

# PRK PLAYER DEVELOPMENT

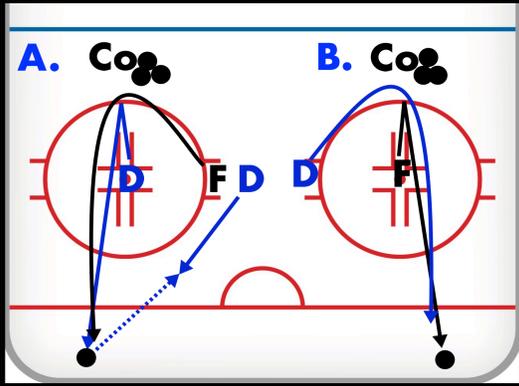
DRILL OF THE WEEK CLUB - JAN. 2020



<p><b>DRILL PROGRESSION A</b></p>	<p><b>DRILL PROGRESSION B</b></p>	<p><b>DRILL SUMMARY</b></p>
<p><b>PRK BACKCHECK 1-1</b></p>	<p><b>PRK BACKCHECK 2-2</b></p>	
		<p>OPPOSITE ENDS START WITH PUCK; ALL 4 PLAYERS GET INSIDE DOT WIDTH AND EXPLODE INTO THE NZ. PASS RECEIVERS MUST FACE THE PUCK, SHOW TAPE, YELL FOR PASS, SHOULDER CHECK, CATCH PASS ON FOREHAND, ATTACK AND SHOOT; FINISH ROUTE TO NET; BACK CHECKER LEAD WITH STICK ON THE ICE, TAKE AWAY BACK POST; STOP AT NET.</p> <p>2-2: ATTACKERS GET 1 PASS AFTER BLUE LINE; BACK CHECKERS WORK TO TAKE AWAY PASS AND/OR REBOUND AT NET.</p>
<p><b>A. 1-1 FCNZ TO FC BTN TKA</b></p>	<p><b>B. 1-1 LRA SURF</b></p>	<p><b>DRILL SUMMARY</b></p>
		<p>A. BOTH ENDS AT SAME TIME; 1ST PLAYER ATTACKS OUTSIDE DOT WIDTH; 2ND PLAYER ANGLES ATTACKER WITH STICK ON PUCK PROTECTING BACK POST; ON WHISTLE, COACH SPOTS A PUCK BTN; ROLES REVERSE; ATTACKER STOPS AT NET AN D ESTABLISHES A FORECHECK WITH DEFENSIVE PLAYER RETRIEVING PUCK BTN AND INITIATING BREAKOUT (GOAL IS TO GET BEYOND TOP OF CIRCLES).</p> <p>B. ALTERNATE SIDES OR GO AT SAME TIME; ATTACKERS FIRST STEP MUST BE TO OUTSIDE; DEFENSIVE PLAYER MUST ATTACK SPACE AND ANGLE WITH STICK ON PUCK; IF TAKEAWAY OCCURS CAN ATTACK OPPOSITE END; PLAY UNTIL WHISTLE; EXCELLENT FOR FULL ICE COMPETING IN FORNT OF YOUR PEERS.</p>
<p><b>A. ARIAL 2-2 LRA</b></p>	<p><b>B. WIDE PASS 3-3 LRA</b></p>	<p><b>DRILL SUMMARY</b></p>
		<p>A. STARTS LO-HI D-D SHOT; F1/F2 GET TO NET WITH D BOXING OUT AND GETTING HARD UNDER STICKS; ON COACH WHISTLE: F3/ F4 SPRINT WITH F3 SPRINTING INTO THE D AND F4 PROVIDING W-W SUPPORT. COACH PUNTS PUCK INTO NZ OR USES GLASS; F3/ F4 HUNT WITH D HANDLING AN ARIAL ATTACK. KEY TO DRILL: COACH BLOW WHISTLE BEFORE SHOT - GIVES F3/F4 SPEED ADVANTAGE.</p> <p>B. STARTS SAME AS (A); F3 STAYS IN MIDDLE OF RINK TOP OF CIRCLES; ON COACH WHISTLE RED F3 INITIATES ATTACK UP BOARDS; F1 GIVES W-W SUPPORT; F2 GETS TO WIDE ICE; BLUE F3 ANGLES WITH STICK ON PUCK TO PREVENT WIDE PASS; F3 RED LOOKS TO INITIATE THE WIDE PASS; BLUE D GET INSIDE DOT WIDTH AND DEFEND.</p>

