

DRILL OF THE WEEK CLUB

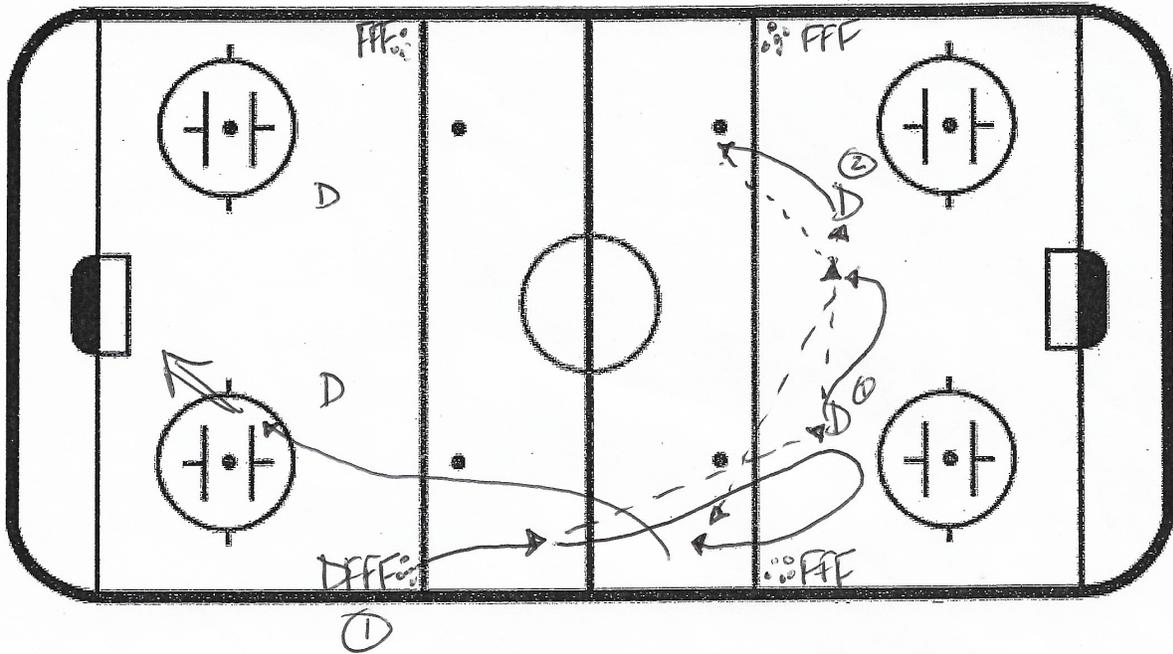
WEEK 17

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:

F^① PASSES TO D^①
 D^① PASSES TO D^② WHO STARTS TO SKATE UP ICE

D^① SKATES TO MIDDLE OF ICE AND GETS A PASS FROM D^②

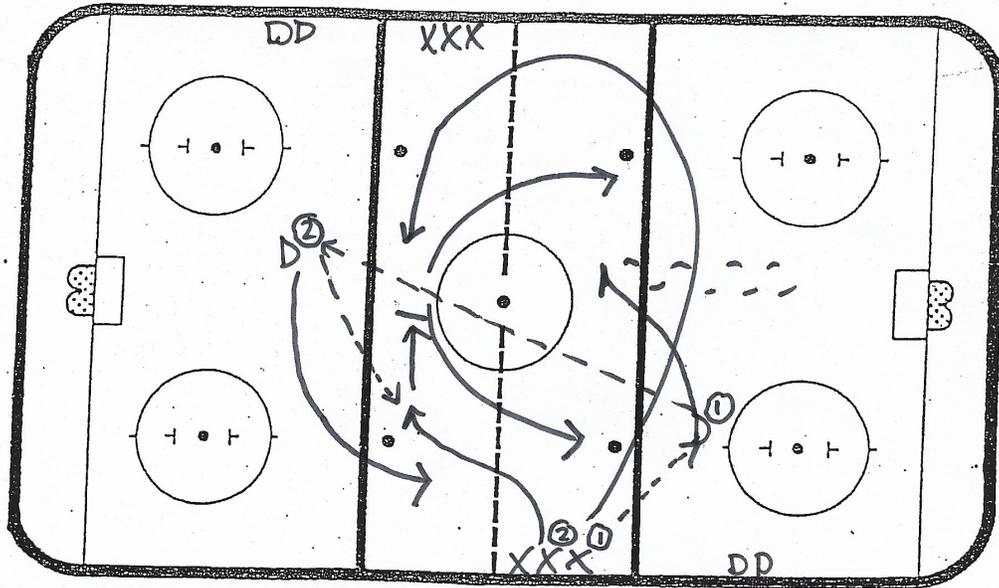
F^① SKATES TO FAR BL, TIMES HER SKATE AND GETS A PASS FROM D^①

F^① GOES IN FOR A SHOT

* CHANGE D

* DIAGONALLY OPPOSITE SIDES @ THE SAME TIME

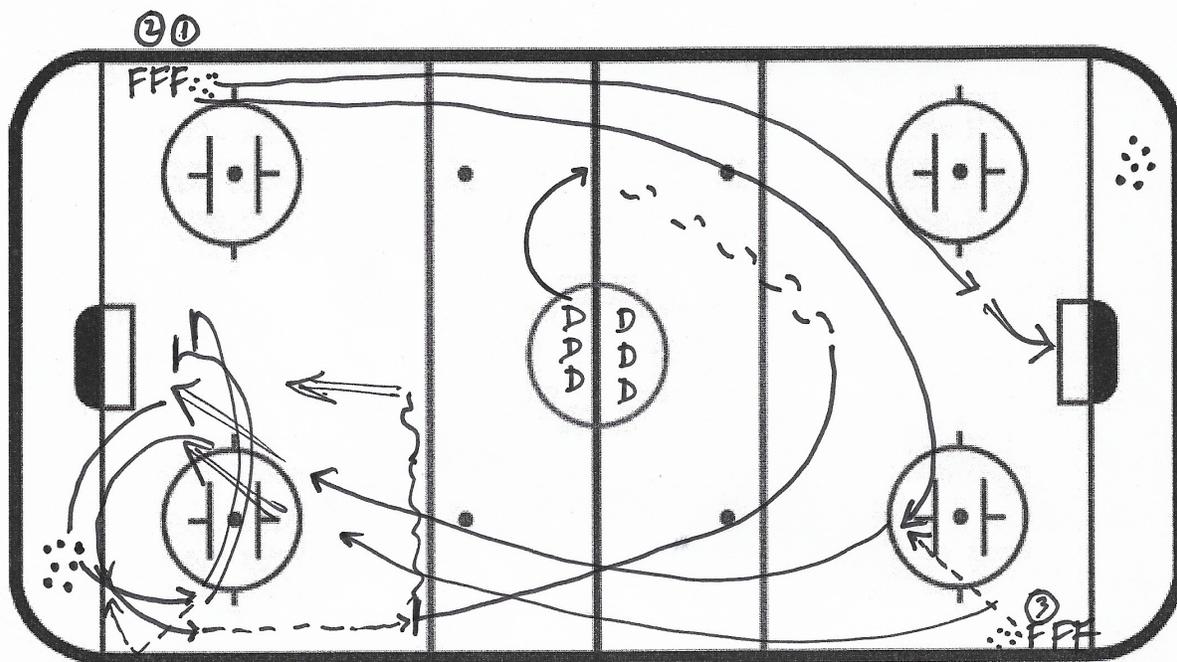
DRILL BRENNER PASS TO A 3 ON 1 (D ACTIVATION)



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.

