

Coach Enio,

Thanks for setting up the Drill Club again. I found it to be good reference material last season and look forward to seeing some more new and creative stuff this time around.

I recommend the book "The Game" by Ken Dryden. It shows how much and how little the game has changed since the '70's.

Good luck to all the coaches this season.

Clayton

DATUM: _____

GEGNER: _____ REF: _____ SCORE: _____

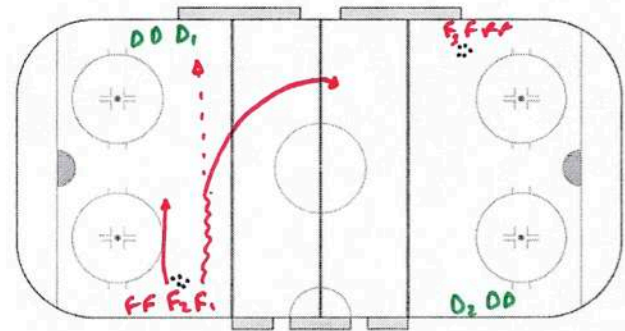
Sweedish Wheel 2v1 SKILL



INJURED: _____

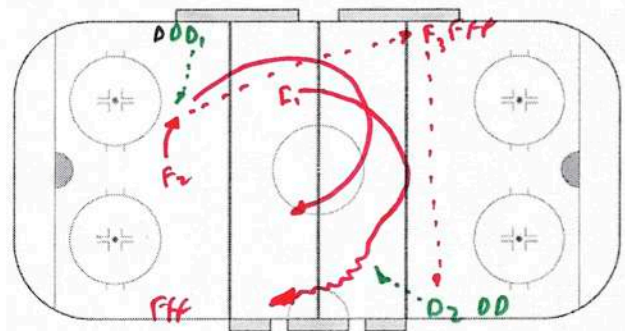
NOTES:

- F_1 skates w/ puck and passes to D_1 .
- D_1 one touches pass to F_2 coming to mid ice
-



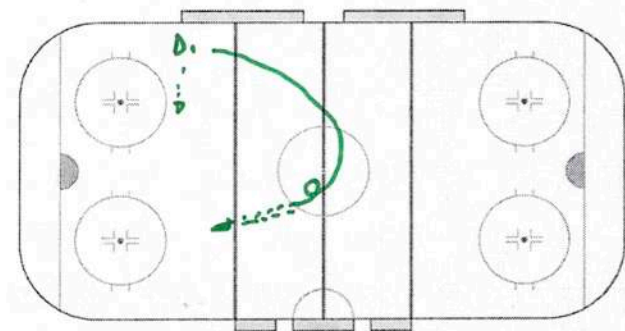
NOTES:

- F_2 one touches puck to F_3
- F_3 passes directly to D_2 who then bumps puck up middle to F_1
- F_2 supports F_1



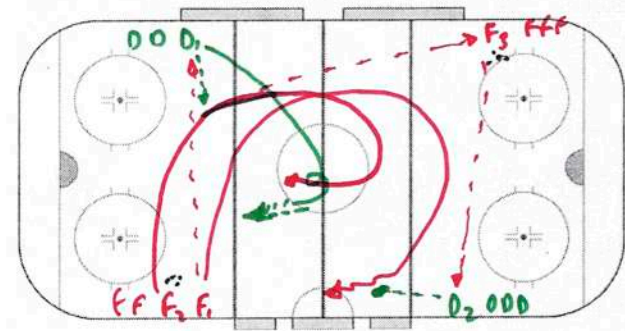
NOTES:

- D_1 closes gap after his pass and takes the 2v1 back to his end.



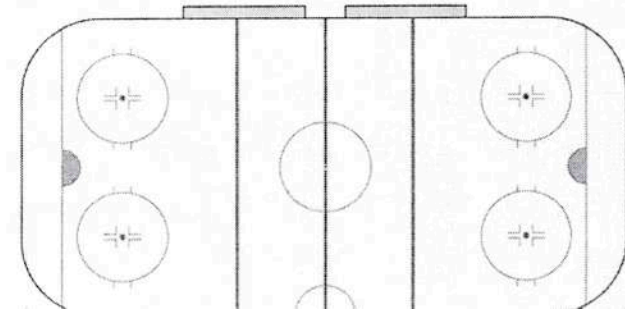
NOTES:

- Full Drill Drawn.



NOTES:

- One touch passes → crisp and hard
- F_2 Support
- D's close Gap on 2v1.



GOLDEN Puck (Competitive)


DATUM: _____

GEGNER: _____ REF: _____ SCORE: _____



INJURED: _____

NOTES:

- * → Paint one puck Gold. 
- Gold Puck and Normal puck on ice at same time.
- all players on ice (eg. 9 vs 9)

NOTES:

- Gold puck and Normal puck must be in offensive zone to score w/ normal puck.

