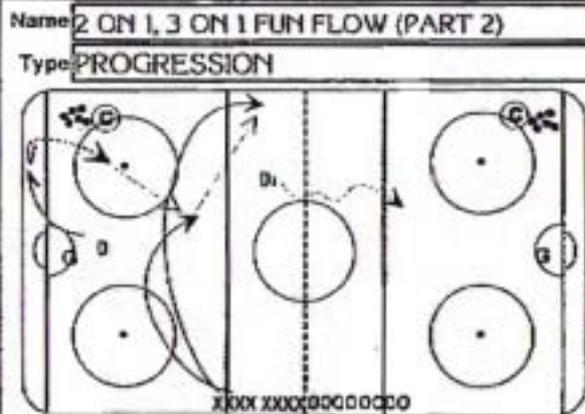
* Team Drill *



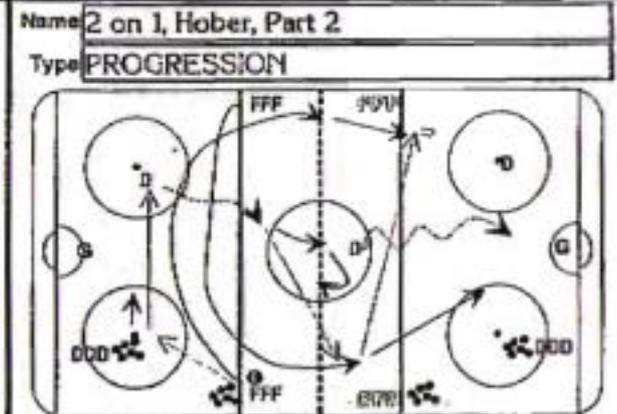
Part 1, 2 on 0, coaches pass to underneath man who advances puck to wide driving skater for shot. Part 2, 1st man skates pattern, 2nd drives rink wide, 3rd folds underneath, pass to 3 to 2 to 1 for shot.



F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 0 (no goalmouth pass). D sprints to red, pivots backwards to blue, and shoots one-timer off pass from partner.



Coach passes anywhere to D who just defended, he must move puck quickly up ice. Skaters must time so D has good passing angles. Next step can be a 3 on 1.



F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 1. D follows for return 2 on 1. Good flow warmup.

CAPITALS PRACTICE DRILLS

Name: **3 ON 0 PASSING**
 Type: **WARMUP**



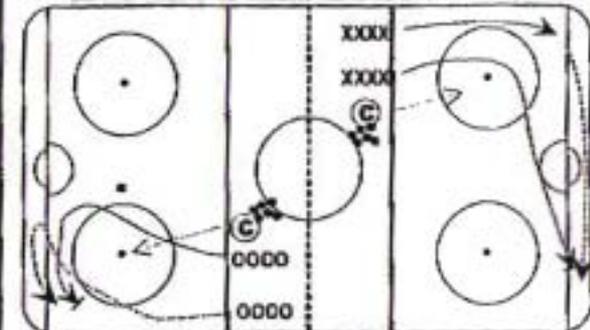
In groups of 3 (lines), players pass rapidly, regroup with middle line at opposite end, and return through NZ. Shot can be included.

Name: **5 ON 5 INZONE (2 PASS)**
 Type: **WARMUP**



Two 5-man units (could be 3 or 4), in each zone, play one another, must accomplish 2 passes before shooting.

Name: **ANGLING WARMUP**
 Type: **WARMUP**



Stress skill of eliminating man on forecheck. Coach controls drill. alternate cut back or wide drive. Defender must eliminate his man. Coach starts with dump.

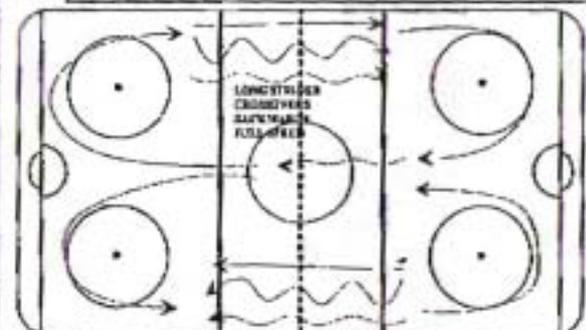
* Skill Drill *

Name: **BEN'S WARMUP**
 Type: **WARMUP**



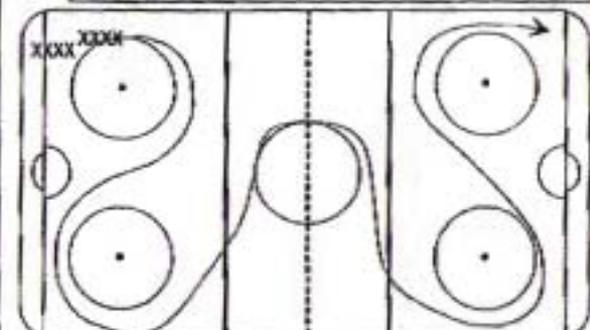
Player's pick up puck in NZ and accelerate around goal; they can be asked to stickhandle, use feet, etc., at blueline they will slow and pass puck across ice, through other zone they are free to stretch before continuing

Name: **BUTTERFLY WARM-UP**
 Type: **WARMUP**



Players stretch going up middle, and do various skating exercises down each side. (Long strides, crossovers, backwards, pivots, full speed blue to blue).

Name: **CIRCLE SKATE**
 Type: **WARMUP**



Players trace the circles. Coach instructs whether forwards, backwards, with or without pucks. Players should go in groups of 3 to 5.