SPRINGFIELD FALCONS DRILL WORKSHEET

THEME: Drill of the Week. Club

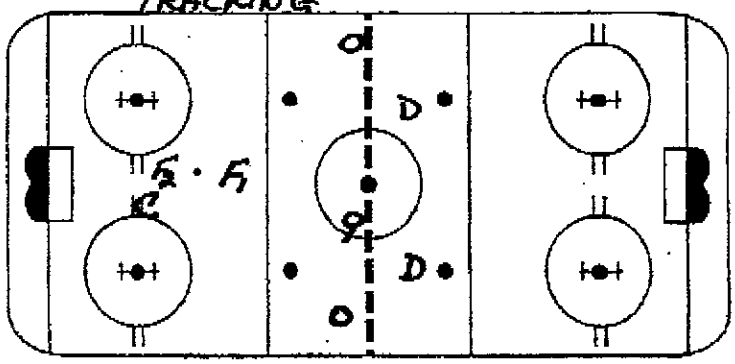
DATE:

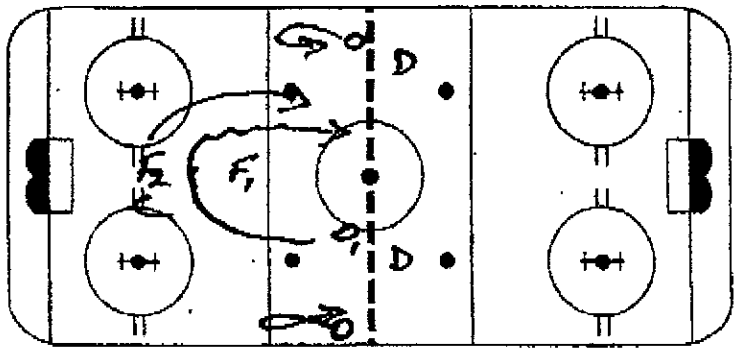
POST-PRACTICE COMMENTS:

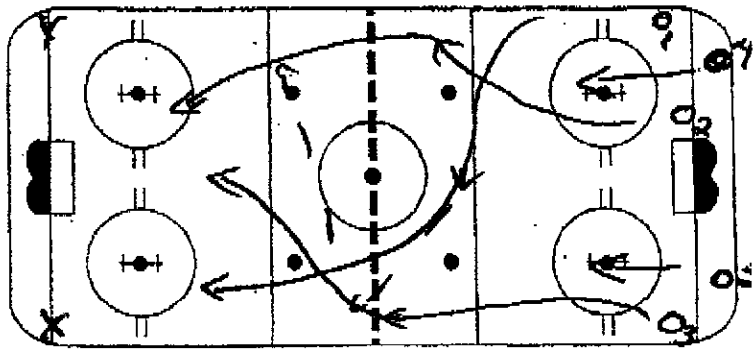
REASON: Eric told me to

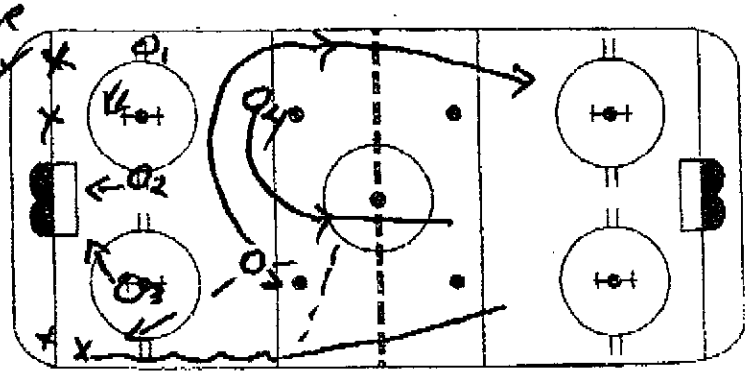
TIME	DRILL
	Tracking Drill "Above & Below"
	• "O" line in N.Z. with 2 D
	• O1 now skates between F1 & F2 (who are trackers)
	• When O1 comes to get puck C now calls out "Above" or "Below" to start 1 of the trackers. Play 3 on 3 in Def Zone.
	Progression: Send 2 & 3 trackers + 2 off. Def for 5 on 5 play
	Warm-Up Drill
	"3 man weave + 2 more." O's start @ 1 end & go 3 man weave w/ shot @ other end.
	Once 3 O's reach their own blueline, 2 more O's follow up (pairs passing) & now pass to either corner @ other end. Whoever they pass to now joins them & returns to other end & 2 more follow up.

Tracking









SPRINGFIELD FALCONS DRILL WORKSHEET

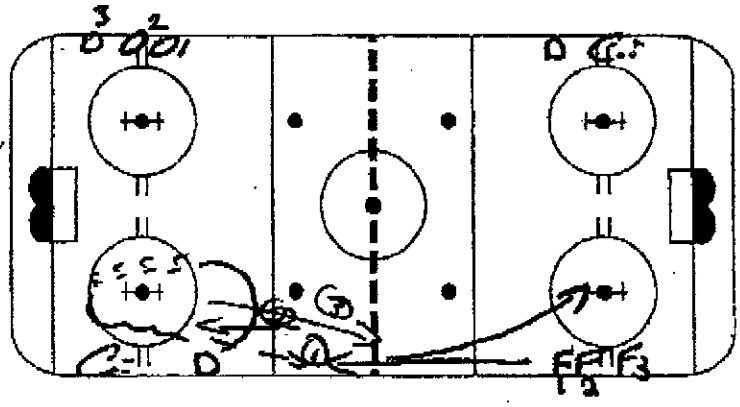
THEME

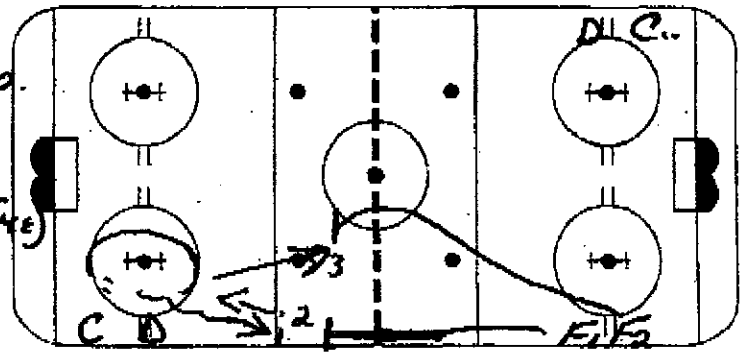
DATE

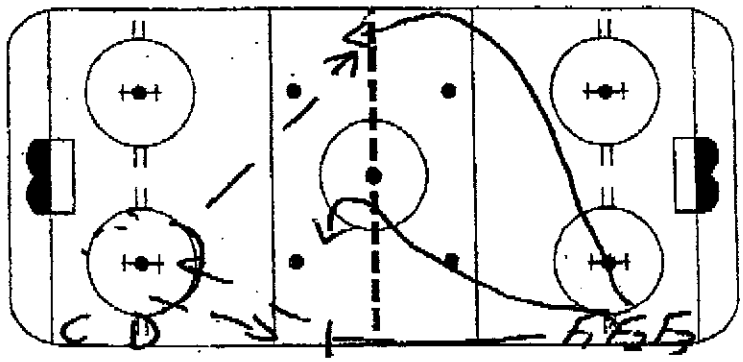
POST-PRACTICE COMMENTS

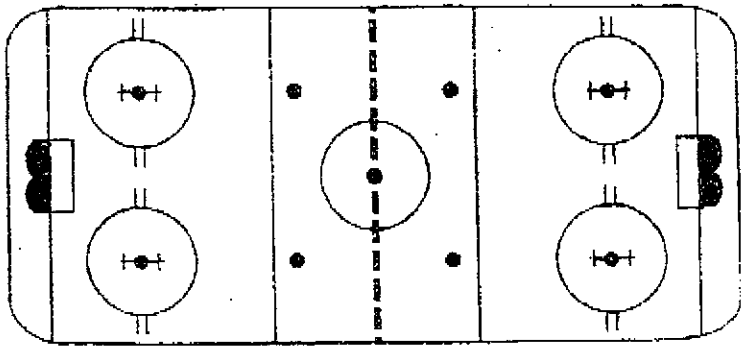
REASON Skill Development for Def. Quick Hands & Decision Making

TIME	DRILL
	"Del Back Pass & Shoot"
	"Rule of Drill is That a 2nd Pass Must Always Go Back To D."
	• D steps over top of circle & gets a spotted puck from C. - passes to F1 (who passes back to D again) & receives it back & goes down & shoots. D follows up.
	Progression 2-0 w/ PT shot. (Both ends @ same time)
	Progression 3-0 (1 end @ a time)
	* Drill helps D look for 2nd options on 2-0 & 3-0 passes.









