



To: Enio Sacilotto

From: Mike Pelino

Hi Enio,

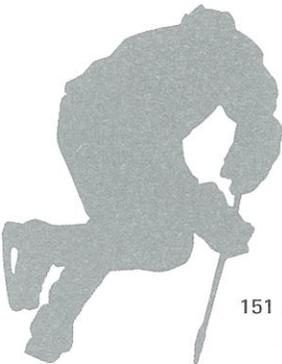
Included with this cover letter, please find my Drill of the Week contribution. Pass on my best to all fellow members.

Sincerely,

Mike Pelino

Book: *The 21 Irrefutable Laws of Leadership*  
By John C Maxwell

Quote: "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little boy who fell in love with the game and never ever looked back...play for him." Unknown



[www.gopetesgo.com](http://www.gopetesgo.com) Peterborough Memorial Centre

151 Lansdowne St. W. Peterborough, ON K9J 1Y4 Phone: (705) 743-3681 Fax: (705) 743-5497

Memorial Cup Champions 1978-79 • Eastern Conference Champions 2005-06

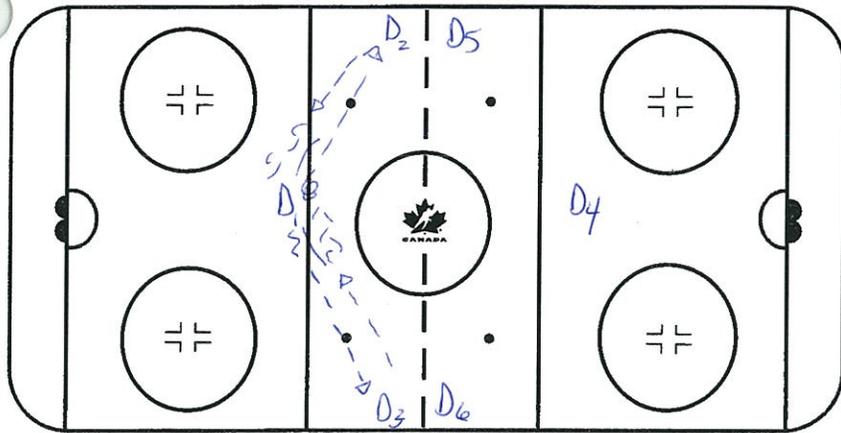
Ontario Hockey League Champions 1958-59, 1971-72, 1977-78, 1978-79, 1979-80, 1988-89, 1992-93, 1995-96, 2005-06

Leyden Division Champions 1978-79, 1979-80, 1984-85, 1985-86, 1987-88, 1988-89, 1991-92, 1992-93





# HOCKEY CANADA PROGRAM OF EXCELLENCE



## ① Skill Drill

"V" Sign Passing

Focus on D-men

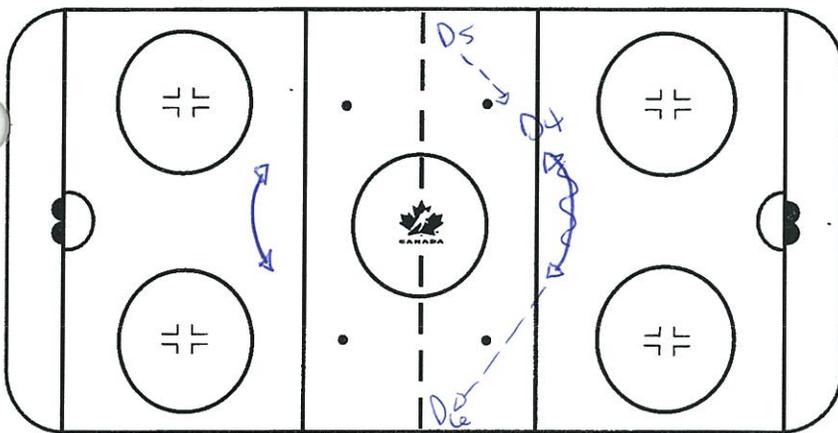
D<sub>1</sub> + D<sub>2</sub> focus on

"UNDER HANDLING" Puck

and making crisp-sound passes.

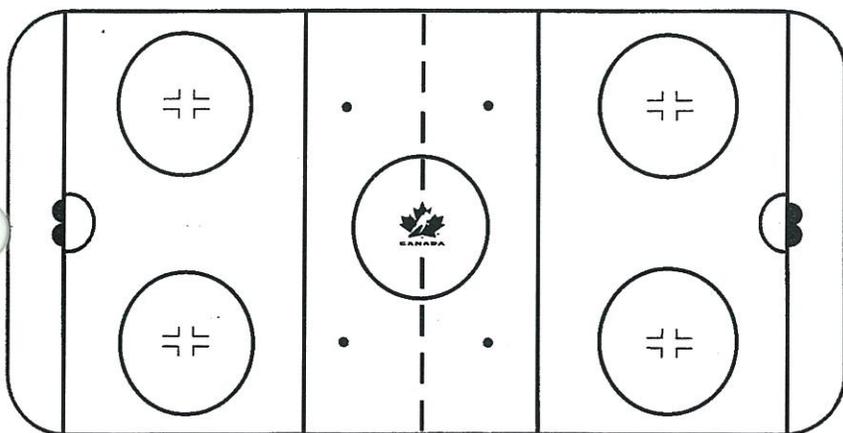
- Also focus on

rolling out w/ puck to pass



FOCUS ON QUICK TRANSITION

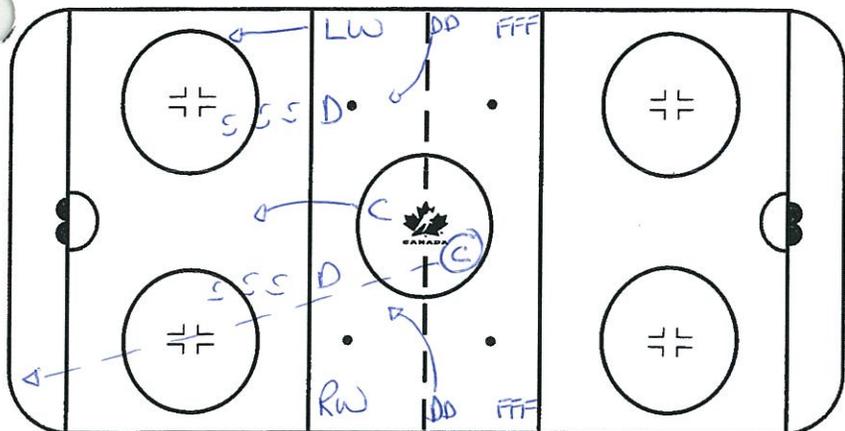
• Incorporate weighted pucks



② TEAM PLAY DRILL

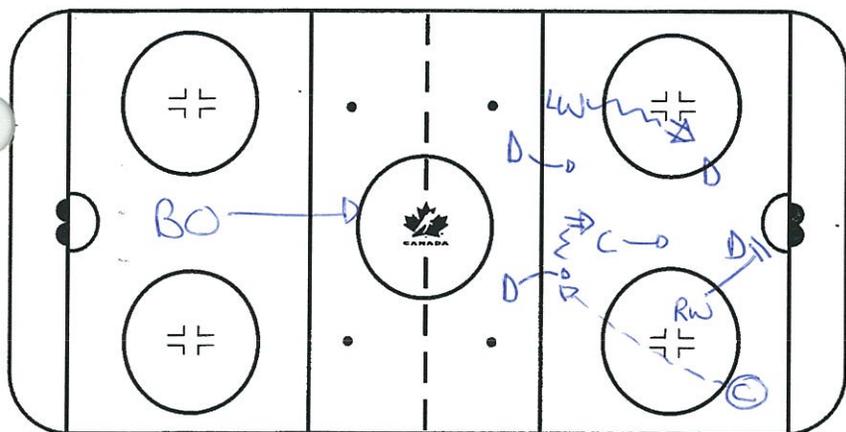


HOCKEY CANADA PROGRAM OF EXCELLENCE



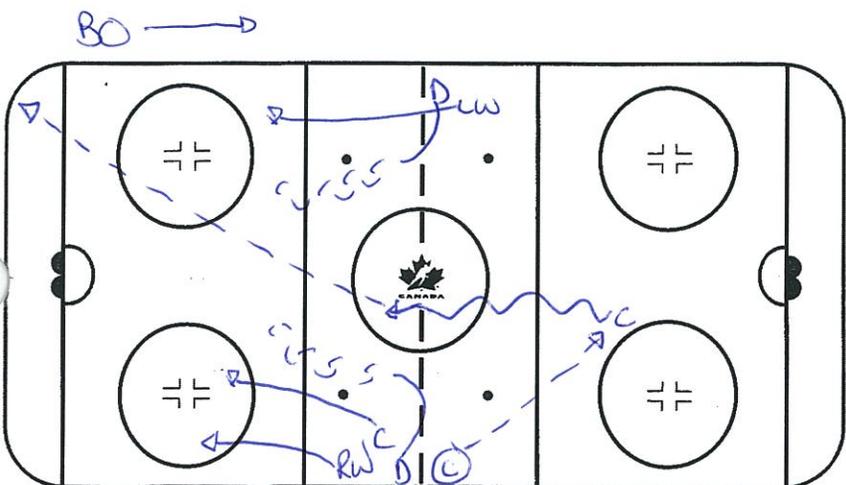
Point Shots + D-Man Cycle  
 • Practice Point Shot + D cycle from any flow or High tempo drill w 2<sup>nd</sup> + 3<sup>rd</sup> Puck

③ Starts w Dump in  
 • Any normal BO (adjust...)  
 • Forecheckers will be introduced as drill continues.



COMPLETE To Attack to the other end

After the attack  
 ③ either passes a 2<sup>nd</sup> Puck to the point or places it and acts as a defender so the D can work to find shooting lane ...



DRILL continues  
 • ③ passes to high man... gains red line, dump-in  
 • LAST Point Men handle rush

After next attack instead of point shot D finds lane down wall for cycle from Fwd w placed puck.



# HOCKEY CANADA PROGRAM OF EXCELLENCE



## ③ One of Our Favorites

### Petes 3on3.

- Continuous Drill.

- D always play defence then on whistle jump up on offence

- Fwd's - go on offence, then on whistle - backcheck.

START

Whistle

F<sub>1</sub> + F<sub>2</sub> go (1 puck)

2nd vs D<sub>1</sub>

F<sub>1</sub> + F<sub>2</sub> must go thru centre dot

D<sub>1</sub> must cut circle

Whistle - TRANSITION.

F<sub>1</sub> + F<sub>2</sub> - Backcheck

D<sub>1</sub> - Jumps up w F<sub>4</sub> + F<sub>5</sub>

• F<sub>4</sub> + F<sub>5</sub> go thru centre

• D<sub>2</sub> cuts circle.

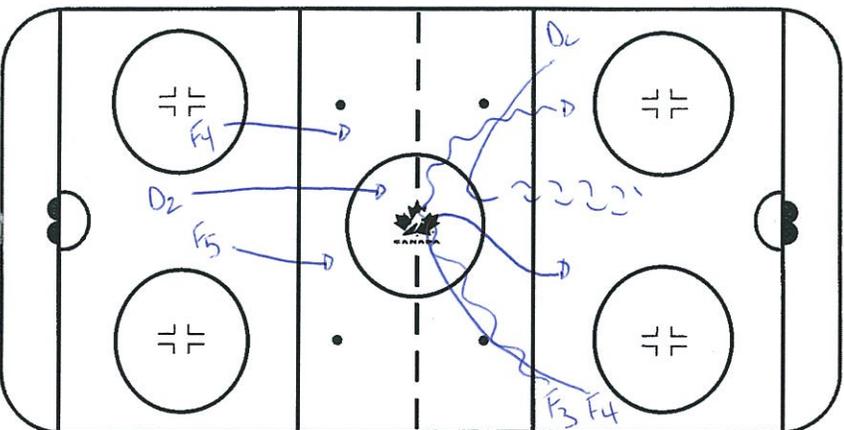
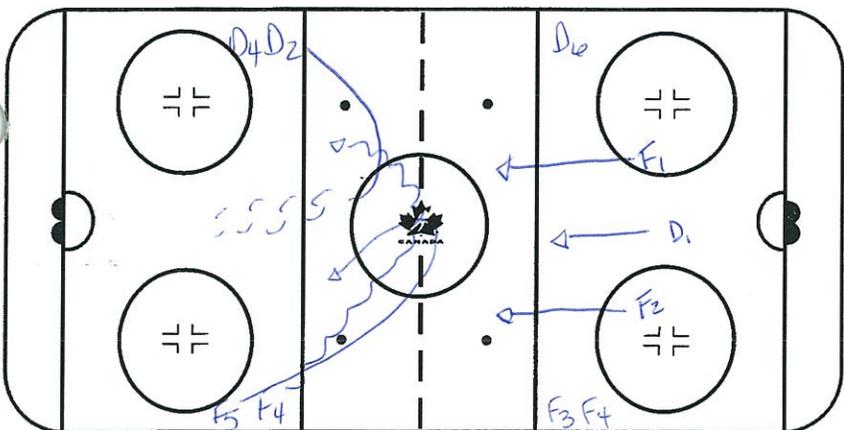
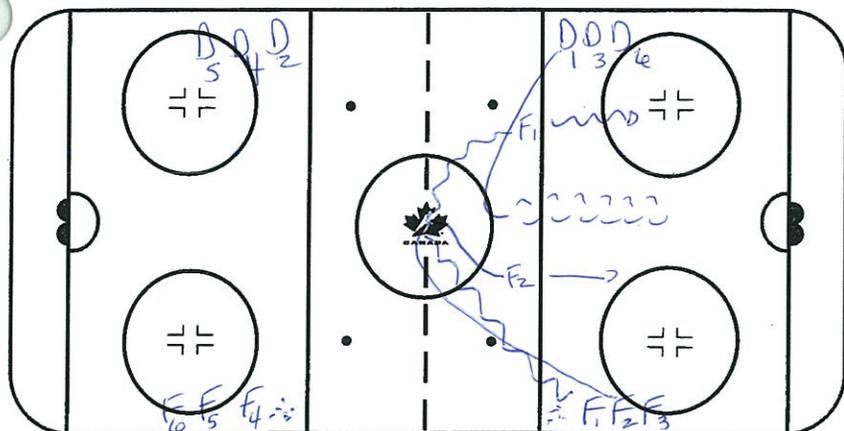
### 3on3

• Key: Communication, Identify and Eliminate

Whistle - F<sub>1</sub>, F<sub>2</sub> + D<sub>1</sub> Done

F<sub>4</sub> + F<sub>5</sub> Backcheck

D<sub>2</sub> - jump up w F<sub>3</sub> + F<sub>4</sub>



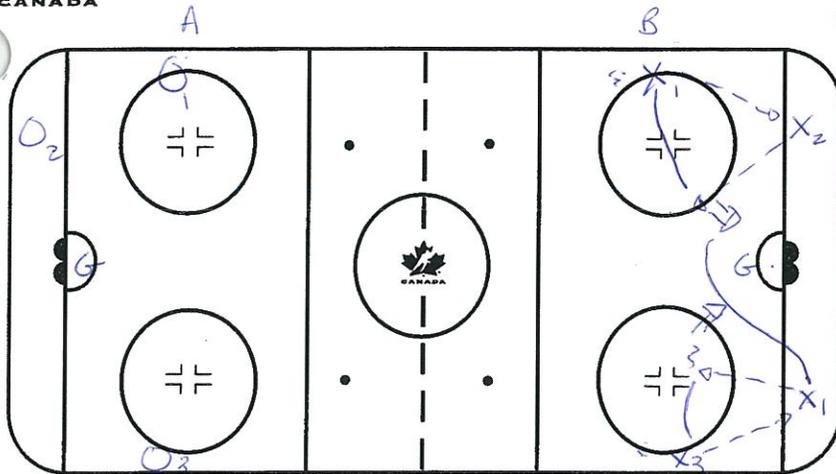


# HOCKEY CANADA PROGRAM OF EXCELLENCE



FUN + COMPETITIVE

## ④ PETES 2on1 GAME



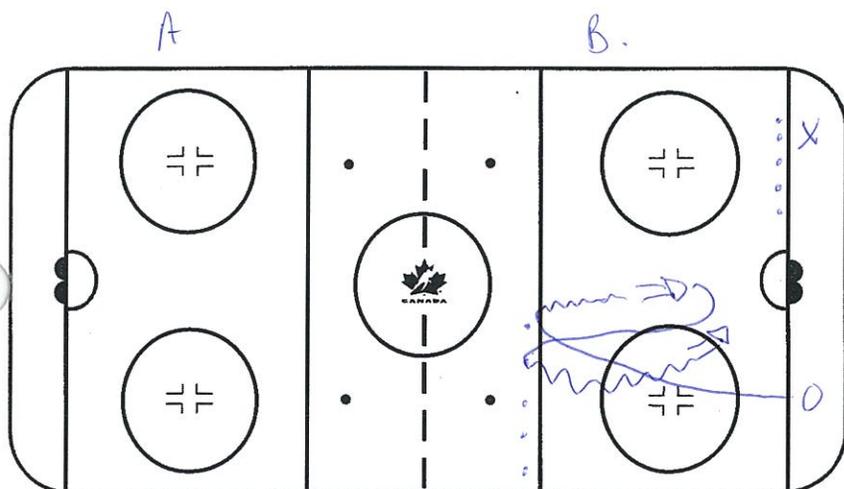
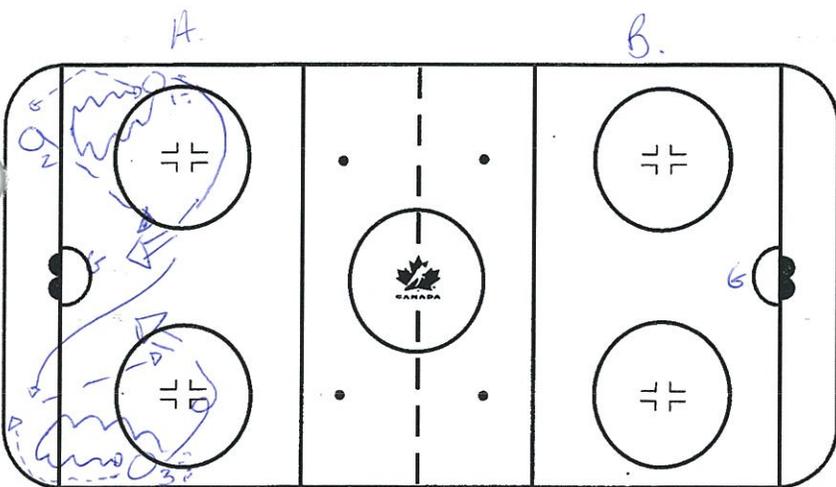
Divide in 2 Teams @ Either end (A+B).

FIRST TEAM TO 10 Goals.

- 2on1 five + 60. Continuous.
- X<sub>1</sub> passes to X<sub>2</sub> - for pass back
- X<sub>1</sub> shoots - picks up rebound...
- X<sub>1</sub> then goes low - receives pass from X<sub>3</sub> - gives it back to X<sub>2</sub> who shoots then takes X<sub>1</sub> position for pass.

COACHES COUNT GOALS.

Progression: O<sub>1</sub> cycles puck instead of direct pass



## ⑤ Setup + Shootout Competition

- At both ends (A+B)!

X setup up pucks @ blue line

- sprints w stops

O - sprints and goes in for

shootout 1-0 vs goalie.

After all 5 pucks rotate

X<sub>s</sub> - Shootout

O<sub>s</sub> - sprint + Setup.

DWC - 2010-11

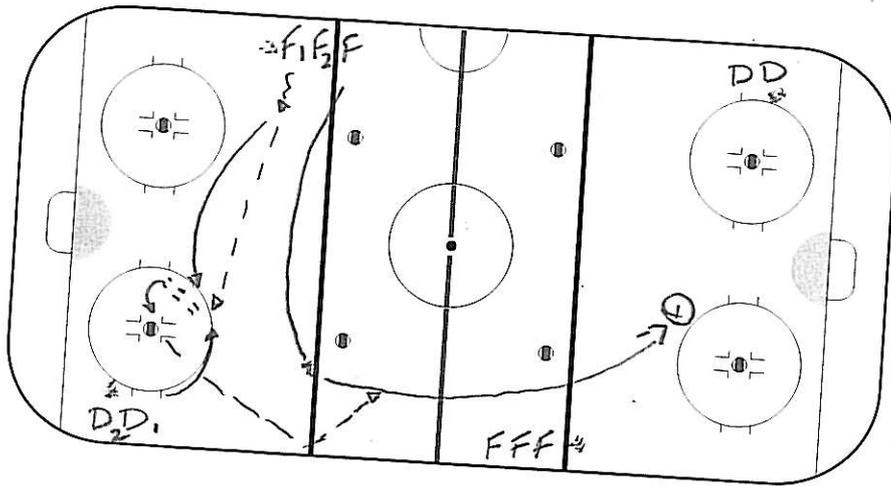
WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			<a href="mailto:waydebucsis@hotmail.com">waydebucsis@hotmail.com</a>	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		<a href="mailto:midgleyj@rms.cc">midgleyj@rms.cc</a>	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			<a href="mailto:enio@shaw.ca">enio@shaw.ca</a>	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			<a href="mailto:jackson.132@nd.edu">jackson.132@nd.edu</a>	yes
3	Barry	Wolff		Nov. 30			<a href="mailto:wolffiesca@yahoo.ca">wolffiesca@yahoo.ca</a>	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			<a href="mailto:miland@interchange.ubc.ca">miland@interchange.ubc.ca</a>	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			<a href="mailto:dannyflynn1@hotmail.com">dannyflynn1@hotmail.com</a>	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	<a href="mailto:newtont@msu.edu">newtont@msu.edu</a>	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			<a href="mailto:belliveaupete@hotmail.com">belliveaupete@hotmail.com</a>	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			<a href="mailto:kbathurst@hockeycanada.ca">kbathurst@hockeycanada.ca</a>	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			<a href="mailto:claytonbeddoes@hotmail.com">claytonbeddoes@hotmail.com</a>	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			<a href="mailto:scout69@nb.sympatico.ca">scout69@nb.sympatico.ca</a>	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			<a href="mailto:rofox@telus.net">rofox@telus.net</a>	
7	Dan	Fridgen		Dec. 28			<a href="mailto:keyhoc18@hotmail.com">keyhoc18@hotmail.com</a>	
8	Peter	Russell		Jan. 4			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
8	Brian	Bourque	University of Waterloo	Jan. 4			<a href="mailto:bbourque@admail.uwaterloo.ca">bbourque@admail.uwaterloo.ca</a>	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		<a href="mailto:tewasiuk@hughes.net">tewasiuk@hughes.net</a>	yes
9	Graham	Wise	Ryerson University	Jan. 11			<a href="mailto:gwise@ryerson.ca">gwise@ryerson.ca</a>	
9	Jeff	Truitt		Jan. 11			<a href="mailto:Jeff.Truitt@PhoenixCoyotes.Com">Jeff.Truitt@PhoenixCoyotes.Com</a>	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			<a href="mailto:tom.pokel@yahoo.com">tom.pokel@yahoo.com</a>	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	<a href="mailto:donaldmckee@hotmail.com">donaldmckee@hotmail.com</a>	yes
10	Dan	Nadeau		Jan. 18			<a href="mailto:dnadeau@fastenal.com">dnadeau@fastenal.com</a>	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			<a href="mailto:bryantperrier@yahoo.com">bryantperrier@yahoo.com</a>	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			<a href="mailto:jolden@interchange.ubc.ca">jolden@interchange.ubc.ca</a>	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			<a href="mailto:kris@kootenayice.net">kris@kootenayice.net</a>	
11	Peter	Woods	Hockey Manitoba	Jan. 25			<a href="mailto:pwoods@hockeymanitoba.mb.ca">pwoods@hockeymanitoba.mb.ca</a>	
12	Joey	Gasparini	University of Vermont	Feb. 1			<a href="mailto:jgaspari@uvm.edu">jgaspari@uvm.edu</a>	
12	Dan	Olsen	Calgary Northstars	Feb. 1			<a href="mailto:timbercoach@hotmail.com">timbercoach@hotmail.com</a>	
12	Peter	Russell	Swindon EPL	Feb. 1			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		<a href="mailto:williamverner@hotmail.com">williamverner@hotmail.com</a>	
13	Nick	Poole	Milton Keynes	Feb. 8			<a href="mailto:poole19@btinternet.com">poole19@btinternet.com</a>	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			<a href="mailto:coachmac@unb.ca">coachmac@unb.ca</a>	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			<a href="mailto:diegoscandella@hotmail.com">diegoscandella@hotmail.com</a>	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			<a href="mailto:Stephane.LeBlanc@nbed.nb.ca">Stephane.LeBlanc@nbed.nb.ca</a>	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey	Feb. 15	(902)-461-1543		<a href="mailto:targethockey@gmail.com">targethockey@gmail.com</a>	
15	STUART	WILSON		Feb. 22			<a href="mailto:heatherstuart_2000@yahoo.com">heatherstuart_2000@yahoo.com</a>	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			<a href="mailto:twalkington@shaw.ca">twalkington@shaw.ca</a>	
15	Tom	Molloy		Feb. 22			<a href="mailto:tommolloy@hotmail.com">tommolloy@hotmail.com</a>	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			<a href="mailto:blakewesley@hockeyschools.com">blakewesley@hockeyschools.com</a>	
16	Michael	Pelino	Peterborough Petes	Mar. 1			<a href="mailto:mpelino@gopetesgo.com">mpelino@gopetesgo.com</a>	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			<a href="mailto:kellerb@ecsd.net">kellerb@ecsd.net</a>	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			<a href="mailto:paulheavey@aol.com">paulheavey@aol.com</a>	
17	Shaun	Sutter	Regina Pats	Mar. 8			<a href="mailto:ssutter@reginapats.com">ssutter@reginapats.com</a>	
17	John	Micheletto	University of Vermont	Mar. 8			<a href="mailto:jmichele@uvm.edu">jmichele@uvm.edu</a>	

## DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			<a href="mailto:waydebucsis@hotmail.com">waydebucsis@hotmail.com</a>	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		<a href="mailto:midgleyj@rms.cc">midgleyj@rms.cc</a>	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			<a href="mailto:enio@shaw.ca">enio@shaw.ca</a>	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			<a href="mailto:jackson.132@nd.edu">jackson.132@nd.edu</a>	yes
3	Barry	Wolff		Nov. 30			<a href="mailto:wolffiesca@yahoo.ca">wolffiesca@yahoo.ca</a>	yes
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			<a href="mailto:miland@interchange.ubc.ca">miland@interchange.ubc.ca</a>	yes
4	Danny	Flynn	Moncton Wildcats	Dec. 7			<a href="mailto:dannyflynn1@hotmail.com">dannyflynn1@hotmail.com</a>	yes
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	<a href="mailto:newtont@msu.edu">newtont@msu.edu</a>	yes
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			<a href="mailto:belliveaupete@hotmail.com">belliveaupete@hotmail.com</a>	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			<a href="mailto:kbathurst@hockeycanada.ca">kbathurst@hockeycanada.ca</a>	yes
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			<a href="mailto:claytonbeddoes@hotmail.com">claytonbeddoes@hotmail.com</a>	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			<a href="mailto:scout69@nb.sympatico.ca">scout69@nb.sympatico.ca</a>	yes
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			<a href="mailto:rofox@telus.net">rofox@telus.net</a>	yes
7	Dan	Fridgen		Dec. 28			<a href="mailto:keyhoc18@hotmail.com">keyhoc18@hotmail.com</a>	yes
8	Peter	Russell		Jan. 4			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	yes
8	Brian	Bourque	University of Waterloo	Jan. 4			<a href="mailto:bbourque@admail.uwaterloo.ca">bbourque@admail.uwaterloo.ca</a>	yes
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		<a href="mailto:tewasiuk@hughes.net">tewasiuk@hughes.net</a>	yes
9	Graham	Wise	Ryerson University	Jan. 11			<a href="mailto:gwise@ryerson.ca">gwise@ryerson.ca</a>	yes
9	Jeff	Truitt		Jan. 11			<a href="mailto:Jeff.Truitt@PhoenixCoyotes.Com">Jeff.Truitt@PhoenixCoyotes.Com</a>	yes
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			<a href="mailto:tom.pokel@yahoo.com">tom.pokel@yahoo.com</a>	yes
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	<a href="mailto:donaldmckee@hotmail.com">donaldmckee@hotmail.com</a>	yes
10	Dan	Nadeau		Jan. 18			<a href="mailto:dnadeau@fastenal.com">dnadeau@fastenal.com</a>	yes
10	Bryant	Perrier	Neepawa Natives	Jan. 18			<a href="mailto:bryantperrier@yahoo.com">bryantperrier@yahoo.com</a>	yes
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			<a href="mailto:jolden@interchange.ubc.ca">jolden@interchange.ubc.ca</a>	yes
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			<a href="mailto:kris@kootenayice.net">kris@kootenayice.net</a>	yes
11	Peter	Woods	Hockey Manitoba	Jan. 25			<a href="mailto:pwoods@hockeymanitoba.mb.ca">pwoods@hockeymanitoba.mb.ca</a>	yes
12	Joey	Gasparini	University of Vermont	Feb. 1			<a href="mailto:jgaspari@uvm.edu">jgaspari@uvm.edu</a>	<b>yes</b>
12	Dan	Olsen	Calgary Northstars	Feb. 1			<a href="mailto:timbercoach@hotmail.com">timbercoach@hotmail.com</a>	yes
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		<a href="mailto:williamverner@hotmail.com">williamverner@hotmail.com</a>	yes
13	Nick	Poole	Milton Keynes	Feb. 8			<a href="mailto:poole19@btinternet.com">poole19@btinternet.com</a>	yes
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			<a href="mailto:coachmac@unb.ca">coachmac@unb.ca</a>	yes
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			<a href="mailto:diegoscandella@hotmail.com">diegoscandella@hotmail.com</a>	yes
14	Stephane	LeBlanc	University of Moncton	Feb. 15			<a href="mailto:Stephane.LeBlanc@nbed.nb.ca">Stephane.LeBlanc@nbed.nb.ca</a>	yes
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey	Feb. 15	(902)-461-1543		<a href="mailto:targethockey@gmail.com">targethockey@gmail.com</a>	YES
15	STUART	WILSON		Feb. 22			<a href="mailto:heatherstuart_2000@yahoo.com">heatherstuart_2000@yahoo.com</a>	yes
15	Troy	Walkington	University of Saskatchewan	Feb. 22			<a href="mailto:twalkington@shaw.ca">twalkington@shaw.ca</a>	yes
15	Tom	Molloy		Feb. 22			<a href="mailto:tommolloy@hotmail.com">tommolloy@hotmail.com</a>	yes
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			<a href="mailto:blakewesley@hockeyschools.com">blakewesley@hockeyschools.com</a>	yes
16	Michael	Pelino	Peterborough Petes	Mar. 1			<a href="mailto:mpelino@gopetesgo.com">mpelino@gopetesgo.com</a>	yes
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			<a href="mailto:kellerb@ecsd.net">kellerb@ecsd.net</a>	yes
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			<a href="mailto:paulheavey@aol.com">paulheavey@aol.com</a>	yes
17	Shaun	Sutter	Regina Pats	Mar. 8			<a href="mailto:ssutter@reginapats.com">ssutter@reginapats.com</a>	yes
17	John	Micheletto	University of Vermont	Mar. 8			<a href="mailto:jmichele@uvm.edu">jmichele@uvm.edu</a>	yes

QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK  
AND OTHERS TO BREAK RECORDS."

- UNKNOWN



① SKILL DRILL (CONTROL W/ WHISTLE)  
(\* BOTH SIDES AT SAME TIME \*)

1) D1 TO TOP OF CIRCLE, F1 TO D1

2) D1 BACKWARDS THEN PIVOT FORWARDS

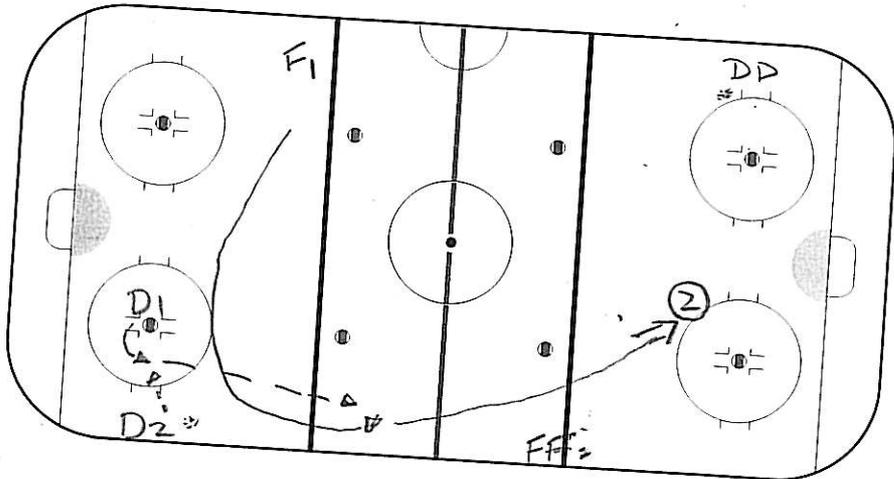
3) F1 AFTER PASS "ANGLE" D1  
AND FORCE CHIP PASS OFF THE BOARDS  
TO F2 (F2 LEAVES AFTER F1: TIMES SKATE)

4) F2 WITH PUCK: F2 = SHOT ①  
(F2 STAY AT NET)

5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS  
SPEED AT BOARDS

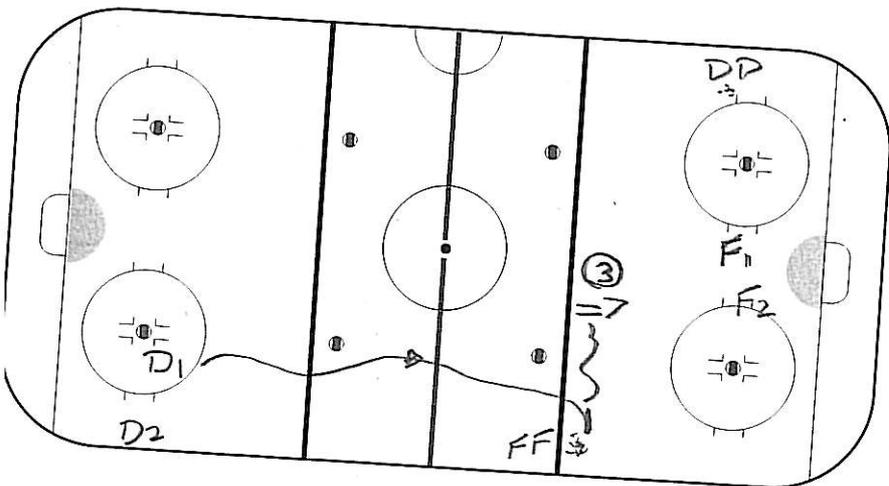
7) D1 TO F1: F1 = SHOT ②  
(F1 STAY AT NET)



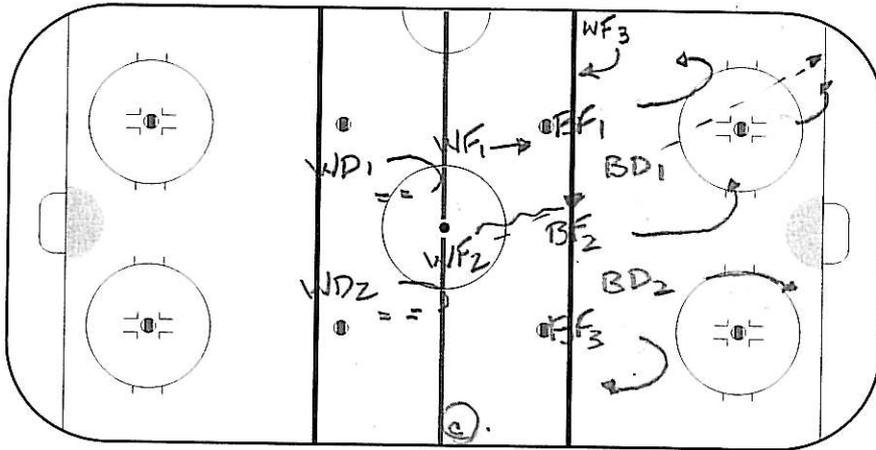
8) AFTER D1 PASS TO F1; D1  
TO THE FAR BLUE-LINE AND  
PICK-UP PUCK

9) D1 = DRAG & SHOT ③  
(F1 IF2 = SCREEN & REBOUND)

\* CAN USE DRILL FOR WARM-UP  
SHOOTING OR WITHIN REGULAR  
PRACTICE. \*



② TEAM PLAY → NEUTRAL ZONE



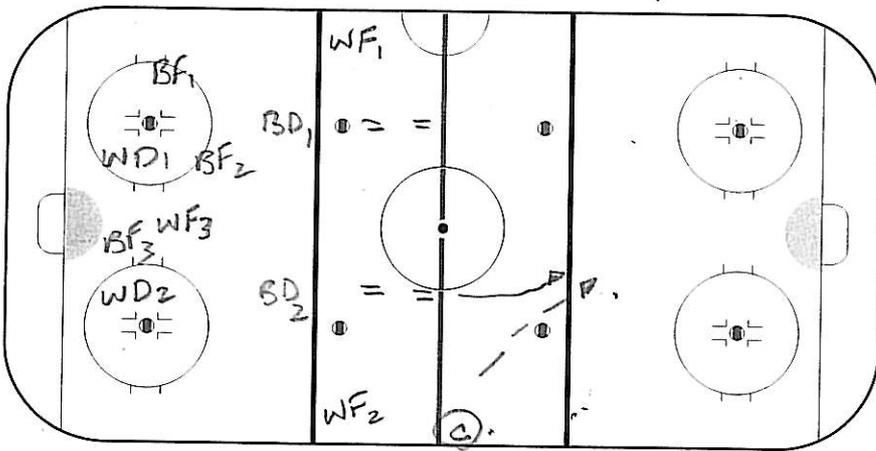
1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4V"

2) BD1 / BD2 & BF 1 / 2 / 3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE, 4V STOPS (WF1 / WF2)

4) WF3 JOINS RUSH TO CREATE A "5VS3" w/ WD1 / WD2

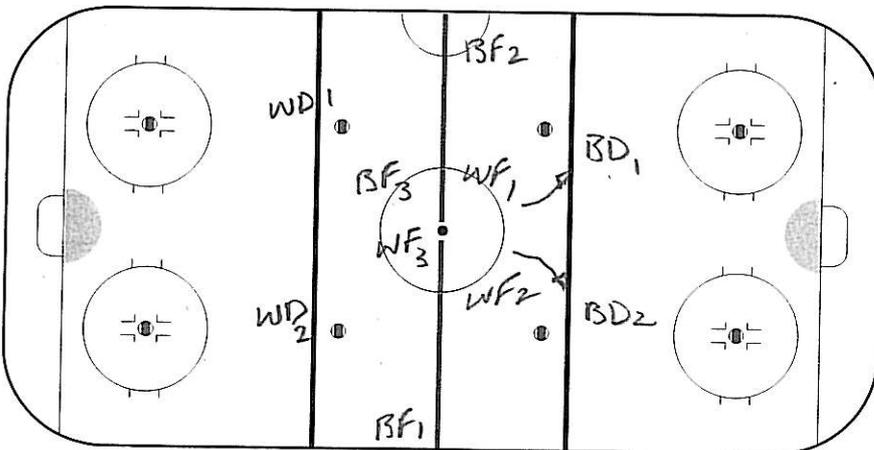
5) AFTER 5VS3 IS COMPLETE  
 (C) SPOTS PUCK IN NZ



6) AFTER ORIGINAL 4V; WF1 & WF2 POST-UP AT FAR BLUE LINE

7) AFTER (C) SPOTS PUCK IN NZ, BD'S RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)

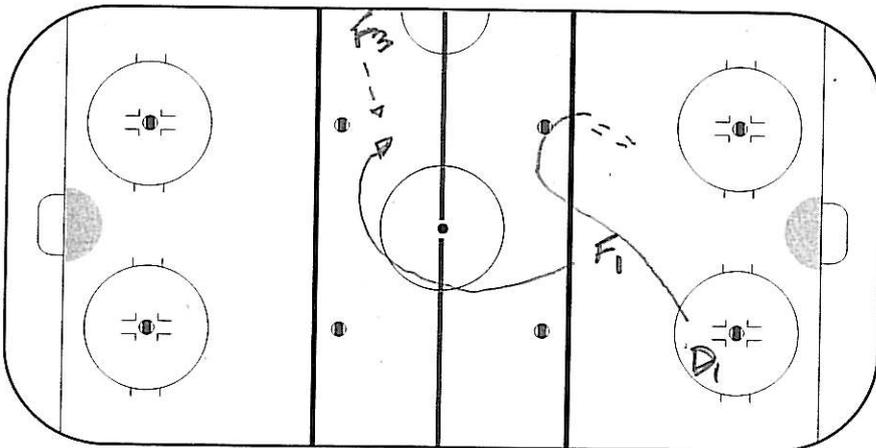
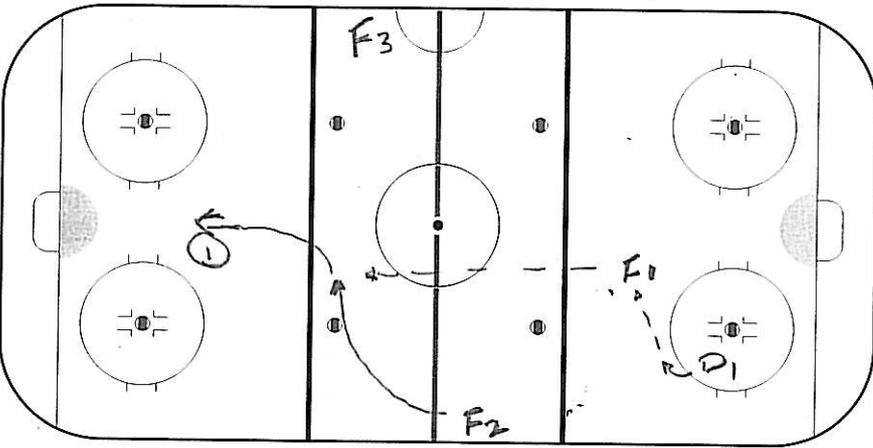
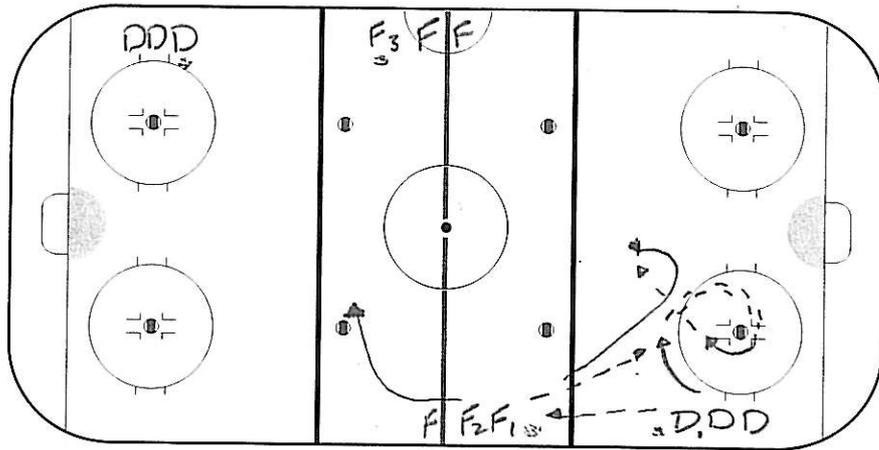
8) PLAY BECOMES "LIVE" 5VS5 IN NZ (40-45 SEC)



\*\* BREAK-OUT w/ PRESSURE IS EXECUTED \*\*

\*# NZ CHECK AS PER COACH'S SYSTEM \*\*

\*\* OFF REGROUP IS PERFORMED \*\* w/ "LIVE" PRESSURE.



③ FAVOURITE DRILL → (1vs1 w/SHOT)

\*\* (BOTH SIDES AT SAME TIME) \*\*  
 - (CONTROL w/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

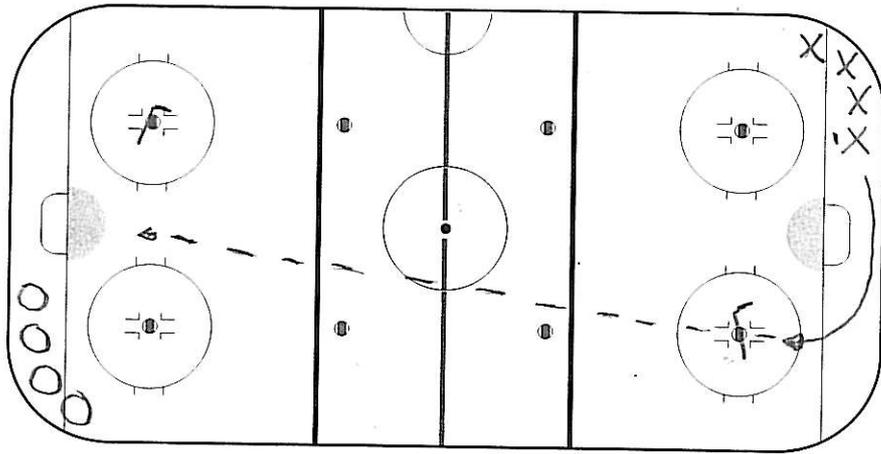
5) F2 GOES IN FOR SHOT ① (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 vs F1

\*\* CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL \*\*

\*\* MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW \*\*

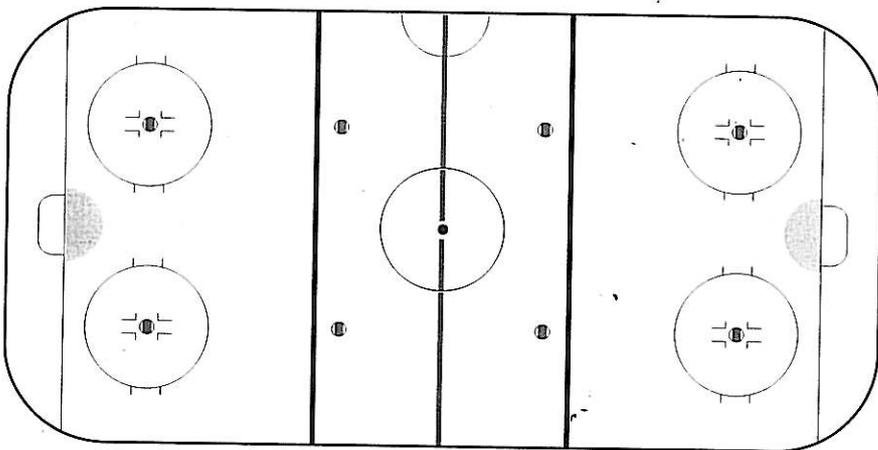


④ FUN / COMPETING DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)

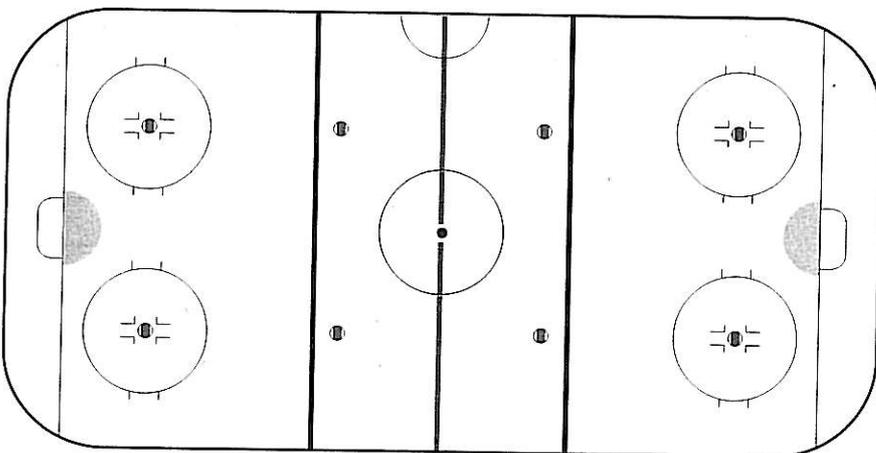


① IF GOAL: "O" TEAM MUST SKATE LAPS.

② IF MISS: "X" TEAM MUST SKATE LAPS.

\*\* TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOTS. CAN BET 1 LAP, 2 ETC. TO A MAXIMUM OF 4. \*\* (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)

"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"





# Practice Plan

Team: University of Notre Dame

Practice No.: \_\_\_\_\_

Date : November 19, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jeff Jackson

## Objectives / Main tasks :

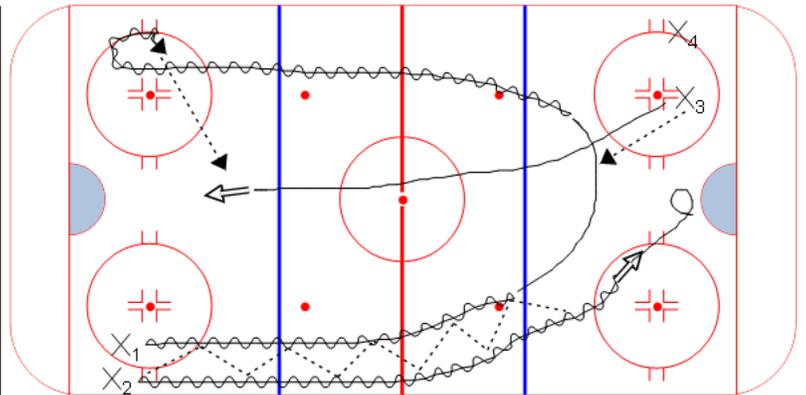
Recommended Book - Why Teams Win by Saul Miller

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skill Drill Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

X1 and X2 touch pass to the far blue line; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.  
(Both ends go at the same time)



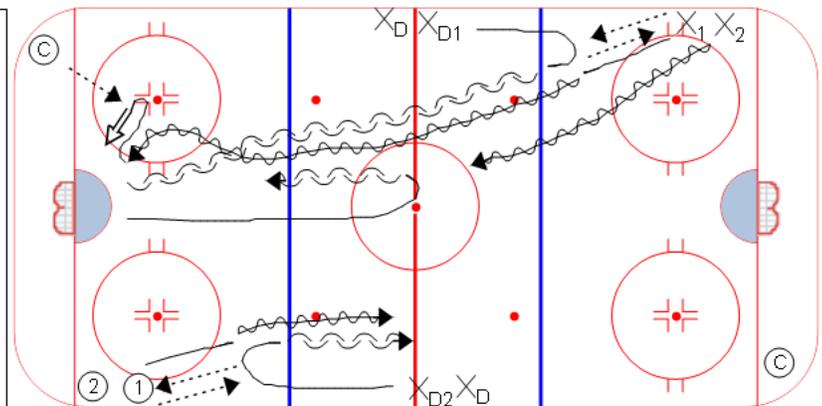
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Defensive Drill Category #1 : Jeff Drill of the Week Category #2 : Defensive Drill

### Description

D1 (and D2 at opposite end) gaps up to the blue line; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and receives a pass from the coach for a second shot; at the same time D1 gaps up to the red line and X2 attacks D1 for a second 1 on 1 rush.



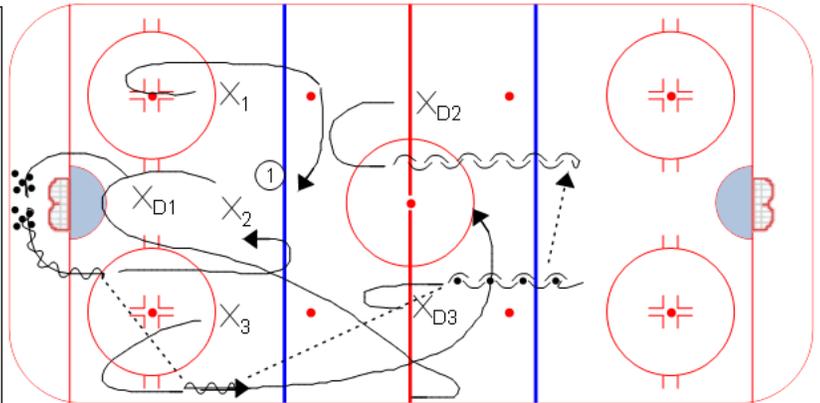
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Offensive Drill Category #1 : Jeff Drill of the Week Category #2 : Offensive Drill

**Description**

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and counter attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



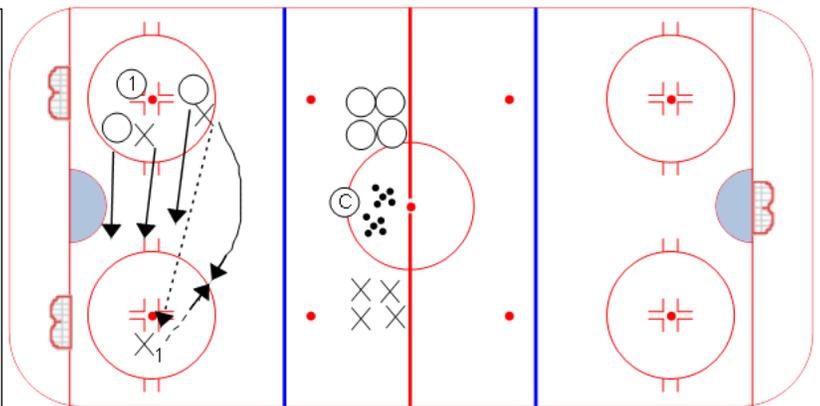
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Small Game Category #1 : Jeff Drill of the Week Category #2 : Small Game

**Description**

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :



# Practice Plan



Team: Drill Of the Week Club

Practice No.: \_\_\_\_\_

Date : Nov. 11, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jim Midgley

## Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G involved
  2. Team Drill- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
  3. Favourite Drill- Flinner Drill
  4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK because I don't like thier games" Harry Neale  
 Book- The 360 Leader- John Maxwell

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

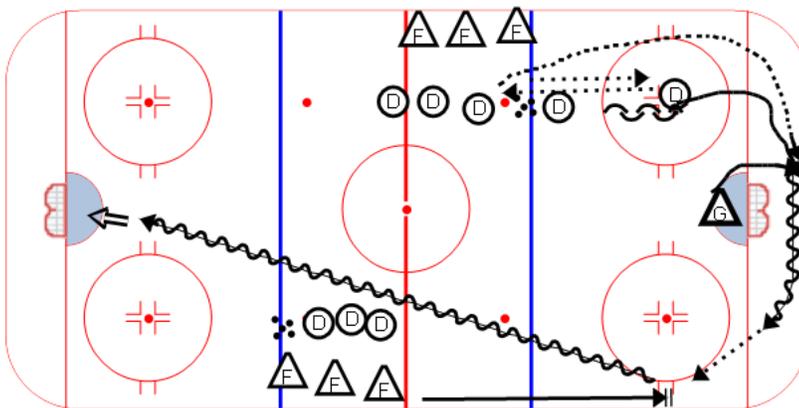
Title : Jim Rim Drill Category #1 :  Category #2 :

### Description

ⓐ one touch pass with next ⓐ. Rims puck ⓐ stops rim and sets puck up for ⓐ to retrieve and pass to ⓐ who sprints down the wall and becomes outlet for the ⓐ. ⓐ takes a shot in the far end. ⓐ sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



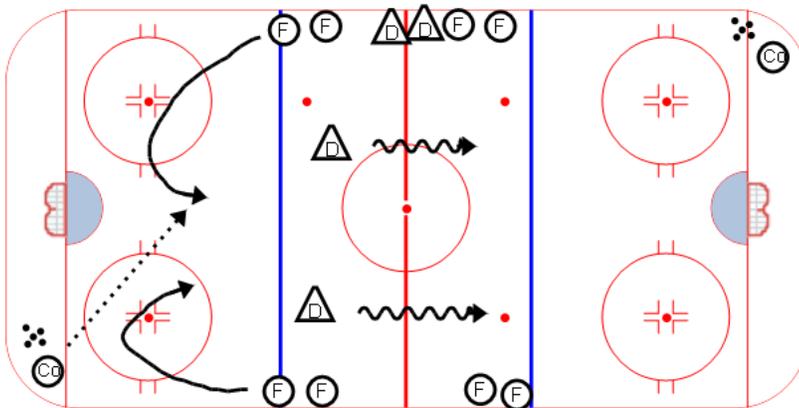
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 on 2 Regroup Category #1 :  Category #2 :

### Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



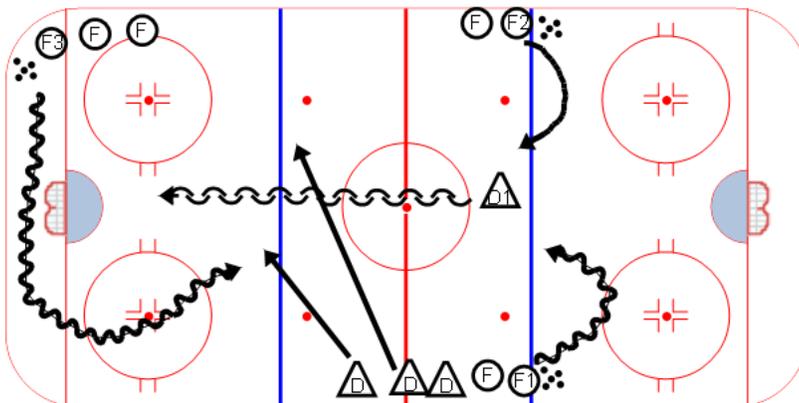
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Flinner Drill Category #1 :  Category #2 :

**Description**

-2 on 1 to start  
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D  
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

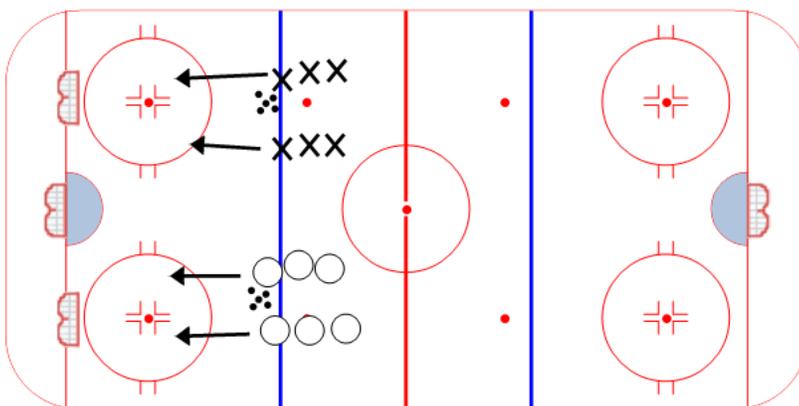
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Kitchener 2-0 Game Category #1 :  Category #2 :

**Description**

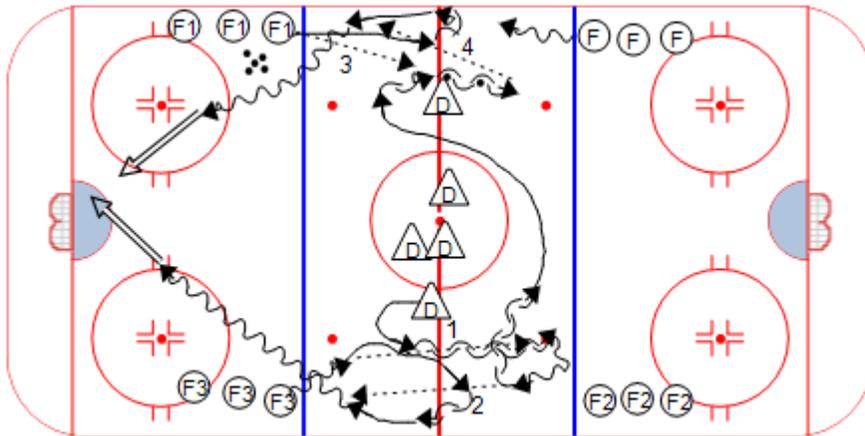
On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score. Go until the whistle.

First one to 10 wins!



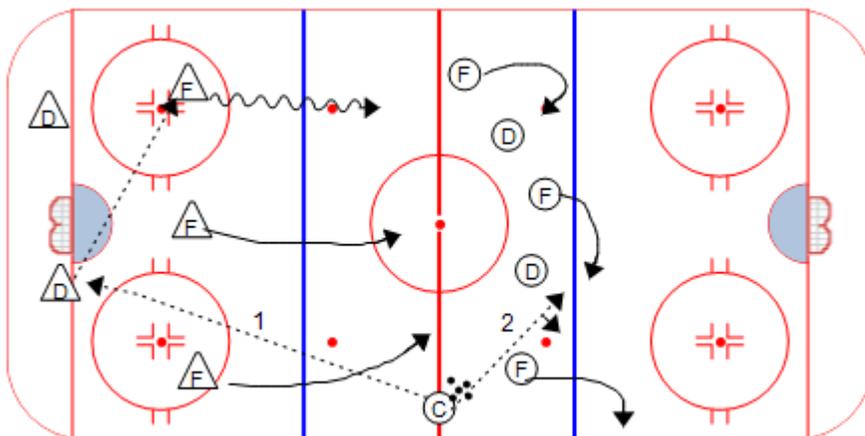
Key points :

1. SKILL DRILL – PAT’S QUICK UP DRILL



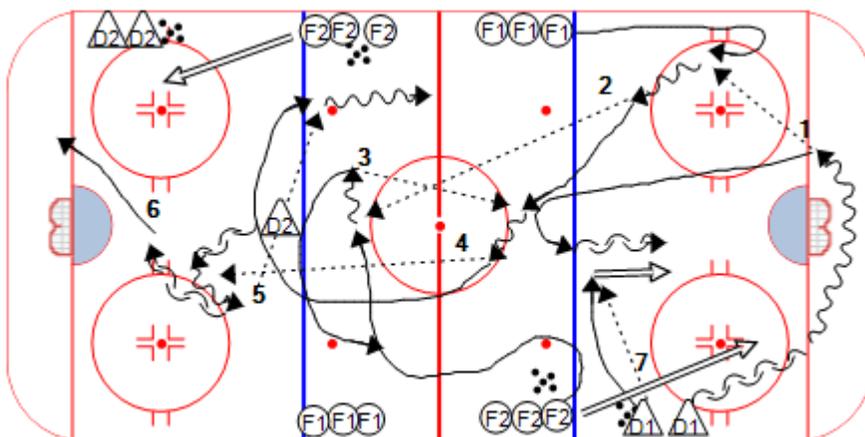
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



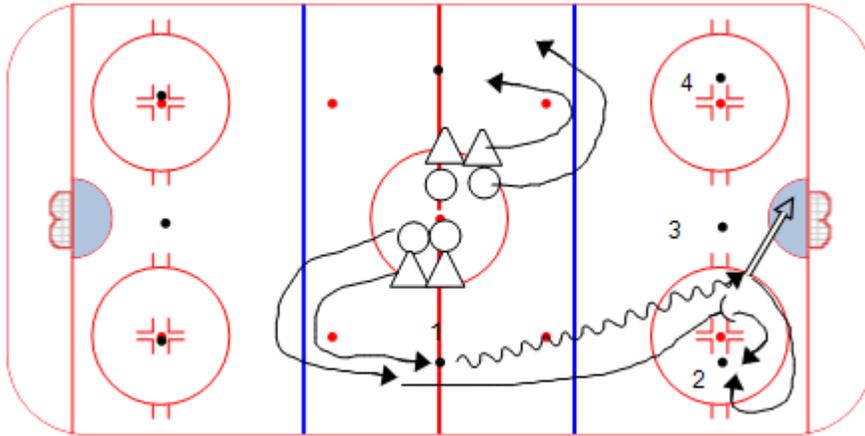
C spots puck (1).  $\triangle$ 's go 3 on 0,  $\circ$ 's let the other F's by.  $\triangle$ 's jump up to get the gap. On the whistle, C spots a puck for the  $\circ$ 's who go 3 on 2.  $\triangle$ 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 ( $\circ$ ) vs. 2 plus 3 trackers / back checkers. Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continuous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attempts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!



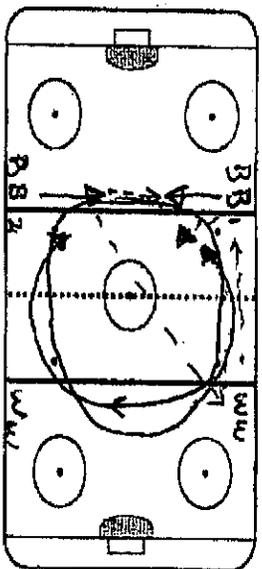


# UBC HKY - PRACTICE PLANNERS



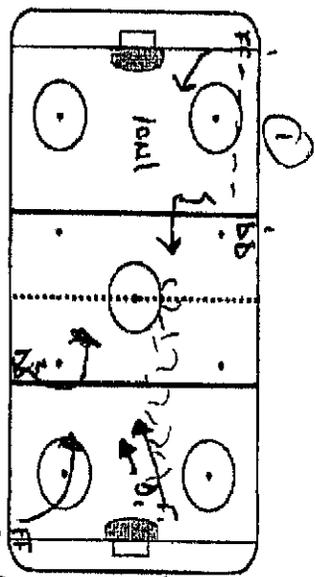
DATE: \_\_\_\_\_ Duration: \_\_\_\_\_ OBJECTIVES: \_\_\_\_\_

Drill: Zone Passing Drill Time: \_\_\_\_\_  
 B2 cross-drop puck to each other, pass to anyone in line, puck moves around players as B2 skate around dots - get pass back and attack Zone 0, whistle then skate goes



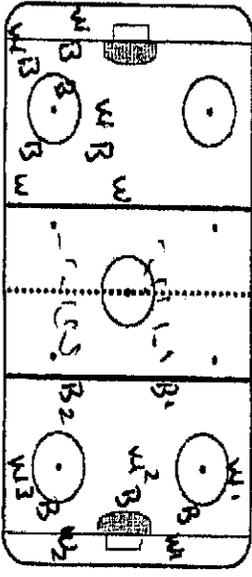
KTP: Passing - Be Ready To Move For Pass

Drill: Low with backchecker Time: \_\_\_\_\_  
 1 F1 play D1 low - whistle  
 2 F2 play D2 F1 backcheck D1 jump up  
 Play on whistle - LOTS OF FLOW



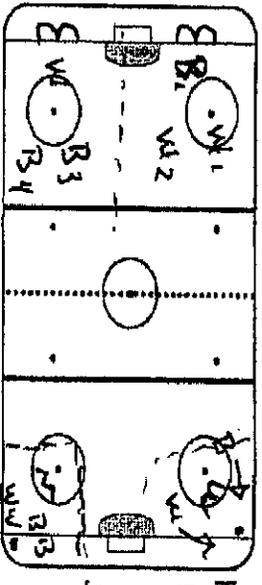
KTP: Defensive Drill - 3 inside dots - F backcheck support

Drill: 5 on 5 Rush - D zone Time: \_\_\_\_\_  
 - whistle W123 Attack B12 3 on 2  
 B123 backcheck D123 jump up.  
 - Play rush out - whistle  
 - Play D zone 5 on 5 after rush  
 \* AND PUCK IN ZONE 1E WANT RESOUND AFTER D ZONE



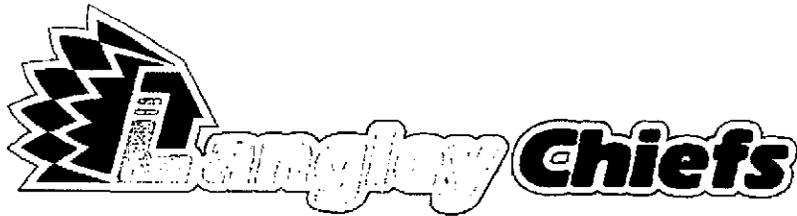
KTP: BACKCHECK - PICKUP THROUGH MIDDLE - SHOOT PUCK - MID LANE DRIVE OVER RUSH

Drill: SKILL - GAME GOAL Time: \_\_\_\_\_  
 W12 - Play zone vt D1. B1 get puck he must pass to F324  
 Neither team can cross mid lane



KTP: Active sticks - Passing lanes - Seamy - Battle Small Area

" If you love what you do, you'll never work a day in your life "



Langley Events Centre  
7888 200th Street  
Langley, BC V2Y 1T7

Telephone: 604.532.1999  
Fax: 604.532.9001  
www.langleychiefs.net

TO MR. ENIO SACILOTTO

FROM- WOLFFIE

PAGES -2 including this one

FAX-604-792-4656

COMMENTS

THANKYOU FOR GETTING THIS ALL TOGETHER ENIO,

HAVE A GREAT SEASON GUYS, ANY QUESTIONS LET ME KNOW

BOOK-FIGHT YOUR FEAR AND WIN !!

QUOTE-GIVEN THAT "HOCKEY IS LIFE" AND LIFE IS WHERE WE SPEND TIME BETWEEN  
GAMES, THEN TONIGHT WE LIVE AGAIN !!!!

ALL THE BEST !!!

  
BARRY WOLFF

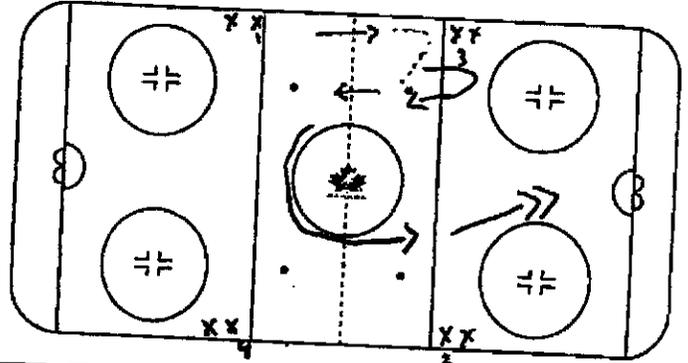


# HOCKEY CANADA COACHING PROGRAM PROGRAMME DES ENTRAÎNEURS

TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

## Skill Drill

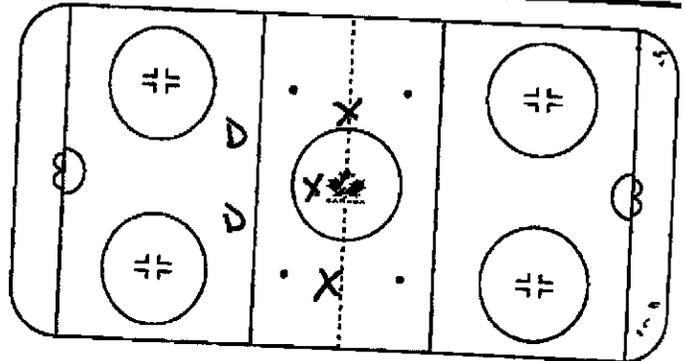
X1 and X2 leave with pucks  
 One touch Pass to X3 and X4 respectively  
 X3 pass Back to X1 as he pivots  
 X1 will pass to line he left From  
 Accelerate around circle GET Pass  
 From X7 line And SHOOT



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

## Team Play Drill

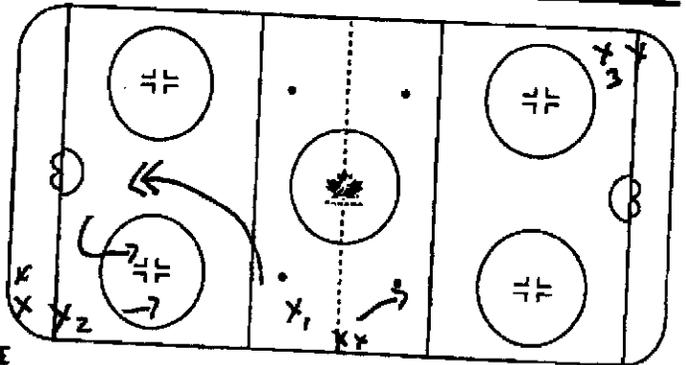
X Dump Puck on Goalie - Goalie Set  
 UP Puck -  
 D - Break out - GO 5-0  
 SCORE - F Go to corner Pass to D  
 SHOT Deflection - F - Go to opposite corner  
 Pass to D - SHOT Deflection  
 G Pass to Fwd - Attack 3 on 2



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

## Favorite Drill

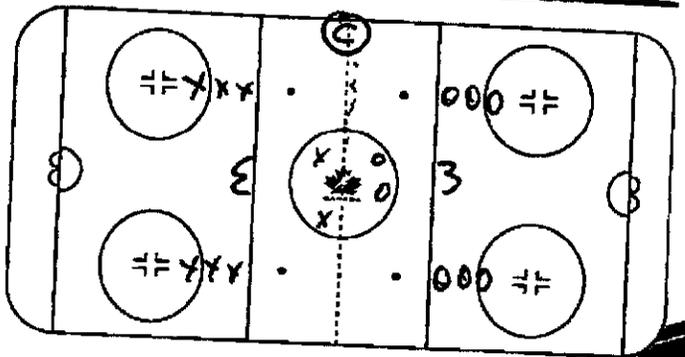
X1 leaves with Puck SHOOTs  
 Plays Rebound - then Curls to X2  
 X1 + X2 Go 2-0 Far End  
 - Play Rebound  
 Then Pick up X3 Attack Far  
 end 3-0  
 \* Then Go opposite - WAY - New From X1 line



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

## Fun Competitive Drill

Coach With Pucks  
 2-2 you can USE next guy  
 in line as a passer  
 They are stationary  
 Coach dumps puck in middle  
 Go till you SCORE





# MICHIGAN STATE UNIVERSITY HOCKEY

Munn Ice Arena, East Lansing, MI 48824  
(517) 355-1639 • Fax: (517) 432-1879

Member: Central Collegiate Hockey Association

National Champions

1966, 1986, 2007

CCHA Champions

1985, 1986, 1989, 1990  
1998, 1999, 2001

NCAA Frozen Four

1959, 1966, 1967, 1984  
1986, 1987, 1989, 1992  
1999, 2001, 2007

CCHA Tournament Champions

1982, 1983, 1984, 1985, 1987, 1989  
1990, 1998, 2000, 2001, 2006

RICK COMLEY, HEAD COACH  
National Coach of the Year - 1980-1991

Fax # 517 432-1879

FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40

- just put this sequence of numbers on the  
locker room board

- you get lots of guesses and lots of wondering  
Answer - 4 lines going 40 sec at a time.

Book - Open by Andre Agassi

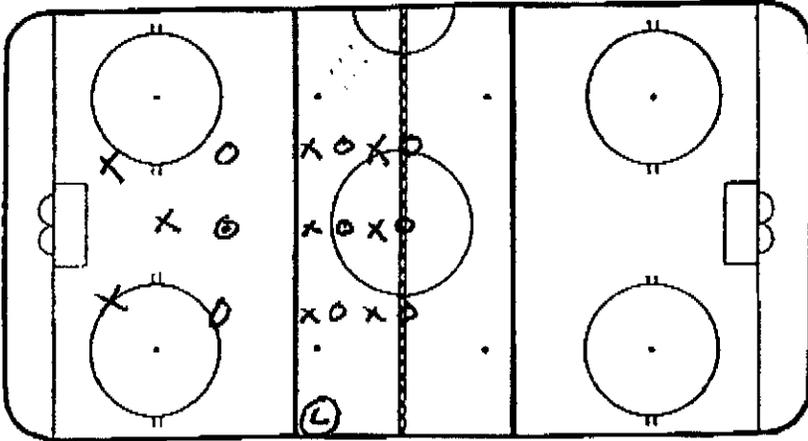
If you do not receive all pages from this transmission, or if you have any questions, please call  
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO  
EXCELLENCE**



System / Drill

Competitive  
3v3 Continuous

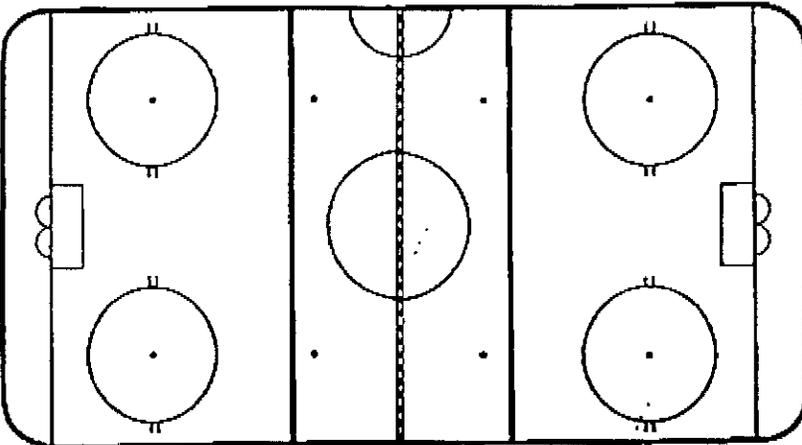


Description

O's start on ~~offense~~  
 offense. X's in Defense  
 X's must get puck and  
 make tape to tape pass  
 with X's in line  
 X's in line receive puck  
 attach O's 3v3.

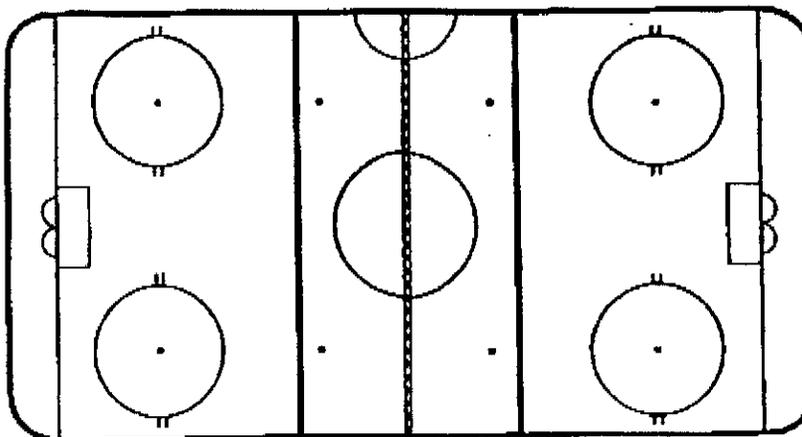
\* if not a tape to tape  
 pass (C) puts in new  
 puck same players  
 \* if goal is scored (C) puts  
 new puck in same players

Notes/Comments



Notes/Comments

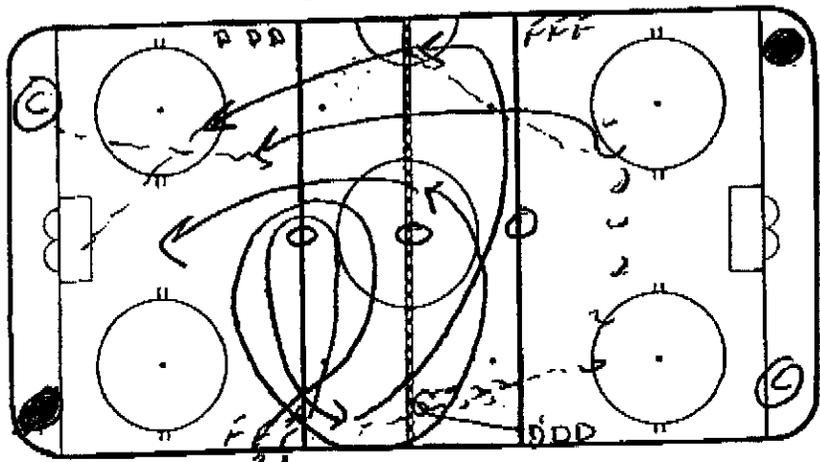
Description



Notes/Comments

Description

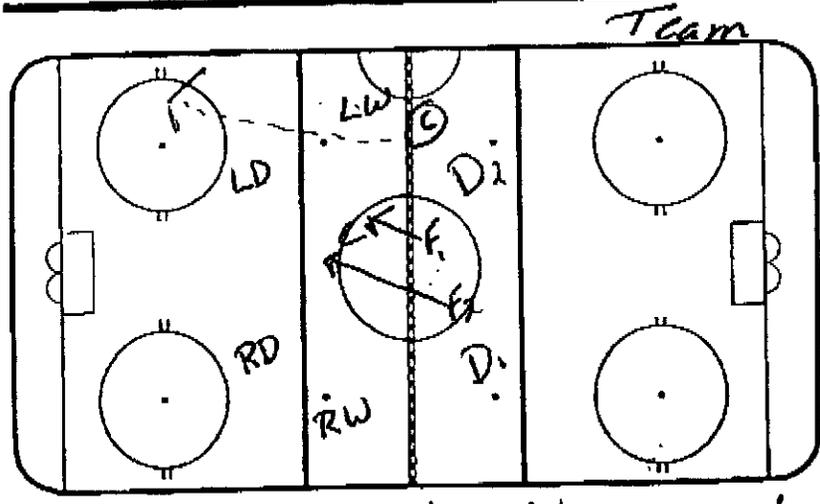
# System / Drill J. Nights Drill (Skill)



**Description**

- F1 around tire with puck
- F2 follows him (no puck)
- D1 up to RL transition back
- F1 to D1 who travels laterally
- F1 to wall F2 middle lane support D1 to F1 or F2
- F3 shot D to BL pass from C

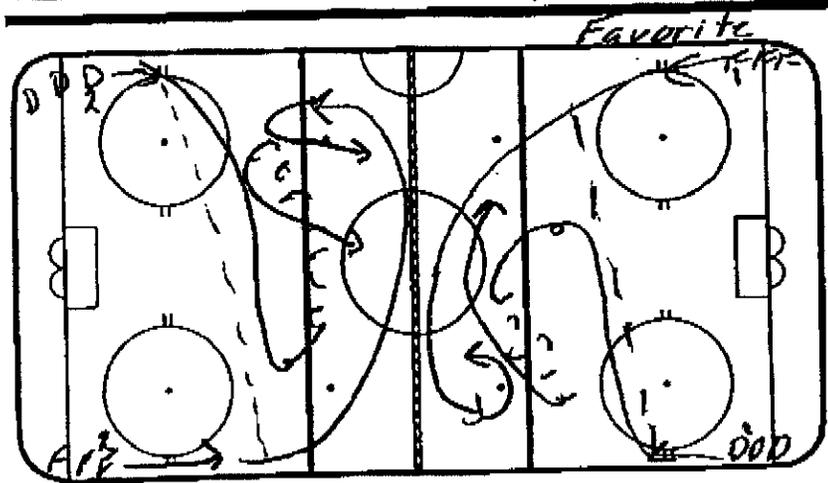
**Notes/Comments** Both sides go at same time start on whistle



**Description** 5v4

- C Dumps Puck
- F1 F2 4' Hard
- Unit of 5 Breaks out
- F1 Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to BD. on 2nd Dumps puck
- F1 & F2 4' hard again
- F2 comes back hard to play 5v3 in the OZ

**Notes/Comments** good conditioning and both offensive and defensive Team Play.



**Description** Loop 1v1 Transition Whistle.

- D take a couple step snaps puck to F
- F Loops in NZ
- D gaps up mirrors F and plays F 1v1
- Whistle!!
- F1 cuts & back hard and attacks D2 1v1 D2 take ice b
- F2 attacks D1 1v1

could have 2 or 3 transitions

**Notes/Comments**

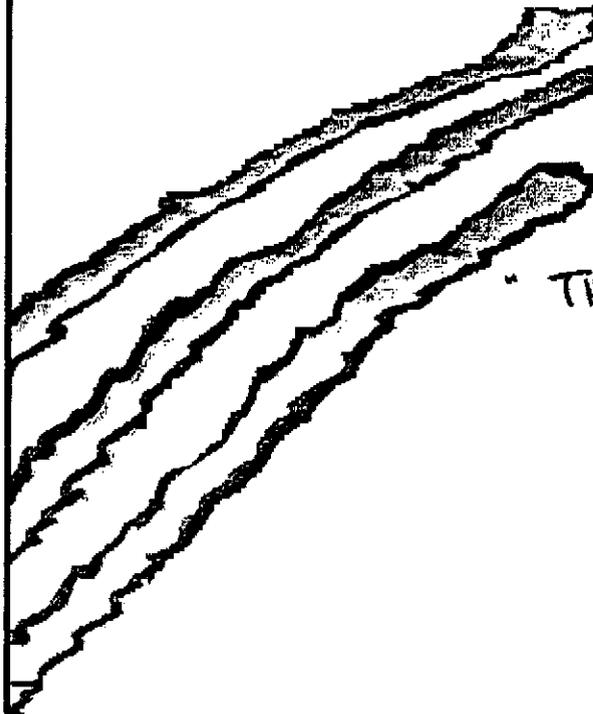


DATE: DEC 4 /10

TO: BRINS ATTN: ENJO	FROM: Danny FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

Urgent   
 For Review   
 Please Comment   
 Please Reply   
 Please Recycle



BEST OF LUCK W THE

2ND HALF...

DANNY

"THERE IS MORE TO LIFE THAN JUST HOCKEY... BUT THERE IS WAY MORE TO HOCKEY THAN JUST HOCKEY"

- ~ 10/11 SEASON TICKETS ~ FLEX PACKS ~
- GROUP TICKETS ~ BIRTHDAYS ~ 7<sup>TH</sup> PLAYER ~
- ~ SKATE WITH THE CATS ~ CHARITY BEAR
- ~ SKILLS COMPETITION ~ READING IS WILD ~
- ~ AND MORE!! ~

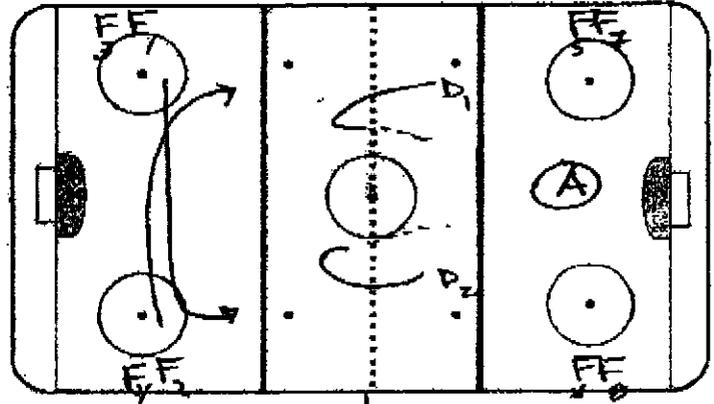
[www.moncton-wildcats.com](http://www.moncton-wildcats.com)



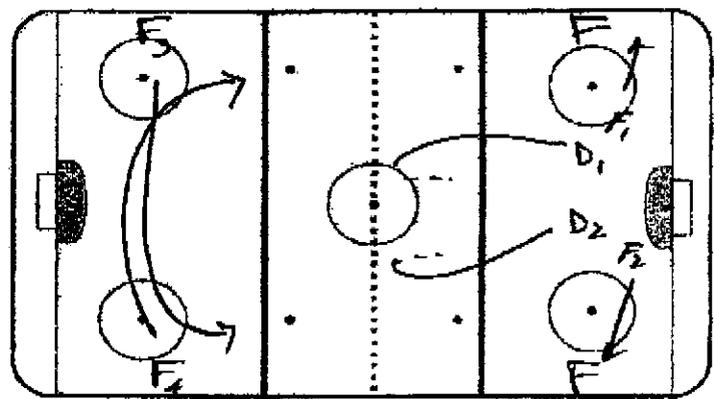
**NEW YORK ISLANDERS**

1

2u2x2  
 A/ F1F2 cross below ringette line  
 ; D1D2 get up for 2u2  
 on whistle  
 B/ whistle to end 2u2; D1D2  
 hustled to get up on 2 and  
 2u2 from initial end (F3F4)

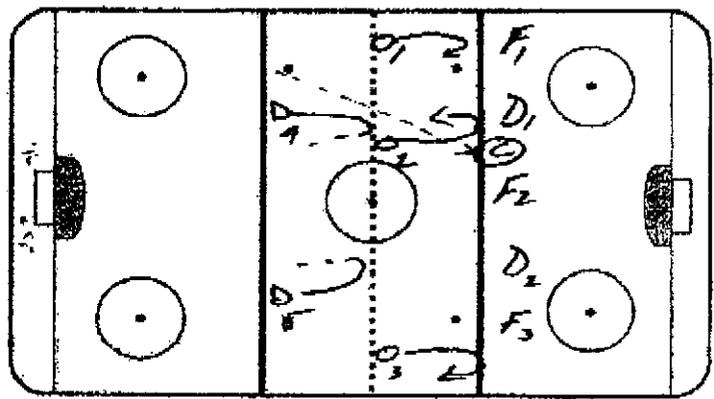


\* ALTERNATE SIDS  
 • great for D's 2u2 skills

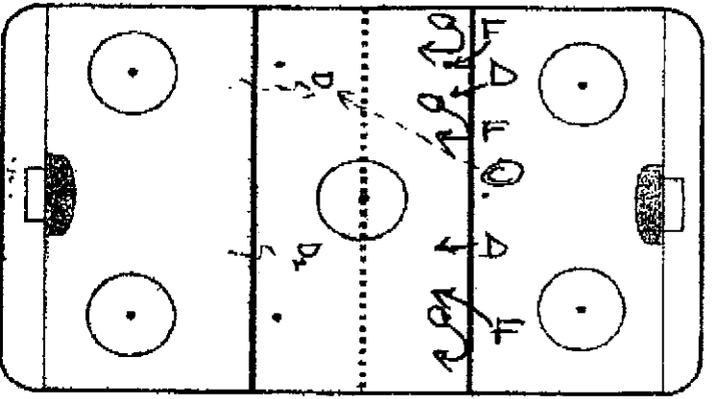


2

N-Z. TURKBACK DRILL  
 • O's wheel ; B/AST SVO  
 (sticks behind net)  
 • O's give puck to (C) when they  
 reach 1st B/line  
 • O1,2,3 (F1,2,3) must tag for  
 blue line; O4,5 must dash RED



• (C) spots puck / passes to O4,5  
 and F1,2,3 D1,2 work N-Z F/C  
 • play out N-Z 60S / whistle  
 • O's head back to DZ ;  
 breakout for 2 and time / F1,2  
 go back to initial standing  
 point for REPEAT REP



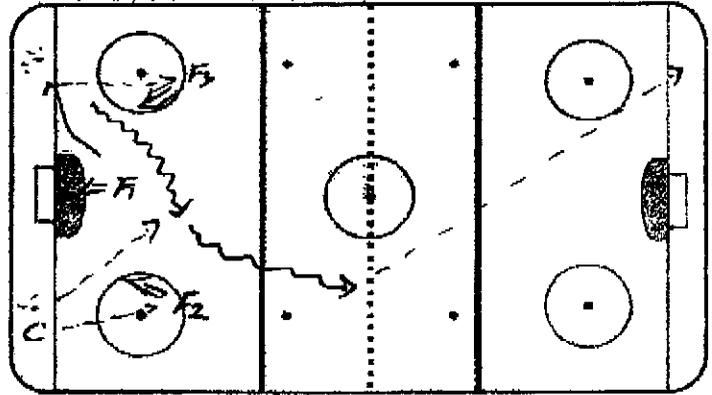
• EACH LINE 2 REPS on O's D when change

5x5  
 N/Z

NEW YORK ISLANDERS

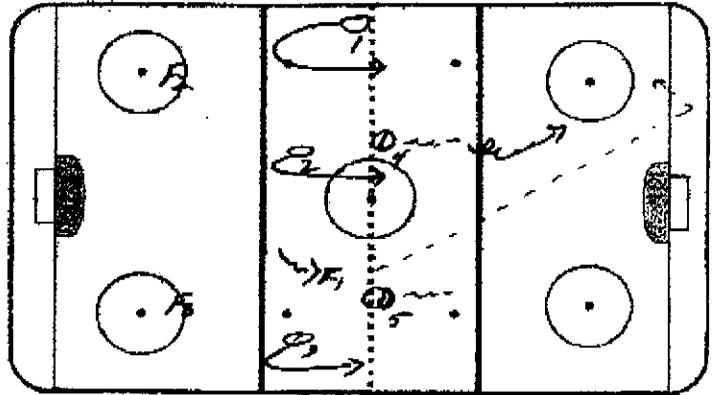
③ F/C X1/X2 CONTINUOUS DRILL

- F<sub>1</sub> shoots; becomes passes ft. corner
- O → F<sub>2</sub> / shot... top of circles
- F<sub>1</sub> → F<sub>3</sub> / shot... top / circles
- F<sub>1</sub> cuts through slot; O → F<sub>1</sub>
- F<sub>1</sub> dumps; FORCIBOX 105



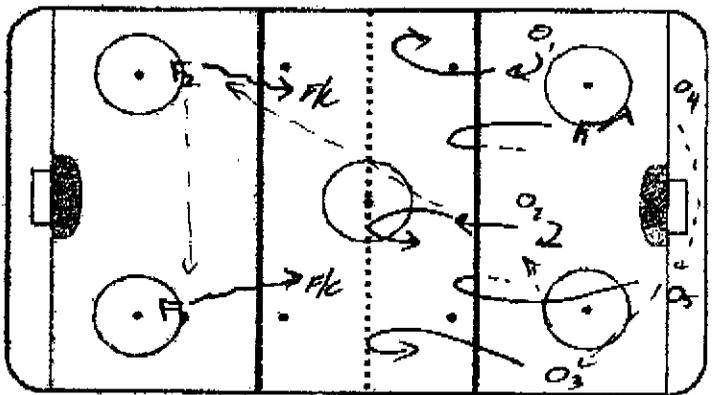
④

- F<sub>1</sub> FK 105 vs O<sub>12345</sub>
- O's must not be inside blue line before F<sub>1</sub> dump! (gap)
- O<sub>123</sub> breakout / F<sub>1</sub> done
- O's give puck to F<sub>2</sub> & F<sub>3</sub> by redline



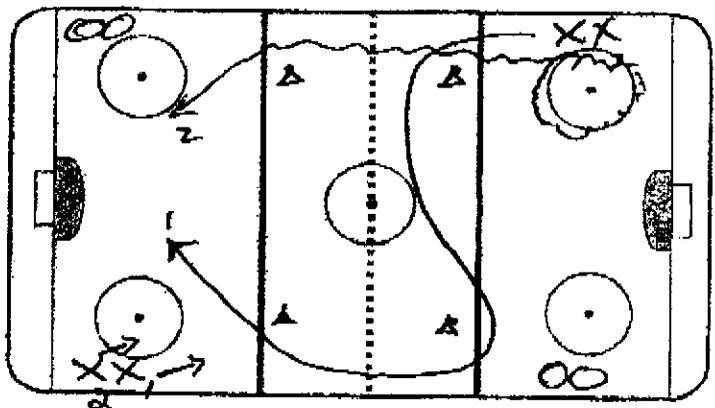
⑤

- F<sub>2</sub> F<sub>3</sub> make 1 pass then FK 205 (dump at red)
- O<sub>123</sub> must dog redline; O<sub>45</sub> must gap up to at least b/line
- F<sub>2</sub> F<sub>3</sub> F/C 205 vs O's
- \* O's D/OUT 2nd time / JAW ICE FOR 3 / shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

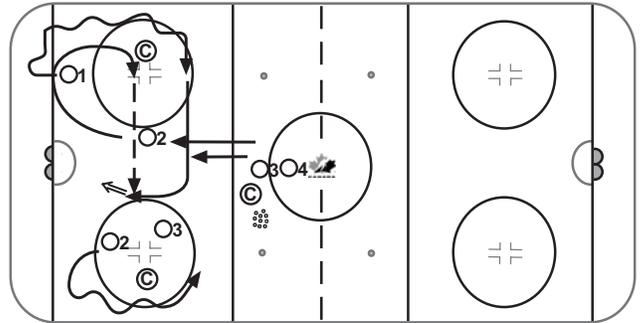
- whistle; X<sub>1</sub> X<sub>2</sub> fr. 2 sides
- X<sub>1</sub> around dots / shoot #1
- X<sub>2</sub> arc circle (Fund-Bases-Funds) then head up ice @ slot #2
- O's next whistle...
- stress 'quick ft i speed'



Quote: ***“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has”*** – Margaret Mead

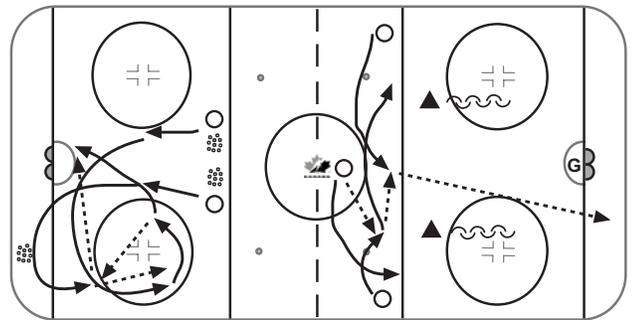
Skill Drill

Drill Name & Description	
10	2 vs 0 continuous cycle
<p>Coach spots a puck in the corner.            O1 cycles to O2            O1 goes to the front of the net.            O2 passes to O1 for a shot.            Coach spots puck in opposite corner            O2cycles to O3            O2goes to the front of the net.            O3passes to O3for a shot.            Continuous.            Progression: coach pressure on walks.            Key Points: walk lanes and cycle (hand positioning on cycle pass)            Use of support and shooting skills, communication.</p>	



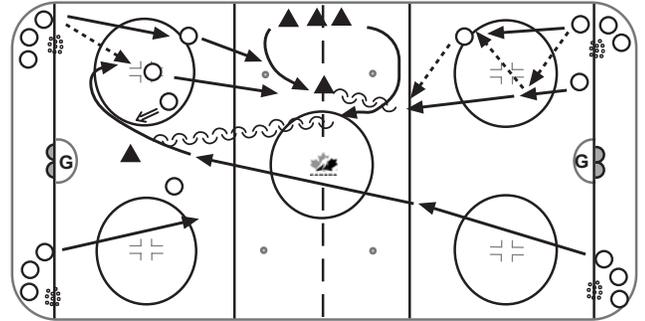
Team Drill

Time	Description	Key Points
15	Triple Shot Backdoor / Breakout X 4	
A)	<ol style="list-style-type: none"> <li>Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck.</li> <li>Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door.</li> </ol>	
B)	<ol style="list-style-type: none"> <li>Breakout 4 times end with 3 on 2</li> <li>Quick up – Wheel – Over – Reverse.</li> <li>Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again</li> </ol>	



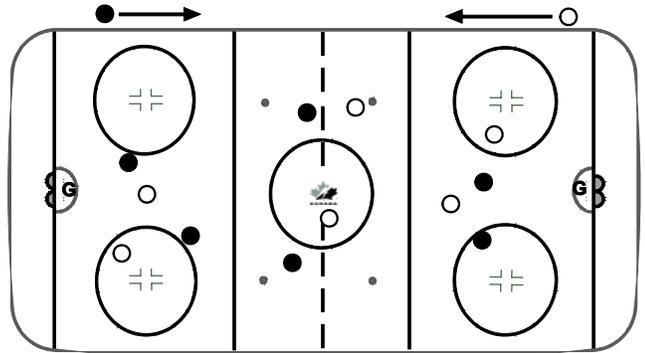
Favorite Drill

Time	Description	Key Points
10	<b>Full Ice Backcheck</b>	
	<p>1) Forwards in all 4 Corners, D at red line</p> <p>2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.</p> <p>3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.</p>	



Fun Game

Time	Drill Name & Description	Key Points
5	<b>Three zone scrimmage</b>	
	<p>Divide each team into three groups – one for each zone. Each group must remain in their own zone. The puck is advanced from zone to zone by passing to a teammate in the adjacent zone. A turnover and the puck goes in the opposite direction. Rotate zones after each goal</p>	



**Progression:**

One pass per zone. Must make a pass before scoring a goal. Second puck.

