



TO: Enio's Drill of the Week Club 2010-11

FROM: Brian Bourque, University of Waterloo

Thanks for the drills to this point and good luck in the second half.

"He that is good for making excuses is seldom good for anything else."

Ben Franklin

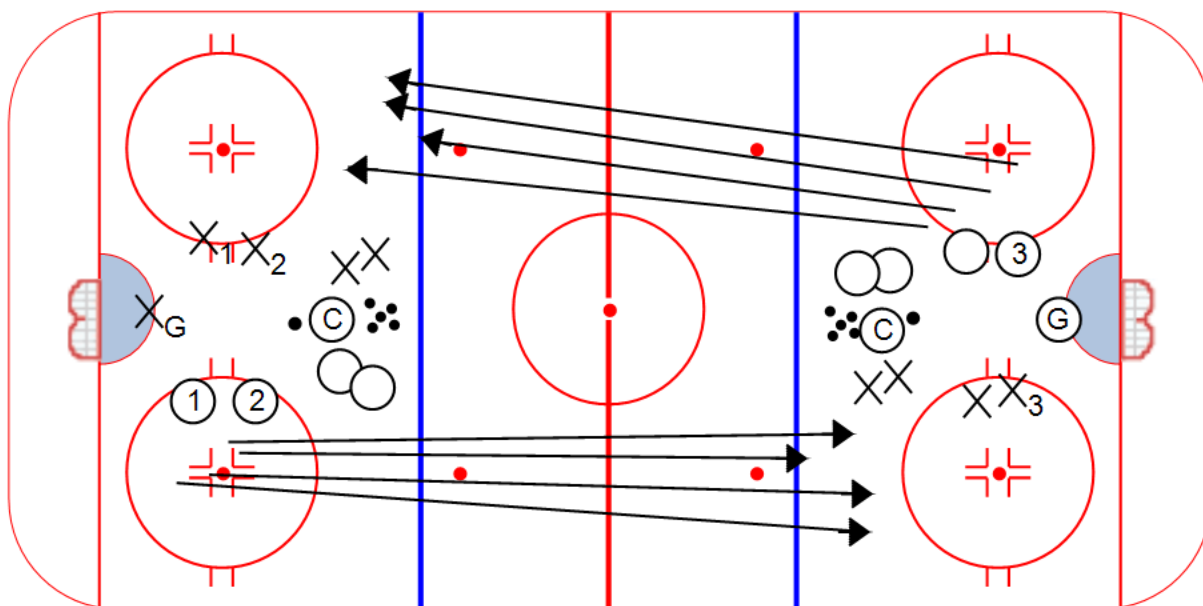
Title : Habs 2vs2 x2

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : FAVOURITE

Content elements:

Components :



Key Points :

Description

EXPLANATION

- Same set-up at both ends
- Drill starts with coach shooting on net for rebound or chipping to corner
- X1 & X2 vs O1 & O2 at one end
- X & X3 vs O and O3 at other end
- Play 2vs2 where any player can score
- Play until the whistle
- On whistle all 4 players from each end skate down to the other end and play a new puck spotted by the Coach
- Play new 2on2 until the next whistle with same rules as above

SUGGESTION: play each 2vs2 for 17- 20 seconds. it will take approx 8 sec to skate down the ice which creates a 40-50 second drill which simulates a shift

OPTION: on a turnover have the player who created the turnover pass to coach and get puck back before they can try to score.

