

Séance d'entraînement



Équipe: Drill of the week Club

Séance No.: _____

Date : 18-10-19

Heure: _____

Duré: _____

Version No.: _____

Préparé par: Philippe Trahan

Objectifs / instructions:

Hello group, I'm Philippe Trahan a head coach Cegep and and assistant coach at University of Montreal in Qc, Canada I'm happy to join this group and here are my drills.

Hope you enjoy them and if you have questions here's my email philippe_trahan@hotmail.com
The book I would recommend is Legacy by James Kerr

Exercice no.: 1

Durée : _____ minutes

De : _____ À : _____

Titre : organized chaos

Catégorie #1 TECHNIQUE INDIVIDUELLE

Catégorie #2 passing shooting

Description

One or both sides at the same time - players will deke eachother in the NZ.

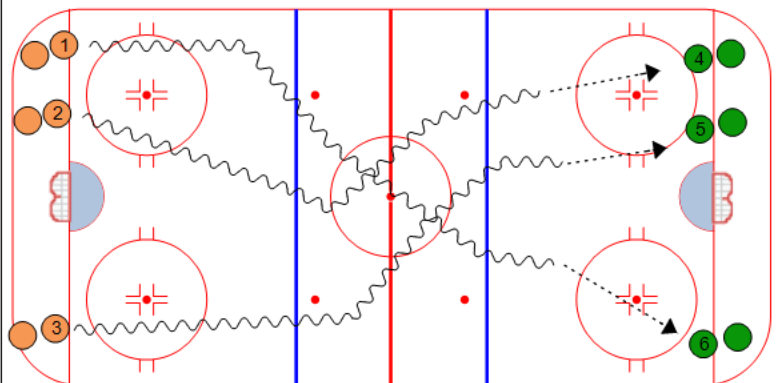
Race to get out of the zone.

You can't make a pass if the player isn't looking at you.

Must change lanes in the NZ

Have players do crossovers - shuffle - scooter push strides

Warm-up drill



Points clés :

heads up

feet moving (Race)

Lane change

Exercice no.: 2

Durée : _____ minutes

De : _____ À : _____

Titre : organized chaos (seq 2)

Catégorie #1 TECHNIQUE INDIVIDUELLE

Catégorie #2 passing shooting

Description

Once the DZ is entered, player must pass the puck (around the blue line) to a player looking at her.

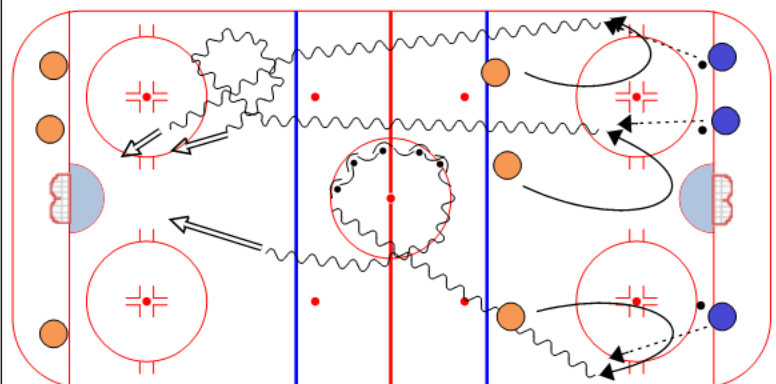
After the pass, come down below Hmarks for a Breakout (BO) pass.

Rush to the OZ

1- direct shot and drive

2- delay shoot and drive

3- pivot and escape around the center circle (keep feet moving) shot - Play the rebound on the 3rd shot only



Points clés :

Exercice no.: 2 **Durée :** minutes **De :** À :

Titre : Julien NZ regroup + point shot

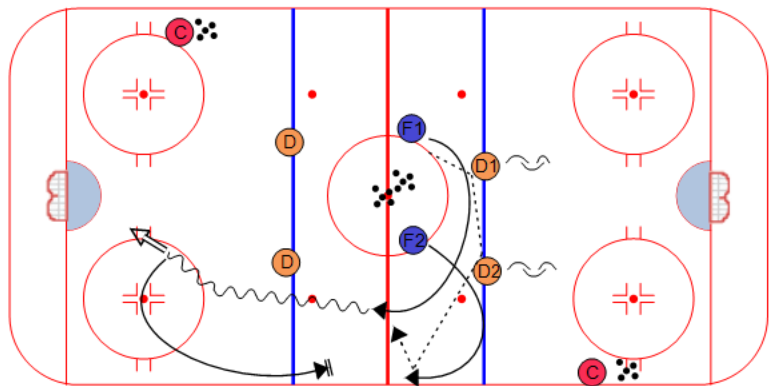
Catégorie #1 tactique collective offensive

