

Séance d'entraînement



Équipe: Drill of the week club 2022

Séance No.: _____

Date : _____

Heure: _____

Duré: _____

Version No.: _____

Préparé par: Phil Trahan

Objectifs / instructions:

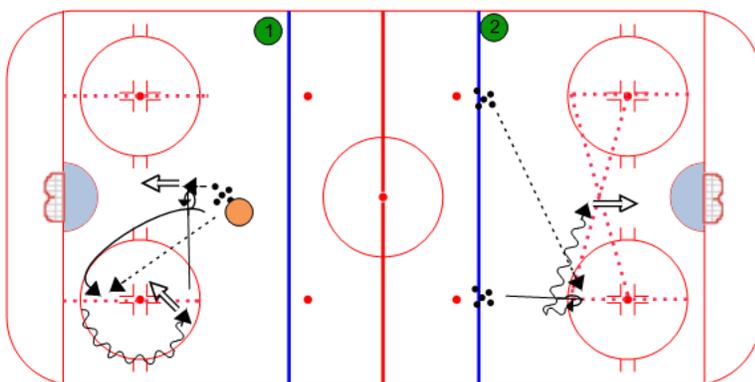
Book : Team Chemistry
 Quote: We are what we repeatedly do therefore excellence is not an act but a habit
 Team building activity : Buy small lego car models 3 or 4 identical, build 1 and create teams to build the other identical models without the plan. They can only send 1 player at a time for about 45-60 sec to take a look at the built model. then they return to their table to explain what they saw and work on communication with their teammates and build for 2 minutes. repeat for 3 or 4 rounds.

Exercice no. : _____ Durée : _____ minutes De : _____ À : _____

Titre : Shooting around Catégorie #1 habiletés techniques Catégorie #2 shooting

Description

1 Lefty on the left side - Righty on the right side
 2 skates down and receives a puck at the bottom of the circle. keeps skating around and keeps the puck on the FH before shooting feet one direction puck other.
 2nd puck comes on the from the middle circle the puck no dusting and shoot ASAP. finish at net for rebound
 3 Get a cross pass low or high delay with tight turn. high delay, follow the line down pump and shoot. Low delay follow line that is upwards. Pump and shoot stay on FH



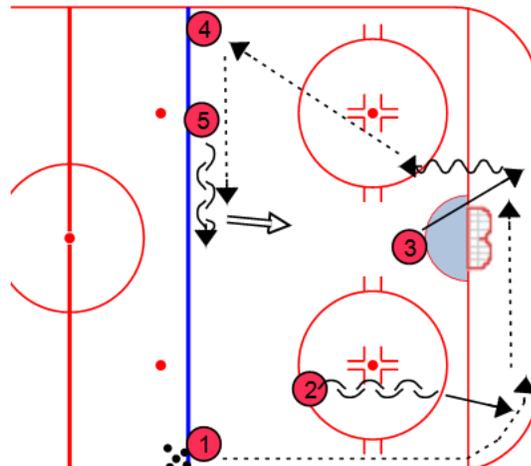
Points clés : weight transfert no dusting circle the puck fake shot and pump

Exercice no. : _____ Durée : _____ minutes De : _____ À : _____

Titre : D Breakout Carroussel Catégorie #1 habiletés techniques Catégorie #2 skating / passing / shooting

Description

1 chips a puck inside the zone 2 to pick up pass over and 3 leave the net front position to make an option cross ice.
 Skate up between the dots and hard pass up to 4.
 pass across for 1 timer or catch and release quick shot.
 2 works the net front for tips and rebounds on point shots 3 can go on either side of the net depending on focus point
 rotation in order of numbers