**Categories**

Collective tactics

**Drill Title :** FULL ICE WARM UP

full ice warm up

**Components :** FWDS / D'S ALL ONE END

**Content elements :**

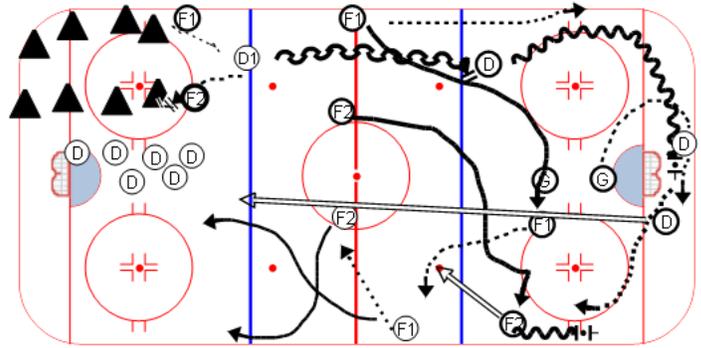
**Description**

F1/F2 Pepper pass with D1 till red line;  
F1 must hard rim to goaltender who  
stops puck behind net

D1 has pivoted and wheels...and passes  
to F2 who passes to F1...change lane to  
other end

while D1 sprints to far blue line.  
(whistle drill)

**Key Points**

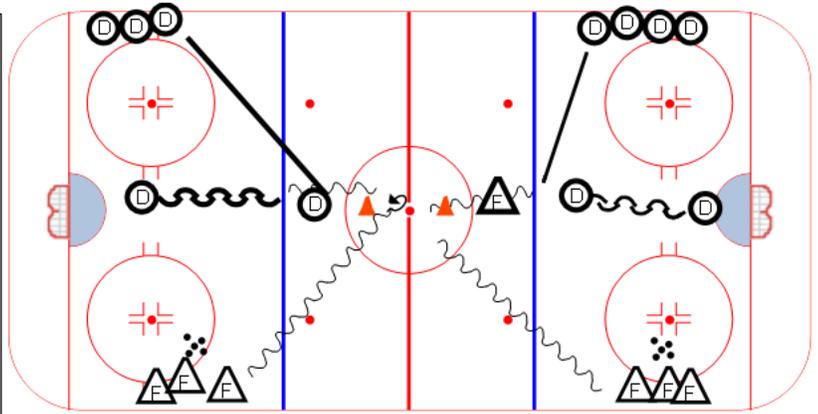
**Title :** GAP DRILL PART I

**Category #1 :** Quick Feet D-man drill

**Category #2 :** Def drill

**Description**

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



**Key points :**

--	--	--	--

**Title :** GAP DRILL PART II

**Category #1 :**

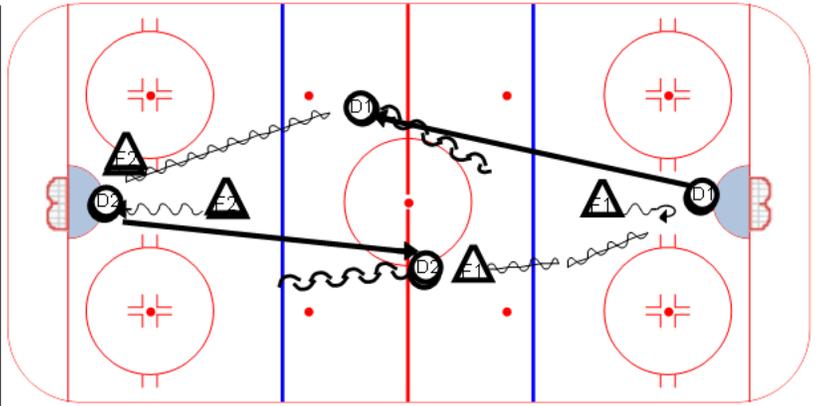
Quick Feet D-man drill

**Category #2 :**

Def drill

**Description**

GAP DRILL PART II-F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



**Key points :**

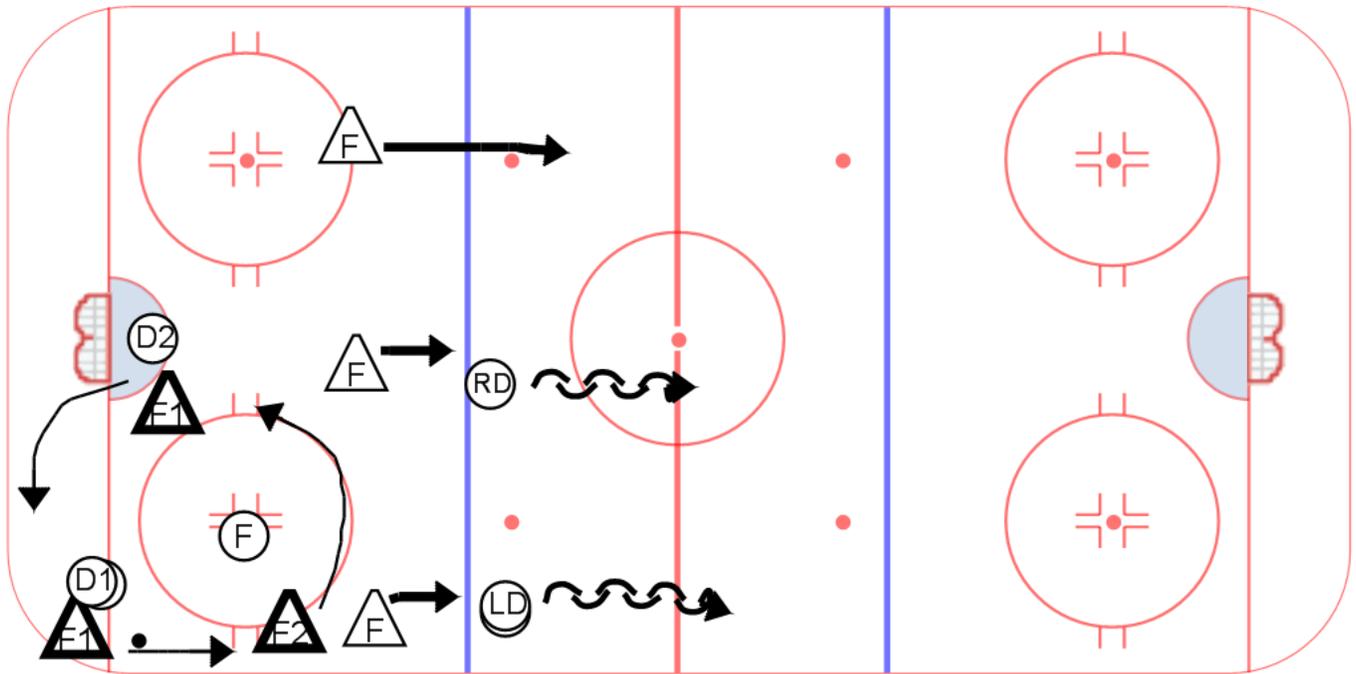
Category #1 : TEAM DRILL

Title : FULL ICE 3:3 LOW ( PART I)

Category #2 : -BATTLING/RUSH DRILL

Content elements :

Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description



will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

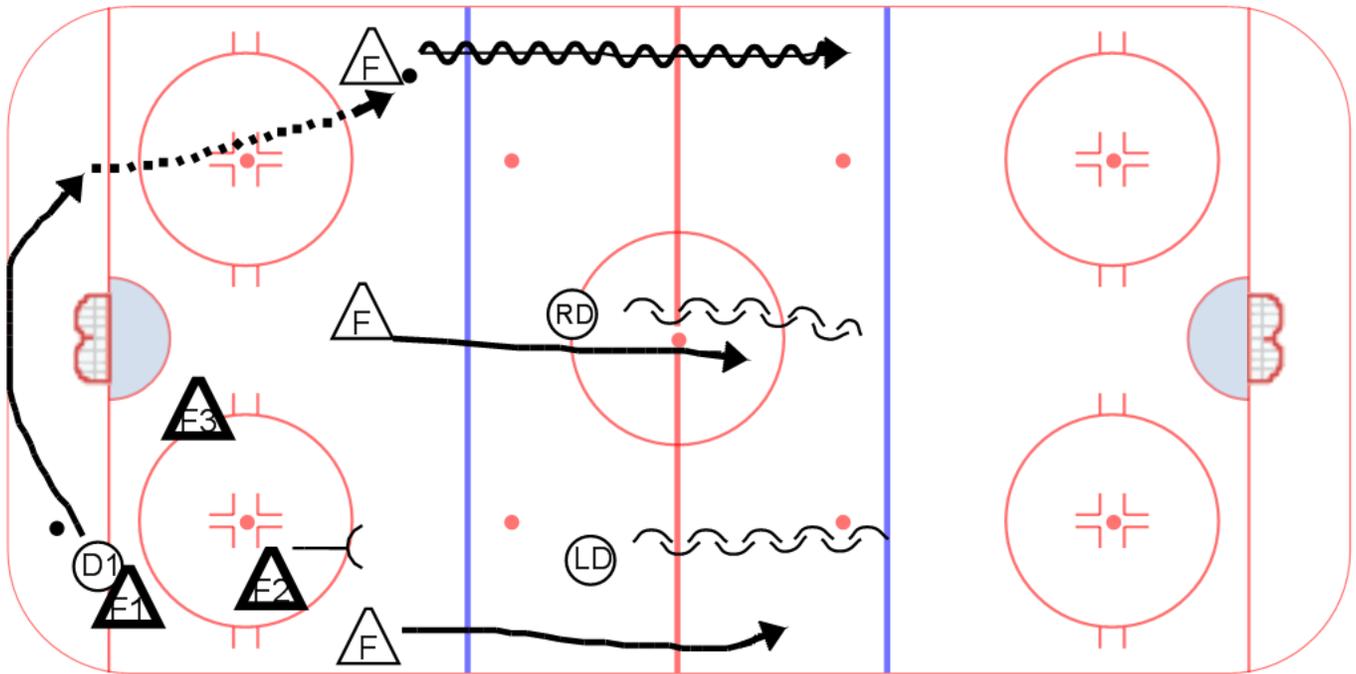
NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES )

Category #1 :

Title : FULL ICE 3:3 ( PART II)

Category #2 :

Content elements : \_\_\_\_\_ Components: \_\_\_\_\_



Key points :

Description

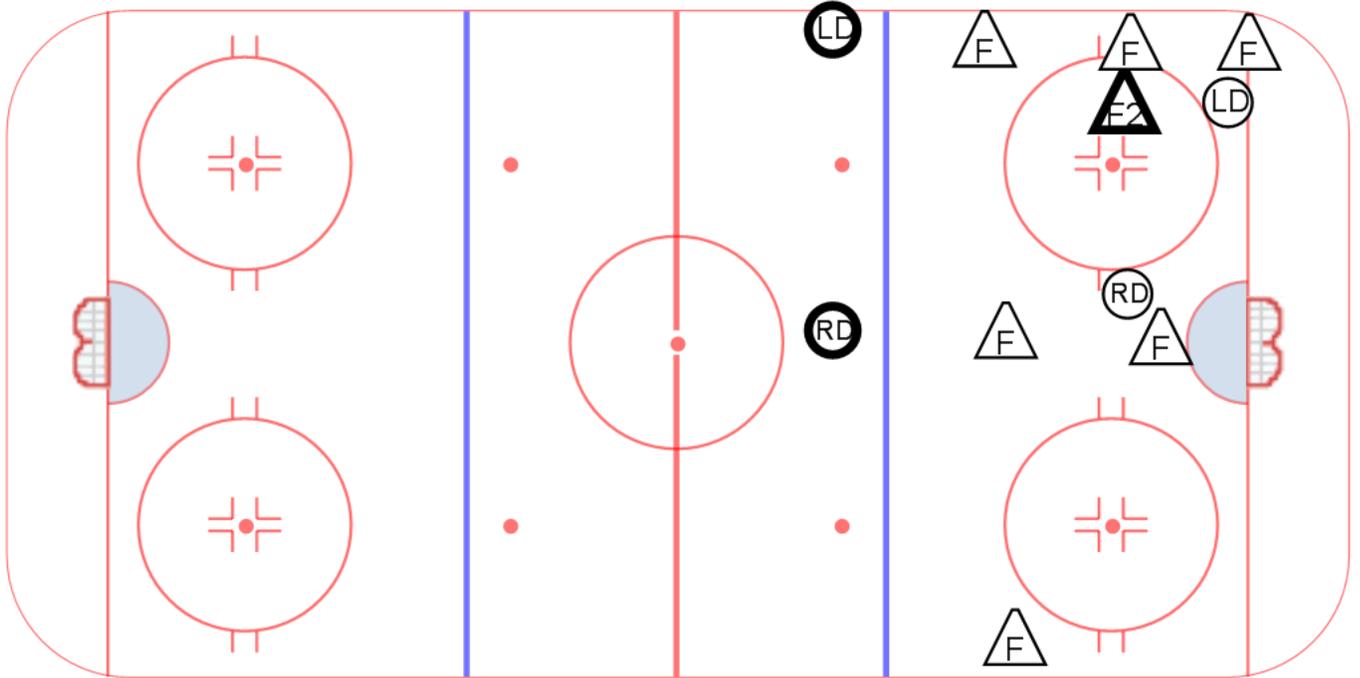
Category #1 :

Title : FULL ICE 3:3 LOW PART III

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

Description

**Title :** SMALL ZONE 1:1 GAMES

**Category #1 :**

BATTLING DRILL

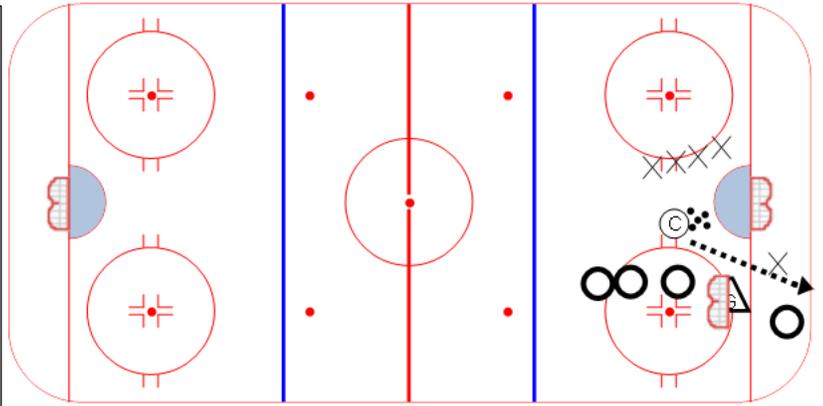
**Category #2 :**

COMP DRILLS

**Description**

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



**Key points :**

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: \_\_\_\_\_

# Sweedish Wheel 2v1 SKILL

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_

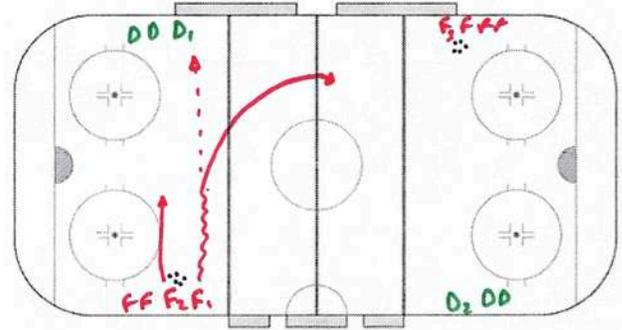


INJURED: \_\_\_\_\_



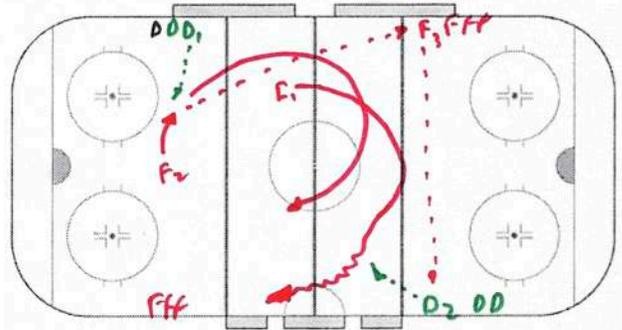
### NOTES:

- F<sub>1</sub> skates w/ puck and passes to D<sub>1</sub>.
- D<sub>1</sub> one touches pass to F<sub>2</sub> coming to mid ice
- 



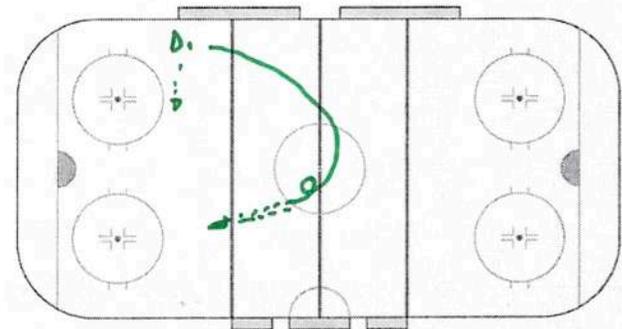
### NOTES:

- F<sub>2</sub> one touches puck to F<sub>3</sub>
- F<sub>3</sub> passes directly to D<sub>2</sub> who then bumps puck up middle to F<sub>1</sub>
- F<sub>2</sub> supports F<sub>1</sub>



### NOTES:

- D<sub>1</sub> closes gap after his pass and takes the 2v1 back to his end.



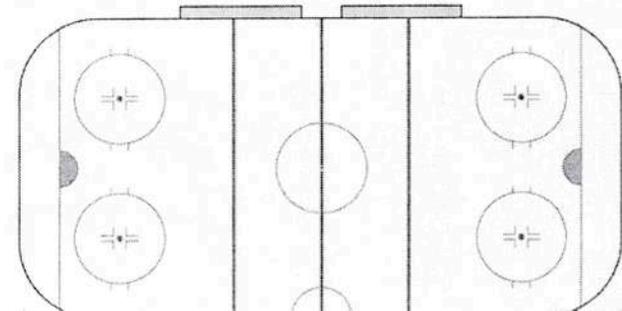
### NOTES:

- Full Drill Drawn.



### NOTES:

- One touch passes → crisp and hard
- F<sub>2</sub> support
- D's close gap on 2v1.



# GOLDEN Puck (Competitive)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

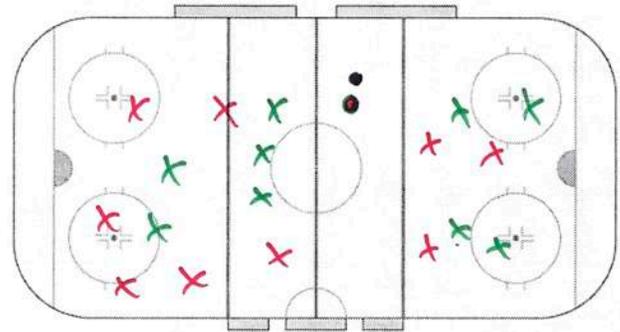




INJURED:

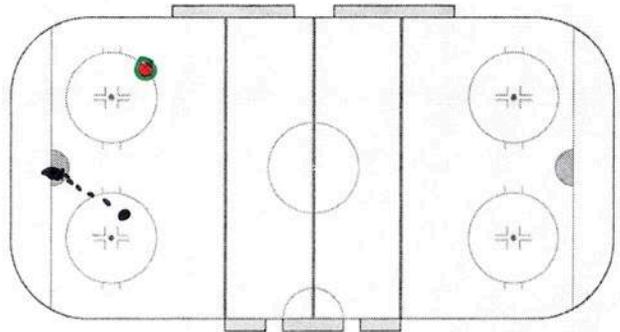
## NOTES:

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



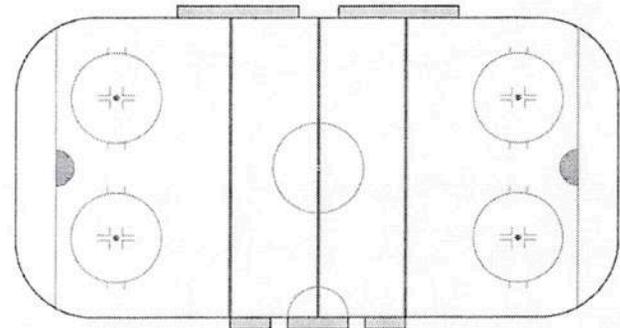
## NOTES:

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



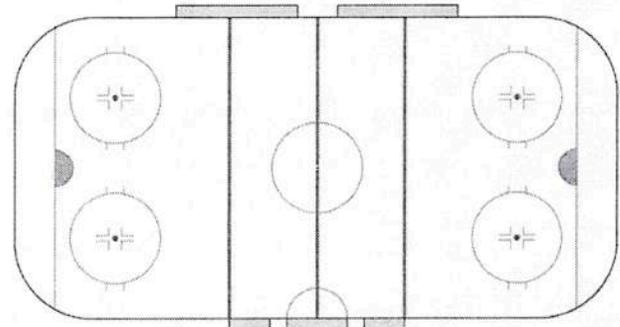
## NOTES:

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

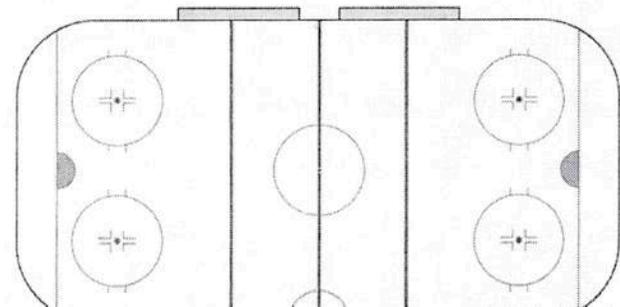


## NOTES:

- Play game to 3 (could last 20min)



## NOTES:



Hamburg 2 vs 1 (FAVORITE)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

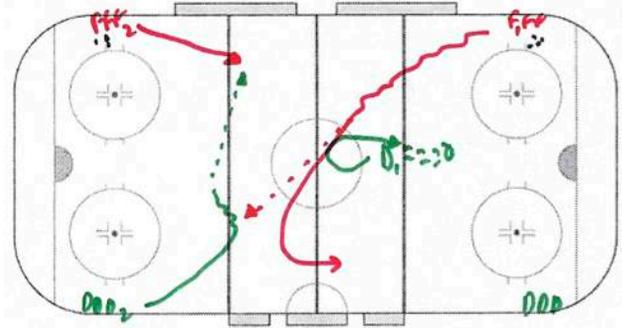




INJURED:

NOTES:

- F<sub>1</sub> starts drill w/puck → skates to opposite end and passes to D<sub>2</sub>
- D<sub>2</sub> passes to F<sub>2</sub> breaking up-ice
- D<sub>1</sub> takes 2 vs 1 back.



NOTES:

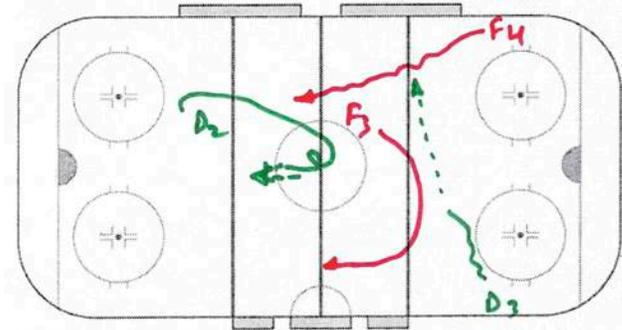
\* Drill Continues \*

- D<sub>2</sub> does give and go pass w/F<sub>3</sub> then D<sub>2</sub> heads up mid-ice to close gap.
- F<sub>3</sub> passes to P<sub>3</sub>



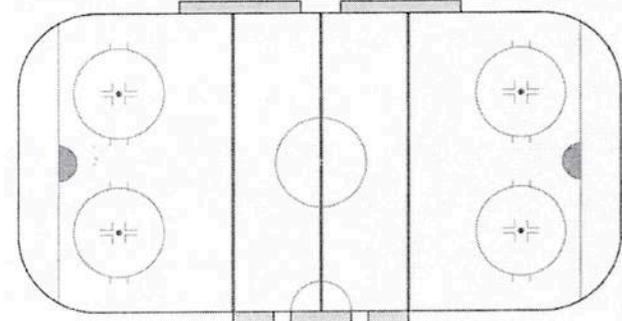
NOTES:

- D<sub>3</sub> passes to F<sub>4</sub> breaking up-ice.
- F<sub>4</sub> and F<sub>3</sub> take 2 vs 1 on D<sub>2</sub>



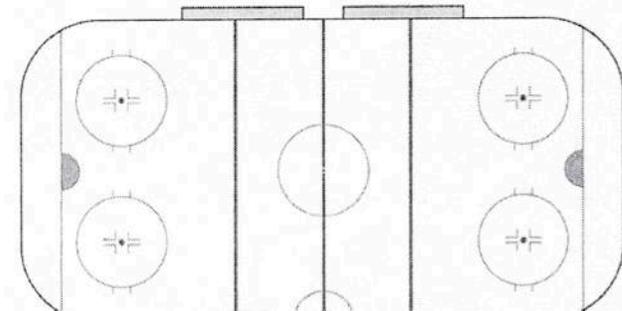
NOTES:

- Continuous Drill
- crisp passes } Forward.
- timing } Keys \*



NOTES:

D<sub>i</sub> → CLOSE GAP → MAKE QUICK AND CRISP PASSES



DATUM: \_\_\_\_\_

2 Puck → Break-out → No SHOT (Teamwork)

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_



INJURED: \_\_\_\_\_



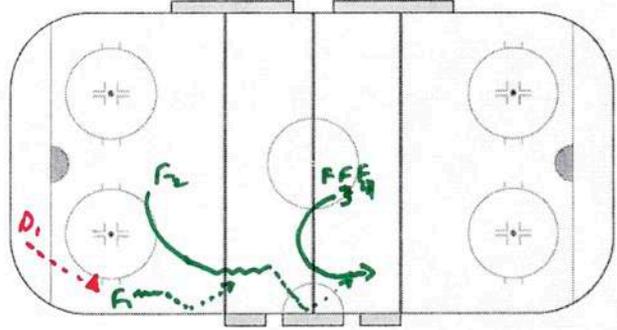
NOTES:

- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F<sub>1</sub> starts w/ puck and dumps to Goalie. → then Supports Break-out
- D<sub>1</sub> retrieves puck for Break-out



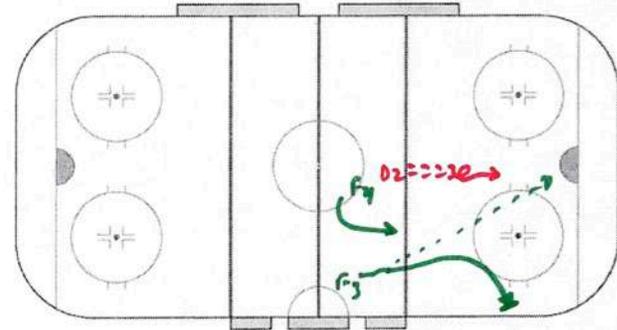
NOTES:

- D<sub>1</sub> breaks-out to F<sub>1</sub> then returns to line.
- F<sub>1</sub> chips past simulated pinching D.
- F<sub>2</sub> supports chip then chips to F<sub>3</sub>



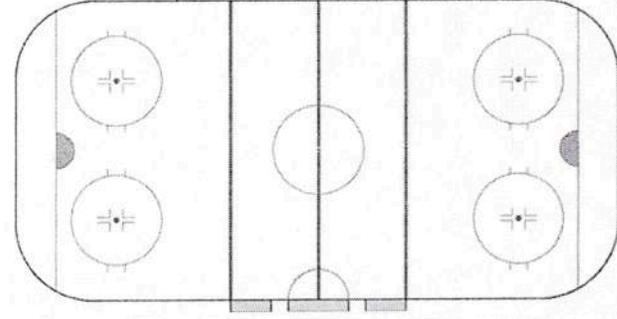
NOTES:

- F<sub>3</sub> continues drill in opposite direction with F<sub>4</sub> and D<sub>2</sub>.



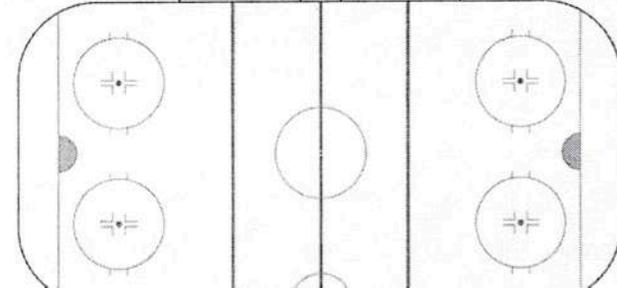
NOTES:

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



NOTES:

- \* Two Puck Drill → no shots on net (only dumps to Goalie) \*
- Good warm-up / Break-out Route drill \*



# Fax

To: Enio From: Terry Rhindress Acadie Bathurst Titan

---

Fax: 604-792-4656 Pages: 3

---

Phone: Date: Jan 01, 2011

---

Re: Drill of Week Club cc:

---

Enio,

Very sorry didn't get these to you in December was a busy month.  
Thanks for all you work putting this together.

Book:

The 360 Degree Leader  
John Maxwell.

Quote:

Those who makes excuses all the time, seldom succeed.

Author: Unknown.

Best of luck to everyone in 2011, good luck through the playoff stretch.

Terry Rhindress  
Asst Coach Le Acadie Bathurst Titan  
506-874-0744 ( cell )



---



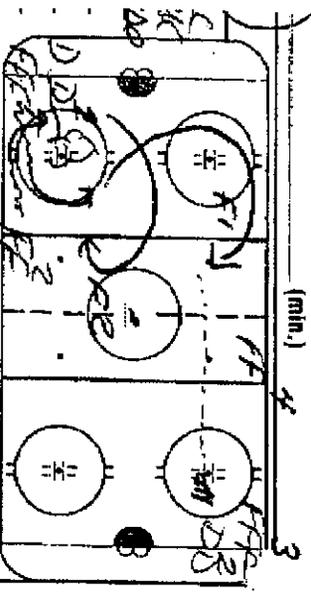
# Atlantic Centre of Excellence Centre d'Excellence de l'Atlantique

125 Station Street, Saint John, NB • E-L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641  
E-mail: [acoehoc@nbnet.nb.ca](mailto:acoehoc@nbnet.nb.ca) • [www.canadianhockey.ca](http://www.canadianhockey.ca)



2 vs 1 Continuous

- F1 starts up the wall and drops the puck for F2 who will
- Come down the wall, then they will attack D1, 2vs1 down low
- Then F1&F2 will come outside the blue line to get a pass from D2
- Out of the far corner and attack 2vs1 again, then the other end starts
- 2vs1 down low, then gets pass from D in other end and attacks, this is
- Continuous.

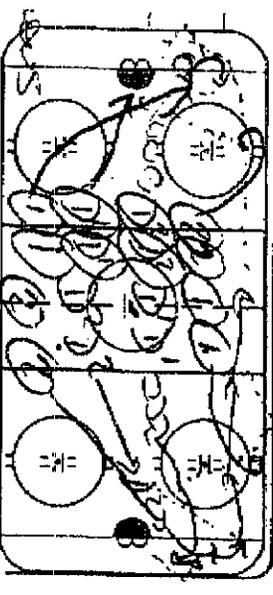


Key Execution Points (KEP)/Points clés d'exécution :

Offense

- D1 retrieves puck in corner & reverses with 2, 2 then passes to
- D2 who one touches to 1 who will dip puck off glass for 2 who
- Skates to red and places the puck in the corner, then this is continuous.

Teaching Points (KTP)/Points clés d'enseignement :

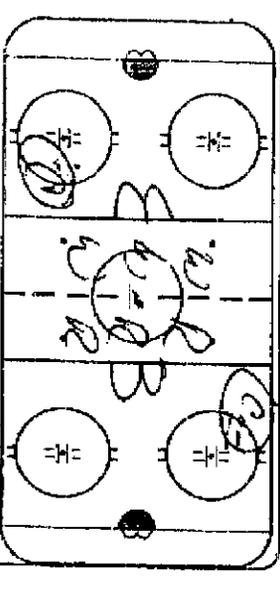


Key Execution Points (KEP)/Points clés d'exécution :

Offense

- Writes vs Reds in neutral zone, the nets are on the blue lines. They play
- Until hear coaches whistle and they will change. There will be coaches
- Inside each blue line to feed new puck when one goes out of play or there
- is a goal.

Key Teaching Points (KTP)/Points clés d'enseignement :



Key Execution Points (KEP)/Points clés d'exécution :

*"Partners in Hockey Development"  
"Partenaires au Développement du Hockey"*



**HOCKEY**  
NOVA SCOTIA



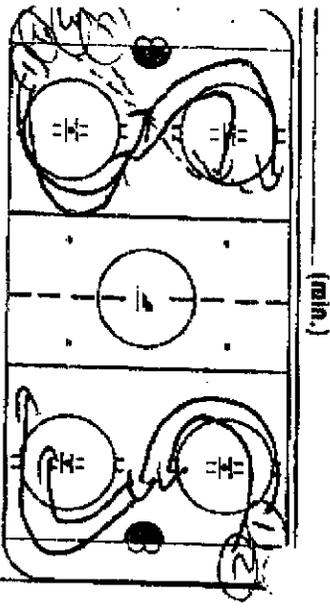


**Centre d'Excellence de l'Atlantique**  
 125 Station Street, Saint John, NB • E2L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641  
 E-mail: aacehoc@nbnet.nb.ca • www.canadianhockey.ca



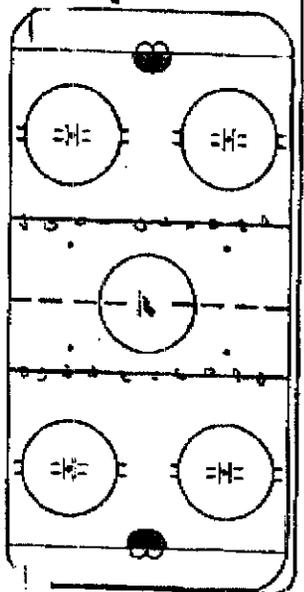
Flow Shooting

Drill starts on coaches whistle. 1 & 2 from both ends will leave, go around top of circle and shoot, continue around the next faceoff dot low and get a pass from the next two players in line. First player will drive wide and second player will time and do middle drive with 1 there for a rebound after he shoots. Players are to stop at the net after shooting.



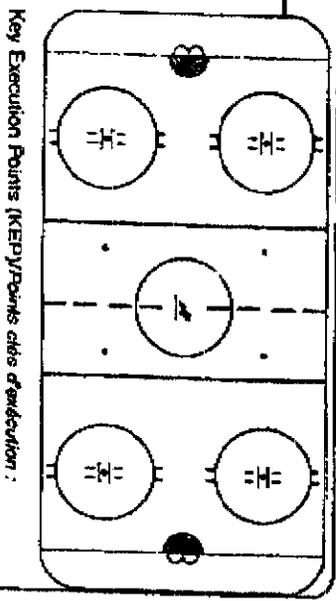
Any Execution Points (KEY) Points also d'execution :

**Time/** Game 10 Pucks  
 Line 10 pucks on each blue line. Whites vs Red  
 All players on bench on coaches whistle it begins  
 If you score you come right back to bench to release other  
 Player, if you don't you have to set puck back on blue line  
 then to bench to release other player. Losing team can untie  
 the winning teams skates for example. First team to score all  
 10 pucks wins



Key Execution Points (KEY) Points also d'execution :  
 WHITE vs RED

**Time/ Temps :** Drill Name/ Exercice :  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Key Execution Points (KEY) Points also d'execution :

Key Teaching Points (KEY) Points also d'enseignement :

*"Partners in Hockey Development"*  
*"Partenaires au Développement du Hockey"*





# Practice Plan

Team: Enio's Drill of the Week

Practice No.: \_\_\_\_\_

Date : 2010-2011

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Bobby Fox

## Objectives / Main tasks :

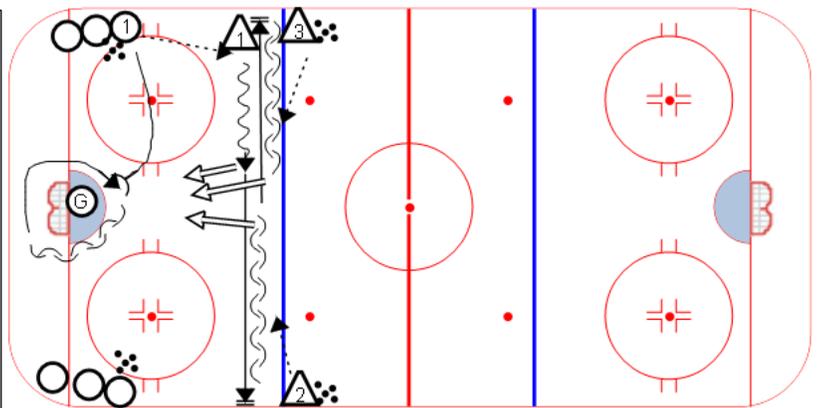
Skill - Wheelhouse Sprint & Shoot  
 Team - USA U18 - 2v1 Cont.  
 Fav - Panthers Combination Drill  
 Fun - Transition Game  
 Quote - "You get the best out of others when you give the best of yourself"

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Wheel House Sprint & Shoo Category #1 :  Category #2 :

### Description

- 1) O1 passes to D1
- 2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
- 4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
- 5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



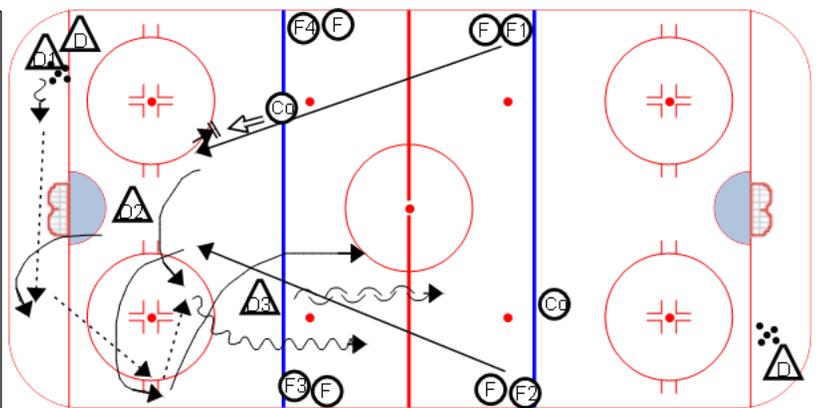
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : USA U18 - 2v1 Cont. Category #1 :  Category #2 :

### Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

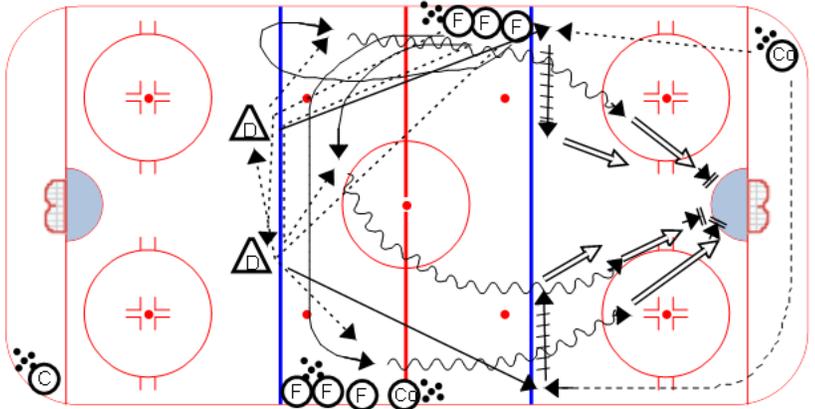
Title : Panthers Combination Category #1 :  Category #2 :

**Description**

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



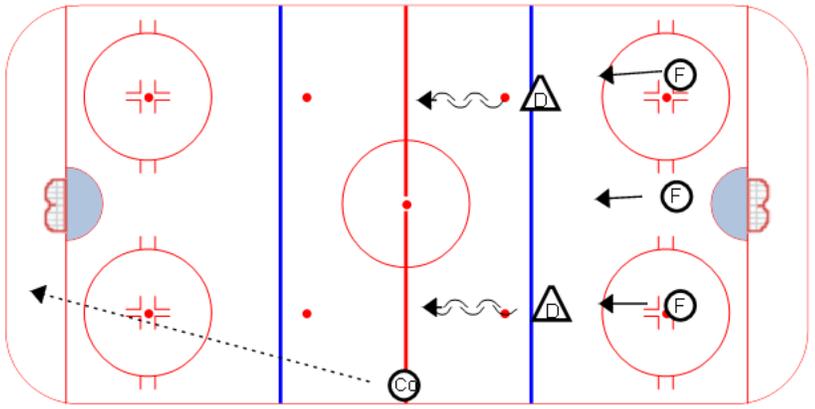
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once both D get their shots off. A puck is shot back down in the original zone and all 5 players do a breakout.



Key points :

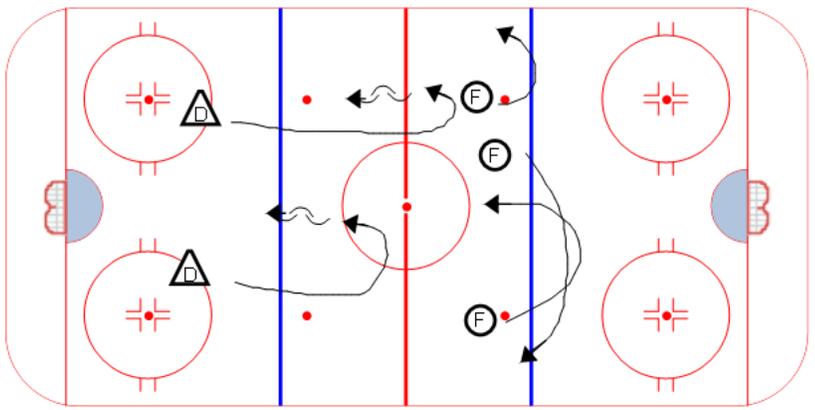
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



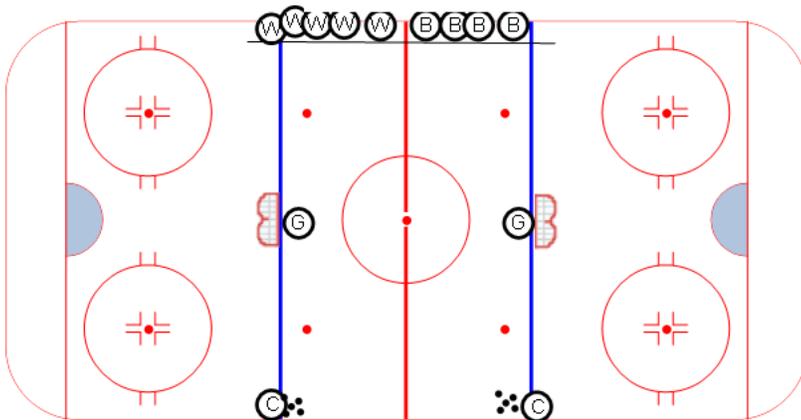
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Transition Game Category #1 : Competitive Game Category #2 : Transition

**Description**

3v3 game in the NZ, rest of players on bench.  
 -if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)  
 -on first whistle, players race to benches  
 - on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck  
 KTP - speed & transition, head on a swivel, "think" the game  
 KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points : \_\_\_\_\_



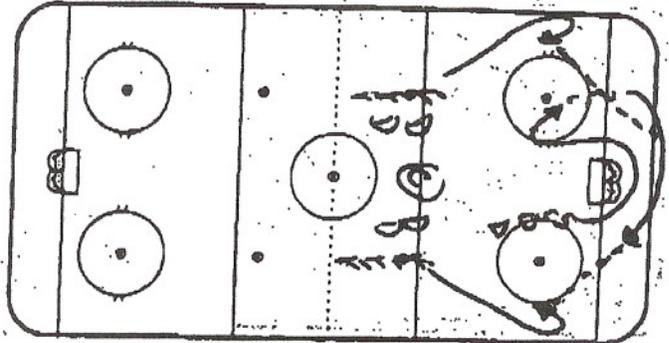
# Canadian Hockey Coaching Program

"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"



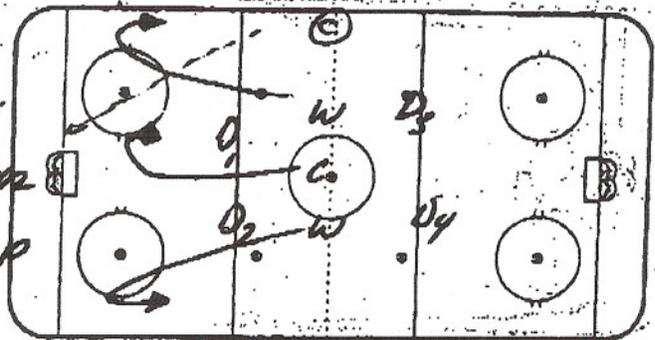
TIME DESCRIPTION KEY POINTS

- ① SKNI DANI USING THE NET
- ① Dumps in:
  - ② BLADES TO RECEIVE PASSES - AROUND NET
  - ③ THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



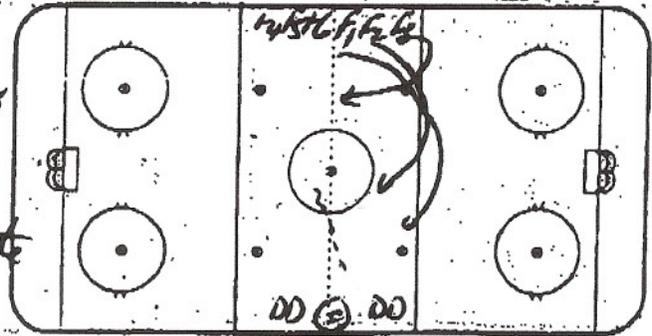
TIME DESCRIPTION KEY POINTS

- ② TEAM PLAY DANI
- NZ LEADUP ON WHITE
  - ① Dumps - ⑤ PASSES UNIT
  - ATTACK D3-D4 - 5V5
  - ON WHITE TEAM AND LEADUP WITH D1-D2
  - THEN RE-ATTACK D3-D4
  - \* WATCH FOR PROPER LEADS ON LEADUP
  - ② DICTATES NUMBER OF LEADS
  - ACCORD TO SUB D1-D2 RELEASE



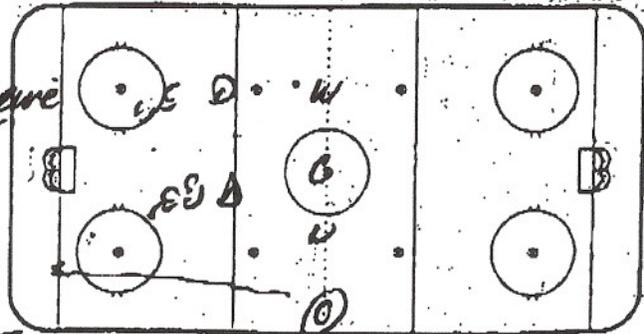
TIME DESCRIPTION KEY POINTS

- ③ 3V5 - 3V1
- 3V5 CONTINUOUS
  - ① SPOTS PUCK IN NZ FIRST ATTACK 3V5
  - ② SPOTS 2ND PUCK - D JUMP IN - 3V1
  - ③ SPOTS 3RD PUCK D12 JUMP IN 3V2
  - ONE FIRST UNIT CROOKS LED ON 3V2
  - NEXT UNIT COMMENCES 3V5
  - CONTINUOUS



TIME DESCRIPTION KEY POINTS

- ④ Few / Competitive
- ① VARIETY OF DUMPS
  - ② PUCK TO RETRIEVE
  - ③ PUCKS FR. D MEN
  - ④ PUCK IF D MEN SHOOT PUCK OUT
  - ⑤ PUCK IF D GOAL OUT
  - ⑥ PUCK IF PUCK'S GOIN OR CATCH
  - ⑦ PUCK IF PUCK STOP
  - GAME TO 15/15
  - LASTE WHITE HANNERS SHOTS
  - AFTER MATCH-E
  - PUCKS IN D MEN





**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**

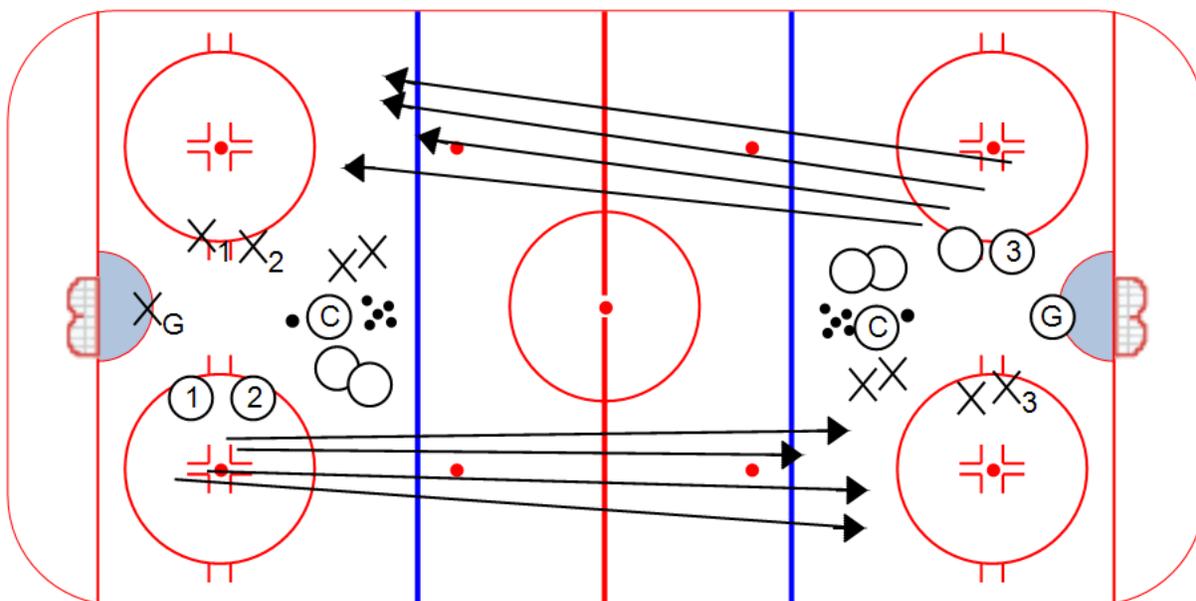
Title : Habs 2vs2 x2

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.

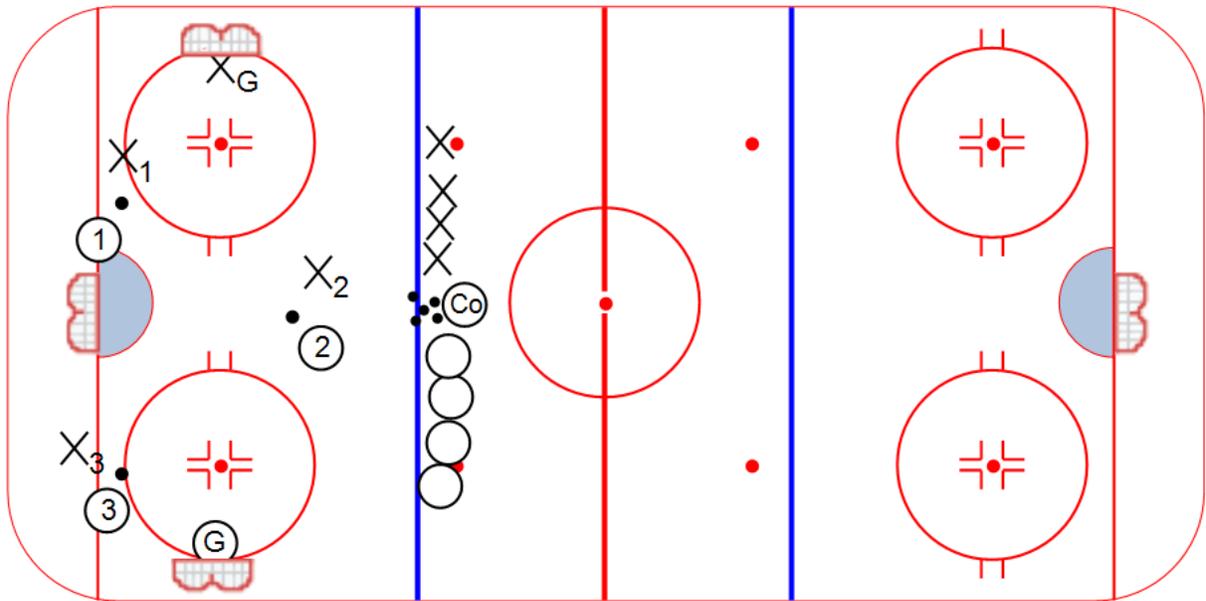
Title : 1v1, 2v2, 3v3

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.

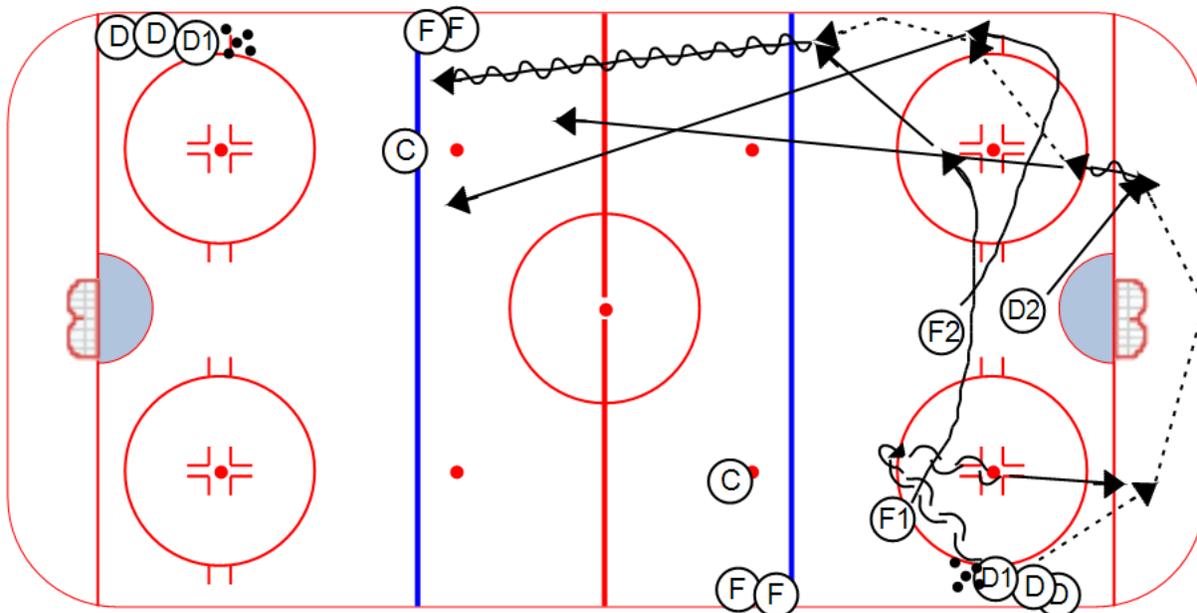
Title : D/Z B/O W/U

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 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





## Sports Motivational Quote

*"Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it."*

Lou Holtz, Football Coach

## Team Building

### Water Hold

**Equipment required:** 30 gallon rubber garbage can, water, and stopwatch

**Description:** Divide the group into two or three teams. Players lie on their backs in a circle with their legs and butts pressed tightly together with feet up in the air to form a pedestal. Group leaders fill a 30 gallon garbage can with ice water and place it on the team's "pedestal", balancing the can for a few seconds until the team is ready. Players must balance the can using only their feet. Teams are timed until the can completely spills.

If after five minutes the can has not spilled, players must take their shoes and socks off while holding up the can. While taking off his/her shoes and socks no player may touch the can with his/her hands. Once each player has removed his/her shoes and sock, the team is finished. If two or more teams reach the five minute limit, the team that gets their shoe and socks off the fastest – wins.

## Recommended Book

**How to Succeed in the Game of Life:** 34 interviews with the world's greatest coaches.

From the Office of:

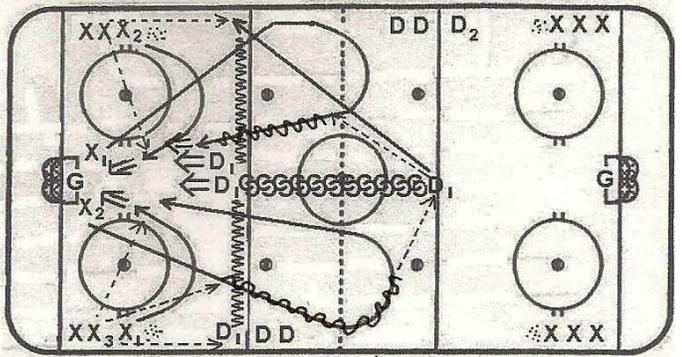
*Terry Ewasiuk*

**Head Coach**  
Portage College Voyageur's ACAC Hockey  
Lac La Biche, Alberta  
Cell: 780-991-8648

**DETROIT GAME DAY 5 SHOTS WARM-UP DRILL**

**SKILL DRILL  
ALTERNATE ENDS**

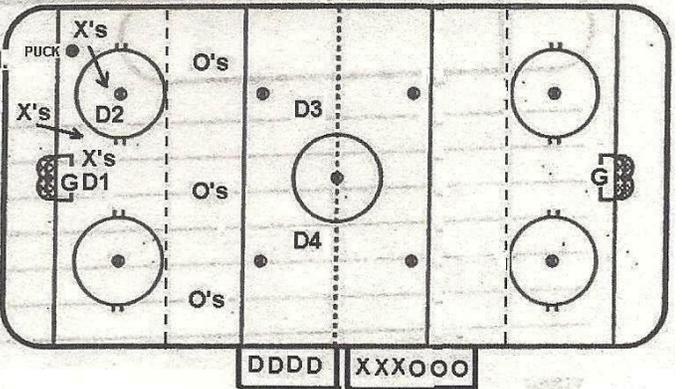
On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass from a corner and skate into the neutral zone to regroup with D1 who returns the pass. X1 and X2 skate back into the zone for a shot. X1 and X2 screen the goalie and D1 receives a pass from the corner, drags to the middle and takes a second shot on net.



**RUSSIAN 3 ON 2 CONTINUOUS**

**Great flow drill.  
Excellent offensive drill.**

On the coach's whistle X's battle D1 and D2 below the top of the face-off circle (imaginary line). The d-men try to regain possession of the puck to break-out the O's forward line. The O's will then attack D3 and D4, 3 on 2, back to the other end. The X's now skate off the ice and a new forward line skates into position so that D3 and D4 can break them out against a new defensive pairing going back in the other direction. The O's can't go below the imaginary line to help the defencemen.

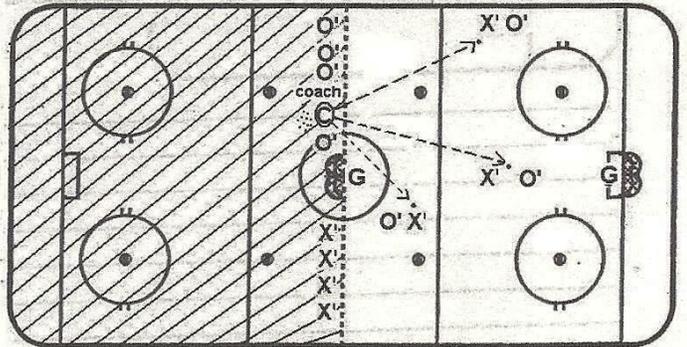


**1/2 ICE - 3 ON 3 DRILL**

**FAVORITE DRILL  
KEEP SCORE  
LOSERS SKATE**

Move one net to the center ice red line. Then make-up two teams that will have three one-on-one battles on the 1/2 ice area at the same time using three pucks. As each puck is scored those two players can now skate over and help their teammates. This can lead to 2 on 2 battles, 2 on 1 battles and eventually a 3 on 3 battle. After the last puck is scored replace the six players.

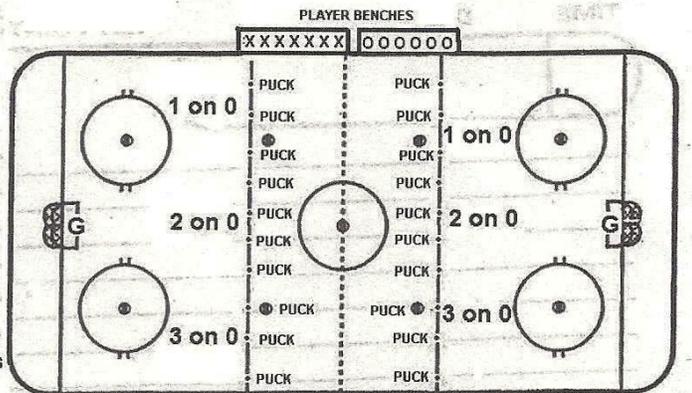
The coach will spot the players 3 pucks in different locations.



**10 PUCK - FUN DRILL**

**Losers do a skating drill.**

Two teams each in it's own bench. 10 pucks are placed on each blue line. On the whistle the first player leaves the bench and tries to score. If he scores then two new players (2 on 0) try to score. If they score then three new players try to score. When all three players score the drill reverts back to one player and it starts all over again. If at anytime a goal isn't scored the drill reverts back to one player. The drill continues until all the pucks have been scored. The first team to score all 10 goals wins.



## Drill of the Week Club 2011

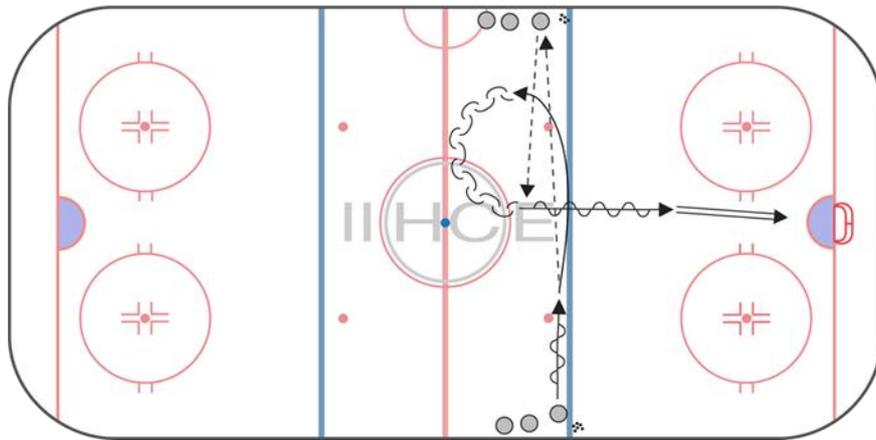
Hi Enio,

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:

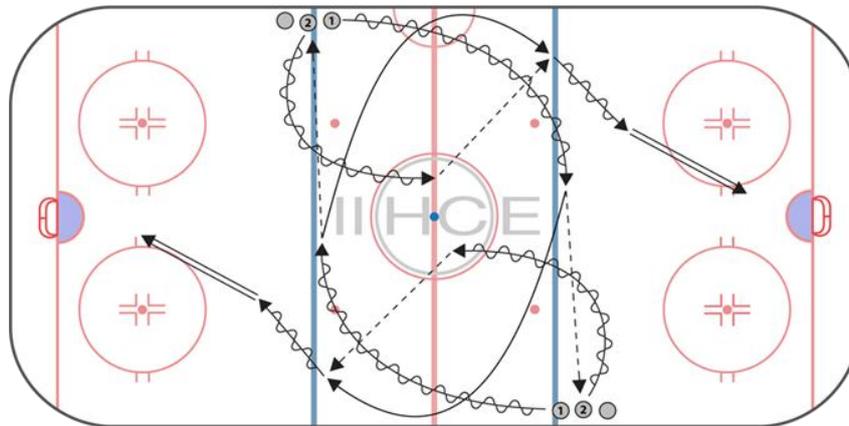
Blade square - show a target

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:

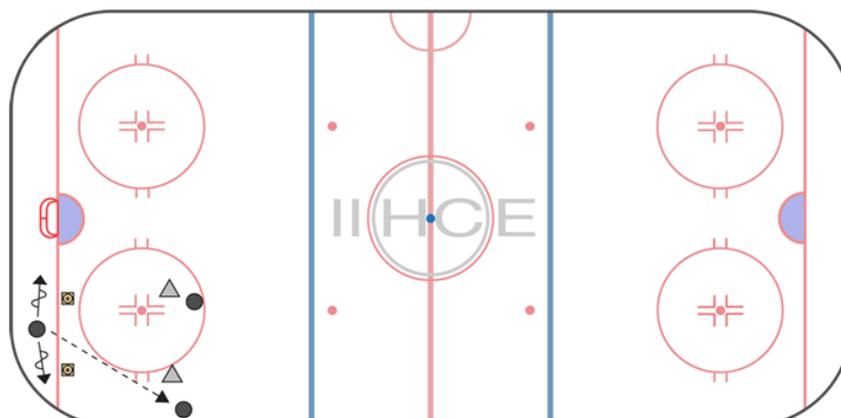
Blade square - show a target

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.

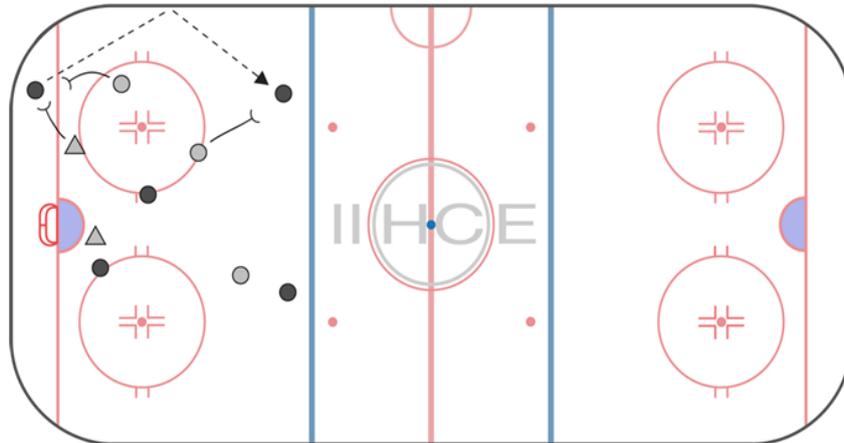
**Key Points:**

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



ICE HOCKEY AQUILE F.V.G.

Via Mazzini 103  
33016 Pontebba, Italy



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

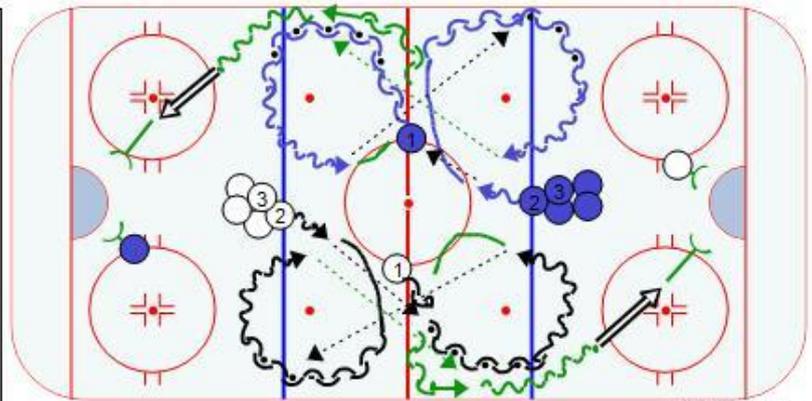
O1's begin the drill by skating out towards RL and pivoting backwards.

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

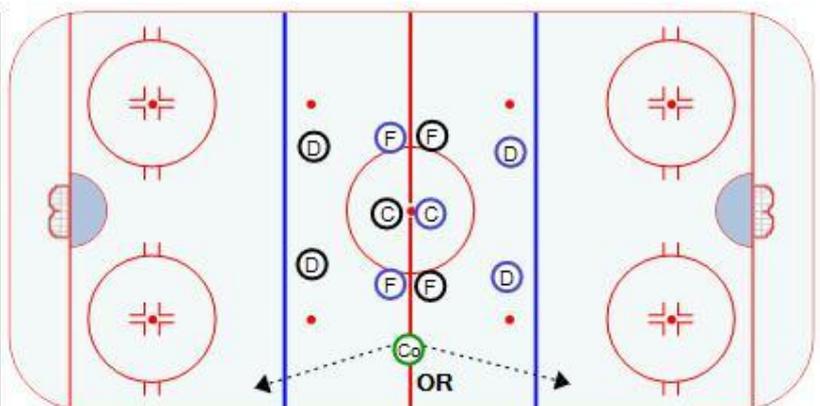
### Description

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

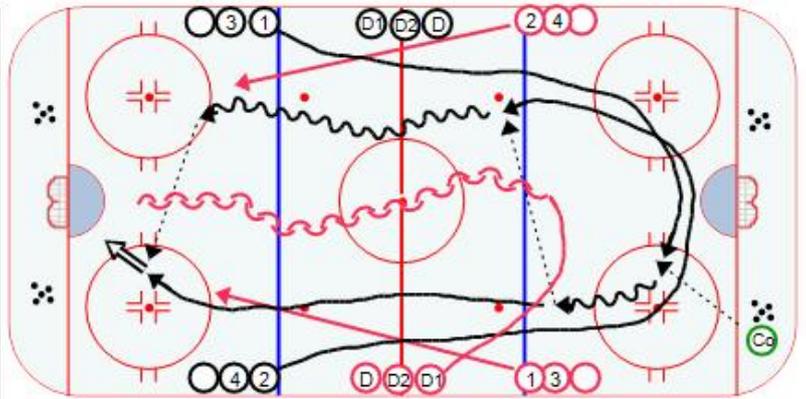
Components : Backcheck to the House

**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 :

Four empty rectangular boxes for key points.

Title : To The House 2 on 1 (seq

Content elements: Speed 2 on 1

Components : Backcheck to the House

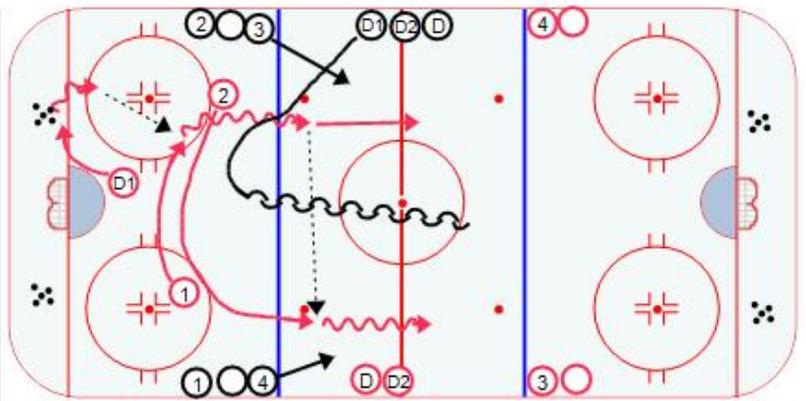
**Description**

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 :

Four boxes for 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

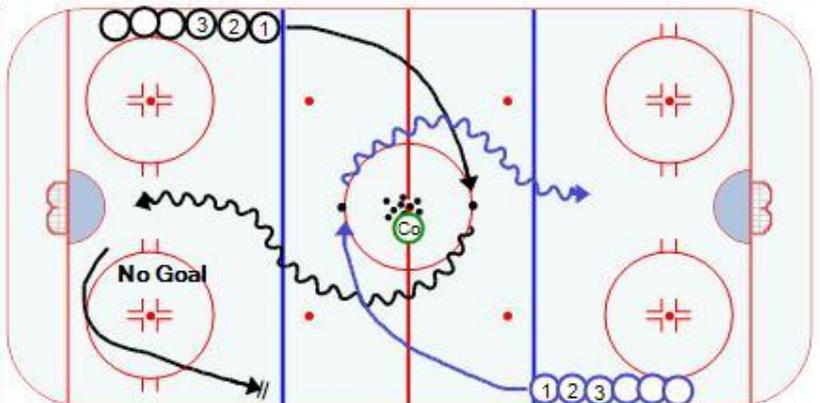
**Description**

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 on sides 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



Key Points :

Four boxes for key points: Play til 8 or 10, Losing Team 2 - Laps, and two empty boxes.



# SPRINGFIELD FALCONS DRILL WORKSHEET



THEME

DRILL OF THE WEEK  
CLUB

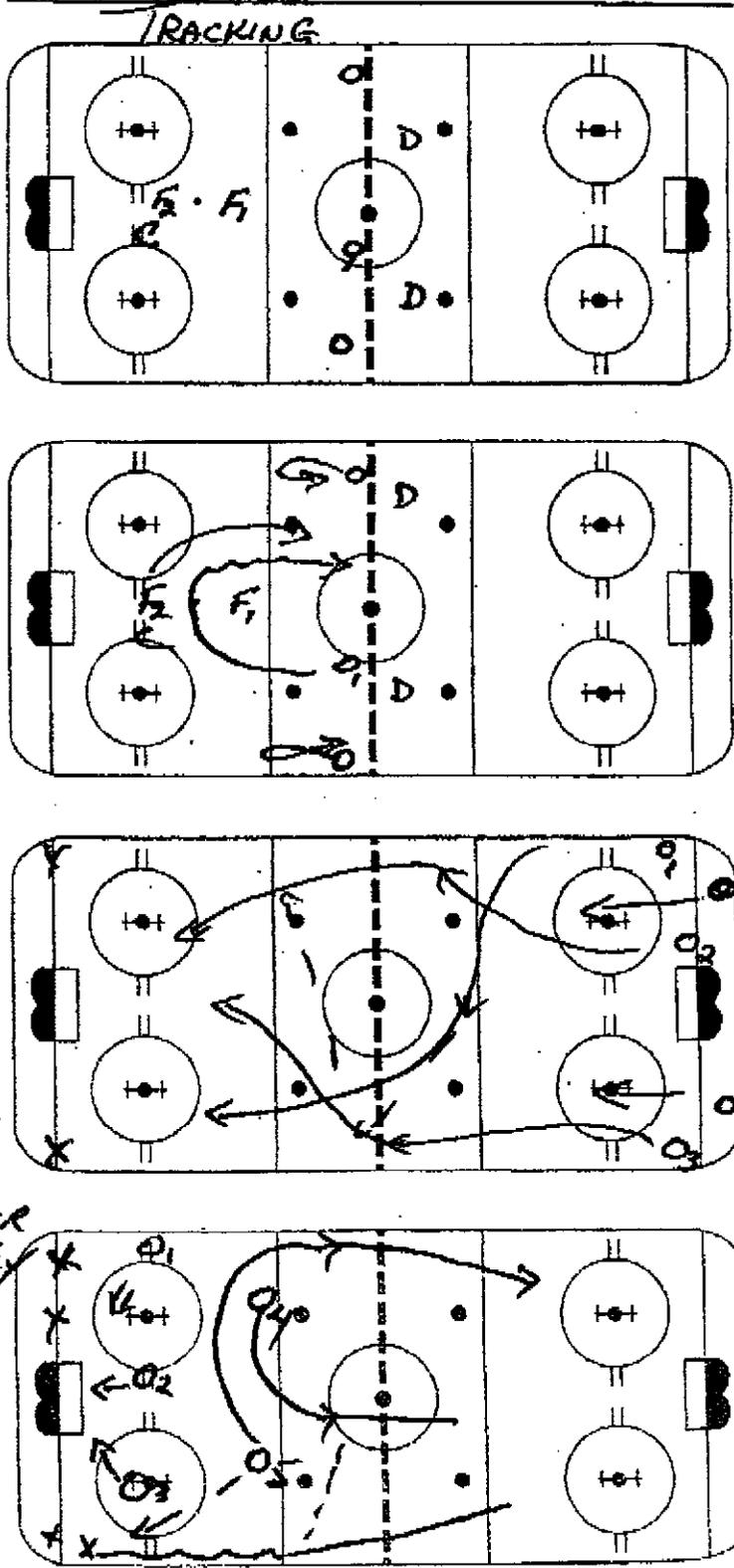
DATE \_\_\_\_\_

POST-PRACTICE COMMENTS \_\_\_\_\_

REASON

ERIC TOLD ME TO

TIME	DRILL
	TRACKING DRILL
	"ABOVE : BELOW"
	"O" LINE IN N.Z. WITH 2 D
	O: NOW SWINGS BETWEEN F1 : F2 (WHO ARE TRACKERS)
	WHEN O1 COMES TO GET BACK C NOW CALLS OUT "ABOVE" OR "BELOW" TO START 1 OF THE TRACKERS. PLAY 30W 30W DEF ZONE.
	PROGRESSION: SEND 2 : 3 TRACKERS + 2 OFF. DEF FOR 50S PLAY
	Warm-up Drill
	"3 MAN WEAVE + 2 MORE"
	O'S START @ 1 END & GO 3 MAN WEAVE W/ SHOT @ OTHER END.
	ONCE 3-O'S REACH THEIR OWN BLUELINE, 2 MORE O'S FOLLOW UP (PAIRS PASSING) & NOW PASS TO EITHER CORNER @ OTHER END. WHICHEVER THEY PASS TO NOW FORMS THEM & RETURNS TO OTHER END & 2 MORE FOLLOW UP.



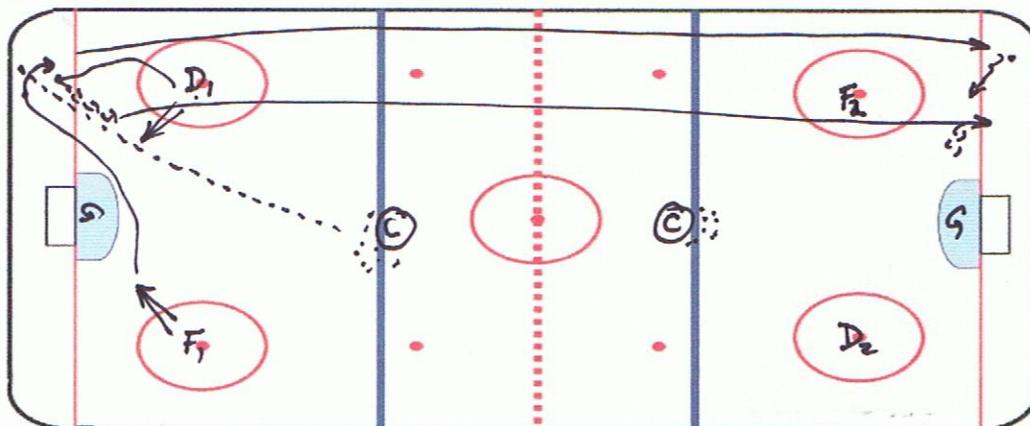




**DRILL OF THE WEEK**  
**2010-11**

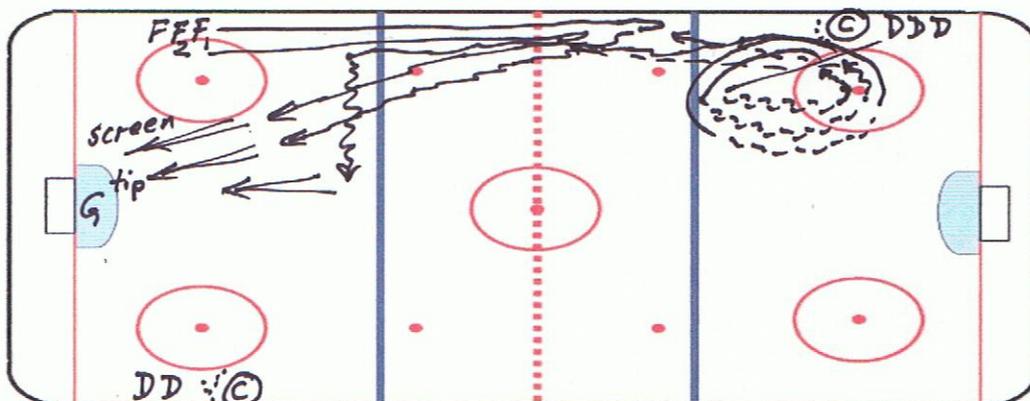
**1) Defensive Drill: 1 ON 1 BATTLE**

- D1 shoots
  - F1 shoots
  - coach chips 2<sup>nd</sup> puck to corner for a 1 on 1 battle, either can score
  - whistle D1 & F1 skate to other end of ice for 2<sup>nd</sup> 1 on 1 battle
- NOTES: both ends the same time, add 2 on 2, 3 on 3, etc.



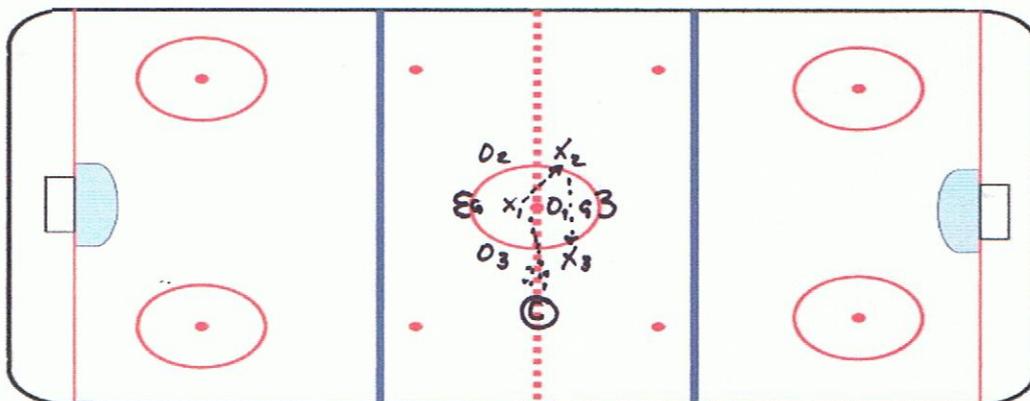
**2) Offensive Drill: 3 SHOT GOALIE WARM-UP**

- D1 up to blueline, pivot bkwd & retrieve puck
- F1 times it down bds. pivots gets pass from D1, attacks net
- D1 retrieves 2<sup>nd</sup> puck
- F2 times it down bds. pivots gets pass from D1, attacks net
- D1 gets 3<sup>rd</sup> puck up ice, walks blueline & shoots
- both ends at same time



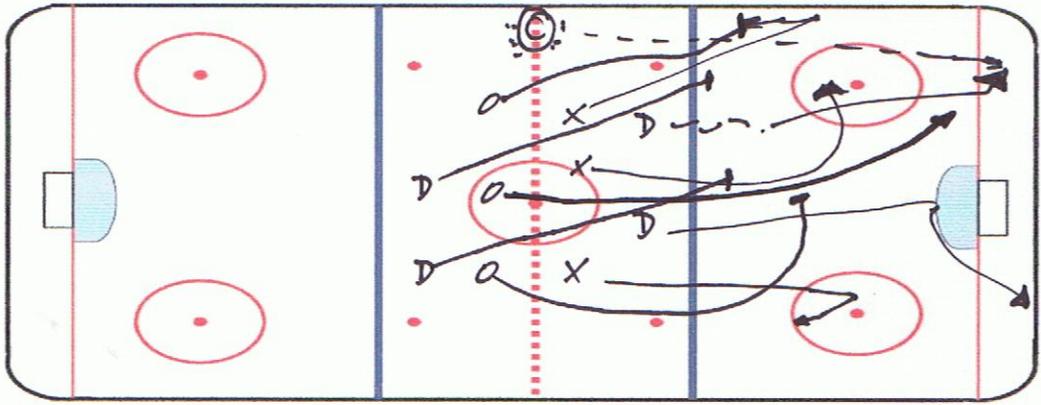
**3) S. White PP Drill:**

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



#### 4) Team FC

- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2<sup>nd</sup> puck so O's FC again vs X's BO



“The only thing that beats hard work is hard working talent.”

# **DON MCKEE**

## Current Coaching Assignment

Presently coaching the Canadian Team for the Deaf in preparation for the Deaflympics in Slovakia in February 2011.

## Quote

Every job is a self-portrait. Autograph your work with excellence!

*Author unknown*

## Recommended Reading

Title: Bo's Lasting Lessons (The Legendary Coach Teaches the Timeless Fundamentals of Leadership)

Authors: Bo Schembechler and John U. Bacon

Publisher: Business Plus, Hachette Book, Group USA, 237 Park Avenue, New York City, New York, 10017

## Team Building Activity

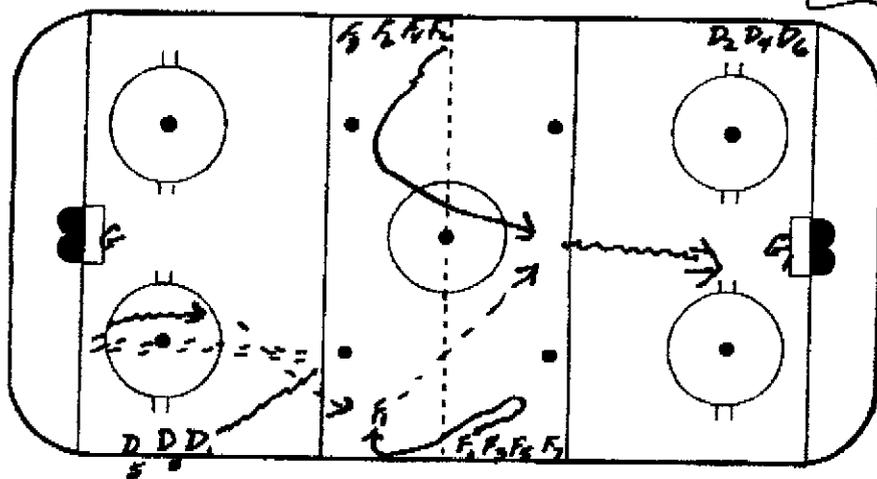
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift from a parent, first pair of skates, etc.

Prior to each home game, at a time identified by the coach, one or two players will tell the story reflected by their specific memento. This exercise allows all players to share, as well as to demonstrate interest in teammates' pasts. It also gives them the opportunity to recognize that as a team they are creating new memories in every game they play.

TIME:

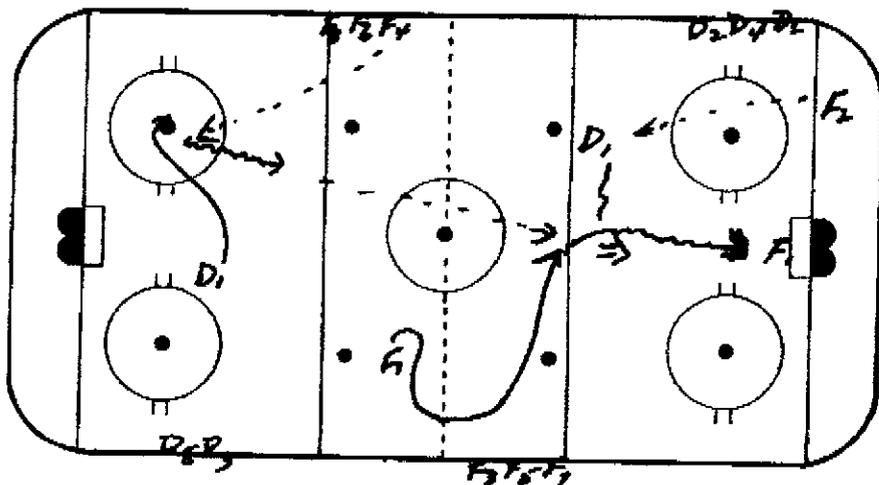
# "SKILL DRILL"

## TIMING SKATING, PASSING & SHOOTING 'PHASE ONE'



D<sub>1</sub> SKATES WITH PUCK - FORWARD TO BL AND BACKWARDS TO BACK OF CIRCLE - EXPLODES FORWARD & PASSES TO F<sub>1</sub>. F<sub>1</sub> TAKES 2-3 STROKES FORWARD & RETREATS TO GET PASS FROM D<sub>1</sub>. F<sub>2</sub> CIRCLES TO TAKE PASS FROM F<sub>1</sub>. F<sub>2</sub> SKIPS & SHOTS ON G.

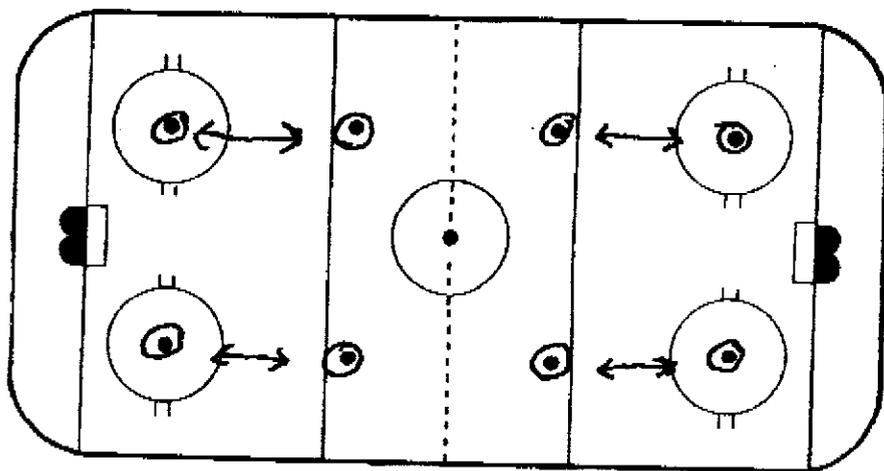
## 'PHASE TWO'



D<sub>1</sub> AFTER MAKING PASS TO F<sub>1</sub> MOVES TO OTHER CIRCLE AND TAKES PASS FROM F<sub>1</sub>. F<sub>1</sub> CIRCLES TO TAKE PASS FROM D<sub>1</sub>. D<sub>1</sub> EXPLODES & PASSES TO F<sub>1</sub>. D<sub>1</sub> FOLLOWS TO BL & RECEIVES PASS FROM F<sub>1</sub>. F<sub>2</sub> SCREENS D<sub>1</sub> - SHOTS.

DRILL STARTS OVER IN OTHER SIDE OF END

## "FUN DRILL"



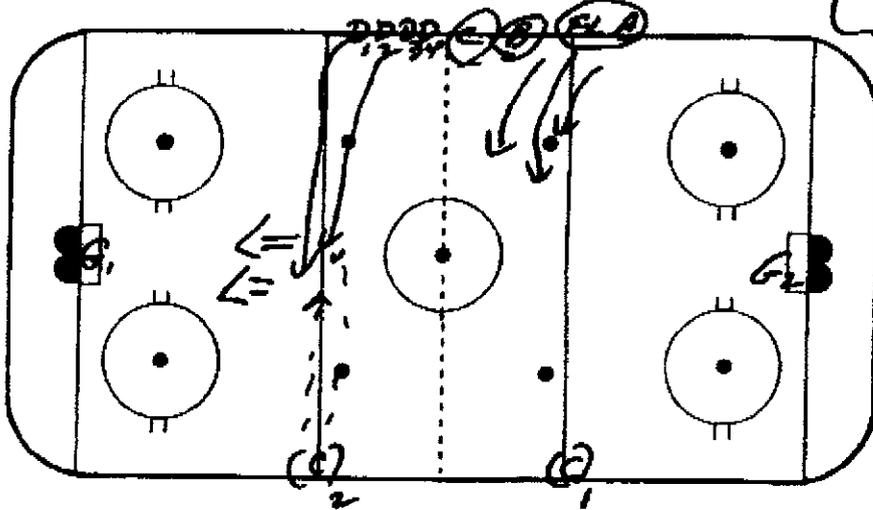
## 2 ON 2 BATTLES

8 TIRES ON THE ICE  
4 GAMES OF 2 ON 2  
PLAYERS MUST FLICK PUCK INTO CENTRE OF OPPONENTS TIRE TO SCORE.  
KEEP- SCORE. PLAYAS TOURNAMENT. PLAY OVER WHEN SUBSTITUTE ON WHISTLE.

TIME:

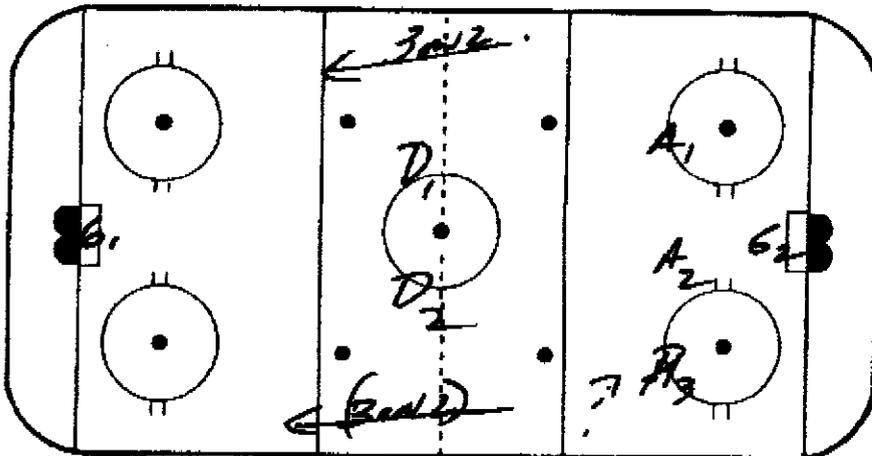
# FAVOURITE DRILL

3 ON ZERO / 3 ON 2 /  
 3 ON 2 / 3 ON ZERO  
 PHASE 1



ON SIGNAL - FORWARD LINE A COMES ACROSS B.L. - STAY ON SIDE. COACH GIVES THEM PUCK ATTACK G<sub>2</sub> - 3 ON ZERO. MUST SCORE. GAME GETS PUCK THROWN IN CORNER.  
 D<sub>1</sub> - ACROSS B.L. SHOTS - P<sub>2</sub> ACROSS B.L. SHOTS.  
 D<sub>1</sub> + P<sub>2</sub> MAKE UP ICE FOR 3/2.

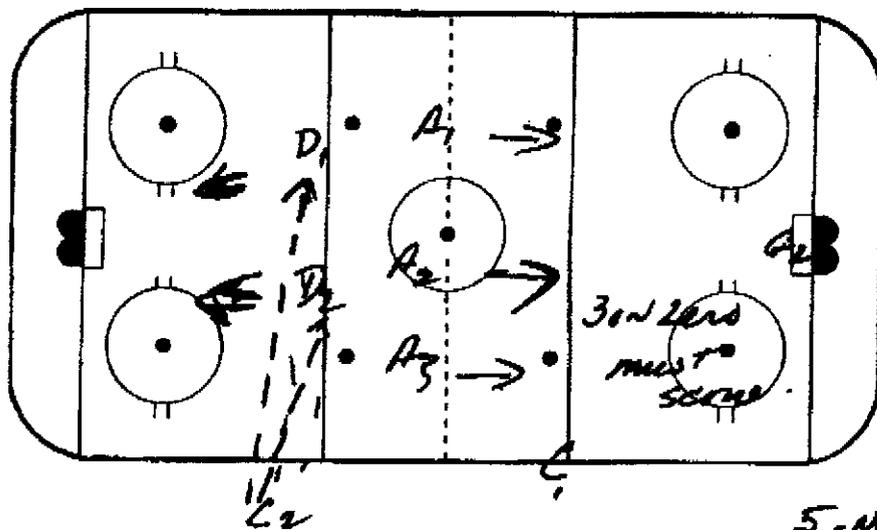
## PHASE 2.



COACH - GIVES PUCK TO LINE A ATTACK - D<sub>1</sub> + D<sub>2</sub> 3 ON 2. IF THEY LOSE PUCK, OR POSSESSION THEY RETURN TO C<sub>1</sub> FOR SECOND PUCK AND AGAIN ATTACK 3 ON 2.

3 ON 2 - once / 3 ON 2' - twice.

## PHASE 3



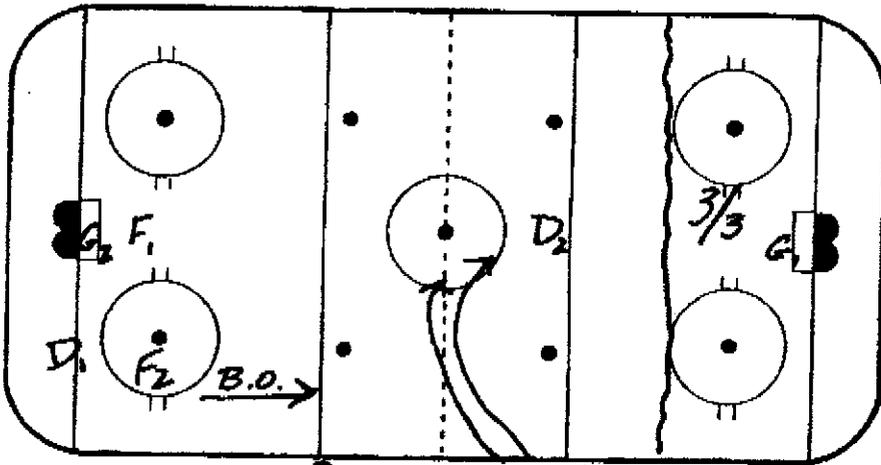
WHEN - LINE A LOSES PUCK ON SECOND 3 ON 2 - THEY RETURN AND GET PUCK FROM C<sub>1</sub> + ATTACK G<sub>2</sub> 3 ON ZERO. EACH FORWARD MUST TOUCH PUCK BEFORE THEY SCORE. D<sub>1</sub> + D<sub>2</sub> RETURN TO B.L. FOR TWO MORE SHOTS (one each)

5 - new players start drill over.

TIME:

# TEAM PLAY DRILL

CONTINUOUS 3ON1 PLUS 2 BACK CHECKERS

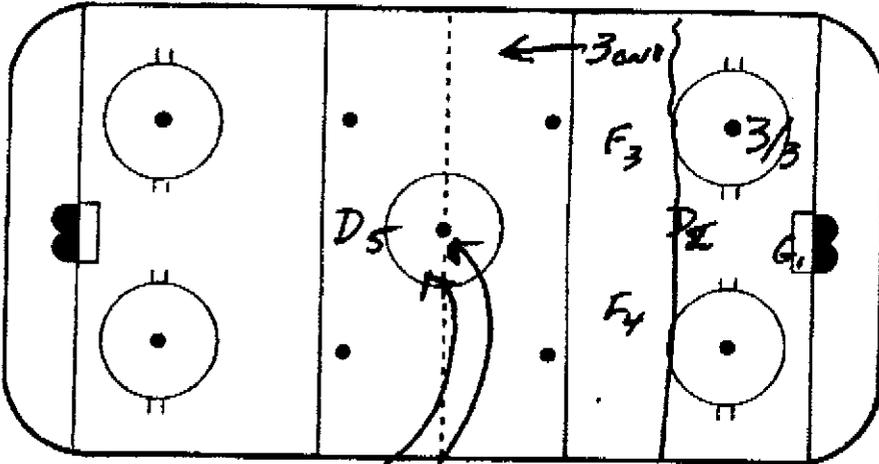


$D_1 + F_1 + F_2$  B/O. against  $D_2$  - 3on1. WHEN THE PUCK CROSSES R.L.  $F_3 + F_4$  COME FROM BENCH, SKATE THROUGH CENTRE CIRCLE TO SUPPORT  $D_2$  = CREATE 3ON3 BATTLE BELOW THE TOP OF CIRCLES.

PHASE ONE ↑

$D_2$  F316 F314  $D_4$   
 $D_5$  F310 F318  $D_6$   
 F312

PHASE TWO ↓



3/3 IN DEF. ZONE. IF PUCK GOES OUT OF PLAY IN NET OR OUT ABOVE TOP OF CIRCLES - IT NOW BECOMES 3ON1 - THE OTHER DIRECTION  $F_3 + F_4 + D_2$  VS  $D_5$   
 $F_1 + F_2 + D_1$  go to BENCH HARD. WHEN PUCK CROSSES RED LINE.  $F_3 + F_4$  COME SUPPORT  $D_5$

$D_3$  F316 F318  $D_4$   
 $D_1$  F310 F312  $D_6$

-DRILL IS CONTINUOUS.

---

---

---

---

---

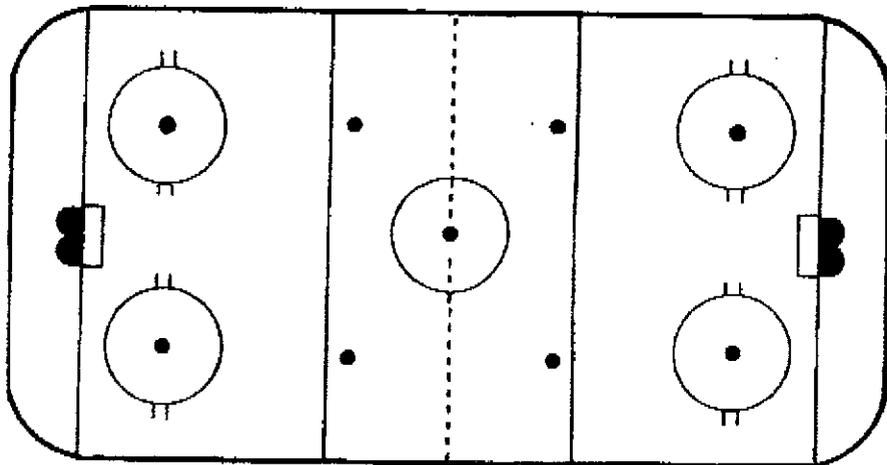
---

---

---

---

---





FAX TRANSMISSION SHEET

TO: Enio Sacilotto	FROM: DAN NADEAU
COMPANY:	DATE: May 2nd, 2011
FAX NUMBER: 778-737-1387	
RE:	
COMMENTS: Here are my drill I put a star by the ones I like sorry I am out of practice planners	
TOTAL PAGES (INCLUDING THIS PAGE): 6	
<p><b>LLOYDMINSTER &amp; DISTRICT JUNIOR A HOCKEY ASSOCIATION</b></p> <p>BOX 1122 LLOYDMINSTER, SK/AB S9V 1E9 PHONE: (780) 871-0900 FAX: (780) 808-2616 <a href="http://www.lloydminsterbobcats.com">www.lloydminsterbobcats.com</a></p>	



## Lloydminster Bobcats Jr. A Hockey Club

---

P.O. Box 1122  
Lloydminster, Sask./Alta. S9V 1E9  
www.lloydminsterbobcats.com

Phone 780-871-0900  
Fax 780-808-2616  
bobcats@ajhf.ca

Book

"Hockey Tough" - Saul Miller

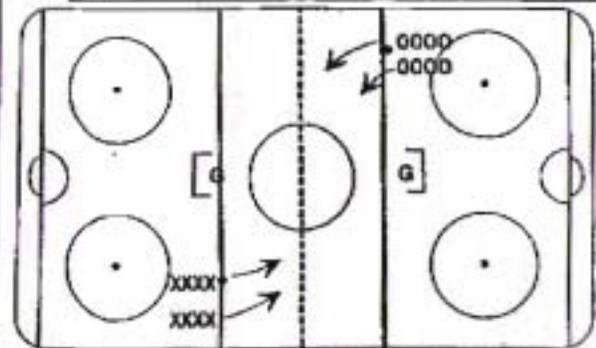
Quote

"Losers Quit when they are tired  
Champions Quit when they hold the  
gold"

# CAPITALS PRACTICE DRILLS

Name: **CUNNEY'S CHALLENGE**

Type: **FUN**

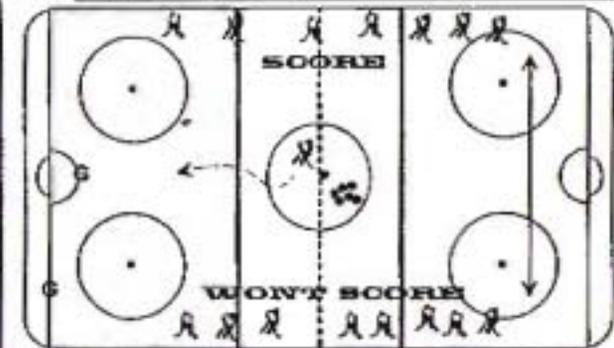


Players are divide into 2 teams and goals are moved up to blue lines. Each team has one puck and must score with that puck at other net. 2 skaters from each team play and must decide whether to defend or attack (2 on 0, 2 on 1, 1 on 1, etc.) This is a relay, when goal is scored, team must retrieve and give to next 2 players.

*Fun Drill*

Name: **PEPSI CHALLENGE**

Type: **FUN**



PLAYERS BET STOP AND STARTS (OVER AND BACKS) AGAINST A SHOOTER. PLAYERS WHO DECIDE SCORER WONT SCORE LINE UP ON BENCH SIDE, OTHERS OPPOSITE, LOSERS MUST DO AN OVER AND BACK OR SOME PHYSICAL ACTIVITY. CONTINUE UNTIL ALL HAVE SHOT





Name: 2 ON 1, 2 ON 2, CYCLE

Type: 2 ON 1



Coach plays puck to midboard, F picks up puck, turns to wall and plays it behind net to partner supporting. Proceed with 2 on 1 at goal, then follow with point shot. Part 2 has 2 defenseman working low

Name: 2 ON 1, 3 PASS

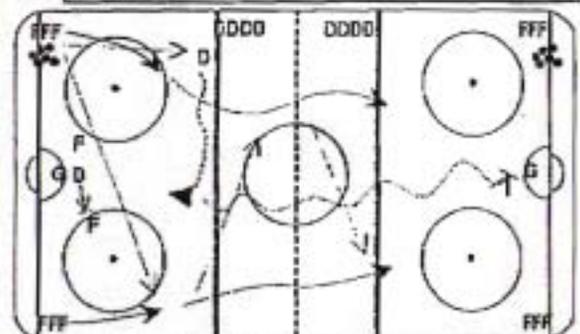
Type: 2 ON 1



Corner D begins drill with pass to D, who shoots and retreats for 2 on 1. Far F swings and bumps D's pass back to him, he then relays to other F and follows for shot at other end to begin again.

Name: 2 on 1, BATTLE IN FRONT

Type: 2 ON 1

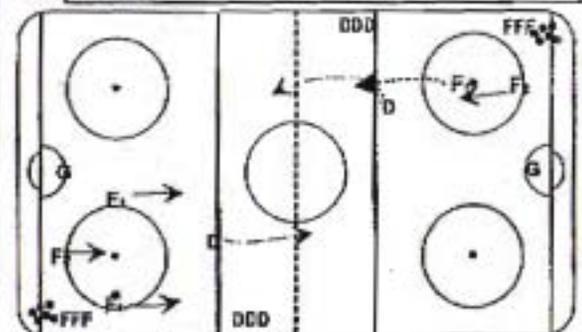


Start with shot from D (walks to middle); 2 F's take off receive pass and attack 2 on 1. After attack shot, next group starts with pass to point; 2 on 1 group battle a goal for screen/rebound. D should eliminate most dangerous man.