SPRINGFIELD FALCONS DRILL WORKSHEET

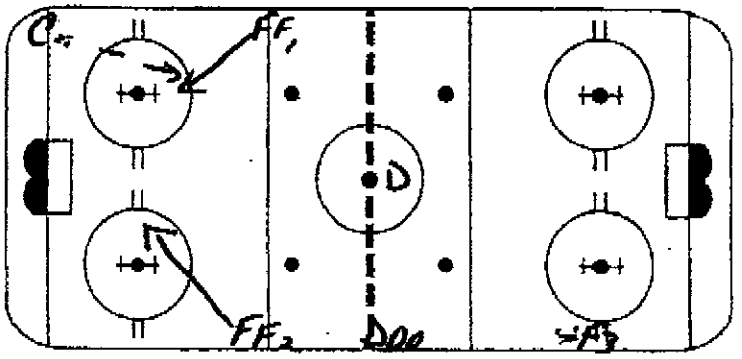
THEME

REASON

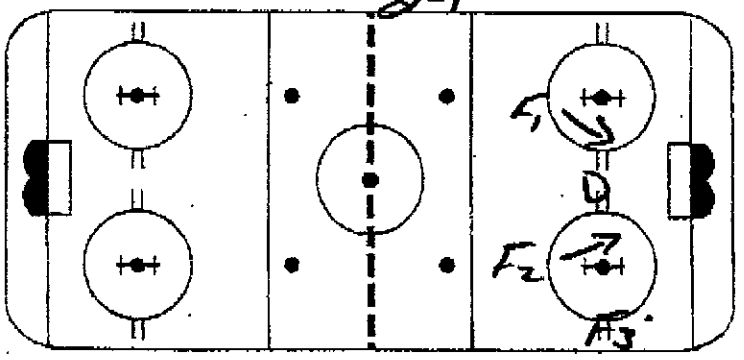
DATE

POST-PRACTICE COMMENTS

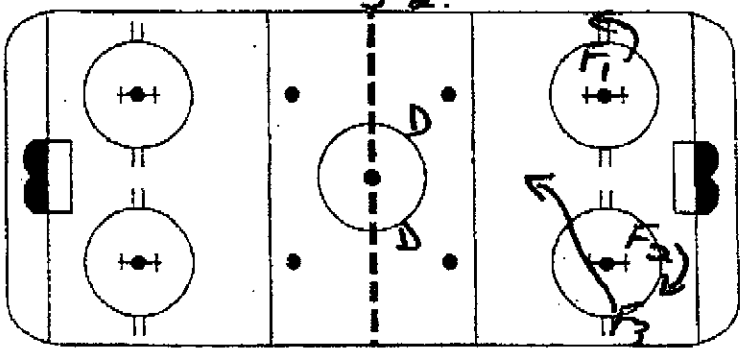
TIME	DRILL
	FUN DRILL
	10 GOAL (OR 10 MINS.
	YOUR CALL).
	• F1 & F2 TAKE OFF FOR QUICK
	2-0 PASS FR. C
	• F1 & F2 NOW GO 2-1 VS D
	SHOOT NET PLAY.
	- F3 STEPS OUT W/ PUCK
	& GOES 3-2 W/ F1 & F2.
	• F3 NOW GOES 1-0 TO OTHER
	END W/ 1 D TRACKING
	- STARTS OVER
	* LOTS OF OPPORTUNITIES
	TO SCORE.
	QUOTE:
	"NO EXCUSES - NO
	EXPLANATIONS"



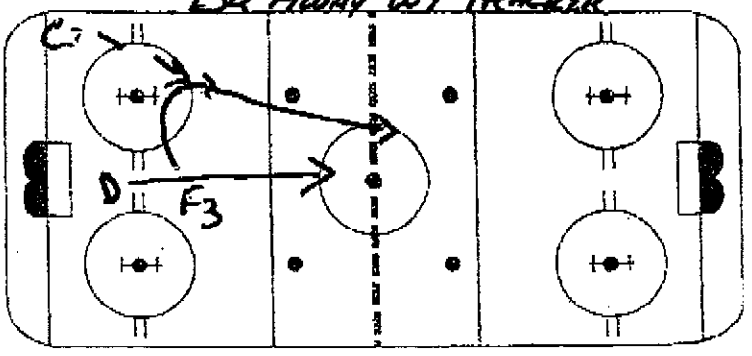
2-1



3-2.



BE AWAY W/ TRACKER



Coach Enio,

Thanks for setting up the Drill Club again. I found it to be good reference material last season and look forward to seeing some more new and creative stuff this time around.

I recommend the book "The Game" by Ken Dryden. It shows how much and how little the game has changed since the '70's.

Good luck to all the coaches this season.

Clayton

DATUM:_____ Sweedish Wheel 2v1 SKILL

GEGNER:_____ REF:_____ SCORE:_____

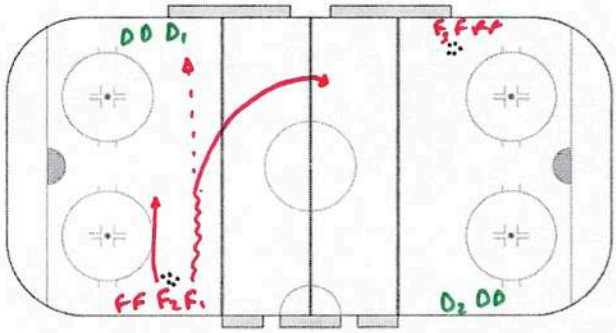
INJURED:

NOTES:

→ F_1 skates w/puck and passes to D_1.

→ D_1 one touches pass to F_2 coming to mid ice

→

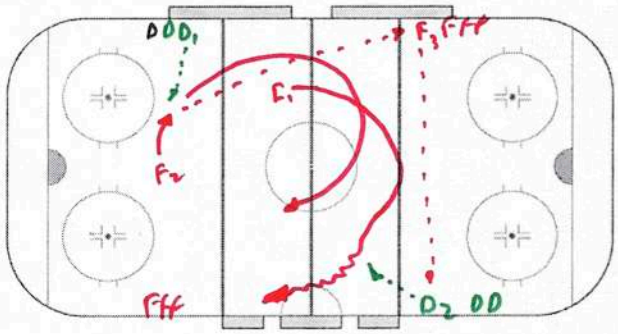


NOTES:

→ F_2 one touches puck to F_3

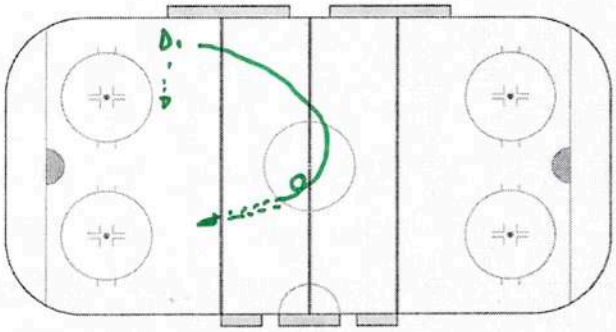
→ F_3 passes directly to D_2 who then bumps puck up middle to F_1

→ F_2 supports F_1



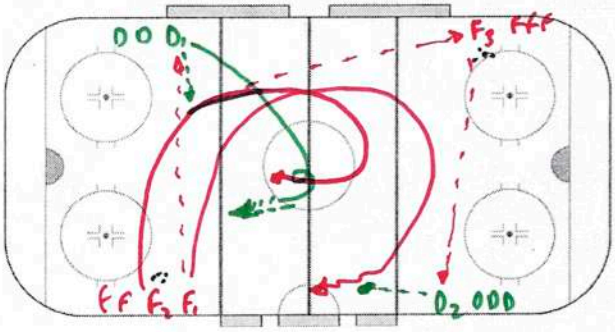
NOTES:

→ D_1 closes gap after his pass and takes the 2v1 back to his end.



NOTES:

→ Full Drill Drawn.

