



# PURSUIT OF EXCELLENCE

HOCKEY ACADEMY

## DRILL WORKSHEET

TIME

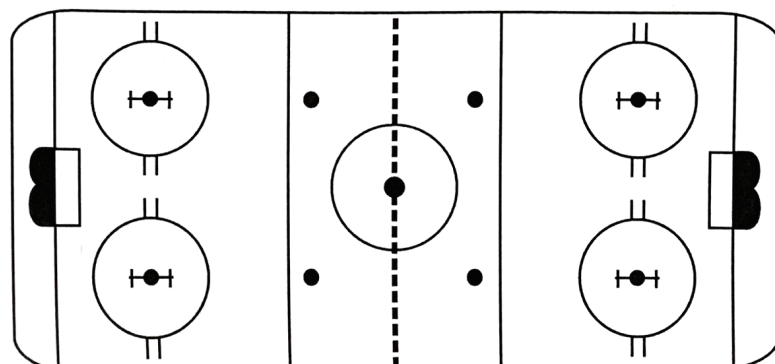
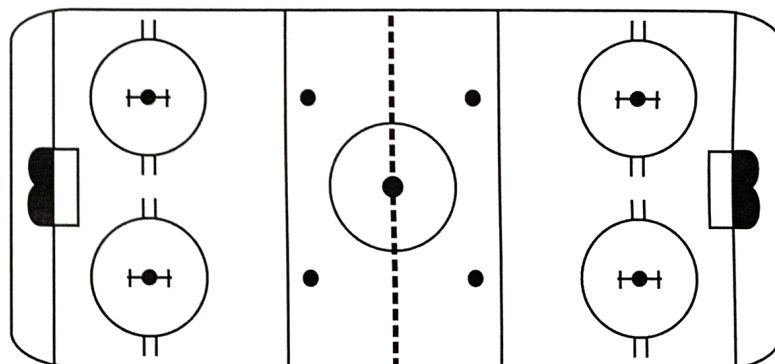
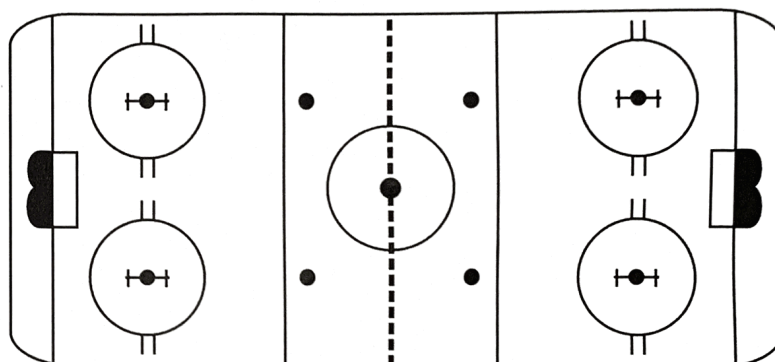
DATE:

### Skill Drill:

- ①-Players line up at the blue line.
  - Player leaves in an over speed pattern through the NZ.
  - Player attacks a net placed just inside the top of the circle and executes a variety of offensive attack moves (Pull/push, Datsuk move, toe drag, etc...) for a shot.
  - Player picks up a second puck in the corner and attacks top of circle.
  - Player executes a heel to heel puck protection around the net for a second shot.

### Progression

- ② - Pucks placed inside net at top of circle.
  - Player attacks with speed and pulls a puck out of the net for a shot.
  - Second Puck same as Part 1
- Player picks up a third Puck in opposite corner for a low goal line attack