\* FAKE Drill \*

Name: 2 ON 1 CHASER

Type: 2 ON 1



Attackers start on Dzone hash marks, chaser at bottom of circle, D on knee inside blue line. On whistle, both ends go, chaser must pressure attackers, D must communicate and take away middle.

Name: 2 ON 1 HALF ICE, 2 X's

Type: 2 ON 1



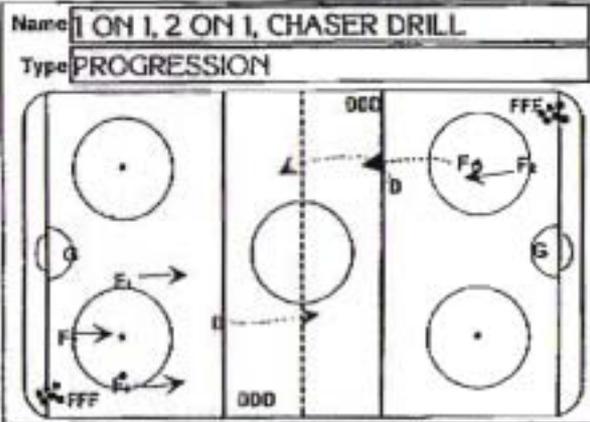
F's attack D from redline half ice. After original rush, F's support coach, receive pass and attack again. D must stall first attack and regain lost ground on 2nd.

Name: 2 ON 1 QUICK ATTACK

Type: 2 ON 1



2 F's start stationary on NZ FO dots with D facing them at redline. Quick attack on coach's whistle. Stress getting a shot on goal. After a few minutes, add criss cross.

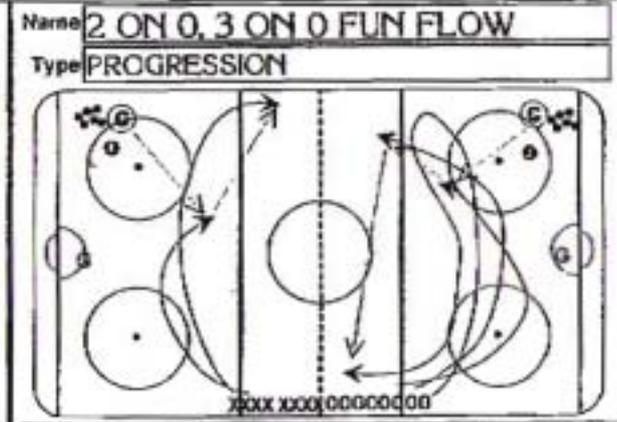


Part 1, F1 has puck on FO dot, F2 (chaser) starts at bottom of circle, D on knees or stomach at blue line. On whistle, full sprint 1 on 1 with pressure from chaser. Part 2, two F1's create a 2 on 1 with pressure from backchecker (F2).

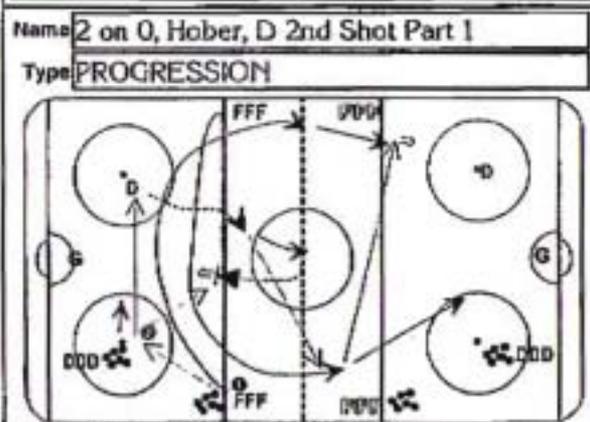


While F1 goes to net for battle with D2, F2 passes to D1 for shot at net. Following shot, D1 retreats to far end to get puck (coach may make pass), while F's regroup over redline. D2 must regain ice. Following attack 2 on 1, D2 becomes D1. Both ends can work at same time.

*\* Team Drill \**



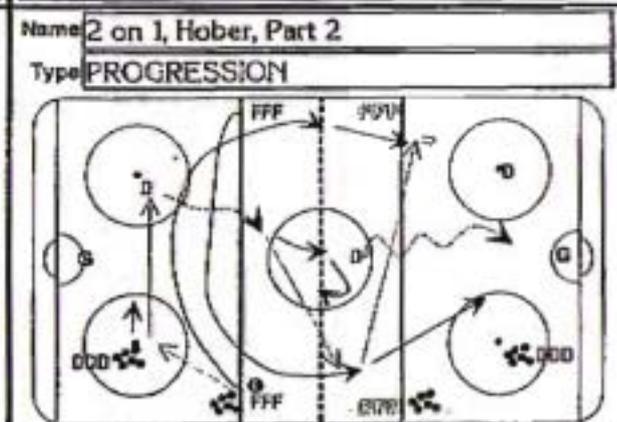
Part 1, 2 on 0, coaches pass to underneath man who advances puck to wide driving skater for shot. Part 2, 1st man skates pattern, 2nd drives rink wide, 3rd folds underneath, pass to 3 to 2 to 1 for shot.



F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 0 (no goalmouth pass). D sprints to red, pivots backwards to blue, and shoots one-timer off pass from partner.



Coach passes anywhere to D who just defended, he must move puck quickly up ice. Skaters must time so D has good passing angles. Next step can be a 3 on 1.



F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 1. D follows for return 2 on 1. Good flow warmup.

CAPITALS PRACTICE DRILLS

Name: **3 ON 0 PASSING**  
 Type: **WARMUP**



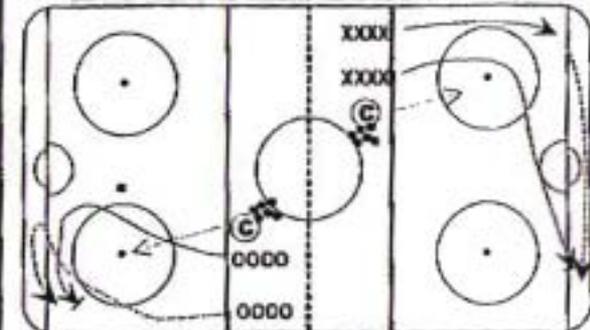
In groups of 3 (lines), players pass rapidly, regroup with middle line at opposite end, and return through NZ. Shot can be included.

Name: **5 ON 5 INZONE (2 PASS)**  
 Type: **WARMUP**



Two 5-man units (could be 3 or 4), in each zone, play one another, must accomplish 2 passes before shooting.

Name: **ANGLING WARMUP**  
 Type: **WARMUP**



Stress skill of eliminating man on forecheck. Coach controls drill. alternate cut back or wide drive. Defender must eliminate his man. Coach starts with dump.

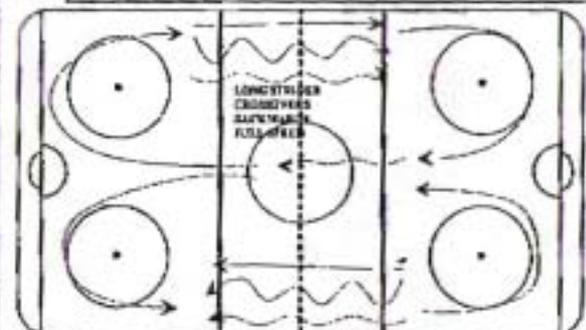
\* Skill Drill \*

Name: **BEN'S WARMUP**  
 Type: **WARMUP**



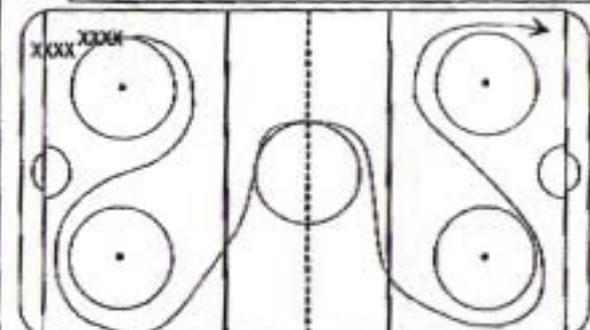
Player's pick up puck in NZ and accelerate around goal; they can be asked to stickhandle, use feet, etc., at blueline they will slow and pass puck across ice, through other zone they are free to stretch before continuing

Name: **BUTTERFLY WARM-UP**  
 Type: **WARMUP**



Players stretch going up middle, and do various skating exercises down each side. (Long strides, crossovers, backwards, pivots, full speed blue to blue).

Name: **CIRCLE SKATE**  
 Type: **WARMUP**



Players trace the circles. Coach instructs whether forwards, backwards, with or without pucks. Players should go in groups of 3 to 5.

**Box 446**  
**Neepawa, MB Canada**  
**R0J-1H0**  
**Office: 204.476.5308**  
**Fax: 204.476.3930**  
**e-mail:natives@nmts.net**  
**www.neepwanatives.com**

**Neepawa Natives Junior "A" Hockey Club**

# Fax

<b>To:</b>	Enio Sacilotto	<b>From:</b>	Bryant Perrier
<b>Fax:</b>	604-792-4656	<b>Pages:</b>	4 (Including cover page)
<b>Phone:</b>		<b>Date:</b>	Jan 10, 2011
<b>Re:</b>	Drill Club of the Week	<b>CC:</b>	

**Notes:**

**PERSONAL AND CONFIDENTIAL**

**ATTN: Enio**

Enio,

I am faxing to you my drills for the DRILL CLUB OF THE WEEK. All the best to you and the guys. Have a great second half!!

Regards,

Bryant Perrier

**“QUOTE”**

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat.”

**- Theodore Roosevelt quotes (*American 26th US President (1901-09), 1858-1919*)**

**RECOMMENDED BOOK: The 21 Irrefutable Laws of Leadership.**

**By: John C. Maxwell**



**HOCKEY MANITOBA**

217-200 Main Street  
 Winnipeg, Manitoba R3C 4M2  
 Tel: (204)925-5755 Fax: (204)925-5761  
 Web: www.hockeymanitoba.mb.ca  
 E-mail: info@hockeymanitoba.mb.ca

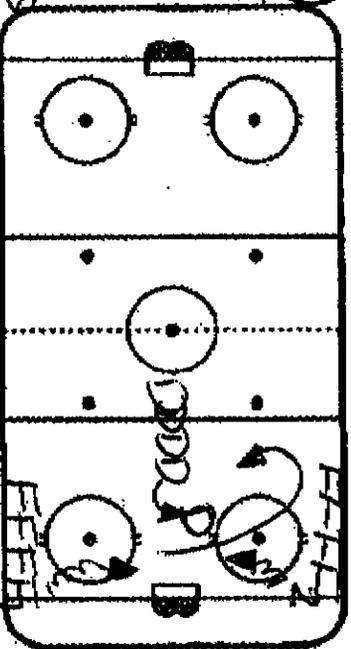
C	Coach		Puck Carrying
●	Forwards		Shooting
○	Defenders		Pass
△	Goalie		Drop Pass
G	Goalie		Backward Skate
—  —	Save		Lateral Movement
X	Penalty		Defensive
	Puck		

Date: JAN 10 Duration: 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2vs1)  
 F attacks net for quick shot,  
 continues to opposite corners.  
 Def moves to defend. Fg bumps  
 puck to F, + now attack F +  
 Fg after quick 2vs1 con-  
 tinues to opposite corner  
 + attacks net w/ Fg. D handles  
 w/ 2vs1s + is replaced.  
 Key Teaching Points (KTP)  
 Great Drill for Goalies

Key Execution Points (KEP)

File



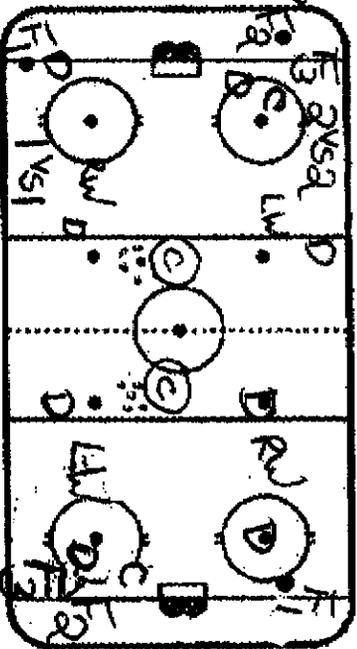
Date: \_\_\_\_\_ Duration: 20 (Minutes)

Time: 20 Drill Name: (Defensive Zone Situation / 2vs2 Battle Zones)

Good blows whistle + vs1  
 streets. vs1 low coverage  
 street vs1 dissolves catch  
 blows and whistle to stay  
 2vs2, 2vs2 low coverage  
 Key Teaching Points (KTP)  
 Key Execution Points (KEP)  
 Key Teaching Points (KTP)  
 vs1 move on blue line + wingers cover inside out.  
 after 2vs2 dissolves, the teams switch.  
 \*option: 2vs2 coverage on 3rd whistle

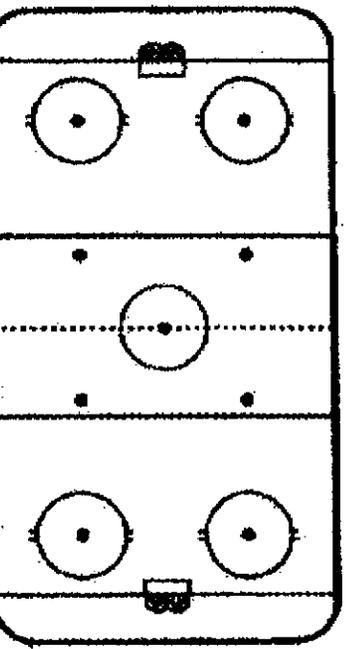
Key Execution Points (KEP)

File



Date: \_\_\_\_\_ Duration: 0 (Minutes)

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_



Key Teaching Points (KTP)

Key Execution Points (KEP)

File

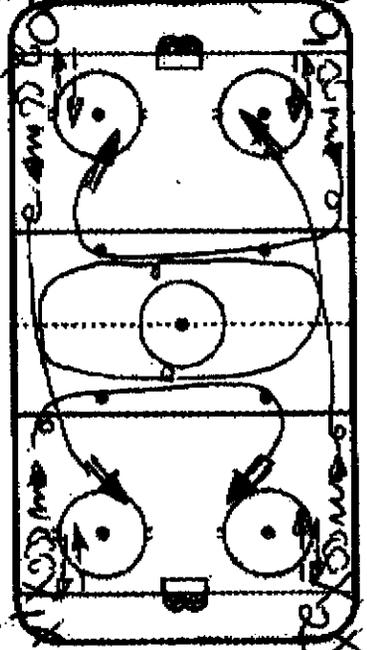


**HOCKEY MANITOBA**  
 217-200 Main Street  
 Winnipeg, Manitoba R3C 4M2  
 Tel: (204)925-5756 Fax: (204)925-5791  
 Web: www.hockeymanitoba.mb.ca  
 E-mail: info@hockeymanitoba.mb.ca

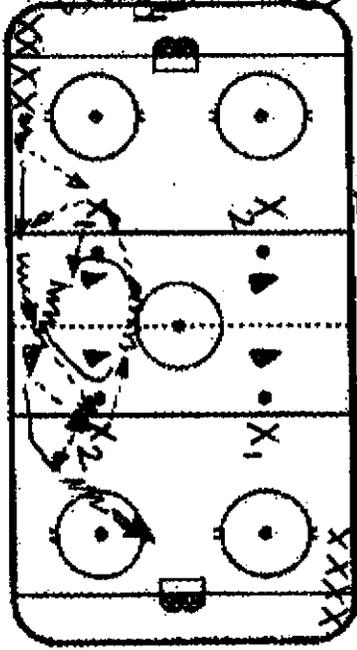
C	Coach	→	Puck Carriage
●	Forwards	→	Shooting
○	Defenders	→	Pass
△	Goalie	↔	Drop Pass
	Stop	↔	Backward Skate
X	Pylon		Latest Movement
☞	Pucks	—	Defensive

Date: JAN 10 Duration: 10 (Minutes)

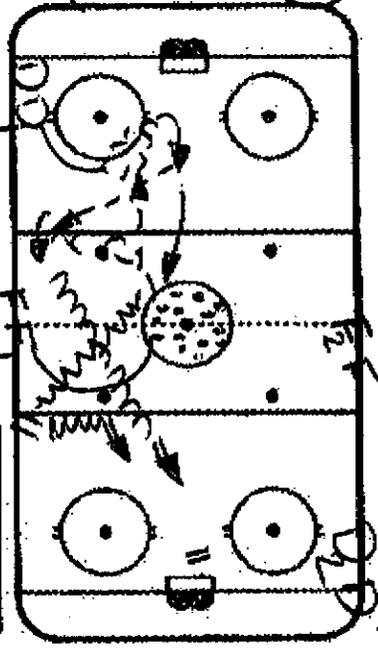
Time: 10 Drill Name: (LONG + SHORT)  
 ALL 4 LINES BEGON ON WHISTLE  
 EACH PLAYER STARTS W/ PUCK  
 + PIVOTS TO BACKWARDS. THE  
 PLAYERS MAKE A PASS TO THEIR  
 LINED + GET A QUICK RETURN PASS  
 THE PLAYERS THEN PIVOT BACK TO  
 FWD + THEN SKATE INTO "M". THE  
 PLAYERS FROM OPPOSITE CORNERS  
 SKATE, THE SAME ROUTE. O + X  
 GO SHOOT AROUND, THE  
 MAKE DOTS + DO + X2 SKATE  
 AROUND THE PUCK. EACH PLAYER  
 TAKING A SHOT ON GOAL. HIGH  
 SPEED. After 10 min  
 Date: \_\_\_\_\_ (Minutes)



Time: 10 Drill Name: (SHUCKE DRILL)  
 SIGET DEATH A SAME TIME.  
 ON TAKING THE RETURN PASS FROM  
 X1 HE STICK HANDLES TO THE Pylon  
 PASSES TO X2, HIGH TUCK TURN AROUND  
 THE Pylon + TAKES A RETURN PASS  
 FROM X2. HE THEN STICK HANDLES  
 TO THE SECOND Pylon + PASSES  
 TO X1 AGAIN. After curling  
 TO X1 AGAIN. After curling  
 Key Teaching Points (KTP)  
 AROUND THE SECOND Pylon HE  
 TAKES A RETURN PASS FROM  
 X2 MOVES DOWN THE BOARD  
 PASSES TO X2 AGAIN + AFTER  
 RECEIVING A RETURN PASS FROM  
 X2 SHOOTING.  
 Date: \_\_\_\_\_ (Minutes)



Time: 10 Drill Name: (ORE TRANSITION)  
 H + Fg GO TO THE SAME TIME  
 GETRE REGROUP, F + Fg GETS PUCK  
 BACK SIDES IN FOR A SHOT. D +  
 Dg GETS 2ND PUCK @ CENTRE  
 THEY GETS TO THE WALL SKATE  
 CIRCLED ACCESS TO THE MIDDLE  
 OF C AND SHOT. FWD PLAYS  
 THE REBOUND.  
 Key Teaching Points (KTP)  
 Date: \_\_\_\_\_ (Minutes)



Key Execution Points (KEP)  
 File: \_\_\_\_\_

604 792 4656

To: Enio Sacilotto

From: Keis Knoblauch

### **Team Building Activity**

#### **Scavenger Hunt**

- **Send each team out with a camera to catch each item on the list.**
- **Items on the list either fun or get players into sponsors' stores, hopefully both.**
- **Put together a slide show for the team to watch together.**

# Kootenay Ice Hockey Club



- FOCUS:**
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_

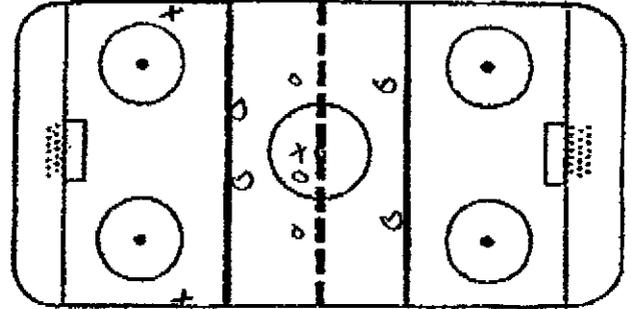
**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

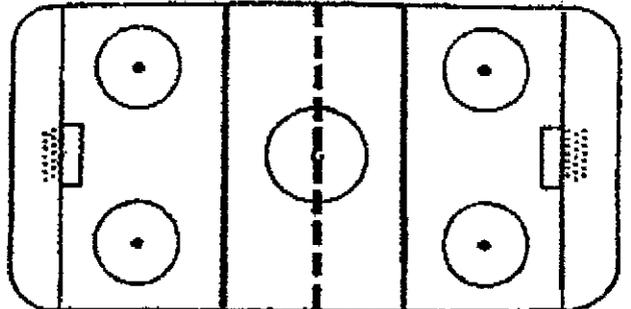
**Duration:** \_\_\_\_\_

3. 5-3 15-5 Team Play

- X dumps puck in and forechecks
- 3 Os breakout with 2 D and attack other 2 D. X Backchecks.
- immediately after attack coach blows whistle → Transition.
- 2 X's attack other end. They cannot shoot or pass until they reach goal line.

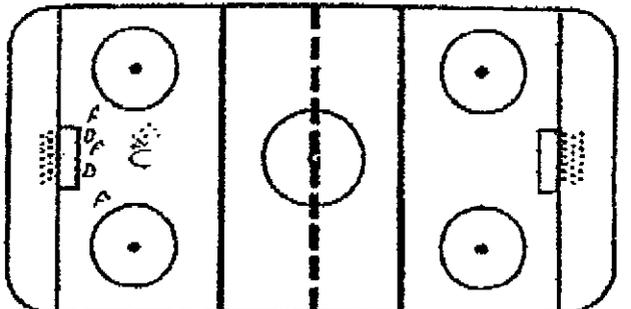


- play 5-5 until puck out of whistle.



3 vs 2 Net Front Game

- 5 pucks, each pass to one of forwards. Play each until whistle.
- 0 goals - D win
- 1 goal - Tie
- 2 goals - Forwards win



\_\_\_\_\_

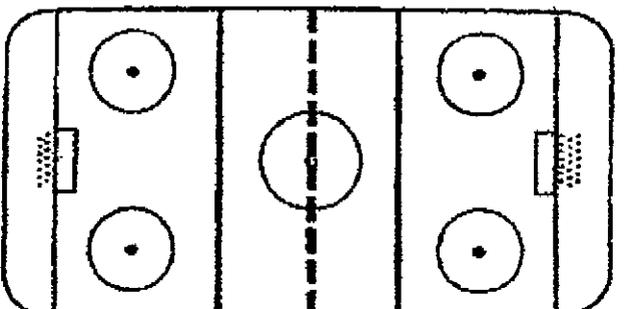
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Kootenay Ice Hockey Club

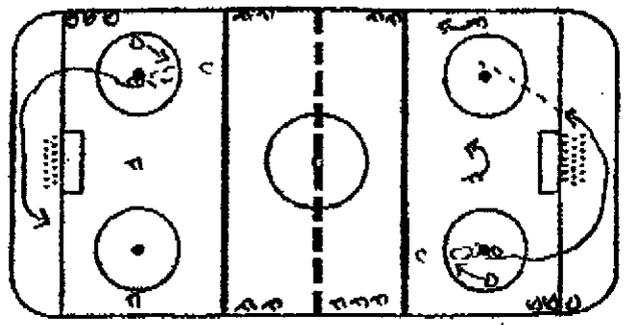


**FOCUS:** 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

**Date:** \_\_\_\_\_  
**Time:** \_\_\_\_\_  
**Duration:** \_\_\_\_\_

1. Johnson Breakout favourite

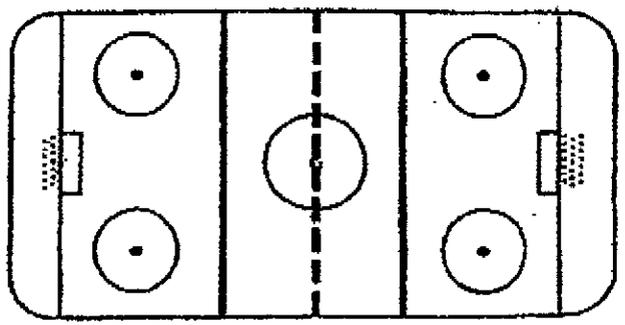
- W/ little starts in 2 forwards from each end touch red F into zone. D touch top circle and back to get puck that coach changes into corner.
- Coach forechecks. D read pressure. Either up or wheel. Pass to forwards who attack 2-0.



- D follow up for 2nd shot.

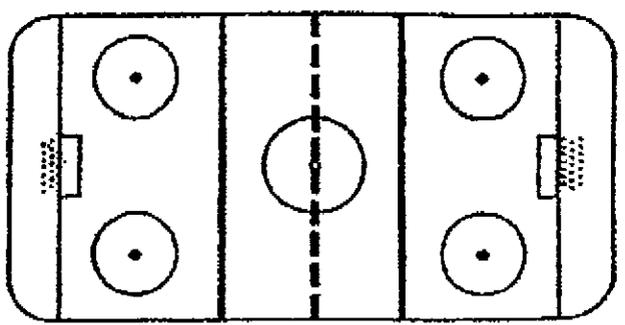
\* Before each rep Coaches communicate pressure.

1. Stick in air → Up breakout
2. Stick on ice → Wheel breakout

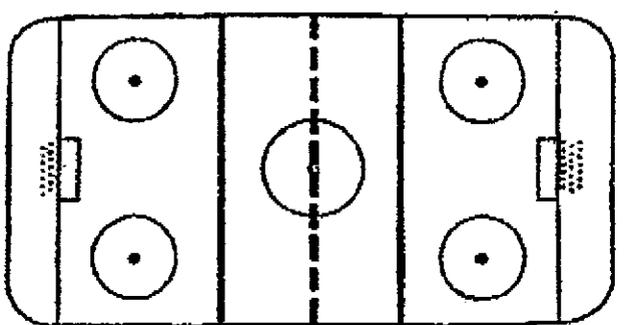


2. Net Rebound Drill Skill

- 1 net pushed down
- 1 net placed behind other
- Coach starts puck off of crossbar of the net down. Player finds rebound and shoots into net behind.



\* can also add D and make it a battle to get puck.



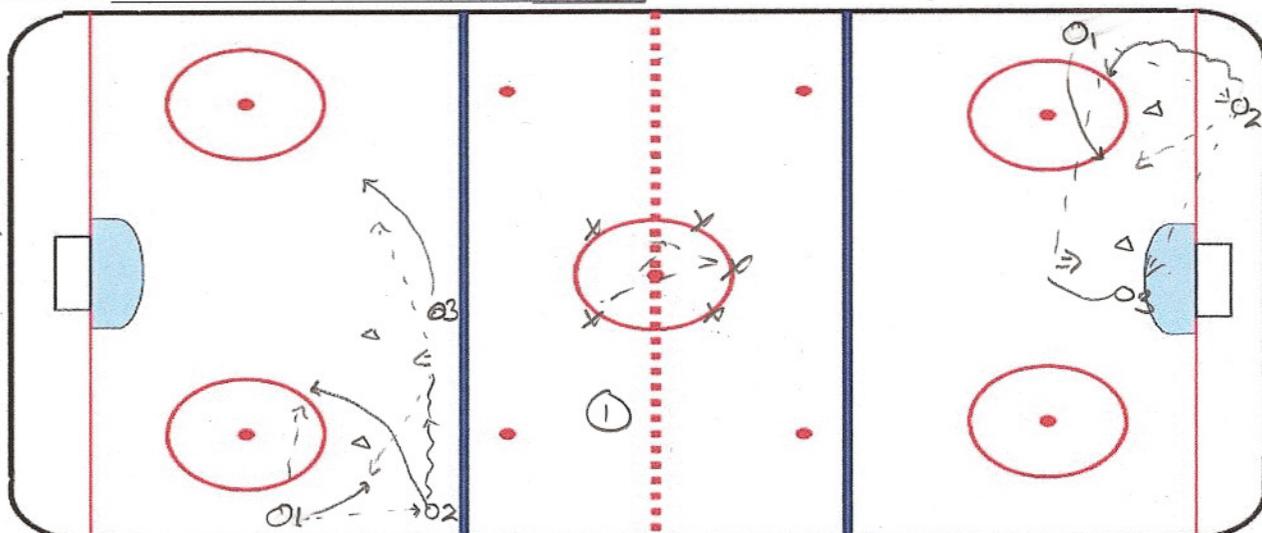


# UBC WHKY - PRACTICE PLANNERS



Drill Name: P.P. SKILLS WORK (3 STATIONS) (SKILL DRILL)

FINISH ALL W/ SHOTS & REBOUND

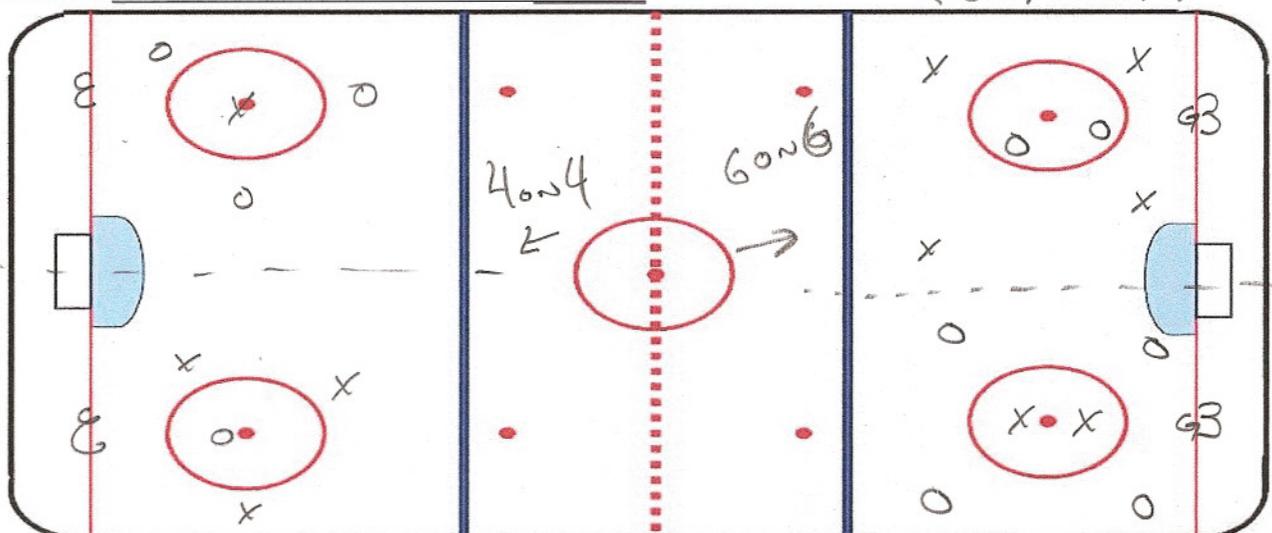


- ① STAR PASSING, ONE TOUCH, ADD 2ND PUCK - ADD "PIG IN MIDDLE"
- ② LOW 3 vs 2 - CREATING ZONES - SKATING SEAMS - OPTIONS LOW.  
 $O_1 \rightarrow O_2$  GIVE & GO. /  $O_1 \rightarrow O_2 \rightarrow O_3$  /  $O_1 \rightarrow O_2$  WALK UP WALL  $\rightarrow O_3$  IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP.  $O_2 \rightarrow O_1$  HIGH CYCLE  $O_2$  DUMPS  
 $O_1 \rightarrow O_2$  DUMPS  $O_3$  SIDE  $O_1$  FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6

(FUN/COMP.)



IMAGINARY LINE CUTTING ICE IN HALF NEITHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON OTHER 4 ON 2 HALF. OTHER 2 ARE KILLING THEIR HALF. - CAN DO 4 ON 4 AS WELL. OR 5 ON 5 BY ADDING ONE MORE

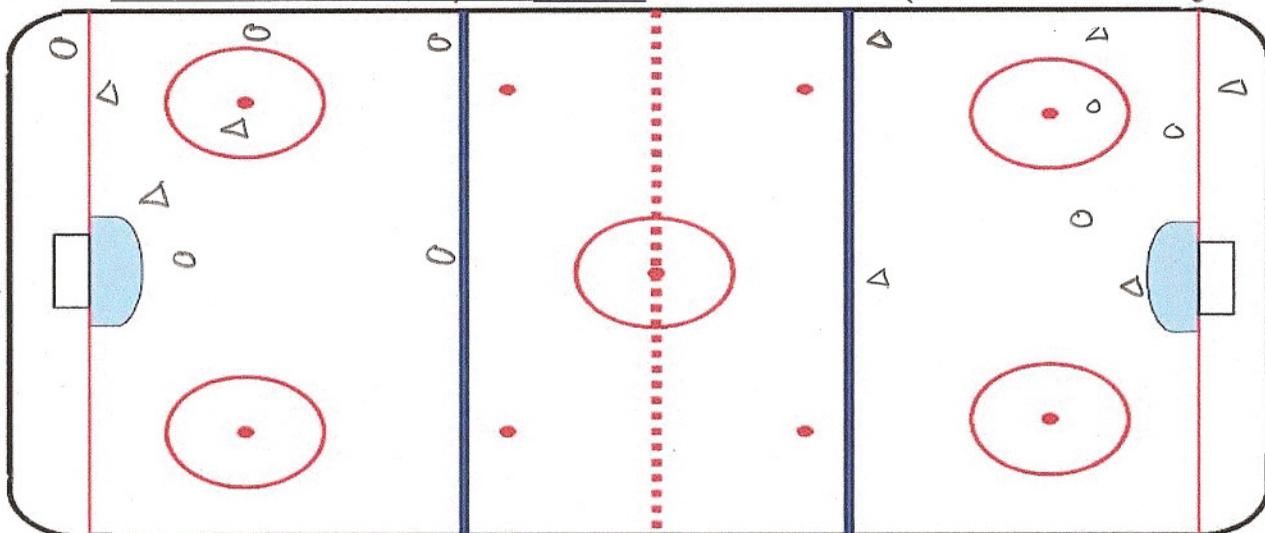
Key Teaching Points: KILLER TO 4 ON 4.



# UBC WHKY - PRACTICE PLANNERS



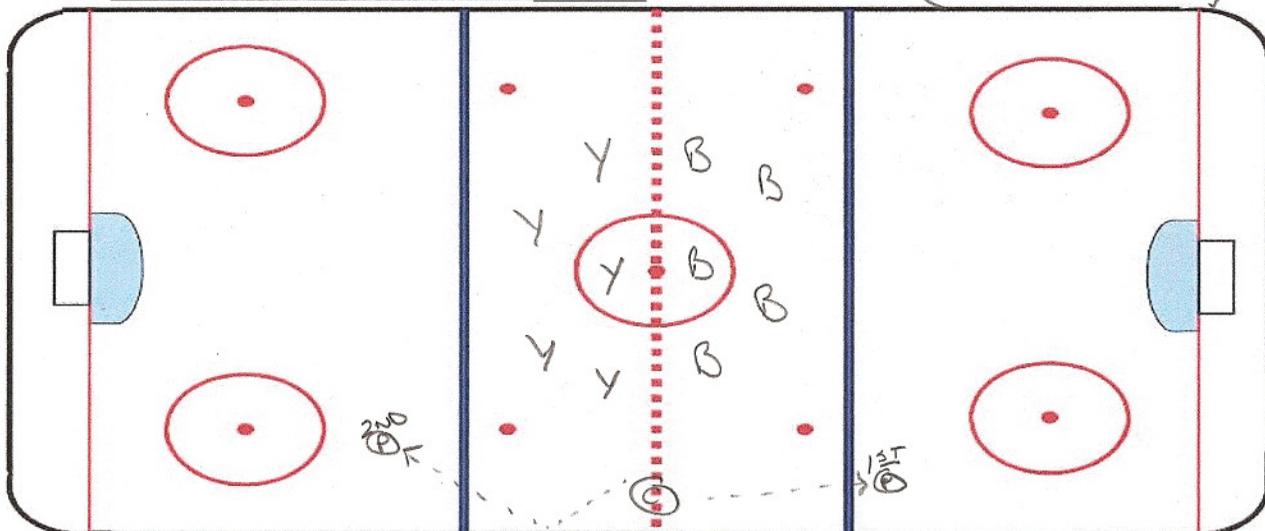
Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



5 O's ON OFF PLAY LOW CYCLES. VS 3 A'S. O'S MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SPOTS ECT. 3A'S TAKE CARE OF HOUSE - OPPOSITE SET UP AT OTHER END. ONE END

Key Teaching Points: FOR 20 SECONDS REST WHILE NEXT END GOES. KEEP SCORE O'S VS A'S EXTRA PLAYERS SUB IN

Drill Name: CANUCK N.Z. F/C. (CONT 30 SEC) (DEF TEAM)

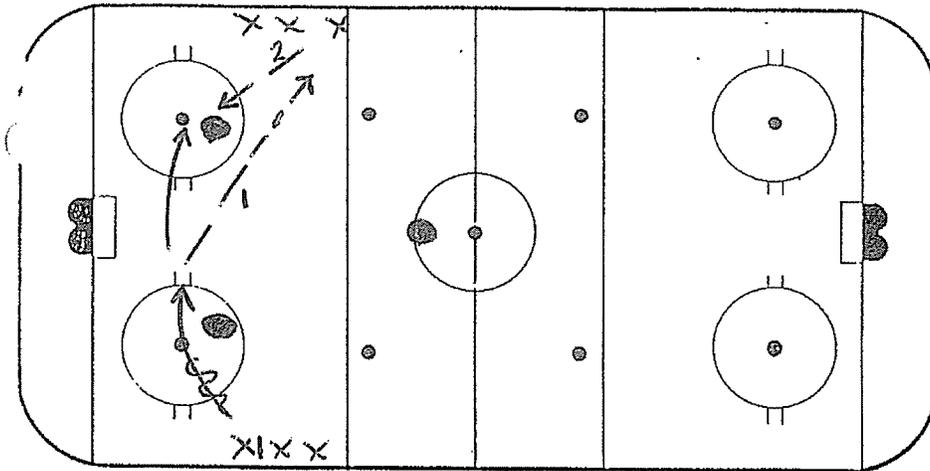


ⓐ SPOTS ⓑ RANDOMLY IN N.Z. ⓑ TEAM RIG'S THIS ⓑ WHILE 1/2 TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE ⓐ SPOTS 2ND ⓑ Y TEAM TRANSITIONS ON THIS ⓐ B N.Z. F/C.

ⓐ KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO

Key Teaching Points: GAIN ANY ICE. ⓐ PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BENCH.

A. WOODS



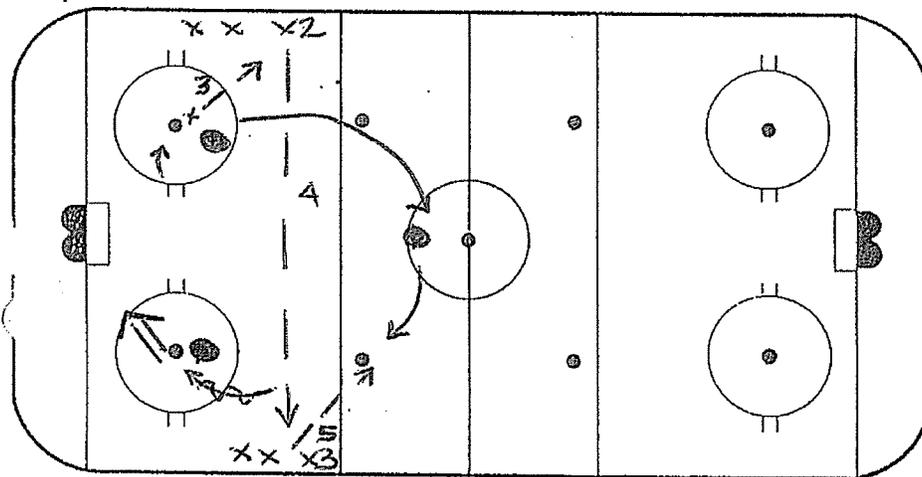
WARMUP

SHOOTING DRILL 1

PLACE PYLENS

TOP OF CIRCLES  
IN ALL 5 F.O.  
CIRCLES,

DRILL GOES BOTH  
ENDS,



X1 COMES UNDER-  
NEATH 1ST CONE

PASS TO X2 (NO.1)

X2 PASS BACK TO  
X1 (NO.2)

X1 ONE TOUCH BACK  
AND SKATES (NO.3)

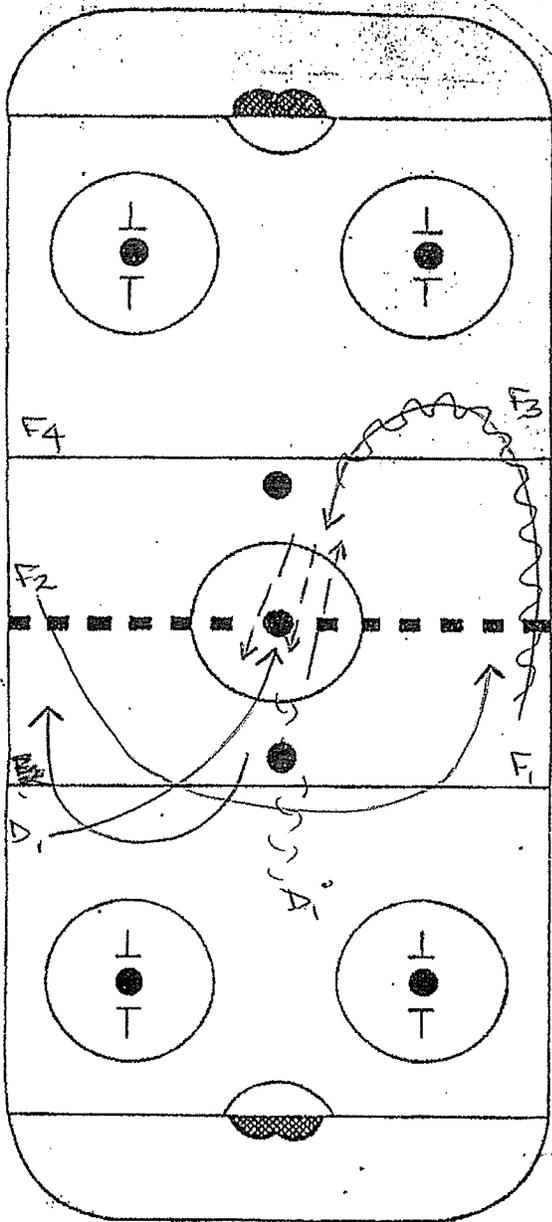
PERIMETER OF CONES

X2 X-ICE PASS  
(NO.4) TO X3

X3 PASS (NO.5) TO  
X1 - X1 DRIVES / SHOTS!

Category COMBO

Drill Name KAZ → NZ | ZX | IX

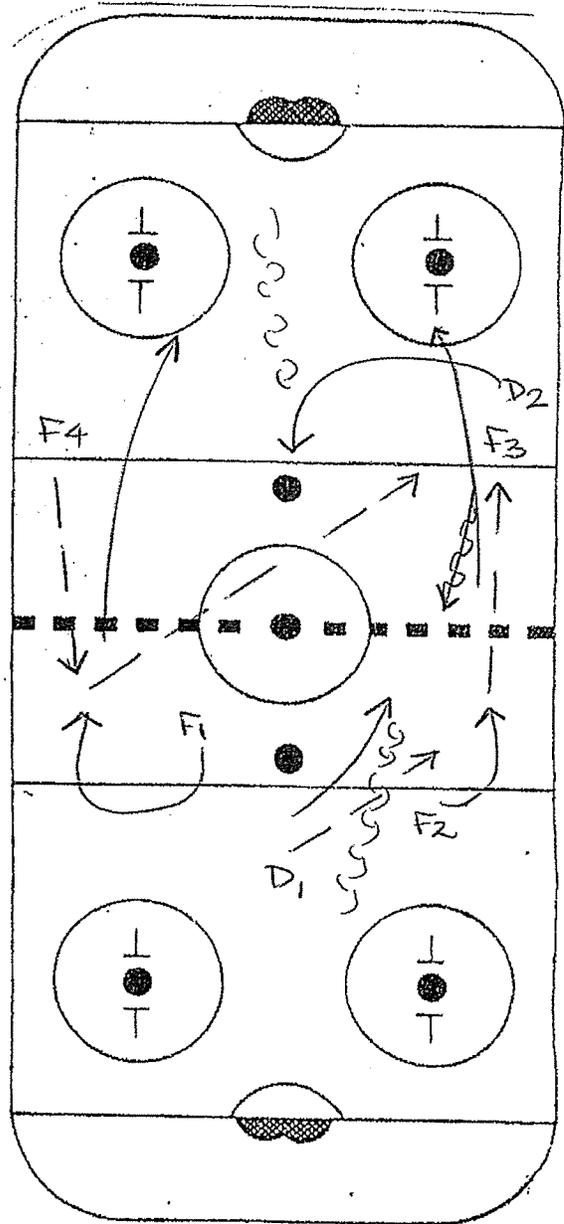


**Action**

- F1 SWINGS HIGH TO BLIND
- D1 STAYS UP TO CENTRE BUNKS
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNATH. X-ICE.
- D1 QUICK UP TO F2

**Teaching Points**

- F2 PASSES TO F3
- F1 RECEIVES PASS FROM F4
- F1 - F2 ZX0, ZX1



**Action**

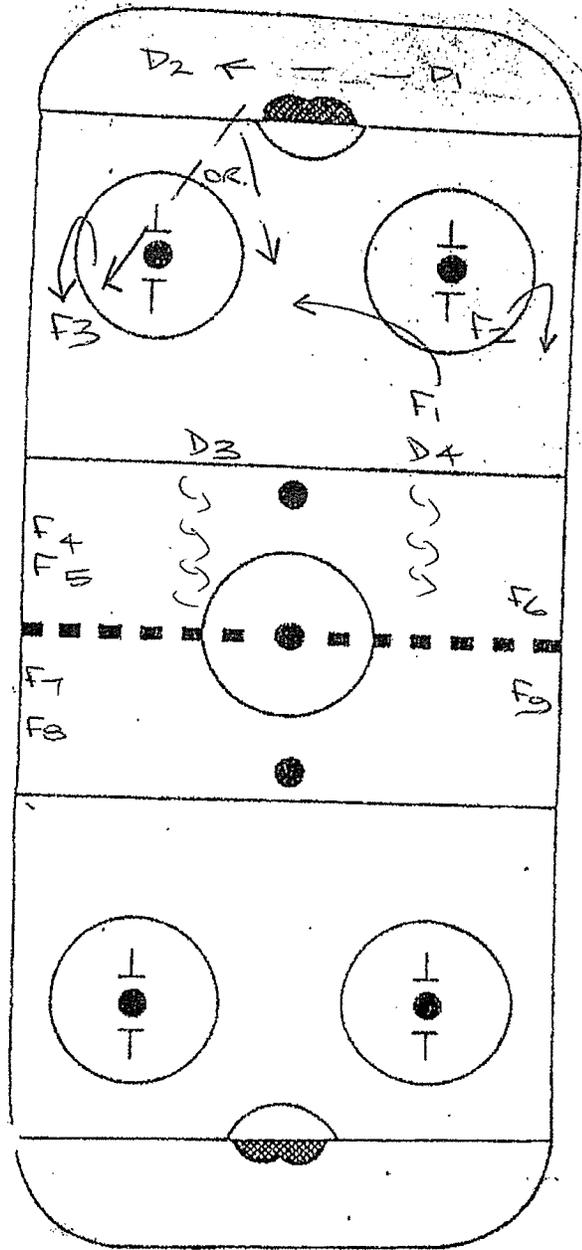
- F3 ATTACKS D1 IX1.
- F4 STARTS DRILL OFF WAY ESTABLISH.
- F1 - F3 - F2 - F4
- OR STAY ONE SIDE OF BUNK AND ESTABLISH PASSES
- AFTER 5 MINUTES

**Teaching Points**

- TIMING / EYE CONTACT
- COMMUNICATION
- SPEED / TRANSITION / NZ

Category BEAROUTS

Drill Name CONTINUOUS BREAKOUT

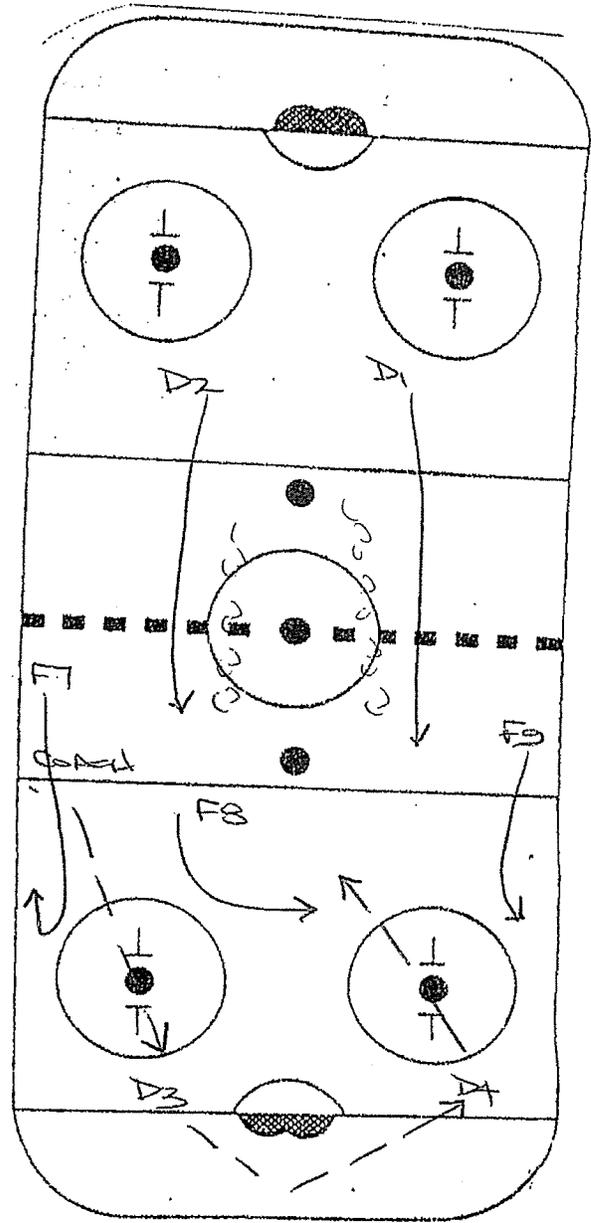


**Action**

- COACH SPOTS PUCK FOR D1/D2
- PARTNER PASS D-D
- D - F1/F2 ATTACK 3x2.
- D1/D2 SUPPORT QUICKLY

**Teaching Points**

- ON WHISTLE COACH SPOTS PUCK TO D3/D4 FOR BREAKOUT WITH F1/F2/F3



**Action**

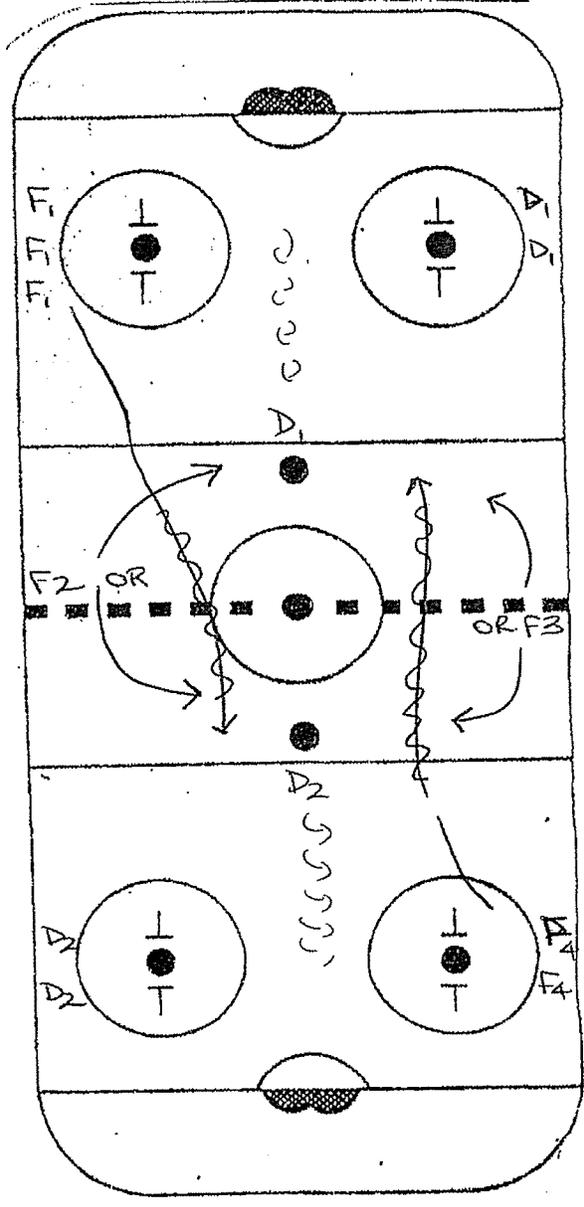
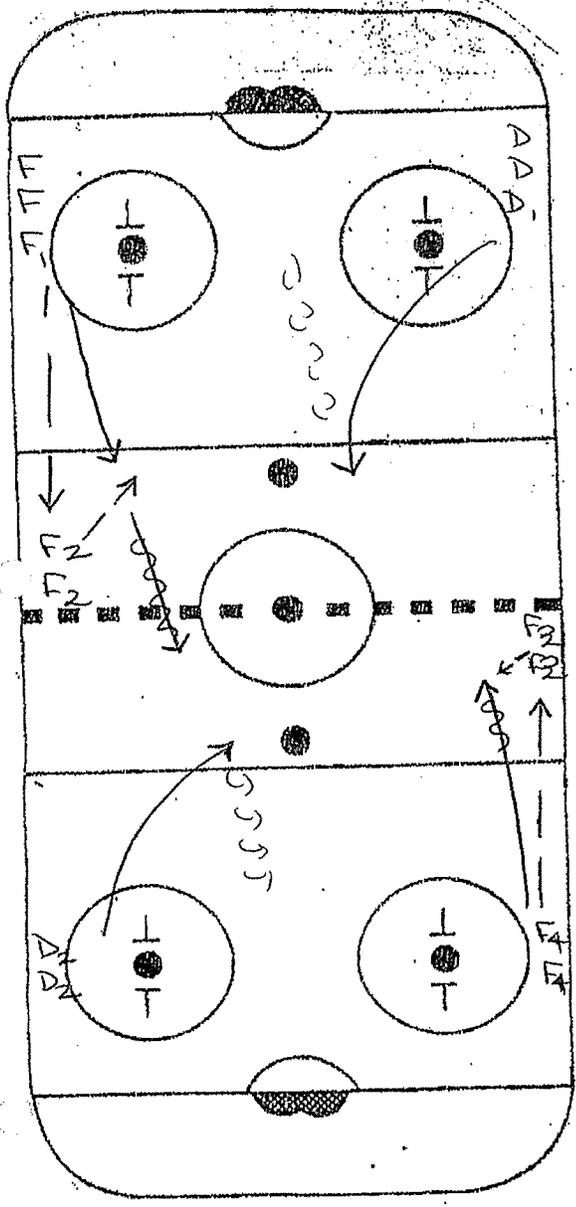
- CONTINUOUS 3x2 USING BOTH ENDS
- NB OFFENSIVE PLAYERS FOR MIGHT BUT PRESS ON NET 3x2 (OFFENSIVE TRIANGLE)

**Teaching Points**

- TAP TO TAP PASSING
- EYE CONTACT
- CAD CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1x1 | 2x1 | 3x1



Action

- D1/D2 START AT WAISTLE
- F1/F4 PASS TO F2/F3 RESPECTIVELY
- F2/F3 ONE TOUCH BACK TO F1/F4 AND THEN TAKE DECISION WHICH SIDE TO GO TO FOR SUPPORT.

Teaching Points

A 1x1 | 2x1 | 3x1

DEPENDENT ON F2/F3  
DECISION ON WHO TO SUPPORT.

Action

---



---



---



---



---

Teaching Points

---



---



---



# FAX TRANSMISSION

UNIVERSITY OF VERMONT  
 DEPARTMENT OF ATHLETICS  
 PATRICK GYM  
 BURLINGTON, VT 05405  
 Fax: (802) 656-0949

To:	ENIO Sacilotto	Date:	9/19/11
Fax #:	<del>802-656-0949</del> (378) 737-1387	Pages:	3
From:	Joey Green	Phone:	
Re:	Drill at the West Club		

**COMMENTS:**

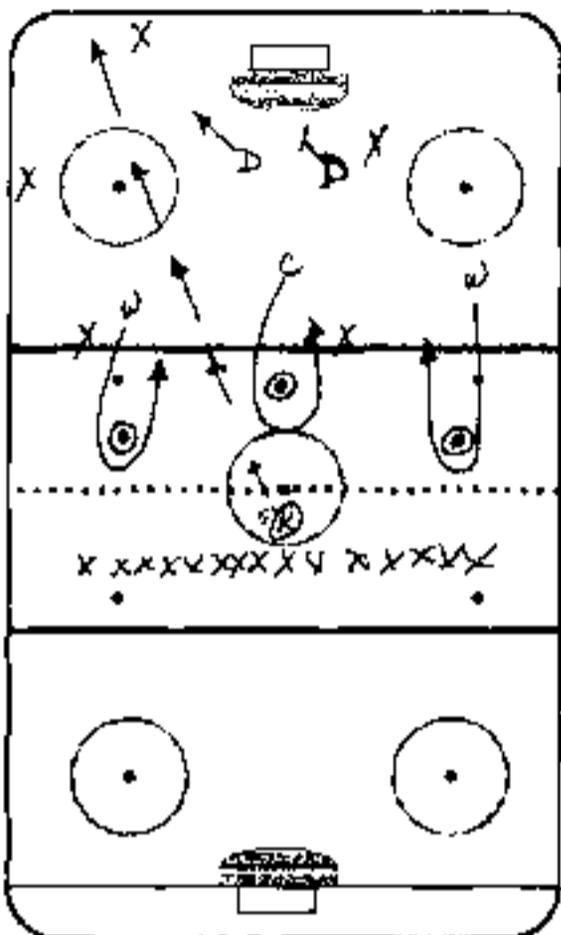
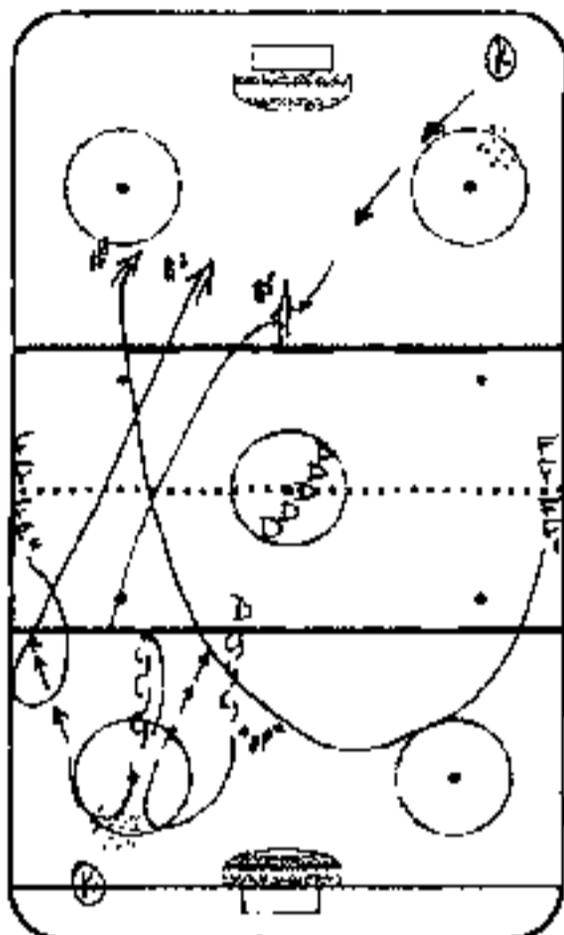
ENIO,

Sorry for the DELAY. Thanks again  
 for putting this together!!

- Joey

This fax transmission originates from Fax telephone number (802) 656-0949. Should you have a problem with this transmission, please call (802) 656-3075.

# VERMONT



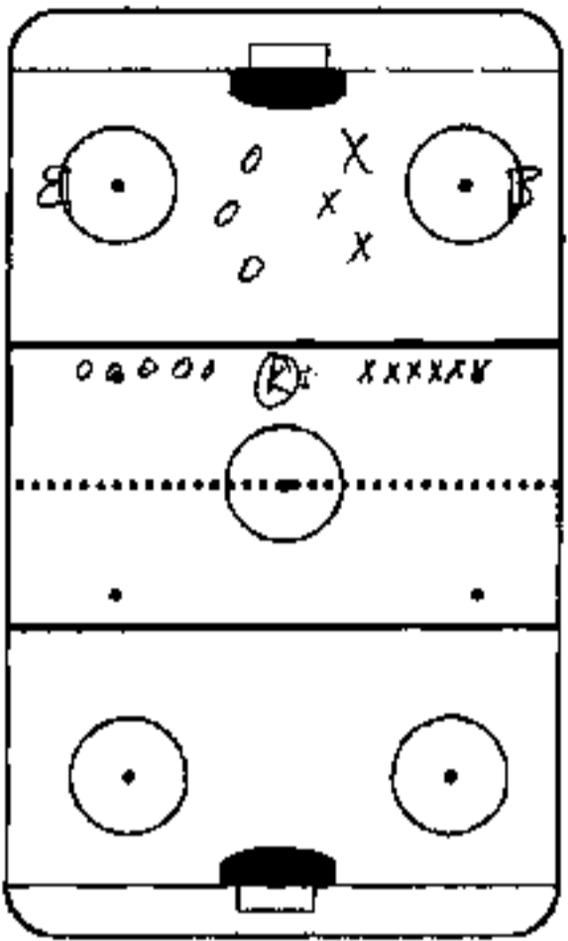
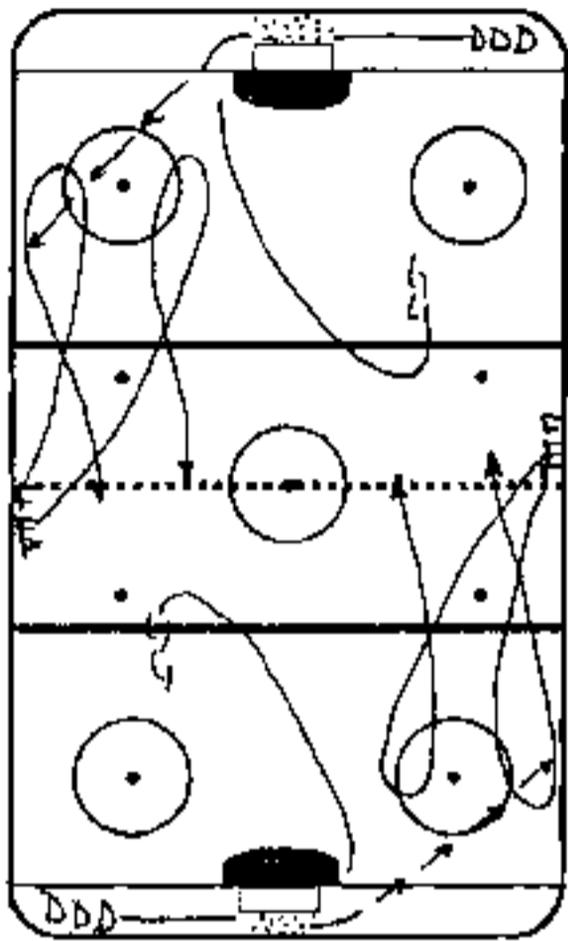
START Drill on the Attack

- Both Ends at same time
- Defenders work front - 1/2 Team
- \* Attack + D can shift to free Blue w/ my hand
- ② wrap back
- D - checks, jumps + ready for shot 43
- \* Coach → use only 1 forward to speed up / narrow # of lines for Drill

5 x 5 DZ Coverage

- On whistle Forward Loop around the field in the NZ → then back into the DZ for coverage
- Coach drops back to X's (FB) → they have to all touch the back then can attack off cycle
- \* Defenders have to ID Back Position & Communicate w/ Teammates for first appearance DZ coverage.

# PERMONT



Begin 2x1 on whistle.  
 F's must get to routine first  
 Mark.

---

F's work to exploit Gap?  
 Attacking w/ speed

---

D's work close gap? Risk  
 Risk performing

---

\* Action -> D can use whistle to  
 change attack direction (F's aware)  
 -> D is forced to range  
 \* can be done w/ multiple whistles

Competitive Game

---

(R) decides situation - 2x2, 3x2, 3x3  
 \* can add players at any time during shift. etc...

---

\* Great for working on Situation  
 awareness & increasing communication

---

\* Keep score X v. O  
 \* Shifts run on whistle ~ 30 seconds

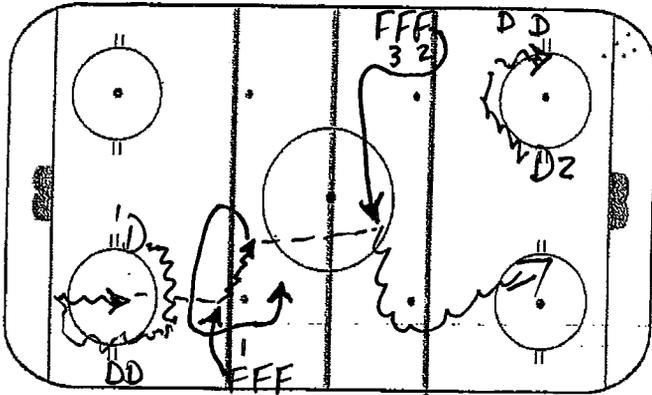
2010 D.O.T.W.-C  
2011



Date: \_\_\_\_\_

\_\_\_\_\_  
Dan Olsen

TIME \_\_\_\_\_ DRILL NAME **Skill Drill**  CONTINUOUS  CONTROLLED



OBJECTIVE(S) **transition skating.**

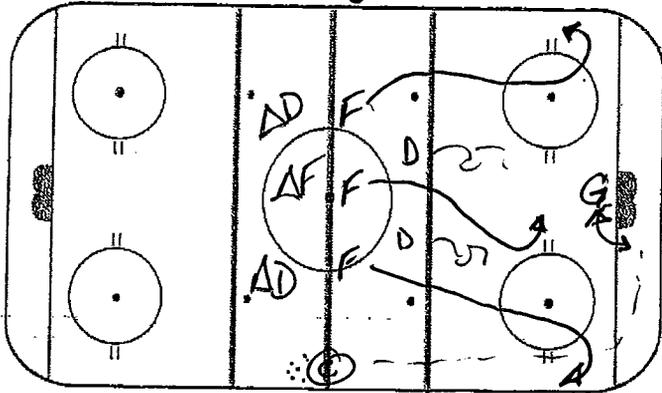
- START - passing (controlled) shooting
- D<sub>1</sub> skates fwd to board around circle w/  $\bar{p}$ , skating up ice @ bottom of circle
  - D<sub>1</sub> pass to F<sub>1</sub> who jumps off boards into opening
  - F<sub>2</sub> accelerates to mid-ice to receive pass from F<sub>1</sub> & goes wide for shot on net
  - F<sub>1</sub> curls back to original line & while moving preps for pass from F<sub>3</sub> who is repeating drill w/ D<sub>2</sub> on other side of rink.

- KEYS - continuous drill
- D work on transition skating & passing quickly
  - F's control skate & prep to accelerate thru N-Zone
  - use timing to accelerate @ the right moment for mid-ice pass.

ROTATION \_\_\_\_\_

VARIATIONS/PROGRESSION \_\_\_\_\_

TIME \_\_\_\_\_ DRILL NAME **Team Play.**  CONTINUOUS  CONTROLLED



OBJECTIVE(S) **work F/C or "chip"**

- START by "
- (C) dumps  $\bar{p}$  for a unit of 5 to B/O
  - have 1 F & 2 D apply passive resistance holding the blue line to force B/O unit to chip by (area) or dump to Quiet zones.
  - unit of 5 forecheck the 2 D & 1 F hard - should create offence on F/C & for turnovers.
  - on whistle (C) spots new  $\bar{p}$  in N-Zone, unit of 5 regroup & chip or dump again.

- KEYS - (C) uses team F/C system
- players on F/C have to be aggressive & support wise.
  - if 2 D & F carry  $\bar{p}$  out of O-Zone punish the F/C unit w/ push-up-situps

ROTATION \_\_\_\_\_

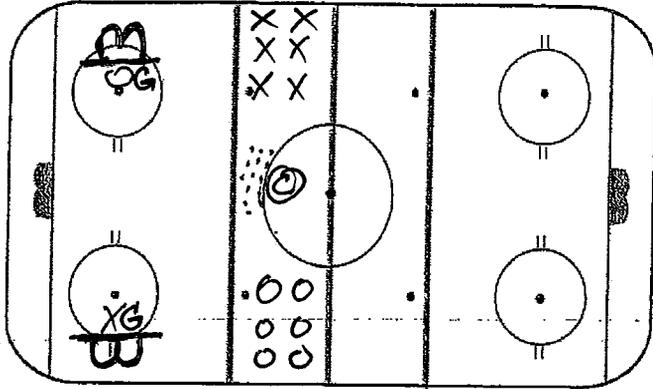
VARIATIONS/PROGRESSION \_\_\_\_\_

- add another F for 5 on 4 F/C. Progress to 5 vs 5. (A) No sticks. (B) Sticks over.



Fun &

TIME \_\_\_\_\_ DRILL NAME Competitive Drill  CONTINUOUS  CONTROLLED



OBJECTIVE(S) 1 vs 1 - times 3

START

- (C) sends in 3 p̄ as 3 O's & 3 X's go into retrieve.
- 3 sets of 1 vs 1 inside the blue line.
- combatants must continue to play 1 vs 1 until they score
- when goal scored the 2 playing 1 vs 1 are done & exit zone quickly
- (C) spots new p̄ &

KEYS 2 new 1 vs 1 starts.

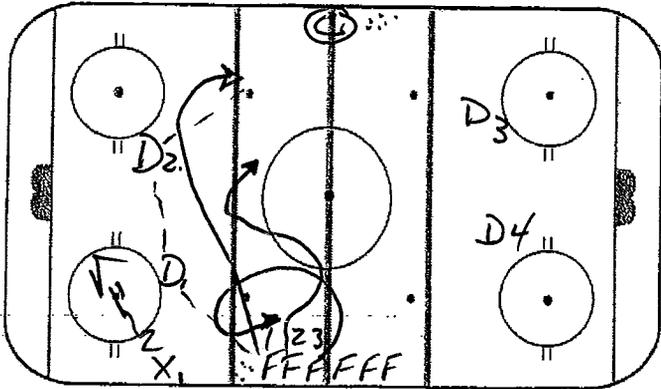
- G Keep eyes open, heads up
- players heads up, on swivel
- no penalties.

ROTATION

VARIATIONS/PROGRESSION

BOOK RECOMMENDED: Outliers: The Story of Success.  
by Malcolm Gladwell.

TIME \_\_\_\_\_ DRILL NAME 3 vs 3 Tiger  CONTINUOUS  CONTROLLED



OBJECTIVE(S) work regroups & counter attack.

START - work 3 vs 3 low

- work gap control, regroups & attack triangle to 3 vs 3 low
- on (C) whistle F line pass to D1 & D2.
- 3 F's fill lanes to support & receive p̄ from D1 or D2
- X1 (B/C) skates in & shoots then joins D1 & D2 to defend
- F1, F2, F3 regroup w/ D3 & D4 & attack D1, D2 & X1

KEYS - on second whistle

- (C) spots new p̄ for low 3 vs 3.
- next whistle 3 new F's start w/ D3 & D4
- place new F as B/C

ROTATION

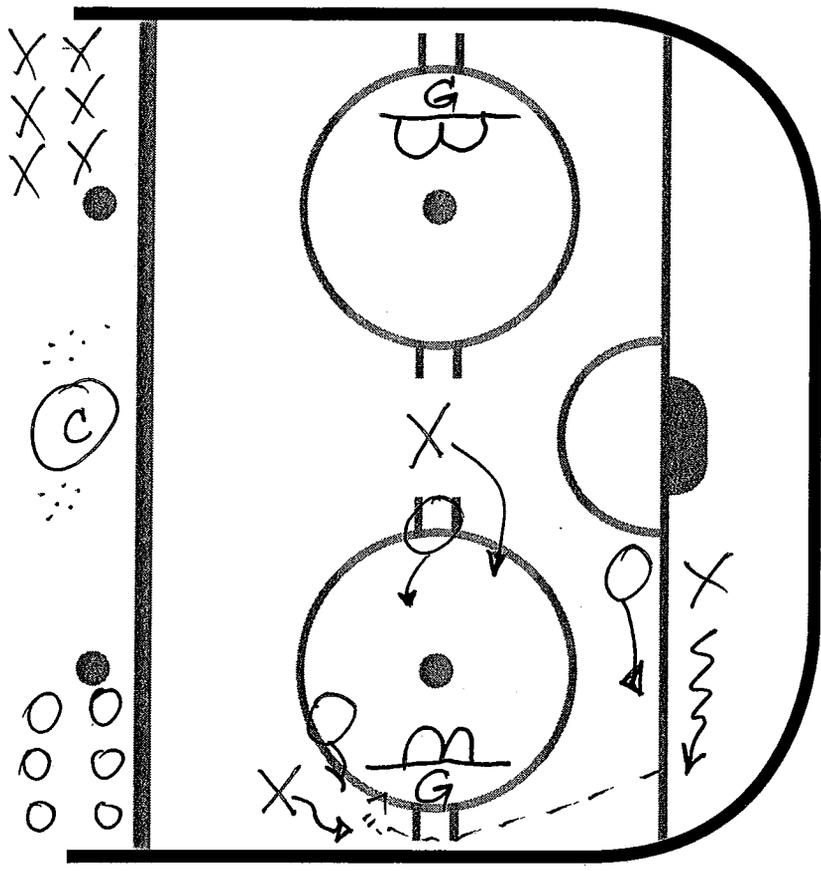
VARIATIONS/PROGRESSION

Envo.

# Favorite Drill

My Drill: 3 vs. 3 Reverse the Nets.

- \* turn nets so they face the boards.
- \* game is 3 vs 3
- \* play for 30 - 40 Secs. then change.
- \* Variation: go 4 on 4 or 5 on 5.

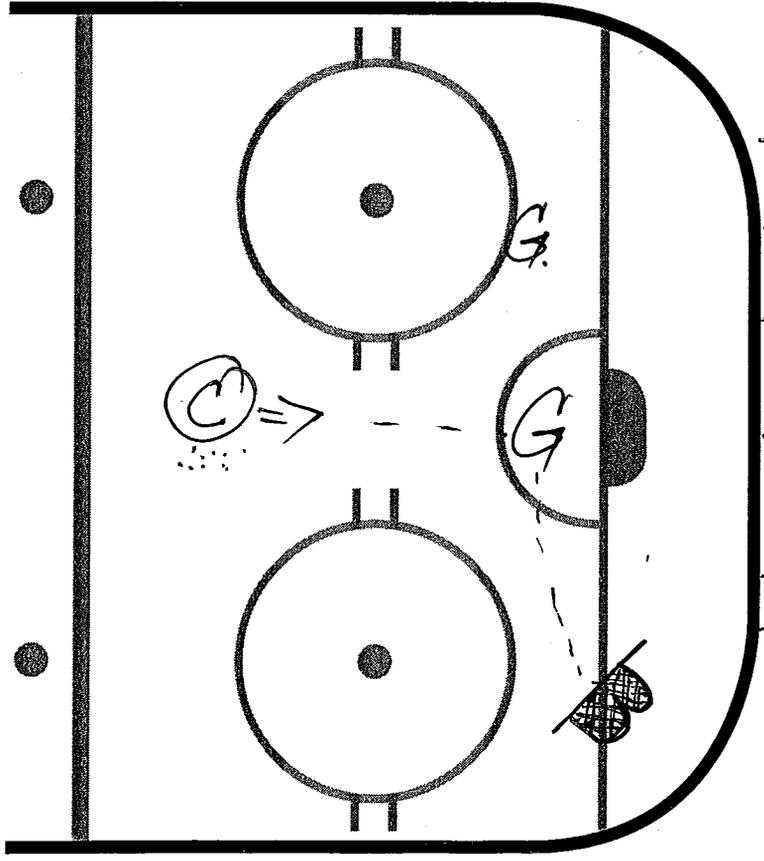


NOTES/COMMENTS  
 Develops G vision  
 Develops Support  
 Develops quick & board passes.

# Goal tender Drill

My Drill: Rebound Goal Game.

- use opposite net on either side.
- object for G is to direct shots into open net to side.
- G gets 1 point for every p directed into open net
- (C) or player shoots p to the side G wants to control & direct to net.
- Keep score.
- change sides after white.



NOTES/COMMENTS  
 teaches rebound control  
 comp. between both goalies.

D.O.T.W.C 2010/2011

Dan Olsen  
 timbercoach@hotmail.com

To: ENNIS DRILL CLUB 2011

From Gardiner MacDougall

ENCLOSED DRILL FOR 2011 PLUS SOME QUOTES TO USE.  
THANKS FOR DRILLING TODAY FOR "HARDNESS" JW

1. "Nothing worth getting comes easy. There is a price to pay to achieve success in hockey as well as in life. The reward, however, is so worth the journey" Rob Blake - Stanley Cup Champion 2001 on Life lessons.
2. "The biggest thing I took away was to just really embrace the concept of focusing on what you do, not the result. What I mean by that is you shouldn't go out and try to score a goal; you should do all the little things that will lead up to scoring a goal. So you really have to focus on the task at hand versus looking ahead at what the reward might be" Kirk Muller, Montreal 1993
3. "Determination. It takes a lot of determination to reach your goals, whether they are in hockey or in life. To become a champion in hockey you have to pay the price. The Stanley Cup playoffs in general are really a test of your will. They are a test of your ability to stay strong and to deal with adversity. If you can do those things and persevere then you will be successful. It won't guarantee you a championship, but it will guarantee you an opportunity" - Steve Yzerman, Detroit 1997, 1998 and 2002.
4. "Their style has been contagious", added Scotty Bowman. "they've built a fire under the whole team. These young guys have desire and desire is the number one priority today. Everyone wants players who work, because it has been demonstrated that work can beat superior talent. I honestly can't say that I expected that much from either Risebrough or Tremblay, but that line has been the sparkplug of the club. They all play a good aggressive game and give the rest of the team a lift.....These kids never accept defeat." - The Kid line in Montreal in 1975 Tremblay, Risebrough and Lambert.....maybe the beginning of the "energy line we refer to today, but one also must remember the Philadelphia Flyers at this time. Montreal had to counter them with this type of play. The Kid Line helped transform the Canadians from a team that had relied solely on offense to a more balanced team with a renewed focus on the defensive side of the game. Bowman and Pollock (the brain) also got Gainey, Jarvis and Jim Roberts (Pollock was brilliant in getting Gainey and Jarvis)
5. Doug Jarvis was the final piece of the puzzle for the Canadians. Bowman had wanted Montreal to become a team that controlled the game through puck possession. As promised by Roger Neilson, Jarvis's faceoff skills were among the best in the league.

Funny, so many things that went on in the 70's still apply to the game today.

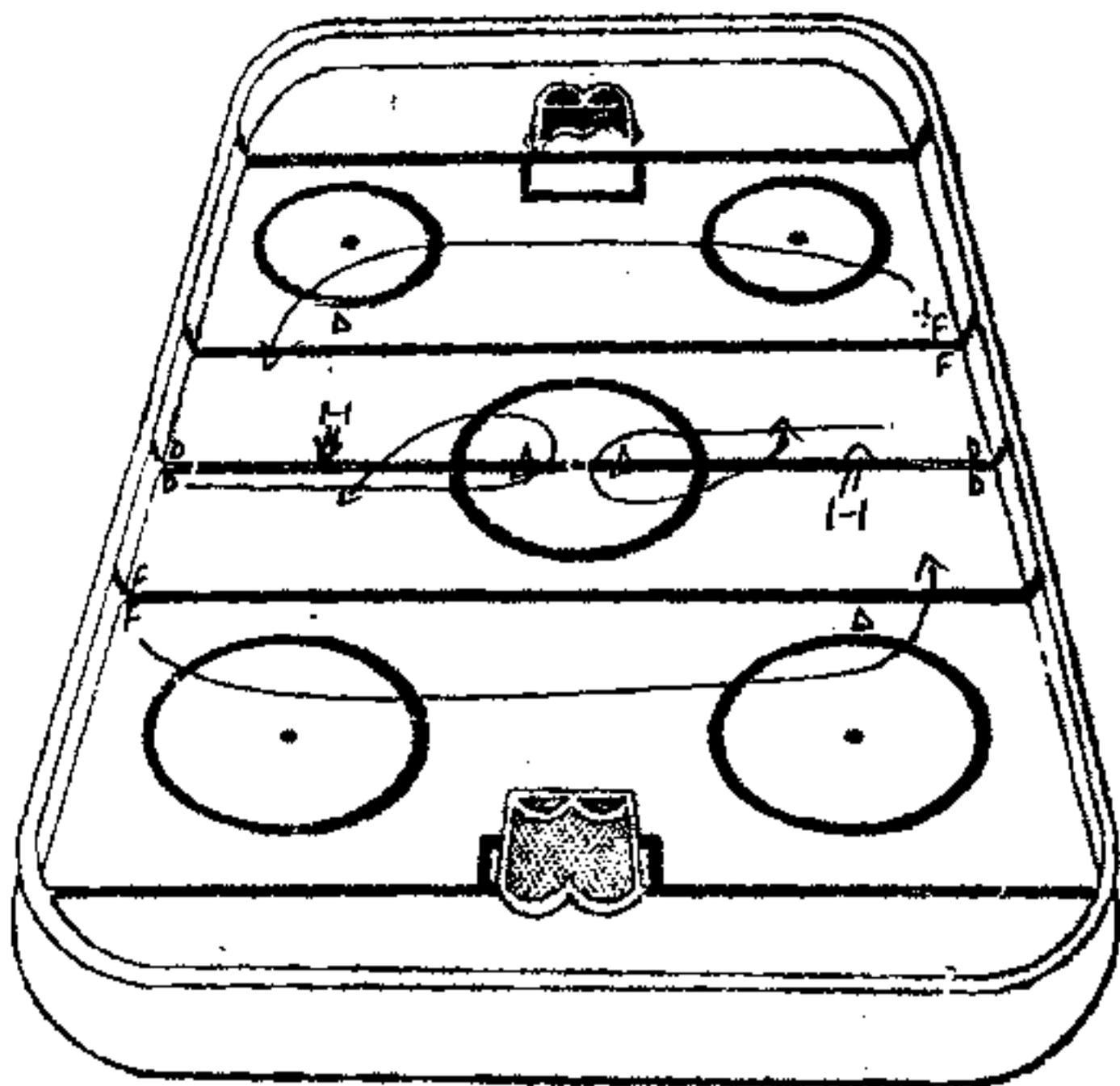
Have fun at your weeks work.

1 FINAL QUOTE

"ADVERSITY IS RULER OF THE WEAK  
AN INSTRUMENT OF THE STRONG"

6047924656

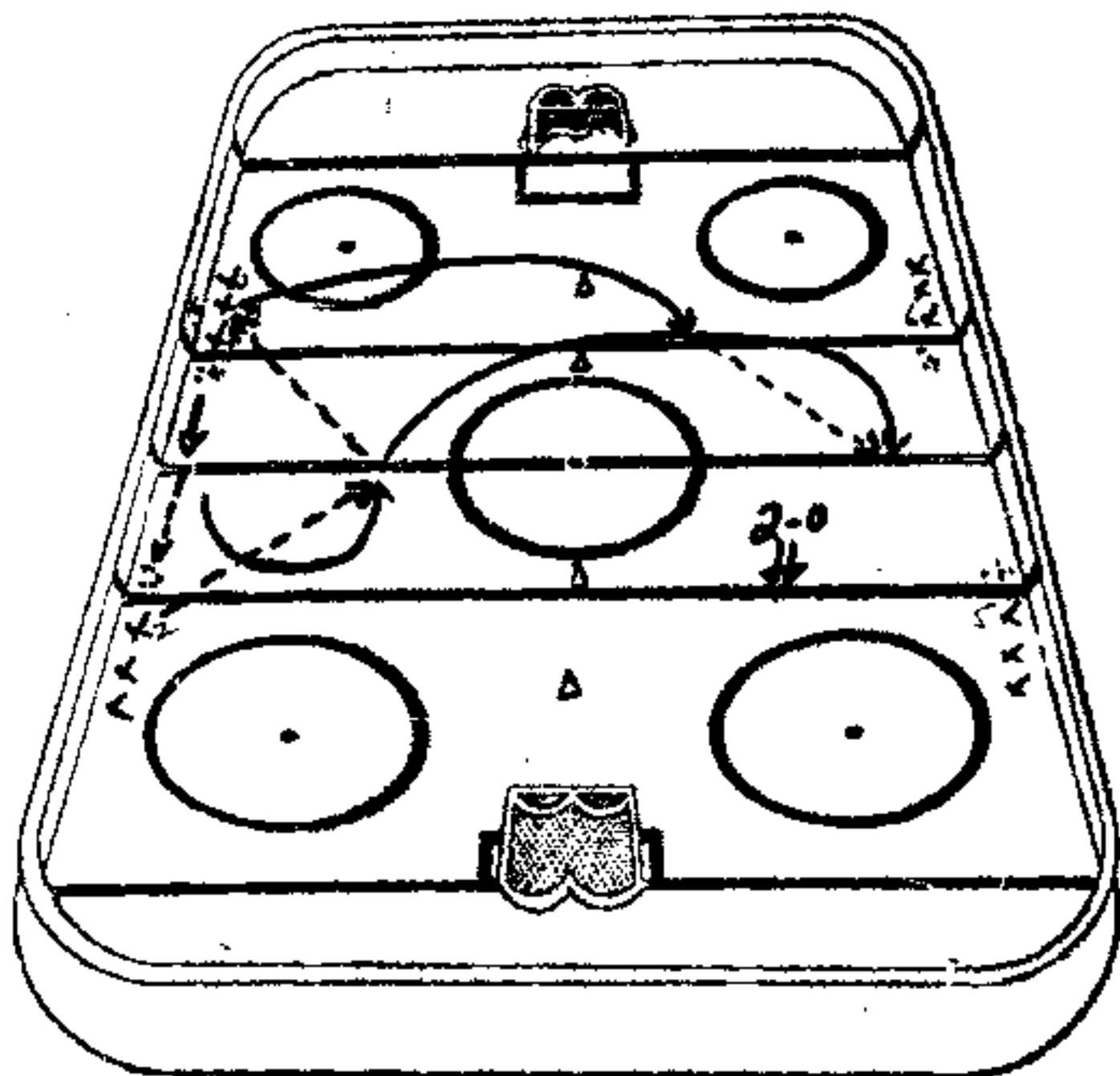
# ROSENHILL 1-1



→ ON WHISTLE F<sup>s</sup> SPURNT TO FAR WALL, PAST PYLONS. ATTACK D WITH SPEED 1-1.

→ D<sup>s</sup> SPURNT TO CENTRE ICE PYLON, THEN, THEN PIVOT TO PLAY 1-1 VS. F.

# SNITA DOUBLE DRIVE 2-0



$X_1 \rightarrow X_2$

$X_1$  opens up for return pass from  $X_2$

$X_1$  then back to  $X_3$  (next in line)

$X_1$  opens up thru pylons,  $X_3$  under pylon + passes to  $X_1$

$X_1 + X_3$  go 2-0 net  $X_1$  w/ shot

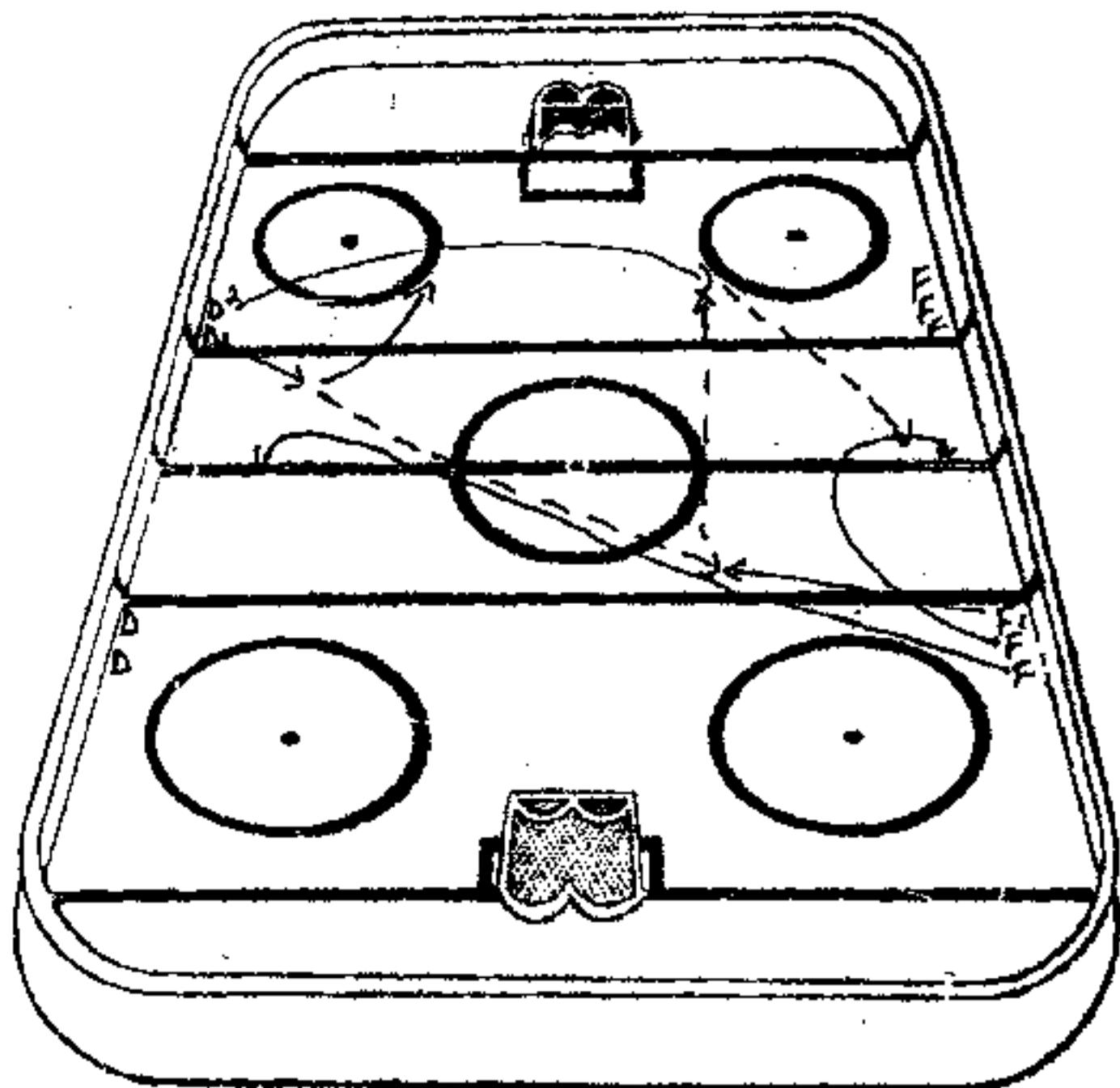
$X_4$  &  $X_5$  go same time from alternate side.





GALLY ① 3-0

② 3-2 Regroup



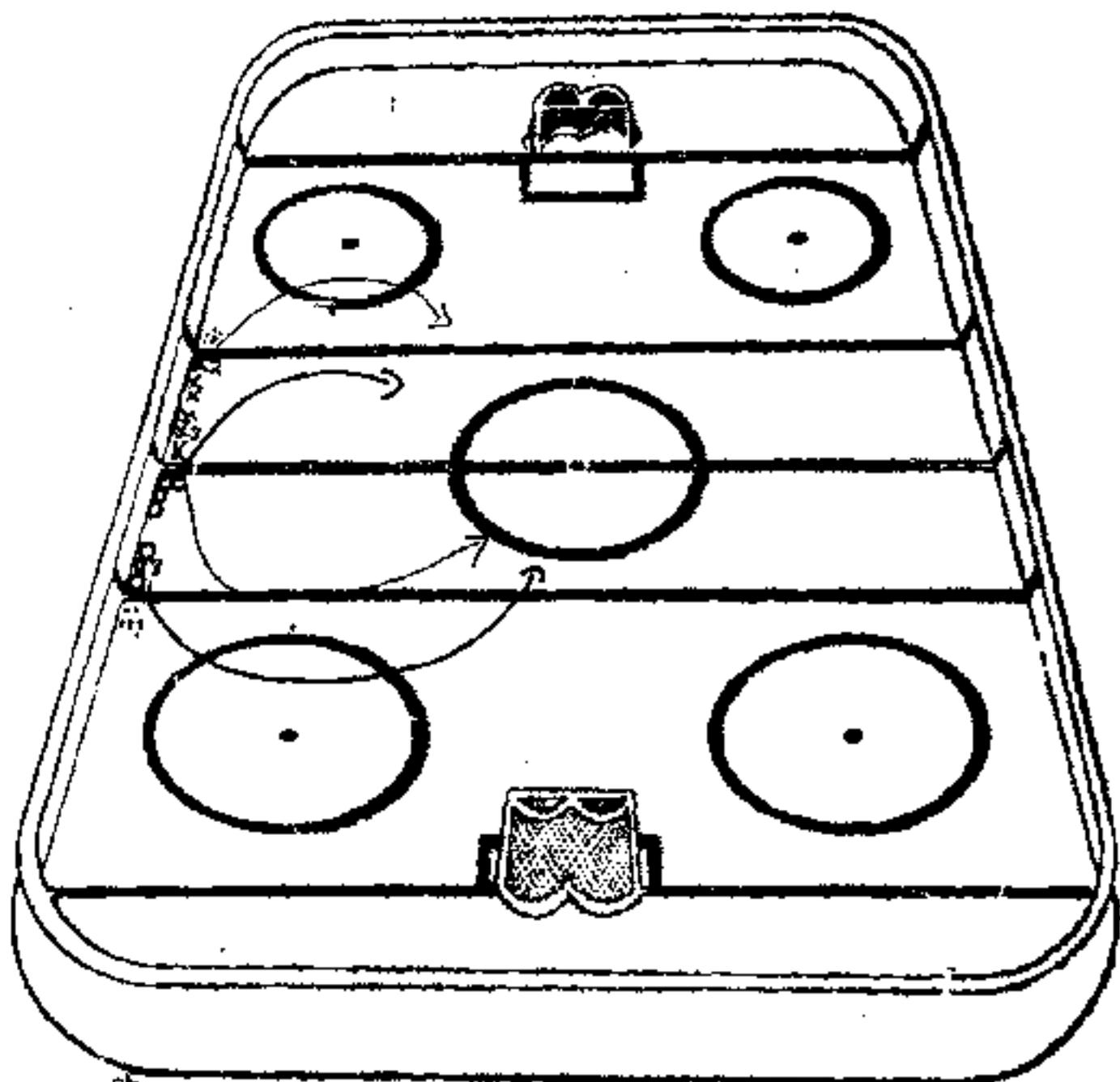
D<sub>1</sub> Steps out passes to F<sub>1</sub> (Centre), then pivots BWS into our zone

D<sub>2</sub> Skates to opposite side of ice for support

F<sub>1</sub> Passes to either D to start NZone Regroup

OPTIONS 1. UPS 2. OVERS 3. HINGES

# TOOTOO ANGLING 1-1, 2-2, 3-3



- 1st Whistle, O<sub>1</sub> skater w/ puck thru top of circle - looks to score at far end  
 X<sub>1</sub> leaves from Red Line - Angler + tries to turn puck over  
 (1-1)
- 2nd Whistle X<sub>2</sub> skater w/ puck from Blue Line  
 O<sub>2</sub> angles from Red Line  
 (2-2)
- 3rd Whistle O<sub>3</sub> "  
 X<sub>3</sub> "  
 (3-3)
- \* Players leave puck on whistles!!



## CHILLIWACK BRVING

ATTEN: ENIO SACILOTTO

FROM : WILL VERNER (250) 423-3214

RE : Drill of the week

BOOK: It Never Rains In Tiger Stadium  
by John Ed Bradley

QUOTE: If You Ain't the Lead Dog  
the View never changes

Happy Holidays!

Cheers Will

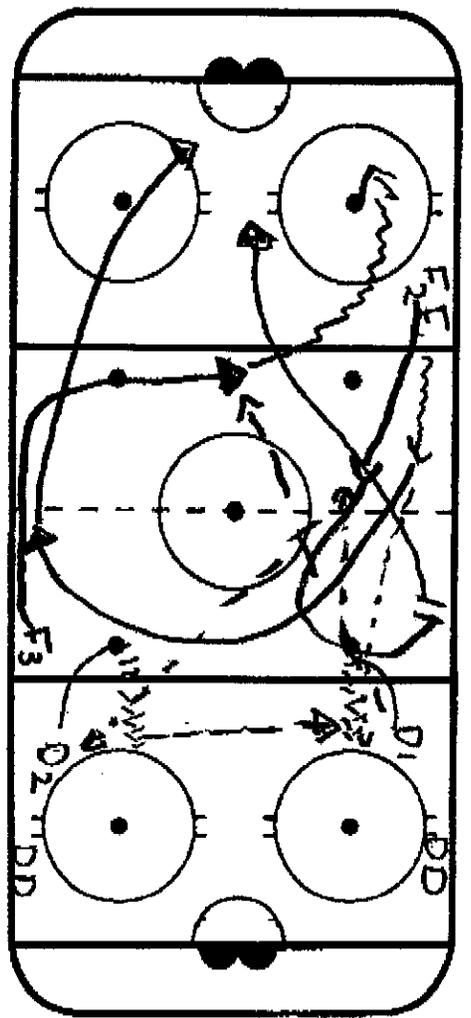
TIME: \_\_\_\_\_ DRILL: SKILL

- D1 and D2 jump out and back pedal into zone.  
 - F1 and F2 leave F, gives puck to D1, D1 bumps it back to F2, F1 takes side route to for well, F2 passes to D2 and anchors well, D2 goes back to D1 F3 stretches, D1 jumps up and picks an option. 3 F's attack F with puck shoots for rebound with 2 F's going to the net. D men go hard to OZ. Can add shots from D

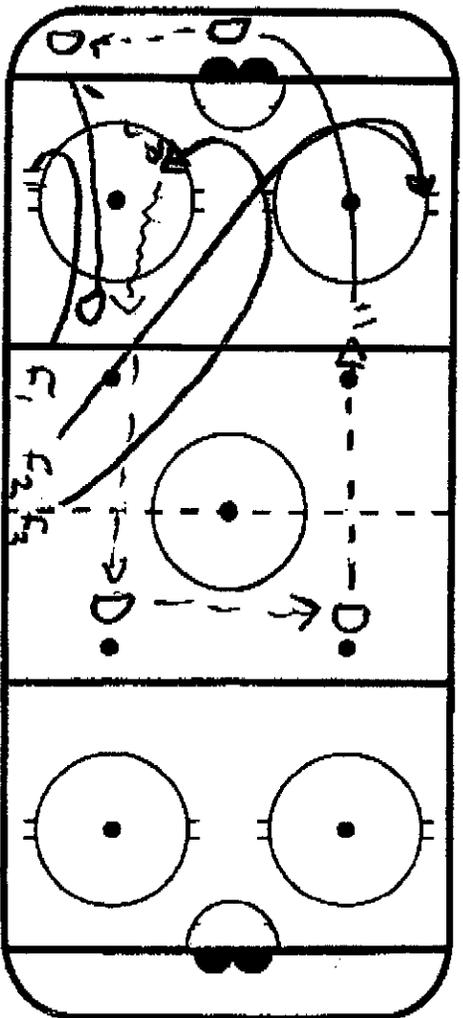
TIME: \_\_\_\_\_ DRILL: Team Play

Dump puck 2 D breakout 3 F's  
 2 more D in NZ  
 3 F's give NZ D puck for regroup  
 NZ D go D to D then back to the 2 D that broke out. Breakout D go D to D the hit a regrouping F  
 F's Dump puck in end change, one F stays to HV D men who are now breaking out 3 new F's changing from the bench. Continuous

3 men NZ



Change Drill w/ HV



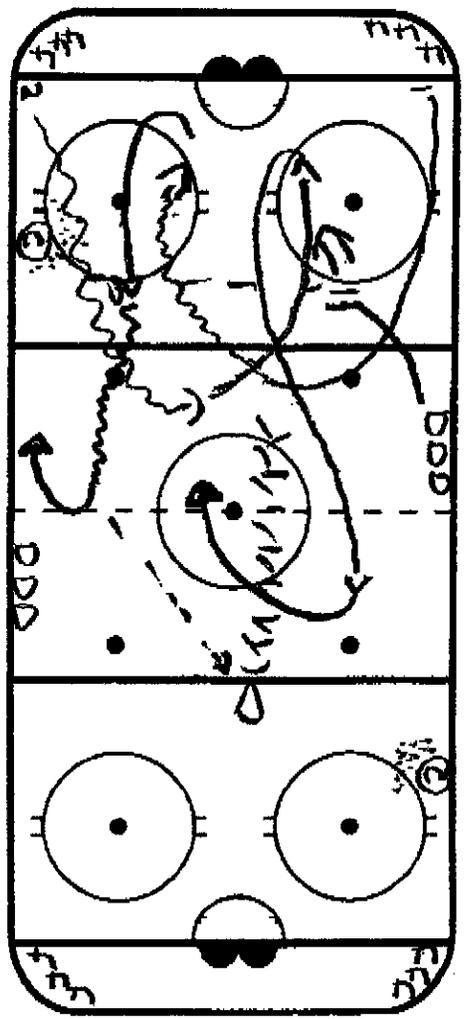
TIME: \_\_\_\_\_ DRILL: FAVORITE

F<sub>1</sub> and F<sub>2</sub> leave with puck swings outside blue line and attack Zone D then jumps in gets a pass from Coach and shoot with F<sub>1</sub> and F<sub>2</sub> of net. After shot F<sub>1</sub> and F<sub>2</sub> breakout get a pass from Coach and regroup with D men. F<sub>1</sub> and F<sub>2</sub> then attack Zone D again with regrouping D men following up for another pass from Coach and shot. Once D men regroup F<sub>1</sub> and F<sub>2</sub> other end starts, Continuous

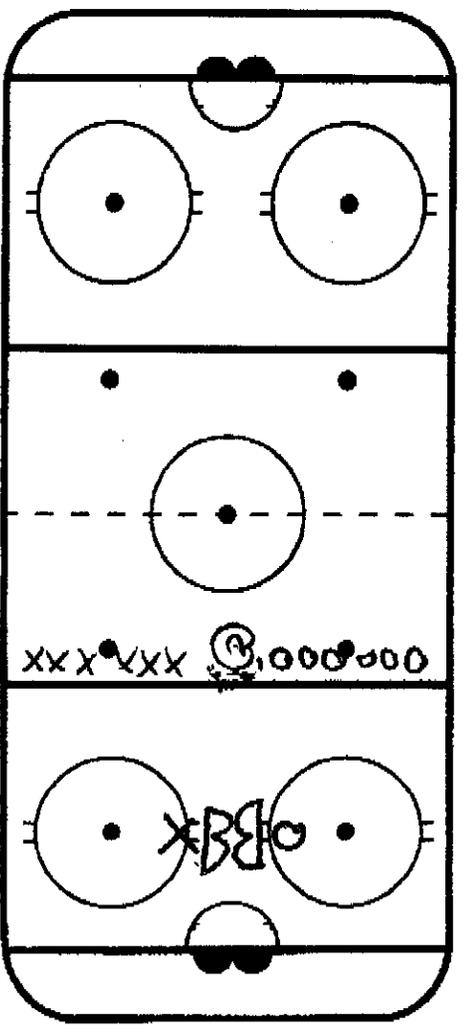
TIME: \_\_\_\_\_ DRILL: COMPETITIVE

Nets back to back in one end O's must try to score on X not end X's on D net. 30 sec shifts on whistle all 6 players head out of zone to clear for next 6. losing team skates

# Detroit Game Day



3 vs 3 1/2 ice nets back to back



①

To: Enio Sacilotto FAX: 604-792-4656

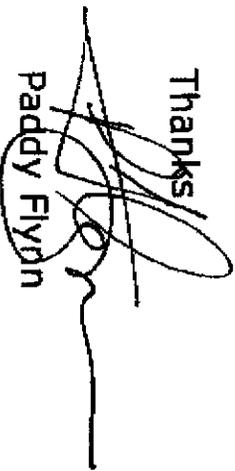
From: Paddy Flynn, Target Hockey Academy Ltd.

