

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.



Michael Lysyj

Assistant Men's Ice Hockey Coach



Houston Field House

Troy, NY 12180



RPI ENGINEERS



Practice No: _____

Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

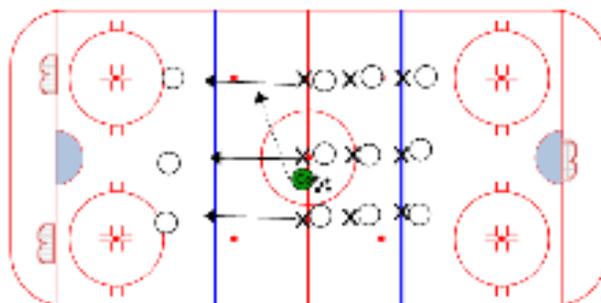
Objectives / Main tasks :

Title : USA 3v3 (2 Nets)

Key Points :

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

Locus: Reload
Reload line changes:
1. Blue line
2. Top Circle
3. Dot



Title : Bucs 2v0

Key Points : CONTROL RIGS

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

MLU Deep slip to dot
MLU triangle slip



Title : Bucs 1v1

Key Points :

Both Sides same time™

L 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.
L gaps inside the dots around the tree and takes 1v1 Rush.