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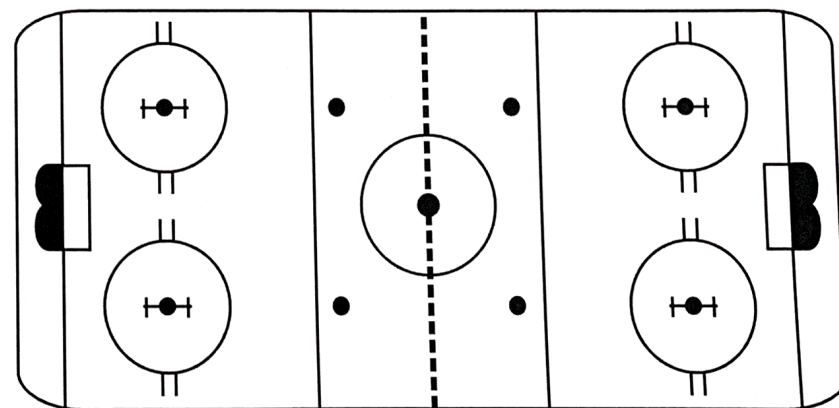
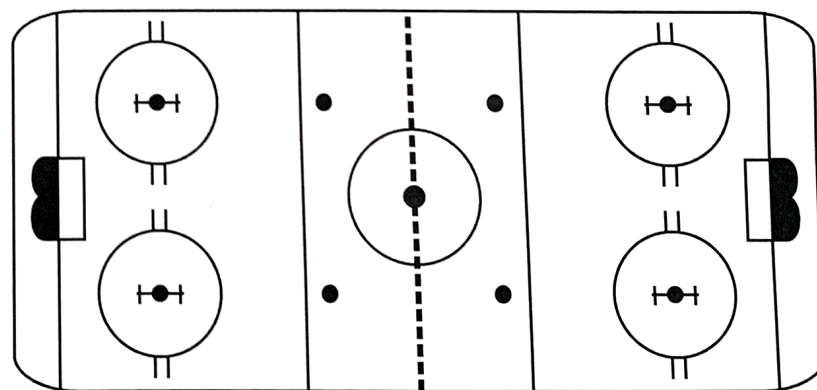
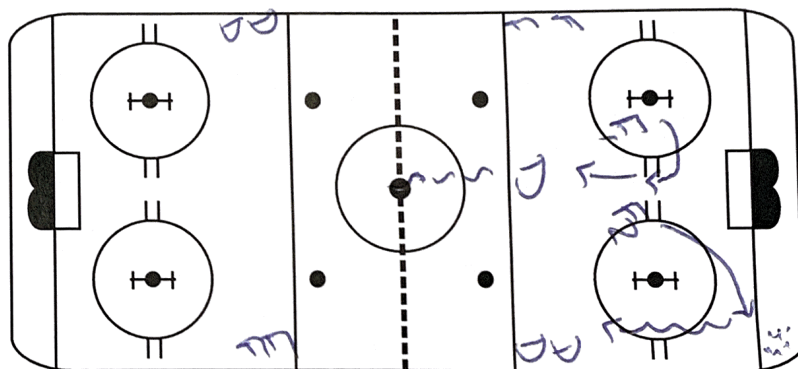
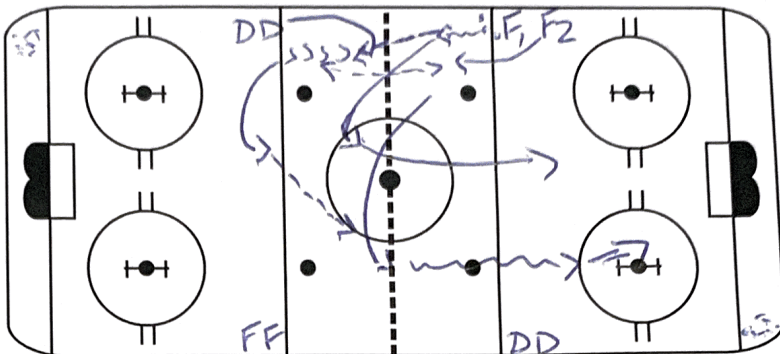
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WARM UP Drill  
RAIDERS 2on0/2on1

- D Tags red line and Pivots Backwards
- F<sub>1</sub> Passes to D, D returns Pass to F<sub>2</sub>. F<sub>2</sub> Passes Puck back to D.
- D steps up ice, F<sub>1</sub>/F<sub>2</sub> Transition up ice for a Pass and attack 2on0. D follows Puck up ice.
- AFTER 2on0 Shot, F<sub>1</sub>'s Pick up a 2<sup>nd</sup> Puck and attack back 2on1
- Other side Goes after 2on1 Rush Passes N2.