Pages: 3

Comments:

Really enjoying the drills and thanks for stay on top of me to get these in Enio.....I appreciate that.

Thanks



Paddy Flynn

902-789.4625

[www.targethockeyacademy.com](http://www.targethockeyacademy.com)

EMAIL: [targethockey@gmail.com](mailto:targethockey@gmail.com)

Four Drills:

1. Team Play - "Development of the 1 - 2 - 2 System"
2. Skill Drill - "2 on 0 Support / Net Drive"
3. Favourite - "Wrap Drill"
4. Fun / Competitive - "End Zone Activation"

Quote:



## Team Play

(2)

### "Development of the 1 – 2 – 2 System"

- The drill runs with 2 D-Men as shown and 2 Outlet Forwards as shown and stay stationary.
- D-Men can only partner pass or to the outlet on their side of the side (example: D1 to F1 or D1 to D2 to F2)
- 3 Forwards in the NZ Ice with Coach (with pucks).
- Drill design is to have the 3 forwards tag up at the blue line to complete three reps. Each time, a different F1.
- Stressing "Strong Post" and "Stick in the Lanes" and "Angle up Boards"
- F2 and F3 reads on F1's work and "Toe Caps"
- Focus on the strong "CAP Offs" and F2 position looking for opportunity to "Crash the Hash"

Diagram #1

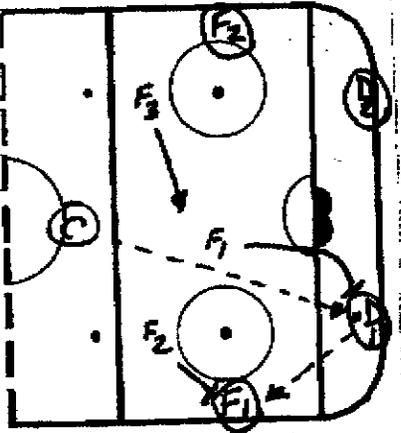
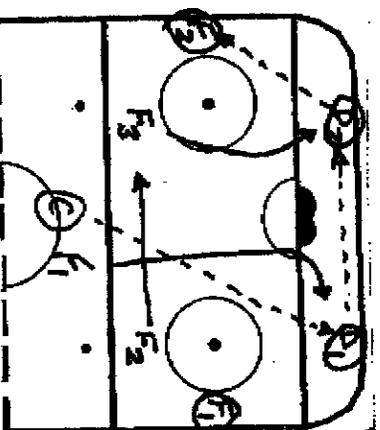


Diagram #2



Coach delivers the puck to D1

F1 provides pressure to try to force of the board. On rim /passed puck F2 "Crashes the Hash" from the "CAP OFF" position.

F3 weak side "Wedge" Support in the slot.

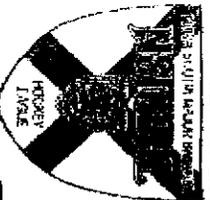
F2 and F3 read and react to what F1 shows.

Repeat of the drill, different situation.

F1 is unable to take away the partner pass.

F3 now forces the play with F2 Rotating across to support and fill the position.

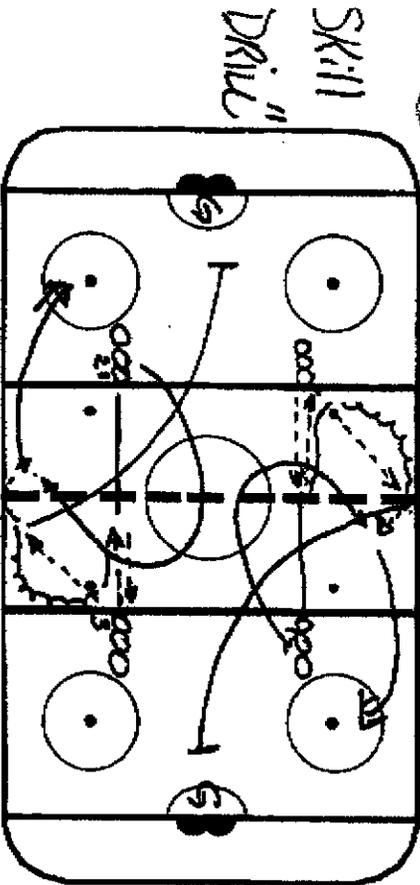
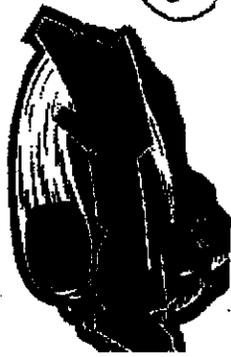
F1 rotates into the F3 (now) position.



PRACTICE #: \_\_\_\_\_ FOCUS: \_\_\_\_\_

DATE: \_\_\_\_\_ PRACTICE TYPE: \_\_\_\_\_

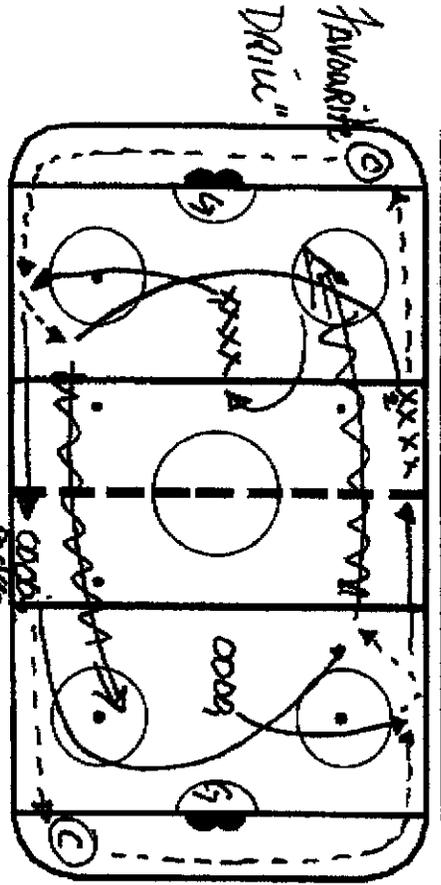
(3)



Notes / Systems Both Sides

Description "2 on 0 Support / Net Drive"

- O1 Others w/out puck O2 pass (one touch)
- O1 Flows O2 Times ARRIVE for support
- receive fore chip or direct pass.
- Execution / Communication on Key Feet of The Drive

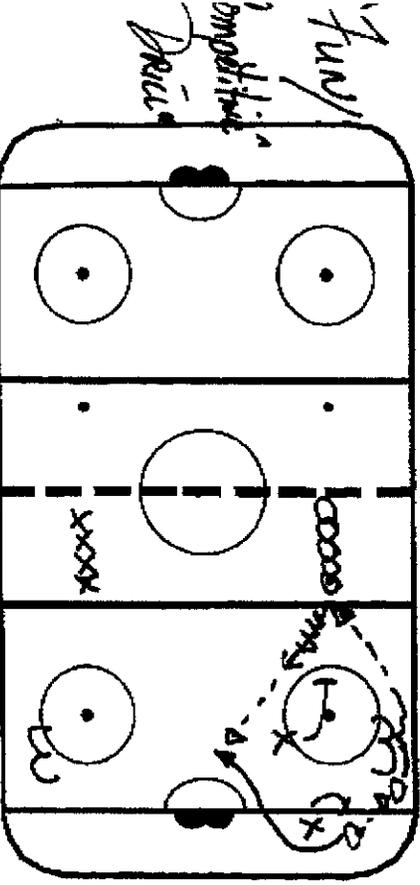


Notes / Systems

"WRAP - Pick up puck on Boards Skill"

Description "WRAP DRILL"

- "Great Warmup."
- Working on WRAPS/ support outlets.
- O2 Passes to C coach control the speed of play
- O1 Reacts to get puck
- O2 Reads & Reads w/ support
- Good Flow as well



Notes / Systems

"Put Something on the line"

Description "Activation Drill"

- In an End Zone
- Start w/ 2 on 2
- Battle for possession & to score.
- on possession that team can activate another teammate w/o to 4 on 4
- Good Fun & Pace

"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"



# Practice Plan

Team: Université de Moncton

LOGO

Practice No.: \_\_\_\_\_

Date : November 25, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Stéphane LeBlanc

## Objectives / Main tasks :

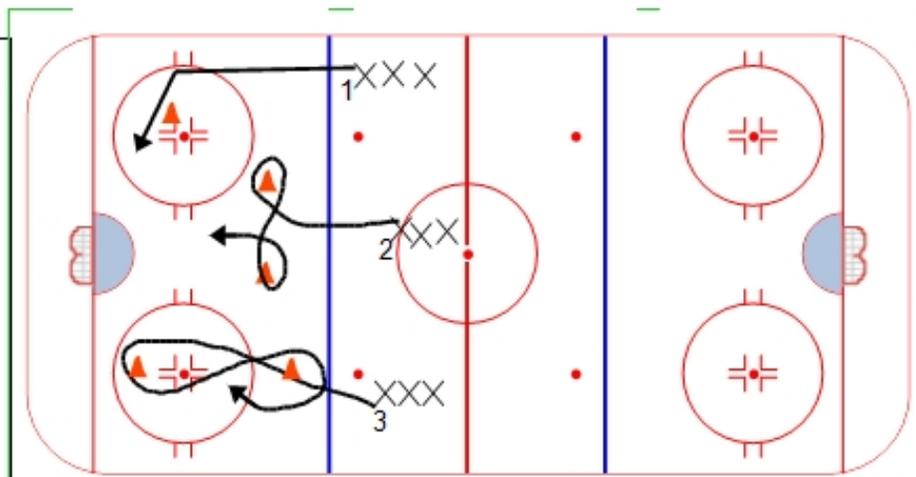
Team Drill: 3 puck DZone. Practices a 1 on 1, 2 on 2 and 3 on 3 situation in the DZone.  
 Favorite Drill: Ladder entry drill. Works on middle entries and has good flow. Good at the start of practice for Warm up.  
 Fun Drill: 10 puck shootout. Practices shootouts and fun competition between two teams.  
 Quote: The more you sweat in training, the less you bleed in war. - Navy Seals  
 Book: Simply the Best - Ryan Walter & Mike Johnston

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To \_\_\_\_\_

Title : Figure 8 wu Category #1 : Warm up Category #2 : power turn

### Description

- First 3 players leave at the same time.
- X1 goes wide around pylon for a shot
- X2 figure 8 around pilons for a shot down the middle
- X3 figure 8 around pilons for a wide shot



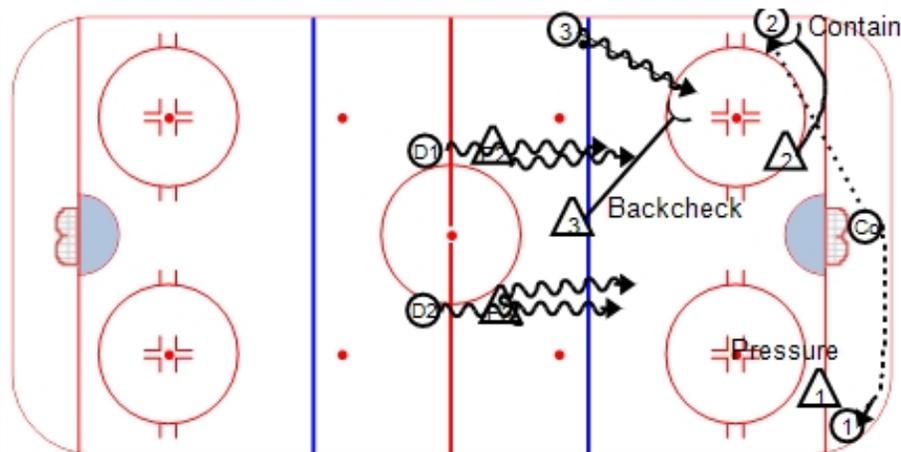
Key points : Power out of turn | Keep feet moving | switch lines each time

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To \_\_\_\_\_

Title : 3 puck D-Zone Category #1 : Defensive play Category #2 : Systems

### Description

- A) Defensive player pressures offensive player until whistle.
- B) On whistle  $\triangle 1$  &  $\odot 1$  Join  $\triangle 2$  &  $\odot 2$  for a 2 on 2. until whistle.
- C) On whistle,  $\triangle 3$  &  $\odot 3$  enter the zone to make it a 3 on 3.
- D) On the next whistle, the 4 players in the neutral zone enter to make it a 5 on 5 D-Zone Coverage.



Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

**Key points :**

D-Side

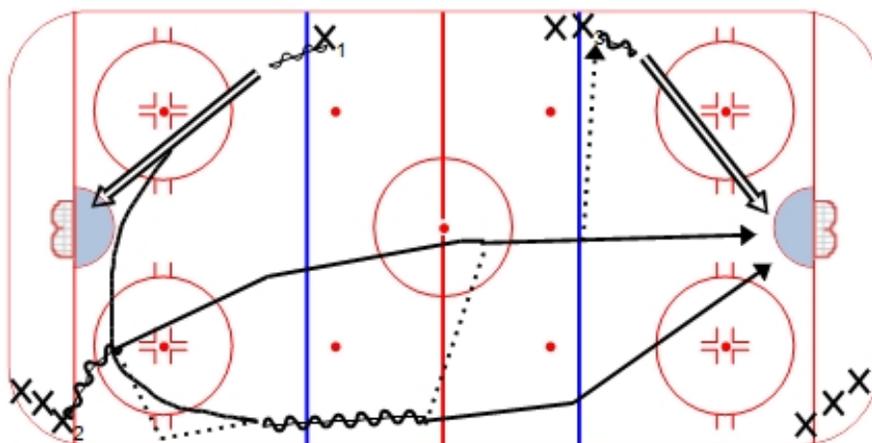
Stick on the puck

Body on Body

Protect home plate

**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To** \_\_\_\_\_**Title :** Ladder Entry Drill**Category #1 :** Line rushes**Category #2 :** Entries**Description**

Start with X1 as shooter  
 -after shot, X1 curl low for a chip from X2.  
 X1 in outside lane, X2 in middle lane.  
 X2 pass to X1 through neutral zone.  
 On entry, X1 passes to X3.  
 X3 takes one step over the line, stops and shoots. If there is 4th man as the trailer, he can make that pass.  
 Var: After chip by X2, next player in line can jump in to be 4th man on the rush.

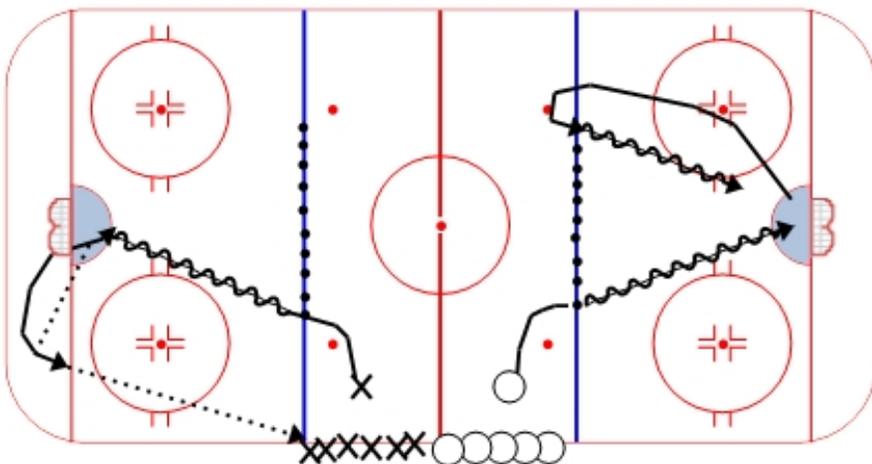
**Key points :****Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To** \_\_\_\_\_**Title :** 10 puck shootout**Category #1 :** Fun**Category #2 :** Shootouts**Description**

Player picks up one of the 10 pucks on the blue line.

If he scores (O), he gets another puck and repeats this until he misses.

If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net.

First team to score all 10 puck wins the game.

**Key points :**

Players are on their bench

Feb. 1<sup>st</sup> 2011

TO: ENIO SUCIOTTO

FR: 604-792-4656

FROM: DIEGO SANCHEZ

# OF PAGES: INCLUDING THIS  
ONE (3)

Hope ALL is well, good-luck the rest of the  
day. Say hello to babber. TALK soon

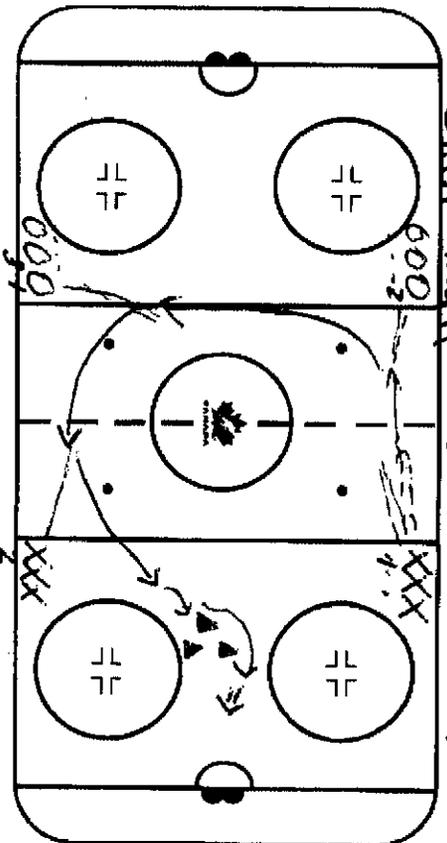
Diego



# HOCKEY CANADA PROGRAM OF EXCELLENCE



## Skill Drill - "C" 1v0 - 1 touch



X-G leave at same time.

Start balls, First hits + 1 touches

pass with D<sub>2</sub> + D<sub>3</sub>

Receive pass from (X<sub>2</sub>-D<sub>2</sub>) + go

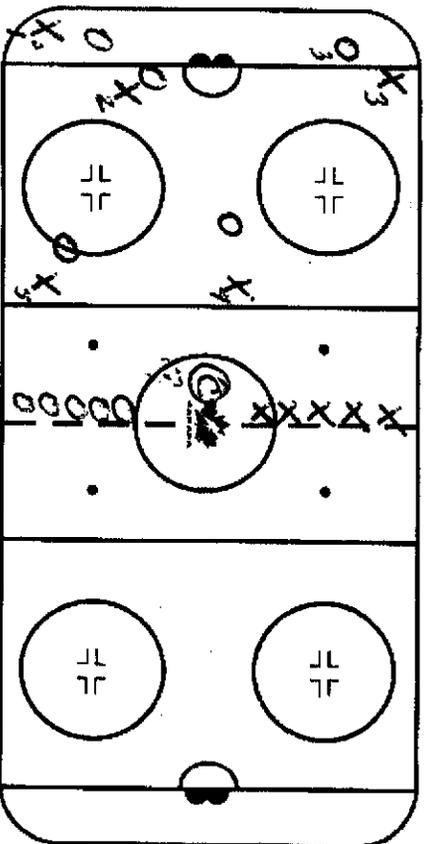
to make a mark at center +

go in + shoot. On whistle X<sub>2</sub>-D<sub>2</sub>

G

KTP: Passing (1-touch) - Receiving  
Shooting (Full-Bow Pivots)

## TEAM PLAY DRILL - SJS 2V2 to 5V5



S.J. 2V2 → to 5V5

Complex whistle 2V2 in center  
X (try to score) - O ahead.

2<sup>nd</sup> whistle - Each passes puck  
to X<sub>3</sub> + back play 5V5  
in zone

KTP: OFF: puck protection -

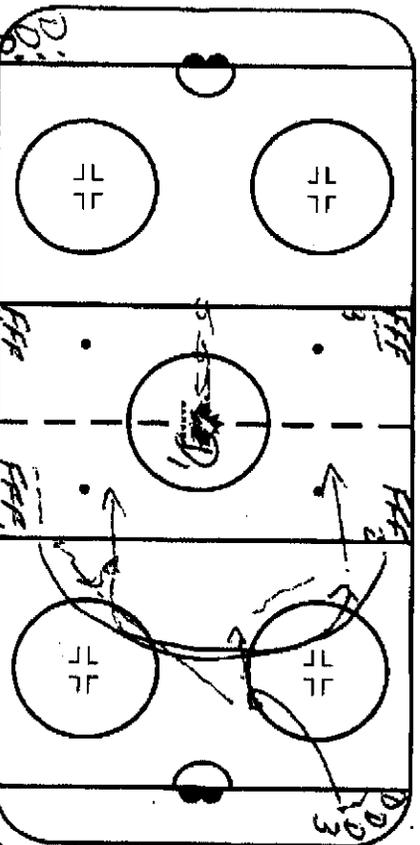
creating offense

DEF: Good body position - good

skills

Teaching Offensive + Defensive  
Team Play.

## FAVORITE DRILL - PITS 2V1 (2<sup>nd</sup> shot)



Coaches whistle: F<sub>1</sub> passes to D<sub>3</sub>

F<sub>1</sub>-F<sub>2</sub> cross pass + receive return

Pass from D<sub>3</sub>

F<sub>1</sub>-F<sub>2</sub> go down to D<sub>1</sub>. Try to

Score... Continue to play puck

(D-1st) if don't score, can use

D<sub>3</sub> as a shot from point

2<sup>nd</sup> whistle F<sub>3</sub>-F<sub>2</sub> Breakout vs D<sub>3</sub>



## A2 Russian Puck-Handling Warm-up with Shots

### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

- Reach forward while down on 1 knee, reach back as far as you can.

- Give the puck forward and take it back with the toe of the stick.

- Place hands close together and reach sideways each way as far as possible.

- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

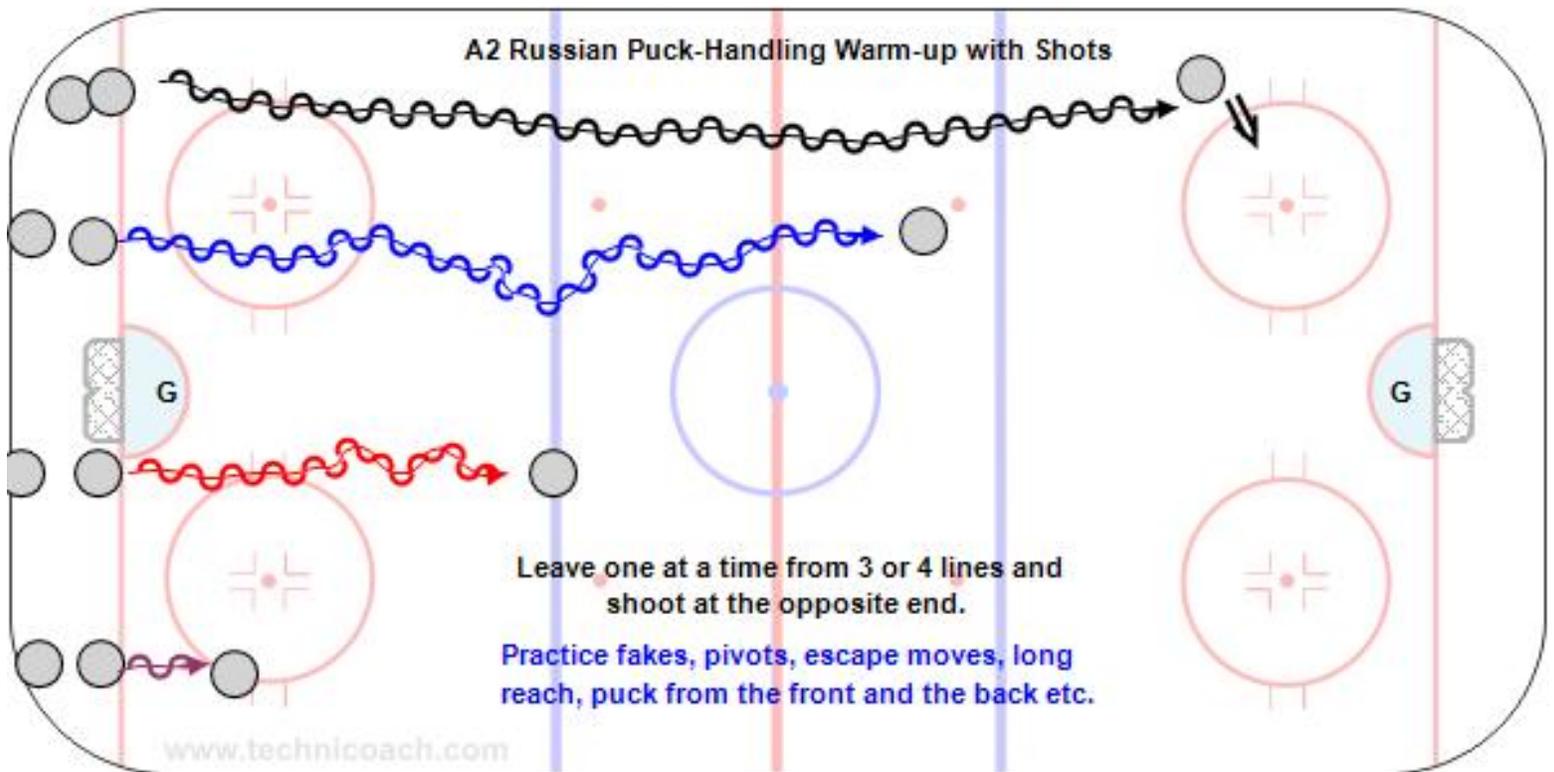
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
  - Put the puck behind you and pass it up into your skates from 1 side, then the other.
  - Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
  - Reach back on the forehand, then quickly pull the puck across your body.
  - Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
  - Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
  - Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

\*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.  
(Vladimir Jursinov)



## B5 Breakout 5-0 with Point Shot

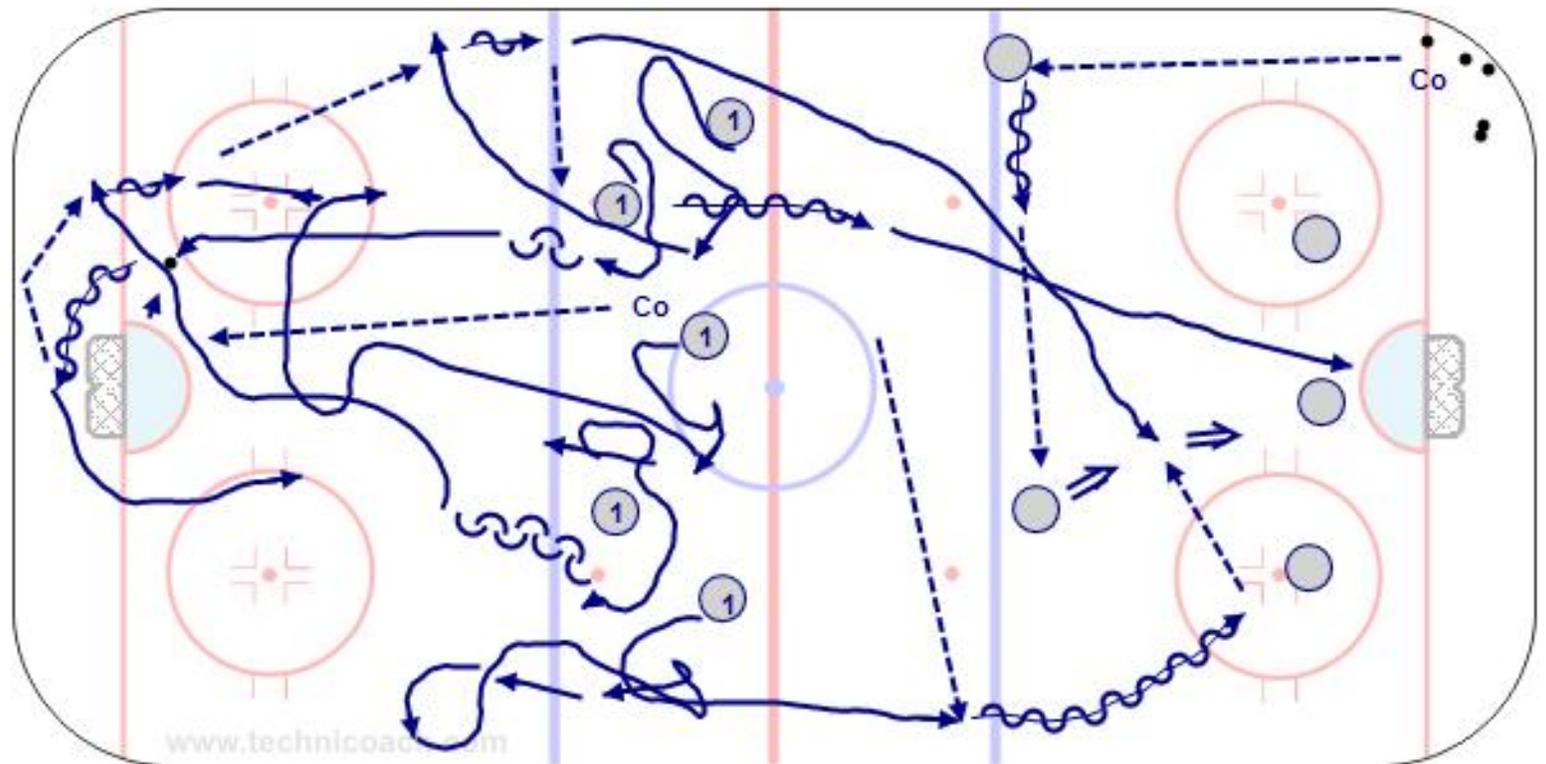
### Key Points:

Coach calls the various options, up, across, wheel, reverse.

Each line go one direction then dump into the other end or alternate ends.

### Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



## D2 Game with One Goalie

### **Key Points:**

Goalie has to switch nets on a turnover.

### **Description:**

#### D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers and time shifts.
5. With only one goalie he must defend both goals.



# D100 Transition Game with Forward Backchecking

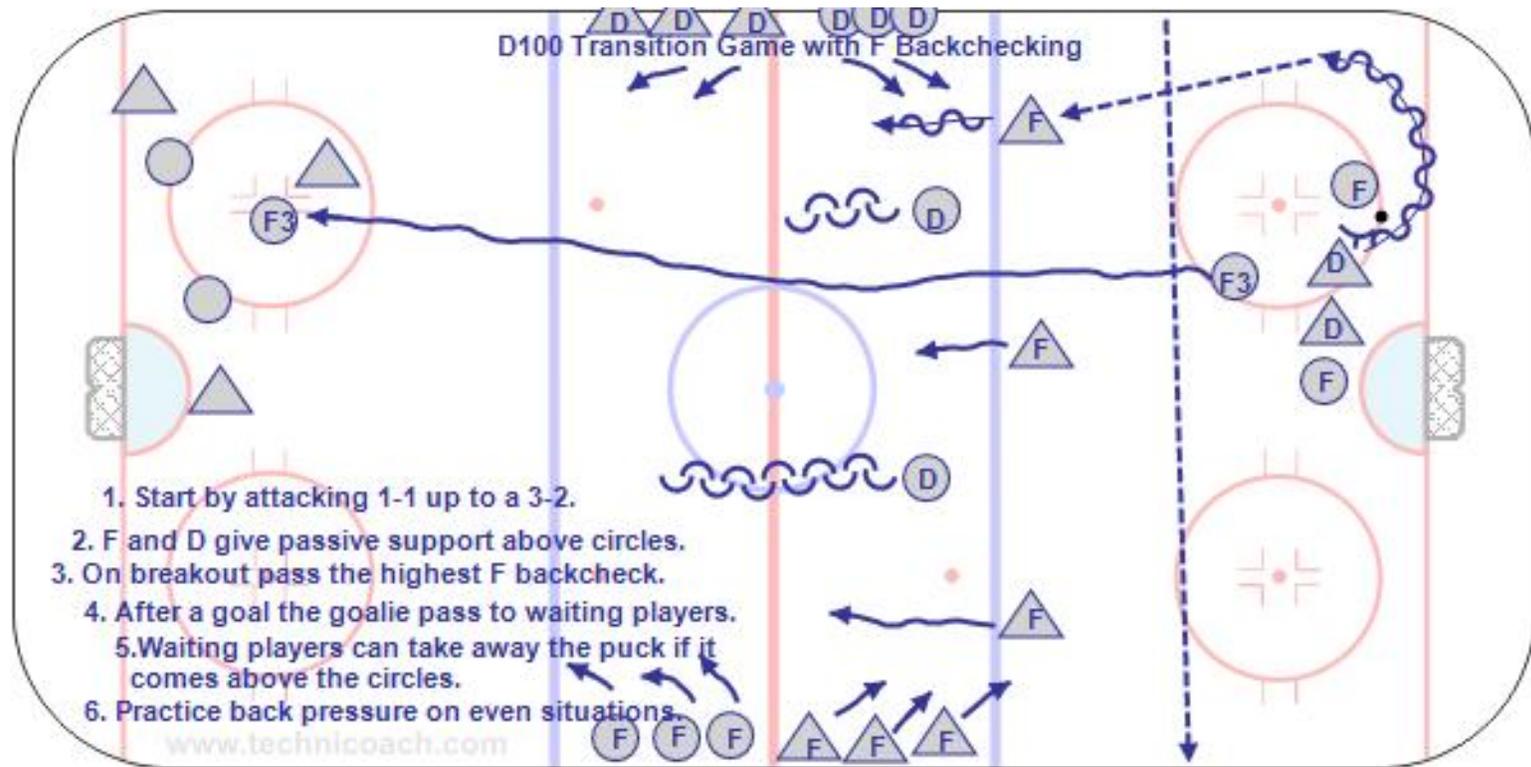
## Key Points:

The highest attacking F backcheck and backpressure the puck thru the nzone.

## Description:

D100 Full Ice

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



February 20, 2011

Enio,

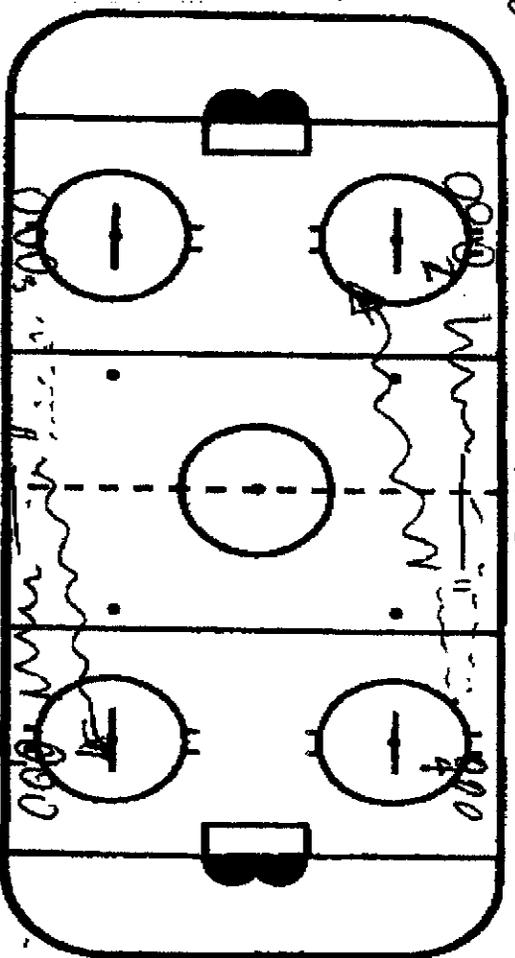
Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

Book: Undergrounders by David Skuy

Quote: Practise does not make you perfect. Perfect practice makes you perfect -- unknown.

Regards,  
Troy Walkington

① RED WING SHOOTING

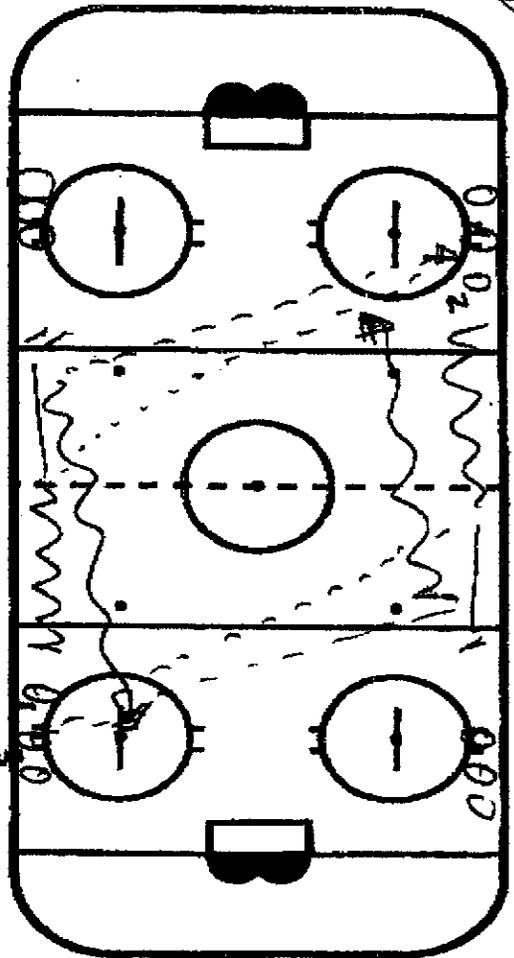


"FIRST POST"  
 0.1/0.2 - SKATE DOWN WING  
 WITH PUCK + PASS TO 0.3/0.4.  
 STOP W BETWEEN REDLINE  
 FALL HALL LINE GET PUCK BACK  
 + SHOOT @ ORIGINAL END

"WING + LOW"

0.1/0.2 SKATE TO FALL HALL LINE  
 + PASS TO 0.3/0.4. STOP +  
 GET REDLINE PASS + SHOOT  
 + ORIGINAL END

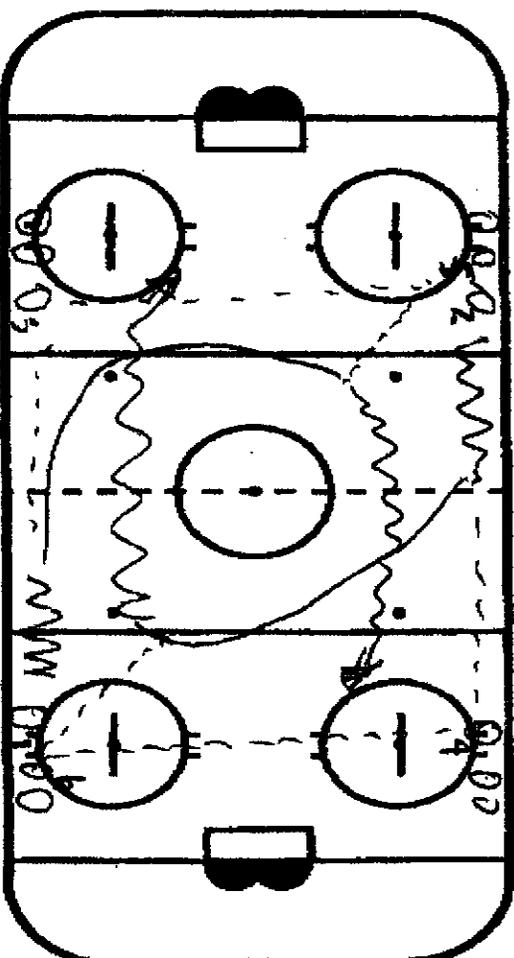
②



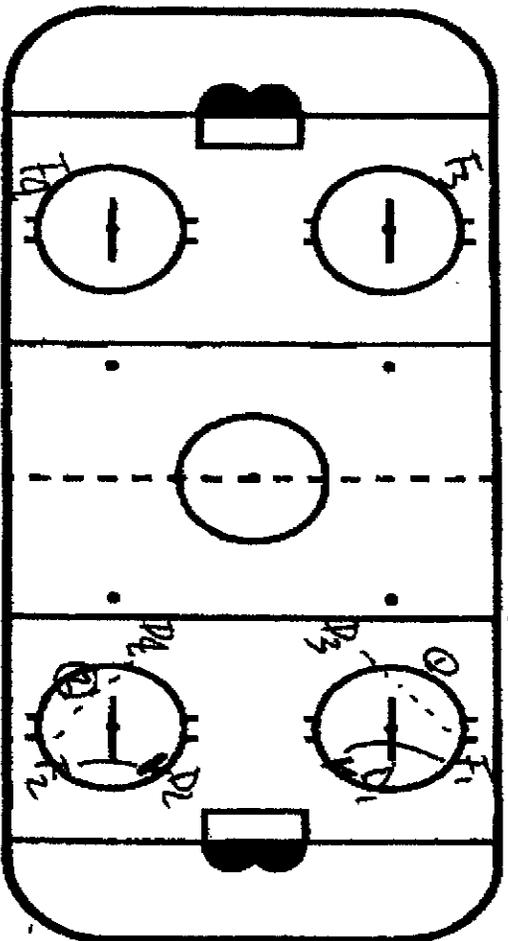
"MID LAKE"

0.1/0.2 - SKATE DOWN BOARD  
 + PASS TO 0.3/0.4.  
 0.3/0.4 PASSES TO 0.5/0.6  
 0.1/0.2 CONTINUES TO FALL  
 PUCK + GETS PUCK FROM  
 0.5/0.6 W MID LAKE

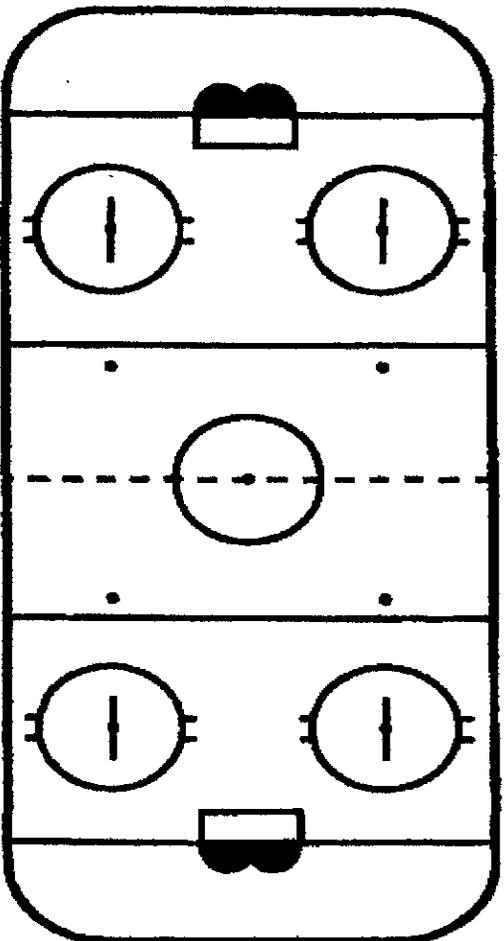
③



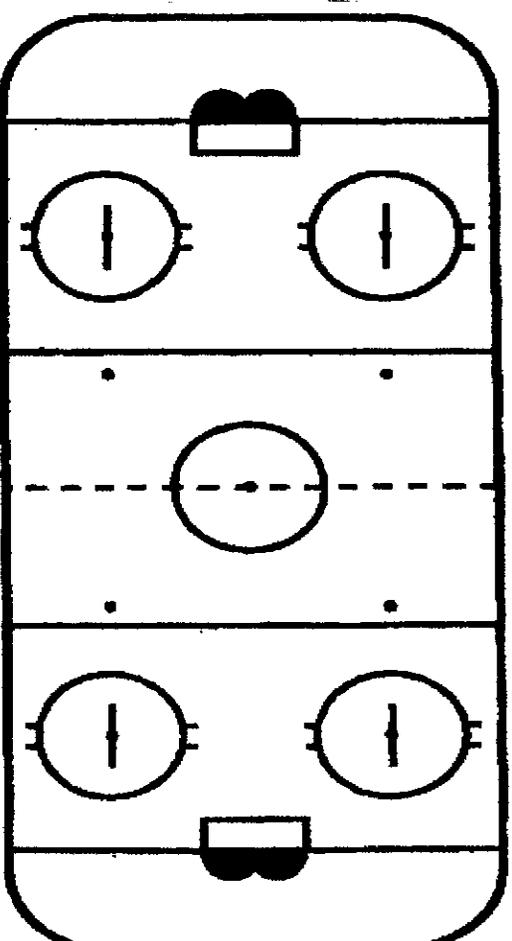
# BOX OUT DRILL



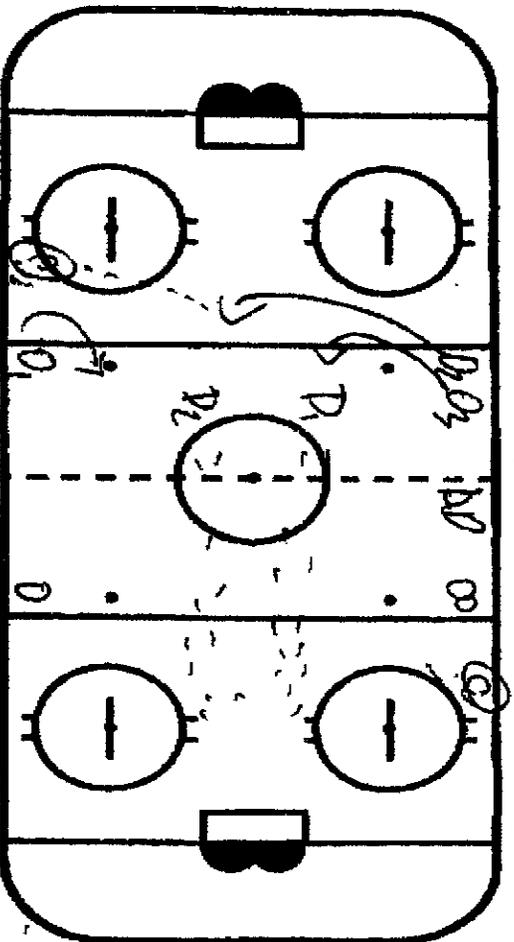
BOTH ENDS @ SAME TIME  
 F PASSES BALL TO D<sub>2</sub>  
 F<sub>1</sub>/F<sub>2</sub> GO TO NET  
 D<sub>1</sub>/D<sub>2</sub> SEAL OR "BOX OUT"  
 D<sub>3</sub> SHOOTS OFF BALL WITH  
 OR ON NET.



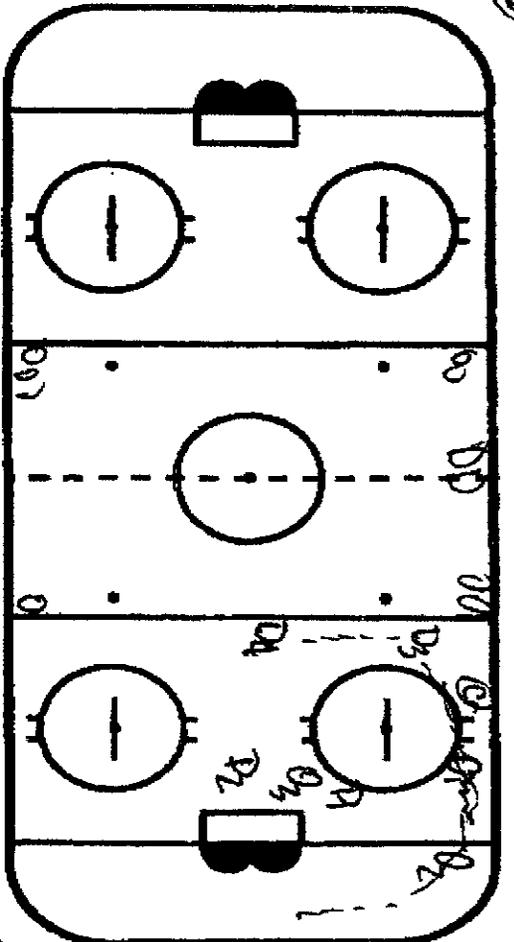
ON WHISTLE F<sub>2</sub> VACATES +  
 GET BALL UP TO D<sub>4</sub>  
 F<sub>1</sub> + F<sub>2</sub> TRY + ESTABLISH  
 POSITION.  
 D<sub>1</sub>/D<sub>2</sub> "BOX OUT".



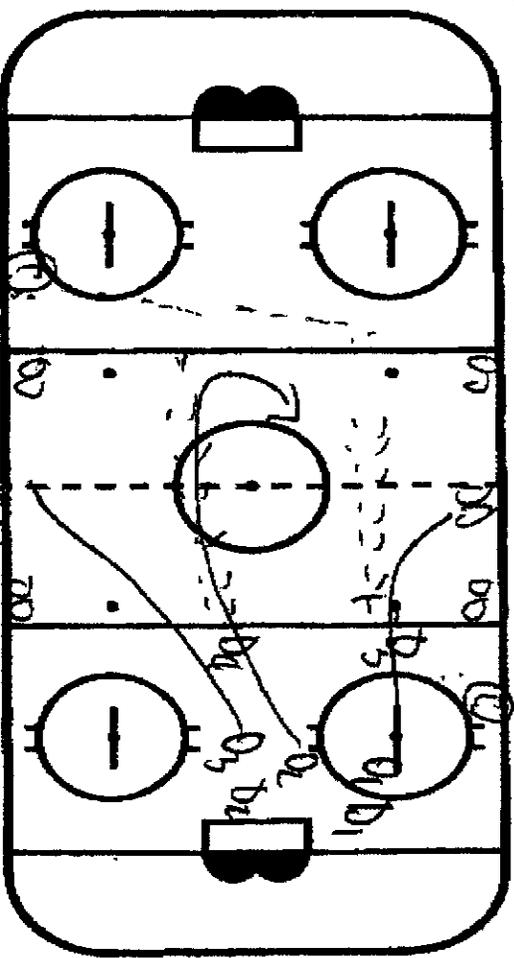
3 TYPES OF 3v2



① PASSES FROM TO  
 O<sub>1</sub>/O<sub>2</sub>/O<sub>3</sub> WHO ATTACK  
 3v2 + MAKE A RUN  
 ON NET



② D<sub>2</sub> + D<sub>4</sub> SWAP IN FROM 1/2.  
 ③ SPOTS NEW RUN IN COLUMN  
 FOR O<sub>1</sub>. O<sub>1</sub> PASSES TO D<sub>3</sub>  
 D<sub>3</sub> CAN PASS TO O<sub>2</sub> OR  
 RETURN NET TO O<sub>3</sub> OR  
 CAN GO TO D<sub>4</sub>. D<sub>4</sub> CAN  
 SHOOT OR TO O<sub>2</sub> OUT OF CYCLE  
 PULL 3v2 LOW ④ WHISTLES



③ D<sub>2</sub> + D<sub>4</sub> RETREAT IN  
 NEW + GOACH SPOTS NEW  
 RUN. O<sub>1</sub>/O<sub>2</sub>/O<sub>3</sub> REGROUP IN  
 D<sub>3</sub>/D<sub>4</sub> + ATTACK D<sub>1</sub>/D<sub>2</sub>



Hi Frio,

Sorry I'm late with my drills and thanks again for doing the drill club.

Book,

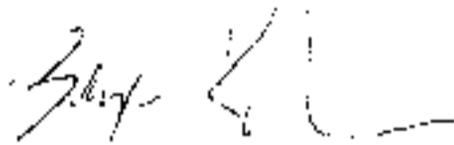
Patriot Reign- Bill Belichick, the Coaches and Players Who Built a Champion...

Quote:

6S- SIDE BY SIDE...STEP BY STEP...SHOULDER TO SHOULDER.

Have a good summer!!

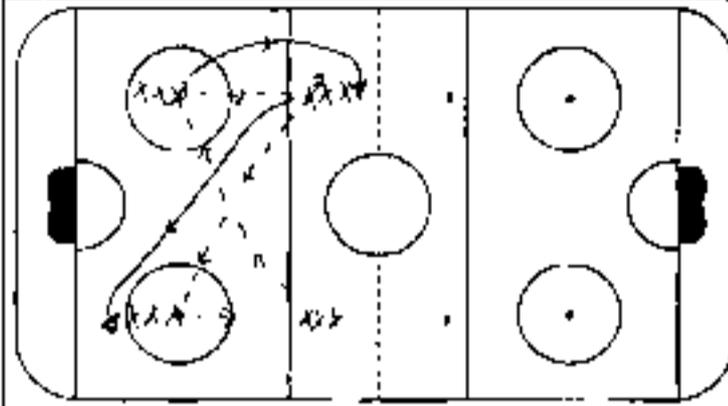
Regards,

A handwritten signature in black ink, appearing to read "Greg K.", with a stylized flourish extending to the right.

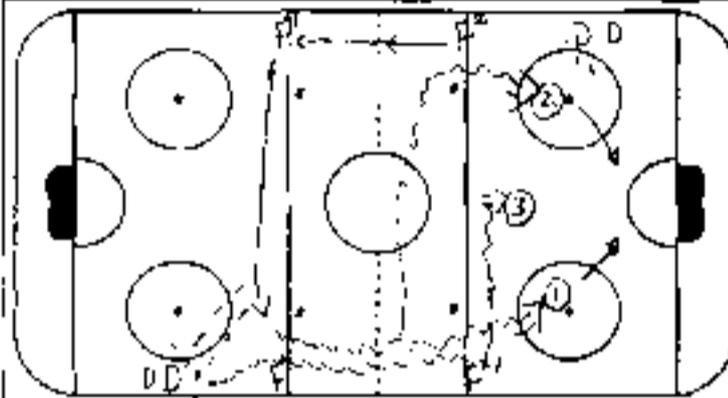
# DRILL SHEET

- LEGEND:
- ⊙ - Coach
  - F - Forward
  - D - Defense
  - G - Goalie
  - - Passing
  - ↔ - Stickhandling
  - III||I - Carry-over
  - - Forward Skating
  - ↔ - Backward Skating
  - - Shooting
  - - Stopping

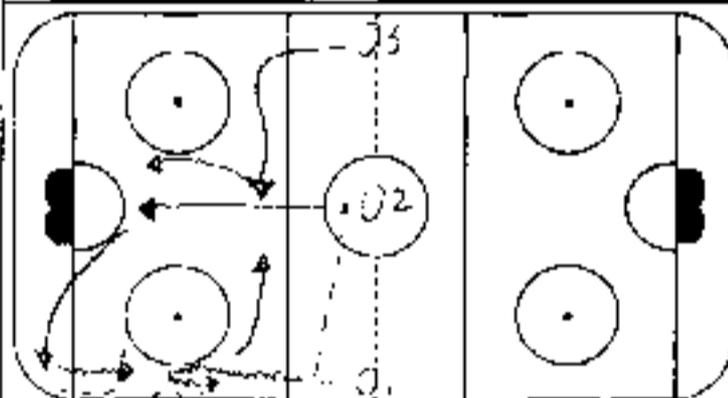
Date: \_\_\_\_\_ Team: \_\_\_\_\_ Practice Time: \_\_\_\_\_



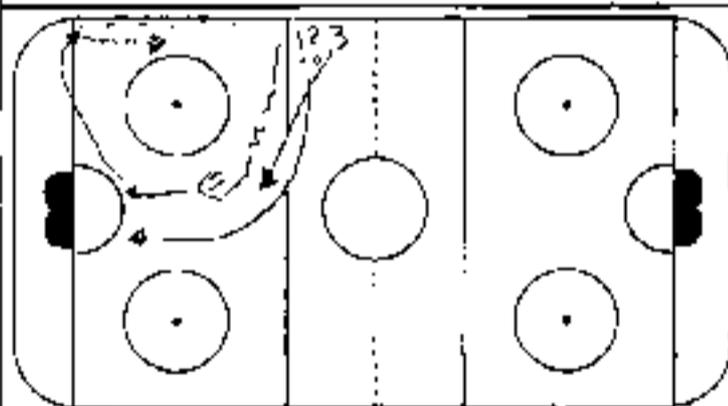
Drill Name DOTS - FUEL W/ PASS  
 Description Lines w/ dots - 2 pucks only  
Bottom dot lines start goes must go  
together - Pass to top dot and follow  
pass to back of line - 2<sup>nd</sup> then passes  
diagonally to bottom dot and follow  
pass to back of line - repeat  
together!  
 Duration (min): 3-5 Running time (min): \_\_\_\_\_



Drill Name RANGERS 3 SHOT  
 Description F1 & F2 leave on whistle  
receive pass from down (stagnant)  
F1 drives near line... F2 drives  
far lane, finish lines with 3rd puck  
down wall - stop at blue line and  
drop blue line for 3rd shot to  
F1 & F2 second tip. Both ends together  
 Duration (min): 8-10 Running time (min): \_\_\_\_\_



Drill Name 3-2 CYCLE  
 Description 3-2 from center, 2<sup>nd</sup> passes  
to 3<sup>rd</sup> for back attack. 2<sup>nd</sup> stay,  
3<sup>rd</sup> delays and shift cycles - all  
players move later, when a 2<sup>nd</sup>  
cycle is made and net is attacked,  
\* You can chip to outside corner instead  
of delay. 2<sup>nd</sup> cycle can be a long cycle.  
\* Add cycles to do team  
 Duration (min): 10min Running time (min): \_\_\_\_\_

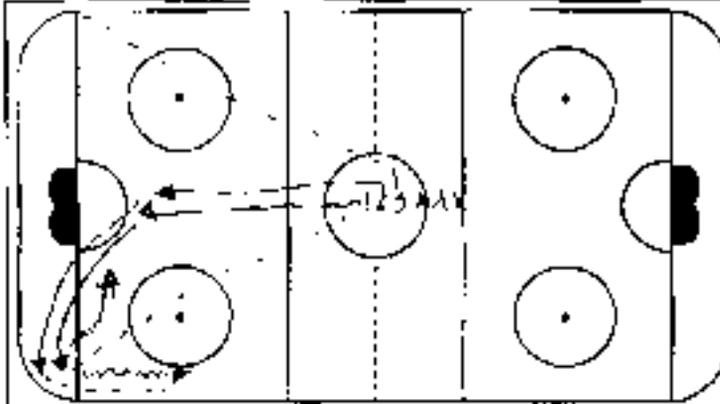


Drill Name 2 SHOT CYCLE  
 Description 2 attacks middle for shot then  
drives net, moves to center to pick  
up spilled puck, 2 spots puck in zone,  
then times drive to net, 3 sets w/  
in his positioning, cycle 1-2 times  
then attack net.  
 Duration (min): 10 Running time (min): \_\_\_\_\_

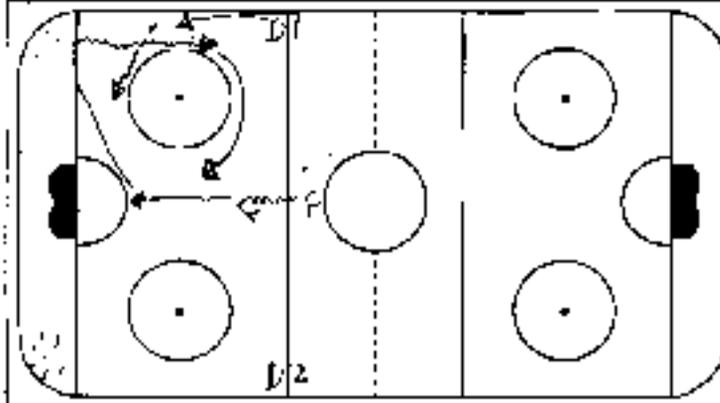
# DRILL SHEET

- LEGEND**
- > Passing
  - > Staying
  - ⊙ - Coach
  - ⊙ - Substituting
  - Shooting
  - F - Forwards
  - ||||| Cross-over
  - D - Defense
  - Forward Skating
  - G - Goalie
  - ↔ Backward Skating

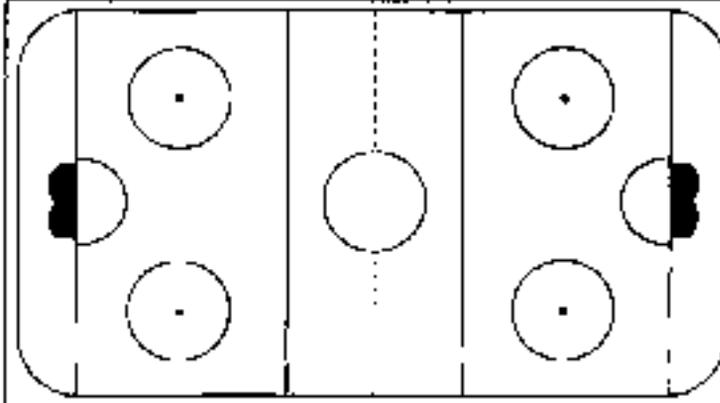
Date \_\_\_\_\_ Team \_\_\_\_\_ Practice time: \_\_\_\_\_



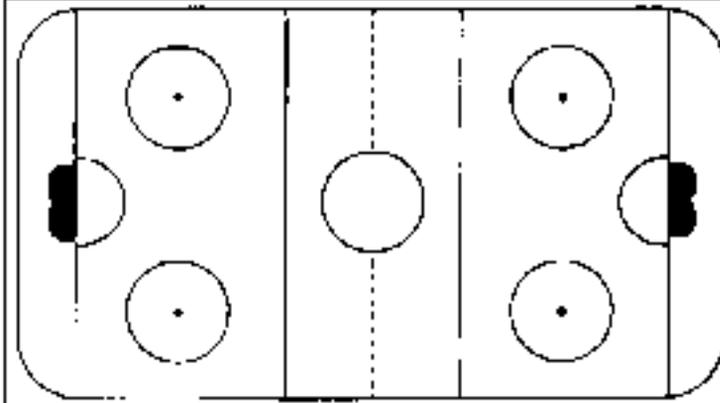
**Drill Name** CYCLE FLOW  
**Description** 1 spots puck in corner, drives net then to puck, spins up, split shot cycles. 2: as 1 gets to net - drives net then to puck for walkout - shot 3 repeats to other corner 2's side as 1 saves ice in slot and returns 2's cycle. Continue corner - corner.  
**Duration (min):** 10 **Running time (min):** \_\_\_\_\_



**Drill Name** CYCLE TO SCISSOR  
**Description** F moves in for initial shot from slot - drives net - returns puck in corner moving up wall to B1 where they perform a scissor shot and attack net. After shot F goes to opposite corner for second scissor with D2.  
**Duration (min):** 10 **Running time (min):** \_\_\_\_\_



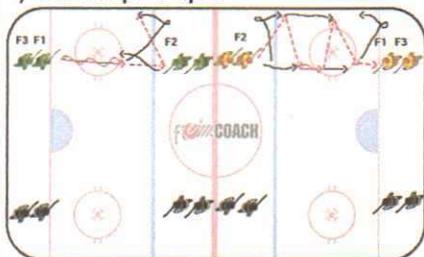
**Drill Name** \_\_\_\_\_  
**Description** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
**Duration (min):** \_\_\_\_\_ **Running time (min):** \_\_\_\_\_



**Drill Name** \_\_\_\_\_  
**Description** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
**Duration (min):** \_\_\_\_\_ **Running time (min):** \_\_\_\_\_



1) Warm Up - 8 Spot



**DRILL OBJECTIVE:** Warm Up Passing Skills

8 min.

**KEY ELEMENTS:**

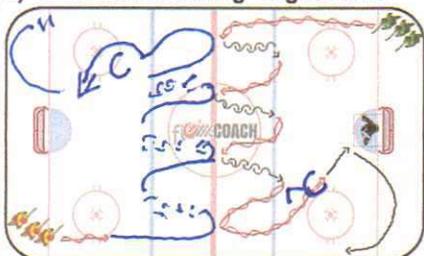
- Communication
- Keep Feet Moving
- Quick Puck Movement

**ORGANIZATION:** Players start with puck at goal line. All 4 corners start at once. F1 starts skates towards F2 then passes to F2. F1 then opens up to the outside and receives pass from F2. F1 and F2 pass back and forth to each other as the approach the other line. F2 then passes to F3. F1 retreats to the back of the line. F2 and F3 then pass back and forth to one another towards the line. Continuous.

**VARIATION:** - Passing long short one touch  
- Skating forward/backward

**GOALIE:** Warming Up

2) Transition Shooting - Tight Turns



**DRILL OBJECTIVE:** Work on

8 min.

**KEY ELEMENTS:**

- Stick Positioning
- Shoot in Stride
- Knees Bent
- Tight Transitions

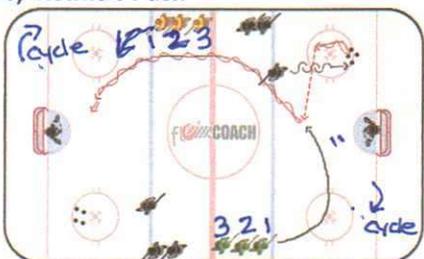
**ORGANIZATION:** Players line up in opposite corners. Both sides go at the same time. Can be done with or without puck. Players leaves (with puck), skates hard to centre red line, transitions backwards until the blue line, then transitions forwards to the redline and back to the blue line, then red line to blue line again, then forwards to red line. Player then turns towards net and drives net for shot on goal.

**VARIATION:** - Without Puck / With Puck

- Tight Turns  
- Shot Variations

**GOALIE:**

3) Newfie 3 Puck



**DRILL OBJECTIVE:** Passing/Skating/Deflections

10 min.

**KEY ELEMENTS:**

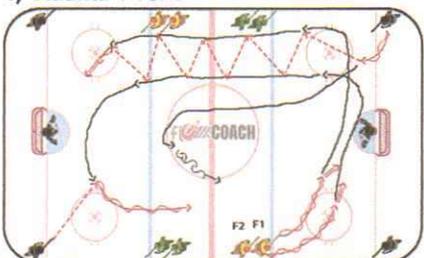
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

**ORGANIZATION:** Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net. D1 then skates to blue line, transitions backwards, and retrieves a 2nd puck and passes it to F2 and drives net for shot. D1 then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.

**VARIATION:** none.

**GOALIE:**

4) Atlanta 1 vs. 1



**DRILL OBJECTIVE:** Passing / 1 vs. 1

10 min.

**KEY ELEMENTS:**

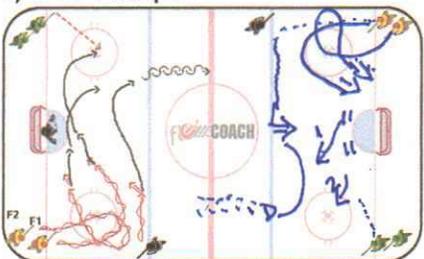
- Communication
- Keep Feet Moving
- Shoot in Stride
- Gap Control
- Quality Passing

**ORGANIZATION:** Opposite sides go at same time. F1 drives net for shot then skates wide, F2 then drives and shoots, then provides support for F1. D1 steps out with puck and passes to F1/F2. F1 and F2 then go down the ice 2 vs. 0. Boardside F1 drives and shoots, while F2 receives pass and then goes down 1 vs. 1 against D1 who has gapped up appropriately.

**VARIATION:** none.

**GOALIE:**

5) 2 vs. 1 Tampa



**DRILL OBJECTIVE:** 2 vs. 1

10 min.

**KEY ELEMENTS:**

- Keep Feet Moving
- Communication
- Proper Screens
- Quality Passes

**ORGANIZATION:** Opposite sides go at the same time. F1 walks wall for seam/circle shot. F2 skates, does an evasive maneuver, then drives and shoots. F1 and F2 screen while D1 sprints off the wall and shoots. F1 and F2 then get a puck from the opposite line and go down 2 vs. 1 against D1.

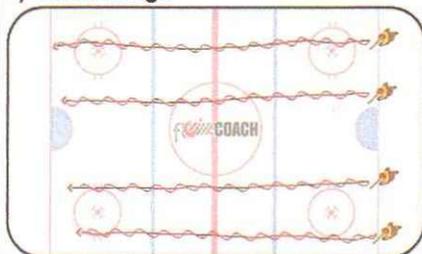
**VARIATION:** none.

**GOALIE:**

COACH WHISTLE  
PART 2 - INCORP. NZ RG REATTACK  
D - REESTABLISH GAP



**1) Wave Rouge**



**DRILL OBJECTIVE:** Warm Up

**8 min.**

**KEY ELEMENTS:**

- Keep Feet Moving
- Communication
- Quality Passes

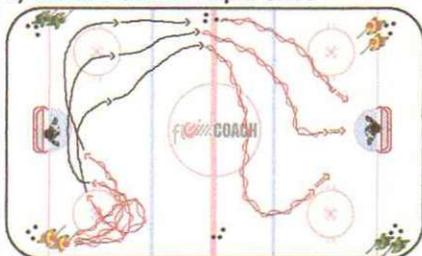
**ORGANIZATION:** Players line up in 4 lines and go do a series of exercises on the whistle.

1. Puck Control
2. Change of Speed
3. Weaving/Lateral/Forward and Backward
4. Open Pivot
5. Passing (Lane/Weave/Cross and Drop/Forward and Backward)

**VARIATION:**

**GOALIE:** workign with goaltender coach to warm up.

**2) Holst 4 Corner Rapid Shot**



**DRILL OBJECTIVE:** Skating/Puck Control

**10 min.**

**KEY ELEMENTS:**

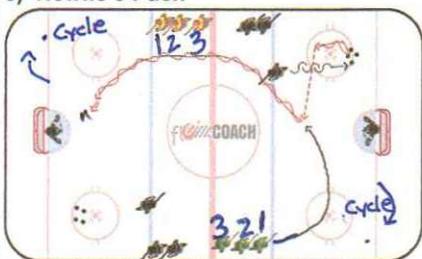
- Tempo - Keep Feet Moving
- Shoot in Stride
- Head Up

**ORGANIZATION:** Players line up in 4 lines as shown. Opposite lines go at the same time. All forwards leave with puck. F1 goes first, circle/seam shot, then goes wide and begins to head up ice. F2 trails behind F1 for another circle/seam shot, follows up ice. F3 makes inside/outside move and drives net for a hot, then continues wide up the ice. All players grab a puck at centre red line. F1 drives and hoots, F2 saves ice and shoots, F3 saves more ice and shoots.

**VARIATION:**

**GOALIE:** in net.

**3) Newfie 3 Puck**



**DRILL OBJECTIVE:** Passing/Skating/Deflections

**10 min.**

**KEY ELEMENTS:**

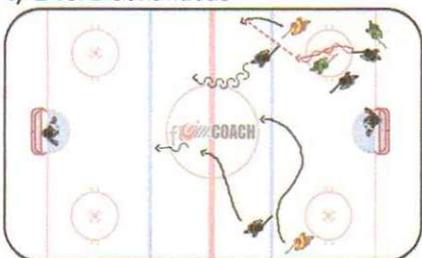
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

**ORGANIZATION:** Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net. D1 then skates to blue line, transitions backwards, and retrieves a 2nd puck and passes it to F2 and drives net for shot. (D1) then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.

**VARIATION:** none.

**GOALIE:**

**4) 2 vs. 2 Continuous**



**DRILL OBJECTIVE:**

**8 min.**

**KEY ELEMENTS:**

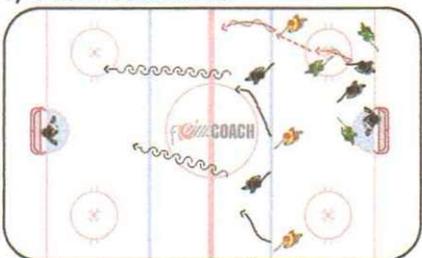
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support/Protection
- Communication

**ORGANIZATION:** F1, F2 play 2 vs. 2 down low vs. D. Forwards cycle, maintain possession and try to score staying below the ringette line. Upon change of possession, D must make a direct pass to a new pair of forwards waiting at the ringette line on the wall. Forwards attack new set of D 2 vs. 2 down to the other end of the ice. This exercise repeats continuously.

**VARIATION:** See 2 vs. 2 Continuous

**GOALIE:** in net.

**5) 3 vs. 2 Continuous**



**DRILL OBJECTIVE:**

**10 min.**

**KEY ELEMENTS:**

- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support

**ORGANIZATION:** Line 1 plays 3 vs. 2 down low. Defensemen must contain, pressure and recover puck. D then make direct pass to Line 2 waiting at ringette line. Forwards then go down 3 vs. 2 against a new D pair, while Line 3 gets ready at opposite ringette line. Continuous.

**VARIATION:** See 2 vs. 2 Continuous

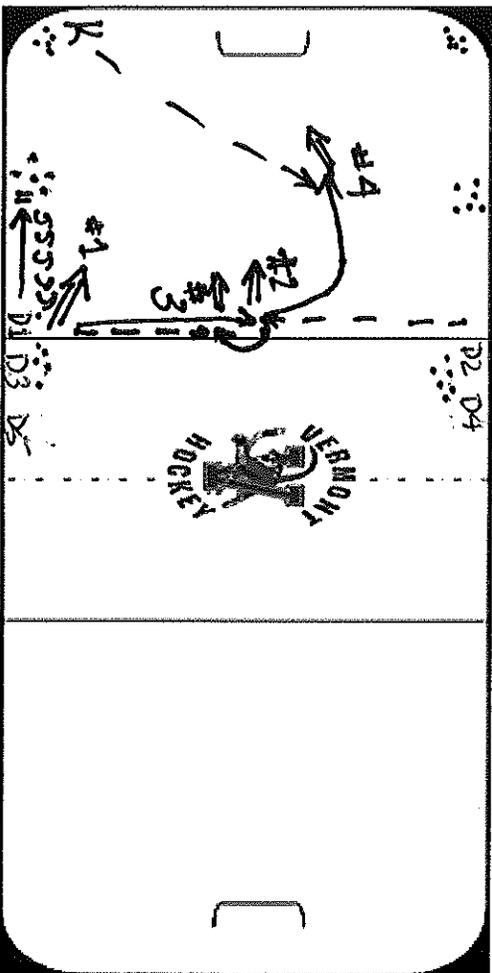
**GOALIE:** in net.



# UNIVERSITY OF VERMONT HOCKEY

BOOK: *Made To Stick*; C. Heath and D. Heath  
 QUOTE: "I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." " --  
 Muhammad Ali

## SKILL DRILL: Four shot - for Defensemen:

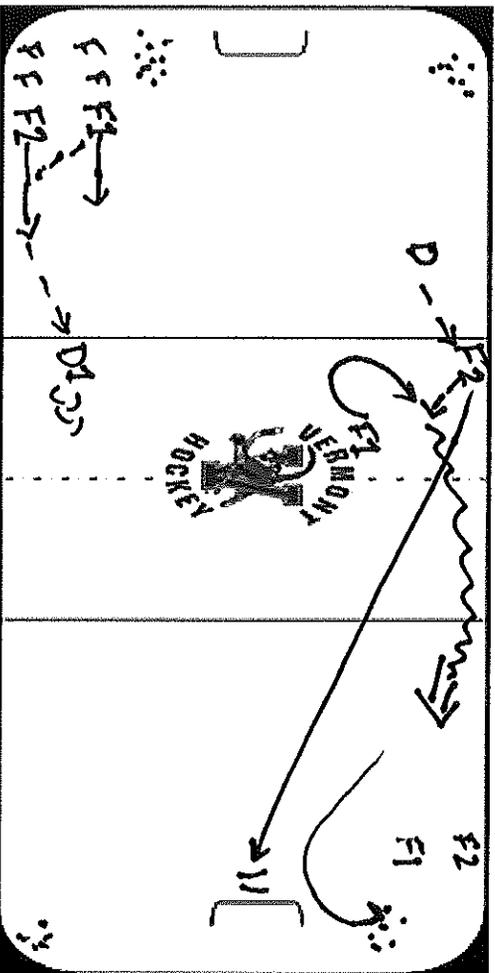


- D1 retrieves puck down wall, backpeddles to blue for shot #1
- D1 sprints to middle, calls for pass from D2; shot #2
- D1 swivels while holding spot; calls for pass from D3; shot #3
- D1 buys space, drops in calling for pass from Coach; shot #4

*On shots 2 and 3, D should hit one-timer when receiving pass on off-side or should get "hips around" quickly when on his proper side and shoot it.*

*Key - economy of movement; try to shoot pucks 2 and 3 while holding that position*

## TEAM DRILL: CJ 3-Shot



- F1 and F2 (skating fwd) and D1 (skating bwd) one touch passing
- When D reaches top of circle; outlet to posted F2; F2 touch to F1
- F1 gets shot #1 and goes to near corner to retrieve 2<sup>nd</sup> puck (Fig. A)
- F2 drive net & stop; F1 pass to D1 for shot #2 w/ F2 screen (Fig. B)
- F2 release to opp. corner & retrieve 3<sup>rd</sup> puck; D1 sprint across blue
- As F2 rolls up wall, D1 scissor cycle down, accepts drop pass
- D1 pass behind net to F1; F1 pass to F2 in high slot; shot #3 (Fig. C)

Fig. A

# UNIVERSITY OF VERMONT HOCKEY

TEAM DRILL: CJ 3-Shot

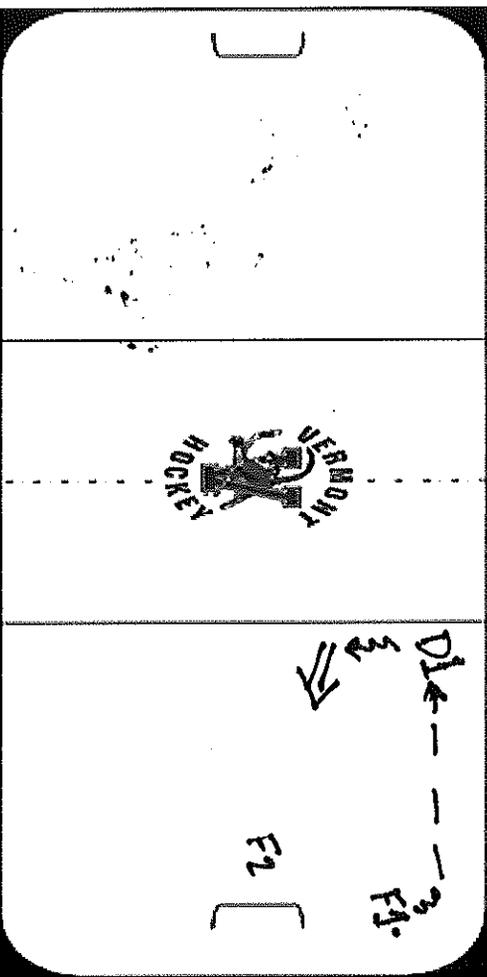


Fig. B

TEAM DRILL: CJ 3-Shot

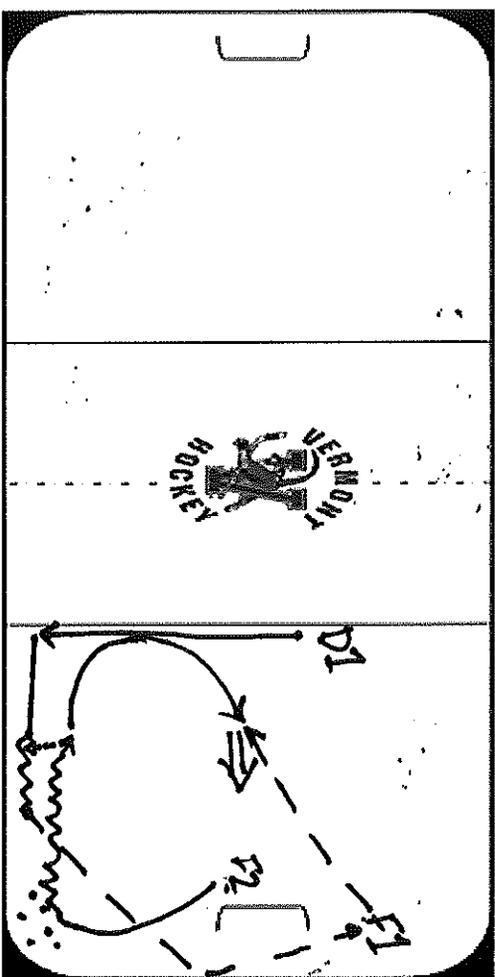
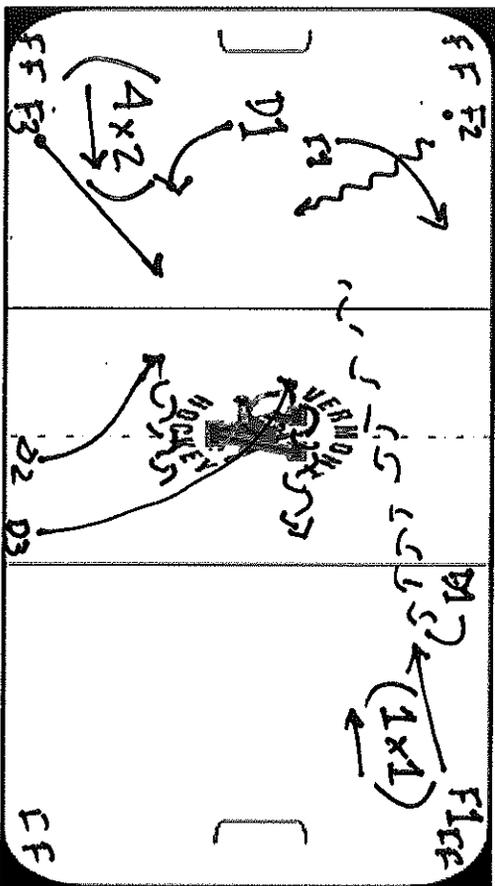


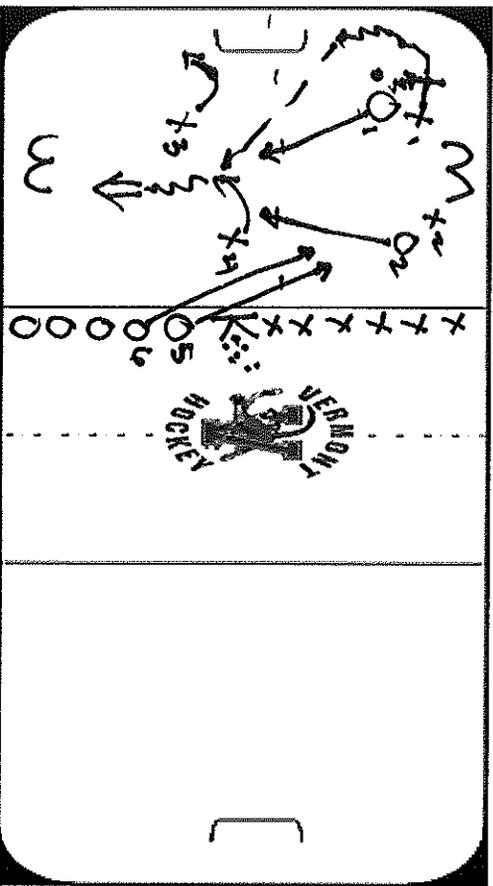
Fig. C

# UNIVERSITY OF VERMONT HOCKEY

## FAVORITE DRILL: 1x1/4x2



## SMALL GAME: CONTINUOUS 2-ON-2



- F1 goes length of ice 1x1 against D1
- D2 & D3 slide out behind 1x1
- On whistle, F1 & D1 transition to offense with F2 (new puck) & F3 for full length 4x2 against D2 and D3

*\* good drill for transition/rush options*

- Split players into 2 teams lined up across blue line (X's and O's)
- Game will be played in one zone, cross ice
- Game starts with 2 O's (1, 2) on offense and 2X's (1, 2) on defense in one half of the zone
- There are 2 additional X's (3, 4) waiting in the other half of the zone
- O's attempt to score
- When defensive X's get possession of puck, attempt to outlet to X3 or X4; O1 and O2 backcheck and play defense.
- X1 and X2 jump out; O3 and O4 jump in and are now waiting
- When O1 or O2 get possession of puck, attempt to outlet to O3 or O4; X3 and X4 backcheck and play defense
- O1 and O2 jump out; X5 and 6 jump in and are now waiting

*\*Players get a little of everything: 2x0 rush, 2x2 offense, backcheck into defensive play; transition pass*

*\*Easy way for players remember the rotation: offense to defense, then out*

REGINA PATS HOCKEY CLUB



FACSIMILE TRANSMITTAL SHEET

TO: ENIG SACILORO FROM: Regina Pats (Shawn Sutton)

COMPANY: CHILLWATER BOWNS DATE:

FAX NUMBER: 604-795-4656 TOTAL NO OF PAGES INCLUDING COVER

PHONE NUMBER: RE: DRUM CLUB

<input type="checkbox"/>	URGENT
<input checked="" type="checkbox"/>	FOR REVIEW
<input type="checkbox"/>	PLEASE COMMENT
<input type="checkbox"/>	PLEASE REPLY
<input type="checkbox"/>	PLEASE RECYCLE

NOTES/COMMENTS:

PLEASE CONFIRM YOU HAVE RECEIVED THIS

Regina Pats Hockey Club  
P.O. Box 104 - Regina, SK S4P 2Z5  
www.reginapats.com

Clubs Hosted by Shawn Sutton

Ph: (306) 323-6604  
Fax: (306) 337-1945  
Email: cfm@reginapats.com; sutton@reginapats.com

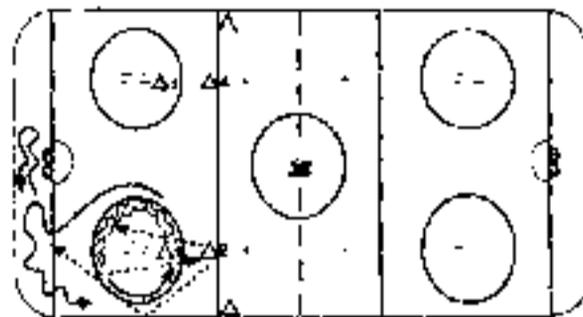
## KINGSTON BREAK-OUT DRILL

10 min

- $\Delta 1$  starts backwards around the inside of the circle, pivots to forward at the bottom of the circle and up the other side.
- While skating,  $\Delta 1$  exchanges the puck with  $\Delta 2$ .
- After the second time around  $\Delta 2$  lays puck low into the corner.  $\Delta 1$  may do one of three things:
  - Quickly turn the puck up ice;
  - Drive the back of the net and turn back;
  - Drive the back of the net, stop and step out on the same side.
- $\Delta 2$  moves to support  $\Delta 1$  decision for a pass from  $\Delta 1$  and a shot on goal.
- May add a coach or player to act as a forechecker especially on the quick turnback.

### KEY TEACHING POINTS

- Stay on the perimeter of the circle.
- Don't enter at too many passes when skating around the circle.
- When retrieving the puck use deception and look up ice when moving behind the net to simulate reading the break-out options.



### COACHES NOTE

Coaches should encourage players to utilize deception when retrieving the puck and look away skills when passing.

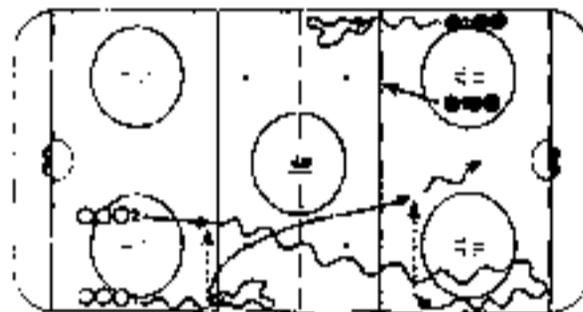
## PORTAGE & MAIN DELAY DRILL

10 min

- $\odot 1$  skates over the first blue line and delays to the outside.
- As  $\odot 1$  delays,  $\odot 2$  skates for the pass.
- $\odot 2$  carries the puck wide now, drives through the end face of circle and delays toward the boards.
- $\odot 1$  comes into the play receiving a pass from  $\odot 2$  for a shot on goal.
- $\odot 2$  follows in for the rebound.
- Both sides at same time.

### KEY TEACHING POINTS

- Use a tight turn delay.
- Delay wide to the outside and move back down the ice (don't turn on the spot).
- Receiver must come late into the pass rather than forcing the passer early.
- Call for the puck when breaking into the opening.



### COACHES NOTE

This tactic is excellent for teaching puck control, with attention given to the backhand and wrist across maneuver for tight turns. In game situations, the delay should be used to gain time and space when under checking pressure and no options are available. By delaying wide and moving back up ice in the offensive zone, this will normally create coverage confusion for the defensive team.

## NEEPAWA CHIP PASS DRILL

20 min

- Coach passes the puck low in the corner as  $\Delta 1$  moves to the top of the circle.
- $\Delta 1$  skates forward to the top of the circle and then goes backward and pivots to get the puck.
- $\Delta 1$  passes to  $\circ 1$  who has moved to be an outlet on the boards.
- $\circ 1$  chips (dips) the puck off the boards to  $\circ 2$  who calls for the puck.
- $\circ 2$  may drive and shoot or delay and pass to  $\circ 1$ .

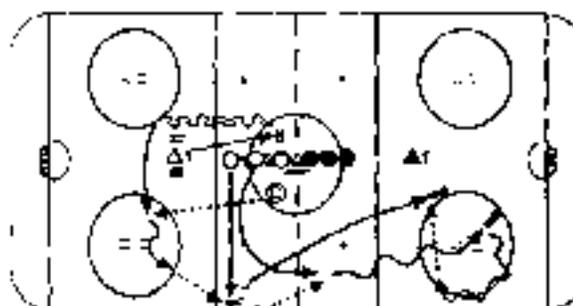
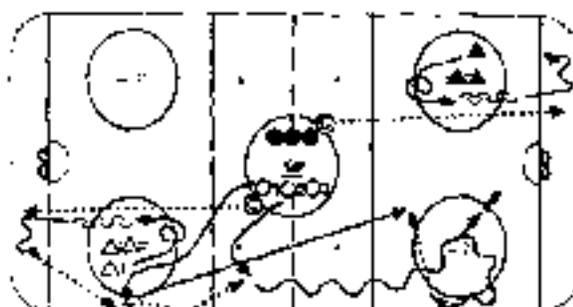
### PROGRESSION

Coach spots the puck inside the blueline.

- $\Delta 1$  skates forward to center then goes backwards and pivots to get the loose puck.
- $\Delta 1$  retrieves the puck and passes to  $\circ 1$  on the boards in between the blue and red lines.
- $\circ 2$  calls for the puck and  $\circ 1$  chips it off the boards.
- $\circ 2$  may shoot or delay.

### KEY TEACHING POINTS

- This is a drill to beat pinching defences in the defensive or neutral zone.
- Communication is key as well as quick and close support.
- The referee must turn the puck up ice quickly.
- Forwards should recognize where to pass the puck off the boards.



### COACHES NOTE

Not every pass has to be, or can be direct. Passes in behind defenders to a teammate to poke into are excellent methods of moving the attack with speed, and are effective against teams who try to sit up.

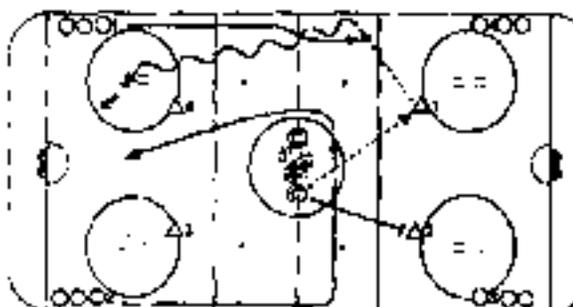
## RIDEAU SUPPORT DRILL

20 min

- $\circ 1$  and  $\circ 2$  skate down the court towards their defence.
- One coach passes to  $\Delta 1$  or  $\Delta 2$ .
- One of the two coaches must pressure  $\Delta 1$  or  $\Delta 2$ .
- If  $\Delta 1$  has the puck and coach pressures,  $\Delta 1$  passes to  $\Delta 2$  and  $\circ 2$  supports the boards while  $\circ 1$  moves to mid-ice.
- If  $\Delta 1$  has the puck and coach pressures  $\Delta 2$  (diagram),  $\Delta 1$  keeps the puck and passes to  $\circ 1$  supporting the boards while  $\circ 2$  moves across the ice.
- Double drive on entry for a wide shot or pass.

### KEY TEACHING POINTS

- Coaches must vary their strategy of who passes and who pressures.
- Teaches the forwards to read pressure and to support accordingly. One forward should support the boards as an outlet and the other should move quickly across ice to support the first pass.
- Wide forward becomes an outlet by moving off the boards.
- Read and react quickly.



### COACHES NOTE

This drill encourages the defencemen to read the checking pressure and move the puck accordingly. It also challenges the forwards to read the same checking pressure and move to support the puck and each other.

## PLUNGER ONE-TOUCH AND UP 10 min

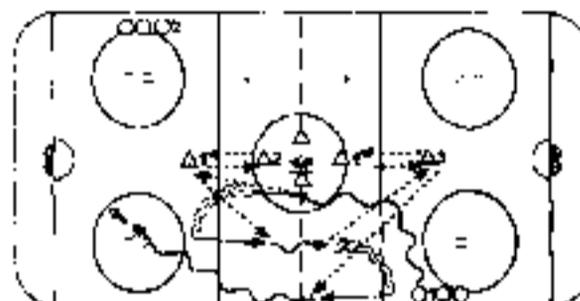
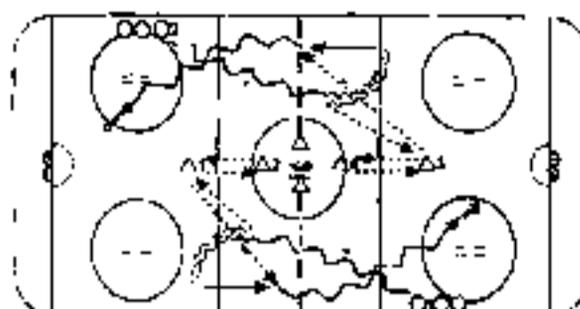
- O1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- O2 goes at the same time passing to Δ3.

### PROGRESSION

- While skating back up ice O1 passes to Δ3.
- Δ3 passes to Δ4 and return.
- O1 performs an open pivot under leg in to the boards.
- Δ3 unsets to O1.
- O1 shoots at the opposite end.
- O2 is going at the same time.

### KEY TEACHING POINTS

- Eye on the passer
- Use open Mohawk pivoting technique to present a good target or a light turn with head or a swivel
- Accelerate into the pass.
- Encourage one-touch passing between defencemen while their feet are moving.



### COACHES NOTE

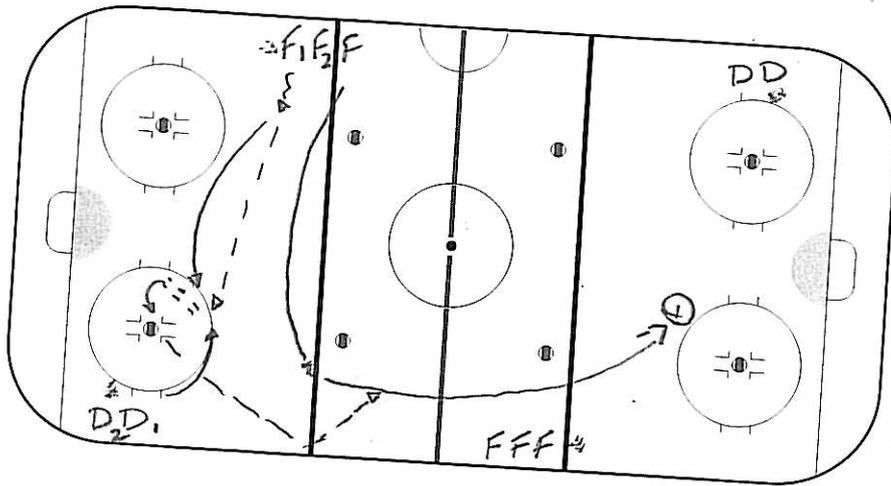
The Mohawk turn or open pivot allows for eye contact with the puck-handling defenseman at all times. The key is to have your feet moving into and out of the Mohawk. You may wish to have forwards execute a light turn toward the boards; however, maintaining eye contact is essential.

DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			<a href="mailto:waydebucsis@hotmail.com">waydebucsis@hotmail.com</a>	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		<a href="mailto:midgleyj@rms.cc">midgleyj@rms.cc</a>	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			<a href="mailto:enio@shaw.ca">enio@shaw.ca</a>	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			<a href="mailto:jackson.132@nd.edu">jackson.132@nd.edu</a>	yes
3	Barry	Wolff		Nov. 30			<a href="mailto:wolffiesca@yahoo.ca">wolffiesca@yahoo.ca</a>	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			<a href="mailto:miland@interchange.ubc.ca">miland@interchange.ubc.ca</a>	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			<a href="mailto:dannyflynn1@hotmail.com">dannyflynn1@hotmail.com</a>	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	<a href="mailto:newtont@msu.edu">newtont@msu.edu</a>	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			<a href="mailto:belliveaupete@hotmail.com">belliveaupete@hotmail.com</a>	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			<a href="mailto:kbathurst@hockeycanada.ca">kbathurst@hockeycanada.ca</a>	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			<a href="mailto:claytonbeddoes@hotmail.com">claytonbeddoes@hotmail.com</a>	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			<a href="mailto:scout69@nb.sympatico.ca">scout69@nb.sympatico.ca</a>	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			<a href="mailto:rofox@telus.net">rofox@telus.net</a>	
7	Dan	Fridgen		Dec. 28			<a href="mailto:keyhoc18@hotmail.com">keyhoc18@hotmail.com</a>	
8	Peter	Russell		Jan. 4			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
8	Brian	Bourque	University of Waterloo	Jan. 4			<a href="mailto:bbourque@admail.uwaterloo.ca">bbourque@admail.uwaterloo.ca</a>	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		<a href="mailto:tewasiuk@hughes.net">tewasiuk@hughes.net</a>	yes
9	Graham	Wise	Ryerson University	Jan. 11			<a href="mailto:gwise@ryerson.ca">gwise@ryerson.ca</a>	
9	Jeff	Truitt		Jan. 11			<a href="mailto:Jeff.Truitt@PhoenixCoyotes.Com">Jeff.Truitt@PhoenixCoyotes.Com</a>	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			<a href="mailto:tom.pokel@yahoo.com">tom.pokel@yahoo.com</a>	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	<a href="mailto:donaldmckee@hotmail.com">donaldmckee@hotmail.com</a>	yes
10	Dan	Nadeau		Jan. 18			<a href="mailto:dnadeau@fastenal.com">dnadeau@fastenal.com</a>	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			<a href="mailto:bryantperrier@yahoo.com">bryantperrier@yahoo.com</a>	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			<a href="mailto:jolden@interchange.ubc.ca">jolden@interchange.ubc.ca</a>	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			<a href="mailto:kris@kootenayice.net">kris@kootenayice.net</a>	
11	Peter	Woods	Hockey Manitoba	Jan. 25			<a href="mailto:pwoods@hockeymanitoba.mb.ca">pwoods@hockeymanitoba.mb.ca</a>	
12	Joey	Gasparini	University of Vermont	Feb. 1			<a href="mailto:jgaspari@uvm.edu">jgaspari@uvm.edu</a>	
12	Dan	Olsen	Calgary Northstars	Feb. 1			<a href="mailto:timbercoach@hotmail.com">timbercoach@hotmail.com</a>	
12	Peter	Russell	Swindon EPL	Feb. 1			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		<a href="mailto:williamverner@hotmail.com">williamverner@hotmail.com</a>	
13	Nick	Poole	Milton Keynes	Feb. 8			<a href="mailto:poole19@btinternet.com">poole19@btinternet.com</a>	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			<a href="mailto:coachmac@unb.ca">coachmac@unb.ca</a>	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			<a href="mailto:diegoscandella@hotmail.com">diegoscandella@hotmail.com</a>	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			<a href="mailto:Stephane.LeBlanc@nbed.nb.ca">Stephane.LeBlanc@nbed.nb.ca</a>	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey	Feb. 15	(902)-461-1543		<a href="mailto:targethockey@gmail.com">targethockey@gmail.com</a>	
15	STUART	WILSON		Feb. 22			<a href="mailto:heatherstuart_2000@yahoo.com">heatherstuart_2000@yahoo.com</a>	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			<a href="mailto:twalkington@shaw.ca">twalkington@shaw.ca</a>	
15	Tom	Molloy		Feb. 22			<a href="mailto:tommolloy@hotmail.com">tommolloy@hotmail.com</a>	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			<a href="mailto:blakewesley@hockeyschools.com">blakewesley@hockeyschools.com</a>	
16	Michael	Pelino	Peterborough Petes	Mar. 1			<a href="mailto:mpelino@gopetesgo.com">mpelino@gopetesgo.com</a>	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			<a href="mailto:kellerb@ecsd.net">kellerb@ecsd.net</a>	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			<a href="mailto:paulheavey@aol.com">paulheavey@aol.com</a>	
17	Shaun	Sutter	Regina Pats	Mar. 8			<a href="mailto:ssutter@reginapats.com">ssutter@reginapats.com</a>	
17	John	Micheletto	University of Vermont	Mar. 8			<a href="mailto:jmichele@uvm.edu">jmichele@uvm.edu</a>	

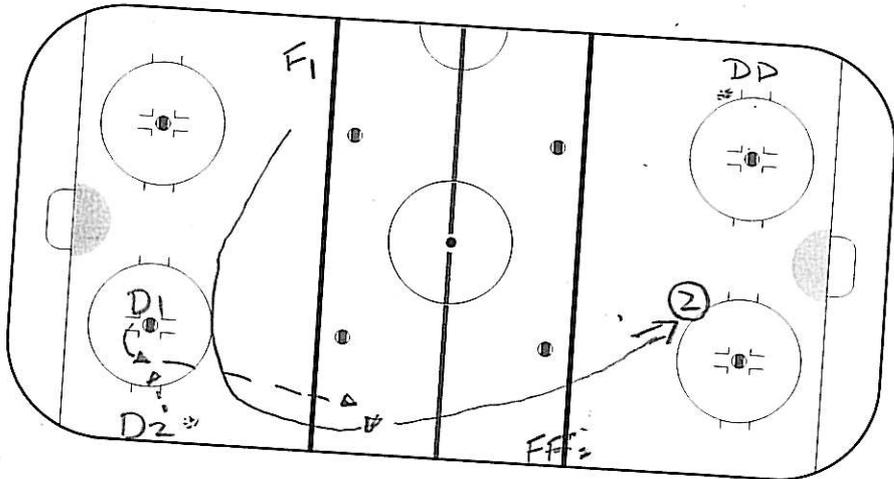
QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK  
AND OTHERS TO BREAK RECORDS."