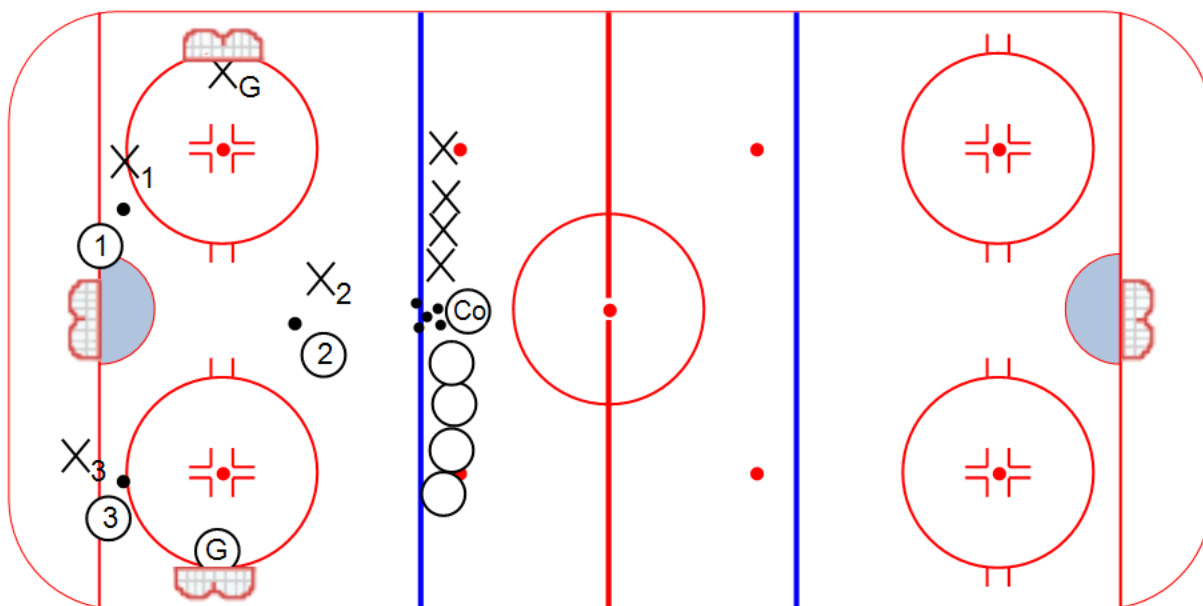
Title : 1v1, 2v2, 3v3

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : GAME

Content elements:

Components :



Key Points :

Description

- Game begins with 3 1vs1 Battles; X1 vs O1, X2 vs O2, X3 vs O3
- X's score on OG and O's score on XG
- Once a goal is scored the two players choose which teammate they want to help. They do not have to join the same pair. After one puck there could be a 1on1 still on and a 2on2...or....it could become two 2on1's.
- After the second puck is scored then all players play the remaining puck in a 3on3.

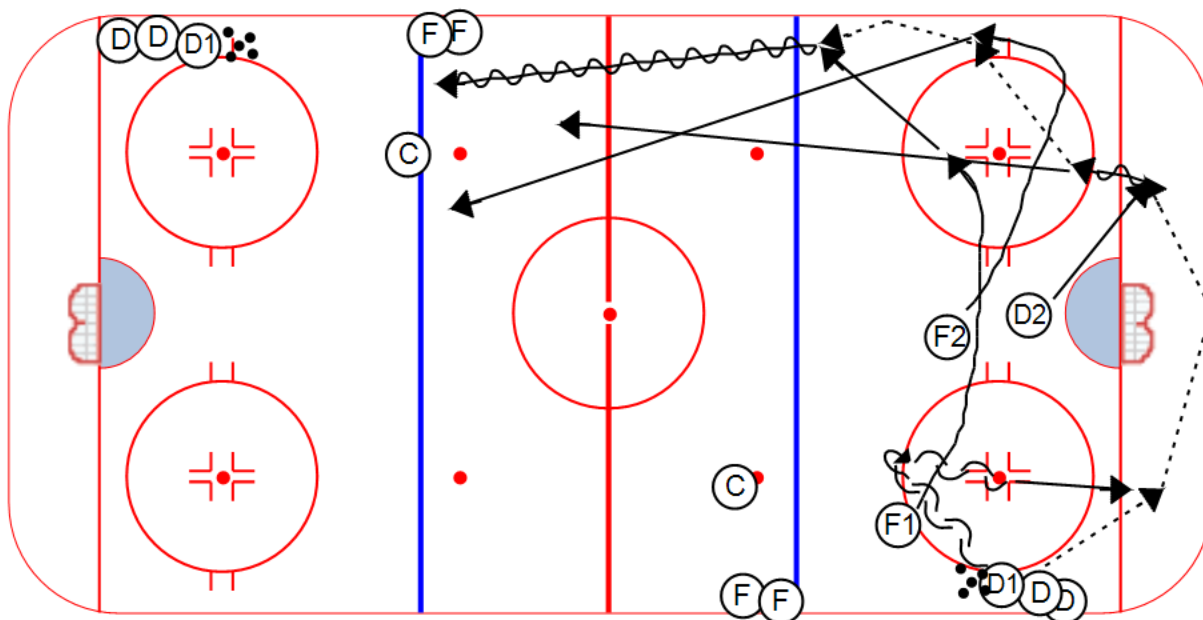
Title : D/Z B/O W/U

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : SKILL

Content elements:

