

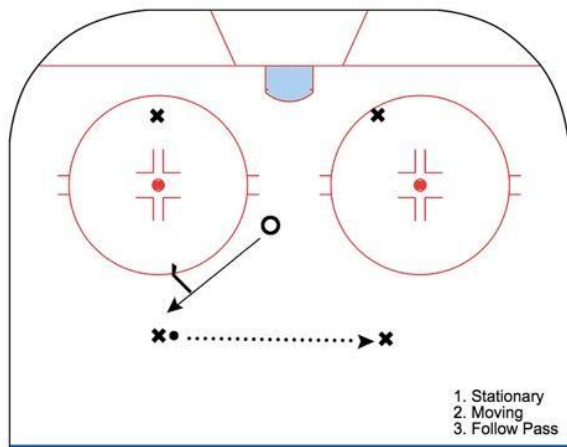


Date:	11/20/19	Group:	Drill Of The Week Club
Length:	0 mins		
Start Time:	11:29am	Focus:	Transition
End Time:	11:29am	Level:	MIDG

Length	Start	Drill Name	Category	Notes
10	11:29am	Wooley Game (Passing Warm Up)	Skills - Passing	
10	11:39am	Baie Comeau D Up vs Pressure V2	NZ Transition Drills	
10	11:49am	Anaheim Neutral Zone Transition	NZ Transition Drills	
10	11:59am	Calgary LaLonde Transition	Small Area Games - Transition Based	

Notes: Recommended Book: Good To Great by Jim Collins

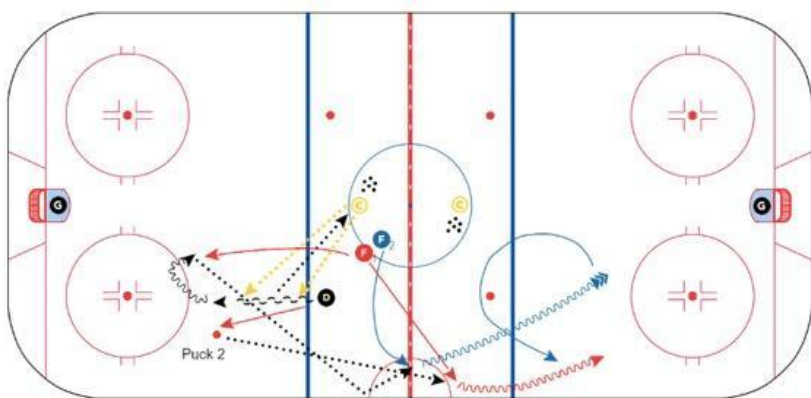
Drill Title: Wooley Game (Passing Warm Up) (1 Diagram)



- Set up as shown
- Passing warm up completed with 4 players on the outside and 1 in the middle
- Players are to practice look offs and deception in their passing
- Progressions -> Stationary, Moving, Follow Pass

Key Points: Deception Passing/Receiving Communication Looks Offs

Drill Title: Baie Comeau D Up vs Pressure V2 (1 Diagram)



Part 1:

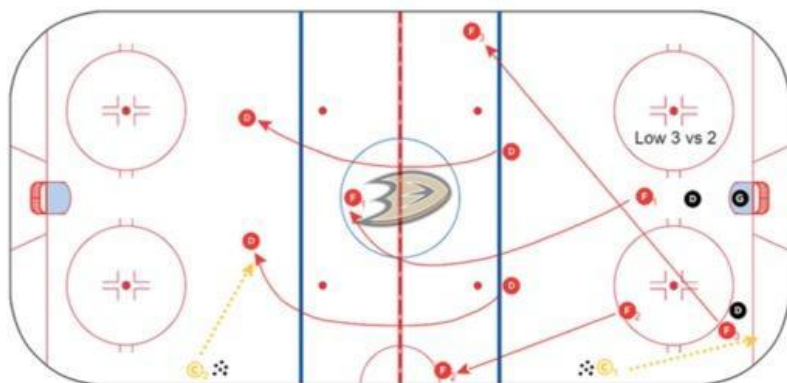
- D exchanges 3 passes with coach... on third pass, F1 releases to forecheck D
- At same time of release, F2 gets open to receive pass in movement, goes down & shoots

Part 2:

- D tag up, coach spots second puck, F1 gives option, D quick up
- F1 catch in movement play 1v1 w/ F2 angling F1, D1 follow for option & 3rd puck

Key Points: Angling Head Up Passing Support Communication

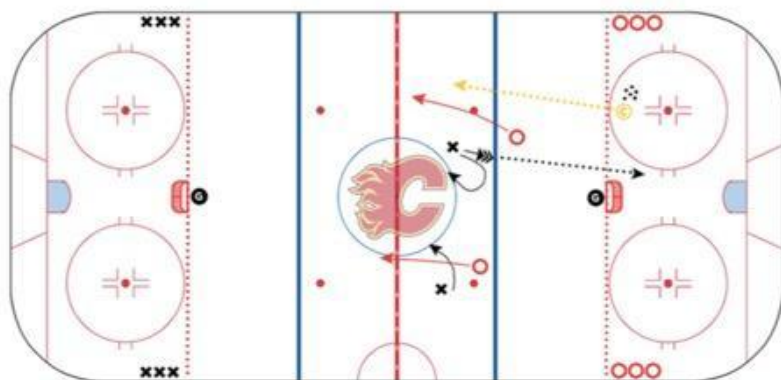
Drill Title: Anaheim Neutral Zone Transition (1 Diagram)



- Drill starts by Coach 1 spotting puck for low 3vs2 with F and D
- After goal or whistle, Fs and D regroup in NZ
- Coach 2 spots puck in Neutral Zone to D
- Come back/Transition/attack 5vs2
- Run through Transition Options

Key Points: Quick Transition Communication Support Fast Hockey

Drill Title: Calgary LaLonde Transition (1 Diagram)



- Play 2vs2 or 3vs3 with the goals moved up to the top of the circles, where there is an imaginary goal line
- When the puck crosses the goal line, with either a goal or wide shot, Coach blows whistle and makes a quick transition pass in other direction
- One whistle for transition, double whistle for team change
- Play for 5-7 mins

Key Points: Compete Support Quick Transition Hit The Net