



**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**

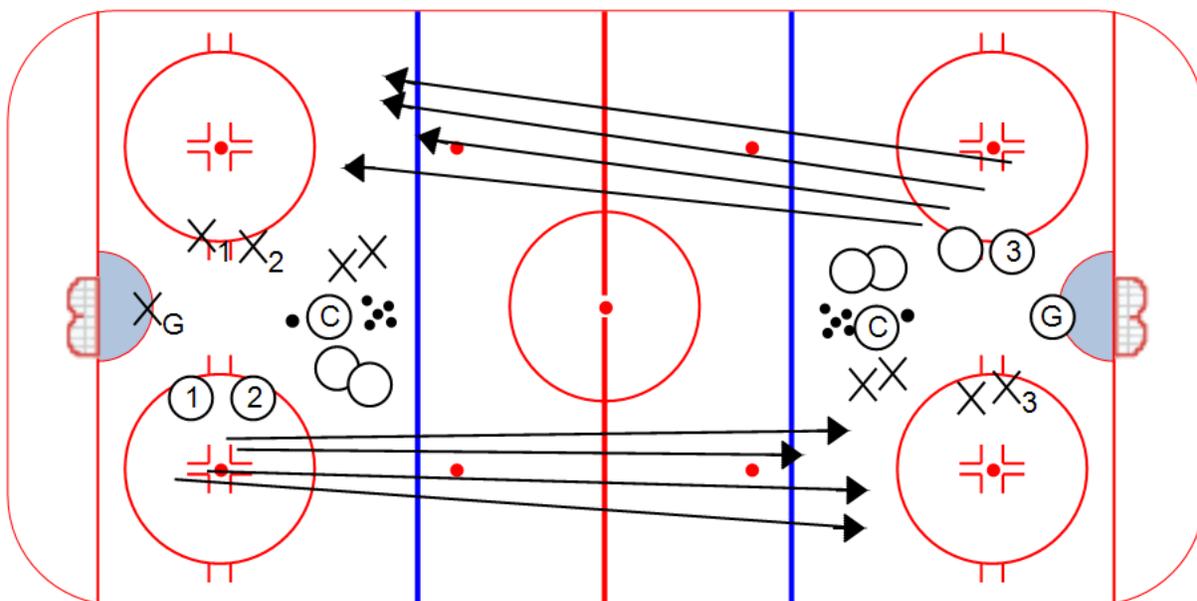
Title : Habs 2vs2 x2

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : FAVOURITE

Content elements:

Components :



Key Points :

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### 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.

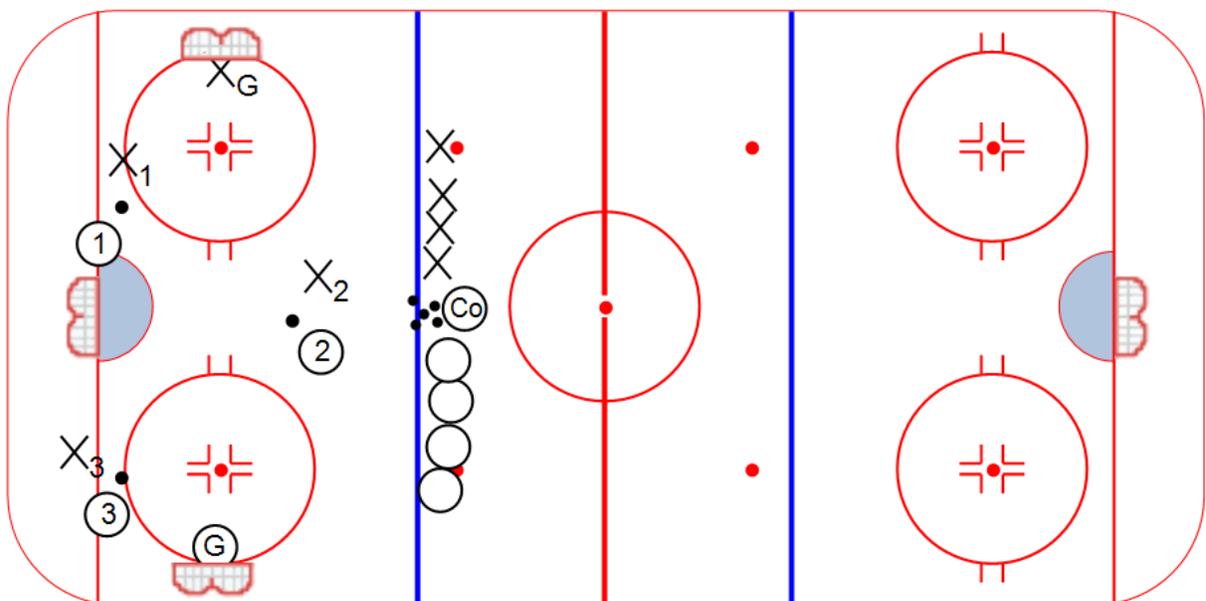
Title : 1v1, 2v2, 3v3

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : GAME

Content elements:

Components :



Key Points :

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### 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.

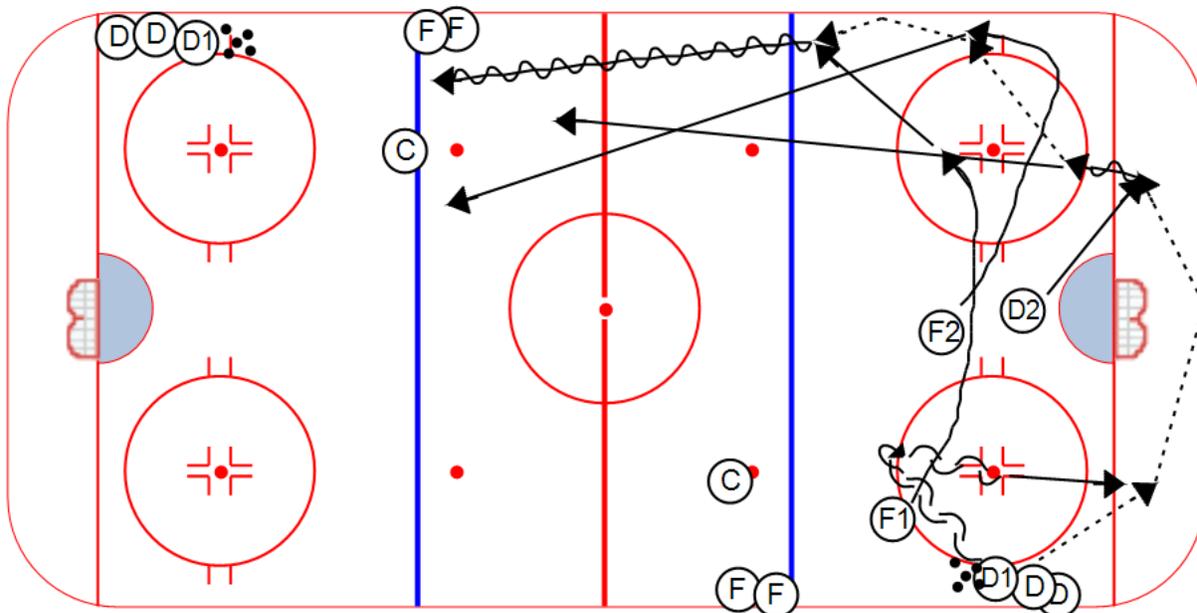
Title : D/Z B/O W/U

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 bkws 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

