



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 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

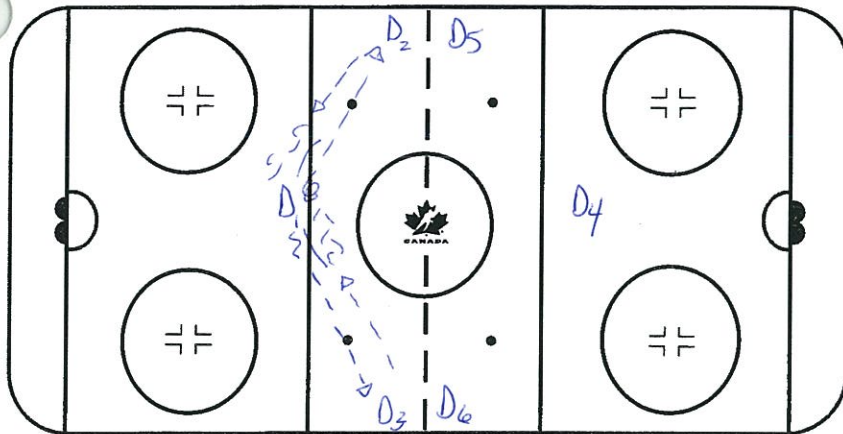
Ontario Hockey League Champions 1958-59, 1971-72, 1977-78, 1978-79, 1979-80, 1988-89, 1992-93, 1995-96, 2005-06

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

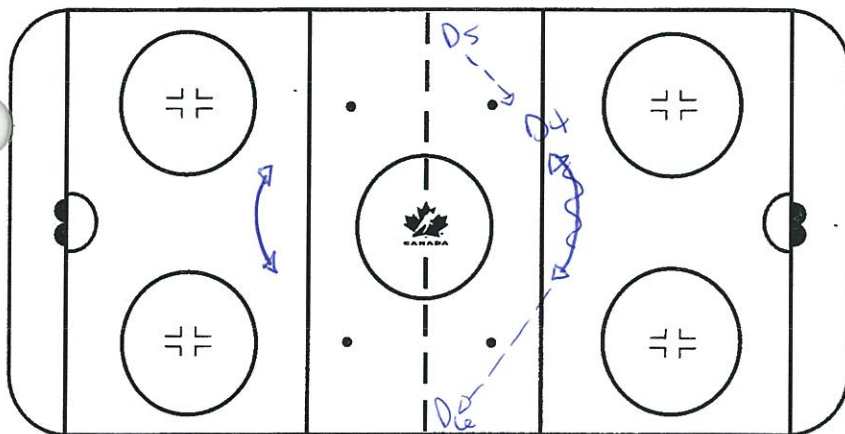
D1 + D2 focus on

"UNDER HANDLING" Puck

and making crisp-sound passes.

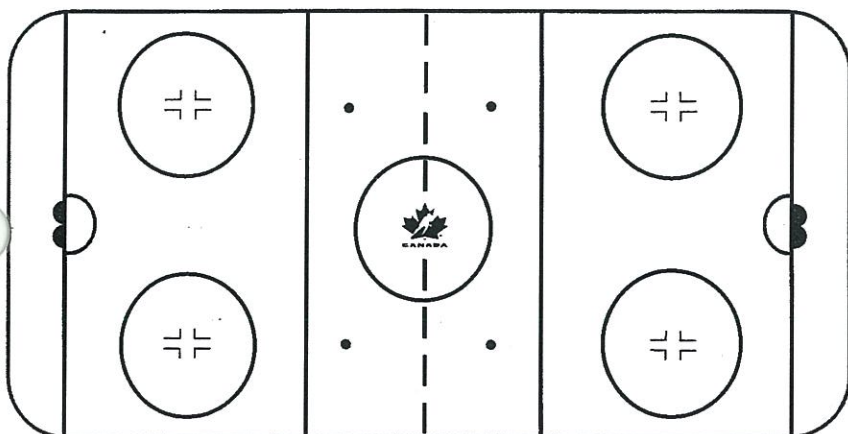
- Also focus on

rolling out w puck to pass



FOCUS ON QUICK TRANSITION

• Incorporate weighted pucks

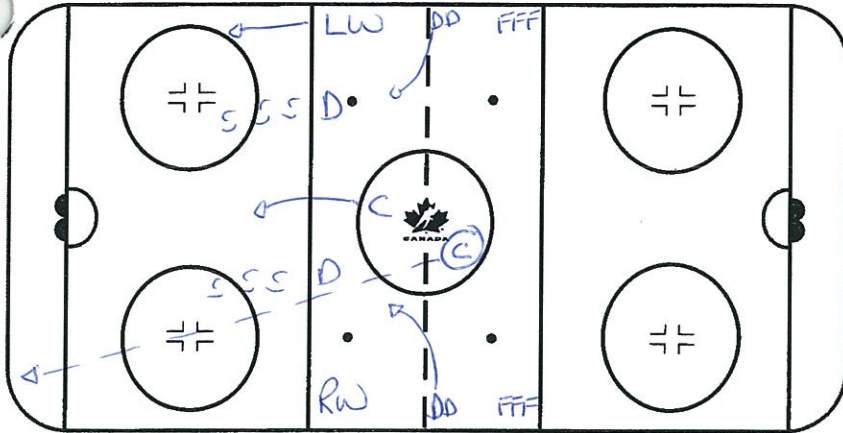




HOCKEY CANADA PROGRAM OF EXCELLENCE



② TEAM PLAY DRILL

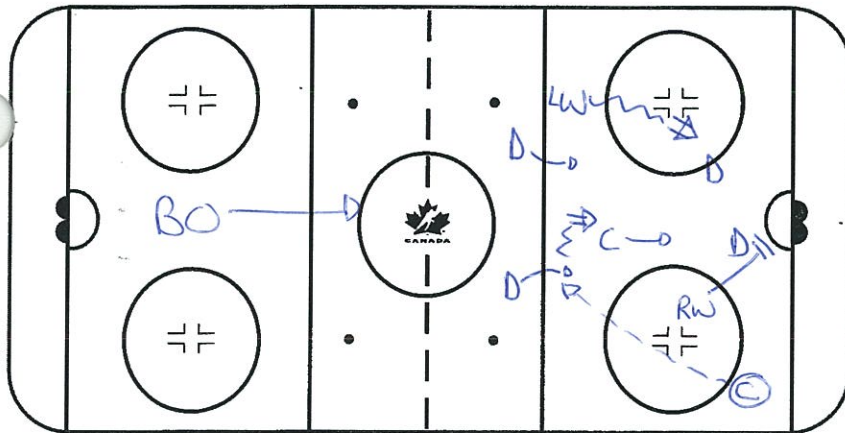


Point Shots + D-Man Cycle

- Practice Point Shot + D cycle from any flow or High tempo drill w 2nd + 3rd Puck

③ Starts w Dump in

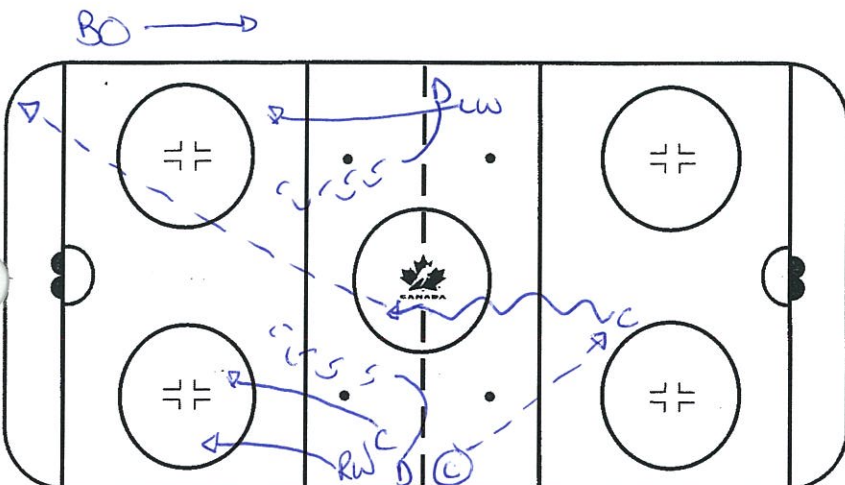
- Any normal BO (adjust...)
- Forecheckers will be introduced as drill continues.



COMPLETE To Attack to the other end

After the attack

- ③ either passes a 2nd 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

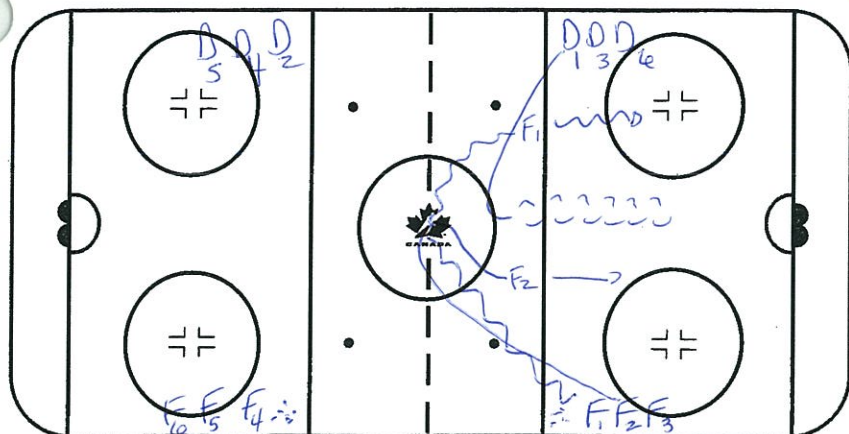
Whistle

F₁ + F₂ go (1 puck)

2nd vs D₁

F₁ + F₂ must go thru centre dot

D₁ must cut circle



Whistle - TRANSITION.

F₁ + F₂ - Backcheck

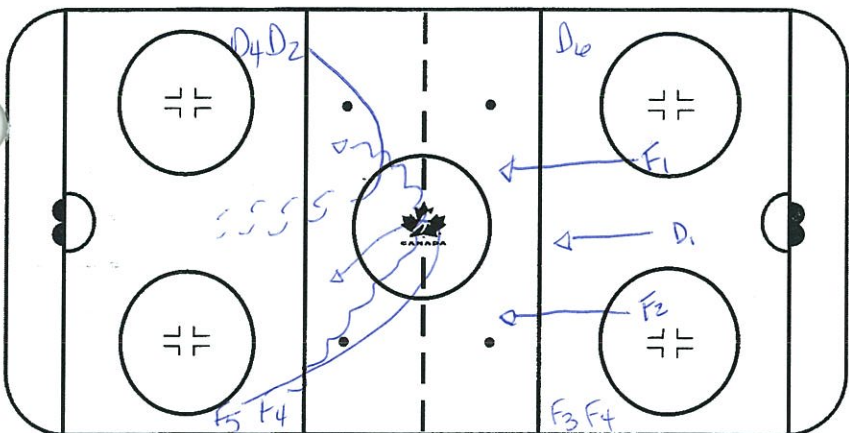
D₁ - Jumps up w F₄ + F₅

• F₄ + F₅ go thru centre

• D₂ cuts circle.

3on3

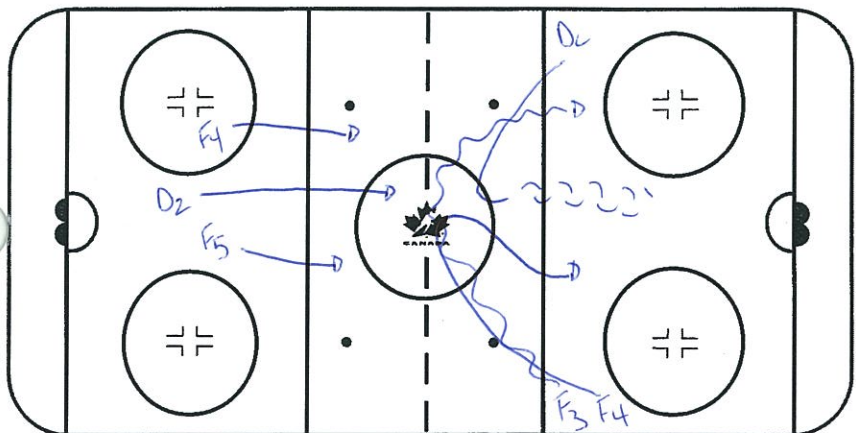
• Keep Communication, (Identify and Eliminate)



Whistle - F₁, F₂ + D₁ Done

F₄ + F₅ Backcheck

D₂ - jump up w F₃ + F₄



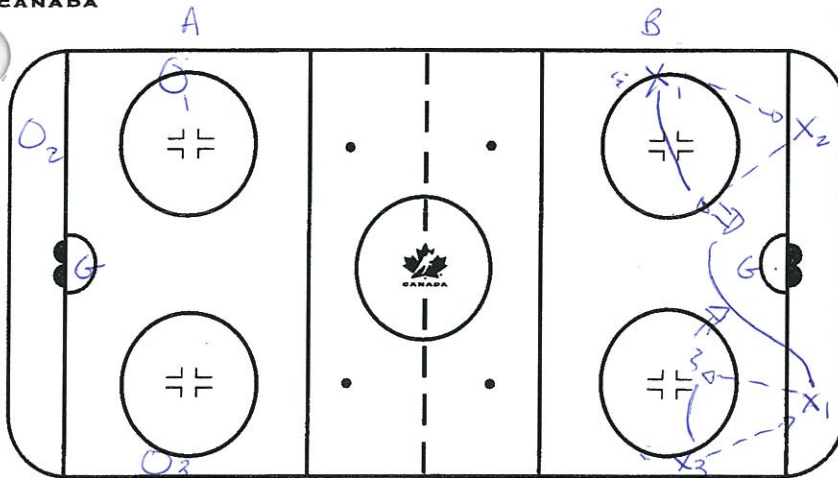


HOCKEY CANADA PROGRAM OF EXCELLENCE



FUN + COMPETITIVE

④ PETES 2on1 GAME



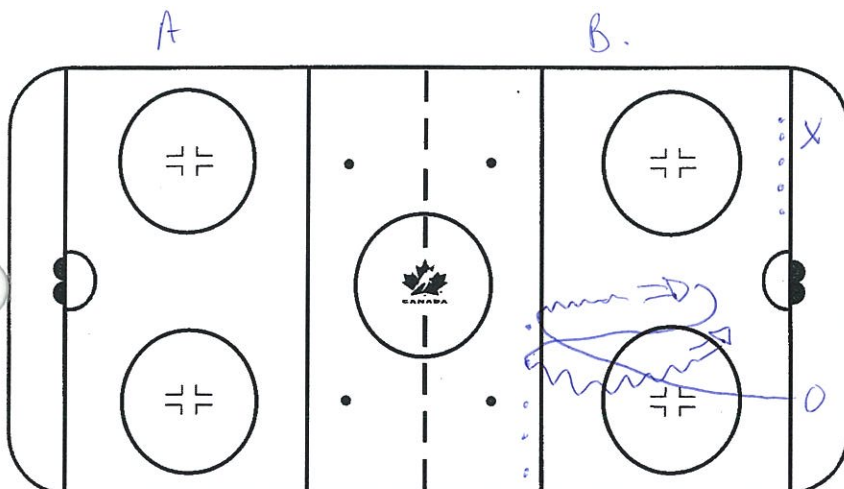
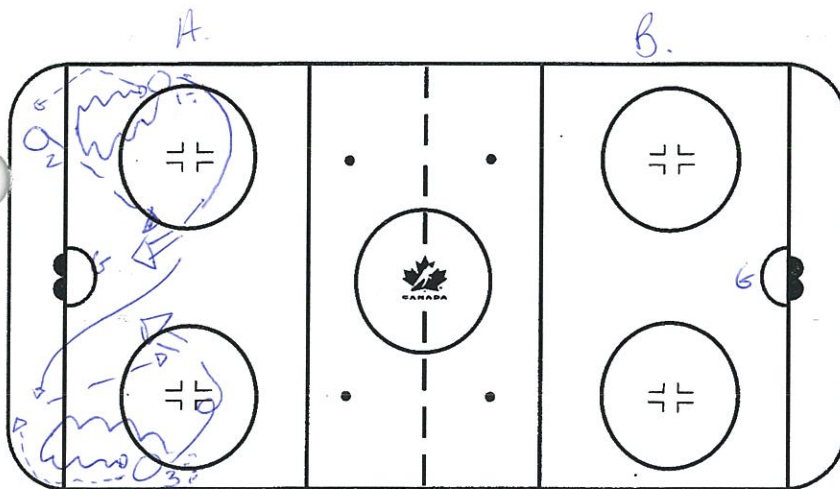
Divide in 2 Teams
@ Either end (A+B).

FIRST TEAM TO 10 Goals

- 2on1 five + 60. continuous.
- X1 passes to X2 - for pass back
- X1 shoots - picks up rebound...
- X1 then goes low - receives pass from X3 - gives it back to X3 who shoots then takes X2 position for pass.

COACHES COUNT GOALS.

Progression: O1 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 baseline.

After all 5 pucks rotate

Xs - Shootout

O's - sprint + Setup.

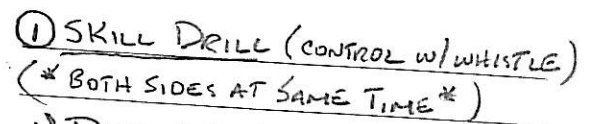
DWC - 2010-11

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

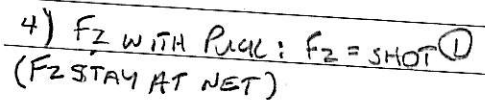
DWC - 2010-11

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

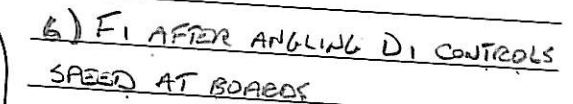
- UNKNOWN



- 1) D_1 TO TOP OF CIRCLE, F_1 TO D_1
- 2) D_1 BACKWARDS THEN PIVOT FORWARDS
- 3) F_1 AFTER PASS "ANGLE" D_1
AND FORCE CHIP PASS OFF THE BOARD
TO F_2 (F_2 LEAVES AFTER F_1 : TIMES SKATE)



- 5) D₂ SPOTS 2ND PUCK TO D₁

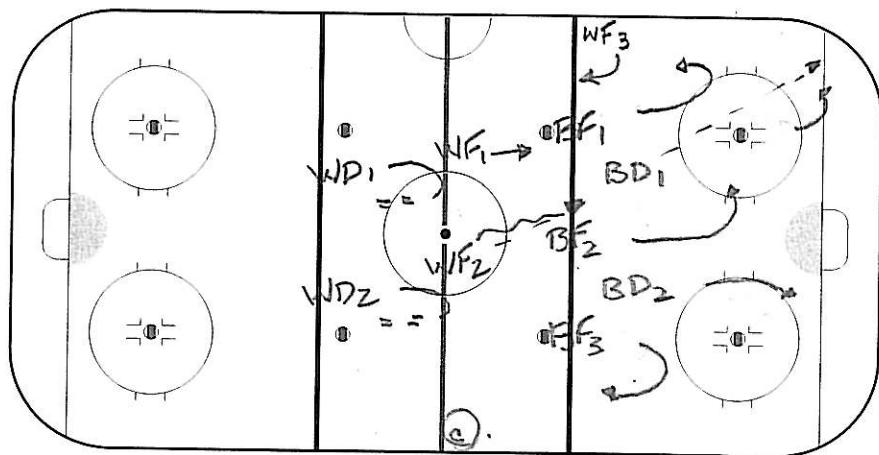


- 7) D1 TO F1: F1 = SHOT (2)
(F1 STAY AT NET)

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

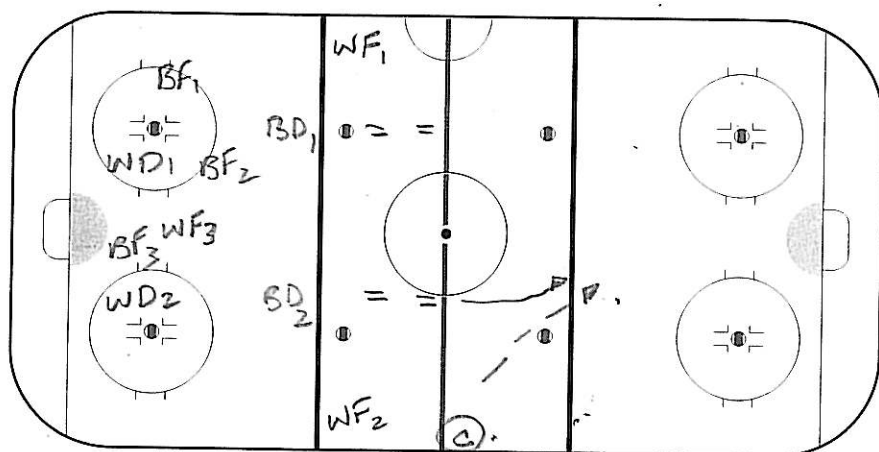
- 9) $D_1 = \text{DRAG} \& \text{SHOT}$ (3)
(F_1 IF $F_2 = \text{SCREEN} \& \text{REBOUND}$)

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



② TEAM PLAY → NEUTRAL ZONE

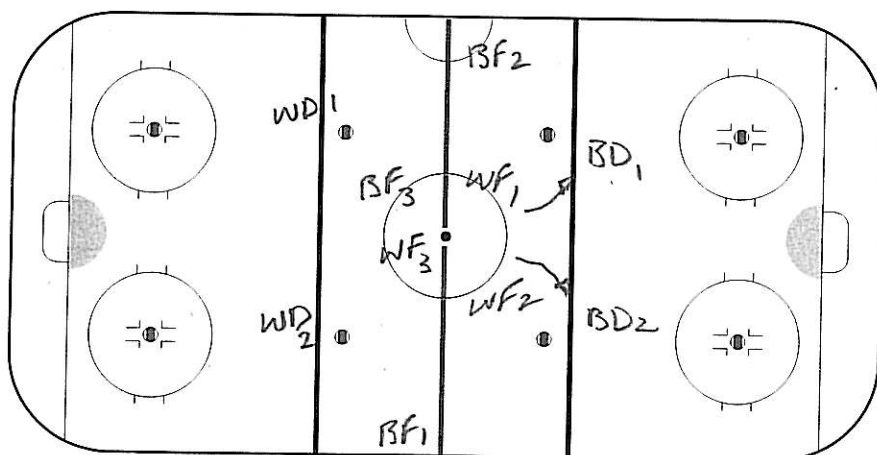
- 1) WFI / Wf2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4v"
- 2) BD1/BD2 & BF 1/2/3 BREAK PUCK OUT (Wf3 = PASSIVE)
- 3) ONCE "B TEAM" BREAKS OVER BLUE-LINE, 4v STOPS (WFI/Wf2)
- 4) Wf3 GOES RUSH TO CREATE A "5vs3" w/ WD1/WD2



- 5) AFTER 5vs3 IS COMPLETE
③ SPOTS PUCK IN NZ

{ 6) AFTER ORIGINAL 4v; WFI & Wf2 POST-UP AT FAR BLUE LINE }

- 7) AFTER ③ SPOTS PUCK IN NZ, BD'S RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)

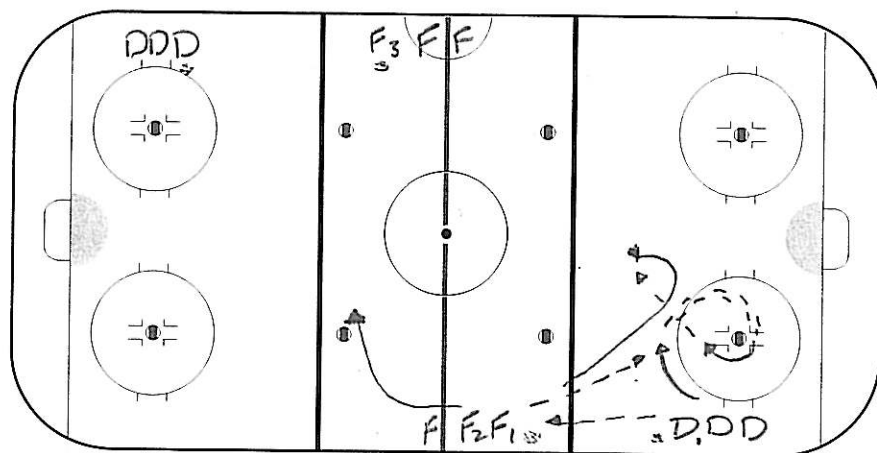


- 8) PLAY BECOMES "LIVE" 5vs5 IN NZ (40-45 SEC)

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

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

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



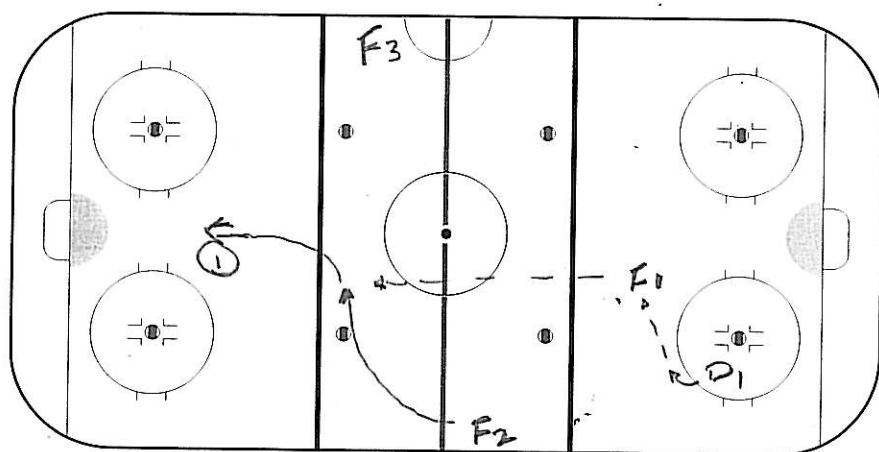
③ FAVOURITE DRILL → (1vs1 w/SHOT)

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

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

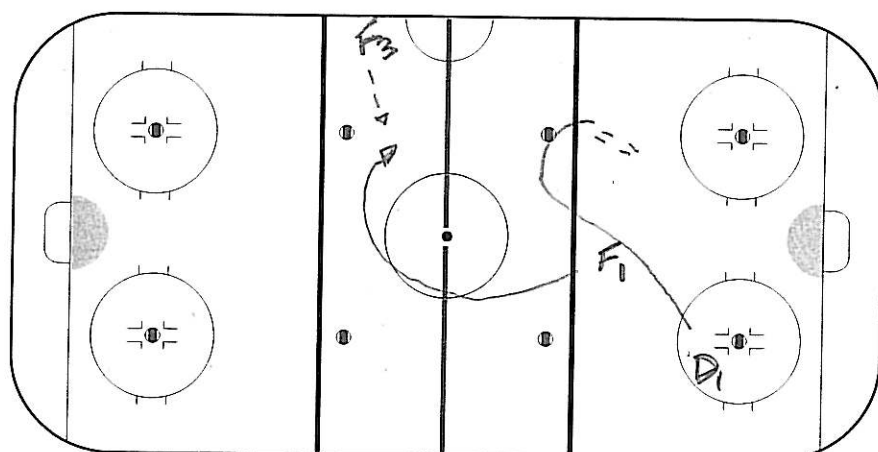
2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

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)

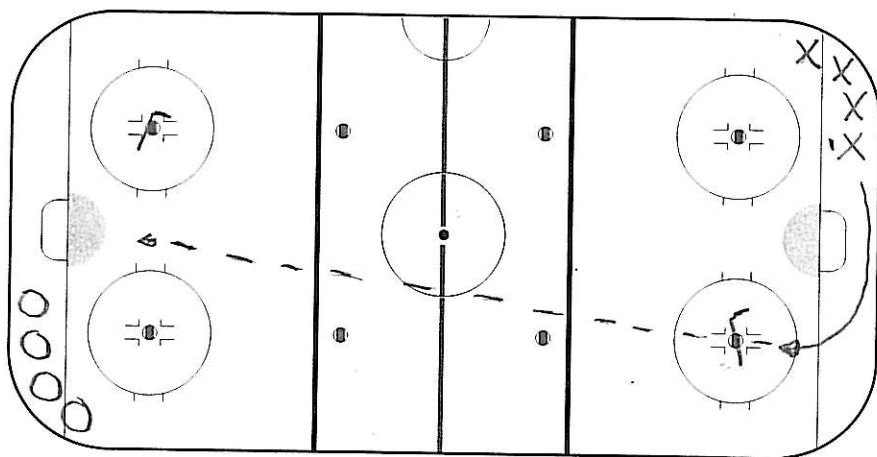


6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

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 **

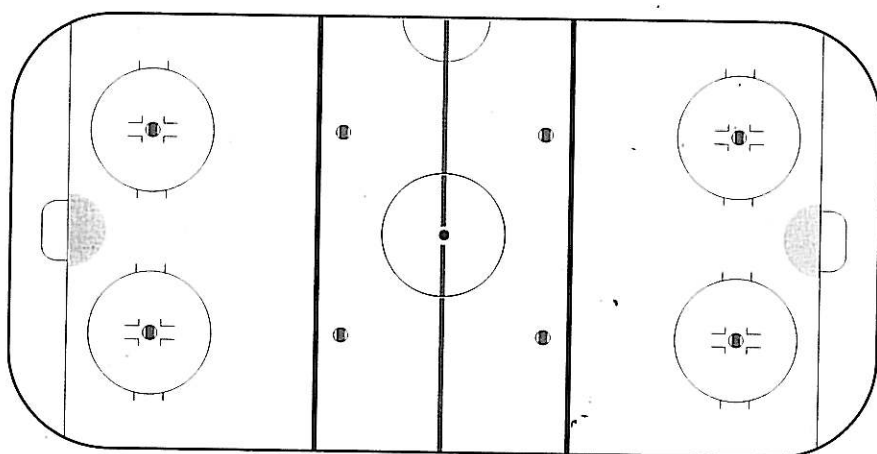


④ FUN/COMPETITIVE DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

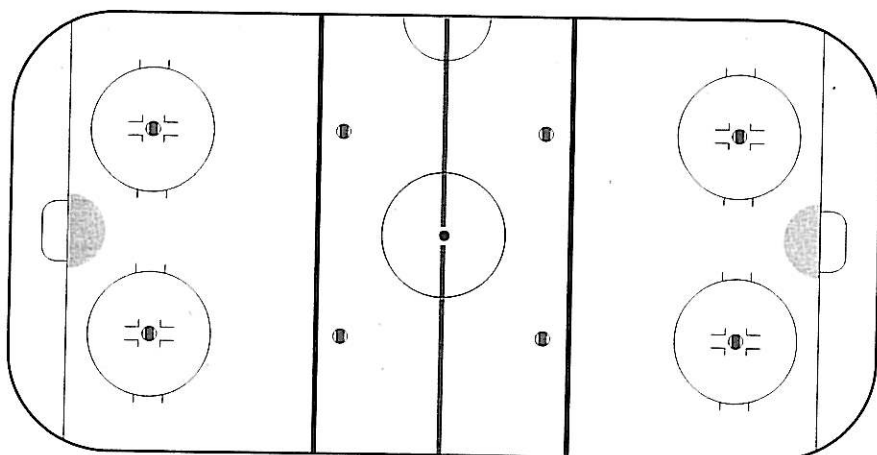
- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)



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

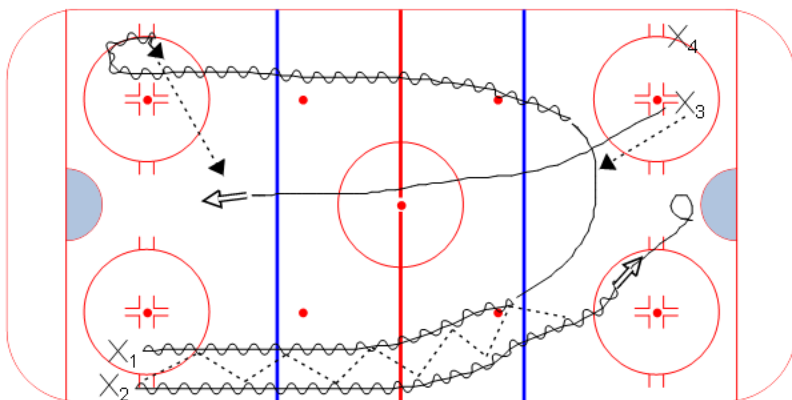
Objectives / Main tasks :

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)

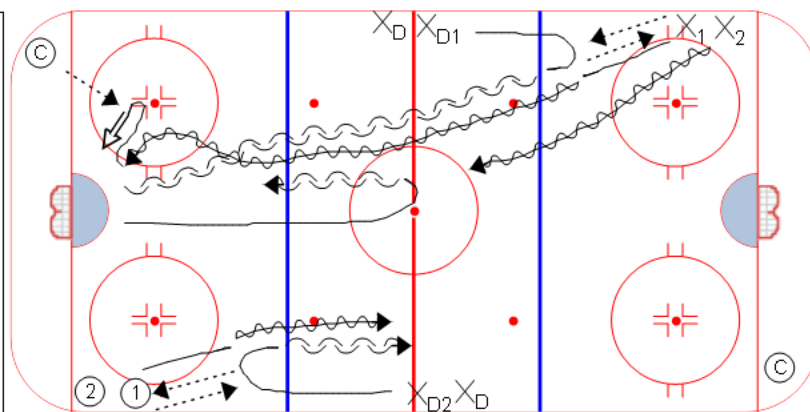


Key Points : _____

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 :

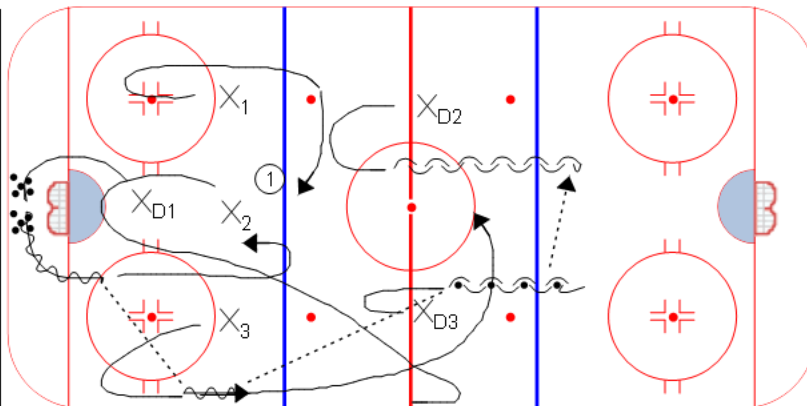
Jeff Drill of the Week

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 :

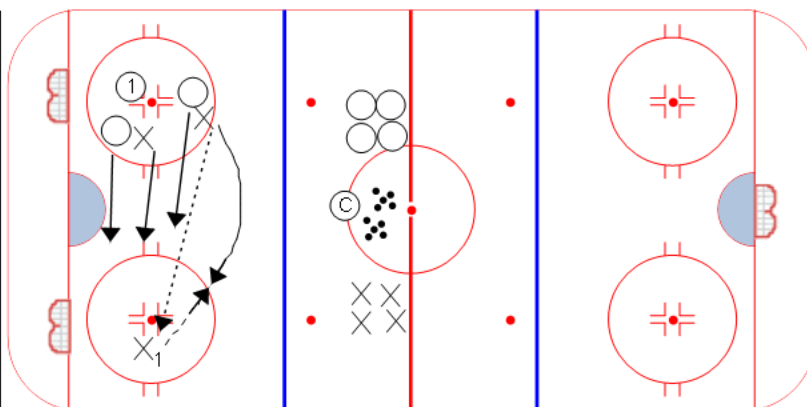
Jeff Drill of the Week

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 invovled
 2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
 3. Favourite Drill- Flinger Drill
 4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK becасue 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

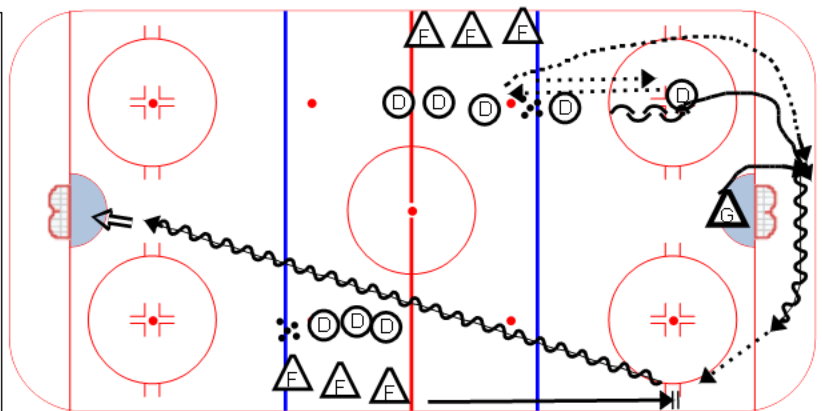
Category #2 : Shooting

Description

① one touch pass with next ②. Rims puck ③ stops rim and sets puck up for ④ to retrieve and pass to ⑤ who sprints down the wall and becomes outlet for the ⑥. ⑦ takes a shot in the far end. ⑧ 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 : _____

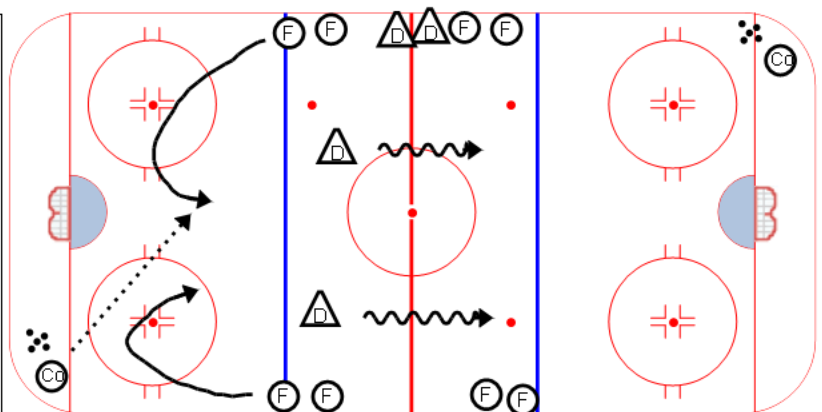
Title : 2 on 2 Regroup

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 : _____

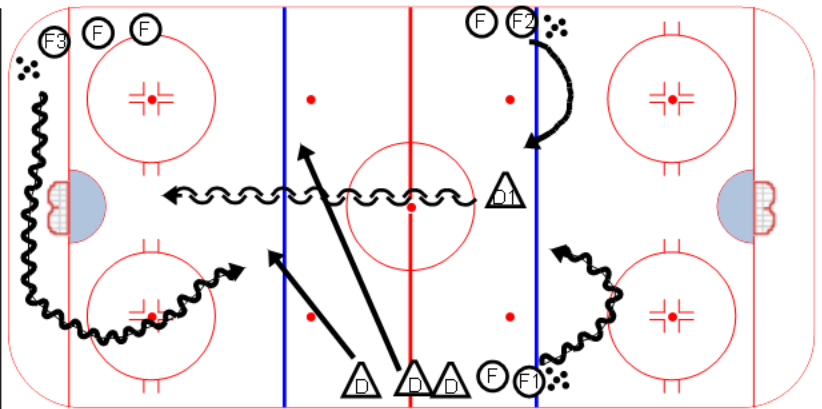
Title : Finner Drill

Category #1 : Shooting

Category #2 : Flow

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

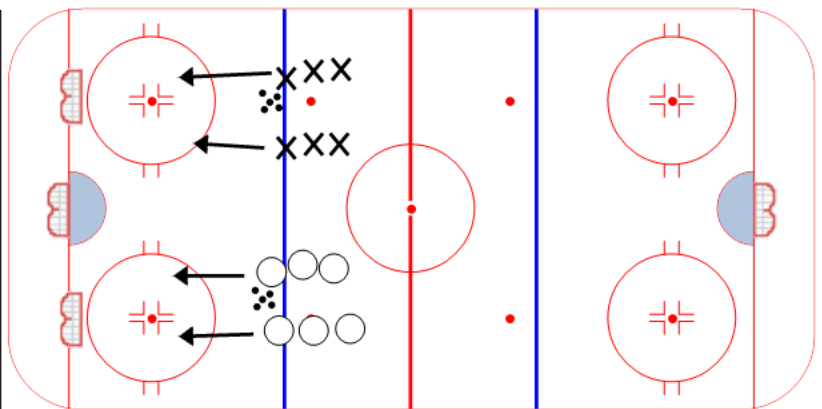
Category #1 : Fun

Category #2 : Game

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!



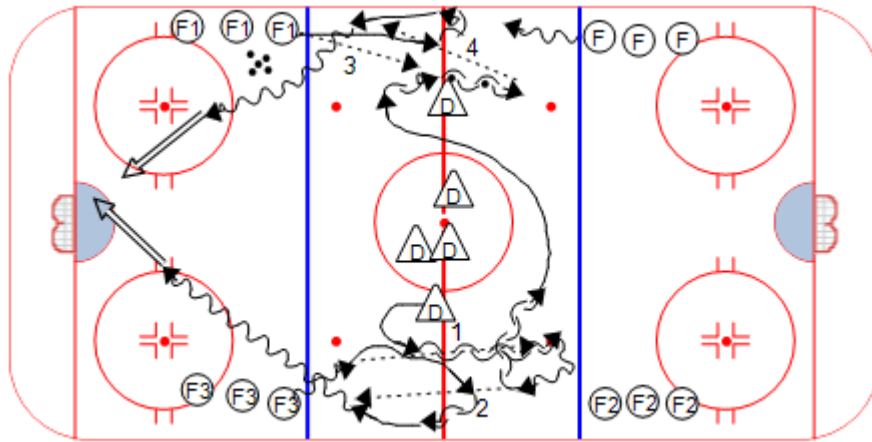
Key points :

 Fun

 Battle

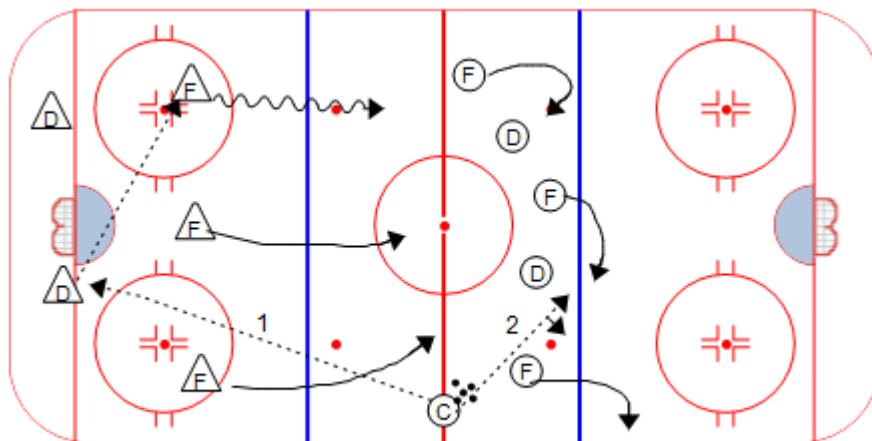
 Competition

1. SKILL DRILL – PAT’S QUICK UP DRILL



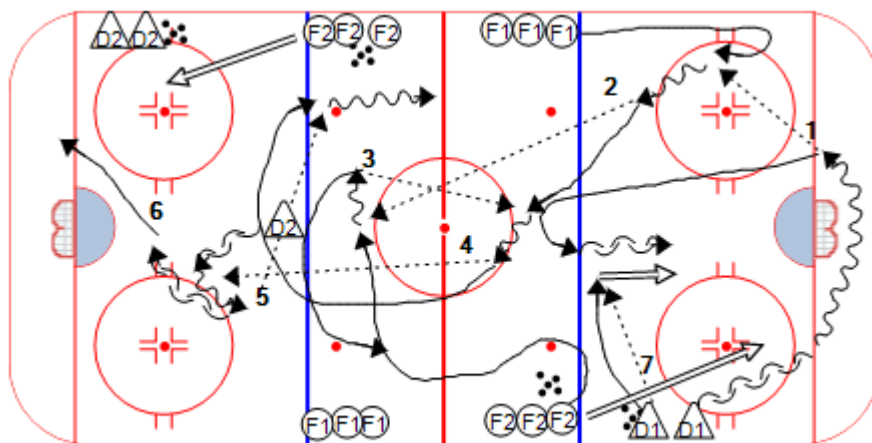
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes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



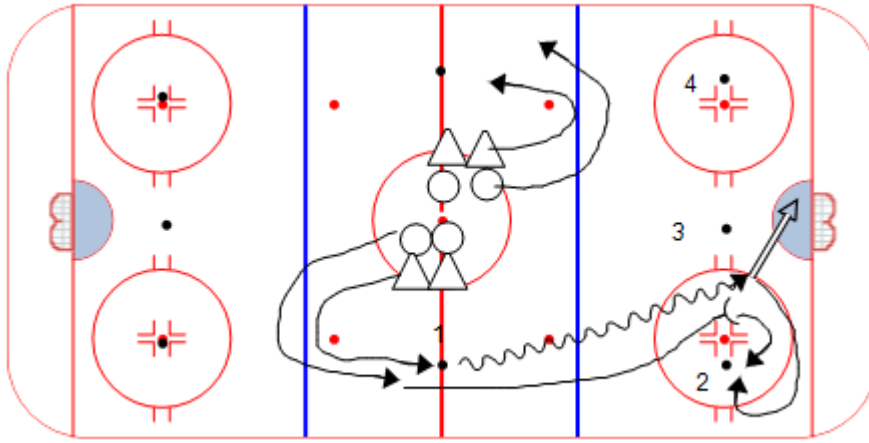
C spots puck (1). \triangle 's go 3 on 0, \circ 's let the other F's by. \triangle 's jump up to get the gap. On the whistle, C spots a puck for the \circ 's who go 3 on 2. \triangle 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (\circ) vs. 2 plus 3 trackers / back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

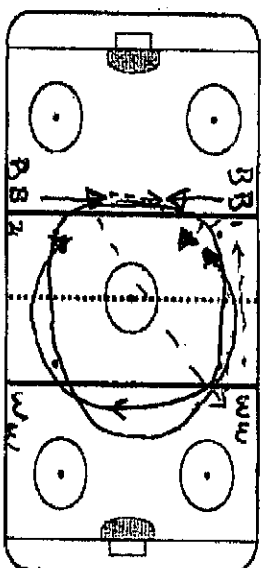


UBC HKY - PRACTICE PLANNERS



DATE: _____ Duration: _____ OBJECTIVES: _____

Drill: 2v0 Passing Drill Time: _____
Biz cross-drop puck to each other, pass to anyone in line, puck moves around players as Biz skate around dots - get pass back and attack 2v0. whistle then white goes

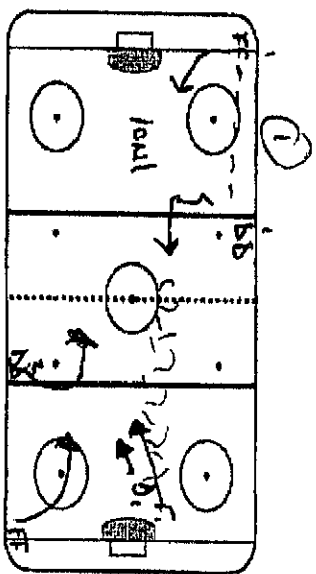


KTP: PASSING - BE READY TO MOVE FOR PASS

Drill: 1v1 with backchecker Time: _____

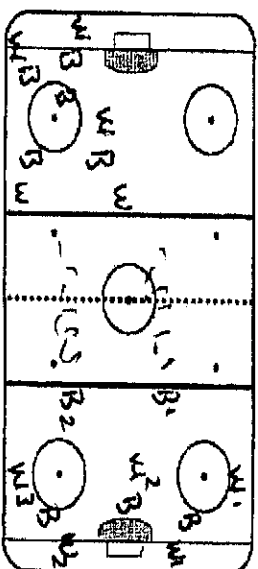
- ① F1 play D1 1v1 - whistle
- ② F2 play D2 F1 backcheck D1 jump up

play on whistle - LOTS OF FLOW



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

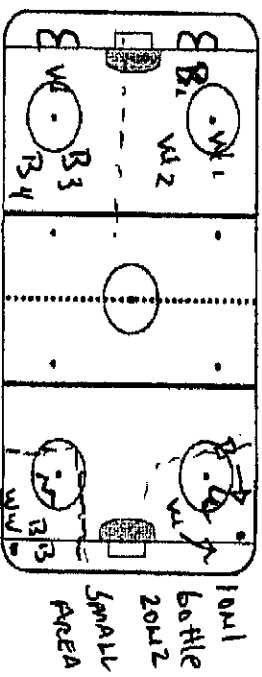
Drill: 5v5 Rush-DZONE Time: _____
- whistle W123 Attack B12 3v2
B123 backcheck D12 jump up.
- Play RUSH OUT - whistle
- Play AZONE 5v5 AFTER RUSH
* AND PUCK NOZONE IF WANT-RESERVED AFTER DZONE



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

Drill: SKILL - GAME DOLL Time: _____

W12 - Play 2v1 vs D1. B1 get
puck he must pass to F324
Neither team can cross mid line



KTP: Active Sticks - Passing lanes - Seeing - 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

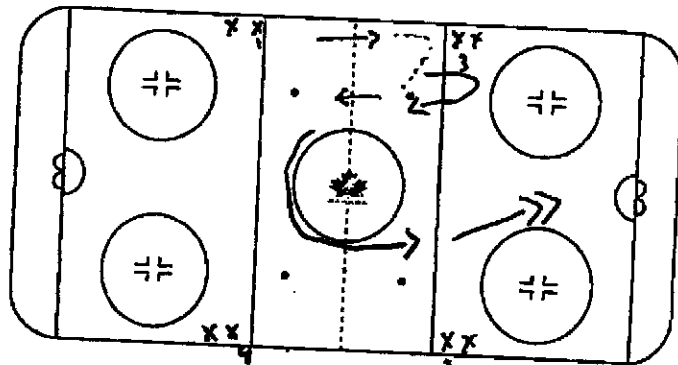


HOCKEY CANADA **COACHING PROGRAM** **PROGRAMME DES ENTRAÎNEURS**

TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Skill Drill

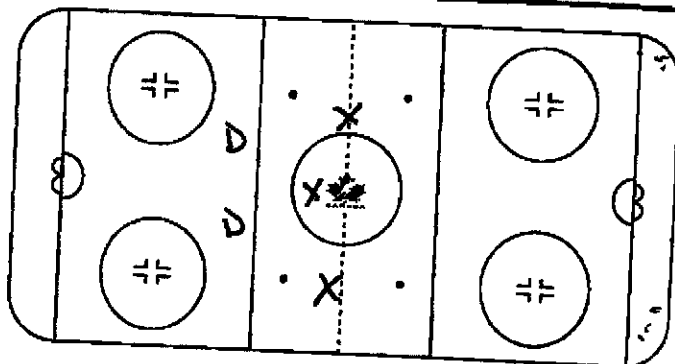
X1 and X2 leave with pucks
 One touch Pass to X3 and X4 respectively
 X3 pass Back to X1 as he pivots
 X1 will pass to line he left From
 Accelerate around circle GET Pass
 From X2 line And SHOOT



TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Team Play Drill

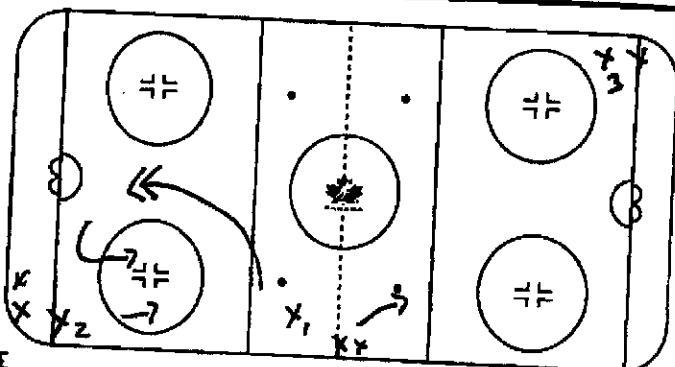
X Dump Puck on Goalie - Goalie Set
 UP Puck -
 D - Break out - GO 5-0
 SCORE - F Go to corner Pass to D
 SHOT Deflection - F - Go to opposite corner
 Pass to D - SHOT Deflection
 G Pass to Fwd - Attack 3 on 2



TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Favorite Drill

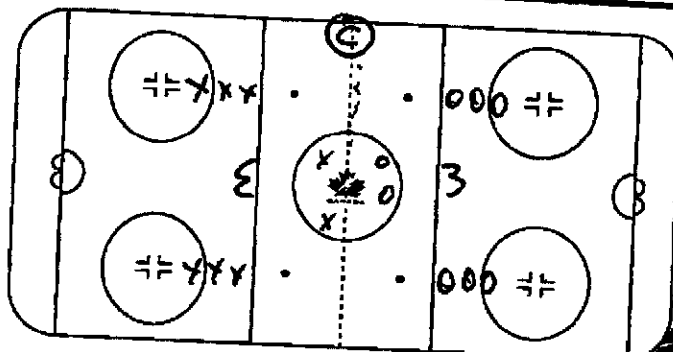
X1 leaves with Puck SHOTS
 Plays Rebound - then Curls to X2
 X1 + X2 Go 2-0 Far End
 - Play Rebound
 Then Pick up X3 Attack Far
 end 3-0
 * Then Go opposite - WAY - New From X1 line



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

Member: Central Collegiate Hockey Association

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

National Champions

1966, 1986, 2007

NCAA Frozen Four

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

CCHA Champions

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

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

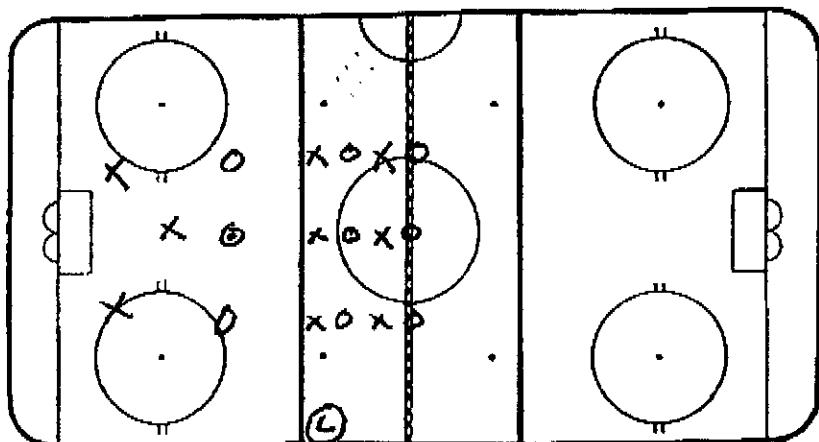
If you do not receive all pages from this transmission, or if you have any questions, please call
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO
EXCELLENCE**

SPARTANS

System / Drill

Competitive
3v3 Continuous

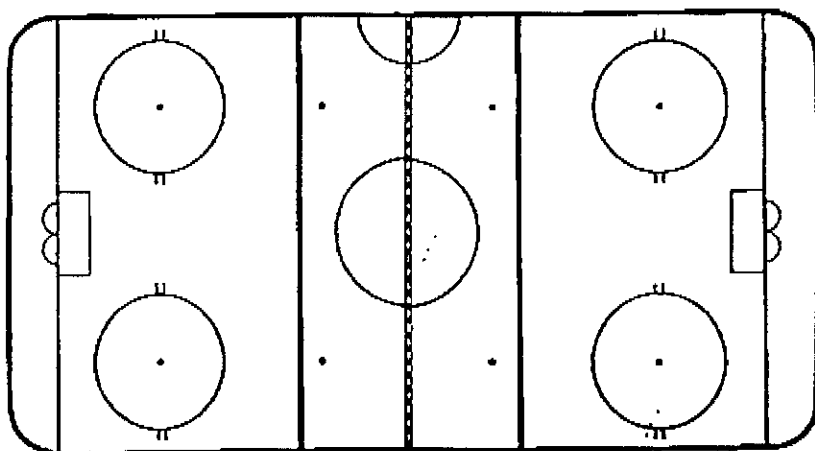


Notes/Comments

Description

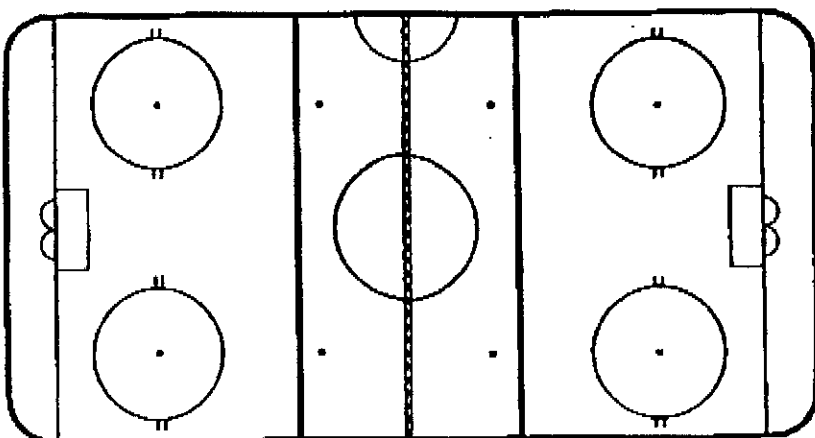
O's start on ~~left~~ offense. X's on Defense
X's must get puck and
make tape to tape pass
with X's in line
X's in line receive puck
attach O's 3v3.

* 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

Description

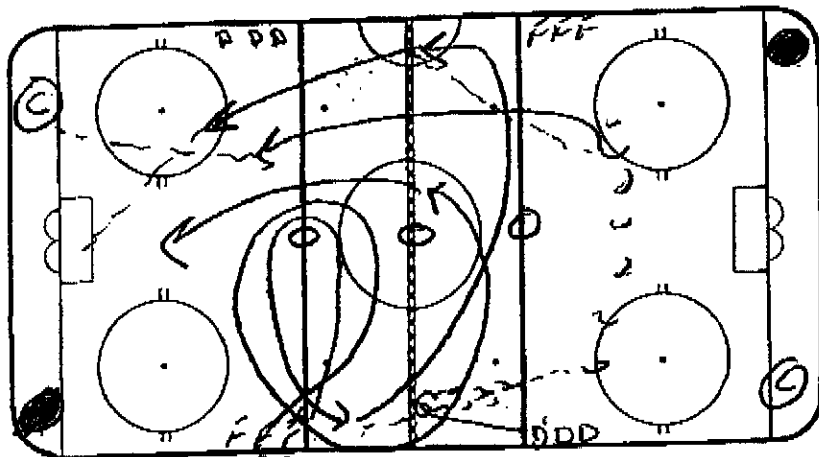


Notes/Comments

Description

System / Drill

J. Nights Drill (Skill)

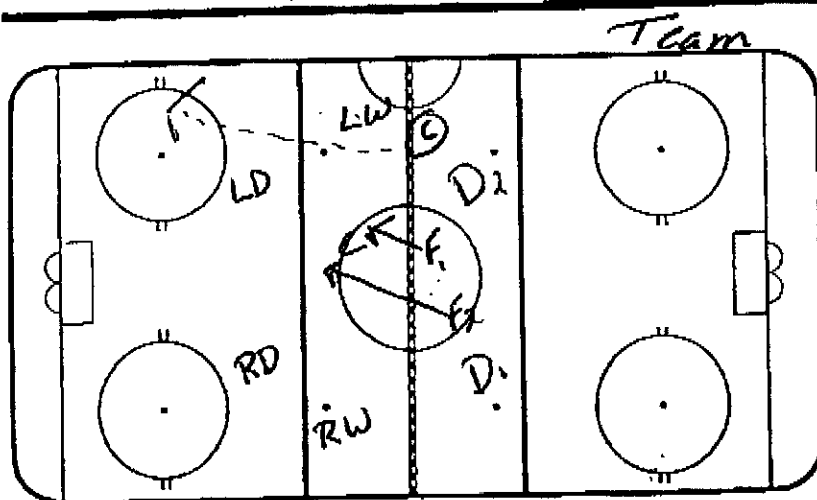


Notes/Comments

Both sides go at same time
start on whistle

Description

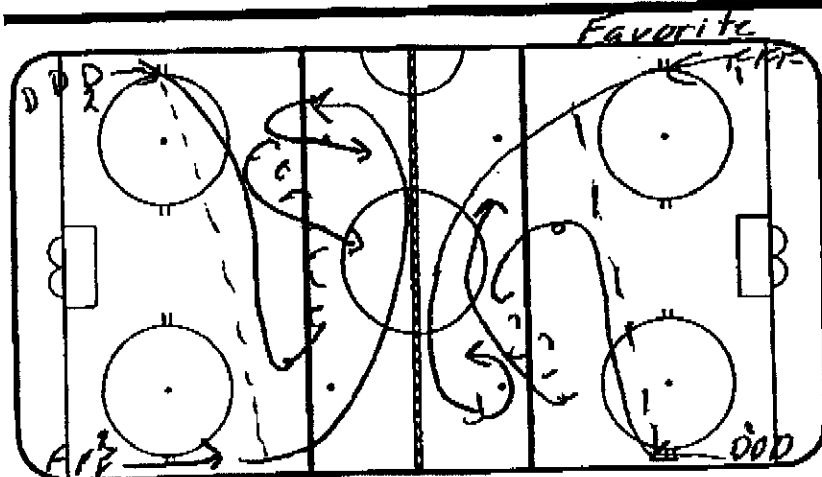
- F₁ around fire with puck
- F₂ follows him (no puck)
- D₁ up to RL transition back
- F₁ to D₁ who travels laterally
- F₁ to wall F₂ middle lane support D₁ to F₁ or F₂
- F₃ shot D to BL pass from ①



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

Description 5v4

- ① 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

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 takes ice b
- F2 attacks D1 1v1
- could have 2 or 3 transitions



CAT FAX

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"

MONCTON
WildCATS
OF MONCTON

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

www.moncton-wildcats.com



NEW YORK ISLANDERS

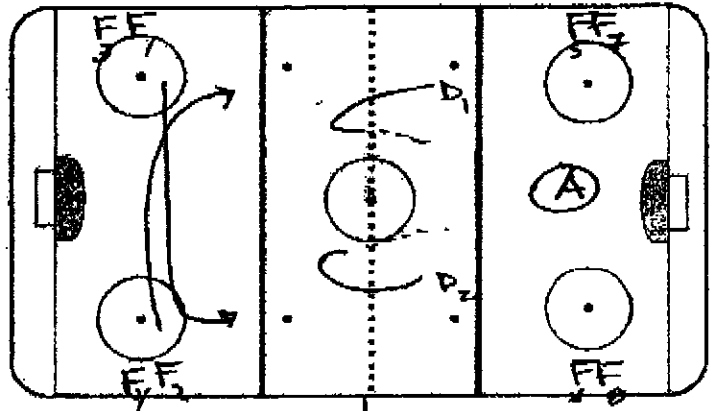


①

2u2x2

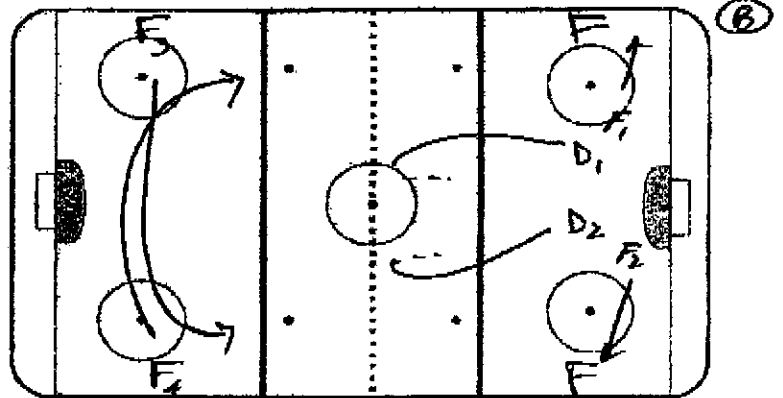
A/ F1F2 cross below ringette line
; D1D2 get up for 2u2
on whistle

B/ whistle to end 2u2; D1D2
hustled to get up on 2 and
2u2 from initial end (F3F4)



* ALTERNATE SIDS

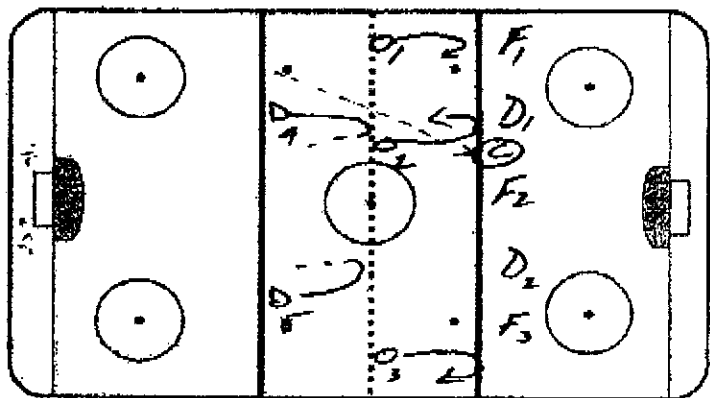
- great for D's 2u2 skills



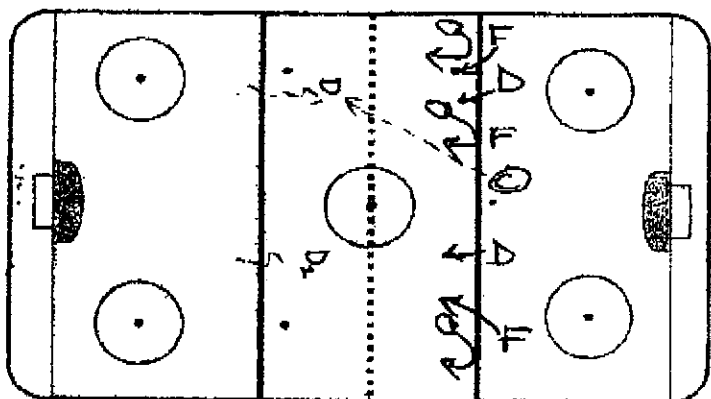
②

N-Z. TURBACK DRILL

- O's wheel ; B/AST SVO
(pucks behind net)
- O's give puck to © when they
reach 1st B/line
- O1,23 (F1,2,3) must tag for
blue line; O4,5 must dash red



- © spits 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 LIVE 2 REPS on O's D then change

5x5
N/Z

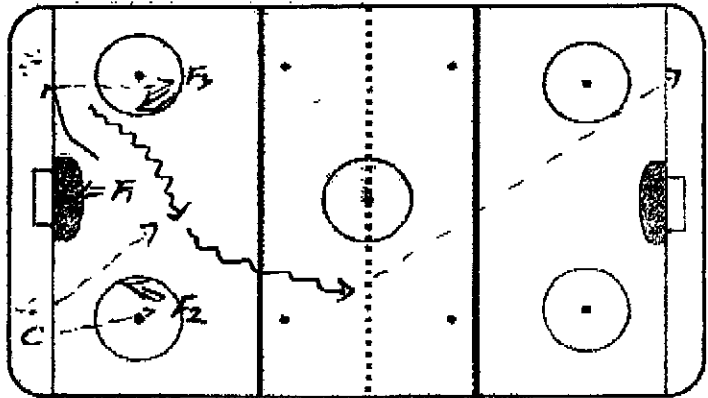


NEW YORK ISLANDERS



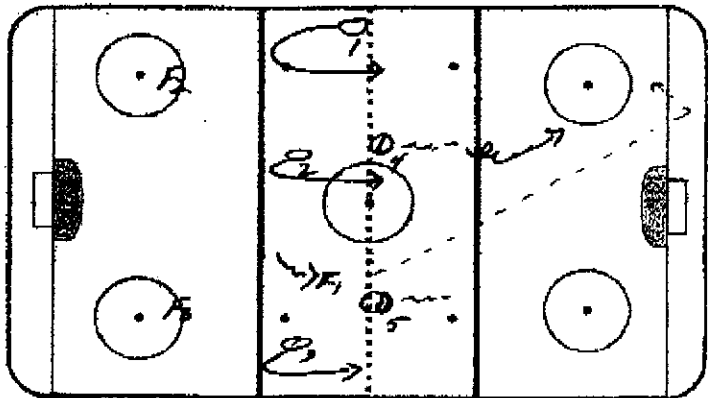
③ F/C X1/X2 CONTINUOUS DRILL

- F₁ shoots; becomes passes ft. corner
- O₁ → F₂/shot... top of circles
- F₁ → F₃/shot... top/circles
- F₁ cuts through slot; O₁ → F₁
- F₁ dumps; FORCIBLY 105



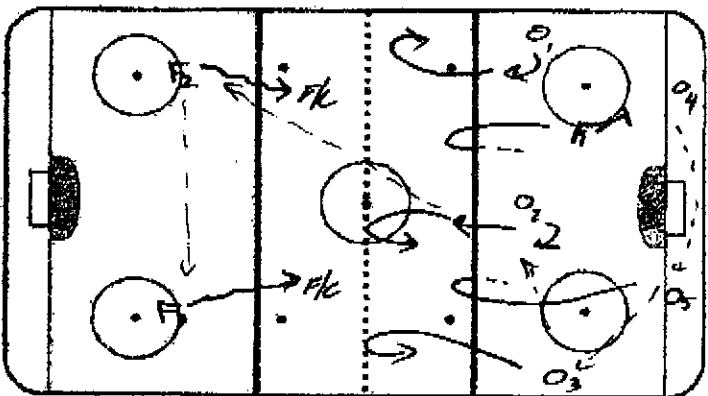
④

- F₁ FK 105 vs O₁₂₃₄₅
- O₄₅ must not be inside blue line before F₁ dump! (gap)
- O₄₅₁₂₃ breakout / F₁ done
- O's give pick to F₂ & F₃ by red line



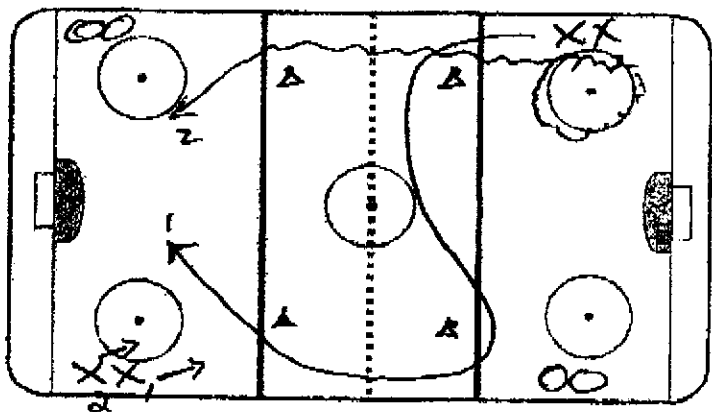
⑤

- F₂ & F₃ make 1 pass then FK 205 (dump at red)
- O₁₂₃ must tag red line; O₄₅ must gap up to at least b/line
- F₂ & F₃ F/C 205 vs O's
- * O's D/OUT 2nd time / down ice FOR 3/ shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

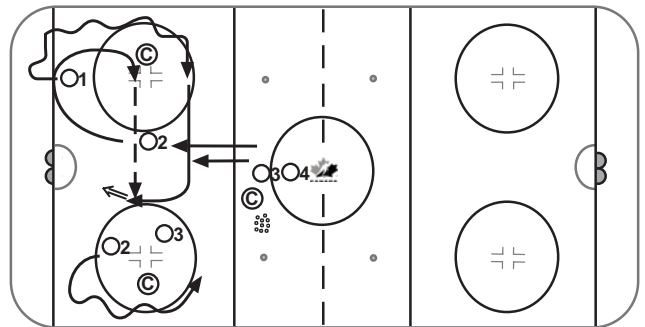
- whistle; X₁ X₂ fr. 2 sides
- X₁ around dots/ shoot #1
- X₂ and circle (Fund-Bases-Fund) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft' & 'speed'



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

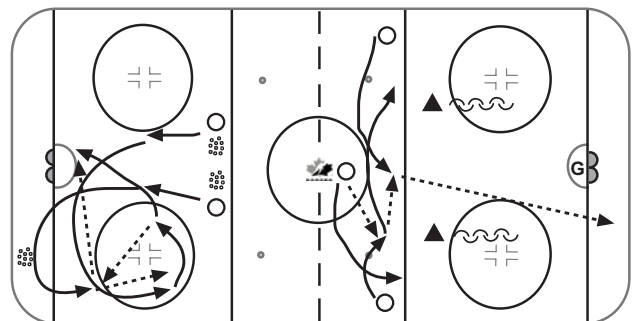
Skill Drill

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 O2for 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>	



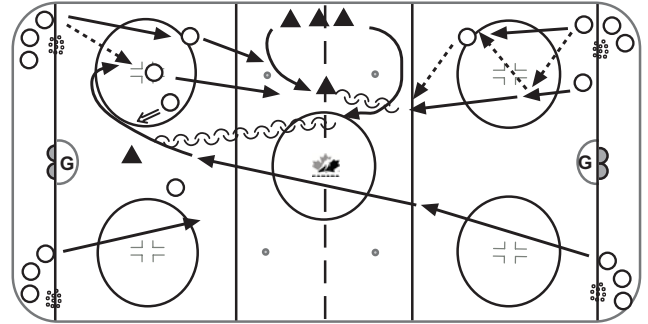
Team Drill

Time	Description	Key Points
15	Triple Shot Backdoor / Breakout X 4	
A)	<ol style="list-style-type: none"> Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck. 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. 	
B)	<ol style="list-style-type: none"> Breakout 4 times end with 3 on 2 Quick up – Wheel – Over – Reverse. Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again 	



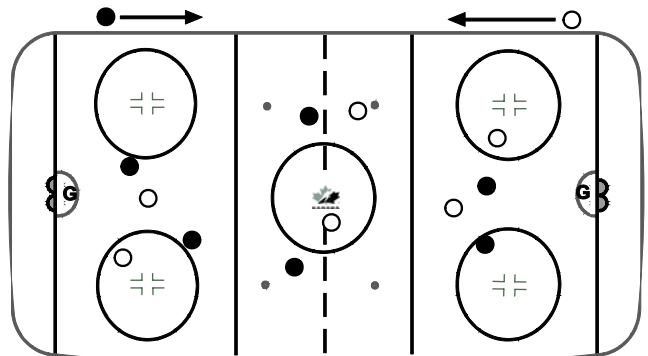
Favorite Drill

Time	Description	Key Points
10	Full Ice Backcheck	
	<ol style="list-style-type: none"> 1) Forwards in all 4 Corners, D at red line 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1. 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. 	



Fun Game

Time	Drill Name & Description	Key Points
5	Three zone scrimmage	
	<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

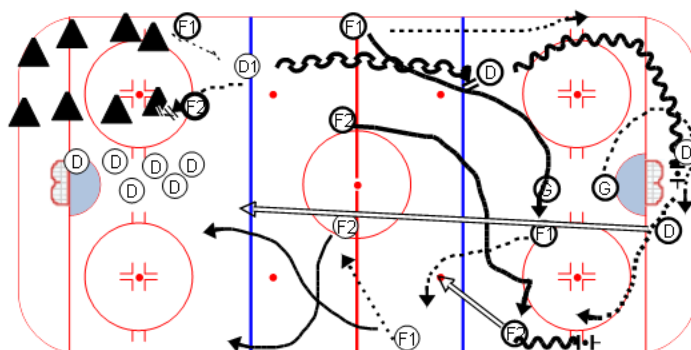
full ice warm up

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 :**

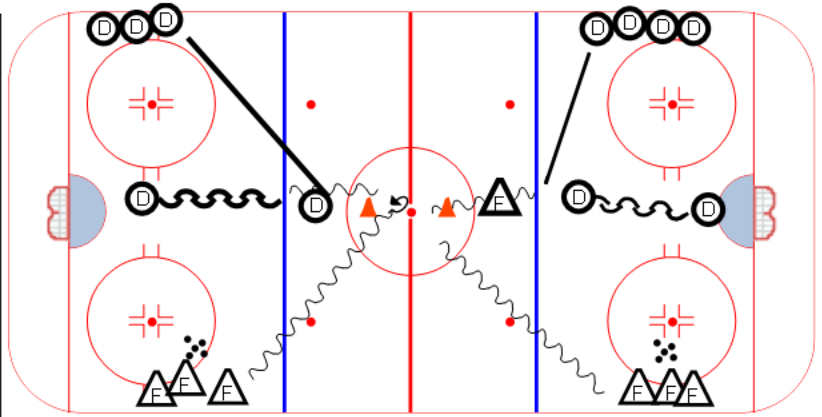
Quick Feet D-man drill

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 :**

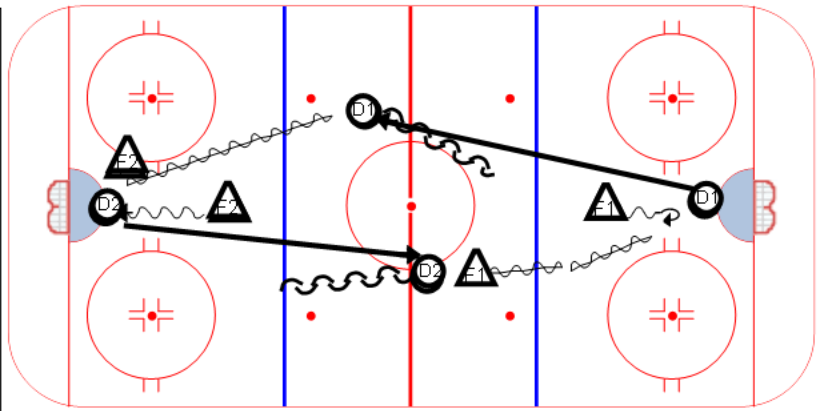
Quick Feet D-man drill

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 .

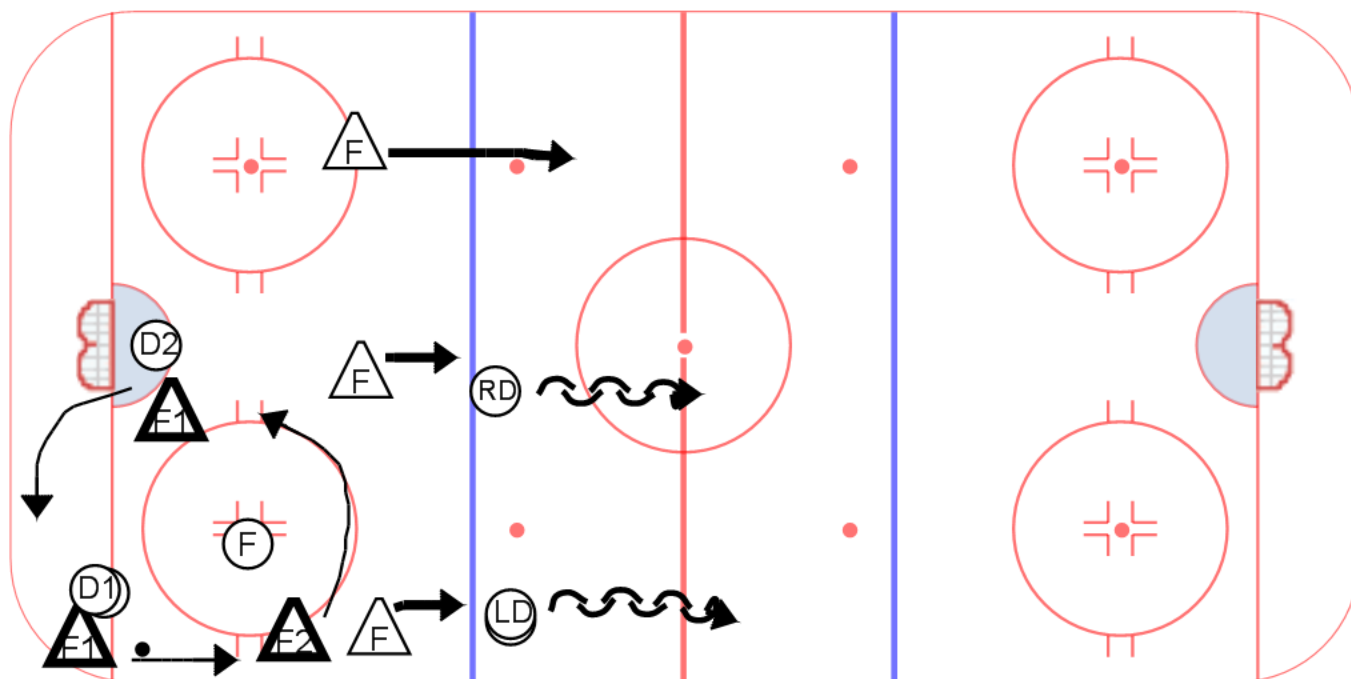
**Key points :**

Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

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

Content elements : Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description

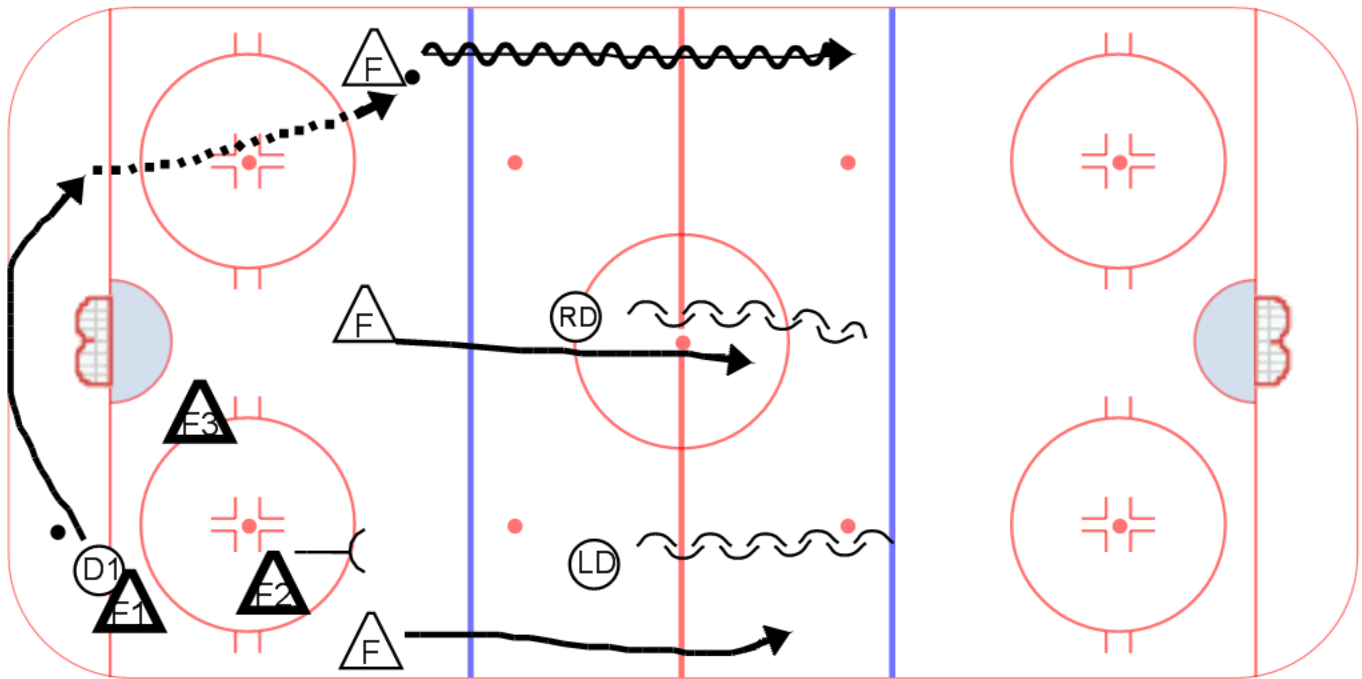
F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

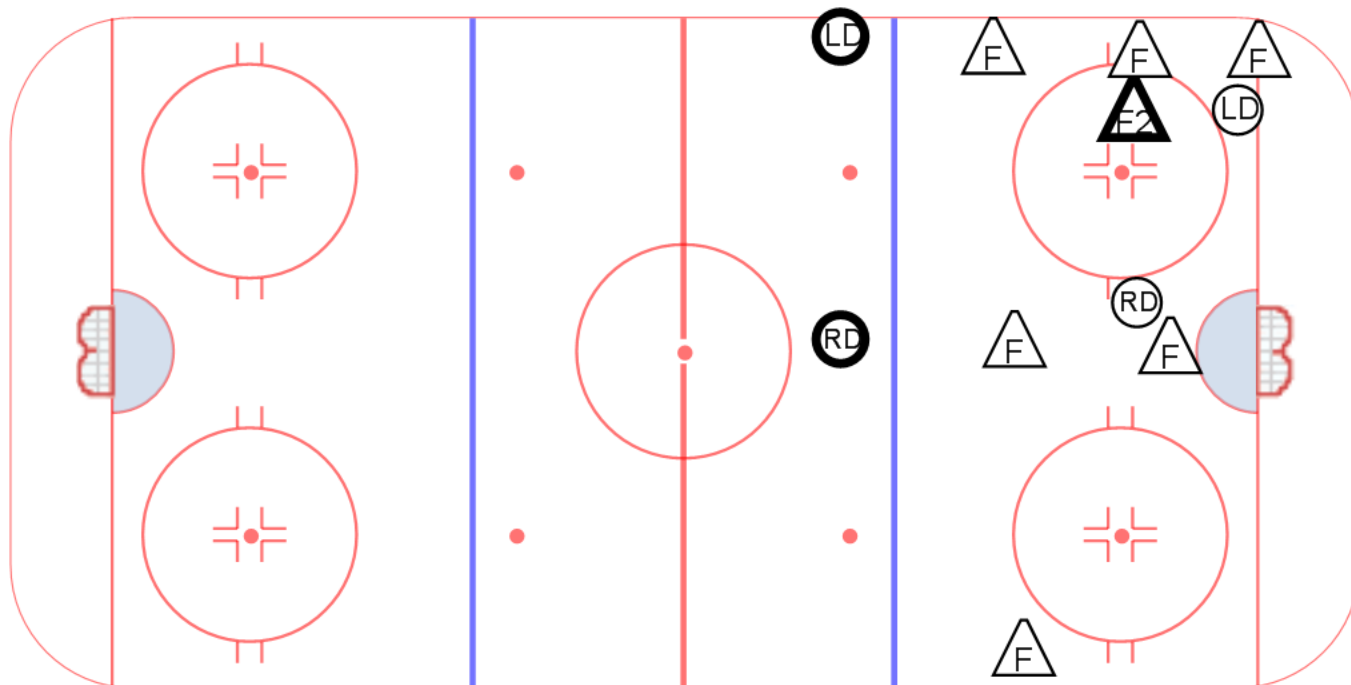
HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

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 : Category #2 : Title : Content elements : Components: Key points : Description

<div></div>

Category #1 : Category #2 : Title : Content elements : Components: Key points : Description

Title : SMALL ZONE 1:1 GAMES**Category #1 :**

BATTLING DRILL

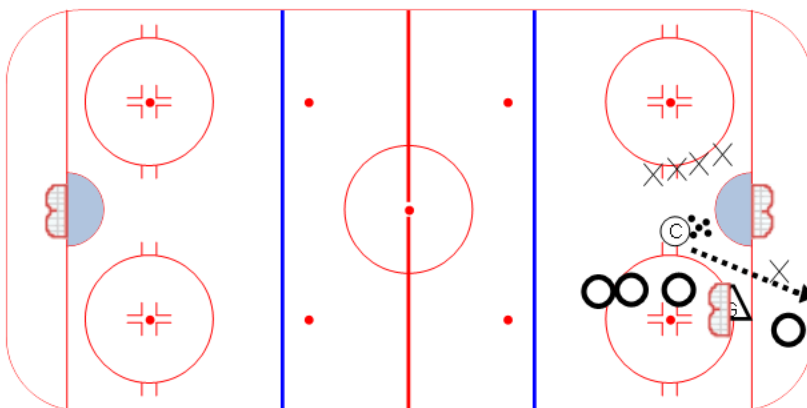
Category #2 :

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: _____

GEGNER: _____

REF: _____

SCORE: _____

Sweedish Wheel 2v1 SKILL



INJURED: _____

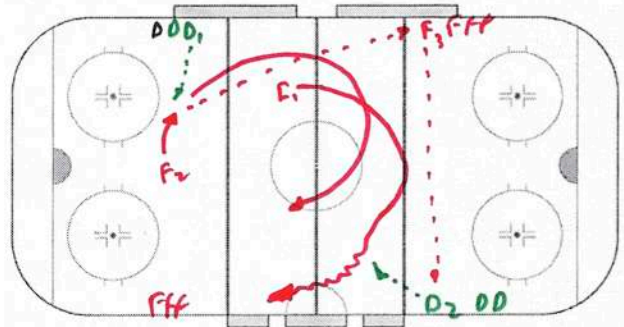
NOTES:

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



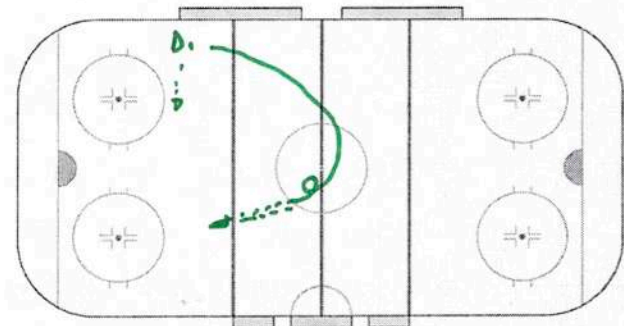
NOTES:

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



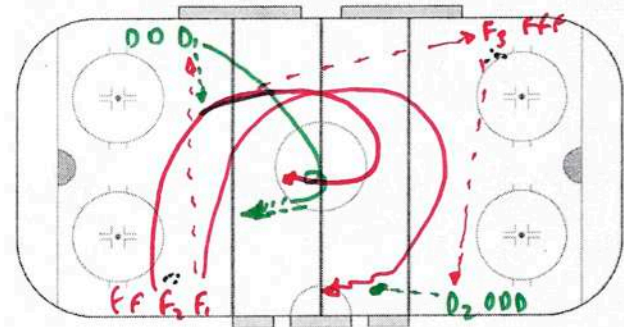
NOTES:

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



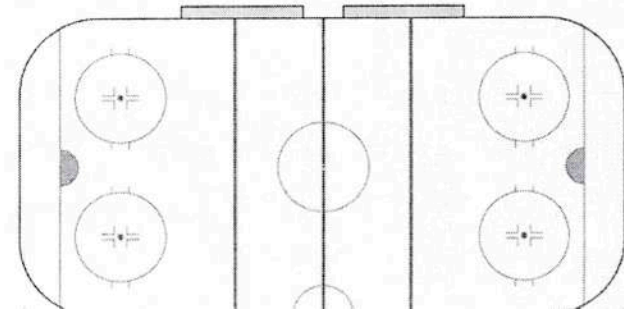
NOTES:

- Full Drill Drawn.



