

Enio Sacilotto

From: Michael Lysyj <michael.lysyj@gmail.com>
Sent: Wednesday, October 31, 2018 11:30 AM
To: Enio Sacilotto
Subject: Re: Drill of the Week Club
Attachments: image007.png; Drill of the Week Club.pdf
Flag Status: Flagged

1. Attached is a 4 drill PDF
2. Earn The Right To Win (by David Fisher and Tom Coughlin)

I added one more skill drill that can be competitive as well.

Glass & Go Skill (Game):

Player coming from the inside is trying to go off the glass and land the puck in the NZ.

His teammate is getting a bump on the coach or opposing player to buy some time.

Player at the point is trying to keep the puck in.

1pt for a clear, 1 pt for a keep. Opts if the clear goes for icing.



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RPI ENGINEERS



Practice No: _____

Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks : _____

Title : USA 3v3 (2 Nets)

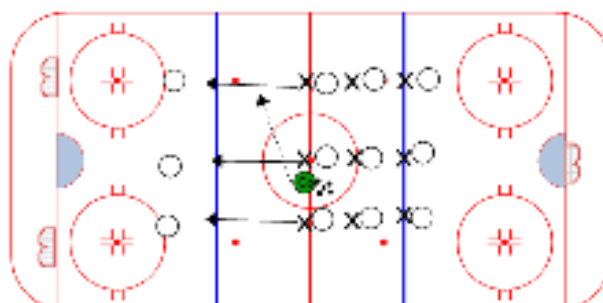
Key Points :

3v3 Coach passes to any X who is on offense Os defend.
 O must skate puck above blue line before passing to next O up.
 Xs defend new group of Os. Until is continuous.

Locus: Reload

Reload line changes:

1. Blue line
2. Top Circle
3. Dot



Title : Bucs 2v0

Key Points : COMBINATION

Cross & drop, pass to other blue line, pass across, fill lanes, hit the center, kick out to wall & drive the net. Puck enters wide & shot

MLD Deep slip to dot

MLD triangle slip



Title : Bucs 1v1

Key Points :

Both Sides same time™

U starts on wall at red line. Gets a pass from the center circle and passes to Lwd in the corner.

Lwd waits until the puck hits his stick to take off.

U gaps inside the dots around the and takes 1v1 Rush.