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### TEAM DRILL

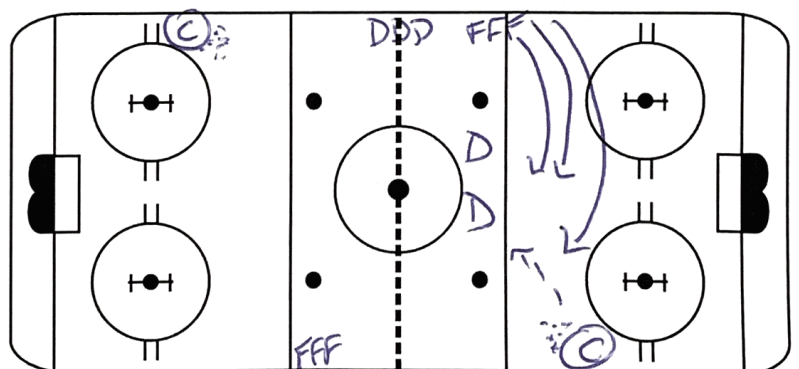
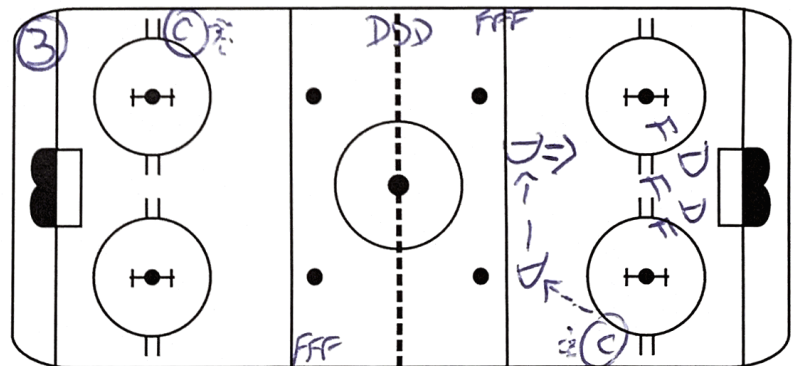
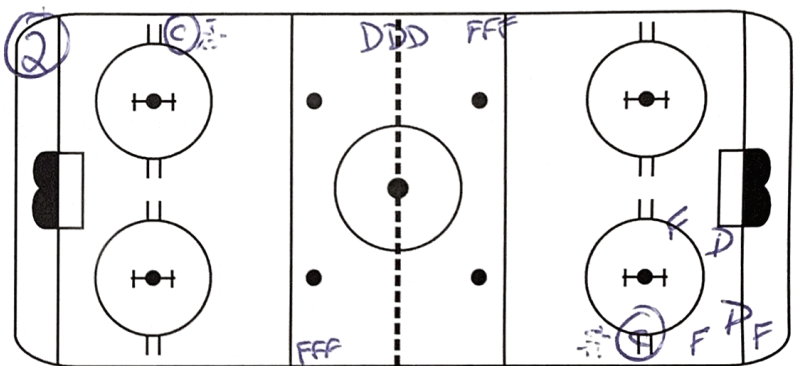
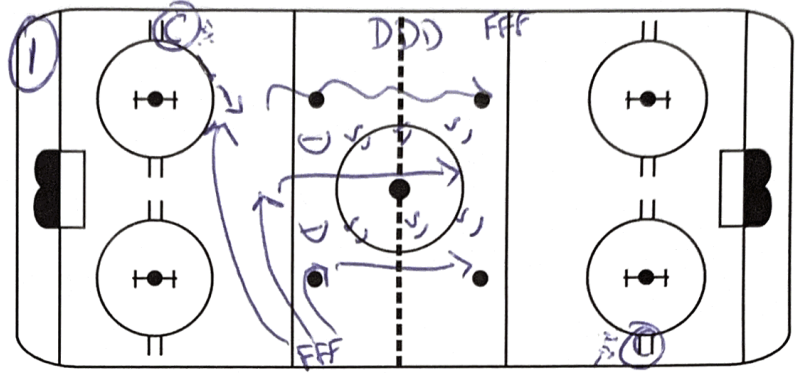
COYOTES 3on2 x 2

① - 3 Players swing below blue line and get a Pass From Coach.  
- Rush attack 3on2.

② - After Rush attack Coach blows whistle and spots a 2<sup>nd</sup> Puck low for a low 3on2  
- Play low 3on2 10-15 sec

③ - After low 3on2 New D Fill Blue Line.  
- Coach Passes to D for a Point Shot. Play 3on2 at net front.

④ AFTER 3on2 at net front, 3 new F leave and attack new D.







