

March 3, 2020

DRILL OF THE WEEK CLUB 2019 20

WEEK 20 – ENIO SACILOTTO

RECOMMENDED BOOK: Scotty – A Hockey Life Like No Other – By Ken Dryden

QUOTE: “IF YOU WANT TO GO FAST, GO ALONE

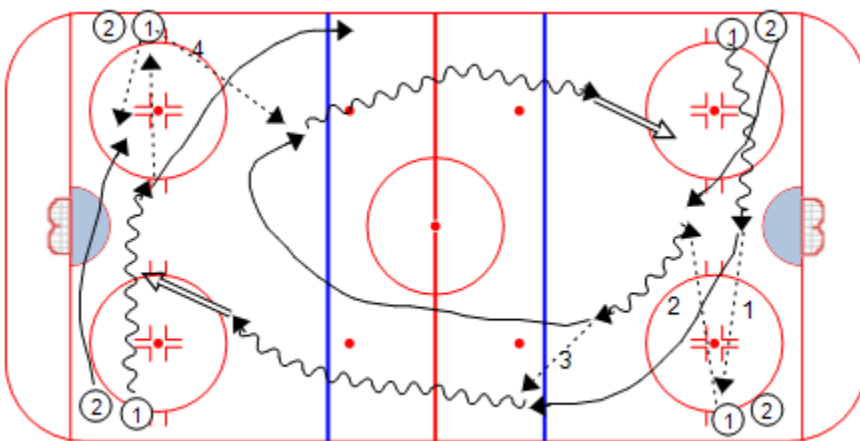
IF YOU WANT TO GO FAR, GO TOGETHER” - African Proverb

TEAM BUILDING GAME: Conveyor Belt Race

2 or more teams of 6 members.

1. Each team has 5 members lay on the floor (East - West), and the 6th lay on top at a 90 degree angle (North - South).
 2. Whistle, the teams start to roll .
 3. The last person of the conveyor belt continuously switches quickly to the front.
 4. If they do not switch the transported teammate will fall off the conveyor belt and will have to start at the point where he/she/they fell off.
 5. First team to finish wins
 6. Video link: <https://youtu.be/OAG0GdLdM3w>
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1. WARM UP DRILL: VANCOUVER SKILL WARM UP



Both sides at the same time. Start on the whistle. Player 1 leaves with puck, passes to player 1 on the other side (1) , player 2 follows a few strides behind and gets a pass from 1 on the other side (2), player 2 then passes to player 1 (3) who goes in and shoots. Player 2 then continues on and gets a pass from player 1 on the opposite of the ice (4).

Next players take off on the whistle.

2. INDIVIDUAL SKILL DRILL – IN TIGHT SHOOTING THEN 1 ON 1

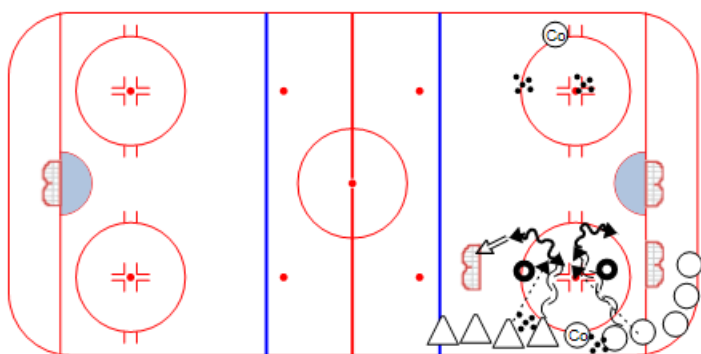
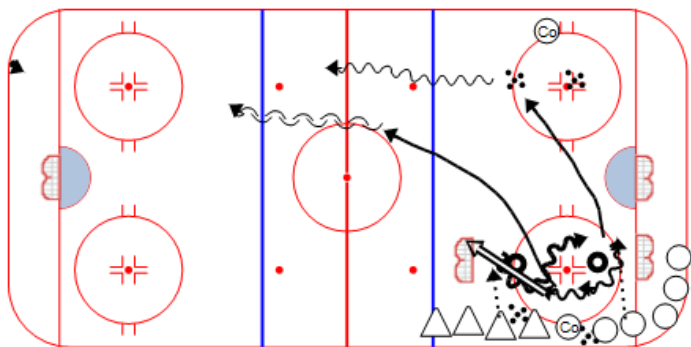