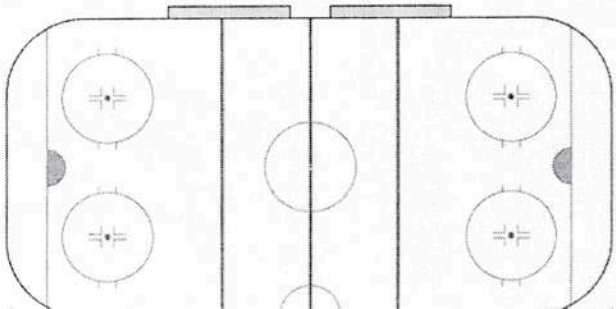


NOTES:

→ One touch Passes → crisp and hard

→ F3 Support

→ D's close Gap on 2v1.



Golden Puck (competative)

DATUM:_____

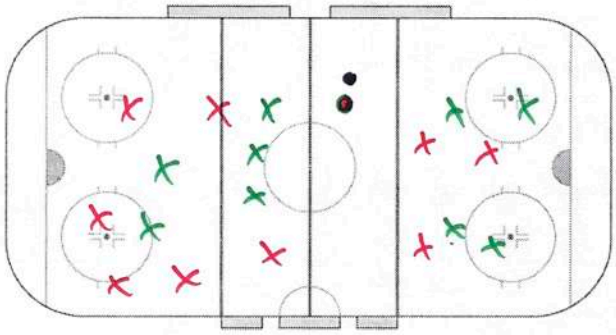
GEGNER:_____ REF:_____ SCORE:_____

FRANKFURT LIONS

INJURED:

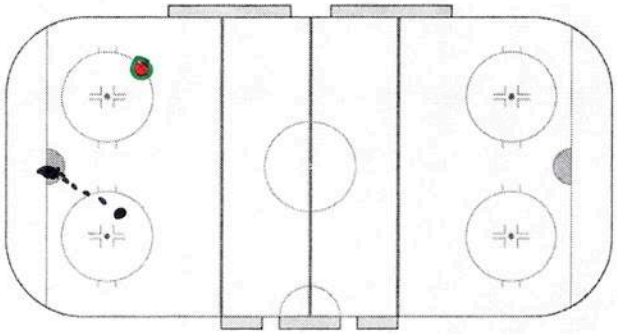
NOTES:

* → Paint one puck Gold.
→ Gold Puck and normal puck on ice at same time.
→ all players on ice (eg. 9 vs 9)



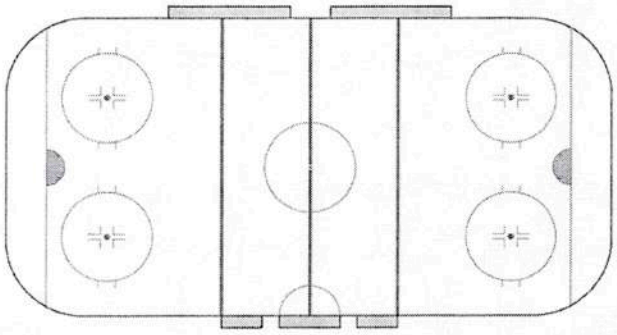
NOTES:

→ Gold puck and Normal puck must be in offensive zone to score w/ normal puck.



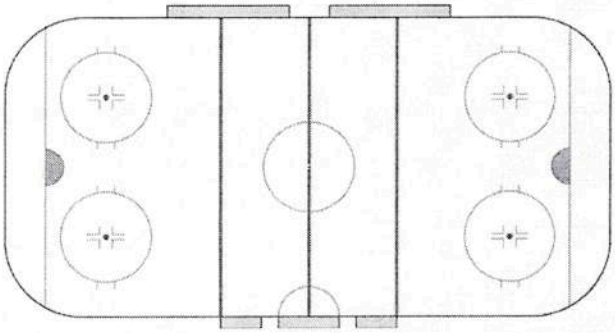
NOTES:

→ Gold puck is not Allowed to be shot on net.
→ (this to protect goalies)

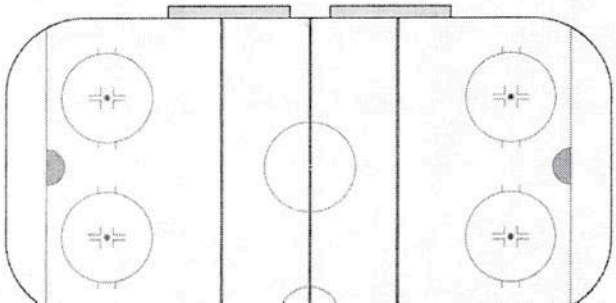


NOTES:

→ Play game to 3 (could last 20min)



NOTES:



Hamburg 2 v 1 (FAVORITE)

DATUM:_____

GEGNER:_____ REF:_____ SCORE:_____

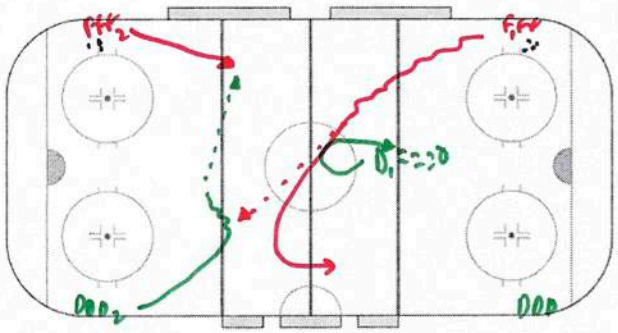
INJURED:

NOTES:

→ F_1 starts drill w/ puck → skates to opposite end and passes to D_2

→ D_2 passes to F_2 breaking up-ice

→ D_1 takes 2 v 1 back.

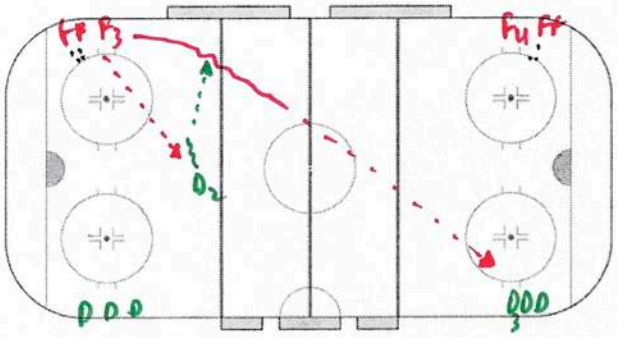


NOTES:

* Drill Continues *

→ D_2 does give and go pass w/ F_3 then D_2 heads up mid-ice to close gap.

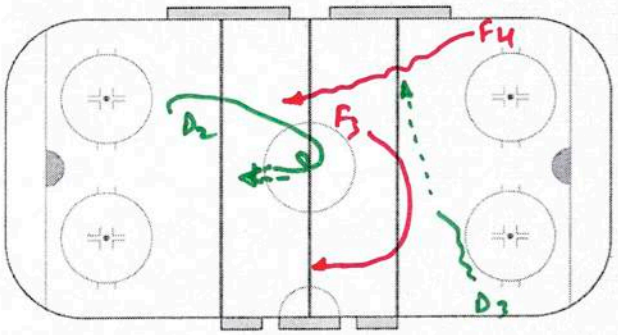
→ F_3 passes to D_3



NOTES:

→ D_3 passes to F_4 breaking up-ice.

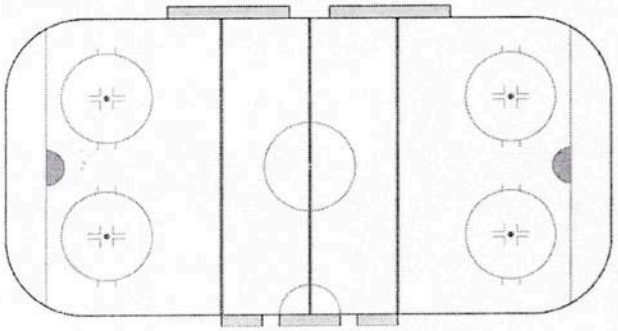
→ F_4 and F_3 take 2 v 1 on D_2



NOTES:

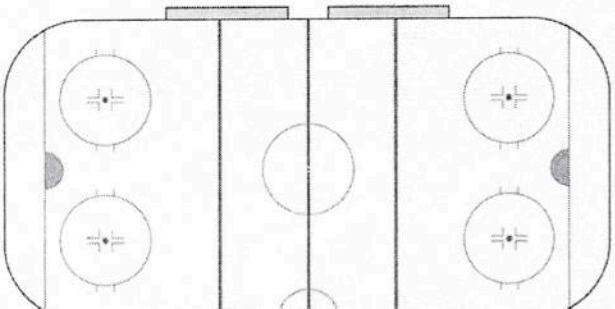
→ Continuous Drill

→ crisp passes } Forward.
→ timing } * Keys. *



NOTES:

D's → CLOSE GAP → MAKE QUICK and CRISP passes



DATUM: 2 Puck → Break-out → NO SHOT (Teamwork)

GEGNER: REF: SCORE:

INJURED:

NOTES:

→ DRILL IS DONE on BOTH sides

→ CONTINUOUS.