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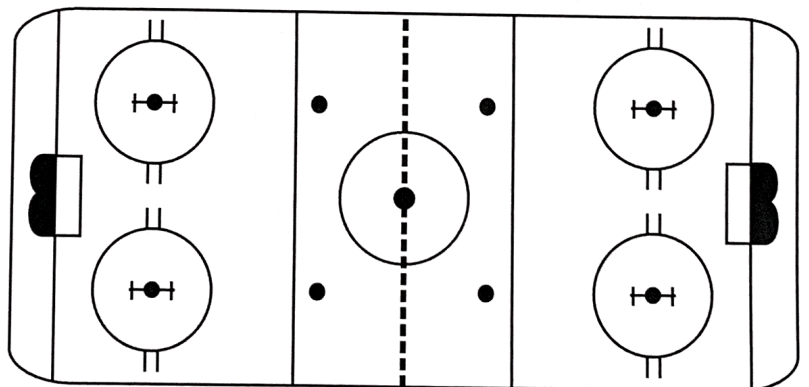
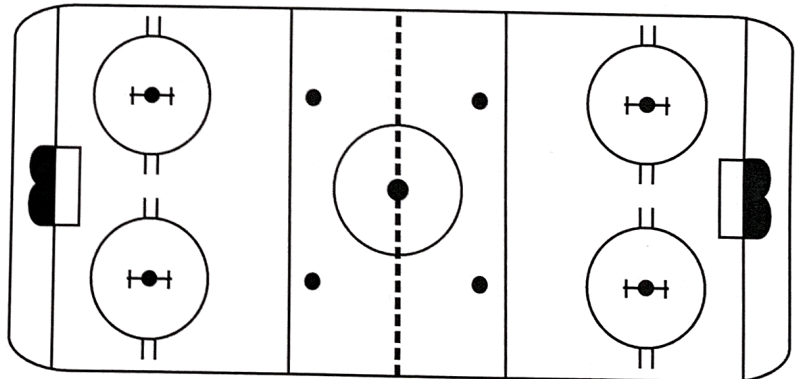
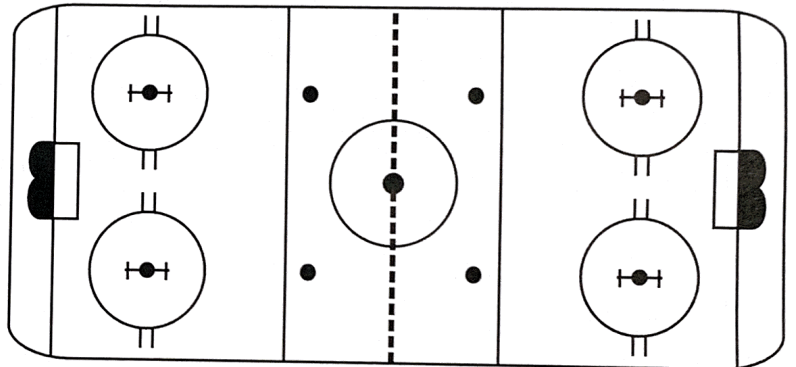
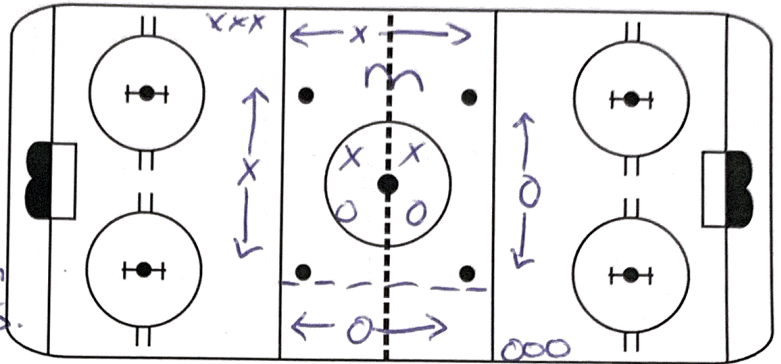
GAME

6 on 2 SLIDING Box (PP)

- Each team has 2 SLIDERS as shown. SLIDING Players Play for both teams.
- SLIDING Players are Passers → Cannot Shoot!
- SLIDING Players slide along their line to support the Puck.
- Play 2 on 2 in NZ, on change of possession you must Pass to a SLIDING Player before you can attack net.
- Puck Possession team has a 6 on 2 ADVANTAGE
- Cannot check the SLIDERS!

Rotation:

SLIDERS → NZ → out  
Players From Line Fill in as  
new SLIDERS.





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QUOTE:

"I Can accept Failure,  
everyone fails at Something.  
But I Cannot accept  
NOT TRYING"

- MICHAEL JORDAN

RECOMMENDED BOOK:

THE CUBS WAY: THE  
ZEN OF BUILDING THE  
BEST TEAM IN BASEBALL  
and BREAKING THE CURSE

- TOM VERDUCCI

