

Drill of the Week Club 2011

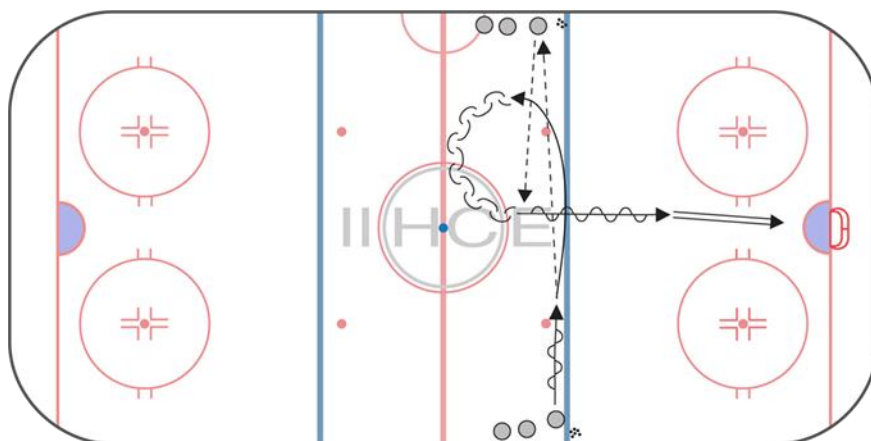
Hi Enio,

I hope you had a great festive period and sorry am late. I have a lot going on over here. I have attached some stuff, simple but work well. I have attached a warm-up skill drill, timing drill, technical drill which is great for defense and offence skills. There is also a simple 5-5 DZC drill to work on sagging and positioning.

Regards,

Pete

Blue line Pass 1v0



Description:

Player skates across the ice and passes to the line on the opposite side, turns back to the middle of the ice, receives the pass back and continues to the goal for a shot.

Key Points:

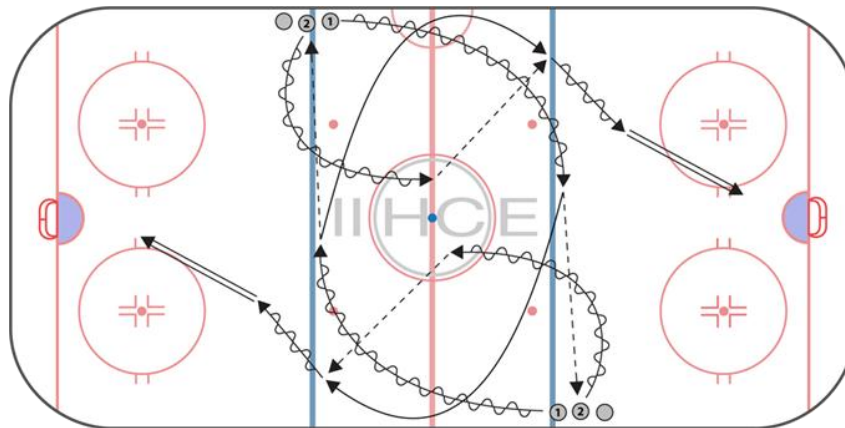
Blade square - show a target

Stick on ice

Keep your feet moving

Head up

Neutral Zone Cooperation



Description:

Player 1 skates down the ice and passes to player 2 in the opposite line. Player 2 takes the middle of the ice and passes back to player 1, who continues for a shot on the net. Player 2 skates back to the line and starts the drill again.

Variation: Player 2 can continue with player 1 for a 2v0 on the net

Key Points:

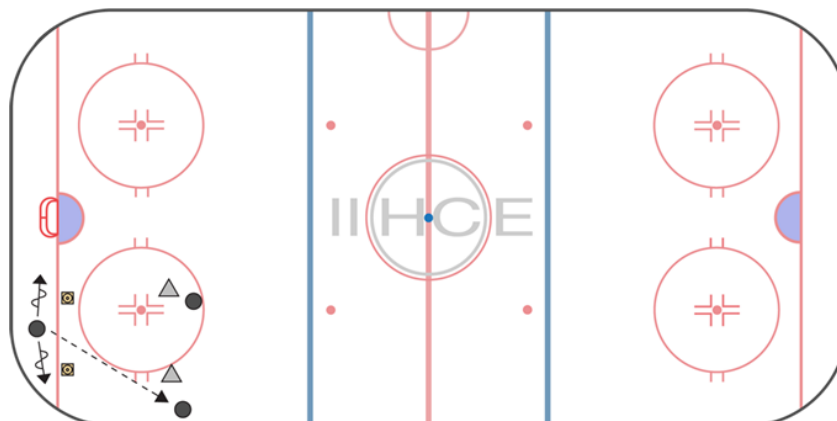
Blade square - show a target

Stick on ice

Head up

Keep your feet moving

Forwards sagging 2v2



Description:

Puck carrier moves back and forth between pylons. Defensive forwards stay close to their check to disrupt pass from puck carrier. Play to the net.

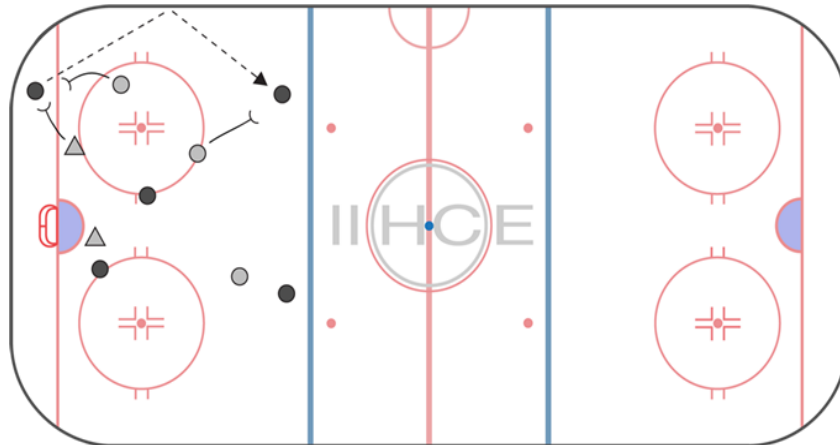
Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position

Forwards sagging 5v5



Description:

Puck carrier pressured by two defenders, pass back to point player. Sagging forward on puck side moves out to challenge. If play goes deep, forward "sags" back again. Defenders can use sticks upside down.

Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position