NOTES:

- One touch passes → crisp and hard
- F_2 Support
- D_1 '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.

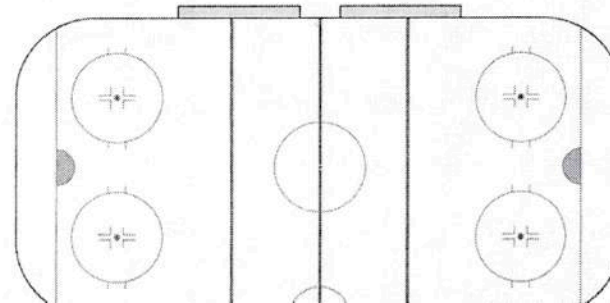
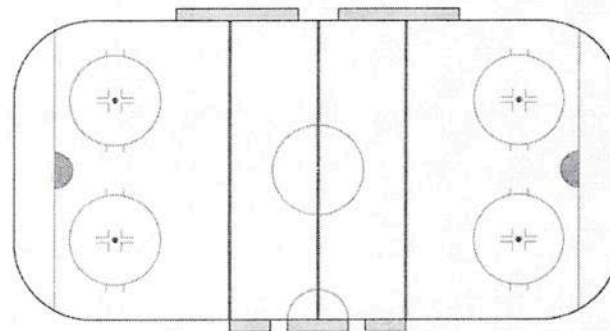
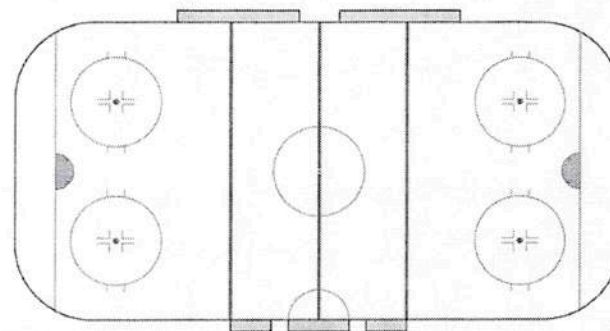
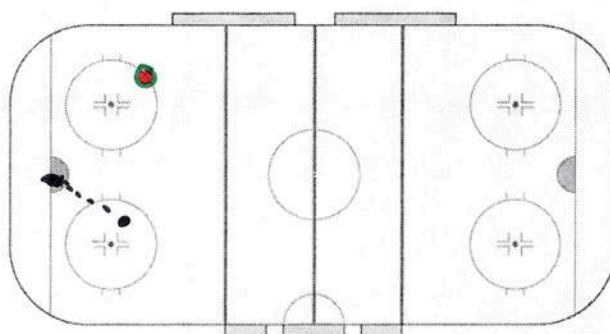
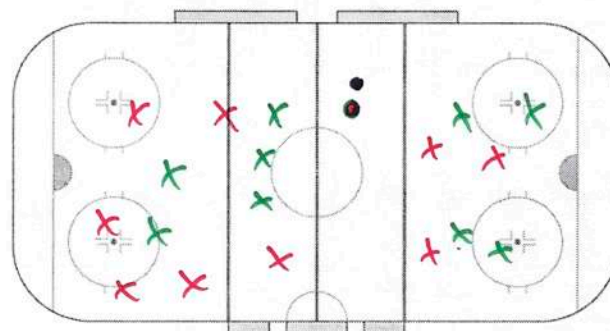
NOTES:

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

NOTES:

- Play game to 3 (could last 20min)

NOTES:



Hamburg 2-1 (FAVORITE)

DATUM: _____

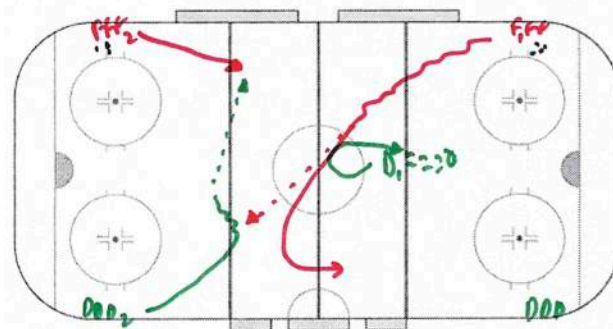
GEGNER: _____ REF: _____ SCORE: _____



INJURED: _____

NOTES:

- F_1 starts drill w/puck → skates to opposite end and passes to D_2
- D_2 passes to F_2 breaking up-ice
- D_1 takes 2-1 back.



NOTES:

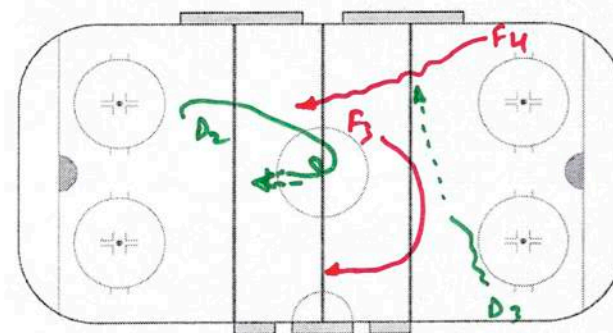
* Drill Continues *

- D_2 does give and go pass w/ F_3 then D_2 heads up mid-ice to close gap.
- F_3 passes to D_3



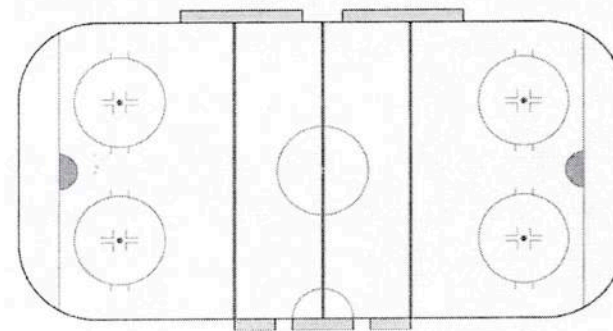
NOTES:

- D_3 passes to F_4 breaking up-ice.
- F_4 and F_3 take 2-1 on D_2



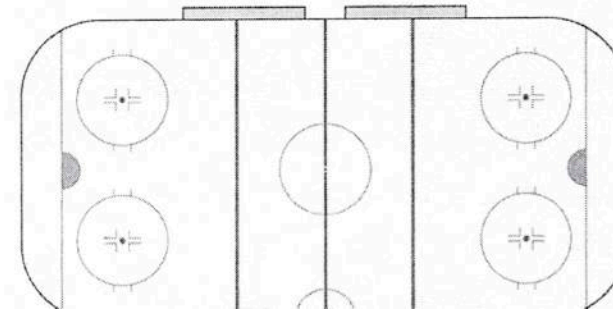
NOTES:

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



NOTES:

D_1 → CLOSE GAP → MAKE QUICK AND CRISP PASSES



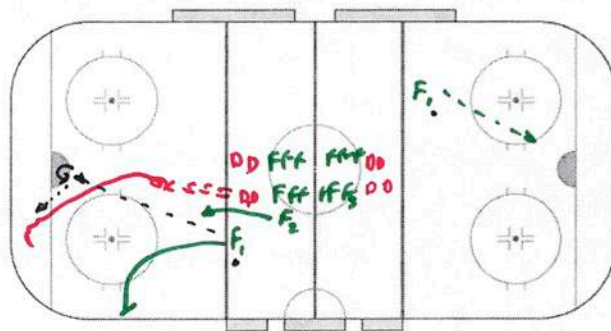
GEGNER:

REF:

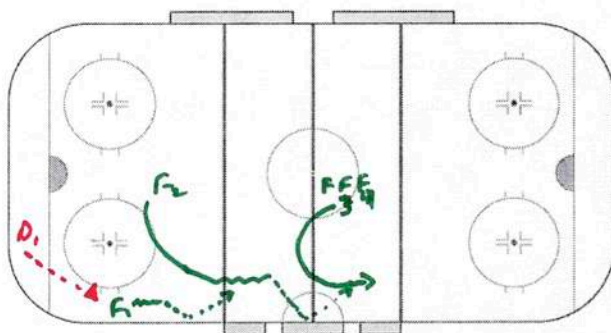
SCORE:

**FRANKFURT
LIONS**

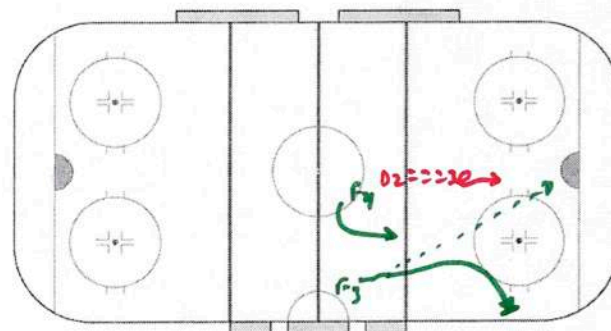
- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F₁ starts w/ puck and dumps to Goalie. → then Supports Break-out
- D₁ retrieves puck for Break-out



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



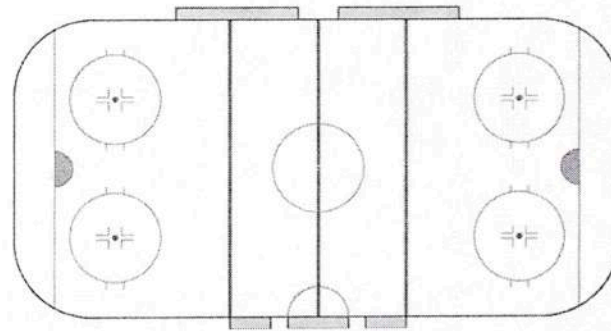
→ F_3 continues drill in opposite direction with F_4 and D_2 .



* Timing is key *

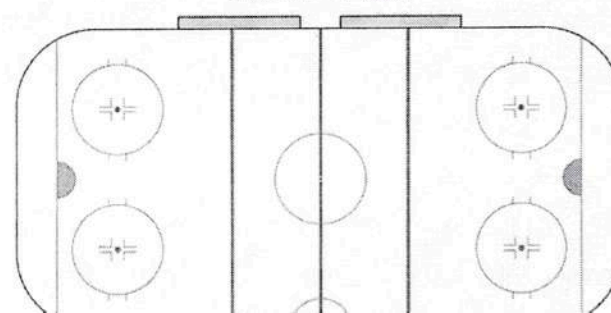
* Support is key *

→ Can do other break-out options with the same format i.e.
D to F reverse / middle support etc....



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

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



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)



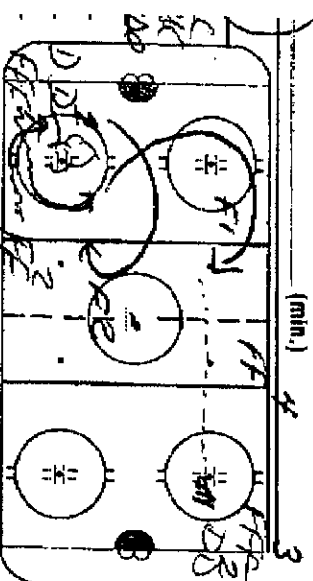


**Atlantic Centre of Excellence
Centre d'Excellence de l'Atlantique**
125 Station Street, Saint John, NB • E-L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641
E-mail: acoehoc@nbnet.nb.ca • www.canadianhockey.ca



2 vs 1 Continuous

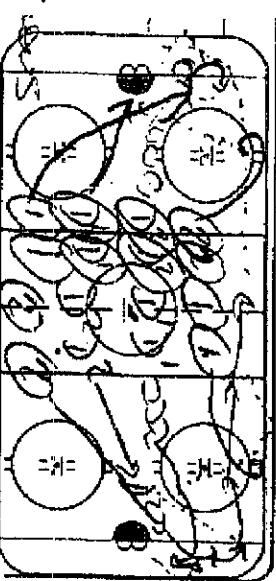
- F1 starts up the wall and drops the puck for F2 who will
- Come down the wall, then they will attack D1, 2vs1 down low
- Then F1&F2 will come outside the blue line to get a pass from D2
- Out of the far corner and attack 2vs1 again, then the other end starts
- 2vs1 down low, then gets pass from D in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

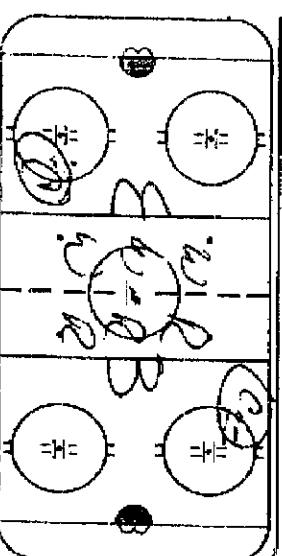


Key Execution Points (KEP)/Points clés d'exécution :

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**



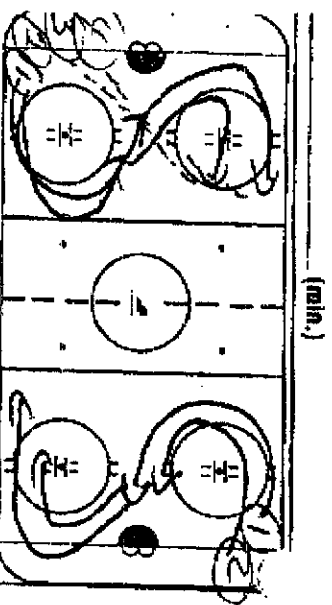


Centre d'Excellence de l'Atlantique
 125 Station Street, Saint John, NB • E2L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641
 E-mail: accehoc@nbnet.nb.ca • www.canadianhockey.ca



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.



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

Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

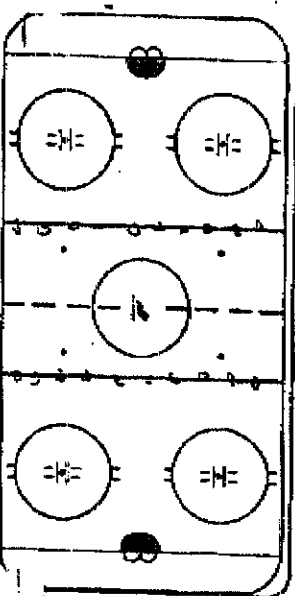
All players on bench on coaches whistle it begins

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

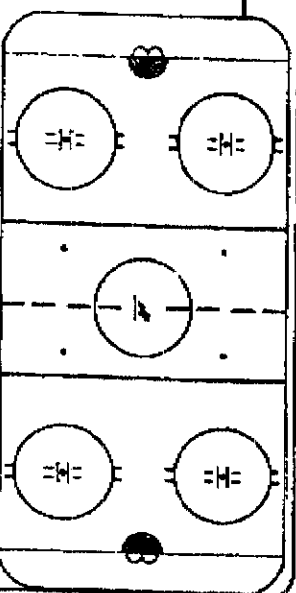
10 pucks wins



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

Time/ Temps : Drill Name/ Exercice :

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



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

"Partners in Hockey Development"

"Partenaires au Développement du Hockey"



HOCKEY
NOVA SCOTIA





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 : _____

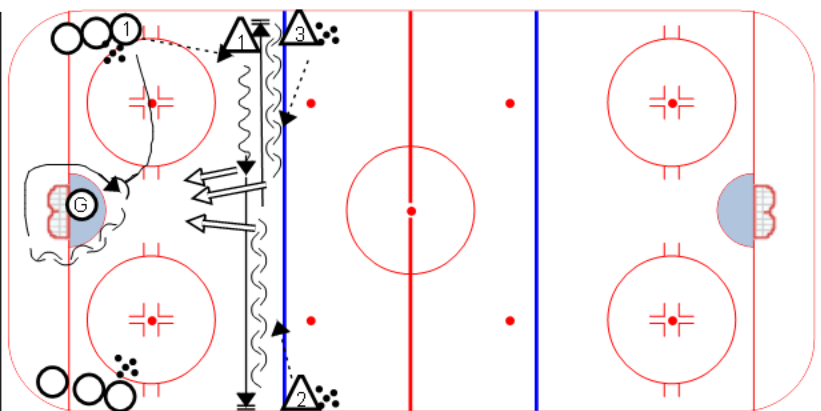
Title : Wheel House Sprint & Shoo

Category #1 : Defence

Category #2 : Shooting

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 : _____

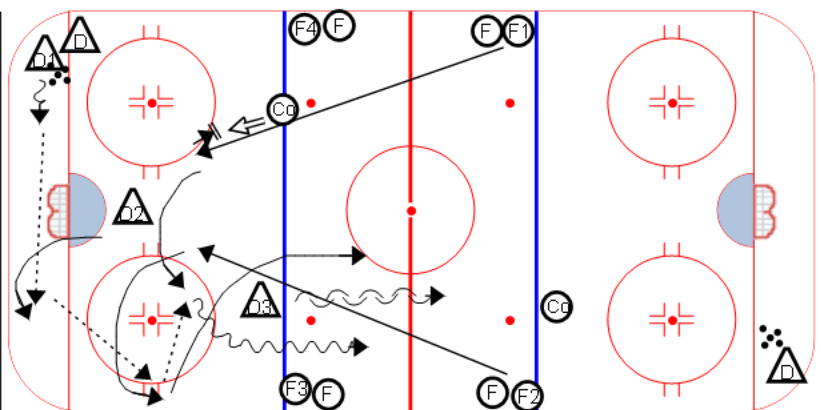
Title : USA U18 - 2v1 Cont.

Category #1 : Combination

Category #2 : Shot blocking

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 on 1 and activates the point shot by the coach.



Key points : _____

Breakout Skills

2v1 / DZ Coverage

Blocking Shots

Execution

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination

Category #1 : Combination Drill

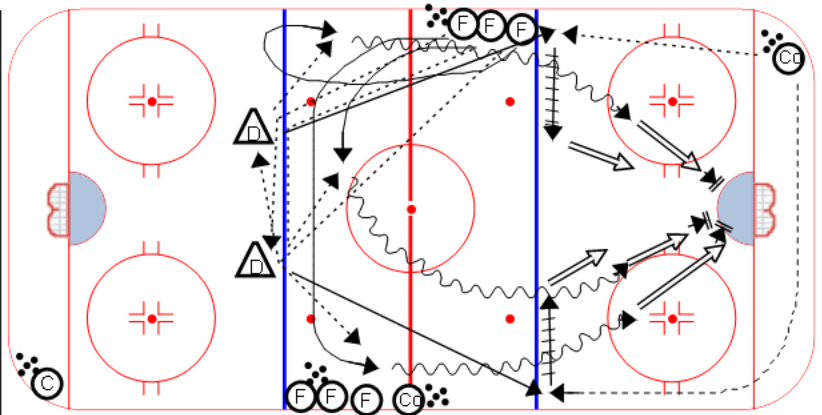
Category #2 : Execution

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 : _____

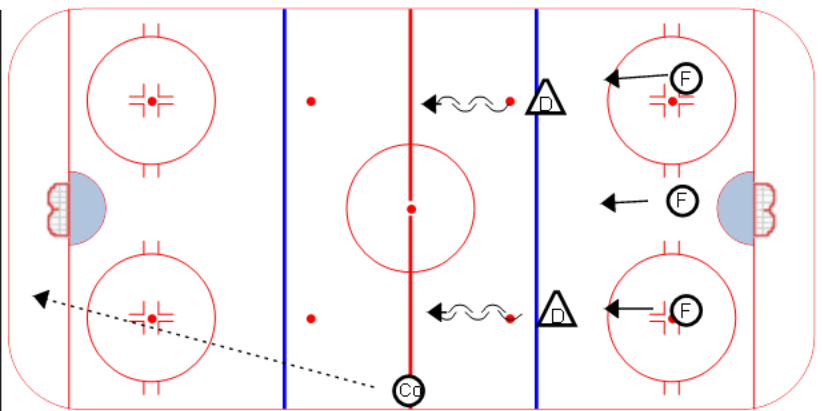
Title : Panthers Combination (seq

Category #1 : Combination Drill

Category #2 : Execution

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 :

Relentless BC

Through Middle

Quick Transition

Communication

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination (seq

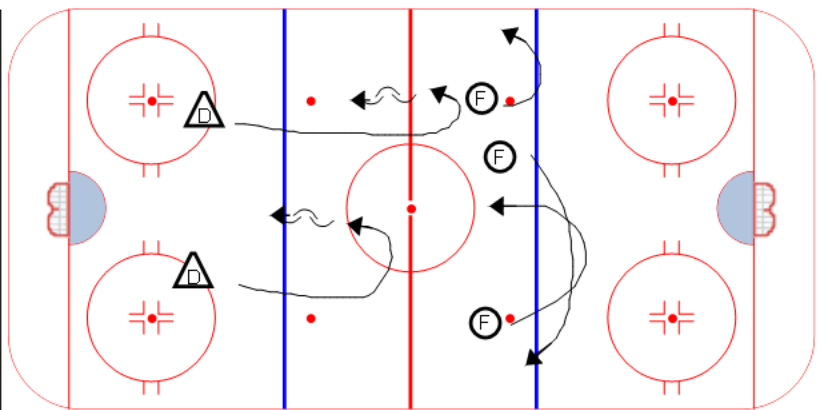
Category #1 : Combination Drill

Category #2 : Execution

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 :

Quick feet

Gap UP

3v2

Open Pivots

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

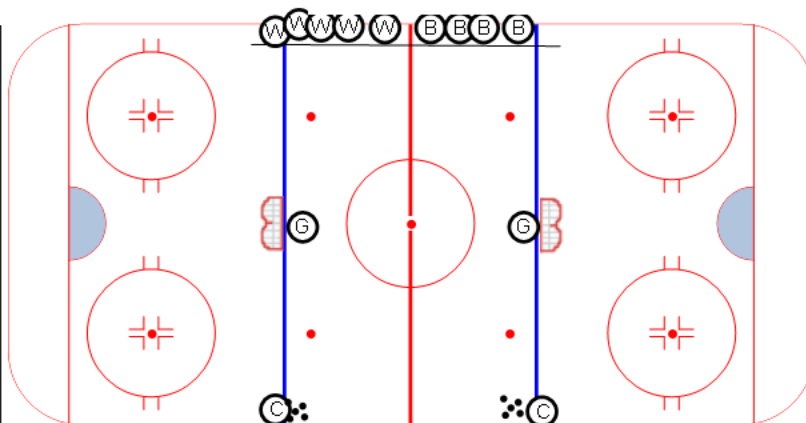
Title : Transition Game

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 :



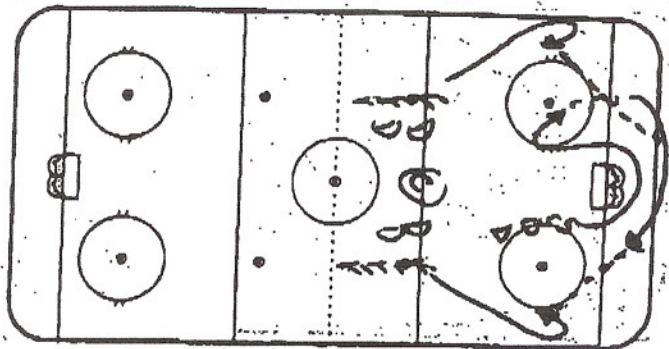
Canadian Hockey Coaching Program

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



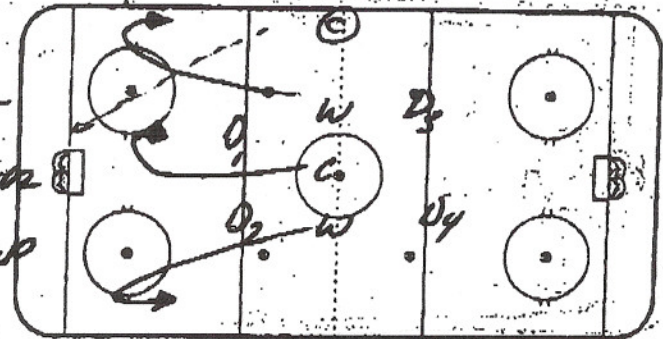
TIME DESCRIPTION KEY POINTS

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



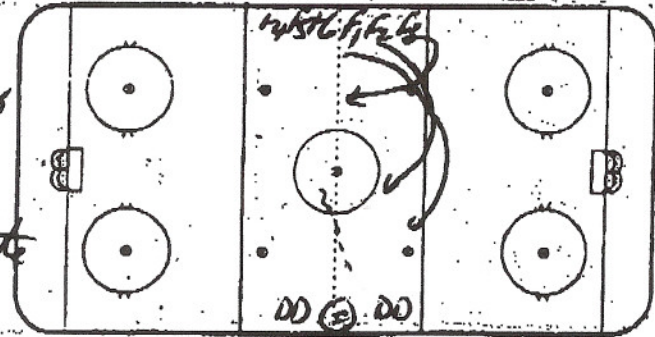
TIME DESCRIPTION KEY POINTS

- ② TEAM PLAY DANI
N2 LEADUP ON WHITE F1-F3 W-D2
- ③ Dumps - (5) MIN UNIT
ATTACK D3-D4 - SUB2
- ON WHITE TEAM AND LEADUP WITH W-D2
THEN RE-ATTACK D5-D4
- * WATCH FOR PROPER HANDS ON RECEPT
- ④ DICTATES NUMBER OF RECEPT
FOCUS TO SUB2 D1-D2 RELEASE



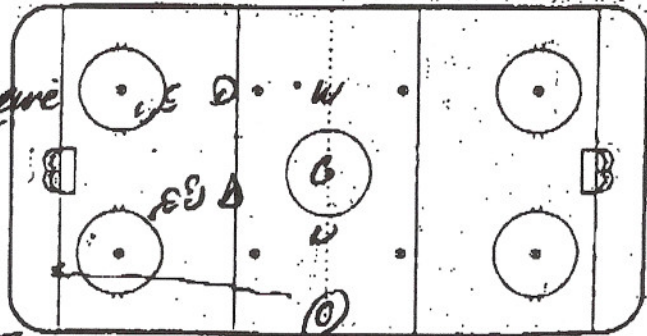
TIME DESCRIPTION KEY POINTS

- ③ SUB2 - SUB1
SUB2 CONTINUOUS
- ④ SPOTS Puck IN N2 FIRST ATTACK SUB2
- ⑤ SPOTS 2nd Puck - D-Jump W - SUB1
- ⑥ SPOTS 3rd Puck D1-D2 Jump IN SUB2
- ONE FIRST UNIT CLOSER LED ON SUB2
- NEXT UNIT COMMENCES SUB2 OFFENSE
- CONTINUOUS



TIME DESCRIPTION KEY POINTS

- ④ FEN/COMPETITIVE
- ① VARIETY OF Dumps
- ② BACK TO RETRIEVE
- ③ F1-F3 F1-F3
- ④ IF D1 SHOT Puck OUT
- ⑤ IF D1 GOAL OUT
- ⑥ IF Puck's GAIN OR CATCH
- ⑦ IF Puck STOP
- GAME TO 15/15
- LAST LINE WHITE HANNERS SHOTS AFTER MATCH - Puck's IN D MAN





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

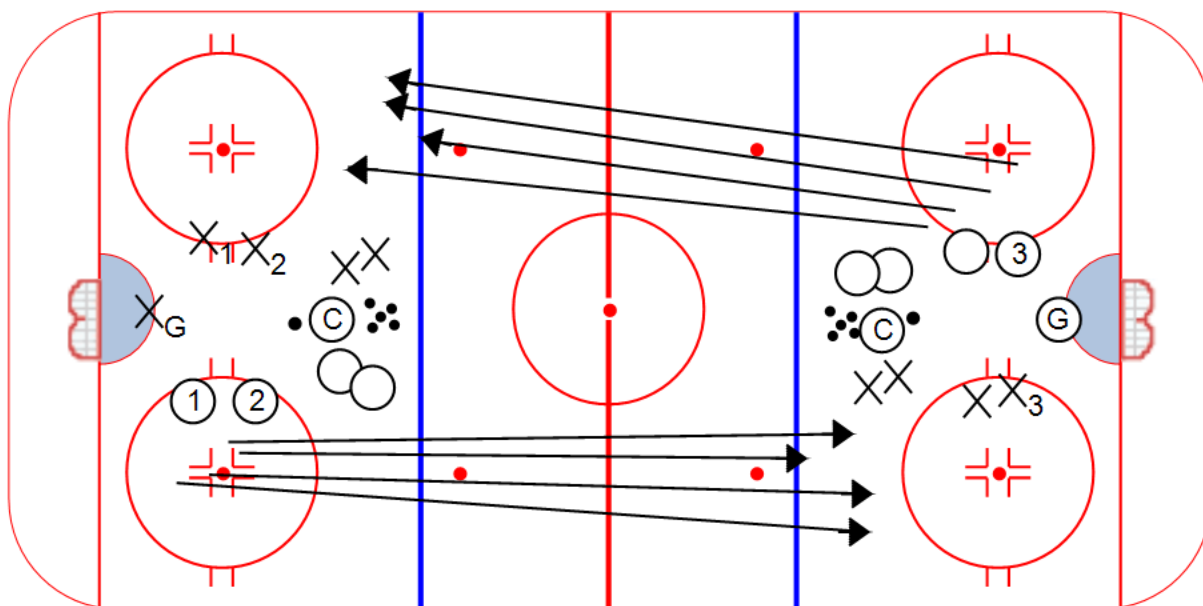
Title : Habs 2vs2 x2

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.

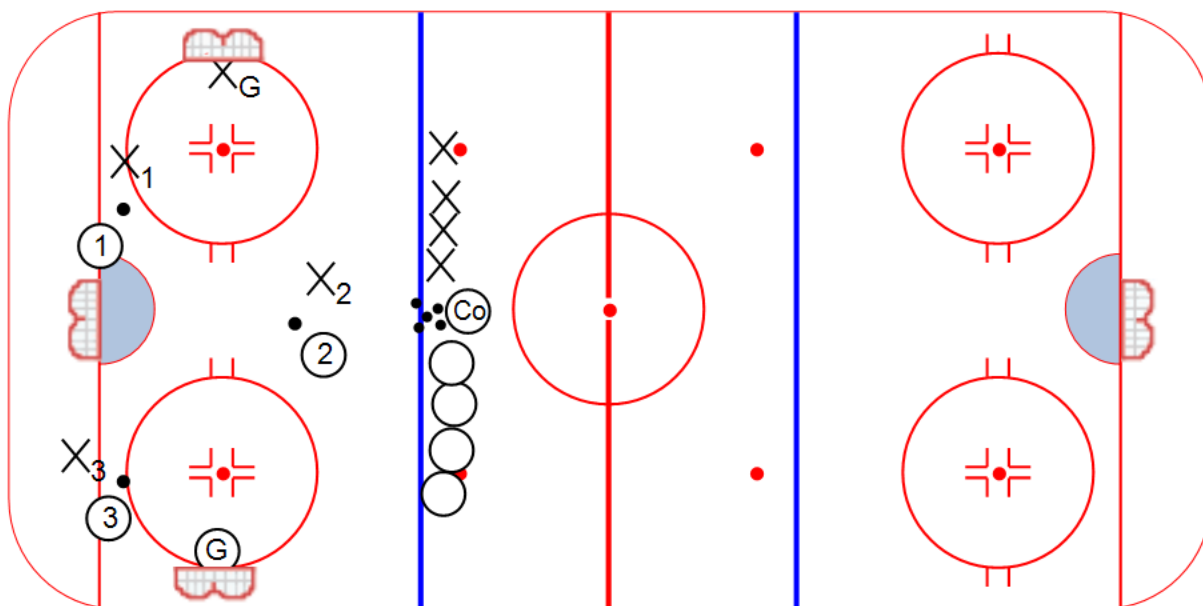
Title : 1v1, 2v2, 3v3

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.

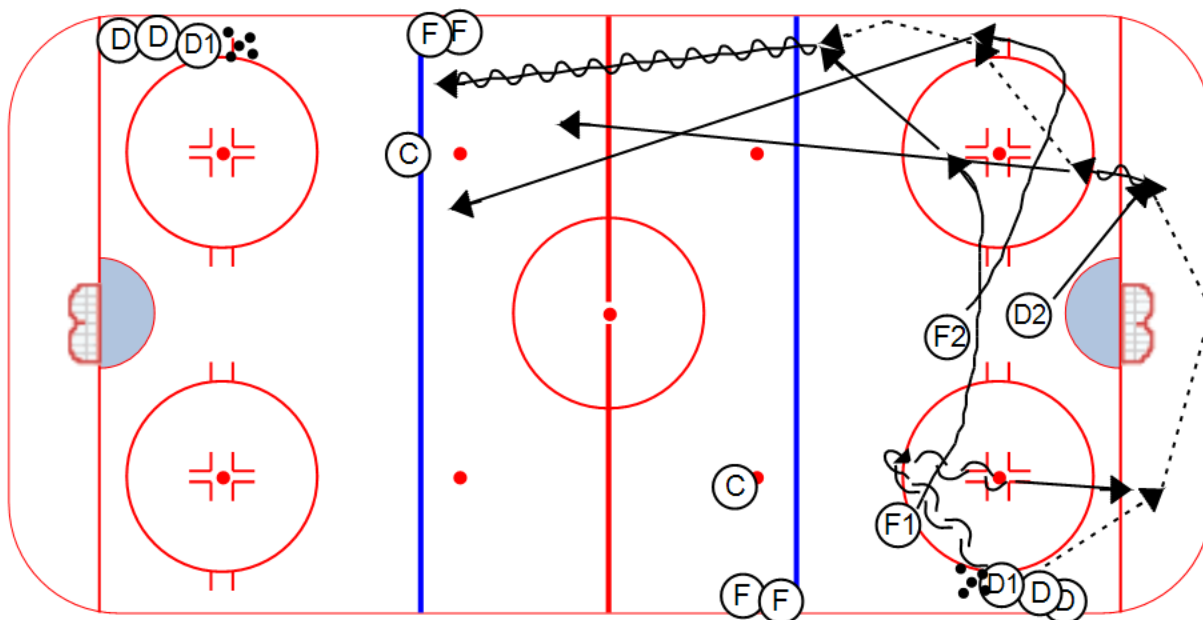
Title : D/Z B/O W/U

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 bkwrds and retrieves spotted puck from next D in line and partners to D2
- D2 moves puck to F1 or F2
- F1 and F2 attack Coach at far blue line working on different 2v1 attack options
- D2 gets to far blue line
- After F1, F2 play puck 1 one of them grabs a puck from the corner and passes to D2 who is now at the blue line
- D2 drags and shoots with Fwds screening and playing rebound

OPTIONS

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

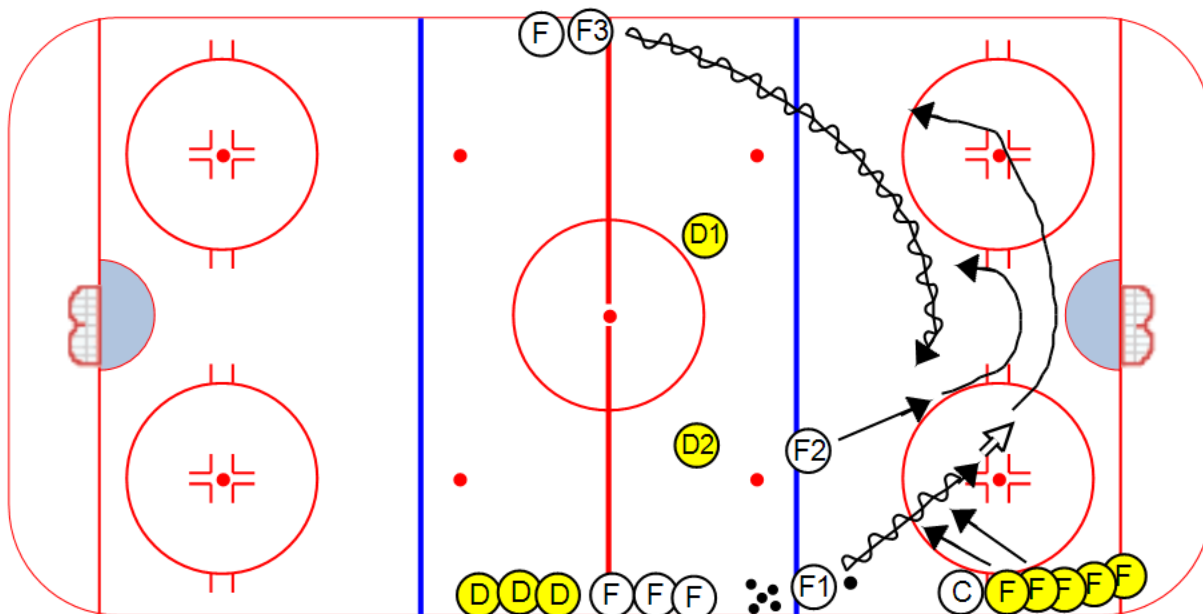
Title : LA B/C

Category #1 : ENIO DRILL OF WEEK

Category #2 : TEAM

Content elements:

Components :



Key Points :

Description

LA BACKCHECK

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

WHISTLE

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

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

Always start from same end

ADDITION

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



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:

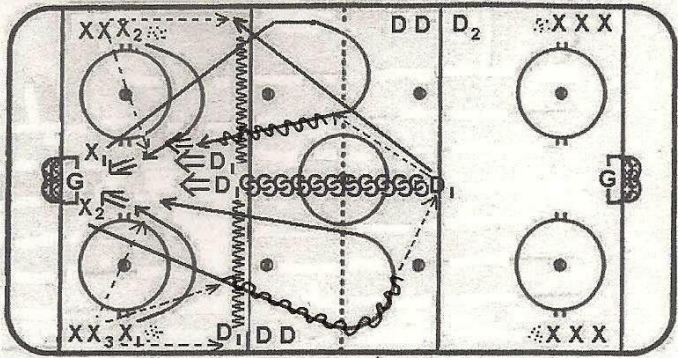
Terry Ewasiuk

**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

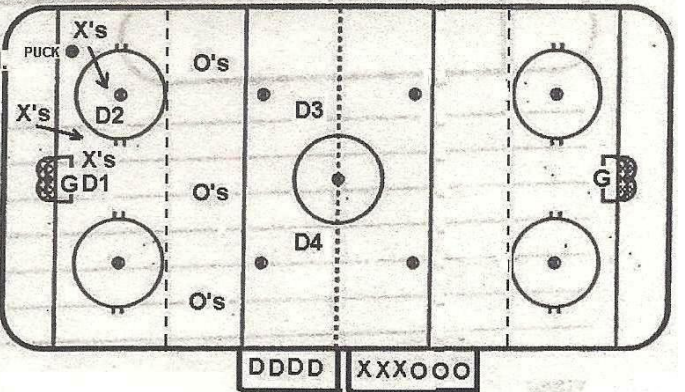
On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass 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.



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.

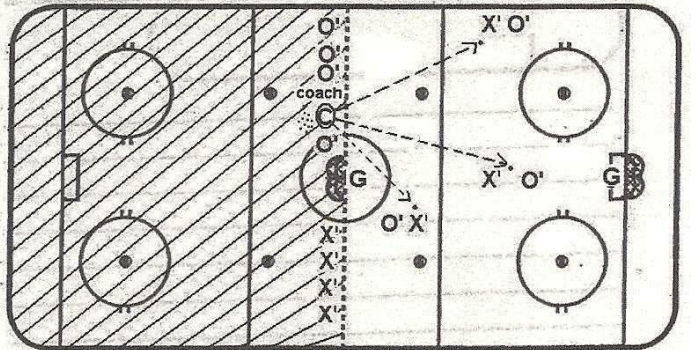


1/2 ICE - 3 ON 3 DRILL

**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.

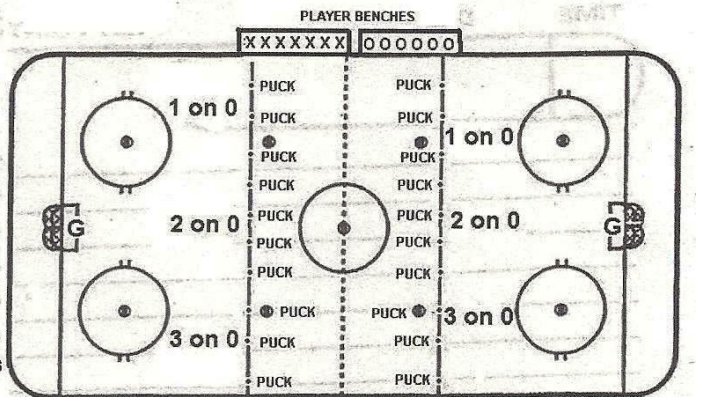
The coach will spot the players 3 pucks in different locations.



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

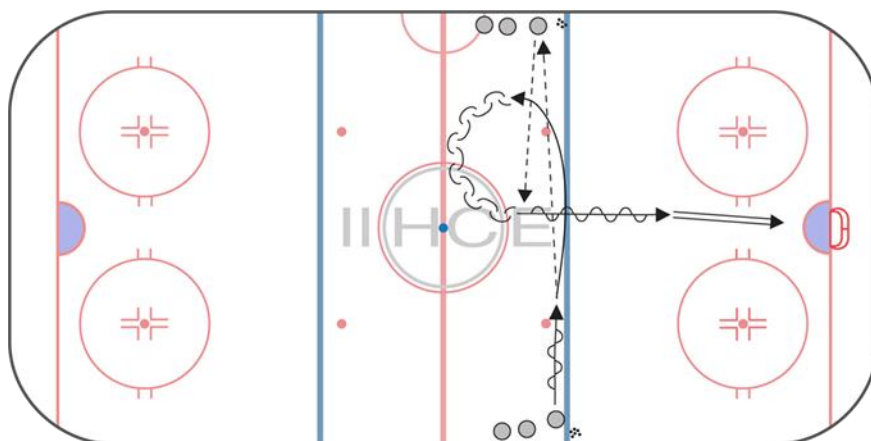
Hi Enio,

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:

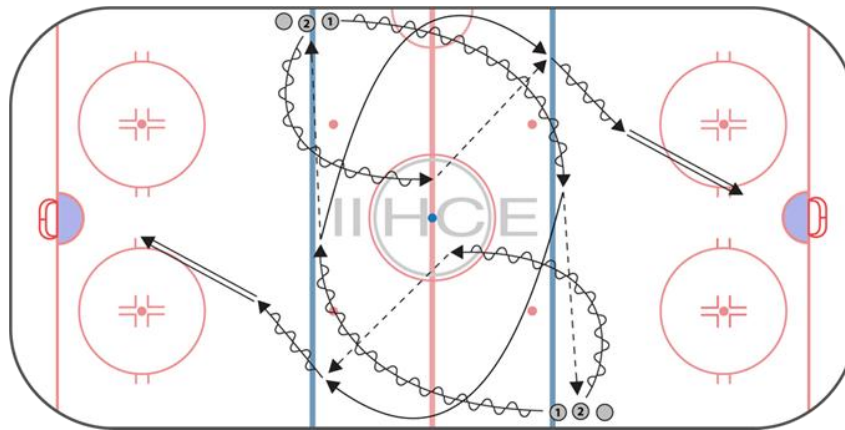
Blade square - show a target

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:

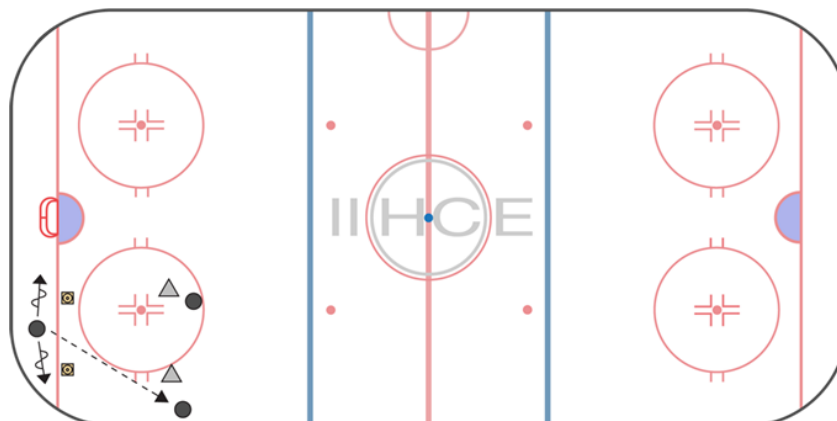
Blade square - show a target

Stick on ice

Head up

Keep your feet moving

Forwards sagging 2v2



Description:

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

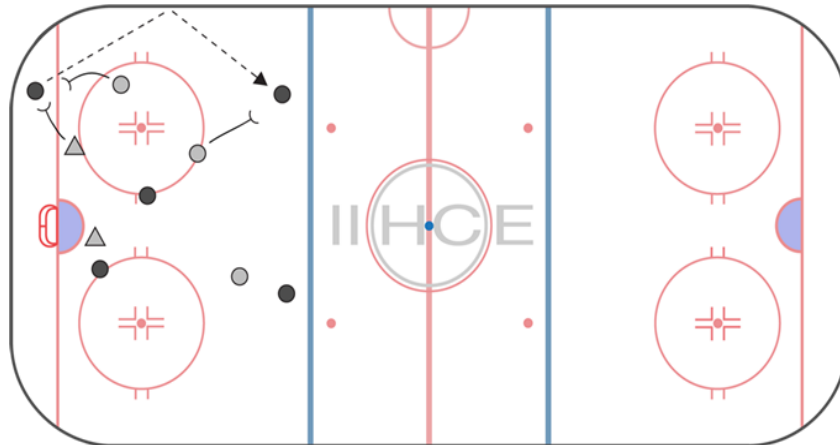
Key Points:

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

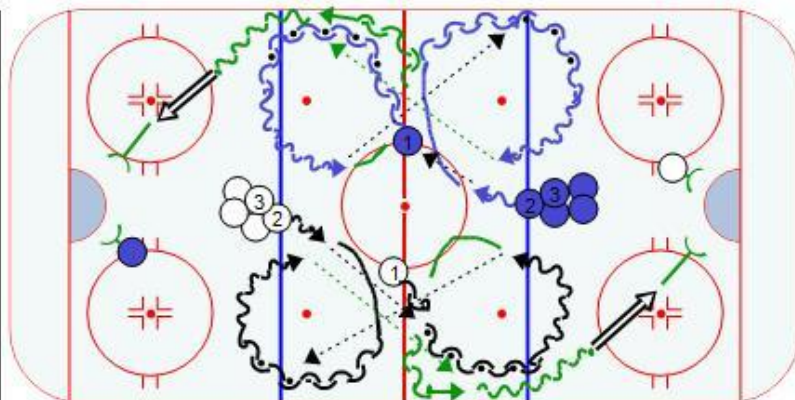
O1's begin the drill by skating out towards RL and pivoting backwards.

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

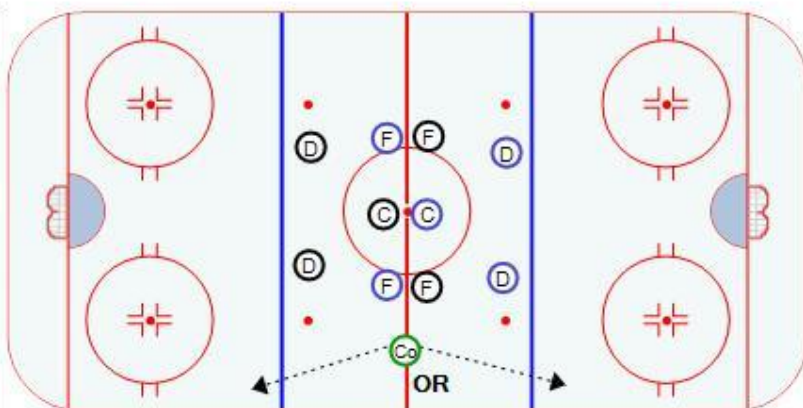
Description

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

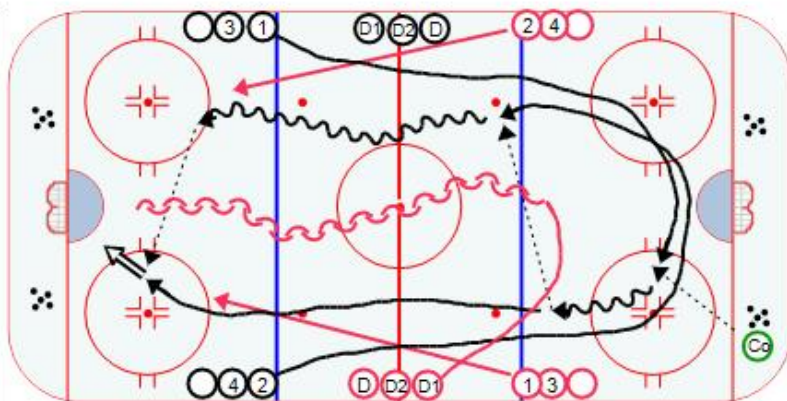
Title : To The House 2 on 1 **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

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 :

Title : To The House 2 on 1 (seq) **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

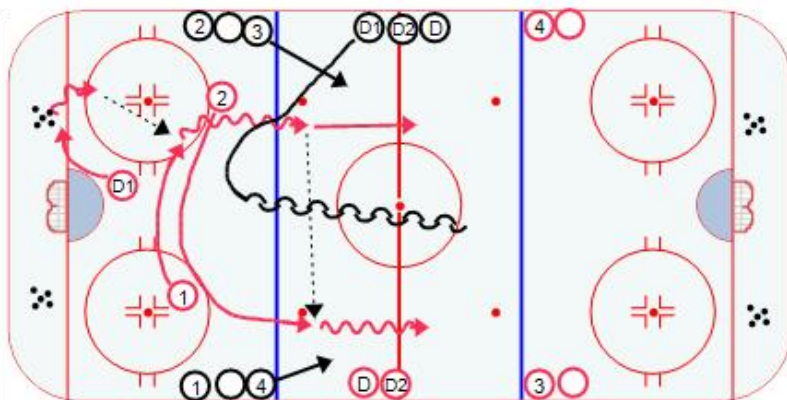
Description

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 :

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

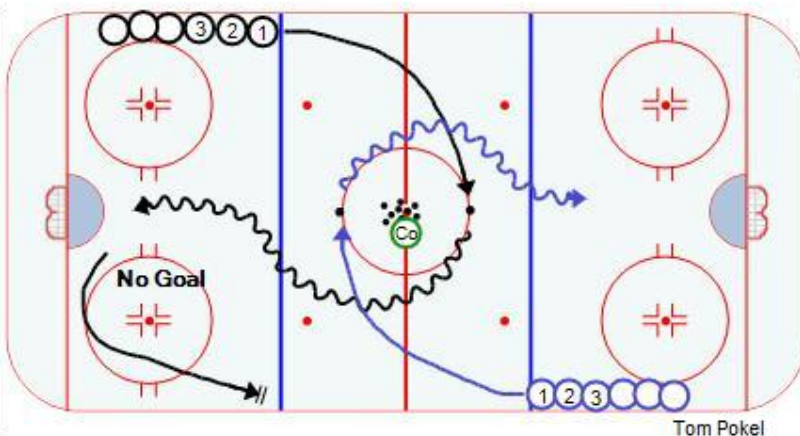
Description

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 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

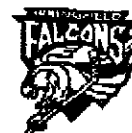
Key Points :

Play til 8 or 10

Losing Team 2 - Laps



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
- O1 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.

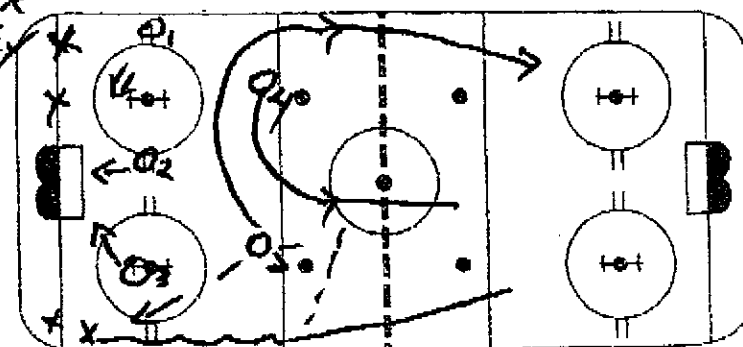
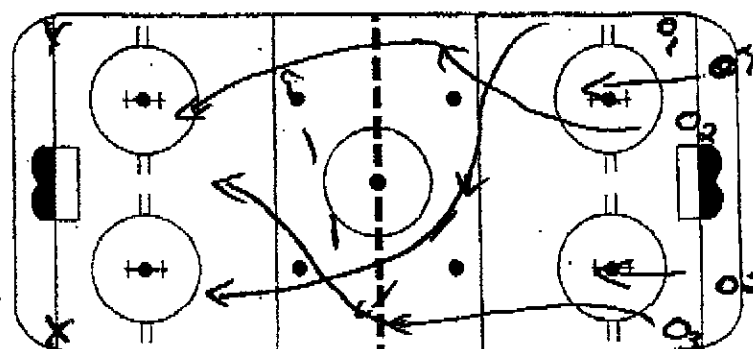
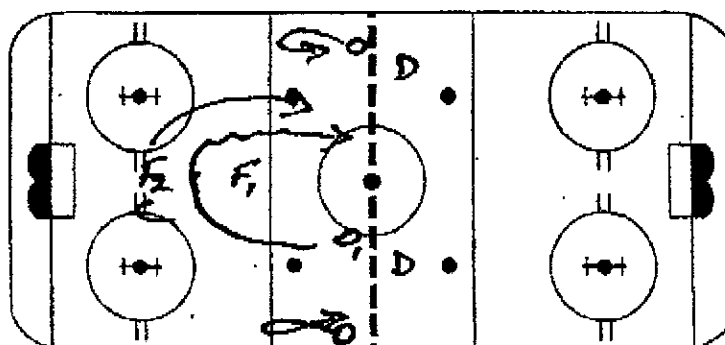
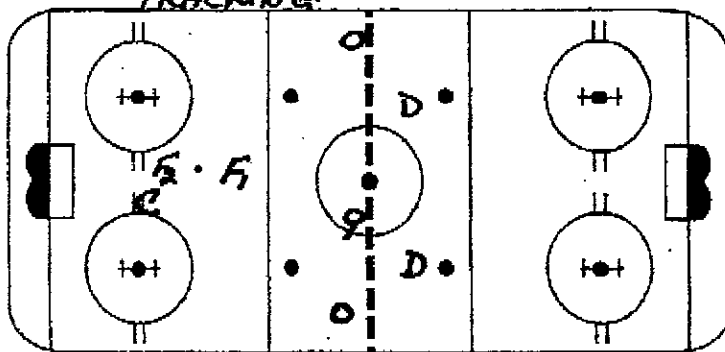
PROGRESSION: SEND 2: 3
TRACKERS + 2 OFF. DEF FOR
30W 30W

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 FORMS THEM
& RETURNS TO OTHER END
& 2 MORE FOLLOW UP.

TRACKING





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME _____

DATE _____

POST-PRACTICE COMMENTS _____

REASON

SKILL DEVELOPMENT
FOR DEF. QUICK HANDS & DECISION MAKING

TIME

DRILL

DEF. BACK PASS & SHOOT

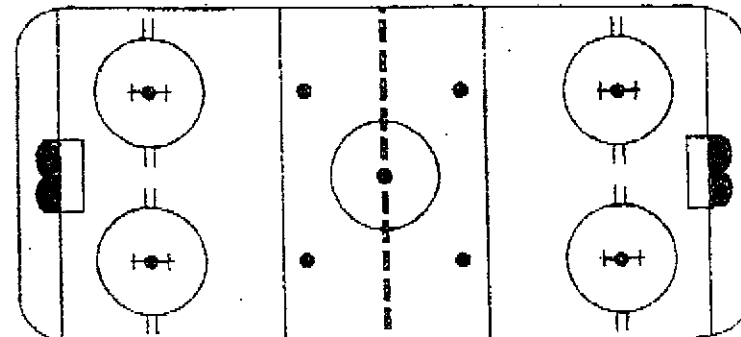
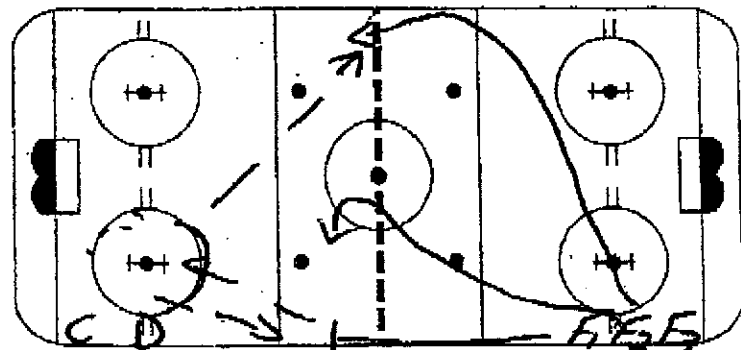
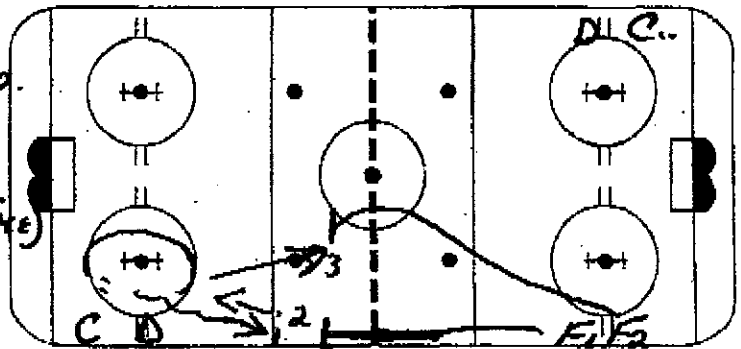
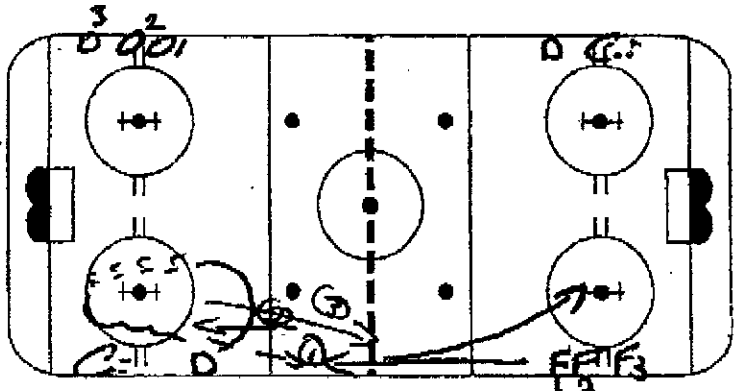
"RULE OF DRILL IS THAT A 2ND
PASS MUST ALWAYS GO BACK
TO D."

• D STEPS OVER TOP OF
CIRCLE & GETS A SPOTTED PASS
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 LOOK FOR
2ND OPTIONS ON 2-0 &
3-0 PASSES.





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME _____

DATE _____

POST-PRACTICE COMMENTS _____

REASON _____

TIME

DRILL

FIN DRILL

10 GOAL (OR 10 MINS.
YOUR CALL)

- F₁ & F₂ TAKE OFF FOR QUICK 2-0 PASS FR. C

- F₁ & F₂ NOW GO 2-1 VS D
SHORT NET PLAY.

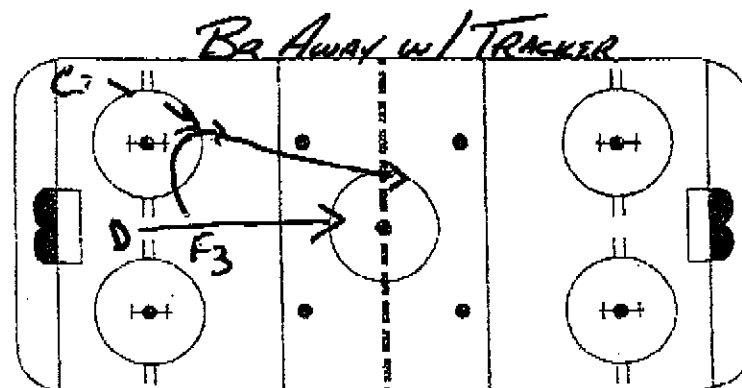
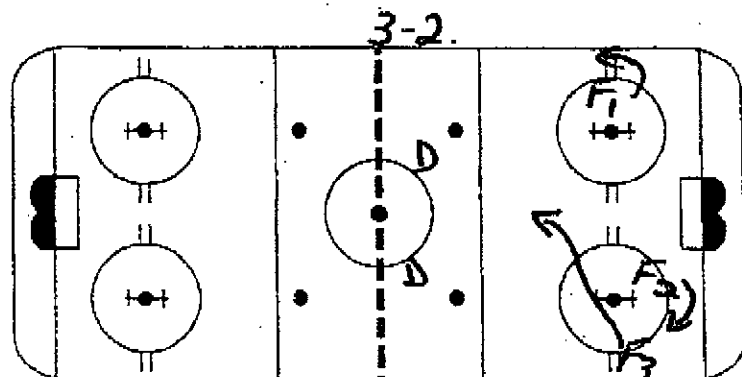
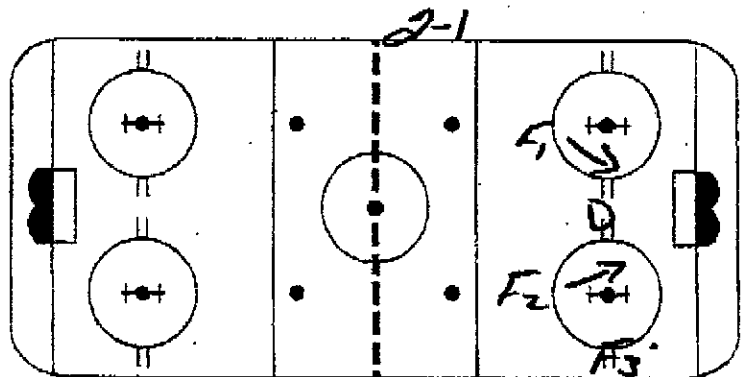
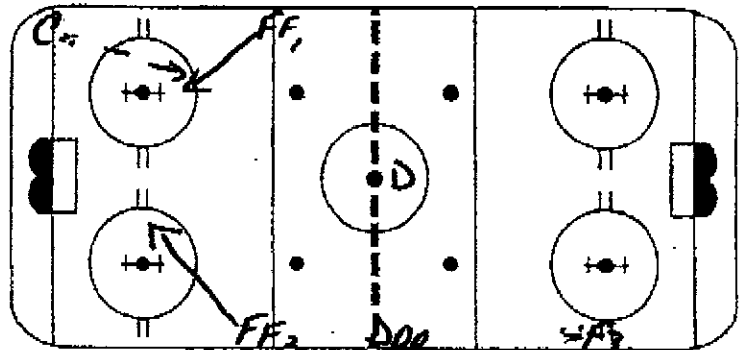
- F₃ STEPS OUT W/ PUCK...
GOES 3-2 W/ F₁ & F₂.

- F₃ NOW GOES 1-0 TO OTHER
END W/ 1-0 TRACKING
STARTS OVER.

- * LOTS OF OPPORTUNITIES
TO SCORE.

QUOTE:

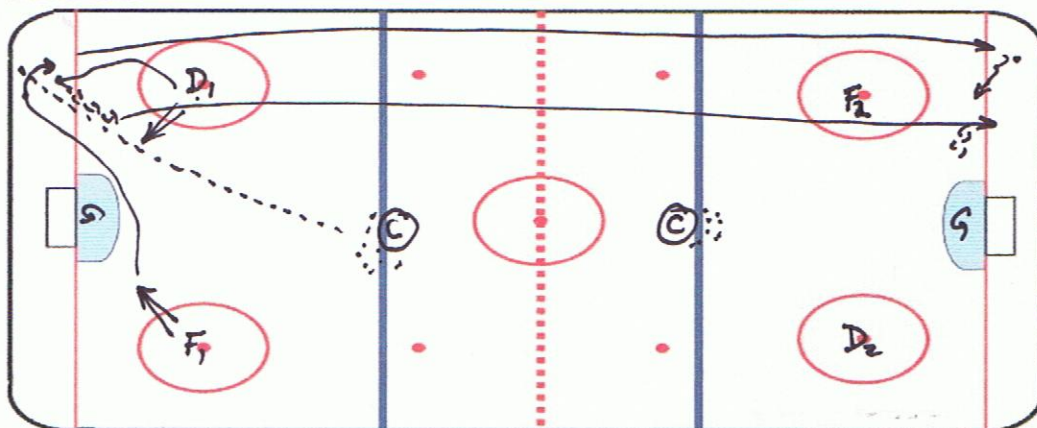
"... NO EXCUSES - NO
EXPLANATIONS"



DRILL OF THE WEEK 2010-11

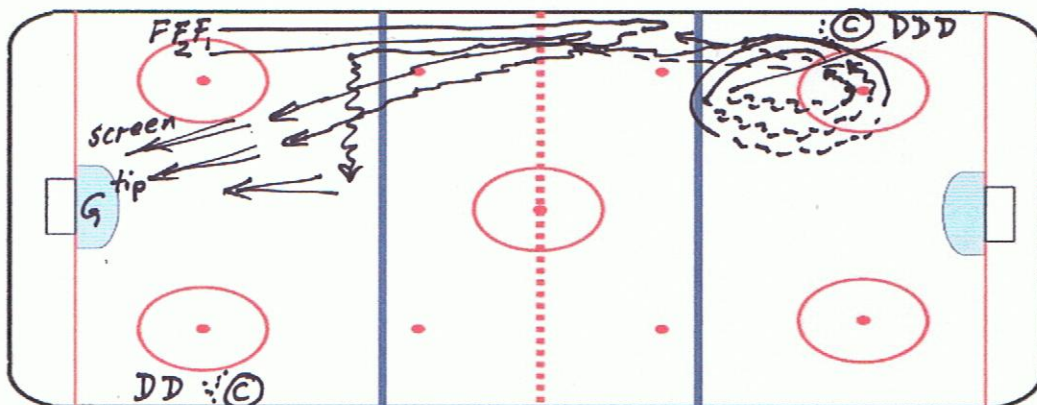
1) Defensive Drill: 1 ON 1 BATTLE

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



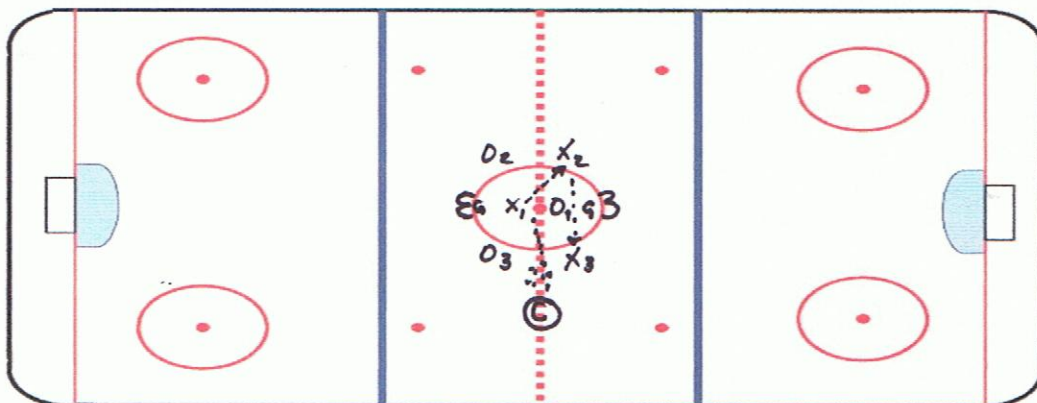
2) Offensive Drill: 3 SHOT GOALIE WARM-UP

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



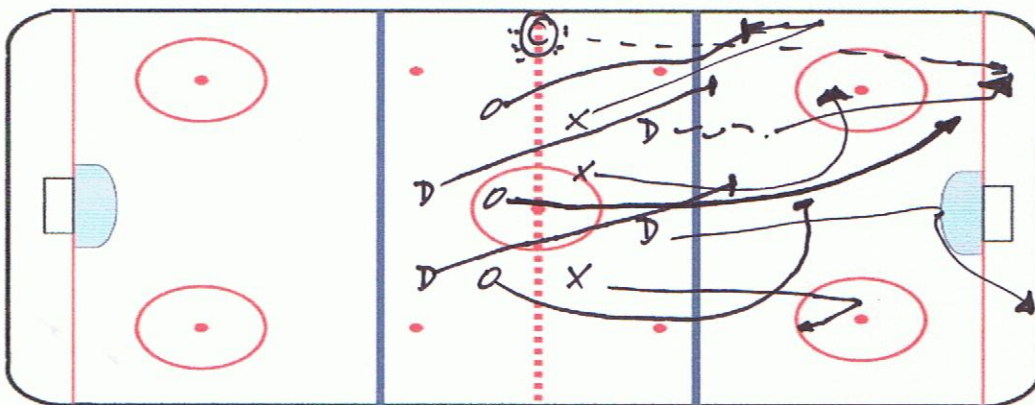
3) S. White PP Drill:

- 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 2nd 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

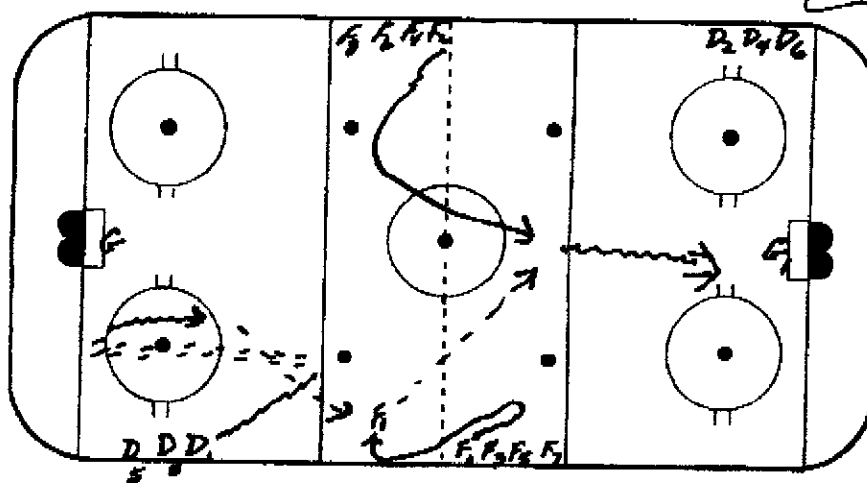
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift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

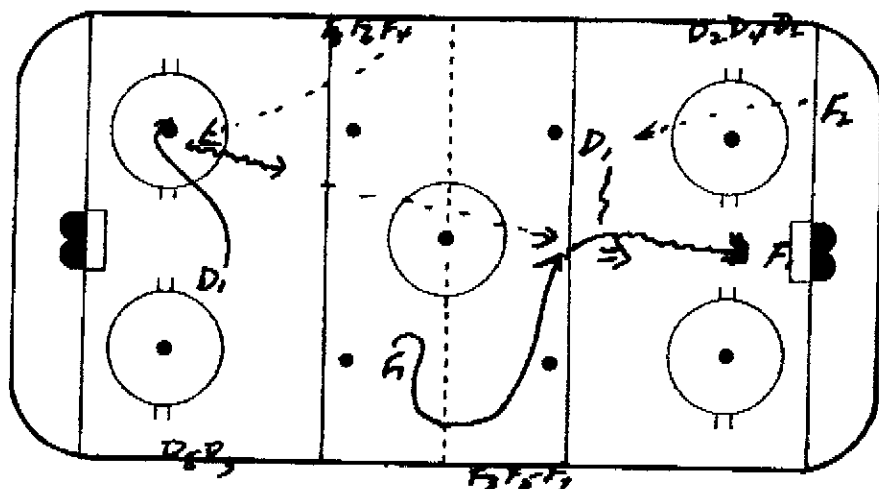
"SKILL DRILL"

TIMING SKATING, PASSING & SHOOTING 'PHASE ONE'



D₁ SKATES WITH PUCK - FORWARD TO
BL AND BACKWARDS TO BACK OF
CIRCLE - EXPLODES FORWARD &
PASSES TO F₁. F₁ TAKES 2-3
STRADES FORWARD & RETREATS
TO SET PASS FROM D₁. F₂ COMES
TO TAKE PASS FROM D₁.
F₂ SKATES & SHOTS ON G.

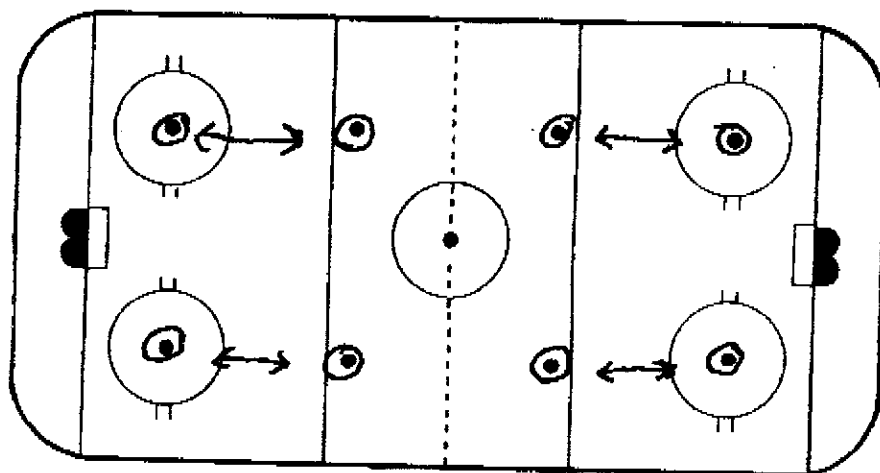
'PHASE TWO'



D₁ AFTER MAKING PASS TO
F₁ MOVES TO OTHER
CIRCLE AND TAKES PASS
FROM F₄. F₁ CIRCLES TO
TAKE PASS FROM D₁. D₁
EXPLODES & PASSES TO F₁.
D₁ FOLLOWS TO BL & RECEIVES
PASS FROM F₂. F₁ SCREENS
D₁ - SHOTS.

DRILL STARTS OVER IN
OTHER SIDE OF END

"FUN DRILL"

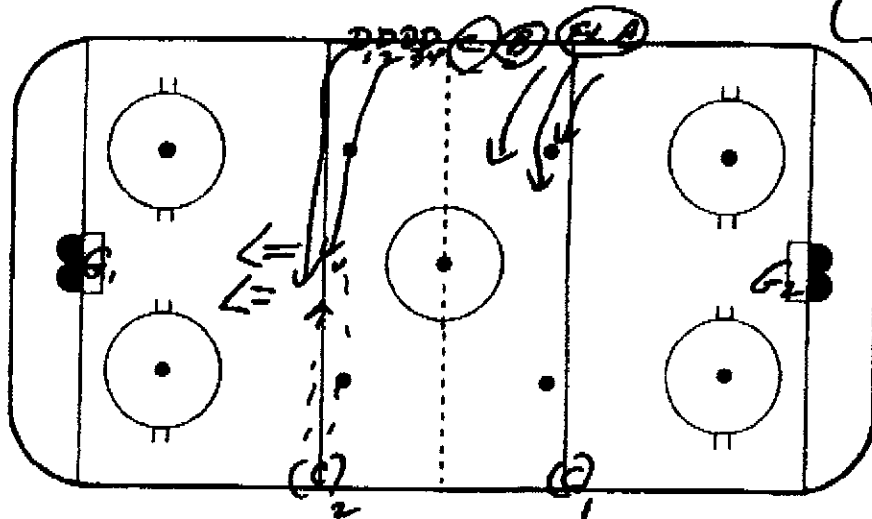


2v2 BATTLES

8 TIRES ON THE ICE
4 GAMES OF 2v2
PLAYERS MUST FLICK PUCK
INTO CENTRE OF OPPONENT'S
TIRE TO SCORE.
KEEP- SCORE. PLAYAS
TOURNAMENT. PLAY OVER A
SUBSTITUTE ON WHISTLE.

TIME:

FAVOURITE DRILL



3 on 2 / 3 on 2 /
3 on 2 / 3 on 2

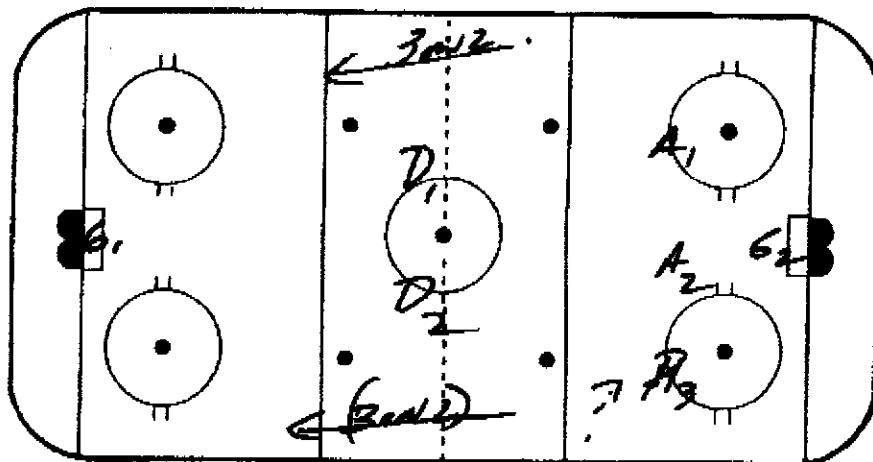
PHASE 1

ON SIGNAL - FORWARD LINE A
COMES ACROSS B.L. - STAY ON
SIDE. COACH GIVES THEM PUCK
ATTACK G2 - 3 on 2 ZERO.
MUST SCORE. GOALIE GETS PUCK
THROWN IN CORNER.

D1 - ACROSS B.L. SHOTS - P2
ACROSS B.L. SHOTS.

D1 + P2 MAKE UP ICE FOR 3/2.

PHASE 2

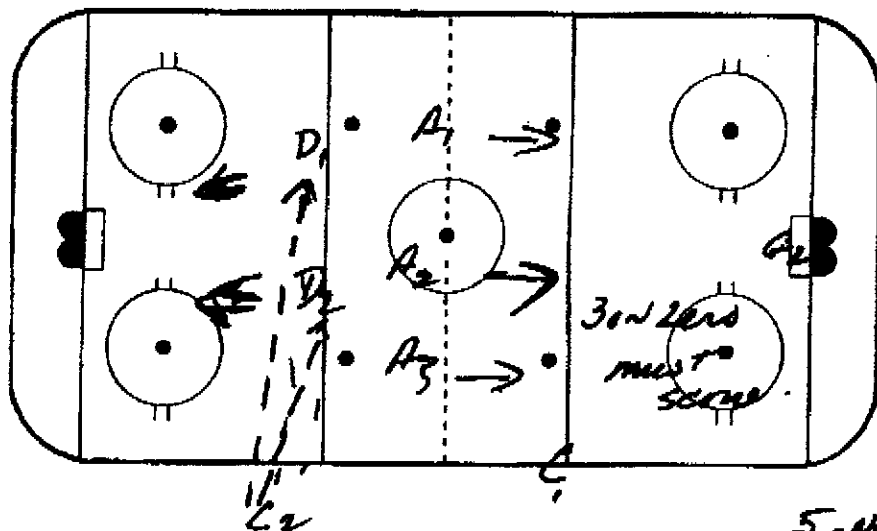


3 on 2 - once / 3 on 2 - twice.

COACH - GIVES PUCK TO
LINE A ATTACK - D1 + P2
3 on 2. IF THEY LOSE
PUCK, OR POSSESSION THEY
RETURN TO C, FOR SECOND
PUCK AND AGAIN ATTACK
3 on 2.

PHASE 3

WHEN - LINE A LOSES
PUCK ON SECOND 3 on 2 - THEY
RETURN AND GET PUCK FROM
C1 + ATTACK G2 - 3 on 2 ZERO.
EACH FORWARD MUST TOUCH
PUCK BEFORE THEY SCORE
D1 + D2 RETURN TO B.L.
FOR TWO MORE SHOTS
(one each)

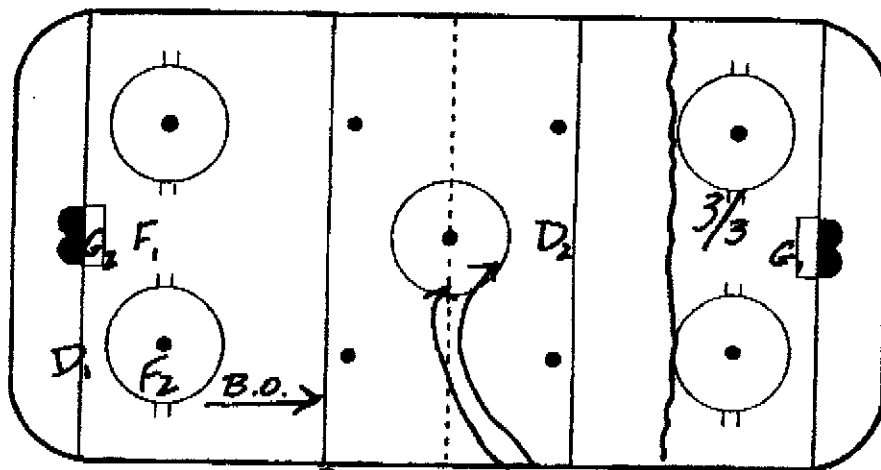


5 - new players start drill
over.

TIME:

TEAM PLAY DRILL

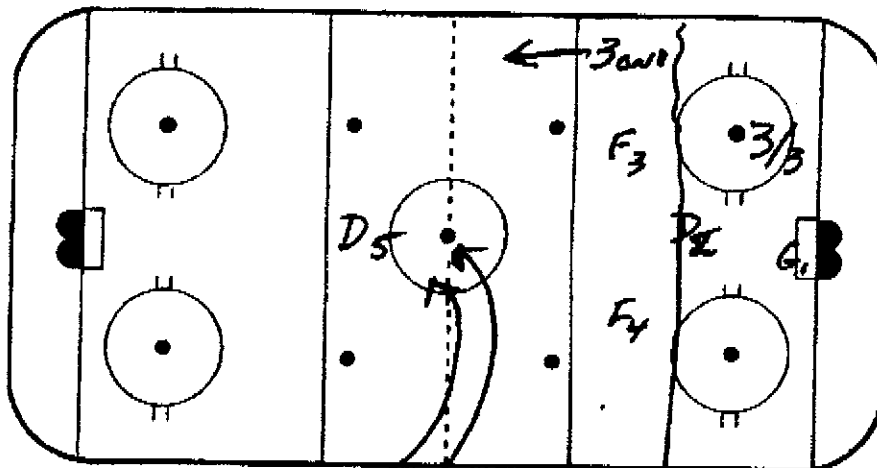
CONTINUOUS 3ON1
PLUS 2 BACK CHECKERS



D₂ F_{3H} F_{3M} D₄
D₅ F_{4H} F_{4M} D₆
F_{4M}

D₁ + F₁ + F₂ B/O. against
D₂ - 3ON1. WHEN
THE PUCK CROSSES R.L. F₃ + F₄
COME FROM BENCH, SKATE
THROUGH CENTRE CIRCLE
TO SUPPORT D₂ - CREATE
3ON3 BATTLE BELOW THE
TOP OF CIRCLES.

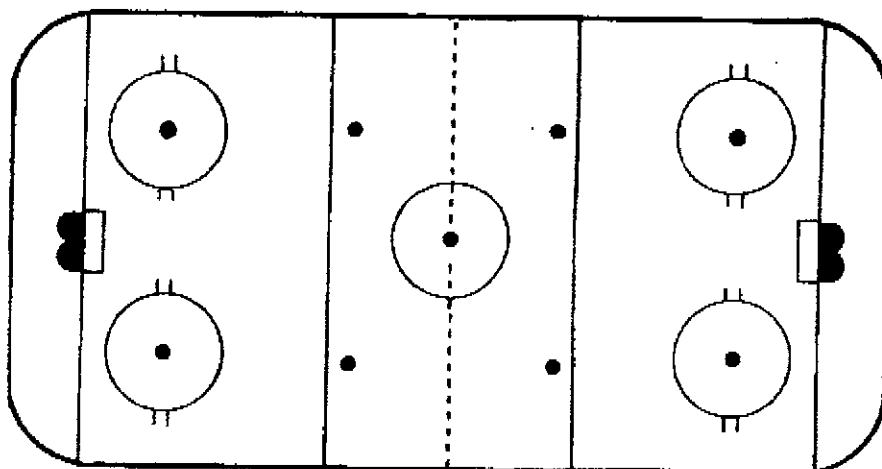
PHASE ONE ↑



D₃ F_{3H} F_{3M} D₄
D₁ F_{4H} F_{4M} D₆

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
F₃ + F₄ + D₂ VS D₅
F₁ + F₂ + D₁ go to BENCH
HARD. WHEN PUCK CROSSES
RED LINE. F₃ + F₄ COME
SUPPORT D₅

-DRILL IS CONTINUOUS.



DIN MCKER. NOV/2010



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 align="center">LLOYDMINSTER & DISTRICT JUNIOR A HOCKEY ASSOCIATION BOX 1122 LLOYDMINSTER, SK/AB S9V 1E9 PHONE: (780) 871-0900 FAX: (780) 808-2616 www.lloydminsterbobcats.com</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@ajhl.ca

Book

"Hockey Tough" - Saul Miller

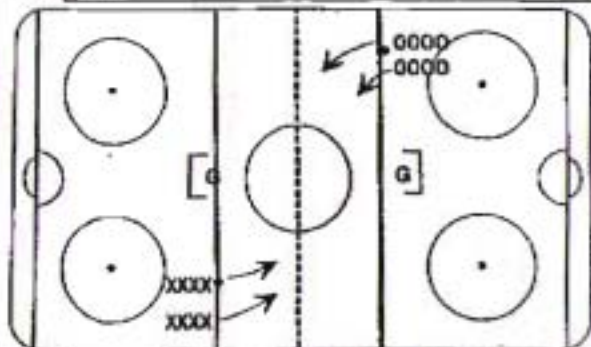
Quote

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

CAPITALS PRACTICE DRILLS

Name: CUNNEY'S CHALLENGE

Type: FUN

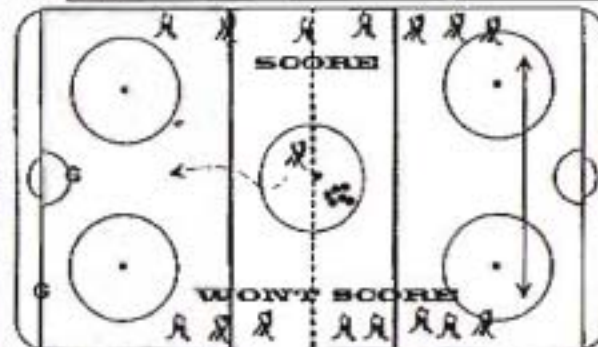


Players are divide into 2 teams and goals are moved up to blue lines. Each team has one puck and must score with that puck at other net. 2 skaters from each team play and must decide whether to defend or attack (2 on 0, 2 on 1, 1 on 1, etc.) This is a relay, when goal is scored, team must retrieve and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

Fun Drill

Name: PEPSI CHALLENGE

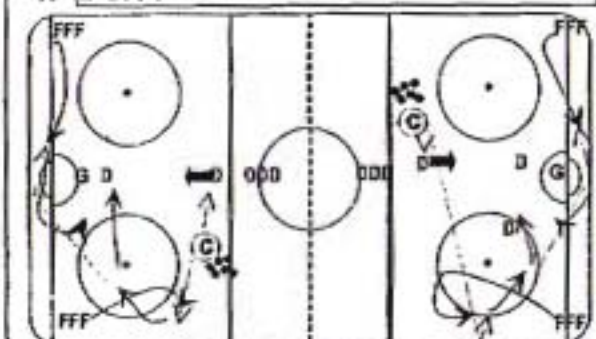
Type: FUN



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

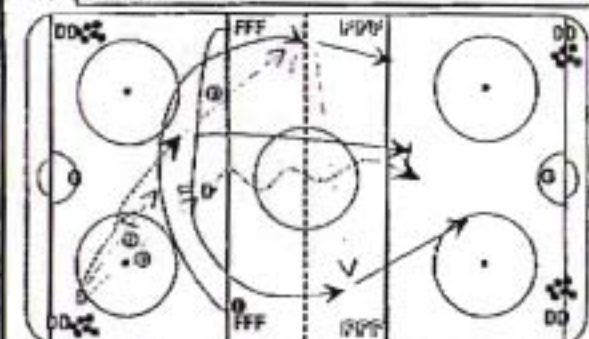


Name: 2 ON 1, 2 ON 2, CYCLE
Type: 2 ON 1



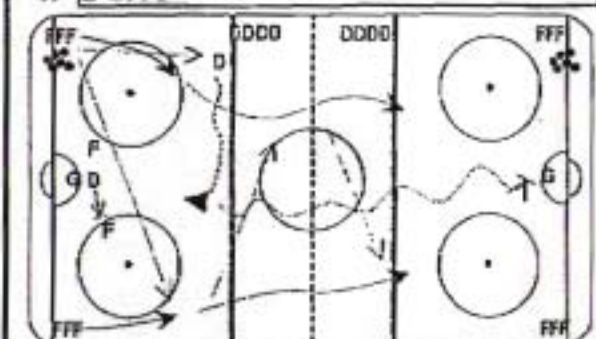
Coach plays puck to midboard, F picks up puck, turns to wall and plays it behind net to partner supporting. Proceed with 2 on 1 at goal, then follow with point shot. Part 2 has 2 defenseman working low

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.

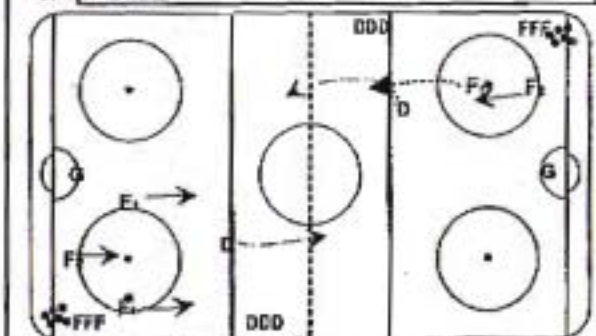
Name: 2 on 1, BATTLE IN FRONT
Type: 2 ON 1



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.

