

DRILL OF THE WEEK CLUB

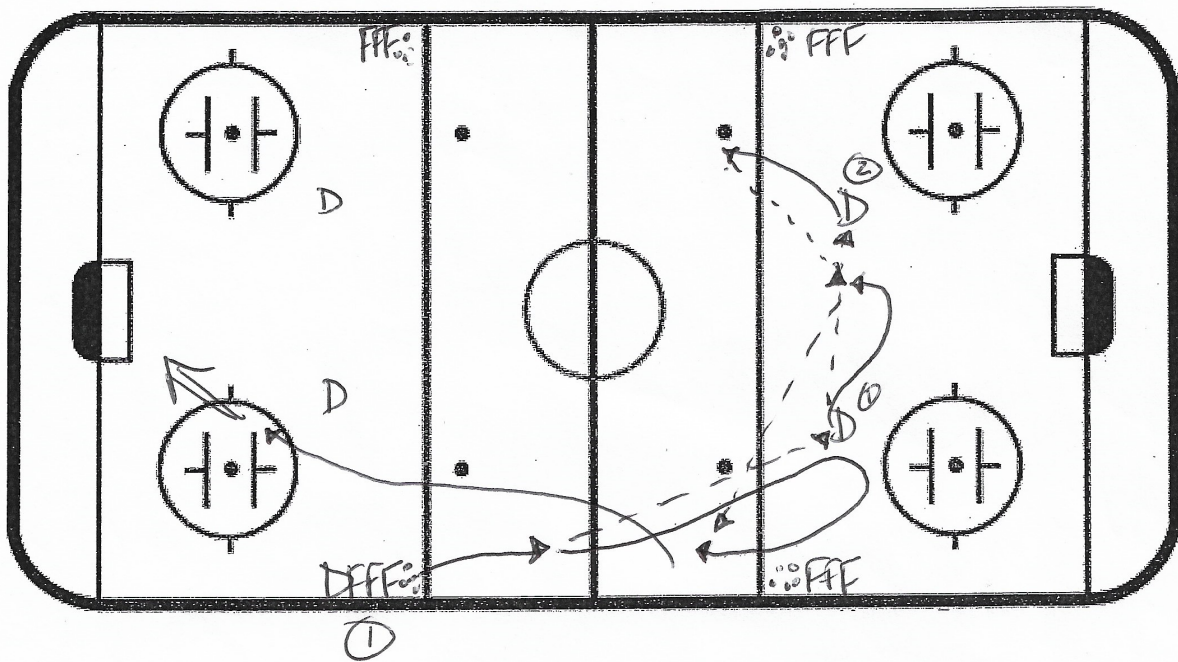
WEEK 17

TED BROWN

Quote: A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be. (Wayne Gretzky)

Book: Hockey Confidence: Train Your Brain To Win In Both Hockey And Life

DRILL: D → D PASSING DRILL (PART II)