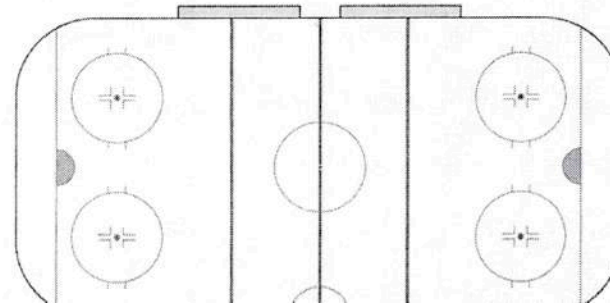
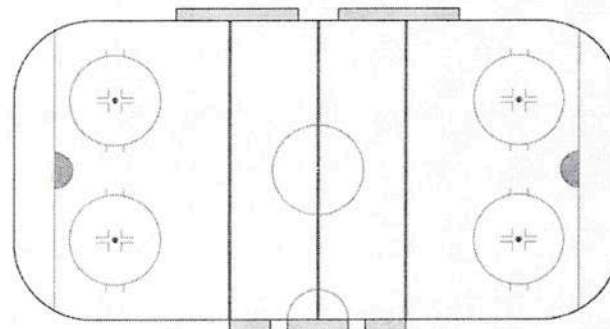
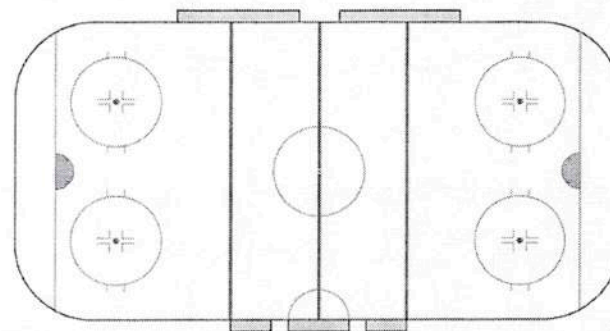
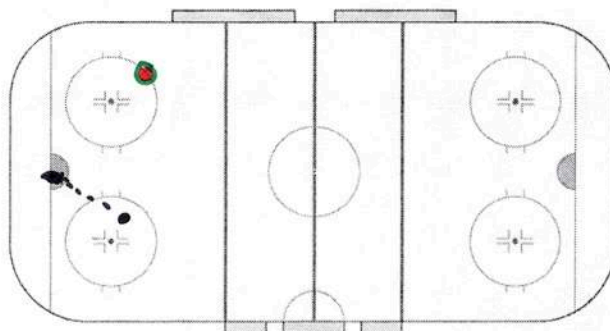
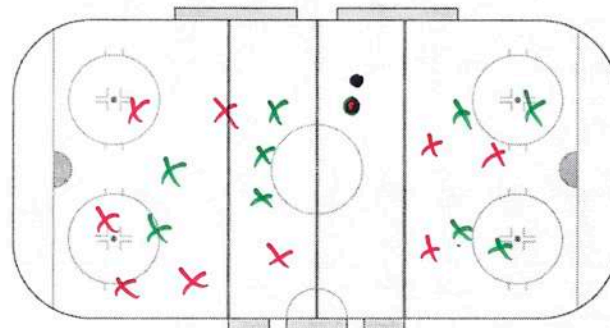
NOTES:

- Gold puck is not Allowed to be shot on net.
- (this to protect goalies)

NOTES:

- Play game to 3 (could last 20min)

NOTES:



Hamburg 2nd (FAVORITE)

DATUM: _____

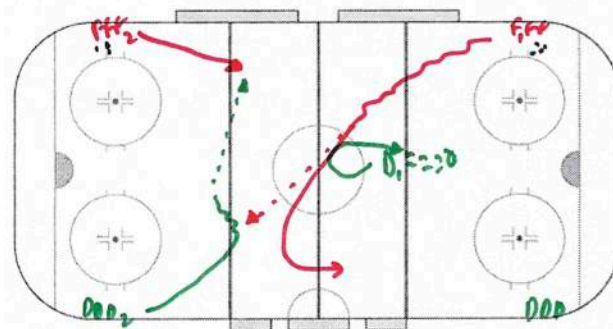
GEGNER: _____ REF: _____ SCORE: _____



INJURED: _____

NOTES:

- F₁ starts drill w/puck → skates to opposite end and passes to D₂
- D₂ passes to F₂ breaking up-ice
- D₁ takes 2nd back.



NOTES:

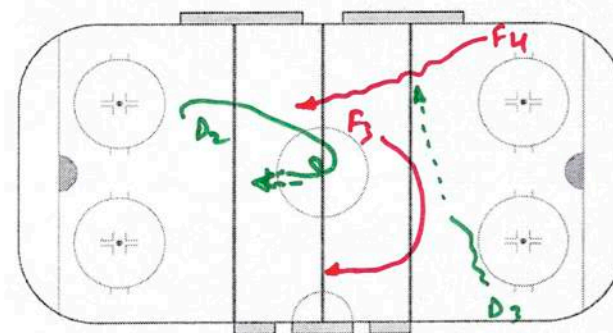
* Drill Continues *

- D₂ does give and go pass w/F₃ then D₂ heads up mid-ice to close gap.
- F₃ passes to P₃