FAVE 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 blueline. 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



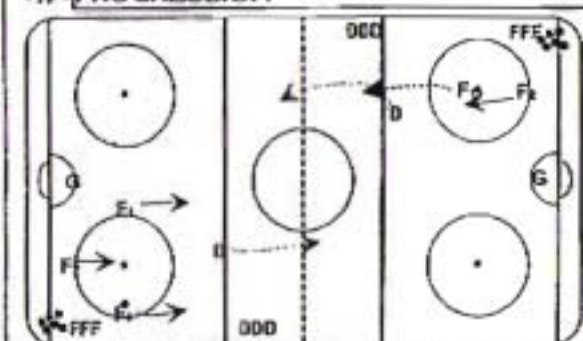
F's attack D from redline half ice. After original rush, F's support coach, receive pass and attack again. D must stall first attack and regain lost ground on 2nd.

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.

Name: **1 ON 1, 2 ON 1, CHASER DRILL**
Type: **PROGRESSION**



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).

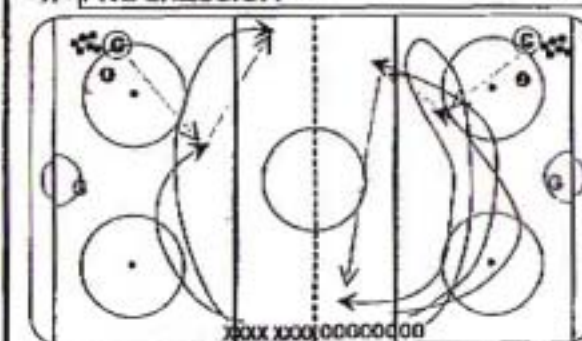
Name: **1 ON 1 POINT SHOT, BO 2 ON 1**
Type: **PROGRESSION**



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 **

Name: **2 ON 0, 3 ON 0 FUN FLOW**
Type: **PROGRESSION**



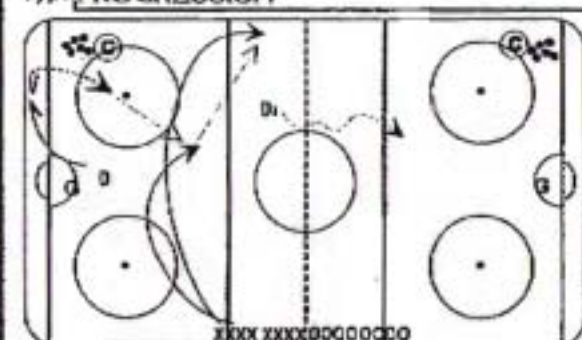
Part 1, 2 on 0, coaches pass to underneath man who advances puck to wide driving skater for shot. Part 2, 1st man skates pattern, 2nd drives rink wide, 3rd folds underneath, pass to 3 to 2 to 1 for shot.

Name: **2 on 0, Hober, D 2nd Shot Part 1**
Type: **PROGRESSION**



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.

Name: **2 ON 1, 3 ON 1 FUN FLOW (PART 2)**
Type: **PROGRESSION**



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.

Name: **2 on 1, Hober, Part 2**
Type: **PROGRESSION**



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.

Name: 3 ON 0 PASSING

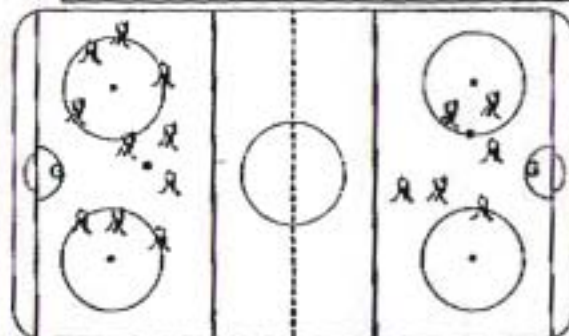
Type: WARMUP



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)

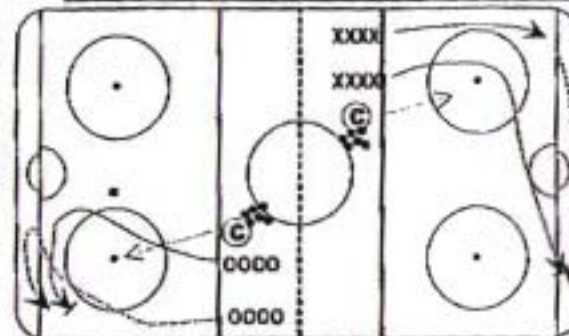
Type: WARMUP



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

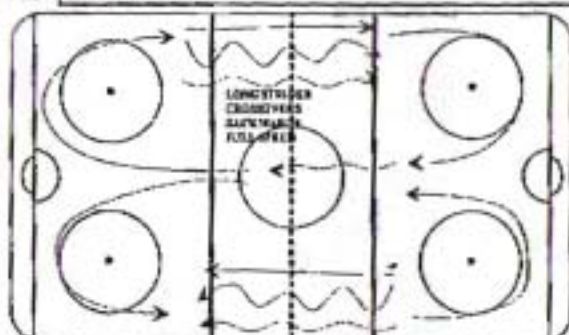
Type: WARMUP



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

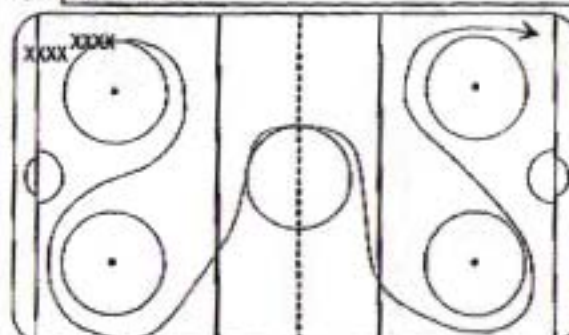
Type: WARMUP



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@mts.net
www.neepwanatives.com

Neepawa Natives Junior "A" Hockey Club

Fax

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

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**
HOCKEY MANITOBA

217-200 Main Street
Winnipeg, Manitoba R3C 4M2
Tel: (204)925-5756 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
— —	Skate		Lateral Movement
X	Penalty		Defensive
	Puck		

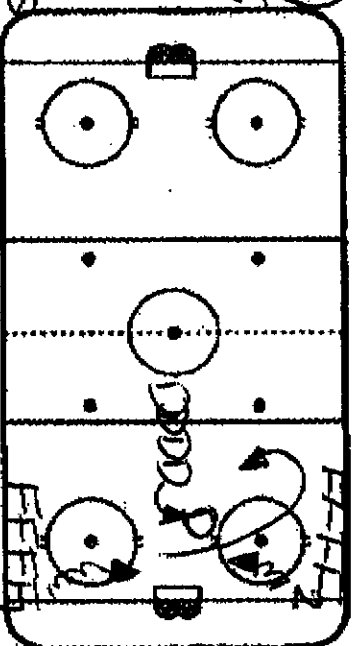
Date: JAN 10 Duration: 10 (Minutes)

Time: 10 Drill Name: Half Ice 2v1
 F checks net for quick shot,
 continues to opposite corner.
 Def moves to defend. Fg bumps
 puck to F, + now attack F +
 Fg after quick 2v1 con-
 tinues to opposite corner
 + checks net w/ Fg. D handles
 2v1 1v1 + is replaced.
 Key Teaching Points (KTP)

Key Execution Points (KEP)

File

Great Drill for Goalies


Date: _____ Duration: 20 (Minutes)

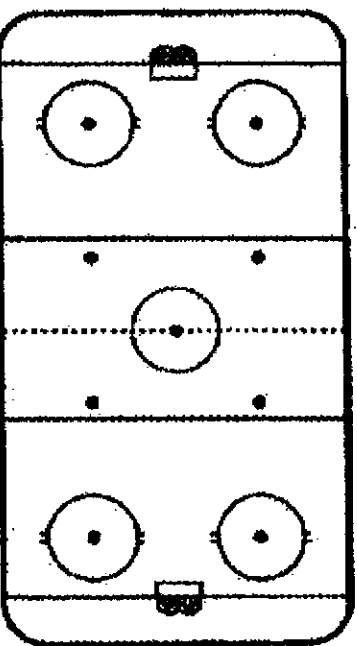
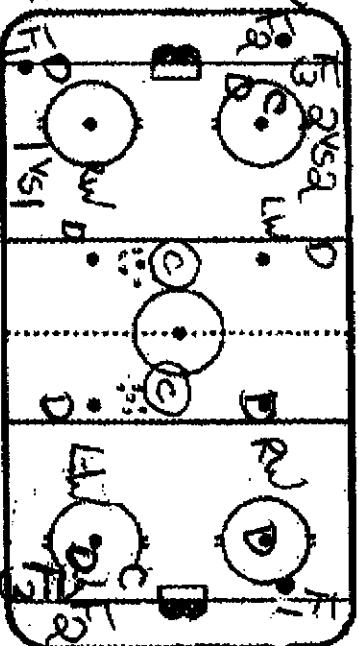
Time: 20 Drill Name: Defensive Zone Situation / 2v2 Battle Zones

Coach blows whistle + 1v1
 streets. 1v1 low coverage
 after 1v1 dissolves. Coach
 blows and whistle to start
 2v2. 2v2 low coverage.
 Key Teaching Points (KTP)
 1v1 move on blue line + wingers cover inside out.
 after 2v2 dissolves, the teams switch.

*Option: 5v5 coverage on 3rd whistle

Date: _____ Duration: _____ (Minutes)

Time: _____ Drill Name: _____



Key Teaching Points (KTP)

Key Execution Points (KEP)

File


**HOCKEY
MANITOBA**
HOCKEY MANITOBA

217-200 Main Street
Winnipeg, Manitoba R3C 4M2
Tel: (204)925-5756 Fax: (204)925-5761
Web: www.hockeymanitoba.mb.ca
E-mail: info@hockeymanitoba.mb.ca

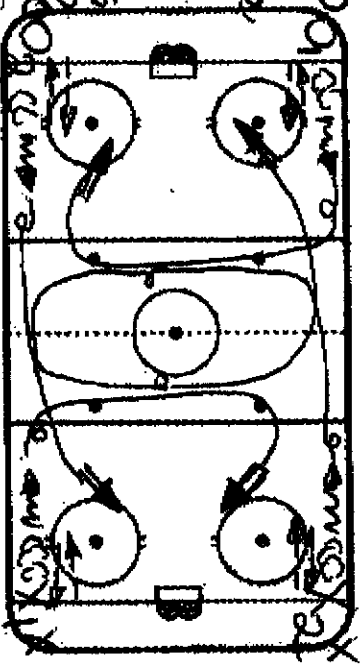
C	Coach		Puck Carrying
●	Forwards		Shooting
▲	Defenders		Pass
△	Goalie		Drop Pass
G	Stop		Backward Skate
—	Pylon		Latest Movement
X	Pucks		Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Long + Short)

ALL 4 Lines begin on whistle. Each Player starts w/ Puck + Pivots to Backwards. The Players make a pass to their line & get a Quick return pass. The players then pivot back to mid + then skate into "N". The players from opposite corners skate the same route. O + X go shoot around the net. Each shot on goal. Each player must perform a high speed skater in the "N".

Date: _____ (Minutes)



Key Execution Points (KEP)

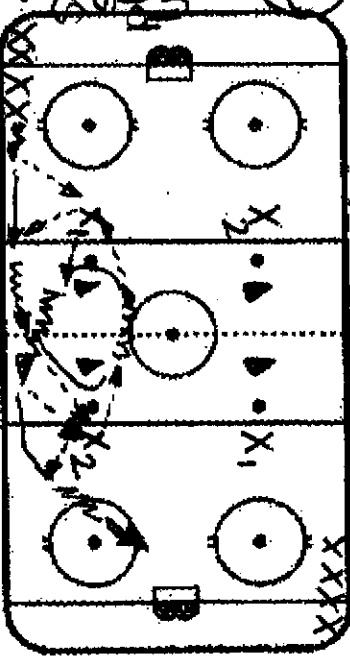
File:

Time: 10 Drill Name: (Sucker Drill)

Size: 1 drill, 1 same time.

On taking the return pass from X1, he stick handles to the pylon passes to X2, tight turn around the pylon + takes a return pass from X2. He then stick handles to the second pylon + passes to X1 again. After curling around the second pylon he takes a return pass from X2, moves down the boards, passes to X2 again + after receiving a return pass from X2, cuts for the net for a shot.

Date: _____ (Minutes)



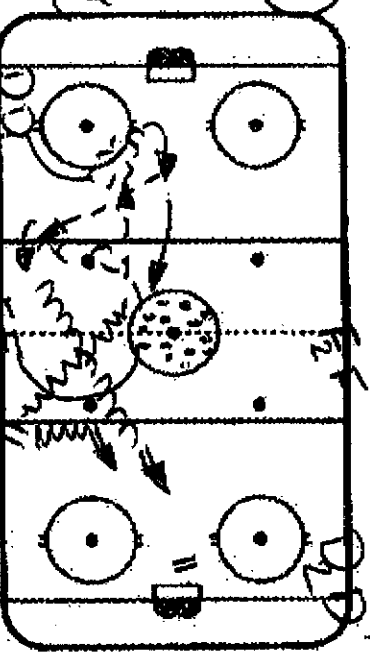
Key Execution Points (KEP)

File:

Date: _____ (Minutes)

Time: 10 Drill Name: (ORE Transition)

H + F go to the same time after Red group, F + F gets puck back, sides in for a shot. D + D gets and puck to center, they skate to the wall, skate into a cross to the middle for a and shot. End plays the rebound.



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: _____

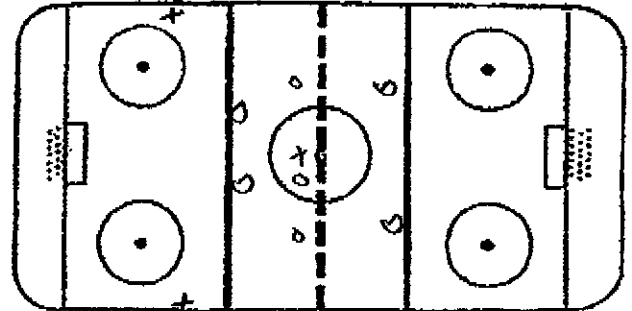
Time: _____

Duration: _____

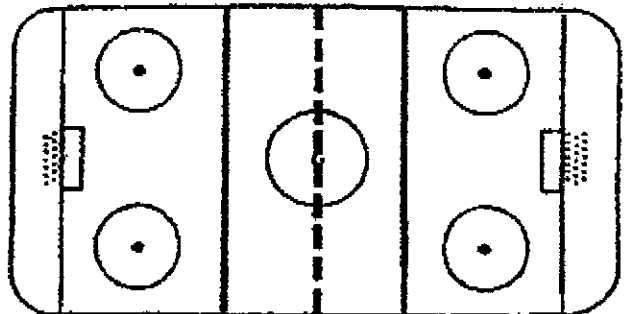
3. 5-3 / 5-5

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.



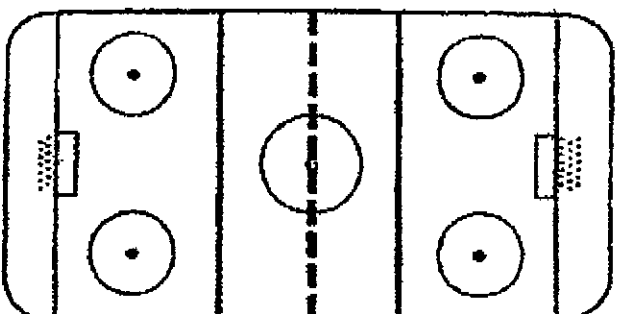
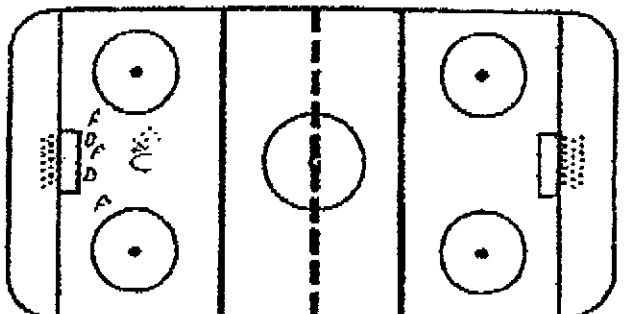
• play 5-5 until puck out of whistle.



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



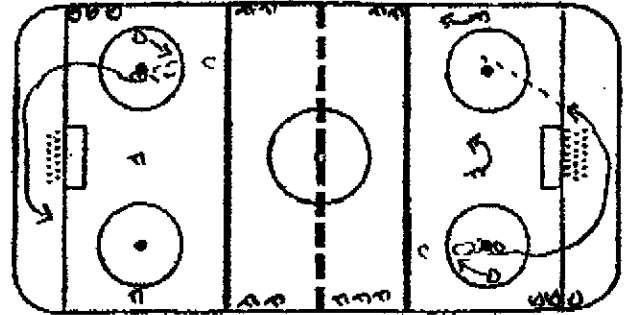
FOCUS: 1. _____
2. _____
3. _____
4. _____

Date: _____

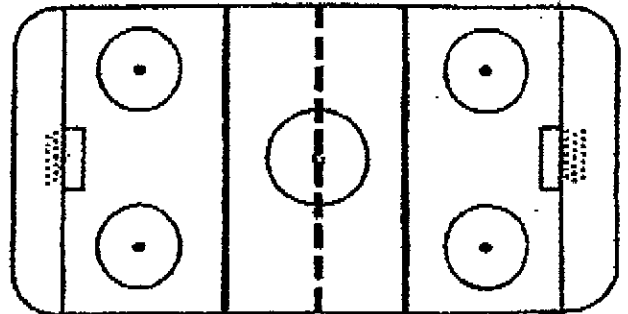
Time: _____

Duration: _____

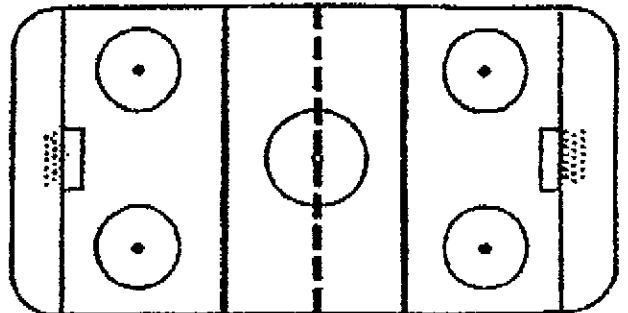
1. Johnson Breakout Favourite
- W/ Little starts @ 2 Forwards from each end touch red F into zone. D touch top circle and back to get puck that coach dumped into corner.
 - Coach forechecks. D read pressure. Either up or wheel. Pass to Forwards who attack 2-0.



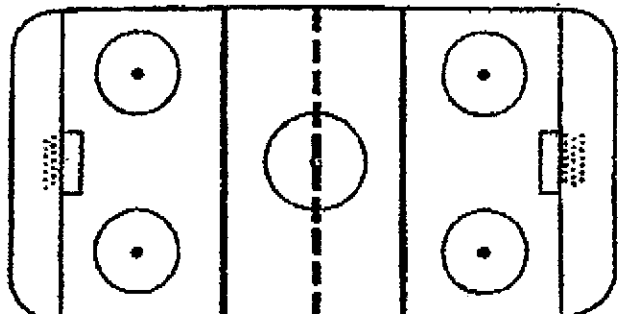
- D follow up for 2nd shot.
- * Before each rep Coaches communicate pressure.
 1. Stick in air → Up breakout
 2. Stick on ice → Wheel breakout



2. Net Rebound Drill Skill
- 1 net pushed down
 - 1 net placed behind other
 - Coach shoots 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.



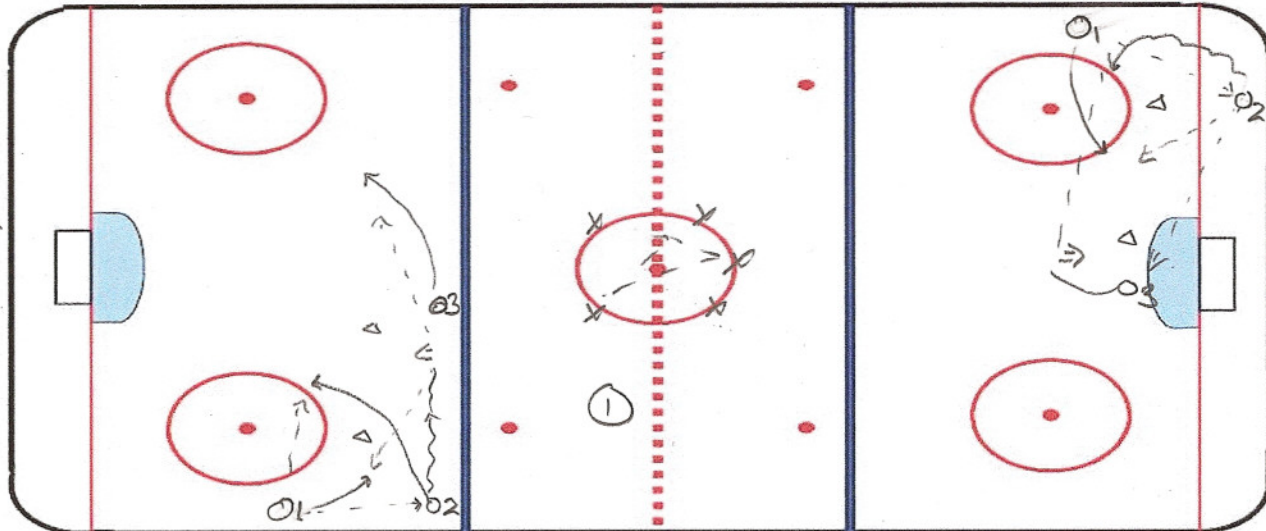


UBC WHKY - PRACTICE PLANNERS



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

FINISH
ALL W/
SHOTS
&
REBOUND

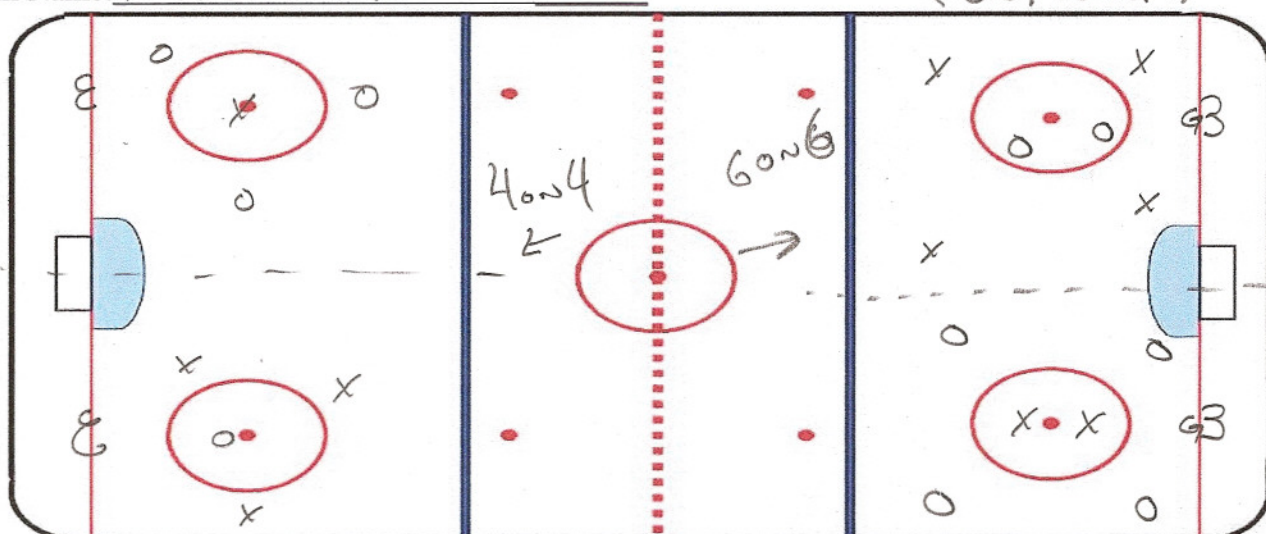


- ① STAR PASSING, ONE TOUCH, ADD 2ND PUCK - ADD "Pig in middle"
- ② LOW 3 vs 2 - CREATING ZONE'S - SKATING SEAMS - OPTIONS LOW.
O1 → O2 GIVE & GO. / O1 → O2 → O3 / O1 → O2 WALK UP WALL → O3 IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP. O2 → O1 HIGH CYCLE O2 DUMPS
O1 → O2 DUMPS O3 SIDE O1 FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6

(FUN/COMP.)



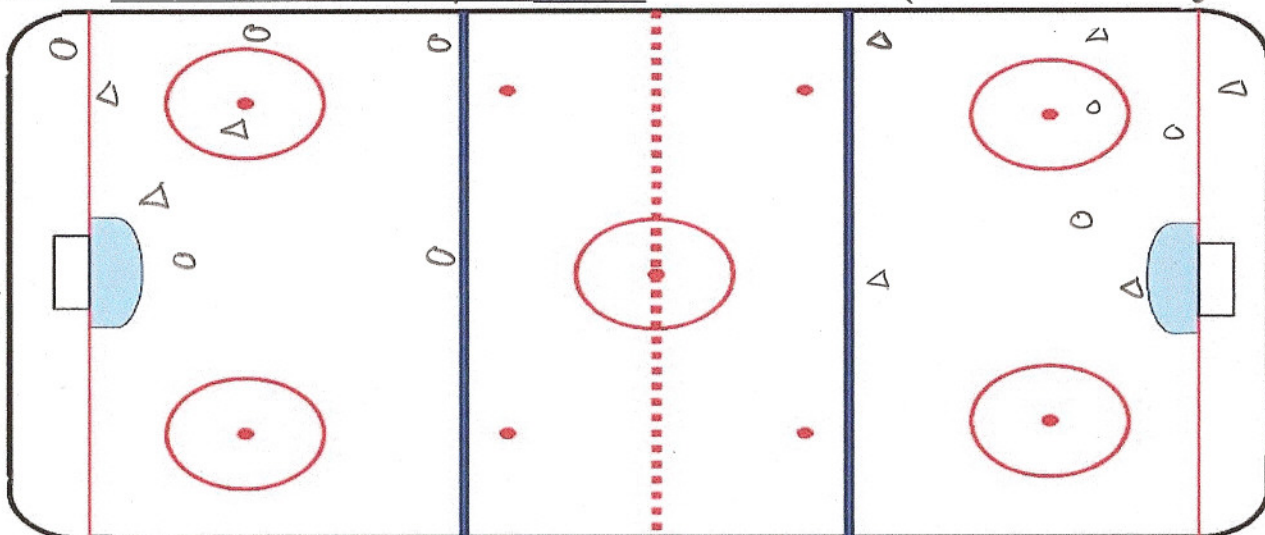
IMAGINARY LINE CUTTING ICE IN HALF NEITHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON OTHER 4 ON 2 HALF. OTHER 2 ARE KILLING THEIR HALF.
- CAN DO 4 ON 4 AS WELL. OR 5 ON 5 BY ADDING ONE MORE
Key Teaching Points: KILLER TO 4 ON 4.



UBC WHKY - PRACTICE PLANNERS



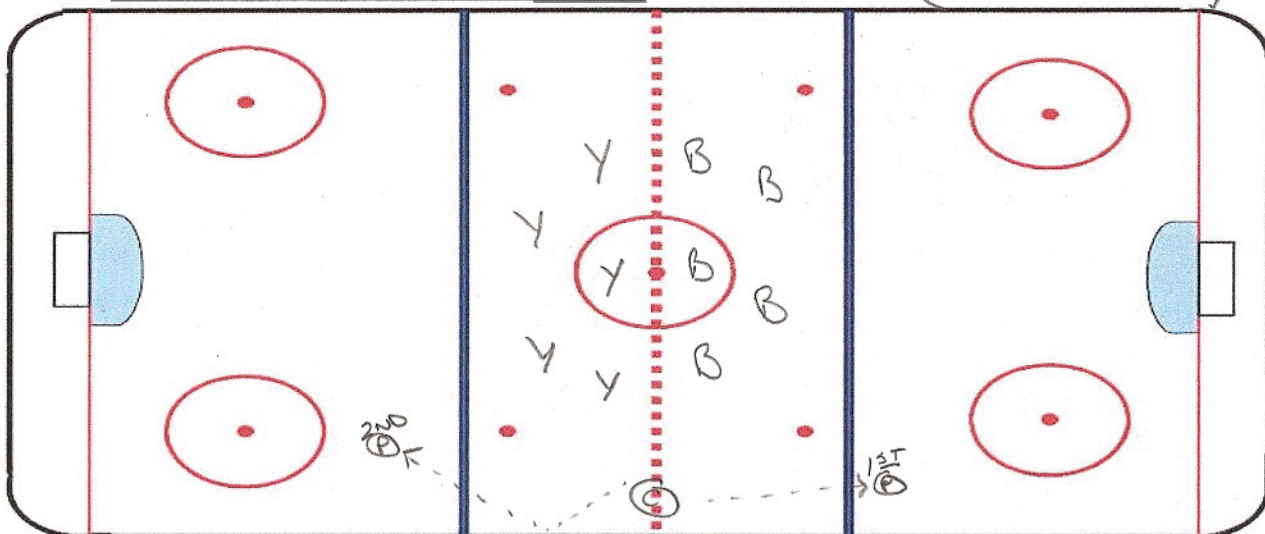
Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



5 O's ON OFF PLAY LOW CYCLES. VS 3 D's. O's MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SPOTS ETC. 3'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 D'S EXTRA PLAYERS SUB IN

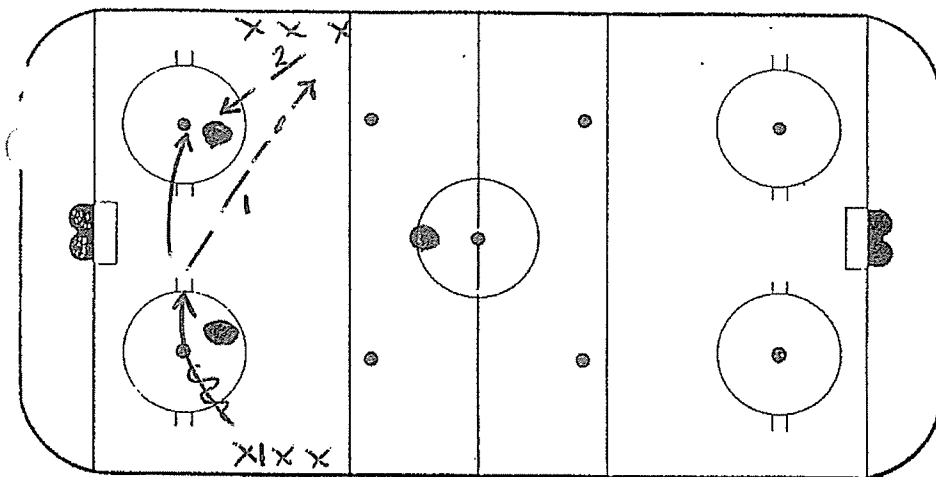
Drill Name: CANUCK N.Z. F/C. (CONT 30 SEC) (DEF TEAM)



© SPOTS (P) RANDOMLY IN N.Z. B TEAM R/G'S THIS (P) WHILE Y TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE © SPOTS 2ND (P) Y TEAM TRANSITIONS ON THIS (P) B N.Z. F/C.

© KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO Key Teaching Points: GAIN ANY ICE. (P) PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BONCH.

P. WOODS



WARMUP

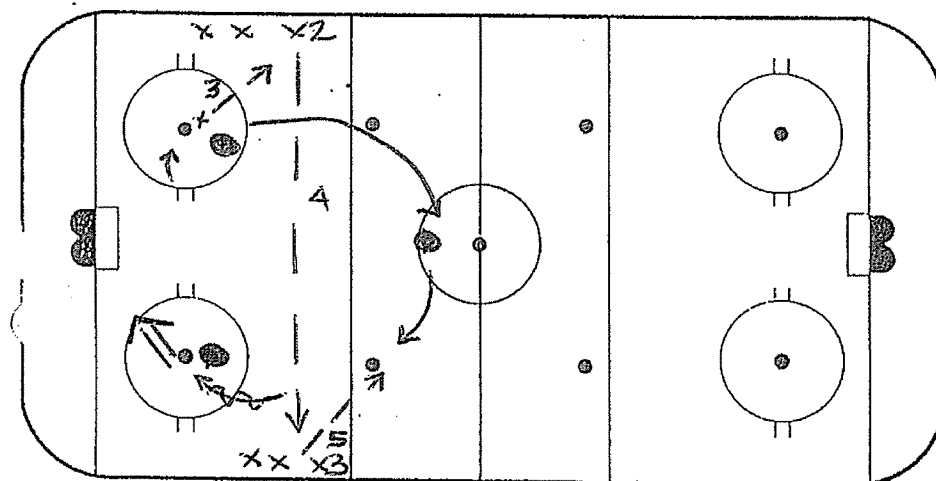
SHOOTING DRILL 1

PLACE PYLONS

TOP OF CIRCLES

IN ALL 5 F.O.
CIRCLES,

DRILL GOES BOTH
ENDS,



X1 COMES UNDER-

NORTH 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

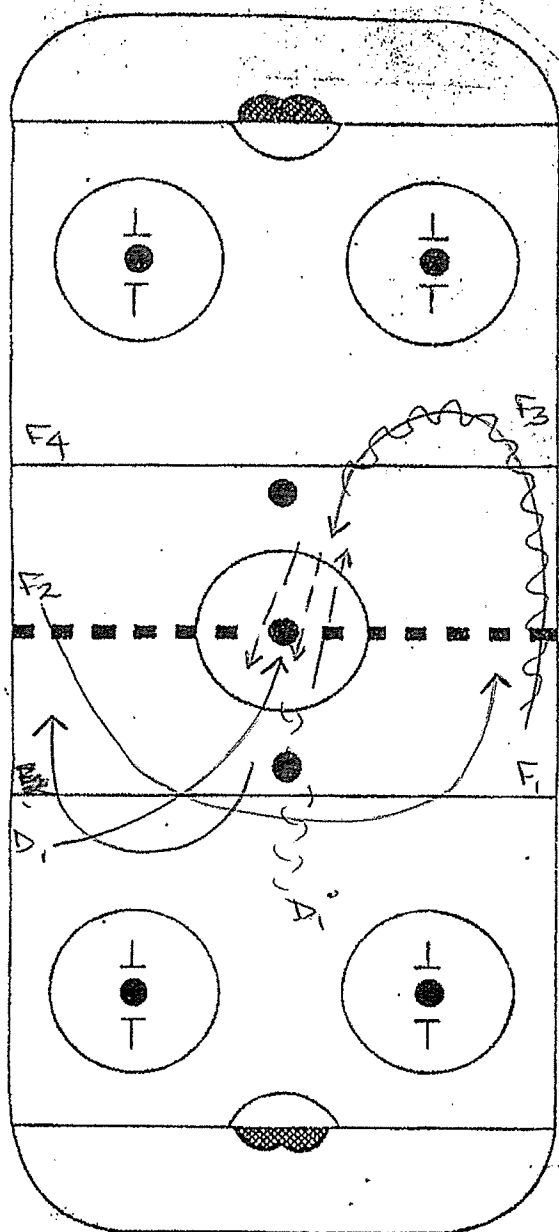
(NO.4) TO X3

X3 PASS (NO.5) TO

X1 - X1 DRIVES/SHOTS!

Category COMBO.

Drill Name KAZ → NZ, | 2x1 | 1x1.

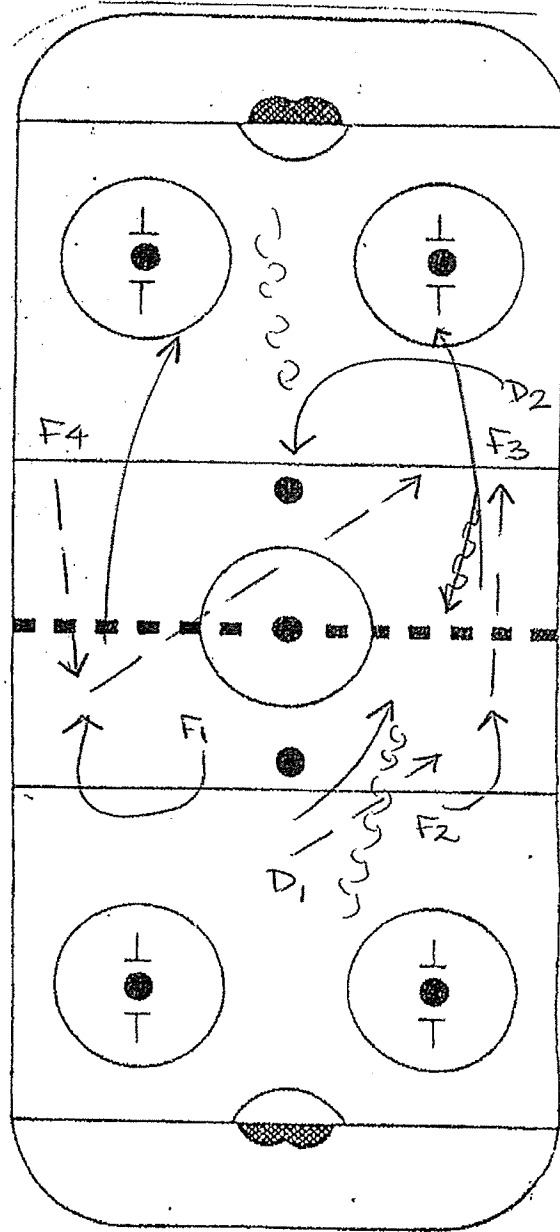


Action

- F1 SWINGS HIGH TO BLIND
- D1 STEPS UP TO CENTRE BACKS
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNATH X-100
- D1 QUICK UP TO F2

Teaching Points

- F2 PASSES TO F3
- F1 RECEIVES PASS FROM F4
- F1 - F2 2x0, | 2x1



Action

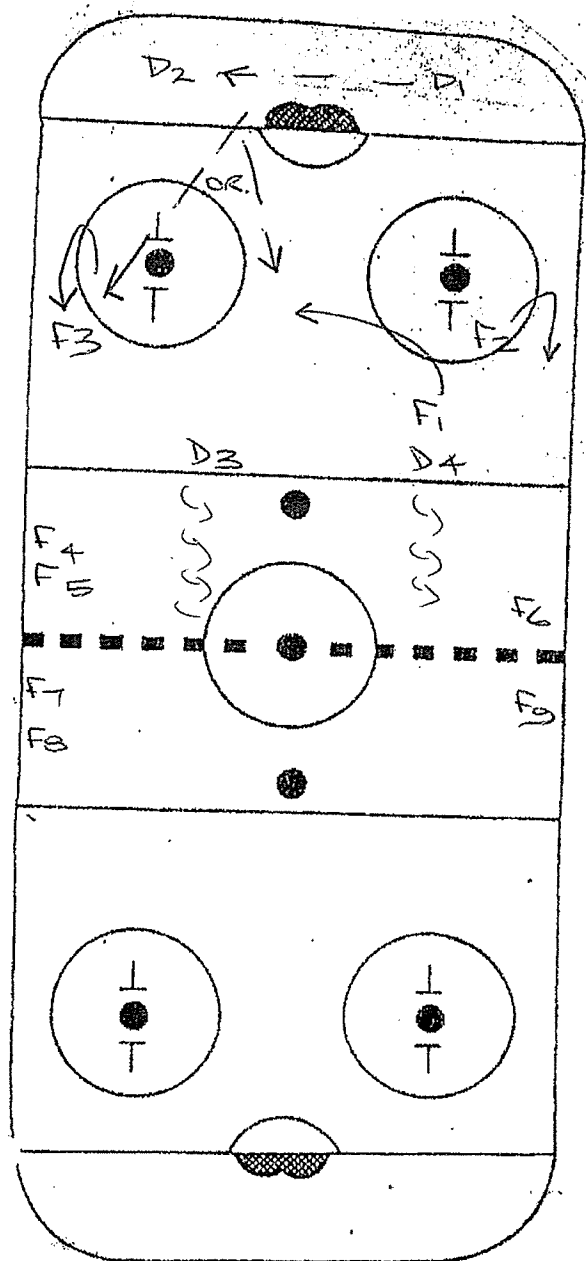
- F3 ATTACKS D1 1x1
- F4 STARTS DRAW OFF WAY ROTATION
- F1 - F3 - F2 - F4
- OR STAY ON SAME SIDE OF PINK AND ROTATE PUCKS
- AFTER 5 MINUTES

Teaching Points

- TIMING / EYE CONTACT
- COMMUNICATION
- SPEED / TRANSITION / N.Z

Category BEAROUTS

Drill Name CONTINUOUS BREAKOUT

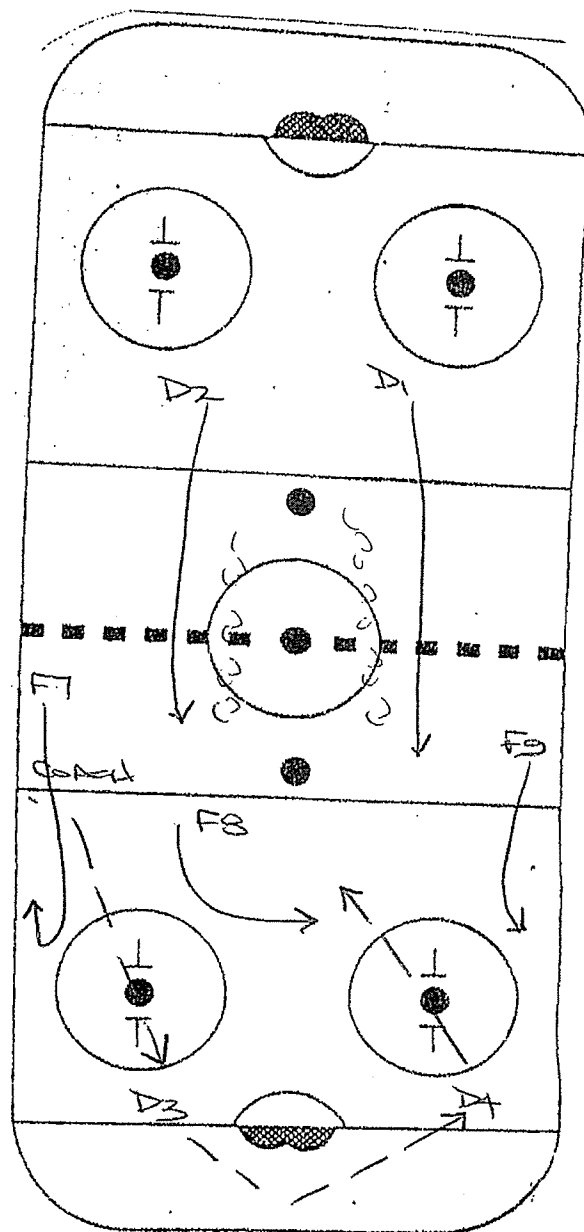


Action

- COACH SPOTS PUCK FOR D1/D2
- PARTNER PASS D-D
- D - F1/F3 ATTACK 3x2.
- D1/D2 SUPPORT QUICKLY

Teaching Points

- ON WHISTLE COACH SPOTS PUCK TO D3/D4 FOR BREAKOUT WITH F7/F8/F5.



Action

- CONTINUOUS 3x2 USING BOTH ENDS

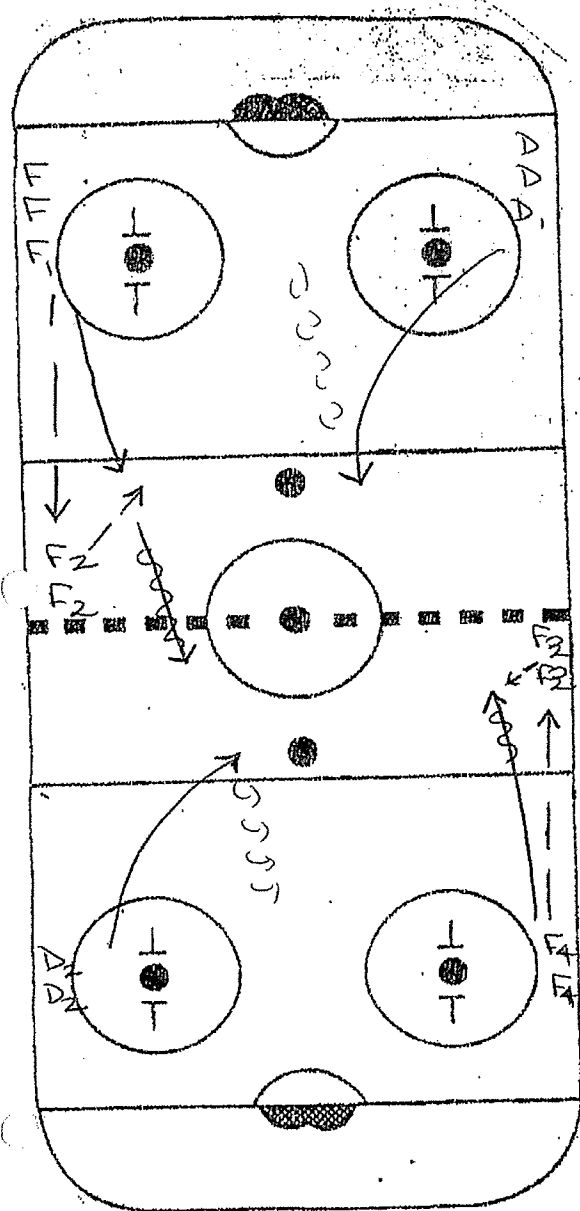
NB OFFENSIVE PLAYERS FOR MIGHT PUT PRESS ON NET 3x2 (OFFENSIVE TRIANGLE).

Teaching Points

- TAPS TO TAPS PASSING.
- EYE CONTACT
- GAP CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1x1 | 2x1 | 3x1

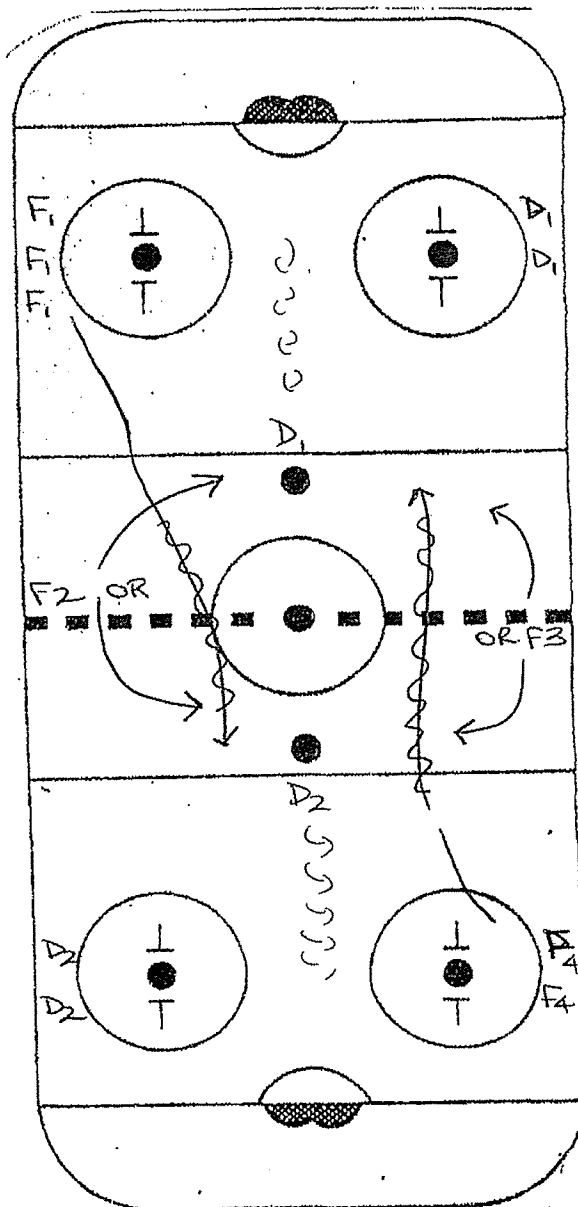


Action

- 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.

DRILL CAN DEVELOP INTO
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 #:	737-1387 (378) 737-1387	Pages:	3
From:	Joey Green	Phone:	
Re:	Drill at the West Club		

COMMENTS:

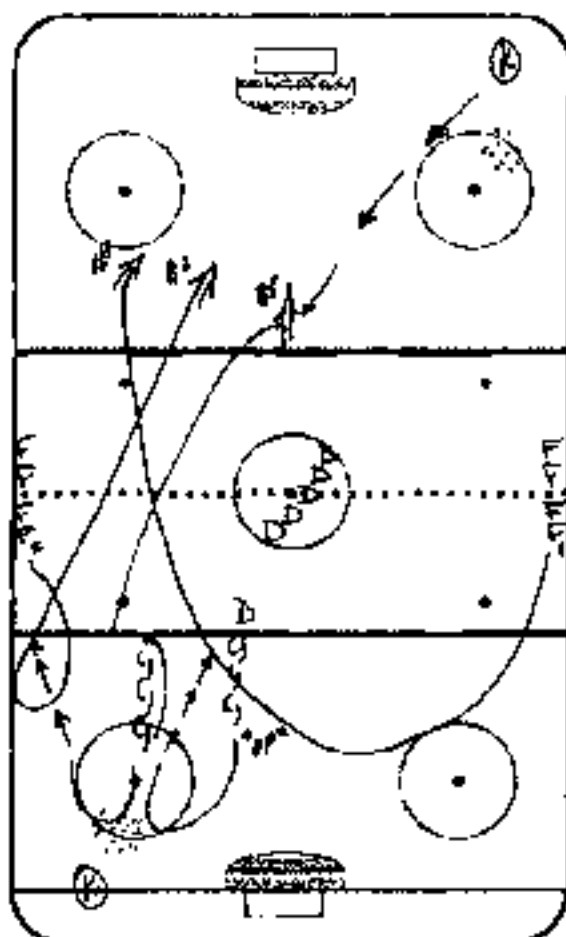
ENIO,

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.

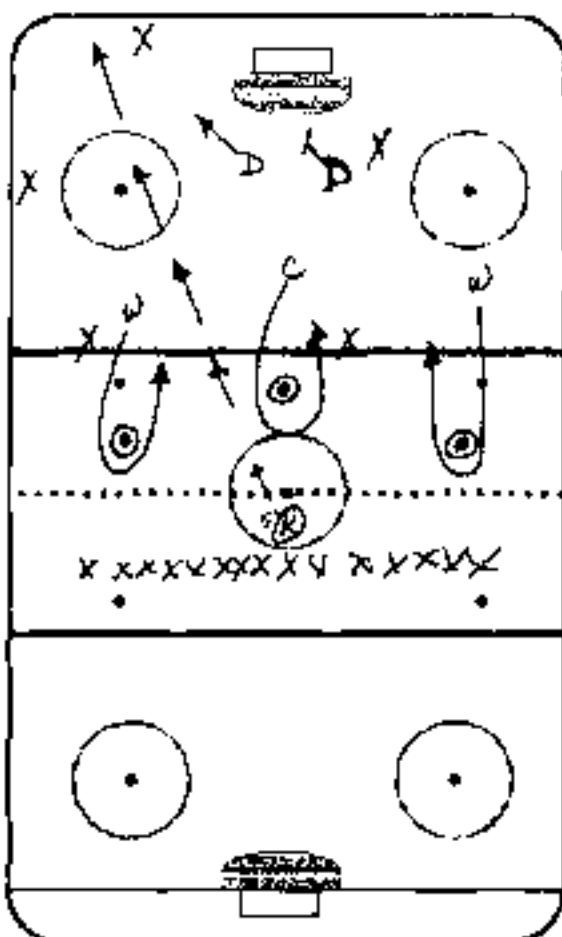
VERMONT



START Drill on the Attack

- Both Ends at same time
- Defenders work first - 1/2 Time
- * Attack + D can shift to the Blue w/ing back
- ③ wrap back
- D - Collect, Jags + shuffle for shot 43

- * Option → use only 1 forward to speed up / narrow
- * of laps for Drill



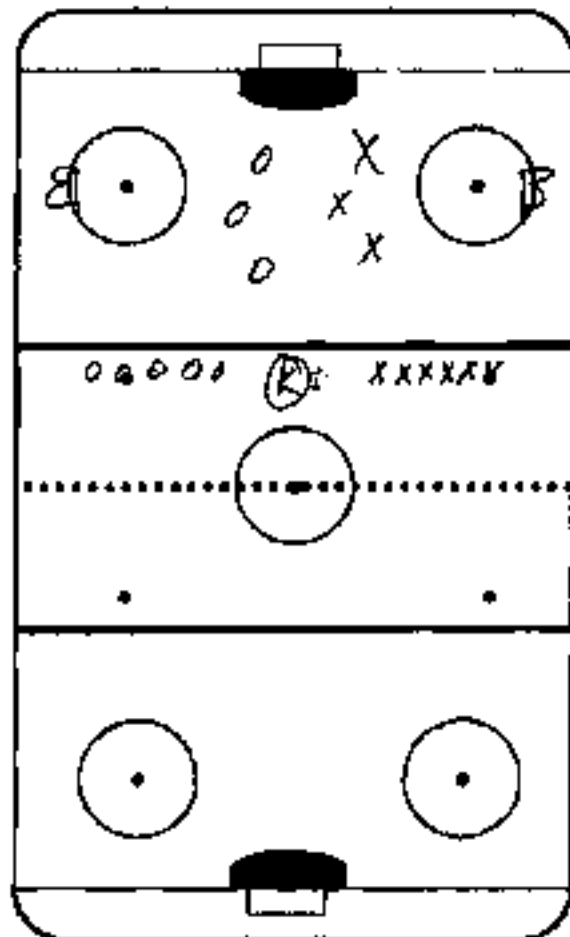
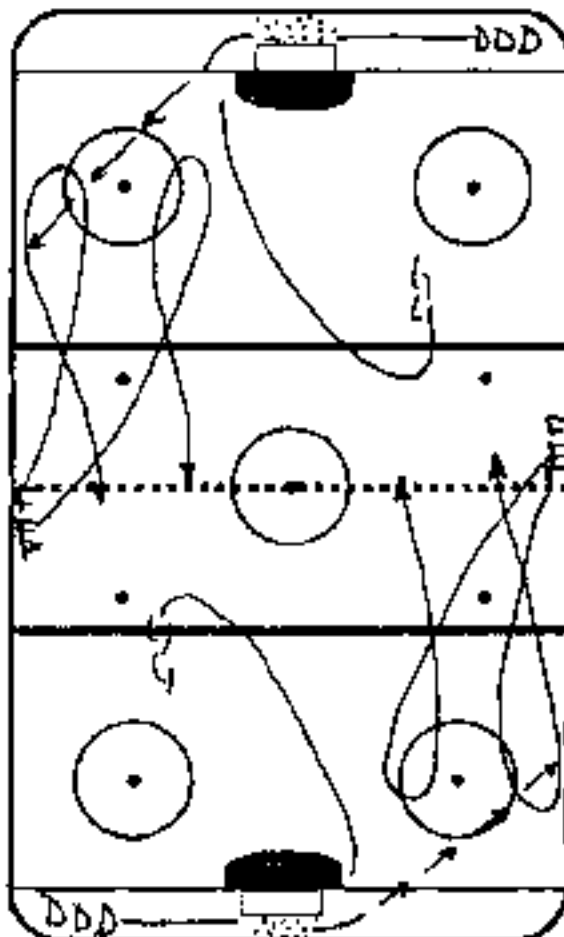
5 x 5 DZ Coverage

- On whistle Forward
- Loop around the field in the NZ → then back into the DZ for coverage

- Coach claps back to X's (F3)
- They have to all touch the back then can attack off cycle

- * Defenders have to ID Back Position & Communicate w/ Teammates for first aggressive DZ coverage.

VERMONT



Begin 2x1 or whistle.

F's must get to Bottom Half Mark.

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

D's work close gap? Risk
Risk performing

* Option - D can use whistle to
change Attack direction (F's respond)
→ D is forced to re-gap
* can be done w/ multiple whistles

Competitive Game

(K) decides situation - 2x2, 3x2, 3x3
• D can add Players at any time during shift. etc...

* Great for working on Situation
awareness & listening communication

* Keep Score X v. O
* Shifts Run on whistle ~ 30 seconds

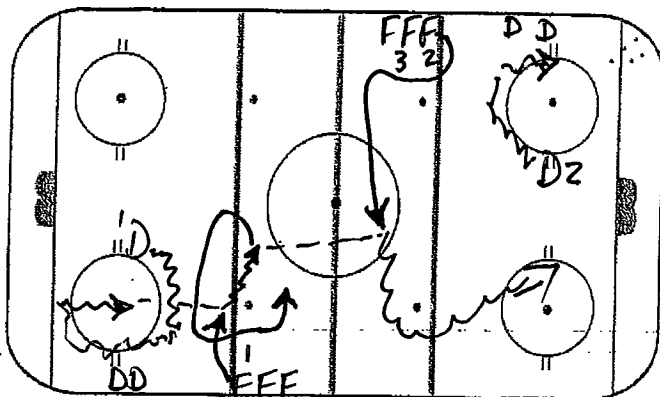
2010 D.O.T.W.-C
2011



Date: _____

Dan Olsen

TIME _____ DRILL NAME **Skill Drill** ☒ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) **transition skating.**

- START - passing (controlled) shooting
- D₁ skates fwd to board around circle w/ \bar{p} , skating up ice @ bottom of circle
 - D₁ pass to F₁ who jumps off boards into opening
 - F₂ accelerates to mid-ice to receive pass from F₁ & goes wide for shot on net
 - F₁ curls back to original line & while moving preps for pass from F₃ who is repeating drill w/ D₂ on other side of rink.

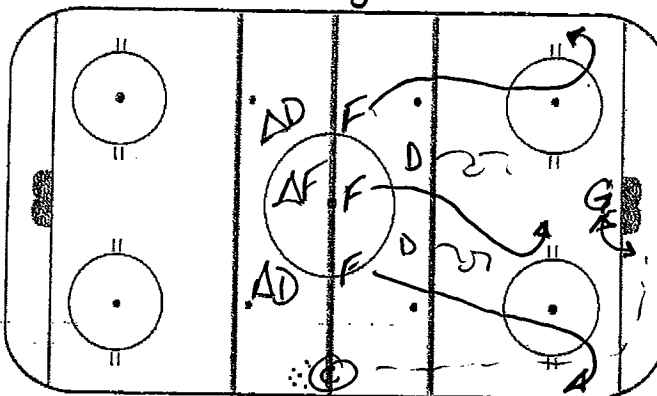
KEYS - continuous drill

- 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

VA. IONS/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 2D & 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 2D & 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.

2010/011 D.O.T.W.C

Date:

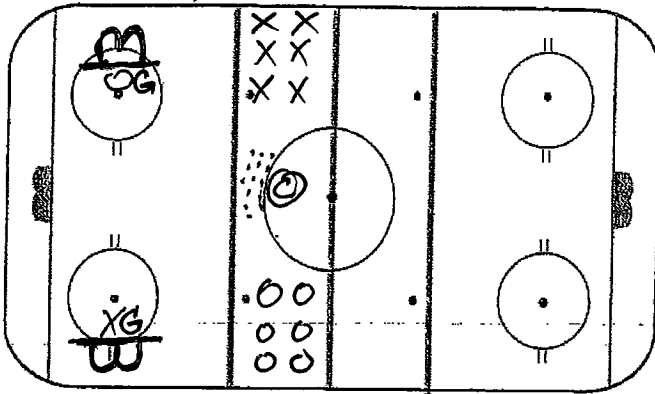
Dan Olsen



Fun &

TIME DRILL NAME
Competitive Drill

☐ CONTINUOUS
☐ CONTROLLED



OBJECTIVE(S) / vs 1 - times 3

START

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

KEYS 2 new / vs 1 starts.

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

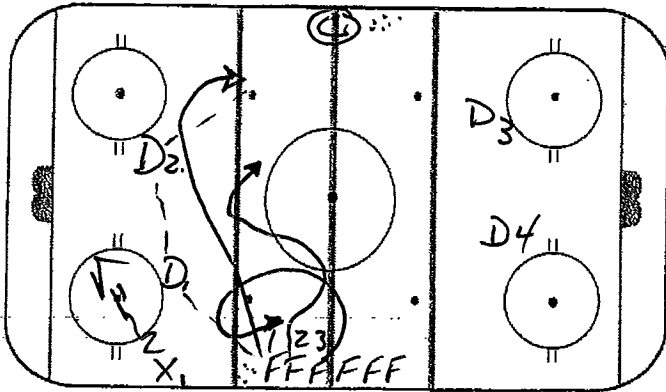
ROTATION

ATIONS/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 & XF1 3 vs 3

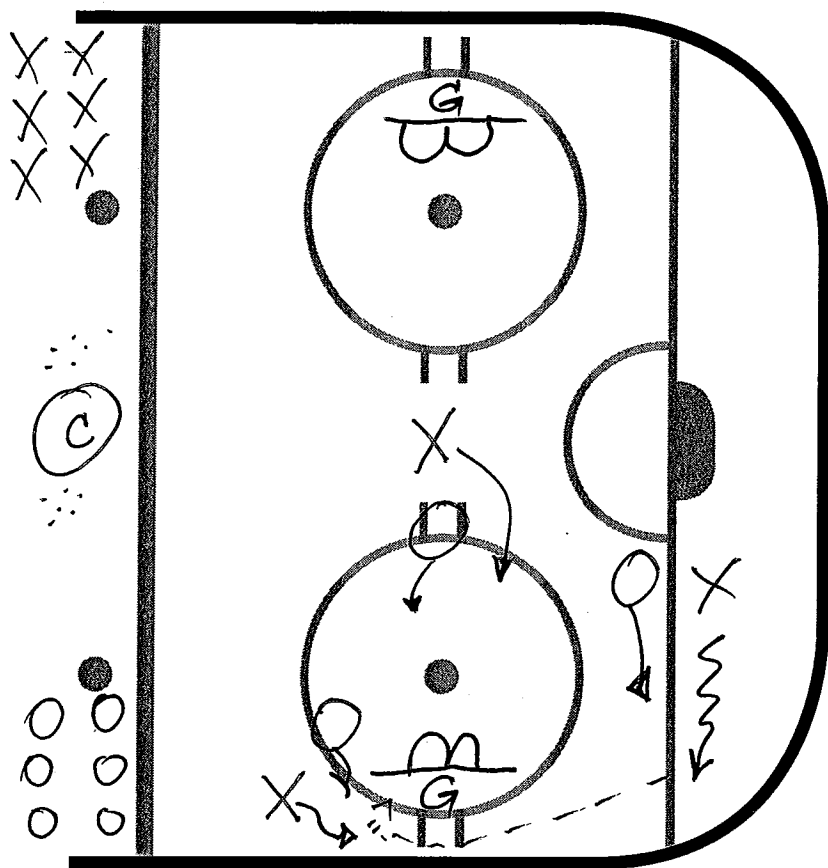
KEYS - on second whistle

- (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.

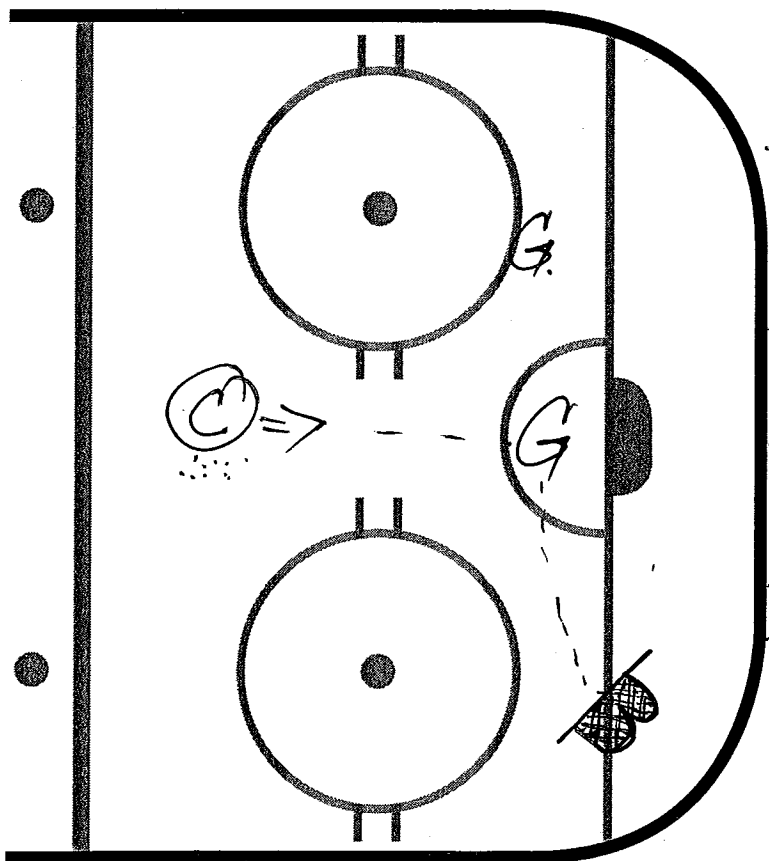


Favorite Drill

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
- © 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

From
Gardiner MacDougall

To: ENNIS DRILL CLUB "2011"

ENCLOSED DAILIE FOR 2011 PLUS SOME QUOTES TO USE.

THANKS FOR DAILIES & SORRY FOR "HASTINESS" 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.

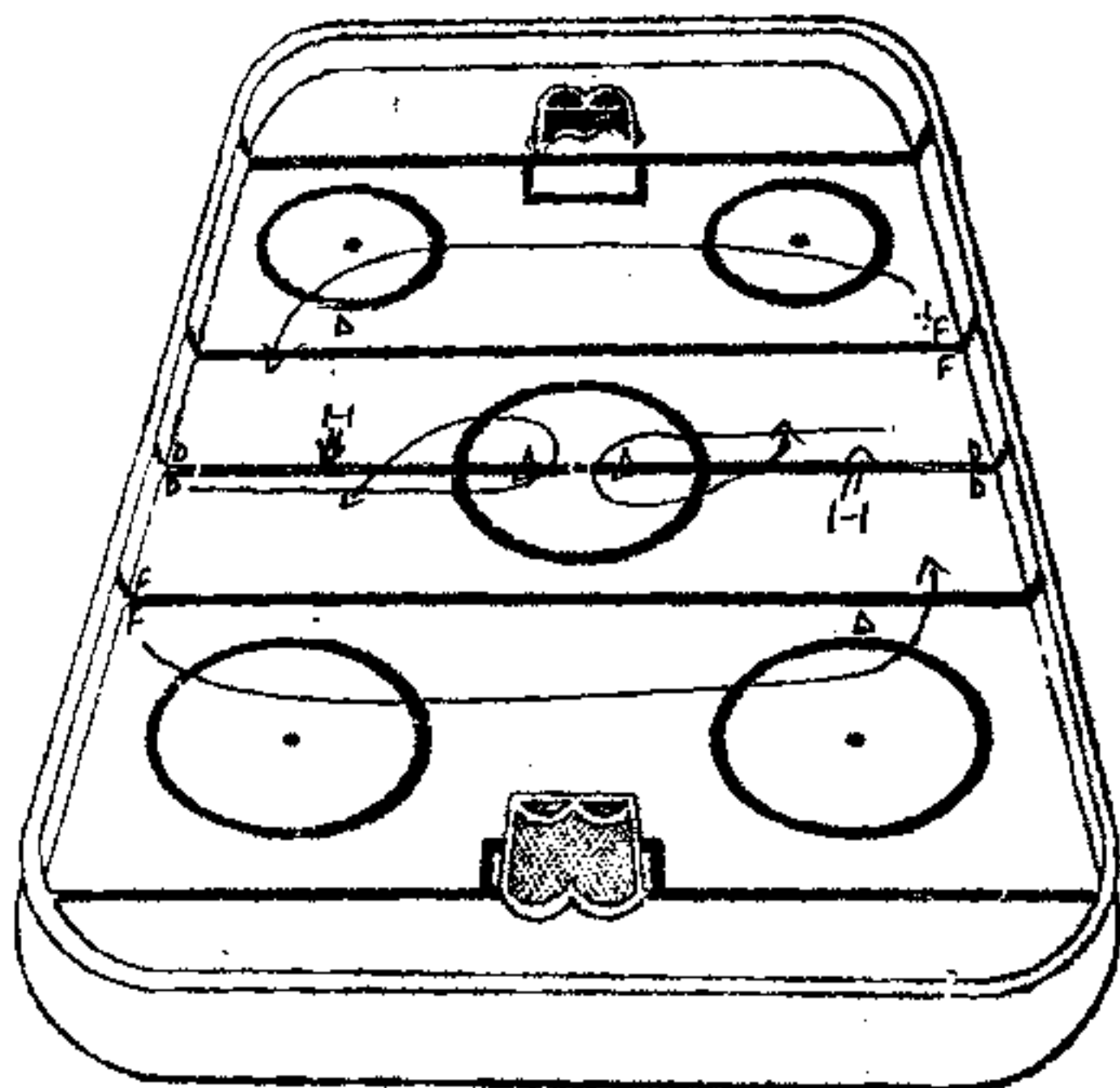
Have fun at your weeks work.

1 FINAL QUOTE

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

6047924656

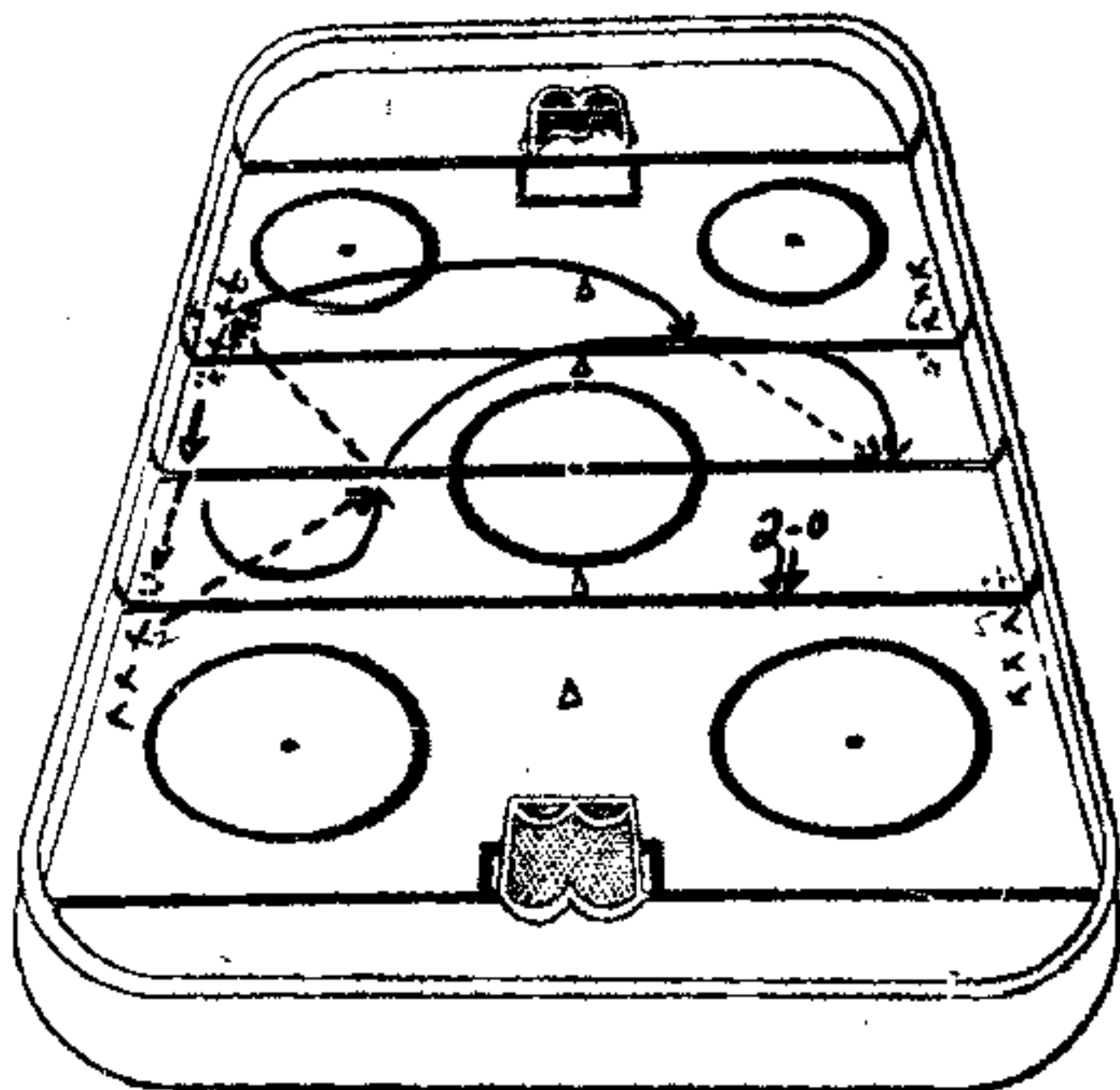
Rosehill 1-1



→ ON WHISTLE F'S SPURNT TO FAR WALL, PAST PYLONS. ATTACK D WITH SPEED 1-1.

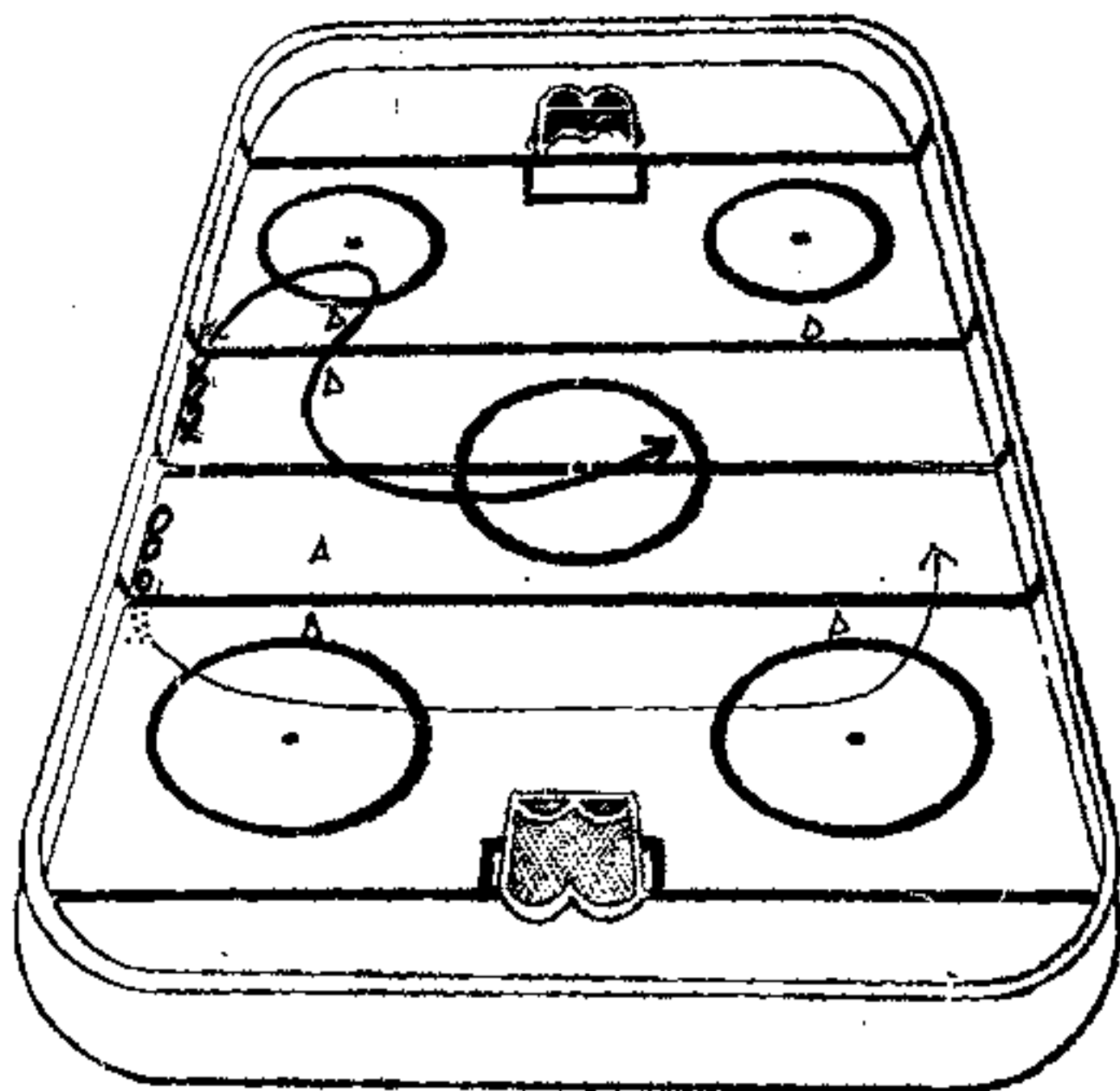
→ D'S SPURNT TO CENTRE ICE PYLON, THEN, THEN PIVOT TO PLAY 1-1 VS. F.

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 pylon, X_3 under pylon + passes to X_1
 $X_1 + X_3$ go 2x0 net X_1 w shot
 X_5 & X_6 go same time from alternate side.

1x1 Rubik's Angling



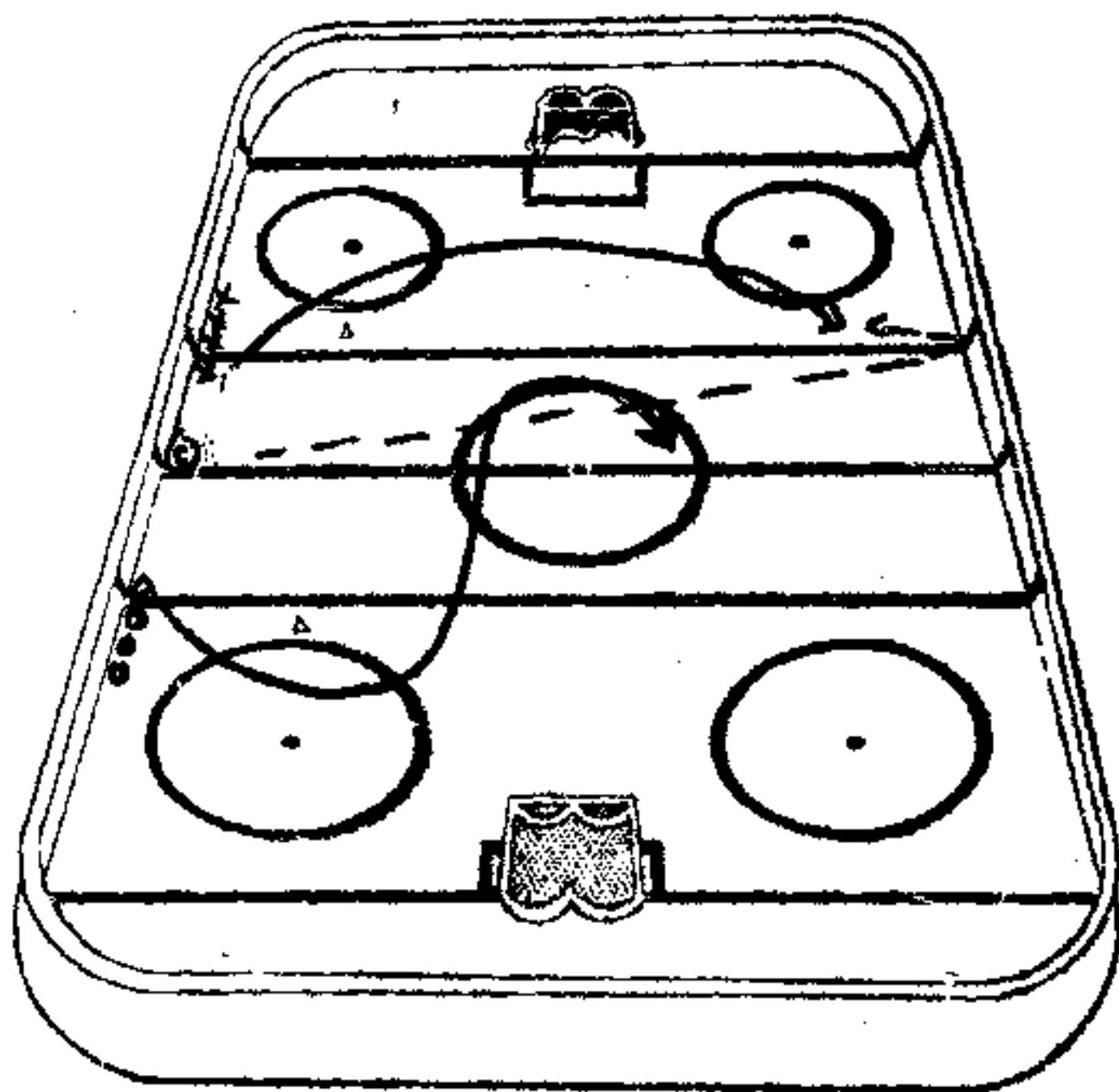
$O_1 + v_1$ START ON LOWESTTLE

D1 Attacker far pylon wide, looks to score at far end

41 Goes thru 2 pylons, then angles to turn back over
a PLAY TO THE WHISTLE

PLAY TO THE WHISTLE

MAINGIAC ANGLING 1-1



x_1 goes wide drive with puck

o, angles around pivot, cuts off mid-ice & plays 1st on Angle

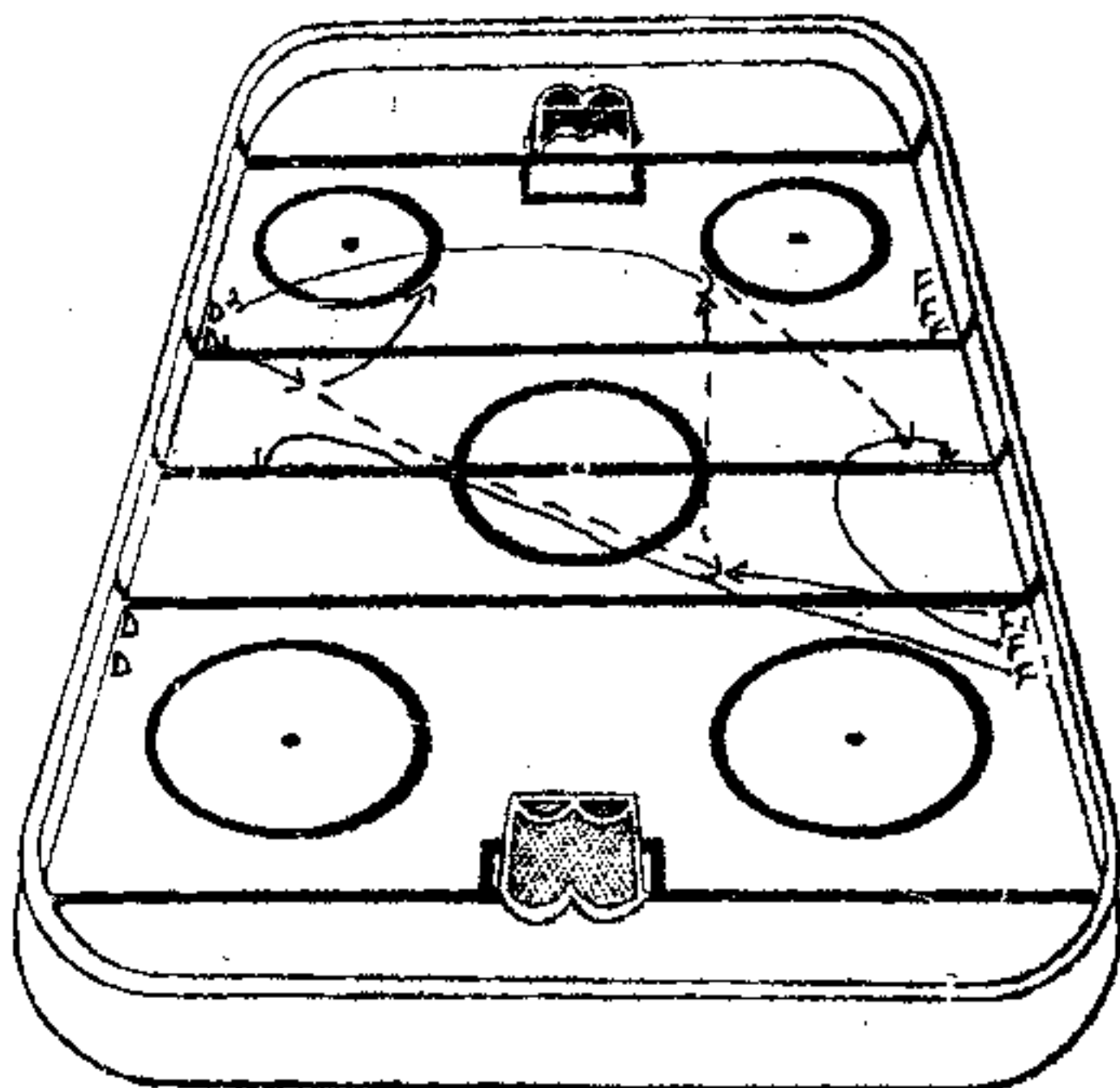
Key: Keep feet up - 100

Rotate sides in each whistle

Options: 2 F's '2 Angles' to Create 2×2 's

GALLY ① 3-0

② 3-2 Regroup



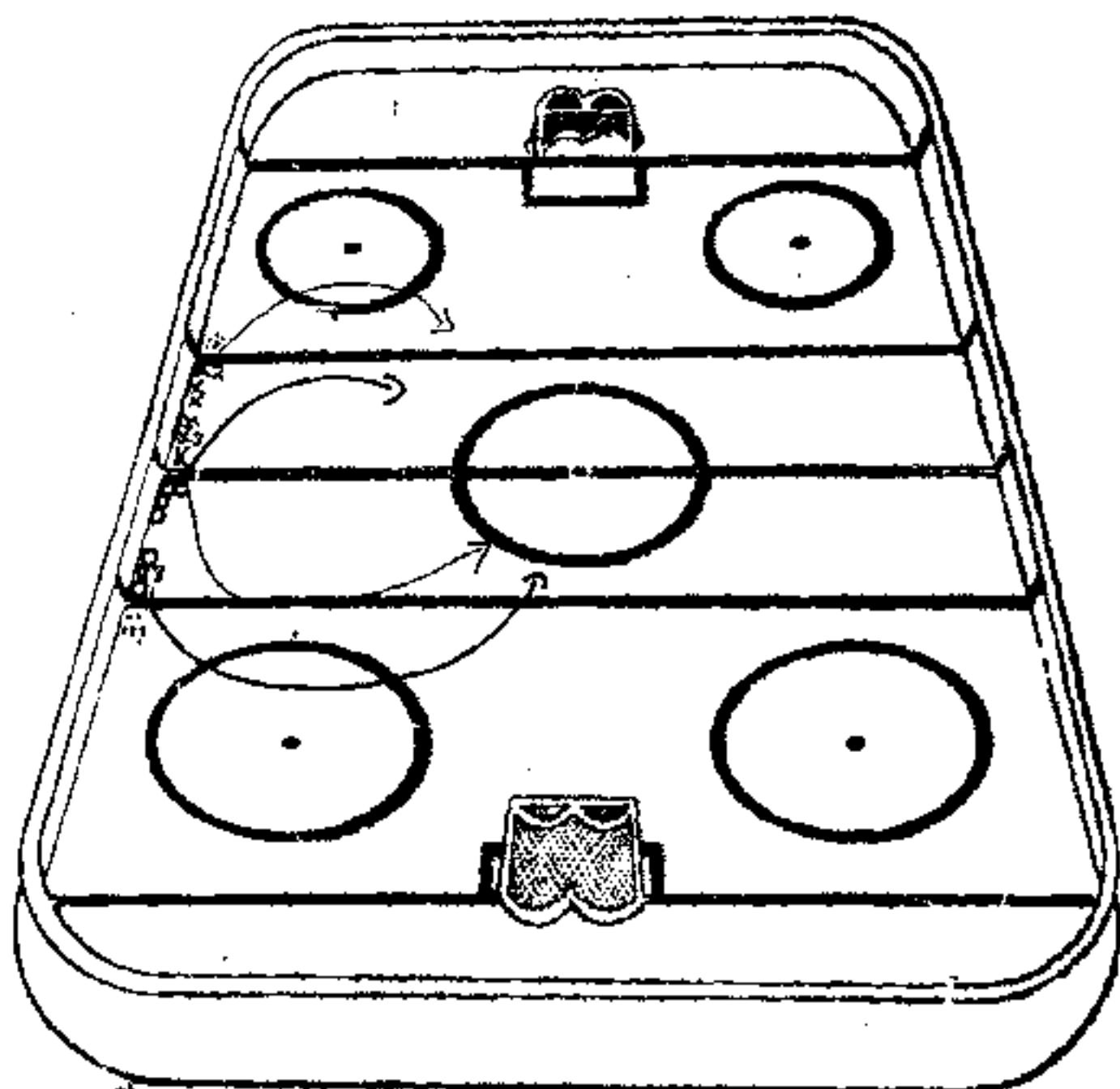
D₁ Steps out passes to F₁ (Center), then pivots into our zone

D₂ Skates to opposite side of ice for support

F₁ 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, O₁ skater w/ puck thru top of circle - leads to score at far end
 (1-1) X₁ leaves from Red Line - Angler + tries to turn puck over

2nd Whistle X₂ skater w/ puck from Blue Line
 (2-2) O₂ angles from Red Line

3rd Whistle O₃ "
 (3-3) X₃ "

* Players leave puck on whistles!!



"I SEARCHED FOR GLORY...
AND I DID NOT SEE.

I SEARCHED FOR VICTORY...
AND VICTORY ELUDED ME.

I SEARCHED FOR
TEAMWORK
AND FOUND ALL THREE."

