



ICE HOCKEY AQUILE F.V.G.

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Drill Club: Tom Pokel

Quote: "There's plenty of room at the top, but not enough to sit down"

Book: Dealing with Difficult People By Dr. Rick Brinkman and  
Dr. Rick Kirschner

Title : Czeck Warm-Up

Content elements: Agility - Pivoting w - Puck

Components : Counter Passing

### Description

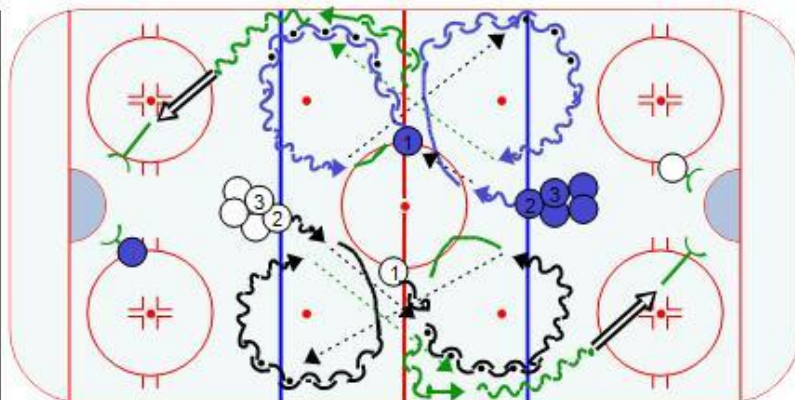
O1's begin the drill by skating out towards RL and pivoting backwards.

O2 takes one or two strides with the puck and passes to O1. O1 carries the puck backwards to forwards around neutral zone dot from the outside to the middle.

Meanwhile O2 has nowskated forward to the red line - pivots backwards and is moving back waiting for return pass from O1

O1 is moving Forwards and passes to O2. O2 skates backwards to forwards with puck to the middle and passes back to O1 who is now curling to the outside ready for counter pass from O2. O1 goes in and shoots on net and follows for rebound.

O2 skates to middle & pivots backwards to begin same with O3



TOM POKEL

Key Points :

Pivoting with puck

Moving Counter passes

Passing accuracy

Shots & Rebounds

Title : 5 on 5 Agg. Forecheck gam

Content elements: 5 on 5 agg. Forecheck

Components : Breakout under Pressure

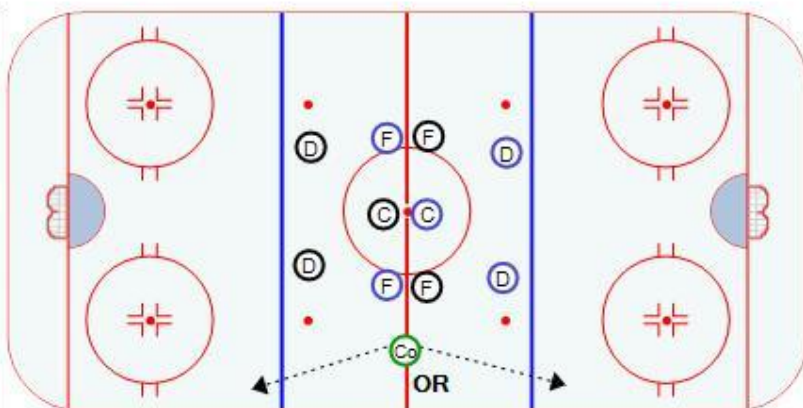
### Description

Both Teams line up for a NZ Face-Off with the Wingers Flip-Flopped on the Offensive side. D-men must be even with NZ Dots

Coach dumps the puck in one end or the other. From that point on play 5 on 5 scrimmage.

Attacking team executes aggressive forecheck  
Defending team moves into position for breakout support under pressure or DZC

Can influence drill to your needs Ex: Flip just Centers, or all 3 Forwards



Tom Pokel

Key Points :