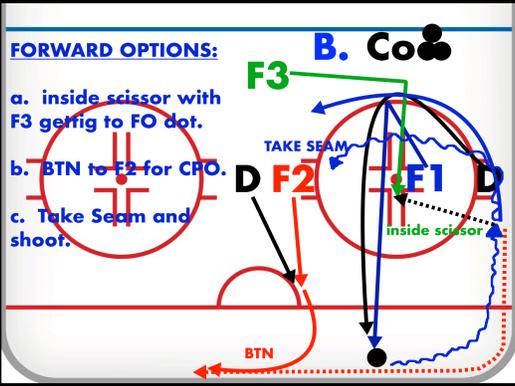
**DRILL PROGRESSION A**

**A. JETS 1-1 BO-FC / OZP-DZC**



**DRILL PROGRESSION B**

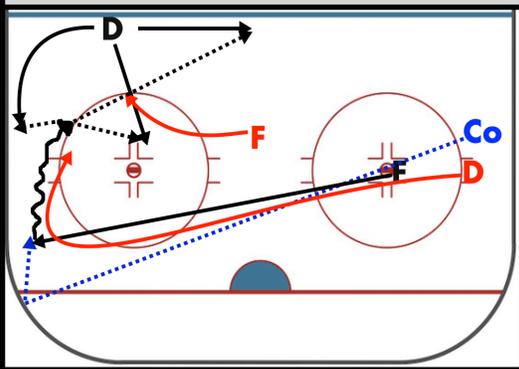
**B. JETS 3-2 OZP**



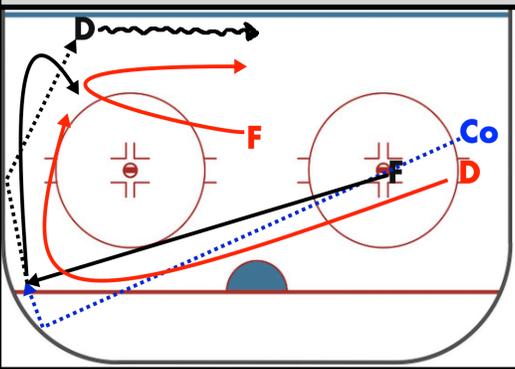
**DRILL SUMMARY**

- A. D AT FO DOT; F AT HASH; ON WHISTLE D TAG UP (STOPPING) AND RETRIEVE PUCK; F CURLS AT HASH AND FORECHECKS; D AT NET IS THE BO OPTION; D MUST FIND HIS PARTNER FOR A POP MIDDLE; B. FLIP ROLES: F RETRIEVING PUCK FOR OZP (SKATE ON 1ST TOUCH) WITH D FUNNELLING TO CORNER AND ESTABLISHING A PIN.
- B. F1 PUCK RETRIEVAL; F2 NET; F3 TOP OF CIRCLES DOT WIDTH (3-2 OZP); OPTIONS: INSIDE SCISSOR TO F3; BTN TO F2; TAKE SEAM AND SHOOT.

**A. PORTLAND 2-2 ACTIVE D**



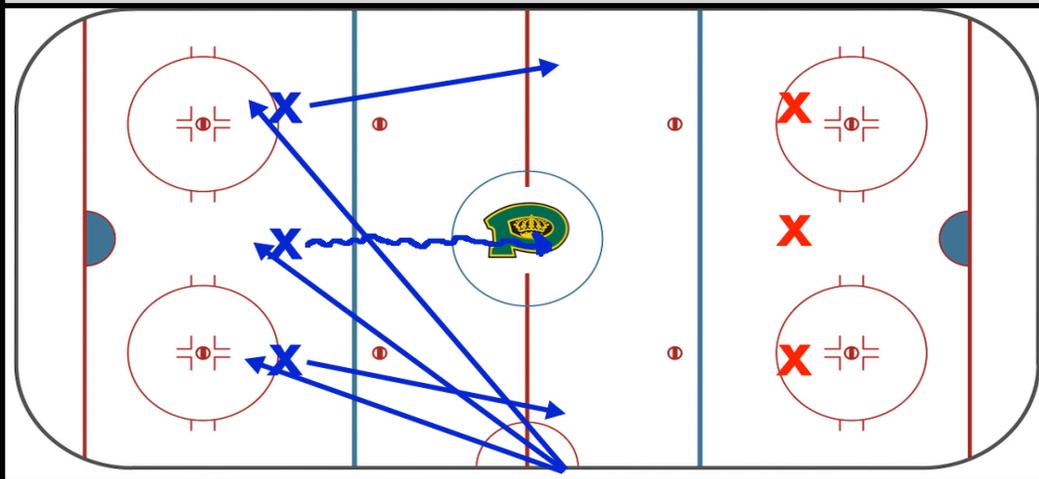
**B. PORTLAND 2-2 LOW-HIGH**



**DRILL SUMMARY**

- A. DEFENDING AN ACTIVE D IN OZP; F RETRIEVES PUCK AND SKATES ON 1ST TOUCH; D ACTIVE WHEN PUCK IS TRANSPORTED AT OR BEYOND HASHMARKS. RED F/D MUST TALK, ORGANIZE AND DEFEND.
- B. USE LOW TO HIGH WITH D SPRINTIN GTO MIDDLE vs. DEFENDING WINGER; F CAN GO TO NET OR FINISH HI SROUTE HIGH.

**MONTREAL 3-3 FULL ICE LRF**



**DRILL SUMMARY**

- BOTH TEAMS START ON THEIR STOMACHS AT TOPS OF CIRCLES. BENCHES REFLECT SECOND PERIOD (LONG CHANGE).
- ON WHISTLE BLUE ATTACKS RED. ONCE ATTACKERS CROSS RED LINE, 3 NEW BLUE WILL SPRINT TO THEIR END AND GET ON THEIR STOMACHS. RED WILL GET UP AND DEFEND AGGRESSIVELY IN THEIR ZONE vs. BLUE; ONCE RED ESTABLISHES POSSESSION THEY MUST ATTACK BLUE AT FAR END.
- GREAT WAY TO PRACTICE SORTING A LRF AND FILL THE CHAMBERS ON THE ATTACK; ALSO GOOD LRA SORT DRILL FOR THE DEFENDERS.

**BOOK: ZEN & THE ART OF MOTORCYCLE MAINTENANCE**

**QUOTE: The most important thing is to try and inspire people so that they can be great in whatever they want to do. - KOBE BRYANT**