- UNKNOWN



① SKILL DRILL (CONTROL W/ WHISTLE)  
(\* BOTH SIDES AT SAME TIME \*)

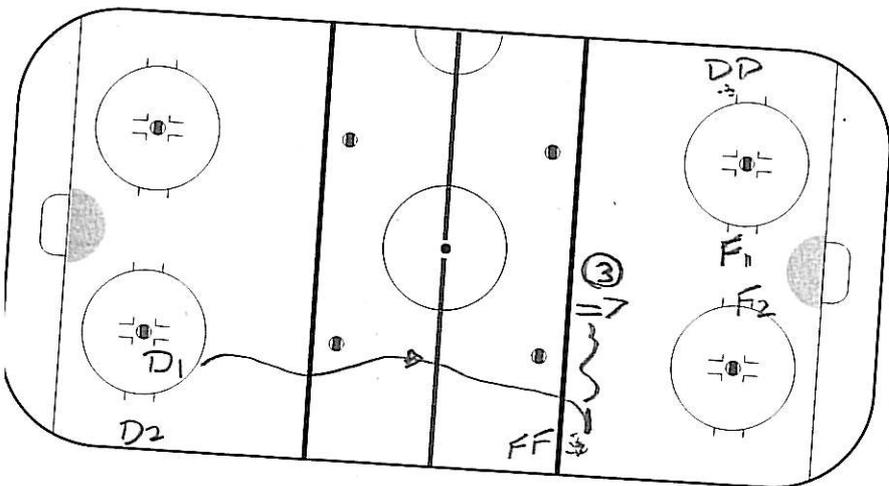
- 1) D1 TO TOP OF CIRCLE, F1 TO D1
- 2) D1 BACKWARDS THEN PIVOT FORWARDS
- 3) F1 AFTER PASS "ANGLE" D1 AND FORCE CHIP PASS OFF THE BOARDS TO F2 (F2 LEAVES AFTER F1: TIMES SKATE)



- 4) F2 WITH PUCK: F2 = SHOT ① (F2 STAY AT NET)
- 5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS SPEED AT BOARDS

7) D1 TO F1: F1 = SHOT ② (F1 STAY AT NET)

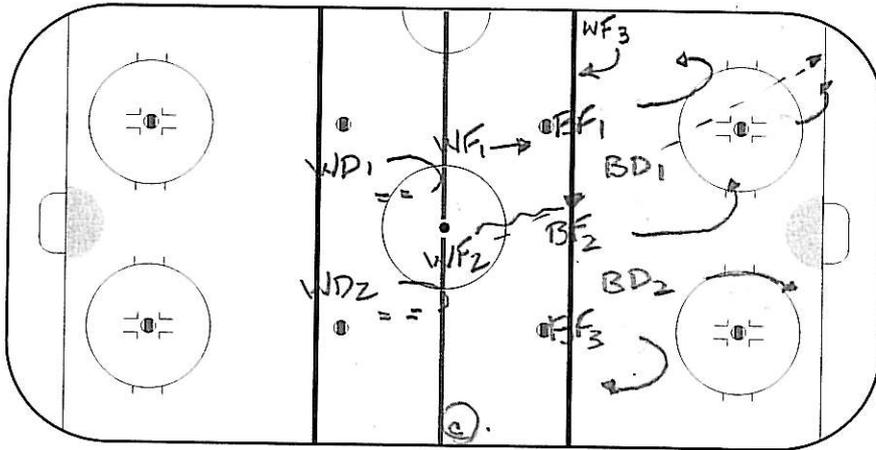


8) AFTER D1 PASS TO F1; D1 TO THE FAR BLUE-LINE AND PICK-UP PUCK

9) D1 = DRAG & SHOT ③ (F1 IF2 = SCREEN & REBOUND)

\* CAN USE DRILL FOR WARM-UP SHOOTING OR WITHIN REGULAR PRACTICE. \*

② TEAM PLAY → NEUTRAL ZONE



1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4V"

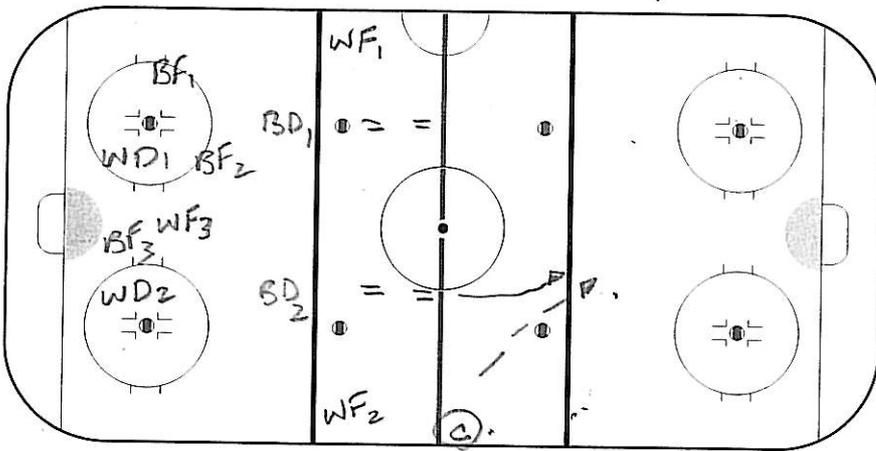
2) BD1 / BD2 & BF 1 / 2 / 3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE, 4V STOPS (WF1 / WF2)

4) WF3 JOINS RUSH TO CREATE A "5 VS 3" w/ WD1 / WD2

5) AFTER 5 VS 3 IS COMPLETE

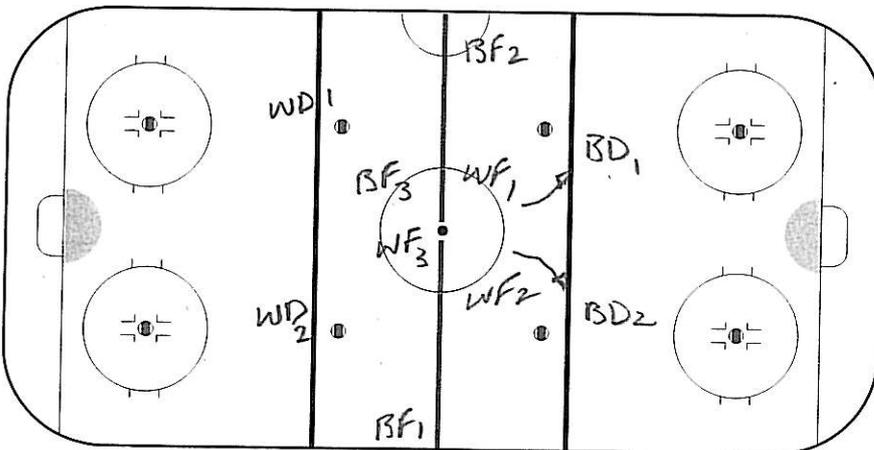
ⓐ SPOTS PUCK IN NZ



ⓑ AFTER ORIGINAL 4V; WF1 & WF2 POST-UP AT FAIR BLUE LINE

7) AFTER ⓐ SPOTS PUCK IN NZ, BD'S RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)

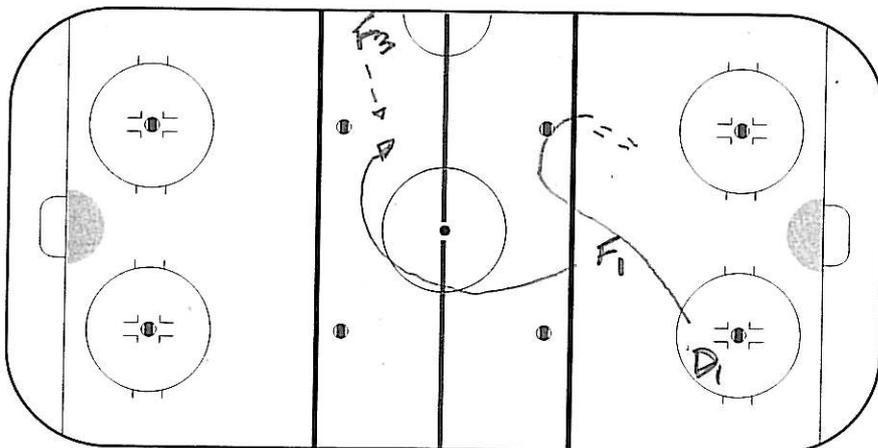
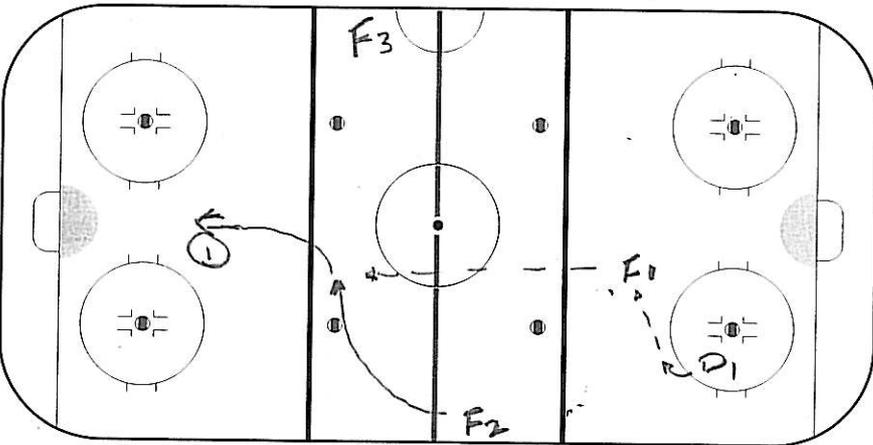
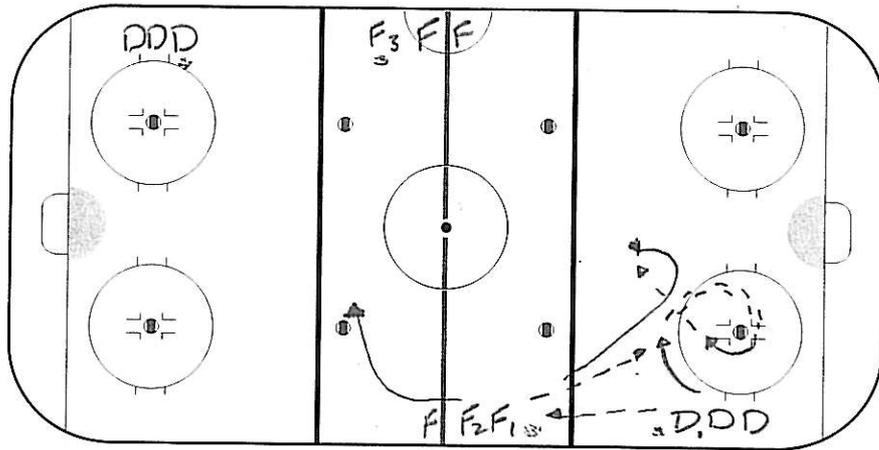
8) PLAY BECOMES "LIVE" 5 VS 5 IN NZ (40-45 SEC)



\*\* BREAK-OUT w/ PRESSURE IS EXECUTED \*\*

\*# NZ CHECK AS PER COACH'S SYSTEM \*\*

\*\* OFF REGROUP IS PERFORMED \*\* w/ "LIVE" PRESSURE.



③ FAVOURITE DRILL → (1vs1 w/SHOT)

\*\* (BOTH SIDES AT SAME TIME) \*\*  
 - (CONTROL w/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

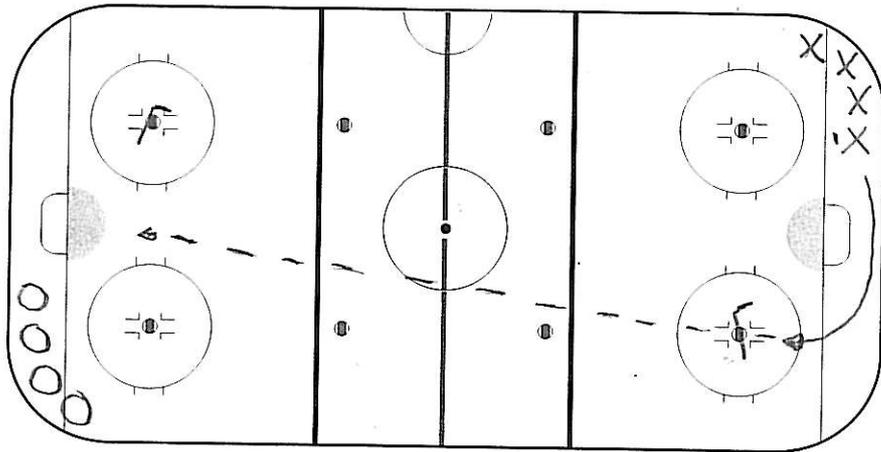
5) F2 GOES IN FOR SHOT (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 vs F1

\*\* CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL \*\*

\*\* MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW \*\*

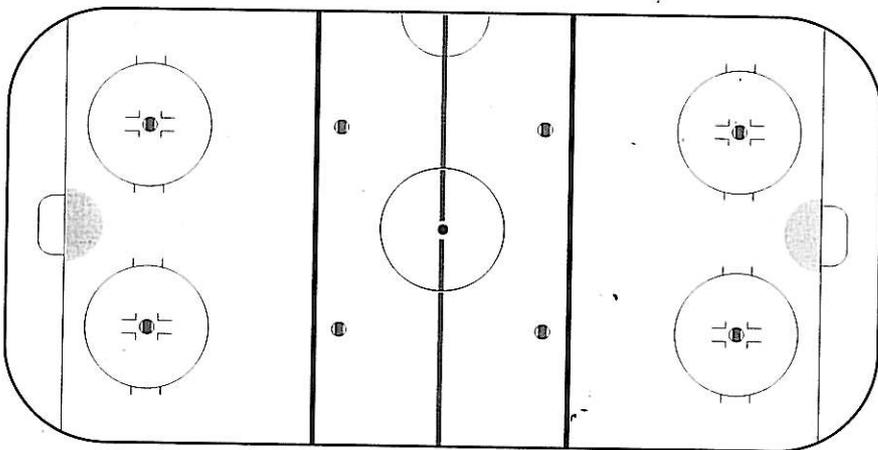


④ FUN / COMPETING DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

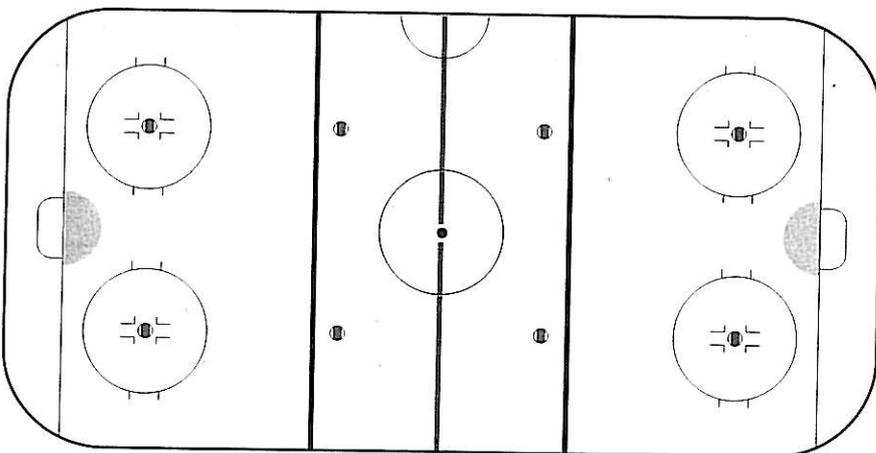
- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)



① IF GOAL: "O" TEAM MUST SKATE LAPS.

② IF MISS: "X" TEAM MUST SKATE LAPS.

\*\* TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOTS. CAN BET 1 LAP, 2 ETC. TO A MAXIMUM OF 4. \*\* (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)



"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"



# Practice Plan

Team: University of Notre Dame

Practice No.: \_\_\_\_\_

Date : November 19, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jeff Jackson

## Objectives / Main tasks :

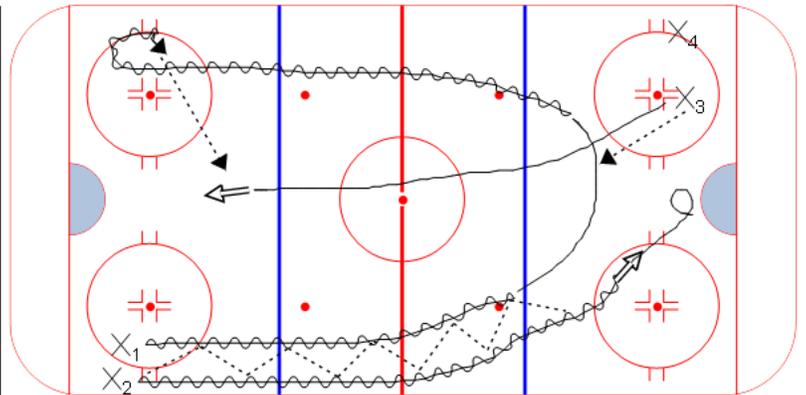
Recommended Book - Why Teams Win by Saul Miller

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skill Drill Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

X1 and X2 touch pass to the far blue line; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.  
(Both ends go at the same time)



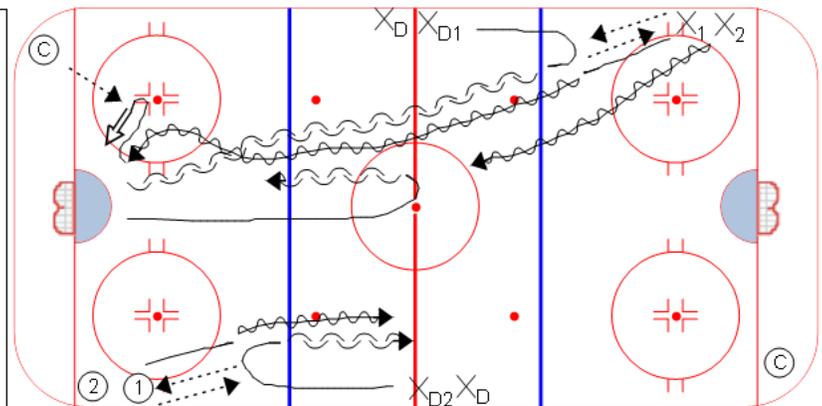
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Defensive Drill Category #1 : Jeff Drill of the Week Category #2 : Defensive Drill

### Description

D1 (and D2 at opposite end) gaps up to the blue line; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and receives a pass from the coach for a second shot; at the same time D1 gaps up to the red line and X2 attacks D1 for a second 1 on 1 rush.



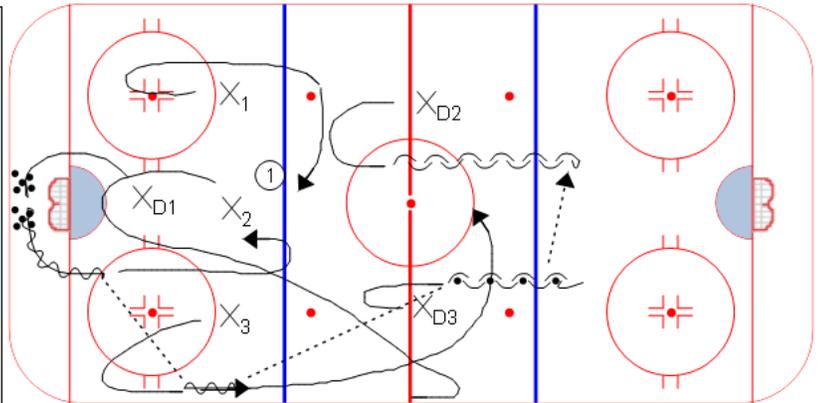
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Offensive Drill Category #1 : Jeff Drill of the Week Category #2 : Offensive Drill

**Description**

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and counter attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



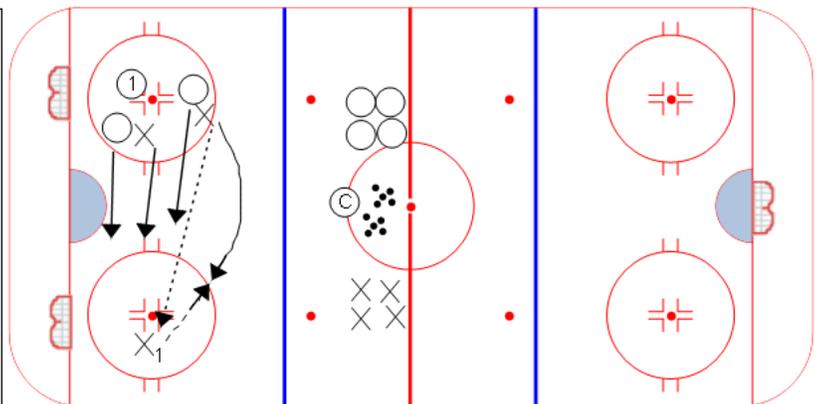
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Small Game Category #1 : Jeff Drill of the Week Category #2 : Small Game

**Description**

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :



# Practice Plan



Team: Drill Of the Week Club

Practice No.: \_\_\_\_\_

Date : Nov. 11, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jim Midgley

## Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G involved
  2. Team Drill- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
  3. Favourite Drill- Flinner Drill
  4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK because I don't like thier games" Harry Neale  
 Book- The 360 Leader- John Maxwell

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

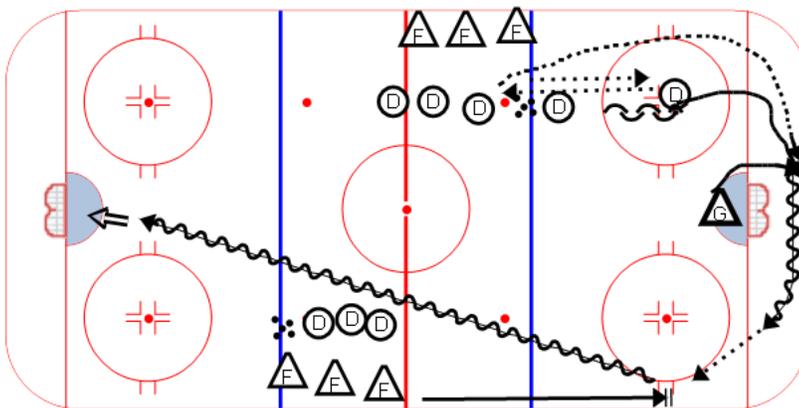
Title : Jim Rim Drill Category #1 : Warm-up Category #2 : Shooting

### Description

ⓐ one touch pass with next ⓐ. Rims puck ⓐ stops rim and sets puck up for ⓐ to retrieve and pass to ⓐ who sprints down the wall and becomes outlet for the ⓐ. ⓐ takes a shot in the far end. ⓐ sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



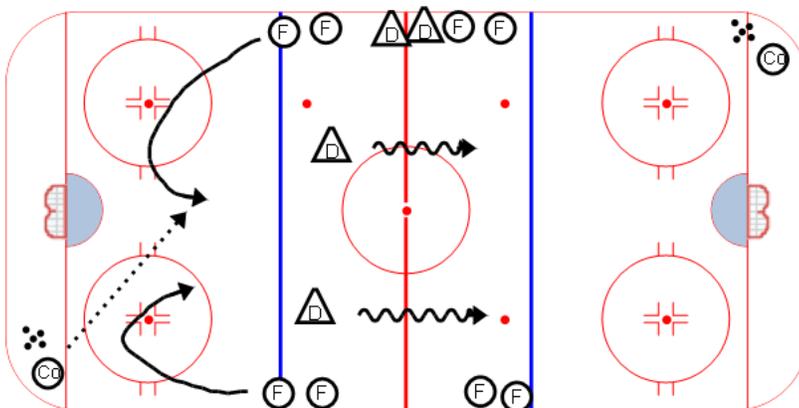
Key points : Goalie stopping rims Passing Communication Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 on 2 Regroup Category #1 : 2 on 2 Category #2 : Transition

### Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



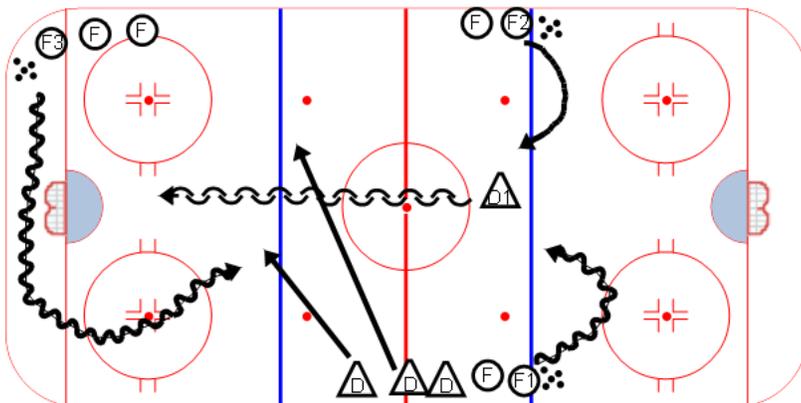
Key points : \_\_\_\_\_

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Flinner Drill Category #1 :  Category #2 :

**Description**

-2 on 1 to start  
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D  
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

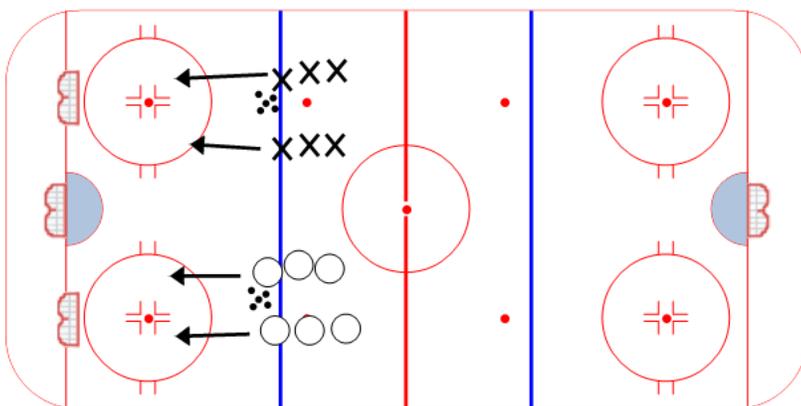
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Kitchener 2-0 Game Category #1 :  Category #2 :

**Description**

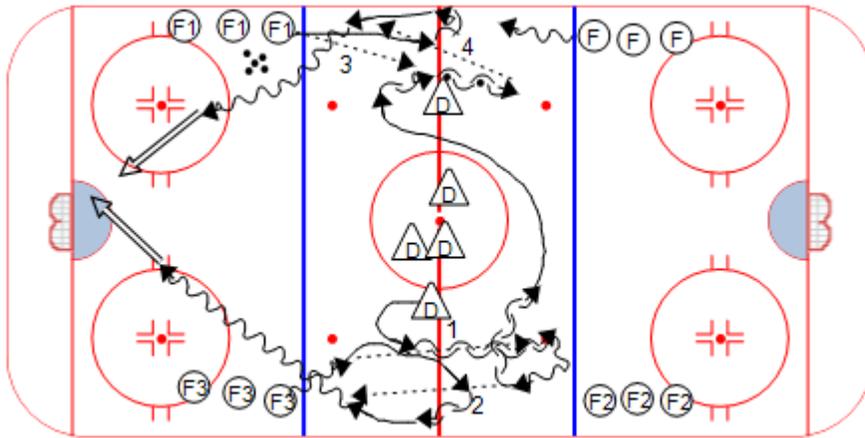
On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score. Go until the whistle.

First one to 10 wins!



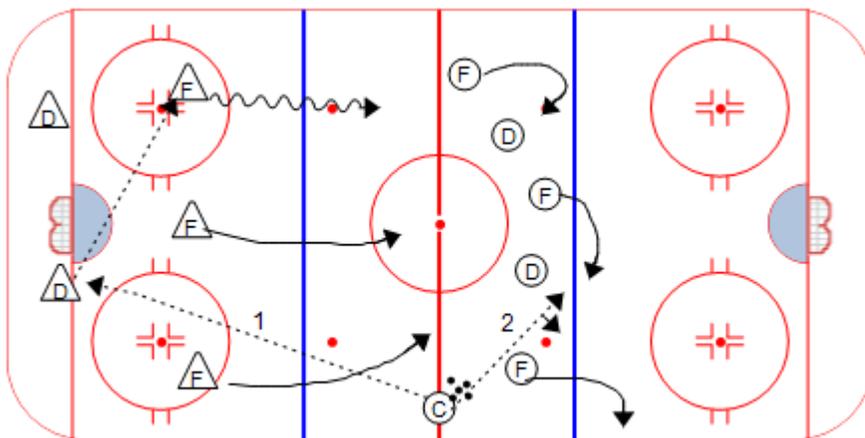
Key points :

1. SKILL DRILL – PAT’S QUICK UP DRILL



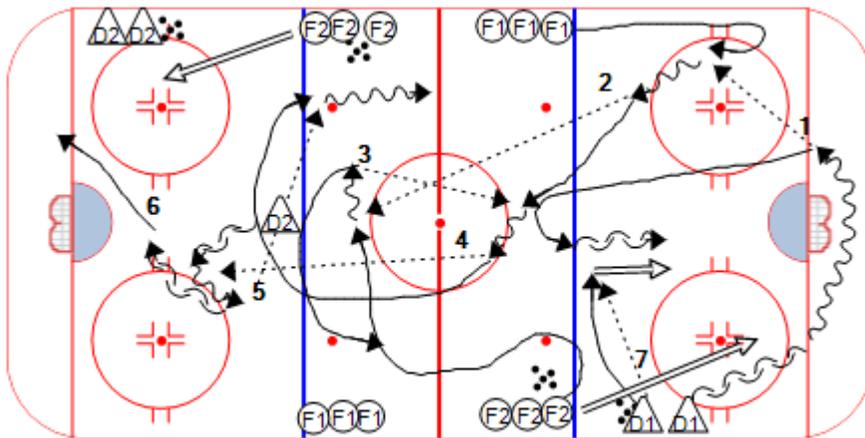
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



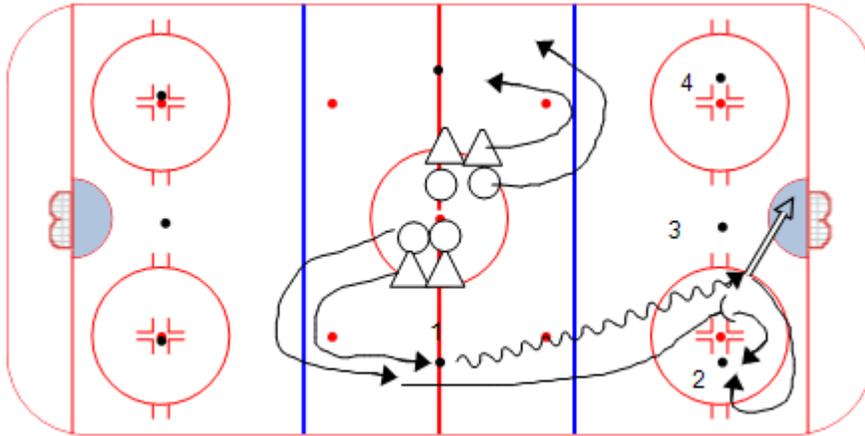
C spots puck (1).  $\triangle$ 's go 3 on 0,  $\circ$ 's let the other F's by.  $\triangle$ 's jump up to get the gap. On the whistle, C spots a puck for the  $\circ$ 's who go 3 on 2.  $\triangle$ 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 ( $\circ$ ) vs. 2 plus 3 trackers / back checkers. Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continuous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attempts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!





# MICHIGAN STATE UNIVERSITY HOCKEY

Munn Ice Arena, East Lansing, MI 48824  
(517) 355-1639 • Fax: (517) 432-1879

Member: Central Collegiate Hockey Association

National Champions

1966, 1986, 2007

CCHA Champions

1985, 1986, 1989, 1990  
1998, 1999, 2001

NCAA Frozen Four

1959, 1966, 1967, 1984  
1986, 1987, 1989, 1992  
1999, 2001, 2007

CCHA Tournament Champions

1982, 1983, 1984, 1985, 1987, 1989  
1990, 1998, 2000, 2001, 2006

RICK COMLEY, HEAD COACH  
National Coach of the Year - 1980-1991

Fax # 517 432-1879

FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40

- just put this sequence of numbers on the  
locker room board

- you get lots of guesses and lots of wondering  
Answer - 4 lines going 40 sec at a time.

Book - Open by Andre Agassi

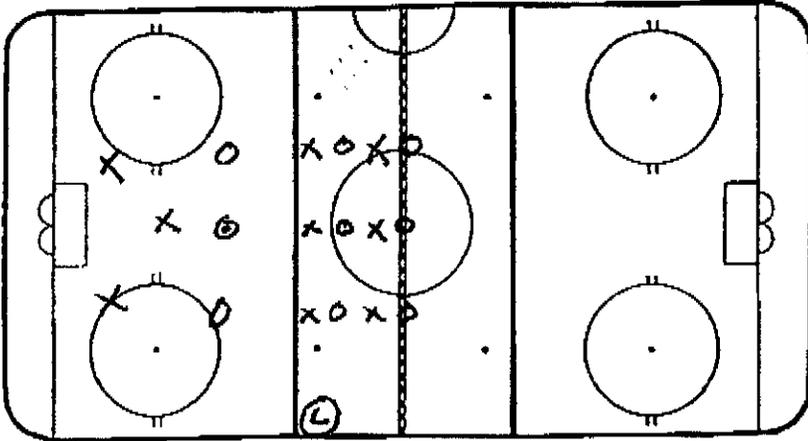
If you do not receive all pages from this transmission, or if you have any questions, please call  
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO  
EXCELLENCE**



System / Drill

Competitive  
3v3 Continuous

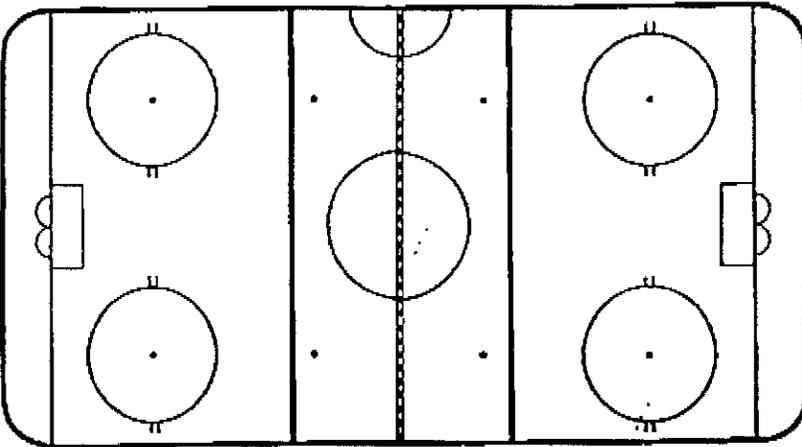


Description

O's start on ~~offense~~  
 offense. X's in Defense  
 X's must get puck and  
 make tape to tape pass  
 with X's in line  
 X's in line receive puck  
 attach O's 3v3.

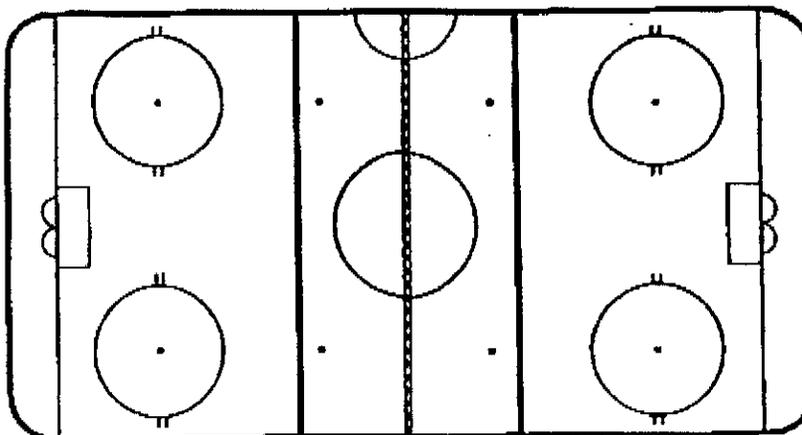
\* if not a tape to tape  
 pass (C) puts in new  
 puck same players  
 \* if goal is scored (C) puts  
 new puck in same players

Notes/Comments



Notes/Comments

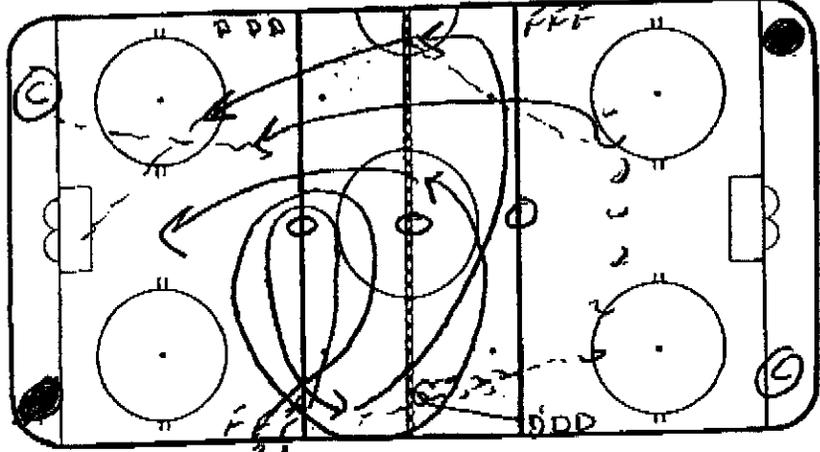
Description



Notes/Comments

Description

# System / Drill J. Nights Drill (Skill)

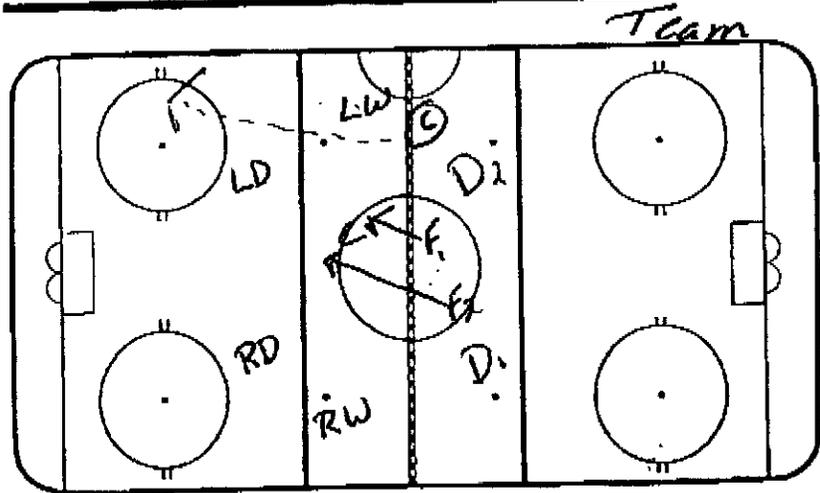


## Description

- F<sub>1</sub> around tire with puck
- F<sub>2</sub> follows him (no puck)
- D<sub>1</sub> up to RL transition back
- F<sub>1</sub> to D<sub>1</sub> who travels laterally
- F<sub>1</sub> to wall F<sub>2</sub> middle lane support D<sub>1</sub> to F<sub>1</sub> or F<sub>2</sub>
- F<sub>3</sub> shot D to BL pass from C

## Notes/Comments

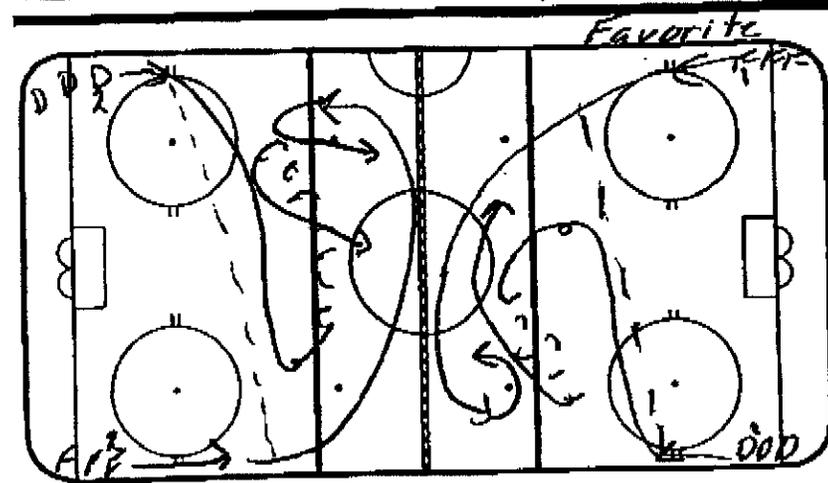
Both sides go at same time start on whistle



## Description 5v4

- C Dumps Puck
- F<sub>1</sub> F<sub>2</sub> 4' Hard
- Unit of 5 Breaks out
- F<sub>1</sub> Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to B.D. on 2nd Dumps puck
- F<sub>2</sub> & F<sub>3</sub> 4' hard again
- F<sub>2</sub> comes back hard to play 5v3 in the OZ

Notes/Comments good conditioning and both offensive and defensive Team Play.



## Description Loop 1v1 Transition Whistle.

- D take a couple step snaps puck to F
- F Loops in NZ
- D gaps up supports F and plays F 1v1
- Whistle!!
- F cuts & back hard and attacks D<sub>2</sub> 1v1 D<sub>2</sub> takes ice b
- F<sub>2</sub> attacks D<sub>1</sub> 1v1

## Notes/Comments

could have 2 or 3 transitions

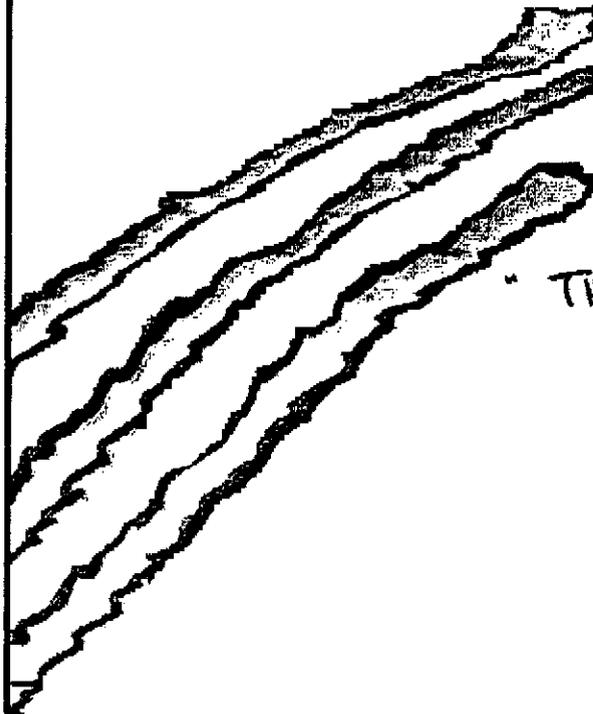


DATE: DEC 4 /10

TO: BRINS ATTN: ENJO	FROM: DANNY FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

Urgent   
 For Review   
 Please Comment   
 Please Reply   
 Please Recycle



BEST OF LUCK W THE

2ND HALF...

DANNY

"THERE IS MORE TO LIFE THAN JUST HOCKEY... BUT THERE IS WAY MORE TO HOCKEY THAN JUST HOCKEY"

- ~ 10/11 SEASON TICKETS ~ FLEX PACKS ~
- GROUP TICKETS ~ BIRTHDAYS ~ 7<sup>TH</sup> PLAYER ~
- ~ SKATE WITH THE CATS ~ CHARITY BEAR
- ~ SKILLS COMPETITION ~ READING IS WILD ~
- ~ AND MORE!! ~

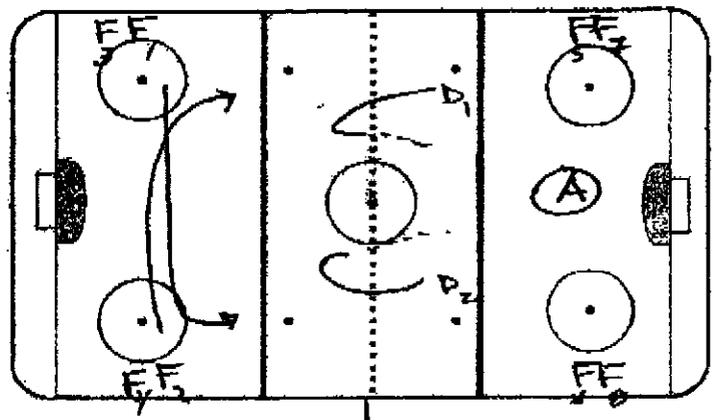
[www.moncton-wildcats.com](http://www.moncton-wildcats.com)



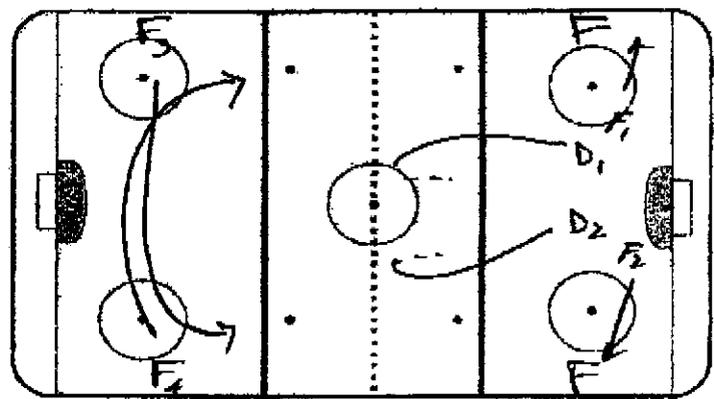
**NEW YORK ISLANDERS**

①

2u2x2  
 A/ F1F2 cross below ringette line  
 ; D1D2 get up for 2u2  
 on whistle  
 B/ whistle to end 2u2; D1D2  
 hustled to get up on 2 and  
 2u2 from initial end (F3F4)

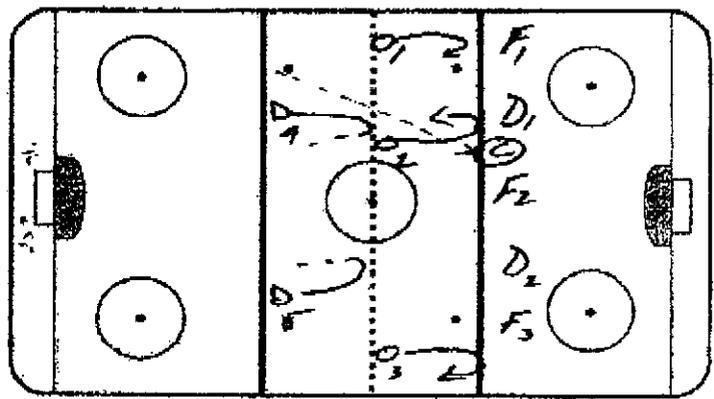


\* ALTERNATE SIDS  
 • great for D's 2u2 skills

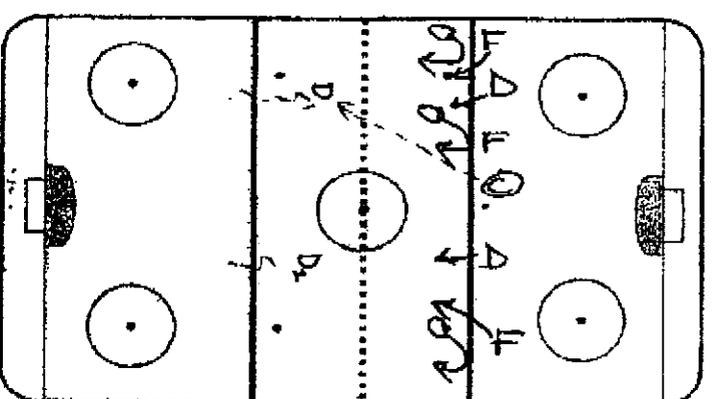


②

N-Z. TURKBACK DRILL  
 • O's wheel ; B/AST SVO  
 (sticks behind net)  
 • O's give puck to © when they  
 reach 1st B/line  
 • O1,2,3 (F1,2,3) must tag for  
 blue line; O4,5 must dash RED



• © sets puck / passes to O4,5  
 and F1,2,3 D1,2 work N-Z F/C  
 • play out N-Z 60S / whistle  
 • O's head back to DZ ;  
 breakout for 2 and time / F1,2  
 go back to initial standing  
 point for REPEAT REP



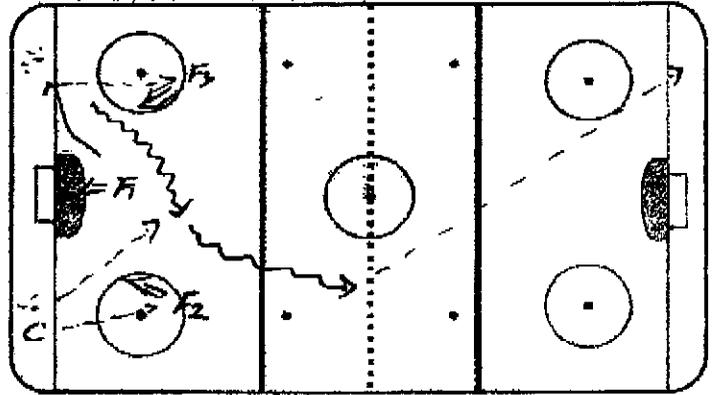
• EACH LINE 2 REPS on O's D when change

5x5  
 N/Z

NEW YORK ISLANDERS

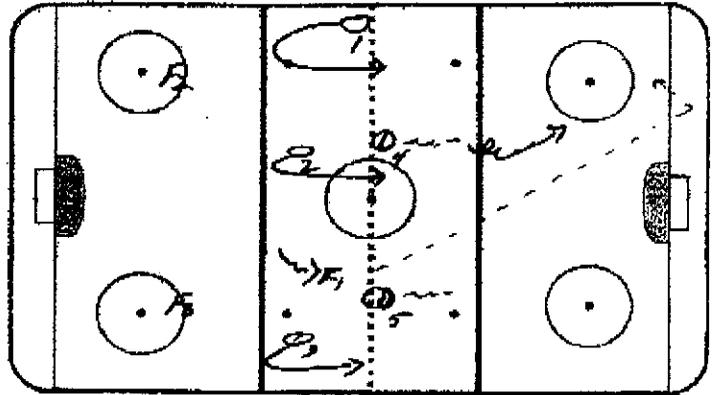
③ F/C X1/X2 CONTINUOUS DRILL

- F<sub>1</sub> shoots; becomes passes ft. corner
- O → F<sub>2</sub> / shot ... top of circles
- F<sub>1</sub> → F<sub>3</sub> / shot ... top / circles
- F<sub>1</sub> cuts through slot; O → F<sub>1</sub>
- F<sub>1</sub> dumps; FORCIBOX 105



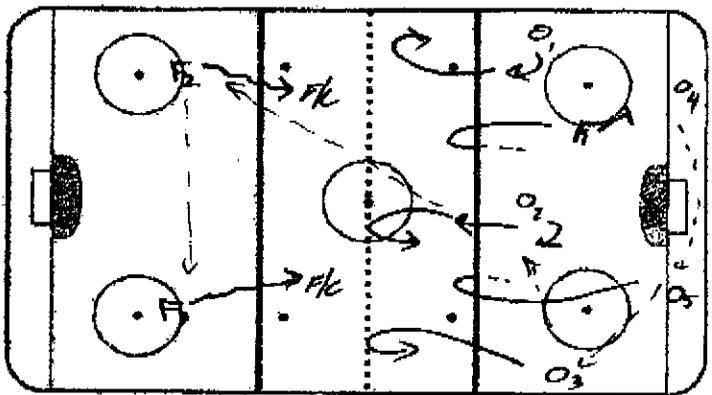
④

- F<sub>1</sub> FK 105 vs O<sub>12345</sub>
- O's must not be inside blue line before F<sub>1</sub> dump! (gap)
- O<sub>123</sub> breakout / F<sub>1</sub> done
- O's give pick to F<sub>2</sub>F<sub>3</sub> by redline



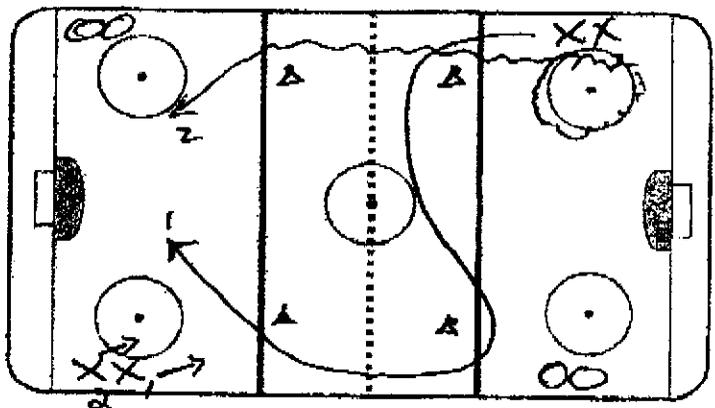
⑤

- F<sub>2</sub>F<sub>3</sub> make 1 pass then FK 205 (dump at red)
- O<sub>123</sub> must dog redline; O<sub>45</sub> must gap up to at least b/line
- F<sub>2</sub>F<sub>3</sub> F/C 205 vs O's
- \* O's D/OUT 2nd time / jump ice FOR 3/ shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

- whistle; X<sub>1</sub>X<sub>2</sub> fr. 2 sides
- X<sub>1</sub> around dots / shoot #1
- X<sub>2</sub> arc circle (Fund-Bases-Funds) then head up ice @ slot #2
- O's next whistle...
- stress 'quick ft i speed'



**Categories**

Collective tactics

**Drill Title :** FULL ICE WARM UP

full ice warm up

**Components :** FWDS / D'S ALL ONE END

**Content elements :**

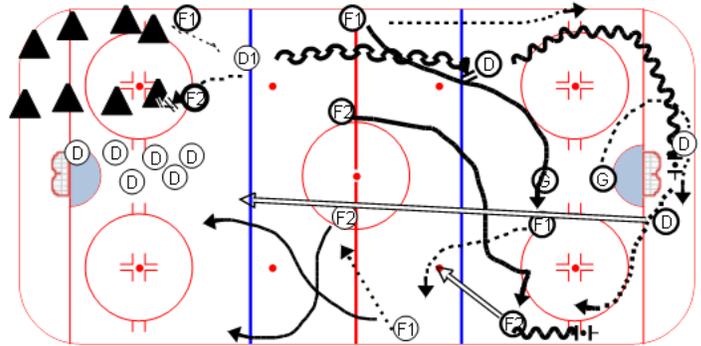
**Description**

F1/F2 Pepper pass with D1 till red line;  
F1 must hard rim to goaltender who  
stops puck behind net

D1 has pivoted and wheels...and passes  
to F2 who passes to F1...change lane to  
other end

while D1 sprints to far blue line.  
(whistle drill)

**Key Points**

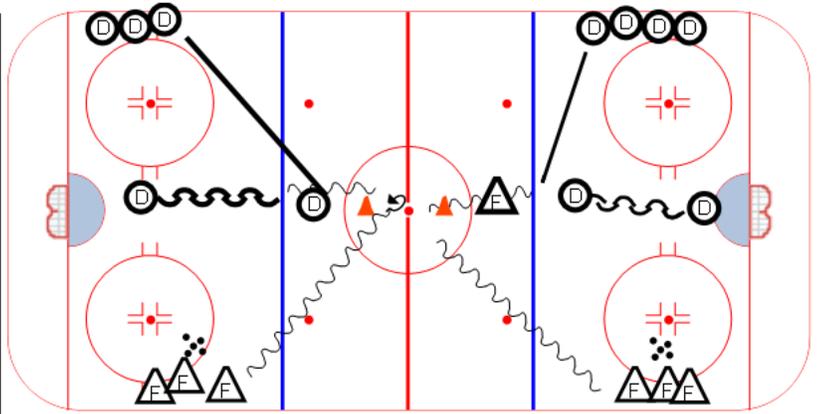
**Title :** GAP DRILL PART I

**Category #1 :** Quick Feet D-man drill

**Category #2 :** Def drill

**Description**

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



**Key points :**

--	--	--	--

**Title :** GAP DRILL PART II

**Category #1 :**

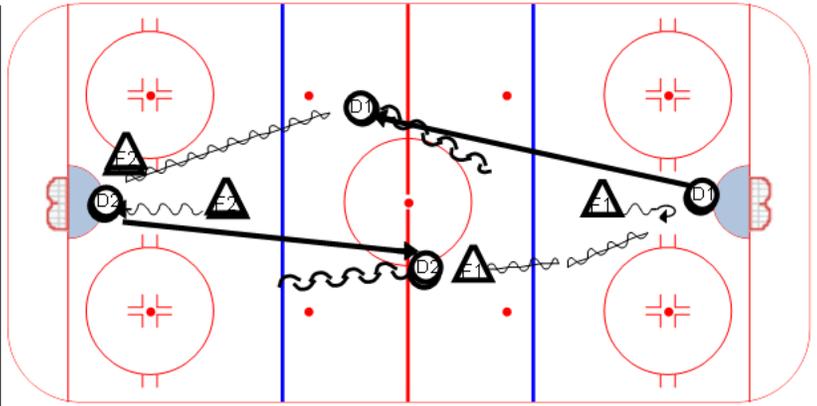
Quick Feet D-man drill

**Category #2 :**

Def drill

**Description**

GAP DRILL PART II-F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



**Key points :**

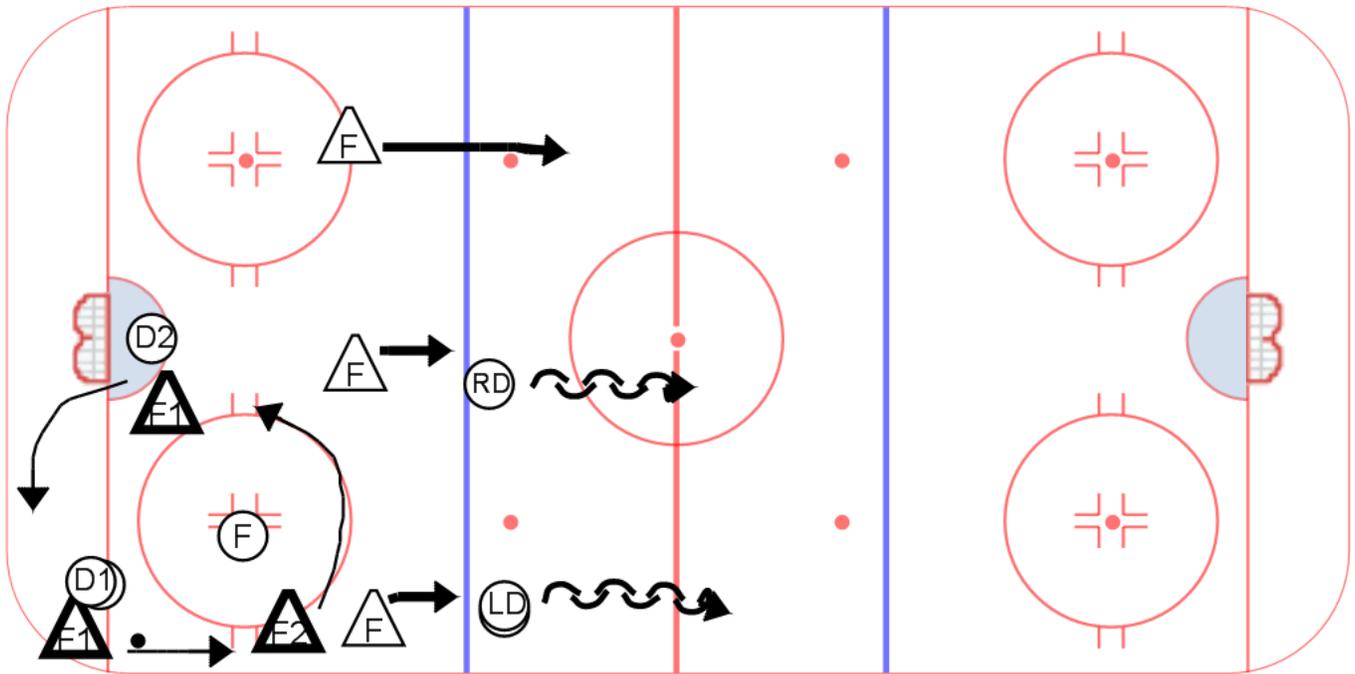
Category #1 : TEAM DRILL

Title : FULL ICE 3:3 LOW ( PART I)

Category #2 : -BATTLING/RUSH DRILL

Content elements :

Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description



will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES )

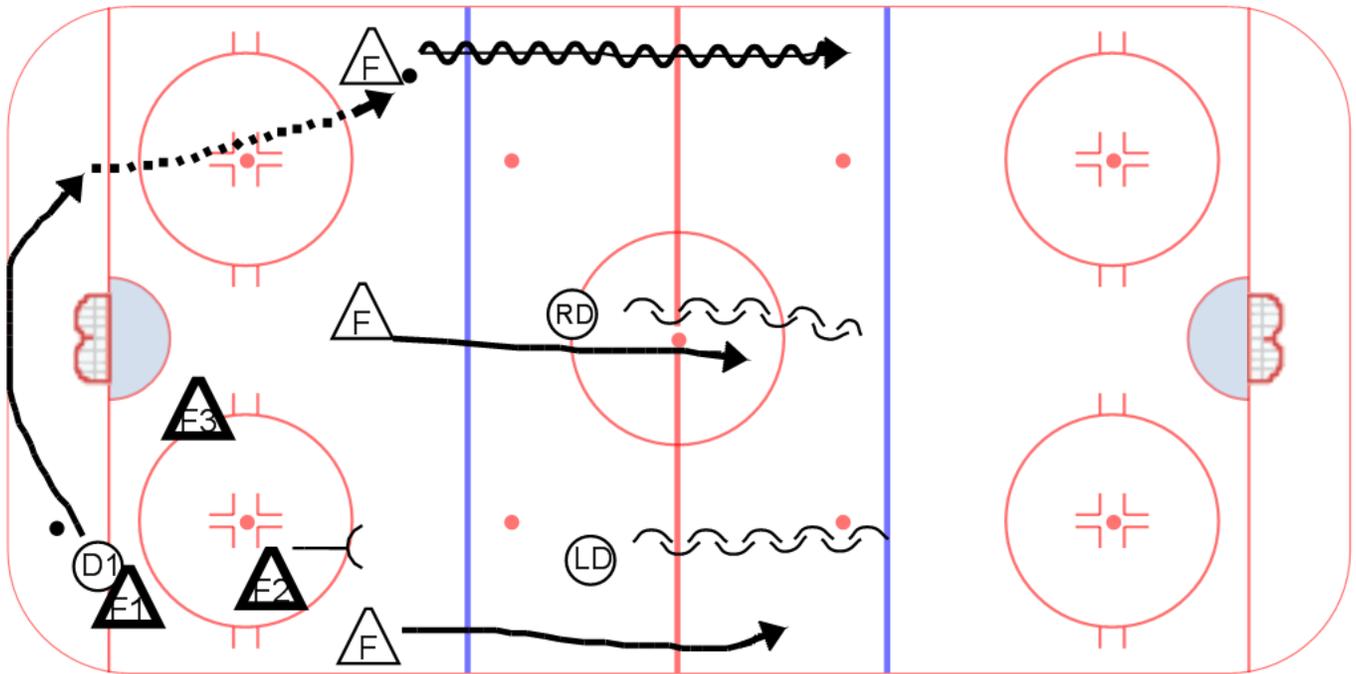
Category #1 :

Title :

Category #2 :

Content elements :

Components:



Key points :

Description

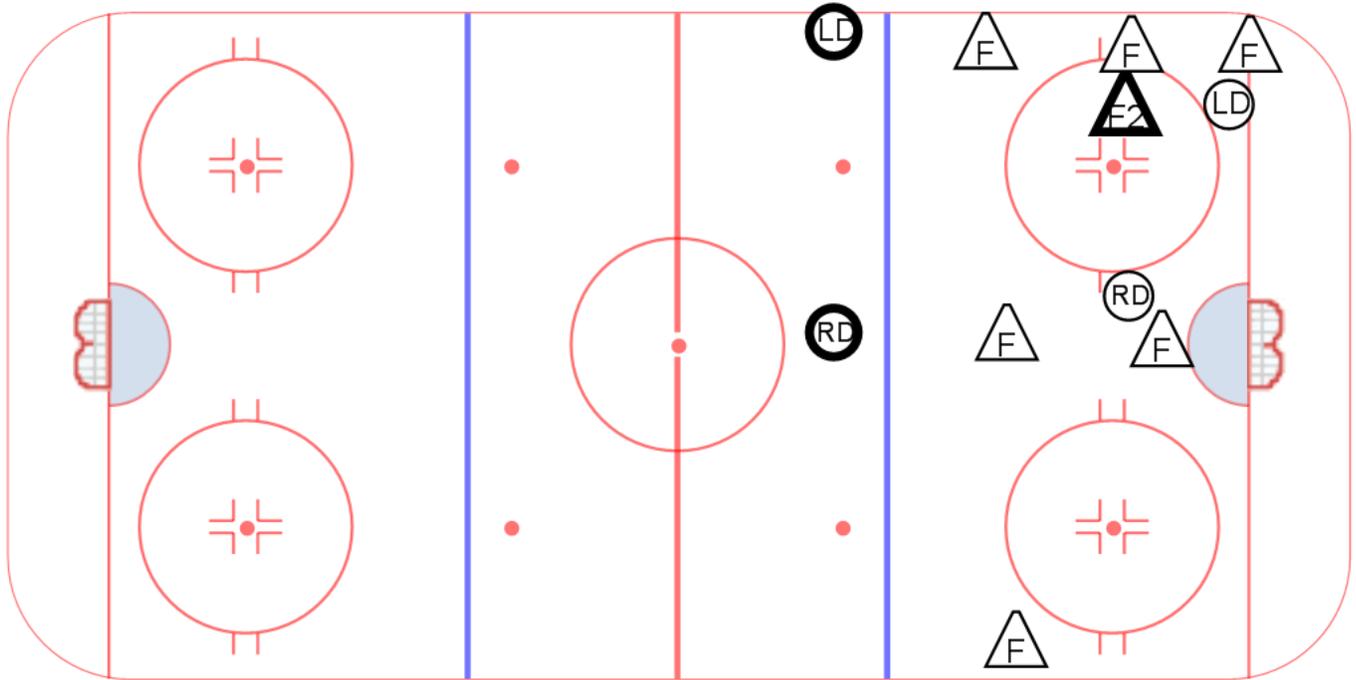
Category #1 :

Title : FULL ICE 3:3 LOW PART III

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

Description

**Title :** SMALL ZONE 1:1 GAMES

**Category #1 :**

BATTLING DRILL

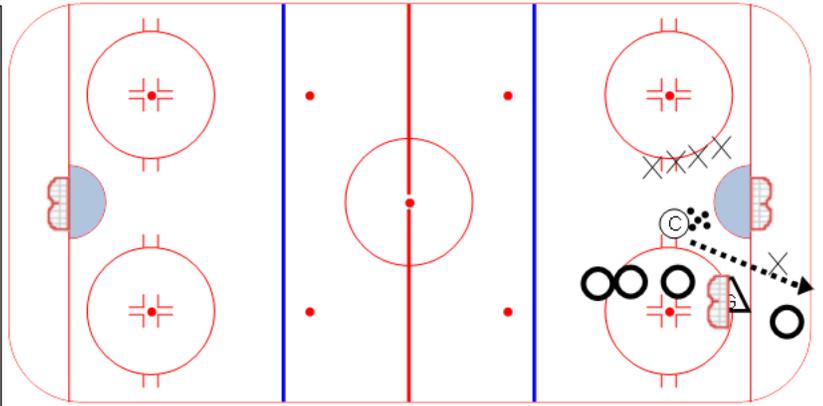
**Category #2 :**

COMP DRILLS

**Description**

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



**Key points :**

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: \_\_\_\_\_

# Sweedish Wheel 2v1 SKILL

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_

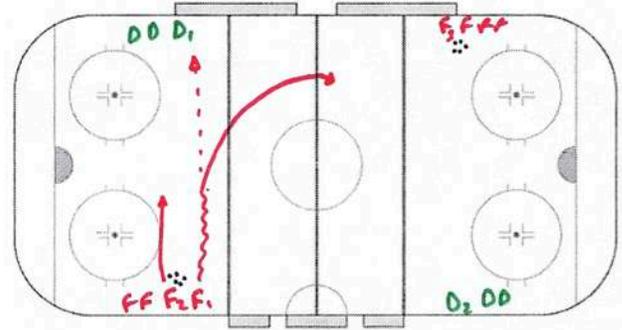


INJURED: \_\_\_\_\_



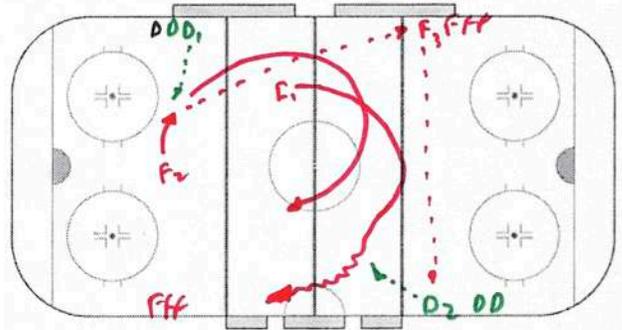
### NOTES:

- F<sub>1</sub> skates w/ puck and passes to D<sub>1</sub>.
- D<sub>1</sub> one touches pass to F<sub>2</sub> coming to mid ice
- 



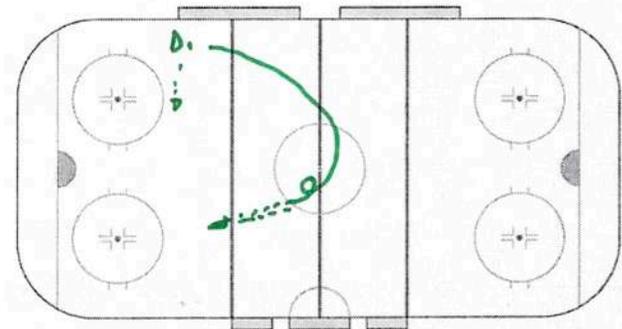
### NOTES:

- F<sub>2</sub> one touches puck to F<sub>3</sub>
- F<sub>3</sub> passes directly to D<sub>2</sub> who then bumps puck up middle to F<sub>1</sub>
- F<sub>2</sub> supports F<sub>1</sub>



### NOTES:

- D<sub>1</sub> closes gap after his pass and takes the 2v1 back to his end.



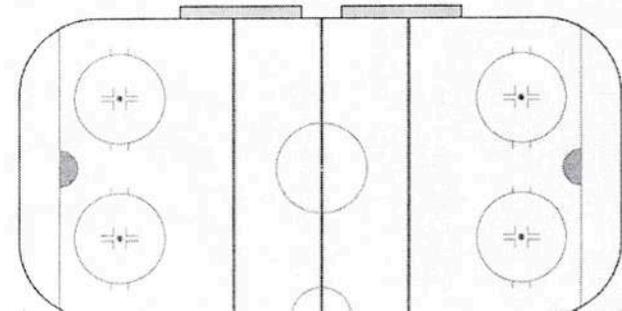
### NOTES:

- Full Drill Drawn.



### NOTES:

- One touch passes → crisp and hard
- F<sub>2</sub> support
- D's close gap on 2v1.



# GOLDEN Puck (Competitive)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

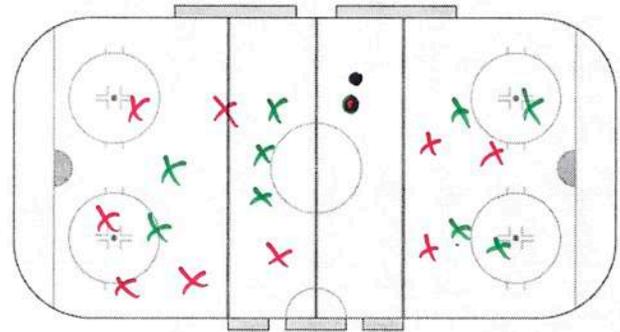




INJURED:

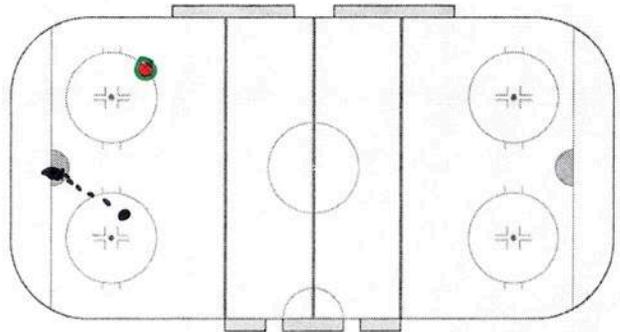
## NOTES:

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



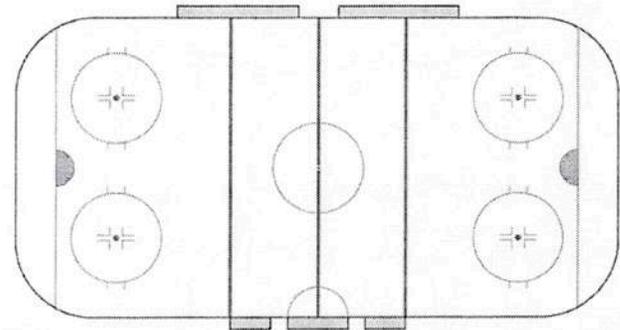
## NOTES:

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



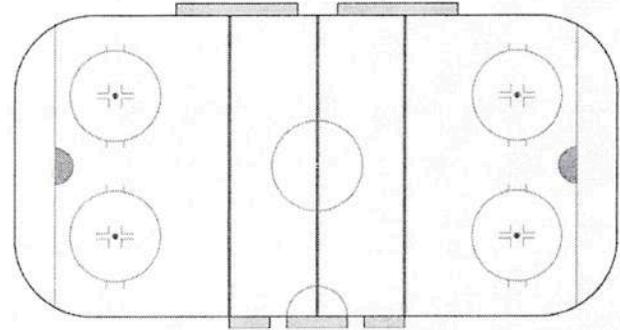
## NOTES:

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

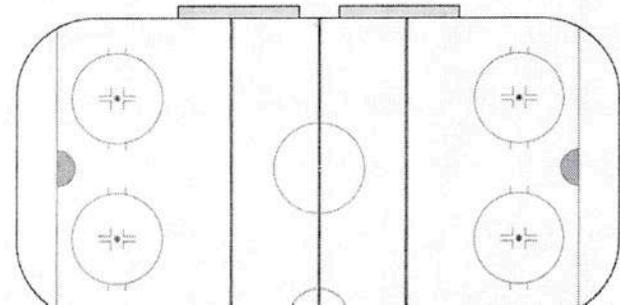


## NOTES:

- Play game to 3 (could last 20min)



## NOTES:



DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

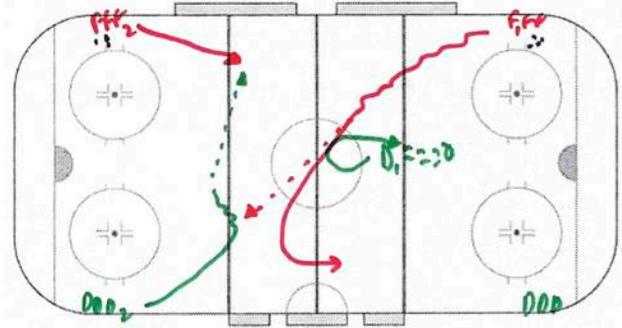




INJURED:

NOTES:

- F<sub>1</sub> starts drill w/puck → skates to opposite end and passes to D<sub>2</sub>
- D<sub>2</sub> passes to F<sub>2</sub> breaking up-ice
- D<sub>1</sub> takes 2 vs 1 back.



NOTES:

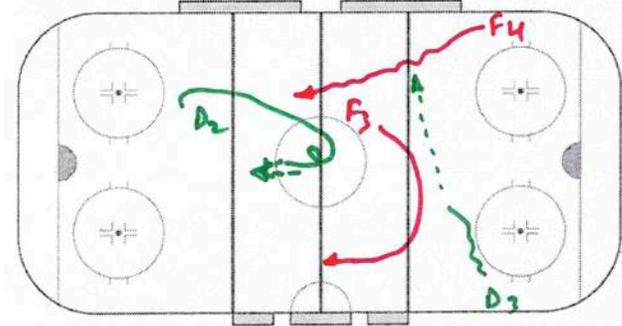
\* Drill Continues \*

- D<sub>2</sub> does give and go pass w/F<sub>3</sub> then D<sub>2</sub> heads up mid-ice to close gap.
- F<sub>3</sub> passes to P<sub>3</sub>



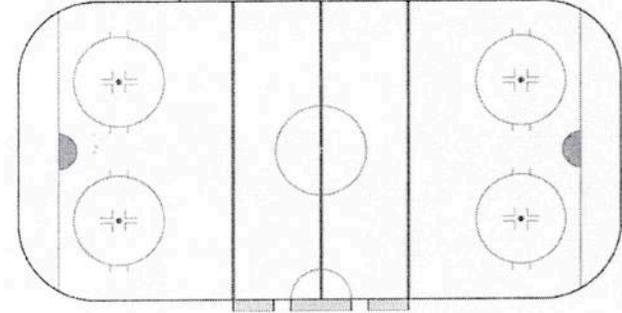
NOTES:

- D<sub>3</sub> passes to F<sub>4</sub> breaking up-ice.
- F<sub>4</sub> and F<sub>3</sub> take 2 vs 1 on D<sub>2</sub>



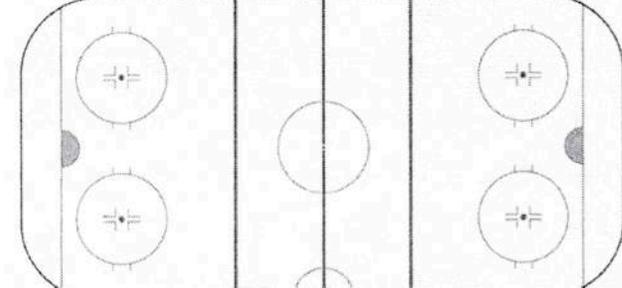
NOTES:

- Continuous Drill
- crisp passes } Forward.
- timing } Keys \*



NOTES:

D<sub>i</sub> → CLOSE GAP → MAKE QUICK AND CRISP PASSES



DATUM: \_\_\_\_\_

2 Puck → Break-out → No SHOT (Teamwork)

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_



INJURED: \_\_\_\_\_



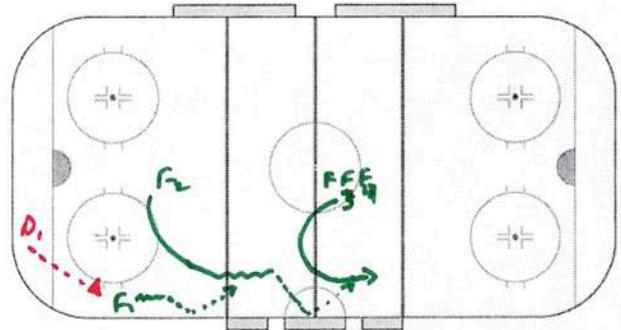
NOTES:

- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F<sub>1</sub> starts w/ puck and dumps to Goalie. → then Supports Break-out
- D<sub>1</sub> retrieves puck for Break-out



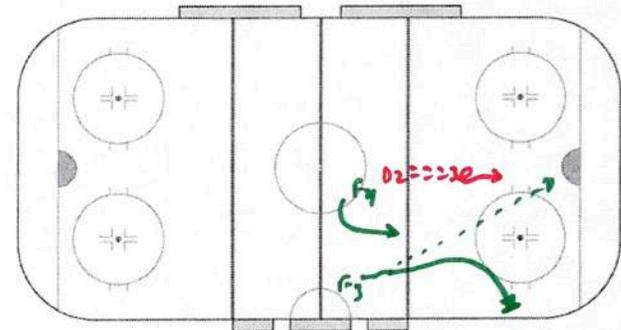
NOTES:

- D<sub>1</sub> breaks-out to F<sub>1</sub> then returns to line.
- F<sub>1</sub> chips past simulated pinching D.
- F<sub>2</sub> supports chip then chips to F<sub>3</sub>



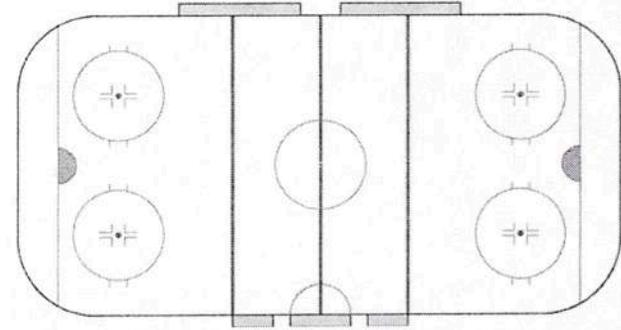
NOTES:

- F<sub>3</sub> continues drill in opposite direction with F<sub>4</sub> and D<sub>2</sub>.



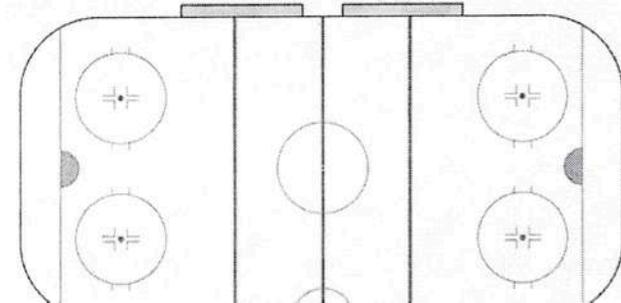
NOTES:

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



NOTES:

- \* Two Puck Drill → no shots on net (only dumps to Goalie) \*
- Good warm-up / Break-out Route drill \*





# Practice Plan

Team: Enio's Drill of the Week

Practice No.: \_\_\_\_\_

Date : 2010-2011

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Bobby Fox

## Objectives / Main tasks :

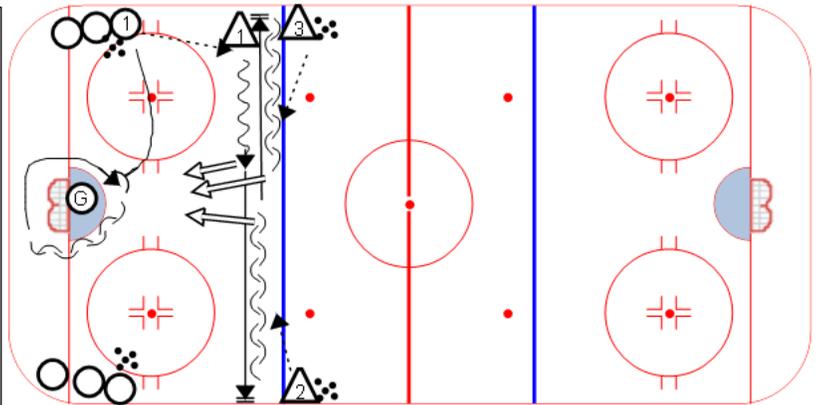
Skill - Wheelhouse Sprint & Shoot  
 Team - USA U18 - 2v1 Cont.  
 Fav - Panthers Combination Drill  
 Fun - Transition Game  
 Quote - "You get the best out of others when you give the best of yourself"

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Wheel House Sprint & Shoo Category #1 :  Category #2 :

### Description

- 1) O1 passes to D1
- 2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
- 4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
- 5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



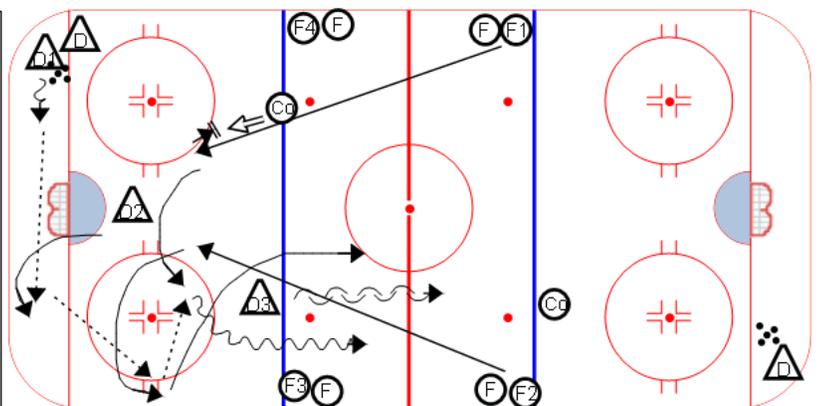
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : USA U18 - 2v1 Cont. Category #1 :  Category #2 :

### Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

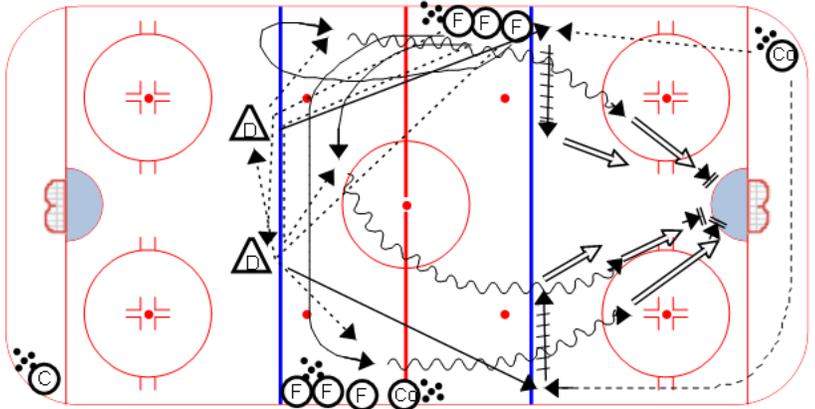
Title : Panthers Combination Category #1 :  Category #2 :

**Description**

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



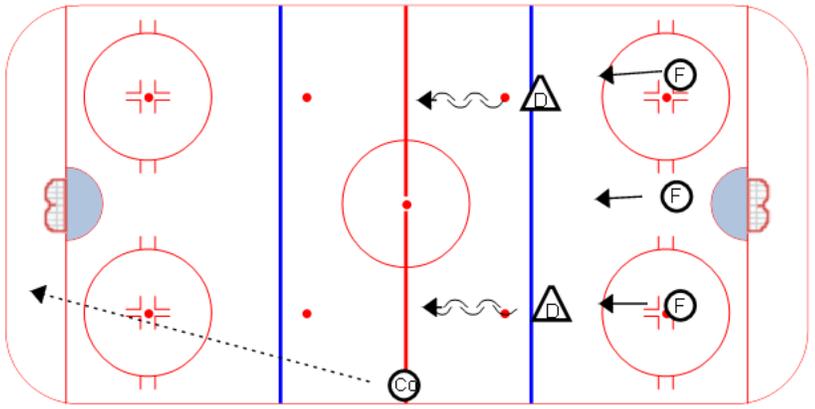
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once both D get their shots off. A puck is shot back down in the original zone and all 5 players do a breakout.



Key points :

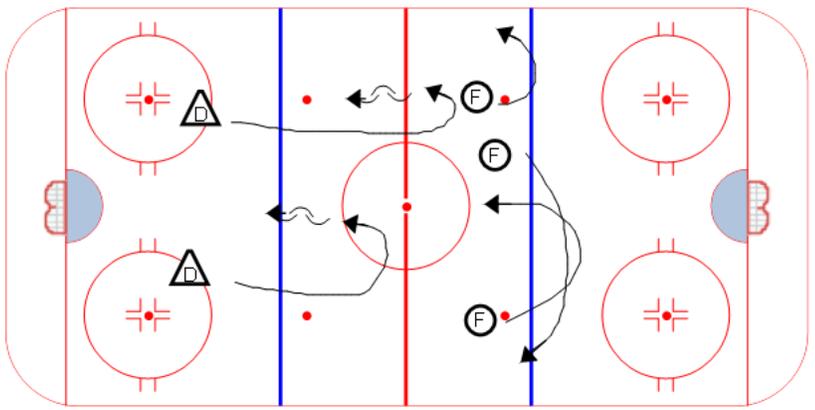
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



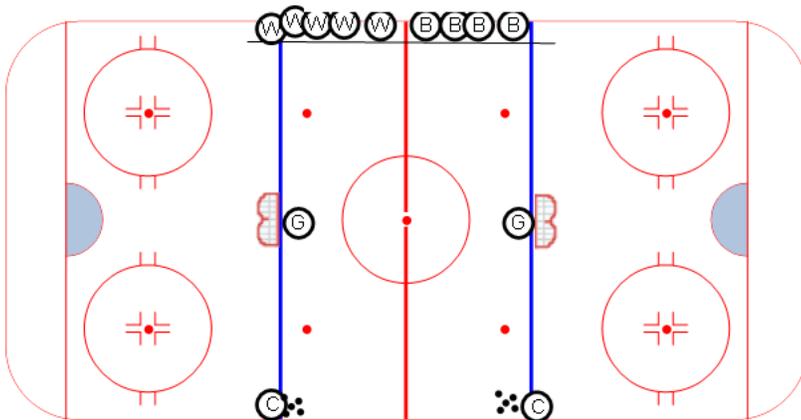
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Transition Game Category #1 : Competitive Game Category #2 : Transition

**Description**

3v3 game in the NZ, rest of players on bench.  
 -if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)  
 -on first whistle, players race to benches  
 - on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck  
 KTP - speed & transition, head on a swivel, "think" the game  
 KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points :



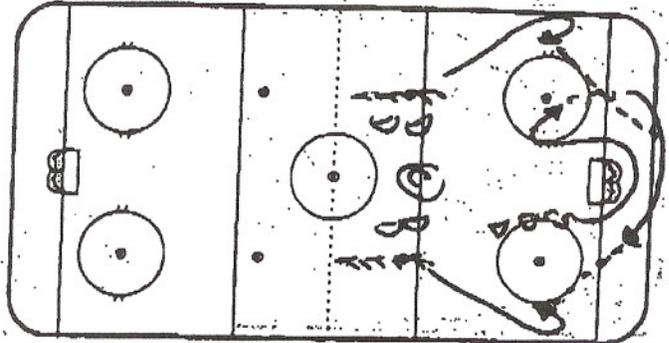
# Canadian Hockey Coaching Program

"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"



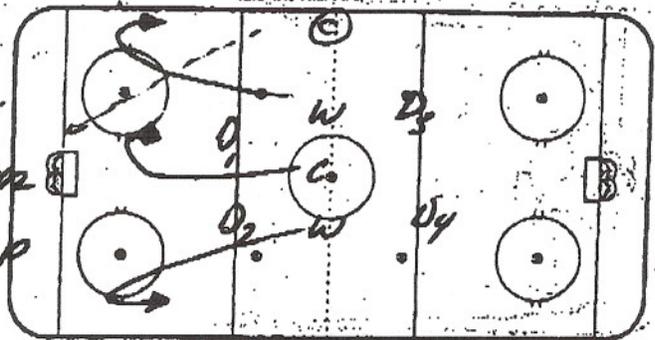
TIME DESCRIPTION KEY POINTS

- ① SKNI DANI USING THE NET
- ① Dumps in:
  - ② BLADES TO RECEIVE PASS - AROUND NET
  - ③ THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



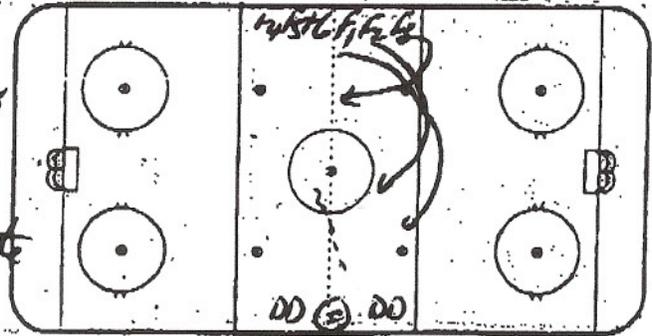
TIME DESCRIPTION KEY POINTS

- ② TEAM PLAY DANI NZ LEADUP ON WHITE
- ① Dumps - (5) PASSES UNIT
  - ② ATTACK D3-D4 - 5V52
  - ON WHITE TEAM AND LEADUP WITH D1-D2
  - THEN RE-ATTACK D3-D4
  - \* WATCH FOR PROPER LEADS ON LEADUP
  - ③ DICTATES NUMBER OF LEADUP
  - ④ ACCORD TO SUBS D1-D2 RELEASE



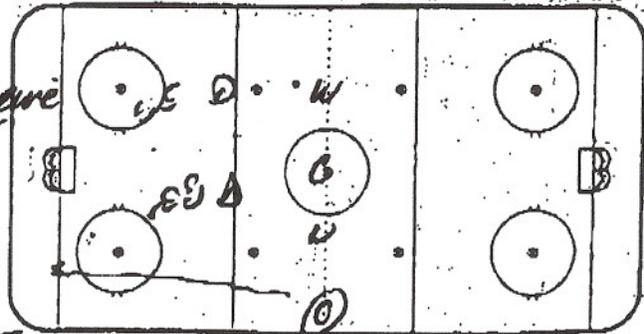
TIME DESCRIPTION KEY POINTS

- ③ 3V52-3V51 FAVORITE DANI
- ① SPOTS PUK IN NZ FIRST ATTACK 3V52
  - ② SPOTS 2ND PUK - D JUMP W - 3V51
  - ③ SPOTS 3RD PUK D12 JUMP IN 3V52
  - ONE FIRST UNIT CROOKS LED ON 3V52
  - NEXT UNIT COMMENCES 3V52
  - ④ CONTINUOUS



TIME DESCRIPTION KEY POINTS

- ④ Few Competitive
- ① VARIETY OF DUMPS BACK TO RETRIEVE
  - ② P1 IF D1 SHOT PUK OUT
  - ③ P2 IF D2 GOAL OUT
  - ④ P3 IF PUK'S GOIN OR CATCH
  - ⑤ P4 IF PUK STOP
  - ⑥ GAME TO 15/15
  - LASTE WHITE HANNERS SHOTS
  - AFTER MATCH-E PUK'S IN D MAN



Hi Enio,

Thanks again for all  
your effort in organizing

D.W.C.

Best of luck to everyone  
for remainder of season.

-Neil

001 604 792 4656

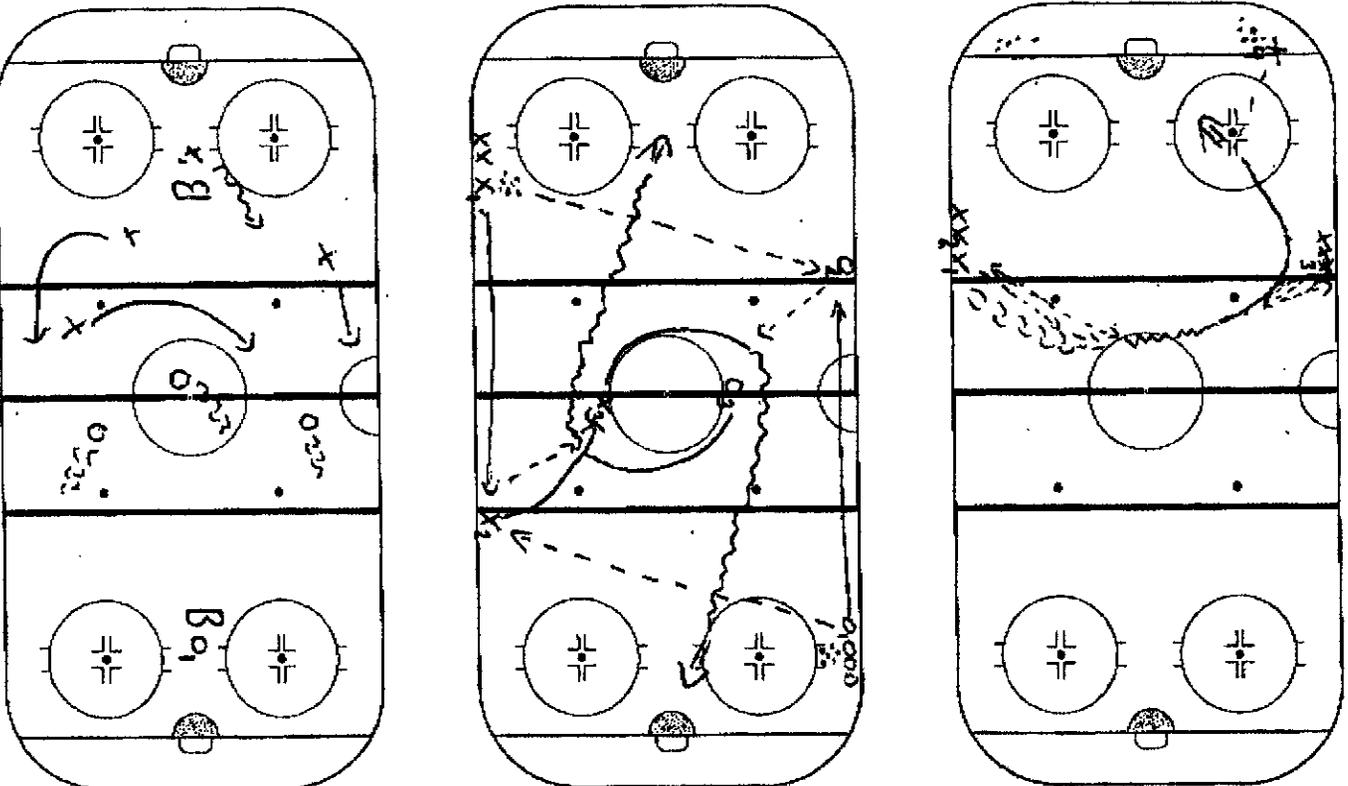


1) SKILL DRILL

- X begins drill backwards
- One touch passing w/ X<sub>2</sub>
- X pivots to forward and double touches w/ X<sub>3</sub> (X<sub>3</sub> keeps puck)
- X skates towards goal and receives pass from X<sub>4</sub> and shoots. (X<sub>4</sub> becomes the passer on opposite side)
- X<sub>3</sub> begins next rep.

2) PINWHEEL

- X i.o. start drill @ same time by making X<sub>1</sub> ice pass to X<sub>2</sub> i.o.
- X<sub>1</sub> i.o. skate to replace X<sub>2</sub> i.o.
- X<sub>2</sub> i.o. pass puck to swinging O<sub>2</sub> i.o. who go down ice and shoot on goal.
- O<sub>2</sub> i.o. become X<sub>3</sub> i.o.



3) QUARTERBACK 4 v 3

- X starts play w/ puck and attacks w/ steamroller against 3 O's.
- X<sub>1</sub> can't cross center ice but is hindered w/ play whilst X have puck possession.
- One O's gain possession they must check back puck to O<sub>1</sub>.
- X<sub>1</sub> must go behind his net.
- O's attack 4 v 3

FAIR PLAY

- play for 30 - 40 seconds.

International Ice Hockey Federation

www.iihf.com

---



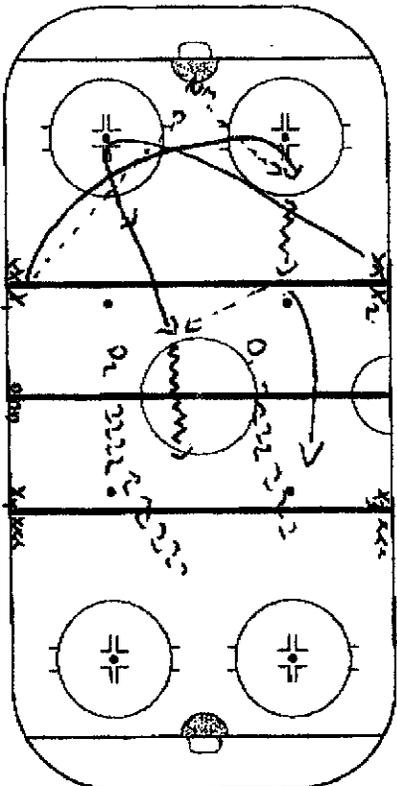
---



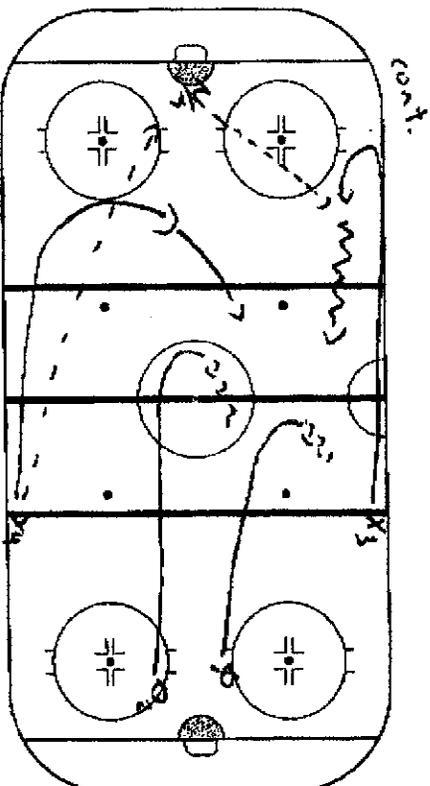
---



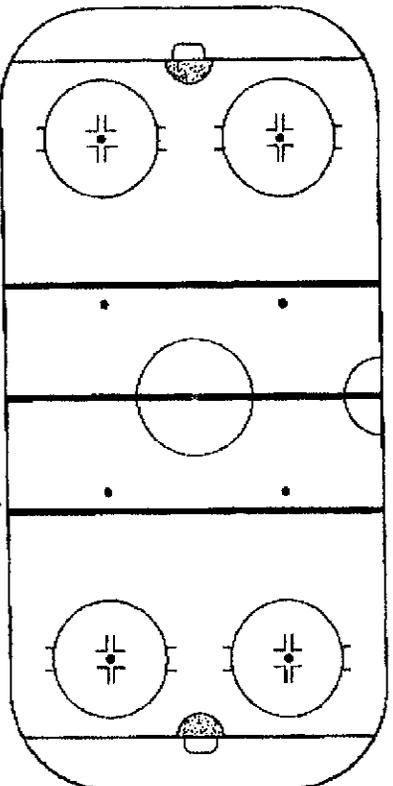
---



2 vs 2 X 2  
 - X + X2 attack O + O2 after  
 passing puck to N/A  
 - play wants to go in w/  
 X1 + X2 trying to score  
 - O, coaches while play  
 stops and X4 + X3 pass  
 puck back to O1 to  
 begin second 2 vs 2 against  
 same defenders.



