

Drill Of The Week - Evan Vossen

Practice Name / Date

Objectives

Thank you Enio for the organisation and distribution of the drills.

If there are any questions regarding any of the drills, don't hesitate to reach out.

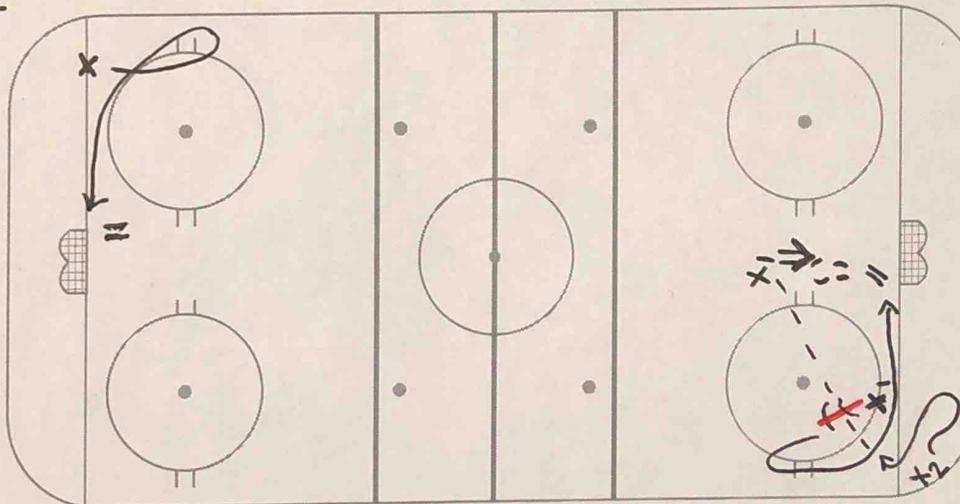
Good Luck the Rest of the Season



Board Cut Backs & Attack - 3 Progressions

Drill Name

#1



Notes / Coaching Points

#1 - X Starts with puck, skates up boards and cuts back towards boards and attacks the net along goal line. Stop in front of net for rebound.

#2 - X1 starts with puck. Have a stick or obstacles to stick handle around, through, or over. Explode hard up the boards, cut back towards boards. Attack low around obstacle and take the puck to the net. Stop for rebound. X2 handles puck in corner. After X1 stops net front, he floats to high slot to receive pass from X2 out of the corner. X2 gets into a position to pass around obstacle or saucers a pass over the obstacle to X1. X1 catch and release, with no stick handling.

#2

Drill Name

#3



Notes / Coaching Points

#3 - Same as progression #2, except it includes a second cut back. After the second cut back, X1 attacks along top of circle the middle of the ice. Follows shot up for rebound and stops in front. Then backs out to the slot for a pass from X2 out of the corner.

* With all 3 progressions you can add a player to defend X1 on his cut backs. Can apply different amounts of pressure so that X1 gets used to feeling the pressure and knowing when to cut back to escape it.

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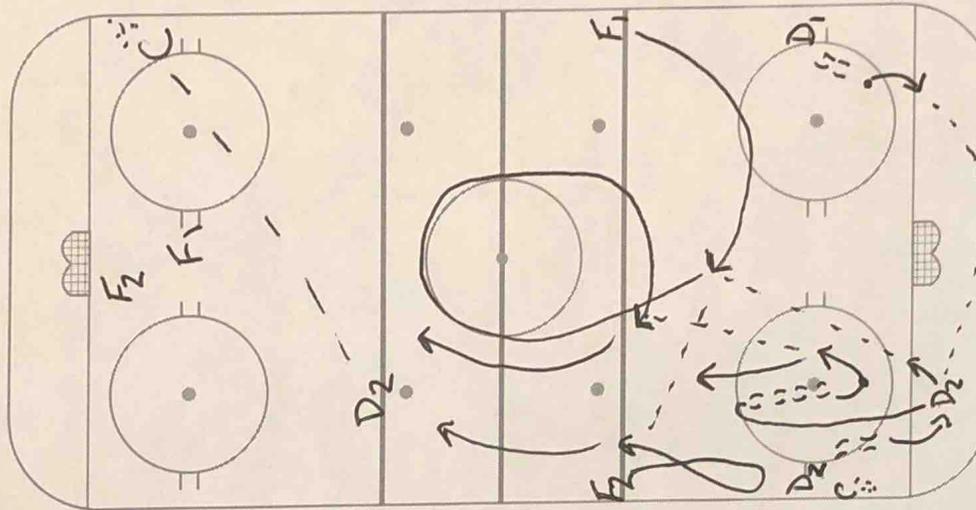
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Objectives