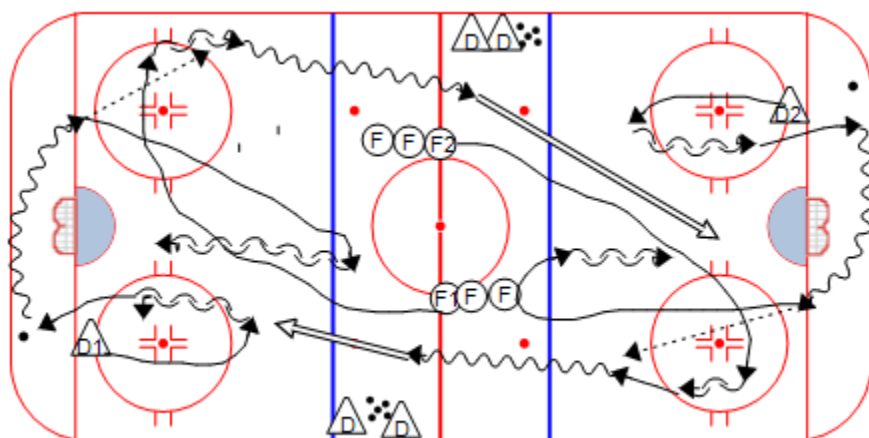
Diagram not to scale. Nets at circles.

Start on Whistle. Phase 1 of 3

△ & ○ skate backwards get a pass from next player in line go around tire and shoot in tight. After shot & rebound, (phase 2), players get 2nd pass and go shoot on opposite nets. Phase 3 - player that shot on goal line net picks up a 3rd puck either spotted or passed by the coach and goes 1 on 1 with other player.

Works on good hands in tight, heads up and 1 on 1. Can modify drill for an after practise skill drill and the players work only in 1 zone.

3. TACTICAL DRILL – CLINT'S BREAKOUT PASSING – (good to get your D passing under pressure)

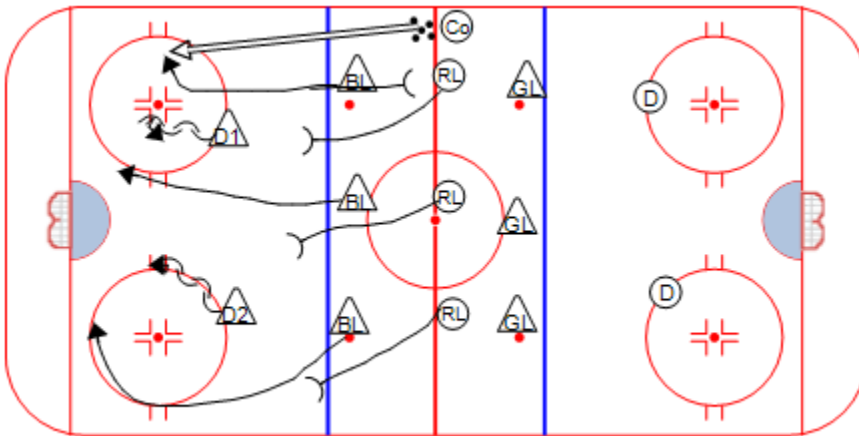


1. Players are lined up as outlined.
2. Whistle D up to top of circle, retrieves puck, wheels net and makes breakout pass to F's.
3. D then jumps up as quickly as possible, touches blueline.
4. F from opposite side, dumps puck in to where he thinks he can get it.
5. D turns then attempts to carry puck out / F forechecks, tries to recover puck and score.

Key points.

D must go back to pucks hard, shoulder check and use deception.

4. TEAM PLAY DRILL – 5 ON 5 CONTINUOUS FORECHECK OR BREAKOUT – whatever you want to focus on.



1. Need at least 3 lines & 4 D.
2. Set of D at top of circles at each end.
3. 3 lines in the neutral zone (blue/red/green).
4. Drill starts by coach dumping puck into the zone.
5. Blue line will break out vs. red line.
6. Forecheckers try to create turn overs & chances, breakout team tries to breakout, gain the red and f/ch vs the green line.
7. Red line comes out to centre and waits for the Green line to come out, they then break out vs Green line.
8. If you have 4 lines, they can wait on the bench.
9. Drill is continuous.

DUMP WHERE YOU CAN GET IT BACK / BREAKOUTS / FORECHECKING SYSTEMS