Components :



Key Points :

Description

- Both ends do the same thing (only one end diagrammed)
- F1 & F2 start in winger positions in DZC
- D2 begins net front
- D1 touches top of circles pivots bkwards and retrieves spotted puck from next D in line and partners to D2
- D2 moves puck to F1 or F2
- F1 and F2 attack Coach at far blue line working on different 2v1 attack options
- D2 gets to far blue line
- After F1, F2 play puck 1 one of them grabs a puck from the corner and passes to D2 who is now at the blue line
- D2 drags and shoots with Fwds screening and playing rebound

OPTIONS

- To begin drill have the same set-up except have D1 reverse puck to D2 (instead of partner). D2 moves puck to F1, F2 who attacks Coach and shoot.
- Instead of having the second puck be a direct pass to defense on blue line have a coach rim the puck for the D to work on retrieving rimmed pucks

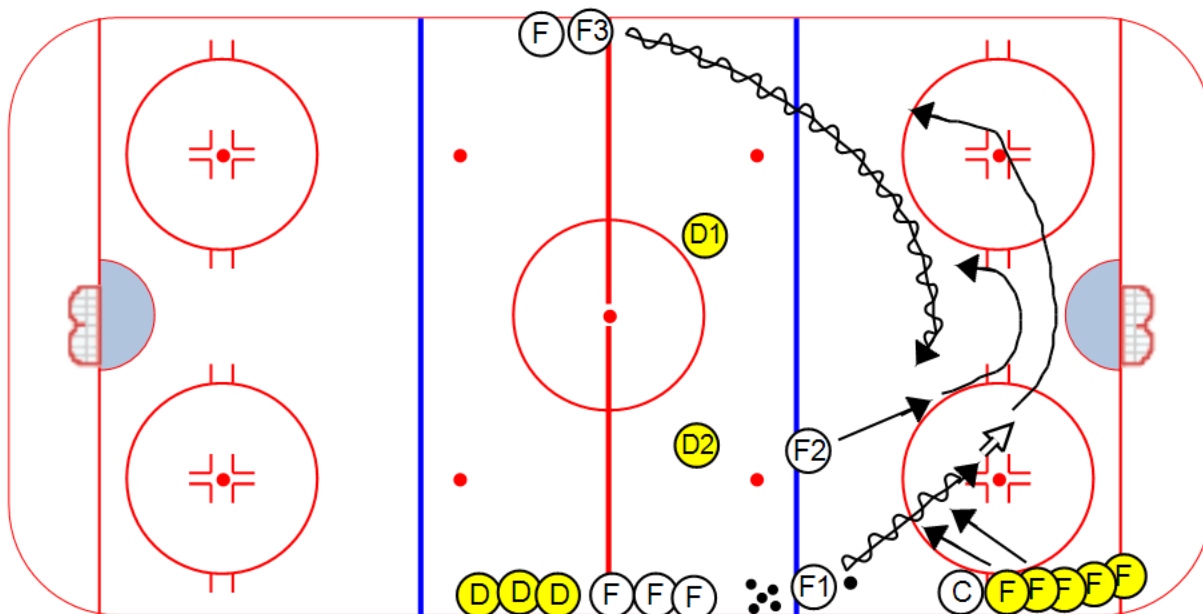
Title : LA B/C

Category #1 : ENIO DRILL OF WEEK

Category #2 : TEAM

Content elements:

Components :



Key Points :

Description

LA BACKCHECK

- F1 & F2 attack 2v0. F1 must shoot before face-off dot and focus on creating rebounds for F2. Play puck until whistle. While this is happening F3 is control skating into end zone with a puck waiting for the whistle.

WHISTLE

- F1 & F2 join F3 and attack D1 & D2.

- Coach releases gold forwards to backcheck. Coach can release forwards creating any scenario. Ex: 3v2 with one backcheck, 3v2 with 2 backcheck, release early for 3v3, etc

Always start from same end

ADDITION

- Add a 2nd puck in offensive zone for focus on low plays