

## **2022 – 23 DRILL OF THE WEEK CLUB**

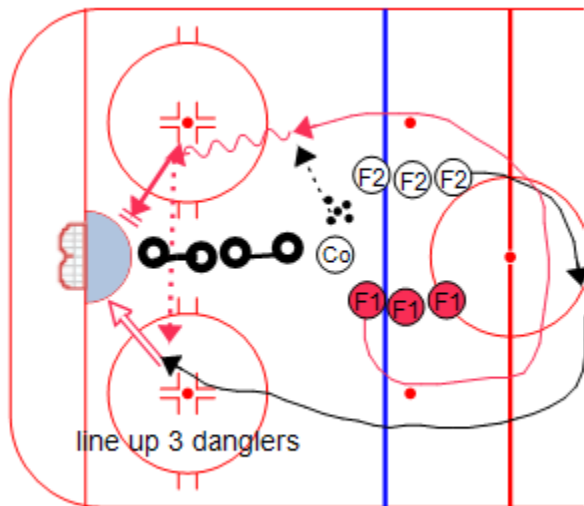
**Week 3** – Enio Sacilotto

**QUOTE:** “MAGICIANS PULL RABBITS OUT OF HATS; COACHES PULL BAD HABITS OUT OF RATS”

**BOOK:** “No One Wins Alone” By Mark Messier I have always admired Mark as a player. After reading this book, I think this guy is a legend! All kinds of ideas and tips to build better teams and individuals!

### **INDIVIDUAL SKILL DRILLS**

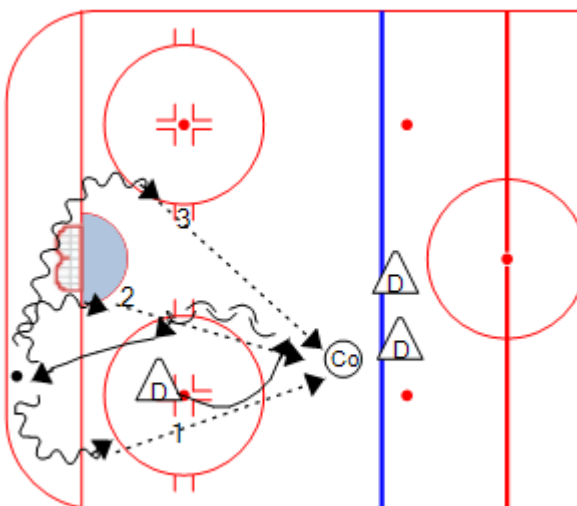
I have submitted two drills before/after, or even at practice. One drill for forwards and one for D.



#### **OVERSPEED SHOOTING DRILL**

- F1-F2 gather speed around the forward's group, and the coach spots the puck on either side to speed
- Forward and F1 must execute a pass with F2 one-timing the puck or with a catch & release shot.
- F1 needs to stop at the net for rebounds and develop a good habit of stopping at the net.

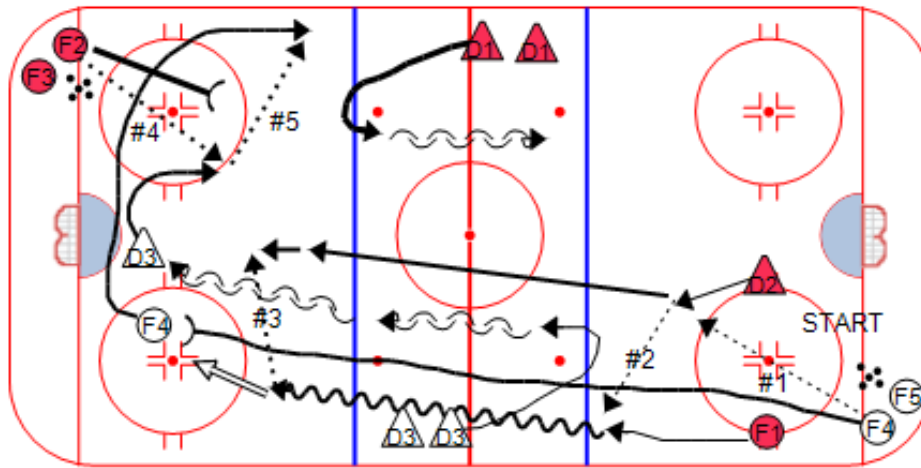
NHL coaches' association  
Montreal Canadians - Oct 2022