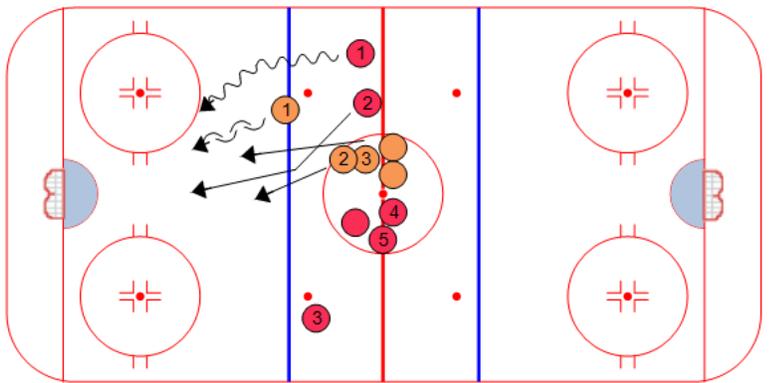
Points clés : read the position/stick skates oriented
hard passes shoulder check

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

Titre : Marty 2v1 with BC **Catégorie #1** **Catégorie #2**

Description

Continuous
 1 2 attack 2v1 on 1
 2 3 backcheck as soon as 1 2 passes the red line
 Becomes a defensive 3v2 until breakout
 3 prepares to receive 2 3 on the rush after they have broken out.
 4 5 will then backcheck on 2 3
 Play until breakout - after goal new puck is sent in.



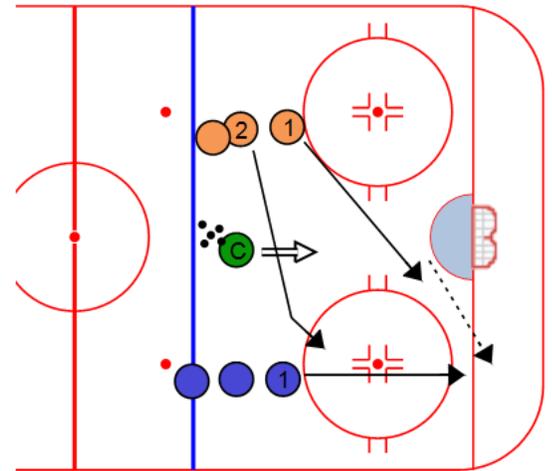
Points clés :

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

Titre : Puck pressure 2v1 **Catégorie #1** **Catégorie #2**

Description

● shoots puck on net. Goalie redirect
 Player on puck side rebound 1 is defensive and must skate it out.
 opposite side will have 1 2 Forecheck hard and get there before 1 can skate out.
 1 must create contact 2 must be quick to support the contact then attack 2v1.
 add players to make it even more game like but also back up the players above the blue line
 I go up 4v3
 15 seconds sequence max



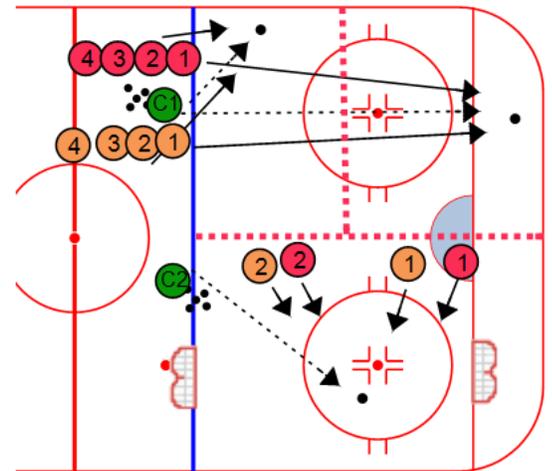
Points clés :

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

Titre : Air force 2v2 **Catégorie #1** **Catégorie #2**

Description

On the first whistle ● dumps a puck in the far end for 1 1 to race. At the same time spots a puck in the closest zone for 2 2.
 Both groups play keep away until the second whistle where ● will put a puck in the larger zone. 1 1 2 2 will again race to the puck and 2v2 until the whistle is blown for the transition. 3 3 4 4 start their 1v1 keep away on that same whistle.
 Play for about 15 seconds in each sections.



Points clés :