CHILLIWACK BAYING

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

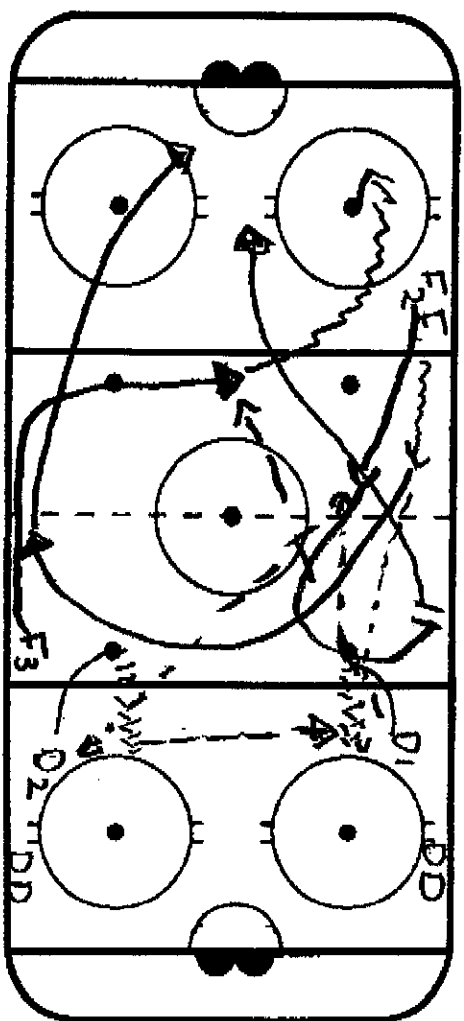
TIME: _____ DRILL: SKILL

- D₁ and D₂ jump out and back pedal into zone.
 - F₁ and F₂ leave F₃ 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

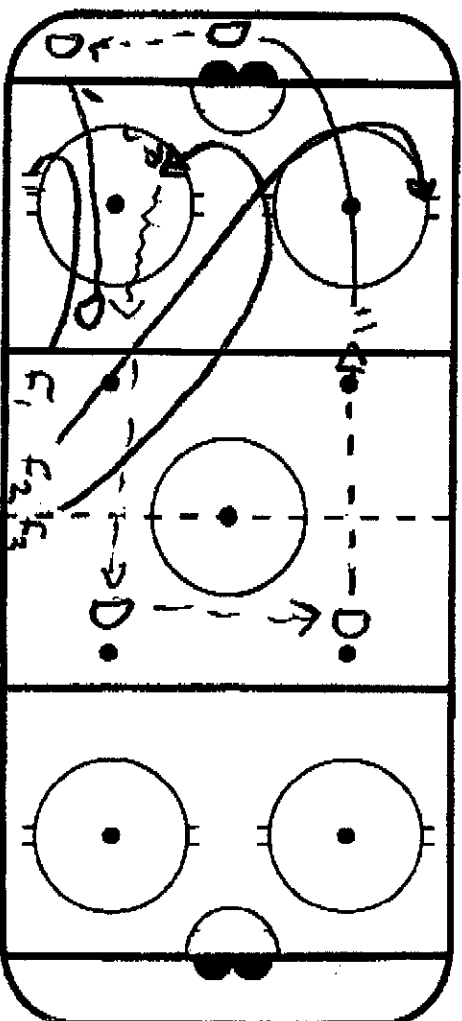
TIME: _____ DRILL: Team Play

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 and change, one F stays to 4v D men who are now breaking out 3 new F's changing from the bench. Continuous

3 men NZ



Change Drill w/ 4v



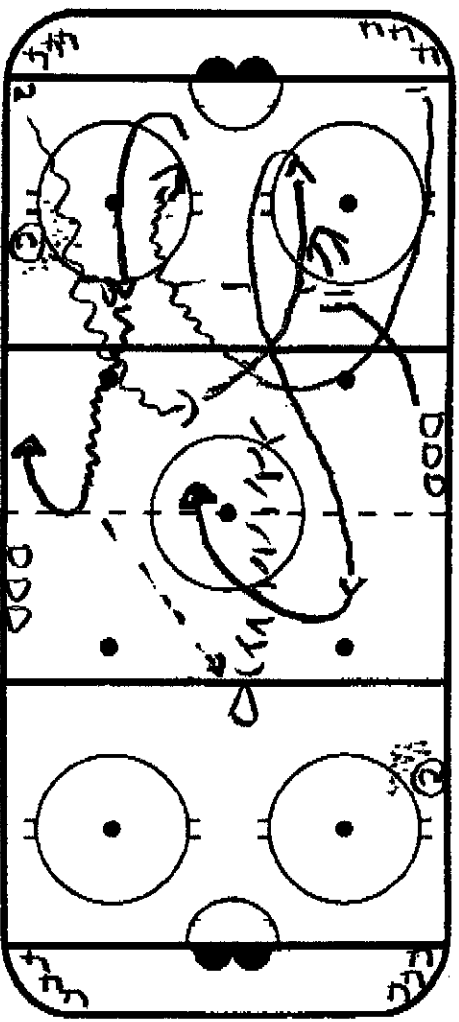
TIME: _____ DRILL: FAVORITE

F₁ and F₂ leave with puck swing outside blue line and attack Zone D then jumps in gets a pass from Coach and shoot with F₁ and F₂ of net. After shot F₁ and F₂ breakout get a pass from Coach and regroup with D men. F₁ and F₂ then attack Zone again with regrouping D men following up for another pass from Coach and shot. Once D men regroup F₁ and F₂ other end starts. Continuous

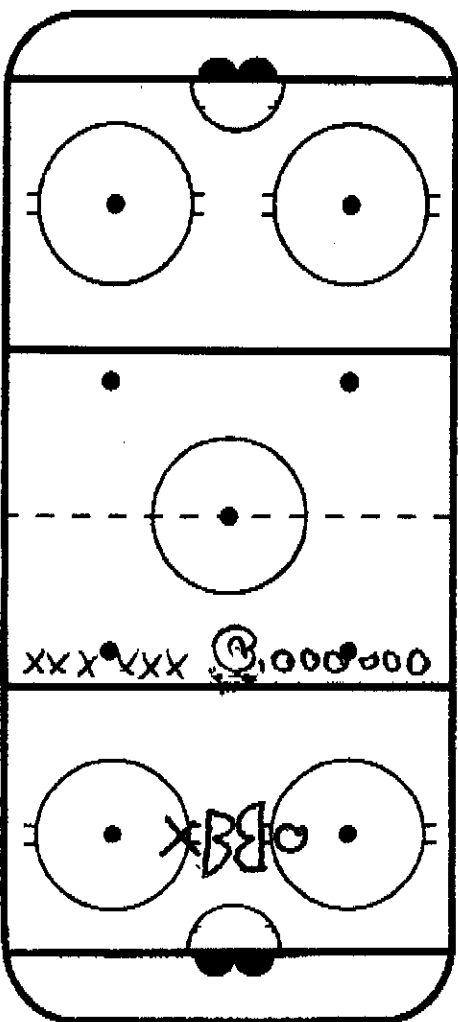
TIME: _____ DRILL: COMPETITIVE

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

Detroit Game Day



3vs3 1/2 ice nets back to back



To: Enio Sacilotto FAX: 604-792-4656 ①

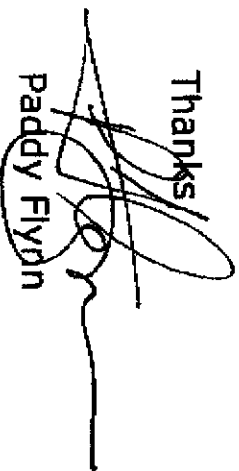
From: Paddy Flynn, Target Hockey Academy Ltd.

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

EMAIL: 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:

THE MORE WE SWEAT IN PRACTICE

THE LESS WE BLEED IN THE GAME

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

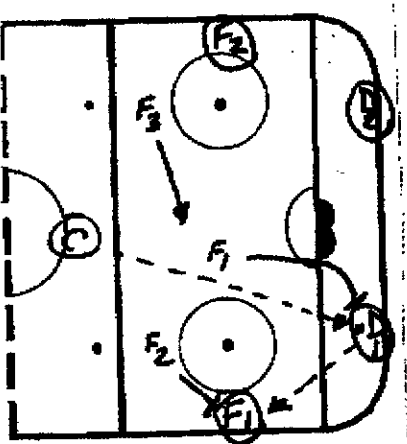
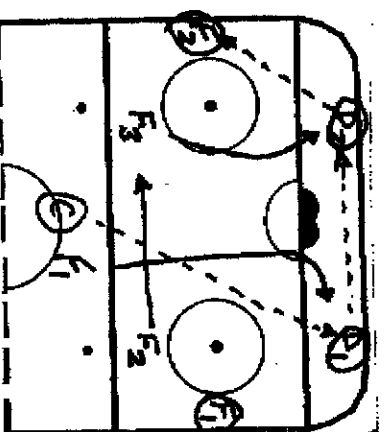


Diagram #2



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.

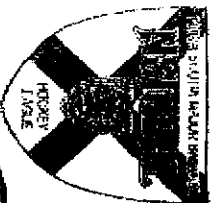
F2 and F3 read and react to what F1 shows.

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: _____

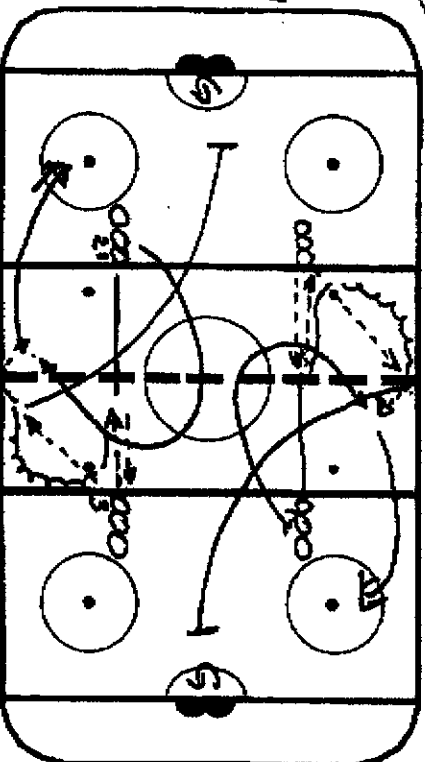
DATE: _____ PRACTICE TYPE: _____

(3)



Skill

Drill



Notes / Systems

Both Sides

Description

"2-on-0 Support / Net Drive"

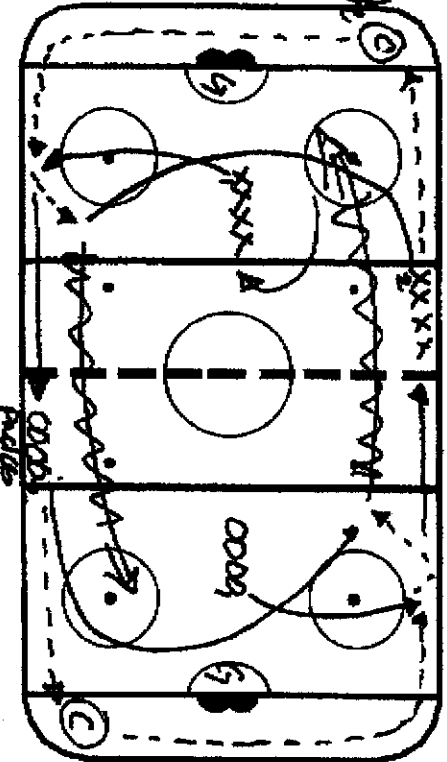
- O₁ Others w/out puck O₂ pass (one touch)
- O₁ Flows O₂ Times Arrival for support
- receiving fore chip or direct pass.
- Execution / Communication on Key Faci of The Drive

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 drill

Favorite Drill



Notes / Systems

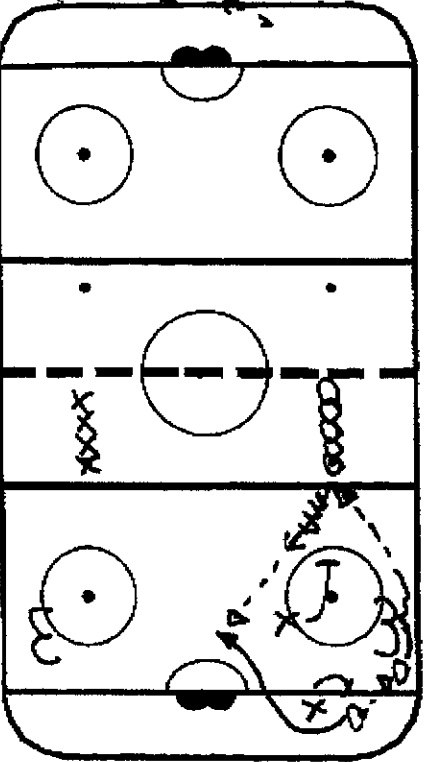
"WRAP - Pick up puck on Board Skic"

Description "Activation Drill"

"Game"

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

Fun/Impartive Drill



Notes / Systems

"Put Something on The drive"

"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

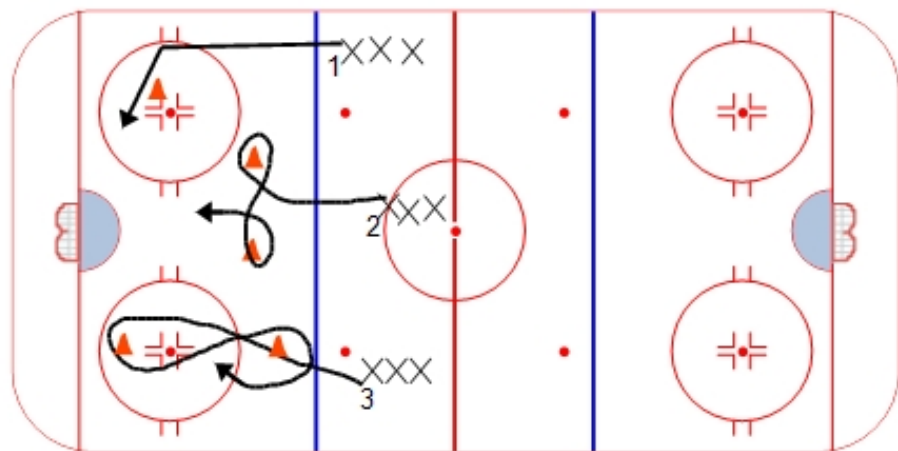
Description

First 3 players leave at the same time.

X1 goes wide around pylon for a shot

X2 figure 8 around pylons for a shot down the middle

X3 figure 8 around pylons 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

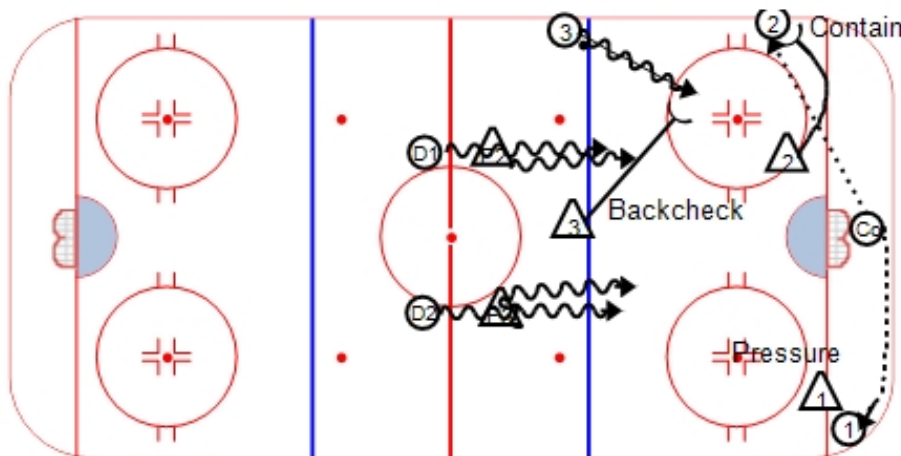
Description

A) Defensive player pressures offensive player until whistle.

B) On whistle ① & ① Join ② & ② for a 2 on 2. until whistle.

C) On whistle, ③ & 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 _____

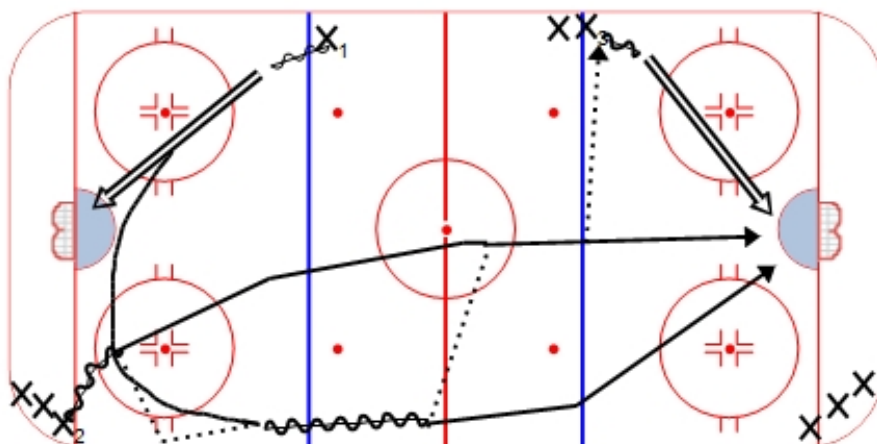
Title : Ladder Entry Drill

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

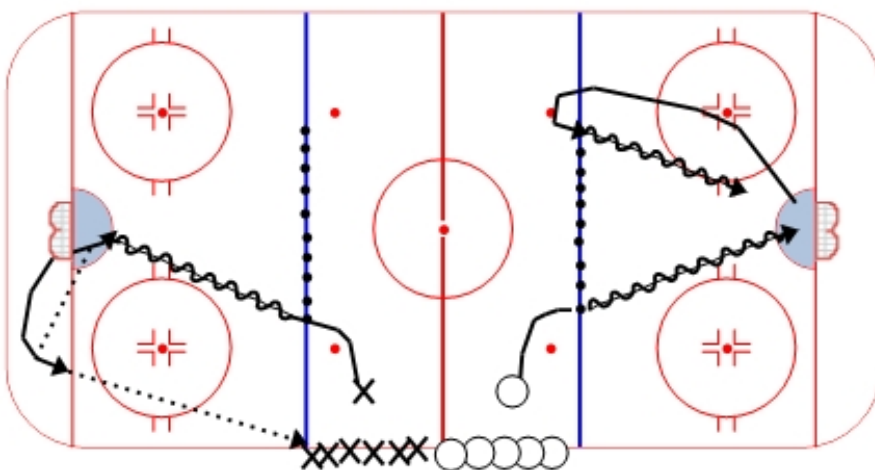
Description

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. 1st 2011

TO: ENIO SUCILOTTA

FR: 604-792-4656

FROM: DIEGO SCARDILIA

of Pgs: Including this
one (3)

Hope all is well, good-bye the rest of the
day. Say hello to babbes. Talk soon

Diego

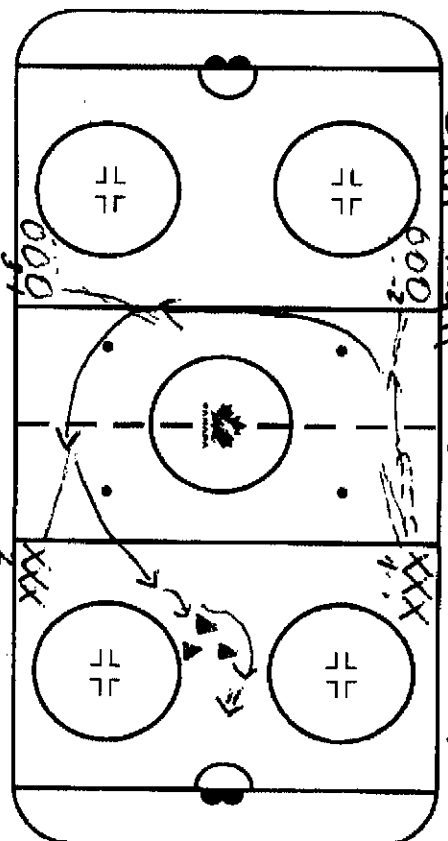




HOCKEY CANADA PROGRAM OF EXCELLENCE



Skill Drill - C-1v0 - 1 touch



X-1, leave at some time.

Start balls, First touch + 1 touches

pass with D₂ + D₃

Receive pass from (X₂-D₂) + go

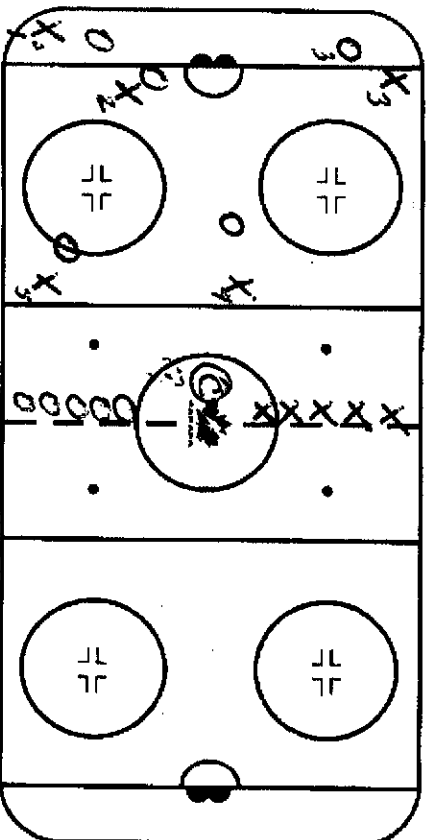
to make a move at center +

go in + shoot. On whistle X₂-D₂

go

KTP: Passing (1-touch) - Receiving
Skating (Full-Body Pivots)

Team Play Drill - S.J 2v2 to 5v5



S.J. 2v2 → to 5v5

Coaches whistle 2v2 in corner
X (try to score) - O defend.

2nd whistle - Each passes puck
to X₃ + play 5v5
in zone

KTP: Off: puck protection -

creating offense

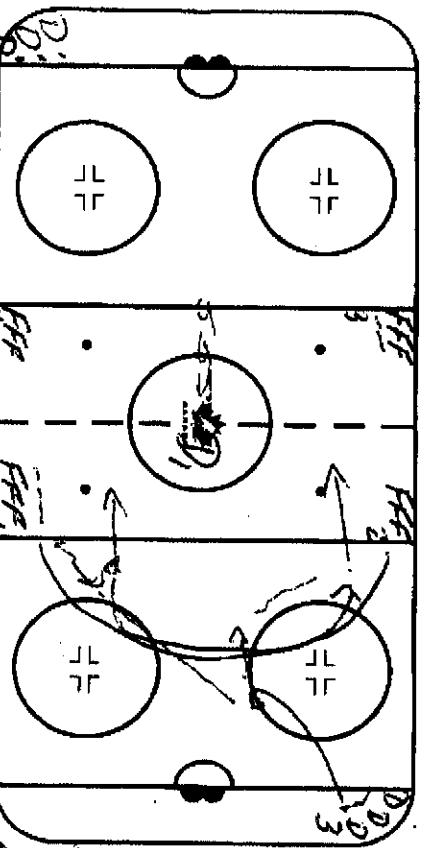
Def: Good body position - goal

sticks

Teaching Offensive + Defensive

Team Play.

Favorite Drill - P.H.s 2v1 (2nd set)



Coaches whistle: F₁ passes to D₃

F₁-F₂ cross-check + receive return

pass from D₃

F₁-F₂ go down to D₁. Try to

score... Continue to play puck

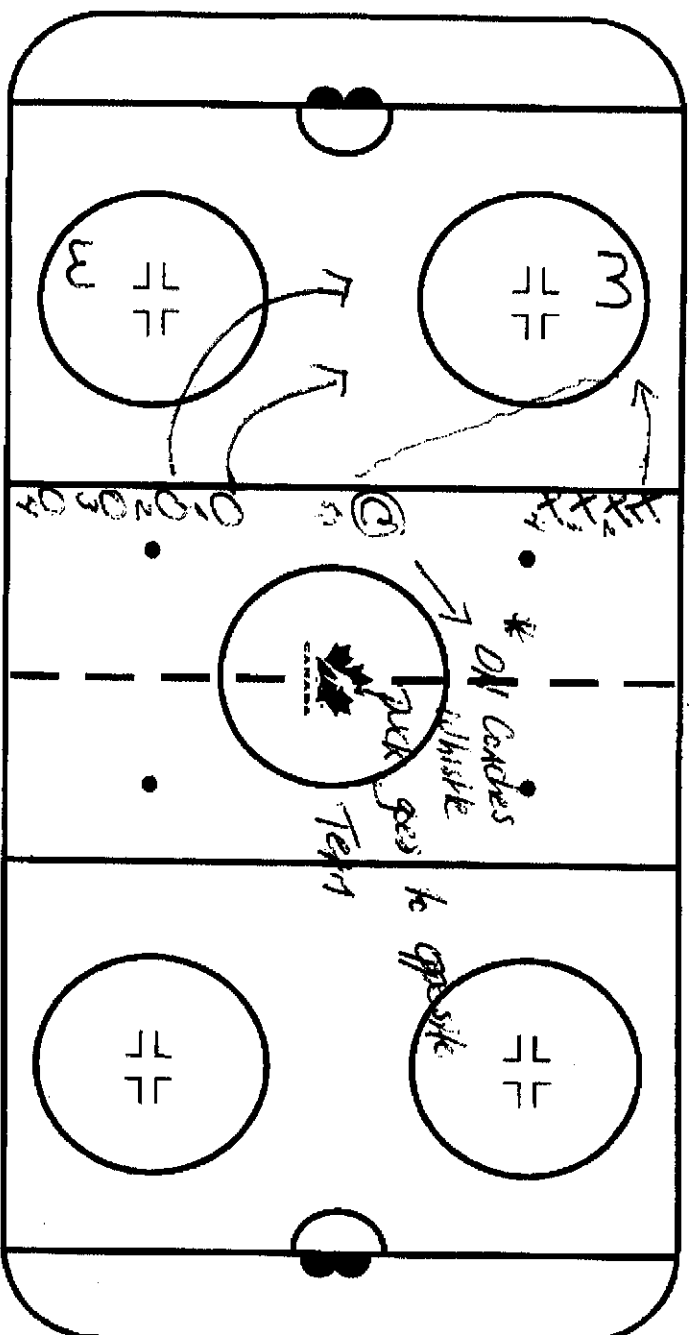
(D-1st) if don't score, can use

D₃ as a shot from point.

2nd whistle F₃-F₄ Breakout vs D₃



HOCKEY CANADA PROGRAM OF EXCELLENCE



- Coach passes to X₁ who goes against G₁-D₂ (1v2)
- Play for 20-25 sec.

Rules: Single Player Always receives puck (X₁ then shoots thru G₁ gets 2pts) - play for 20-25 sec.

Single player scores Team gets 3pts
If the team of 2 players score Team gets 1pt
1st Team to 1st pts wins.

Everytime Coach blows whistle, puck changes side

KIP: Off-the-Concepts

Goal Conditioning - Competitive Game.

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "If you don't play your part,
it will remain a
dream"

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.

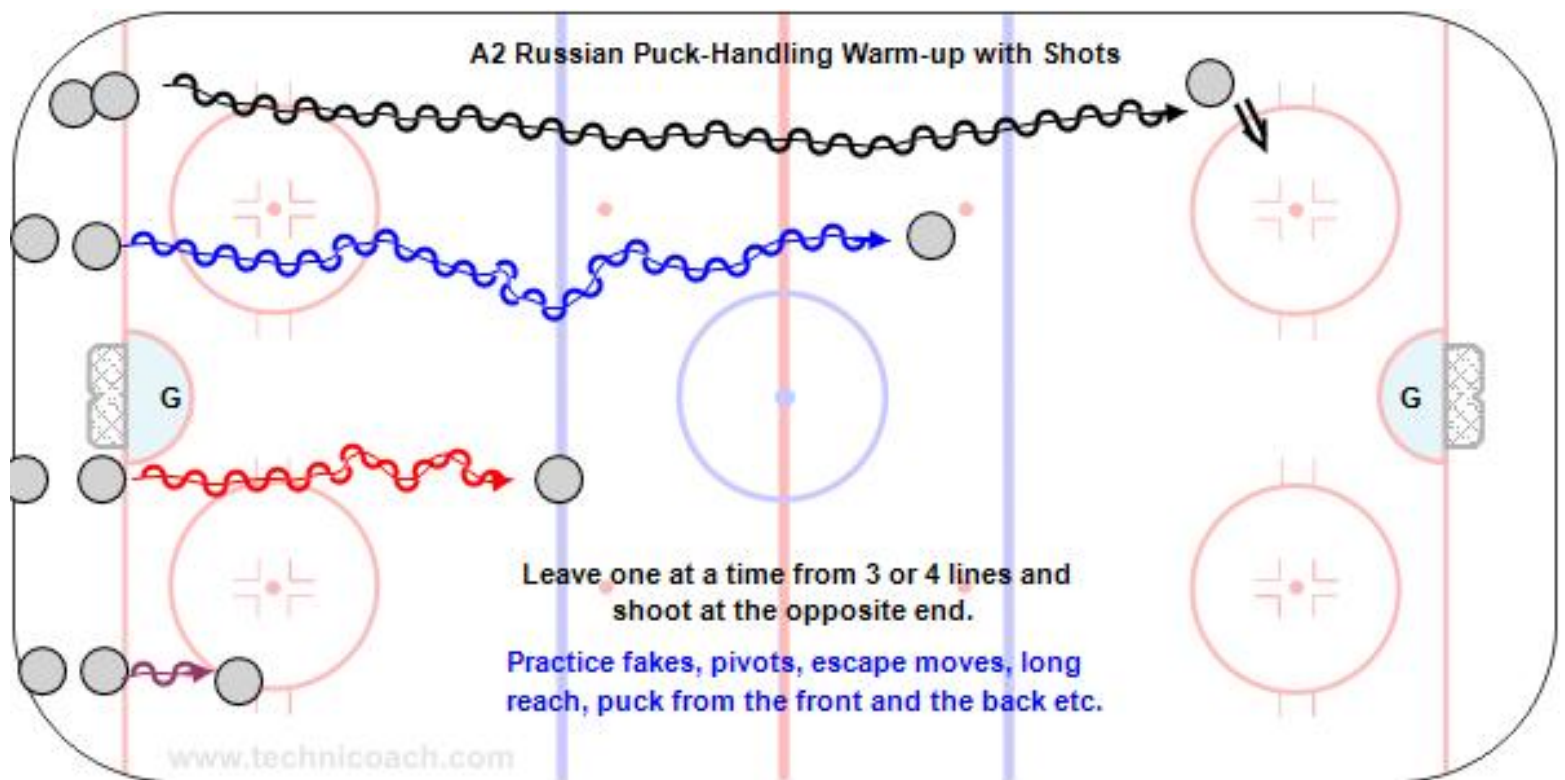
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

- 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

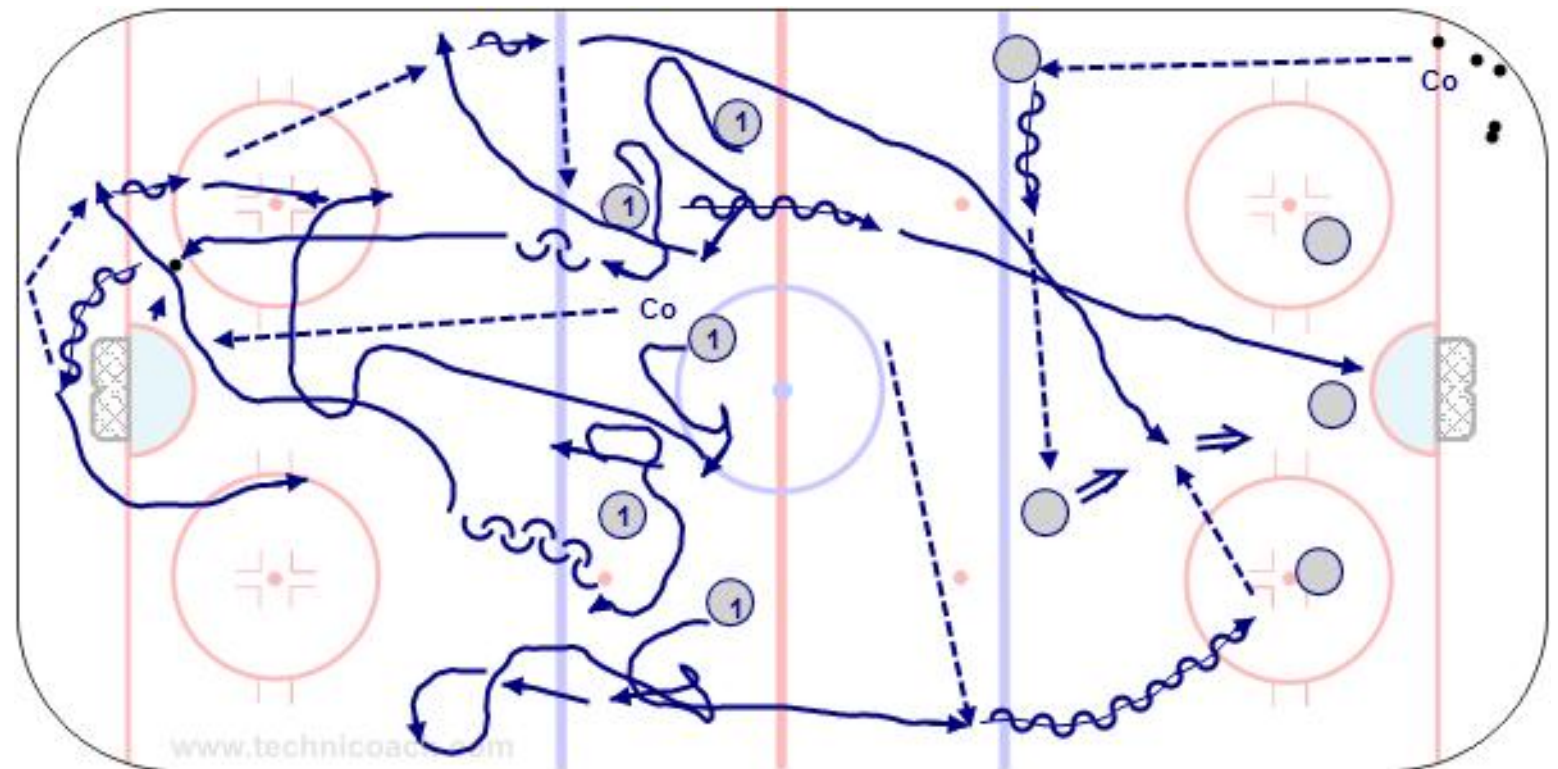
Key Points:

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

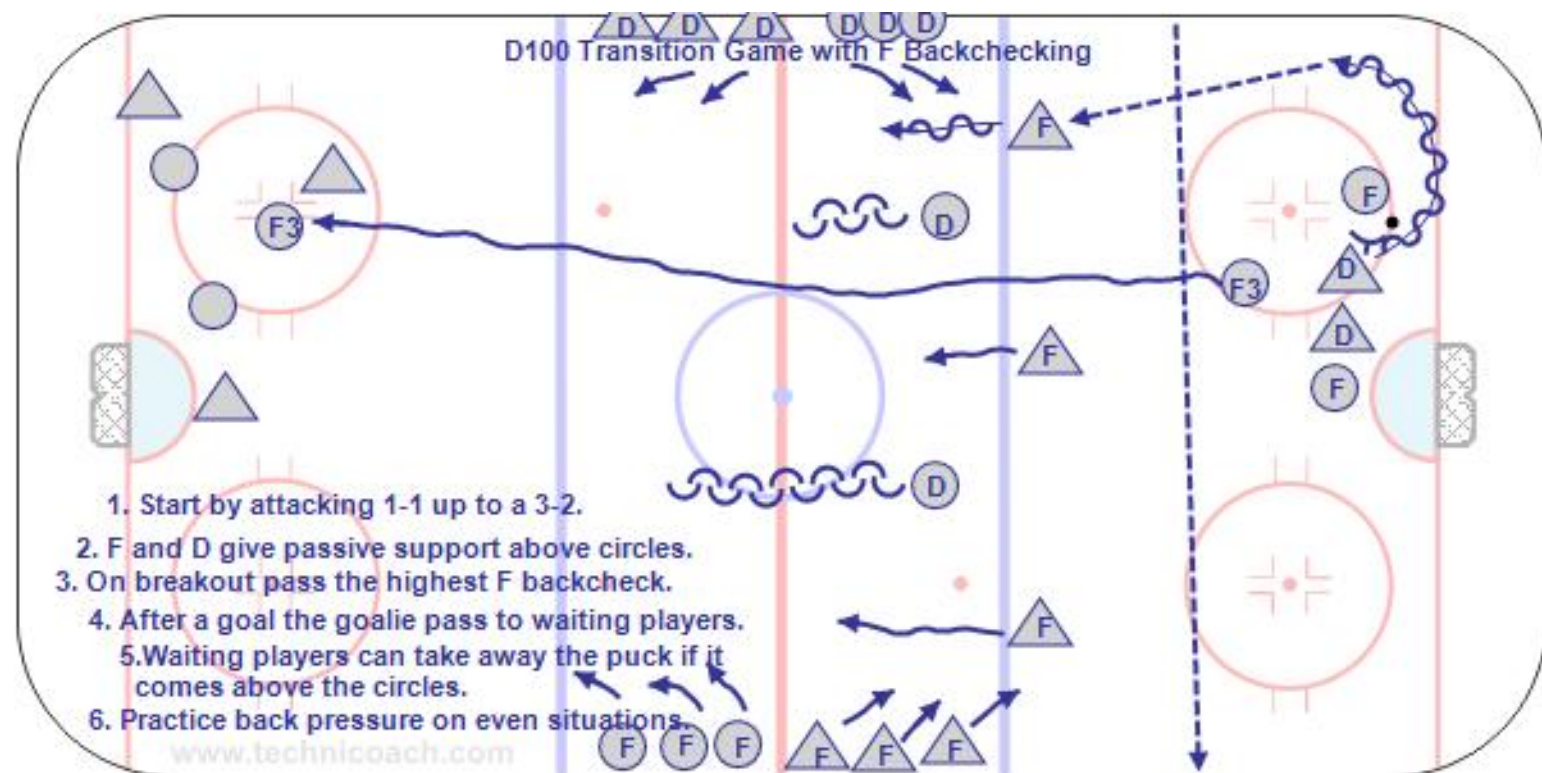
Key Points:

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,

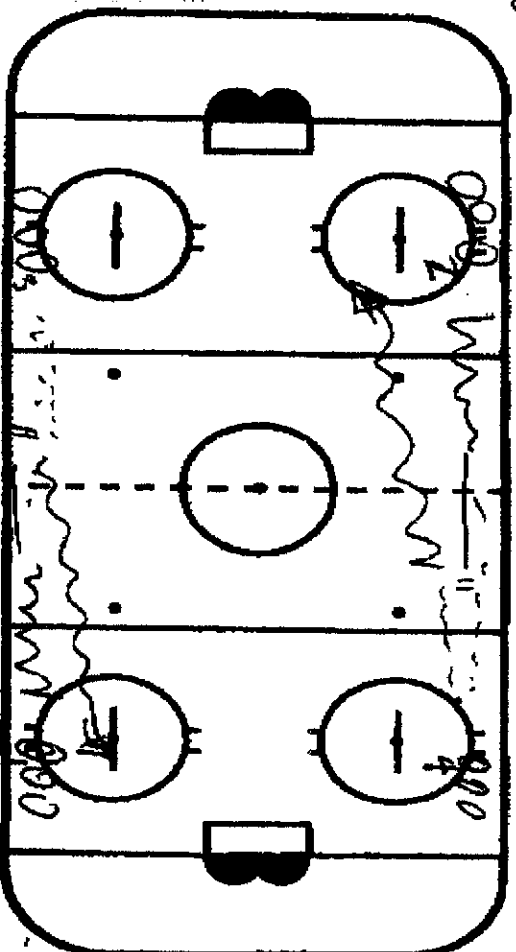
Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

Book: Undergrounders by David Skuy

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

Regards,
Troy Walkington

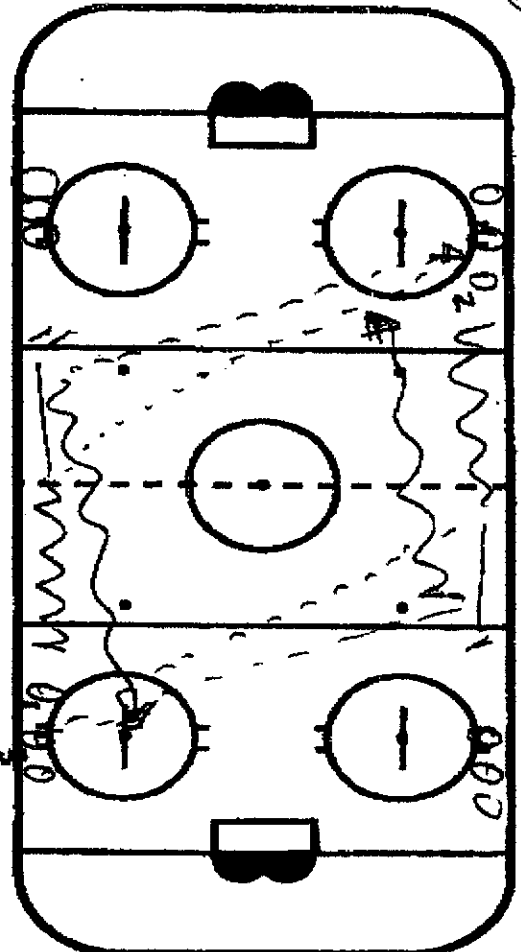
① Red Wide Shooting



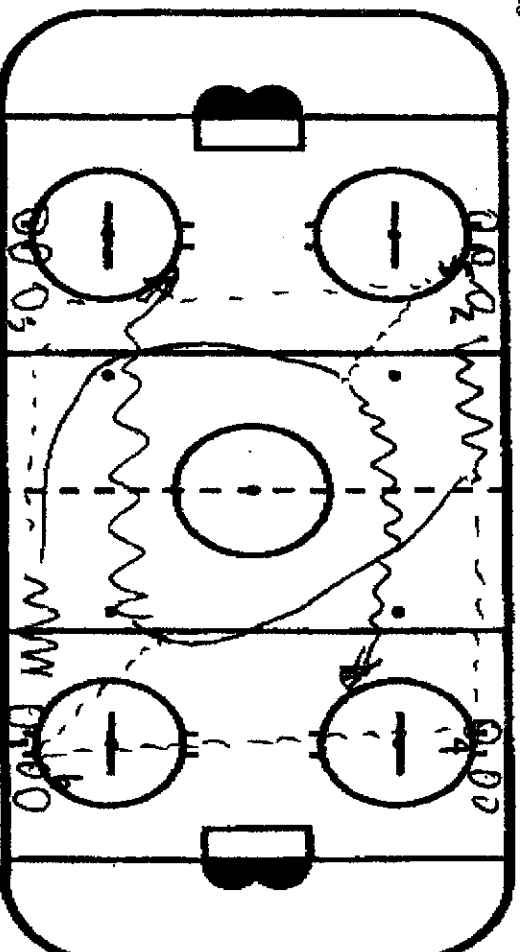
"First Post"
 0.1/0.2 - Skate down wing
 with Puck + Pass to 0.3/0.4.
 Stop in between red/blue
 face off line get puck back
 + Shoot @ original end

"Wide + Low"

0.1/0.2 skate to face blue line
 + Pass to 0.3/0.4. Stop +
 Get Red/blue Pass + Shoot
 + Original end



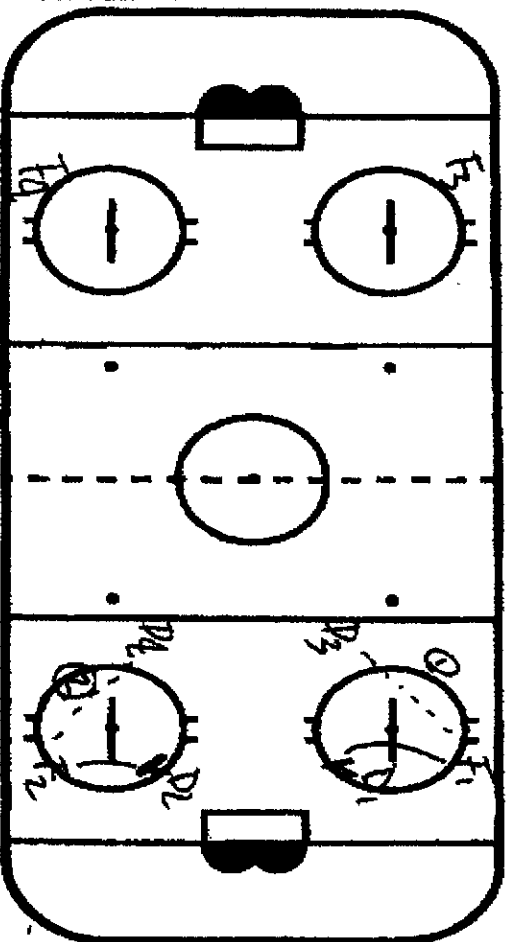
③



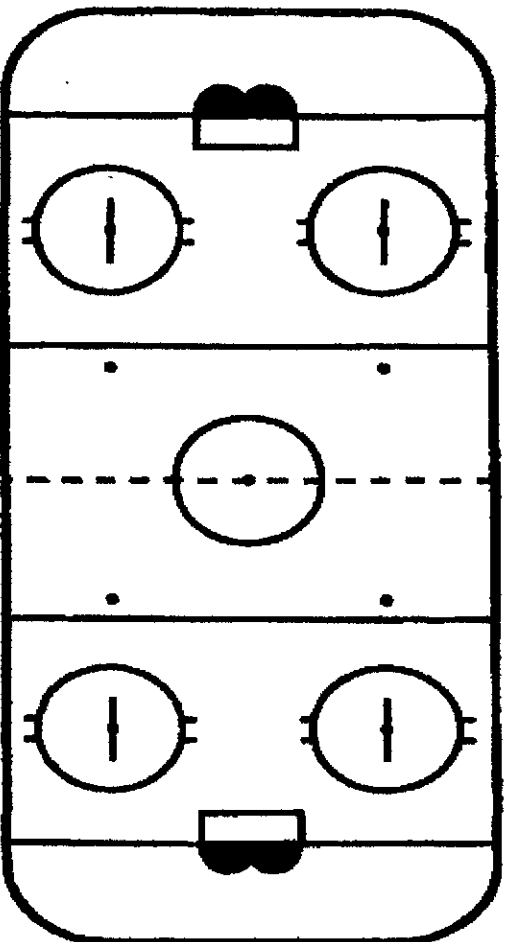
"Mid Lane"

0.1/0.2 - Skate down board
 + Pass to 0.3/0.4.
 0.3/0.4 passes to 0.5/0.1
 0.1/0.2 continues to face
 Puck + gets Puck from
 0.5/0.1 w Mid Lane

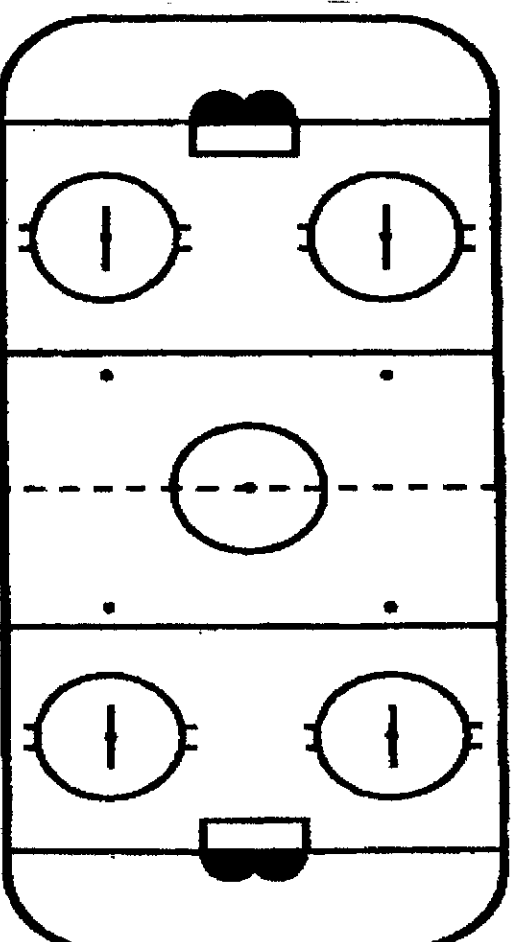
BOX OUT DRILL



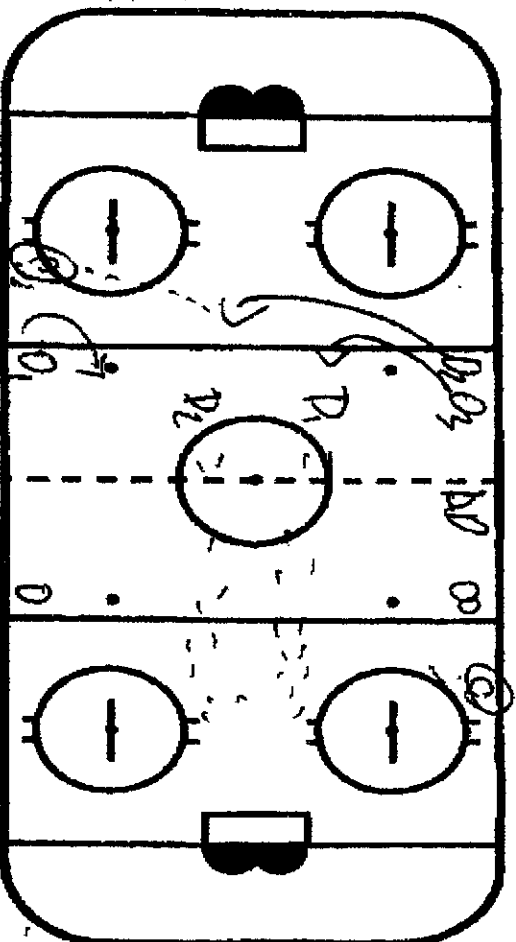
BOTH ENDOS @ SAME TIME
 F_1 PASSES BALL TO D_2
 F_1/F_2 GO TO NET
 D_1/D_2 SEAL OR "BOX OUT"
 D_3 SHOOTS OFF BACK WALL
 OR ON NET.



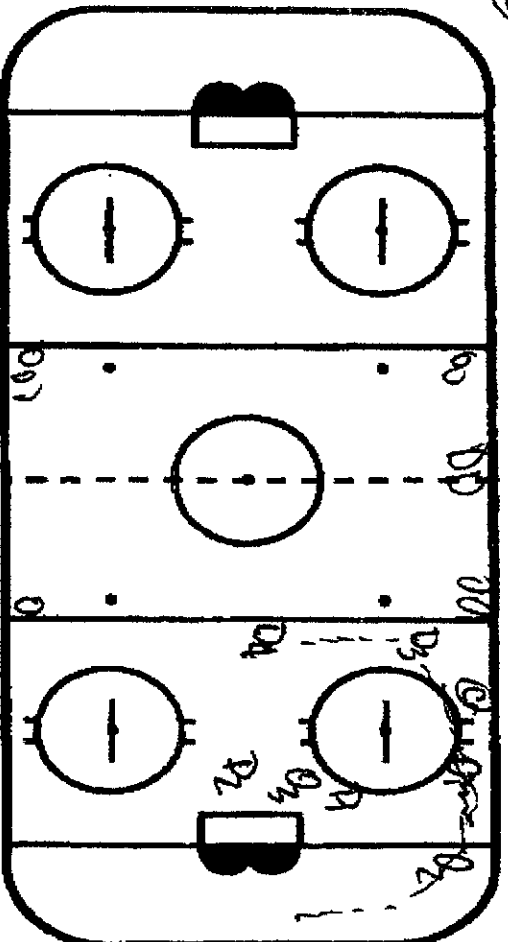
ON WHISTLE F_2 VACATES +
 GET BACK UP TO D_4
 $F_1 + F_2$ TRY + RE ESTABLISH
 POSITION.
 D_1/D_2 "BOX OUT".



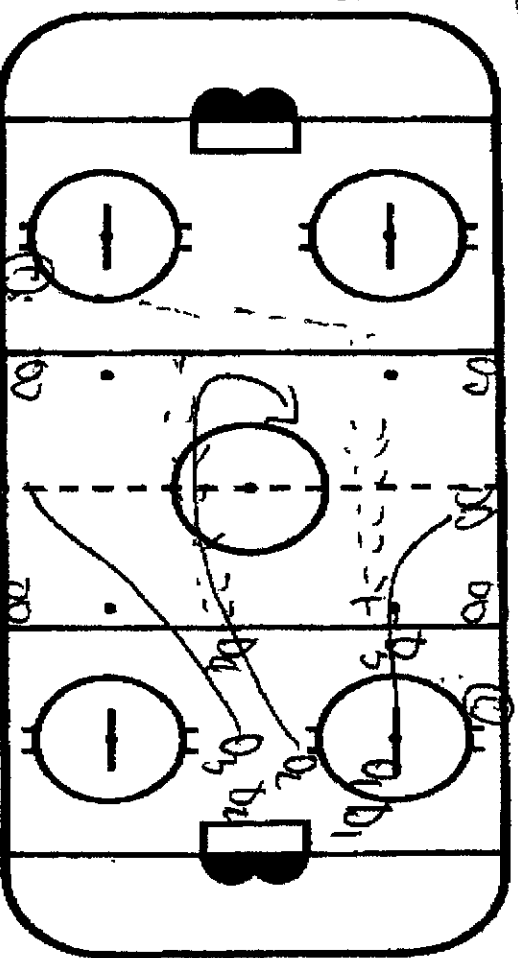
3 TYPES OF 3v2



① PASSES BALL TO
O1/O2/O3, WHO ATTACK
3v2 + MAKE A RUN
ON NET



D3 + D4 SHARP IN FROM 1/2.
② SPOTS NEW RUN IN CORNER
FOR O1. O1 PASSES TO D3
D3 CAN PASS TO O2 OR
RETURN NET TO O3 OR
CAN GO TO D4. D4 CAN
SHOOT OR TO O2 OUT OF CYCLE
PLUS 3v2 NOW ③ WHISTLE



D3 + D4 RETREAT IN
ME + COACH SPOTS NEW
RUN. O1/O2/O3, REGROUP
D3/D4 + ATTACK D1/D2

Hi Frio,

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

Bouk,

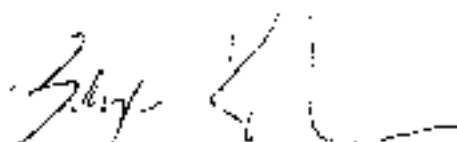
Patriot Reign- Bill Belichick, the Coaches and Players Who Built a Champion...

Quote:

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

Have a good summer!!!

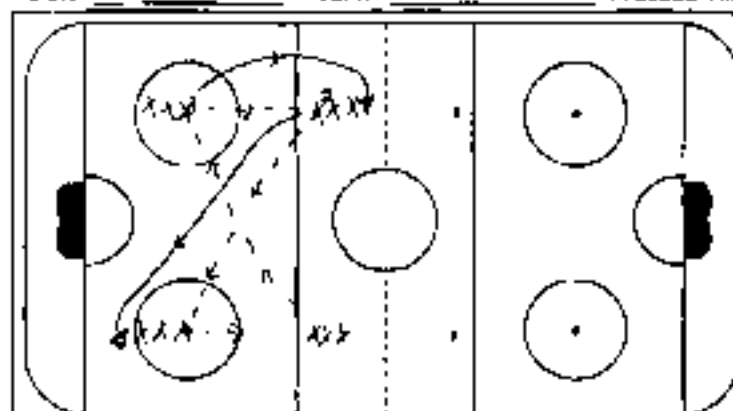
Regards,

A handwritten signature in black ink, appearing to read "Stephen King", followed by a long horizontal line.

DRILL SHEET

LEGEND:
 C - Coach
 F - Forward
 D - Defense
 G - Goalie
 P - Passing
 S - Shooting
 SH - Stickhandling
 C - Carry
 FS - Forward Skating
 BS - Backward Skating

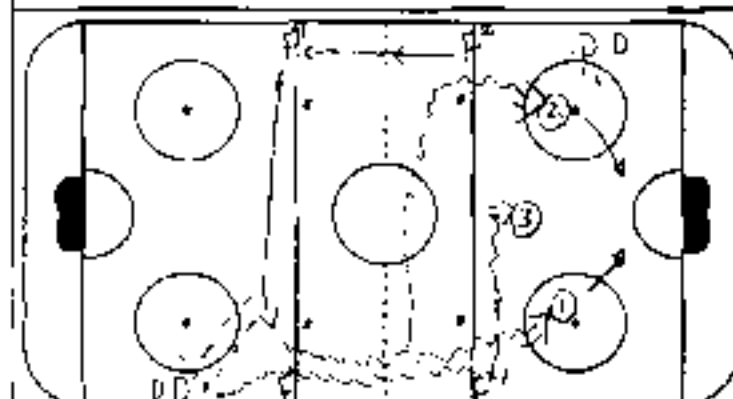
Date: _____ Team: _____ Practice Time: _____



Drill Name DOTS - Follow Pass

Description Lines w/ dots - 2 pucks only
 Bottom dot lines start and must go
 together - Pass to top dot and follow
 pass to back of line - 2nd then passes
 diagonally to bottom dot and follows
 pass to back of line - repeat
 together!

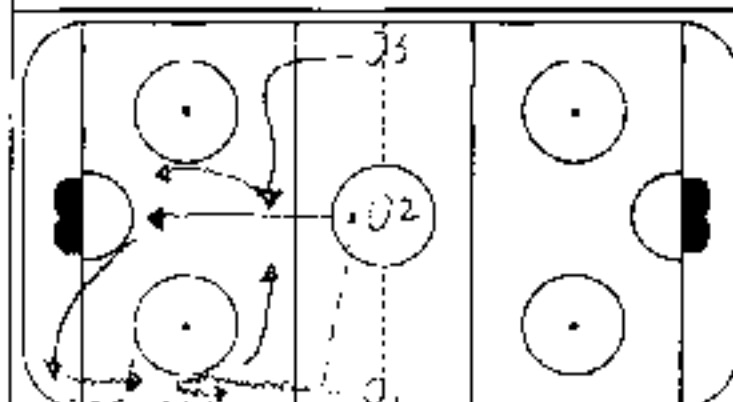
Duration (min): 2-5 Running time (min): _____



Drill Name RANGERS 3 SHOT

Description F1 & F2 leave on whistle
 receive pass from down (staple) and
 F1 drives near lane... F2 drives
 far lane, then leaves with 3rd puck
 down wall - stop at blue line and
 drop blue line for 3rd shot to
 F1 & F2 screen tip. Both ends together

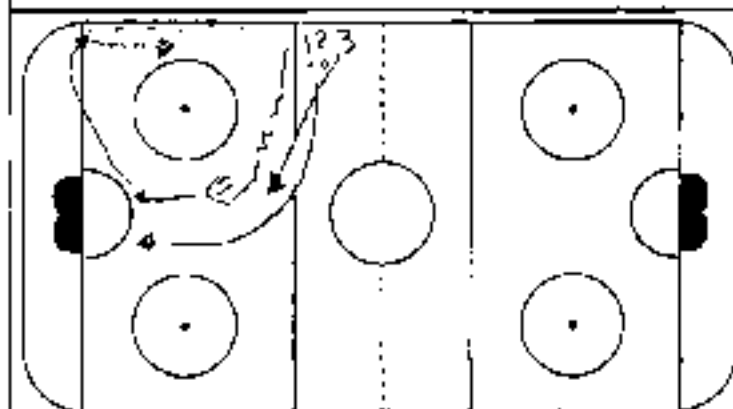
Duration (min): 8-10 Running time (min): _____



Drill Name 3-2 CYCLE

Description 3-2 from center, 02 passes
 to 01 for back attack. 02 stays
 01 delays and shift cycles - all
 players move apart, then a 2nd
 cycle is made and net is attacked,
 * You can chip to outside corner instead
 of delay. 2nd cycle can be a long cycle.
 * Add coaches to do fence

Duration (min): 10min Running time (min): _____



Drill Name 2 SHOT CYCLE

Description 1 attacks middle for shot then
 drives net, leaves to center to pick
 up spilled puck, 2 spots puck in corner
 then times drive to net, 3 sets up
 in his positioning, cycle 1-2 times
 then attack net.

Duration (min): 10 Running time (min): _____

DRILL SHEET

LEGEND

● - Coach

F - Forwards

D - Defense

G - Goalie

---> Passing

---> Silhouette

||||| Cross-over

---> Forward Skating

---> Backward Skating

---> Skating

---> Skating

---> Skating

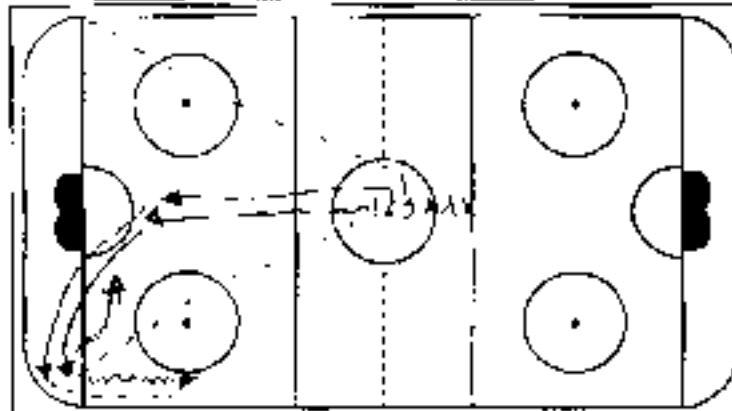
---> Skating

---> Skating

Date _____

Team _____

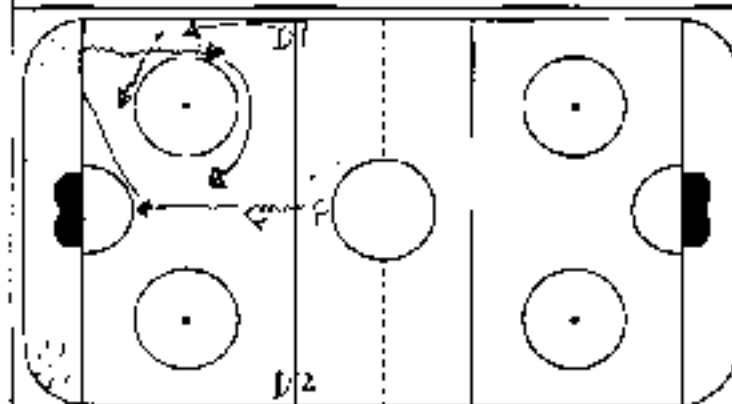
Practice Time: _____



Drill Name CYCLE FLOW

Description: 3v3 pick in corner - drives net then to puck zone up wall - short cycles. 2: as 1 gets to net - drives net then to puck for walkout - shot 3 repeats to other corner 1's side as 1 saves ice in slot and returns 2's cycle. Continue corner - corner.

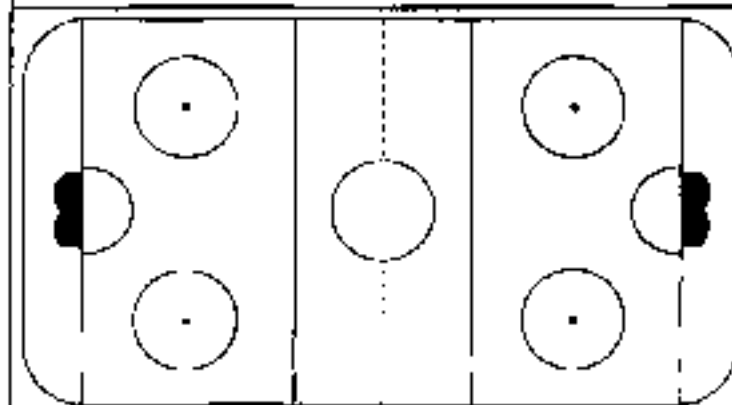
Duration (min): 10 Running time (min): _____



Drill Name CYCLE TO SCISSOR

Description: F1 moves in for initial shot from slot - drives net - returns puck in corner moving up wall to D1 where they perform a scissor and attack net. After shot F goes to opposite corner for second scissor with D2.

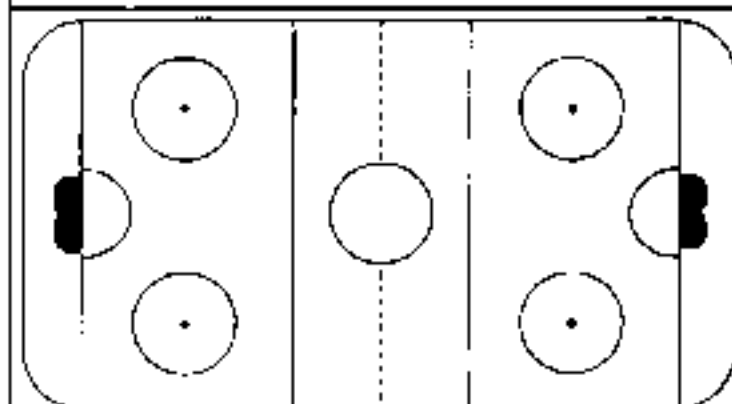
Duration (min): 10 Running time (min): _____



Drill Name _____

Description _____

Duration (min): _____ Running time (min): _____

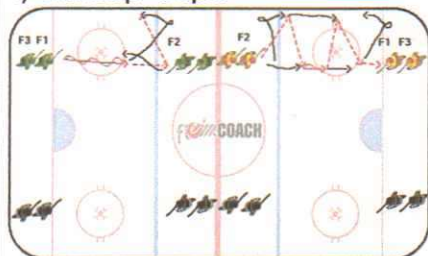


Drill Name _____

Description _____

Duration (min): _____ Running time (min): _____

1) Warm Up - 8 Spot



DRILL OBJECTIVE: Warm Up Passing Skills

8 min.

KEY ELEMENTS:

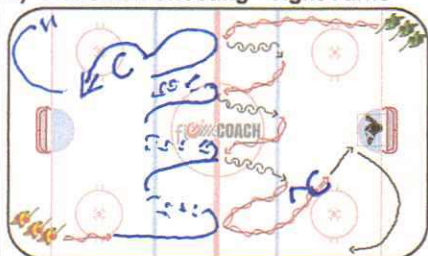
- Communication
- Keep Feet Moving
- Quick Puck Movement

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
- Backhand/Forehand

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:

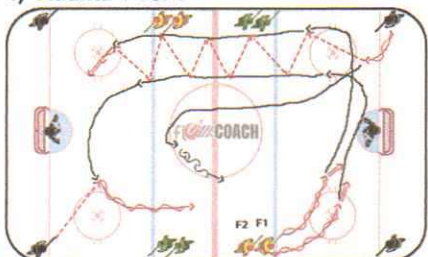
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

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:

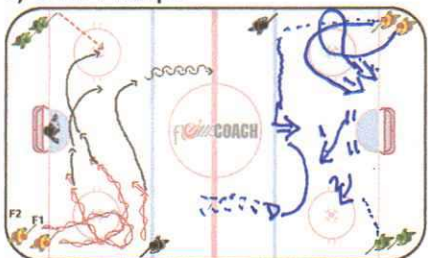
- Communication
- Keep Feet Moving
- Shoot in Stride
- Gap Control
- Quality Passing

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

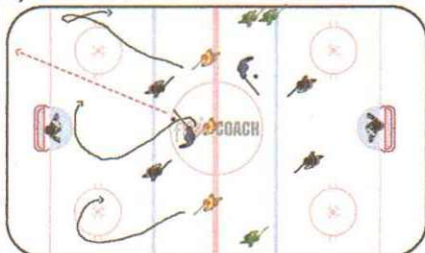
ORGANIZATION: Opposite sides go at the same time. F1 walks wall for seam/circle shot. F2 skates, does an evasive maneuver, then drives and shoots. F1 and F2 screen while D1 sprints off the wall and shoots. F1 and F2 then get a puck from the opposite line and go down 2 vs. 1 against D1.

VARIATION: none.

GOALIE:

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

6) 3 vs. 2 Half Ice Breakout/Forecheck



DRILL OBJECTIVE: Up Tempo Breakout and

10 min.

KEY ELEMENTS:

- Quick
- Confident Breakout Options
- Communication
- Hard Speed/Transition
- Forecheck vs. Loose Puck

ORGANIZATION: Players line up in lines as shown. Coach dumps puck. Players breakout the puck and then regroup with coach in the neutral zone. Forwards then dump the puck in the same end, and then forecheck against the original defensemen who broke them out. Players play 3 vs. 2 until a goal is scored or defense carries the puck out.

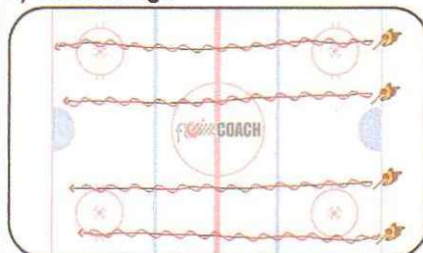
VARIATION: can pass the puck to coach for proper regroup options or tightly regroup in NZ.

GOALIE: in net.

Post-Practice Comments:

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There is no handwriting or other markings on the page.

1) Wave Rouge



DRILL OBJECTIVE: Warm Up

8 min.

KEY ELEMENTS:

- Keep Feet Moving
- Communication
- Quality Passes

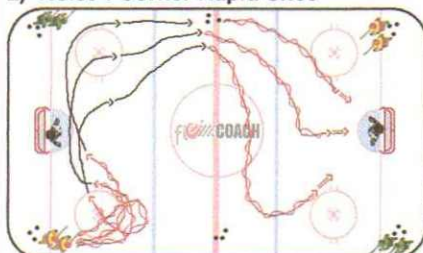
ORGANIZATION: Players line up in 4 lines and go do a series of exercises on the whistle.

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:

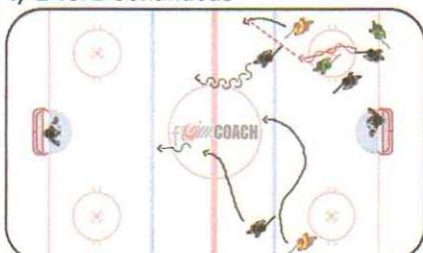
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

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:

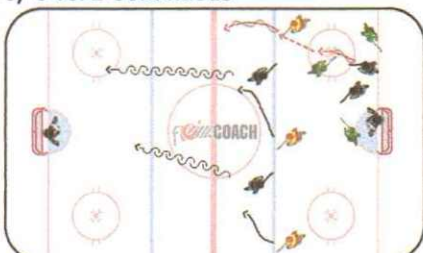
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support/Protection
- Communication

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:

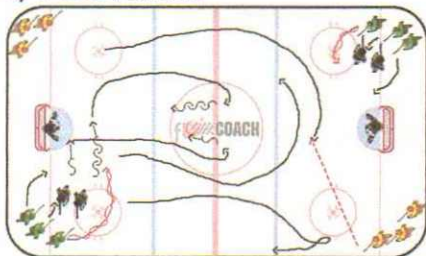
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support

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.

6) 3 vs. 2 Portland



DRILL OBJECTIVE: Attack 3 vs. 2 Corners and Rush

10 min.

KEY ELEMENTS:

- Communication
- Quality Passes
- Explosive Starts
- Ice Awareness
- Keep Feet Moving

ORGANIZATION: Opposite sides go at the same time. Line A (3 Players) Attacks 3 vs. 2 against D1 and D2 from the corner. Line 3 then regroup in opposite end zone, while D1 and D2 gap up and take 3 vs. 2 down the length of the ice. Players must be aware of 3 vs. 2 coming the other way.

VARIATION: none.

GOALIE:

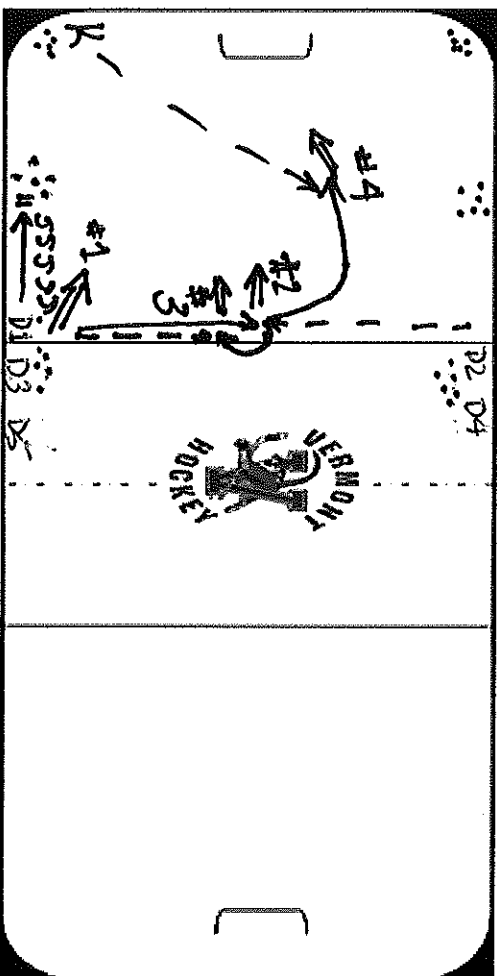
Post-Practice Comments:

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

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:

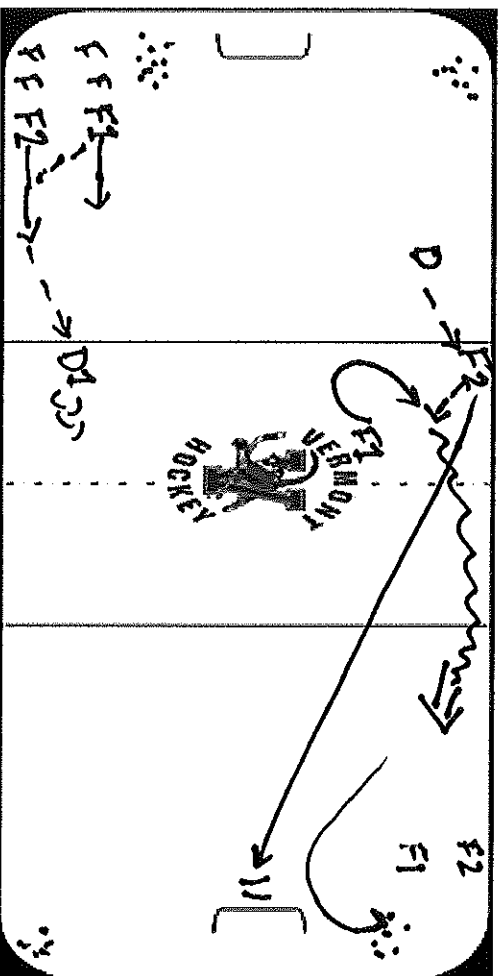


- D1 retrieves puck down wall, backpeddles to blue for shot #1
- D1 sprints to middle, calls for pass from D2; shot #2
- D1 swivels while holding spot; calls for pass from D3; shot #3
- D1 buys space, drops in calling for pass from Coach; shot #4

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 2nd 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 3rd 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

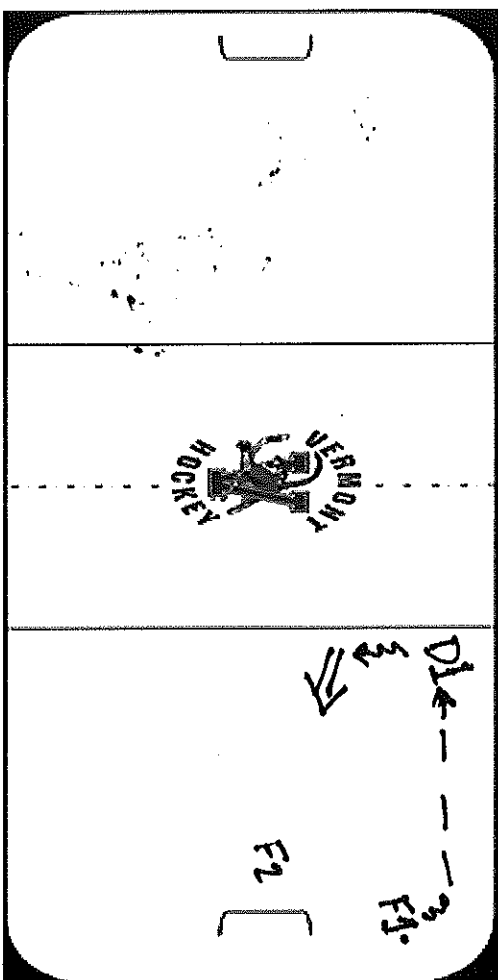


Fig. B

TEAM DRILL: CJ 3-Shot

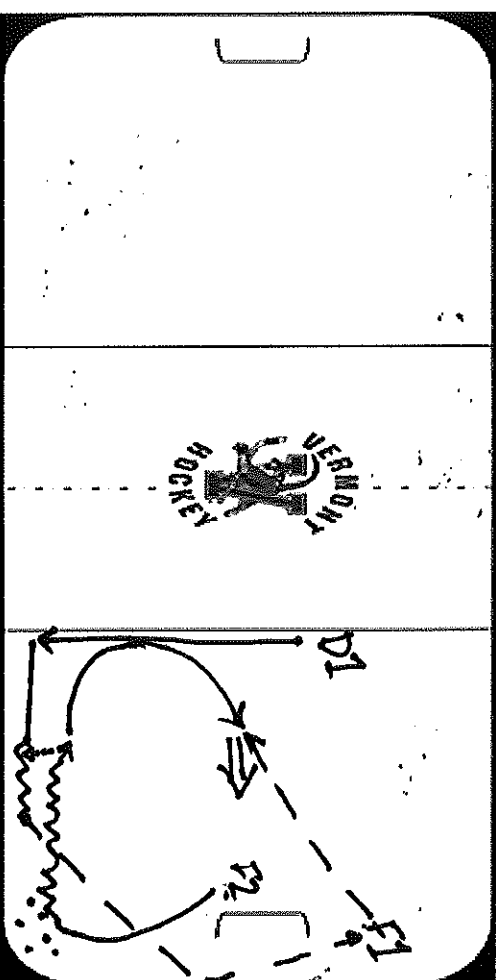
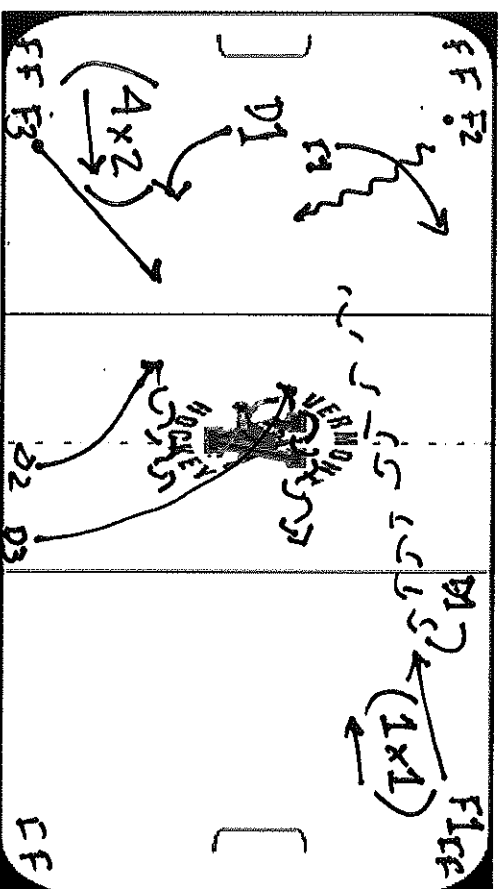


Fig. C

UNIVERSITY OF VERMONT HOCKEY

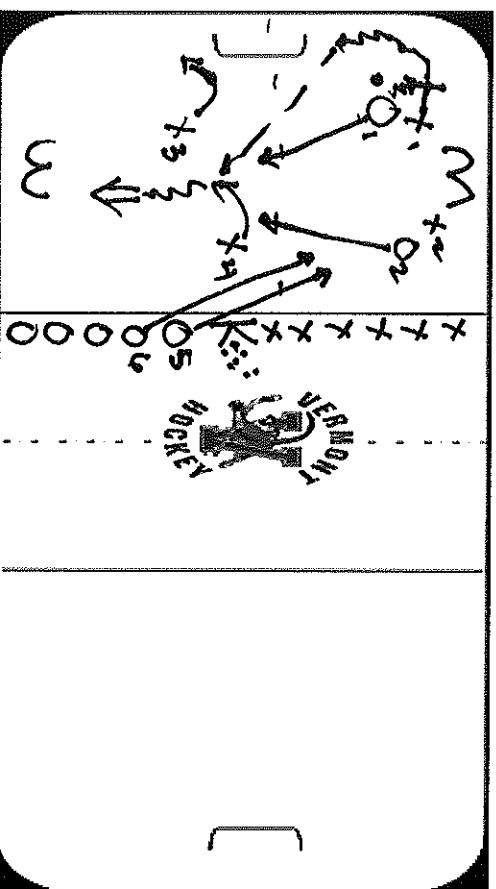
FAVORITE DRILL: 1x1/4x2



- 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*

SMALL GAME: CONTINUOUS 2-ON-2



- 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 2 X'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 Sutter)

COMPANY: CHLWNGH
BENNS DATE:

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

PHONE NUMBER: RE: DRUM CLUB

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

Ph: (306) 323-6604
Fax: (306) 337-1545
Email: shawn@reginapats.com sutter@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;
 - Dive 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 attempt 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.

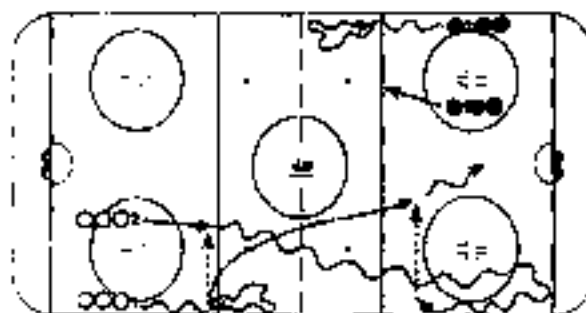
PORTAGE & MAIN DELAY DRILL

10 min

- $\Delta 1$ skates over the first blue line and delays to the outside.
- As $\Delta 1$ delays, $\Delta 2$ skates for the pass.
- $\Delta 2$ carries the puck wide now, drives through the end face off circle and delays toward the boards.
- $\Delta 1$ comes into the play receiving a pass from $\Delta 2$ for a shot on goal.
- $\Delta 2$ 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 creeping 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

10 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.
- $\circ 1$ bounces (chips) the puck off the boards to $\circ 2$ who calls for the puck.
- $\circ 2$ may drive and shoot or delay and pass to $\circ 1$.

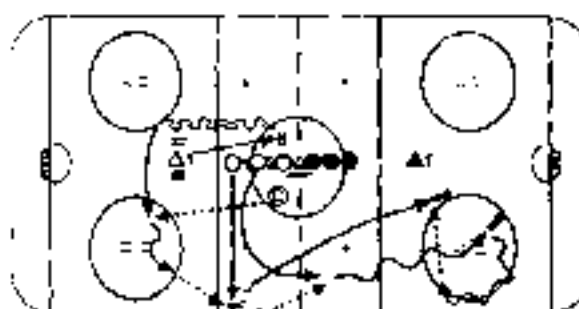
PROGRESSION

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 too 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 defences for a teammate to poke into are excellent methods of moving the attack with speed, and are effective against teams who try to sit up.

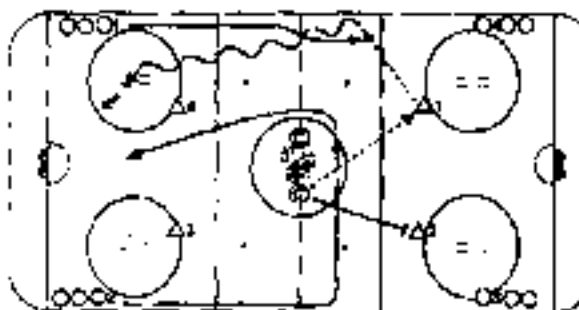
RIDEAU SUPPORT DRILL

10 min

- $\circ 1$ and $\circ 2$ skate down the boards 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 in 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

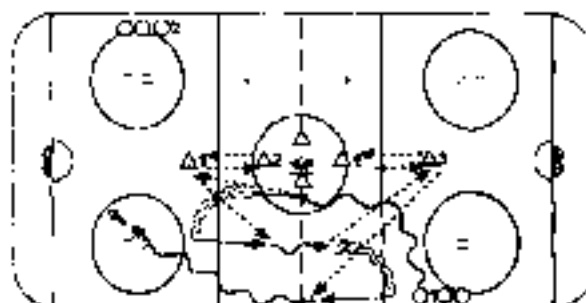
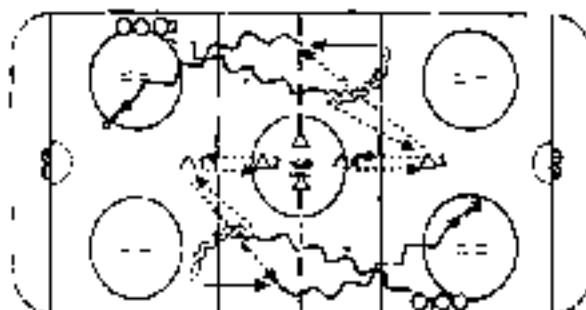
- O1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- O2 goes at the same time passing to Δ3.

PROGRESSION

- While skating back up ice O1 passes to Δ3, Δ3 passes to Δ4 and return.
- O1 performs an open pivot once again 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 tight turn with head on a swivel
- Accelerate into the pass.
- Encourage one-touch passing between skaters while their feet are moving.