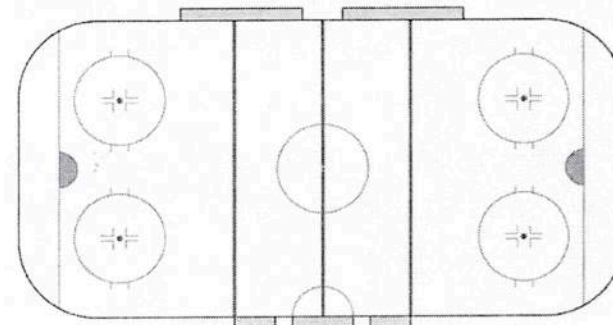
NOTES:

- D₃ passes to F₄ breaking up-ice.
- F₄ and F₃ take 2nd on D₂



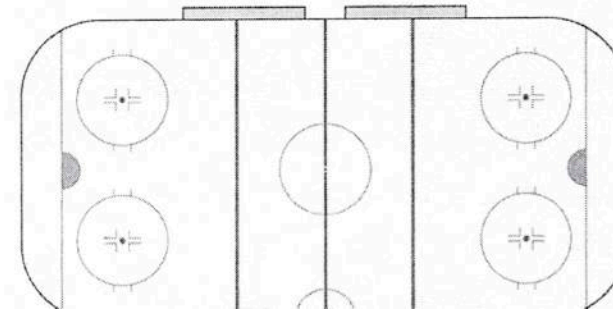
NOTES:

- Continuous Drill
- crisp passes } Forward.
- timing } keys *



NOTES:

D₁ → CLOSE GAP → MAKE QUICK AND CRISP PASSES



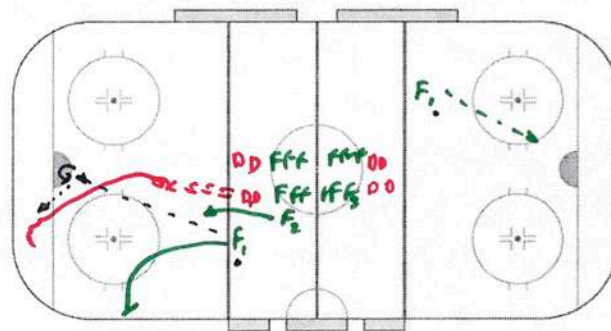
GEGNER:

REF:

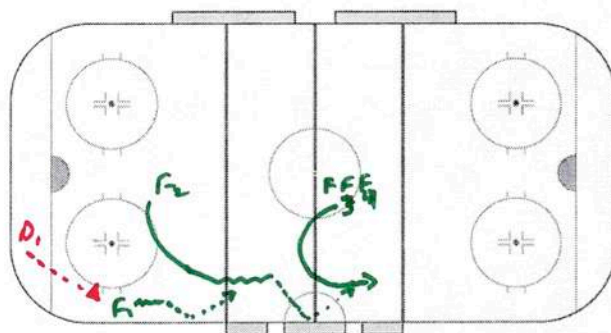
SCORE:

INJURED:

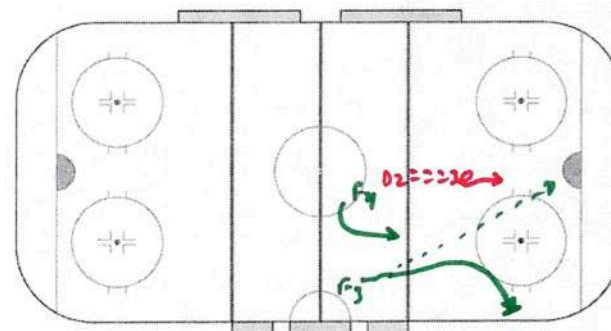
- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F₁ starts w/ puck and dumps to Goalie. → then Supports Break-out
- D₁ retrieves puck for Break-out



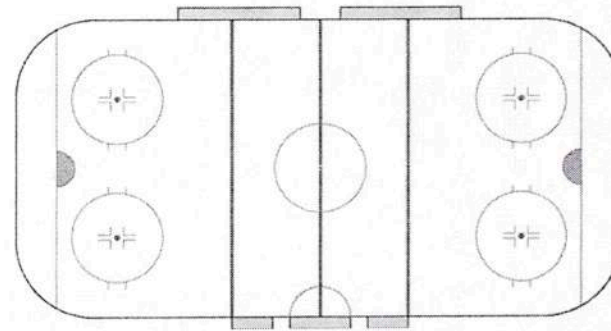
- D_1 breaks out to F_1 then returns to line.
- F_1 chips past simulated pinching D_1 .
- F_2 supports chip then chips to F_3 .



→ F_3 continues drill in opposite direction with F_4 and D_2 .



- * Timing is key *
- * Support is key *
- Can do other break-out options with the same format i.e.
D to F reverse / middle support etc....



* Two Puck Drill → no shots on net (only dumps to goalie) *

→ Good warm-up / Break-out Route drill *

