



ICE HOCKEY

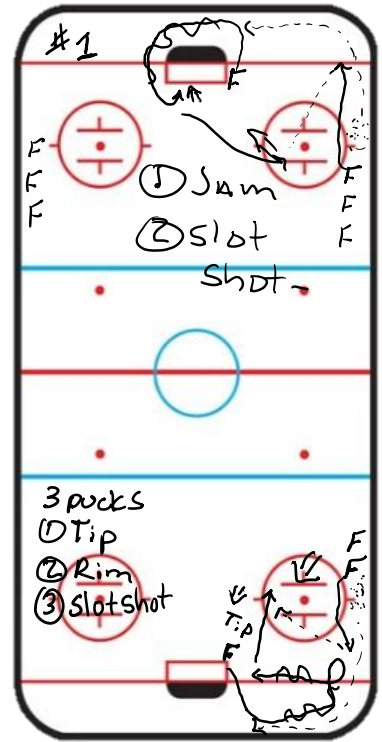
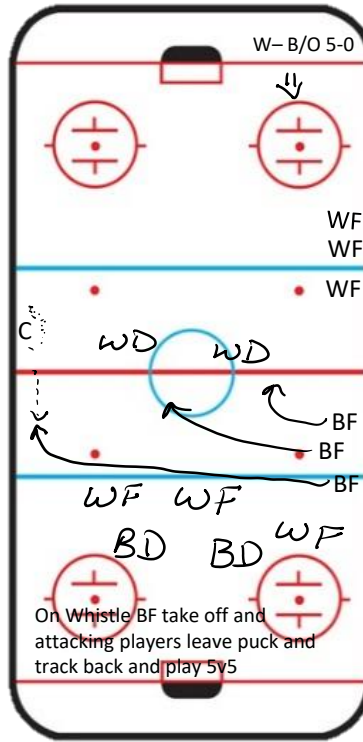
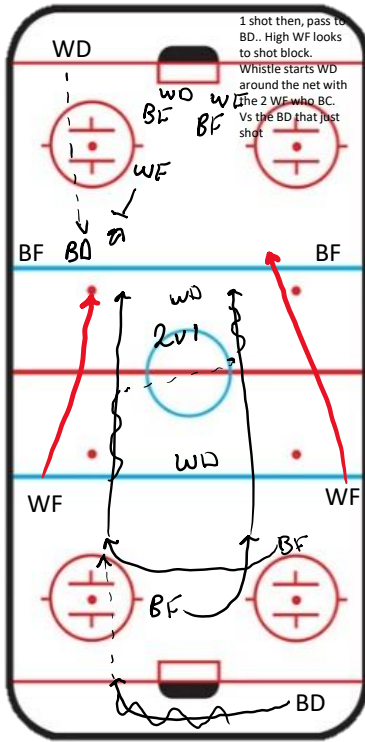
Book: The Slight Edge By Jeff Olson
Quote: Simple is Hard...

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Date:12/30/2022

Drill Club

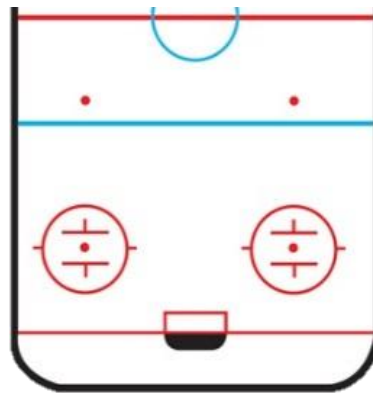
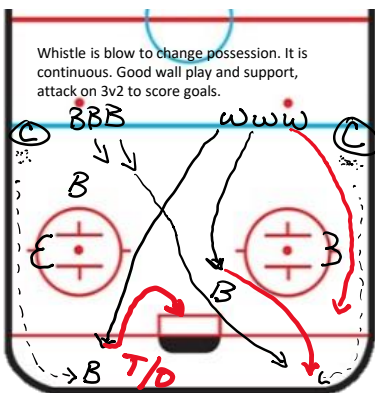
Objectives: 4 Drills



ASU 2v1 W/BC
Pucks with the D, Colors go together.
B/O go 2v1 full ice. WF BC.
One shot on 2v1, D Follow up play. WF
will get to the slot, highest WF will then be
a shot blocker on a low to high pass. Play
2v2 at net front. Whistle starts WD

QU Track Transition Drill
White team will B/O 5-0 vs two BD and attack the
BD 5-0. On a whistle roughly when the puck
crosses the offensive blueline 3 BF will
attack the WD 3v2 with all players leaving the
and tracking back to the zone playing 5v5 if a goal
is not scored on the rush.

Forward Drills
Pucks on the hash marks. Starts with a
rim on the yellow. Take pucks off the
Yellow in IZO sequence.
1. Rim to a jam to a pop to slot
2. Tip to a rim to an escape to attack
goalline to slot shot..



Rim Game 3v2

3B in the zone, puck is rimmed B is on offense,
to start game, always support above and below the puck.
2W come off the blueline and one has to pressure
the wall. B attack 3v2. Once W gets control,
whistle blows and a new puck
is rimmed from the white side coach. Closest W player
goes to the wall for the puck, other W supports high
and a new W player comes out to support below.
3B are out, two B come in, with 1 attacking the wall.

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