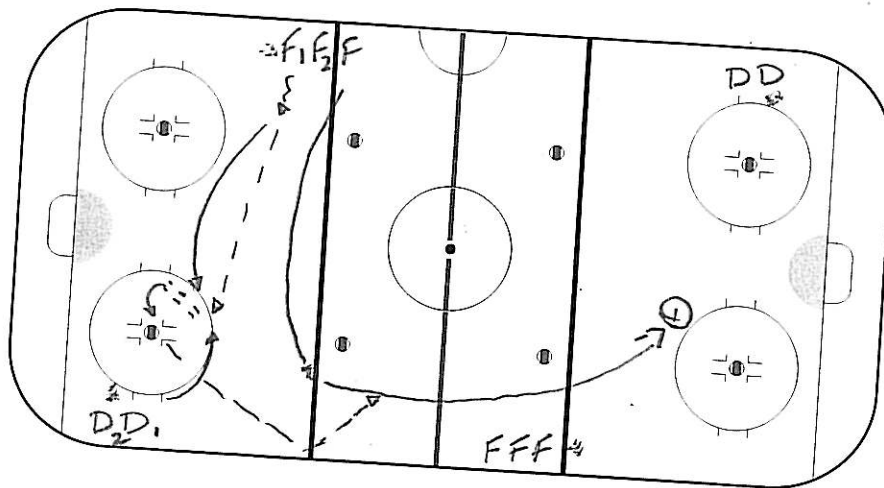
COACHES NOTE

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

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

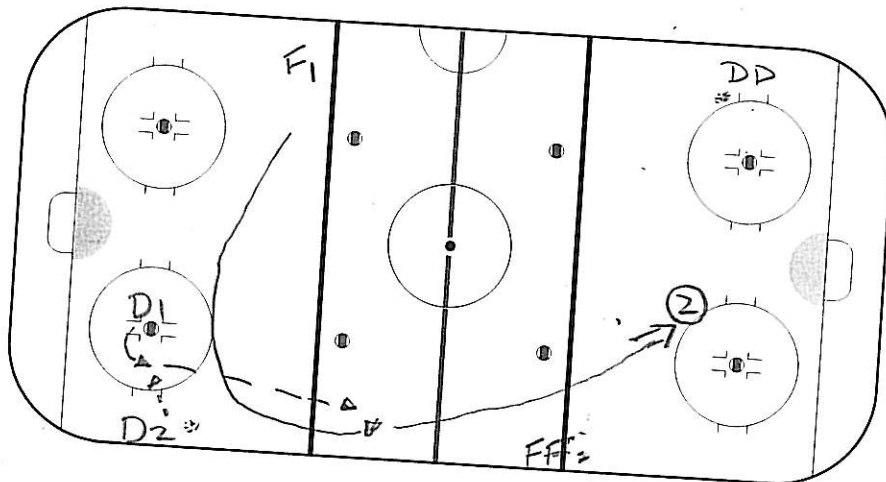
3) F1 AFTER PASS "ANGLE" D1
AND FORCE CHIP PASS OFF THE BOARDS
TO F2 (F2 LEAVES AFTER F1: TIMES SKATE)

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

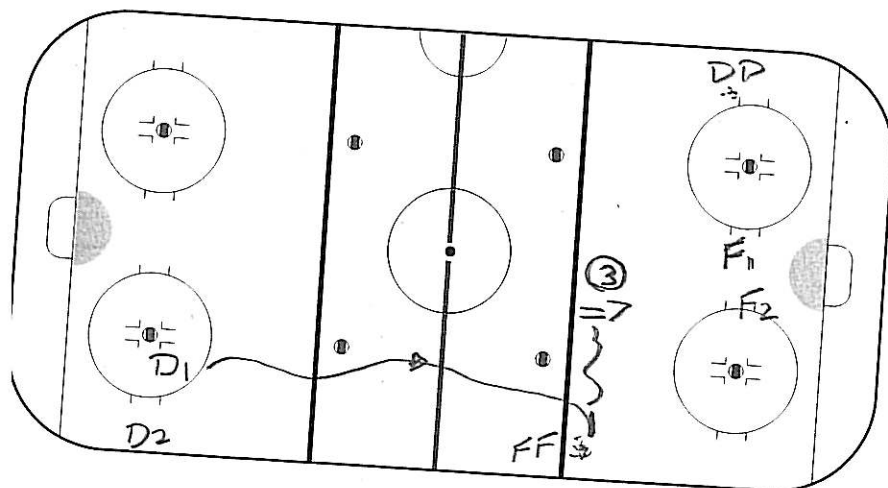
7) D1 TO F1: F1 = SHOT ②
(F1 STAY AT NET)

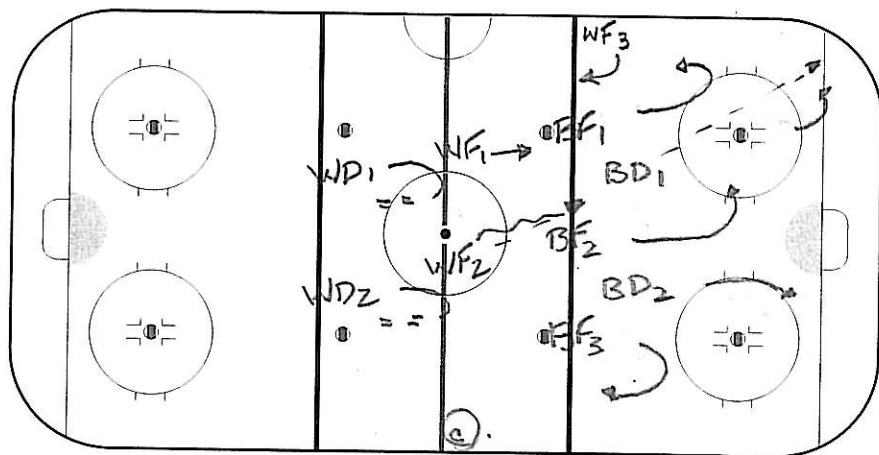


8) AFTER D1 PASS TO F1; D1
TO THE FAR BLUE-LINE AND
PICK-UP PUCK

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

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





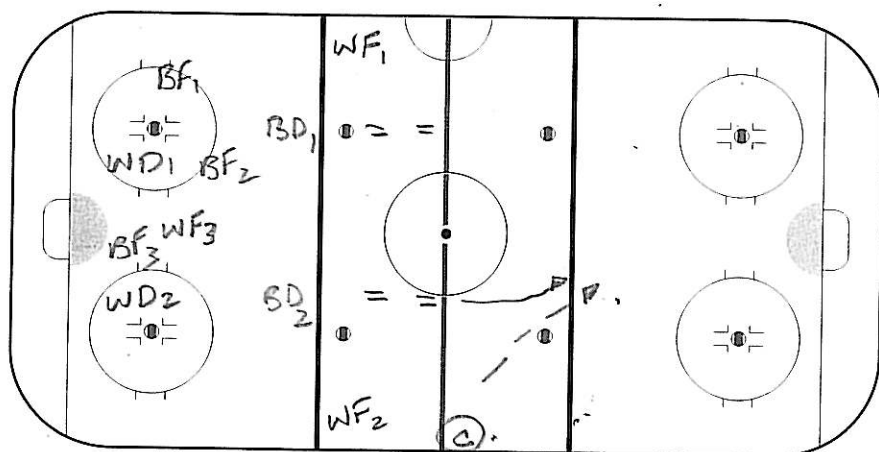
② TEAM PLAY → NEUTRAL ZONE

1) WFI / Wf2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4V"

2) BD1/BD2 & BF1/2/3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE, 4V STOPS (WFI/Wf2)

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

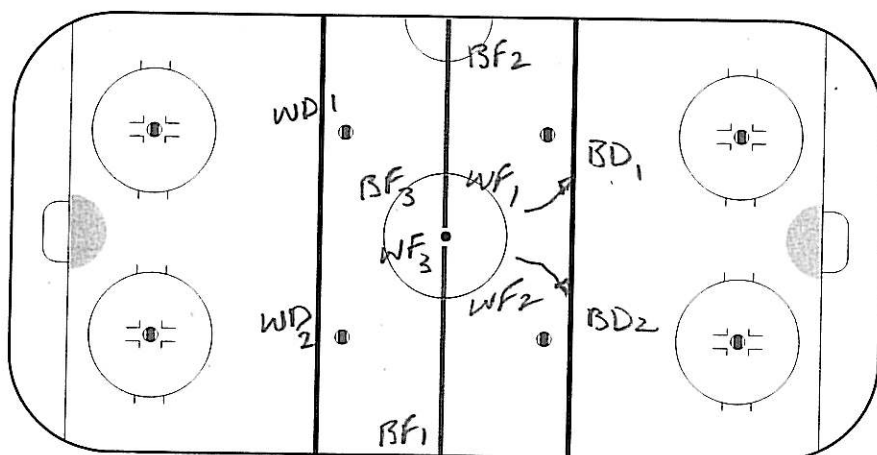


5) AFTER 5VS3 IS COMPLETE

③ SPOTS PUCK IN NZ

6) AFTER ORIGINAL 4V; WFI & Wf2 POST-UP AT FAR BLUE LINE

7) AFTER ③ SPOTS PUCK IN NZ, BD'S RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)

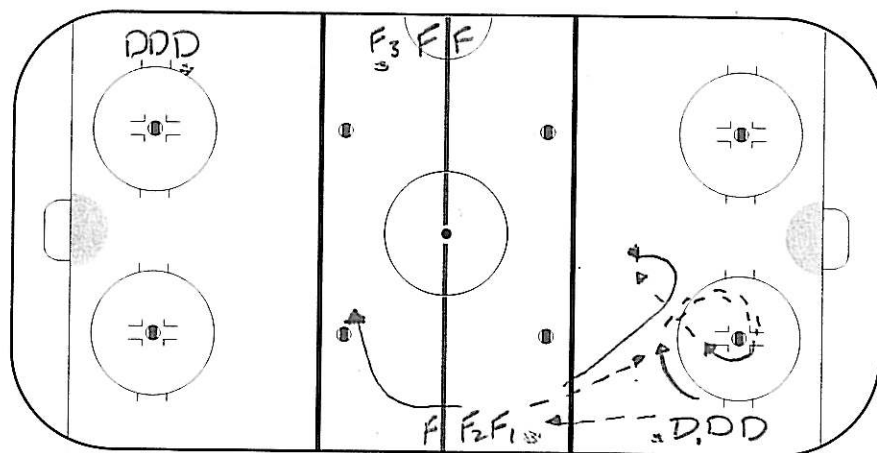


8) PLAY BECOMES "LIVE" 5VS5 IN NZ (40-45 SEC)

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

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

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



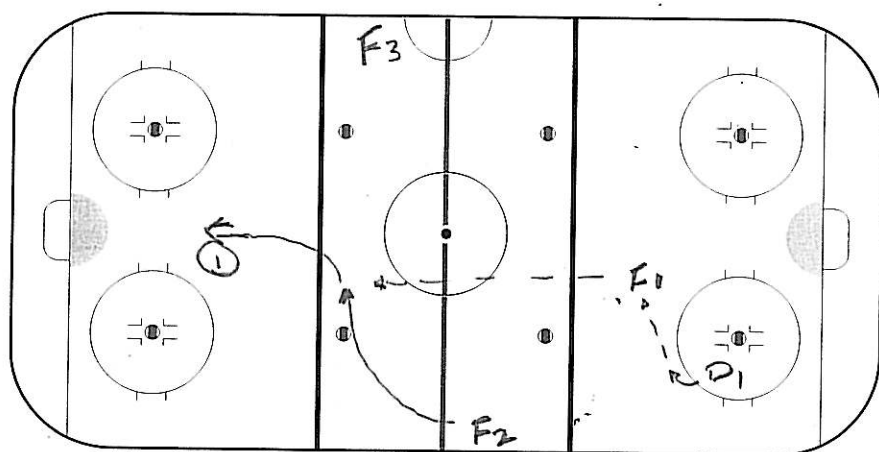
③ FAVOURITE DRILL → (1vs1 w/SHOT)

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

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

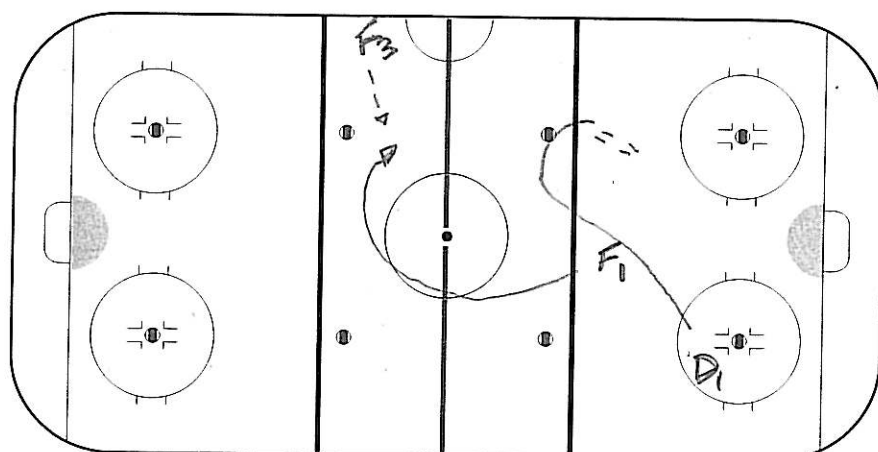
2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

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)

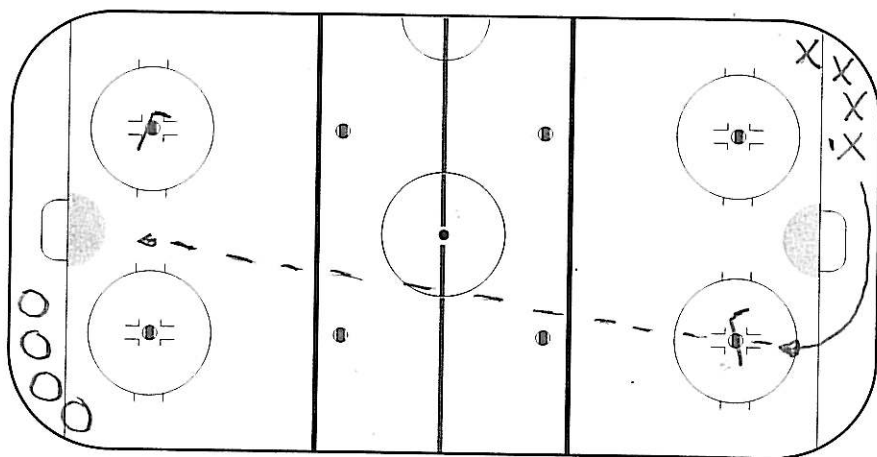


6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

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 **

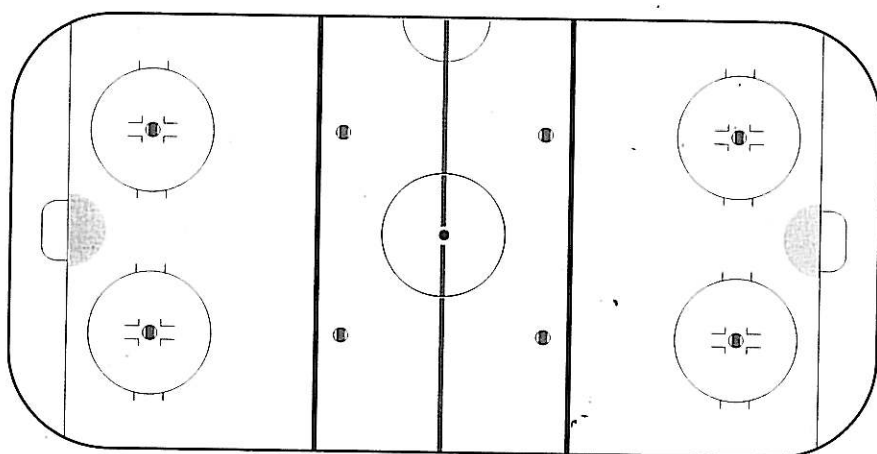


④ FUN/COMPETITIVE DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

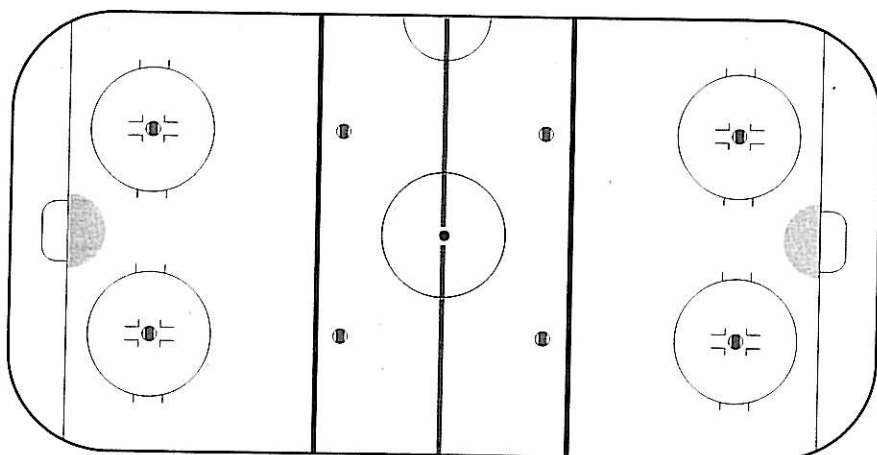
- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)



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 :

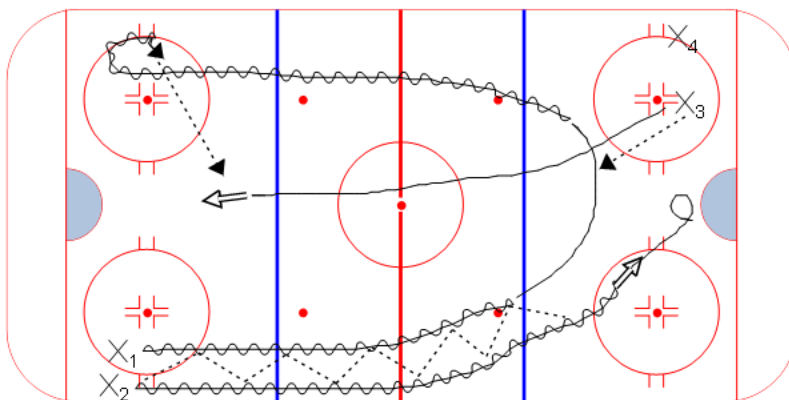
Recommended Book - Why Teams Win by Saul Miller

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)



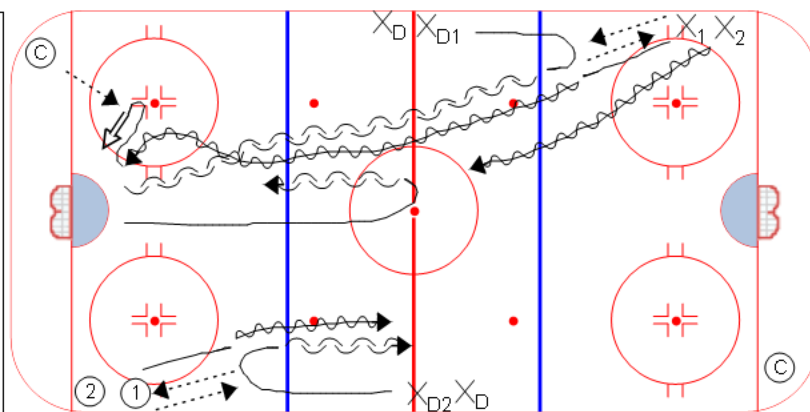
Key Points : _____

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 :

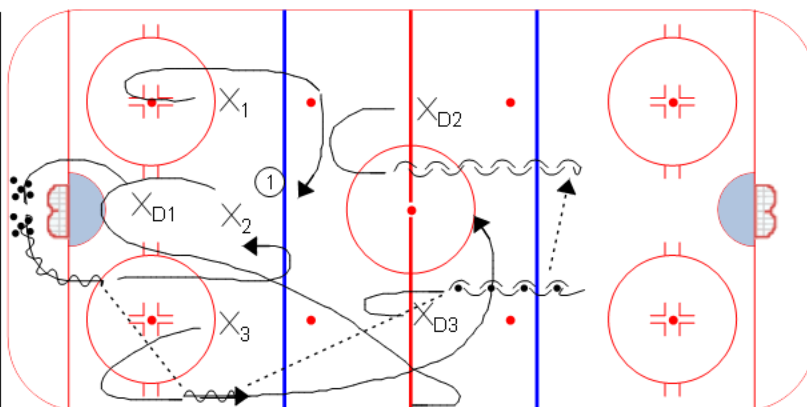
Jeff Drill of the Week

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 :

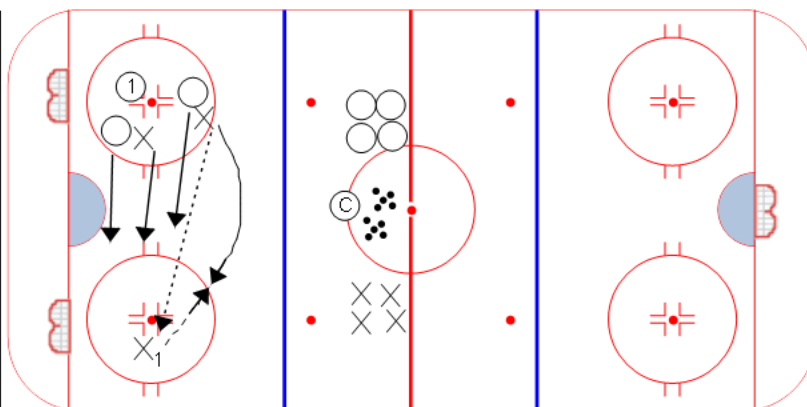
Jeff Drill of the Week

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 invovled
 2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
 3. Favourite Drill- Flinger Drill
 4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK becасue 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

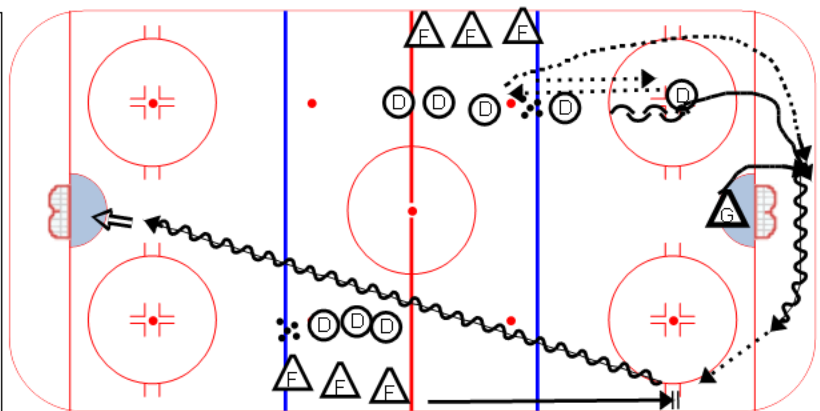
Category #2 : Shooting

Description

① one touch pass with next ②. Rims puck ③ stops rim and sets puck up for ④ to retrieve and pass to ⑤ who sprints down the wall and becomes outlet for the ⑥. ⑦ takes a shot in the far end. ⑧ 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 : _____

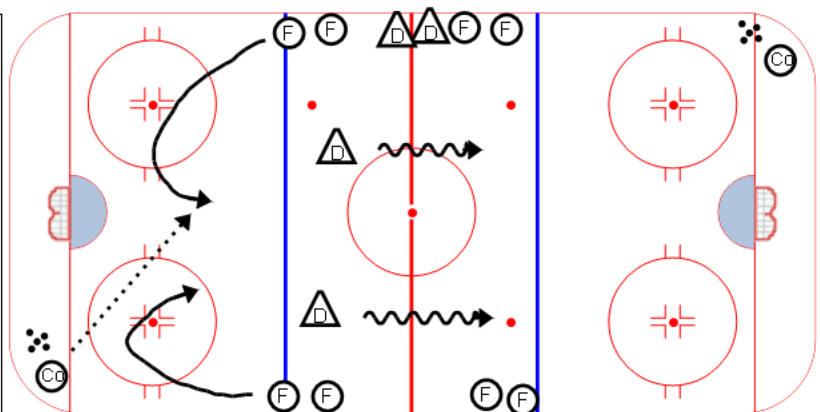
Title : 2 on 2 Regroup

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 : _____

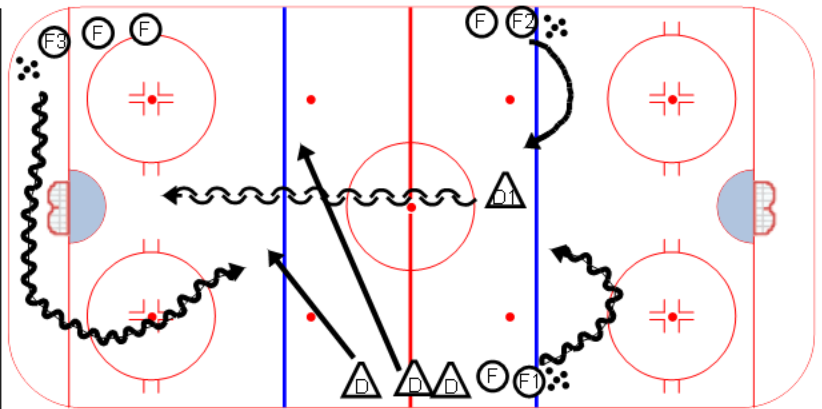
Title : Finner Drill

Category #1 : Shooting

Category #2 : Flow

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

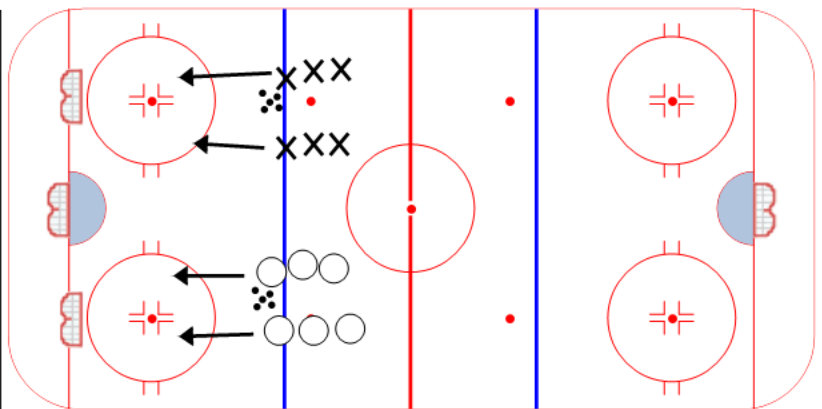
Category #1 : Fun

Category #2 : Game

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!



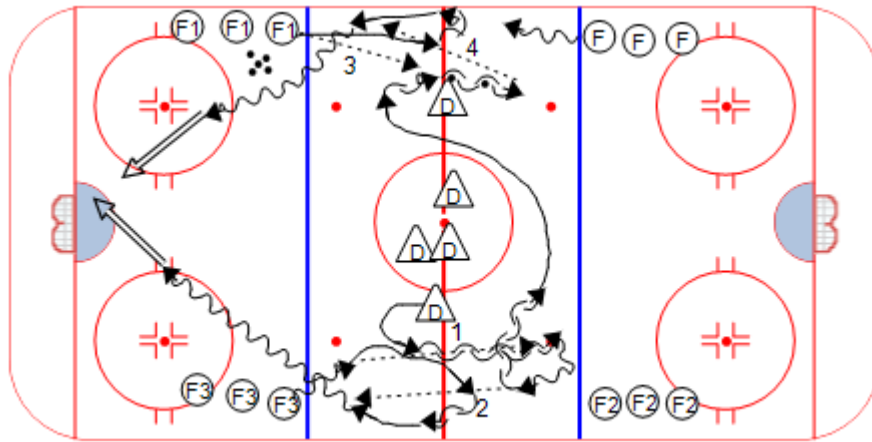
Key points :

 Fun

 Battle

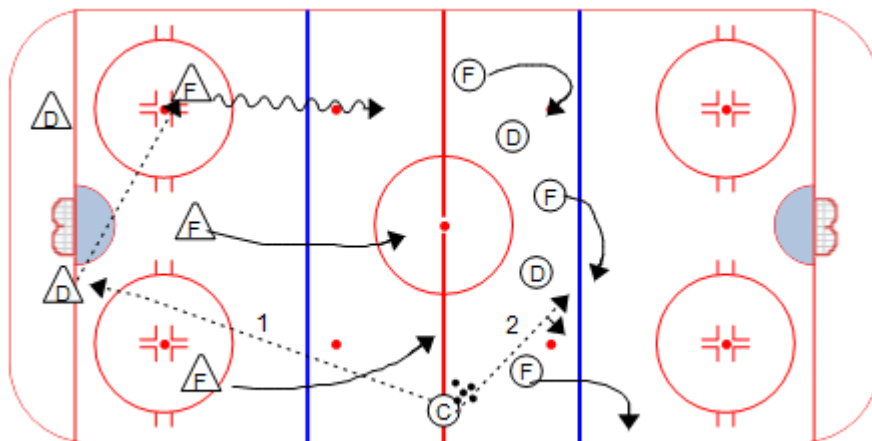
 Competition

1. SKILL DRILL – PAT’S QUICK UP DRILL



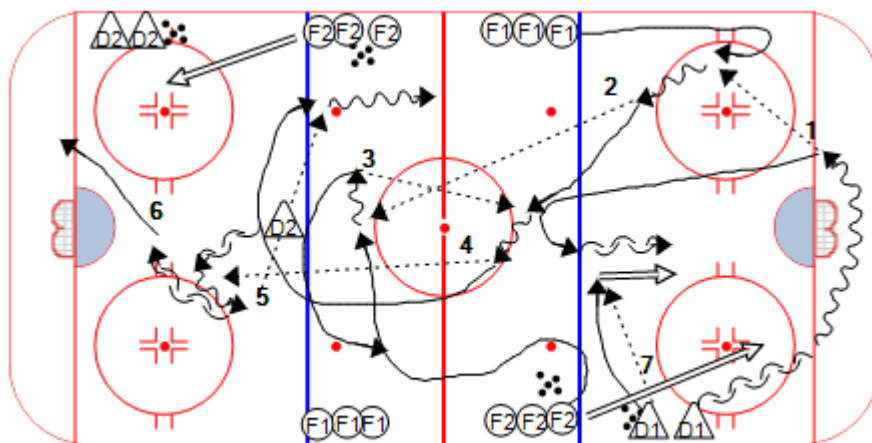
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes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



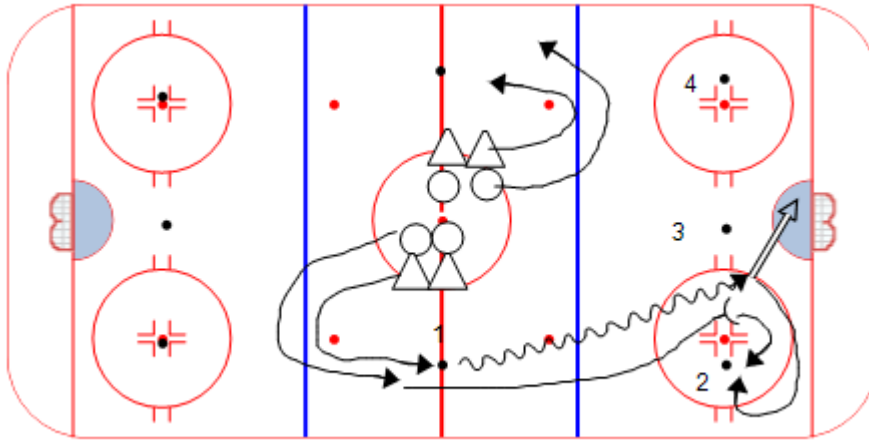
C spots puck (1). Δ 's go 3 on 0, \odot 's let the other F's by. Δ 's jump up to get the gap. On the whistle, C spots a puck for the \odot 's who go 3 on 2. Δ 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (\odot) vs. 2 plus 3 trackers / back checkers. Can add another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

Member: Central Collegiate Hockey Association

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

National Champions

1966, 1986, 2007

NCAA Frozen Four

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

CCHA Champions

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

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

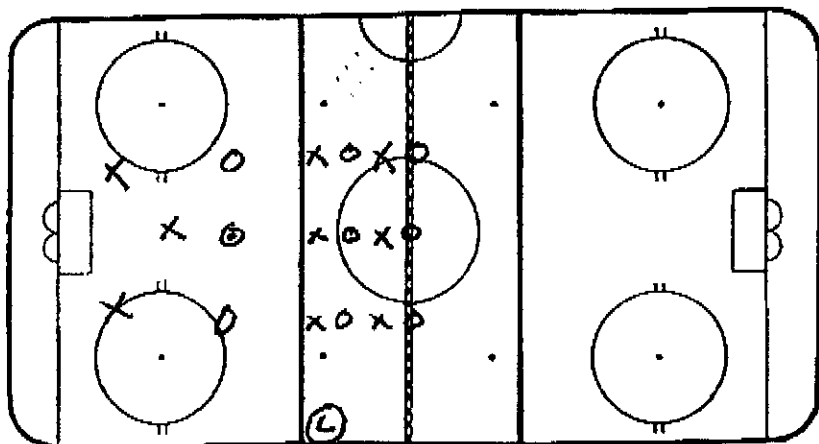
If you do not receive all pages from this transmission, or if you have any questions, please call
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO
EXCELLENCE**

SPARTANS

System / Drill

Competitive
3v3 Continuous

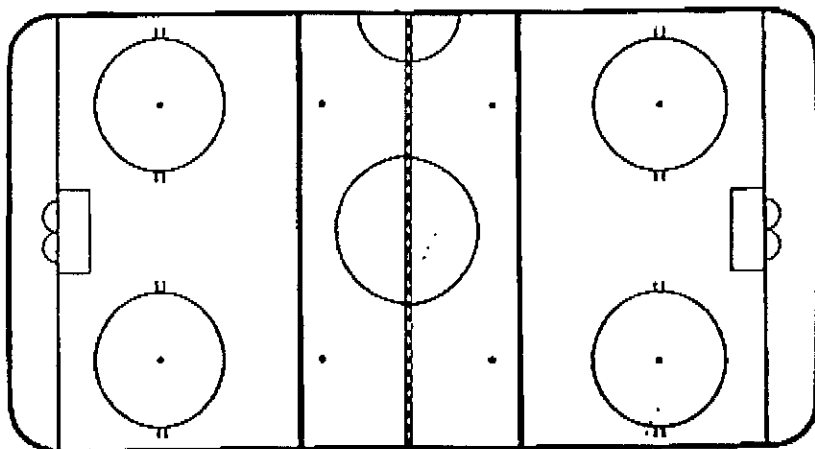


Notes/Comments

Description

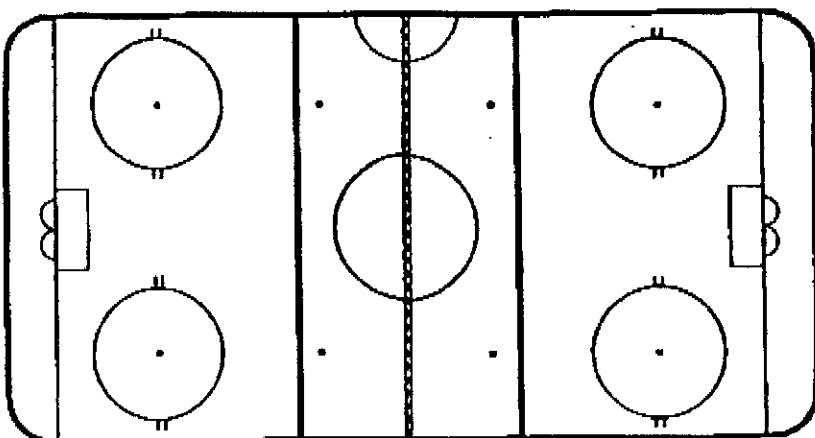
O's start on ~~left~~ offense. X's on Defense
X's must get puck and
make tape to tape pass
with X's in line
X's in line receive puck
attach O's 3v3.

* 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

Description

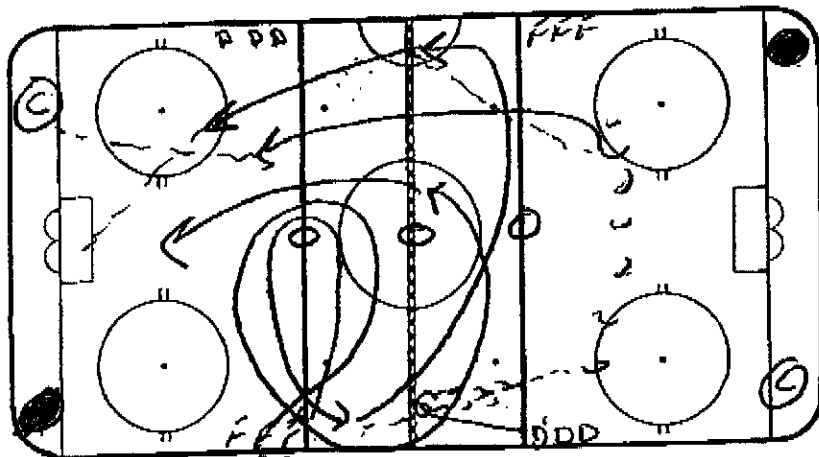


Notes/Comments

Description

System / Drill

J. Nights Drill (Skill)

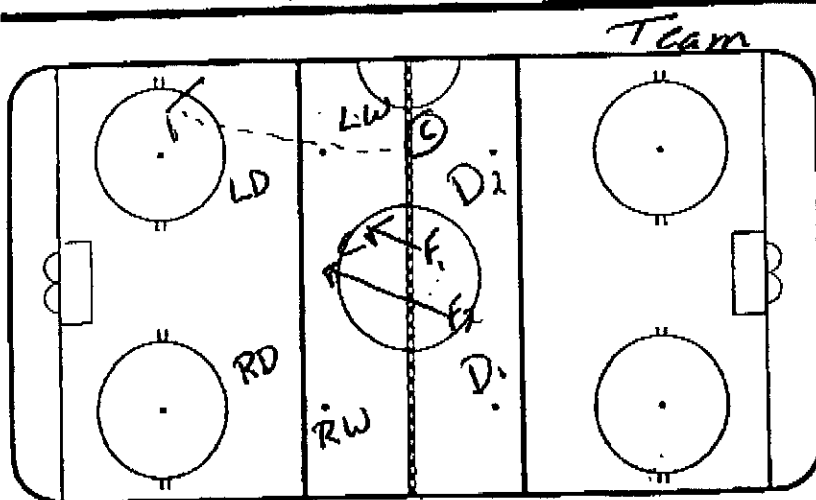


Notes/Comments

Both sides go at same time
start on whistle

Description

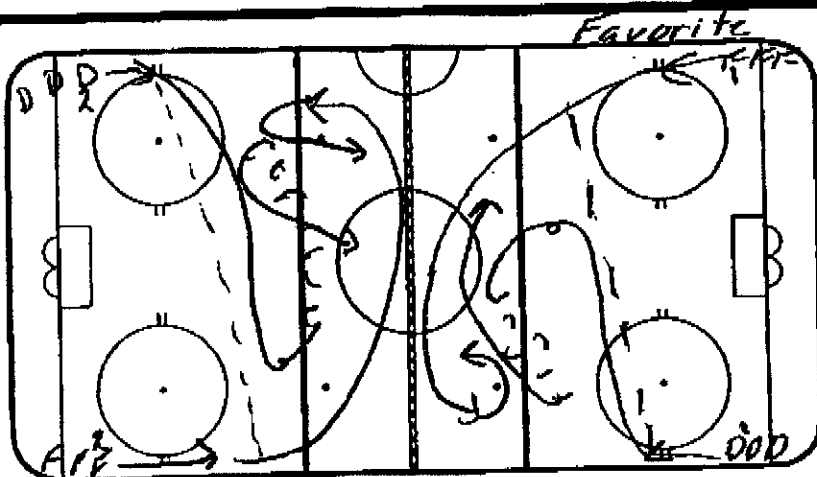
- F_1 around fire with puck
- F_2 follows him (no puck)
- D_1 up to RL transition back
- F_1 to D_1 who travels laterally
- F_1 to wall F_2 middle lane support D_1 to F_1 or F_2
- F_3 shot D_1 to D_2 pass from C



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

Description 5v4

- C Dumps Puck
- F_1 F_2 4' Hard
- Unit of 5 Breaks out
- F_1 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.
- F_1 & F_2 4' hard again
- F_2 comes back hard to play 5v3 in the OZ



Notes/Comments

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!!
- F_1 cuts back hard and attacks D_2 1v1 D_2 takes ice b
- F_2 attacks D_1 1v1
- could have 2 or 3 transitions



CAT FAX

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"

MONCTON
WildCATS
OF MONCTON

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

www.moncton-wildcats.com



NEW YORK ISLANDERS

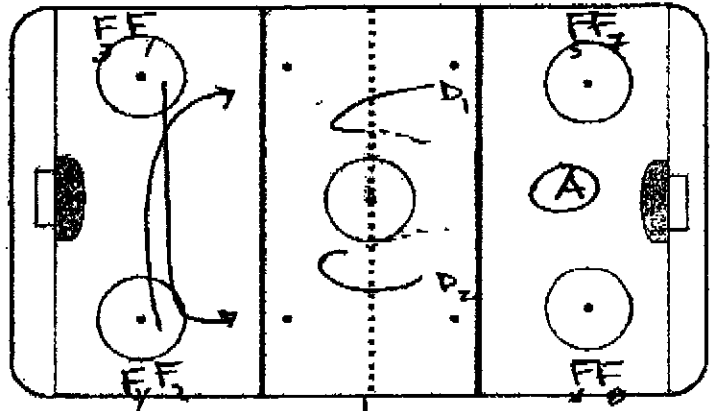


①

2u2x2

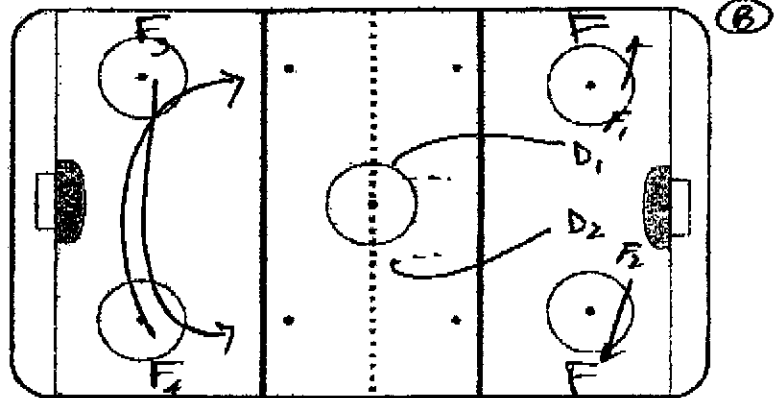
A/ F1F2 cross below ringette line
; D1D2 get up for 2u2
on whistle

B/ whistle to end 2u2; D1D2
hustled to get up on 2 and
2u2 from initial end (F3F4)



* ALTERNATE SIDS

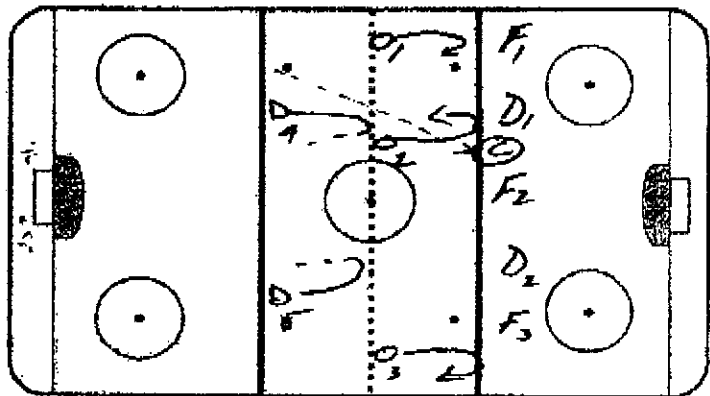
- great for D's 2u2 skills



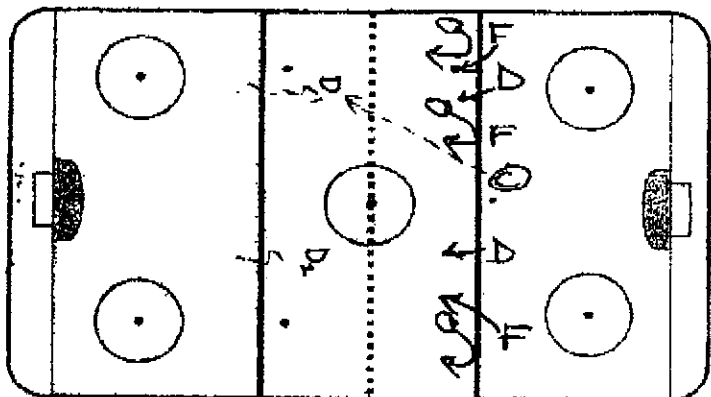
②

N-Z. TURBACK DRILL

- O's wheel ; B/AST SVO
(pucks behind net)
- O's give puck to © when they
reach 1st B/line
- O1,23 (F1,2,3) must tag for
blue line; O4,5 must dash red



- © spits 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 LIVE 2 REPS on O's D then change

5x5
N/Z

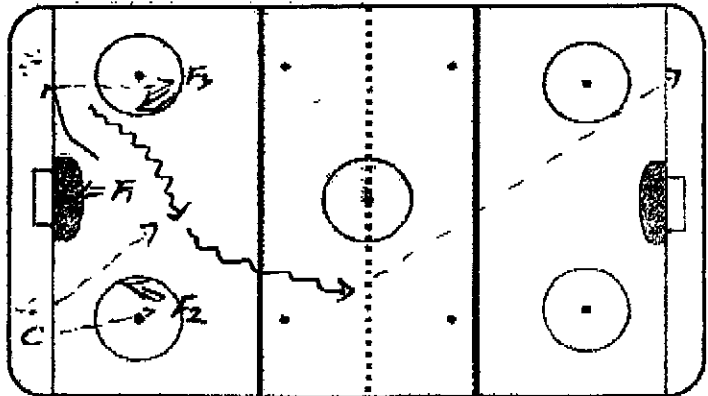


NEW YORK ISLANDERS



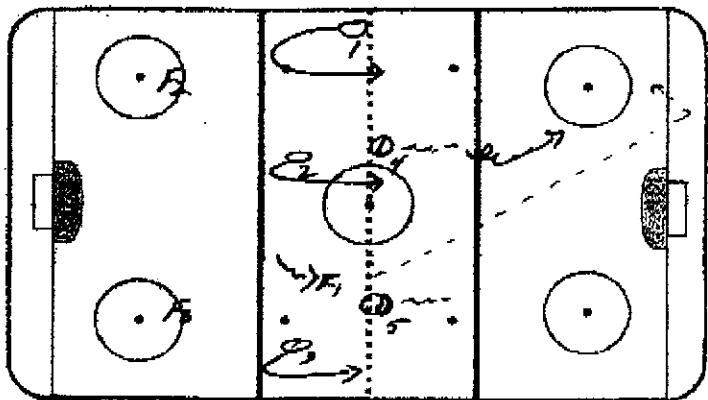
③ F/C X1/X2 CONTINUOUS DRILL

- F₁ shoots; becomes passes ft. corner
- O → F₂/shot... top of circles
- F₁ → F₃/shot... top/circles
- F₁ cuts through slot; O → F₁
- F₁ dumps; FORCIBLY 105



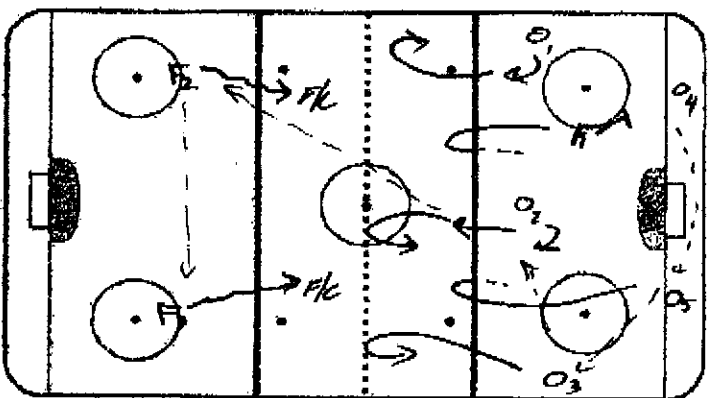
④

- F₁ FK 105 vs O₁₂₃₄₅
- O₄₅ must not be inside blue line before F₁ dump! (gap)
- O₄₅₁₂₃ breakout / F₁ done
- O's give pick to F₂ & F₃ by red line



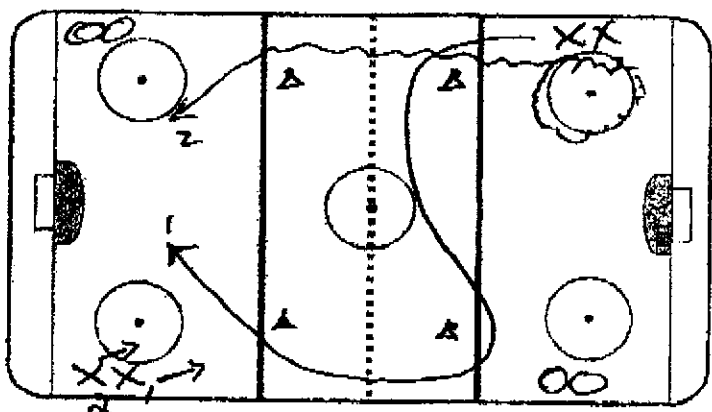
⑤

- F₂ F₃ make 1 pass then FK 205 (dump at red)
- O₁₂₃ must tag red line; O₄₅ must gap up to at least b/line
- F₂ F₃ F/C 205 vs O's
- * O's D/OUT 2nd time / down ice FOR 3/shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

- whistle; X₁ X₂ fr. 2 sides
- X₁ around dots/ shoot #1
- X₂ and circle (Fund-Bases-Funds) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft' 'speed'



Categories

Collective tactics

Drill Title : FULL ICE WARM UP

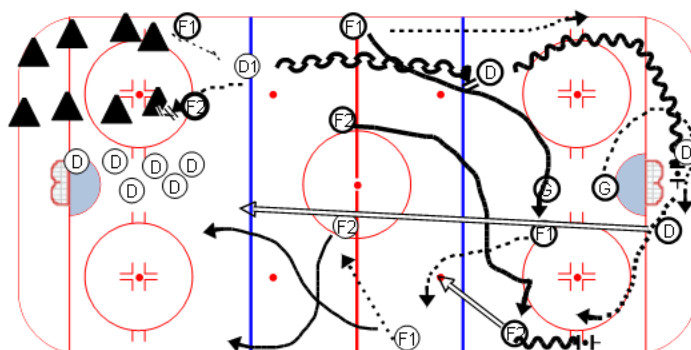
full ice warm up

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 :**

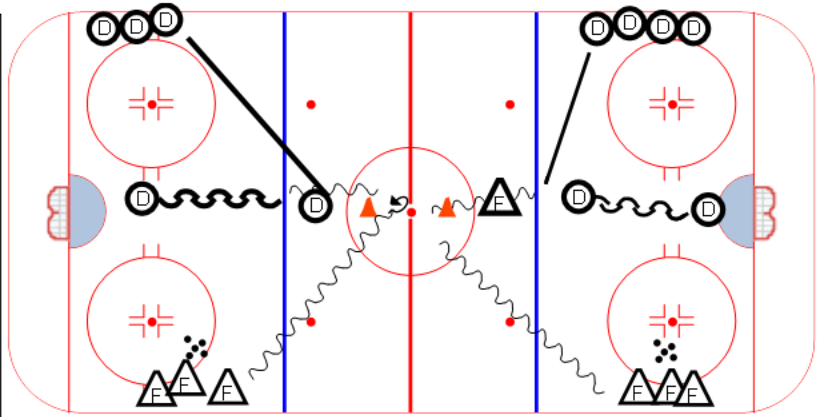
Quick Feet D-man drill

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 :**

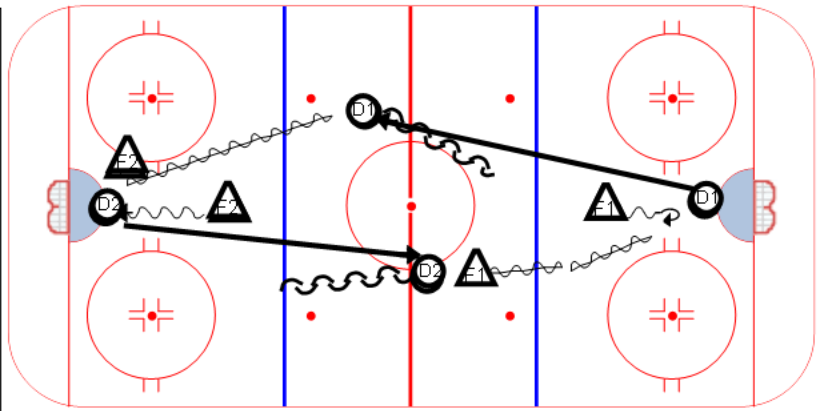
Quick Feet D-man drill

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 .

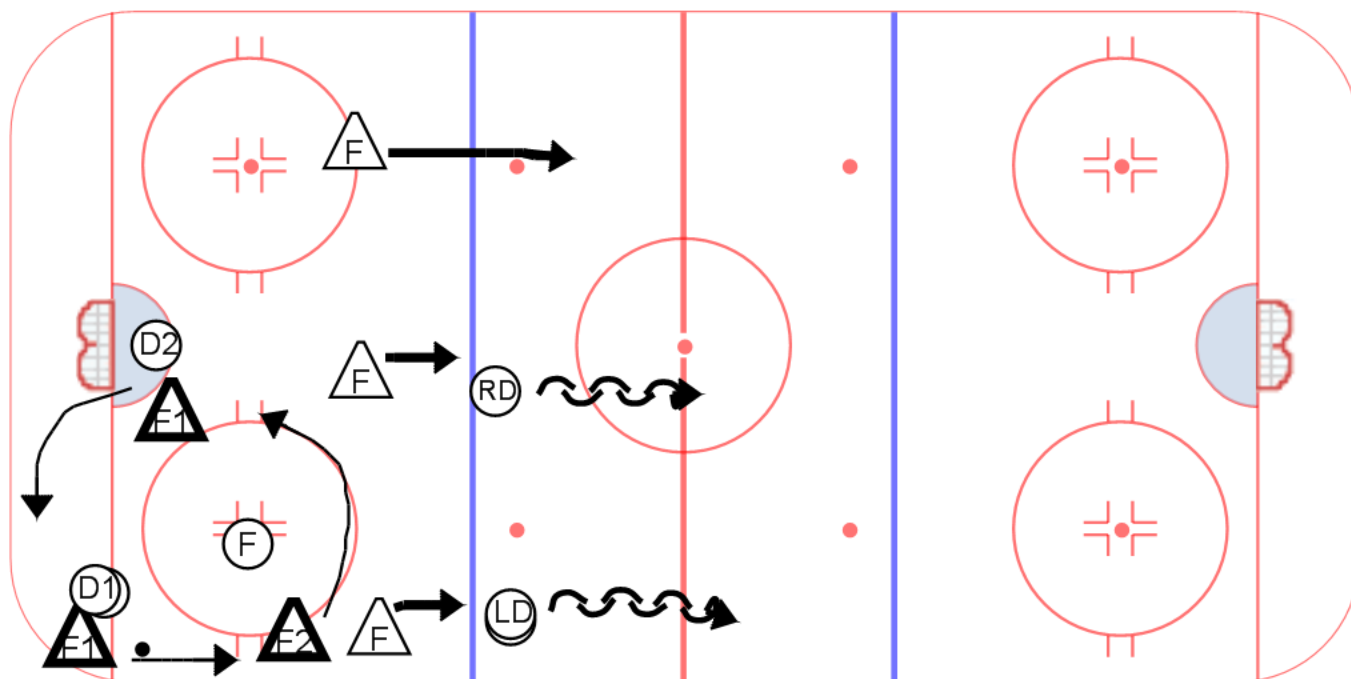
**Key points :**

Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

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

Content elements : Components:



Key points :

DOWN LOW BATTLING

QUICK UP FOR RUSH

BACKCHECKING

CHIP IN / BL PLAY

Description

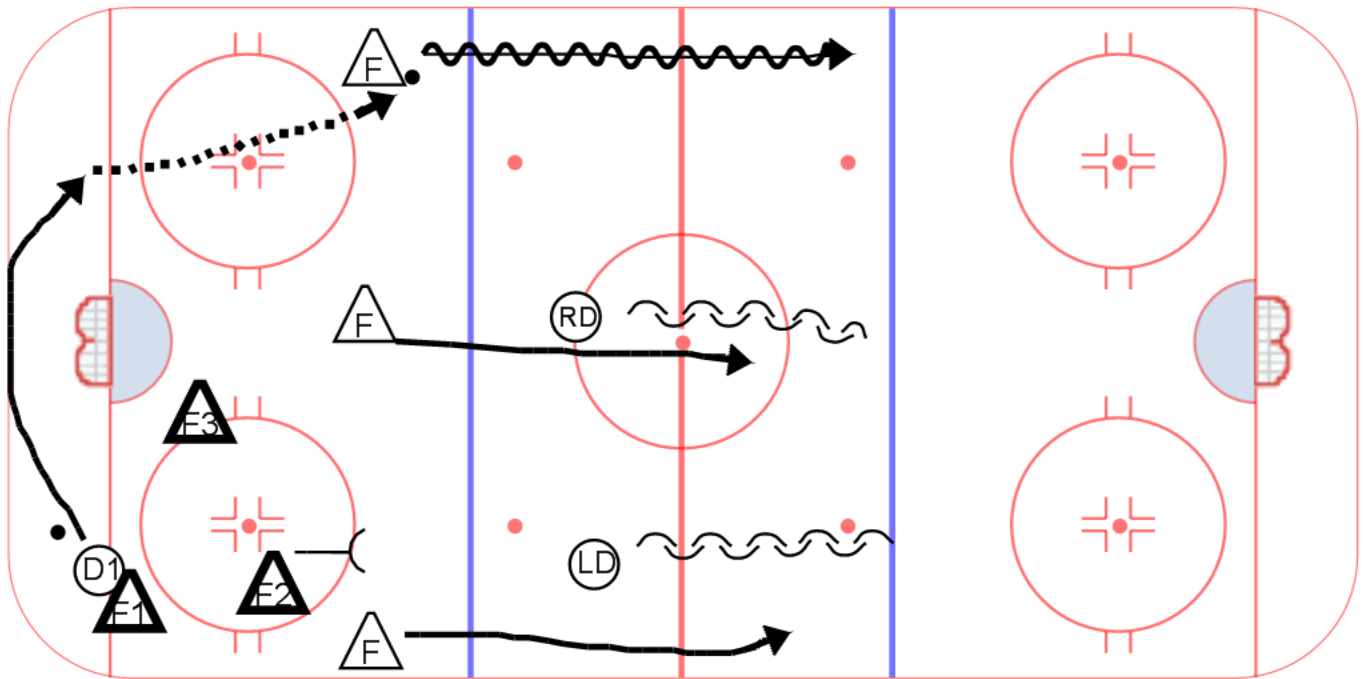
F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

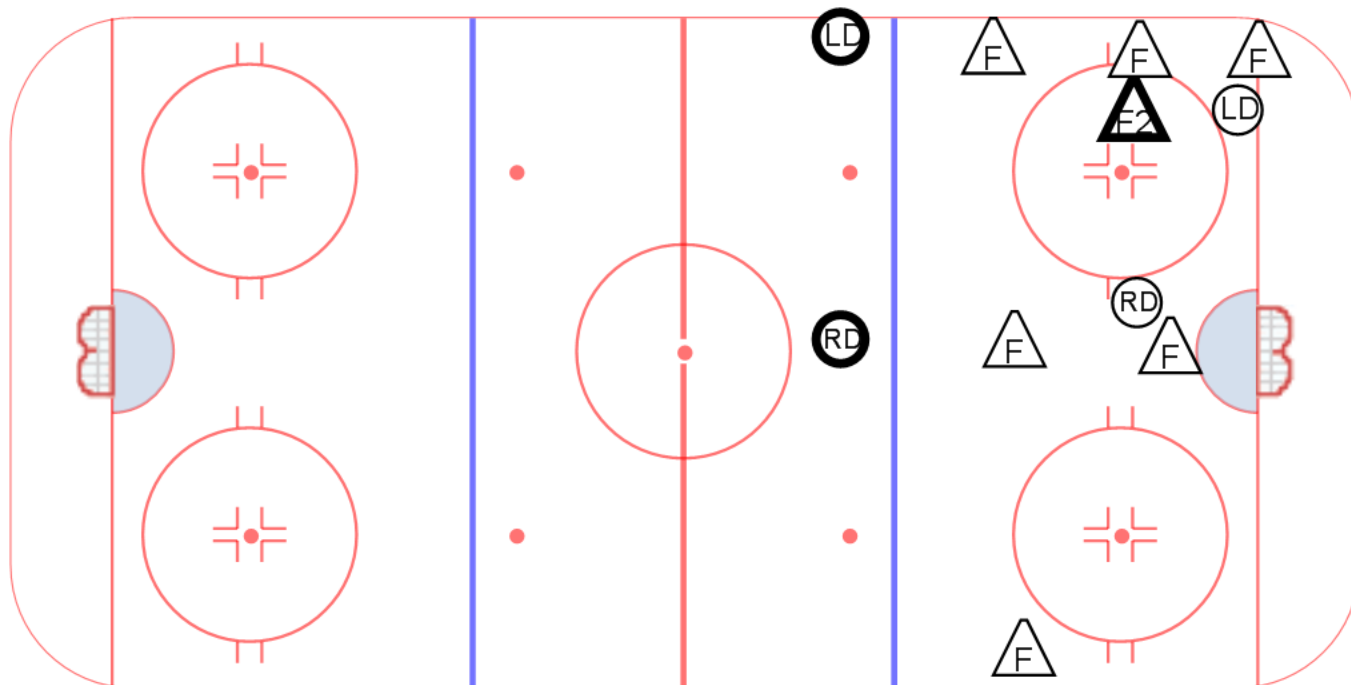
HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

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 : Category #2 : Title : Content elements : Components: Key points : Description

<div></div>

Category #1 : Category #2 : Title : Content elements : Components: Key points : Description

Title : SMALL ZONE 1:1 GAMES**Category #1 :**

BATTLING DRILL

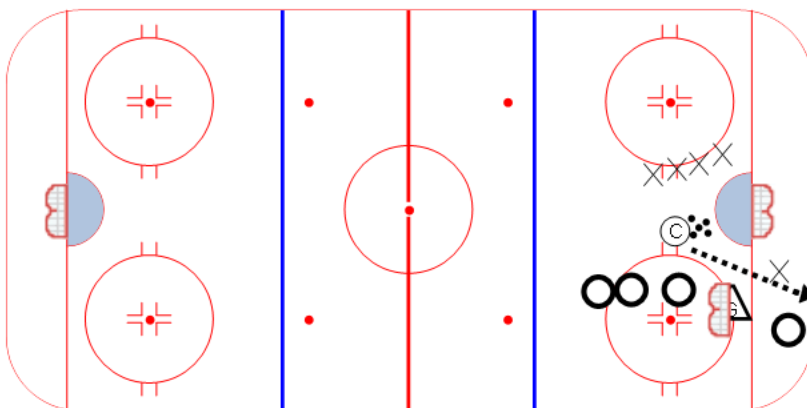
Category #2 :

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: _____

GEGNER: _____

REF: _____

SCORE: _____

Sweedish Wheel 2v1 SKILL



INJURED: _____

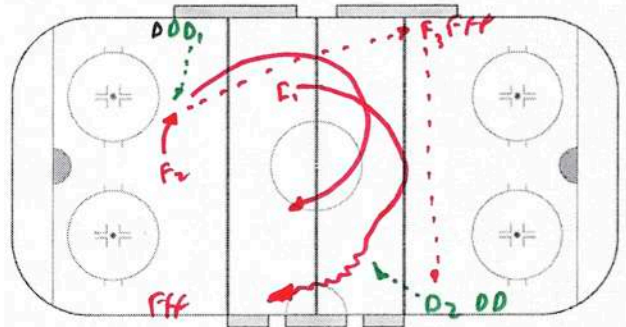
NOTES:

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



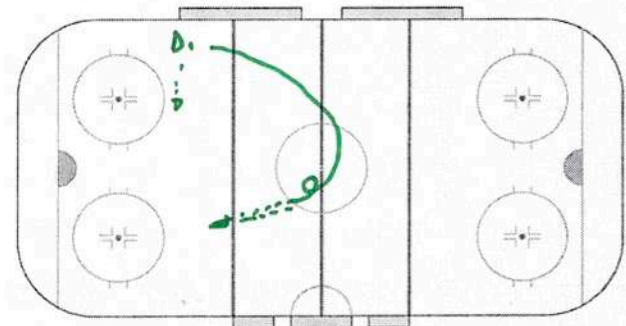
NOTES:

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



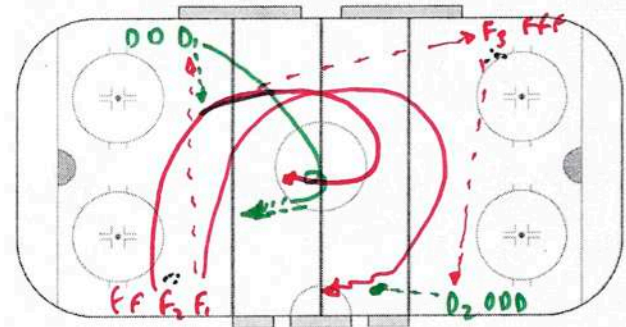
NOTES:

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



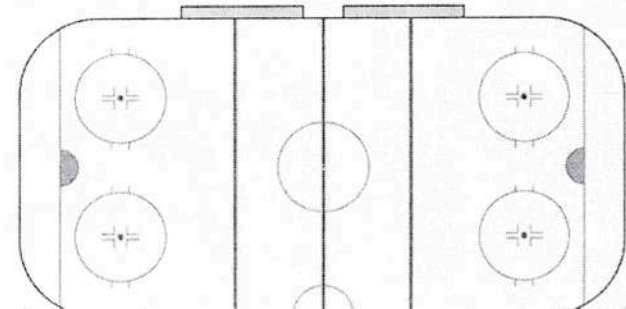
NOTES:

- Full Drill Drawn.



NOTES:

- One touch Passes → crisp and hard
- F_2 Support
- D_1 '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.

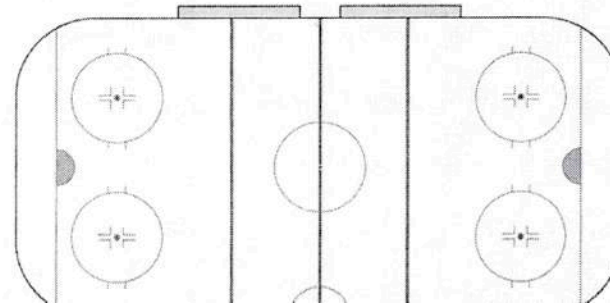
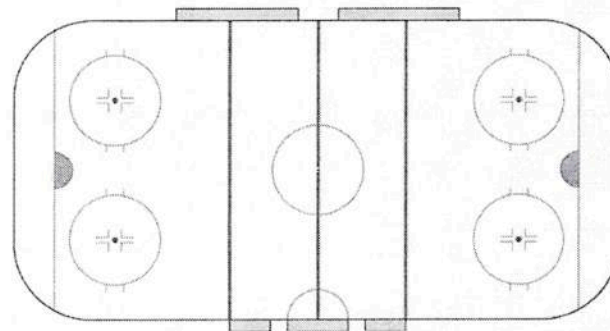
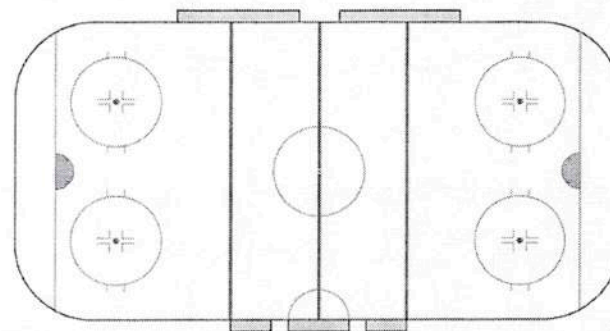
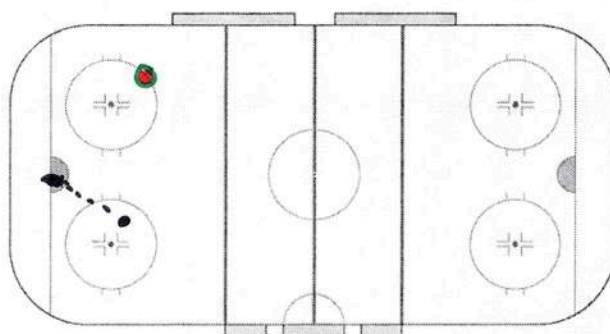
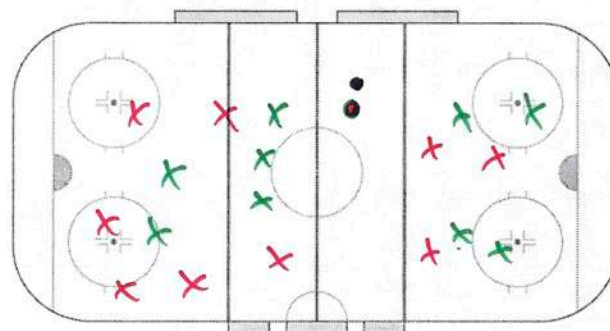
NOTES:

- 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: _____

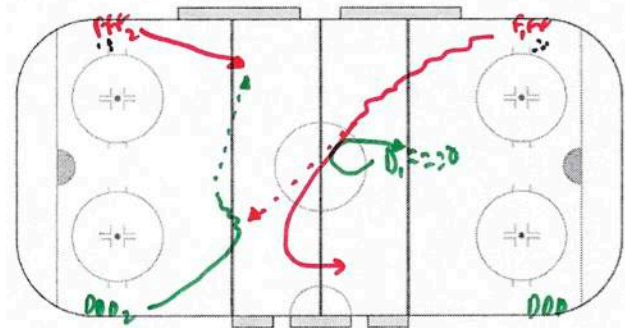
GEGNER: _____ REF: _____ SCORE: _____



INJURED: _____

NOTES:

- F₁ starts drill w/puck → skates to opposite end and passes to D₂
- D₂ passes to F₂ breaking up-ice
- D₁ takes 2^{vs}1 back.



NOTES:

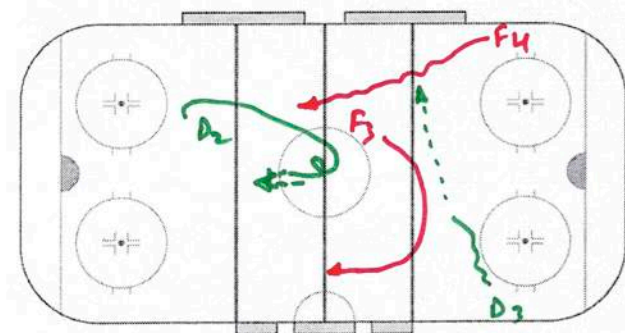
* Drill Continues *

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



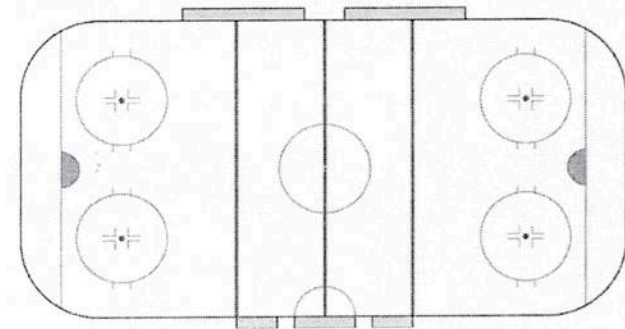
NOTES:

- D₃ passes to F₄ breaking up-ice.
- F₄ and F₃ take 2^{vs}1 on D₂



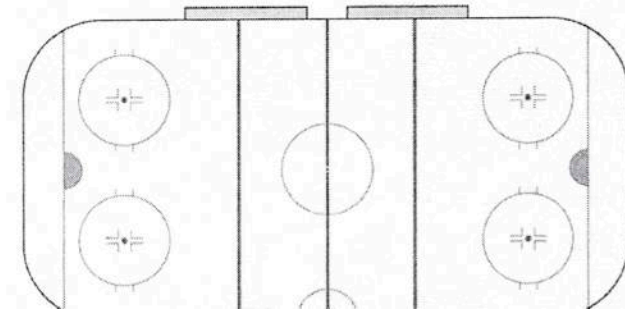
NOTES:

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



NOTES:

D₁ → CLOSE GAP → MAKE QUICK AND CRISP PASSES



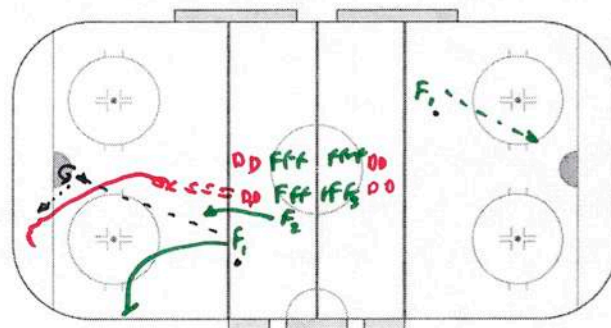
GEGNER:

REF:

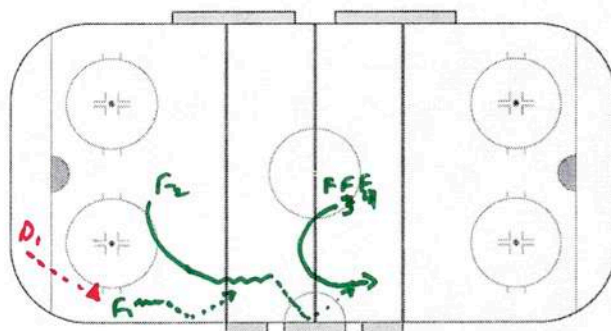
SCORE:

INJURED:

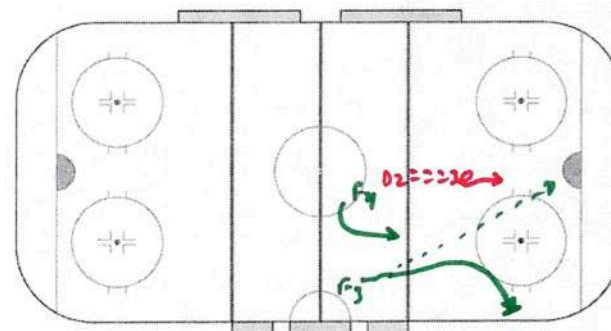
- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F₁ starts w/ puck and dumps to Goalie. → then Supports Break-out
- D₁ retrieves puck for Break-out



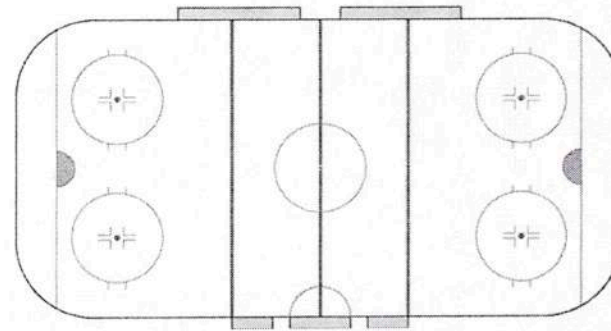
- D_1 breaks out to F_1 then returns to line.
- F_1 chips past simulated pinching D_1 .
- F_2 supports chip then chips to F_3 .



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

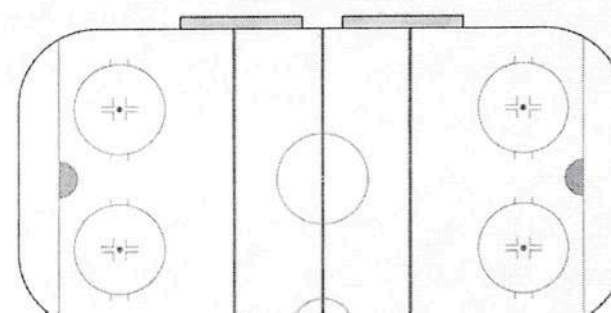


- * Timing is key *
- * Support is key *
- Can do other break-out options with the same format i.e.
D to F reverse / middle support etc....



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

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





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

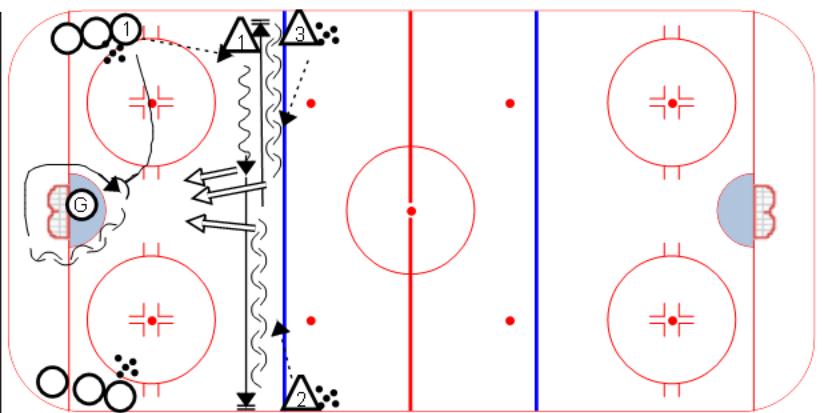
Quote - "You get the best out of others when you give the best of yourself"

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

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.



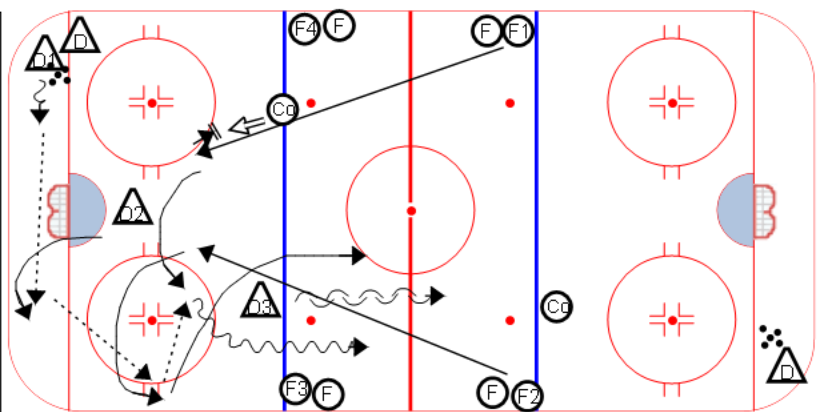
Key points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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

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 on 1 and activates the point shot by the coach.



Key points : Breakout Skills 2v1 / DZ Coverage Blocking Shots Execution

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination

Category #1 : Combination Drill

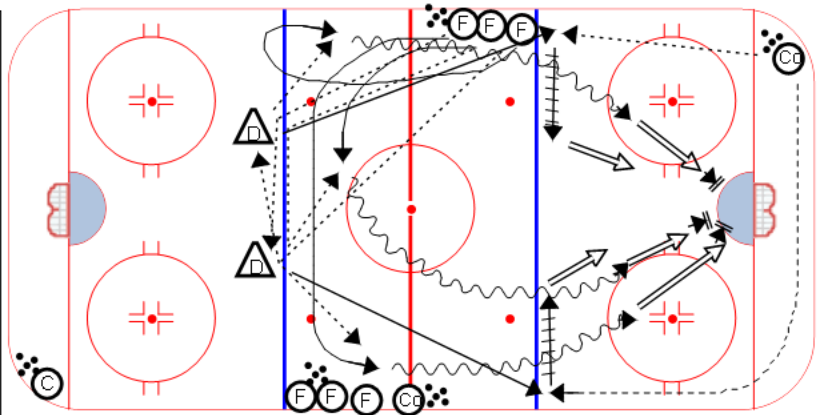
Category #2 : Execution

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 : _____

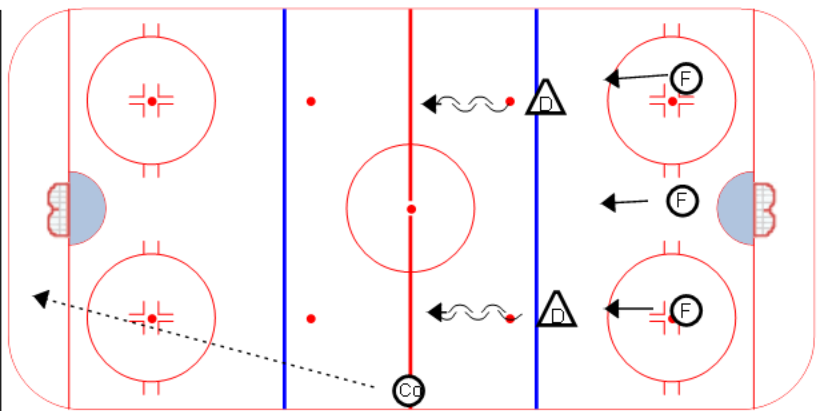
Title : Panthers Combination (seq

Category #1 : Combination Drill

Category #2 : Execution

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 :

Relentless BC

Through Middle

Quick Transition

Communication

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination (seq

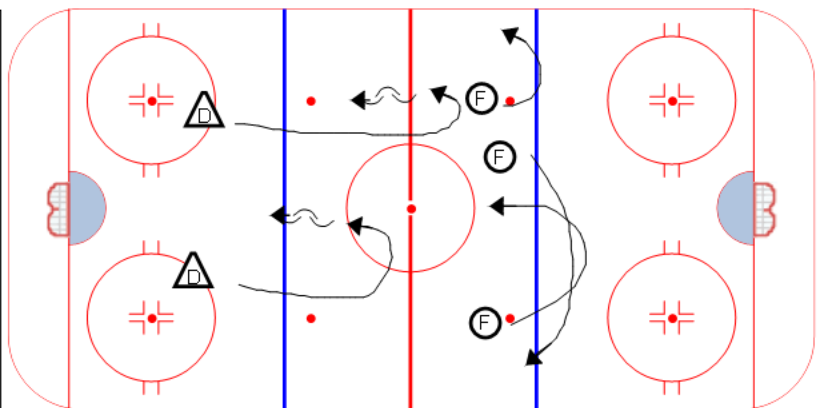
Category #1 : Combination Drill

Category #2 : Execution

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 :

Quick feet

Gap UP

3v2

Open Pivots

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

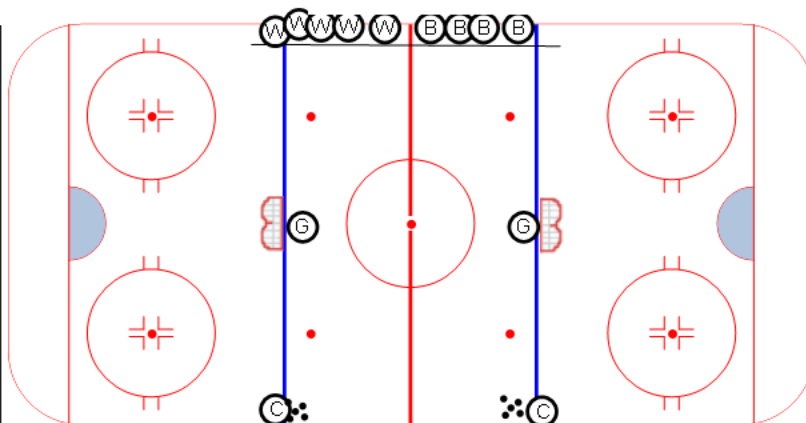
Title : Transition Game

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 :



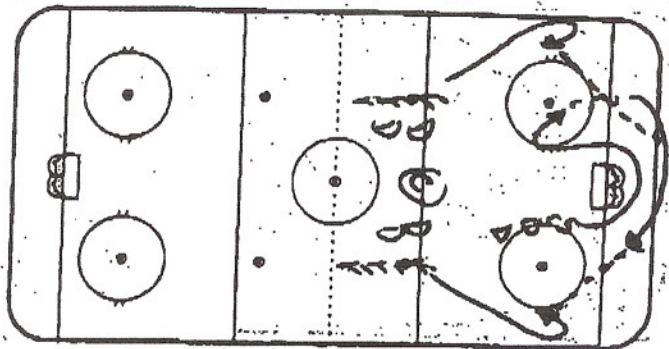
Canadian Hockey Coaching Program

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



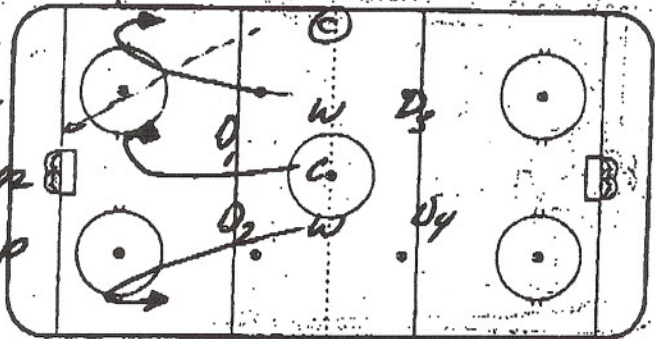
TIME DESCRIPTION KEY POINTS

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



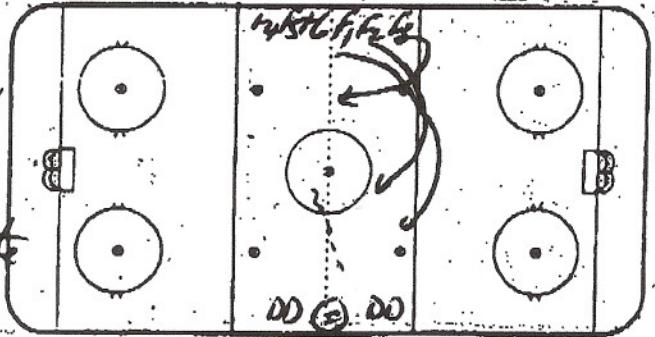
TIME DESCRIPTION KEY POINTS

- ② TEAM PLAY DANI
N2 LEADUP ON WHITE F1-F3 W-D2
- ③ DUMPS - (5) MIN UNIT
ATTACK D3-D4 - SUB2
- ON WHITE TEAM AND LEADUP WITH W-D2
THEN RE-ATTACK D5-D4
- * WATCH FOR PROPER HANDS ON RECEIPT
GOOD GAP CONTROL
- ④ DICTATES NUMBER OF RECEIPT
FOCUS TO SUB2 D1-D2 RELEASE



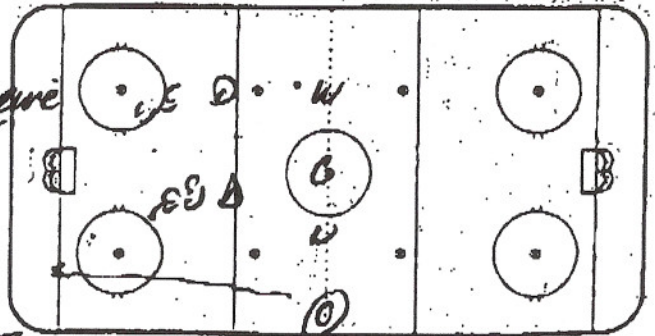
TIME DESCRIPTION KEY POINTS

- ③ SUB2 - SUB1
SUB2 CONTINUOUS
- ④ SPOTS PUCK IN N2 FIRST ATTACK SUB2
- ⑤ SPOTS 2ND PUCK - D JUMP W - SUB1
- ⑥ SPOTS 3RD PUCK D12 JUMP IN SUB2
- ONE FIRST UNIT CROOKS LED ON SUB2
- NEXT UNIT COMMENCES SUB2 OFFENSE
- CONTINUOUS



TIME DESCRIPTION KEY POINTS

- ④ FEN/COMPETITIVE
- ① VARIETY OF DUMPS ② BACK TO RETRIEVE
- FWD'S FK (1) MEN
- ① PT IF (1) MEN SHOOT PUCK OUT
- ② PT IF (1) GOALY OUT
- ③ PT IF FWD'S GAIN OR CATCH
- ④ PT IF FWD'S STOP
- GAME TO (1) PT
- LAST WHITE HANNONS SHOTS AFTER MATCH - FWD'S IN D MEN

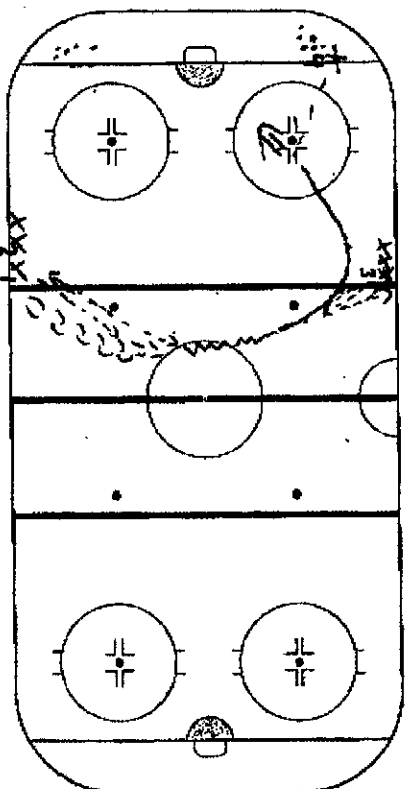


Hi Enio,

Thanks again for all
your effort in organizing
D.W.C.

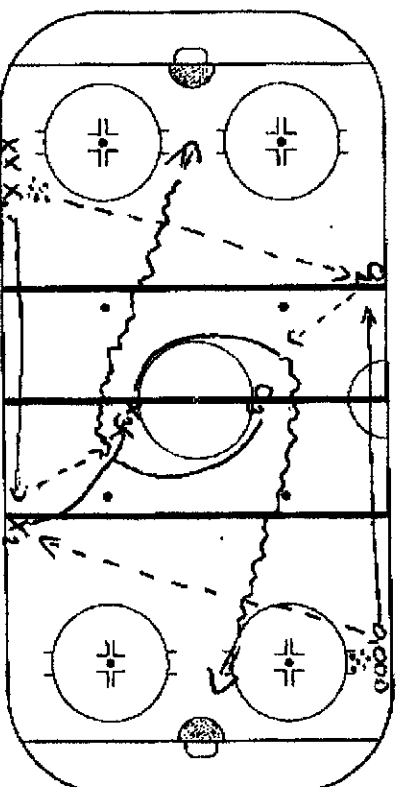
Best of luck to everyone
for remainder of season.

-Neil



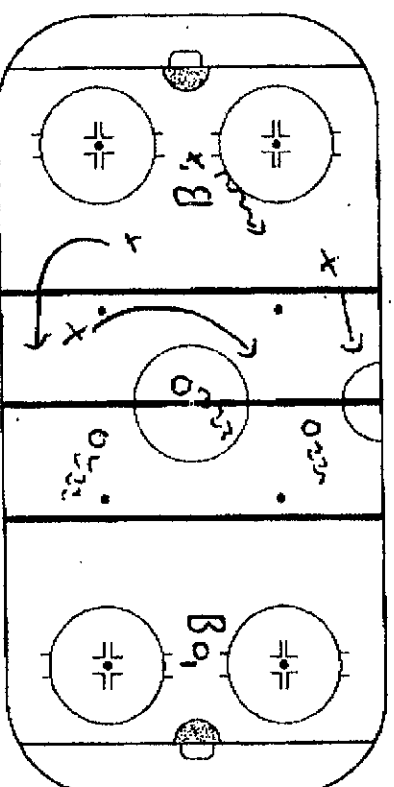
1 SKILL DRILL

- X begins drill backwards
- One touch passing w/ X₂
- X pivots to forwards and double touches w/ X₃ (X₃ keeps puck)
- X skates towards goal and receives pass from X₄ and shoots (X₄ becomes the passer on opposite side)
- X₃ begins next rep.



2 PULLOUT

- X i O, skat drill @ same time by making X ice pass to X₁ i O₂
- X i O, skate to replace X₁ i O₂
- X₂ i O₂ pass puck to swinging O₂ i X₂ who go down ice and shoot on goal.
- O₂ i X₂ become X₃ i O₃

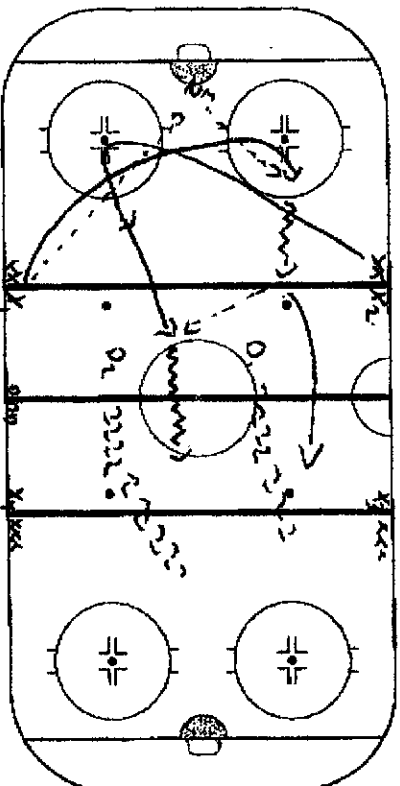


3 QUARTERBACK 4 v 3

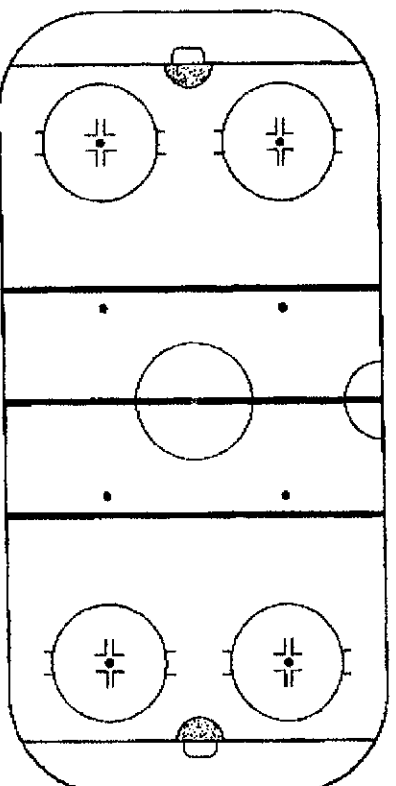
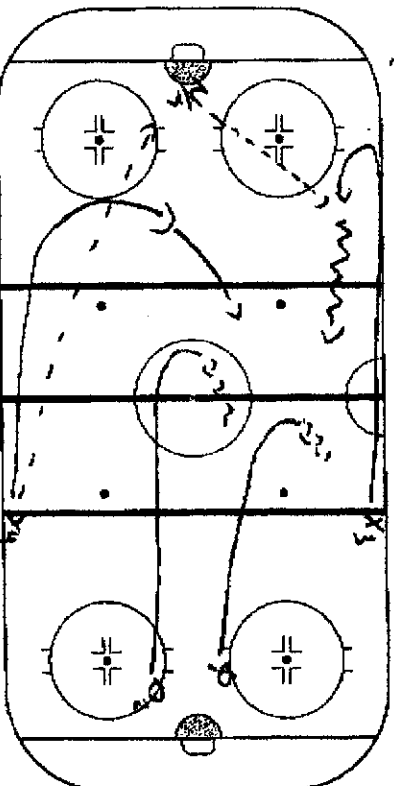
- X starts play w/ puck and attacks w/ 5 teammates against 3 O's.
- X can't cross center ice but is hindered w/ play whilst X have puck possession.
- One O's gain possession they must check back puck to O₁
- X₁ must go behind his net.
- O₃ attack 4 v 3
- play for 30 - 40 seconds.

