



Individual Skills - Enio's drill share

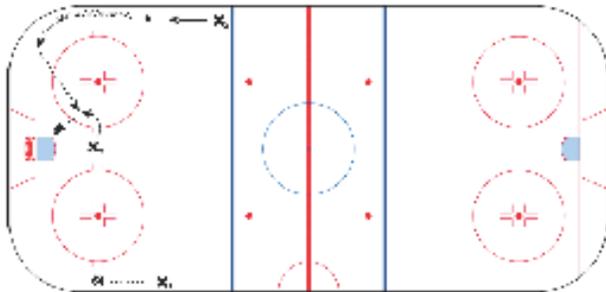
Date: Oct 27 2022

Time: 5:51 pm

Duration: NaN mins

Goo's Rim

0 mins



- X1 rimes, X2 drives down the wall
- X3 works to pop into soft space
- X2 picks up the puck and makes an open hip deception play, and finds X3 in the slot
- X1 becomes X2, X2 becomes X3, X3 goes to X1.

Key Points

- Back hand pick up - keep top hand high
- Forehand, make sure to kill the puck
- Use body if need be.
- X3 find soft space

Goo's Rim - Part two

0 mins



- F1 hard rims around - Goalie try and stop it so it works on their skills and also players on a hard rim
- F2 drives down the wall and gets the puck
- F2 can keep going low and bump back to F1, or can cut back and have F1 come underneath
- Once F1 has the puck they will Mats protect the puck either forehand or backhand
- D will read off F1, if F1 knee drives the middle at the top of the circle - D will dive the wall (scissor play)
- If F1 skates up the wall past the top of the circles D will dive middle - F1 hits D and D will shoot the puck for a tip with F2, or on the scissor look to hit F1 in the soft space.

Key Points

- Back hand pick up - keep top hand high
- Wall pick up - use whatever part of the body
- F's cycle - COMMUNICATE!!
- D read and react - attack with speed!

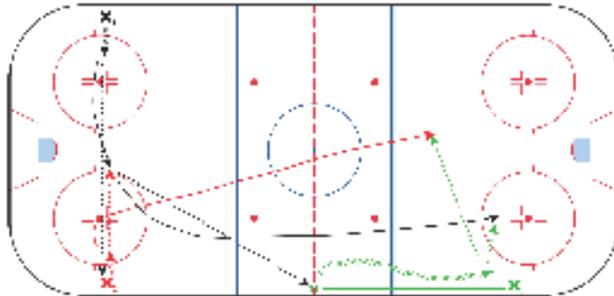


Enio drill share - Team Skill / Warm Up drills

Duration: 60 mins

Detroit Up 3 vs 0

10 mins



- Drill starts on the whistle. Both sides go at the same time - only one side is shown.
- X1 passes the puck over to X2
- X2 takes a stride in with a puck and passes back to X1 who is cutting across the dot line
- X1 catch and release pass to X3 who is on the wall with their stick on the offensive side of center
- X1 follows up their pass as the lead dog
- X2 curls through the middle in support and drives the far post lane
- X3 pushes the puck in deep - driving hard down the wall
- X3 either makes a quick pass over to X1 driving "heels" or delays and hits X2 in the high slot
- All 3 players will finish at the net - any player who is spotted not stopping at the net earns 5 push ups for the team.

Key Points

- Passing
- Communication
- Quick ups
- Stretch plays
- Zone entry
- Heels and far post

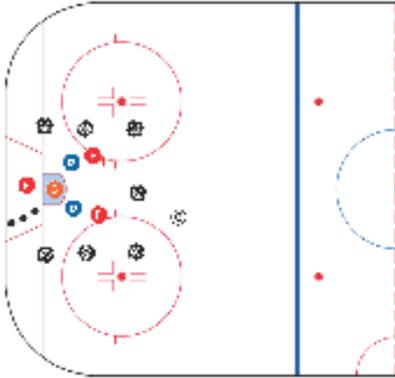


Enio Drill share - Games / Drills for compete

Duration: 60 mins

SAG w/ Purpose - Mafia Rules 3v2

10 mins



Coach runs on whistle all play within tires:

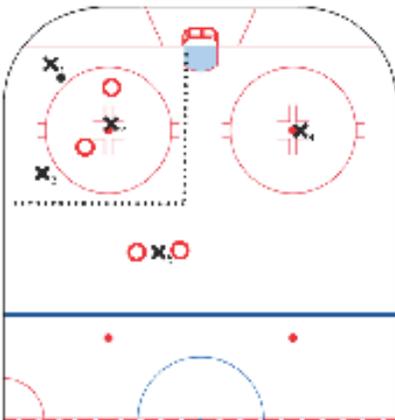
- F1 must stay behind GL for 1st two pucks
- F1 allowed to come above GL on 3rd puck
- Whistle F1 behind net attempt to get puck to another F1 for play on net D are defending 2 v 2
- Whistle repeat step 3
- Whistle F1 behind net can enter tight area for 3 v 2
- Whistle all 5 sprint to RL

Key Points

- Battle for your space
- Communicate verbal and non-verbal, make eye contact, point with stick, be deceptive and WANT IT!!!
- Defense, box out and communicate if you need to switch
- Goalies make sure to play post calmly and effectively, you need to be able to play the pass

Marlies 3+1 vs 2 into 5 vs 4

10 mins



- 3 vs 2 in a small area, all three X's have to touch the puck before they can activate X4
- Once they touch the puck, they have to pass to X4 who can shoot or pass (quick play)
- Once X4 makes that play, it becomes a 5 vs 4 inside the blue line.

Key Points

- Puck possession
- In tight plays
- Quick plays

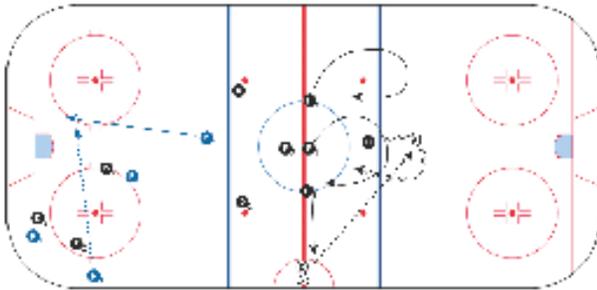


Enio drill share - Defensive Team Play

Duration: 60 mins

3 on 3 with backdoor D

10 mins



1st phase in black

- Coach spots a puck behind D1
- F1's quickly get into Neutral zone breakout support
- D1 will grab puck and turn up ice, D1 will pass to the F's and follow up into the offensive zone

- F1's can enter zone however they want

- D2's and F2 play a 3 on 3 NZ and Ozone to start

2nd phase in blue

- Once F's enter the zone, they activate the D1 once they get the puck below the top of the circle
- F's are looking to cycle and create a backdoor D option
- D1 is looking to jump, if the pass is not there, D1 will cycle out to be high support.
- Drill is over on goal/save or if defense clears the puck

Key Points

- Quick NZ regroup / breakout
- Push the puck low
- Cycle to create offense
- Read and React

Defense Rotational 3 vs 2

10 mins



- On the whistle F1 races for the puck with D1 engaging hard. F1 and D1 battle, F1 must release the puck to F2 behind the net.
- Once F2 has the puck they can pass to F1 or F3, D2 has to gap up and take away the pass, while not leaving F2 all alone
- F2 can shoot but one foot must stay below the goal line (force the goalie to seal their post).
- F3 can move around but has to stay above the hashmarks and below the ringette line.

Key Points

- Defense communicate on rotations
- Cannot leave the front of the net open
- Must rotate and talk!