#### **DEFENSEMEN RETRIEVALS – THREE TIMES**

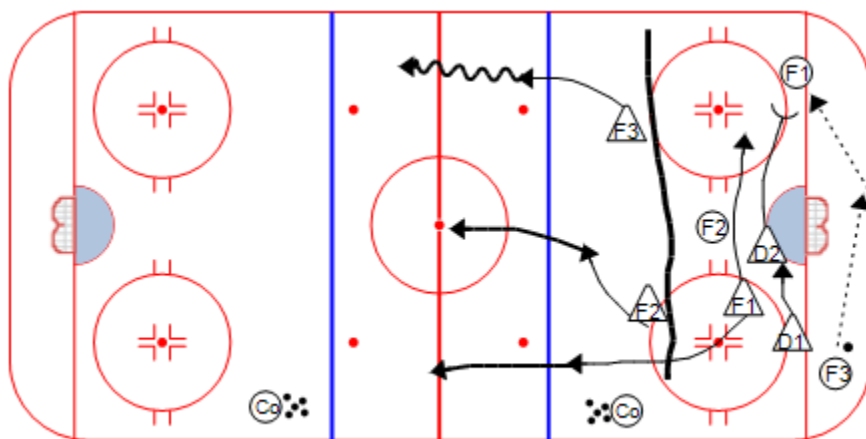
- The coach spots the puck below the goal line, and the player goes back for it, making an escape move to beat the forechecker. It is very important to shoulder check one way and read where the checker is coming from. Sell the fake to make the checker lean one way. Always skate away from pressure.
1. Start at the face-off dot and skate forward to the top of the circle; the coaching spot is a puck deep.
  2. Skate backward and turn, shoulder check, fake, tight turn-up ice and pass to the coach.
  3. Skate to the top of the circle, repeat, and tight turn the other way and pass to the coach.
  4. Repeat a third time, but now a coach or player forechecks.
  5. Drive skate to the back of the net and wheel up ice, cutting close to the post, then pass to the coach.

**TEAM TACTIC DRILL – LANZ TRACKING (BACKCHECKING) DRILL** – Great flow, lots of movement – teaches forwards to identify their man and D to read the rush and communicate.



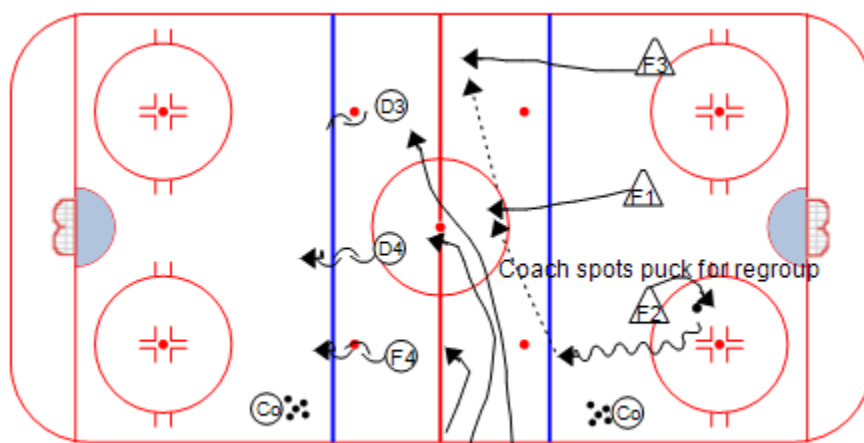
1. Two players start **D2** & **F1**, the same colour.
2. **F4** passes to **D2**, (#1), then begins tracking, trying to make a 2-on-1 into a 2-on-2.
3. **D3** jumps out from the red line to defend the 2-on-1 with the tracker.
4. **D2** & **F1** they can exchange a few passes (#2, #3) (must-read play), as they attack the net and attempt to get a shot on the net.
5. After play is over **F4**, swing wide, **D3** swings around the hash mark & get a pass from **F2** (#4). **F2** then tracks.
6. **F4** & **D3** attack **D1** with **F2** tracking. The drill is continuous. D's go to their D lines when done.