Double D

Drill Name

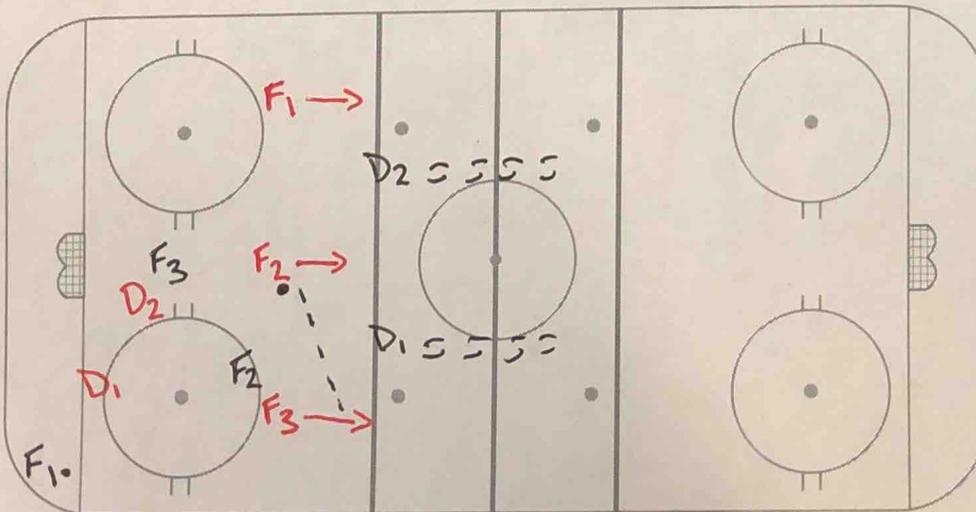


Notes / Coaching Points

- Drill starts with D1 retrieving placed puck. D1 makes direct or indirect D to D pass behind net.
- D2 passes to F1 who collects pass and passes to F2 supporting on boards. F2 skates down ice for shot.
- F1 circles in neutral zone while D2 gaps up to top of circles and retrieves a second placed puck from the coach.
- D2 gets feet up ice and passes to F1 who skates down ice for a second shot.
- D2 follows up ice and receives pass from coach at opposite end for a third shot on net, with F1 & F2 providing a screen.

3 on 2 Low to 3 on 2 Attack

Drill Name

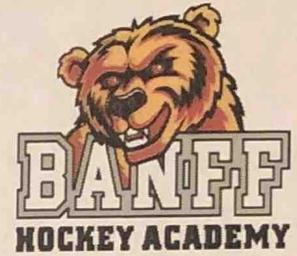


Notes / Coaching Points

- On 1st whistle black F's attack the net on the red D's. Play 3 on 2 below top of circles.
- 2nd whistle stops the 3 on 2 low and starts the red F's attack on the black D's. Black F's back check and red D's look to join red F's on the rush.
- Becomes a 5 on 5. Play 5 on 5 live for desired length of time.
- Next time switch so red F's start 3 on 2 low against black D's.