International Ice Hockey Federation

www.iihf.com



cont.



2 vs 2 x 2

- x1 & x2 attack 0, 02 after passing puck to MHA

- play turns as up in w/ x1 & x2 trying to score

- 0, coaches while play stops and x1 & x2 pass puck back to gape to begin second 2 vs 2 against same defenders.

0, & 02 must quickly close gap and play 2 vs 2.

* Can also be done 3 vs 3

1/13

International Ice Hockey Federation

Brandenhorststrasse 50
Postfach CH-8039 Zürich

Phone +41 44 562 22 00
Fax +41 44 562 22 39
Email office@iihf.com

FAIR PLAY
AND RESPECT



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	

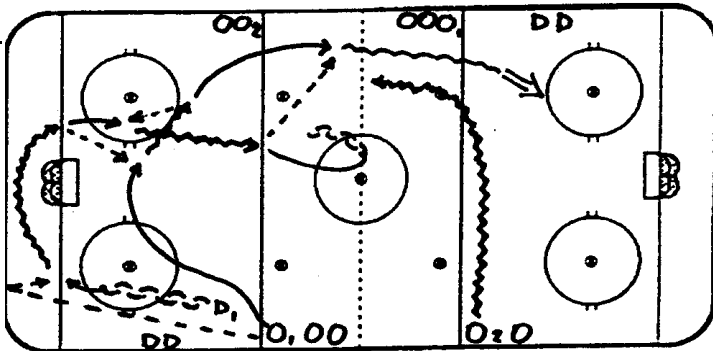
TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

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

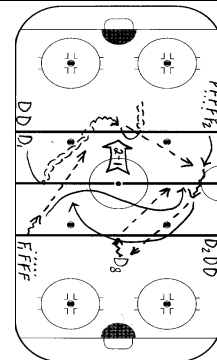
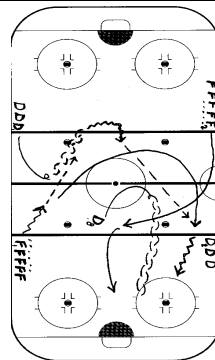
Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 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

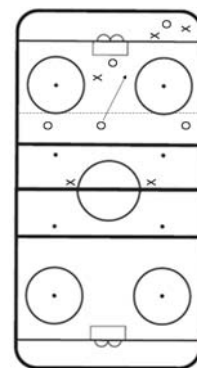
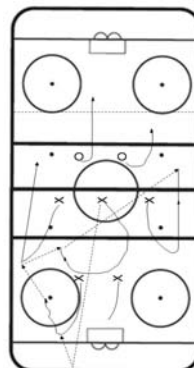
D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1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

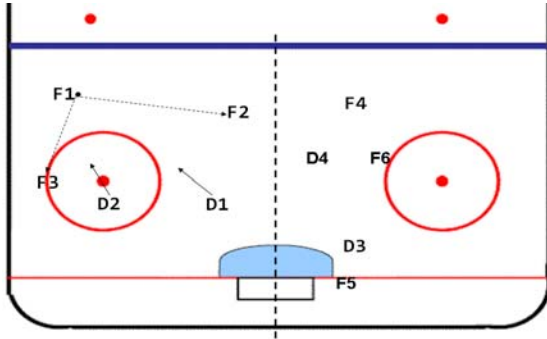
**NOTES**

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



CAT FAX

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"

MONCTON
WildCATS
OF MONCTON

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

www.moncton-wildcats.com



NEW YORK ISLANDERS

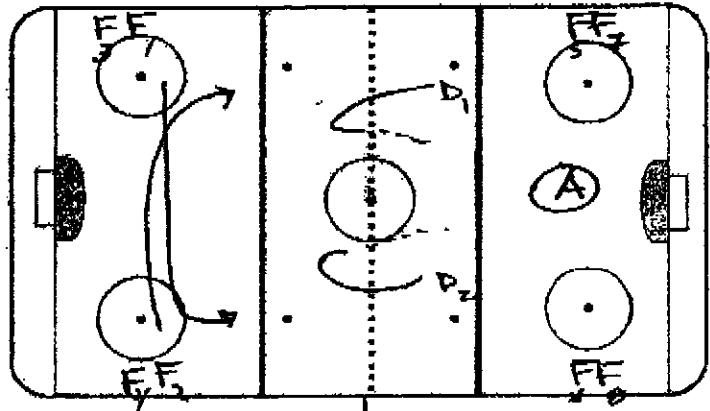


①

2u2x2

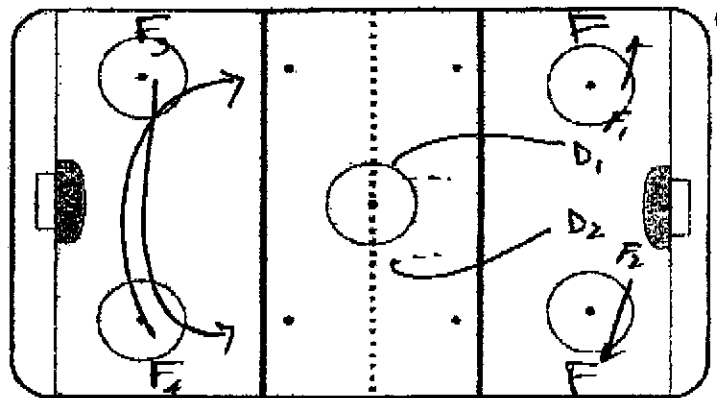
A/ F1F2 cross below ringette line
; D1D2 get up for 2u2
on whistle

B/ whistle to end 2u2; D1D2
hustled to get up on 2 and
2u2 from initial end (F3F4)



* ALTERNATE SIDS

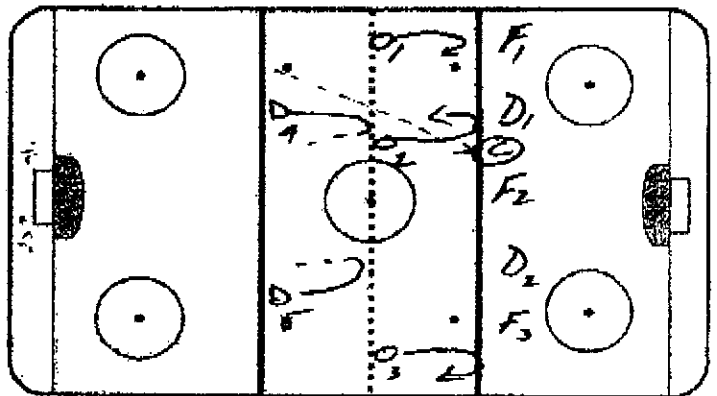
- great for D's 2u2 skills



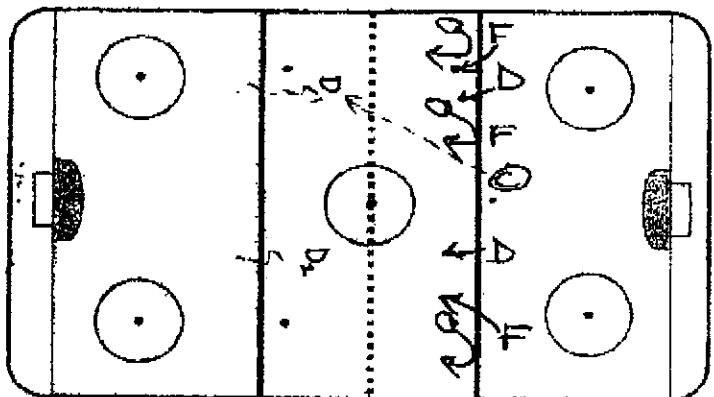
②

N-Z. TURBACK DRILL

- O's wheel ; B/AST SVO
(pucks behind net)
- O's give puck to © when they
reach 1st B/line
- O1,23 (F1,2,3) must tag for
blue line; O4,5 must dash red



- © spits 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 LIVE 2 REPS on O's D then change

5x5
N/Z

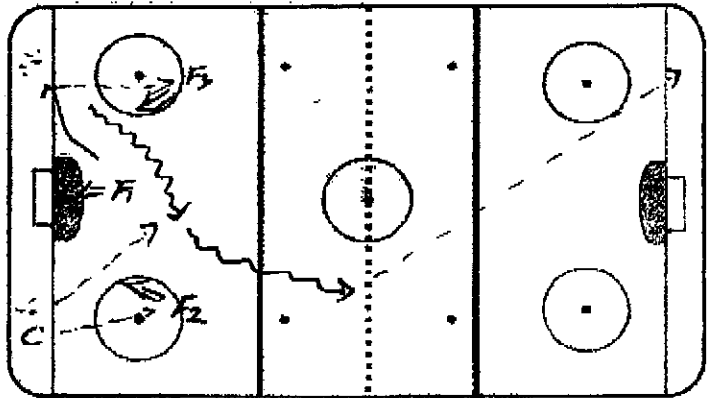


NEW YORK ISLANDERS



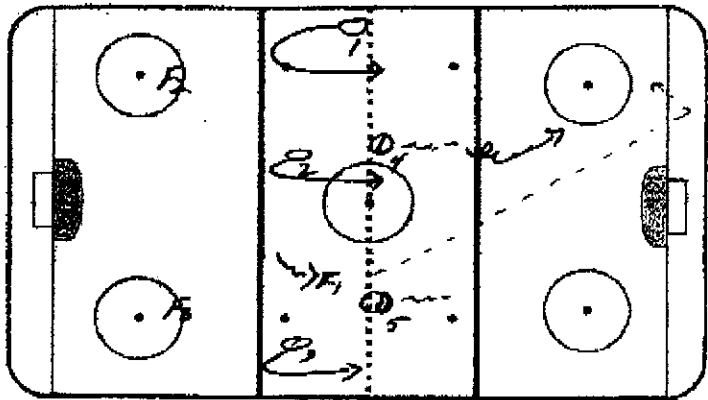
③ F/C X1/X2 CONTINUOUS DRILL

- F₁ shoots; becomes passes ft. corner
- O → F₂ / shot... top of circles
- F₁ → F₃ / shot... top / circles
- F₁ cuts through slot; O → F₁
- F₁ dumps; FORCIBLY 105



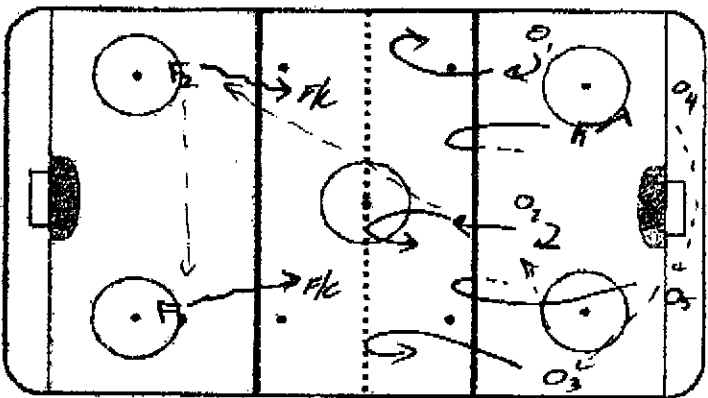
④

- F₁ FK 105 vs O₁₂₃₄₅
- O₄₅ must not be inside blue line before F₁ dump! (gap)
- O₄₅₁₂₃ breakout / F₁ done
- O's give puck to F₂ & F₃ by red line



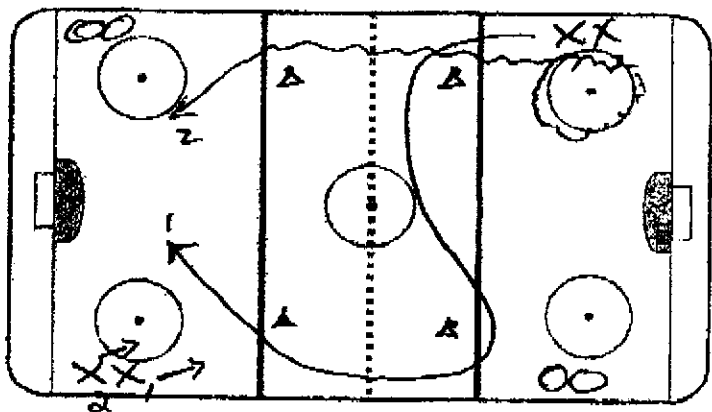
⑤

- F₂ F₃ make 1 pass then FK 205 (dump at red)
- O₁₂₃ must tag red line; O₄₅ must gap up to at least b/line
- F₂ F₃ F/C 205 vs O's
- * O's D/OUT 2nd time / down ice FOR 3 / shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

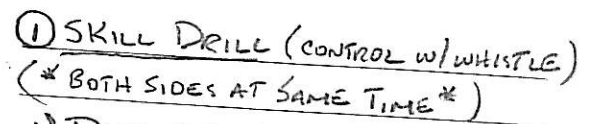
- whistle; X₁ X₂ fr. 2 sides
- X₁ around dots / shoot #1
- X₂ and circle (Fund-Bases-Funds) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft' & 'speed'



DWC - 2010-11

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

- UNKNOWN



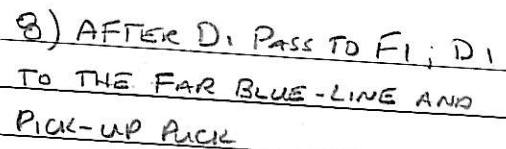
- 1) D_1 TO TOP OF CIRCLE, F_1 TO D_1
- 2) D_1 BACKWARDS THEN PIVOT FORWARDS
- 3) F_1 AFTER PASS "ANGLE" D_1
AND FORCE CHIP PASS OFF THE BOARD
TO F_2 (F_2 LEAVES AFTER F_1 : TIMES SKATE)

- 4) F_z WITH PUCK: $F_z = \text{SHOT}$ ①
(F_z STAY AT NET)

- 5) D₂ SPOTS 2ND PUCK TO D₁

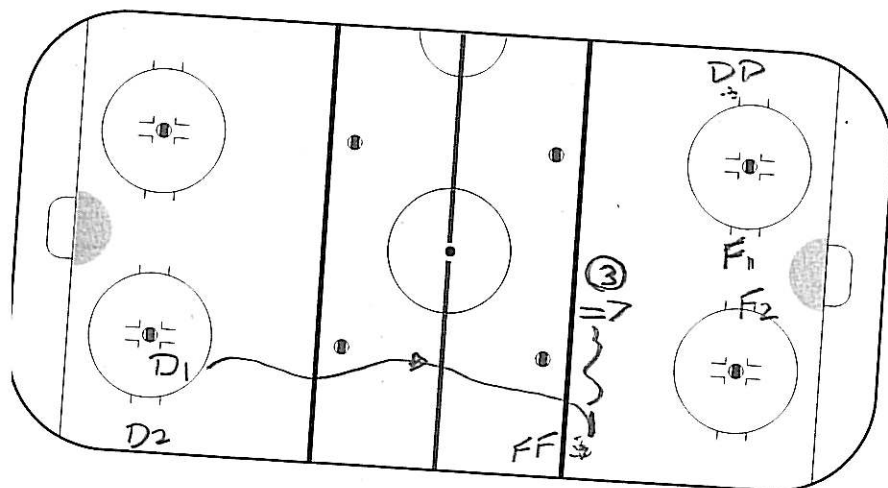
- 6) F1 AFTER ANGLING D1 CONTROLS
SPEED AT BOARD

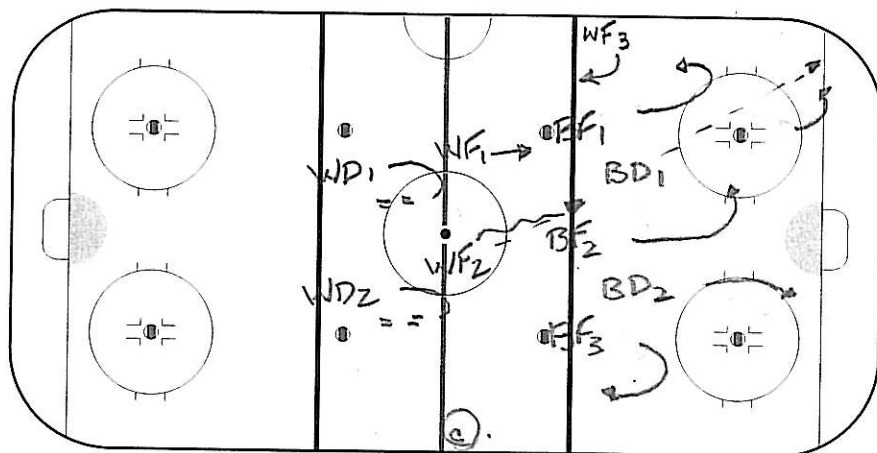
- 7) D1 TO F1: $F_1 = \text{SHOT}$ (2)
(F_1 STAY AT NET)



- 9) $D_1 = \text{DRAG} \& \text{SHOT}$ (3)
(F_1 IF $F_2 = \text{SCREEN} \& \text{REBOUND}$)

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





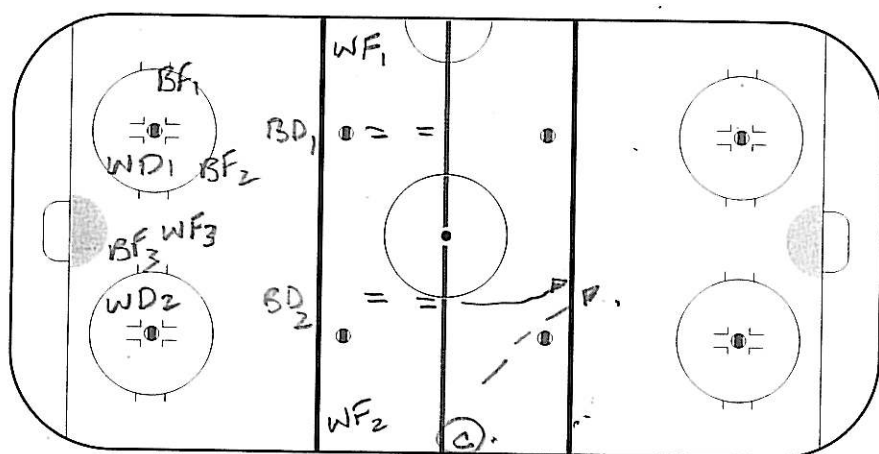
② TEAM PLAY → NEUTRAL ZONE

1) WFI / Wf2 DUMP PUCK
DEEP IN ZONE, "PRESSURE 4V"

2) BDI / BD2 & BF 1/2/3
BREAK PUCK OUT (Wf3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER
BLUE-LINE, 4V STOPS (WFI / Wf2)

4) Wf3 GOES RUSH TO CREATE A
"5VS3" w/ WD1 / WD2

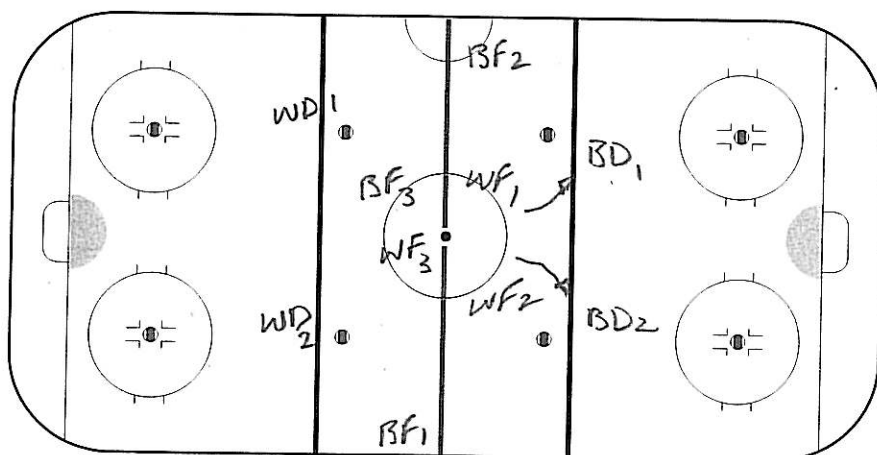


5) AFTER 5VS3 IS COMPLETE

③ SPOTS PUCK IN NZ

6) AFTER ORIGINAL 4V; WFI & Wf2
POST-UP AT FAR BLUE LINE

7) AFTER ③ SPOTS PUCK IN NZ,
BD'S RETREAT & START NZ
REGROUP - "W TEAM" PERFORMS NZ
CHECK (2-1-2, 1-2-2 etc.)

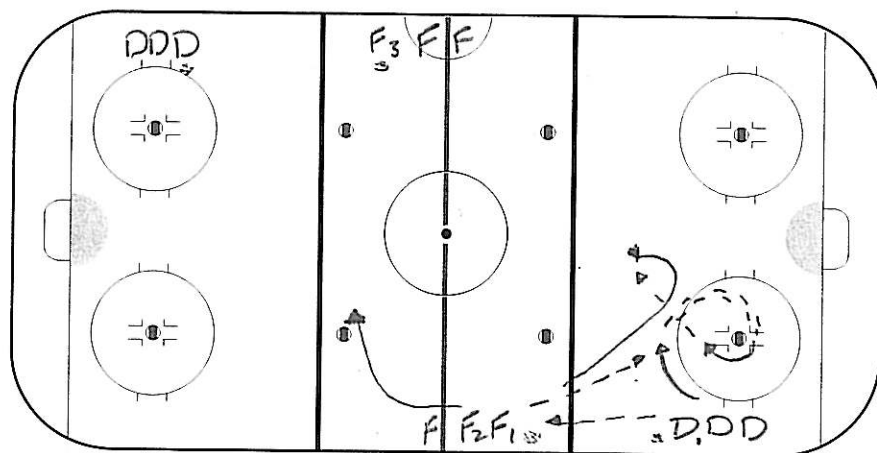


8) PLAY BECOMES "LIVE" 5VS5
IN NZ (40-45 SEC)

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

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

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



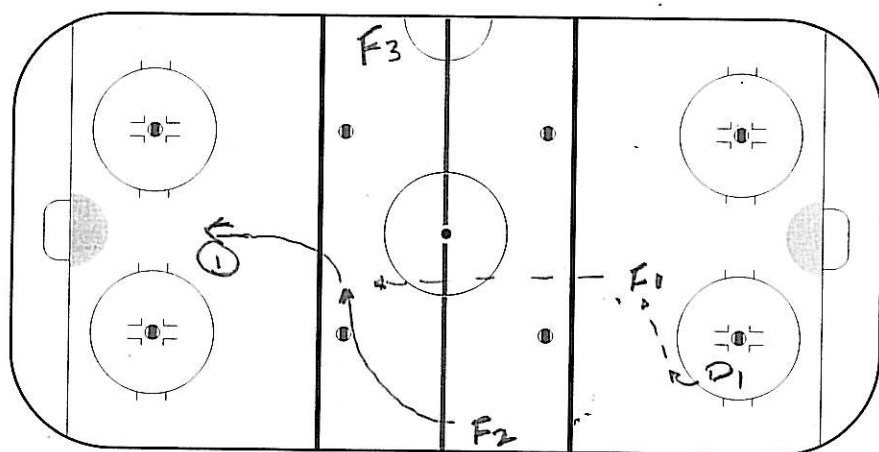
③ FAVOURITE DRILL → (1vs1 w/SHOT)

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

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

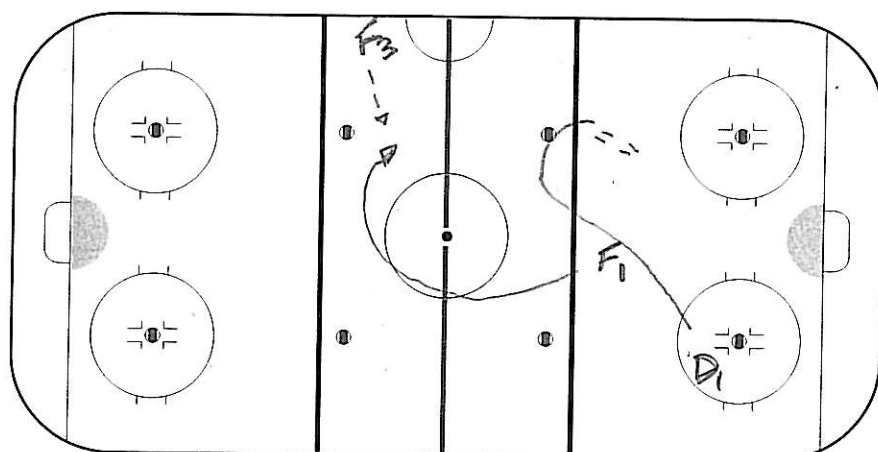
2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

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)

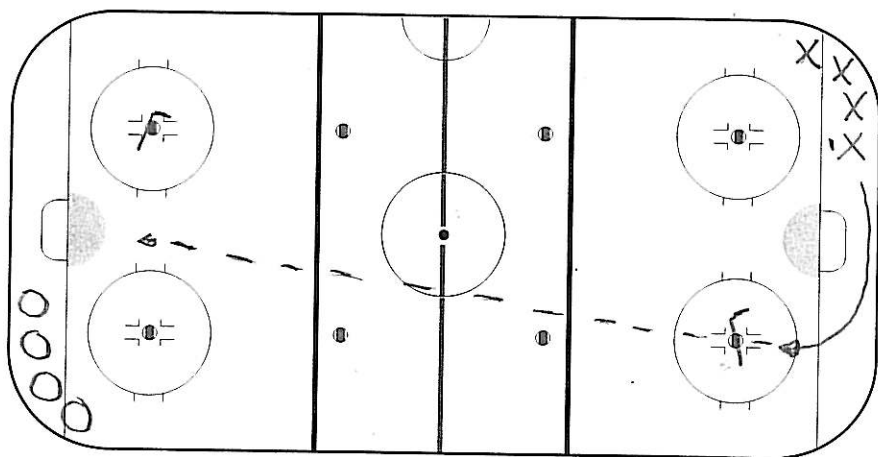


6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

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 **

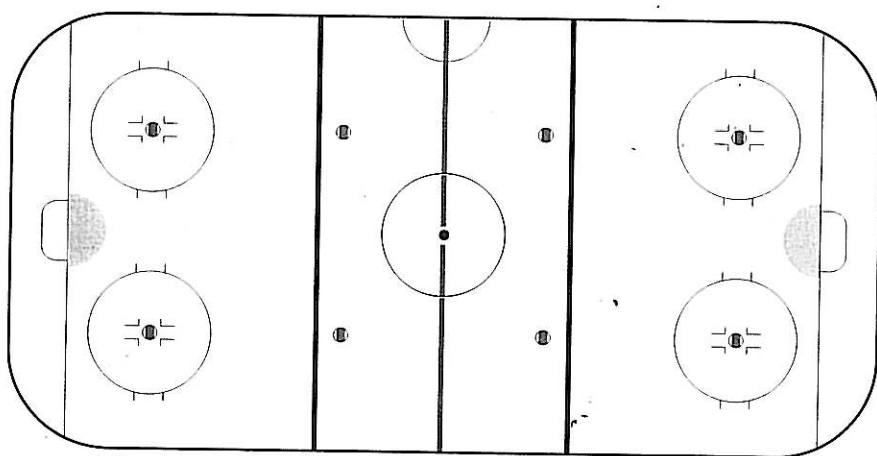


④ FUN/COMPETITIVE DRILL

"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

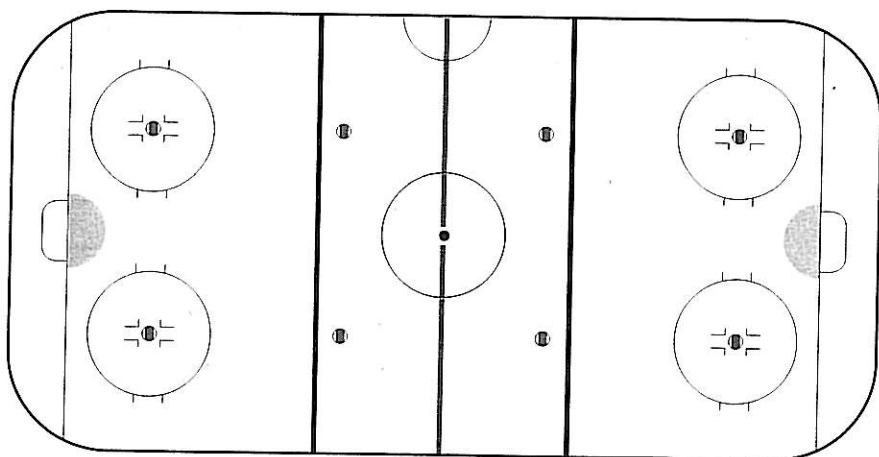
- 1ST 'X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOTS NEXT.)



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 :

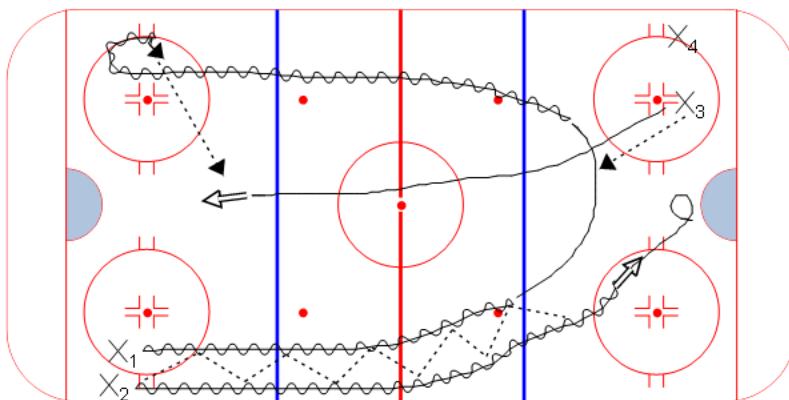
Recommended Book - Why Teams Win by Saul Miller

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)



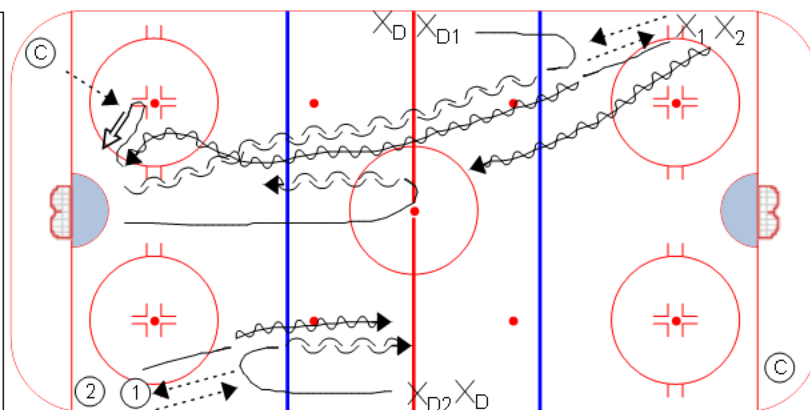
Key Points : _____

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 :

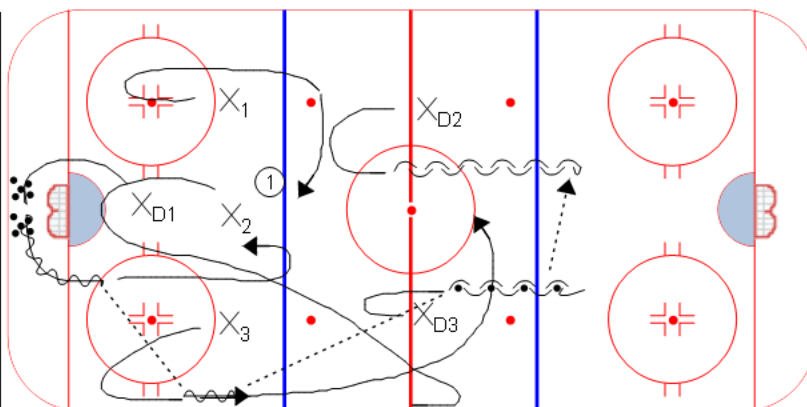
Jeff Drill of the Week

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 :

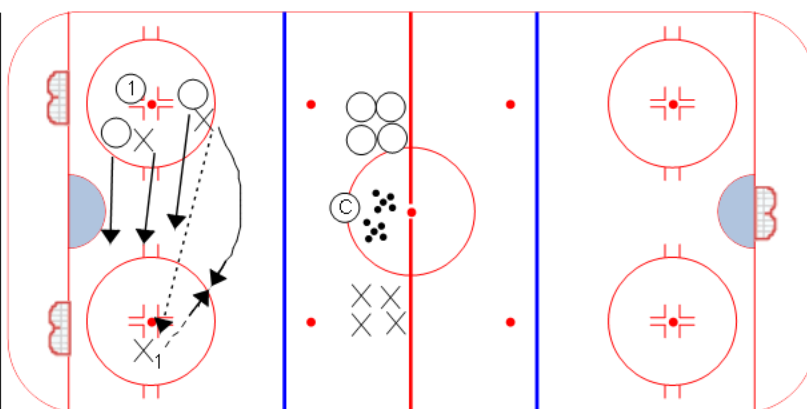
Jeff Drill of the Week

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 invovled
 2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
 3. Favourite Drill- Flinger Drill
 4. Fun- Kitchener 2-0 fun game
- Quote- "I know players don't like my practice, but that's OK becasue 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

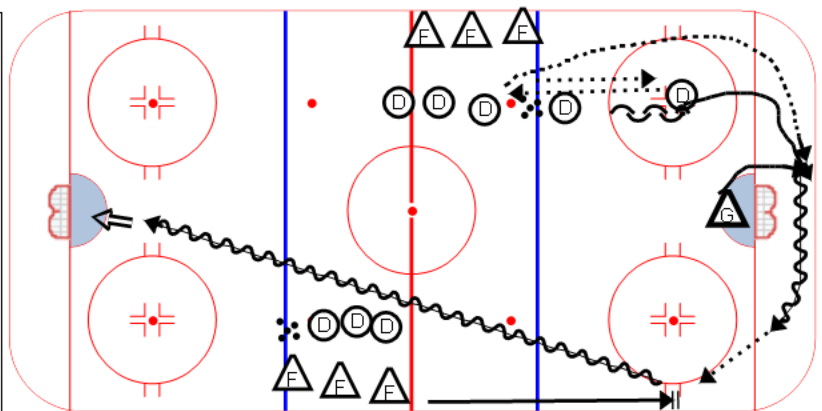
Category #2 : Shooting

Description

① one touch pass with next ②. Rims puck ③ stops rim and sets puck up for ④ to retrieve and pass to ⑤ who sprints down the wall and becomes outlet for the ⑥. ⑦ takes a shot in the far end. ⑧ 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 : _____

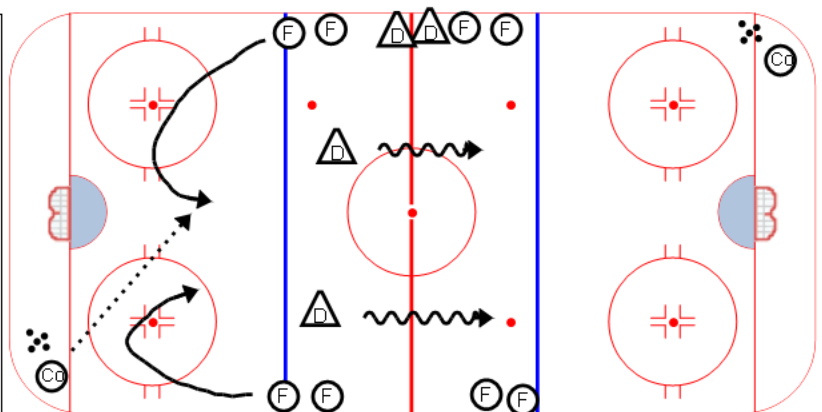
Title : 2 on 2 Regroup

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 : _____

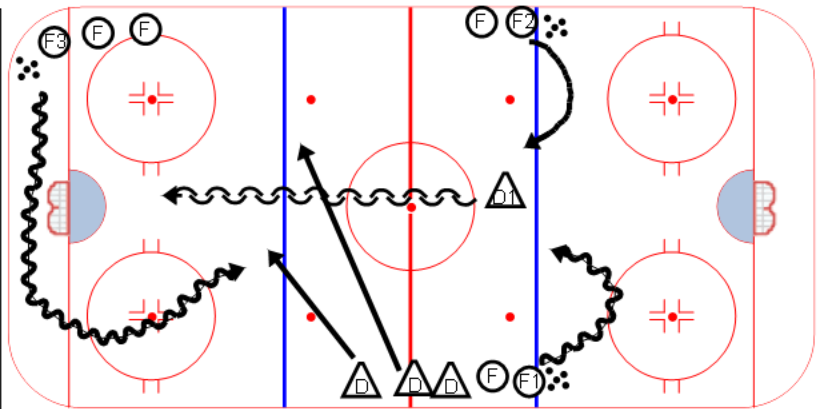
Title : Finner Drill

Category #1 : Shooting

Category #2 : Flow

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

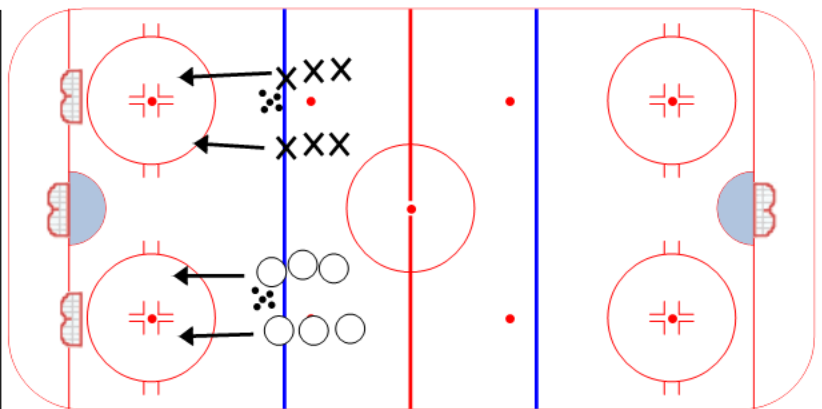
Category #1 : Fun

Category #2 : Game

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!



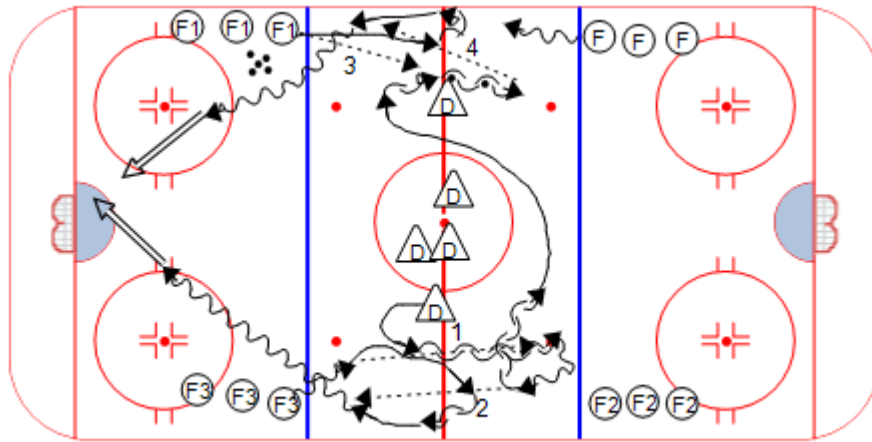
Key points :

 Fun

 Battle

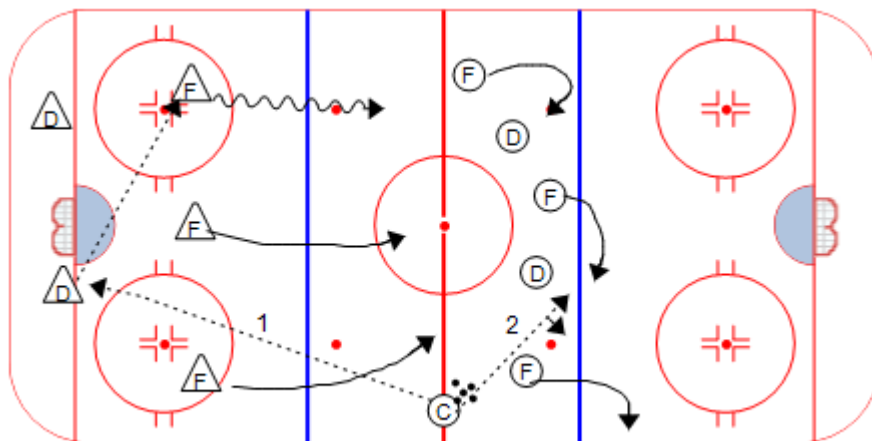
 Competition

1. SKILL DRILL – PAT’S QUICK UP DRILL



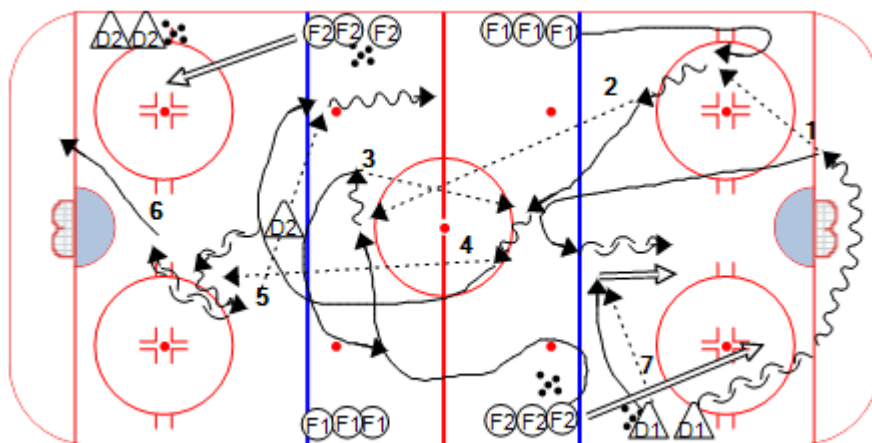
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes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



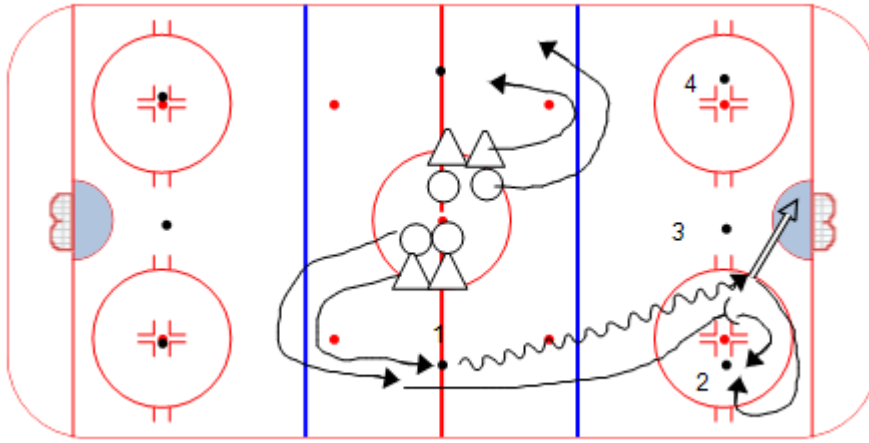
C spots puck (1). Δ 's go 3 on 0, \odot 's let the other F's by. Δ 's jump up to get the gap. On the whistle, C spots a puck for the \odot 's who go 3 on 2. Δ 's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (\odot) vs. 2 plus 3 trackers / back checkers. Can add another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

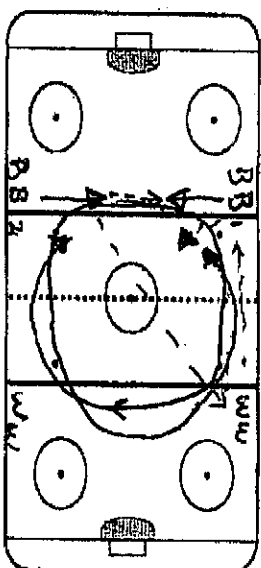


UBC HKY - PRACTICE PLANNERS



DATE: _____ Duration: _____ OBJECTIVES: _____

Drill: 2v0 Passing Drill Time: _____
Biz cross-drop puck to each other, pass to anyone in line, puck moves around players as Biz skate around dots - get pass back and attack 2v0. whistle then white goes



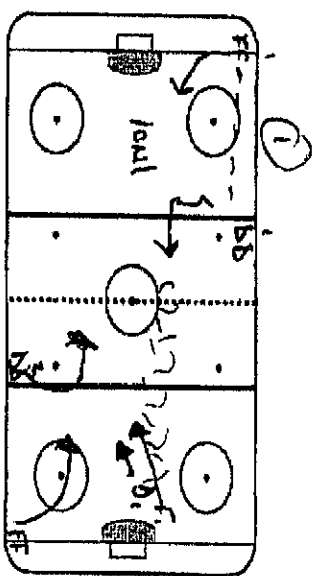
KTP: PASSING - BE READY TO MOVE FOR PASS

Drill: 1v1 with backchecker Time: _____

- ① F1 play D1 1v1 - whistle
- ② F2 play D2 F1 backcheck D1 jump up

play on whistle - LOTS OF FLOW

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

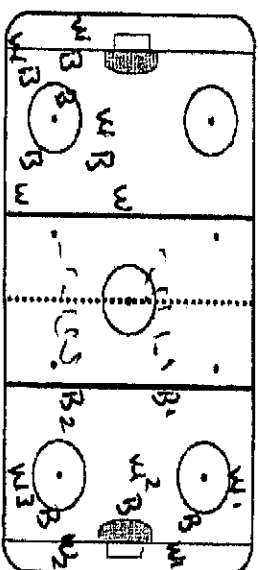


F1
Backcheck
D1
jump up

Drill: 5v5 Rush-Dzone Time: _____

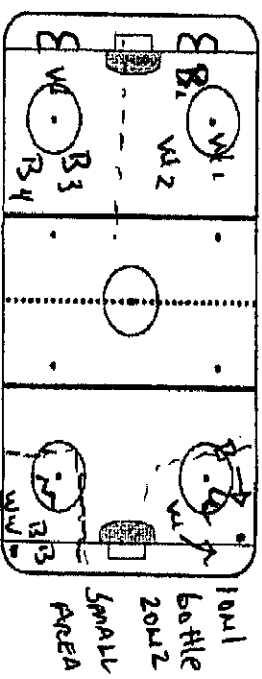
- whistle W123 Attack B12 3v2
- B123 backcheck D122 jump up
- Play RUSH OUT - whistle
- Play AZONE 5v5 AFTER RUSH
- * AND PUCK NOZONE 1E WAIT-RESERVED AFTER DZONE

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



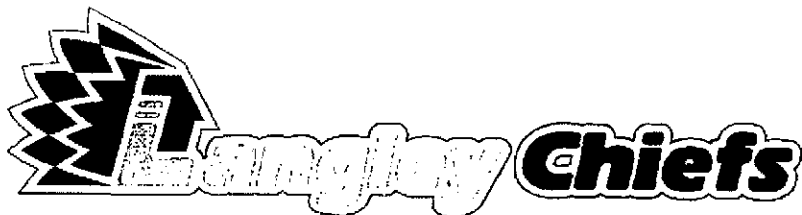
Drill: SKILL - GAME DOLL Time: _____

- W12 - Play 2v1 vs D1. B1 get
- puck he must pass to F324
- Neither team can cross mid line



KTP: Active Sticks - Passing lanes - Seeing - 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

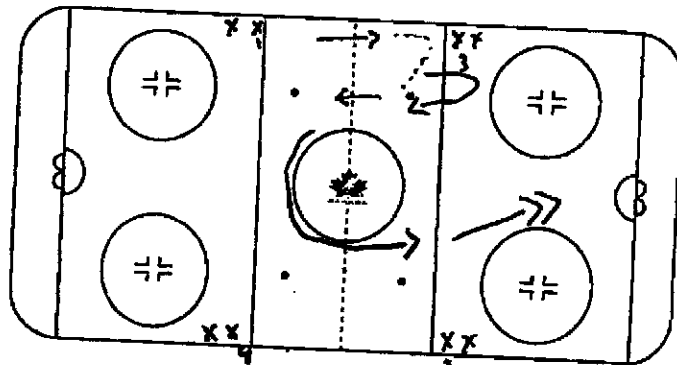


HOCKEY CANADA **COACHING PROGRAM** **PROGRAMME DES ENTRAÎNEURS**

TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Skill Drill

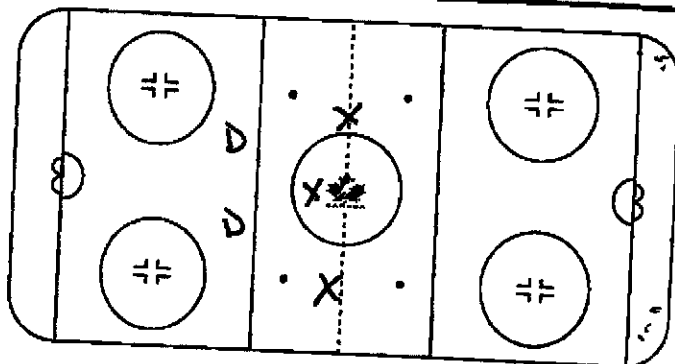
X₁ and X₂ leave with pucks
 One touch Pass to X₃ and X₄ respectively
 X₃ pass Back to X₁ as he pivots
 X₁ will pass to line he left From
 Accelerate around circle GET Pass
 From X₂ line And SHOOT



TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Team Play Drill

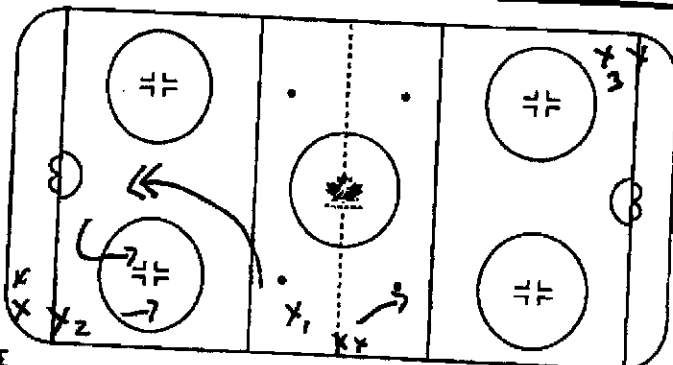
X Dump Puck on Goalie - Goalie Set
 UP Puck -
 D - Break out - GO 5-0
 SCORE - F Go to corner Pass to D
 SHOT Deflection - F - Go to opposite corner
 Pass to D - SHOT Deflection
 G Pass to Fwd - Attack 3 on 2



TIME/DURÉE DESCRIPTION KEY POINTS /POINTS CLÉS

Favorite Drill

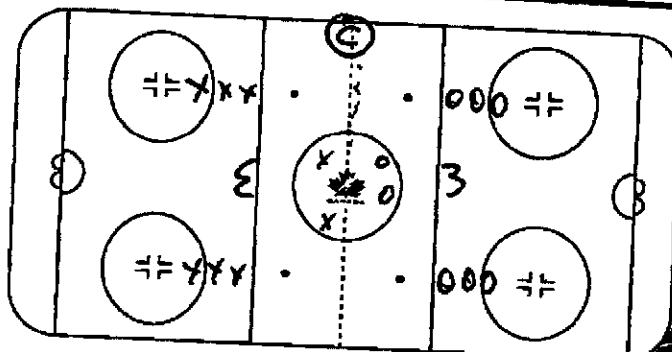
X₁ leaves with Puck SHOTS
 Plays Rebound - then Curls to X₂
 X₁ + X₂ Go 2-0 Far End
 - Play Rebound
 Then Pick up X₃ Attack Far
 end 3-0
 * Then Go opposite - WAY - New From X₁ line



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

NCAA Frozen Four

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

CCHA Champions

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

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

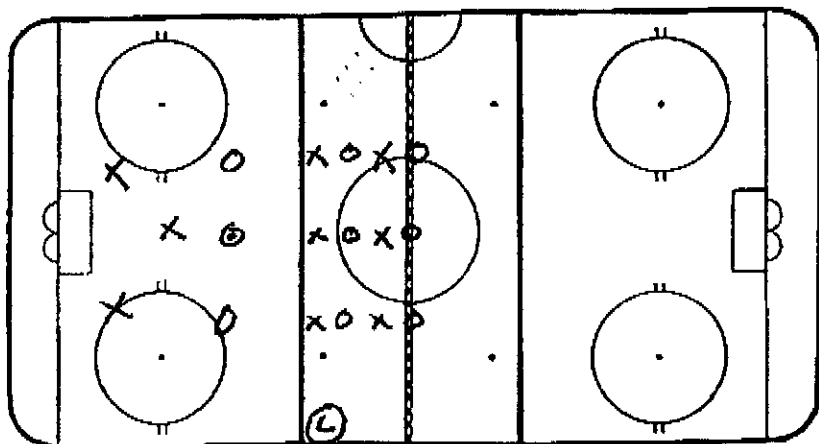
If you do not receive all pages from this transmission, or if you have any questions, please call
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO
EXCELLENCE**

SPARTANS

System / Drill

Competitive
3v3 Continuous

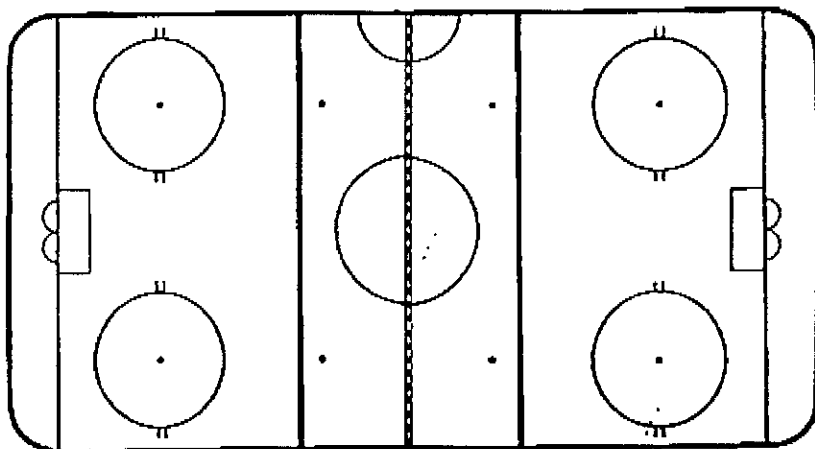


Notes/Comments

Description

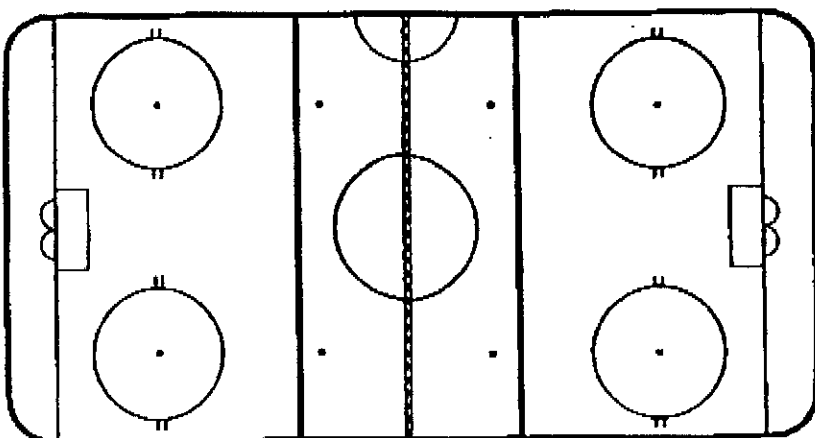
O's start on ~~left~~ offense. X's on Defense
X's must get puck and
make tape to tape pass
with X's in line
X's in line receive puck
attach O's 3v3.

* 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

Description

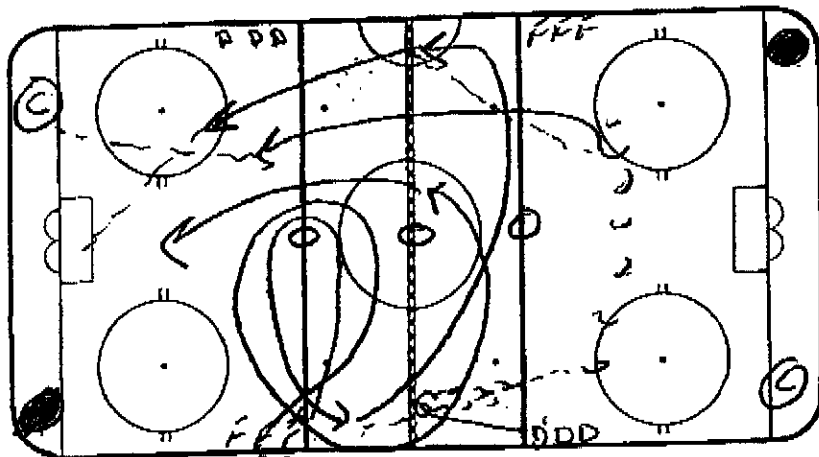


Notes/Comments

Description

System / Drill

J. Nights Drill (Skill)

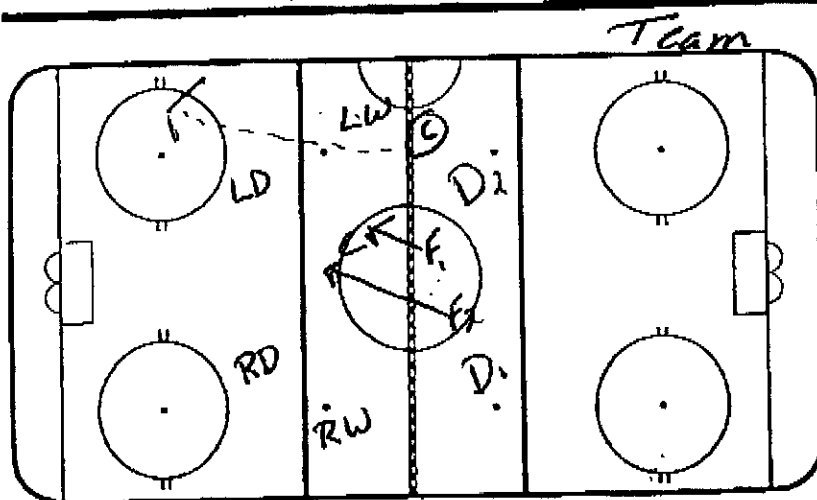


Notes/Comments

Both sides go at same time
start on whistle

Description

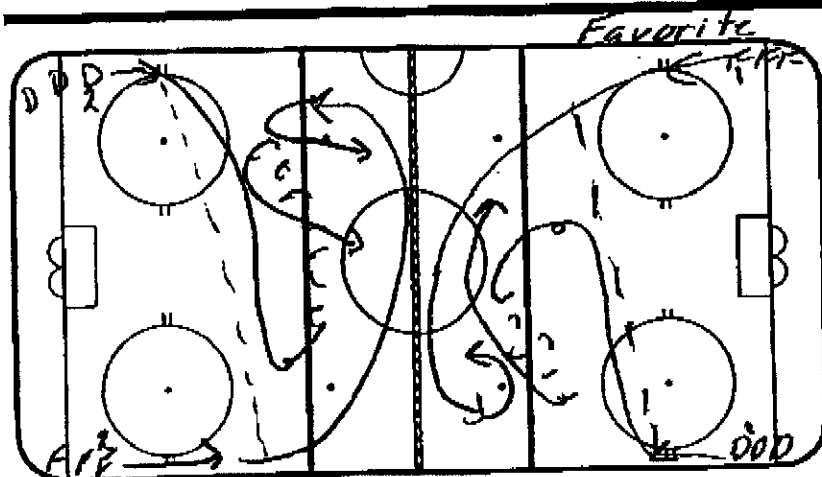
- F₁ around fire with puck
- F₂ follows him (no puck)
- D₁ up to RL transition back
- F₁ to D₁ who travels laterally
- F₁ to wall F₂ middle lane support D₁ to F₁ or F₂
- F₁ shot D₂ to D₃ pass from ③



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

Description 5v4

- ③ 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

Description Loop 1v1 Transition Whistle.

- D take a couple step snaps puck to F
- F Loops in NZ
- D gaps up moves F and plays F 1v1
- Whistle!!
- F1 cuts back hard and attacks D2 1v1 D2 takes ice b
- F2 attacks D1 1v1
- could have 2 or 3 transitions



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	

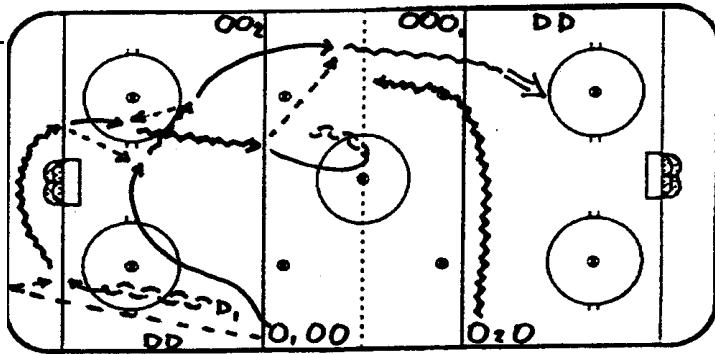
TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

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

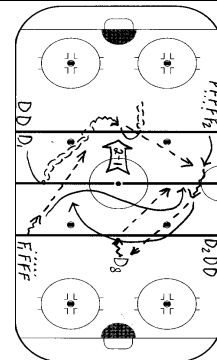
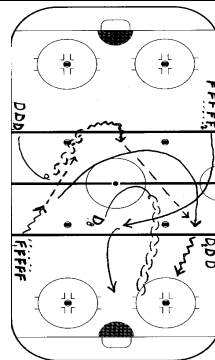
Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 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

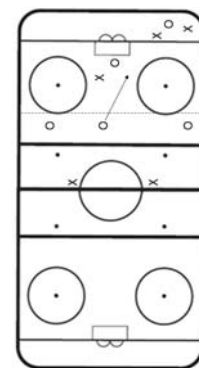
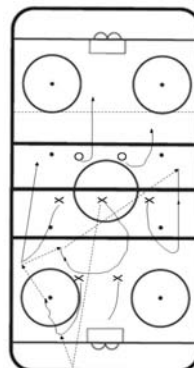
D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1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

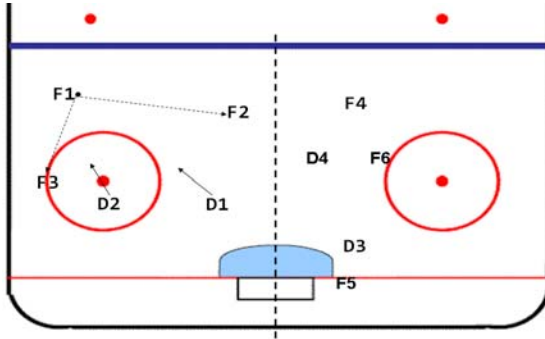
**NOTES**

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

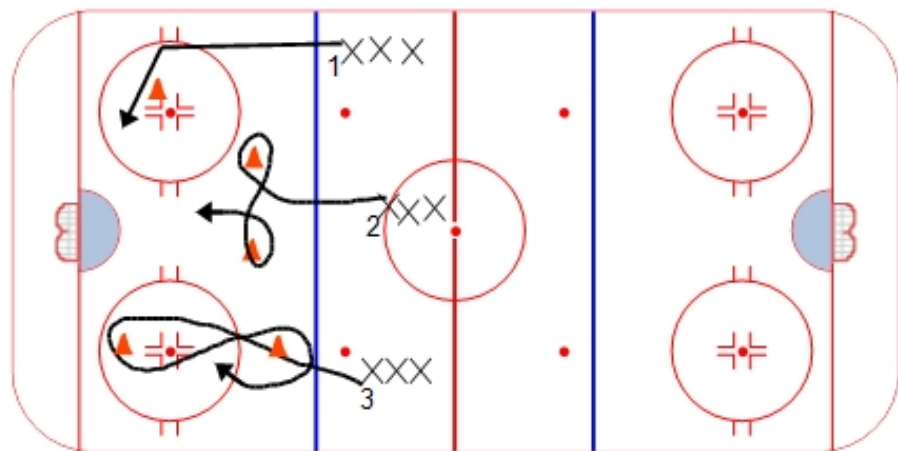
Description

First 3 players leave at the same time.

X1 goes wide around pylon for a shot

X2 figure 8 around pylons for a shot down the middle

X3 figure 8 around pylons 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

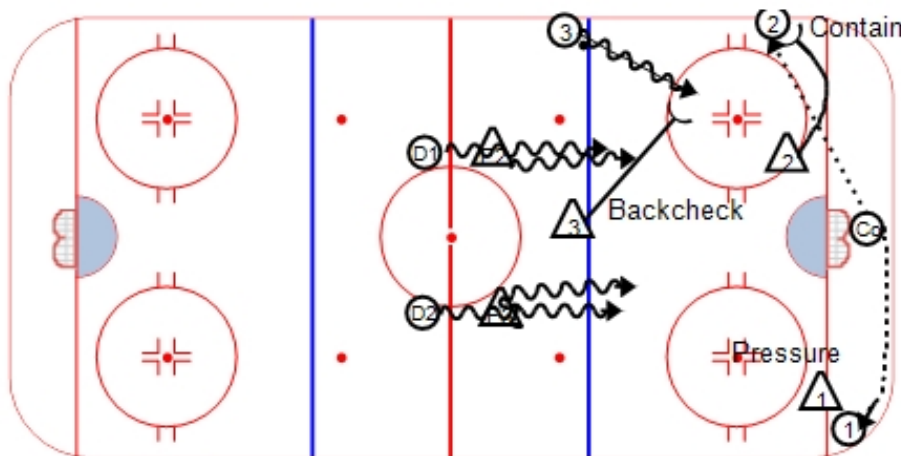
Description

A) Defensive player pressures offensive player until whistle.

B) On whistle ① & ① Join ② & ② for a 2 on 2. until whistle.

C) On whistle, ③ & 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 _____

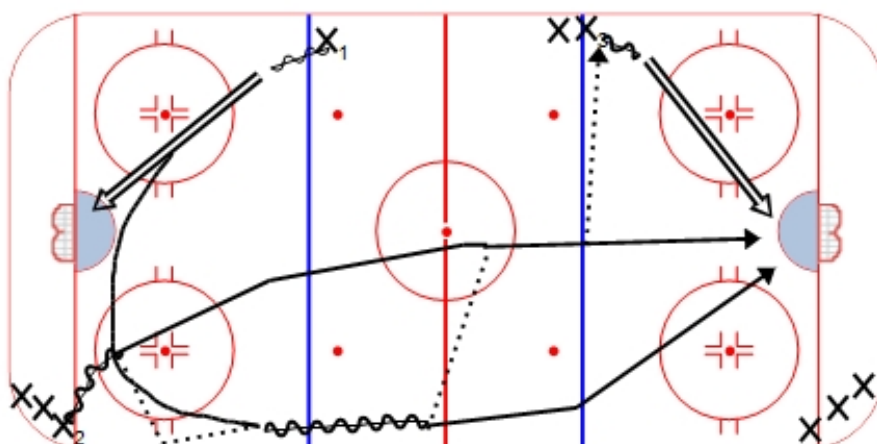
Title : Ladder Entry Drill

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

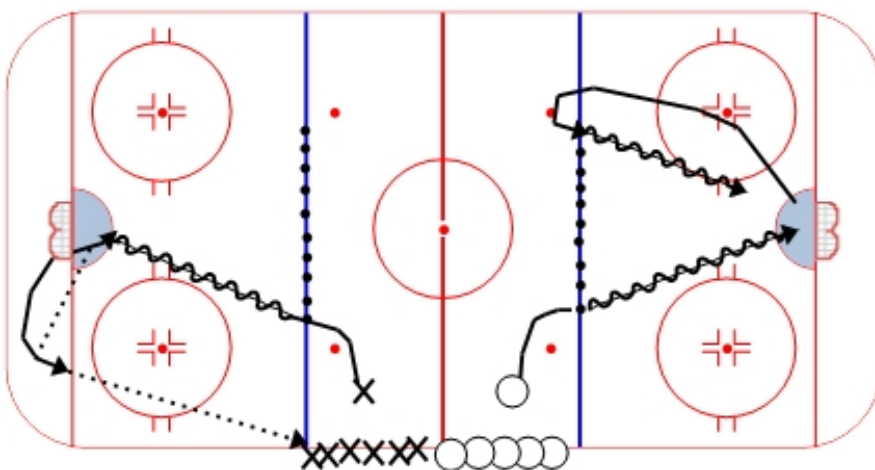
Description

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

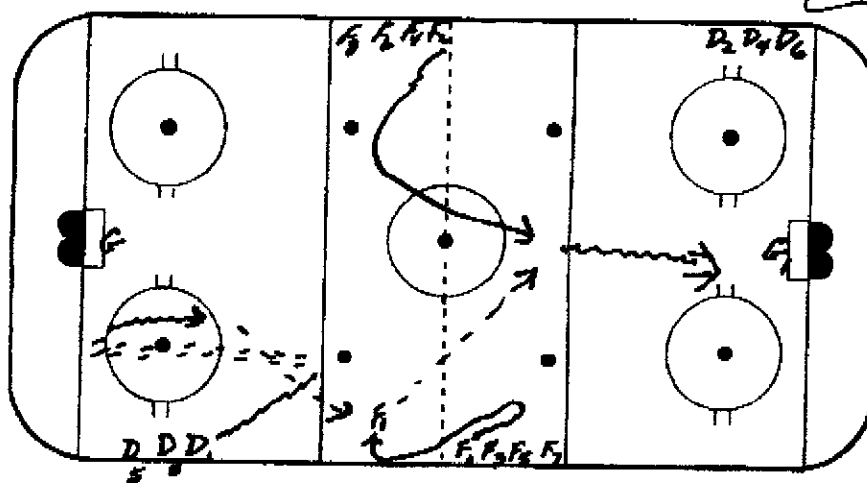
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift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

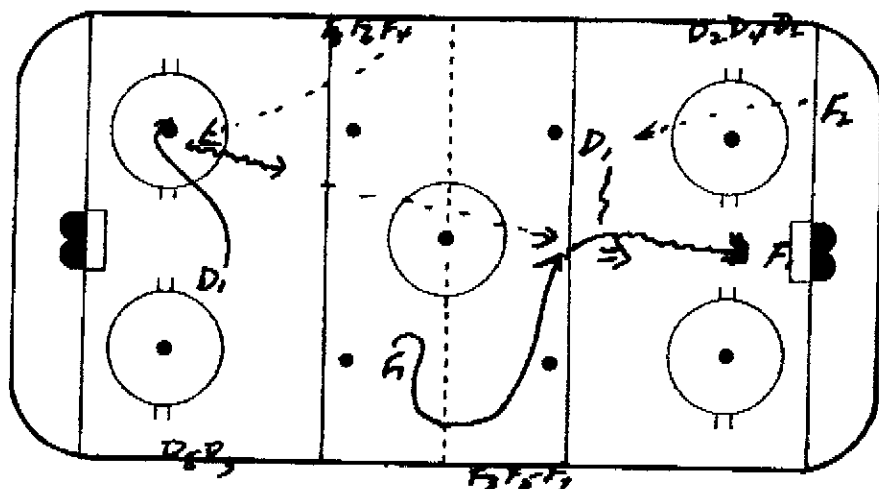
"SKILL DRILL"

TIMING SKATING, PASSING & SHOOTING 'PHASE ONE'



D₁ SKATES WITH PUCK - FORWARD TO
BL AND BACKWARDS TO BACK OF
CIRCLE - EXPLODES FORWARD &
PASSES TO F₁. F₁ TAKES 2-3
STRADES FORWARD & RETREATS
TO SET PASS FROM D₁. F₂ COMES
TO TAKE PASS FROM D₁.
F₂ SKATES & SHOTS ON G₁.

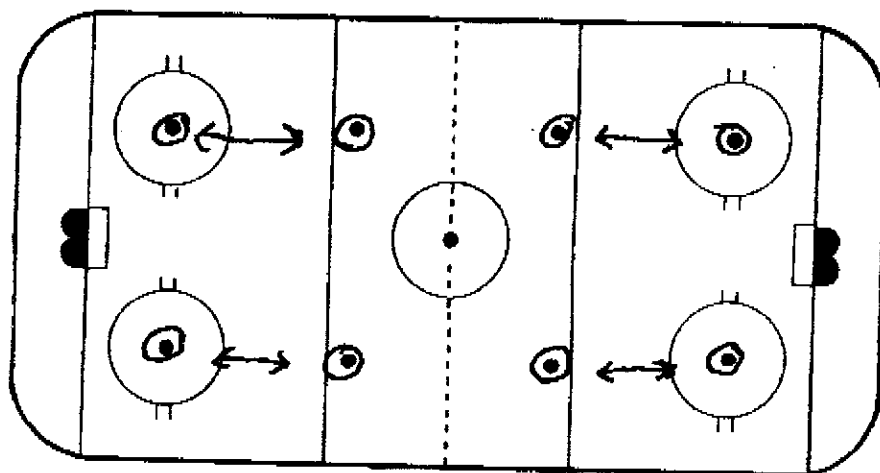
'PHASE TWO'



D₁ AFTER MAKING PASS TO
F₁ MOVES TO OTHER
CIRCLE AND TAKES PASS
FROM F₄. F₁ CIRCLES TO
TAKE PASS FROM D₁. D₁
EXPLODES & PASSES TO F₁.
D₁ FOLLOWS TO BL & RECEIVES
PASS FROM F₂. F₁ SCREENS
D₁ - SHOTS.

DRILL STARTS OVER IN
OTHER SIDE OF END

"FUN DRILL"

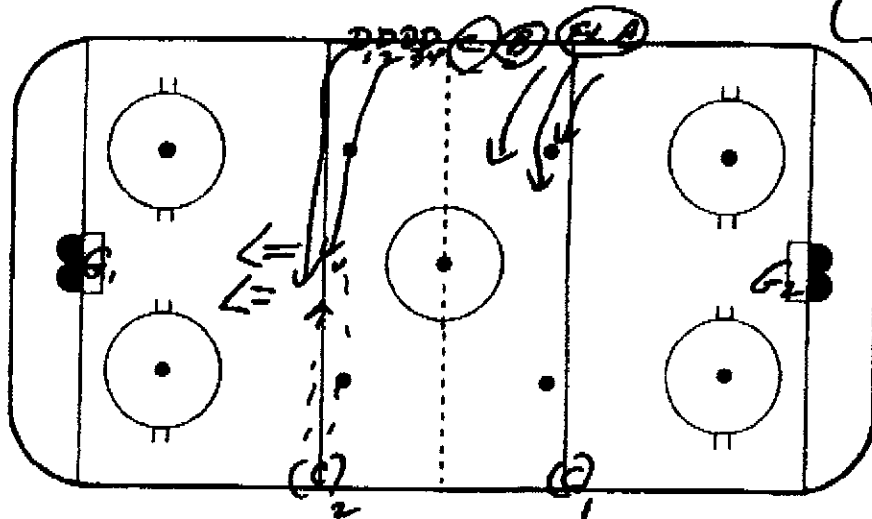


2v2 BATTLES

8 TIRES ON THE ICE
4 GAMES OF 2v2
PLAYERS MUST FLICK PUCK
INTO CENTRE OF OPPONENTS
TIRE TO SCORE.
KEEP- SCORE. PLAYAS
TOURNAMENT. PLAY OVERWHE
SUBSTITUTE ON WHISTLE.

TIME:

FAVOURITE DRILL



3 on 2 zero / 3 on 2 /
3 on 2 / 3 on 2 zero

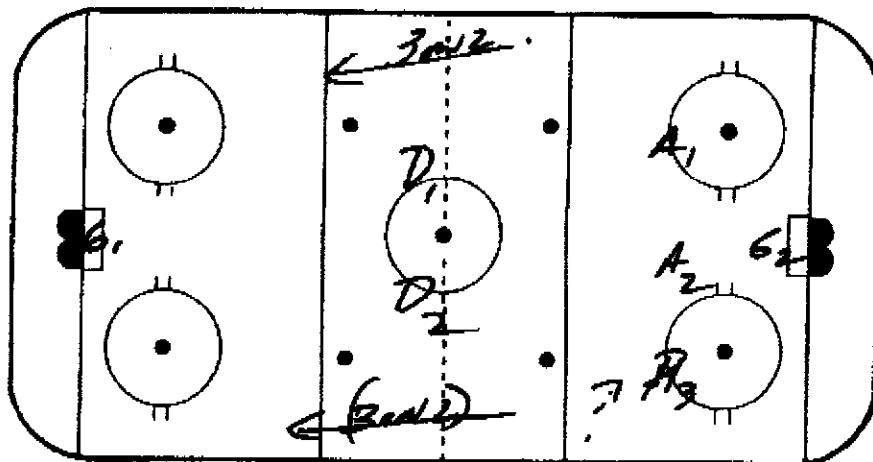
PHASE 1

ON SIGNAL - FORWARD LINE A
COMES ACROSS B.L. - STAY ON
SIDE. COACH GIVES THEM PUCK
ATTACK G2 - 3 ON 2 ZERO.
MUST SCORE. GOALIE GETS PUCK
THROWN IN CORNER.

D1 - ACROSS B.L. SHOTS - P2
ACROSS B.L. SHOTS.

D1 + P2 MAKE UP ICE FOR 3/2.

PHASE 2

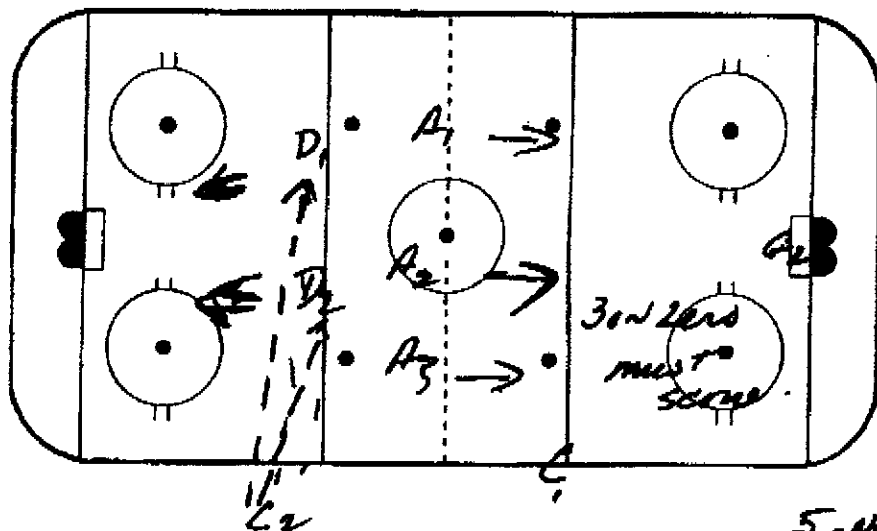


3 on 2 - once / 3 on 2 - twice.

COACH - GIVES PUCK TO
LINE A ATTACK - D1 + P2
3 ON 2. IF THEY LOSE
PUCK, OR POSSESSION THEY
RETURN TO C, FOR SECOND
PUCK AND AGAIN ATTACK
3 ON 2.

PHASE 3

WHEN - LINE A LOSES
PUCK ON SECOND 3 on 2 - THEY
RETURN AND GET PUCK FROM
C1 + ATTACK G2 - 3 ON 2 ZERO.
EACH FORWARD MUST TOUCH
PUCK BEFORE THEY SCORE
D1 + D2 RETURN TO B.L.
FOR TWO MORE SHOTS
(one each)

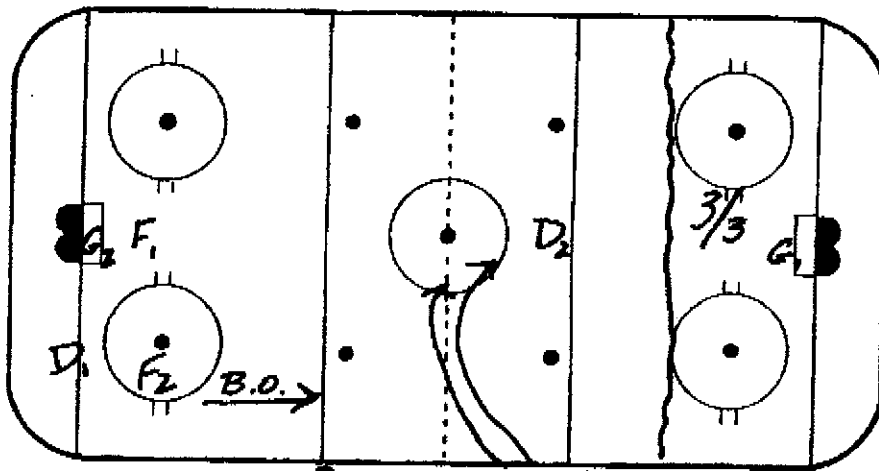


5 - new players start drill
over.

TIME:

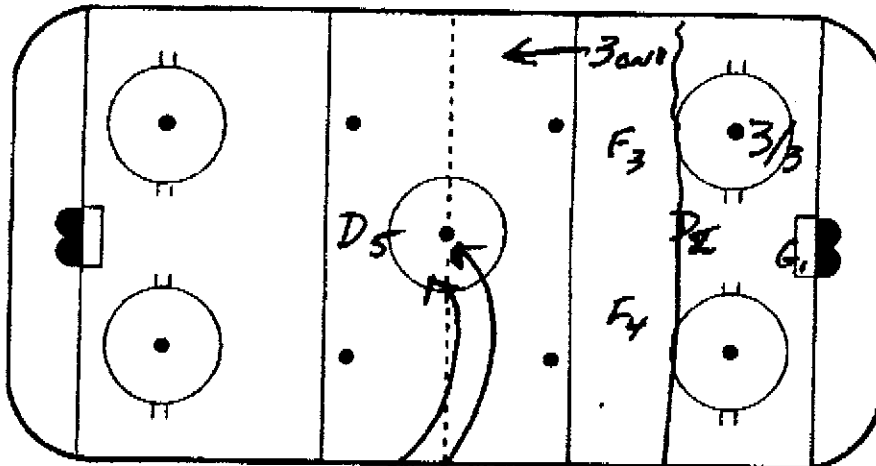
TEAM PLAY DRILL

CONTINUOUS 3ON1
PLUS 2 BACK CHECKERS



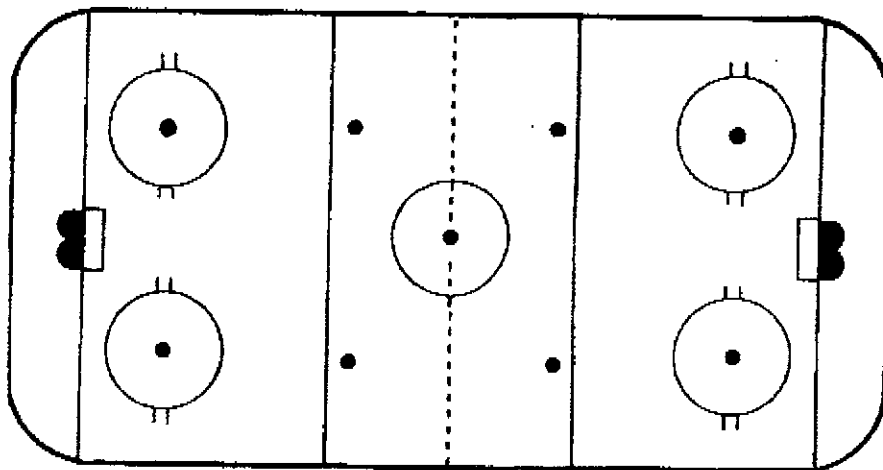
D₁ + F₁ + F₂ B/O. against D₂ - 3ON1. WHEN THE PUCK CROSSES R.L. F₃ + F₄ COME FROM BENCH, SKATE THROUGH CENTRE CIRCLE TO SUPPORT D₂ - CREATE 3IN3 BATTLE BELOW THE TOP OF CIRCLES.

PHASE ONE ↑



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 F₃ + F₄ + D₂ VS D₅
F₁ + F₂ + D₁ go to BENCH HARD. WHEN PUCK CROSSES RED LINE. F₃ + F₄ COME SUPPORT D₅

-DRILL IS CONTINUOUS.



DIN MCKER. NOV/2010

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

Neepawa Natives Junior "A" Hockey Club

Fax

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

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)925-5756 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
— —	Stick		Lateral Movement
X	Penalty		Defensive
	Puck		

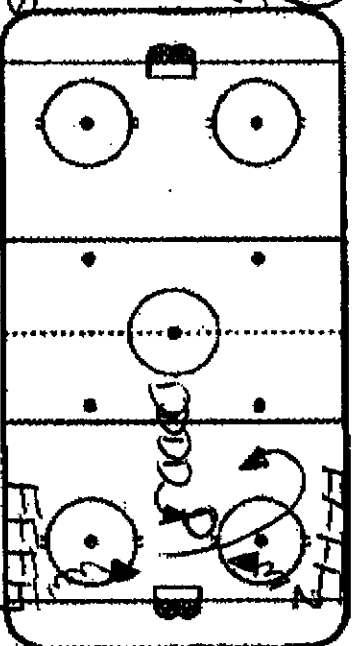
Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2v5)
F checks net for quick shot,
continues to opposite corner.
Def moves to defend. Fg bumps
puck to F, + now attack F +
Fg after quick 2v1 con-
tinues to opposite corner
+ checks net w/ Fg. D handles
2v5 1v5 + is replaced.
Key Teaching Points (KTP)

Key Execution Points (KEP)

File

Great Drill for Goalies



Date: Duration 20 (Minutes)

Time: 20 Drill Name: (Defensive Zone Situation / 5v5 Battle Zones)

Coach blows whistle + 1v1
starts. 1v1 low coverage
cutter 1v51 dissolves. Coach
blows and whistle to start
2v5 2, 2v5 2 low coverage.
Key Teaching Points (KTP)
1v5 move on blue line + wingers cover inside out.
after 2v5 2 dissolves, the teams switch.

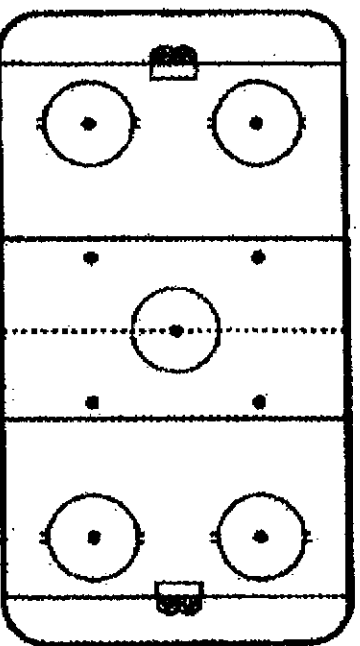
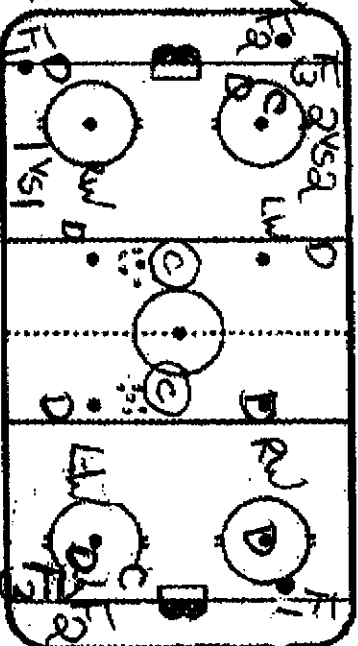
Key Execution Points (KEP)

File

*Option: 5v5 coverage on 3rd whistle

Date: Duration (Minutes) 0

Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

File


**HOCKEY
MANITOBA**
HOCKEY MANITOBA

217-200 Main Street
Winnipeg, Manitoba R3C 4M2
Tel: (204)925-5756 Fax: (204)925-5761
Web: www.hockeymanitoba.mb.ca
E-mail: info@hockeymanitoba.mb.ca

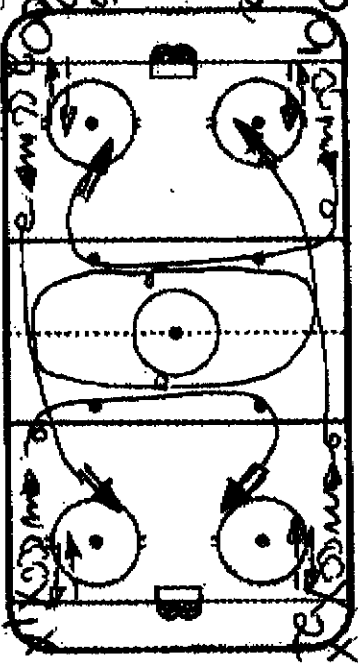
C	Coach		Puck Carrying
●	Forwards		Shooting
▲	Defenders		Pass
G	Goalie		Drop Pass
—	Stop		Backward Skate
X	Pylon		Latest Movement
	Pucks		Defensive

Date: JAN 10 Duration: 10 (Minutes)

Time: 10 Drill Name: (Long + Short)

ALL 4 Lines begin on whistle. Each Player starts w/ Puck + Pivots to Backwards. The Players make a pass to their line & get a Quick return pass. The players then pivot back to mid + then skate into "N". The players from opposite corners skate the same route. O + X go short around the net & take a shot on goal. Each player must perform a high speed skater in the "N".

Date: (Minutes)



Key Execution Points (KEP)

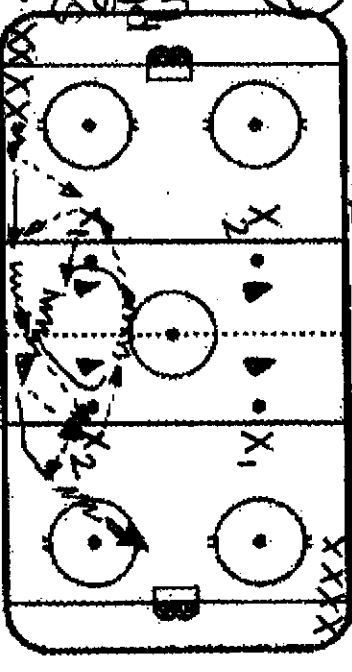
File:

Time: 10 Drill Name: (Sucker Drill)

Size: 1 drill, 1 same time.