DIRECTIONS: F¹ PASSES TO D¹
D¹ PASSES TO D² WHO STARTS TO SKATE
UP ICE

* CHANGE D

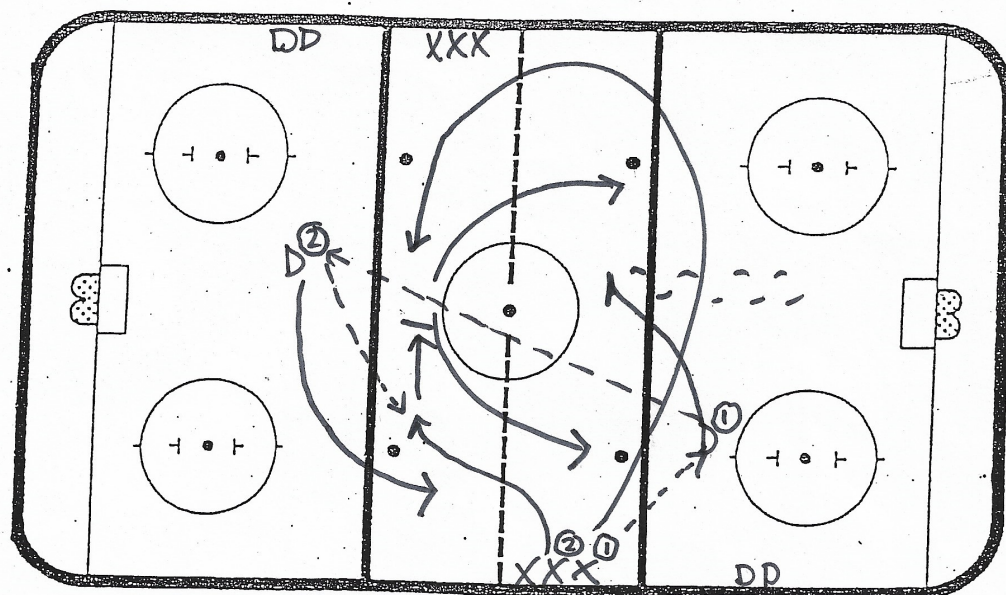
D¹ SKATES TO MIDDLE OF ICE AND
GETS A PASS FROM D²

F¹ SKATES TO FAR BL, TIMES HER
SKATE AND GETS A PASS FROM D¹

F¹ GOES IN FOR A SHOT

* DIAGONALLY OPPOSITE SIDES @ THE SAME TIME

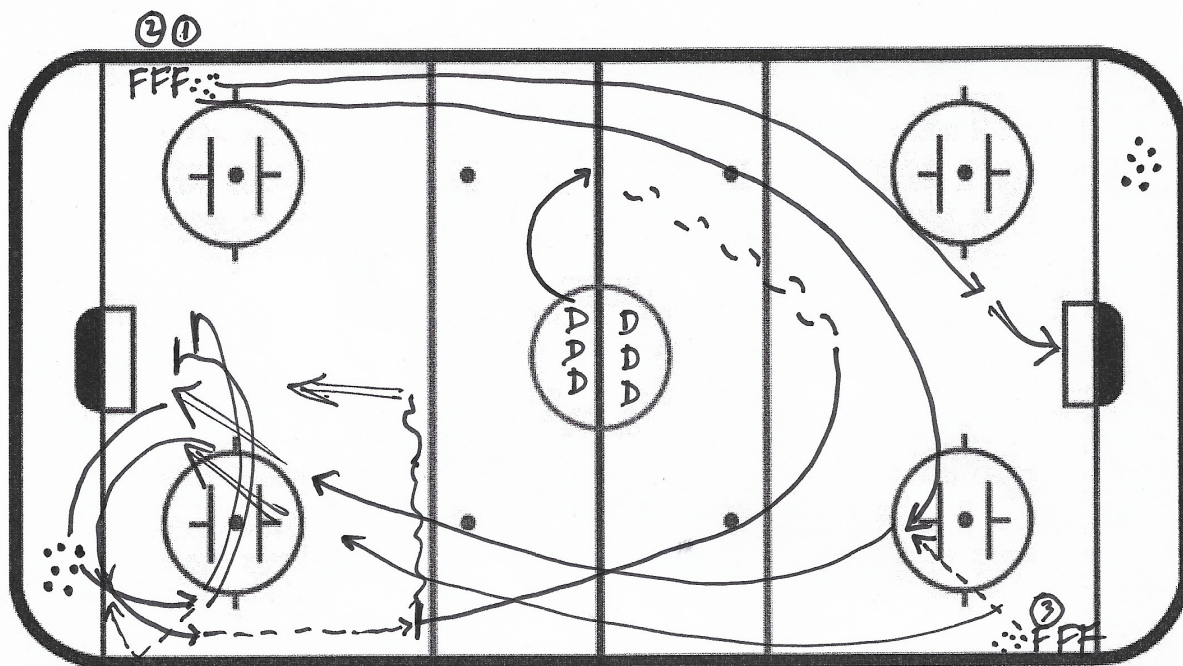
DRILL BRENNER PASS TO A 3 ON 1 (D ACTIVATION)