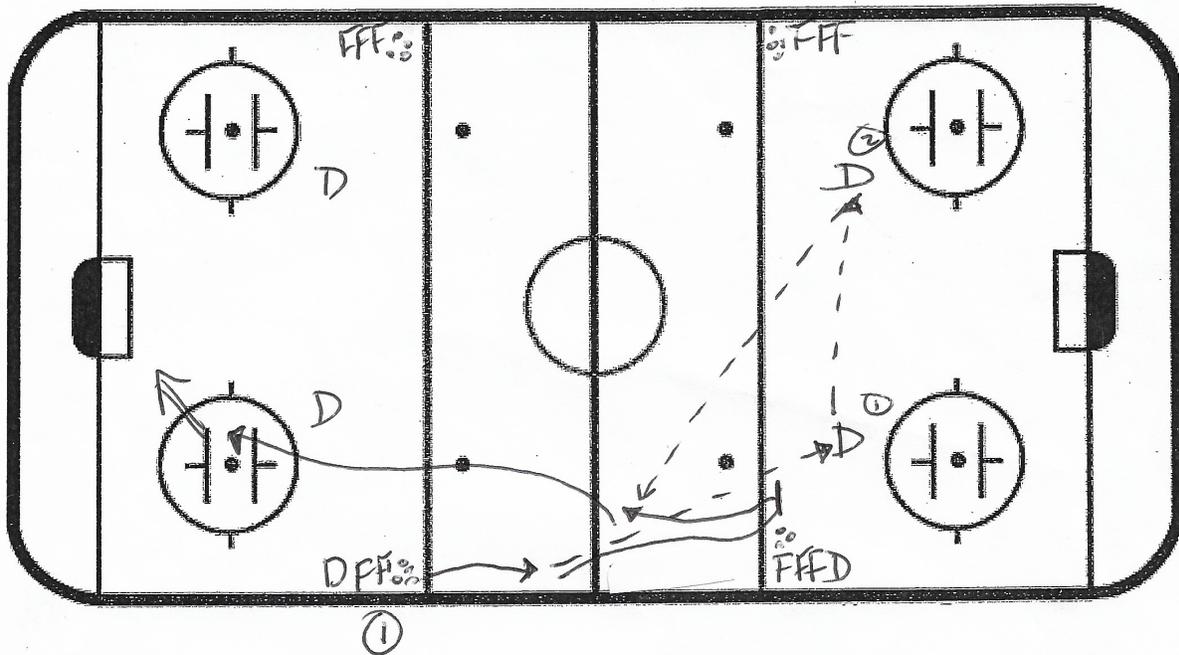
DRILL: RANGER CUP



DIRECTIONS:

- F^① SKATES DOWN ICE AND SHOOTS
- F^② SKATES WITH NO PUCK AND GETS A PASS FROM THE CORNER FROM F^③
- D AT CENTRE MIRRORS F^② - FIRST SKATING BKWDS AND THEN FORWARD TO FAR B L.
- F^② SKATES DOWN ICE AND SHOOTS 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 SHOOTS WHILE F^② & F^③ SCREEN/TIP

DRILL: D → D PASSING DRILL (PART I)



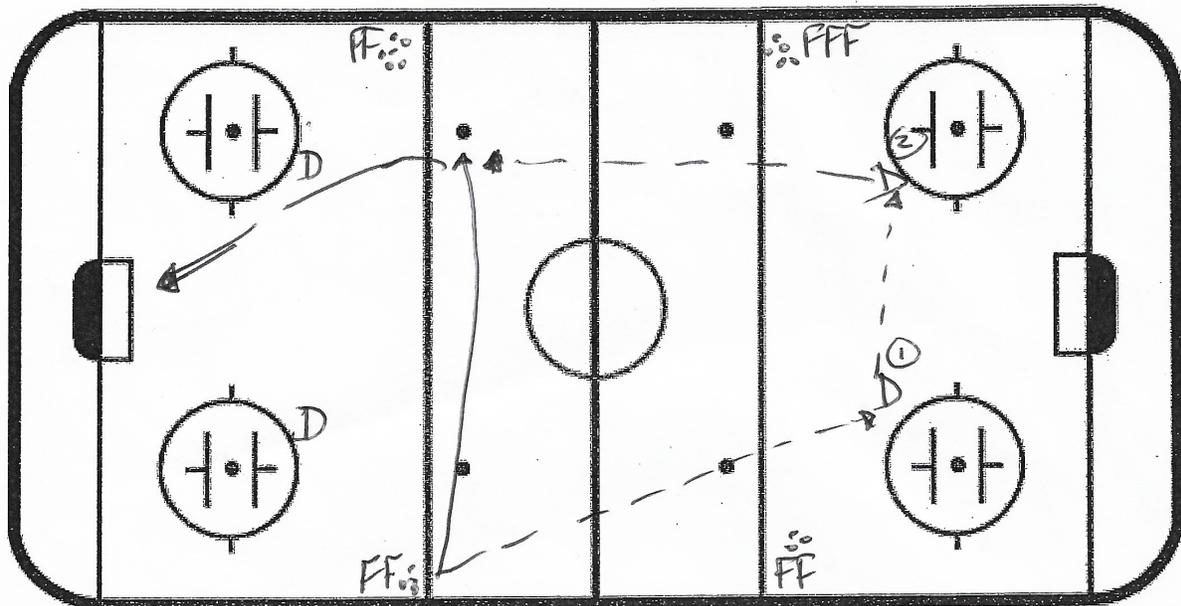
DIRECTIONS: F^① SKATES AND PASSES TO D^①
 D^① → D^②