On taking the return pass from X1, he stick handles to the pylon passes to X2, tight turn around the pylon + takes a return pass from X2. He then stick handles to the second pylon + passes to X1 again. After curling around the second pylon he takes a return pass from X2 moves down the boards passes to X2 again + after receiving a return pass from X2, cuts for the net for a shot.

Date: (Minutes)



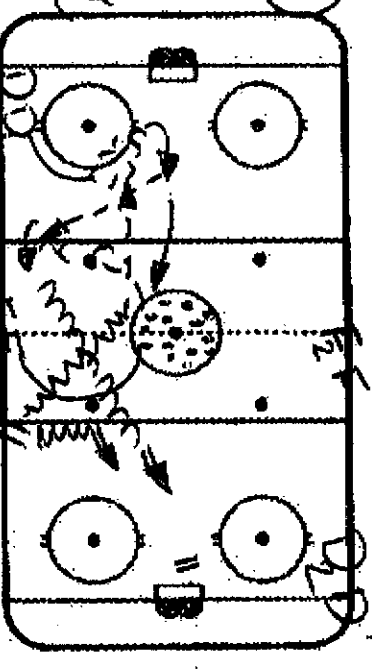
Key Execution Points (KEP)

File:

Date: (Minutes)

Time: 10 Drill Name: (ORE Transition)

H + F go to the same time after Red group, F + F gets puck back, sides in for a shot. D + D gets and puck to center, they skate to the wall, skate circle, access to the middle for a and shot. End plays the rebound.



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: _____

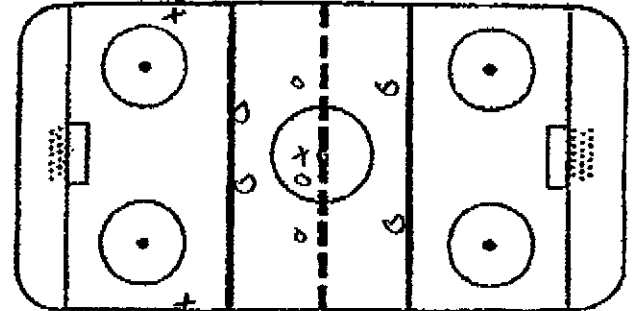
Time: _____

Duration: _____

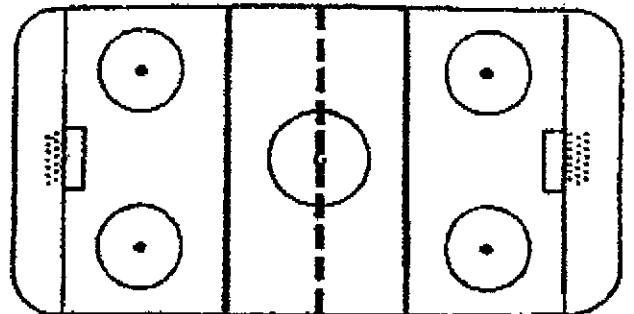
3. 5-3 / 5-5

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.



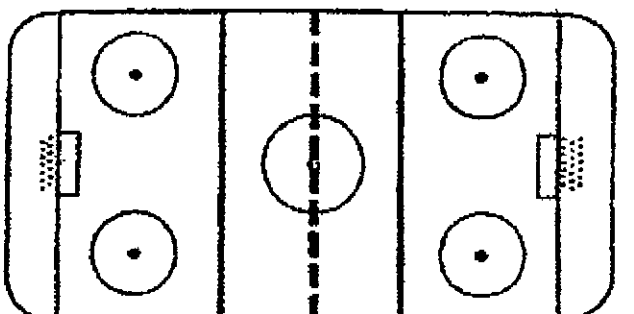
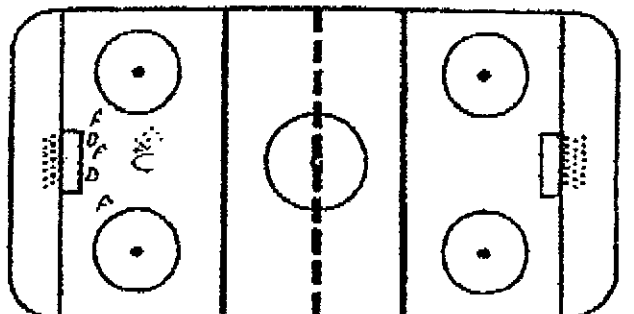
• play 5-5 until puck out of whistle.



3. 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



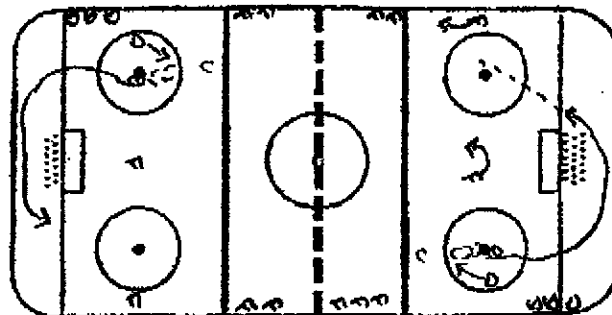
FOCUS: 1. _____
 2. _____
 3. _____
 4. _____

Date: _____

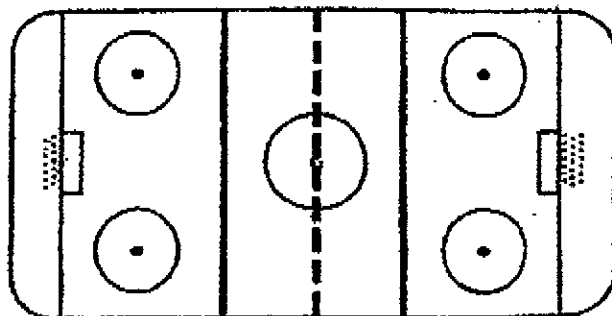
Time: _____

Duration: _____

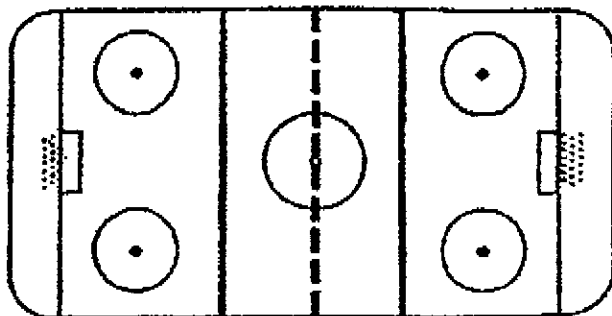
1. Johnson Breakout Favourite
- Wille starts @ 2 Forwards from each end touch red F into zone. D touch top circle and back to get puck that coach dumped into corner.
 - Coach forechecks. D read pressure. Either up or wheel. Pass to Forwards who attack 2-0.



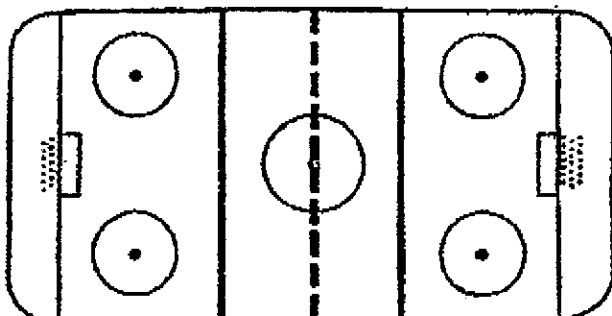
- D follow up for 2nd shot.
- * Before each rep Coaches communicate pressure.
 1. Stick in air → Up breakout
 2. Stick on ice → Wheel breakout



2. Net Rebound Drill Skill
- 1 net pushed down
 - 1 net placed behind other
 - Coach shoots 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.



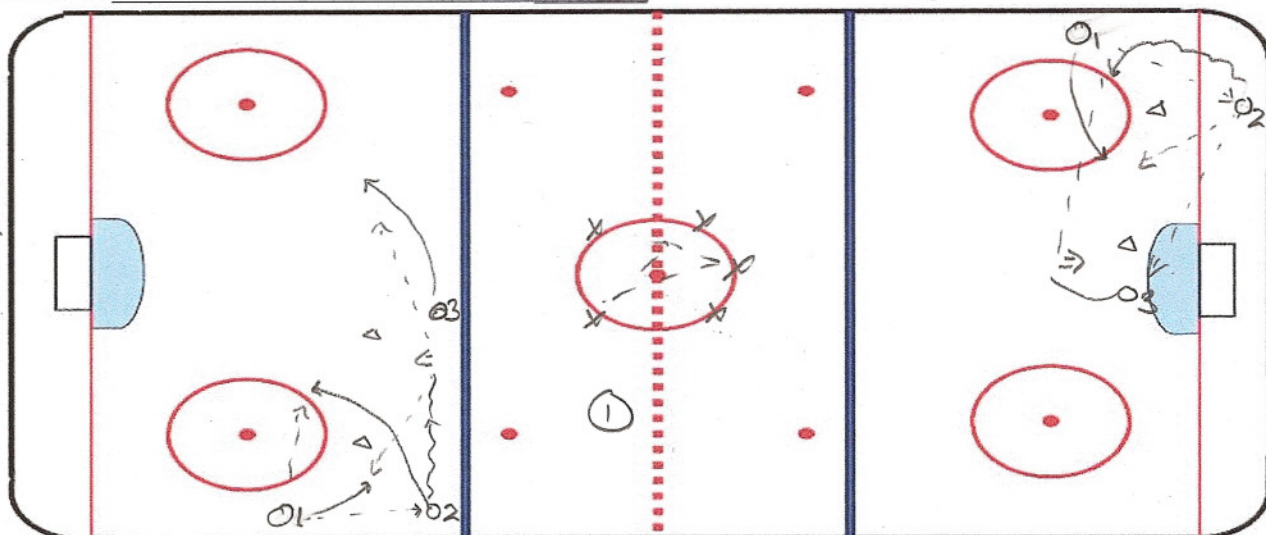


UBC WHKY - PRACTICE PLANNERS



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

FINISH ALL W/ SHOTS & REBOUND

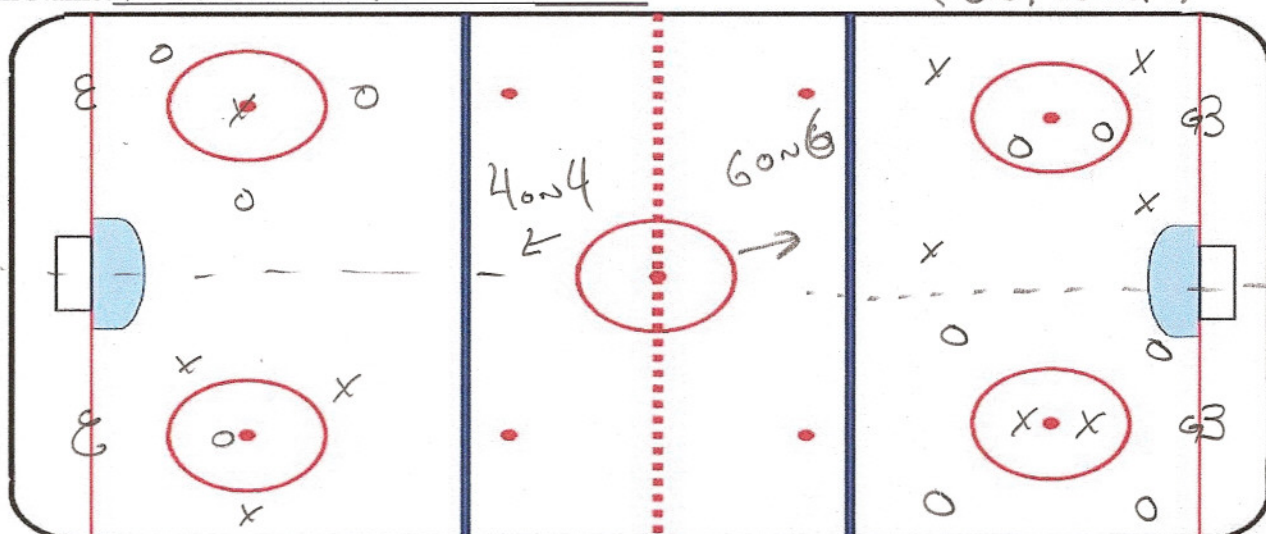


- ① STAR PASSING, ONE TOUCH, ADD 2ND PUCK - ADD "Pig in middle"
- ② LOW 3 vs 2 - CREATING ZONE'S - SKATING SEAMS - OPTIONS LOW.
 $O_1 \rightarrow O_2$ GIVE & GO. / $O_1 \rightarrow O_2 \rightarrow O_3$ / $O_1 \rightarrow O_2$ WALK UP WALL $\rightarrow O_3$ IN SLOT

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.)



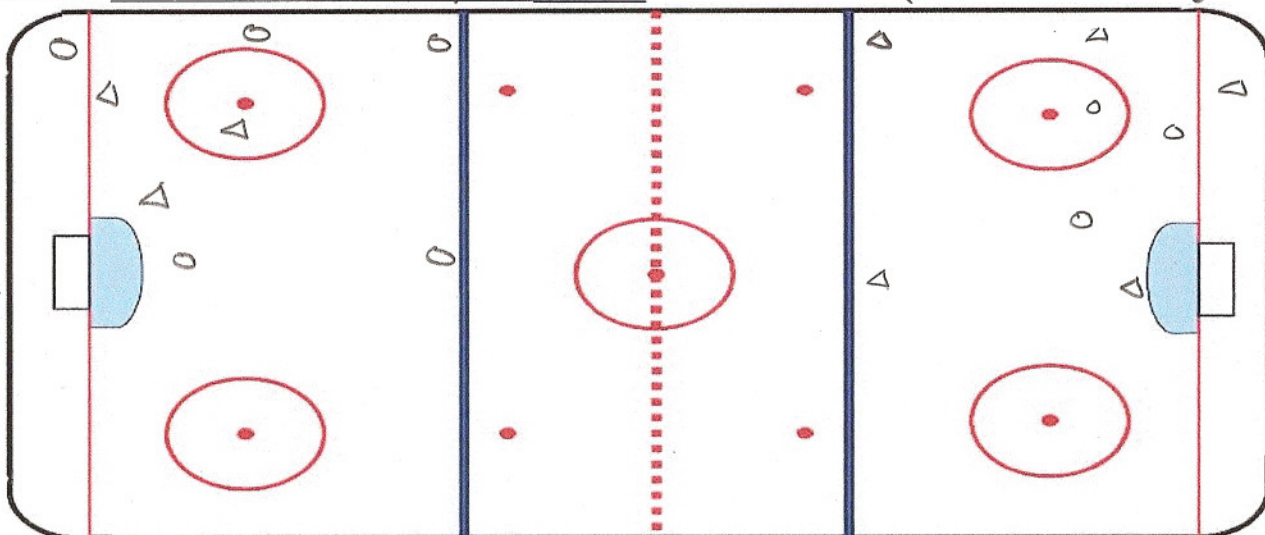
IMAGINARY LINE CUTTING ICE IN HALF NEITHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON OTHER 4 ON 2 HALF. OTHER 2 ARE KILLING THEIR HALF.
 - CAN DO 4 ON 4 AS WELL. OR 5 ON 5 BY ADDING ONE MORE
 Key Teaching Points: KILLER TO 4 ON 4.



UBC WHKY - PRACTICE PLANNERS



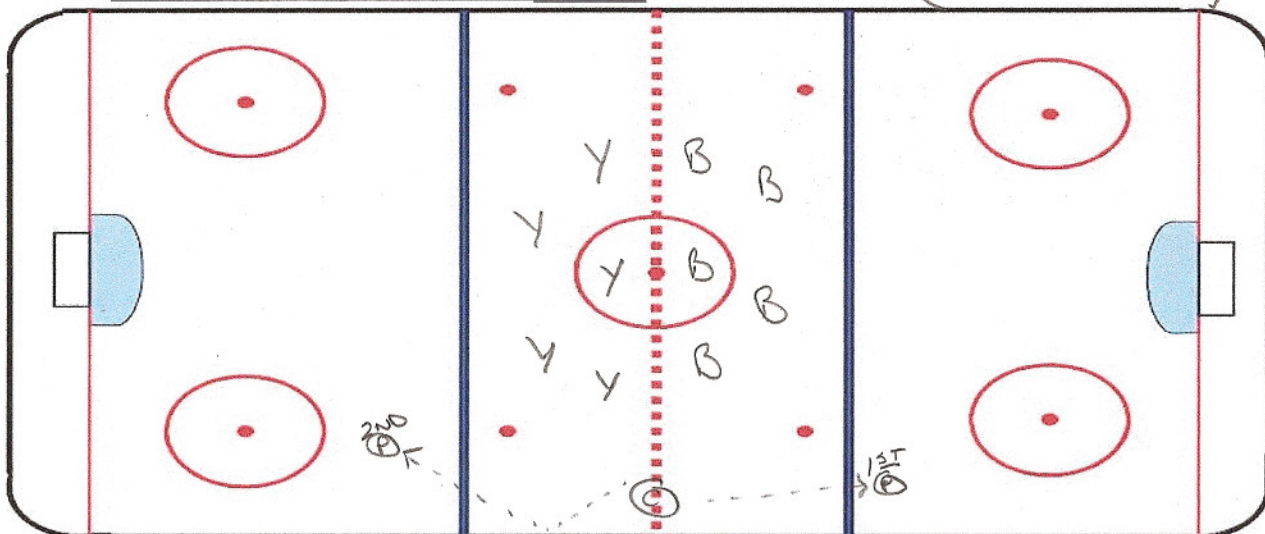
Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



5 O's ON OFF PLAY LOW CYCLES. VS 3 D's. O's MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SPOTS ETC. 3'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 D'S EXTRA PLAYERS SUB IN

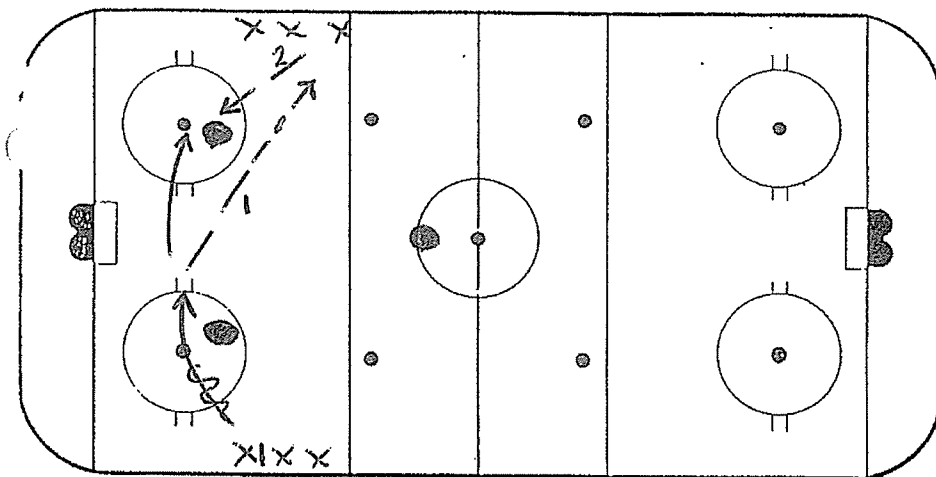
Drill Name: CANUCK N.Z. F/C. (CONT 30 SEC) (DEF TEAM)



© SPOTS (P) RANDOMLY IN N.Z. B TEAM R/G'S THIS (P) WHILE Y TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE © SPOTS 2ND (P) Y TEAM TRANSITIONS ON THIS (P) B N.Z. F/C.

© KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO Key Teaching Points: GAIN ANY ICE. (P) PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BONCH.

P. WOODS



WARMUP

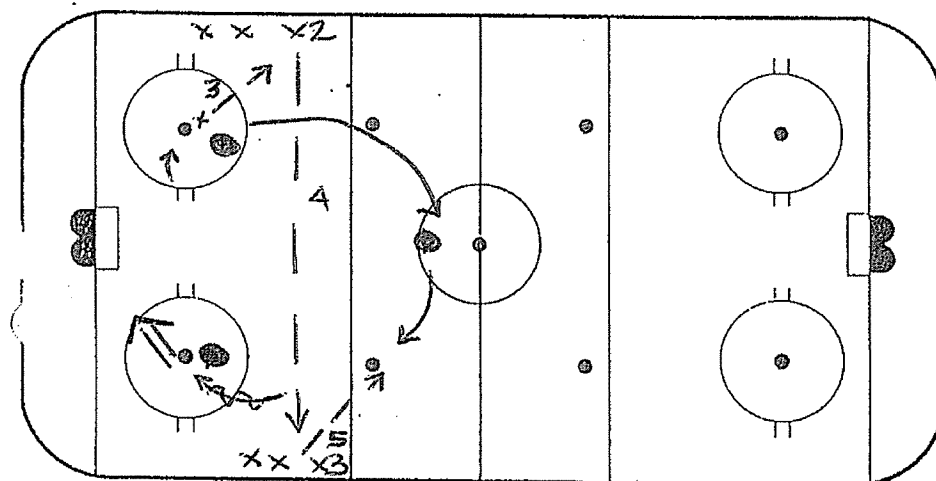
SHOOTING DRILL

PLACE PYLONS

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)

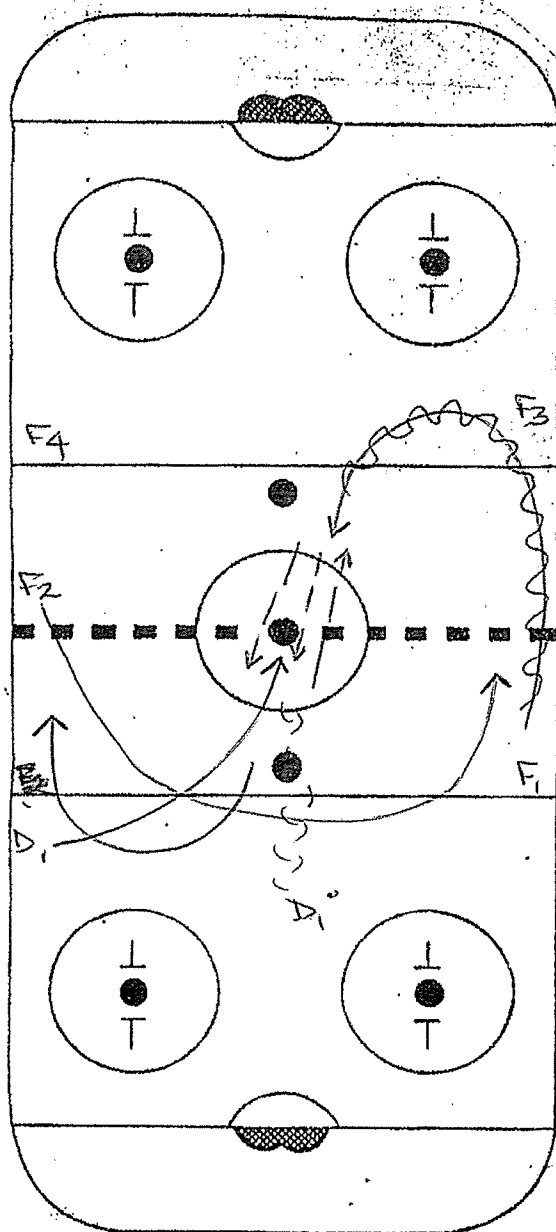
PERIMETER OF CONES

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

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

Category COMBO.

Drill Name KAZ → NZ, | 2x1 | 1x1.

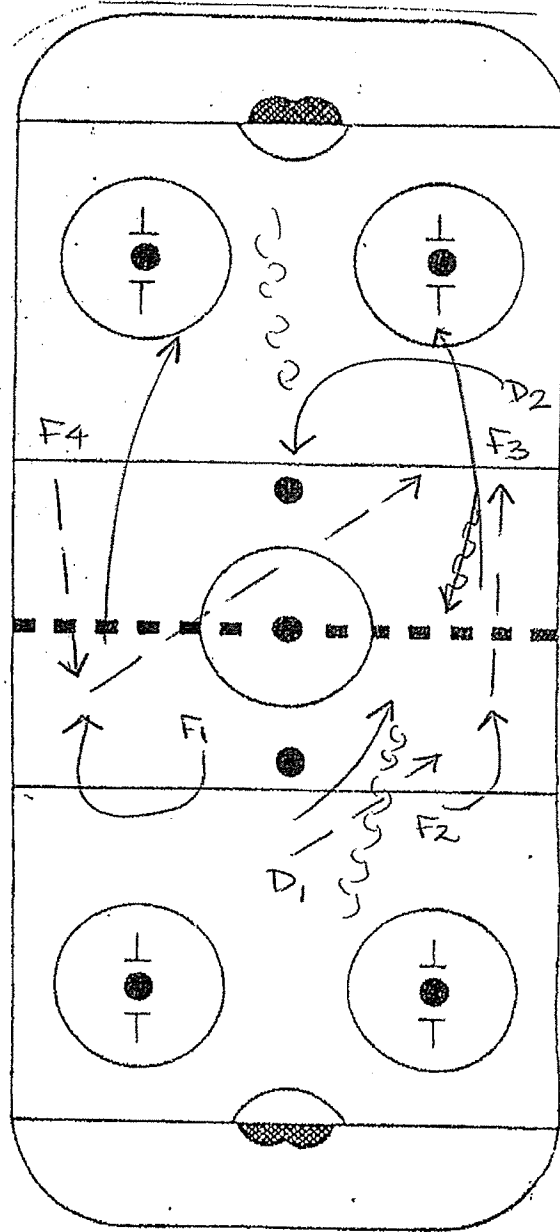


Action

- F1 SWINGS HIGH TO BLIND
- D1 STEPS UP TO CENTRE BACKS
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNATH X-100
- D1 QUICK UP TO F2

Teaching Points

- F2 PASSES TO F3
- F1 RECEIVES PASS FROM F4
- F1 - F2 2x0, | 2x1



Action

- F3 ATTACKS D1 1x1.
- F4 STARTS DRAW OFF WAY ROTATION.
- F1 - F3 - F2 - F4

OR STAY ON SAME SIDE OF PINK AND ROTATE PUCKS

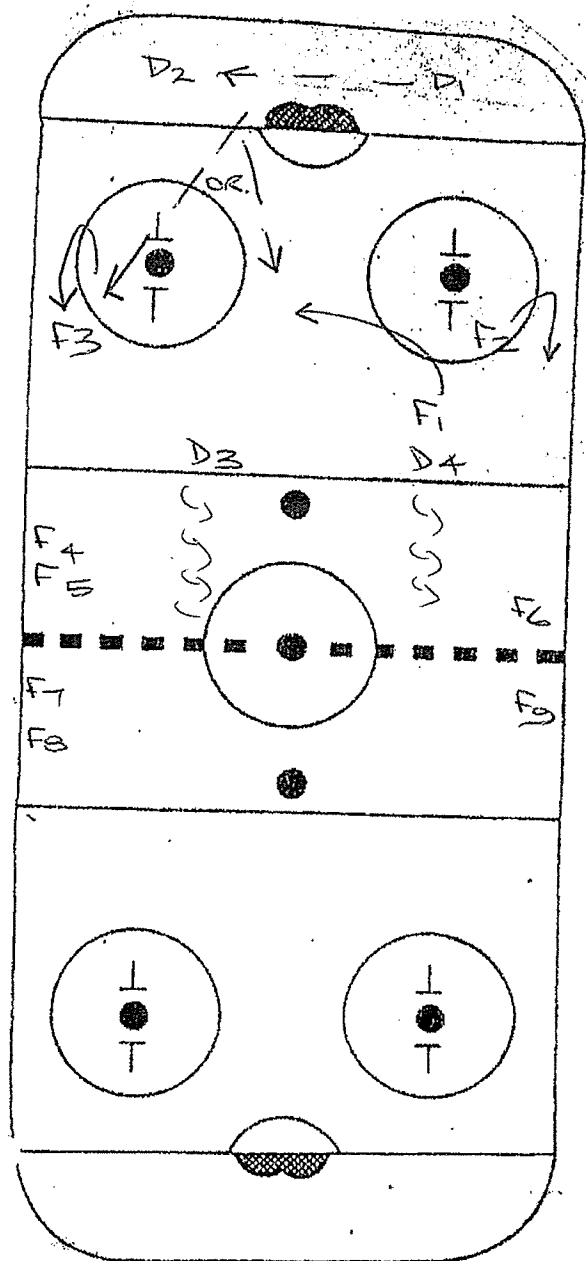
AFTER 5 MINUTES

Teaching Points

- TIMING / EYE CONTACT
- COMMUNICATION
- SPEED / TRANSITION / N.Z

Category BEAROUTS

Drill Name CONTINUOUS BREAKOUT

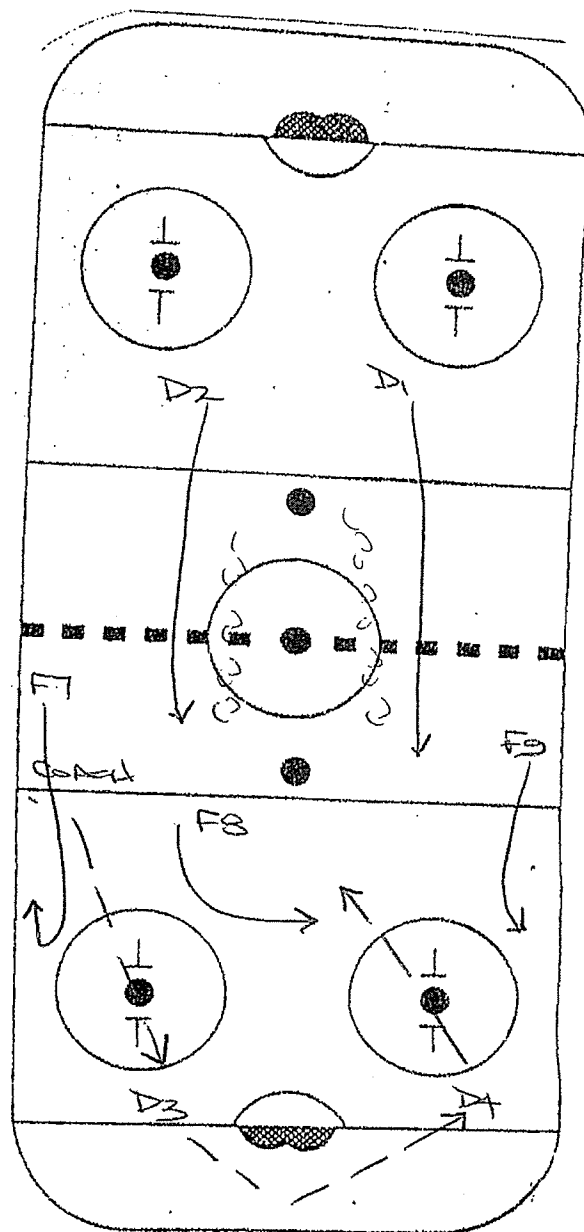


Action

- Coach spots Puck for D1/D2
- Partner Pass D-D
- D - F1/F3 Attack 3x2.
- D1/D2 Support. Quickly

Teaching Points

- ON WHISTLE Coach spots Puck to D3/D4
- For Breakout with F7/F8/F9.



Action

- Continuous 3x2 using both ends

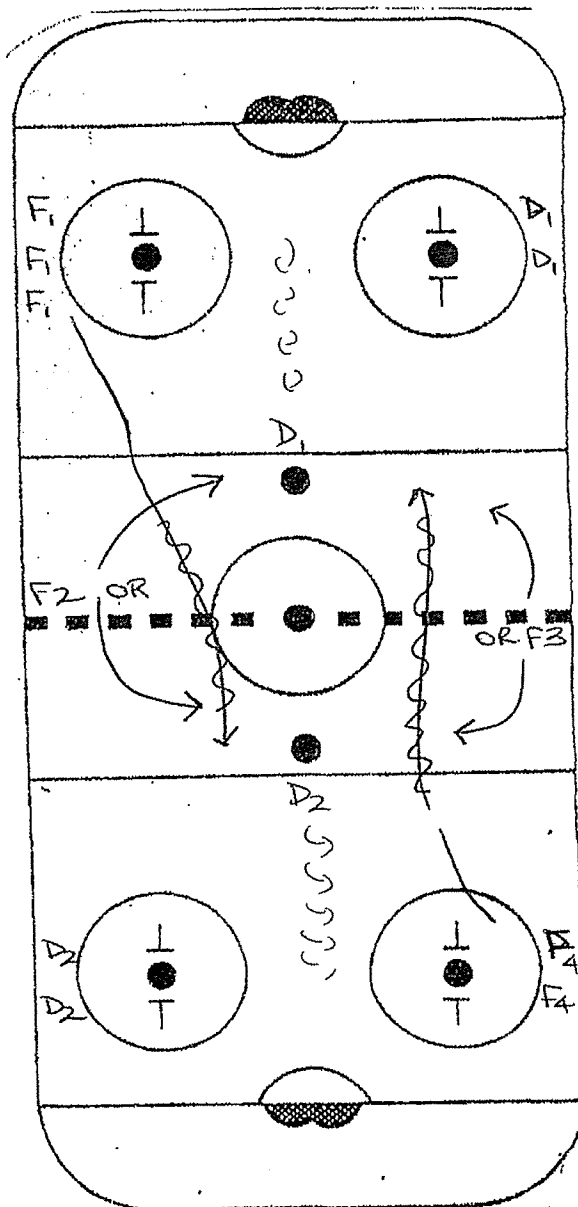
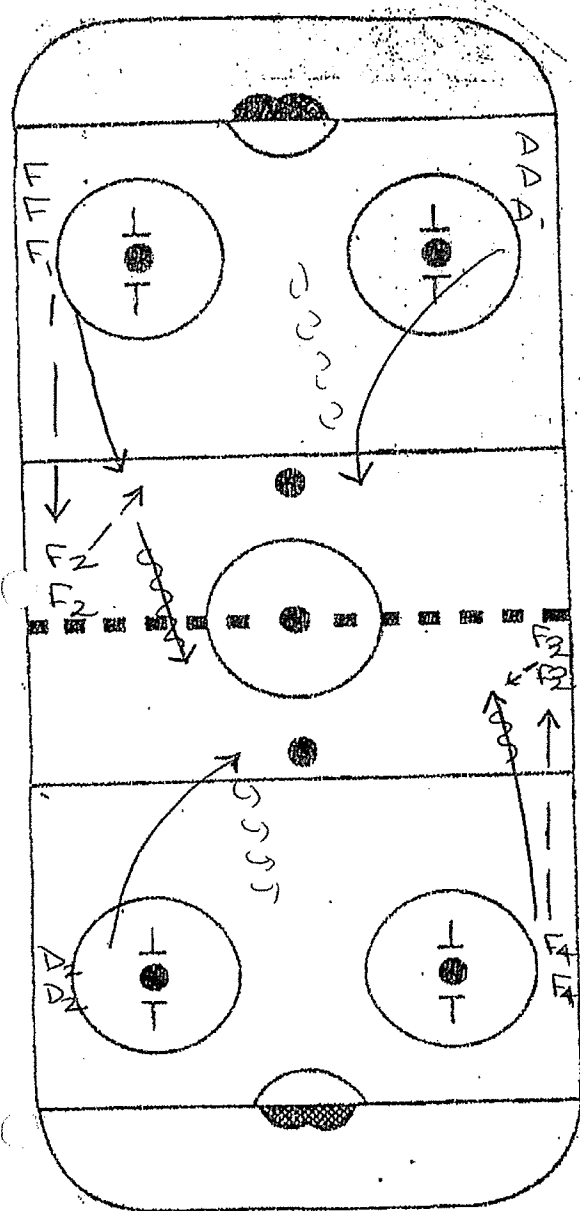
NB OFFENSIVE PLAYERS FOR MIGHT PUT PRESS ON NET 3x2 (OFFENSIVE TRIANGLE).

Teaching Points

- TAPS TO TAPS PASSING.
- EYE CONTACT
- C&D 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.

Drill can develop into 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

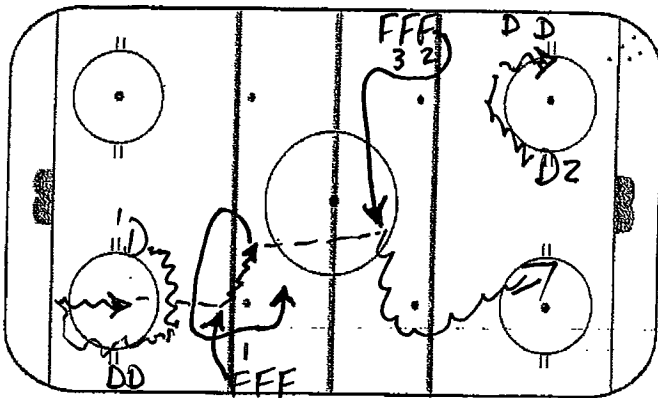


Date:

Dan Olsen

TIME DRILL NAME
Skill Drill

☒ CONTINUOUS
☐ CONTROLLED



OBJECTIVE(S) transition skating.

- START - passing (controlled) shooting
- D₁ skates fwd to board around circle w/ \bar{p} , skating up ice @ bottom of circle
 - D₁ pass to F₁ who jumps off boards into opening
 - F₂ accelerates to mid-ice to receive pass from F₁ & goes wide for shot on net
 - F₁ curls back to original line & while moving preps for pass from F₃ who is repeating drill w/ D₂ on other side of rink.

KEYS - continuous drill

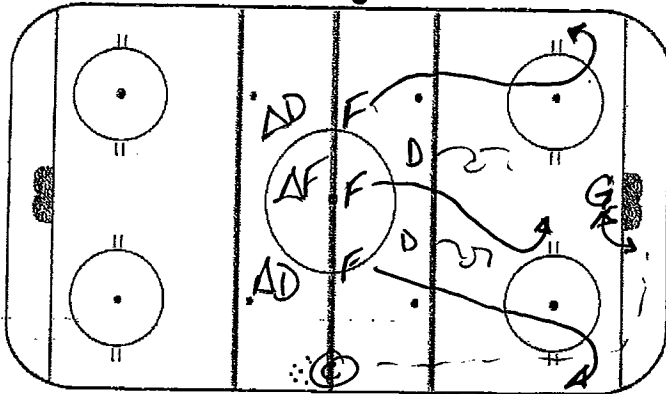
- D work on transition skating & passing quickly
- F's control skate & prep to accelerate thru N-Zone
- use timing to accelerate @ the right moment for mid-ice pass.

ROTATION

VA. IONS/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 2D & 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 2D & 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.

2010/011 D.O.T.W.C

Date:

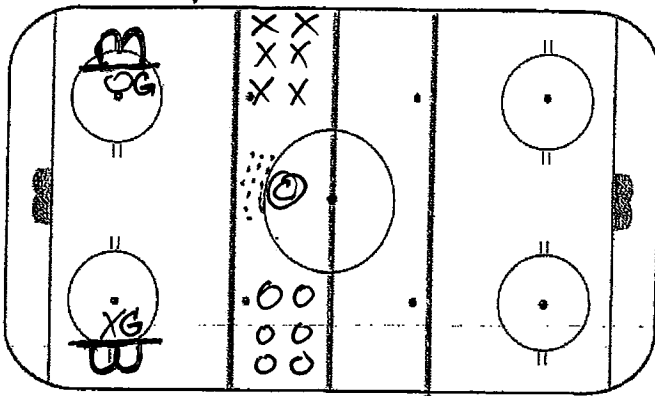
Dan Olsen



Fun &

TIME DRILL NAME
Competitive Drill

☐ CONTINUOUS
☐ CONTROLLED



OBJECTIVE(S) / vs 1 - times 3

START

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

KEYS 2 new / vs 1 starts.

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

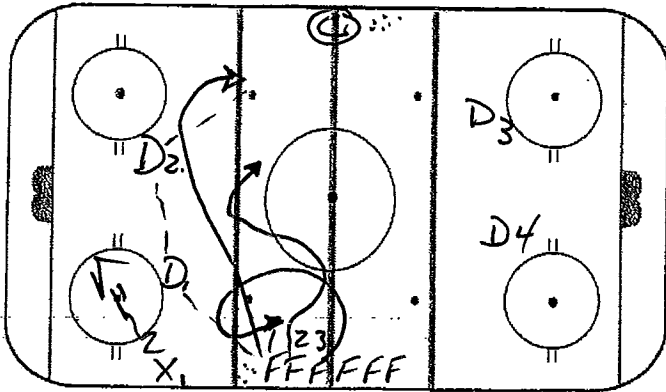
ROTATION

ATIONS/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 p 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

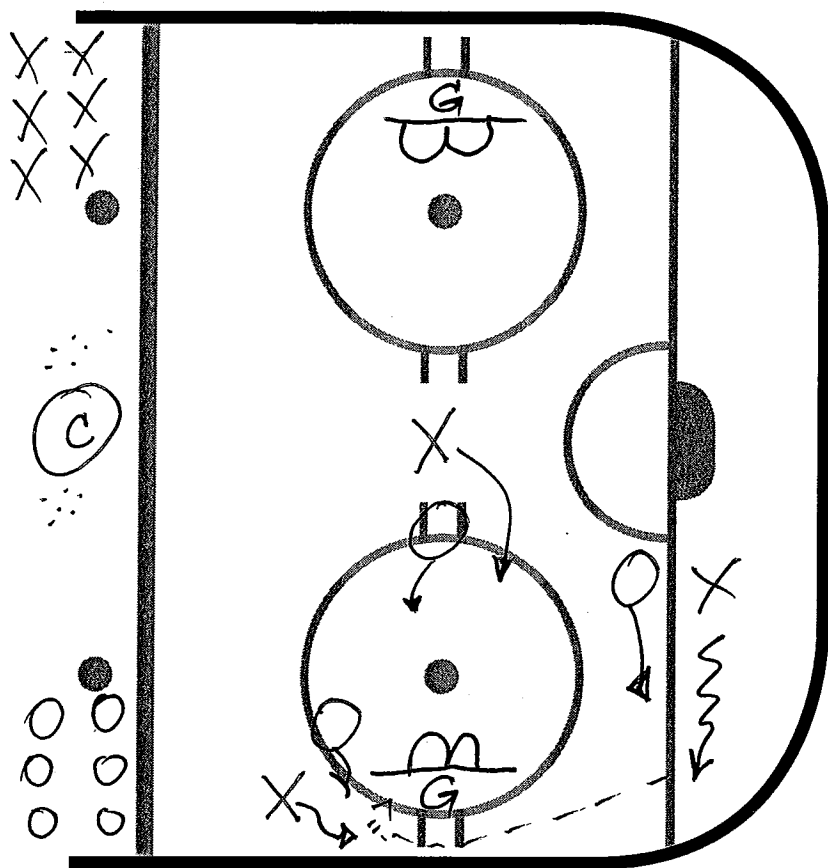
KEYS - on second whistle

- (C) spots new p 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.

Goaltender 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
- © 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 BAYING

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

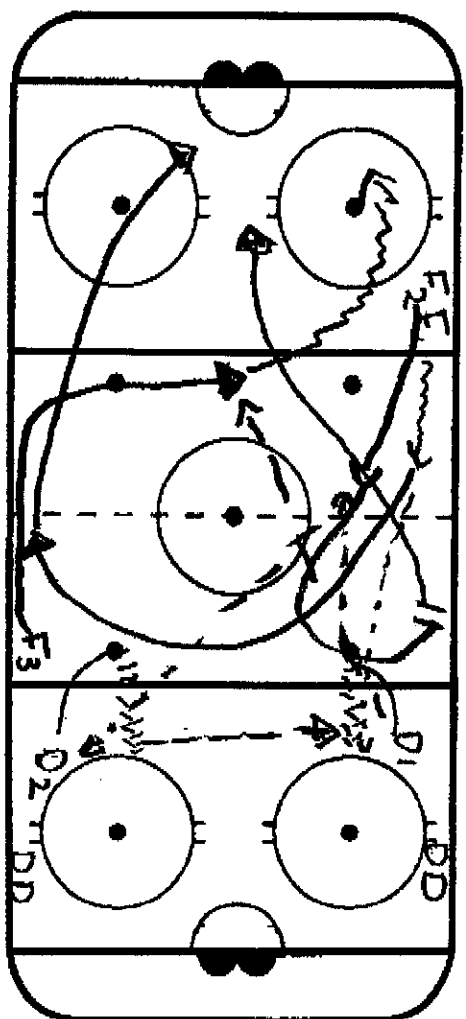
TIME: _____ DRILL: SKILL

- D₁ and D₂ jump out and back pedal into zone.
 - F₁ and F₂ leave F₃ 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

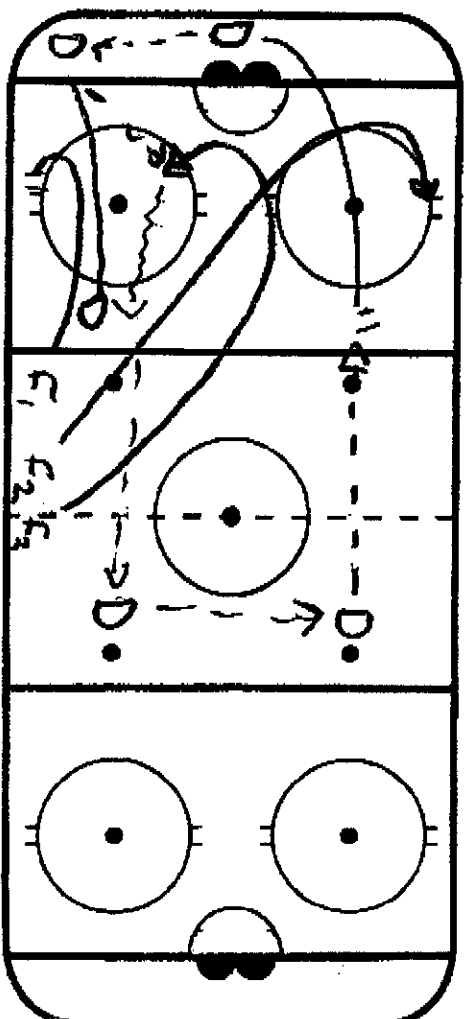
TIME: _____ DRILL: Team Play

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 and change, one F stays to 4v D men who are now breaking out 3 new F's changing from the bench. Continuous

3 men NZ



Change Drill w/ 4v



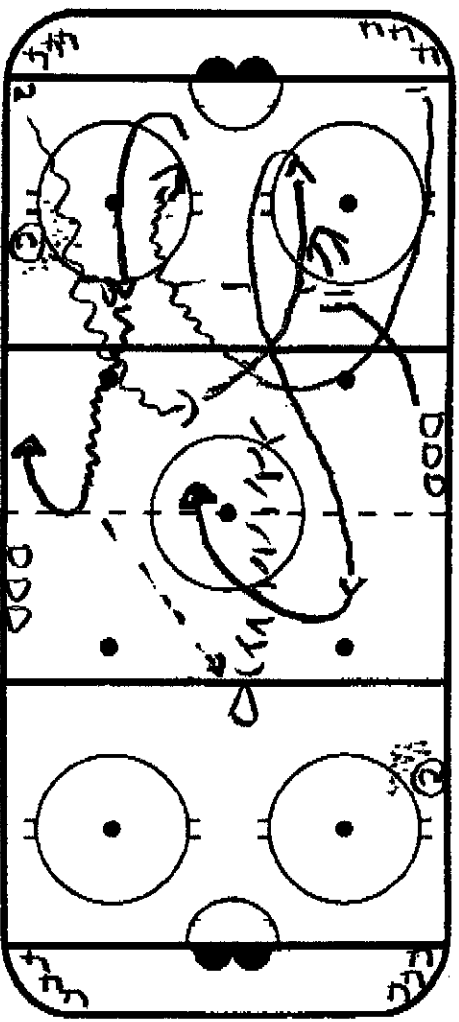
TIME: _____ DRILL: FAVORITE

F₁ and F₂ leave with puck swing outside blue line and attack Zone D then jumps in gets a pass from Coach and shoot with F₁ and F₂ of net. After shot F₁ and F₂ breakout get a pass from Coach and regroup with D men. F₁ and F₂ then attack Zone again with regrouping D men following up for another pass from Coach and shot. Once D men regroup F₁ and F₂ other end starts. Continuous

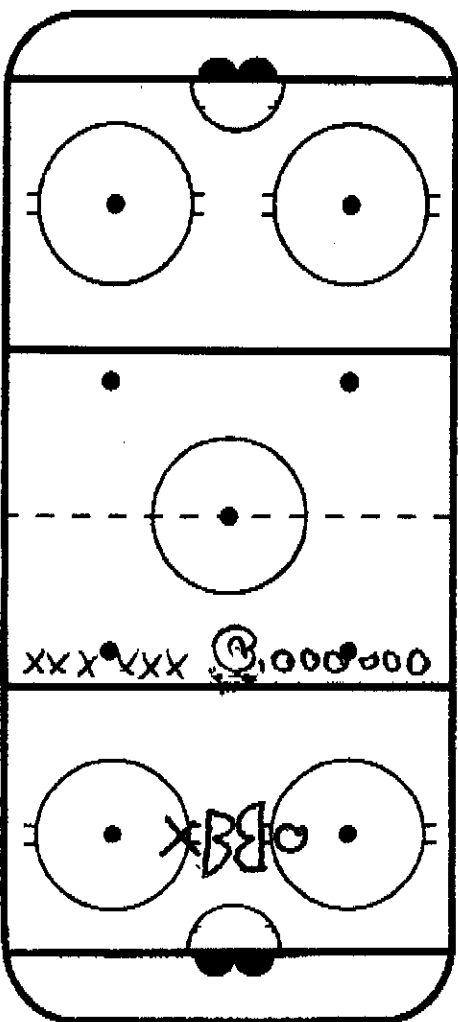
TIME: _____ DRILL: COMPETITIVE

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

Detroit Game Day



3vs3 1/2 ice nets back to back



To: Enio Sacilotto FAX: 604-792-4656 ①

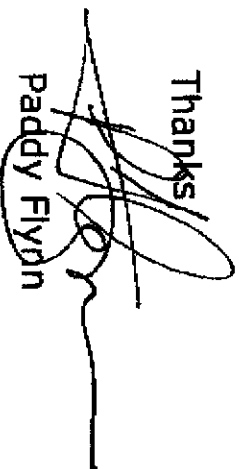
From: Paddy Flynn, Target Hockey Academy Ltd.

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

EMAIL: 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:

THE MORE WE SWEAT IN PRACTICE

THE LESS WE BLEED IN THE GAME

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

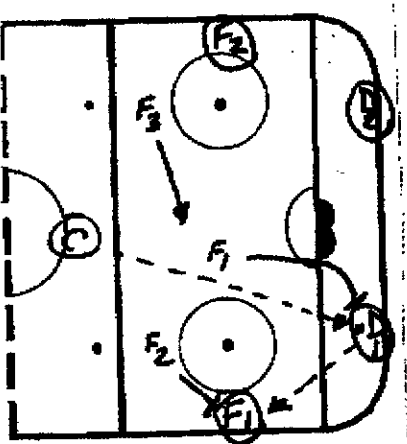
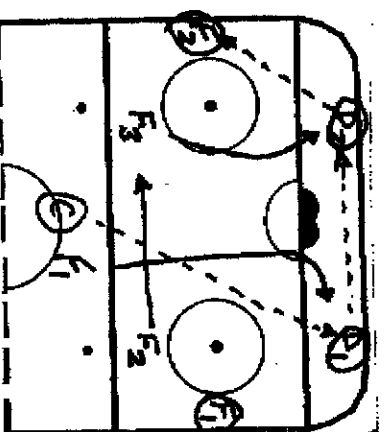


Diagram #2



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.

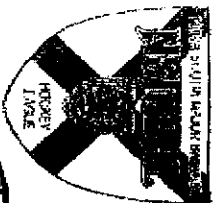
F2 and F3 read and react to what F1 shows.

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: _____

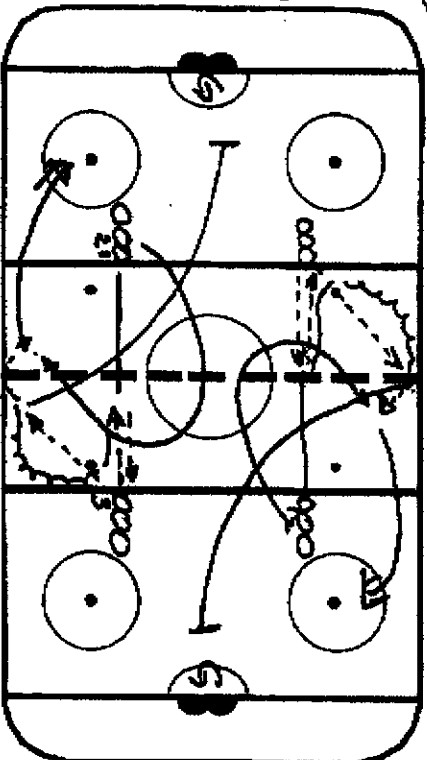
DATE: _____ PRACTICE TYPE: _____

(3)



Skill

Drill



Notes / Systems

Both Sides

Description

"2-on-0 Support / Net Drive"

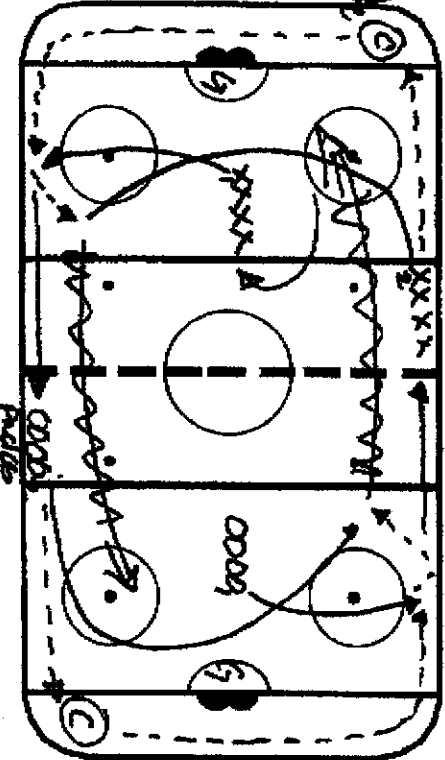
- O₁ Attacker w/out puck O₂ Pass (one touch)
- O₁ Flows O₂ Times Arrival for support
- Receiving fore chip or direct pass.
- Execution / Communication on Key Faci of the Drive

w/ controllers

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 drill

Favorite
Drill

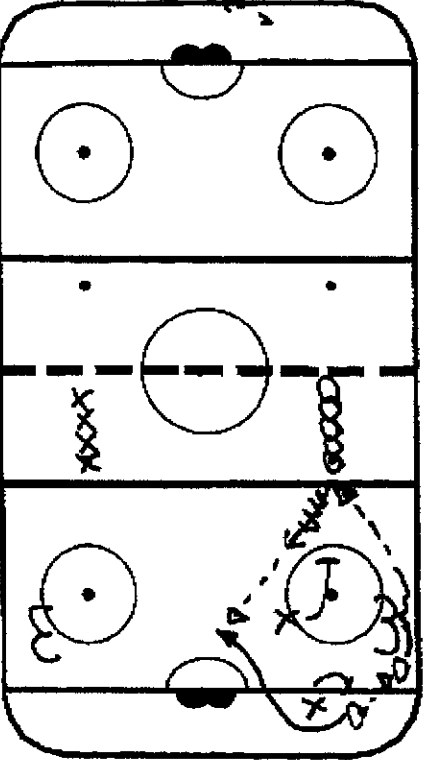
Notes / Systems

"WRAP - Pick any puck on Board Skill"

Description "Activation Drill"

"Game"

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

Fun/
Important
Drill

Notes / Systems

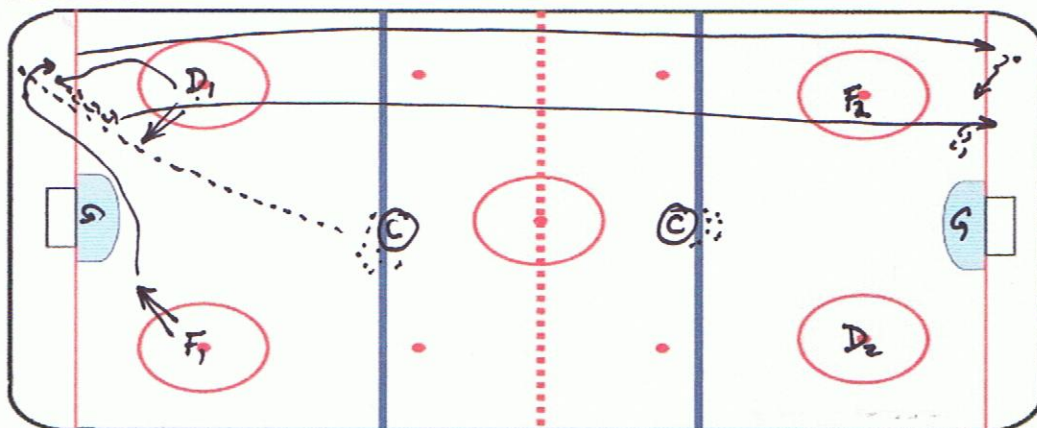
"Put Something on the line"

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

DRILL OF THE WEEK 2010-11

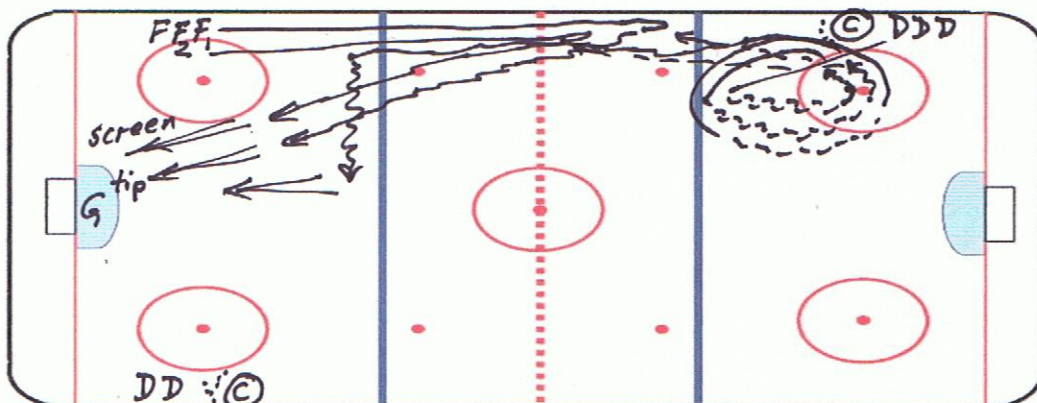
1) Defensive Drill: 1 ON 1 BATTLE

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



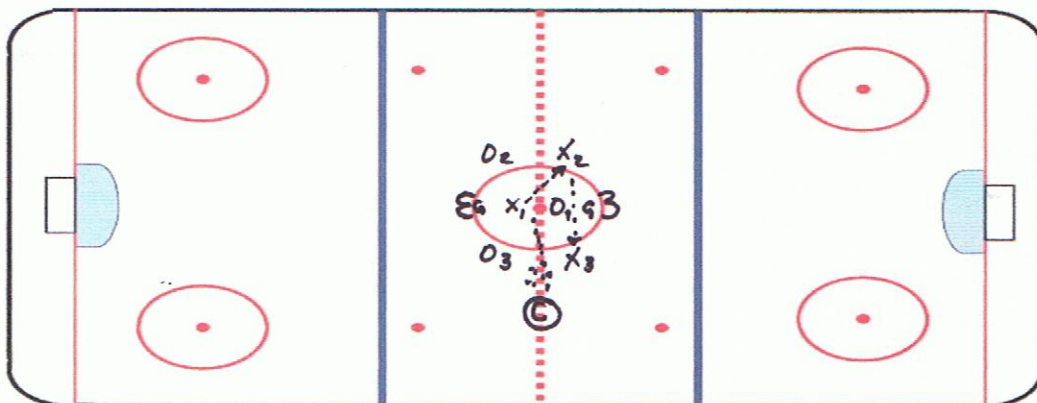
2) Offensive Drill: 3 SHOT GOALIE WARM-UP

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



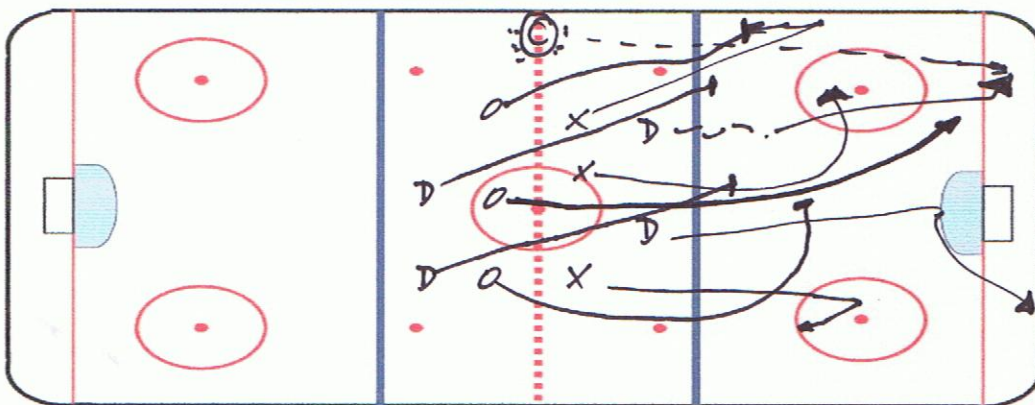
3) S. White PP Drill:

- 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

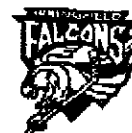
- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2nd puck so O's FC again vs X's BO



"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
- O1 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.

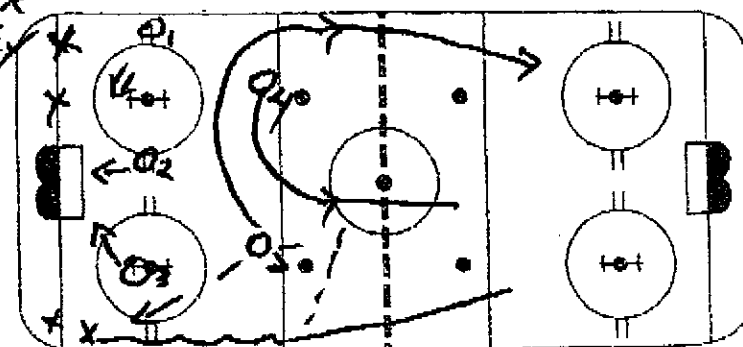
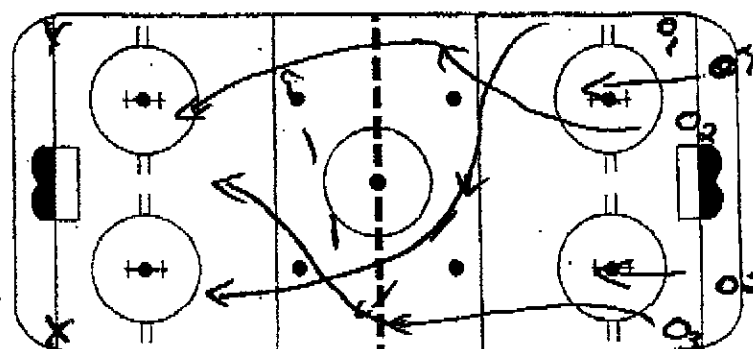
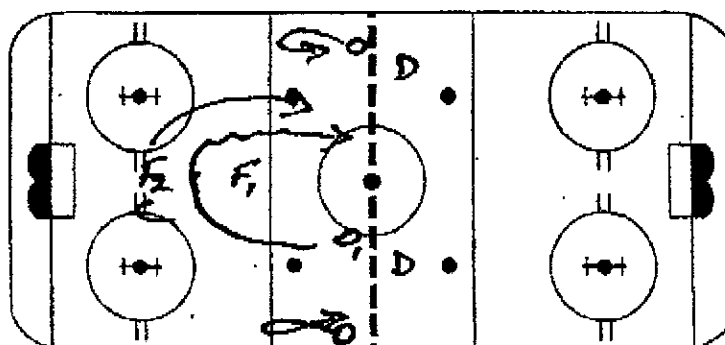
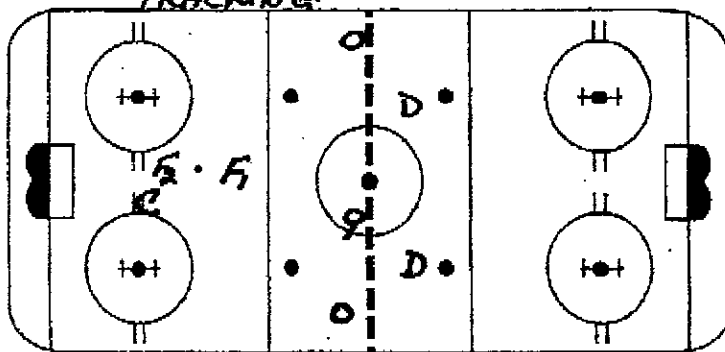
PROGRESSION: SEND 2: 3
TRACKERS + 2 OFF. DEF FOR
30W 30W

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 FORMS THEM
& RETURNS TO OTHER END
& 2 MORE FOLLOW UP.

TRACKING





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME _____

DATE _____

POST-PRACTICE COMMENTS _____

REASON _____

SKILL DEVELOPMENT
FOR DEF. QUICK HANDS & DECISION MAKING

TIME

DRILL

DEF. BACK PASS & SHOOT

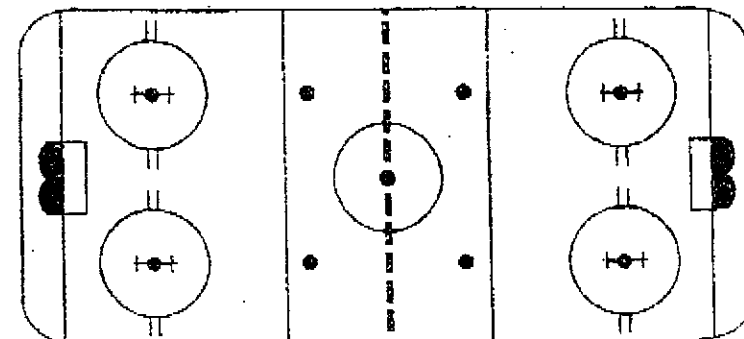
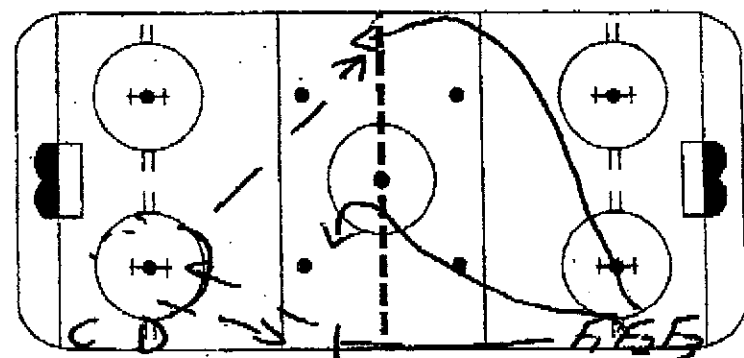
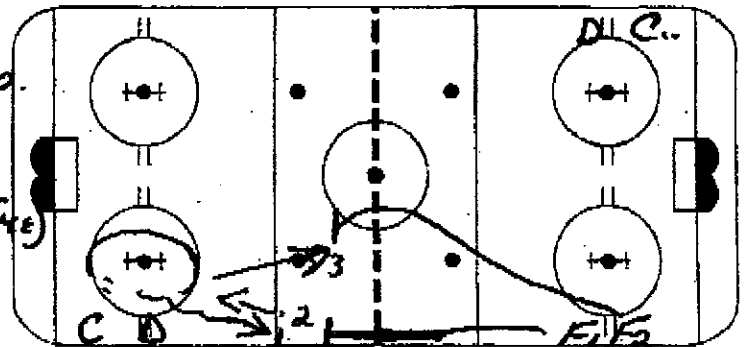
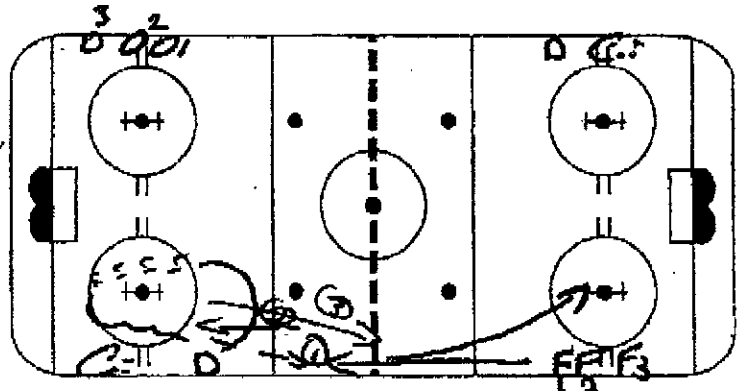
"RULE OF DRILL IS THAT A 2ND
PASS MUST ALWAYS GO BACK
TO D."

• D STEPS OVER TOP OF
CIRCLE & GETS A SPOTTED PASS
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 LOOK FOR
2ND OPTIONS ON 2-0 &
3-0 PASSES.





SPRINGFIELD FALCONS DRILL WORKSHEET



THEME _____

DATE _____

POST-PRACTICE COMMENTS _____

REASON _____

TIME _____

DRILL _____

FIN DRILL

10 GOAL (OR 10 MINS.
YOUR CALL)

- F₁ & F₂ TAKE OFF FOR QUICK 2-0 PASS FR. C

- F₁ & F₂ NOW GO 2-1 VS D
SHORT NET PLAY.

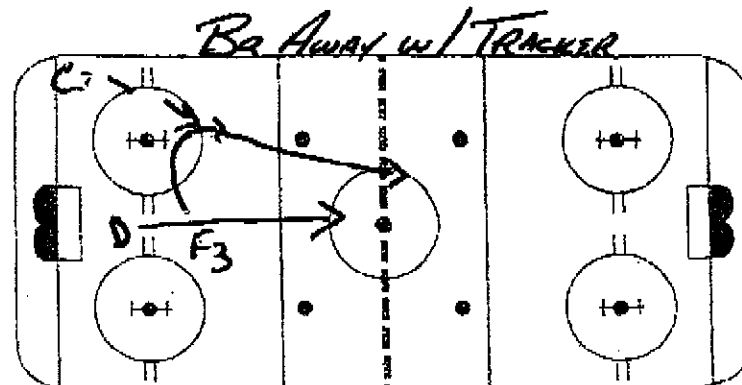
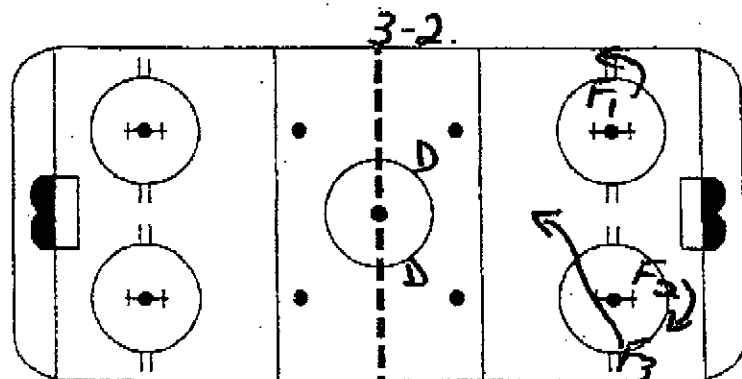
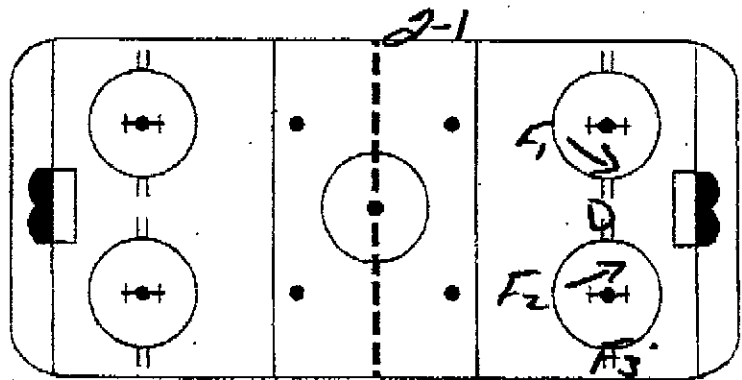
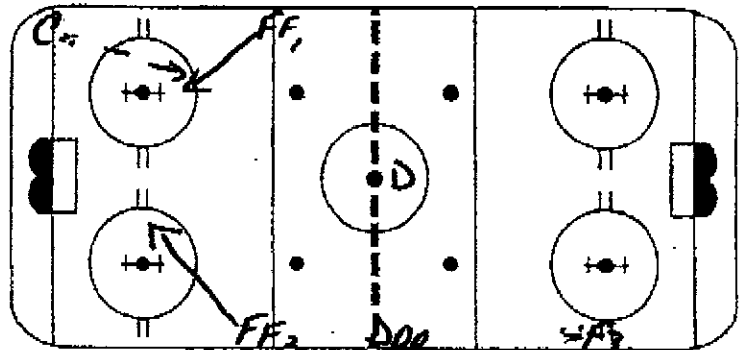
- F₃ STEPS OUT W/ PUCK...
GOES 3-2 W/ F₁ & F₂.

- F₃ NOW GOES 1-0 TO OTHER
END W/ 1-0 TRACKING
STARTS OVER.

- * LOTS OF OPPORTUNITIES
TO SCORE.

QUOTE:

"... NO EXCUSES - NO
EXPLANATIONS"



Coach Enio,

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

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

Good luck to all the coaches this season.

Clayton

DATUM: _____

GEGNER: _____ REF: _____ SCORE: _____

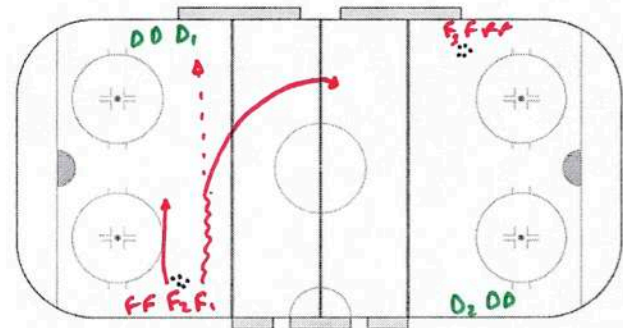
Sweedish Wheel 2v1 SKILL



INJURED: _____

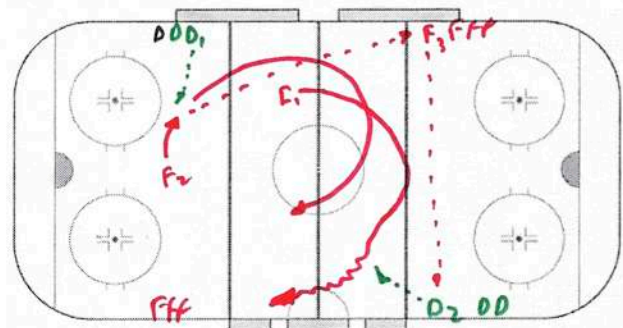
NOTES:

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



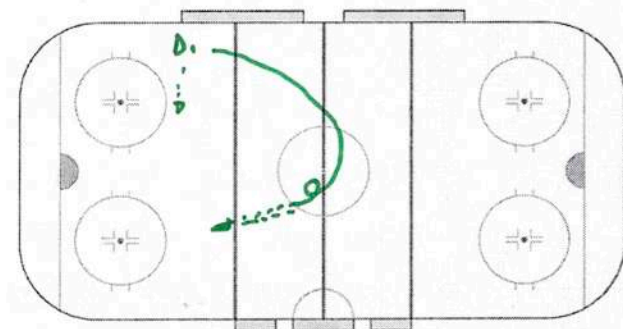
NOTES:

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



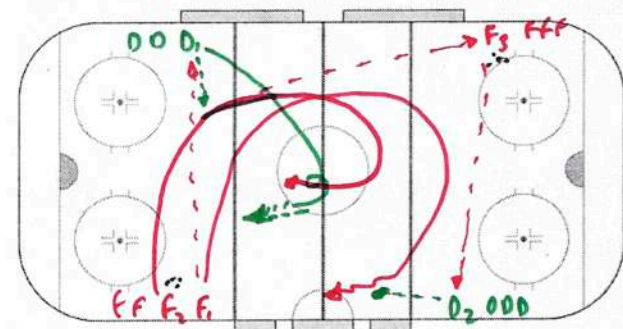
NOTES:

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



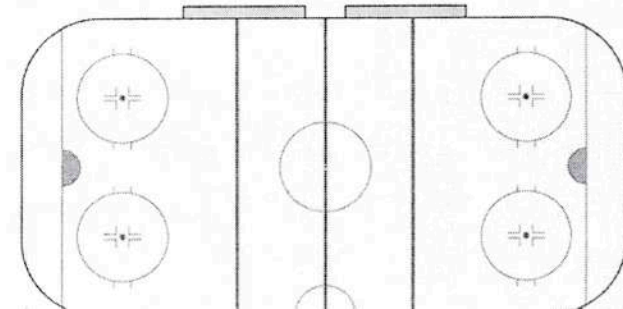
NOTES:

- Full Drill Drawn.



NOTES:

- One touch Passes → crisp and hard
- F_2 Support
- D_1 '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.

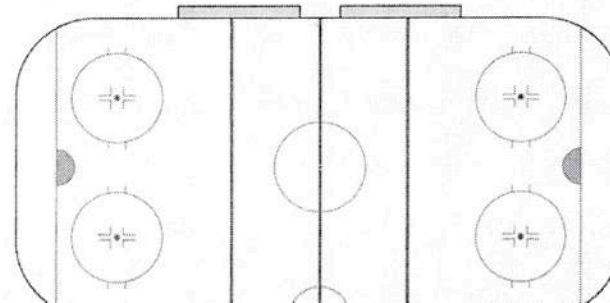
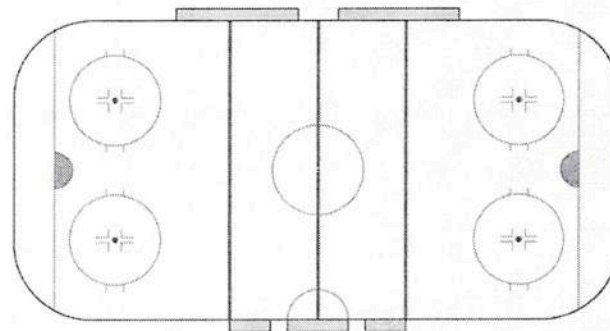
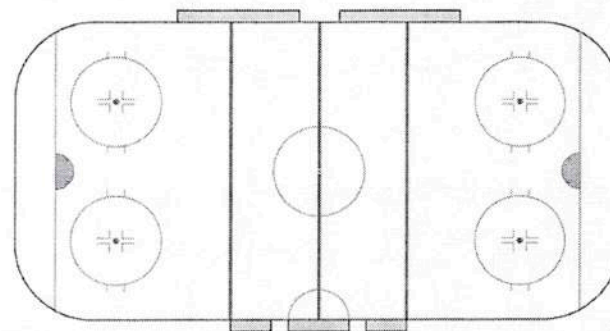
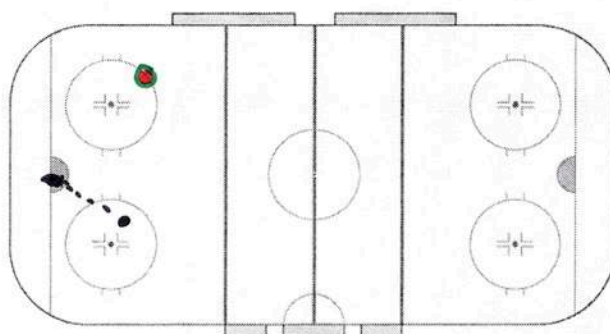
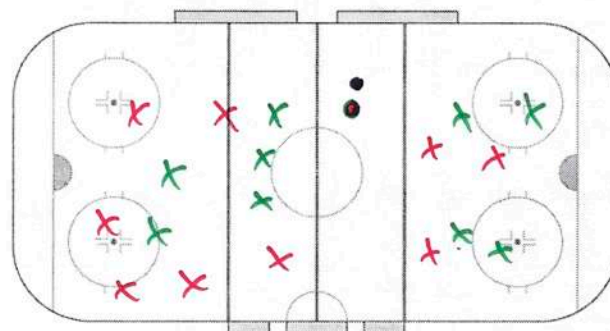
NOTES:

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

NOTES:

- Play game to 3 (could last 20min)

NOTES:



Hamburg 2-1 (FAVORITE)

DATUM: _____

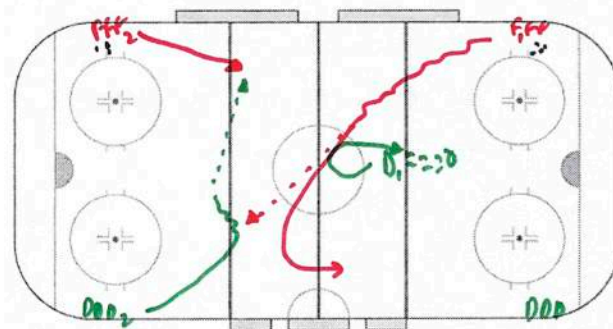
GEGNER: _____ REF: _____ SCORE: _____



INJURED: _____

NOTES:

- F₁ starts drill w/puck → skates to opposite end and passes to D₂
- D₂ passes to F₂ breaking up-ice
- D₁ takes 2-1 back.



NOTES:

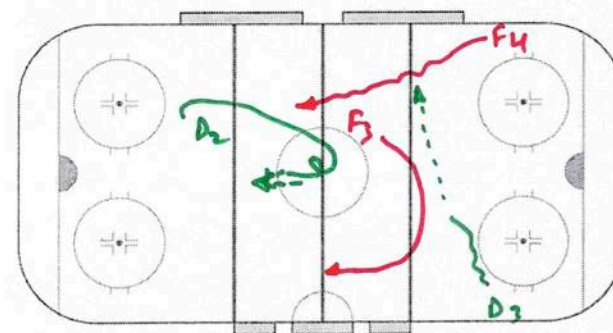
* Drill Continues *

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



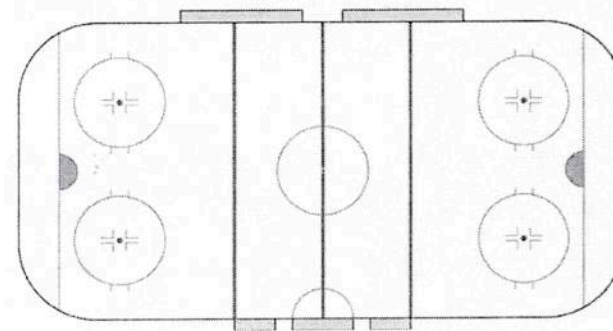
NOTES:

- D₃ passes to F₄ breaking up-ice.
- F₄ and F₃ take 2-1 on D₂



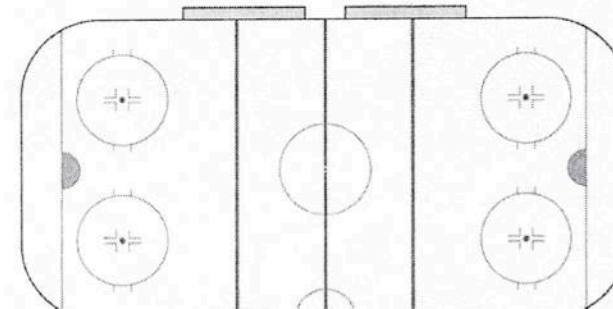
NOTES:

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



NOTES:

D₁ → CLOSE GAP → MAKE QUICK AND CRISP PASSES



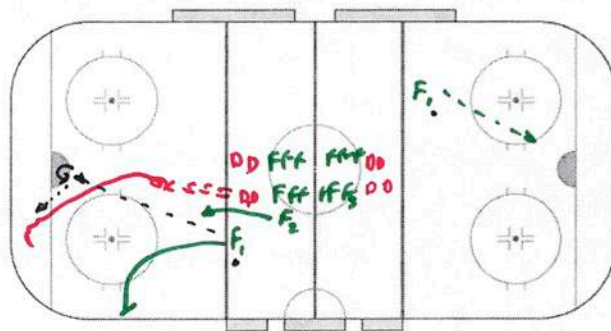
GEGNER:

REF:

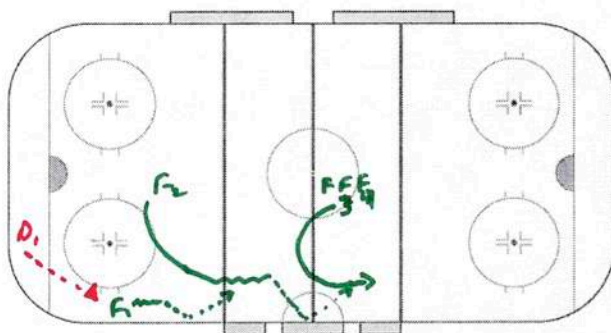
SCORE:

**FRANKFURT
LIONS**

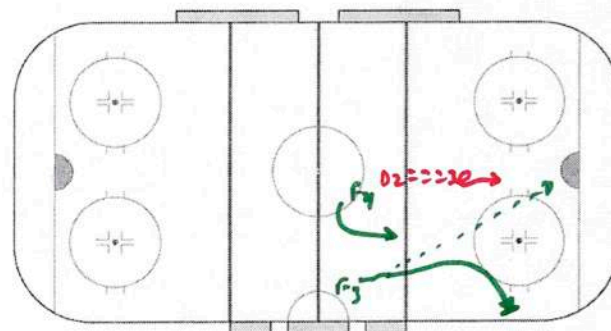
- DRILL IS DONE ON BOTH SIDES
- CONTINUOUS.
- F₁ starts w/ puck and dumps to Goalie. → then Supports Break-out
- D₁ retrieves puck for Break-out



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

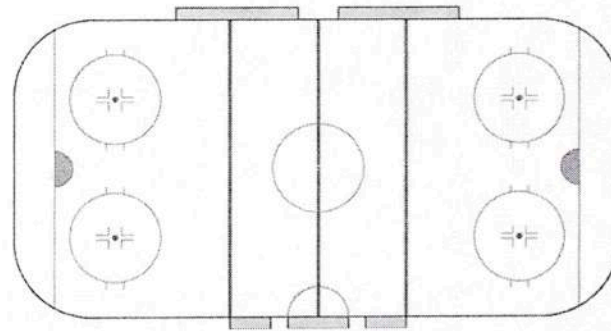


→ F_3 continues drill in opposite direction with F_4 and D_2 .



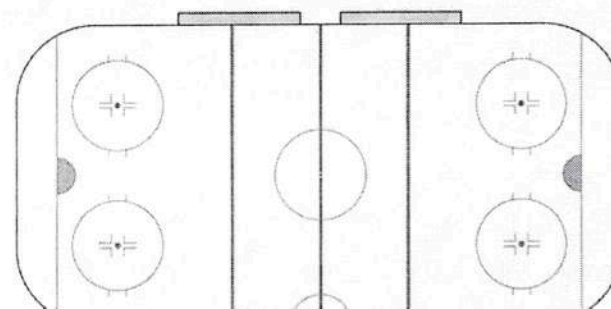
* Timing is key *

→ Can do other break-out options with the same format i.e.
D to F reverse / middle support etc....



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

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



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)



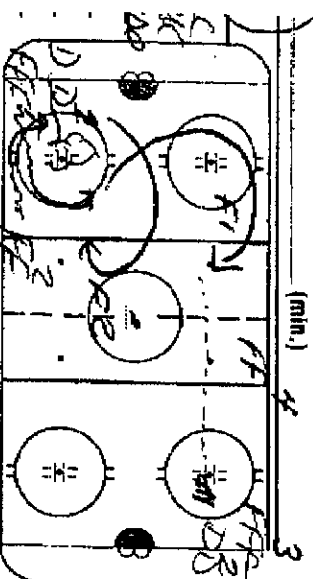


Atlantic Centre of Excellence
Centre d'Excellence de l'Atlantique
 125 Station Street, Saint John, NB • E-L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641
 E-mail: acoehoc@nbnet.nb.ca • www.canadianhockey.ca



2 vs 1 Continuous

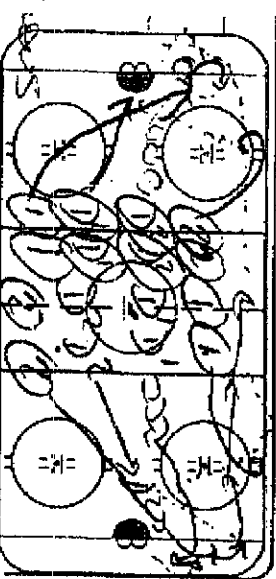
- F1 starts up the wall and drops the puck for F2 who will
- Come down the wall, then they will attack D1, 2vs1 down low
- Then F1&F2 will come outside the blue line to get a pass from D2
- Out of the far corner and attack 2vs1 again, then the other end starts
- 2vs1 down low, then gets pass from D in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

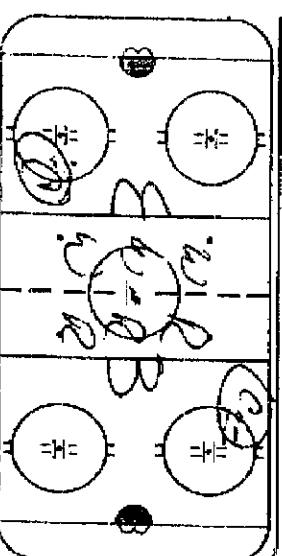


Key Execution Points (KEP)/Points clés d'exécution :

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





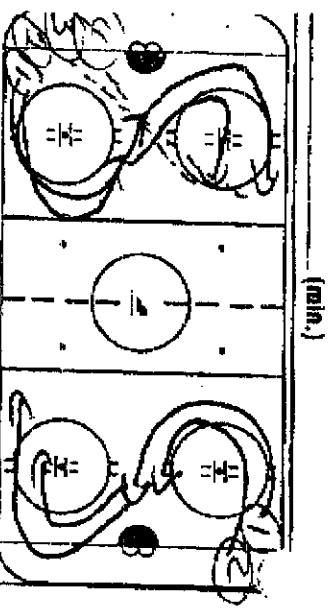
Centre d'Excellence de l'Atlantique

125 Station Street, Saint John, NB • E2L 4X4 • Tel: (506) 652-2263 • Fax: (506) 652-6641
E-mail: aceehoc@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.