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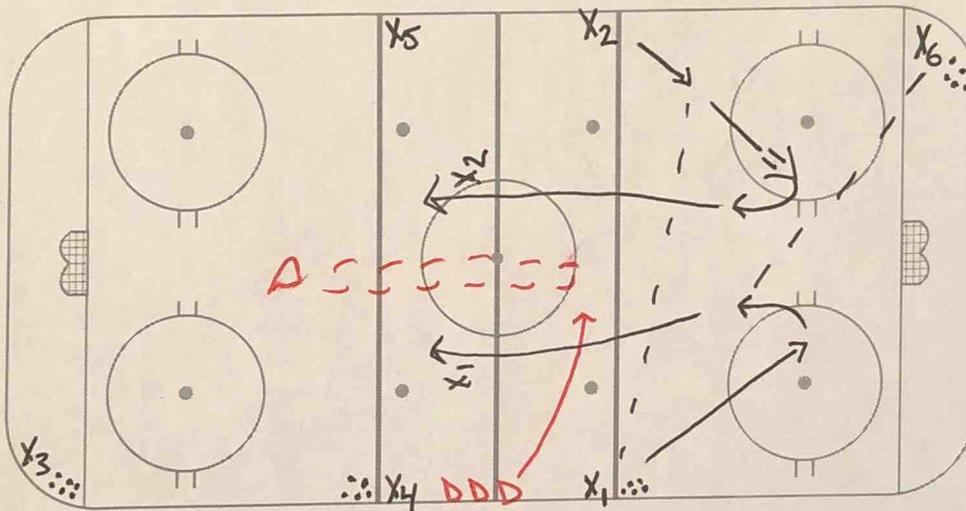


Objectives

10 Goals in 7 Minutes

Drill Name

Notes / Coaching Points



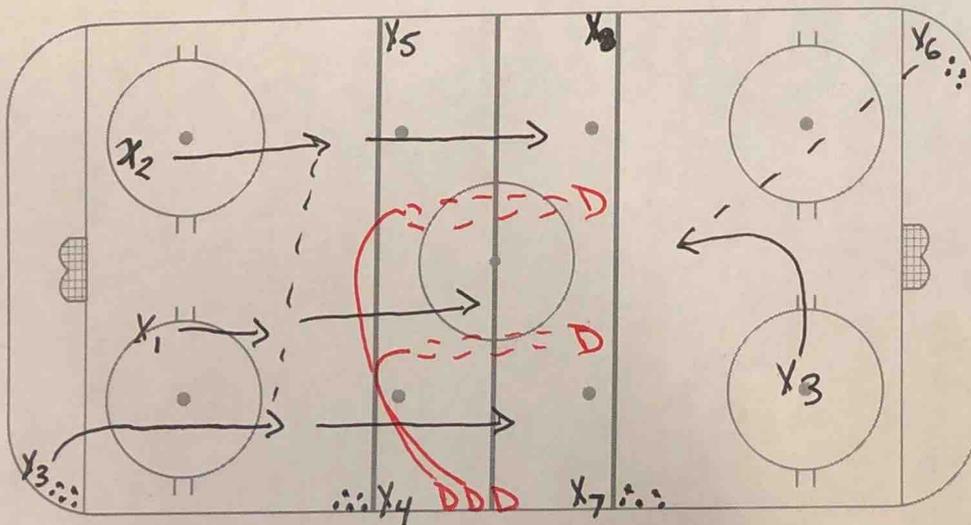
- On whistle X1 passes to X2. X2 skates in for a shot. X1 follows for possible rebound. Play one quick rebound, if available.

- X1 and X2 receive puck from X6 out of the corner and attack D1 that has jumped out. Play 2 on 1 down ice.

- When 2 on 1 is dead, X3 skates out of the corner with puck to join X1 and X2 to attack down ice on D2 and D3 that have jumped out.

Drill Name

Notes / Coaching Points



- When 3 on 2 is dead, X3 receives a breakaway pass from X6. Attacks far end.

- After breakaway is complete, X4 and X5 wait for whistle to begin next rep.

* Keep track of how many goals the forwards score. Losing team has to skate, pick up pucks, etc.
* Can adjust amount of goals or amount of time to increase/decrease difficulty.

* Allow each rush to play one, quick rebound, if available