*** 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 SHOOTS ON
 ANGLE.

* DIAGONAL SIDES @ SAME TIME

DRILL: D → D BREAKAWAY PASS (PART III)



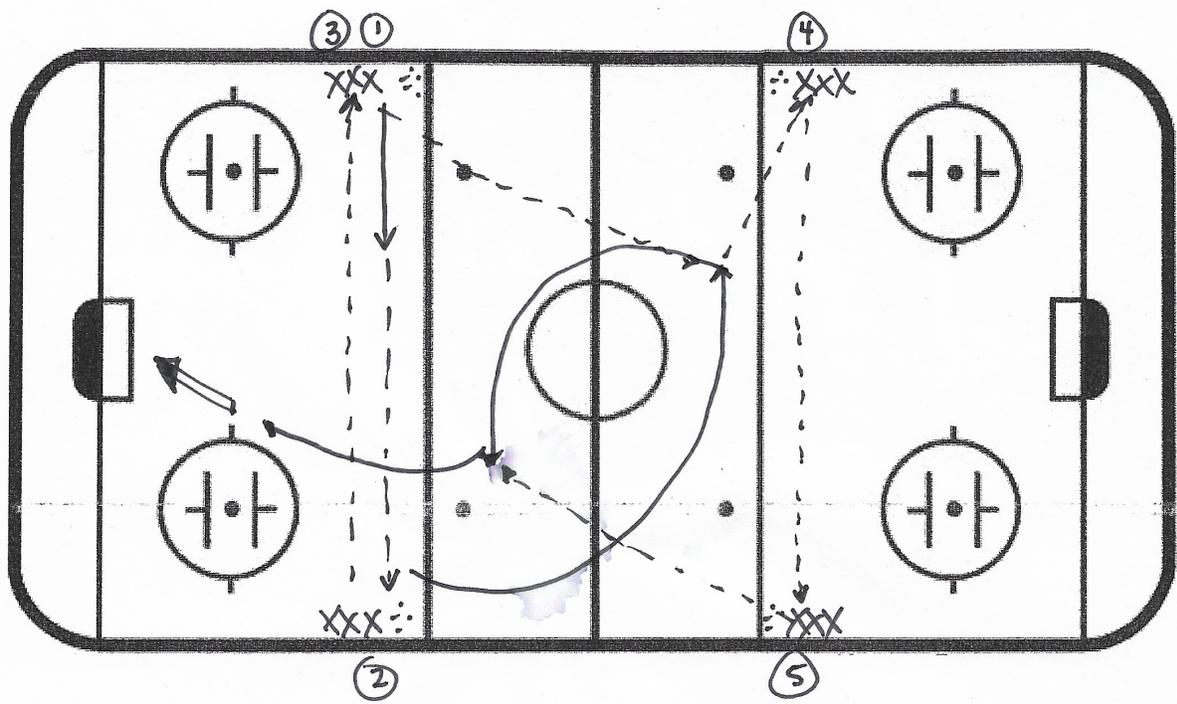
DIRECTIONS: $F^{\textcircled{1}} \rightarrow D^{\textcircled{1}}$

$D^{\textcircled{1}} \rightarrow D^{\textcircled{2}}$

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

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

DRILL: FARJESTAD 6 PASS



DIRECTIONS:

- X¹ → X²
- X² → X³
- X³ → X¹
- X¹ → X⁴
- X⁴ → X⁵
- X⁵ → X¹ WHO GOES IN FOR A SHOT