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

Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

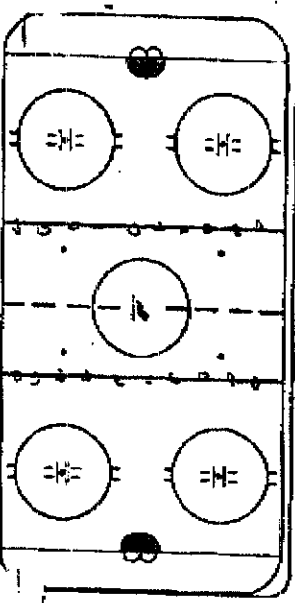
All players on bench on coaches whistle it begins

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

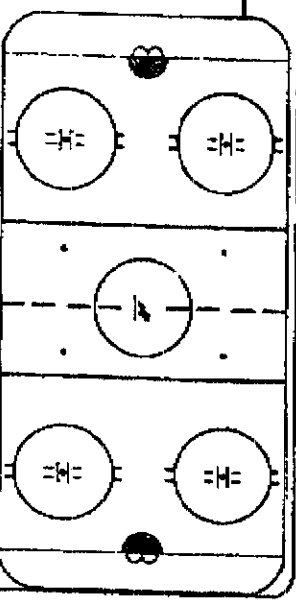
10 pucks wins



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

Time/Tempus : Drill Name/Exercice :

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



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



HOCKEY
NEW SCOTIA



"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 : _____

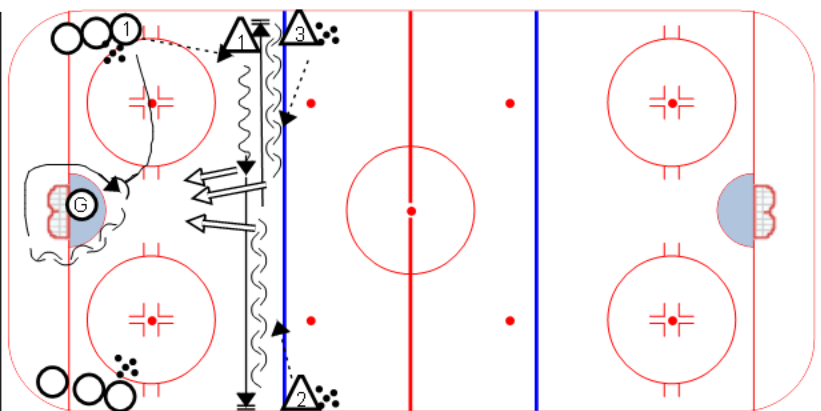
Title : Wheel House Sprint & Shoo

Category #1 : Defence

Category #2 : Shooting

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 : _____

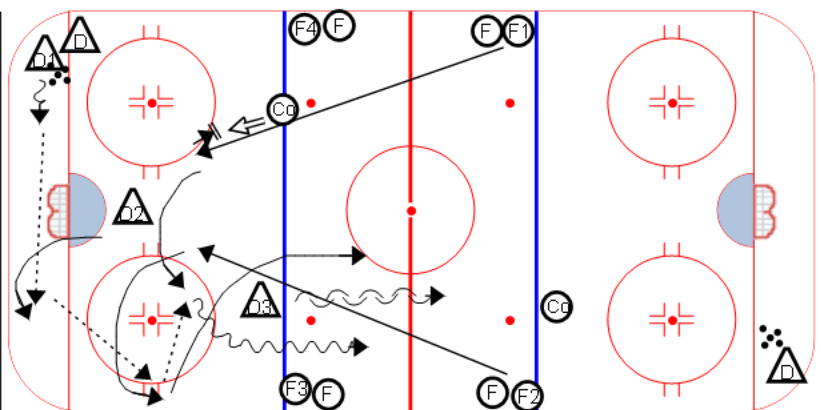
Title : USA U18 - 2v1 Cont.

Category #1 : Combination

Category #2 : Shot blocking

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 on 1 and activates the point shot by the coach.



Key points : _____

Breakout Skills

2v1 / DZ Coverage

Blocking Shots

Execution

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination

Category #1 : Combination Drill

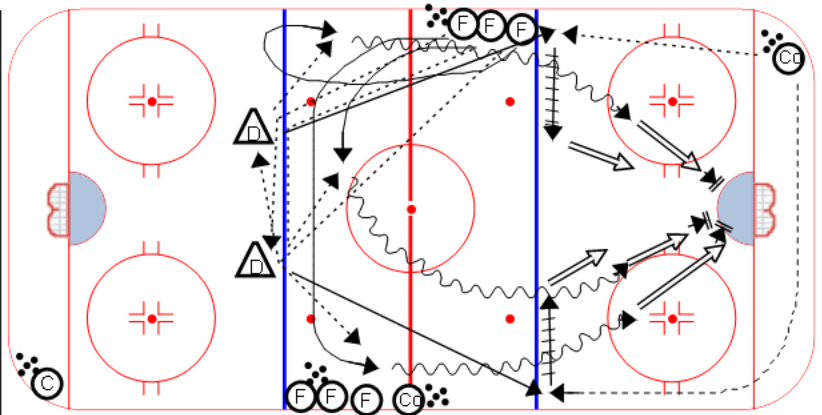
Category #2 : Execution

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 : _____

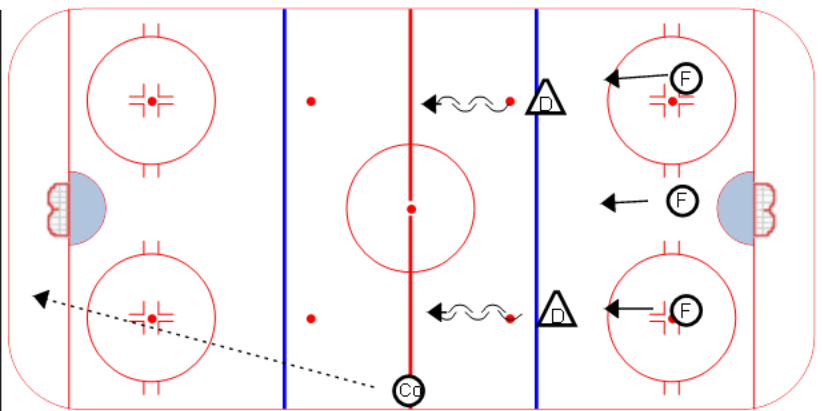
Title : Panthers Combination (seq

Category #1 : Combination Drill

Category #2 : Execution

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 :

Relentless BC

Through Middle

Quick Transition

Communication

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Panthers Combination (seq

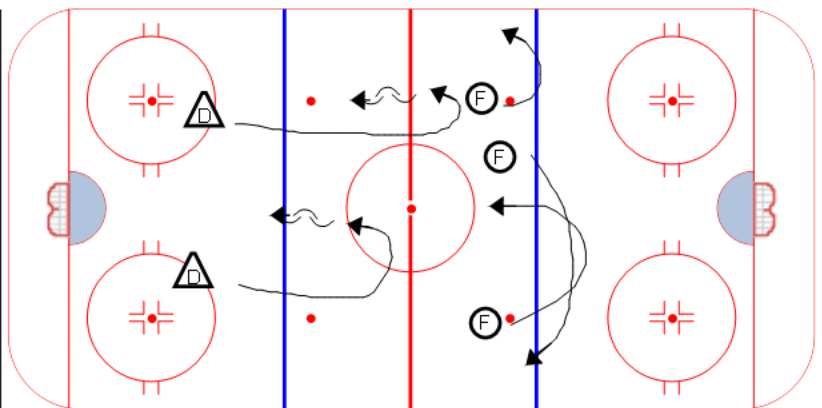
Category #1 : Combination Drill

Category #2 : Execution

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 :

Quick feet

Gap UP

3v2

Open Pivots

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

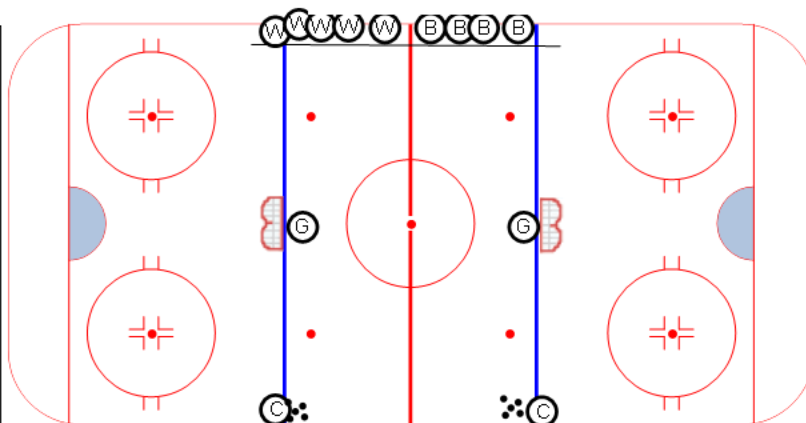
Title : Transition Game

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"



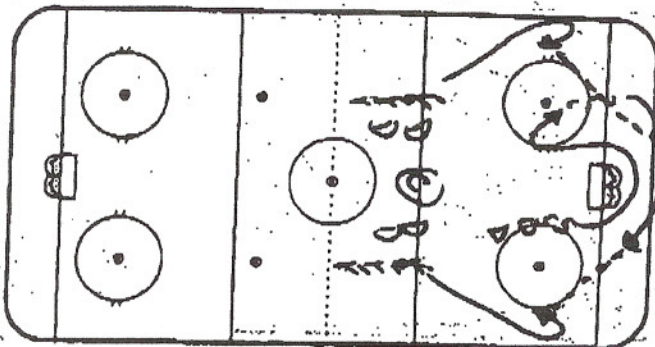
TIME DESCRIPTION KEY POINTS

① SKNI DUMI
USING THE NET

② DUMPS IN:

③ BLADES TO RECEIVE PASS - AROUND NET
MT (W)

④ THEN COMES UP TO DOT ON OTHER
SIDE C REPEATS (4 PASSES)



TIME DESCRIPTION KEY POINTS

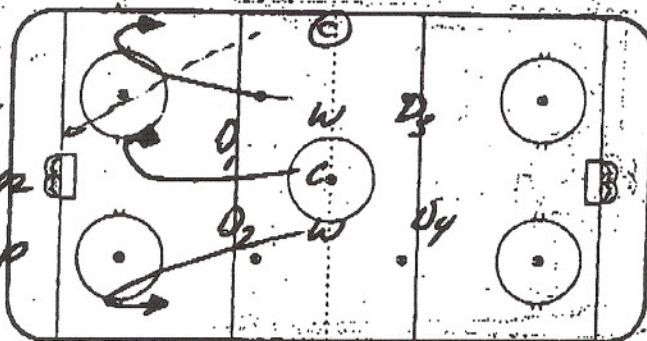
② TEAM PLAY DUMI
N2 REGRUP ON WHITE

③ DUMPS - (5) MIN UNIT
ATTACK D3-D4 - SUB2

ON WHITE TEAM AND REGRUP WITH D-2
THEN RE-ATTACK D5-D4

* WATCH FOR PROPER HANDS ON REGRUP
GOOD GRAP. COMBINATION

④ DICTATES NUMBER OF REGRUP.
FOCUS TO SUB2 D1-D2 RELEASE



TIME DESCRIPTION KEY POINTS

③ SUB2 - SUB1

SUB2 CONTINUOUS

Favourite
DUMI

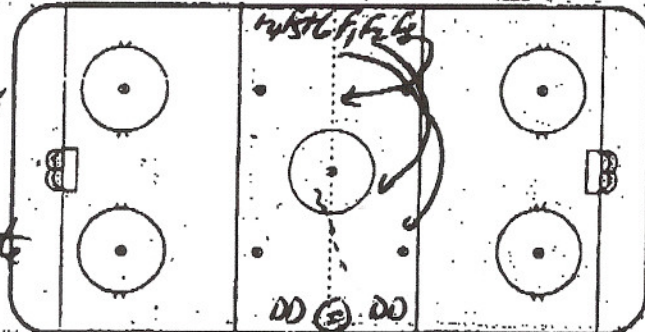
④ SPOTS Puck IN N2. FIRST ATTACK SUB2
C1 SPOTS 2nd Puck - D-Jump W - SUB1

⑤ SPOTS 3rd Puck D12 Jump IN SUB2

ONE FIRST UNIT CROOKS LID ON SUB2

NEXT UNIT COMMENCES SUB2 OFFENSE
DUMI

CONTINUOUS



TIME DESCRIPTION KEY POINTS

④ FIVE COMPETITIVE

⑤ VARIETY OF DUMPS ⑥ BACK TO RETRIEVE
FWD'S FR. D MEN

⑦ PT IF D MEN SHOOT Puck OUT

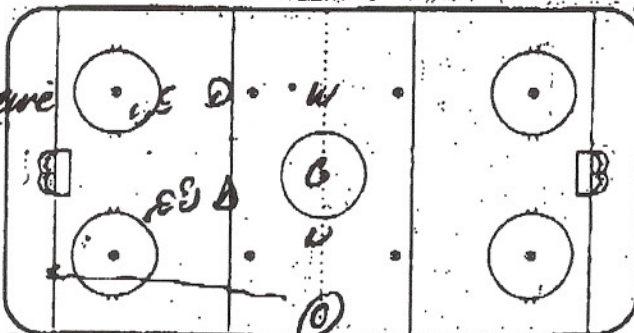
⑧ PT IF D MEN GOAL OUT

⑨ PT IF FWD'S GOAL OR OUT

⑩ PT IF FWD'S STOP

GAME TO 15/15

LAST WHITE
HANNERS SHOTS
AFTER MATCH-UP
FWD'S IN D MEN



3M



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

FROM: Brian Bourque, University of Waterloo

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

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

Ben Franklin

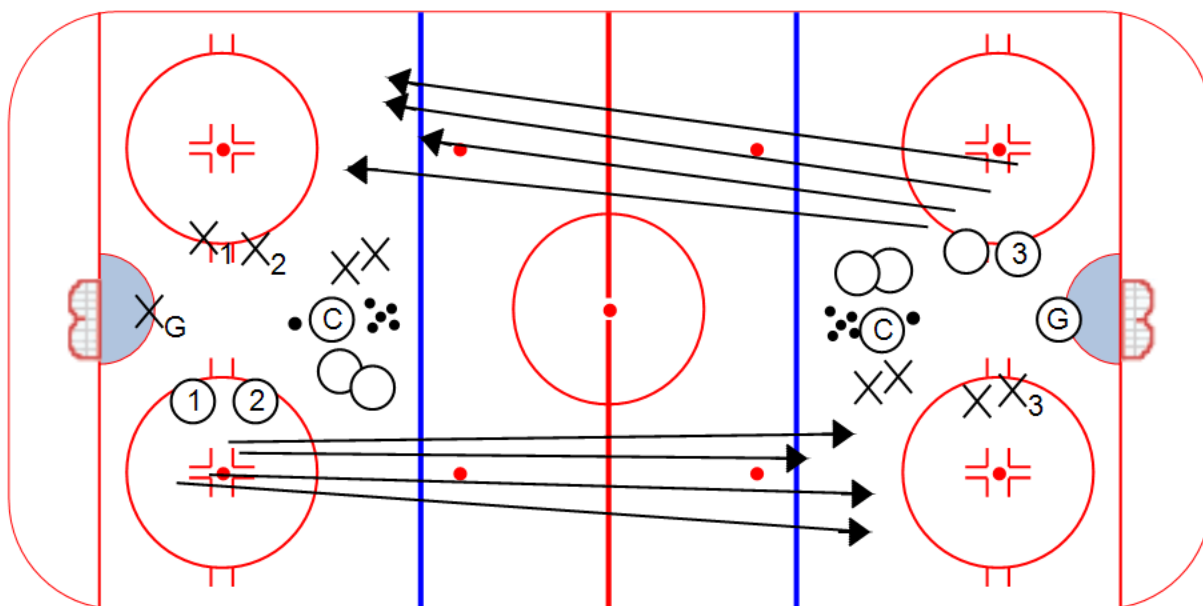
Title : Habs 2vs2 x2

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : FAVOURITE

Content elements:

Components :



Key Points :

Description

EXPLANATION

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

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

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

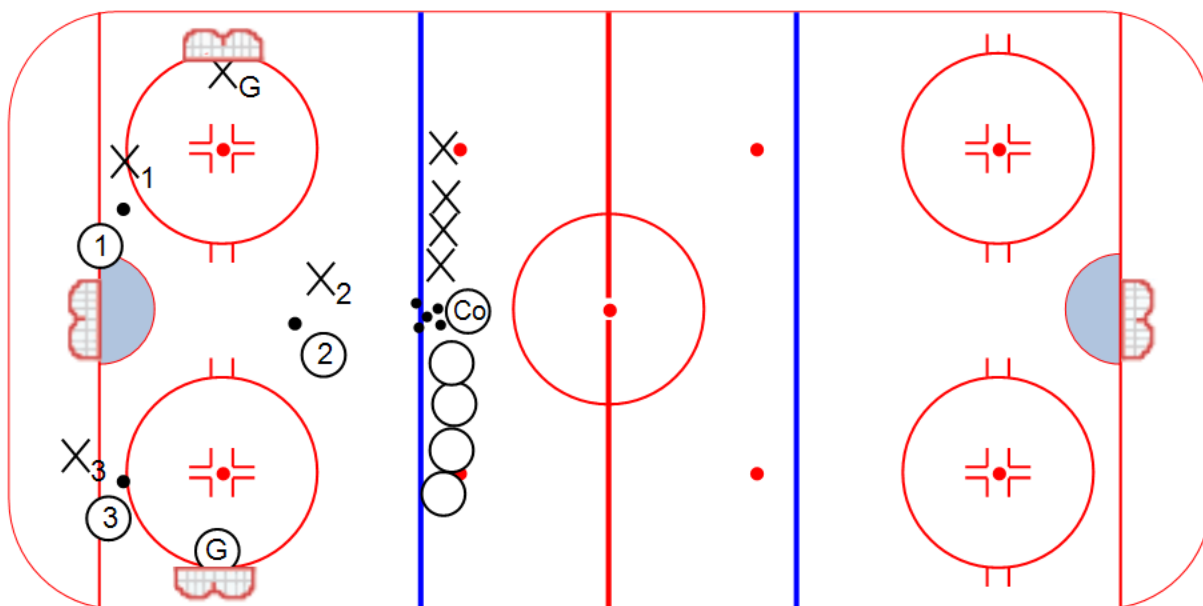
Title : 1v1, 2v2, 3v3

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : GAME

Content elements:

Components :



Key Points :

Description

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

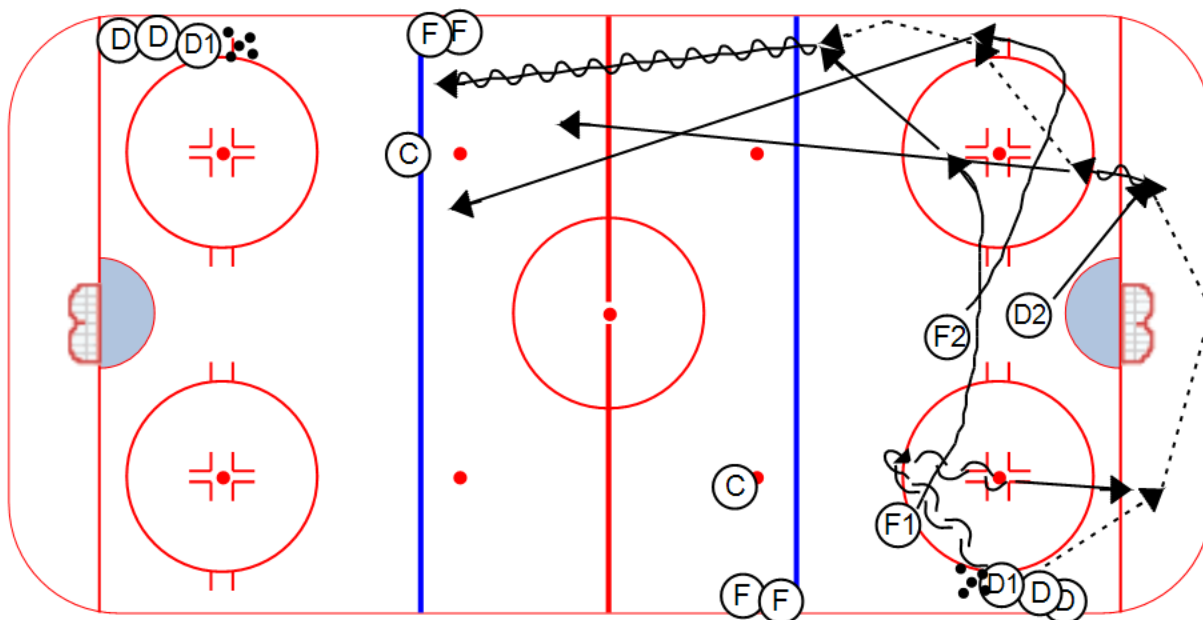
Title : D/Z B/O W/U

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : SKILL

Content elements:

Components :



Key Points :

Description

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

OPTIONS

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

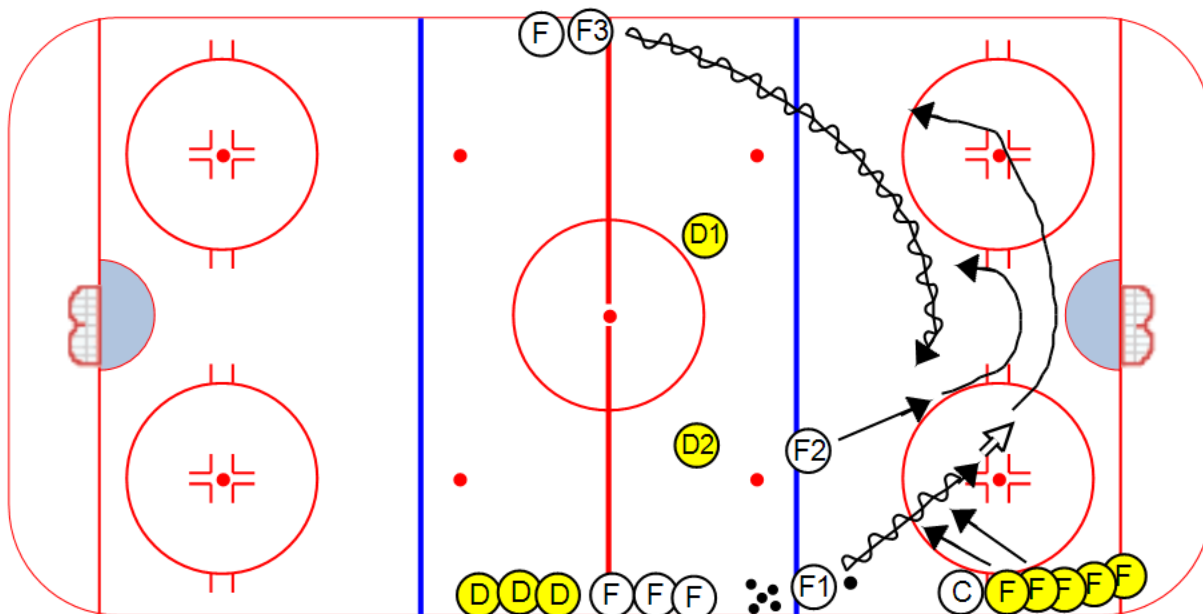
Title : LA B/C

Category #1 : ENIO DRILL OF WEEK

Category #2 : TEAM

Content elements:

Components :



Key Points :

Description

LA BACKCHECK

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

WHISTLE

- F1 & F2 join F3 and attack D1 & D2.
- Coach releases gold forwards to backcheck. Coach can release forwards creating any scenario. Ex: 3v2 with one backcheck, 3v2 with 2 backcheck, release early for 3v3, etc

Always start from same end

ADDITION

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



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:

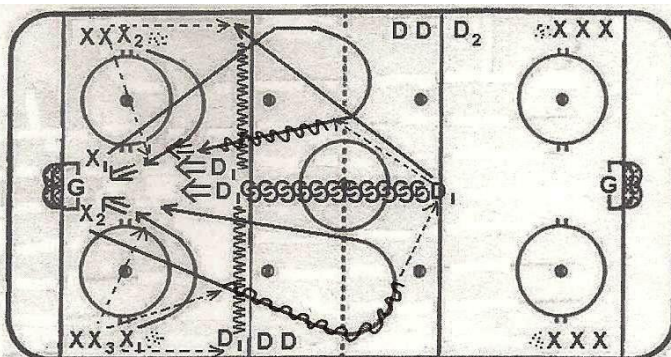
Terry Ewasiuk

**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

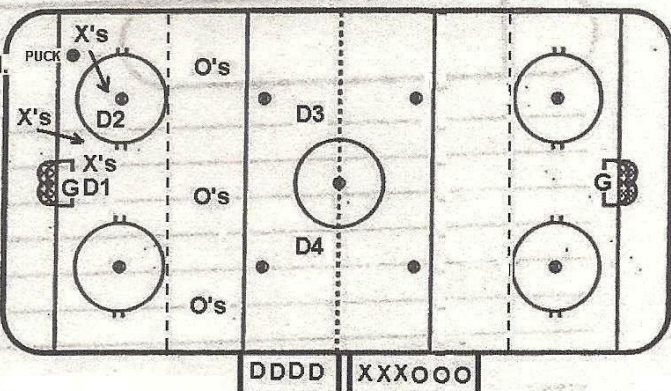
On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass 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.

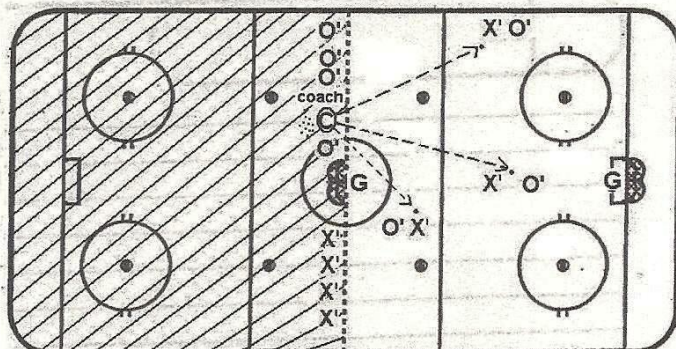


1/2 ICE - 3 ON 3 DRILL

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.

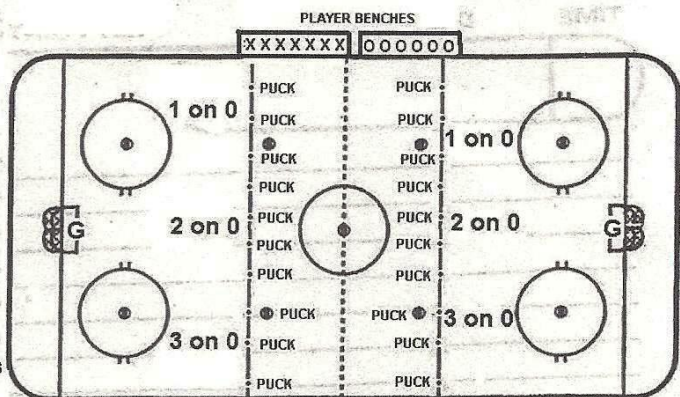
The coach will spot the players 3 pucks in different locations.



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

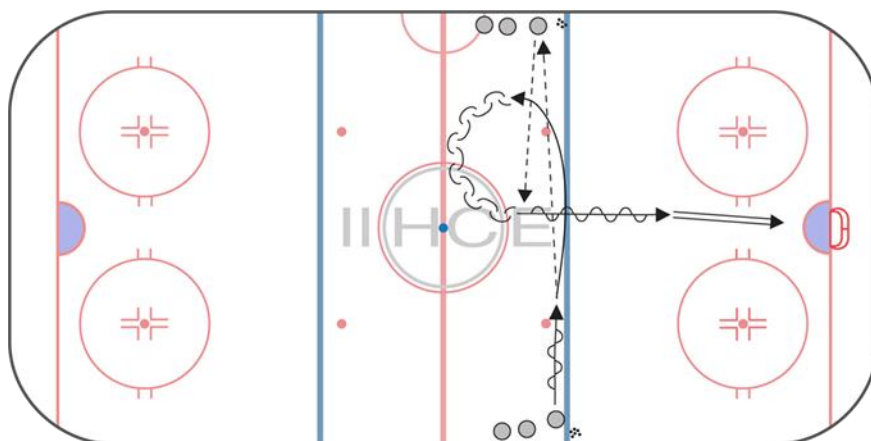
Hi Enio,

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:

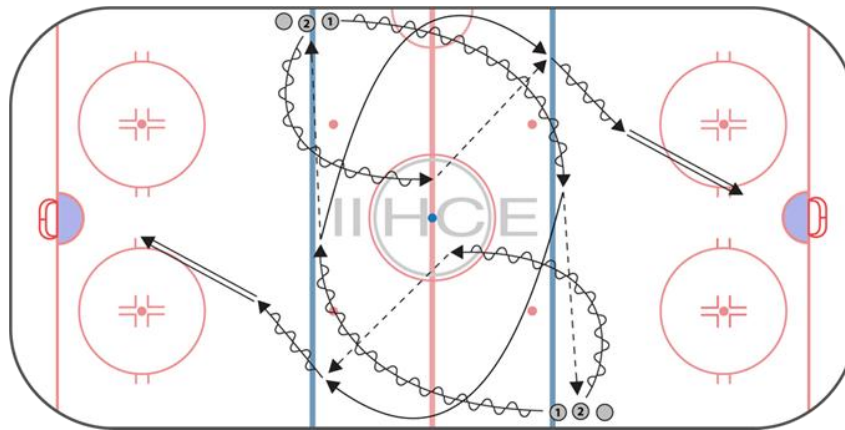
Blade square - show a target

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:

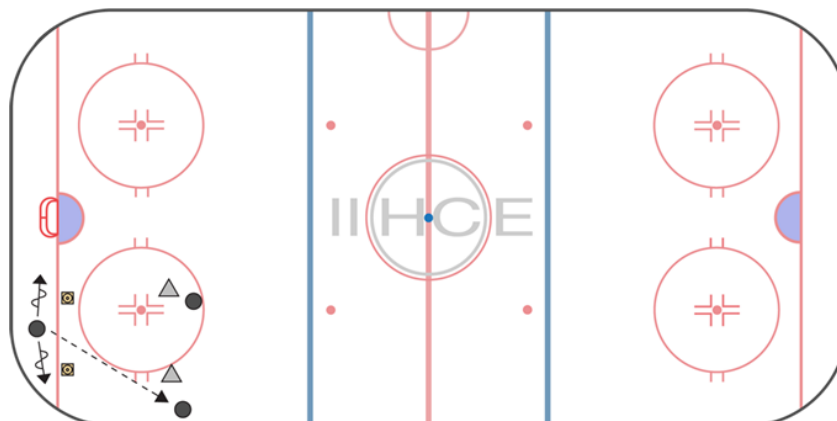
Blade square - show a target

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.

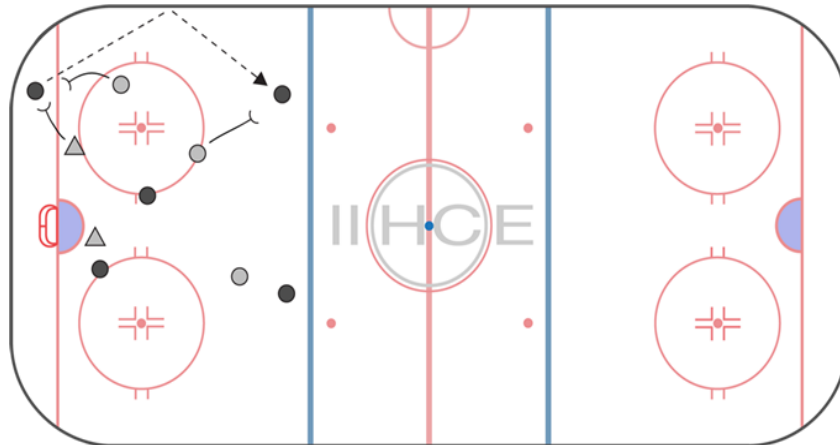
Key Points:

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

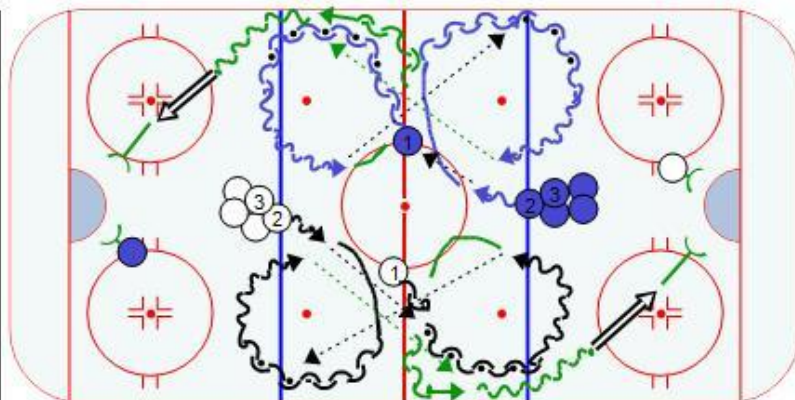
O1's begin the drill by skating out towards RL and pivoting backwards.

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

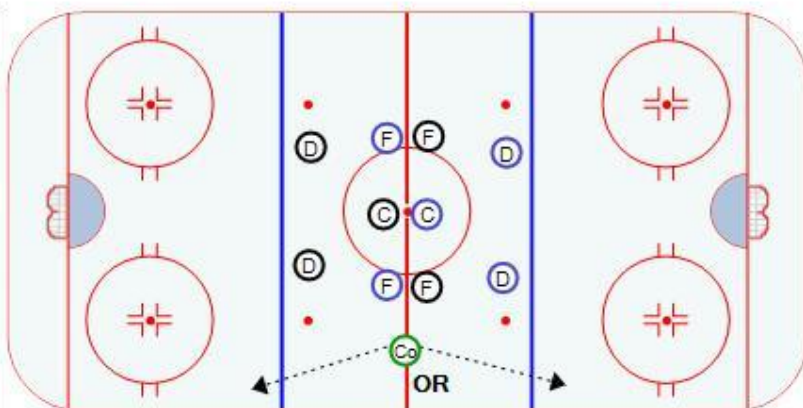
Description

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

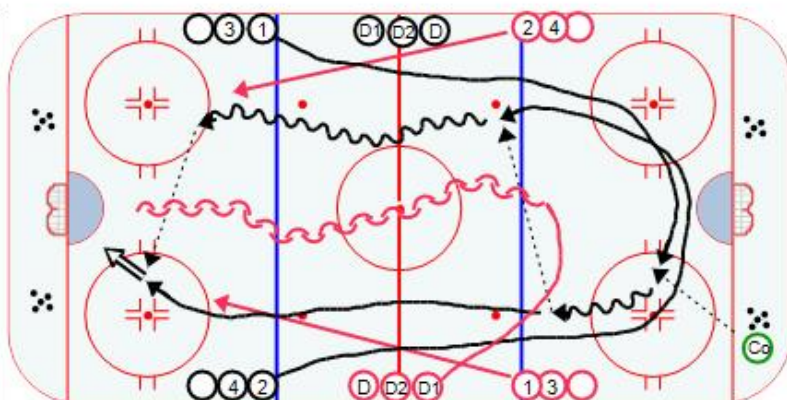
Components : Backcheck to the House

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 :

Title : To The House 2 on 1 (seq

Content elements: Speed 2 on 1

Components : Backcheck to the House

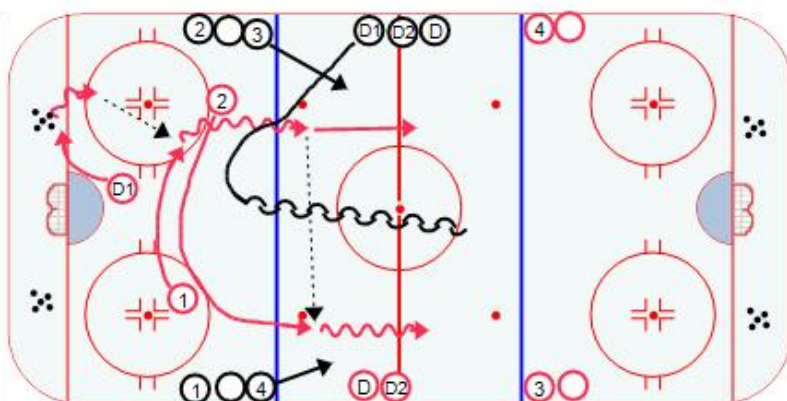
Description

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 :

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

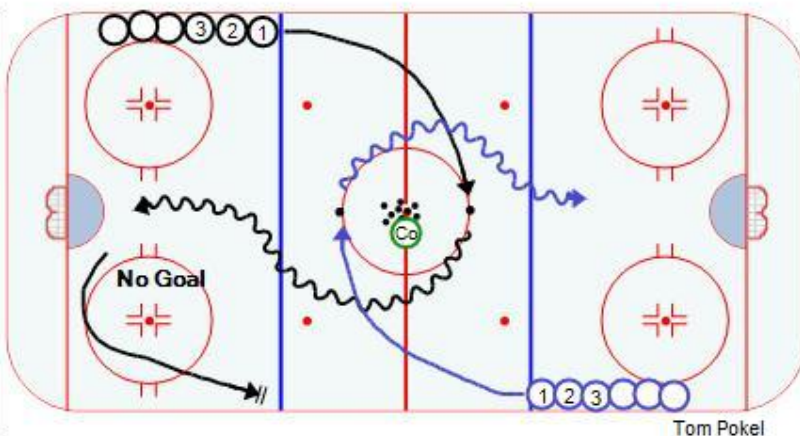
Description

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



Tom Pokel

Key Points :

Play til 8 or 10

Losing Team 2 - Laps

Categories

Collective tactics

Drill Title : FULL ICE WARM UP

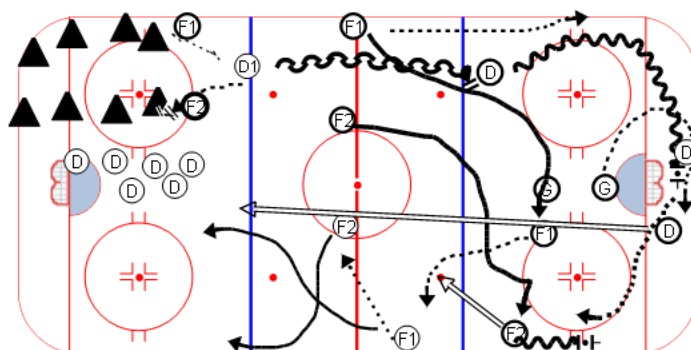
full ice warm up

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 :**

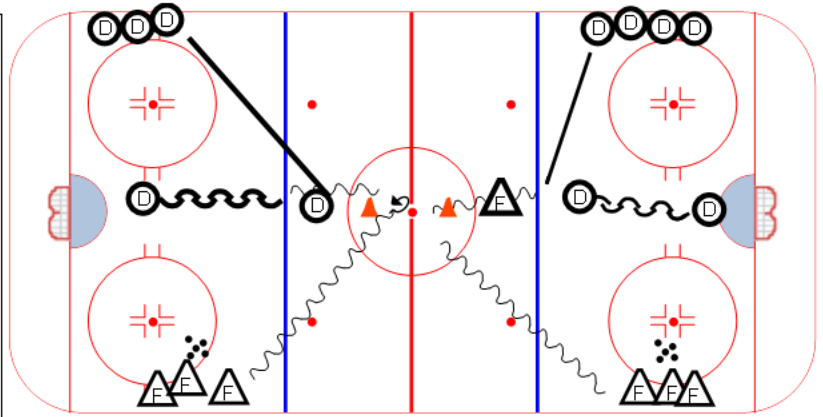
Quick Feet D-man drill

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 :**

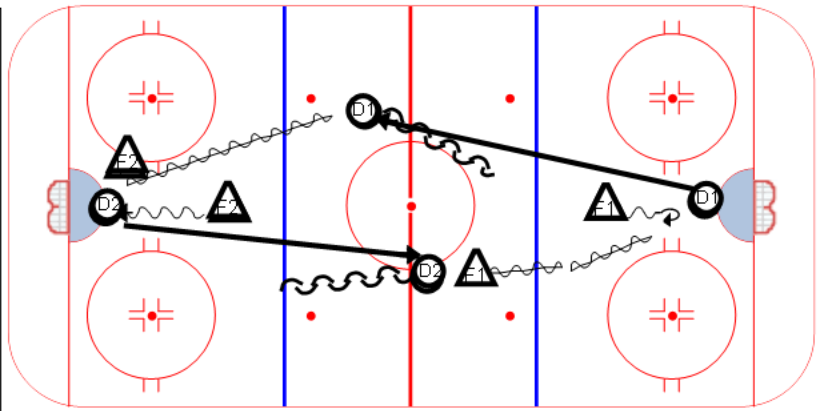
Quick Feet D-man drill

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 .

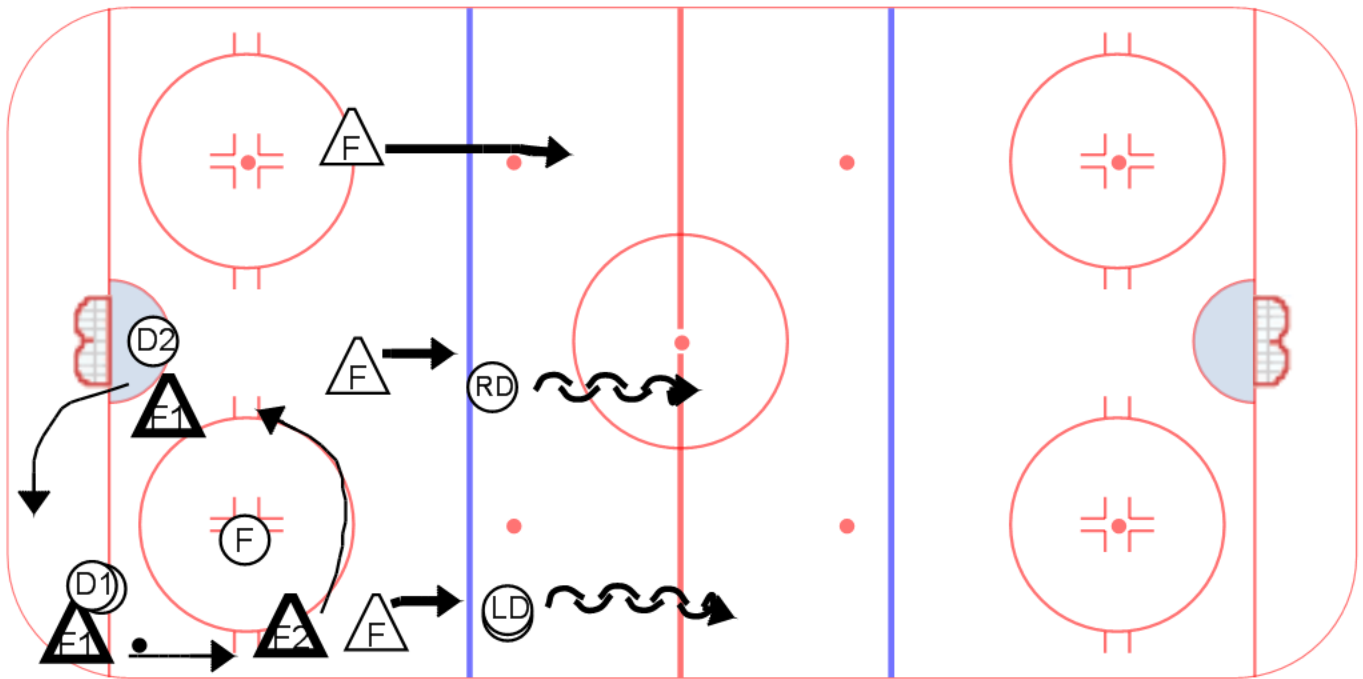
**Key points :**

Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

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

Content elements : _____ Components: _____



Key points :	DOWN LOW BATTLING	QUICK UP FOR RUSH	BACKCHECKING	CHIP IN / BL PLAY
---------------------	--------------------------	--------------------------	---------------------	--------------------------

Description

E1 E2 E3 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 BACKCHECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

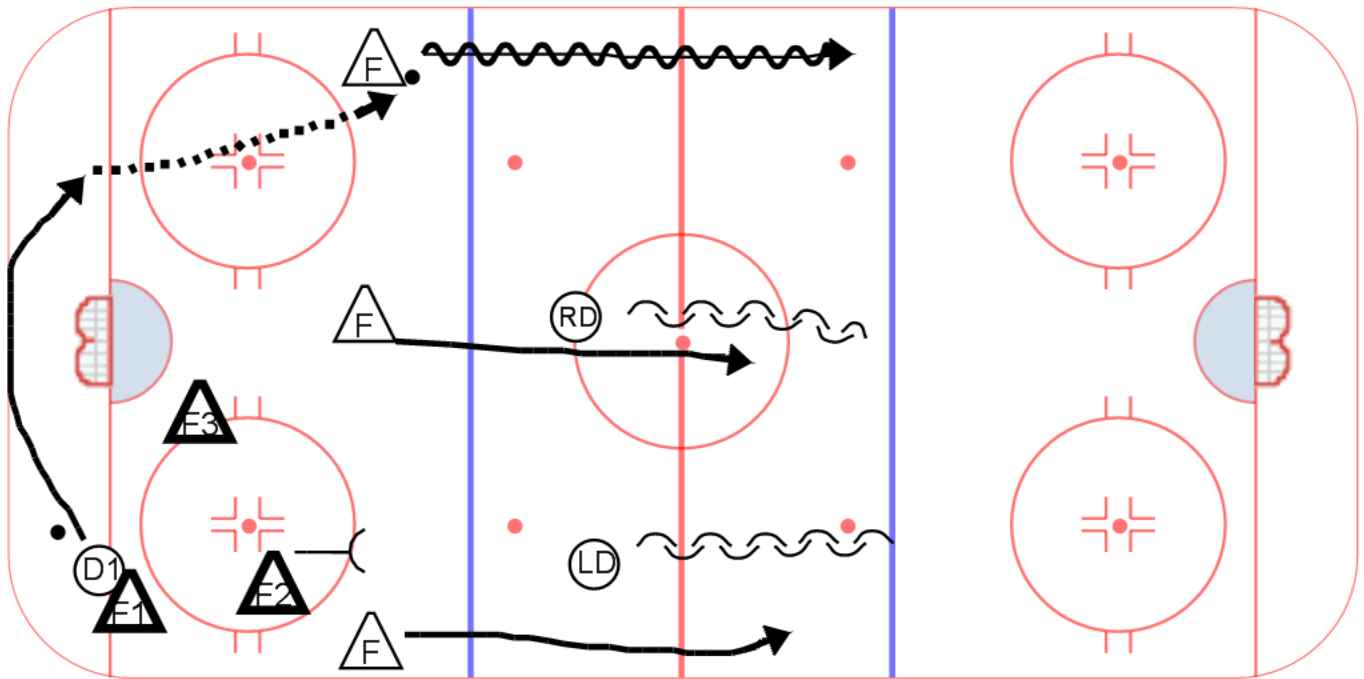
NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES)

Category #1 : TEAM DRILL

Category #2 : BATTLING / RUSH DRILL

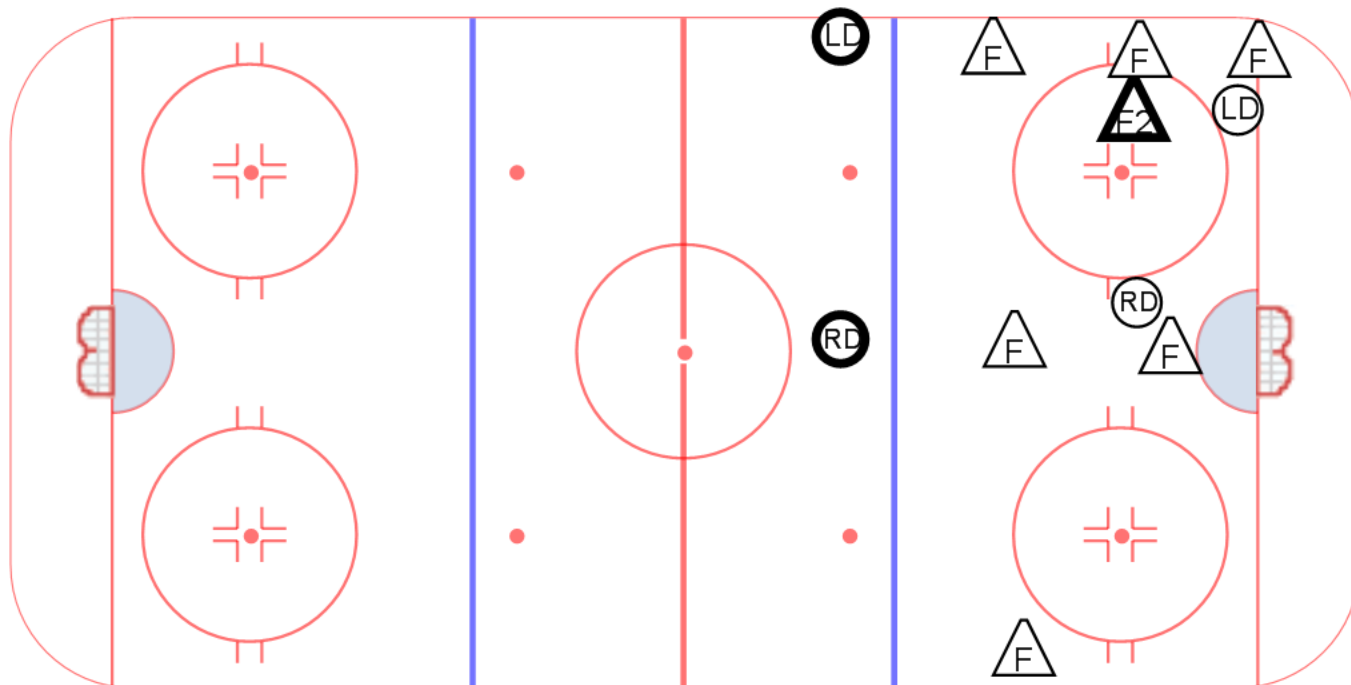
Title : FULL ICE 3:3 (PART II)

Content elements : _____ Components: _____



Key points :				
--------------	--	--	--	--

Description

Category #1 : Category #2 : Title : Content elements : Components: Key points : Description

Title : SMALL ZONE 1:1 GAMES**Category #1 :**

BATTLING DRILL

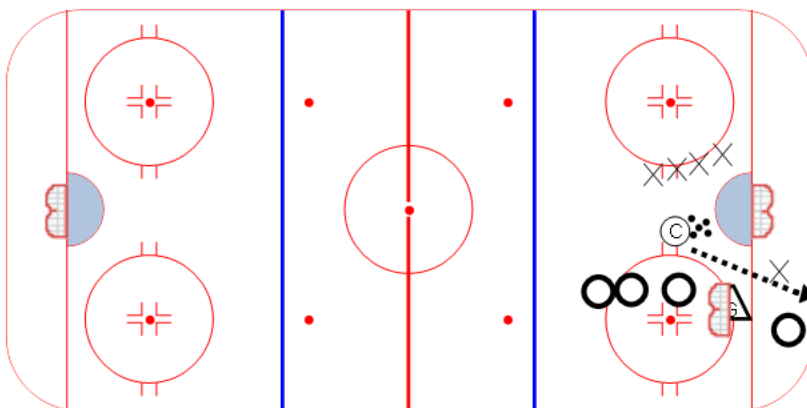
Category #2 :

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

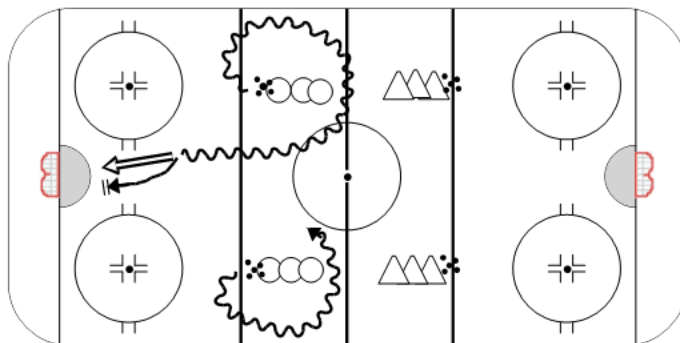
Content elements : offensive effectiveness

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/vastanotto

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

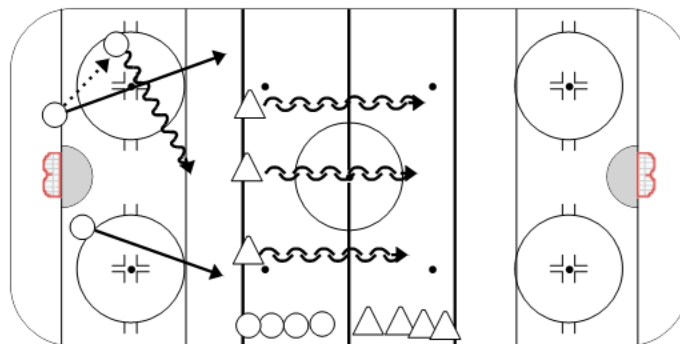
Content elements : attacking & deffensive readiness & effectiveness

Description

3 who defended attacks against new defensive trio.
Continuous

attacking trio can forecheck under offensive blueline

Key Points



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Drill Title : _____

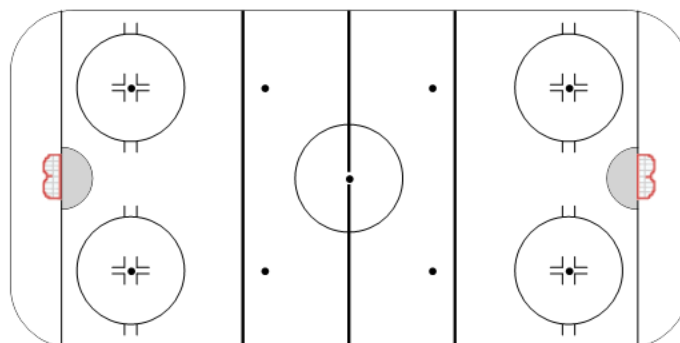
Components : roles 1, 2,3 and 4

Content elements :

Description

3v3 SAG tournament

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.

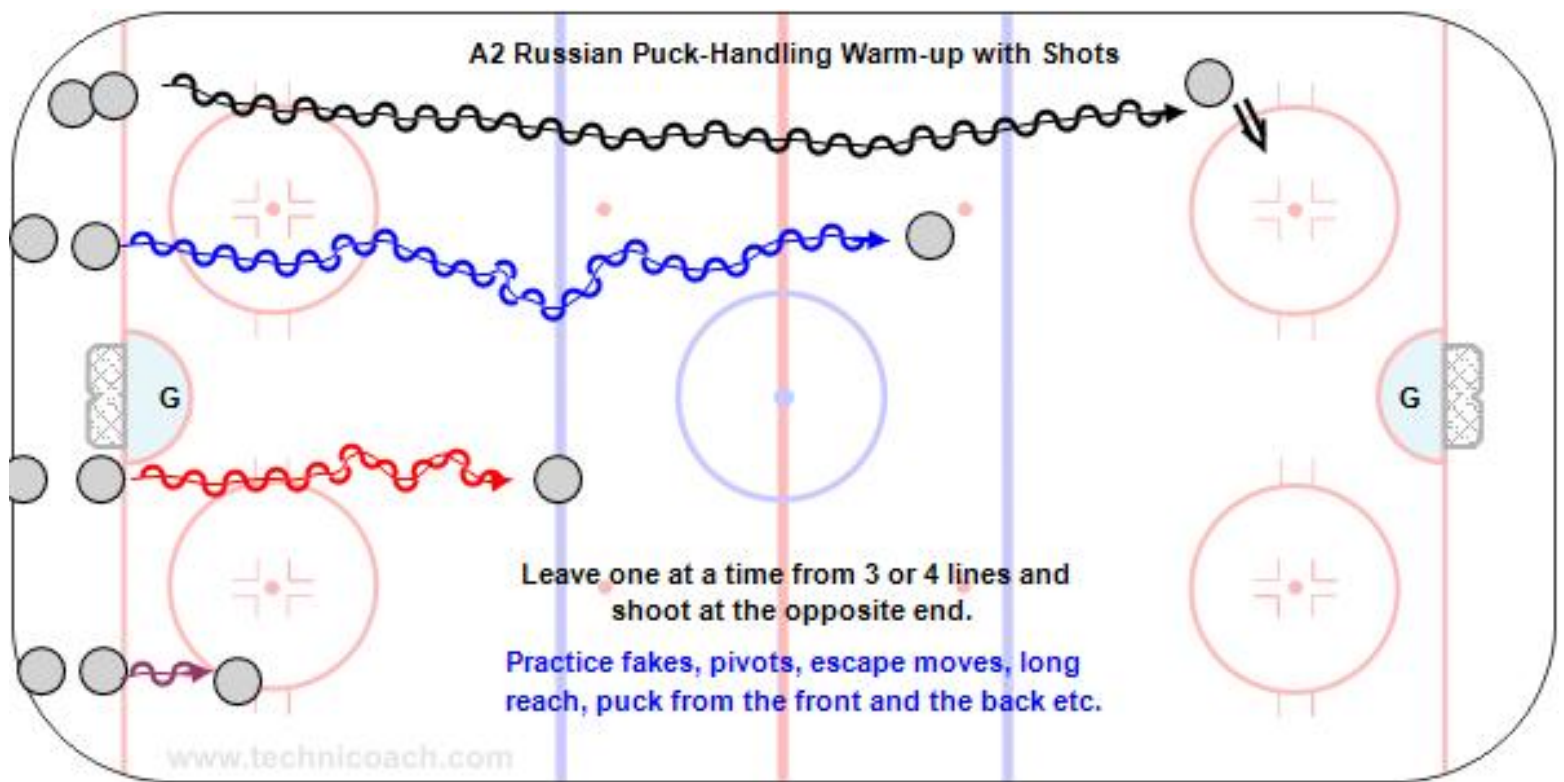
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

- 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

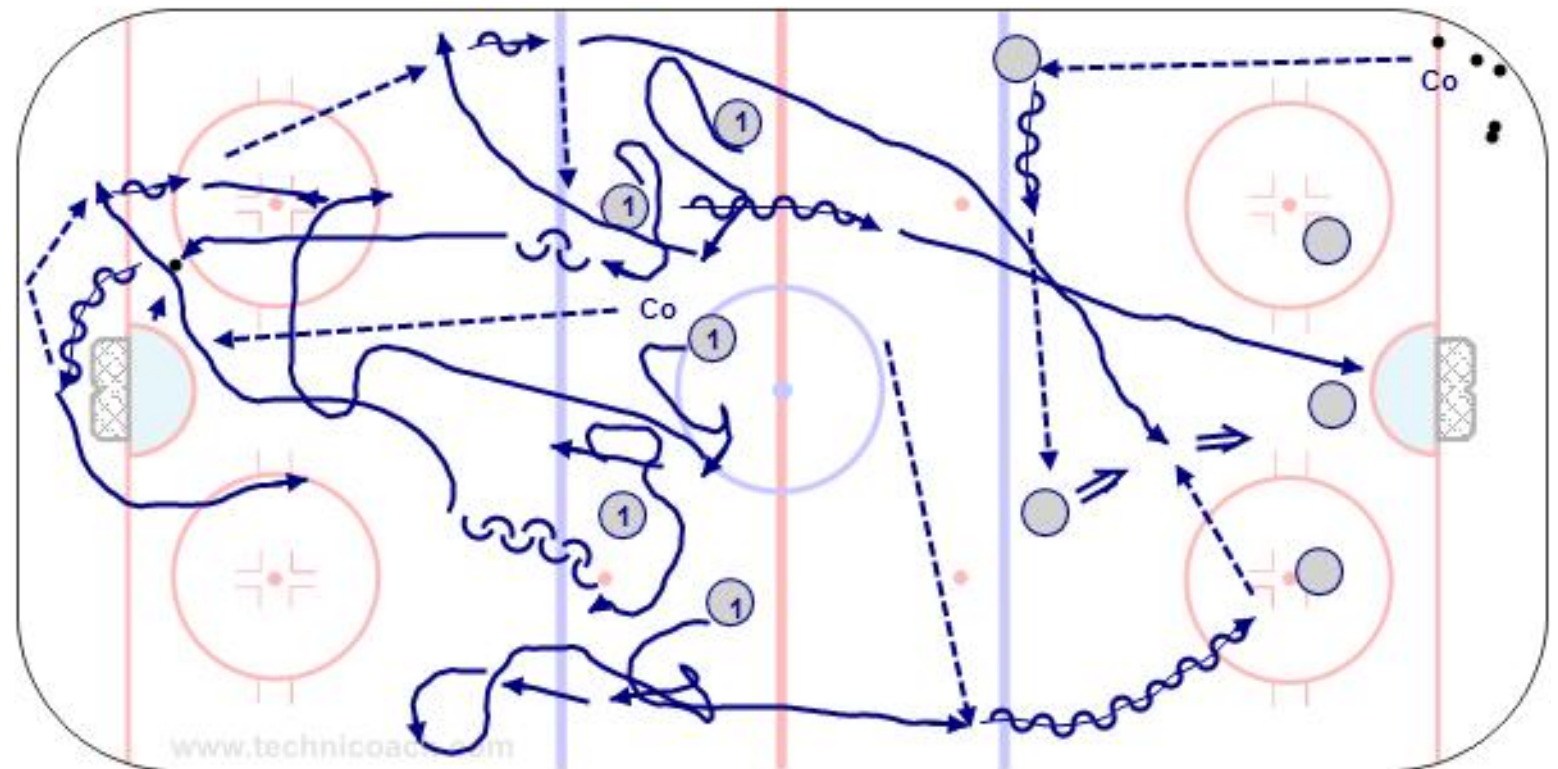
Key Points:

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

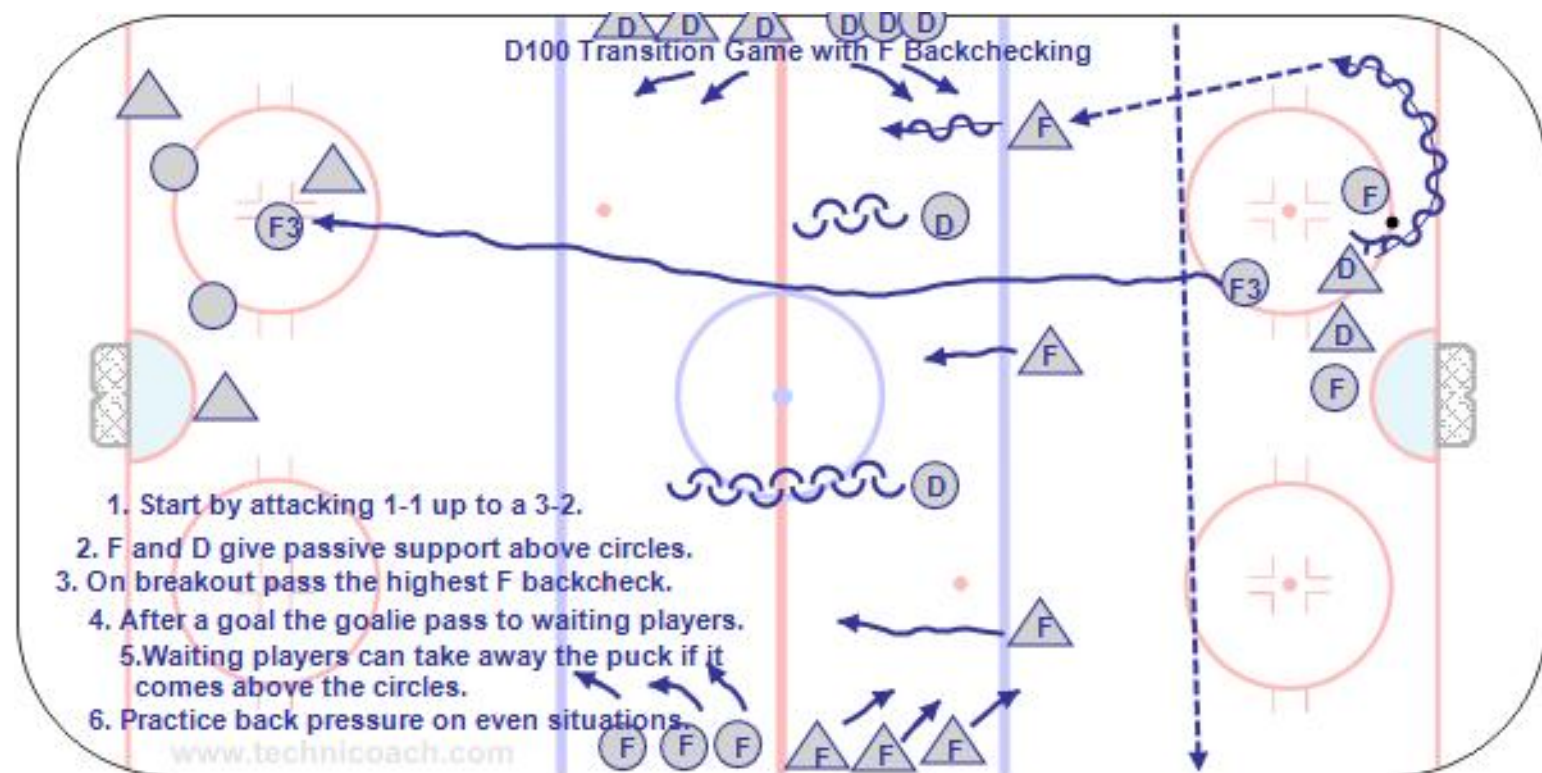
Key Points:

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,

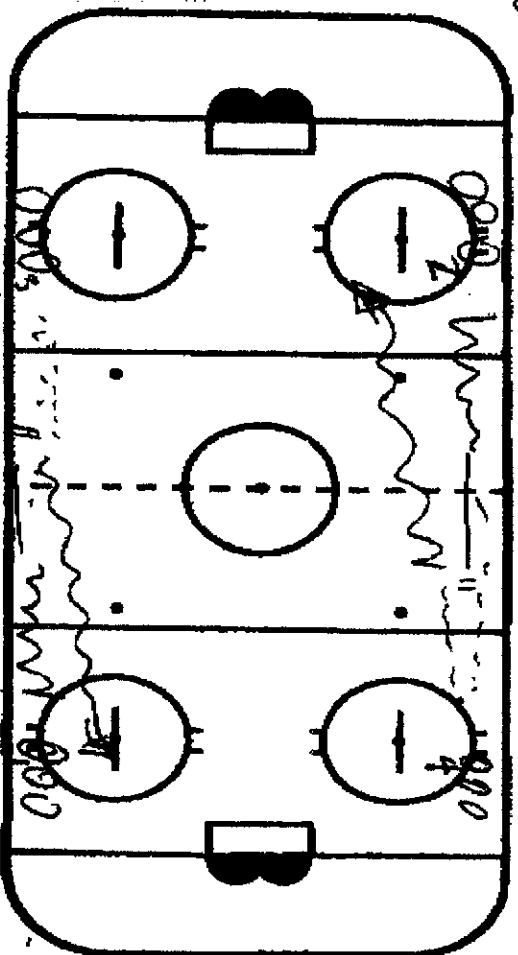
Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

Book: Undergrounders by David Skuy

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

Regards,
Troy Walkington

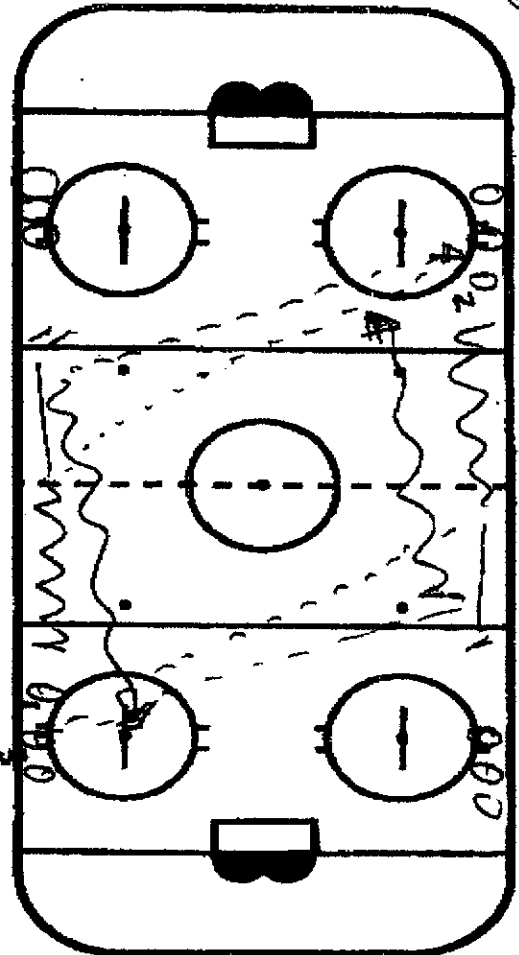
① Red Wide Shooting



"First Post"
01/02 - Skate down wing
with Puck + Pass to 03/04.
Stop in between redline
far blue line Get Puck Back
+ Shoot @ Original End

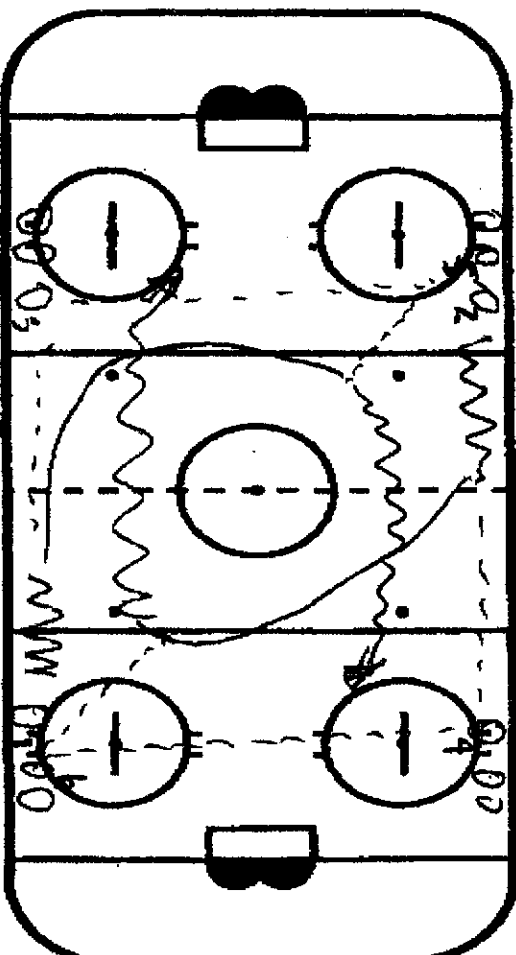
"Wide + Low"

01/02 Skates to Far Blue Line
+ Pass to 03/04. Stop +
Get Return Pass + Shoot
+ Original End

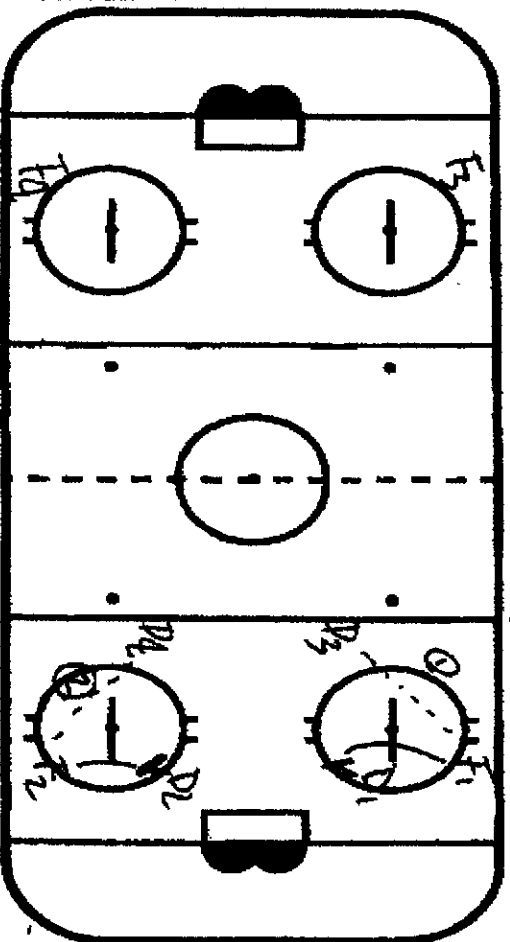


"Mid Lane"

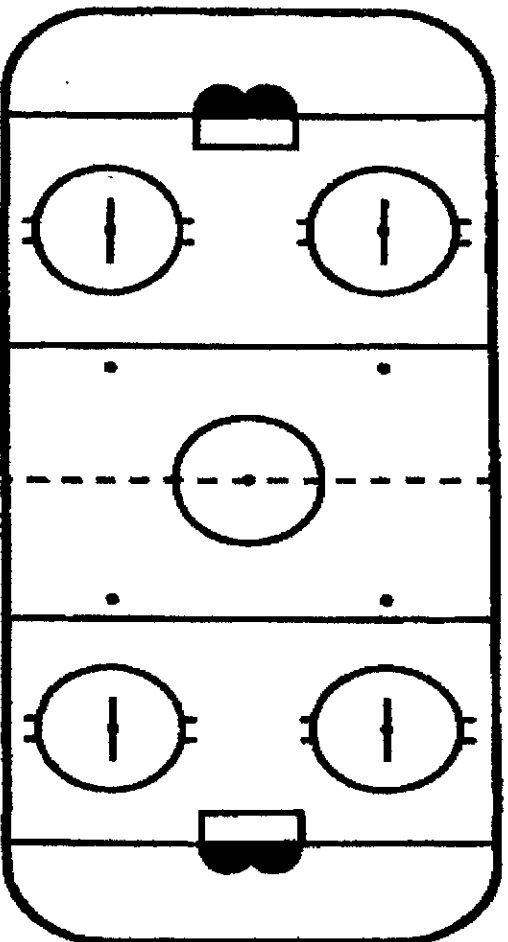
01/02 - Skates down Board
+ Pass to 03/04.
03/04 Passes to 05/06
01/02 continues to Far Blue
Puck + Gets Puck From
05/06 w Mid Lane



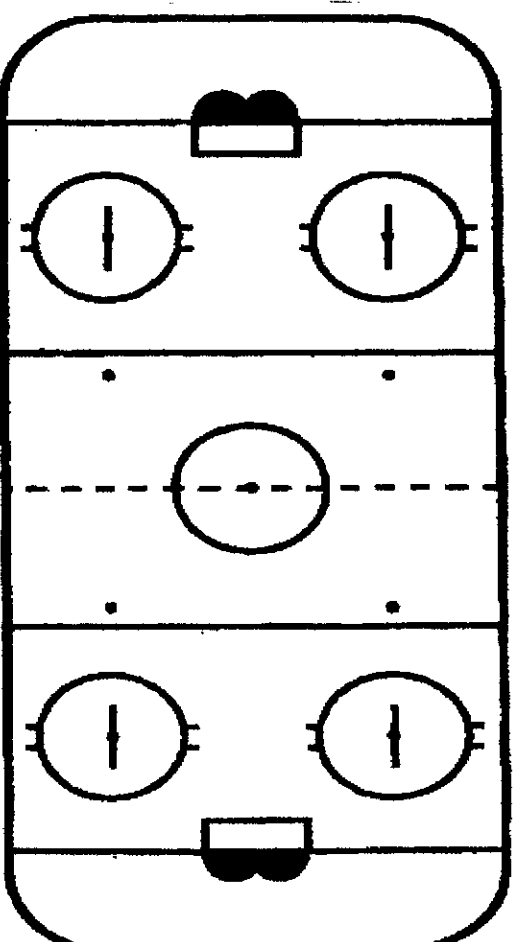
BOX OUT DRILL



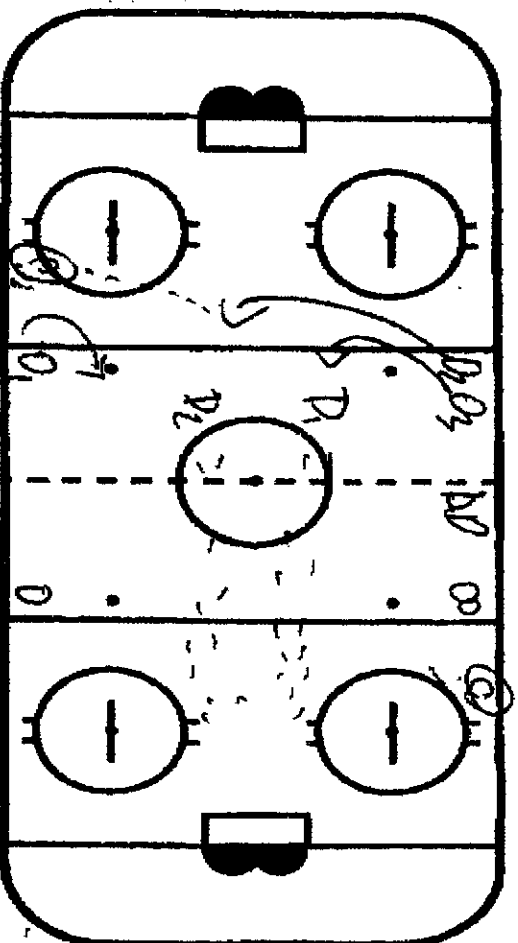
BOTH ENDS @ SAME TIME
 F1/F2 GO TO NET
 D1/D2 SEAL OR "BOX OUT"
 D3 SHOOTS OFF BACK WALL
 OR ON NET.



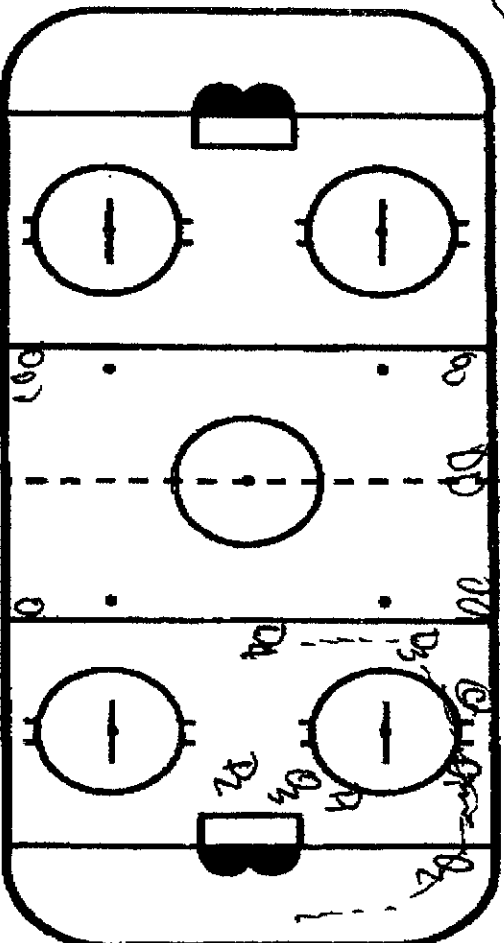
ON WHISTLE F2 VACATES +
 GET BACK UP TO D4
 F1 + F2 TRY + RE ESTABLISH
 POSITION.
 D1/D2 "BOX OUT".



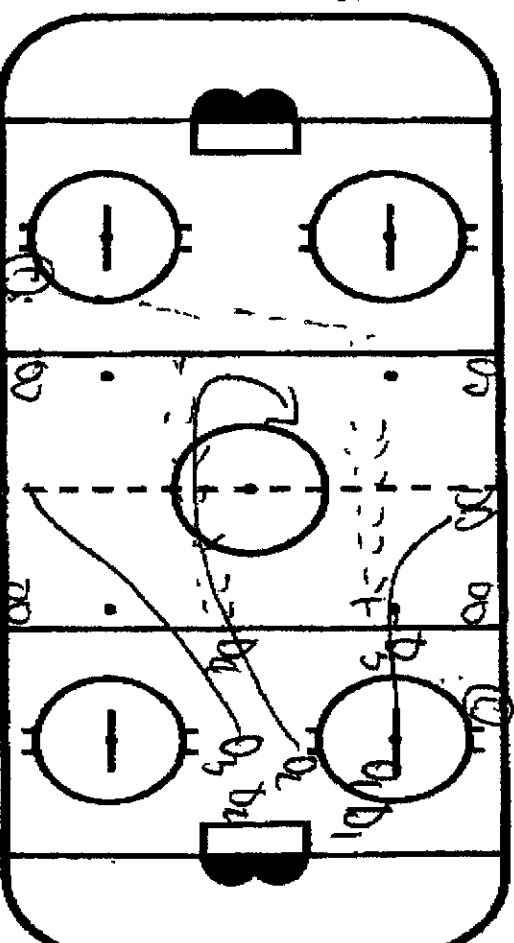
3 TYPES OF 3on2



① Passes Pick To
O1/O2/O3, who ATTACK
3on2 + MAKE A RUN
ON NET



D3 + D4 SHARP IN FROM 1/2.
② Spots NEW Pick IN CORNER
FOR O1. O1 PASSES TO D3
D3 CAN PASS TO O2 OR
RETURN NET TO O3 OR
CAN GO TO D4. D4 CAN
SHOOT OR TO O2 OUT OF CYCLE
Pick 3on2 how ③ WHISTLE



D3 + D4 RETREAT IN
NEW + COACH SPOTS NEW
Pick. O1/O2/O3, REGROUP IN
D3/D4 + ATTACK D1/D2

A diagram of a 3x3 grid. The top row contains three circles. The middle row contains a square, a circle, and a square. The bottom row contains three circles. The circles in the top and bottom rows have a horizontal line through their centers. The circles in the top row are labeled 'D2' and 'D3' above them, and 'D4' and 'D5' below them. The circle in the middle row is labeled 'D4' above it and 'D5' below it. The squares in the top and bottom rows are labeled 'D2' and 'D3' above them, and 'D4' and 'D5' below them.

AGM.

Feb. 1st 2011

TO: ENIO SUCILOTTA

FR: 604-792-4656

FROM: DIEGO SCARDILIA

of Pgs: Including this
one (3)

Hope all is well, good-bye the rest of the
day. Say hello to babbes. Talk soon

Diego

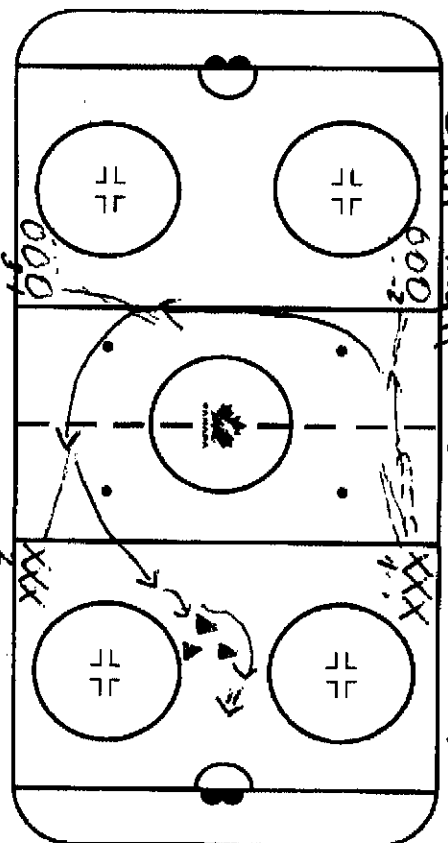




HOCKEY CANADA PROGRAM OF EXCELLENCE



Skill Drill - C-1v0 - 1 touch



X1 leave at some time.

Start balls, First touch + 1 touches

pass with D2 + D3

Receive pass from (X2-D2) + go

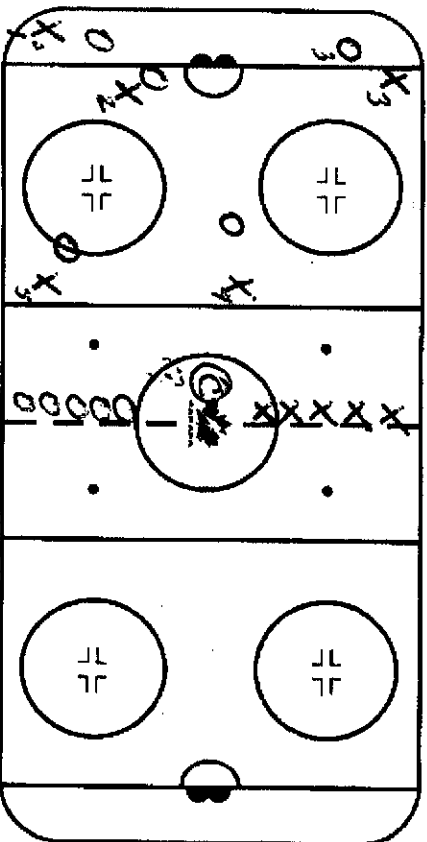
to make a move at center +

go in + shoot. On whistle X2-D2

go

KTP: Passing (1-touch) - Receiving
Shooting (Full and Puck)

Team Play Drill - SJ 2v2 to 5v5



SJ- 2v2 -> to 5v5

Coaches whistle 2v2 in corner
X (try to score) - O defend.

2nd whistle - Each passes puck
to X3 + play 5v5
in zone

KTP: Off: puck protection -

creating offense

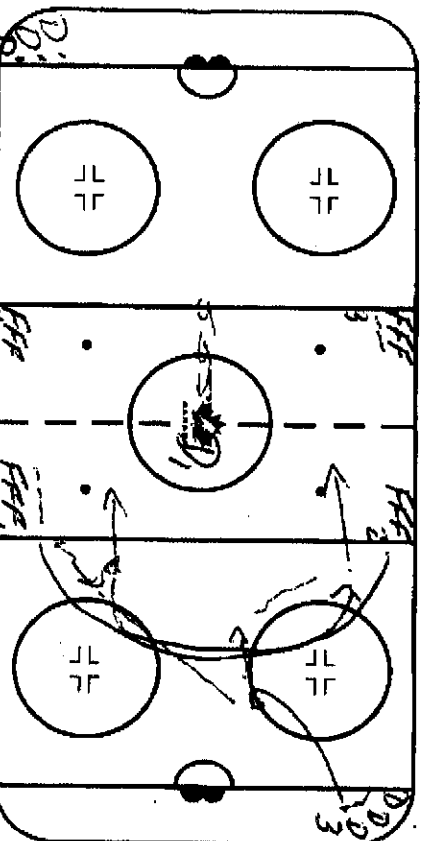
Def: Good body position - goal

sticks

Teaching Offensive + Defensive

Team Play.

Favorite Drill - Pits 2v1 (2nd set)



Coaches whistle: F1 passes to D3

F1-F2 cross pass + receive return

pass from D3

F1-F2 go down to D1. Try to

score... Continue to play puck

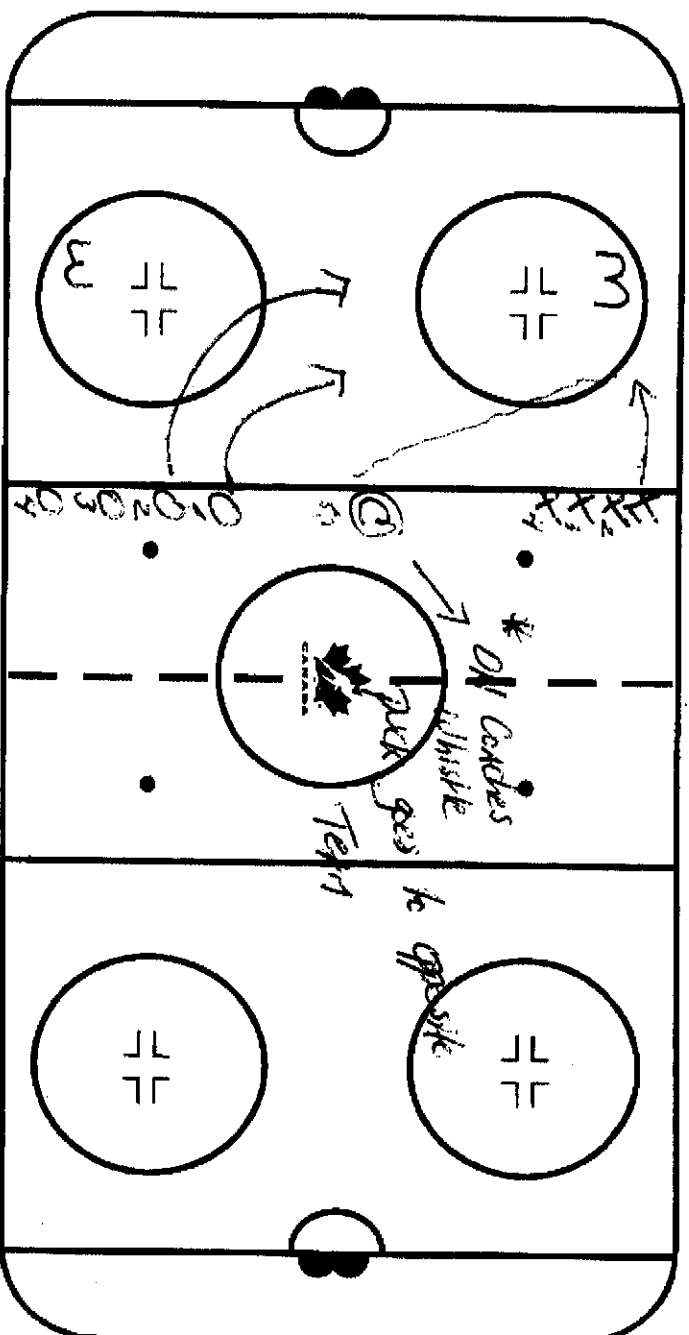
(D-used if don't score, can use

D3 as a shot from point.

2nd whistle F3-F4 Breakout vs D3



HOCKEY CANADA PROGRAM OF EXCELLENCE



- Coach passes to X₁ who goes against G₁-D₂ (1v2)
- Play for 20-25 secs.

Rules: Single Player Always receives puck (X₁ then shoots thru G₁ gets 2pts) - play for 20-25 secs.

Single player scores Team gets 3pts
If the team of 2 players score Team gets 1pt
1st Team to 1st pts wins.

Everytime Coach blows whistle, puck changes side

KIP: Off-the-Concepts

Goal Conditioning - Competitive Game.

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "If you don't play your part,
it will remain a
dream"