O, + O2 must quickly close  
 gap and play 2 vs 2.  
 \* Can also be done 3 vs 3




---



---



---



---



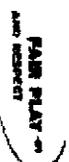
---



---

International Ice Hockey Federation  
 Brandenkenstrasse 50  
 Postfach CH-8039 Zürich

Phone +41 44 562 22 00  
 Fax +41 44 562 22 39  
 Email [office@iihf.com](mailto:office@iihf.com)





# KILMARNOCK STORM

## HOCKEY PRACTICE PLAN



COACH S. WILSON

A/C'S \_\_\_\_\_

DATE \_\_\_\_\_

DURATION \_\_\_\_\_

PRACTICE# \_\_\_\_\_

LEVEL LTP U10 U12 U14 U16 U20 SNL

OBJECTIVES \_\_\_\_\_

SKILL WORK	TEAM PLAY	SYSTEMS/CONCEPTS	GAME SITUATIONS/TESTING
_____ SKATING	_____ 1 - ON - 1	_____ DEFENSIVE COVERAGE	_____ SMALL ICE GAMES
_____ PUCK CONTROL	_____ 2 - ON - 0	_____ BACKCHECK	_____ FULL ICE GAMES
_____ PASSING/RECEIVING	_____ 2 - ON - 1	_____ FORECHECK	_____ FUN RELAY CONTESTS
_____ SHOOTING	_____ 2 - ON - 2	_____ BREAKOUTS/REGROUPS	_____ SKILLS TESTING
_____ CHECKING	_____ 3 - ON - 1	_____ ENTERING ATTACK ZONE	_____ SKILL STATIONS
_____ AGILITY WORK	_____ 3 - ON - 2	_____ CYCLING	_____ MISC.
_____ GOALTENDING	_____ 3 - ON - 3	_____ FACEOFFS	_____
_____ DEF./FORWARDS	_____ 3 - ON - 4	_____ PP/PK	_____

TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

At a young age winning is not the most important thing... the important thing is to develop creative and skilled players with good confidence. Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure. **Arsene Wenger, Arsenal FC**

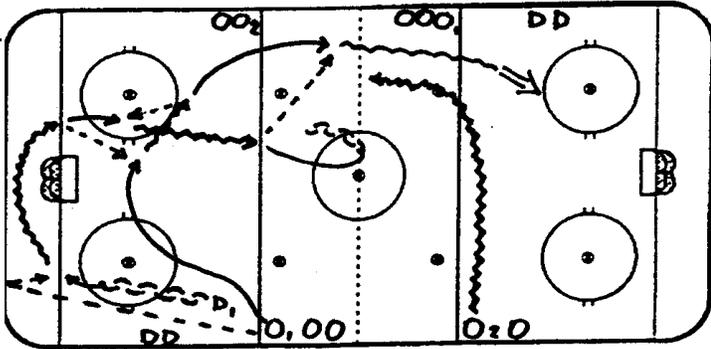
---

**DRILL****WILD WING 1-ON-1**

---

**DESCRIPTION**

Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 0 on net in opposite end. Once O1 crosses the blue line, O2 begins skating across the ice and once he reaches the far NZ face-off dot, heads back down the ice 1 on 1 against D1.

**NOTES**

---

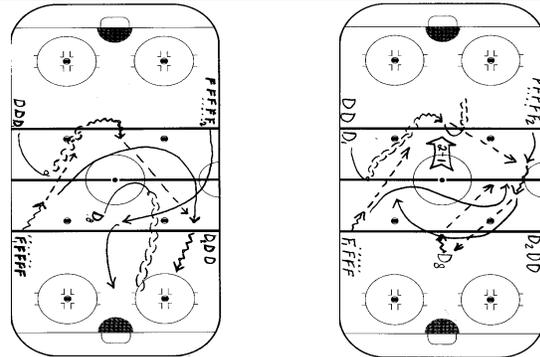
---

**DRILL****2-ON-1 REGROUP DOUBLE SWING**

---

**DESCRIPTION**

D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1 against D8. D2 now skates to red line and the drill repeats 2-1 now against D1. Prog: add regroup off D8, 2-1 on D1

**NOTES**

---

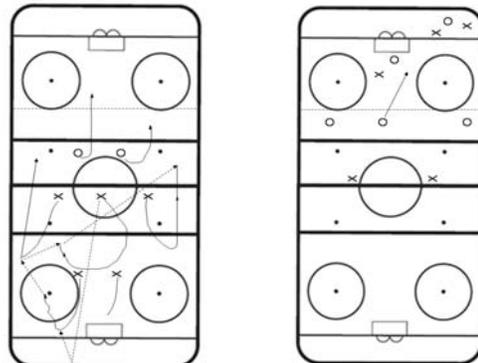
---

**DRILL****3 ON 2 HELP**

---

**DESCRIPTION**

Drill starts with 3 forwards (X) dumping puck and breaking out of two defence (X). The 3 F go 3-on-2 on opposite D (O). Once play goes below the top of the face off circles, three new forwards (O) and two new D (X) wait at the top of the zone. The OD must try to break out the OF. after 30 sec of 3-on-2, the coach can yell help and the OC joins the play to make a 3-on-3. once the breakout leaves the zone, the initial F and D are done.

**NOTES**

---

---

**DRILL**

---

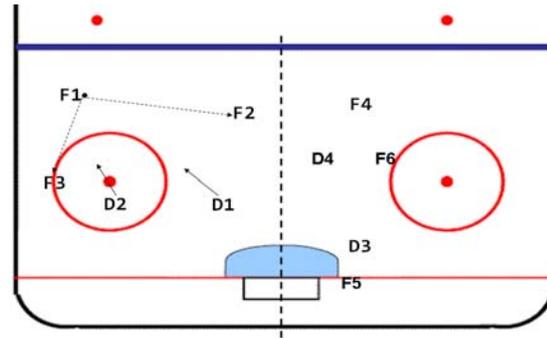
---

**3-ON-2 HALF ZONE**

---

**DESCRIPTION**

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2, F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP A PUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PRINCIPALS IN SMALL AREAS

**NOTES**

---

---

---

**DRILL**

---

**DESCRIPTION**

---

---

---

---

---

---

---

---

---

---

**NOTES**

---

---

---

**DRILL**

---

**DESCRIPTION**

---

---

---

---

---

---

---

---

---

---

**NOTES**

---

---

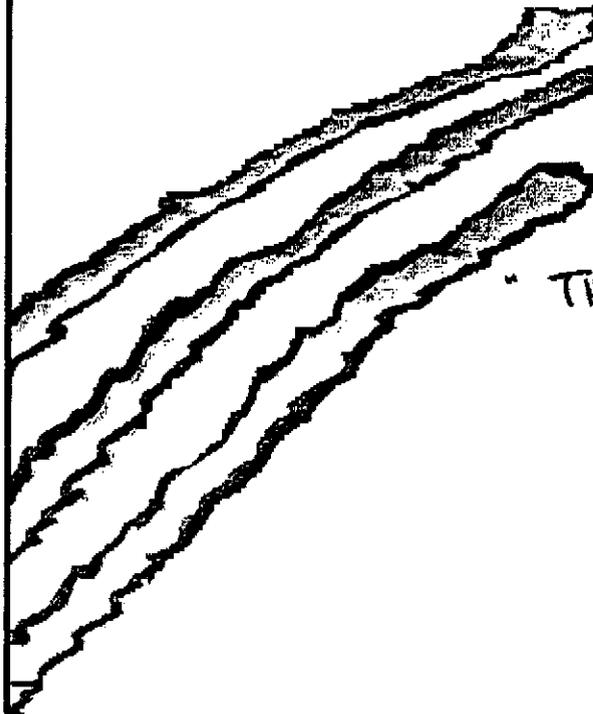


DATE: DEC 4 /10

TO: BRINS ATTN: ENJO	FROM: DANNY FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

Urgent   
 For Review   
 Please Comment   
 Please Reply   
 Please Recycle



BEST OF LUCK W THE

2ND HALF...

DANNY

"THERE IS MORE TO LIFE THAN JUST HOCKEY... BUT THERE IS WAY MORE TO HOCKEY THAN JUST HOCKEY"



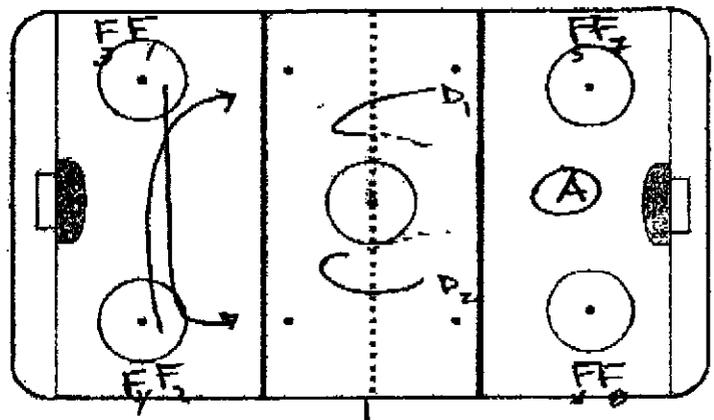
- ~ 10/11 SEASON TICKETS ~ FLEX PACKS ~
- GROUP TICKETS ~ BIRTHDAYS ~ 7<sup>TH</sup> PLAYER ~
- ~ SKATE WITH THE CATS ~ CHARITY BEAR
- ~ SKILLS COMPETITION ~ READING IS WILD ~
- ~ AND MORE!! ~

[www.moncton-wildcats.com](http://www.moncton-wildcats.com)

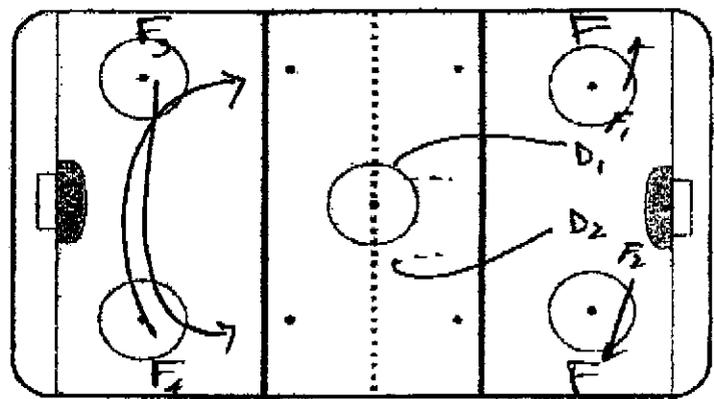
**NEW YORK ISLANDERS**

1

2u2x2  
 A/ F1F2 cross below ringette line  
 ; D1D2 get up for 2u2  
 on whistle  
 B/ whistle to end 2u2; D1D2  
 hustled to get up on 2 and  
 2u2 from initial end (F3F4)

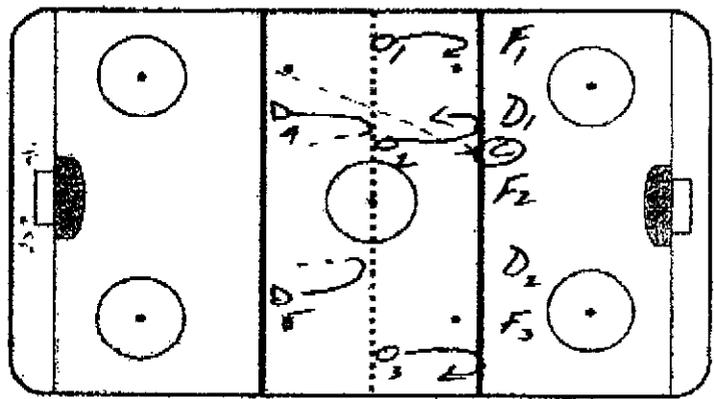


\* ALTERNATE SIDS  
 • great for D's 2u2 skills

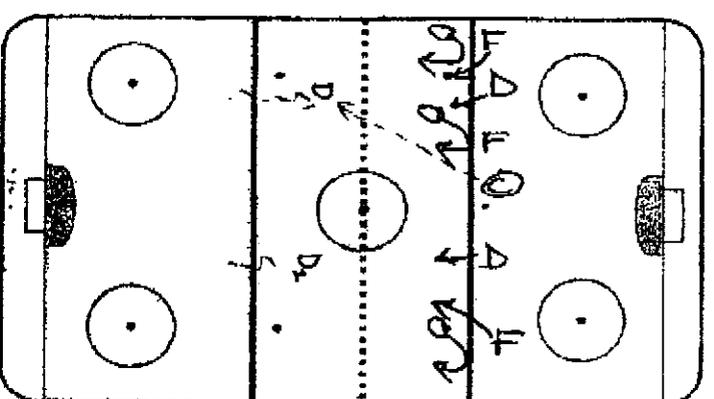


2

N-Z. TURNDOWN DRILL  
 • O's wheel ; B/AST SVO  
 (sticks behind net)  
 • O's give puck to © when they  
 reach 1st B/line  
 • O1,2,3 (F1,2,3) must tag for  
 blue line; O4,5 must dash red



• © sets puck / passes to O4,5  
 and F1,2,3 D1,2 work N-Z F/C  
 • play out N-Z 60s / whistle  
 • O's head back to DZ ;  
 breakout for 2 and time / F1,2  
 go back to initial standing  
 point for REPEAT REP



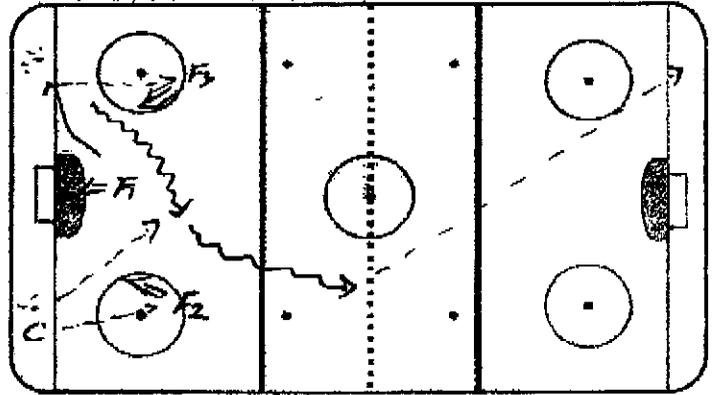
• EACH LINE 2 REPS on O's D when change

5x5  
 N/Z

NEW YORK ISLANDERS

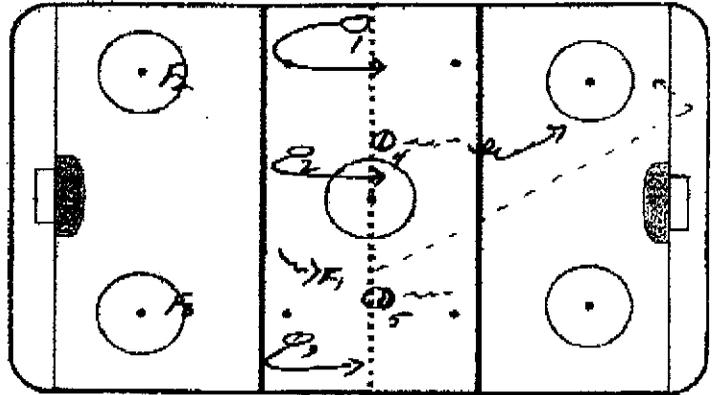
③ F/C X1/X2 CONTINUOUS DRILL

- F<sub>1</sub> shoots; becomes passes ft. corner
- O → F<sub>2</sub> / shot ... top of circles
- F<sub>1</sub> → F<sub>3</sub> / shot ... top / circles
- F<sub>1</sub> cuts through slot; O → F<sub>1</sub>
- F<sub>1</sub> dumps; FORCIBOX 105



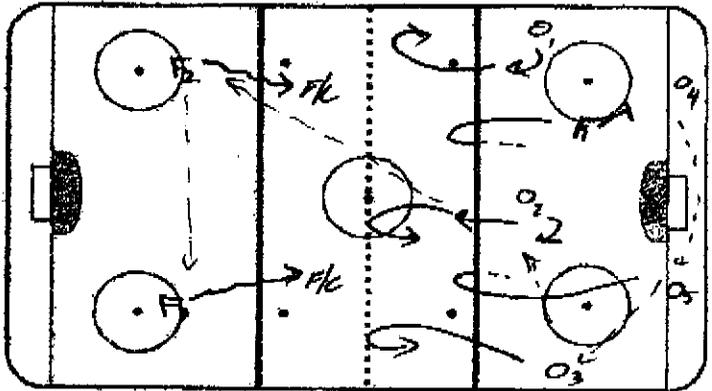
④

- F<sub>1</sub> FK 105 vs O<sub>12345</sub>
- O's must not be inside blue line before F<sub>1</sub> dump! (gap)
- O<sub>123</sub> breakout / F<sub>1</sub> done
- O's give pick to F<sub>2</sub>F<sub>3</sub> by redline



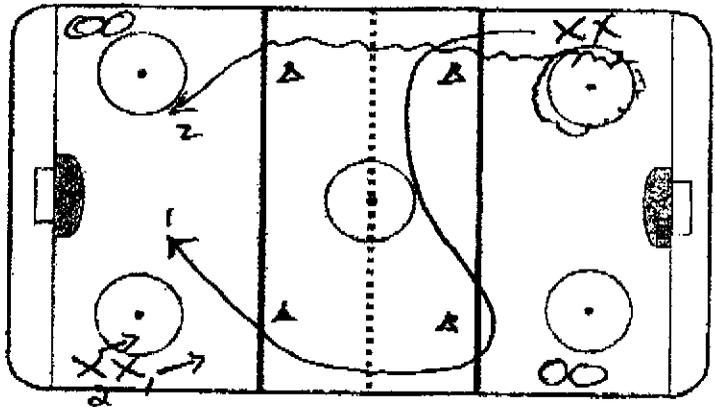
⑤

- F<sub>2</sub>F<sub>3</sub> make 1 pass then FK 205 (dump at red)
- O<sub>123</sub> must dog redline; O<sub>45</sub> must gap up to at least b/line
- F<sub>2</sub>F<sub>3</sub> F/C 205 vs O's
- \* O's D/OUT 2nd time / jump ice FOR 3/ shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

- whistle; X<sub>1</sub>X<sub>2</sub> fr. 2 sides
- X<sub>1</sub> around dots/ shoot #1
- X<sub>2</sub> arc circle (Fund-Bases-Funds) then head up ice @ slot #2
- O's next whistle...
- stress 'quick ft i speed'

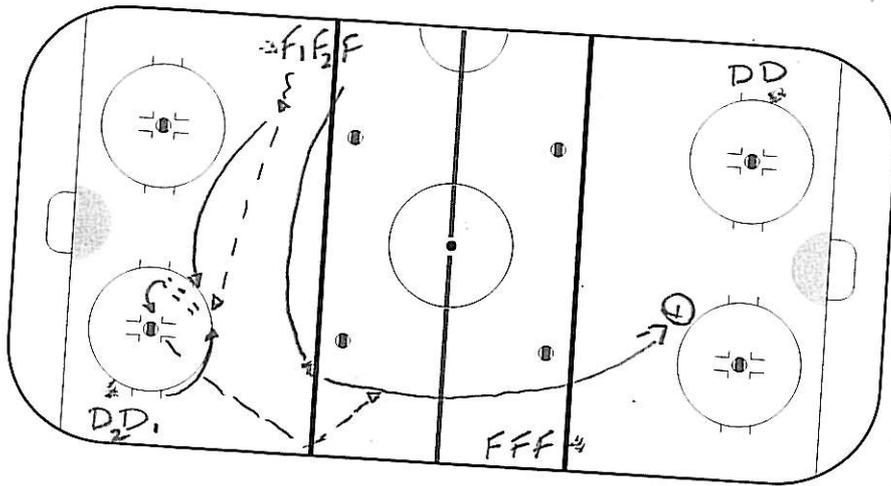


DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			<a href="mailto:waydebucsis@hotmail.com">waydebucsis@hotmail.com</a>	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		<a href="mailto:midgleyj@rms.cc">midgleyj@rms.cc</a>	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			<a href="mailto:enio@shaw.ca">enio@shaw.ca</a>	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			<a href="mailto:jackson.132@nd.edu">jackson.132@nd.edu</a>	yes
3	Barry	Wolff		Nov. 30			<a href="mailto:wolffiesca@yahoo.ca">wolffiesca@yahoo.ca</a>	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			<a href="mailto:miland@interchange.ubc.ca">miland@interchange.ubc.ca</a>	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			<a href="mailto:dannyflynn1@hotmail.com">dannyflynn1@hotmail.com</a>	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	<a href="mailto:newtont@msu.edu">newtont@msu.edu</a>	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			<a href="mailto:belliveaupete@hotmail.com">belliveaupete@hotmail.com</a>	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			<a href="mailto:kbathurst@hockeycanada.ca">kbathurst@hockeycanada.ca</a>	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			<a href="mailto:claytonbeddoes@hotmail.com">claytonbeddoes@hotmail.com</a>	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			<a href="mailto:scout69@nb.sympatico.ca">scout69@nb.sympatico.ca</a>	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			<a href="mailto:rofox@telus.net">rofox@telus.net</a>	
7	Dan	Fridgen		Dec. 28			<a href="mailto:keyhoc18@hotmail.com">keyhoc18@hotmail.com</a>	
8	Peter	Russell		Jan. 4			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
8	Brian	Bourque	University of Waterloo	Jan. 4			<a href="mailto:bbourque@admail.uwaterloo.ca">bbourque@admail.uwaterloo.ca</a>	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		<a href="mailto:tewasiuk@hughes.net">tewasiuk@hughes.net</a>	yes
9	Graham	Wise	Ryerson University	Jan. 11			<a href="mailto:gwise@ryerson.ca">gwise@ryerson.ca</a>	
9	Jeff	Truitt		Jan. 11			<a href="mailto:Jeff.Truitt@PhoenixCoyotes.Com">Jeff.Truitt@PhoenixCoyotes.Com</a>	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			<a href="mailto:tom.pokel@yahoo.com">tom.pokel@yahoo.com</a>	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	<a href="mailto:donaldmckee@hotmail.com">donaldmckee@hotmail.com</a>	yes
10	Dan	Nadeau		Jan. 18			<a href="mailto:dnadeau@fastenal.com">dnadeau@fastenal.com</a>	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			<a href="mailto:bryantperrier@yahoo.com">bryantperrier@yahoo.com</a>	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			<a href="mailto:jolden@interchange.ubc.ca">jolden@interchange.ubc.ca</a>	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			<a href="mailto:kris@kootenayice.net">kris@kootenayice.net</a>	
11	Peter	Woods	Hockey Manitoba	Jan. 25			<a href="mailto:pwoods@hockeymanitoba.mb.ca">pwoods@hockeymanitoba.mb.ca</a>	
12	Joey	Gasparini	University of Vermont	Feb. 1			<a href="mailto:jgaspari@uvm.edu">jgaspari@uvm.edu</a>	
12	Dan	Olsen	Calgary Northstars	Feb. 1			<a href="mailto:timbercoach@hotmail.com">timbercoach@hotmail.com</a>	
12	Peter	Russell	Swindon EPL	Feb. 1			<a href="mailto:peterussell4@hotmail.com">peterussell4@hotmail.com</a>	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		<a href="mailto:williamverner@hotmail.com">williamverner@hotmail.com</a>	
13	Nick	Poole	Milton Keynes	Feb. 8			<a href="mailto:poole19@btinternet.com">poole19@btinternet.com</a>	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			<a href="mailto:coachmac@unb.ca">coachmac@unb.ca</a>	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			<a href="mailto:diegoscandella@hotmail.com">diegoscandella@hotmail.com</a>	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			<a href="mailto:Stephane.LeBlanc@nbed.nb.ca">Stephane.LeBlanc@nbed.nb.ca</a>	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey	Feb. 15	(902)-461-1543		<a href="mailto:targethockey@gmail.com">targethockey@gmail.com</a>	
15	STUART	WILSON		Feb. 22			<a href="mailto:heatherstuart_2000@yahoo.com">heatherstuart_2000@yahoo.com</a>	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			<a href="mailto:twalkington@shaw.ca">twalkington@shaw.ca</a>	
15	Tom	Molloy		Feb. 22			<a href="mailto:tommolloy@hotmail.com">tommolloy@hotmail.com</a>	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			<a href="mailto:blakewesley@hockeyschools.com">blakewesley@hockeyschools.com</a>	
16	Michael	Pelino	Peterborough Petes	Mar. 1			<a href="mailto:mpelino@gopetesgo.com">mpelino@gopetesgo.com</a>	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			<a href="mailto:kellerb@ecsd.net">kellerb@ecsd.net</a>	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			<a href="mailto:paulheavey@aol.com">paulheavey@aol.com</a>	
17	Shaun	Sutter	Regina Pats	Mar. 8			<a href="mailto:ssutter@reginapats.com">ssutter@reginapats.com</a>	
17	John	Micheletto	University of Vermont	Mar. 8			<a href="mailto:jmichele@uvm.edu">jmichele@uvm.edu</a>	

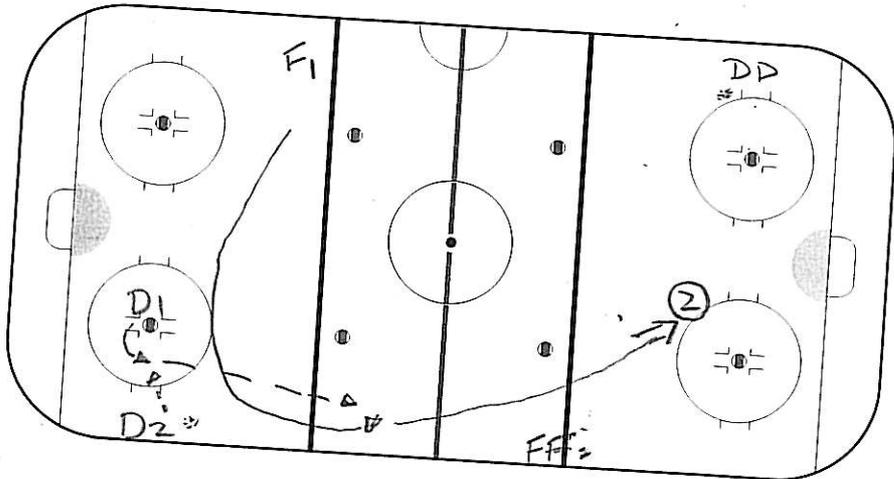
QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK  
AND OTHERS TO BREAK RECORDS."

- UNKNOWN



① SKILL DRILL (CONTROL w/ WHISTLE)  
(\* BOTH SIDES AT SAME TIME \*)

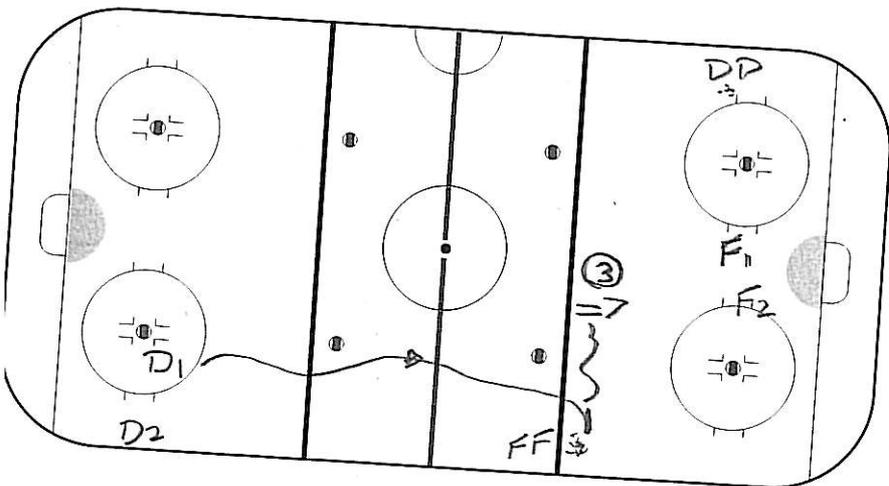
- 1) D1 TO TOP OF CIRCLE, F1 TO D1
- 2) D1 BACKWARDS THEN PIVOT FORWARDS
- 3) F1 AFTER PASS "ANGLE" D1 AND FORCE CHIP PASS OFF THE BOARDS TO F2 (F2 LEAVES AFTER F1: TIMES SKATE)



- 4) F2 WITH PUCK: F2 = SHOT ① (F2 STAY AT NET)
- 5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS SPEED AT BOARDS

7) D1 TO F1: F1 = SHOT ② (F1 STAY AT NET)

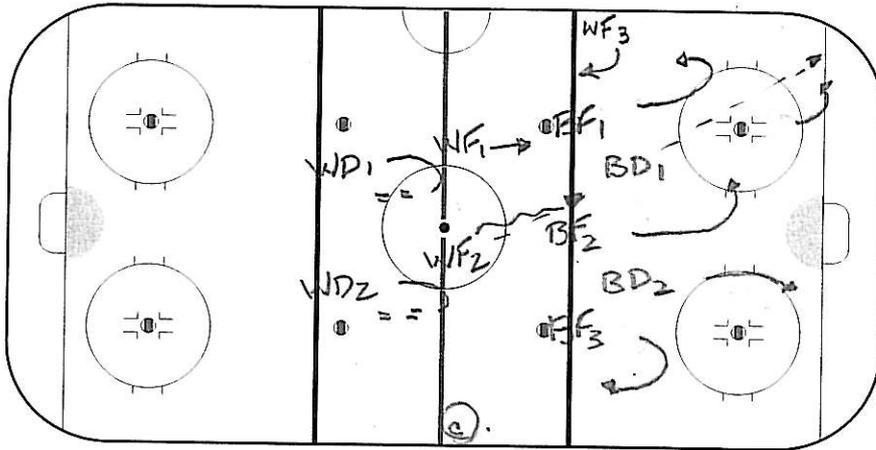


8) AFTER D1 PASS TO F1; D1 TO THE FAR BLUE-LINE AND PICK-UP PUCK

9) D1 = DRAG & SHOT ③ (F1 IF2 = SCREEN & REBOUND)

\* CAN USE DRILL FOR WARM-UP SHOOTING OR WITHIN REGULAR PRACTICE. \*

② TEAM PLAY → NEUTRAL ZONE



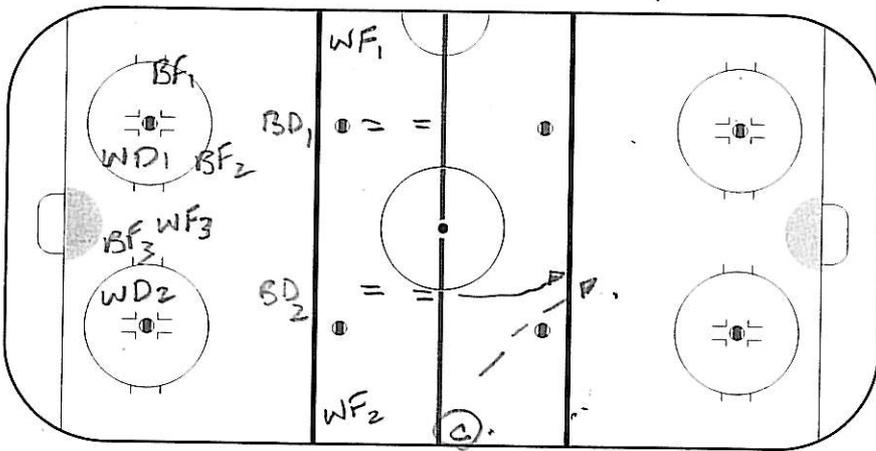
1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4V"

2) BD1 / BD2 & BF 1 / 2 / 3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE, 4V STOPS (WF1 / WF2)

4) WF3 JOINS RUSH TO CREATE A "5VS3" w/ WD1 / WD2

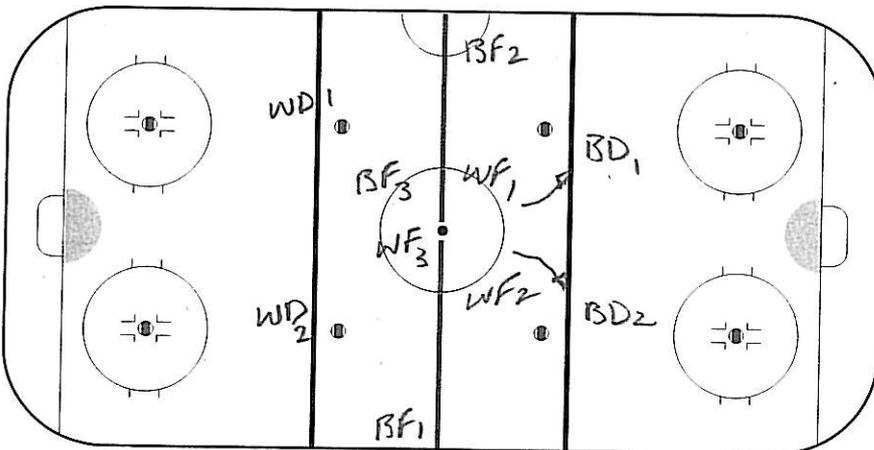
5) AFTER 5VS3 IS COMPLETE  
 (C) SPOTS PUCK IN NZ



6) AFTER ORIGINAL 4V; WF1 & WF2 POST-UP AT FAR BLUE LINE

7) AFTER (C) SPOTS PUCK IN NZ, BD'S RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)

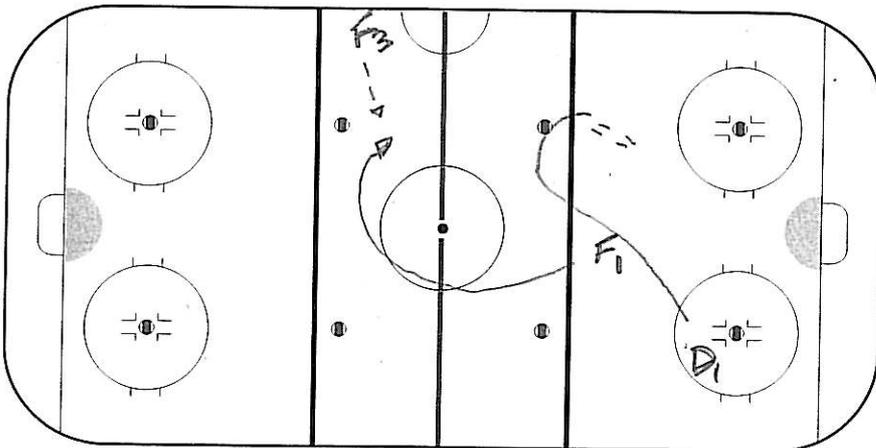
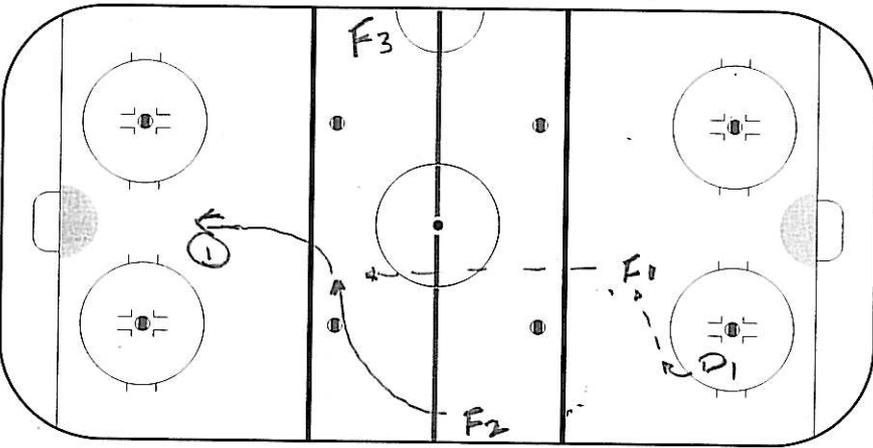
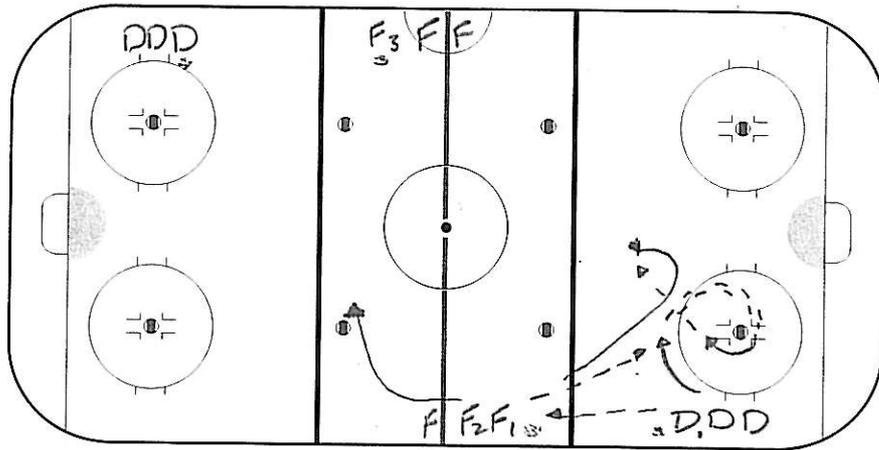
8) PLAY BECOMES "LIVE" 5VS5 IN NZ (40-45 SEC)



\*\* BREAK-OUT w/ PRESSURE IS EXECUTED \*\*

\*# NZ CHECK AS PER COACH'S SYSTEM \*\*

\*\* OFF REGROUP IS PERFORMED \*\* w/ "LIVE" PRESSURE.



③ FAVOURITE DRILL → (1vs1 w/SHOT)

\*\* (BOTH SIDES AT SAME TIME) \*\*  
 - (CONTROL w/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

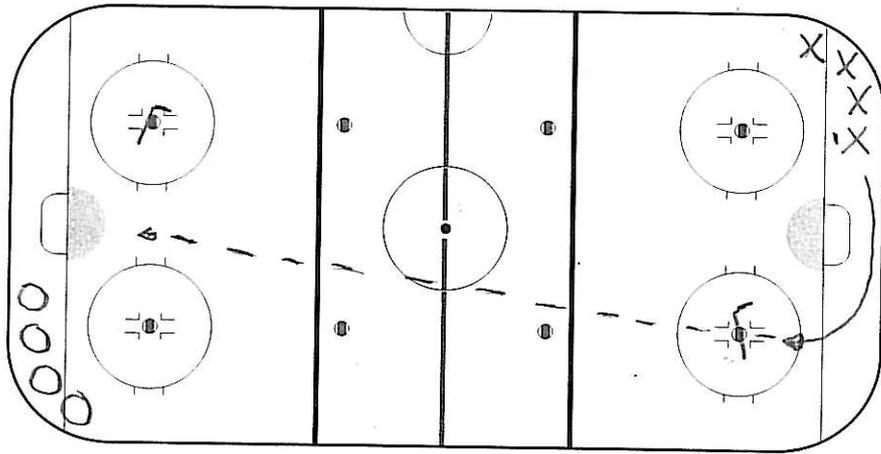
5) F2 GOES IN FOR SHOT (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 vs F1

\*\* CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL \*\*

\*\* MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW \*\*

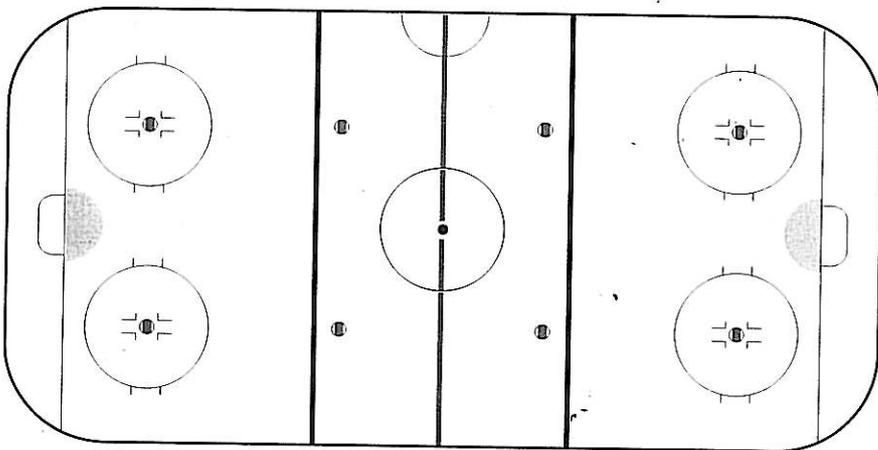


④ FUN / COMPETING DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

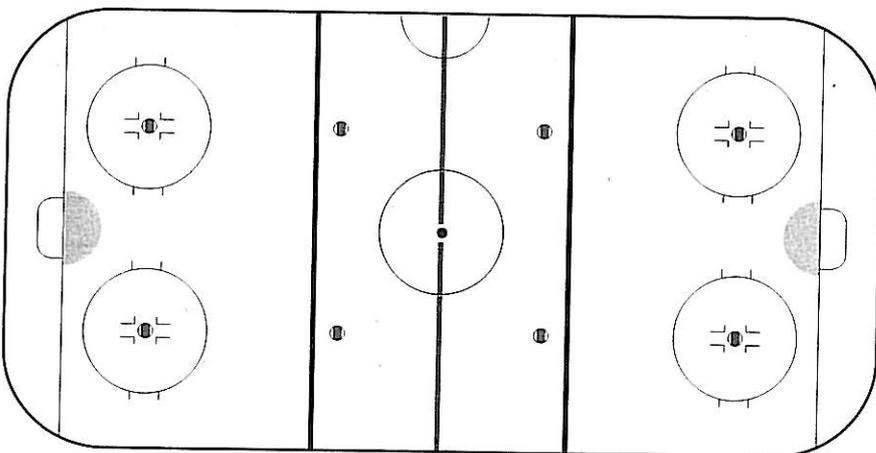
- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)



① IF GOAL: "O" TEAM MUST SKATE LAPS.

② IF MISS: "X" TEAM MUST SKATE LAPS.

\*\* TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOTS. CAN BET 1 LAP, 2 ETC. TO A MAXIMUM OF 4. \*\* (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)



"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"



# Practice Plan

Team: University of Notre Dame

Practice No.: \_\_\_\_\_

Date : November 19, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jeff Jackson

## Objectives / Main tasks :

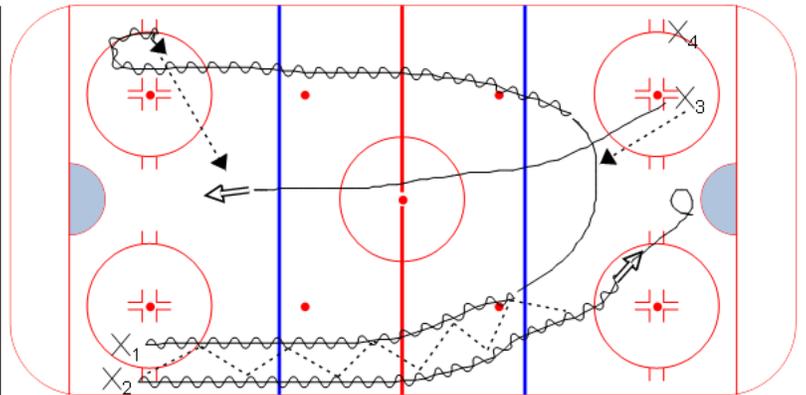
Recommended Book - Why Teams Win by Saul Miller

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skill Drill Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

### Description

X1 and X2 touch pass to the far blue line; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.  
(Both ends go at the same time)



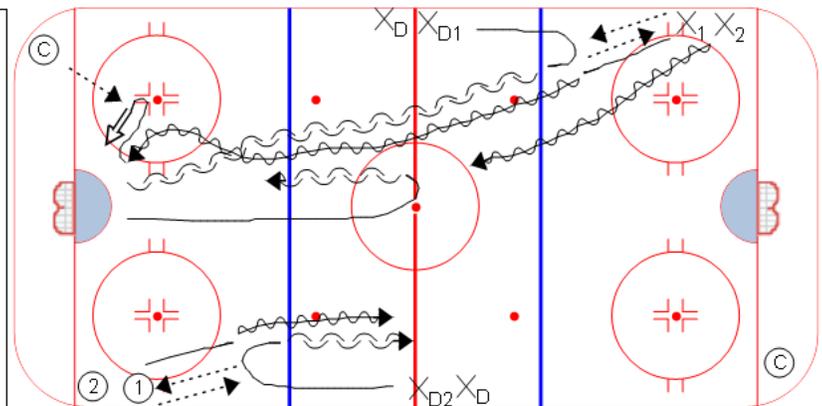
Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Defensive Drill Category #1 : Jeff Drill of the Week Category #2 : Defensive Drill

### Description

D1 (and D2 at opposite end) gaps up to the blue line; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and receives a pass from the coach for a second shot; at the same time D1 gaps up to the red line and X2 attacks D1 for a second 1 on 1 rush.



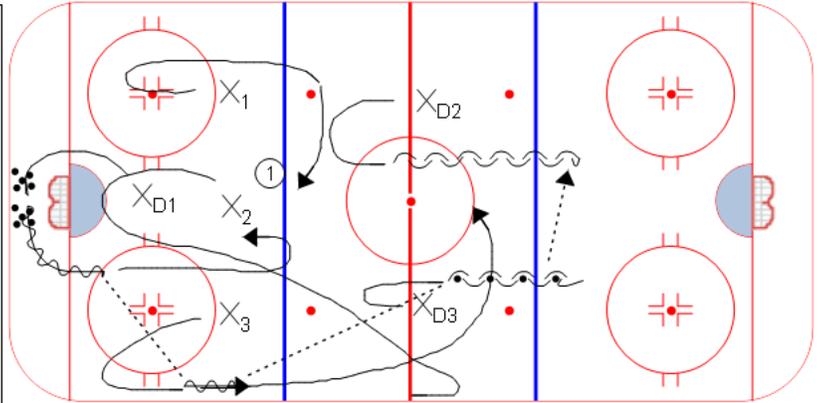
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Offensive Drill Category #1 : Jeff Drill of the Week Category #2 : Offensive Drill

**Description**

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and counter attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



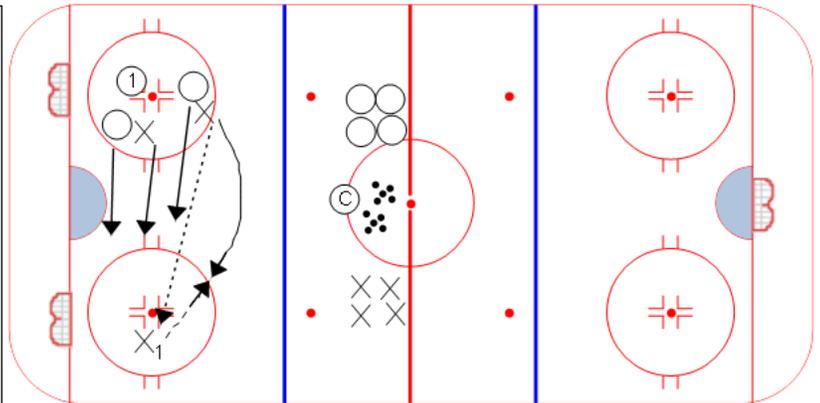
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Small Game Category #1 : Jeff Drill of the Week Category #2 : Small Game

**Description**

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :



# Practice Plan



Team: Drill Of the Week Club

Practice No.: \_\_\_\_\_

Date : Nov. 11, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Jim Midgley

## Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G involved
  2. Team Drill- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
  3. Favourite Drill- Flinner Drill
  4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK because I don't like thier games" Harry Neale  
 Book- The 360 Leader- John Maxwell

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

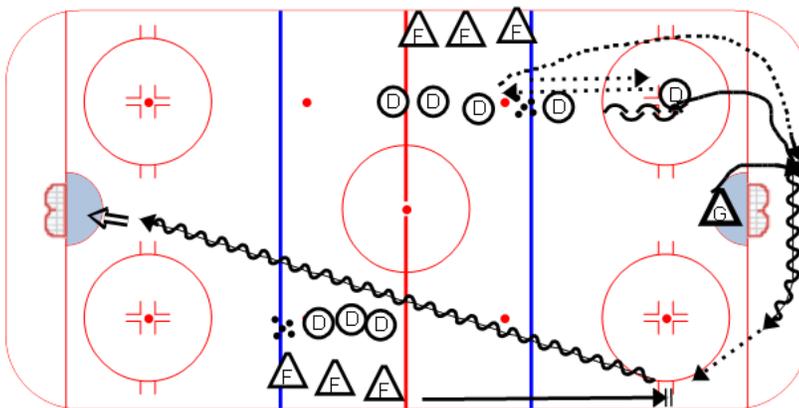
Title : Jim Rim Drill Category #1 : Warm-up Category #2 : Shooting

### Description

ⓐ one touch pass with next ⓐ. Rims puck ⓐ stops rim and sets puck up for ⓐ to retrieve and pass to ⓐ who sprints down the wall and becomes outlet for the ⓐ. ⓐ takes a shot in the far end. ⓐ sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



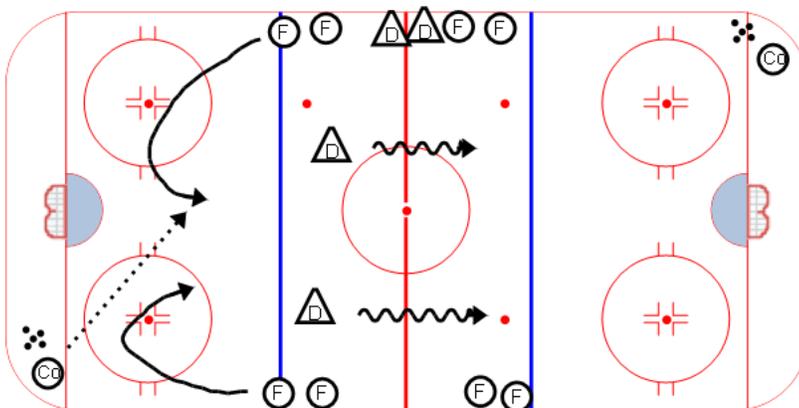
Key points : Goalie stopping rims Passing Communication Shooting

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 on 2 Regroup Category #1 : 2 on 2 Category #2 : Transition

### Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



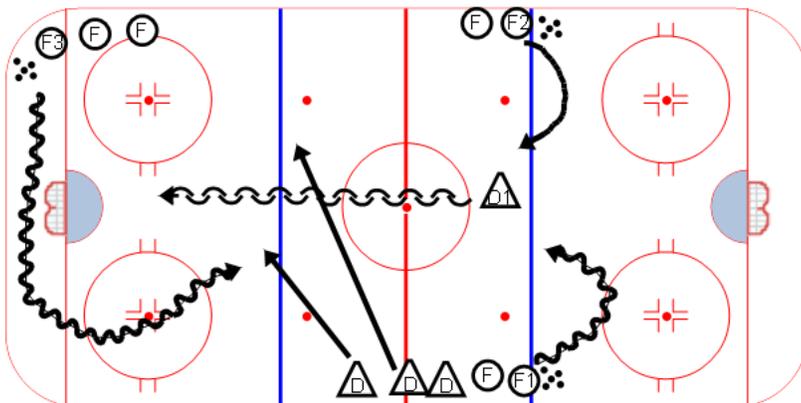
Key points : \_\_\_\_\_

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Flinner Drill Category #1 :  Category #2 :

**Description**

-2 on 1 to start  
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D  
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

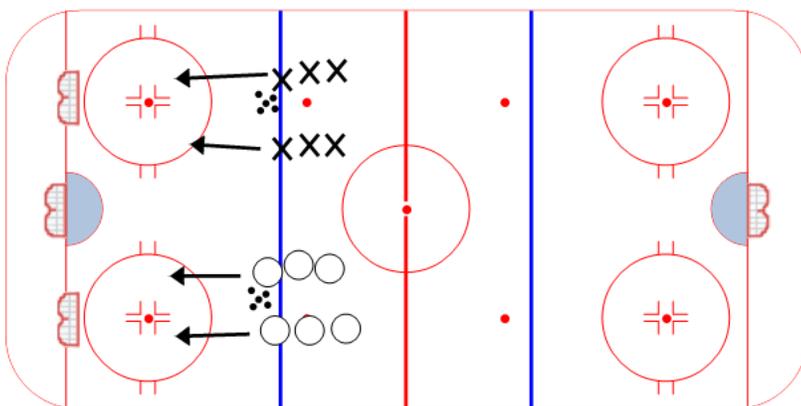
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Kitchener 2-0 Game Category #1 :  Category #2 :

**Description**

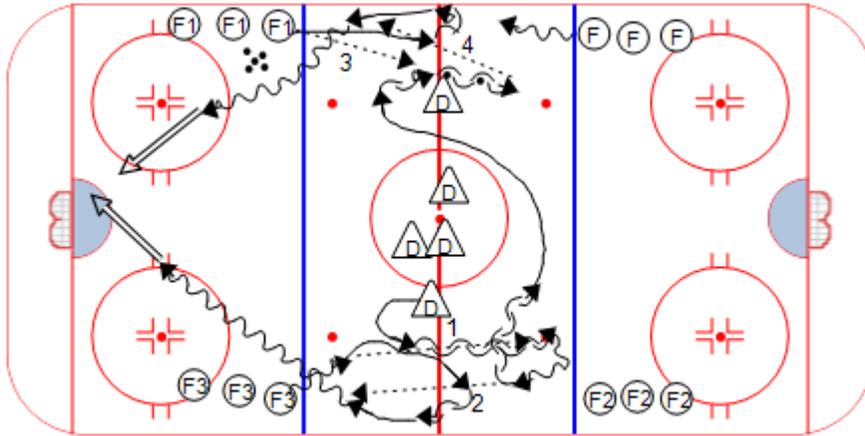
On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score. Go until the whistle.

First one to 10 wins!



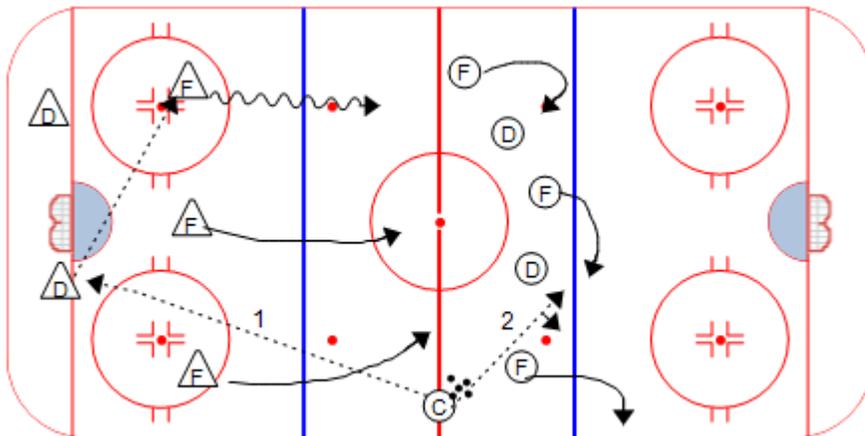
Key points :

1. SKILL DRILL – PAT’S QUICK UP DRILL



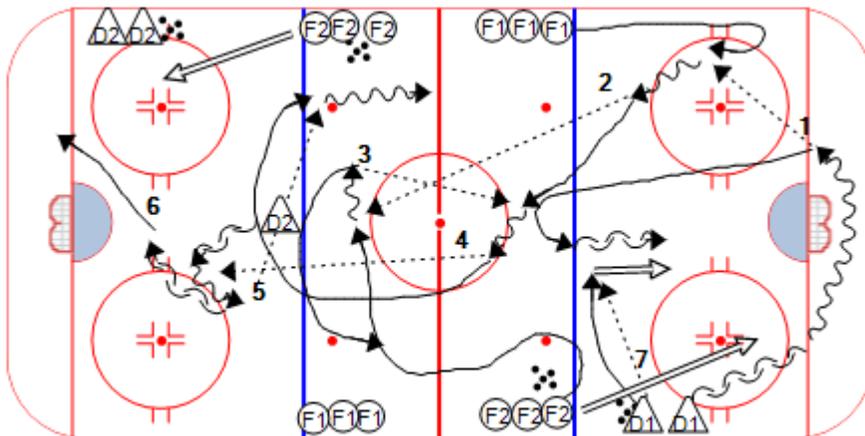
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



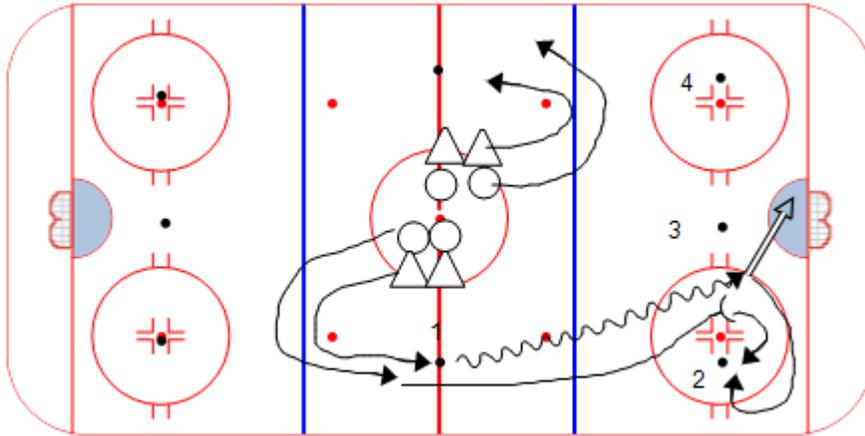
C spots puck (1).  $\Delta$ 's go 3 on 0,  $\circ$ 's let the other F's by.  $\Delta$ 's jump up to get the gap. On the whistle, C spots a puck for the  $\circ$ 's who go 3 on 2.  $\Delta$ 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 ( $\circ$ ) vs. 2 plus 3 trackers / back checkers. Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continuous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attempts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!



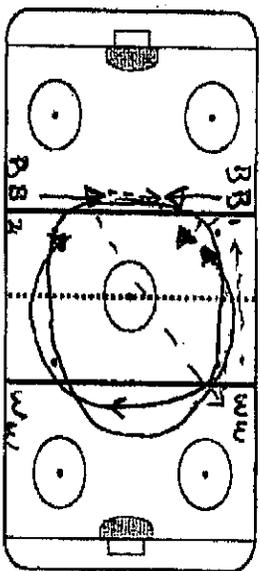


# UBC HKY - PRACTICE PLANNERS



DATE: \_\_\_\_\_ Duration: \_\_\_\_\_ OBJECTIVES: \_\_\_\_\_

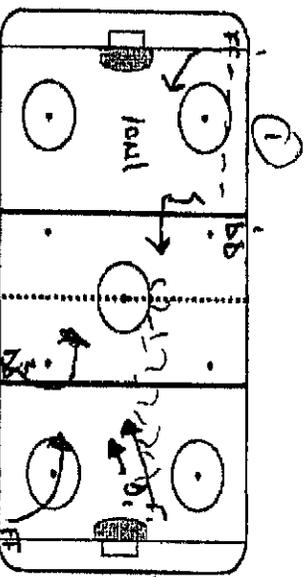
Drill: Zone Passing Drill Time: \_\_\_\_\_  
 B2 cross-drop puck to each other, pass to anyone in line. Puck moves around players as B2 skate around dots - get pass back and attack Zone 0. Whistle then white goes



KTP: PASSING - BE READY TO MOVE FOR PASS

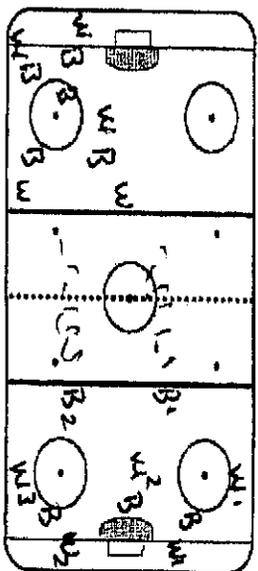
Drill: low with backchecker Time: \_\_\_\_\_

- 1 F1 play D1 low - whistle
- 2 F2 play D2 F1 backcheck D1 jump up



KTP: Defensive Drill - D inside dots - F backcheck support

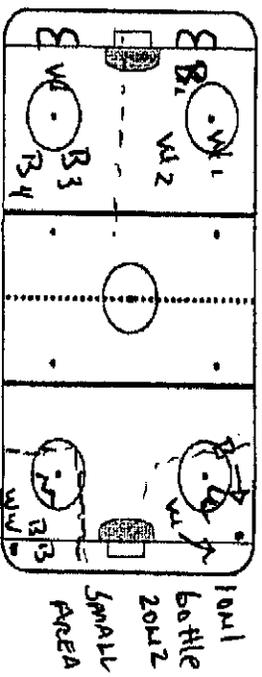
Drill: 5on5 Rush - D zone Time: \_\_\_\_\_  
 - whistle W123 attack B12 3on2  
 - B123 backcheck D12 jump up.  
 - Play rush out - whistle  
 - Play A zone 5on5 after rush  
 \* AND PUCK IN ZONE 1E WANT RESOUND AFTER D ZONE



KTP: BACKCHECK - PICKUP THROUGH MIDDLE - SHOOT PUCK - MID LANE DRIVE DRIVE ONSRUSH

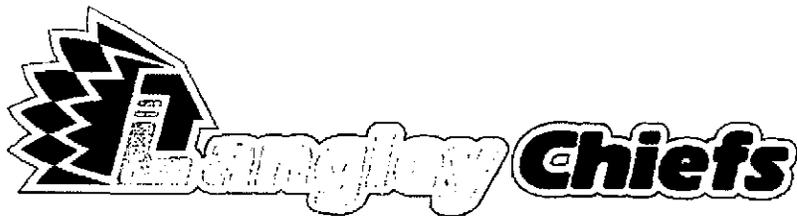
Drill: SKILL - GAME GOAL Time: \_\_\_\_\_

W12 - Play zone vt D1. B1 get puck he must pass to F324  
 Neither team can cross mid lane



KTP: Active sticks - Passing lanes - Seamy - Battle Small Area

" If you love what you do, you'll never work a day in your life "



Langley Events Centre  
7888 200th Street  
Langley, BC V2Y 1T7

Telephone: 604.532.1999  
Fax: 604.532.9001  
www.langleychiefs.net

TO MR. ENIO SACILOTTO

FROM- WOLFFIE

PAGES -2 including this one

FAX-604-792-4656

COMMENTS

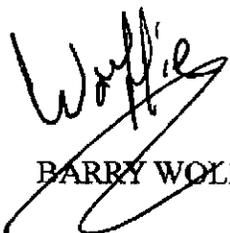
THANKYOU FOR GETTING THIS ALL TOGETHER ENIO,

HAVE A GREAT SEASON GUYS, ANY QUESTIONS LET ME KNOW

BOOK-FIGHT YOUR FEAR AND WIN !!

QUOTE-GIVEN THAT "HOCKEY IS LIFE" AND LIFE IS WHERE WE SPEND TIME BETWEEN  
GAMES, THEN TONIGHT WE LIVE AGAIN !!!!

ALL THE BEST !!!

  
BARRY WOLFF

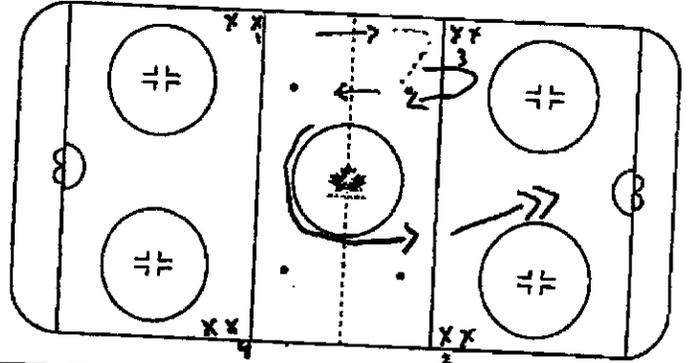


# HOCKEY CANADA COACHING PROGRAM PROGRAMME DES ENTRAÎNEURS

TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

**Skill Drill**

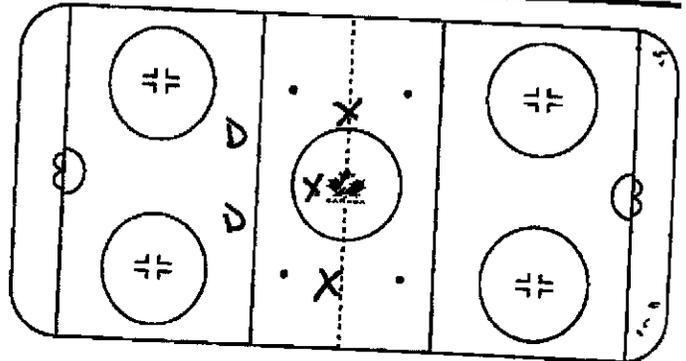
X1 and X2 leave with pucks  
 One touch Pass to X3 and X4 respectively  
 X3 pass Back to X1 as he pivots  
 X1 will pass to line he left From  
 Accelerate around circle GET Pass  
 From X7 line And SHOOT



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

**Team Play Drill**

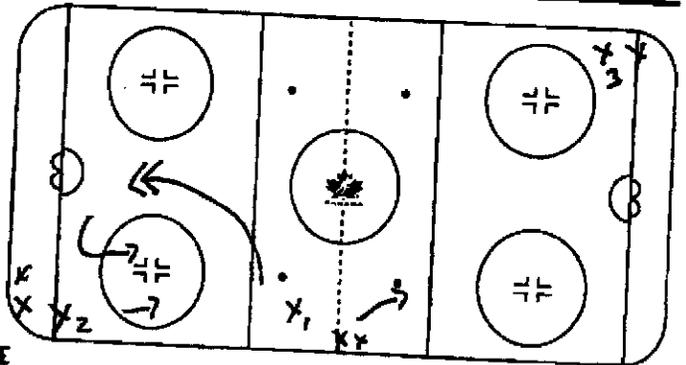
X Dump Puck on Goalie - Goalie Set  
 UP Puck -  
 D - Break out - GO 5-0  
 SCORE - F Go to corner Pass to D  
 SHOT Deflection - F - Go to opposite corner  
 Pass to D - SHOT Deflection  
 G Pass to Fwds - Attack 3 on 2



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

**Favorite Drill**

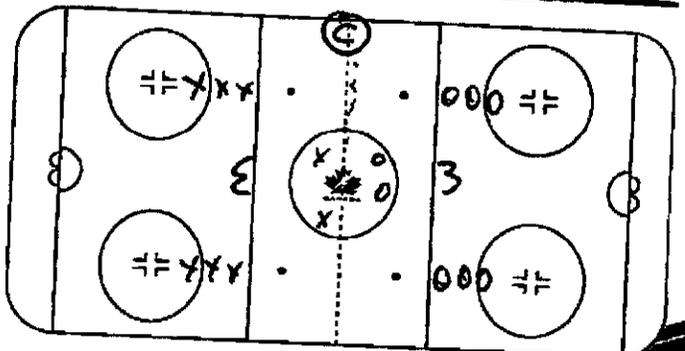
X1 leaves with Puck SHOOTs  
 Plays Rebound - then Curls to X2  
 X1 + X2 Go 2-0 Far End  
 - Play Rebound  
 Then Pick up X3 Attack Far  
 end 3-0  
 \* Then Go opposite - WAY - New From X1 line



TIME / DURÉE DESCRIPTION KEY POINTS / POINTS CLÉS

**Fun Competitive Drill**

Coach With Pucks  
 2-2 you can USE next guy  
 in line as a passer  
 They are stationary  
 Coach dumps puck in middle  
 Go till you SCORE





# MICHIGAN STATE UNIVERSITY HOCKEY

Munn Ice Arena, East Lansing, MI 48824  
(517) 355-1639 • Fax: (517) 432-1879

Member: Central Collegiate Hockey Association

National Champions

1966, 1986, 2007

CCHA Champions

1985, 1986, 1989, 1990  
1998, 1999, 2001

NCAA Frozen Four

1959, 1966, 1967, 1984  
1986, 1987, 1989, 1992  
1999, 2001, 2007

CCHA Tournament Champions

1982, 1983, 1984, 1985, 1987, 1989  
1990, 1998, 2000, 2001, 2006

RICK COMLEY, HEAD COACH  
National Coach of the Year - 1980-1991

Fax # 517 432-1879

FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40

- just put this sequence of numbers on the  
locker room board

- you get lots of guesses and lots of wondering  
Answer - 4 lines going 40 sec at a time.

Book - Open by Andre Agassi

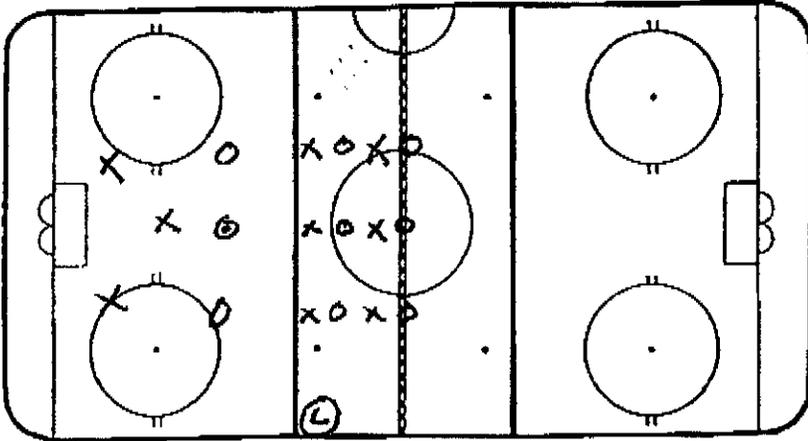
If you do not receive all pages from this transmission, or if you have any questions, please call  
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO  
EXCELLENCE**



System / Drill

Competitive  
3v3 Continuous

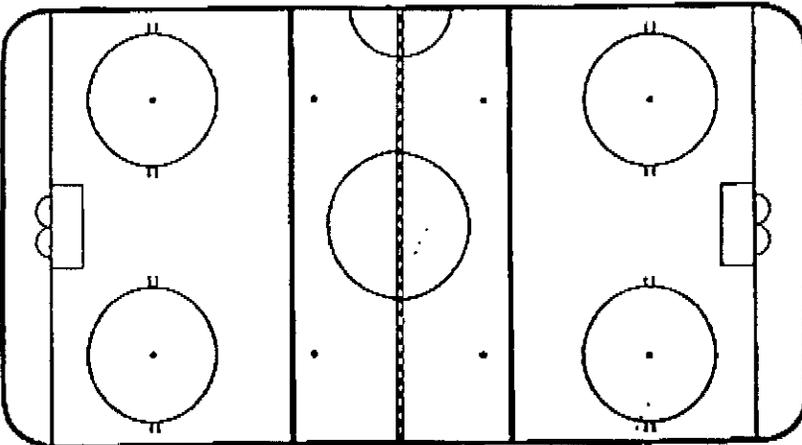


Description

O's start on ~~offense~~  
 offense. X's in Defense  
 X's must get puck and  
 make tape to tape pass  
 with X's in line  
 X's in line receive puck  
 attach O's 3v3.

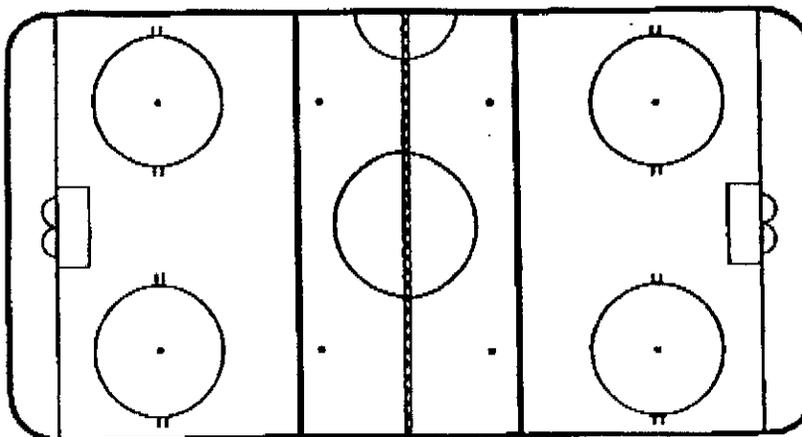
\* if not a tape to tape  
 pass (C) puts in new  
 puck same players  
 \* if goal is scored (C) puts  
 new puck in same players

Notes/Comments



Notes/Comments

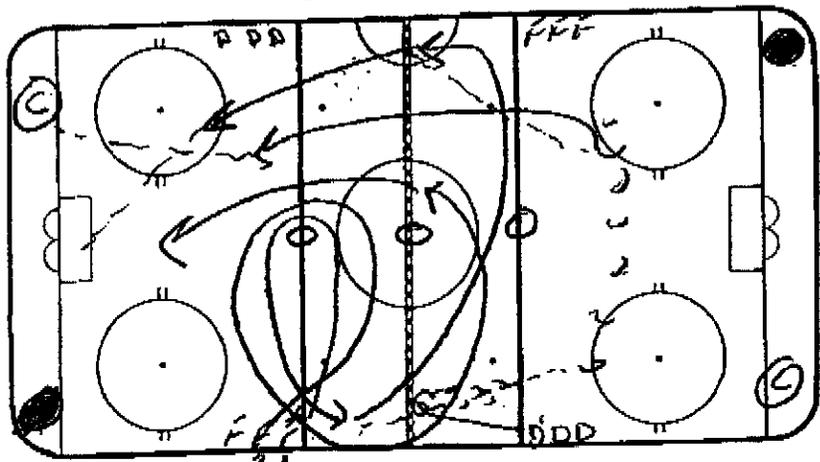
Description



Notes/Comments

Description

# System / Drill J. Nights Drill (Skill)



**Description**

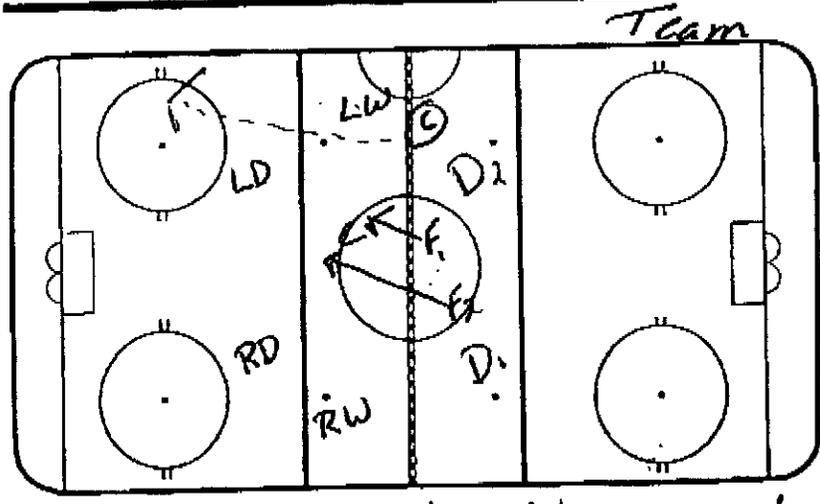
F<sub>1</sub> around tire with puck  
 F<sub>2</sub> follows him (no puck)

D<sub>1</sub> up to RL transition back

F<sub>1</sub> to D<sub>1</sub> who travels laterally

F<sub>1</sub> to wall F<sub>2</sub> middle lane support D<sub>1</sub> to F<sub>1</sub> or F<sub>2</sub>  
 F<sub>2</sub> shot D to Bk pass from C

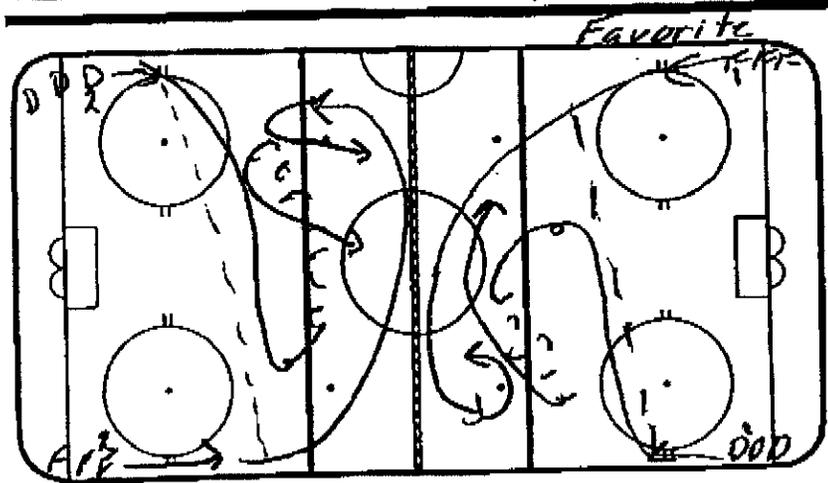
**Notes/Comments** Both sides go at same time start on whistle



**Description** 5v4

- C Dumps Puck
- F<sub>1</sub> F<sub>2</sub> 4v4 Hard
- Unit of 5 Breaks out
- F<sub>1</sub> Comes back and makes it a 5v3 in the OZ (LD, RD must stay @ point)
- On Whistle unit of 5 comes back hard to B.D. on 2nd Dumps puck
- F<sub>2</sub> & F<sub>1</sub> 4v4 hard again
- F<sub>2</sub> comes back hard to play 5v3 in the OZ

**Notes/Comments** good conditioning and both offensive and defensive Team Play.



**Description** Loop 1v1 Transition Whistle.

D take a couple step snaps puck to F  
 F Loops in NZ  
 D gaps up narrows F and plays F 1v1  
 Whistle!!  
 F<sub>1</sub> cuts back hard and attacks D<sub>2</sub> 1v1 D<sub>2</sub> takes ice  
 F<sub>2</sub> attacks D<sub>1</sub> 1v1

could have 2 or 3 transitions

**Notes/Comments**



# KILMARNOCK STORM

## HOCKEY PRACTICE PLAN



COACH S. WILSON

A/C'S \_\_\_\_\_

DATE \_\_\_\_\_

DURATION \_\_\_\_\_

PRACTICE# \_\_\_\_\_

LEVEL LTP U10 U12 U14 U16 U20 SNL

OBJECTIVES \_\_\_\_\_

SKILL WORK	TEAM PLAY	SYSTEMS/CONCEPTS	GAME SITUATIONS/TESTING
_____ SKATING	_____ 1 - ON - 1	_____ DEFENSIVE COVERAGE	_____ SMALL ICE GAMES
_____ PUCK CONTROL	_____ 2 - ON - 0	_____ BACKCHECK	_____ FULL ICE GAMES
_____ PASSING/RECEIVING	_____ 2 - ON - 1	_____ FORECHECK	_____ FUN RELAY CONTESTS
_____ SHOOTING	_____ 2 - ON - 2	_____ BREAKOUTS/REGROUPS	_____ SKILLS TESTING
_____ CHECKING	_____ 3 - ON - 1	_____ ENTERING ATTACK ZONE	_____ SKILL STATIONS
_____ AGILITY WORK	_____ 3 - ON - 2	_____ CYCLING	_____ MISC.
_____ GOALTENDING	_____ 3 - ON - 3	_____ FACEOFFS	_____
_____ DEF./FORWARDS	_____ 3 - ON - 4	_____ PP/PK	_____

TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

At a young age winning is not the most important thing... the important thing is to develop creative and skilled players with good confidence. Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure. **Arsene Wenger, Arsenal FC**

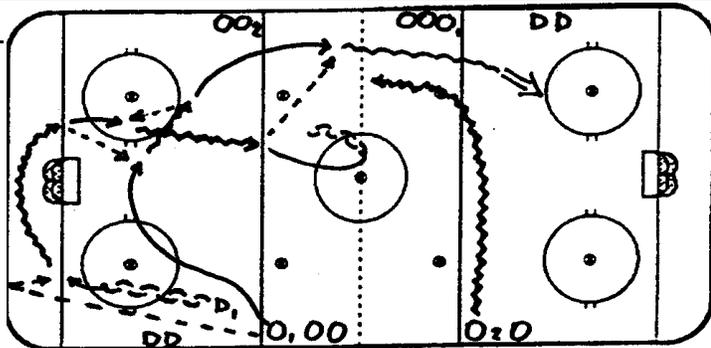
---

**DRILL****WILD WING 1-ON-1**

---

**DESCRIPTION**

Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 0 on net in opposite end. Once O1 crosses the blue line, O2 begins skating across the ice and once he reaches the far NZ face-off dot, heads back down the ice 1 on 1 against D1.

**NOTES**

---

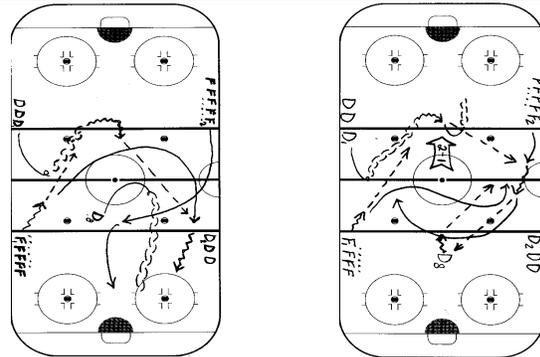
---

**DRILL****2-ON-1 REGROUP DOUBLE SWING**

---

**DESCRIPTION**

D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1 against D8. D2 now skates to red line and the drill repeats 2-1 now against D1. Prog: add regroup off D8, 2-1 on D1

**NOTES**

---

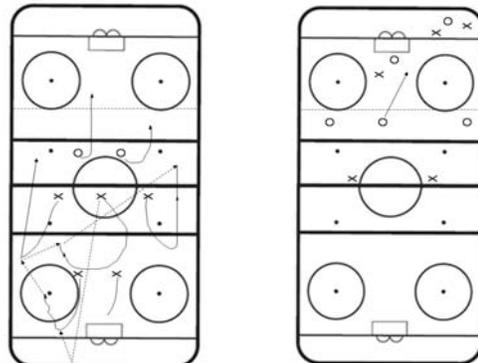
---

**DRILL****3 ON 2 HELP**

---

**DESCRIPTION**

Drill starts with 3 forwards (X) dumping puck and breaking out of two defence (X). The 3 F go 3-on-2 on opposite D (O). Once play goes below the top of the face off circles, three new forwards (O) and two new D (X) wait at the top of the zone. The OD must try to break out the OF. after 30 sec of 3-on-2, the coach can yell help and the OC joins the play to make a 3-on-3. once the breakout leaves the zone, the initial F and D are done.

**NOTES**

---

---

**DRILL**

---

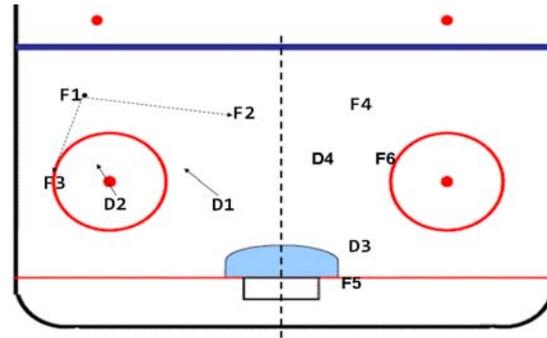
---

**3-ON-2 HALF ZONE**

---

**DESCRIPTION**

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2, F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP A PUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PRINCIPALS IN SMALL AREAS

**NOTES**

---

---

---

**DRILL**

---

**DESCRIPTION**

---

---

---

---

---

---

---

---

---

---

**NOTES**

---

---

---

**DRILL**

---

**DESCRIPTION**

---

---

---

---

---

---

---

---

---

---

**NOTES**

---

---



# Practice Plan

Team: Université de Moncton

LOGO

Practice No.: \_\_\_\_\_

Date : November 25, 2010

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Stéphane LeBlanc

## Objectives / Main tasks :

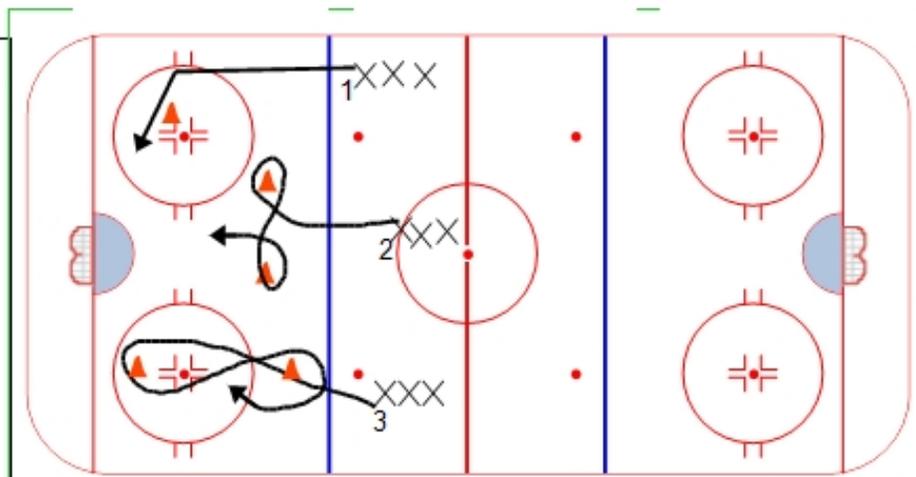
Team Drill: 3 puck DZone. Practices a 1 on 1, 2 on 2 and 3 on 3 situation in the DZone.  
 Favorite Drill: Ladder entry drill. Works on middle entries and has good flow. Good at the start of practice for Warm up.  
 Fun Drill: 10 puck shootout. Practices shootouts and fun competition between two teams.  
 Quote: The more you sweat in training, the less you bleed in war. - Navy Seals  
 Book: Simply the Best - Ryan Walter & Mike Johnston

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To \_\_\_\_\_

Title : Figure 8 wu Category #1 : Warm up Category #2 : power turn

### Description

First 3 players leave at the same time.  
 X1 goes wide around pylon for a shot  
 X2 figure 8 around pilons for a shot down the middle  
 X3 figure 8 around pilons for a wide shot



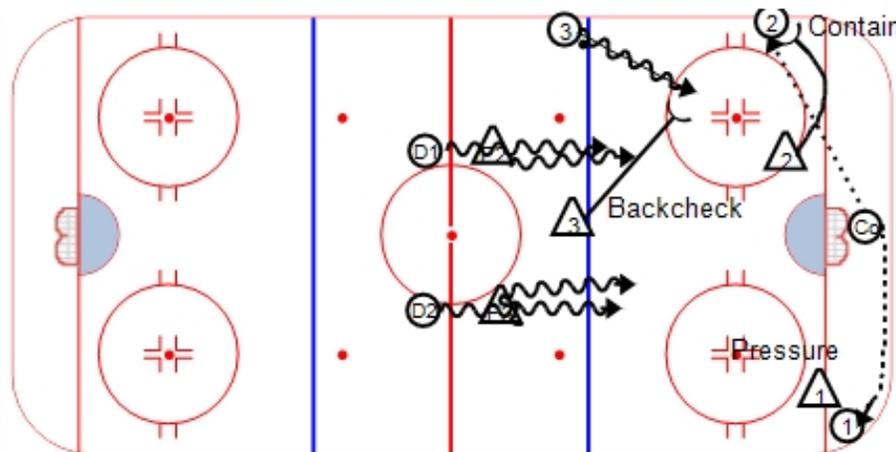
Key points : Power out of turn | Keep feet moving | switch lines each time

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To \_\_\_\_\_

Title : 3 puck D-Zone Category #1 : Defensive play Category #2 : Systems

### Description

A) Defensive player pressures offensive player until whistle.  
 B) On whistle  $\triangle 1$  &  $\odot 1$  Join  $\triangle 2$  &  $\odot 2$  for a 2 on 2. until whistle.  
 C) On whistle,  $\triangle 3$  &  $\odot 3$  enter the zone to make it a 3 on 3.  
 D) On the next whistle, the 4 players in the neutral zone enter to make it a 5 on 5 D-Zone Coverage.



Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

**Key points :**

D-Side

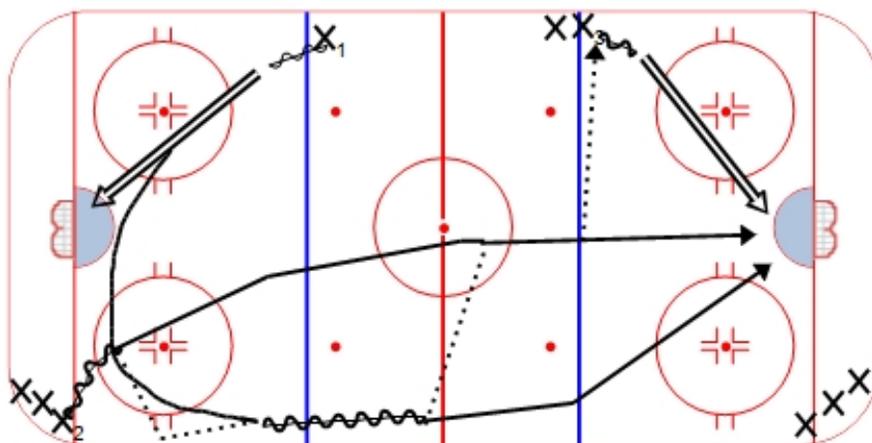
Stick on the puck

Body on Body

Protect home plate

**Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To** \_\_\_\_\_**Title :** Ladder Entry Drill**Category #1 :** Line rushes**Category #2 :** Entries**Description**

Start with X1 as shooter  
 -after shot, X1 curl low for a chip from X2.  
 X1 in outside lane, X2 in middle lane.  
 X2 pass to X1 through neutral zone.  
 On entry, X1 passes to X3.  
 X3 takes one step over the line, stops and shoots. If there is 4th man as the trailer, he can make that pass.  
 Var: After chip by X2, next player in line can jump in to be 4th man on the rush.

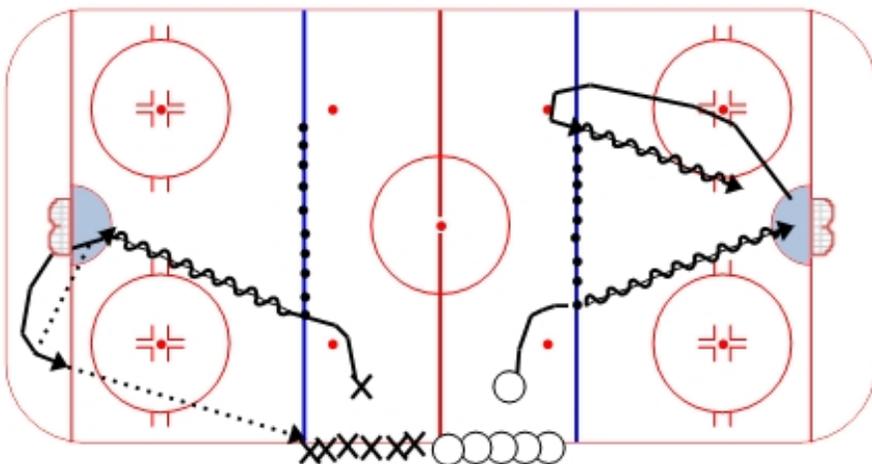
**Key points :****Drill no. :** \_\_\_\_\_ **Duration :** \_\_\_\_\_ **Minutes From :** \_\_\_\_\_ **To** \_\_\_\_\_**Title :** 10 puck shootout**Category #1 :** Fun**Category #2 :** Shootouts**Description**

Player picks up one of the 10 pucks on the blue line.

If he scores (O), he gets another puck and repeats this until he misses.

If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net.

First team to score all 10 puck wins the game.

**Key points :**

Players are on their bench

# **DON MCKEE**

## **Current Coaching Assignment**

Presently coaching the Canadian Team for the Deaf in preparation for the Deaflympics in Slovakia in February 2011.

## **Quote**

Every job is a self-portrait. Autograph your work with excellence!

*Author unknown*

## **Recommended Reading**

**Title: Bo's Lasting Lessons (The Legendary Coach Teaches the Timeless Fundamentals of Leadership)**

**Authors: Bo Schembechler and John U. Bacon**

**Publisher: Business Plus, Hachette Book, Group USA, 237 Park Avenue, New York City, New York, 10017**

## **Team Building Activity**

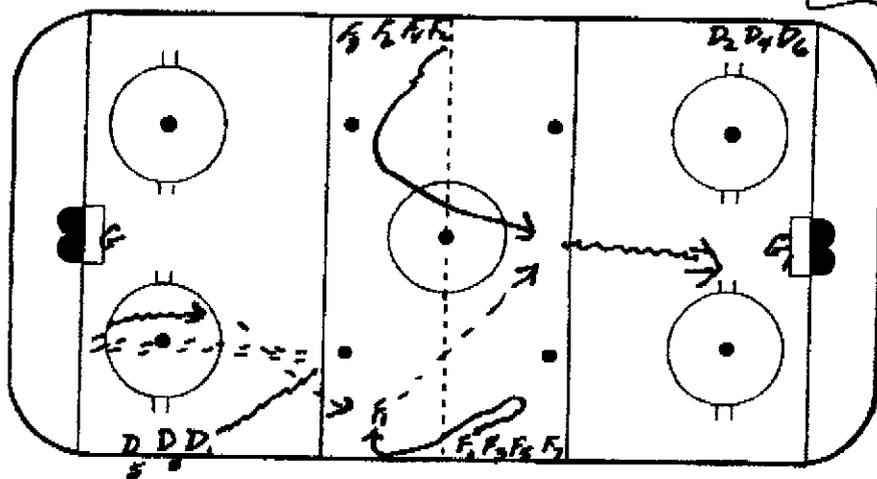
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift from a parent, first pair of skates, etc.

Prior to each home game, at a time identified by the coach, one or two players will tell the story reflected by their specific memento. This exercise allows all players to share, as well as to demonstrate interest in teammates' pasts. It also gives them the opportunity to recognize that as a team they are creating new memories in every game they play.

TIME:

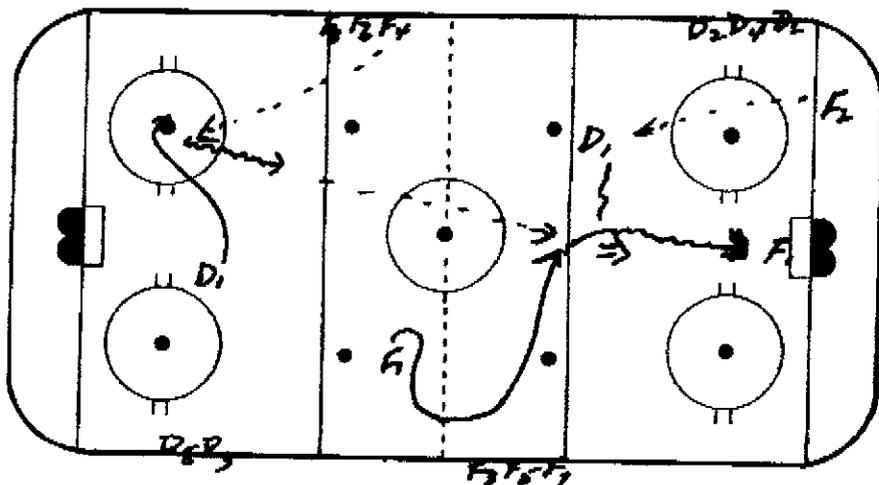
# "SKILL DRILL"

## TIMING SKATING, PASSING & SHOOTING 'PHASE ONE'



D<sub>1</sub> SKATES WITH PUCK - FORWARD TO BL AND BACKWARDS TO BACK OF CIRCLE - EXPLODES FORWARD & PASSES TO F<sub>1</sub>. F<sub>1</sub> TAKES 2-3 STROKES FORWARD & RETREATS TO GET PASS FROM D<sub>1</sub>. F<sub>2</sub> CIRCLES TO TAKE PASS FROM D<sub>1</sub>. F<sub>2</sub> SKIPS & SHOTS ON G.

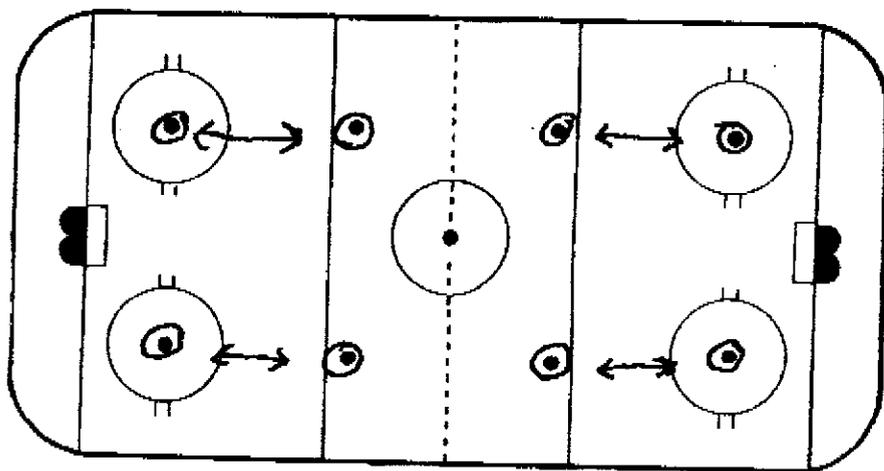
## 'PHASE TWO'



D<sub>1</sub> AFTER MAKING PASS TO F<sub>1</sub> MOVES TO OTHER CIRCLE AND TAKES PASS FROM F<sub>1</sub>. F<sub>2</sub> CIRCLES TO TAKE PASS FROM D<sub>1</sub>. D<sub>1</sub> EXPLODES & PASSES TO F<sub>1</sub>. D<sub>1</sub> FOLLOWS TO BL & RECEIVES PASS FROM F<sub>2</sub>. F<sub>1</sub> SCREENS D<sub>1</sub> - SHOTS.

DRILL STARTS OVER IN OTHER SIDE OF END

## "FUN DRILL"



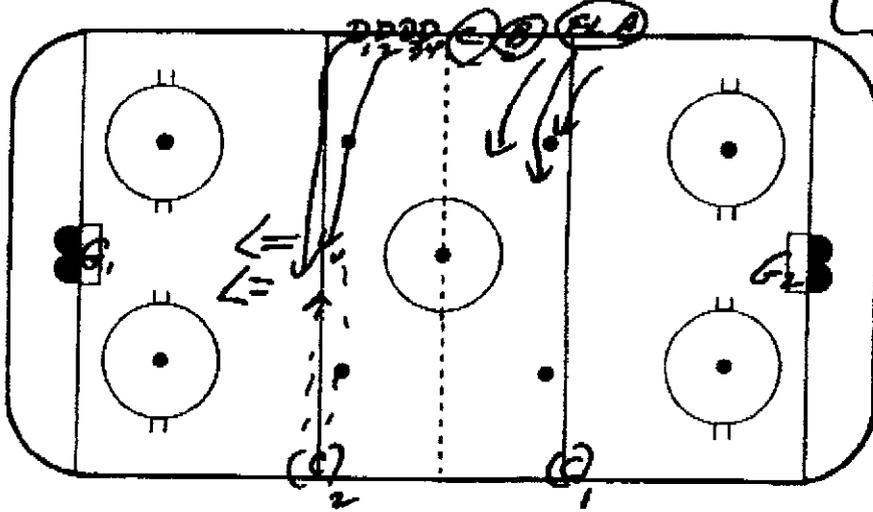
## 2 ON 2 BATTLES

8 TIRES ON THE ICE  
4 GAMES OF 2 ON 2  
PLAYERS MUST FLICK PUCK INTO CENTRE OF OPPONENTS TIRE TO SCORE.  
KEEP- SCORE. PLAYAS TOURNAMENT. PLAY OVER WHEN SUBSTITUTE ON WHISTLE.

TIME:

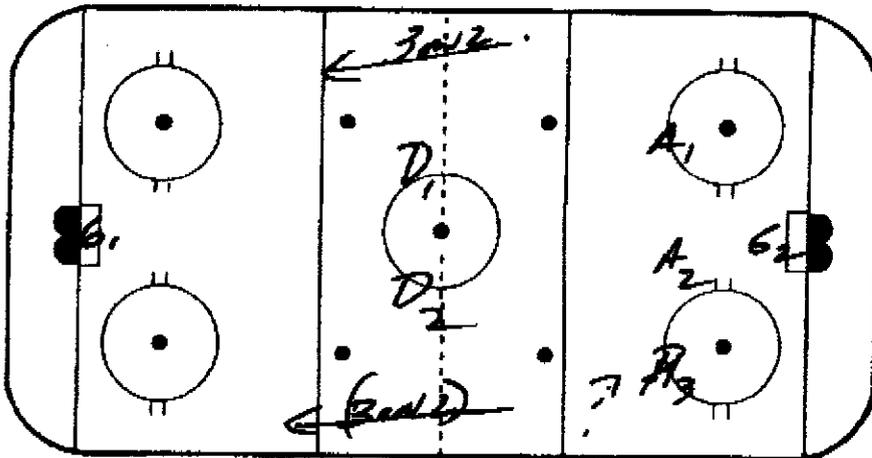
# FAVOURITE DRILL

3 ON ZERO / 3 ON 2 /  
 3 ON 2 / 3 ON ZERO  
 PHASE 1



ON SIGNAL - FORWARD LINE A COMES ACROSS B.L. - STAY ON SIDE. COACH GIVES THEM PUCK ATTACK G2 - 3 ON ZERO. MUST SCORE. GAME GETS PUCK THROWN IN CORNER.  
 D1 - ACROSS B.L. SHOTS - P2 ACROSS B.L. SHOTS.  
 D1 + P2 MOVE UP ICE FOR 3/2.

