

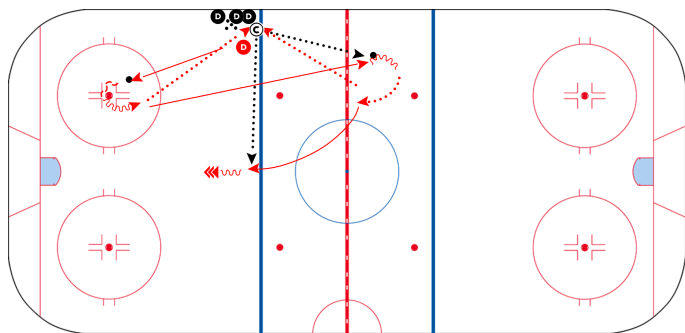
Drill of the week Club - Leung

Individual skill

0 mins

D Skills - Transition Recovery & Point shot

10 mins



Toes up ice transition

- 1) (C) spots puck. D1 sprints to spotted puck, gets toes up ice
- 2) D1 passes to (C) and sprints through dots
- 3) (C) spots puck near blue line. D1 sprints to spotted puck, gets toes up ice and passes to (C)
- 4) D1 joins 'rush' as 4th man active, (C) passes to D1 who receives and shoots in stride

Key Points

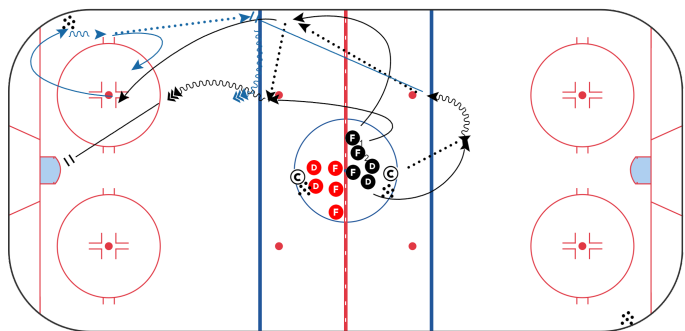
- Toes up ice fast when getting to transition pucks.

Team skill warm-up

0 mins

Oilers Transition Warmup

10 mins



Quick transition warm-up drill. Both ends together at same time.

- On whistle, © spots puck for D. 2 Fs move to stretch transition position.
- D pass puck to F1 who bumps puck to F2 who attacks net
- F1 drives for rebound.
- D sprints to gain blueline. F1 peels out for 2nd puck, passes to D for point shot with traffic.

Key Points

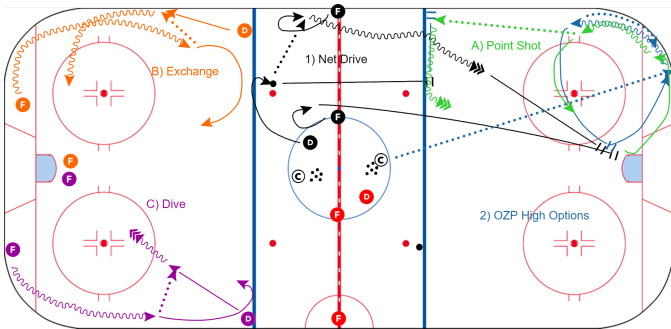
- D toes up ice and load puck
- Fs show a target and call

Offensive Team Play Drill

0 mins

OZP High Attack Options

10 mins



2 Part drill. Both ends at same time, independent of each other.

Part 1:

- D retrieves spotted puck and transitions to Fs
- Fs low and face puck, attack zone 2v0 with kickout and net drive
- D follows play up through dots.

Part 2:

- (C) spots puck into Corner.
- F1 sprints to retrieve, D sprints to wall
- F1 makes decision before hashmarks, cycles down.
- F2 reads cycle, retrieves puck and skates up boards

Options:

- F2 pass to D for **D shot**
- F2 skate above hashmark, D activates **exchange**
- F2 skate above hashmark, D activates **Dive**

Key Points

Part 1:

- Toes up ice on transition. Underhandle puck. Face the puck
- D sprints to blueline inside dots

Part 2:

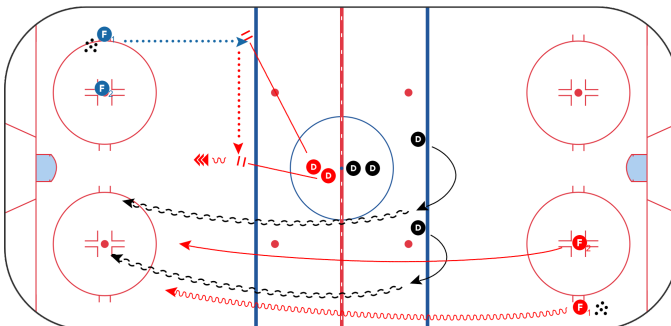
- F2 activates on trigger (puck cycled down). Don't anticipate
- Cycle puck to the boards (Don't expose it)
- Decision made by hashmarks

Complete Drill

0 mins

Dirky 2 v 2 Drive and Battle

10 mins



3 Part continuous drill

On whistle

- 2 **F** attack 2 **D** 2v2 up ice
- D establish surf-gap and defend into zone
- As 2v2 enters OZONE, 2 new **D** gain line.

On whistle

- 1st puck is dead. **F** & **D** battle for position at net. **F** passes puck to **D** for point shot through traffic.
- Battle until next whistle

On whistle

- F** & **D** start next rep

Book Recommendation: Leaders Eat Last -Simon Sinek

0 mins