→ F_1 starts w/ puck and dumps to Goalie. → then supports Break-out

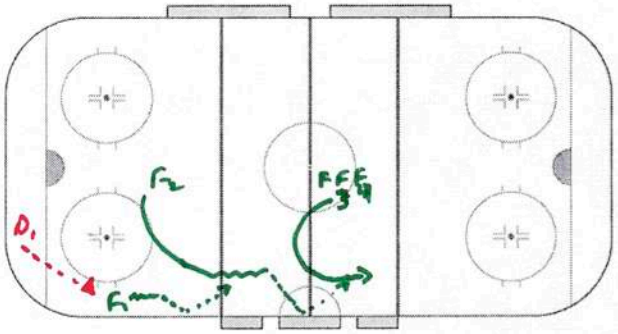
→ D_1 retrieves puck for Break-out

NOTES:

→ D_1 breaks-out to F_1 then returns to line.

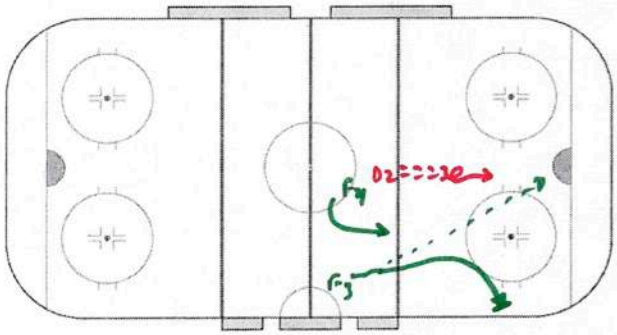
→ F_1 Chips past simulated pinching D.

→ F_2 supports chip then chips to F_3



NOTES:

→ F_3 continues drill in opposite direction with F_4 and D_2.

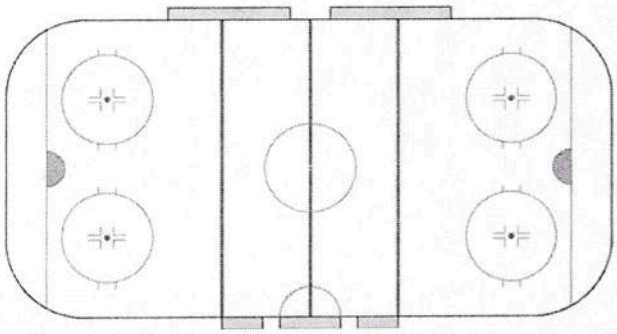


NOTES:

* Timing is key *

* Support is key *

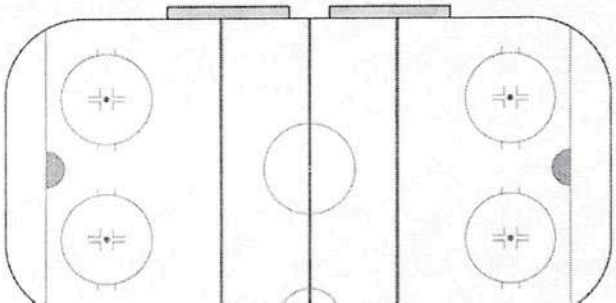
→ Can do other break-out options with the same format ie. D to F reverse / middle support etc....



NOTES:

* Two Puck Drill → no shots on net (only dumps to Goalie) *

→ Good warm-up / Break-out Route drill *



Fax

To:	Enio	**From:**	Terry Rhindress Acadie Bathurst Titan
Fax:	604-792-4656	**Pages:**	3
Phone:		**Date:**	Jan 01, 2011
Re:	Drill of Week Club	**cc:**	

Enio,

Very sorry didn't get these to you in December was a busy month.
Thanks for all you work putting this together.

Book:

The 360 Degree Leader
John Maxwell.

Quote:
Those who makes excuses all the time, seldom succeed.
Author: Unknown.

Best of luck to everyone in 2011, good luck through the playoff stretch.

Terry Rhindress
Asst Coach Le Acadie Bathurst Titan
506-874-0744 (cell)

Atlantic Centre of Excellence
Centre d'Excellence de l'Atlantique

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2 vs 1 Continuous

F1 starts up the wall and drops the puck for F2 who will

Come down the wall, then they will attack D1, 2vs1 down low

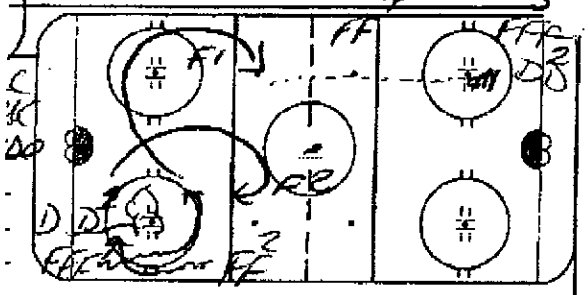
Then F1&F2 will come outside the blueline to get a pass from D2

Out of the far corner and attack 2vs1 again, then the other end starts

2vs1 down low, then gets pass from D in other end and attacks, this is

Continuous.

(min.) 4 3



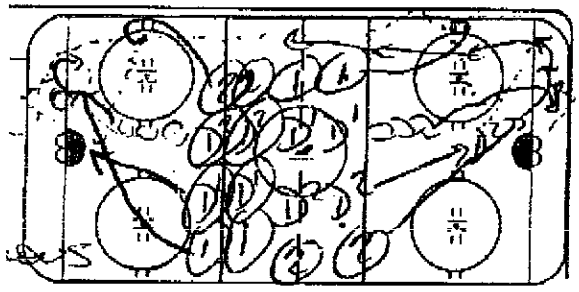
Key Execution Points (KEP)/*Points clés d'exécution* :

Offense

D1 retrieves puck in corner & reverses with 2, 2 then passes to

D2 who one touches to 1 who will chip puck off glass for 2 who

Skates to red and places the puck in the corner, then this is continuous.



Teaching Points (KTP)/*Points clés d'enseignment* :

Key Execution Points (KEP)/*Points clés d'exécution* :

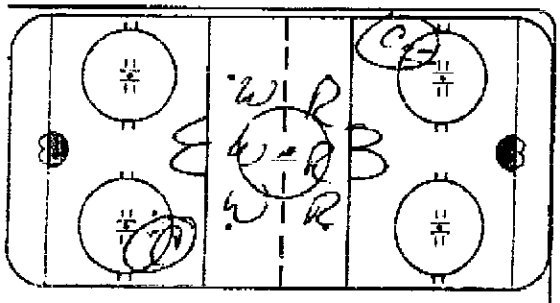
Offense

Whites vs Reds in neutral zone, the nets are on the bluelines. They play

Until hear coaches whistle and they will change. There will be coaches

Inside each blueline to feed new puck when one goes out of play or there

is a goal.



Key Teaching Points (KTP)/*Points clés d'enseignment* :

Key Execution Points (KEP)/*Points clés d'exécution* :

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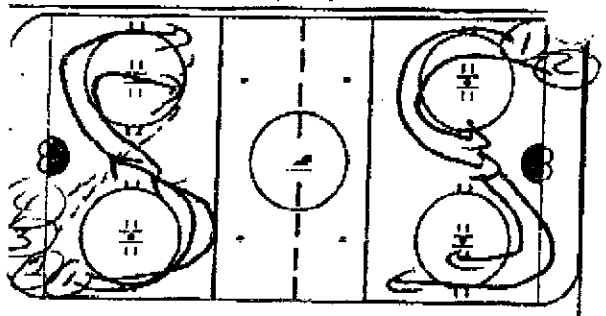
_____ (min.)

Flow Shooting

Drill starts on coaches whistle, 1 & 2 from both ends will leave, go around top of circle and shoot, continue around the next faceoff dot low and get a pass from the next two players in line. First player will drive wide and second player will time and do middle drive with 1 there for a rebound after he shoots. Players are to stop at the net after shooting.