**TEAM PLAY DRILL** – Great drill to practise three-on-three low, transition and rush coverage.



### **WILDCATS 3 ON 3 TRANSITION DRILL – (Part 1)**

1. Drill starts with a three-on-three down low, with  $\triangle F3$  and  $\triangle F2$  waiting (in DFZ positioning waiting for a transition).
2. Coach will spot the 2nd puck.
3. When the  $\triangle$ 's win the 2nd puck, they will get a pass to F2 and F3.
4. The 3 F  $\triangle$ 's go down to the other end and execute a triple drive.

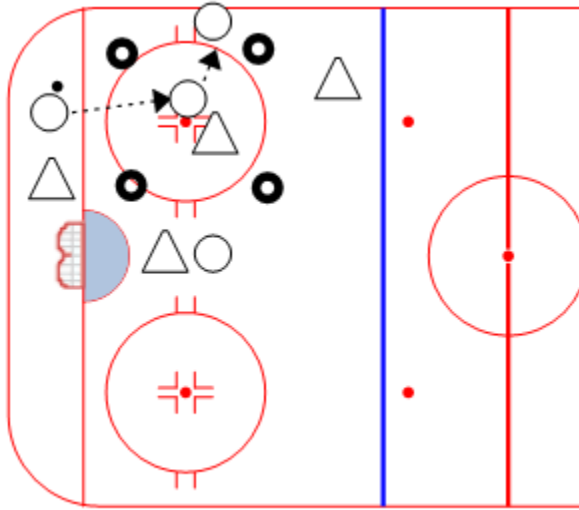


### **WILDCATS 3 ON 3 TRANSITION DRILL – (Part 2)**

#### **PART 2**

5. Whistle – The coach will spot the 2nd puck,  $\triangle$  come back, regroup, pick up the puck and attack 3  $\bigcirc$ 's (2 D and 1 F); they will play three on 3 Low at the other end.
6. Drill is continuous.

**FUN/COMPETE DRILL/ GAME** – Great game if you don't have a goalie or want to teach your players the concept of support, passing skills and one-on-one competition.



## ONE-ON-ONE INSIDE – THREE-ON-THREE OUTSIDE

1. A three-on-three will be played with the puck on the outside and one on one inside the box. You can use the face-off circle if you play this game in the neutral zone.
2. Players can pass to each other on the outside, but their goal is to get the pass to their teammate inside the box. Players inside the box must compete to get open and then be strong on the puck to get the pass back to their teammates to get the point.
3. This game simulates corner and net battles.
4. Passes must be quick to be successful.
5. Various constraints can be introduced: 1) backhand passes, 2) passes must go to a different team member, and 3) a pass that comes in from a side must be passed out of a different side of the box.

VIDEO LINK: <https://www.youtube.com/watch?v=fs9XWPbTrw>

## TEAM BUILDING ACTIVITY

The team-building game is called the four-chair exercise.

It adds some fun and shows how everyone must do their part to support each other on a team.

Watch the video, and how to run the exercises is self-explanatory!

<https://1drv.ms/v/s!AoBUTJI0FEIcgelpzNCxapi4IijAg?e=rbS7MY>