DIRECTIONS

X^① PASSES TO D^① AND SKATES WIDE
 D^① PASSES TO D^②
 X^② COMES DOWN THE BOARDS AND
 RECEIVES A PASS FROM D^②
 X^① CROSSES W X^② AND GETS A DROP PASS.
 X^①, X^② AND D^② MOVE UP ICE PLAYING
 A 3 ON 1 AGAINST D^① WHO HAS CLOSED
 THE GAP.

DRILL: RANGER CUP



DIRECTIONS:

- F^① SKATES DOWN ICE AND SHOTS
- F^② SKATES WITH NO PUCK AND GETS A PASS FROM THE CORNER FROM F^③
- D AT CENTRE MIRRORS F^② - FIRST SKATING BKWD AND THEN FORWARD TO FAR B L.
- F^② SKATES DOWN ICE AND SHOTS ON NET AS DOES F^③
- F^② GOES INTO THE CORNER AND CYCLES THE PUCK TO F^③
- F^③ PASSES TO THE D WHO HAS FOLLOWED UP - D SHOTS WHILE F^② & F^③ SCREEN/TIP

DRILL:



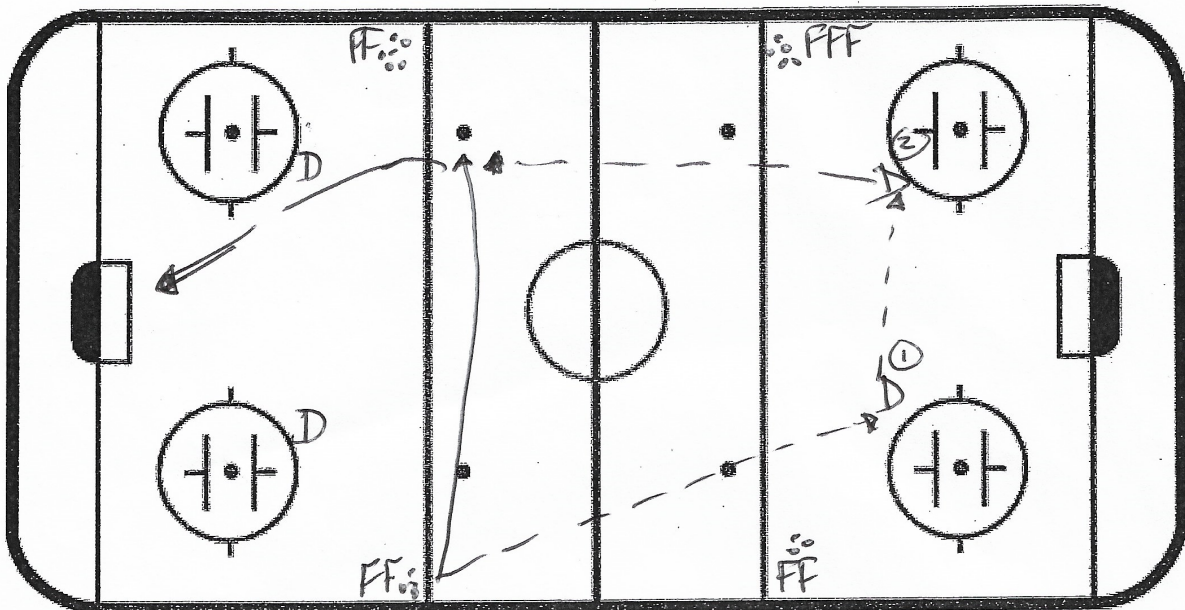
DIRECTIONS:

* CHANGE D

F^① SKATES TO FAR BL AND STOPS,
TAKES OFF BACK DOWN ICE
AND GETS PASS FROM D^②
F^① SKATES DOWN AND STEPS ON
ANGLE.