Catégorie #2 regroup

Description

F1 starts and passes to D1 backing up with D2 in a hinge position. F1 follows the puck.
F2 goes and opens up on the boards to receive the pass from D2 and one touch it to F1 cutting across.
F1 goes down to take the shot and will curl back.
After the pass F2 cuts across to get a pass from C

Offensive team play drill



Points clés :

Hard passes

stretch

Hinge

Exercice no.: 2 **Durée :** minutes **De :** À :

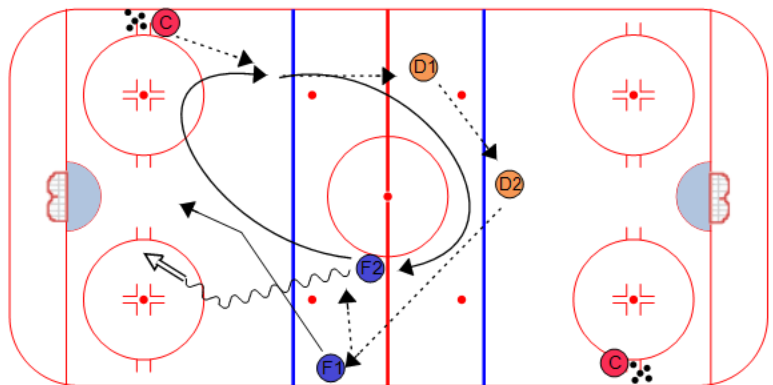
Titre : Julien NZ regroup + point shot

Catégorie #1 tactique collective offensive

Catégorie #2 regroup

Description

F1 takes the shot and curls back to the blue line. F2 swings across to get pass from C. D's will move up to take a good gap.
F2 organizes the regroup and follows the puck
F1 will post up at the blue and get the stretch pass from D2. After the pass D2 joins the rush and will get a pass from C for a shot on net.
Options for F1:
one touch in - slide in the zone and 90 degree pass. - chip on the boards for F2 skate in - skate along the blue and drop for F2 coming with speed.



Points clés :

stretch pass

screen

Exercice no.: 3 **Durée :** minutes **De :** À :

Titre : Green shot game

Catégorie #1 SAG

Catégorie #2 shooting

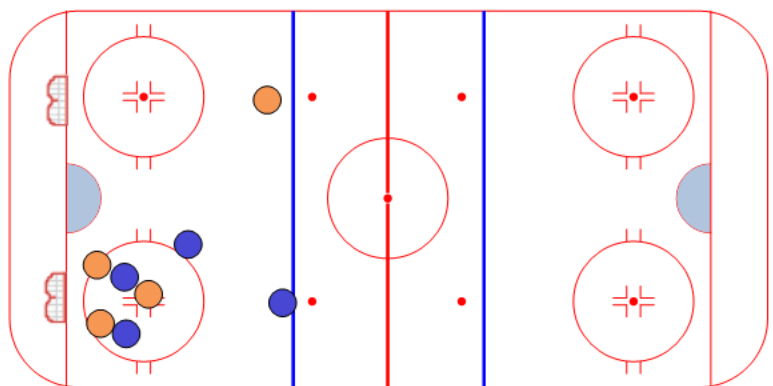
Description

3 vs. 3 with a point shot.
Players play 3v3 down low and can use the point shots as often as they want.
The transitions must be quick from one side to the other

Goals can ONLY be scored with a

- tip in
- deflection
- one timer
- Rebound

SAG



Points clés :

screens

support

find the blade

Exercice no.: 4

Durée : minutes

De : À :

Titre : 1/4 ice Blue line spin

Catégorie #1 : habiletés techniques

Catégorie #2 : shooting/skating

Description

1. Passes to twice the second puck must put towards the blue line to force a spin. After the spin, quick release no dust on net.
2. comes up along the boards for 2nd pass and spin towards the boards attack the net.
3. come back pick up a rim and attack the middle

Skills to work before or after practice works with both F and D

Points clés :

no dust

Crossover

quick release