Key Execution Points (KEP)/*Points clés d'exécution :*

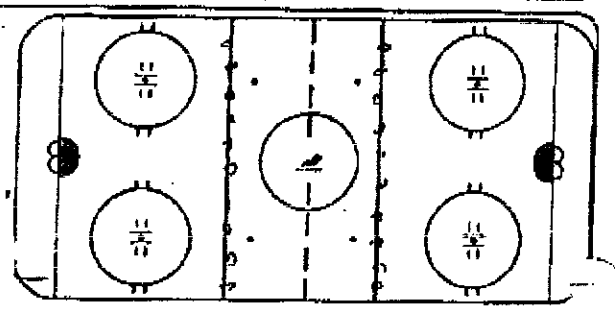
Time/

Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

All players on bench on coaches whistle it begins

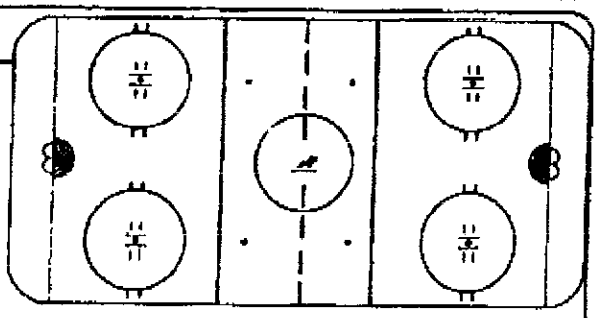
If you score you come right back to bench to release other Player, if you don't you have to set puck back on blue line then to bench to release other player. Losing team can untie the winning teams skates for example. First team to score all 10 pucks wins



Key Execution Points (KEP)/*Points clés d'exécution :*

DRIVE PHOTO SHOOT

Time/*Temps* : | Drill Name/*Exercise :*



Key Teaching Points (KTP)/*Points clés d'enseignment :*

Key Execution Points (KEP)/*Points clés d'exécution :*

"Partners in Hockey Development"
"Partenaires au Développement du Hockey"

CANADA

Practice Plan

Made with DrillDraw v6

Team: Enio's Drill of the Week

Practice No.:

Date : 2010-2011 **Time:** **Duration:**

Version No.: **Prepared by:** Bobby Fox

Objectives / Main tasks :

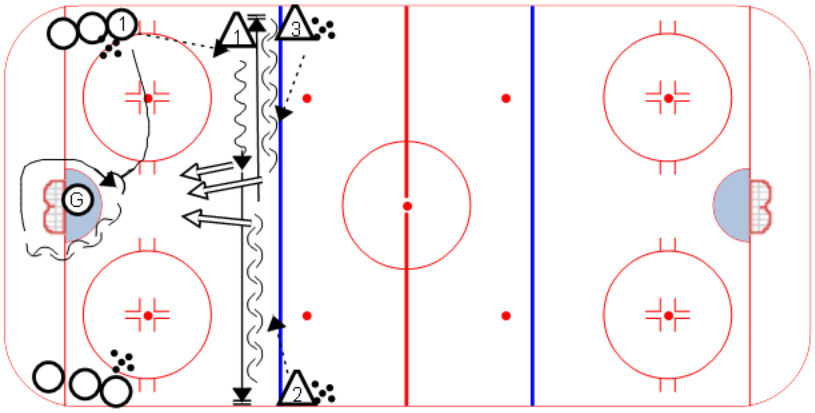
Skill - Wheelhouse Sprint & Shoot
Team - USA U18 - 2v1 Cont.
Fav - Panthers Combination Drill
Fun - Transition Game
Quote - "You get the best out of others when you give the best of yourself"

Drill no. : **Duration :** Minutes **From :** **To :**

Title : Wheel House Sprint & Shoo **Category #1 :** Defence **Category #2 :** Shooting

Description

1) O1 passes to D1
2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



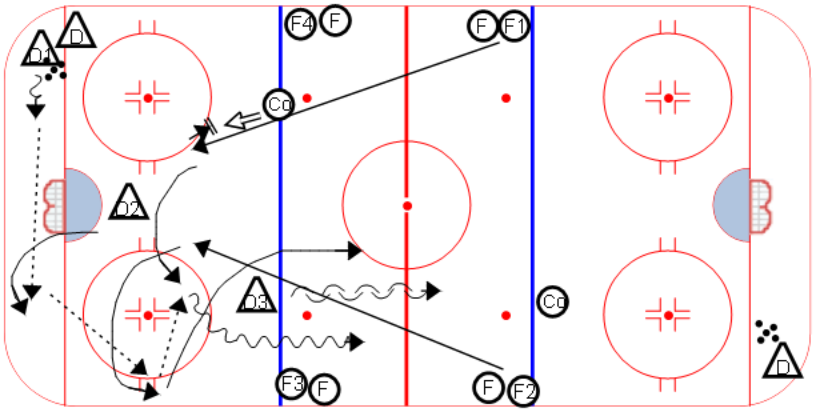
Key points :

Drill no. : **Duration :** Minutes **From :** **To :**

Title : USA U18 - 2v1 Cont. **Category #1 :** Combination **Category #2 :** Shot blocking

Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points : Breakout Skills | 2v1 / DZ Coverage | Blocking Shots | Execution

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

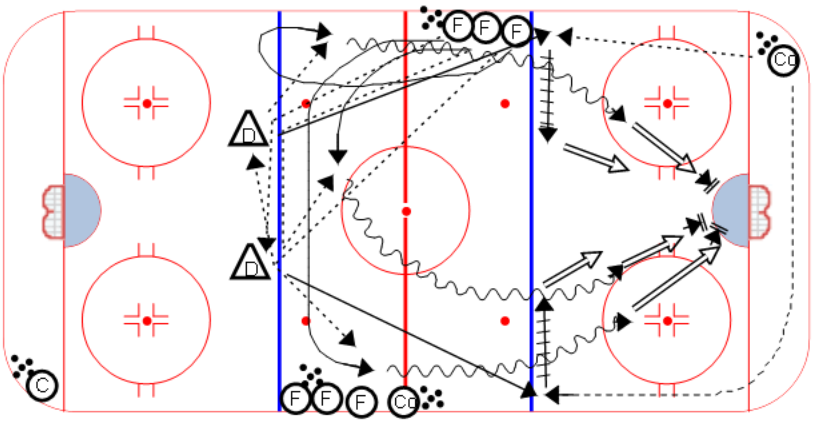
Title : Panthers Combination **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



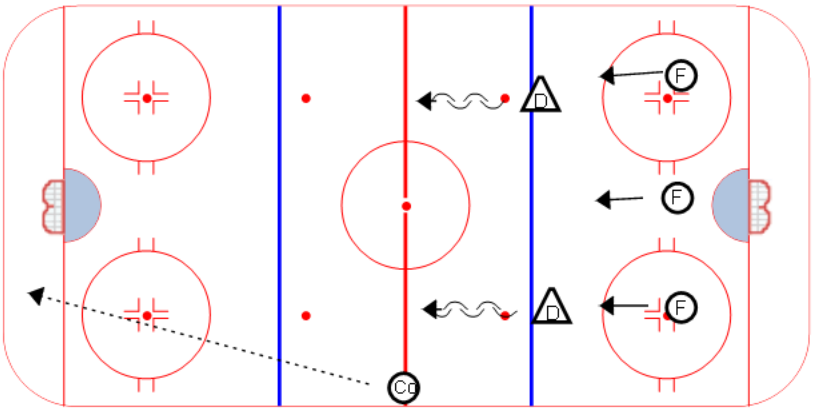
Key points :

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once both D get their shots off. A puck is shot back down in the orginal zone and all 5 players do a break out.