Run from all 5 NZ Dots

Agg 4-check patterns

Breakouts, D-D, Rims

Screens, Reverses

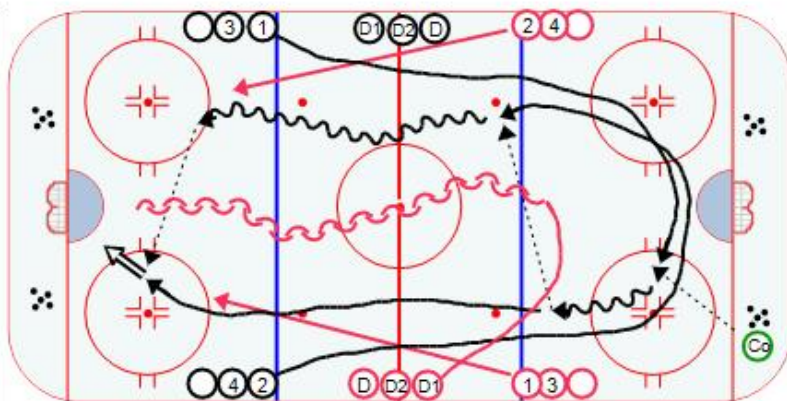
**Title :** To The House 2 on 1 **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

### Description

The Drill starts off with ① & ② skating into the House of the other end and receiving a pass from the C9. At the same time D1 comes inside the BL and gaps up.

① & ② attack 2 on 1 against D1.

When ① & ② pass the first BL then ① & ② Backcheck to the House and try to apply back pressure on ① & ② and support D1.



### Key Points :

**Title :** To The House 2 on 1 (seq) **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

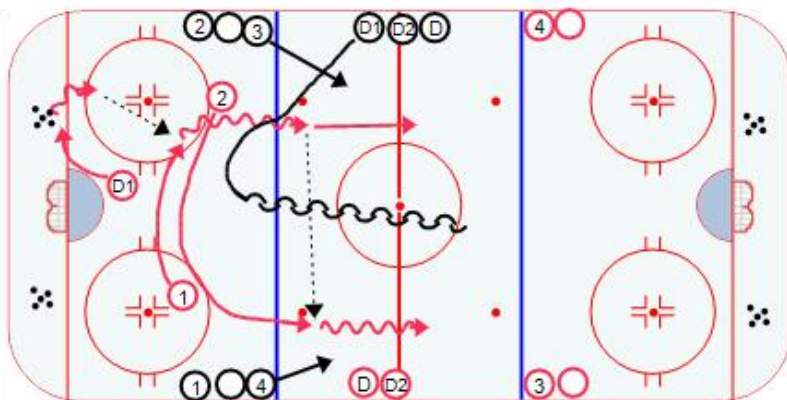
### Description

After shot or the rush is foiled or stopped, D1 quickly retrieves a puck and passes to ① or ② supporting and they begin to attack 2 on 1 against D1.

When ① & ② cross the BL ③ & ④ begin backcheck.

D1 after breakout pass follows up the rush as 3rd supporting attacker

The Drill is continuous.



### Key Points :

Option: 1 puck drill con

D - Follow up rush

F's back press

Speed 2 on 1

**Title :** 1-0, 2-0, 3-0 Shootout Gam **Content elements:** Scoring **Components :** Fun Competition

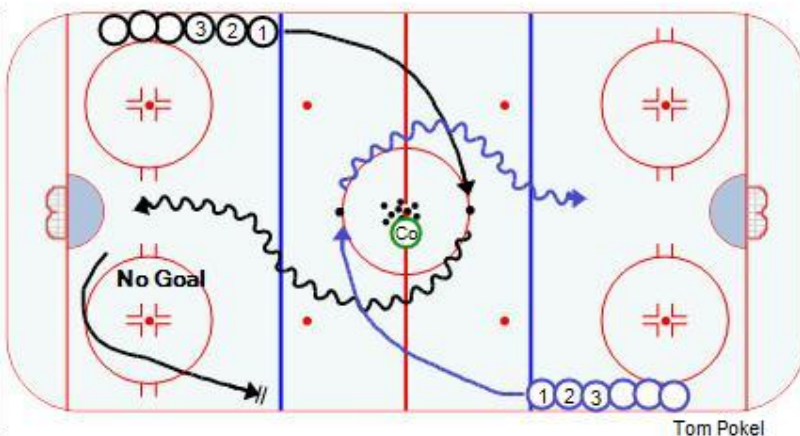
### Description

One side starts off with ① picking up a puck around center circle and comes back 1 on 0 on Goalie.

If he scores, then players 2 and 3 from the same team start a 2 on 0. Teams continue 1-0, 2-0, 3-0 and 1-0 etc.. until they don't score. Then other side starts always with 1-0.

on 2-0 and 3-0 attacks, players must stay onsides and have to attack fast. If offsides or the rush is too slow Coach blows it down and other side begins 1-0.

Fun competition - lots of big comebacks



Tom Pokel

### Key Points :

Play til 8 or 10

Losing Team 2 - Laps