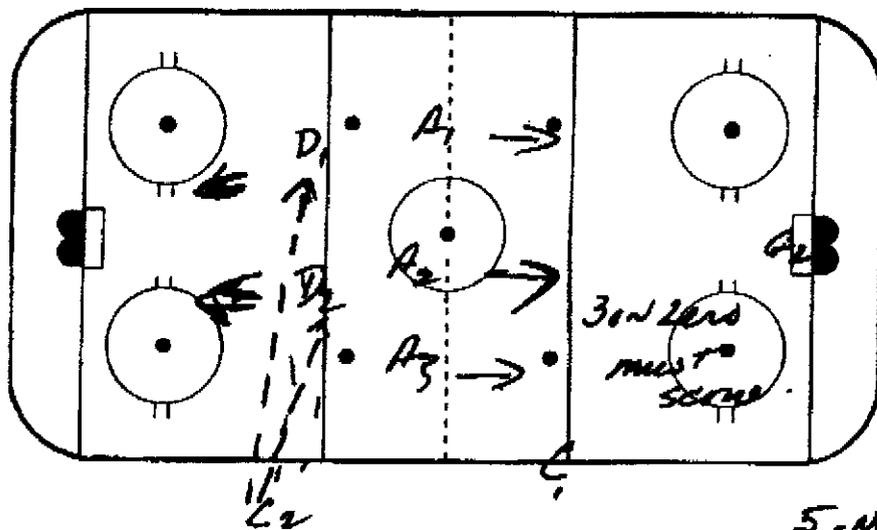
## PHASE 2.



COACH - GIVES PUCK TO LINE A ATTACK - D1 + D2 3 ON 2. IF THEY LOSE PUCK, OR POSSESSION THEY RETURN TO C1 FOR SECOND PUCK AND AGAIN ATTACK 3 ON 2.

3 ON 2 - once / 3 ON 2 - twice.

## PHASE 3



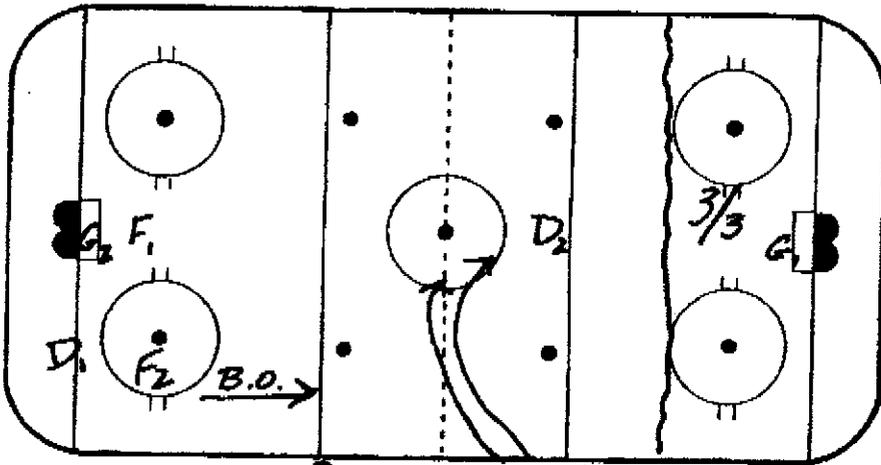
WHEN - LINE A LOSES PUCK IN SECOND 3 ON 2 - THEY RETURN AND GET PUCK FROM C1 + ATTACK G2. 3 ON ZERO. EACH FORWARD MUST TOUCH PUCK BEFORE THEY SCORE. D1 + D2 RETURN TO B.L. FOR TWO MORE SHOTS (ON EACH)

5 - new players start drill over.

TIME:

# TEAM PLAY DRILL

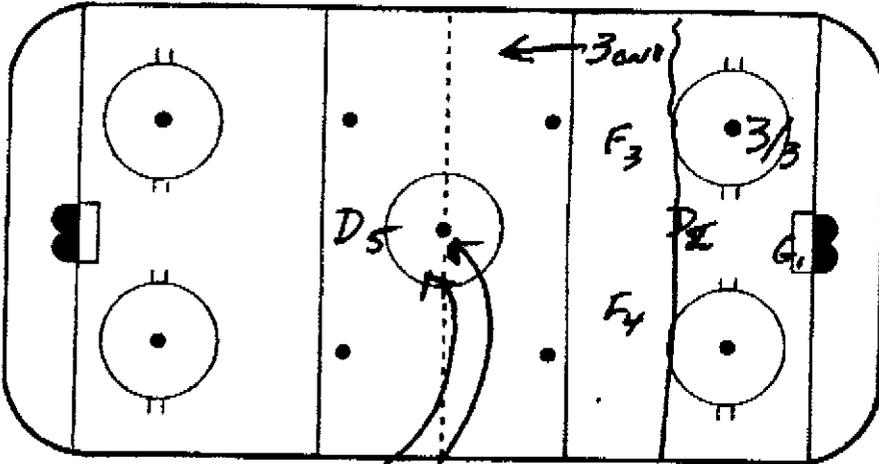
CONTINUOUS 3ON1 PLUS 2 BACK CHECKERS



D<sub>2</sub> F<sub>3A</sub> F<sub>3M</sub> D<sub>4</sub>  
 D<sub>5</sub> F<sub>4A</sub> F<sub>4B</sub> D<sub>6</sub>  
 F<sub>4M</sub>

D<sub>1</sub> + F<sub>1</sub> + F<sub>2</sub> B/O. against  
 D<sub>2</sub> - 3on1. WHEN  
 THE PUCK CROSSES R.L. F<sub>3</sub> + F<sub>4</sub>  
 COME FROM BENCH, SKATE  
 THROUGH CENTRE CIRCLE  
 TO SUPPORT D<sub>2</sub> = CREATE  
 3ON3 BATTLE BELOW THE  
 TOP OF CIRCLES.

PHASE ONE ↑



D<sub>3</sub> F<sub>3A</sub> F<sub>3M</sub> D<sub>4</sub>  
 D<sub>1</sub> F<sub>4A</sub> F<sub>4M</sub> D<sub>6</sub>

PHASE TWO ↓  
 3/3 IN DEF. ZONE. IF  
 PUCK GOES OUT OF PLAY IN  
 NET OR OUT ABOVE TOP OF  
 CIRCLES - IT NOW BECOMES  
 3ON1 - THE OTHER DIRECTION  
 F<sub>3</sub> + F<sub>4</sub> + D<sub>2</sub> VS D<sub>5</sub>  
 F<sub>1</sub> + F<sub>2</sub> + D<sub>1</sub> GO TO BENCH  
 HARD. WHEN PUCK CROSSES  
 RED LINE. F<sub>3</sub> + F<sub>4</sub> COME  
 SUPPORT D<sub>5</sub>

-DRILL IS CONTINUOUS.

---

---

---

---

---

---

---

---

---

---

**Box 446**  
**Neepawa, MB Canada**  
**R0J-1H0**  
**Office: 204.476.5308**  
**Fax: 204.476.3930**  
**e-mail:natives@nmts.net**  
**www.neepwanatives.com**

**Neepawa Natives Junior "A" Hockey Club**

# Fax

<b>To:</b>	Enio Sacilotto	<b>From:</b>	Bryant Perrier
<b>Fax:</b>	604-792-4656	<b>Pages:</b>	4 (Including cover page)
<b>Phone:</b>		<b>Date:</b>	Jan 10, 2011
<b>Re:</b>	Drill Club of the Week	<b>CC:</b>	

**Notes:**

**PERSONAL AND CONFIDENTIAL**

**ATTN: Enio**

Enio,

I am faxing to you my drills for the DRILL CLUB OF THE WEEK. All the best to you and the guys. Have a great second half!!

Regards,

Bryant Perrier

**“QUOTE”**

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat.”

**- Theodore Roosevelt quotes (*American 26th US President (1901-09), 1858-1919*)**

**RECOMMENDED BOOK: The 21 Irrefutable Laws of Leadership.**

**By: John C. Maxwell**



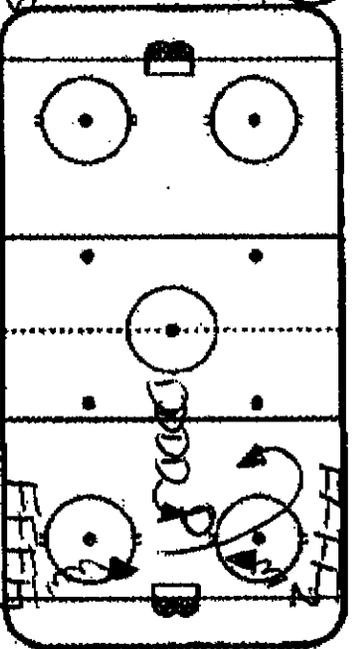
**HOCKEY MANITOBA**

217-200 Main Street  
 Winnipeg, Manitoba R3C 4M2  
 Tel: (204)925-5755 Fax: (204)925-5761  
 Web: www.hockeymanitoba.mb.ca  
 E-mail: info@hockeymanitoba.mb.ca

C	Coach		Puck Carrying
●	Forwards		Shooting
○	Defenders		Pass
△	Goalie		Drop Pass
G	Goalie		Backward Skate
—  —	Save		Lateral Movement
X	Penalty		Defensive
	Puck		

Date: JAN 10 Duration: 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2v2)  
 F attacks net for quick shot,  
 continues to opposite corners.  
 Def moves to defend. Fg bumps  
 puck to F, + now attack F +  
 Fg after quick 2v1 con-  
 tinue to opposite corners  
 + attacks net w/ Fg. D handles  
 w/ 2v1s + is replaced.  
 Key Teaching Points (KTP)  
 Great Drill for Goalies



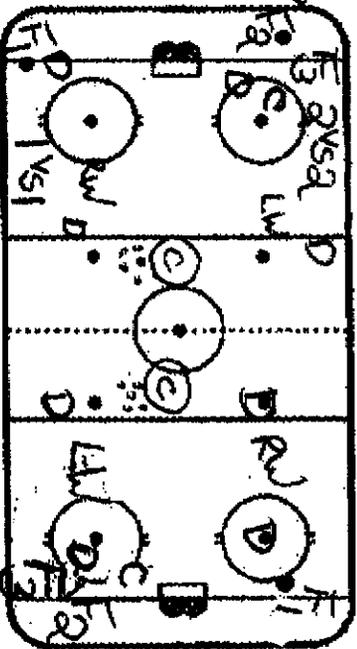
Key Execution Points (KEP)

File

Date: \_\_\_\_\_ Duration: 20 (Minutes)

Time: 20 Drill Name: (Defensive Zone Situation / 2v2 Battle Zones)

Good blows whistle + vs1  
 streets. vs1 low coverage  
 street vs1 dissolves catch  
 blows and whistle to stay  
 2v2, 2v2 low coverage.  
 Key Teaching Points (KTP)  
 Key Execution Points (KEP)  
 vs1 move on blue line + wingers cover inside out.  
 after 2v2 dissolves, the teams switch.



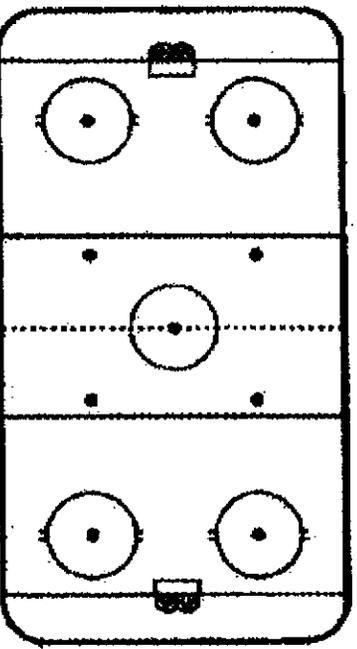
Key Execution Points (KEP)

File

Date: \_\_\_\_\_ Duration: 0 (Minutes)

\*Option: 2v2 coverage on 3rd whistle

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_



Key Teaching Points (KTP)

Key Execution Points (KEP)

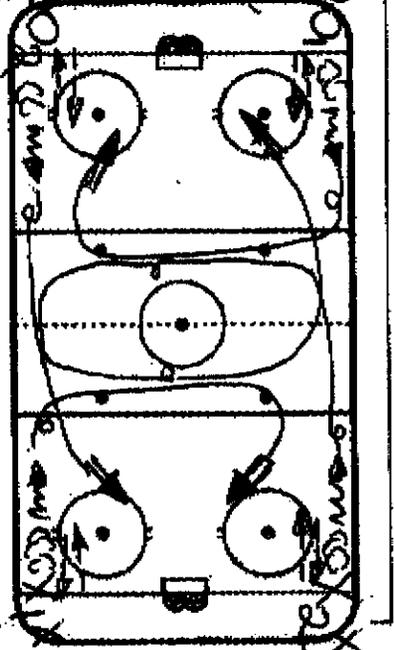
File



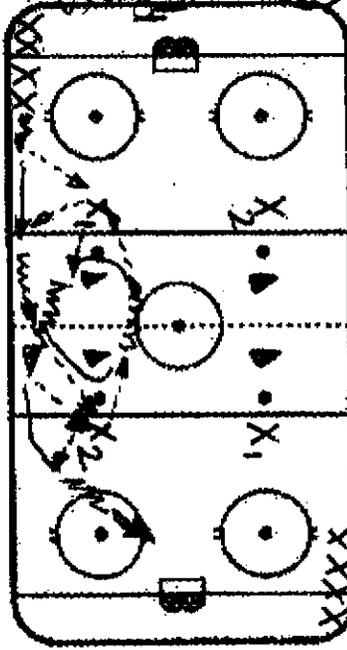
**HOCKEY MANITOBA**  
 217-200 Main Street  
 Winnipeg, Manitoba R3C 4M2  
 Tel: (204)925-5756 Fax: (204)925-5791  
 Web: www.hockeymanitoba.mb.ca  
 E-mail: info@hockeymanitoba.mb.ca

C	Coach		Puck Carriage
●	Forwards		Shooting
△	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Latest Movement
	Pucks		Defensive

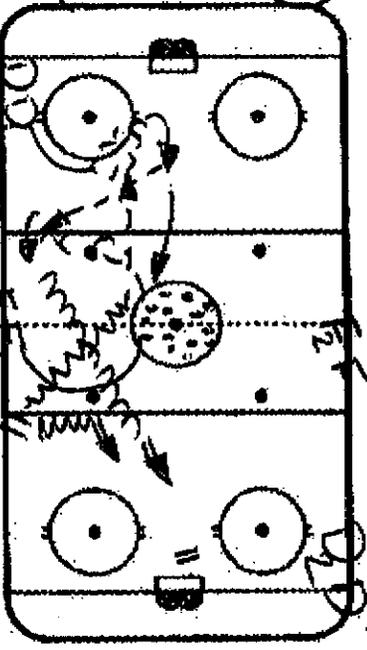
Date: JAN 10 Duration: 10 (Minutes)  
 Time: 10 Drill Name: (LONG + SHORT)  
 ALL 4 LINES BEGON ON WHISTLE  
 EACH PLAYER STARTS W/ PUCK  
 + PIVOTS TO BACKWARDS. THE  
 PLAYERS MAKE A PASS TO THEIR  
 LIND + GET A QUICK RETURN PASS  
 THE PLAYERS THEN PIVOT BACK TO  
 FWD + THEN SKATE INTO "M". THE  
 PLAYERS FROM OPPOSITE CORNERS  
 SKATE, THE SAME ROUTE. O + X  
 GO SHOOT AROUND THE  
 TAKE A SHOT ON GOAL. EACH PLAYER MUST PERFORM A  
 HIGH SPEED PIVOT IN THE "M".  
 Date: \_\_\_\_\_ (Minutes)



Time: 10 Drill Name: (SHOCK DRILL)  
 SIGET DEATH A SAME TIME.  
 ON TAKING THE RETURN PASS FROM  
 X1 HE STICK HANDLES TO THE Pylon  
 PASSES TO X2, FIGHT THEN AGAIN  
 THE Pylon + TAKES A RETURN PASS  
 FROM X2. HE THEN STICK HANDLES  
 TO THE SECOND Pylon + PASSES  
 TO X1 AGAIN. AFTER CURLING  
 Key Teaching Points (KTP)  
 AROUND THE SECOND Pylon HE TAKES A RETURN PASS FROM  
 X1 MOVES DOWN THE BOARD PASSES TO X2 AGAIN + AFTER  
 RECEIVING A RETURN PASS FROM X2 CUTS FOR THE Pylon  
 + SHOOT.  
 Date: \_\_\_\_\_ (Minutes)



Time: 10 Drill Name: (ORE TRANSITION)  
 H + Fg GO TO THE SAME TIME  
 GETRE REGROUP, F + Fg GETS PUCK  
 BACK SIDES IN FOR A SHOT. D +  
 Dg GETS 2ND PUCK @ CENTRE  
 THEY GETS TO THE WALL SKATE  
 CIRCLED AREAS TO THE MIDDLE  
 OF C AND SHOT. FWD PLAYS  
 THE REBOUND.  
 Key Teaching Points (KTP)  
 Key Execution Points (KEP)



604 792 4656

To: Enio Sacilotto

From: Keis Knoblauch

### **Team Building Activity**

#### **Scavenger Hunt**

- **Send each team out with a camera to catch each item on the list.**
- **Items on the list either fun or get players into sponsors' stores, hopefully both.**
- **Put together a slide show for the team to watch together.**

# Kootenay Ice Hockey Club



- FOCUS:**
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_

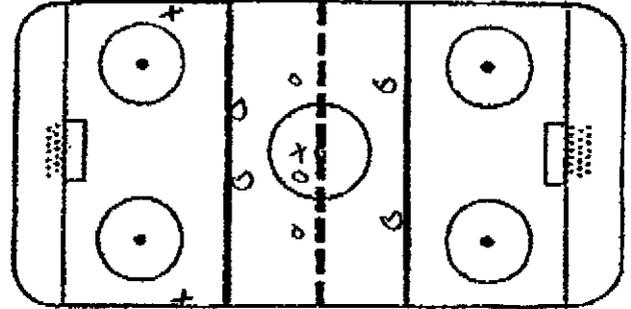
**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

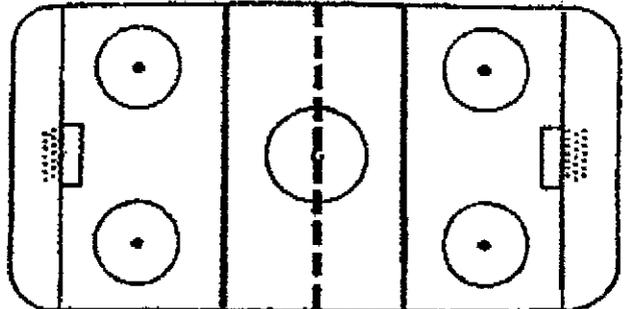
**Duration:** \_\_\_\_\_

3. 5-3 15-5 Team Play

- X dumps puck in and forechecks
- 3 Os breakout with 2 D and attack other 2 D. X Backchecks.
- immediately after attack coach blows whistle → Transition.
- 2 X's attack other end. They cannot shoot or pass until they reach goal line.

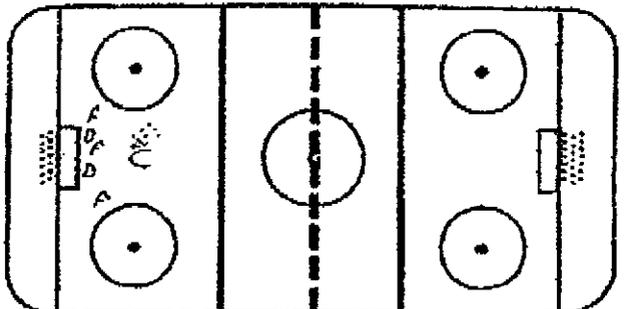


- play 5-5 until puck out of whistle.



3 vs 2 Net Front Game

- 5 pucks, each pass to one of forwards. Play each until whistle.
- 0 goals - D win
- 1 goal - Tie
- 2 goals - Forwards win



\_\_\_\_\_

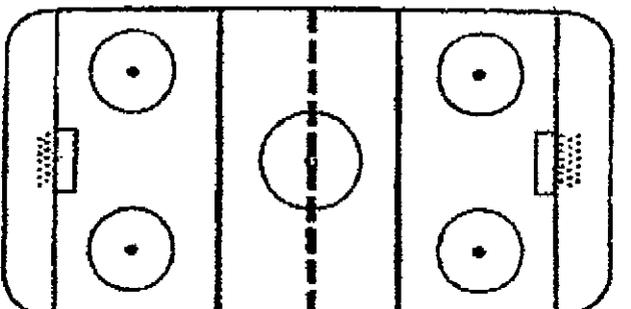
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Kootenay Ice Hockey Club



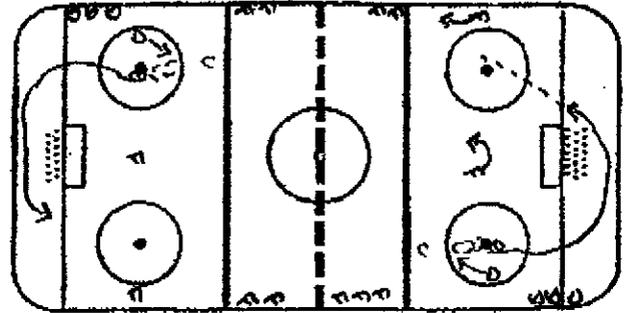
- FOCUS:**
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_

**Date:** \_\_\_\_\_

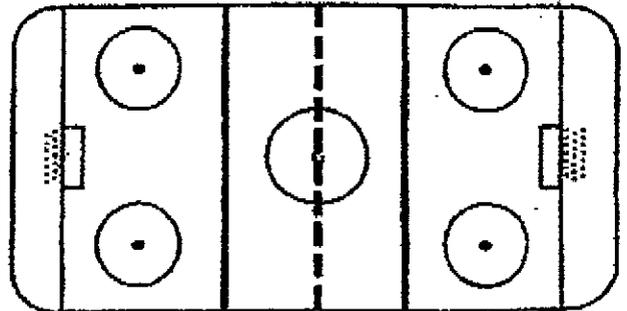
**Time:** \_\_\_\_\_

**Duration:** \_\_\_\_\_

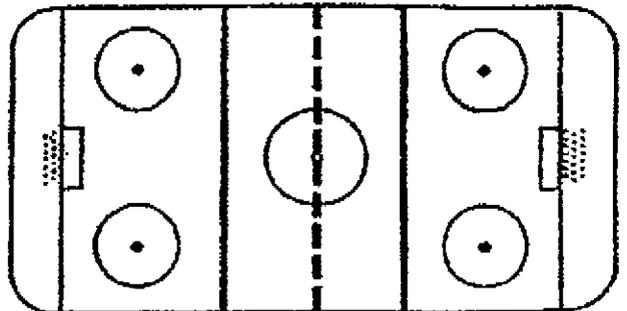
1. Johnson Breakout	Favorite
<ul style="list-style-type: none"> <li>◦ W/ little starts in 2 forwards from each end touch red F into zone. D touch top circle and back to get puck that each changed into corner.</li> <li>◦ Coach forechecks. D read pressure. Either up or wheel. Pass to forwards who attack 2-0.</li> </ul>	



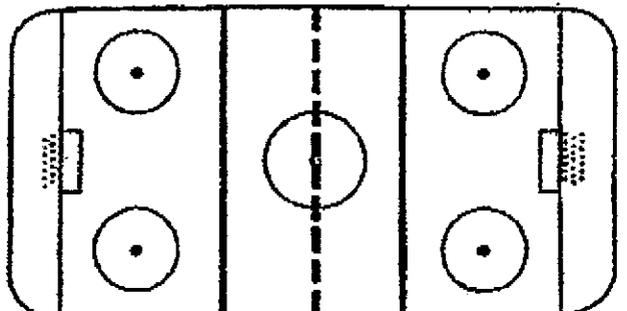
<ul style="list-style-type: none"> <li>◦ D follow up for 2nd shot.</li> </ul>	
<p>* Before each rep Coaches communicate pressure.</p> <ol style="list-style-type: none"> <li>1. Stick in air → Up breakout</li> <li>2. Stick on ice → Wheel breakout</li> </ol>	



2 Net Rebound Drill	Skill
<ul style="list-style-type: none"> <li>◦ Net pushed down</li> <li>◦ 1 net placed behind other</li> <li>◦ Coach starts puck off of crossbar of the net down. Player finds rebound and shoots into net behind.</li> </ul>	



<p>* can also add D and make it a battle to get puck.</p>	
---	--

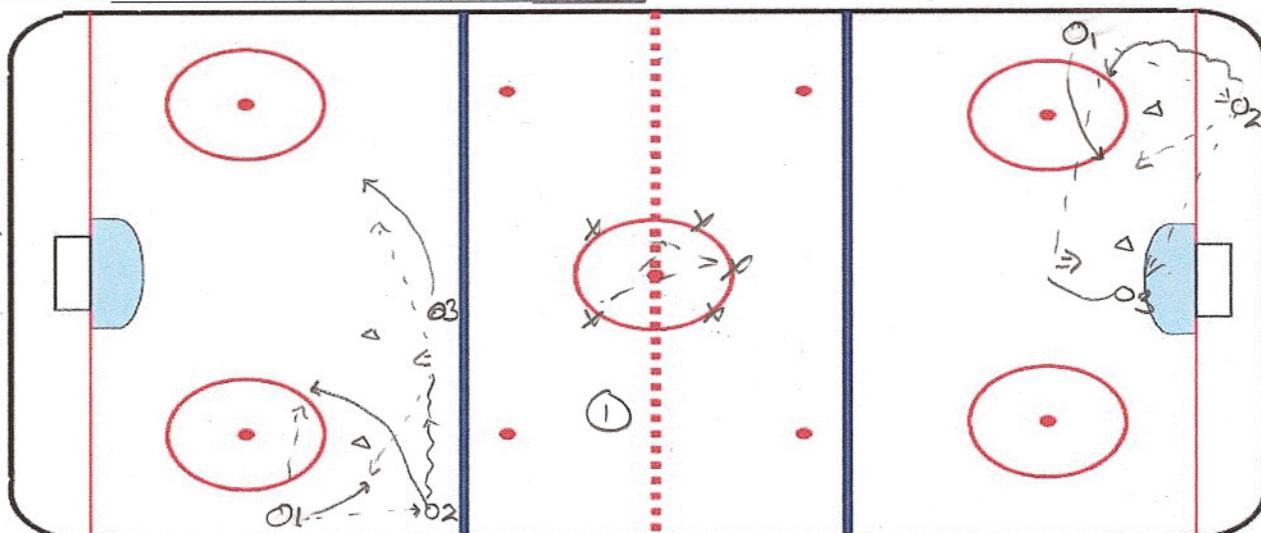




# UBC WHKY - PRACTICE PLANNERS

Drill Name: P.P. SKILLS WORK (3 STATIONS) (SKILL DRILL)

FINISH ALL W/ SHOTS & REBOUND

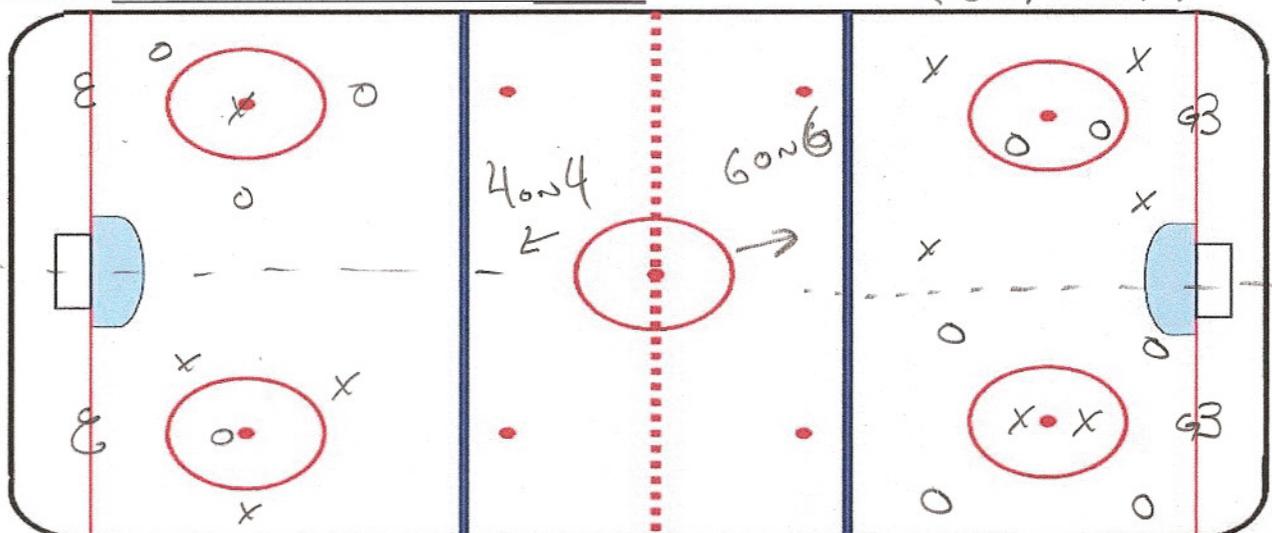


- ① STAR PASSING, ONE TOUCH, ADD 2ND PUCK - ADD "Pig in middle"
- ② LOW 3 vs 2 - CREATING ZONES - SKATING SEAMS - OPTIONS LOW.  
 $O_1 \rightarrow O_2$  GIVE & GO. /  $O_1 \rightarrow O_2 \rightarrow O_3$  /  $O_1 \rightarrow O_2$  WALK UP WALL  $\rightarrow O_3$  IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP.  $O_2 \rightarrow O_1$  HIGH CYCLE  $O_2$  DUMPS  
 $O_1 \rightarrow O_2$  DUMPS  $O_3$  SIDE  $O_1$  FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6

(FUN/COMP.)



IMAGINARY LINE CUTTING ICE IN HALF NEITHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON OTHER 4ON2 HALF. OTHER 2 ARE KILLING THEIR HALF. - CAN DO 4ON4 AS WELL. OR 5ON5 BY ADDING ONE MORE

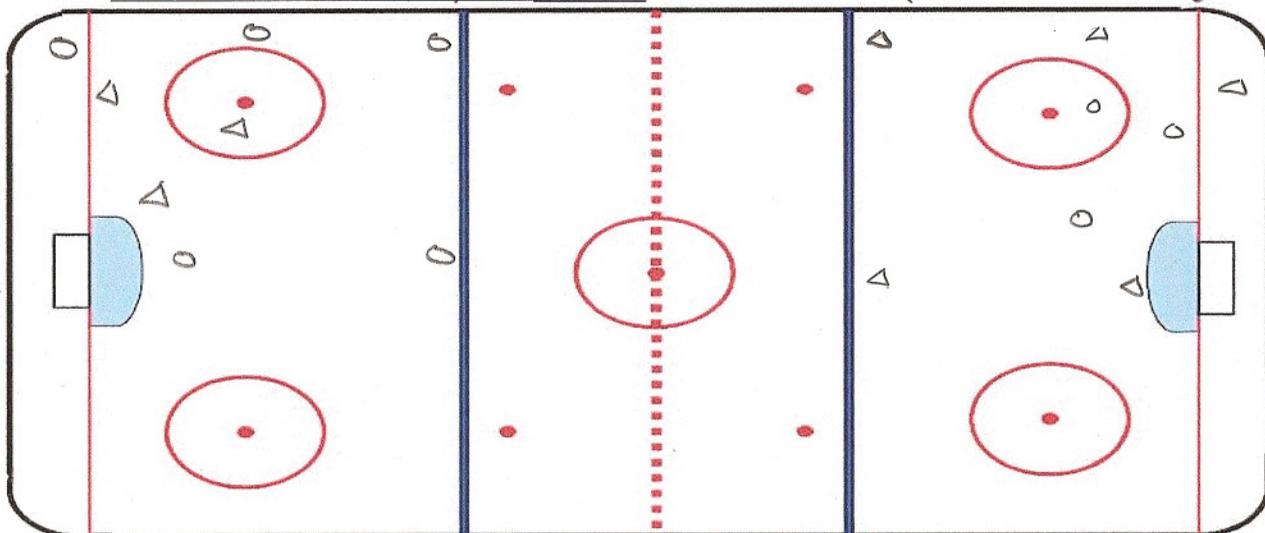
Key Teaching Points: KILLER TO 4ON4.



# UBC WHKY - PRACTICE PLANNERS



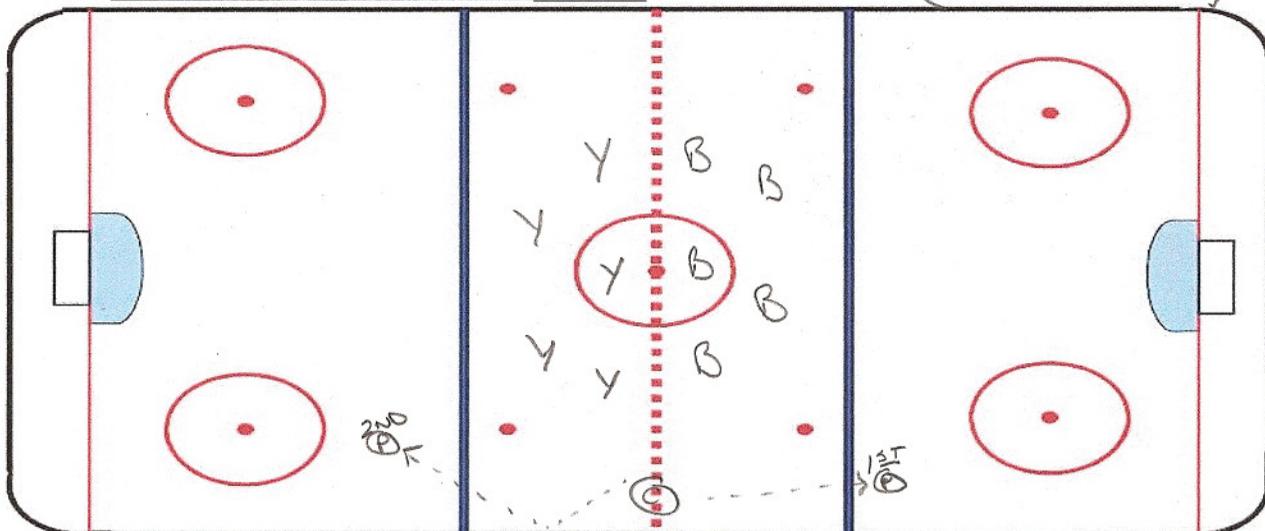
Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



5 O's ON OFF PLAY LOW CYCLES. VS 3 A'S. O'S MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SPOTS ECT. 3A'S TAKE CARE OF HOUSE - OPPOSITE SET UP AT OTHER END. ONE END

Key Teaching Points: FOR 20 SECONDS REST WHILE NEXT END GOES. KEEP SCORE O'S VS A'S EXTRA PLAYERS SUB IN

Drill Name: CANUCK N.Z. F/C. (CONT 30 SEC) (DEF TEAM)



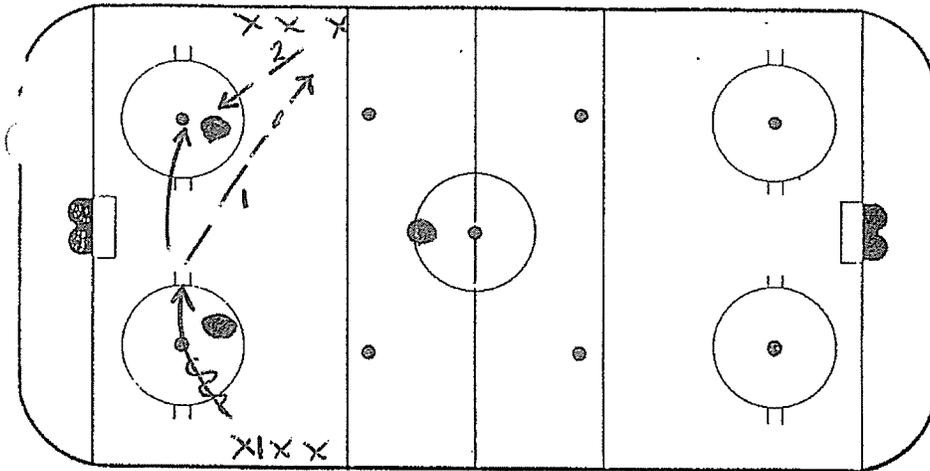
ⓐ SPOTS ⓑ RANDOMLY IN N.Z. ⓑ TEAM RIG'S THIS ⓑ WHILE 1/2 TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE ⓐ SPOTS

2ND ⓑ Y TEAM TRANSITIONS ON THIS ⓐ B N.Z. F/C.

ⓐ KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO

Key Teaching Points: GAIN ANY ICE. ⓐ PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BENCH.

A. WOODS



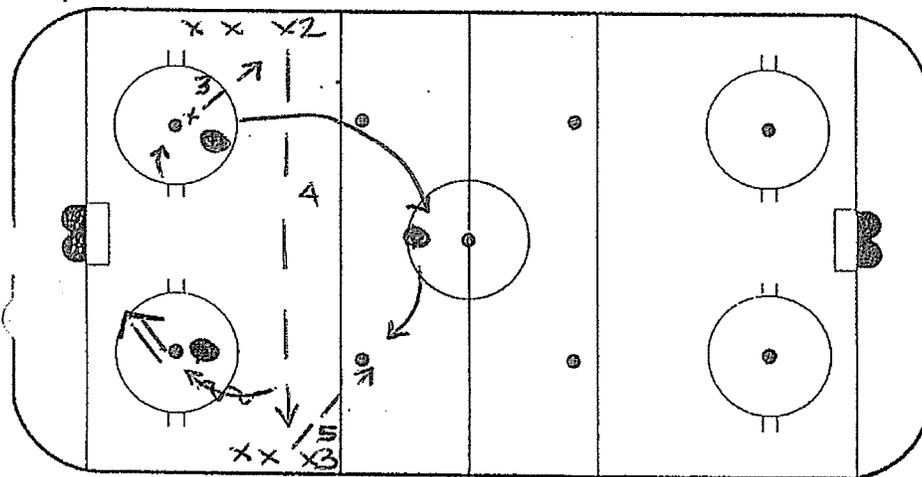
WARMUP

SHOOTING DRILL 1

PLACE PYLENS

TOP OF CIRCLES  
IN ALL 5 F.O.  
CIRCLES,

DRILL GOES BOTH  
ENDS,



X1 COMES UNDER-  
NEATH 1ST CONE

PASS TO X2 (NO.1)

X2 PASS BACK TO  
X1 (NO.2)

X1 ONE TOUCH BACK  
AND SKATES (NO.3)

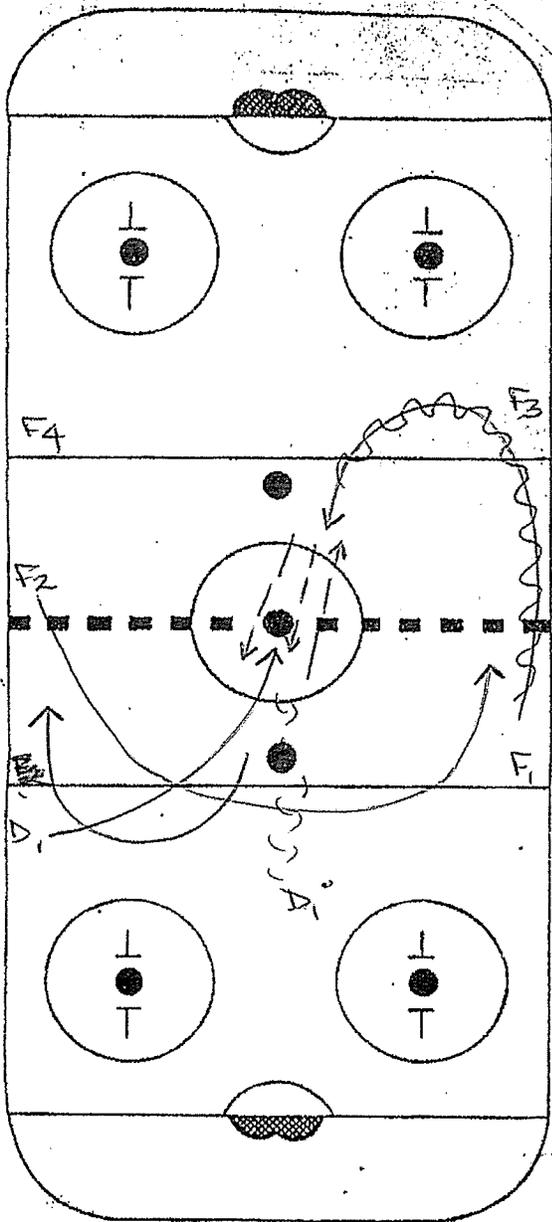
PERIMETER OF CONES

X2 X-ICE PASS  
(NO.4) TO X3

X3 PASS (NO.5) TO  
X1 - X1 DRIVES / SHOTS!

Category COMBO

Drill Name KAZ → NZ | ZX | IX

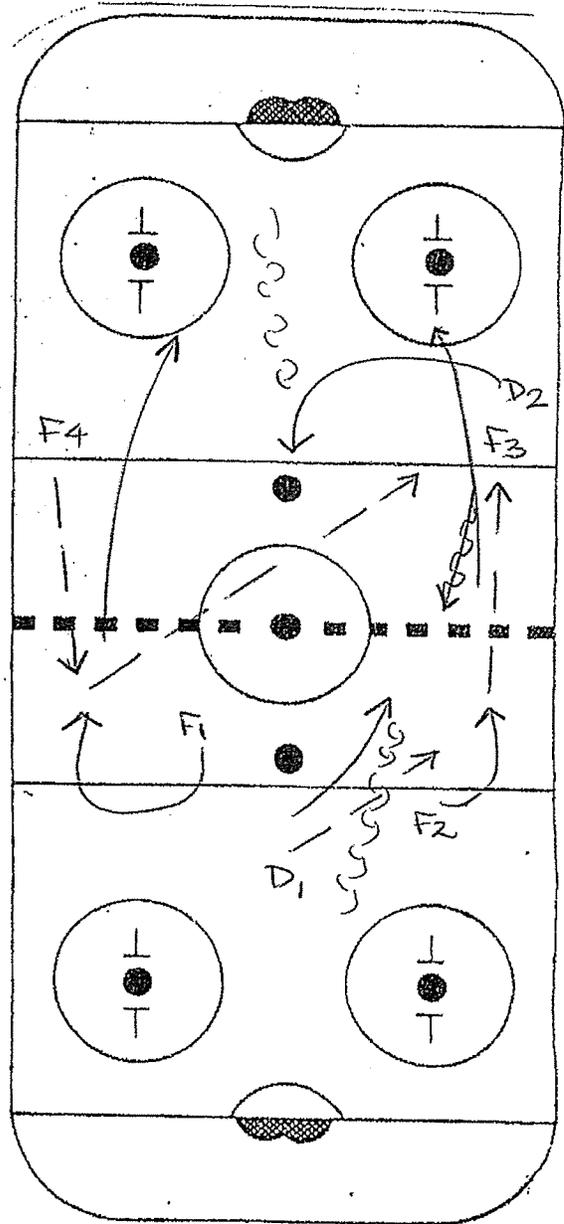


**Action**

- F1 SWINGS HIGH TO BLIND
- D1 STAYS UP TO CENTRE BUNKS
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNATH. X-ICE
- D1 QUICK UP TO F2

**Teaching Points**

- F2 PASSES TO F3
- F1 RECEIVES PASS FROM F4
- F1 - F2 ZX0, ZX1



**Action**

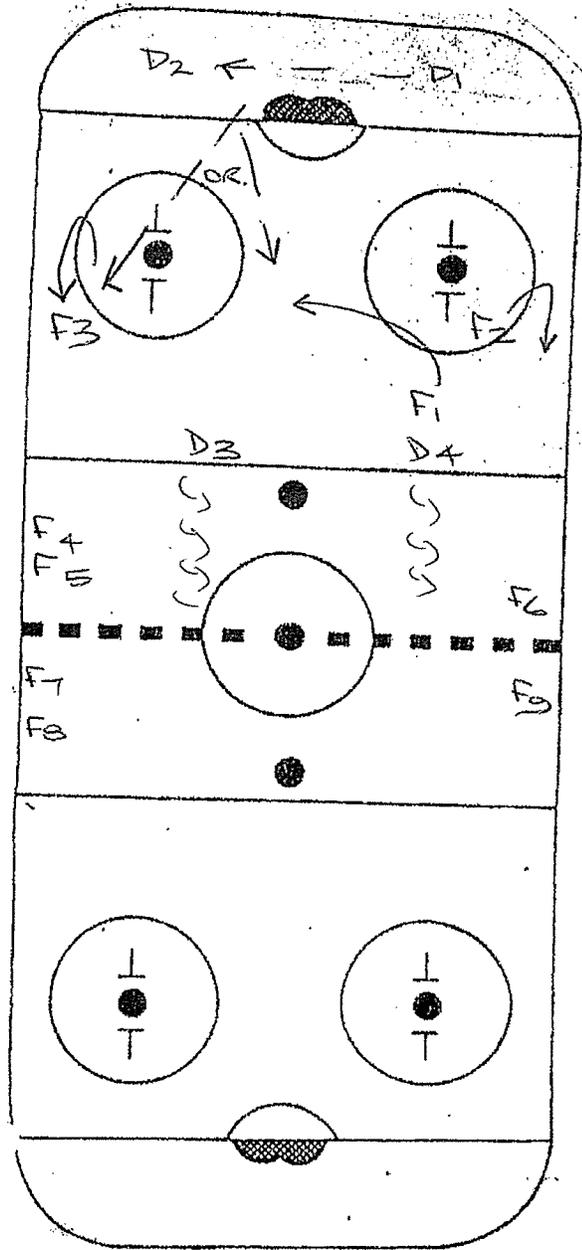
- F3 ATTACKS D1 IX1
- F4 STARTS DRILL OFF WAY
- ROTATION
- F1 - F3 - F2 - F4
- OR STAY ONE SAME SIDE OF BUNK AND ESTABLISH PASSES
- AFTER 5 MINUTES

**Teaching Points**

- TIMING / EYE CONTACT
- COMMUNICATION
- SPEED / TRANSITION / NZ

Category BEAROUTS

Drill Name CONTINUOUS BREAKOUT

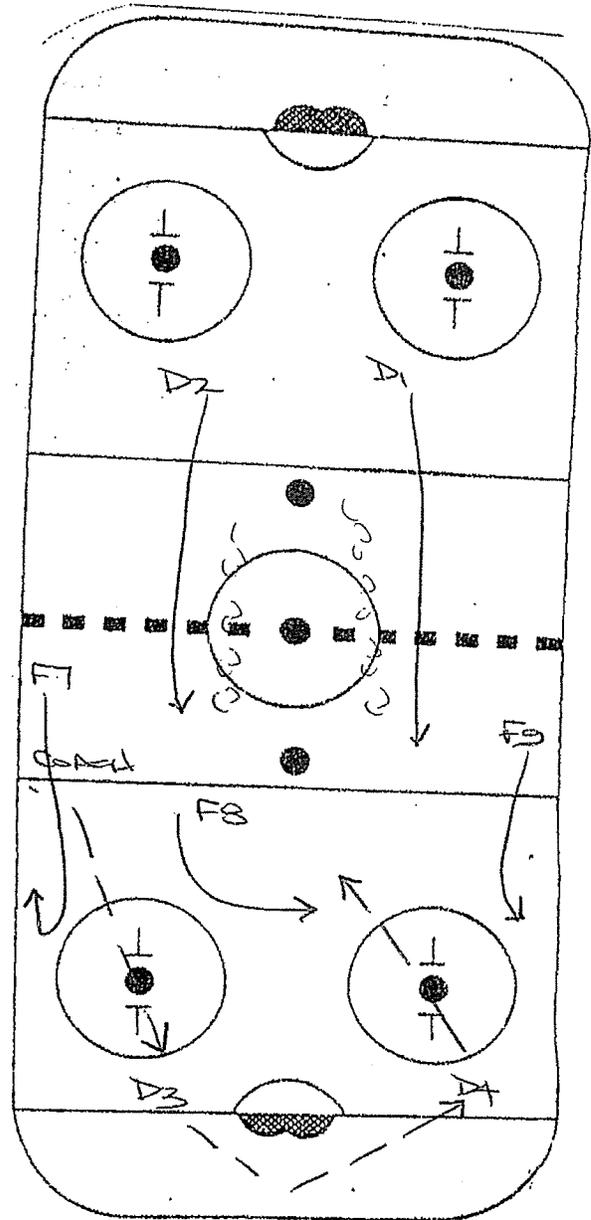


**Action**

- COACH SPOTS PUCK FOR D1/D2
- PREPARE PASS D-D
- D - F1/F2 ATTACK 3x2.
- D1/D2 SUPPORT QUICKLY

**Teaching Points**

- ON WHISTLE COACH SPOTS PUCK TO D3/D4 FOR BREAKOUT WITH F1/F2/F3



**Action**

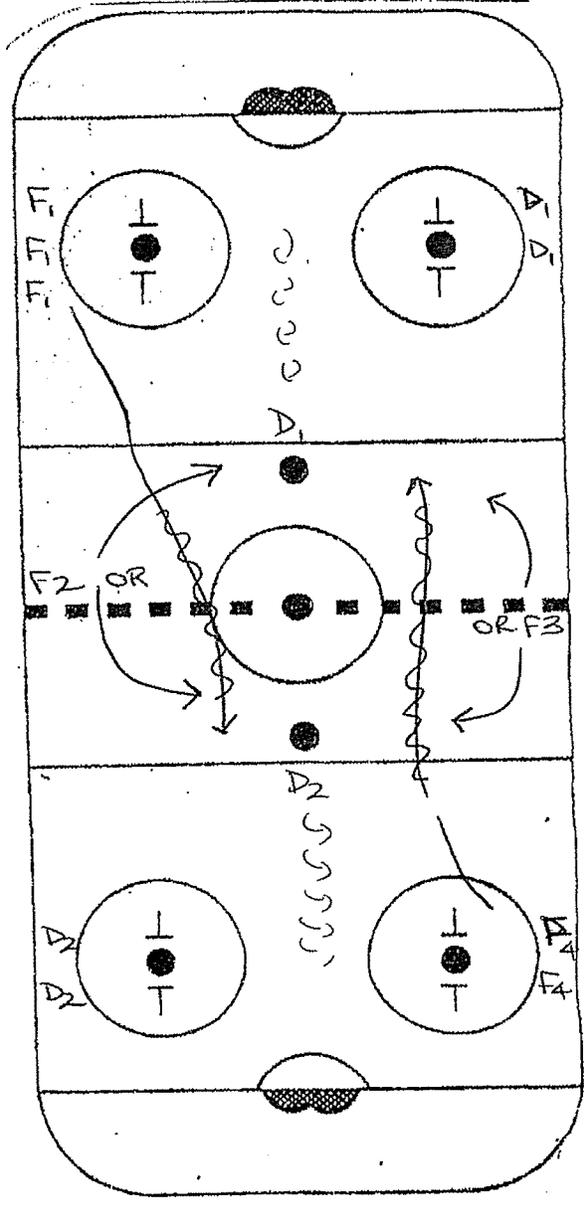
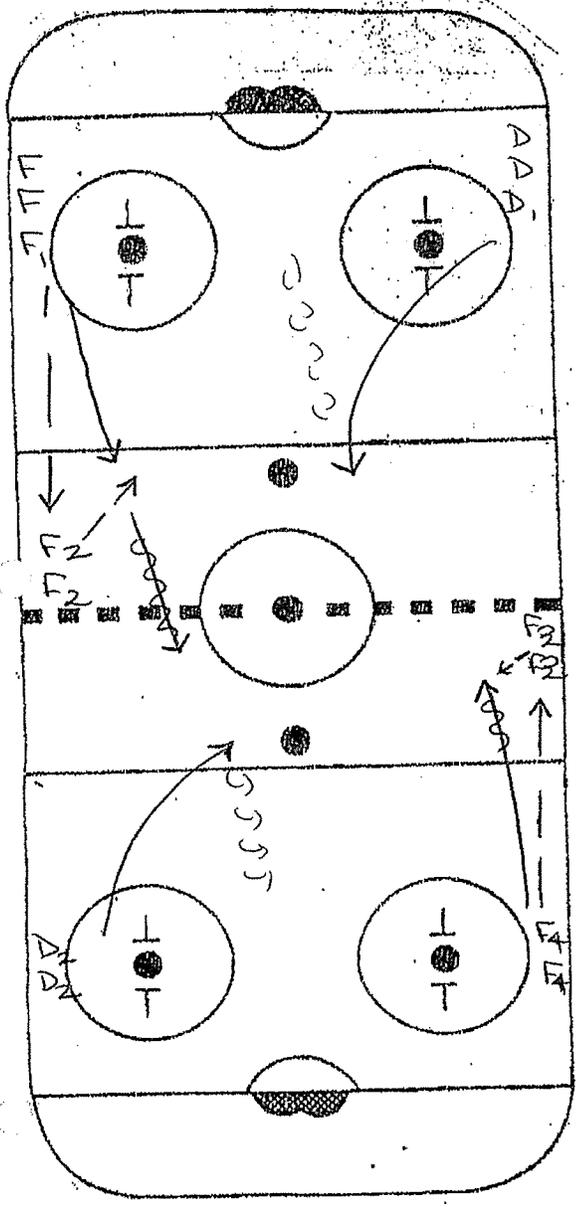
- CONTINUOUS 3x2 USING BOTH ENDS
- NB OFFENSIVE PLAYERS FOR MUST PUT PRESS ON NET 3x2 (OFFENSIVE TRIANGLE.

**Teaching Points**

- TAPS TO TAPS PASSING.
- EYE CONTACT
- CAD CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1x1 | 2x1 | 3x1



**Action**

- D1/D2 START AT WAIST
- F1/F4 PASS TO F2/F3 RESPECTIVELY
- F2/F3 ONE TOUCH BACK TO F1/F4 AND THEN TAKE DECISION WHICH SIDE TO GO TO FOR SUPPORT.

**Teaching Points**

A 1x1 | 2x1 | 3x1  
DEPENDENT ON F2/F3  
DECISION ON WHO TO SUPPORT.

**Action**

---



---



---



---



---

**Teaching Points**

---



---



---

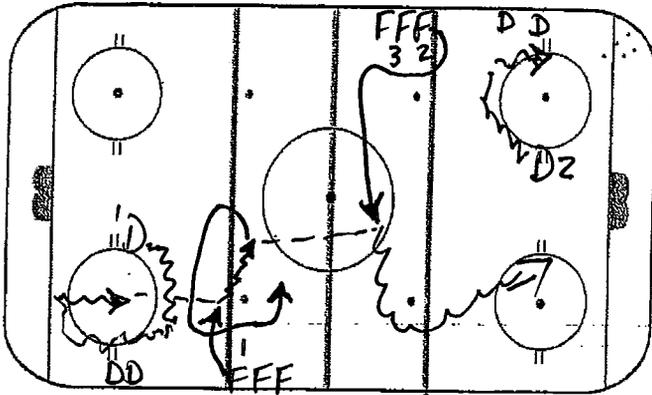
2010 D.O.T.W.-C  
2011



Date: \_\_\_\_\_

\_\_\_\_\_  
Dan Olsen

TIME \_\_\_\_\_ DRILL NAME **Skill Drill**  CONTINUOUS  CONTROLLED



OBJECTIVE(S) **transition skating.**

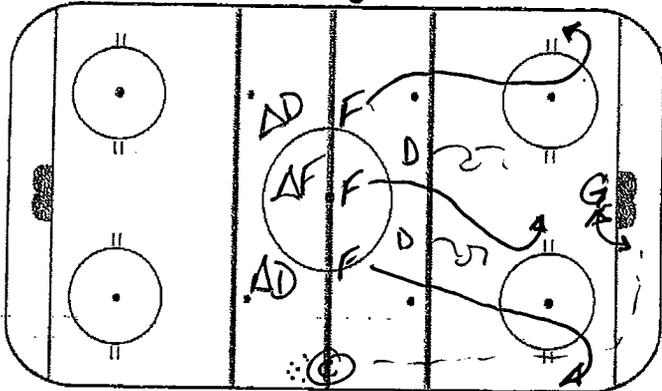
- START - passing (controlled) shooting
- D<sub>1</sub> skates fwd to bcwd around circle w/  $\bar{p}$ , skating up ice @ bottom of circle
  - D<sub>1</sub> pass to F<sub>1</sub> who jumps off boards into opening
  - F<sub>2</sub> accelerates to mid-ice to receive pass from F<sub>1</sub> & goes wide for shot on net
  - F<sub>1</sub> curls back to original line & while moving preps for pass from F<sub>3</sub> who is repeating drill w/ D<sub>2</sub> on other side of rink.

- KEYS - continuous drill
- D work on transition skating & passing quickly
  - F's control skate & prep to accelerate thru N-Zone
  - use timing to accelerate @ the right moment for mid-ice pass.

ROTATION \_\_\_\_\_

VARIATIONS/PROGRESSION \_\_\_\_\_

TIME \_\_\_\_\_ DRILL NAME **Team Play.**  CONTINUOUS  CONTROLLED



OBJECTIVE(S) **work F/C or "chip"**

- START by "
- (C) dumps  $\bar{p}$  for a unit of 5 to B/O
  - have 1 F & 2 D apply passive resistance holding the blue line to force B/O unit to chip by (area) or dump to Quiet zones.
  - unit of 5 forecheck the 2 D & 1 F hard - should create offence on F/C & for turnovers.
  - on whistle (C) spots new  $\bar{p}$  in N-Zone, unit of 5 regroup & chip or dump again.

- KEYS - (C) uses team F/C system
- players on F/C have to be aggressive & support wise.
  - if 2 D & F carry  $\bar{p}$  out of O-Zone punish the F/C unit w/ push-up-situps

ROTATION \_\_\_\_\_

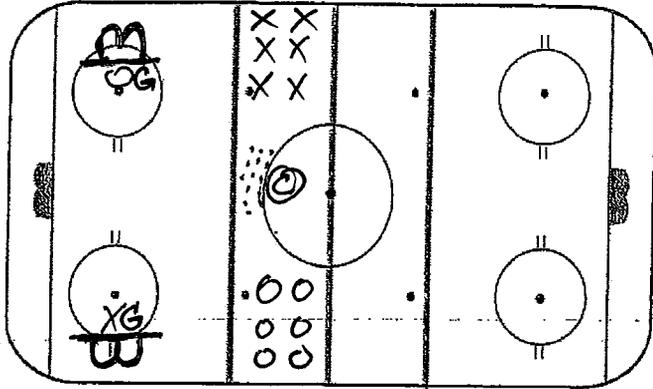
VARIATIONS/PROGRESSION \_\_\_\_\_

- add another F for 5 on 4 F/C. Progress to 5 vs 5. (A) No sticks. (B) Sticks over.



Fun &

TIME \_\_\_\_\_ DRILL NAME Competitive Drill  CONTINUOUS  CONTROLLED



OBJECTIVE(S) 1 vs 1 - times 3

START

- (C) sends in 3 p̄ as 3 O's & 3 X's go into retrieve.
- 3 sets of 1 vs 1 inside the blue line.
- combatants must continue to play 1 vs 1 until they score
- when goal scored the 2 playing 1 vs 1 are done & exit zone quickly
- (C) spots new p̄ &

KEYS 2 new 1 vs 1 starts.

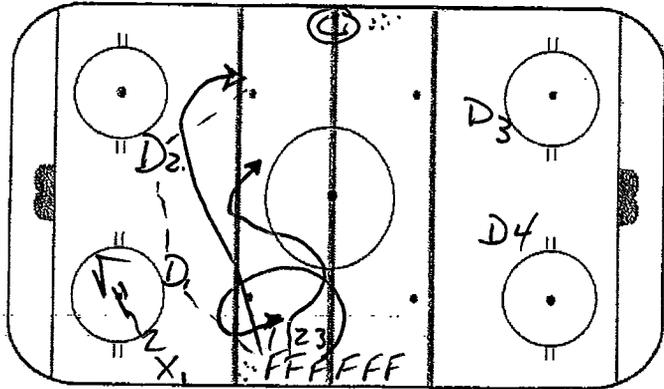
- G Keep eyes open, heads up
- players heads up, on swivel
- no penalties.

ROTATION

VARIATIONS/PROGRESSION

BOOK RECOMMENDED: Outliers: The Story of Success.  
by Malcolm Gladwell.

TIME \_\_\_\_\_ DRILL NAME 3 vs 3 Tiger  CONTINUOUS  CONTROLLED



OBJECTIVE(S) work regroups & counter attack.

START - work 3 vs 3 low

- work gap control, regroups & attack triangle to 3 vs 3 low
- on (C) whistle F line pass to D1 & D2.
- 3 F's fill lanes to support & receive p̄ from D1 or D2
- X1 (B/C) skates in & shoots then joins D1 & D2 to defend
- F1, F2, F3 regroup w/ D3 & D4 & attack D1, D2 & X1

KEYS - on second whistle

- (C) spots new p̄ for low 3 vs 3.
- next whistle 3 new F's start w/ D3 & D4
- place new F as B/C

ROTATION

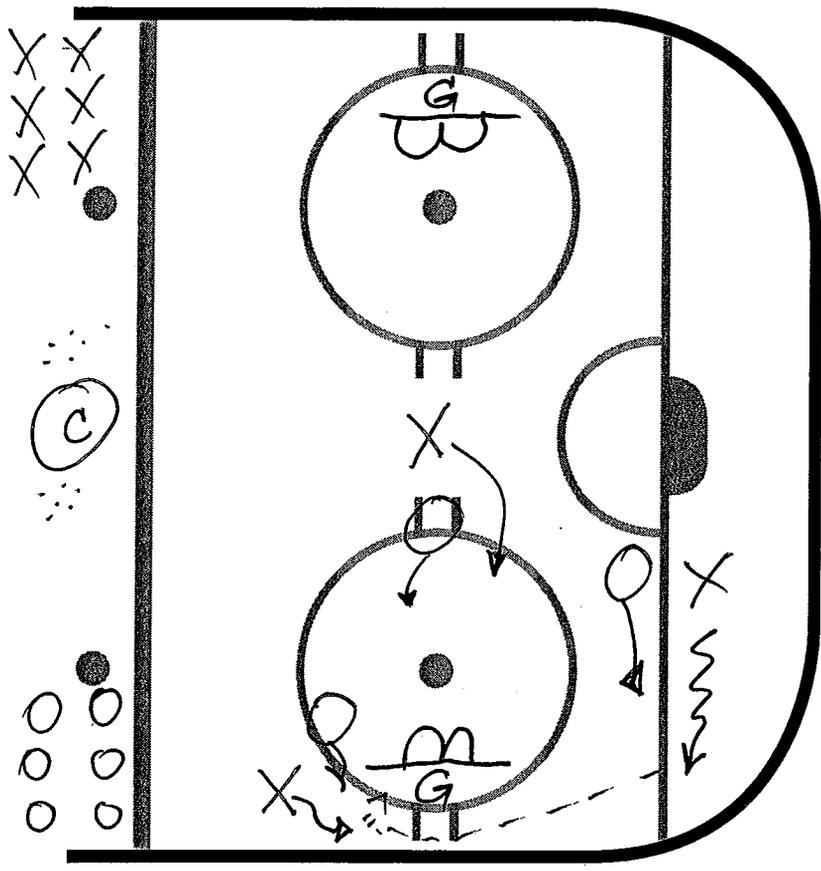
VARIATIONS/PROGRESSION

Envo.

# Favorite Drill

My Drill: 3 vs. 3 Reverse the Nets.

- \* turn nets so they face the boards.
- \* game is 3 vs 3
- \* play for 30 - 40 Secs. then change.
- \* Variation: go 4 on 4 or 5 on 5.

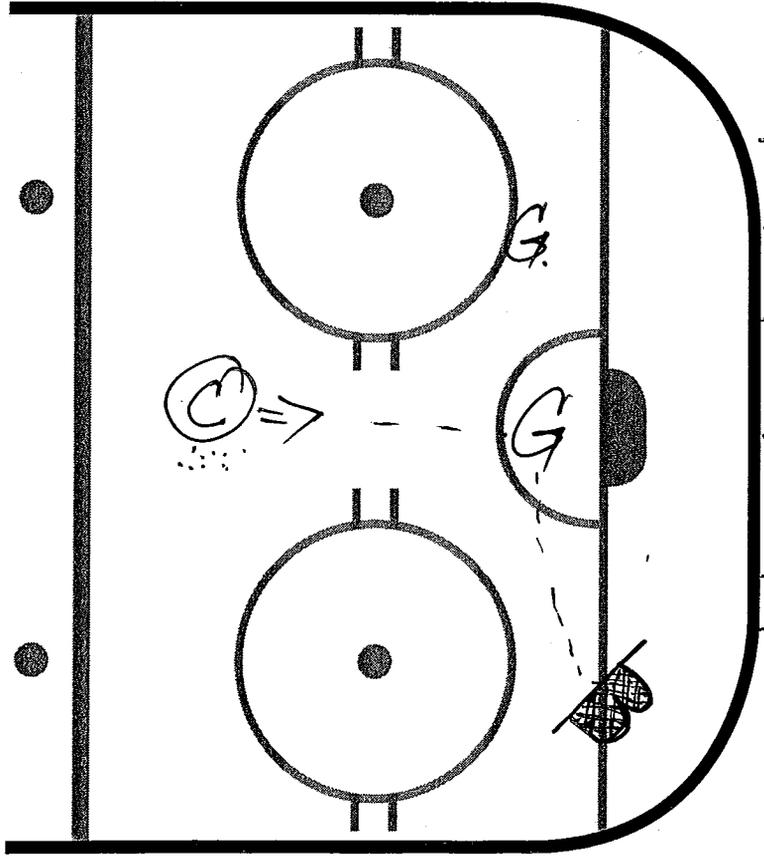


NOTES/COMMENTS  
 Develops G vision  
 Develops Support  
 Develops quick & board passes.

# Goal tender Drill

My Drill: Rebound Goal Game.

- use opposite net on either side.
- object for G is to direct shots into open net to side.
- G gets 1 point for every p directed into open net
- (C) or player shoots p to the side G wants to control & direct to net.
- Keep score.
- change sides after white.



NOTES/COMMENTS  
 teaches rebound control  
 comp. between both goalies.

D.O.T.W.C 2010/2011

Dan Olsen  
 timbercoach@hotmail.com

## CHILLIWACK BRVING

ATTEN: ENIO SACILOTTO

FROM : WILL VERNER (250) 423-3214

RE : Drill of the week

BOOK: It Never Rains In Tiger Stadium  
by John Ed Bradley

QUOTE: If You Ain't the Lead Dog  
the View never changes

Happy Holidays!

Cheers Will

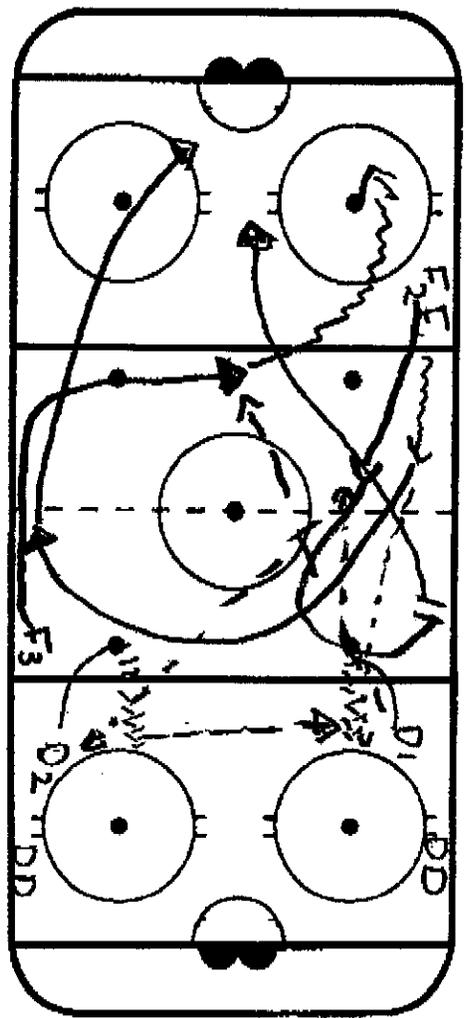
TIME: \_\_\_\_\_ DRILL: SKILL

- D1 and D2 jump out and back pedal into zone.  
 - F1 and F2 leave F, gives puck to D1, D1 bumps it back to F2, F1 takes side route to for well, F2 passes to D2 and anchors well, D2 goes back to D1 F3 stretches, D1 jumps up and picks an option. 3 F's attack F with puck shoots for rebound with 2 F's going to the net. D men go hard to OZ. Can add shots from D

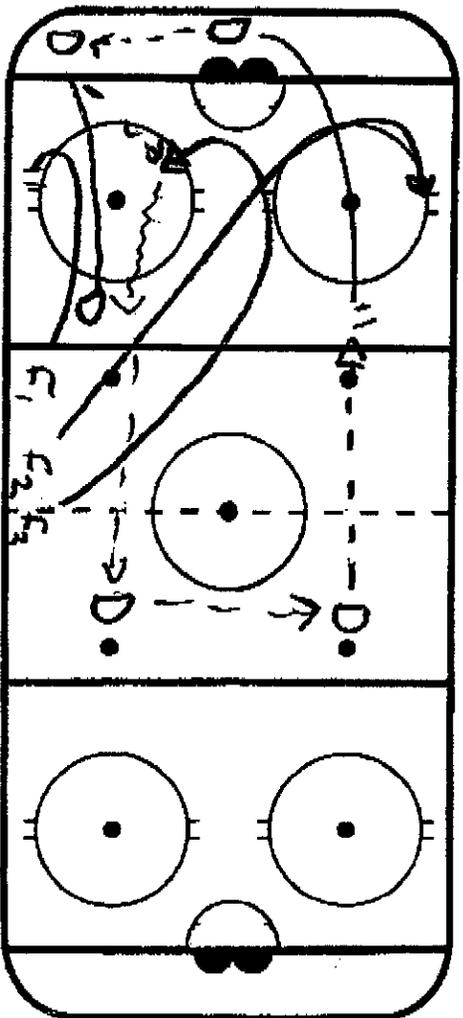
TIME: \_\_\_\_\_ DRILL: Team Play

Dump puck 2 D breakout 3 F's  
 2 more D in NZ  
 3 F's give NZ D puck for regroup  
 NZ D go D to D then back to the 2 D that broke out. Breakout D go D to D the hit a regrouping F  
 F's Dump puck in end change, one F stays to HV D men who are now breaking out 3 new F's changing from the bench. Continuous

3 men NZ



Change Drill w/ HV



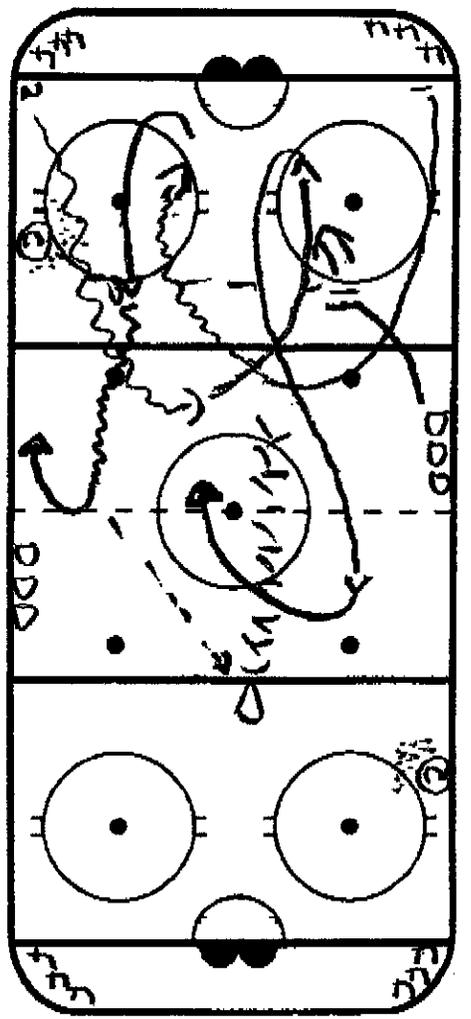
TIME: \_\_\_\_\_ DRILL: FAVORITE

F<sub>1</sub> and F<sub>2</sub> leave with puck swings outside blue line and attack Zone D then jumps in gets a pass from Coach and shoot with F<sub>1</sub> and F<sub>2</sub> of net. After shot F<sub>1</sub> and F<sub>2</sub> breakout get a pass from Coach and regroup with D men. F<sub>1</sub> and F<sub>2</sub> then attack Zone D again with regrouping D men following up for another pass from Coach and shot. Once D men regroup F<sub>1</sub> and F<sub>2</sub> other end starts, Continuous

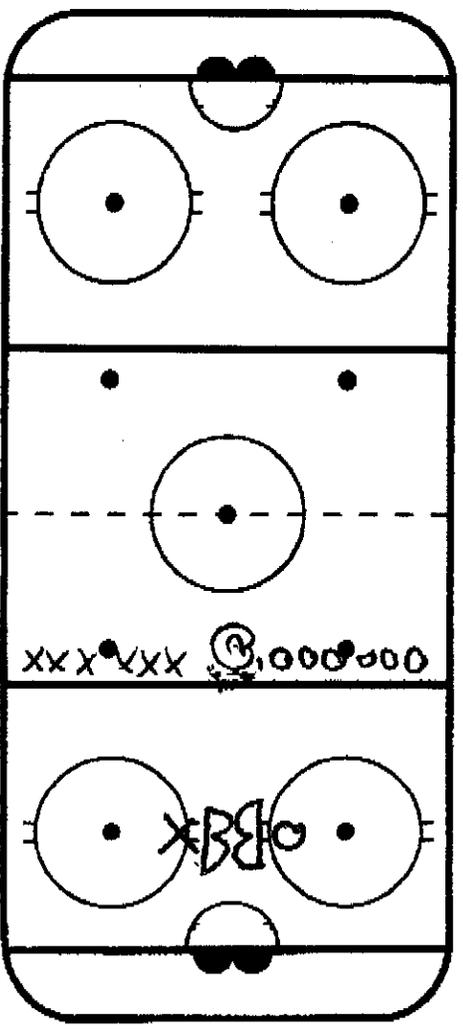
TIME: \_\_\_\_\_ DRILL: COMPETITIVE

Nets back to back in one end O's must try to score on X not end X's on D net. 30 sec shifts on whistle all 6 players head out of zone to clear for next 6. losing team skates

# Detroit Game Day



3 vs 3 1/2 ice nets back to back



To: Enio Sacilotto FAX: 604-792-4656

①

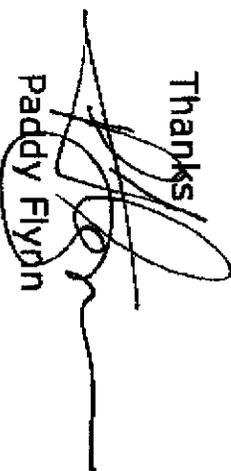
From: Paddy Flynn, Target Hockey Academy Ltd.

Pages: 3

Comments:

Really enjoying the drills and thanks for stay on top of me to get these in Enio.....I appreciate that.

Thanks



Paddy Flynn

902-789.4625

[www.targethockeyacademy.com](http://www.targethockeyacademy.com)

EMAIL: [targethockey@gmail.com](mailto:targethockey@gmail.com)

Four Drills:

1. Team Play - "Development of the 1 - 2 - 2 System"
2. Skill Drill - "2 on 0 Support / Net Drive"
3. Favourite - "Wrap Drill"
4. Fun / Competitive - "End Zone Activation"

Quote:



## Team Play

(2)

### "Development of the 1 – 2 – 2 System"

- The drill runs with 2 D-Men as shown and 2 Outlet Forwards as shown and stay stationary.
- D-Men can only partner pass or to the outlet on their side of the side (example: D1 to F1 or D1 to D2 to F2)
- 3 Forwards in the NZ Ice with Coach (with pucks).
- Drill design is to have the 3 forwards tag up at the blue line to complete three reps. Each time, a different F1.
- Stressing "Strong Post" and "Stick in the Lanes" and "Angle up Boards"
- F2 and F3 reads on F1's work and "Toe Caps"
- Focus on the strong "CAP Offs" and F2 position looking for opportunity to "Crash the Hash"

Diagram #1

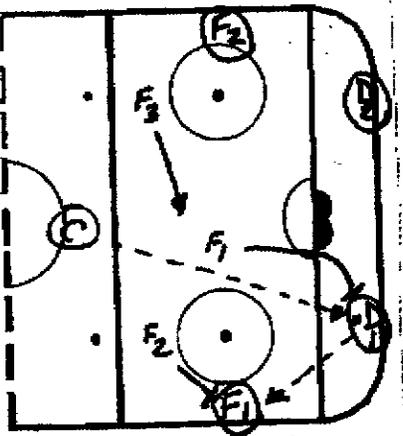
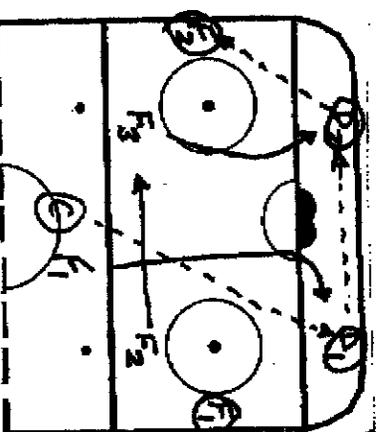


Diagram #2



Coach delivers the puck to D1

F1 provides pressure to try to force of the board. On rim /passed puck F2 "Crashes the Hash" from the "CAP OFF" position.

F3 weak side "Wedge" Support in the slot.

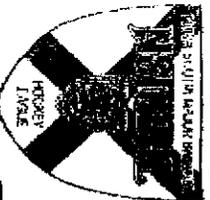
F2 and F3 read and react to what F1 shows.

Repeat of the drill, different situation.

F1 is unable to take away the partner pass.

F3 now forces the play with F2 Rotating across to support and fill the position.

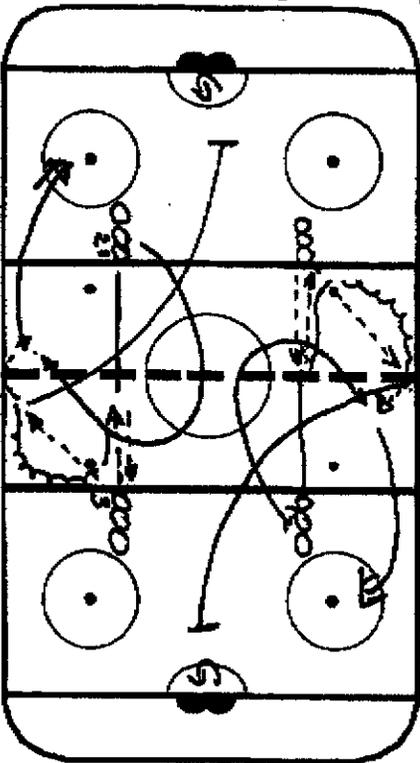
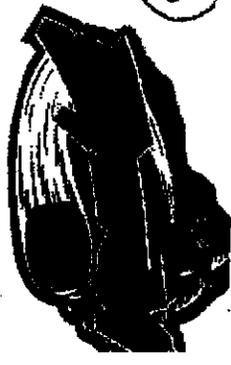
F1 rotates into the F3 (now) position.



PRACTICE #: \_\_\_\_\_ FOCUS: \_\_\_\_\_

DATE: \_\_\_\_\_ PRACTICE TYPE: \_\_\_\_\_

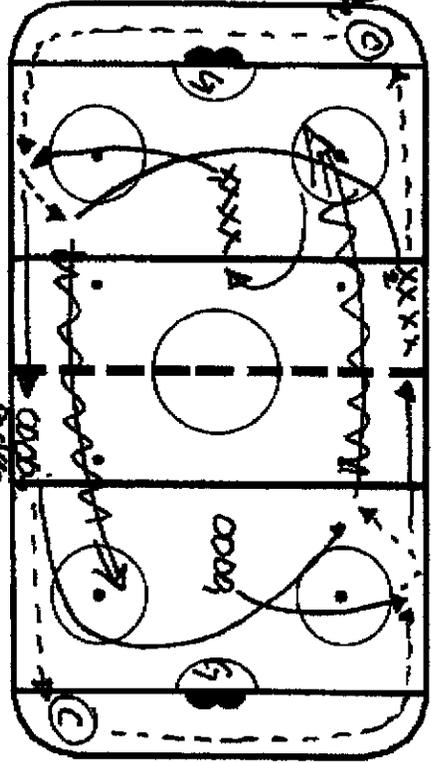
(3)



Notes / Systems Both Sides

Description "20m Support / Net Drive"

- O<sub>1</sub> Others w/out puck O<sub>3</sub> pass (one touch)
- O<sub>1</sub> Flows O<sub>2</sub> Times Arrival for support receiving fore chip or direct pass.
- Execution / Communication on Key Feet of the Drive

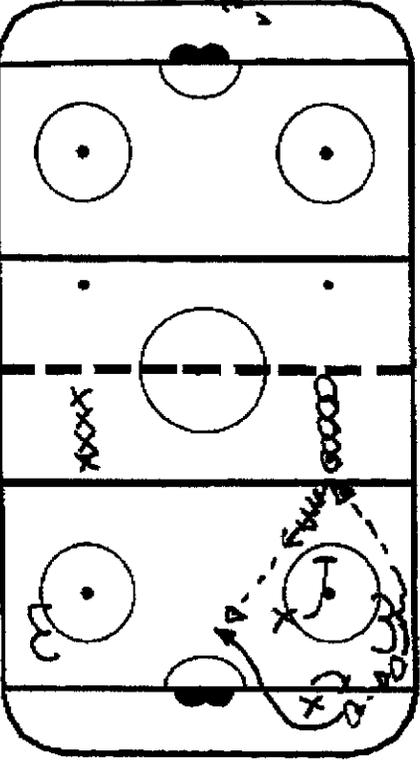


Notes / Systems

"WRAP - Pick up puck on Board Skic"

Description "WRAP DRILL"

- "Great Warmup."
- Working on WRAPS/Support outlets.
- O<sub>2</sub> Passes to C coach control the speed of play
- O<sub>1</sub> Reacts to get puck
- O<sub>2</sub> Reads & Reads w/support
- Good Flow as well



Notes / Systems

"Put something on the drive"

Description "Activation Drill"

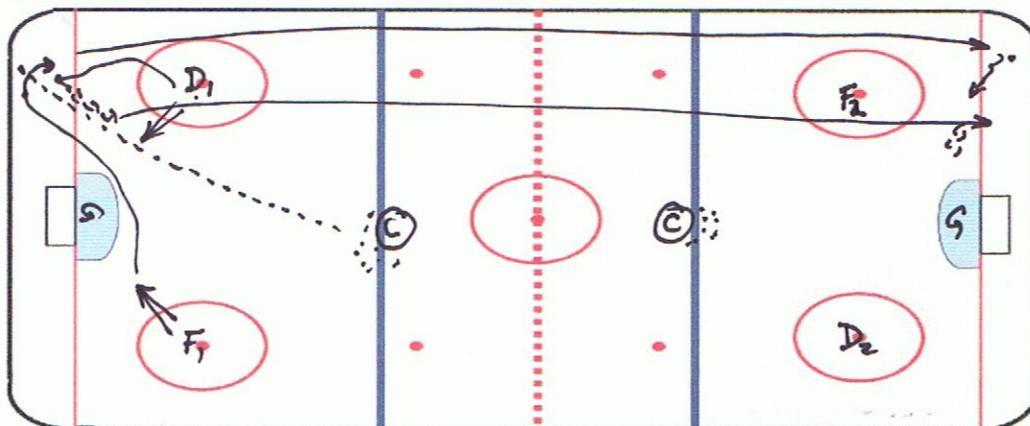
- In an End Zone
- Start w/ 2m 2
- Game for possession & to score.
- On possession that team can activate another teammate w/o to 4 on 4
- Good Fun & Pace

"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"

**DRILL OF THE WEEK**  
**2010-11**

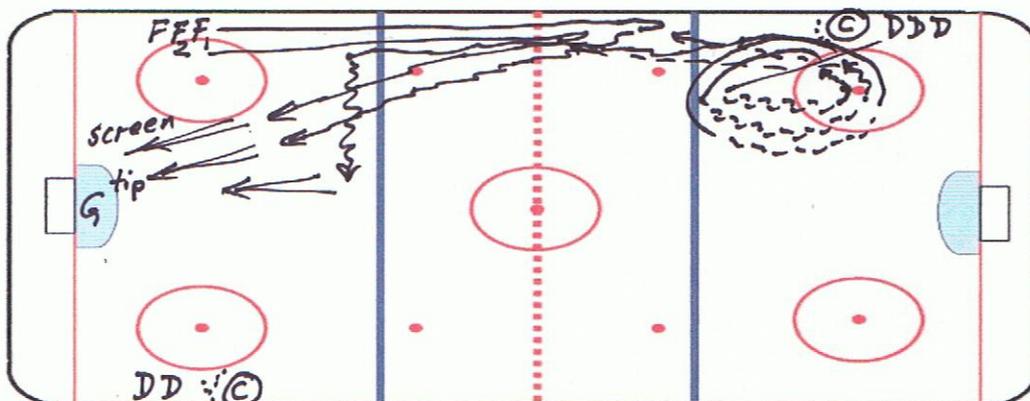
**1) Defensive Drill: 1 ON 1 BATTLE**

- D1 shoots
  - F1 shoots
  - coach chips 2<sup>nd</sup> puck to corner for a 1 on 1 battle, either can score
  - whistle D1 & F1 skate to other end of ice for 2<sup>nd</sup> 1 on 1 battle
- NOTES: both ends the same time, add 2 on 2, 3 on 3, etc.



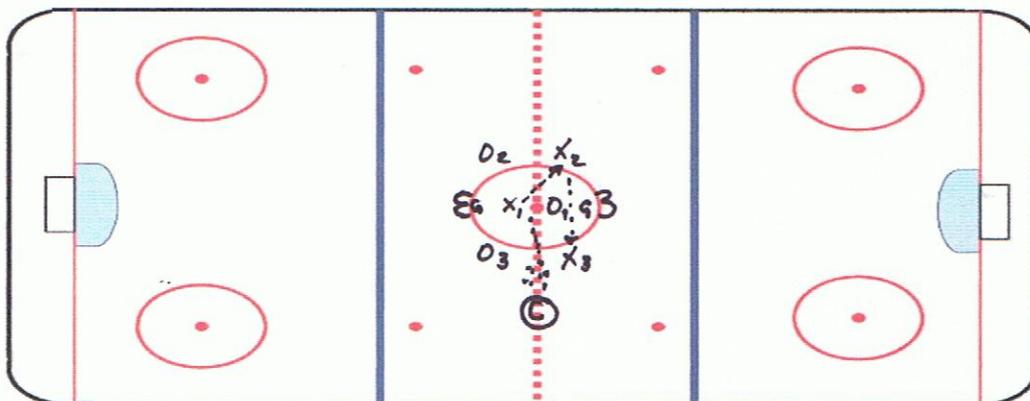
**2) Offensive Drill: 3 SHOT GOALIE WARM-UP**

- D1 up to blueline, pivot bkwd & retrieve puck
- F1 times it down bds. pivots gets pass from D1, attacks net
- D1 retrieves 2<sup>nd</sup> puck
- F2 times it down bds. pivots gets pass from D1, attacks net
- D1 gets 3<sup>rd</sup> puck up ice, walks blueline & shoots
- both ends at same time



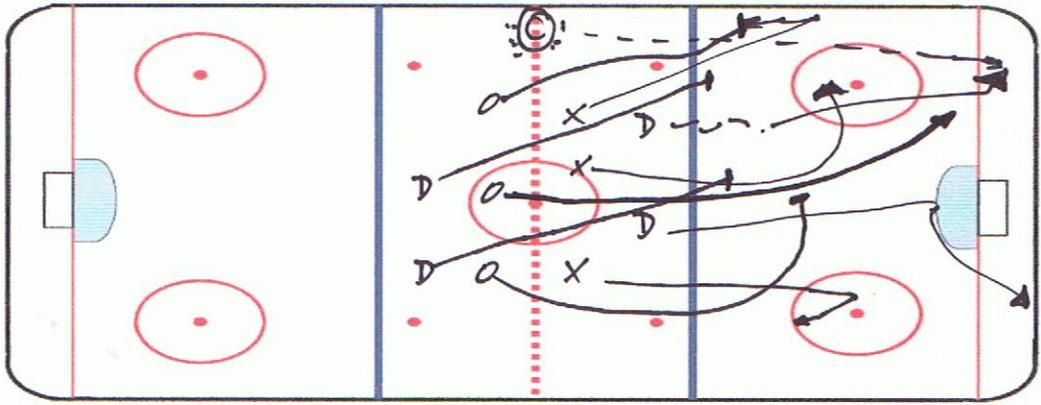
**3) S. White PP Drill:**

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



#### 4) Team FC

- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2<sup>nd</sup> puck so O's FC again vs X's BO



“The only thing that beats hard work is hard working talent.”



# SPRINGFIELD FALCONS DRILL WORKSHEET



THEME

DRILL OF THE WEEK  
CLUB

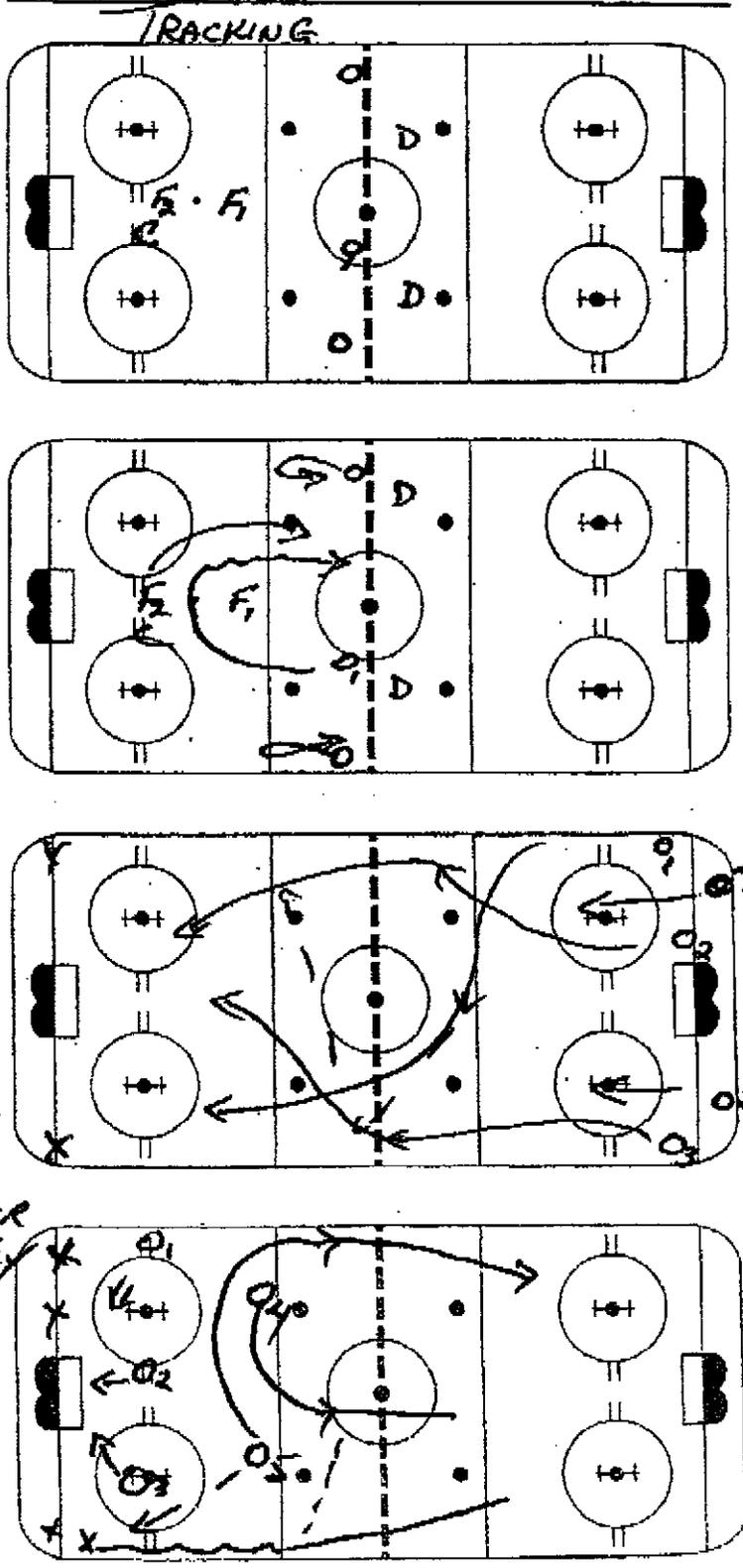
DATE \_\_\_\_\_

POST-PRACTICE COMMENTS \_\_\_\_\_

REASON

ERIC TOLD ME TO

TIME	DRILL
	TRACKING DRILL
	"ABOVE : BELOW"
	"O" LINE IN N.Z. WITH 2 D
	O: NOW SWINGS BETWEEN
	F1 : F2 (WHO ARE TRACKERS)
	WHEN O1 COMES TO GET BACK
	C NOW CALLS OUT "ABOVE" OR
	"BELOW" TO START 1 OF THE
	TRACKERS. PLAY 30W 30W
	DEF ZONE.
	PROGRESSION: SEND 2 : 3
	TRACKERS + 2 OFF. DEF FOR
	30W5 PLAY
	Warm-up Drill
	"3 MAN WEAVE + 2 MORE"
	O'S START @ 1 END & GO
	3 MAN WEAVE W/ SHOT @
	OTHER END.
	ONCE 3-O'S REACH THEIR
	OWN BLUELINE, 2 MORE O'S
	FOLLOW UP (PAIRS PASSING)
	& NOW PASS TO EITHER CORNER
	@ OTHER END. WHATEVER THEY
	PASS TO NOW JOIN'S THEM
	& RETURNS TO OTHER END
	& 2 MORE FOLLOW UP.





# SPRINGFIELD FALCONS DRILL WORKSHEET



THEME \_\_\_\_\_

DATE \_\_\_\_\_

POST-PRACTICE COMMENTS \_\_\_\_\_

REASON SKILL DEVELOPMENT  
FOR DEF. QUICK HANDS & DECISION MAKING

TIME " DRILL "

DBL BACK PASS & SHOOT

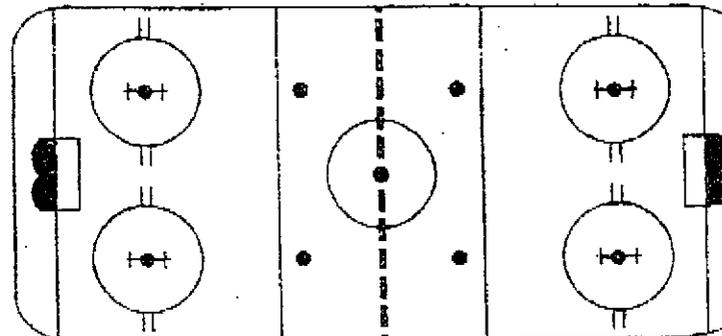
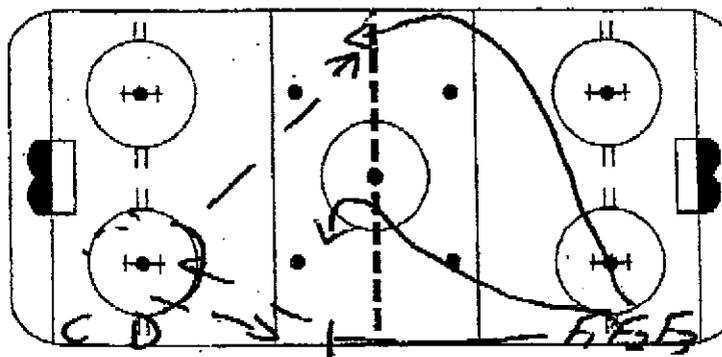
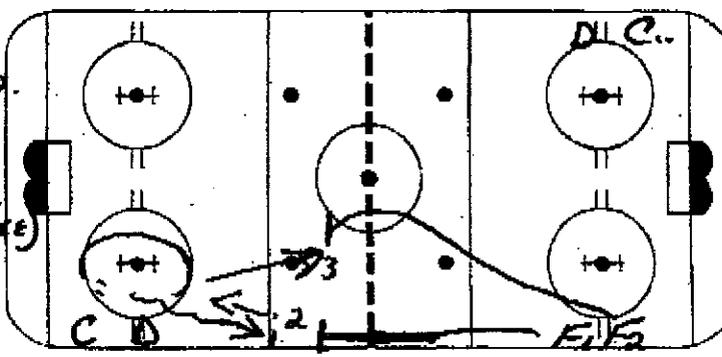
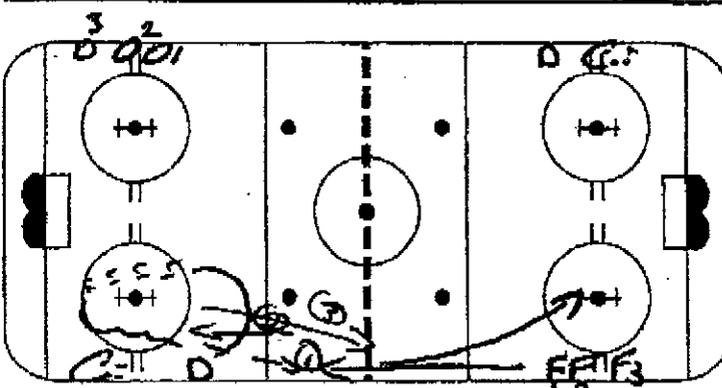
"RULE OF DRILL IS THAT A 2ND PASS MUST ALWAYS GO BACK TO D."

• D STEPS OVER TOP OF CIRCLE & GETS A SPOTTED PUCK FROM C - PASSES TO F, (WHO PASSES BACK TO D AGAIN) & RECEIVES IT BACK & GOES DOWN & SHOOT. D FOLLOW UP.

PROGRESSION 2-0 w/ PT SHOT. (BOTH ENDS @ SAME TIME)

PROGRESSION 3-0 (1 END @ A TIME)

\* DRILL HELPS D LOW FOR 2ND OPTIONS ON 2-0 & 3-0 PASSES.





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: \_\_\_\_\_

# Sweedish Wheel 2v1 SKILL

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_

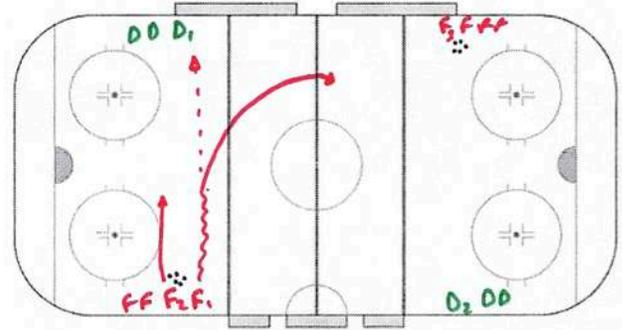


INJURED: \_\_\_\_\_



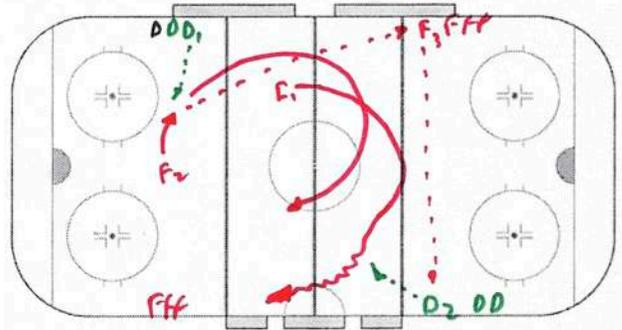
### NOTES:

- F<sub>1</sub> skates w/ puck and passes to D<sub>1</sub>.
- D<sub>1</sub> one touches pass to F<sub>2</sub> coming to mid ice
- 



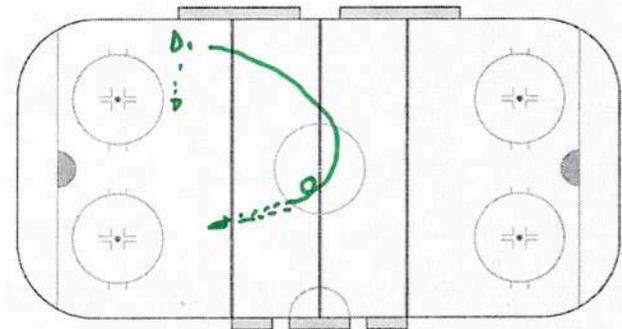
### NOTES:

- F<sub>2</sub> one touches puck to F<sub>3</sub>
- F<sub>3</sub> passes directly to D<sub>2</sub> who then bumps puck up middle to F<sub>1</sub>
- F<sub>2</sub> supports F<sub>1</sub>



### NOTES:

- D<sub>1</sub> closes gap after his pass and takes the 2v1 back to his end.



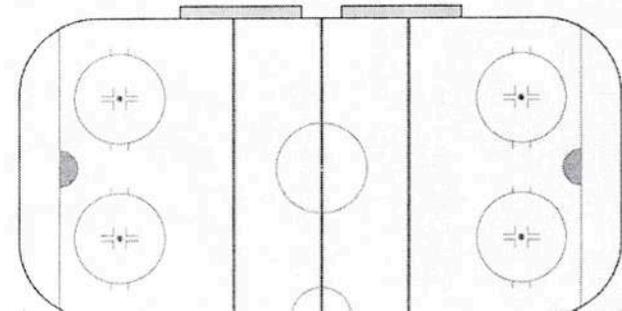
### NOTES:

- Full Drill Drawn.



### NOTES:

- One touch passes → crisp and hard
- F<sub>2</sub> support
- D's close gap on 2v1.