Key points : Relentless BC | Through Middle | Quick Transition | Communication

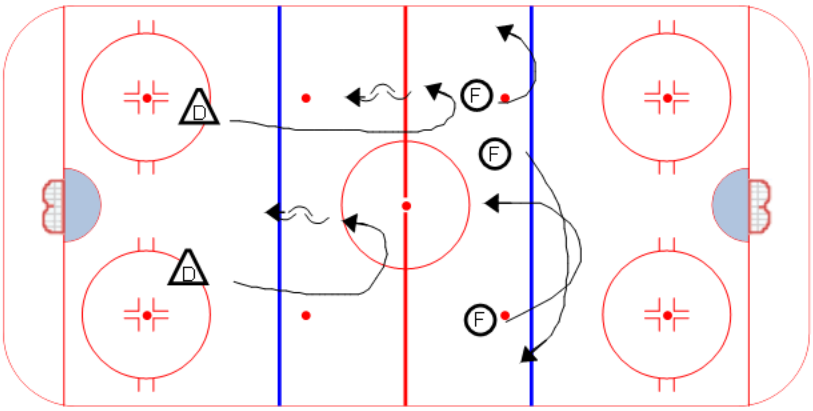
Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



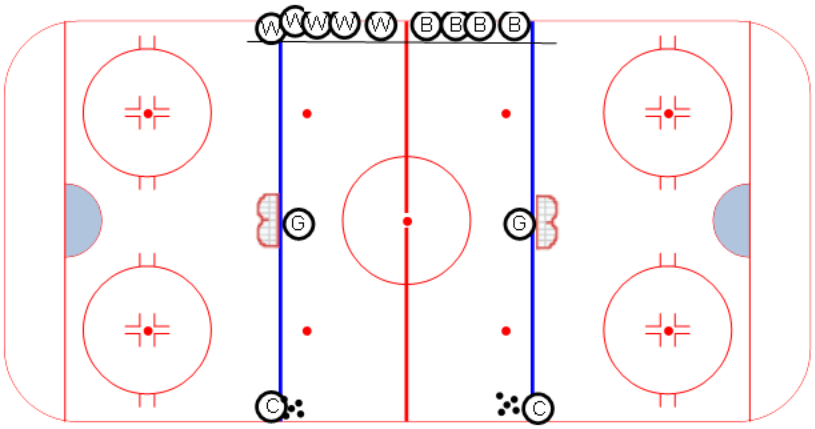
Key points : Quick feet | Gap UP | 3v2 | Open Pivots

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Transition Game **Category #1 :** Competitive Game **Category #2 :** Transition

Description

3v3 game in the NZ, rest of players on bench.
-if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)
-on first whistle, players race to benches
- on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck
KTP - speed & transition, head on a swivel, "think" the game
KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points :

CANADA

Quote

Canadian Hockey Coaching Program

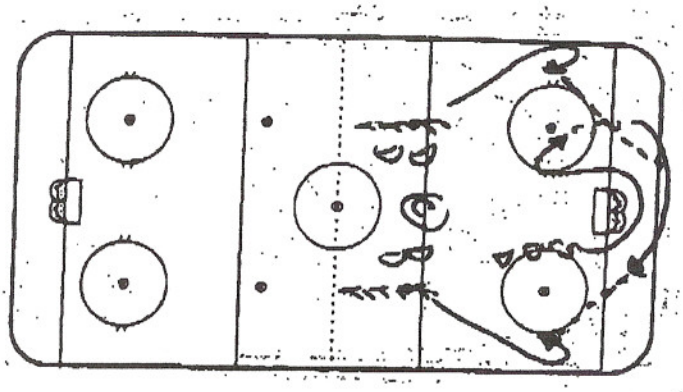
"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"

CANADA

TIME	DESCRIPTION	KEY POINTS
1	SKILL DRILL USING THE NET	

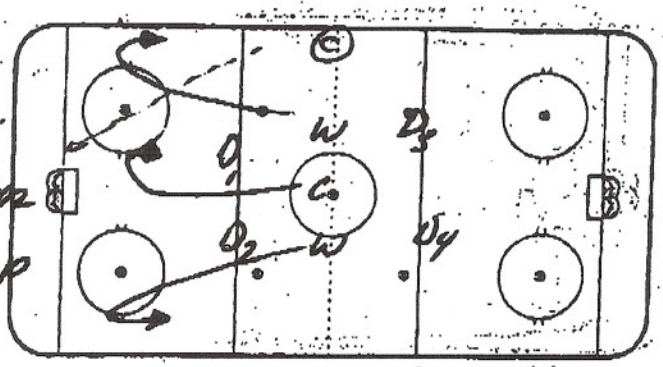
(C) DUMPS IN:
(D) BLINDS TO RECEIVE PASS - BEHIND NET
0-PAT (W)

(D). THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



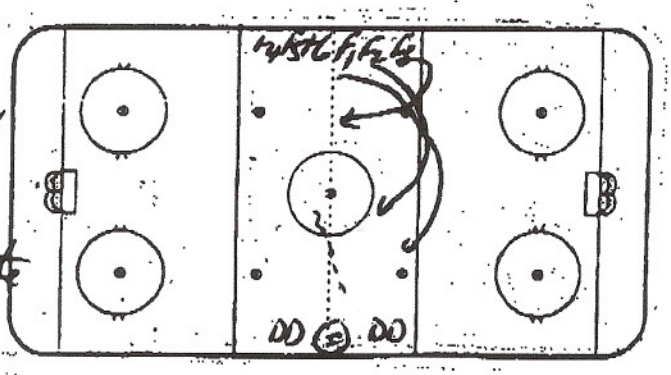
TIME	DESCRIPTION	KEY POINTS
2	TEAM PLAY DRILL NZ REGROUP ON WHISTLE	F1-F2-F3 W-D2 BREAKOUT

(C) DUMPS - (5) MAN UNIT
ATTACK D3-D4 5VS2
ON WHISTLE TURN AND REGROUP WITH D1-D2
THEN RE-ATTACK D5-D4
* WATCH FOR PROPER LINES ON REGROUP
GOOD GAP CONTROL
(C) DICTATES NUMBER OF REGROUPS.
PROCEED TO 3VS2 D1-D2 RELEASE



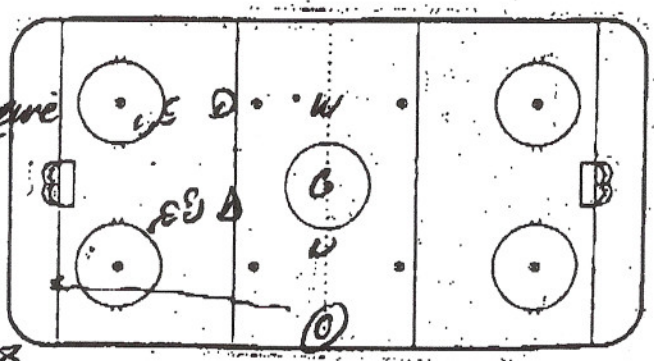
TIME	DESCRIPTION	KEY POINTS
3	3VS0 - 3VS1 3VS2 CONTINUOUS	(C) FAVORITE DRILL

(C) SPOTS PUCK IN NZ. F1-F2-F3 ATTACK 3VS0
(C) SPOTS 2nd PUCK - D-JUMPS IN - 3VS1
(C) SPOTS 3rd PUCK D1-D2 JUMP IN 3VS2
ONE FIRST UNIT GOES ON 3VS2
NEXT UNIT COMMENCES 3VS0 OPPOSITE DIRECTION.
CONTINUOUS



TIME	DESCRIPTION	KEY POINTS
4	FUN / COMPETITIVE	

(C) VARIETY OF DUMPS (D) BACK TO RETRIEVE
FULL 1X3. F1-F2 (D) MEN
(1) PTS IF (D) MEN SHOOT PUCK OUT
(2) PTS IF (D) CARRY OUT
(1) PT IF FULL'S OPEN OR CONTROL
(2) PTS IF FULL'S SLOW
GAME TO (15) PTS LOSER UNTIE WINNERS SKATES ABOVE MACHINE FULL VS D MEN



3M

TO: Enio's Drill of the Week Club 2010-11

FROM: Brian Bourque, University of Waterloo

Thanks for the drills to this point and good luck in the second half.