* DIAGONAL SIDES @ SAME TIME

DRILL: D → D BREAKAWAY PASS (PART III)



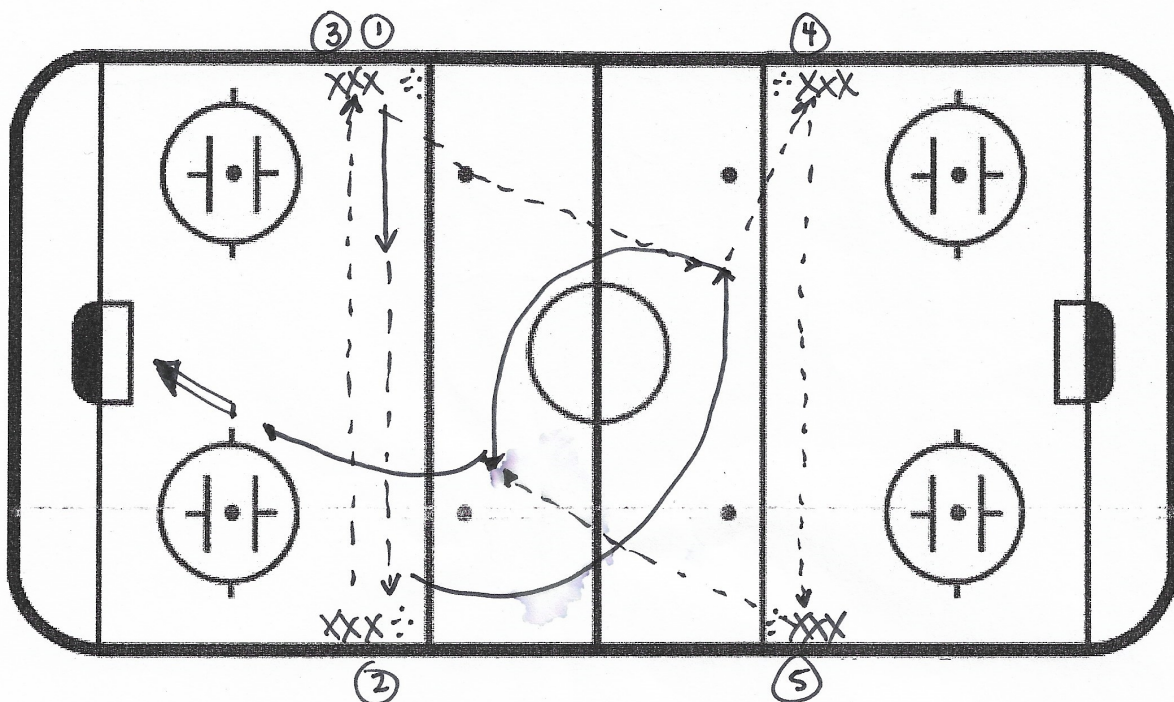
DIRECTIONS: $F^{(1)} \rightarrow D^{(1)}$

$D^{(1)} \rightarrow D^{(2)}$

$F^{(1)}$ TIMES HER SKATE ACROSS BL
AND GETS A BREAKAWAY PASS
FROM $D^{(2)}$

* $F^{(1)}$ DOESN'T LEAVE UNTIL $D^{(2)}$ GETS
THE PASS

DRILL: FARJESTAD 6 PASS



DIRECTIONS:

$X^1 \rightarrow X^2$
 $X^2 \rightarrow X^3$
 $X^3 \rightarrow X^1$
 $X^1 \rightarrow X^4$
 $X^4 \rightarrow X^5$
 $X^5 \rightarrow X^1$ WHO GOES IN FOR A SHOT