# GOLDEN Puck (Competitive)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

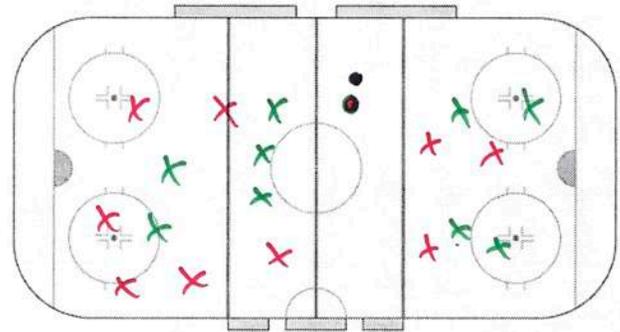




INJURED:

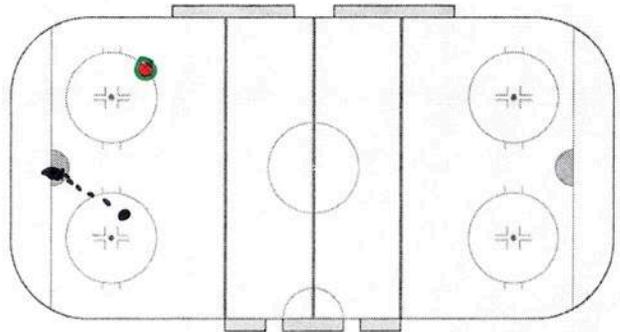
## NOTES:

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



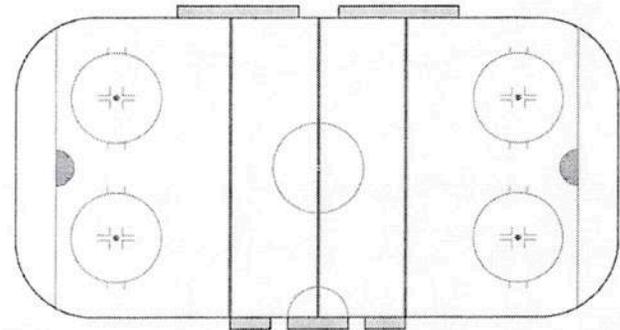
## NOTES:

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



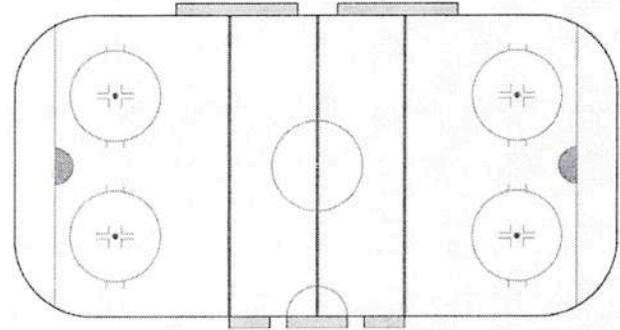
## NOTES:

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

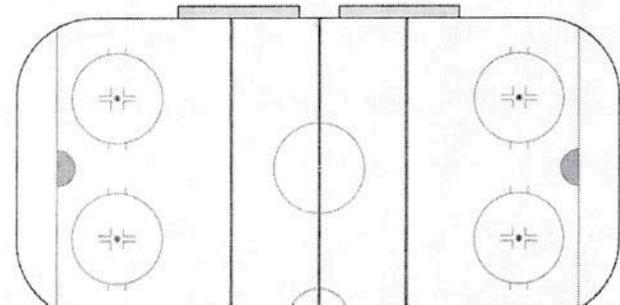


## NOTES:

- Play game to 3 (could last 20min)



## NOTES:



Hamburg 2 vs 1 (FAVORITE)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_ REF: \_\_\_\_\_ SCORE: \_\_\_\_\_

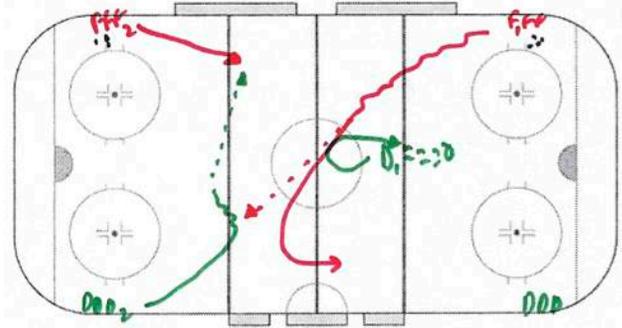


INJURED:



NOTES:

- F<sub>1</sub> starts drill w/puck → skates to opposite end and passes to D<sub>2</sub>
- D<sub>2</sub> passes to F<sub>2</sub> breaking up-ice
- D<sub>1</sub> takes 2 vs 1 back.



NOTES:

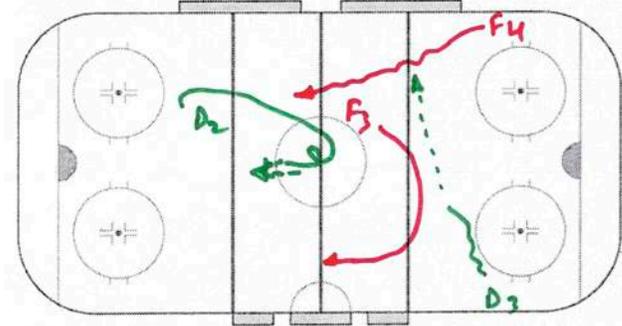
\* Drill Continues \*

- D<sub>2</sub> does give and go pass w/F<sub>3</sub> then D<sub>2</sub> heads up mid-ice to close gap.
- F<sub>3</sub> passes to P<sub>3</sub>



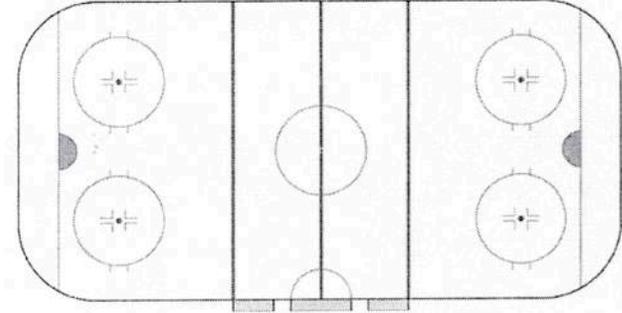
NOTES:

- D<sub>3</sub> passes to F<sub>4</sub> breaking up-ice.
- F<sub>4</sub> and F<sub>3</sub> take 2 vs 1 on D<sub>2</sub>



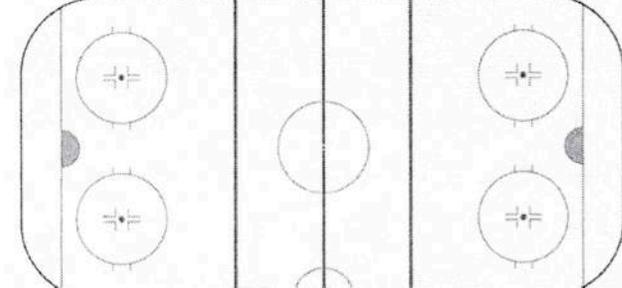
NOTES:

- Continuous Drill
- crisp passes } Forward.
- timing } Keys \*



NOTES:

D<sub>i</sub> → CLOSE GAP → MAKE QUICK AND CRISP PASSES



DATUM: \_\_\_\_\_

2 Puck → Break-out → No SHOT (Teamwork)

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_



INJURED: \_\_\_\_\_



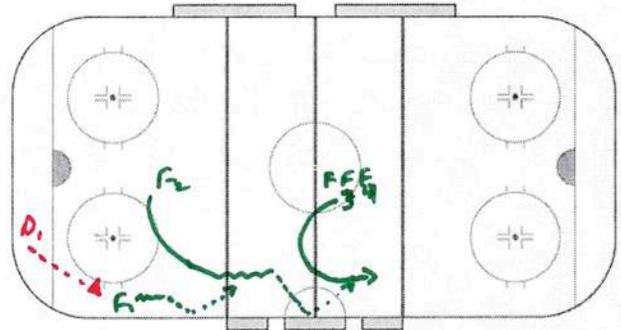
NOTES:

- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F<sub>1</sub> starts w/ puck and dumps to Goalie. → then Supports Break-out
- D<sub>1</sub> retrieves puck for Break-out



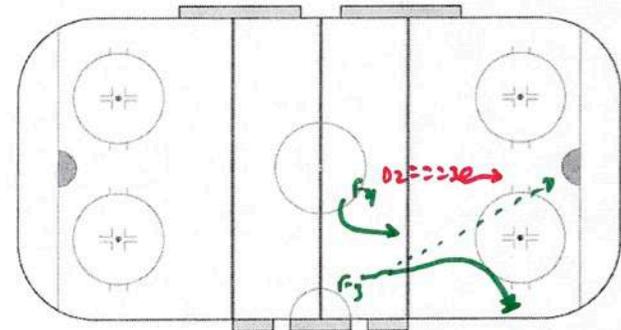
NOTES:

- D<sub>1</sub> breaks-out to F<sub>1</sub> then returns to line.
- F<sub>1</sub> chips past simulated pinching D.
- F<sub>2</sub> supports chip then chips to F<sub>3</sub>



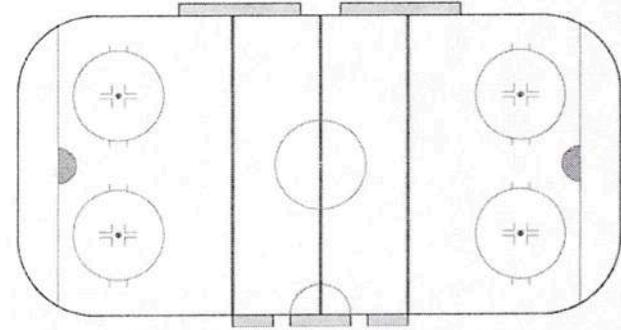
NOTES:

- F<sub>3</sub> continues drill in opposite direction with F<sub>4</sub> and D<sub>2</sub>.



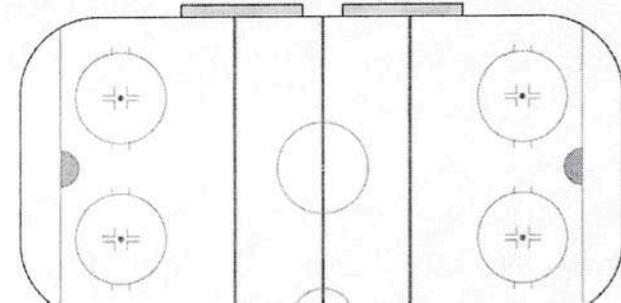
NOTES:

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



NOTES:

- \* Two Puck Drill → no shots on net (only dumps to Goalie) \*
- Good warm-up / Break-out Route drill \*



# Fax

To: Enio From: Terry Rhindress Acadie Bathurst Titan

---

Fax: 604-792-4656 Pages: 3

---

Phone: Date: Jan 01, 2011

---

Re: Drill of Week Club cc:

---

Enio,

Very sorry didn't get these to you in December was a busy month.  
Thanks for all you work putting this together.

Book:

The 360 Degree Leader  
John Maxwell.

Quote:

Those who makes excuses all the time, seldom succeed.

Author: Unknown.

Best of luck to everyone in 2011, good luck through the playoff stretch.

Terry Rhindress  
Asst Coach Le Acadie Bathurst Titan  
506-874-0744 ( cell )



---



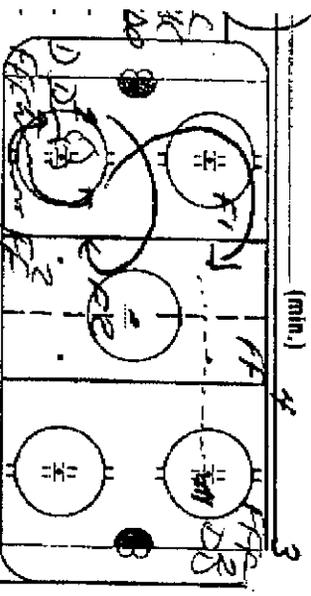
# Atlantic Centre of Excellence Centre d'Excellence de l'Atlantique

125 Station Street, Saint John, NB • E-L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641  
E-mail: [acoehoc@nbnet.nb.ca](mailto:acoehoc@nbnet.nb.ca) • [www.canadianhockey.ca](http://www.canadianhockey.ca)



2 vs 1 Continuous

- F1 starts up the wall and drops the puck for F2 who will
- Come down the wall, then they will attack D1, 2vs1 down low
- Then F1&F2 will come outside the blue line to get a pass from D2
- Out of the far corner and attack 2vs1 again, then the other end starts
- 2vs1 down low, then gets pass from D in other end and attacks, this is
- Continuous.

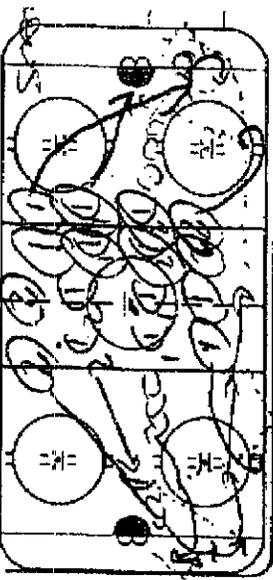


Key Execution Points (KEP)/Points clés d'exécution :

Offense

- D1 retrieves puck in corner & reverses with 2, 2 then passes to
- D2 who one touches to 1 who will dip puck off glass for 2 who
- Skates to red and places the puck in the corner, then this is continuous.

Teaching Points (KTP)/Points clés d'enseignement :

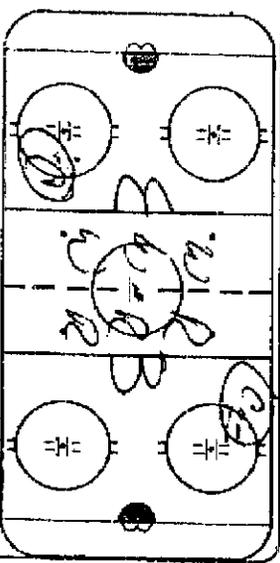


Key Execution Points (KEP)/Points clés d'exécution :

Offense

- Writes vs Reds in neutral zone, the nets are on the blue lines. They play
- Until hear coaches whistle and they will change. There will be coaches
- Inside each blue line to feed new puck when one goes out of play or there
- is a goal.

Key Teaching Points (KTP)/Points clés d'enseignement :



Key Execution Points (KEP)/Points clés d'exécution :

*"Partners in Hockey Development"  
"Partenaires au Développement du Hockey"*



**HOCKEY**  
NOVA SCOTIA



CANADA

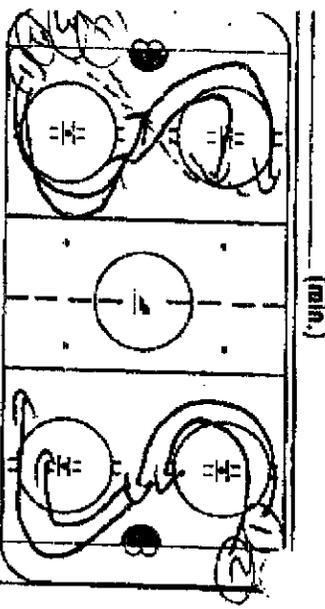


**Centre d'Excellence de l'Atlantique**  
 125 Station Street, Saint John, NB • E2L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641  
 E-mail: [aceehoc@nbnet.nb.ca](mailto:aceehoc@nbnet.nb.ca) • [www.canadianhockey.ca](http://www.canadianhockey.ca)



Flow Shooting

Drill starts on coaches whistle. 1 & 2 from both ends will leave, go around top of circle and shoot, continue around the next faceoff dot low and get a pass from the next two players in line. First player will drive wide and second player will time and do middle drive with 1 there for a rebound after he shoots. Players are to stop at the net after shooting.



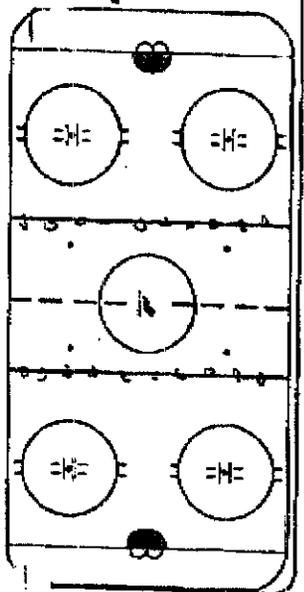
Key Execution Points (KEY/Points clés d'exécution):

**Time/** Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

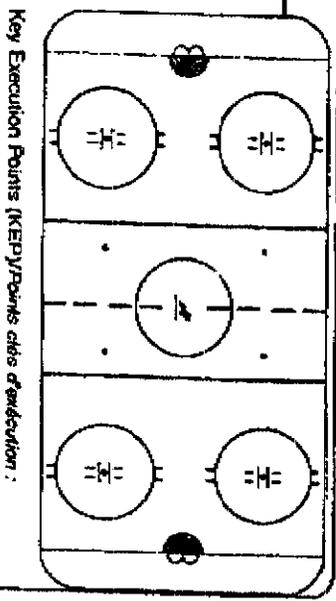
All players on bench on coaches whistle it begins

If you score you come right back to bench to release other Player, if you don't you have to set puck back on blue line then to bench to release other player. Losing team can untie the winning teams skates for example. First team to score all 10 pucks wins



Key Execution Points (KEY/Points clés d'exécution):

**Time/ Temps :** Drill Name/Exercice :



Key Execution Points (KEY/Points clés d'exécution):

Key Teaching Points (KT/Points clés d'enseignement):

*"Partners in Hockey Development"*  
*"Partenaires au Développement du Hockey"*





# Practice Plan

Team: Enio's Drill of the Week

Practice No.: \_\_\_\_\_

Date : 2010-2011

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

Version No.: \_\_\_\_\_

Prepared by: Bobby Fox

## Objectives / Main tasks :

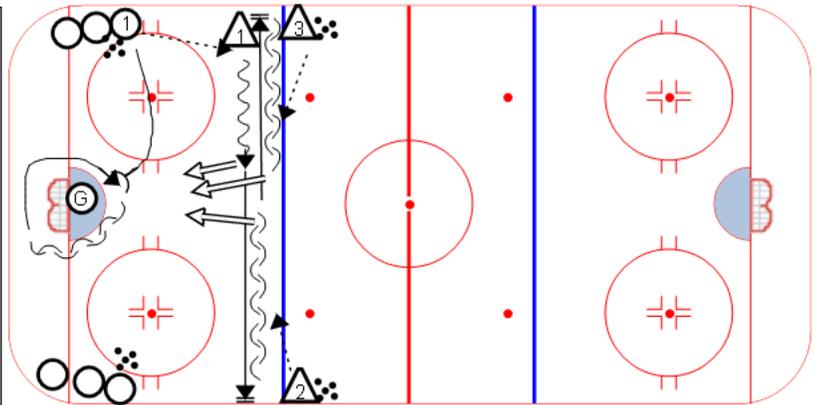
Skill - Wheelhouse Sprint & Shoot  
 Team - USA U18 - 2v1 Cont.  
 Fav - Panthers Combination Drill  
 Fun - Transition Game  
 Quote - "You get the best out of others when you give the best of yourself"

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Wheel House Sprint & Shoo Category #1 :  Category #2 :

### Description

- 1) O1 passes to D1
- 2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
- 4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
- 5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



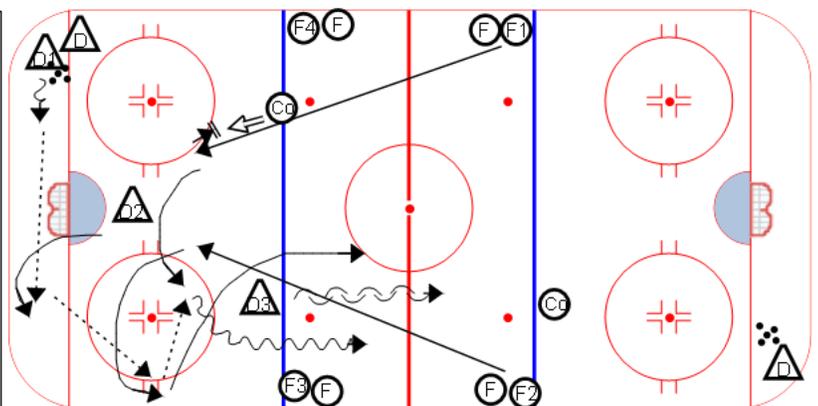
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : USA U18 - 2v1 Cont. Category #1 :  Category #2 :

### Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

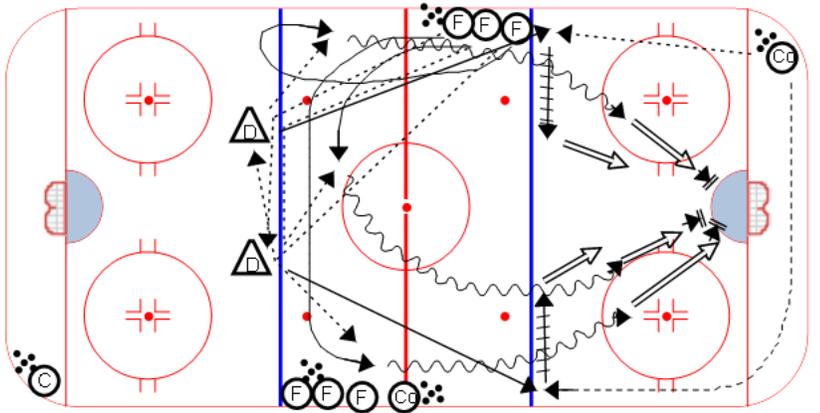
Title : Panthers Combination Category #1 :  Category #2 :

**Description**

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



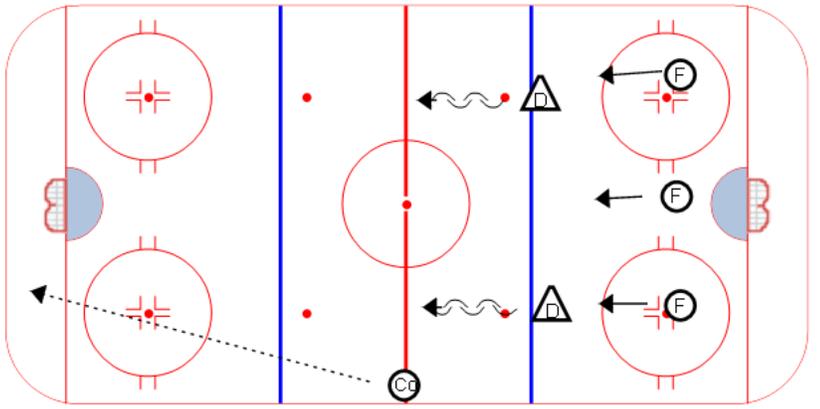
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once both D get their shots off. A puck is shot back down in the original zone and all 5 players do a breakout.



Key points :

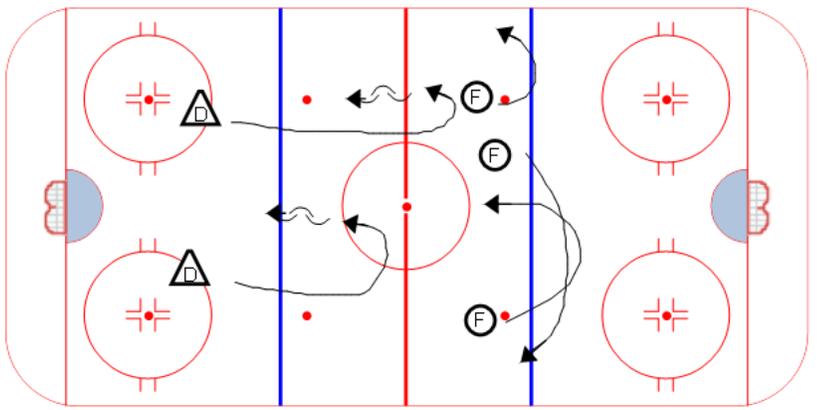
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Panthers Combination (seq) Category #1 :  Category #2 :

**Description**

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



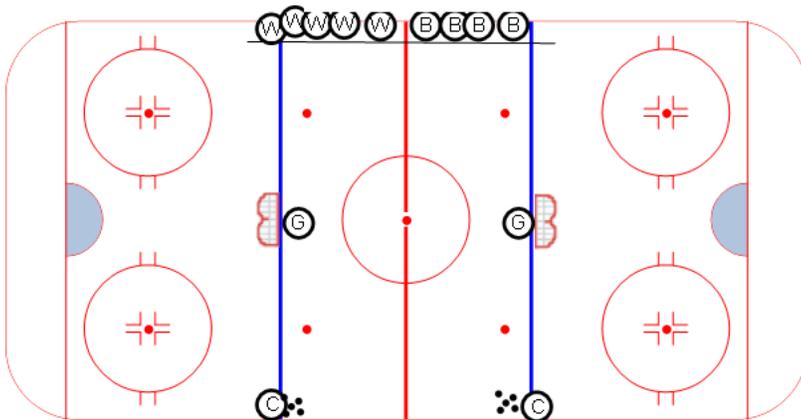
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Transition Game Category #1 : Competitive Game Category #2 : Transition

**Description**

3v3 game in the NZ, rest of players on bench.  
 -if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)  
 -on first whistle, players race to benches  
 - on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck  
 KTP - speed & transition, head on a swivel, "think" the game  
 KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points : \_\_\_\_\_



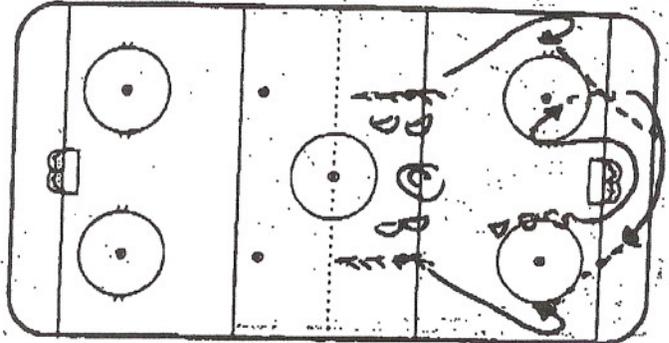
# Canadian Hockey Coaching Program

"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"



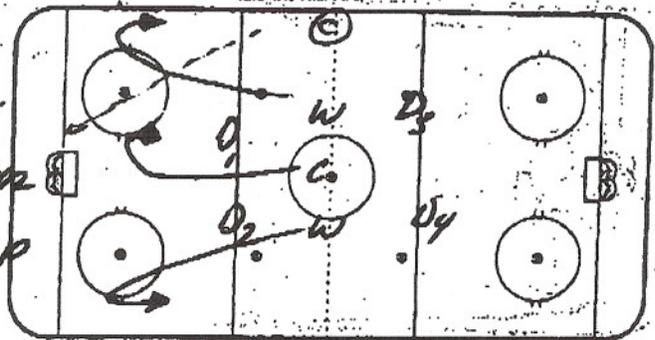
TIME DESCRIPTION KEY POINTS

- ① SKNI DANI USING THE NET
- ① Dumps in:
  - ② BLADES TO RECEIVE PASSES - AROUND NET
  - ③ THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



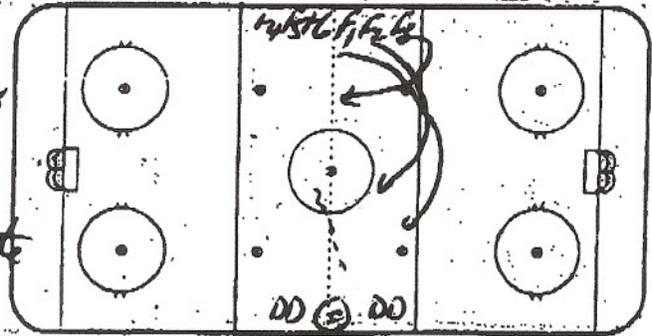
TIME DESCRIPTION KEY POINTS

- ② TEAM PLAY DANI NZ LEADUP ON WHITE
- ① Dumps - (5) PASSES UNIT
  - ② ATTACK D3-D4 - 5V5
  - ON WHITE TEAM AND LEADUP WITH D1-D2
  - THEN RE-ATTACK D3-D4
  - \* WATCH FOR PROPER LEADS ON LEADUP
  - ③ DICTATES NUMBER OF LEADUP
  - ④ ACCORD TO SUB D1-D2 RELEASE



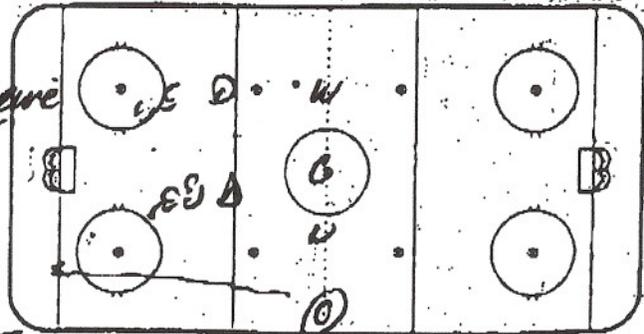
TIME DESCRIPTION KEY POINTS

- ③ 3V5-3V1 3V2 CONTINUOUS
- ① SPOTS PUCK IN NZ FIRST ATTACK 3V5
  - ② SPOTS 2ND PUCK - D JUMP IN - 3V1
  - ③ SPOTS 3RD PUCK D12 JUMP IN 3V2
  - ONE FIRST UNIT CROOKS LED ON 3V2
  - NEXT UNIT COMMENCES 3V5
  - ④ CONTINUOUS



TIME DESCRIPTION KEY POINTS

- ④ Few/Competitive
- ① VARIETY OF DUMPS
  - ② BACK TO RETRIEVE
  - ③ PUCKS FR. D MEN
  - ④ PT IF D MEN SHOOT PUCK OUT
  - ⑤ PT IF D GOAL OUT
  - ⑥ PT IF PUCK'S GOIN OR CATCH
  - ⑦ PT IF PUCK STOP
  - ⑧ GAME TO 15/15
  - LASTE WHITE HANNERS SHOTS
  - AFTER MATCH-E PUCKS IN D MEN





**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**

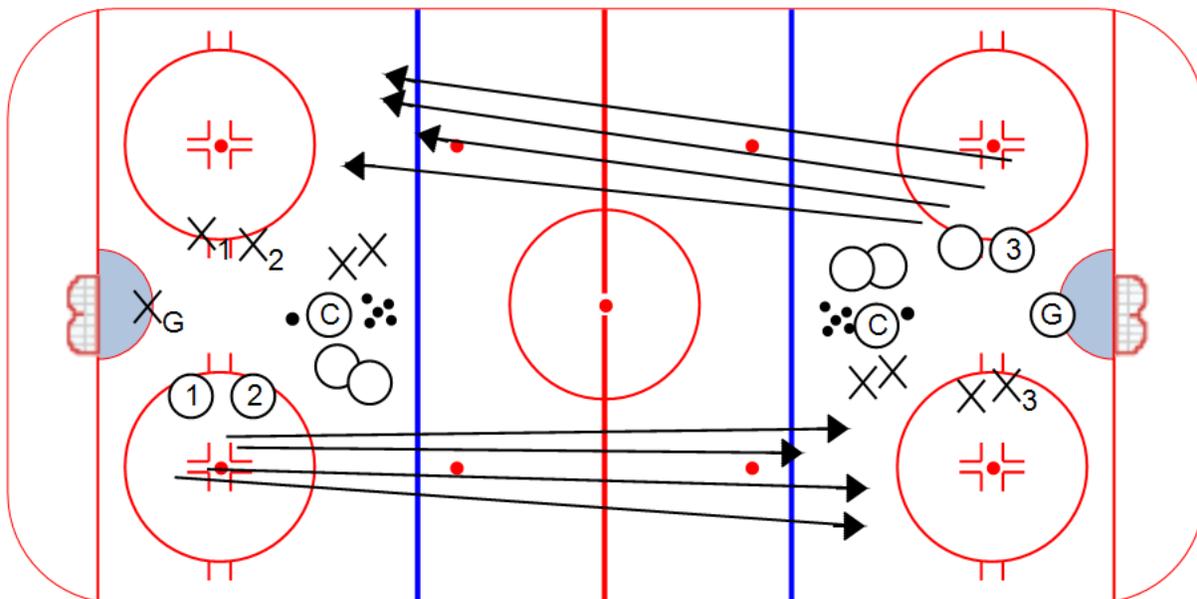
Title : Habs 2vs2 x2

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.

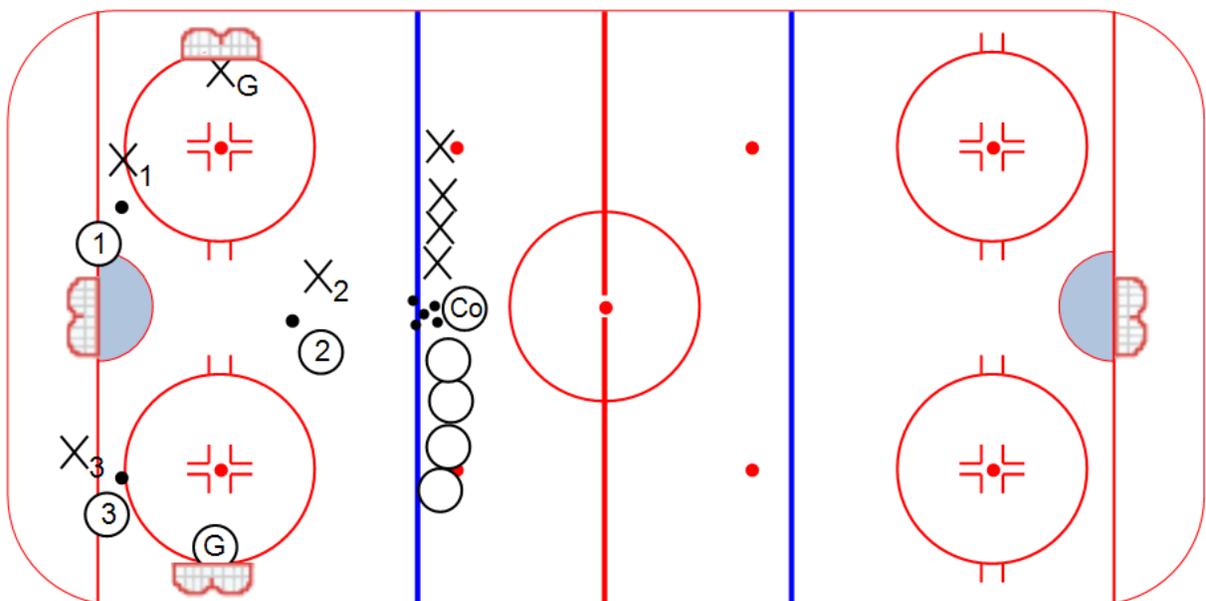
Title : 1v1, 2v2, 3v3

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.

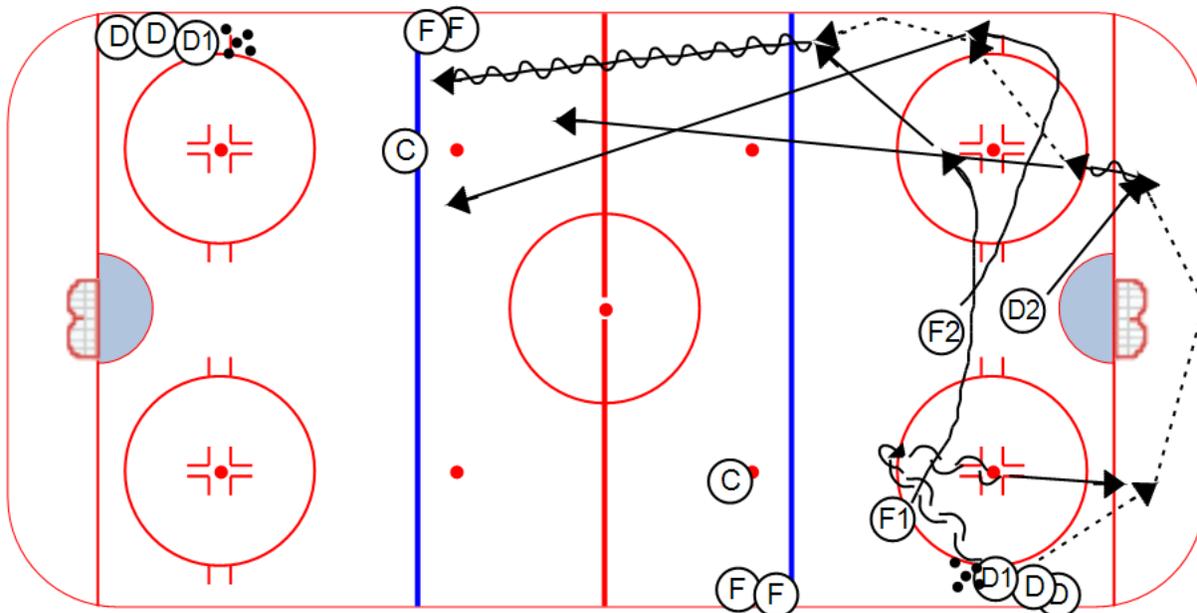
Title : D/Z B/O W/U

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 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





## Sports Motivational Quote

*"Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it."*

Lou Holtz, Football Coach

## Team Building

### Water Hold

**Equipment required:** 30 gallon rubber garbage can, water, and stopwatch

**Description:** Divide the group into two or three teams. Players lie on their backs in a circle with their legs and butts pressed tightly together with feet up in the air to form a pedestal. Group leaders fill a 30 gallon garbage can with ice water and place it on the team's "pedestal", balancing the can for a few seconds until the team is ready. Players must balance the can using only their feet. Teams are timed until the can completely spills.

If after five minutes the can has not spilled, players must take their shoes and socks off while holding up the can. While taking off his/her shoes and socks no player may touch the can with his/her hands. Once each player has removed his/her shoes and sock, the team is finished. If two or more teams reach the five minute limit, the team that gets their shoe and socks off the fastest – wins.

## Recommended Book

**How to Succeed in the Game of Life:** 34 interviews with the world's greatest coaches.

From the Office of:

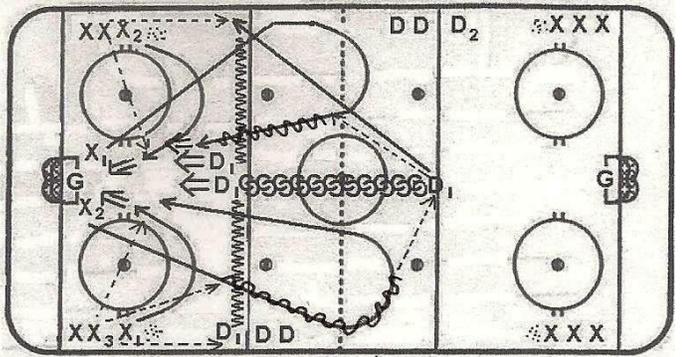
*Terry Ewasiuk*

**Head Coach**  
Portage College Voyageur's ACAC Hockey  
Lac La Biche, Alberta  
Cell: 780-991-8648

**DETROIT GAME DAY 5 SHOTS WARM-UP DRILL**

**SKILL DRILL  
ALTERNATE ENDS**

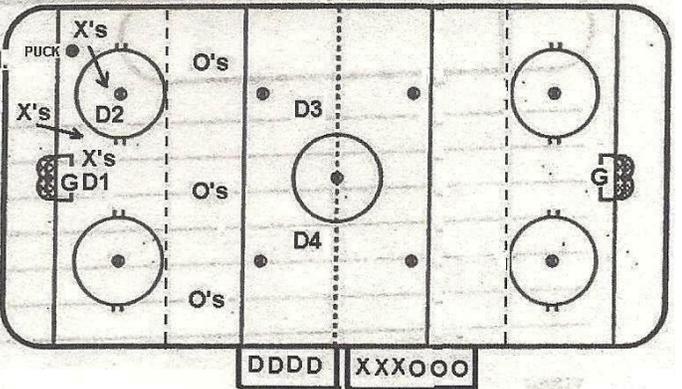
On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass from a corner and skate into the neutral zone to regroup with D1 who returns the pass. X1 and X2 skate back into the zone for a shot. X1 and X2 screen the goalie and D1 receives a pass from the corner, drags to the middle and takes a second shot on net.



**RUSSIAN 3 ON 2 CONTINUOUS**

**Great flow drill.  
Excellent offensive drill.**

On the coach's whistle X's battle D1 and D2 below the top of the face-off circle (imaginary line). The d-men try to regain possession of the puck to break-out the O's forward line. The O's will then attack D3 and D4, 3 on 2, back to the other end. The X's now skate off the ice and a new forward line skates into position so that D3 and D4 can break them out against a new defensive pairing going back in the other direction. The O's can't go below the imaginary line to help the defencemen.

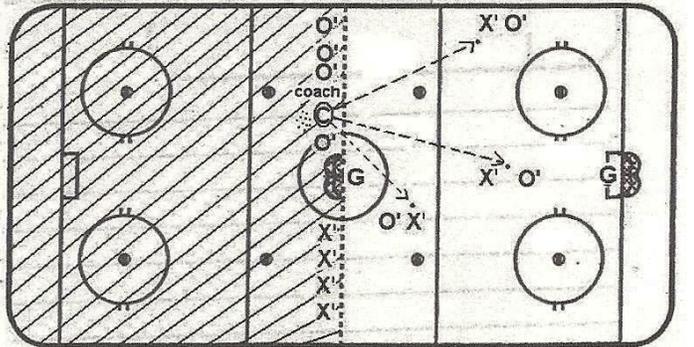


**1/2 ICE - 3 ON 3 DRILL**

**FAVORITE DRILL  
KEEP SCORE  
LOSERS SKATE**

Move one net to the center ice red line. Then make-up two teams that will have three one-on-one battles on the 1/2 ice area at the same time using three pucks. As each puck is scored those two players can now skate over and help their teammates. This can lead to 2 on 2 battles, 2 on 1 battles and eventually a 3 on 3 battle. After the last puck is scored replace the six players.

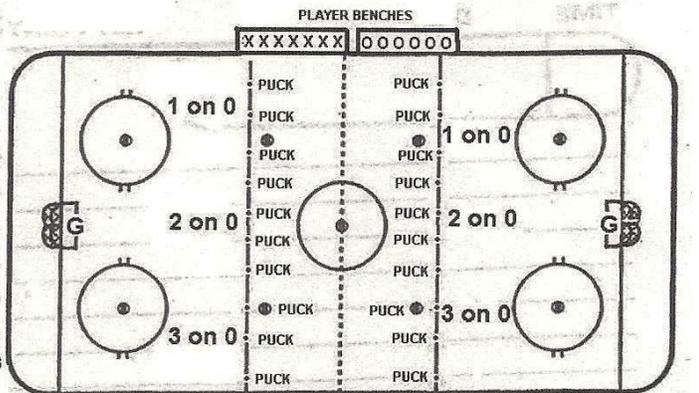
The coach will spot the players 3 pucks in different locations.



**10 PUCK - FUN DRILL**

**Losers do a skating drill.**

Two teams each in it's own bench. 10 pucks are placed on each blue line. On the whistle the first player leaves the bench and tries to score. If he scores then two new players (2 on 0) try to score. If they score then three new players try to score. When all three players score the drill reverts back to one player and it starts all over again. If at anytime a goal isn't scored the drill reverts back to one player. The drill continues until all the pucks have been scored. The first team to score all 10 goals wins.



## Drill of the Week Club 2011

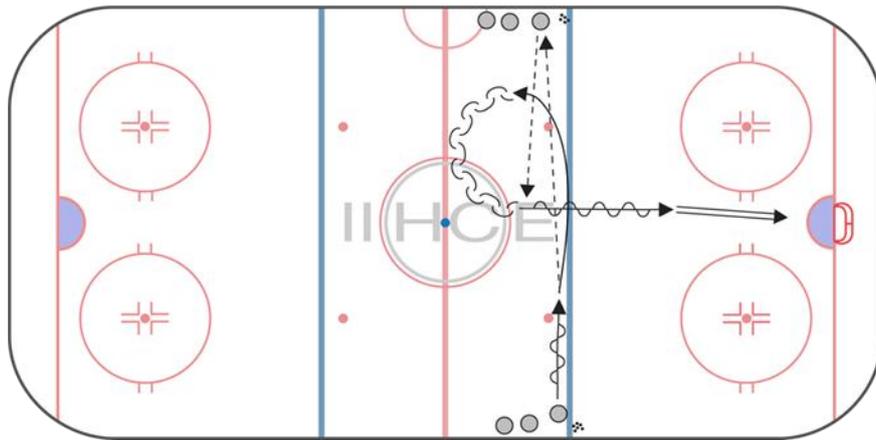
Hi Enio,

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:

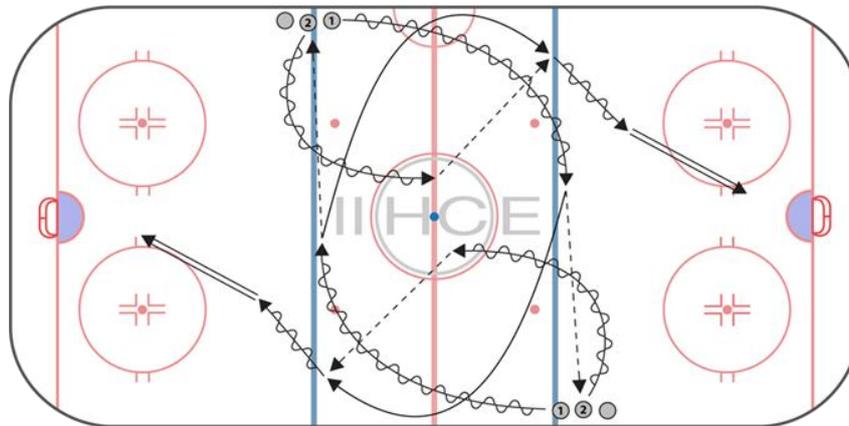
Blade square - show a target

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:

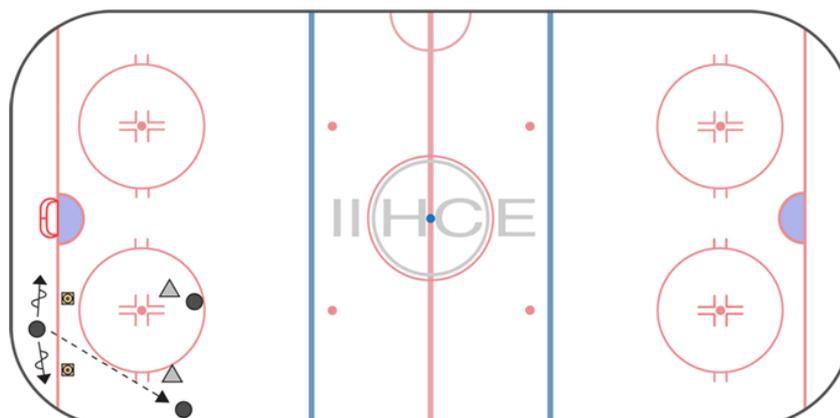
Blade square - show a target

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.

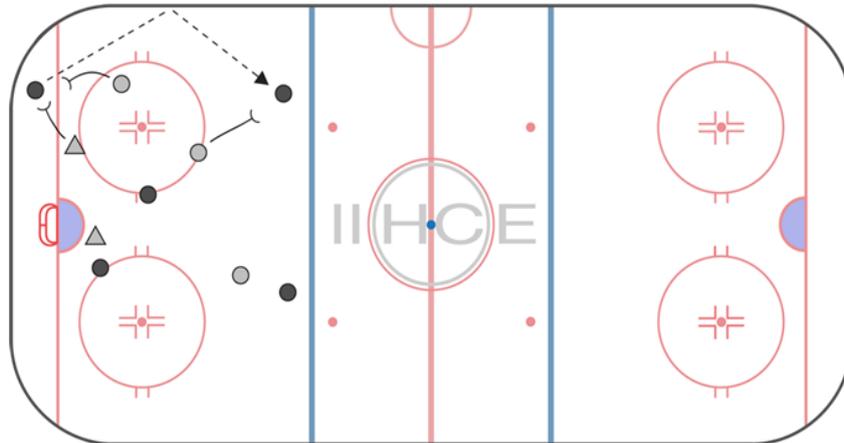
**Key Points:**

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



ICE HOCKEY AQUILE F.V.G.

Via Mazzini 103  
33016 Pontebba, Italy



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

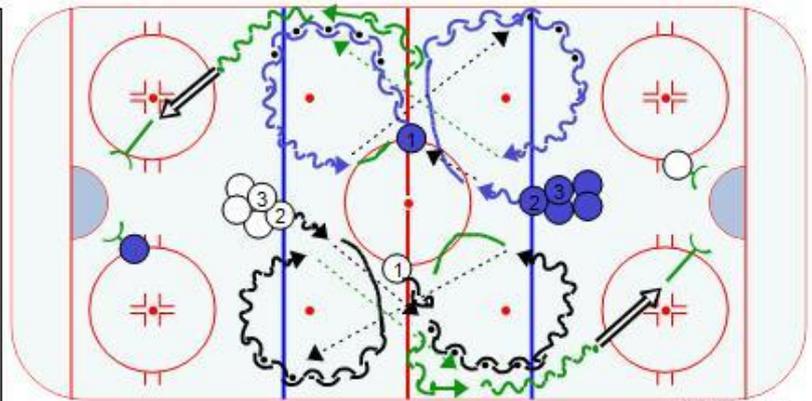
O1's begin the drill by skating out towards RL and pivoting backwards.

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

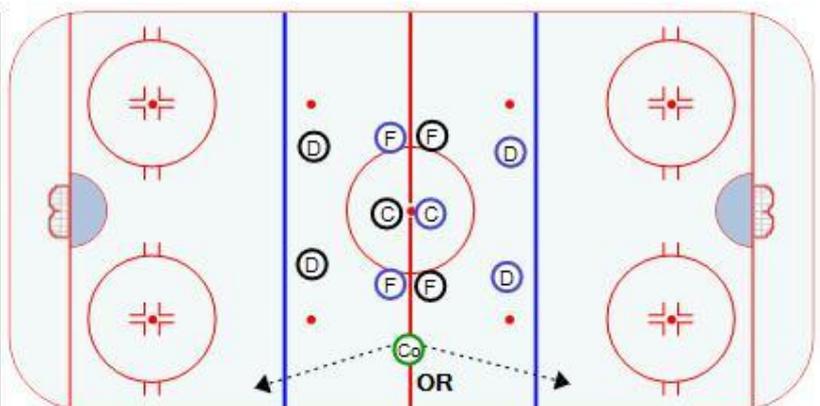
### Description

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

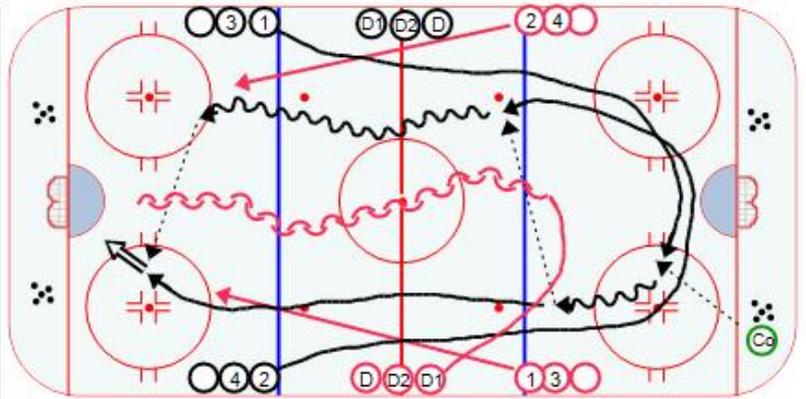
Components : Backcheck to the House

**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 :

Four empty rectangular boxes for key points.

Title : To The House 2 on 1 (seq

Content elements: Speed 2 on 1

Components : Backcheck to the House

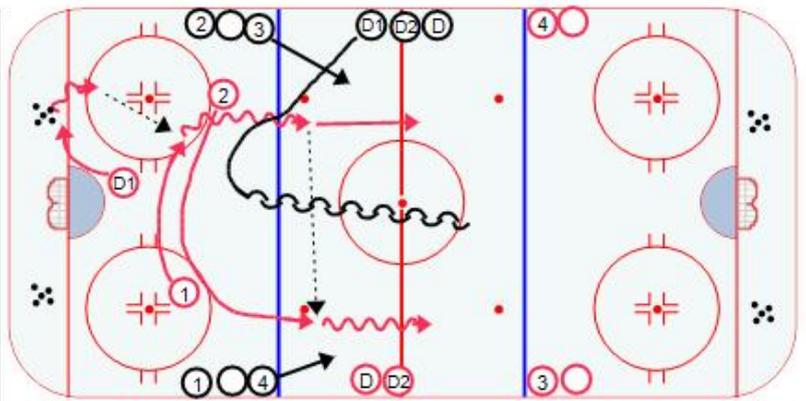
**Description**

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 :

Four boxes for key points: 'Option: 1 puck drill con', 'D - Follow up rush', 'F's back press', and 'Speed 2 on 1'.

Title : 1-0, 2-0, 3-0 Shootout Gam

Content elements: Scoring

Components : Fun Competition

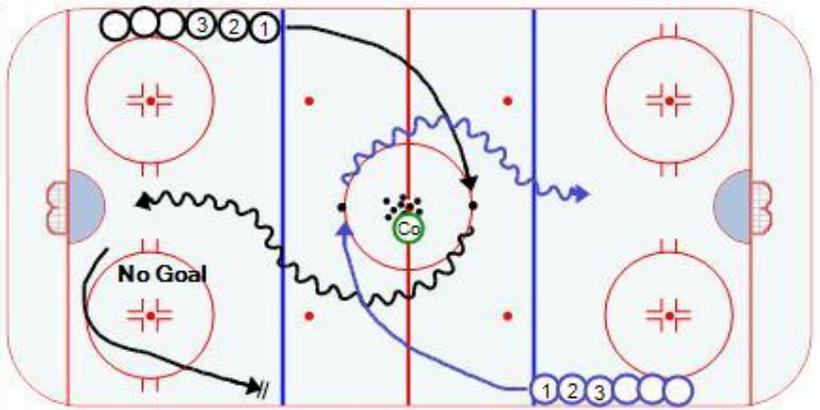
**Description**

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 :

Four boxes for key points: 'Play til 8 or 10', 'Losing Team 2 - Laps', and two empty boxes.

**Categories**

Collective tactics

**Drill Title :** FULL ICE WARM UP

full ice warm up

**Components :** FWDS / D'S ALL ONE END

**Content elements :**

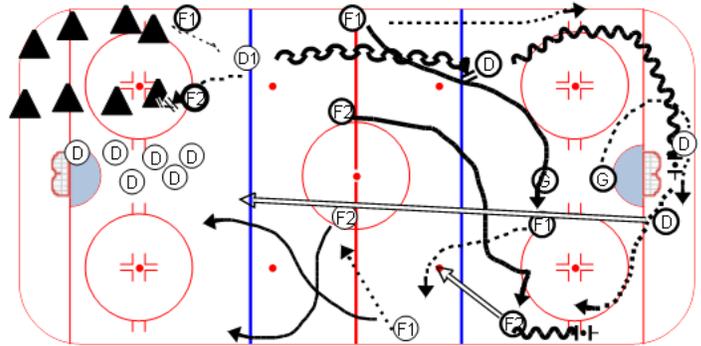
**Description**

F1/F2 Pepper pass with D1 till red line;  
F1 must hard rim to goaltender who  
stops puck behind net

D1 has pivoted and wheels...and passes  
to F2 who passes to F1...change lane to  
other end

while D1 sprints to far blue line.  
(whistle drill)

**Key Points**

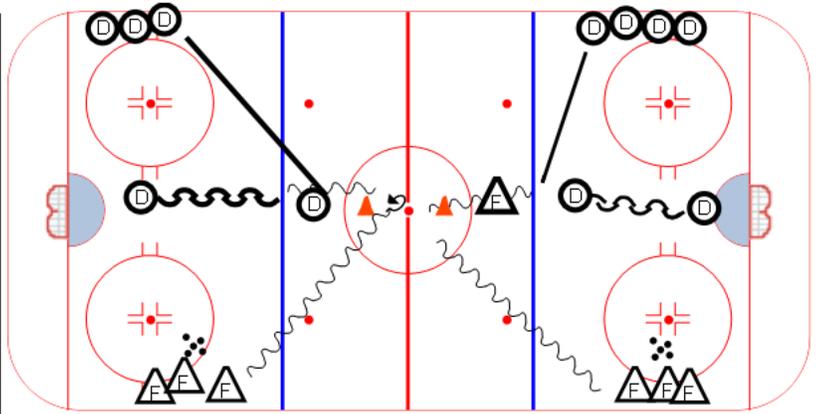
**Title :** GAP DRILL PART I

**Category #1 :** Quick Feet D-man drill

**Category #2 :** Def drill

**Description**

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



**Key points :**

**Title :** GAP DRILL PART II

**Category #1 :**

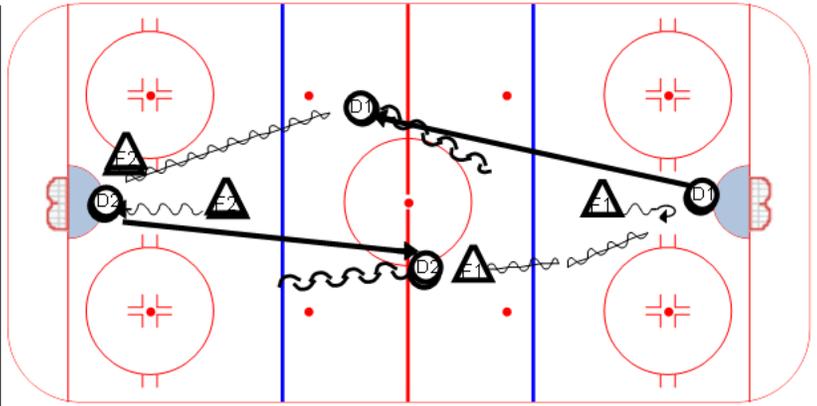
Quick Feet D-man drill

**Category #2 :**

Def drill

**Description**

GAP DRILL PART II-F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



**Key points :**

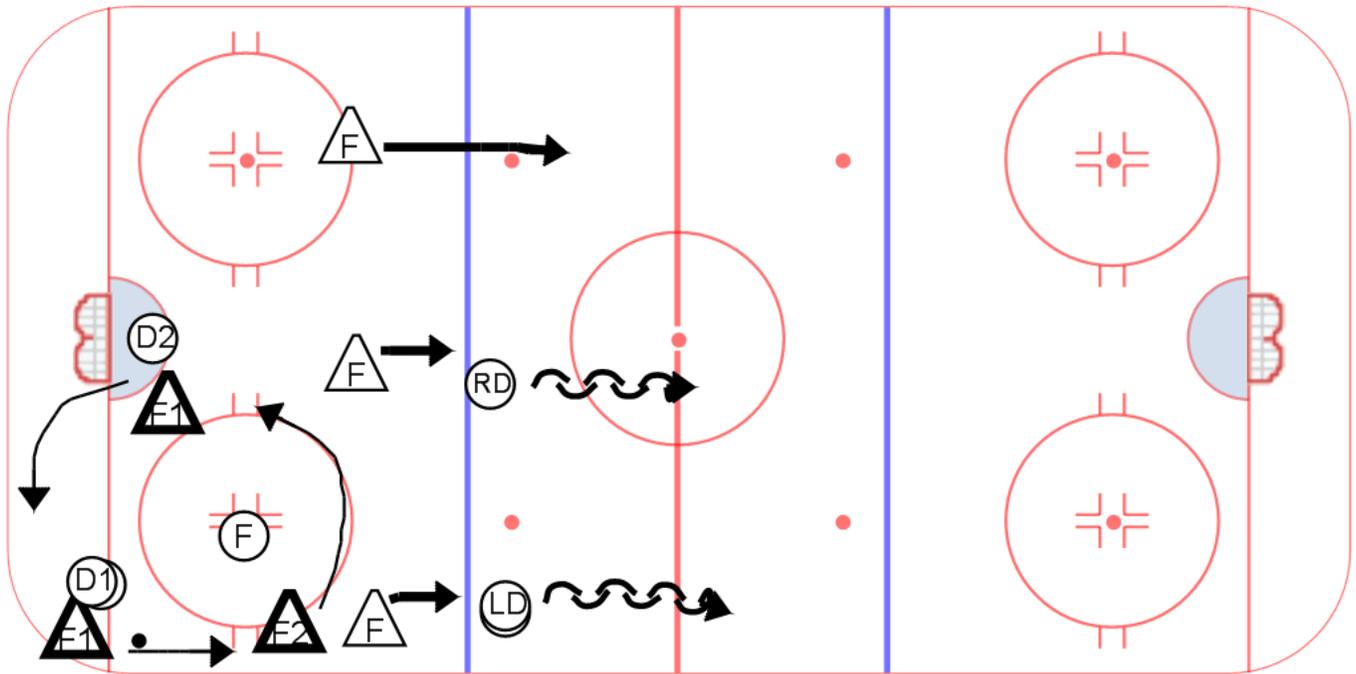
Category #1 : TEAM DRILL

Title : FULL ICE 3:3 LOW ( PART I)

Category #2 : -BATTLING/RUSH DRILL

Content elements :

Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description



will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES )



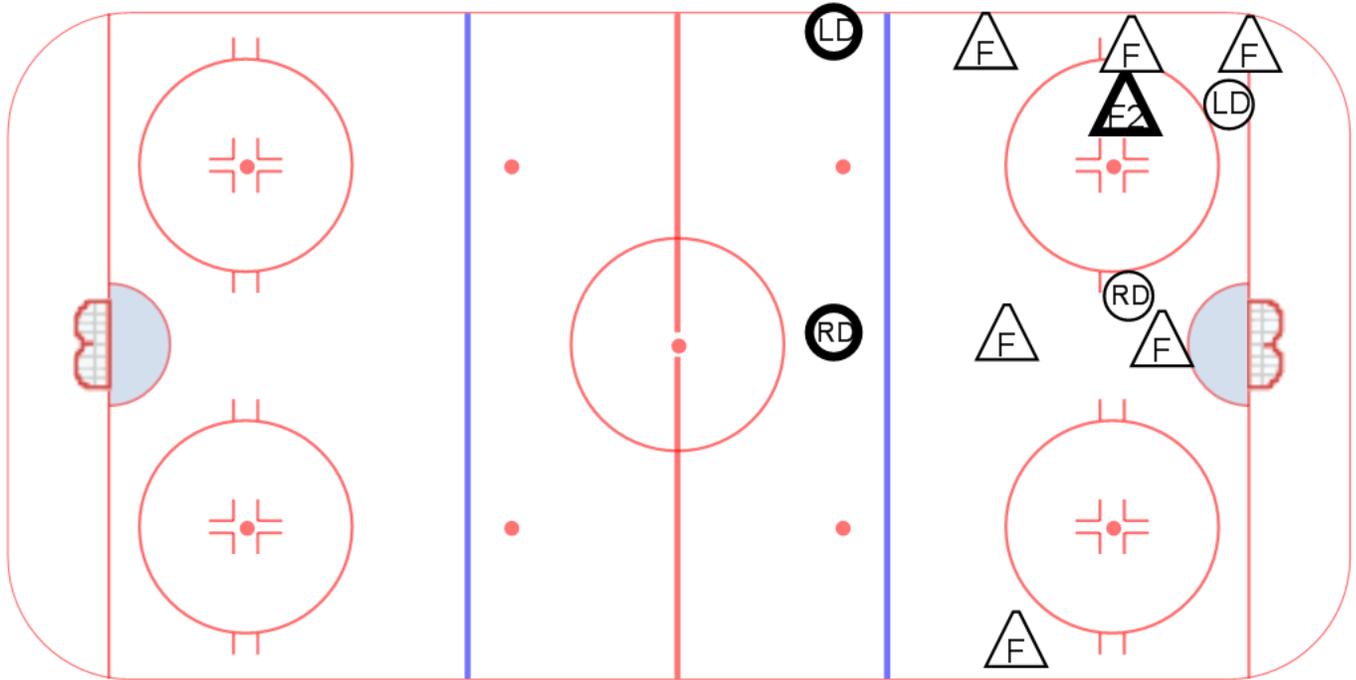
Category #1 :

Title : FULL ICE 3:3 LOW PART III

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

Description

**Title :** SMALL ZONE 1:1 GAMES

**Category #1 :**

BATTLING DRILL

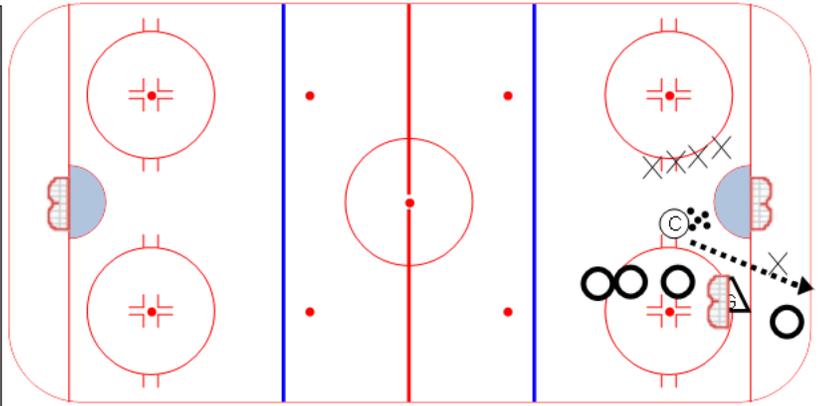
**Category #2 :**

COMP DRILLS

**Description**

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



**Key points :**



# Practice Plan

Team: Sport D-97

Practice No.: \_\_\_\_\_

Date : 16.12.2010

Time: 18:45-20:00

Duration: 65

Version No.: \_\_\_\_\_

Prepared by: Kai

## Objectives / Main tasks :

HP/ maalinteko, syöttäminen.

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

### Categories

LAJITEK. OPETUS JA VIIHDE

Drill Title : Skating and Shooting

maalinteko

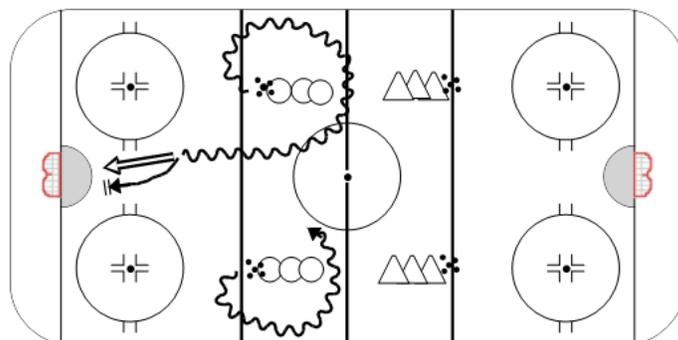
Components : Role 1

Content elements : offensive effectiveness

### Description

Forward x2 both directions  
face the net x2 both directions  
360 x2  
Backward x2  
  
go to net and stop in front net even if you miss the net.

### Key Points

Drill no. : 2 Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

LAJITEK. KIERTO JA YH.TOIMINTA

Drill Title : 2-0 random passing

syöttäminen/vastaanotto

Components : roles 1 and 2

Content elements : offensive effectiveness

### Description

- you can pass to lines or to moving players
- blade square to the passer, be ready to pass the puck quickly
- after you enter the OZ max. one pass and shoot
- first pass to the player who did not shoot.

### Key Points




Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

PELITILANNE/JATKUVA

Drill Title : HP->PP/HAPP/PAHP/3v3 transition

muut

Components : roles 1, 2, 3 and 4

Content elements : attacking & deffensive readiness & effectiveness

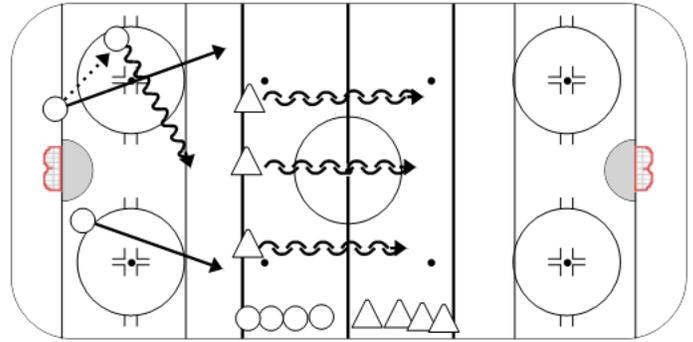
**Description**

3 who defended attacks against new defensive trio.  
Continuous

attacking trio can forecheck under offensive blueline

**Key Points**

Four empty rectangular boxes for key points.



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

Empty rectangular box for categories.

Drill Title : \_\_\_\_\_

Empty rectangular box for components.

Components : roles 1, 2,3 and 4

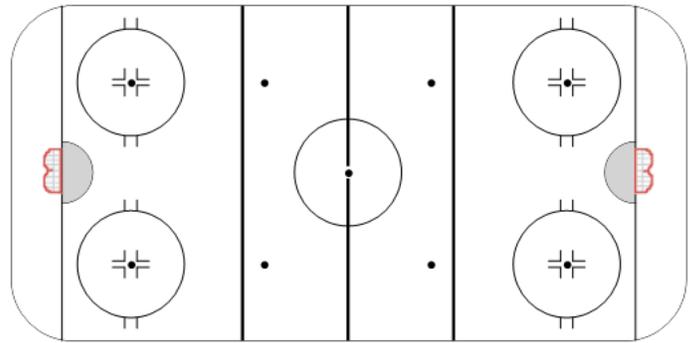
Content elements :

**Description**

3v3 SAG tournament

**Key Points**

Four empty rectangular boxes for key points.



## A2 Russian Puck-Handling Warm-up with Shots

### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

- Reach forward while down on 1 knee, reach back as far as you can.

- Give the puck forward and take it back with the toe of the stick.

- Place hands close together and reach sideways each way as far as possible.

- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

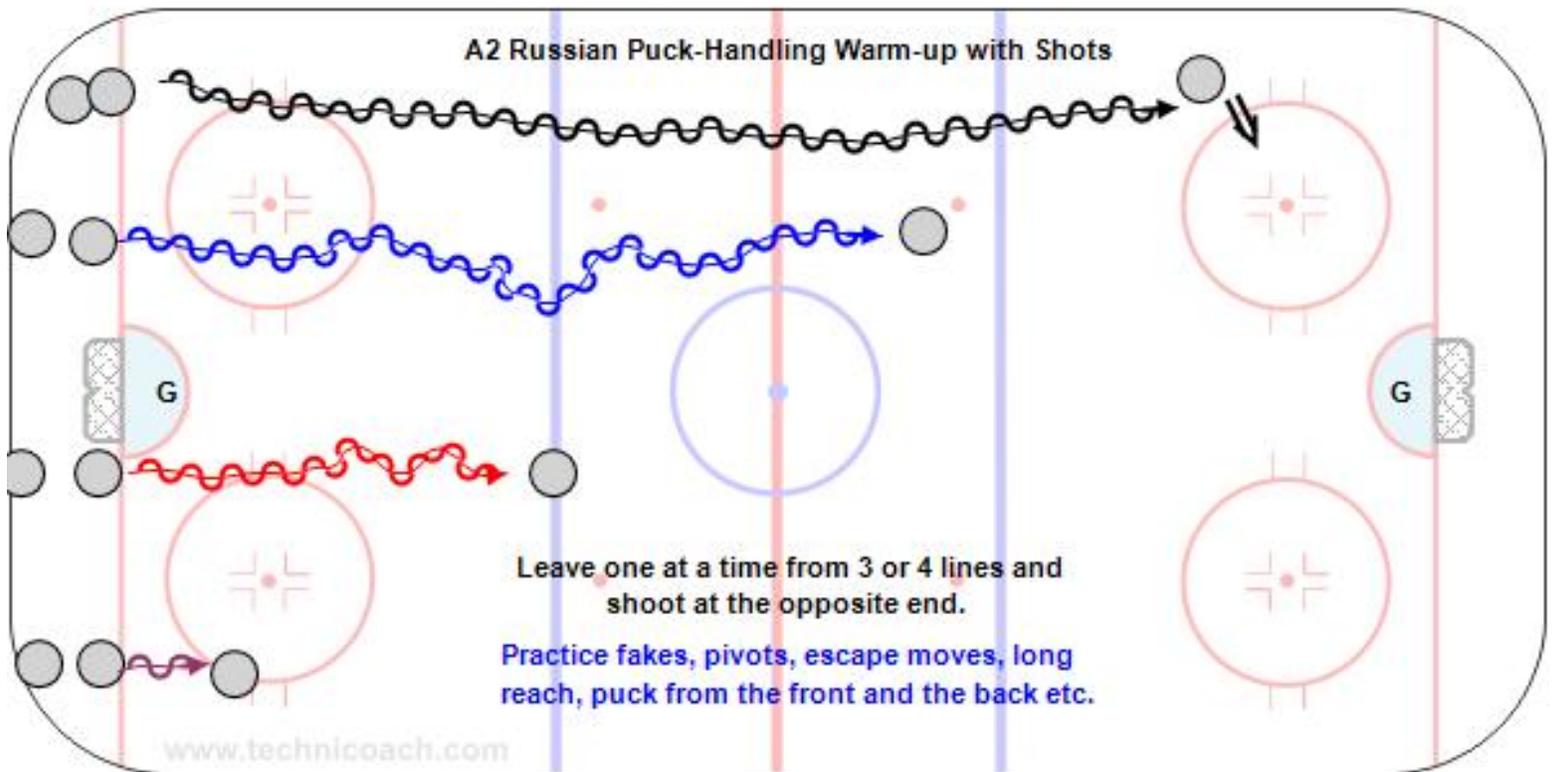
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
  - Put the puck behind you and pass it up into your skates from 1 side, then the other.
  - Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
  - Reach back on the forehand, then quickly pull the puck across your body.
  - Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
  - Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
  - Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

\*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.  
(Vladimir Jursinov)



## B5 Breakout 5-0 with Point Shot

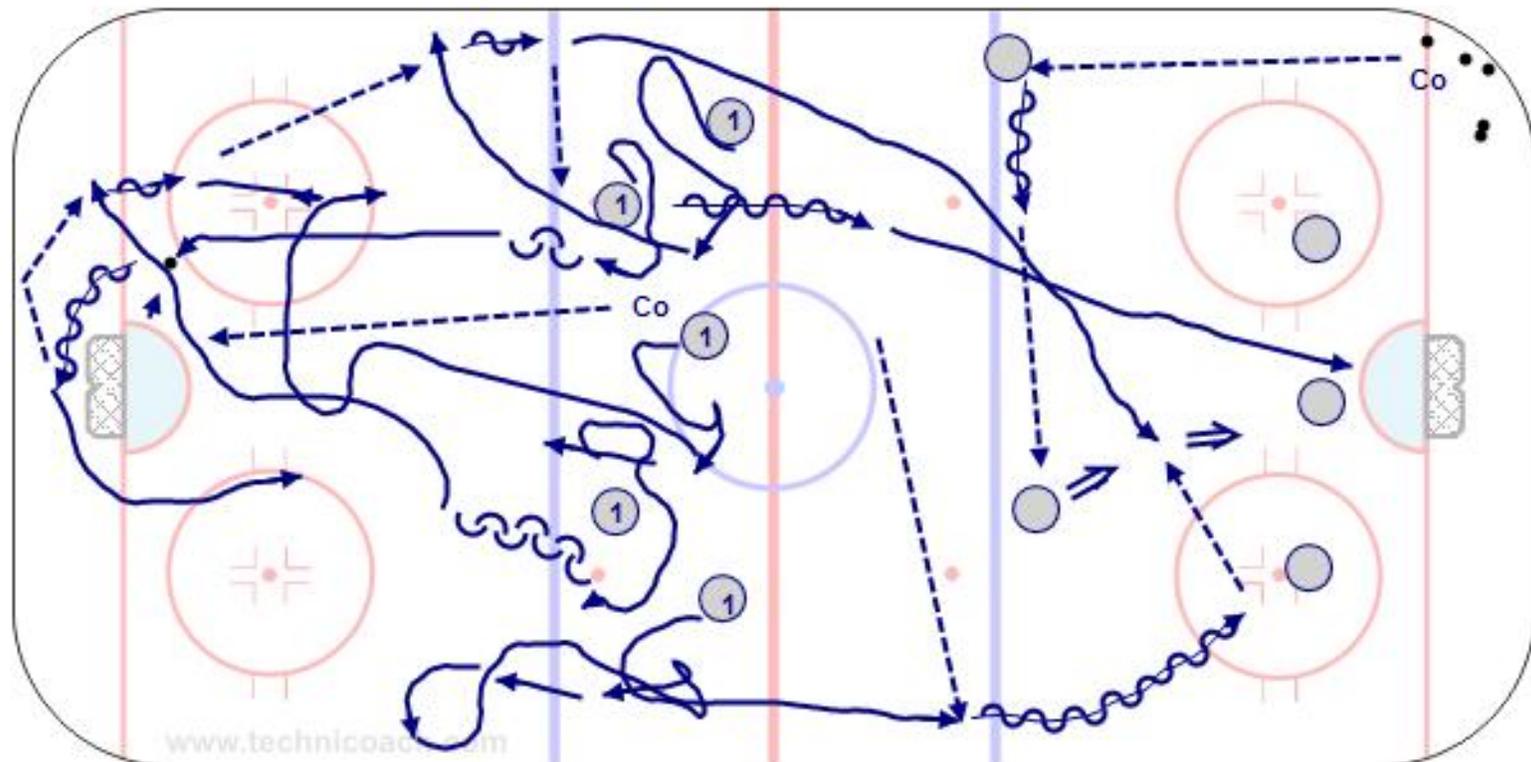
### Key Points:

Coach calls the various options, up, across, wheel, reverse.

Each line go one direction then dump into the other end or alternate ends.

### Description:

1. Players skate in nzone then coach dump in
2. D make a D to D or D to F pass and follow the play.
3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.
4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



## D2 Game with One Goalie

### **Key Points:**

Goalie has to switch nets on a turnover.

### **Description:**

#### D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers and time shifts.
5. With only one goalie he must defend both goals.



# D100 Transition Game with Forward Backchecking

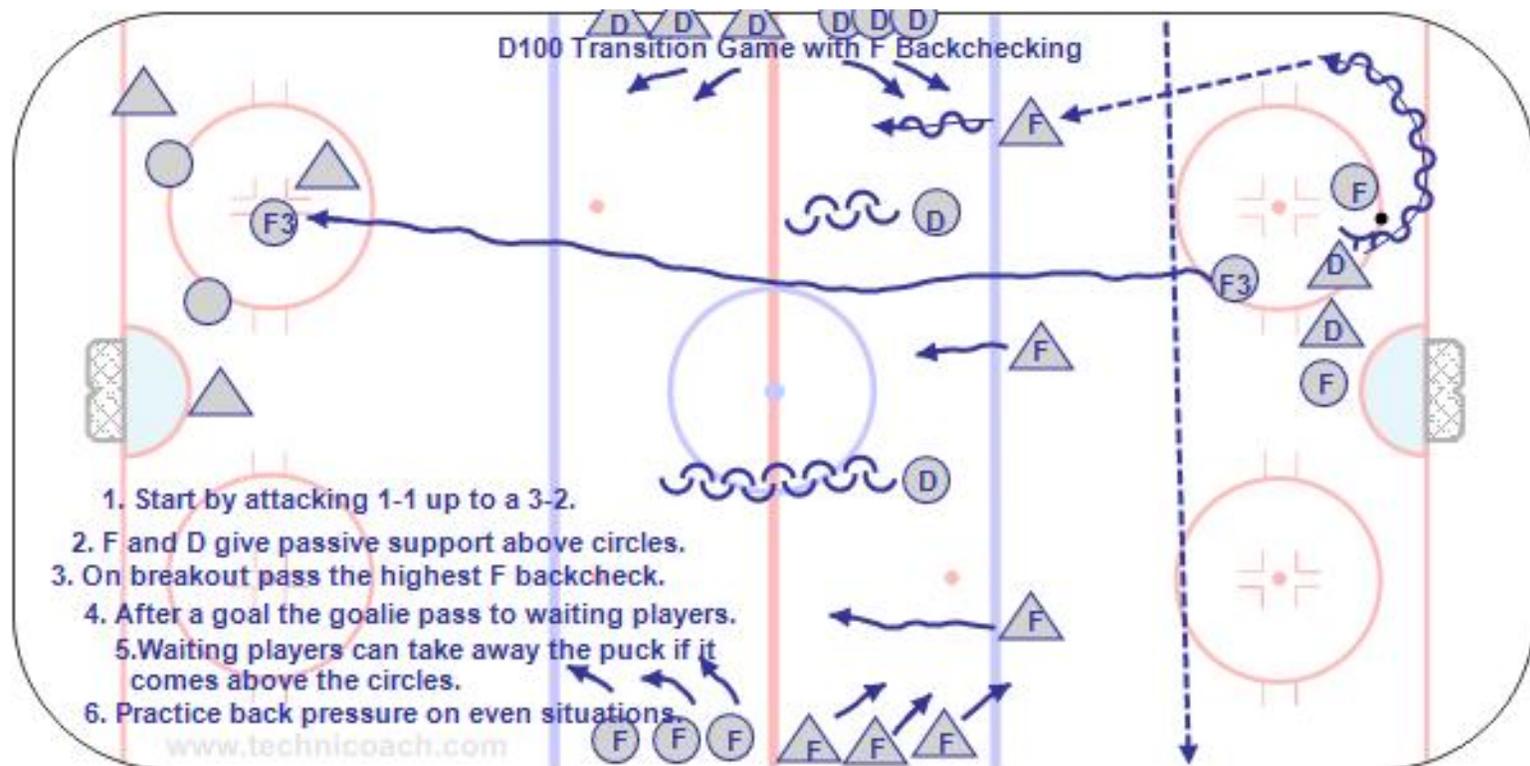
## Key Points:

The highest attacking F backcheck and backpressure the puck thru the nzone.

## Description:

D100 Full Ice

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



February 20, 2011

Enio,

Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

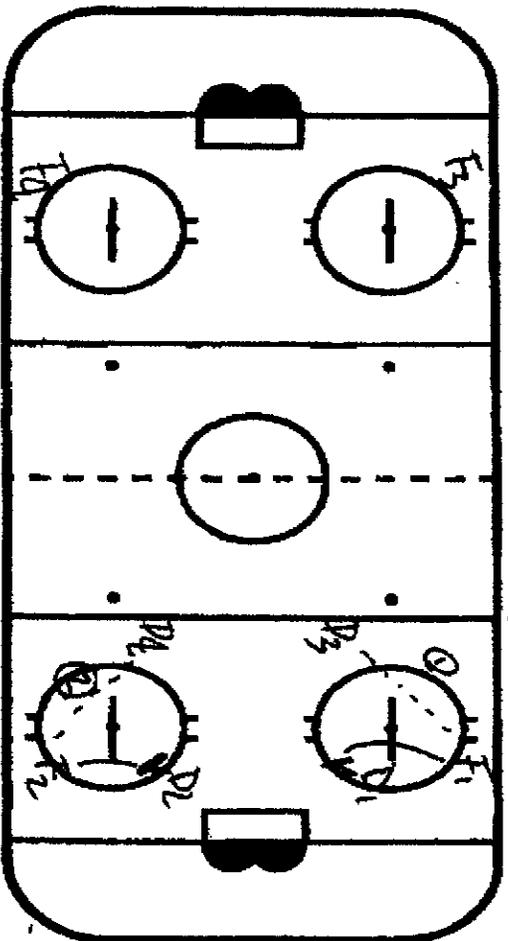
Book: Undergrounders by David Skuy

Quote: Practise does not make you perfect. Perfect practice makes you perfect -- unknown.

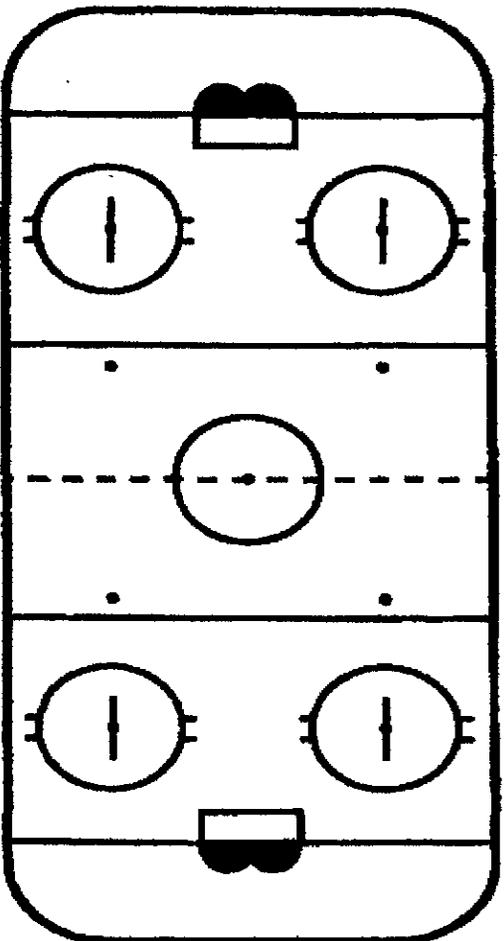
Regards,  
Troy Walkington



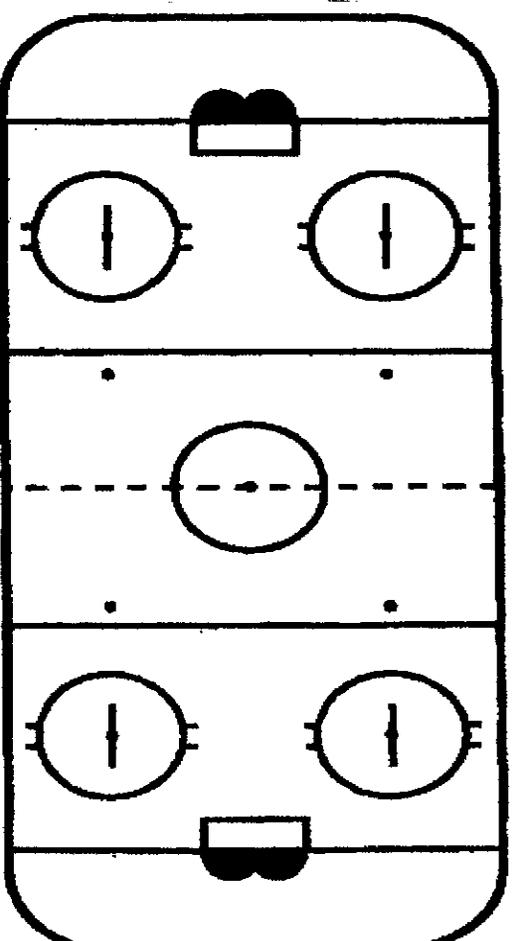
# BOX OUT DRILL



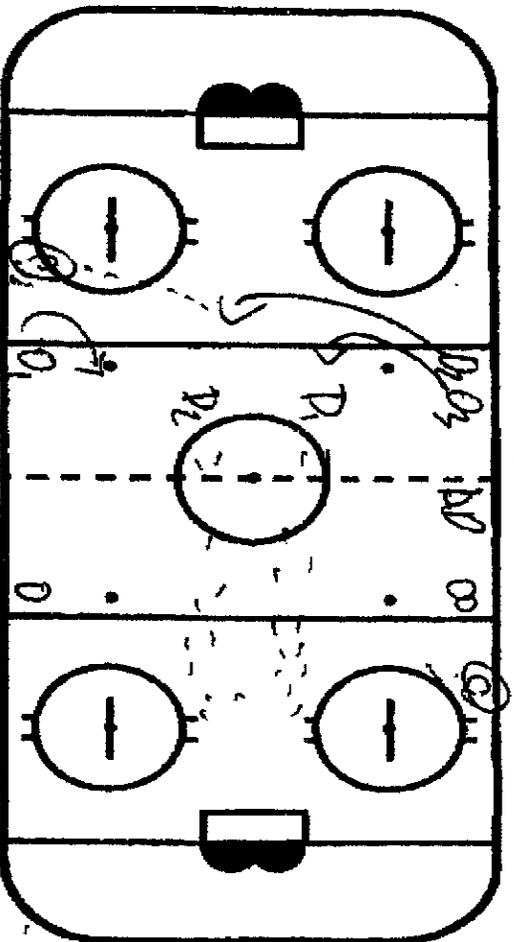
BOTH ENDS @ SAME TIME  
 F PASSES BALL TO D<sub>3</sub>  
 F<sub>1</sub>/F<sub>2</sub> GO TO NET  
 D<sub>1</sub>/D<sub>2</sub> SEAL OR "BOX OUT"  
 D<sub>3</sub> SHOOTS OFF BALL WITH  
 OR ON NET.



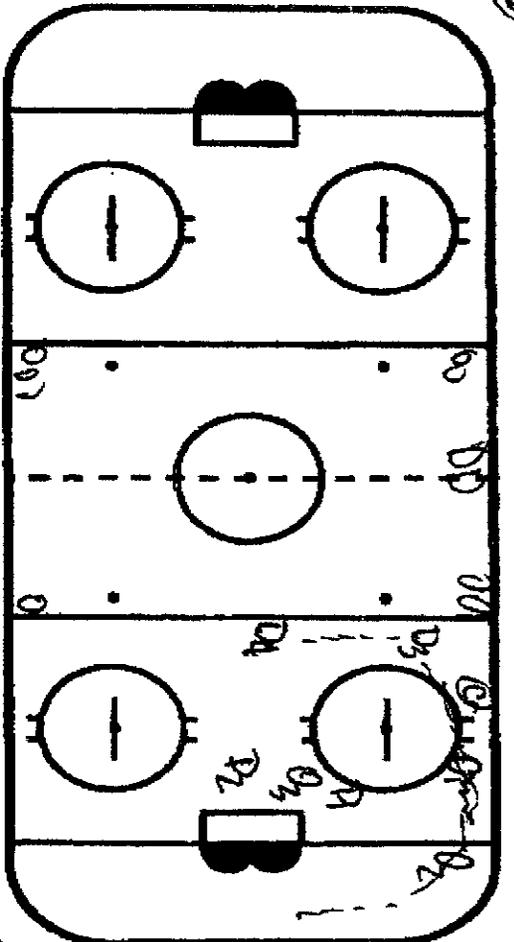
ON WHISTLE F<sub>2</sub> VACATES +  
 GET BALL UP TO D<sub>4</sub>  
 F<sub>1</sub> + F<sub>2</sub> TRY + ESTABLISH  
 POSITION.  
 D<sub>1</sub>/D<sub>2</sub> "BOX OUT".



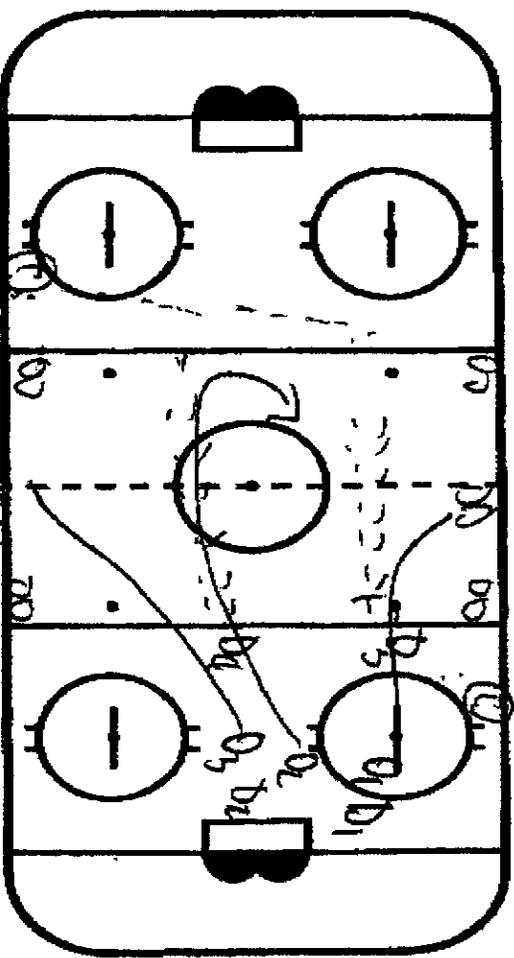
3 TYPES OF 3v2



① PASSES FROM TO  
 O<sub>1</sub>/O<sub>2</sub>/O<sub>3</sub> WHO ATTACK  
 3v2 + MAKE A RUN  
 ON NET

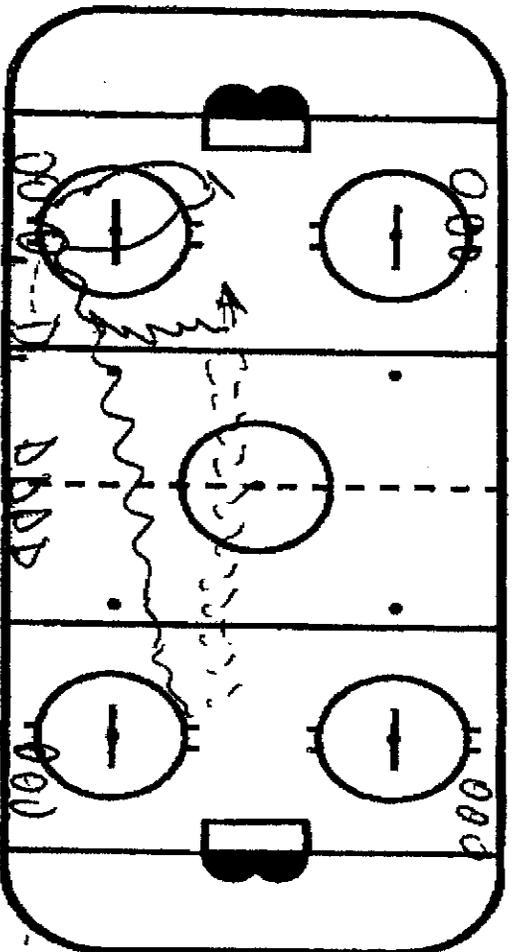


D<sub>2</sub> + D<sub>4</sub> SHARP IN FROM 1/2.  
 ② SPOTS NEW RUN IN COLUMN  
 FOR O<sub>1</sub>. O<sub>1</sub> PASSES TO D<sub>3</sub>  
 D<sub>3</sub> CAN PASS TO O<sub>2</sub> OR  
 RETURN NET TO O<sub>3</sub> OR  
 CAN GO TO D<sub>4</sub>. D<sub>4</sub> CAN  
 SHOOT OR TO O<sub>2</sub> OUT OF CYCLE  
 PULL 3v2 LOW ③ WHISTLES

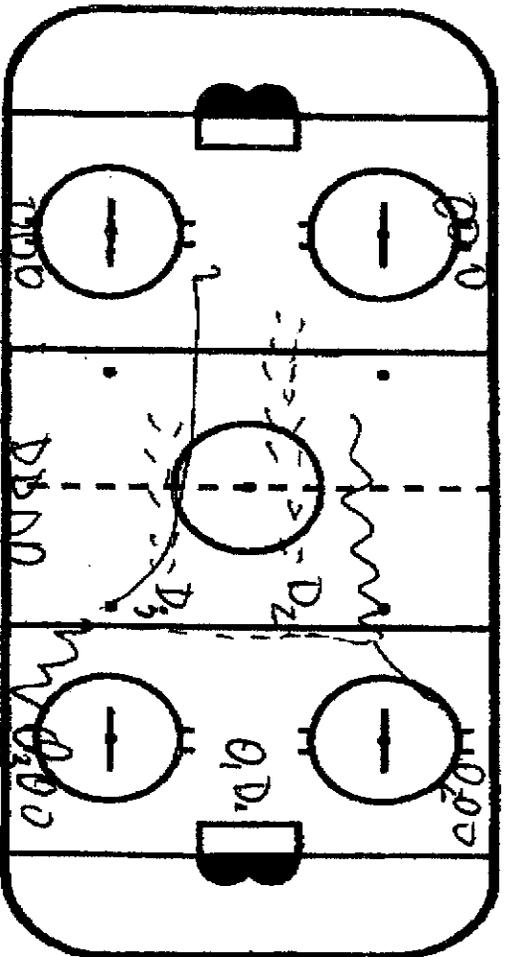


D<sub>2</sub> + D<sub>4</sub> RETREAT IN  
 NEW + GOACH SPOTS NEW  
 RUN. O<sub>1</sub>/O<sub>2</sub>/O<sub>3</sub> REGROUP IN  
 D<sub>3</sub>/D<sub>4</sub> + ATTACK D<sub>1</sub>/D<sub>2</sub>

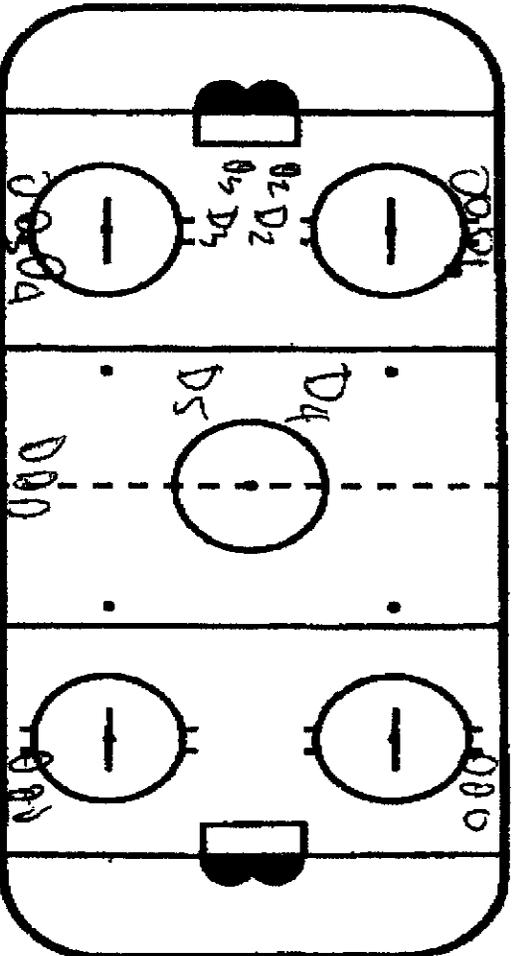
10m1 / 20m2 / 30m2



$D_1$  PASSES  $D_1$   
 $D_1$  DRAGS + SHOOTS  
 $O_1$  GETS NEW PUL FROM  
 LANE + ATTACK  $D_1$  DOWN  
 THE ICE. WHEN 10m1  
 REACHES TOP OF CIRCUIT



$D_2$  +  $D_3$  STOP OUT FROM U.Z  
 + COACH BLANDS WHISTLE TO  
 START  $O_2/O_3$  WITH A  
 20m2. WHEN 20m2  
 REACHES TOP OF CIRCUIT



$D_4$  +  $D_5$  STOP OUT FROM  
 U.Z. + COACH BLANDS WHISTLE  
 TO START  $O_4/O_5$   
 WITH A 30m2. WHEN  
 30m2 OVER - (us) STARTS  
 AGAIN.

Feb. 1<sup>st</sup> 2011

TO: ENIO SUCIOTTO

FR: 604-792-4656

FROM: DIEGO SANCHEZ

# OF PAGES: INCLUDING THIS  
ONE (3)

Hope ALL is well, good-luck the rest of the  
day. Say hello to babber. TALK soon

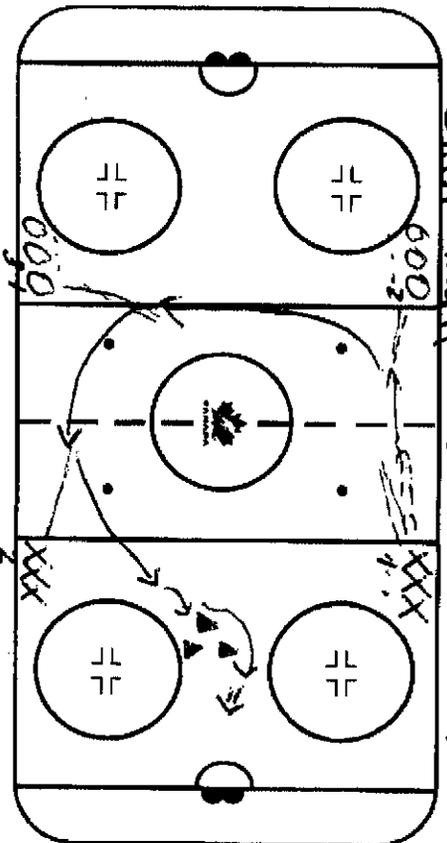
Diego



# HOCKEY CANADA PROGRAM OF EXCELLENCE



## Skill Drill - "C" 1v0 - 1 touch



X-G leave at same time.

Start balls, First fails + 1 touches

pass with D<sub>2</sub> + D<sub>3</sub>

Receive pass from (X<sub>2</sub>-D<sub>2</sub>) + go

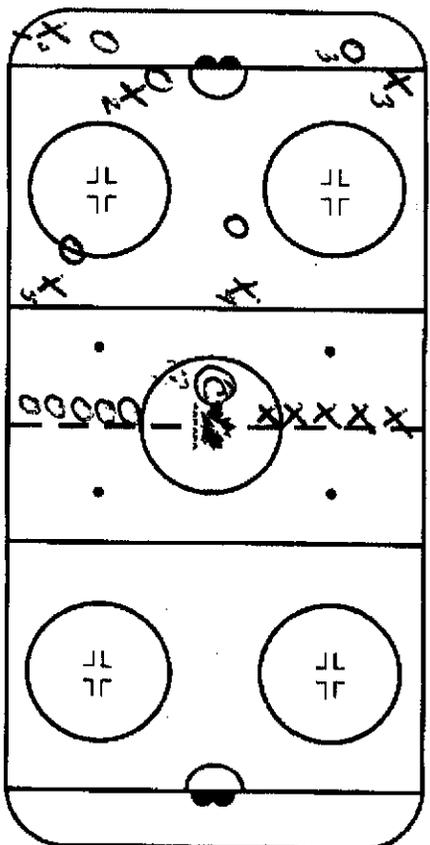
in make a mark at center +

go in + shoot. On whistle X<sub>2</sub>-D<sub>2</sub>

G

KTP: Passing (1-touch) - Receiving  
Skating (Full-Bow Pivots)

## TEAM PLAY DRILL - SJS 2V2 to 5V5



S.J. 2V2 -> to 5V5

Complex whistle 2V2 in center  
X (try to score) - O defend.

2<sup>nd</sup> whistle - Each passes puck  
to X<sub>3</sub> + back play 5V5  
in zone

KTP: O/E: puck protection -

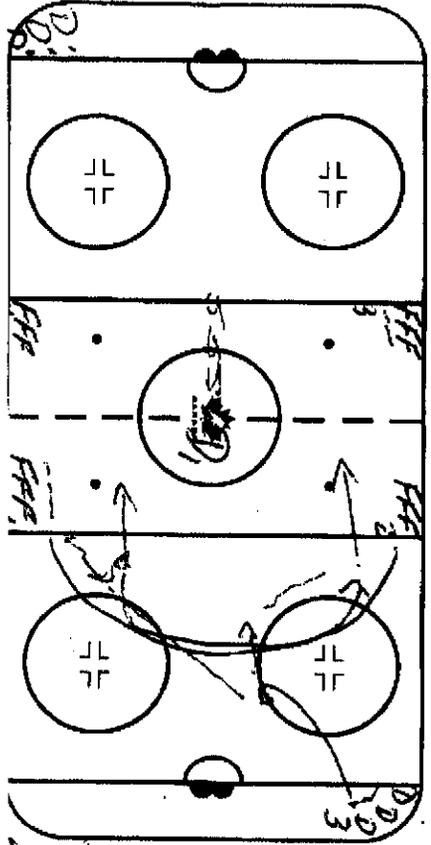
creating offense

Def: Good body position - good

skills

Teaching Offensive + Defensive  
Team Play.

## FAVORITE DRILL - PITS 2V1 (2<sup>nd</sup> shot)



Coaches whistle: F<sub>1</sub> passes to D<sub>3</sub>

F<sub>1</sub>-F<sub>2</sub> cross pass + receive return

Pass from D<sub>3</sub>

F<sub>1</sub>-F<sub>2</sub> go down to D<sub>1</sub>. Try to

Score... continue to play puck

(D-1st) if don't score, can use

D<sub>3</sub> as a shot from point  
2<sup>nd</sup> whistle F<sub>3</sub>-F<sub>2</sub> Breakout vs D<sub>3</sub>