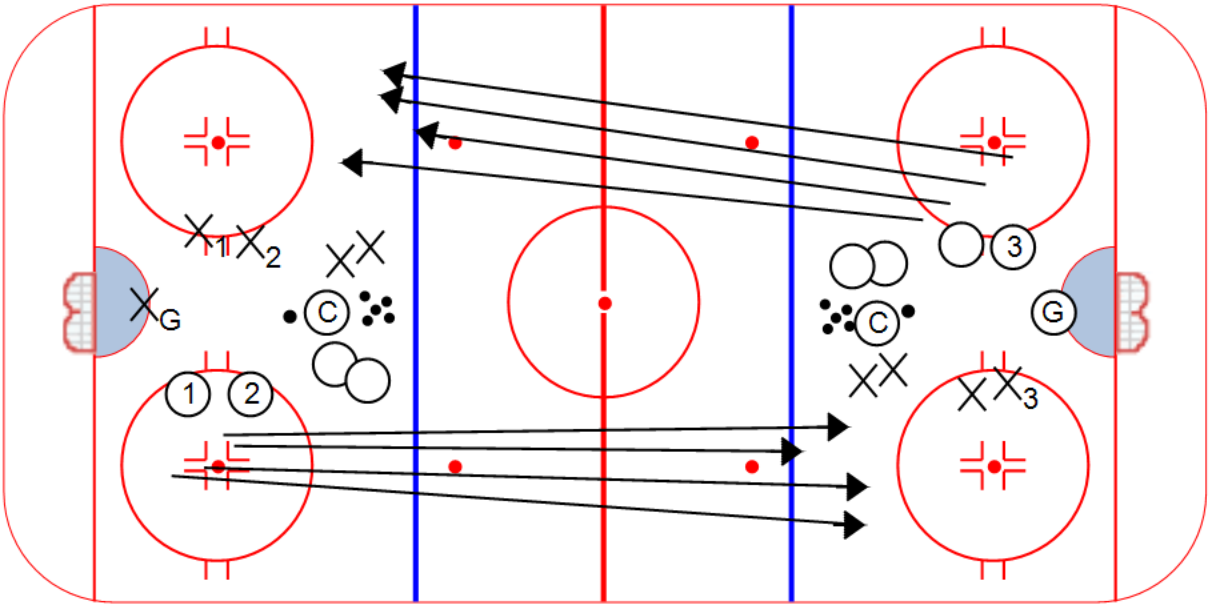
"He that is good for making excuses is seldom good for anything else."

Ben Franklin

University of Waterloo | Physical Activities Complex | Waterloo ON N2L 3G1
Tel: 519.888.4567 ext.35869 | Fax: 519.746.2283 | www.gowarriorsgo.ca

Title : Habs 2vs2 x2 **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** FAVOURITE

Content elements: **Components :**



Key Points :

Description

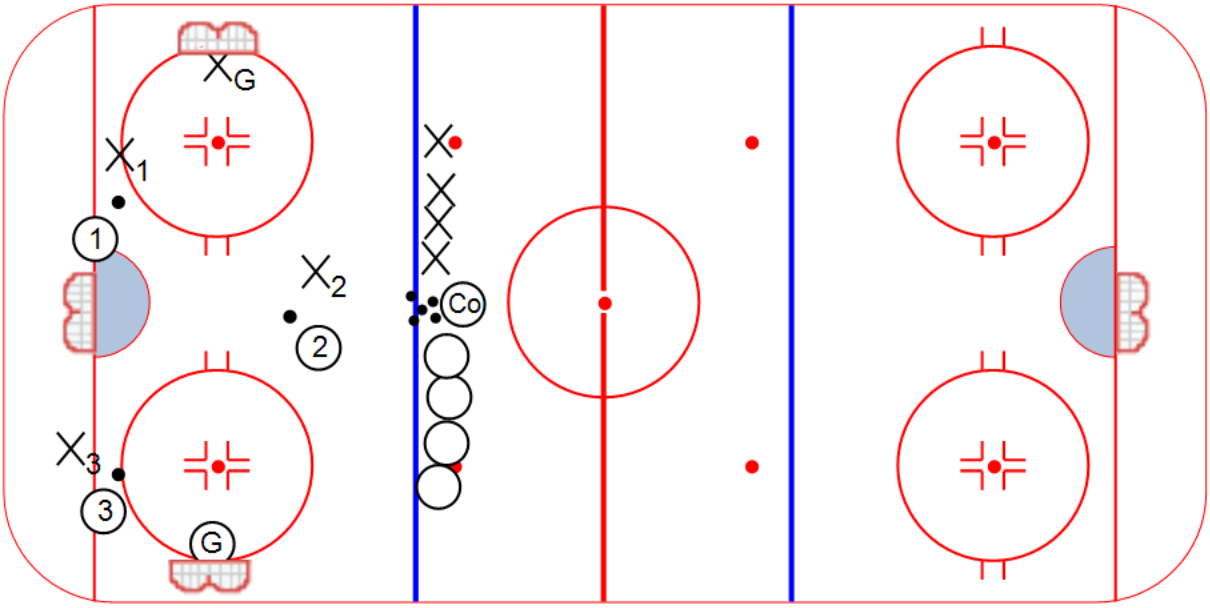
EXPLANATION
- Same set-up at both ends
- Drill starts with coach shooting on net for rebound or chipping to corner
- X1 & X2 vs O1 & O2 at one end
- X & X3 vs O and O3 at other end
- Play 2vs2 where any player can score
- Play until the whistle
- On whistle all 4 players from each end skate down to the other end and play a new puck spooted by the Coach
- Play new 2on2 until the next whistle with same rules as above

SUGGESTION: play each 2vs2 for 17- 20 seconds. it will take approx 8 sec to skate down the ice which creates a 40-50 second drill which simulates a shift

OPTION: on a turnover have the player who created the trunover pass to coach and get puck back before they can try to score.

Title : 1v1, 2v2, 3v3 **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** GAME

Content elements: **Components :**



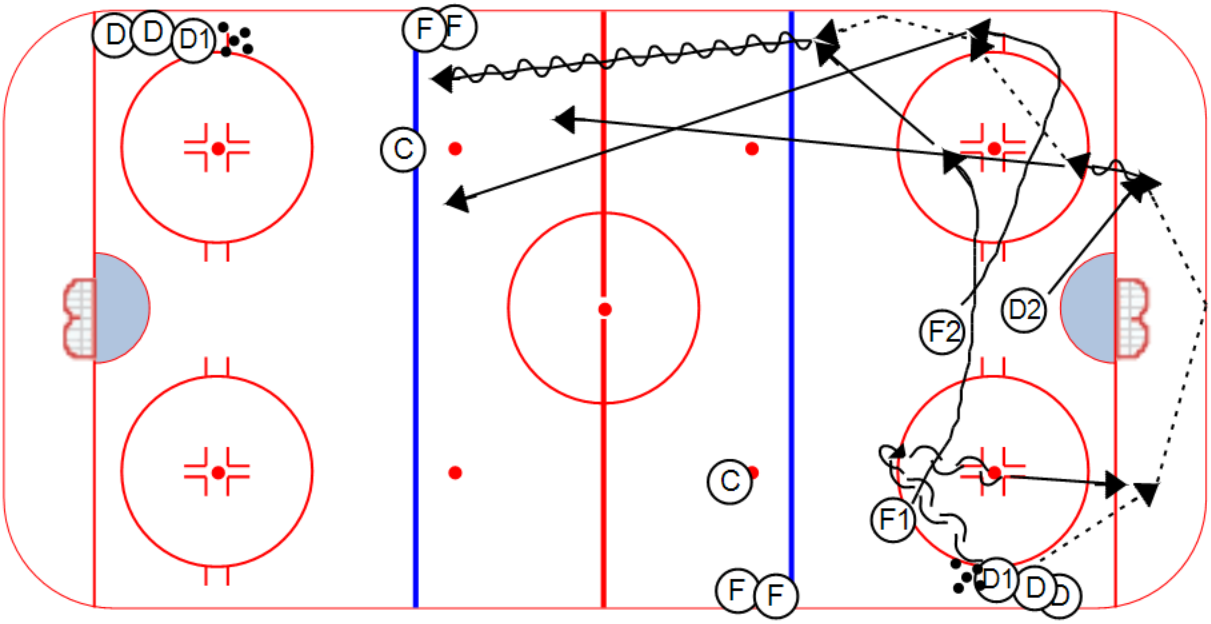
Key Points :

Description

- Game begins with 3 1vs1 Battles; X1 vs O1, X2 vs O2, X3 vs O3
- X's score on OG and O's score on XG
- Once a goal is scored the two players choose which teammate they want to help. They do not have to join the same pair. After one puck there could be a 1on1 still on and a 2on2...or....it could become two 2on1's.
- After the second puck is scored then all players play the remaining puck in a 3on3.

Title : D/Z B/O W/U **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** SKILL

Content elements: **Components :**



Key Points :

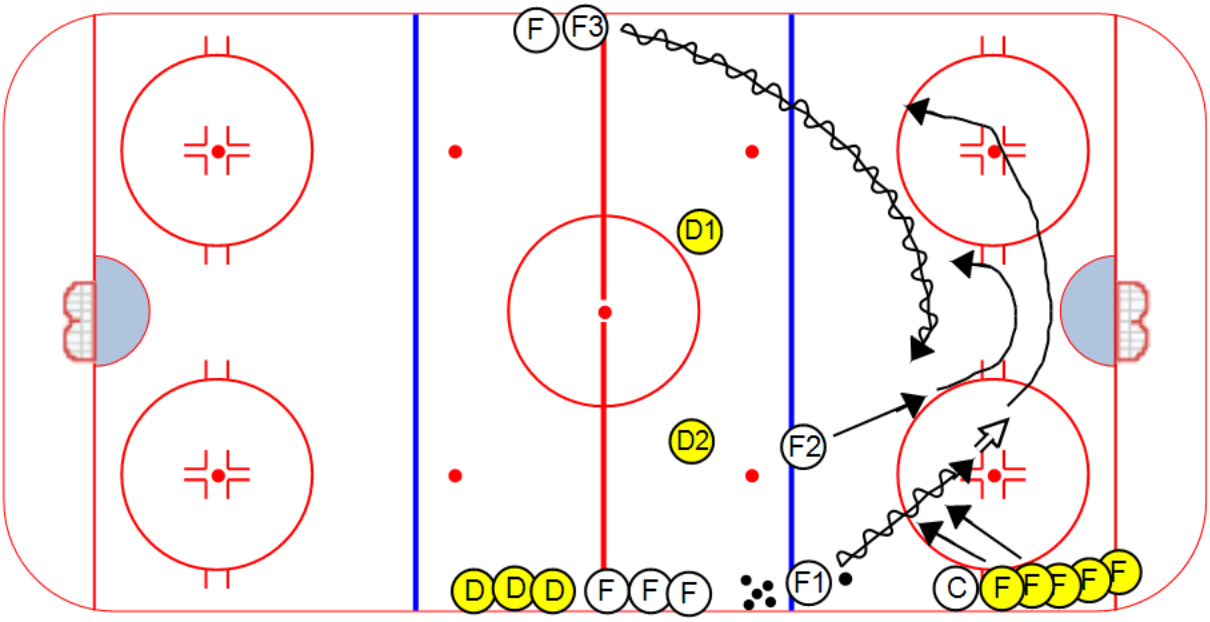
Description

- Both ends do the same thing (only one end diagrammed)
- F1 & F2 start in winger positions in DZC
- D2 begins net front
- D1 touches top of circles pivots bkwds and retrieves spotted puck from next D in line and partners to D2
- D2 moves puck to F1 or F2
- F1 and F2 attack Coach at far blueline working on different 2v1 attack options
- D2 gets to far blueline
- After F1, F2 play puck 1 one of them grabs a puck from the corner and passes to D2 who is now at the blueline
- D2 drags and shoots with Fwds screening and playing rebound

OPTIONS
- To begin drill have the same set-up except have D1 reverse puck to D2 (instead of partner). D2 moves puck to F1, F2 who attacks Coach and shoot.
- Instead of having the second puck be a direct pass to defense on blueline have a coach rim the puck for the D to work on retreiving rimmed pucks

Title : LA B/C **Category #1 :** ENIO DRILL OF WEEK **Category #2 :** TEAM

Content elements: **Components :**



Key Points :

Description

LA BACKCHECK
- F1 & F2 attack 2v0. F1 must shoot before face-off dot and focu on creating rebounds for F2. Play puck until whistle. While this is happening F3 is control skating into end zone with a puck waiting for the whistle.
WHISTLE
- F1 & F2 join F3 and attack D1 & D2.
- Coach releases gold forwards to backcheck. Coach can release forwards creating any scenario. Ex: 3v2 with one backcheck, 3v2 with 2 backcheck, release early for 3v3, etc

Always start from same end

ADDITION
- Add a 2nd puck in offensive zone for focus on low plays

PORTAGE COLLEGE

PORTAGE COLLEGE VOYAGEURS

Sports Motivational Quote

"Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it."

Lou Holtz, Football Coach

Team Building

Water Hold

Equipment required: 30 gallon rubber garbage can, water, and stopwatch

Description: Divide the group into two or three teams. Players lie on their backs in a circle with their legs and butts pressed tightly together with feet up in the air to form a pedestal. Group leaders fill a 30 gallon garbage can with ice water and place it on the team's "pedestal", balancing the can for a few seconds until the team is ready. Players must balance the can using only their feet. Teams are timed until the can completely spills.

If after five minutes the can has not spilled, players must take their shoes and socks off while holding up the can. While taking off his/her shoes and socks no player may touch the can with his/her hands. Once each player has removed his/her shoes and sock, the team is finished. It two or more teams reach the five minute limit, the team that gets their shoe and socks off the fastest – wins.

Recommended Book

How to Succeed in the Game of Life: 34 interviews with the world's greatest coaches.

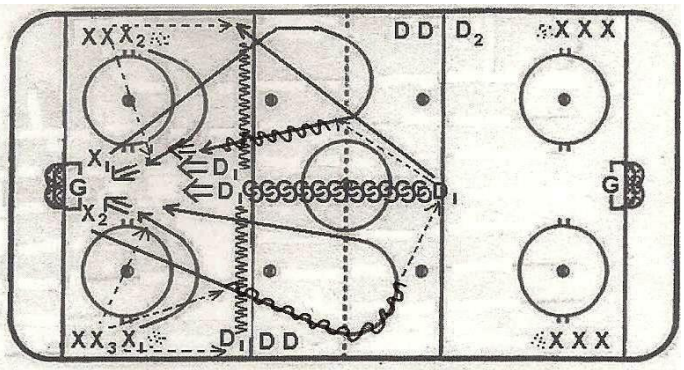
From the Office of:

Terry Ewasiuk

Head Coach
Portage College Voyageur's ACAC Hockey
Lac La Biche, Alberta
Cell: 780-991-8648

DETROIT GAME DAY 5 SHOTS WARM-UP DRILL

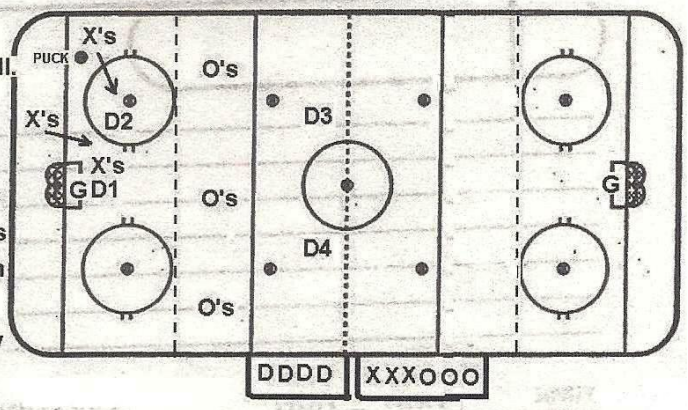
SKILL DRILL
ALTERNATE ENDS



On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass from a corner and skate into the neutral zone to regroup with D1 who returns the pass. X1 and X2 skate back into the zone for a shot. X1 and X2 screen the goalie and D1 receives a pass from the corner, drags to the middle and takes a second shot on net.

RUSSIAN 3 ON 2 CONTINUOUS

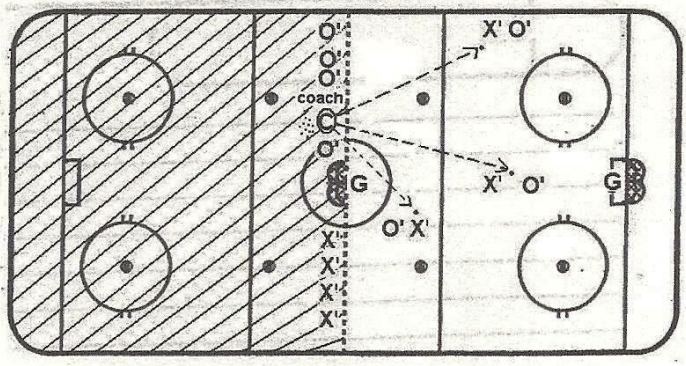
Great flow drill.
Excellent offensive drill.



On the coach's whistle X's battle D1 and D2 below the top of the face-off circle (imaginary line). The d-men try to regain possesion of the puck to break-out the O's forward line. The O's will then attack D3 and D4, 3 on 2, back to the other end. The X's now skate off the ice and a new forward line skates into position so that D3 and D4 can break them out against a new defensive pairing going back in the other direction. The O's can't go below the imaginary line to help the defencemen.

1/2 ICE - 3 ON 3 DRILL

FAVORITE DRILL
KEEP SCORE
LOSERS SKATE

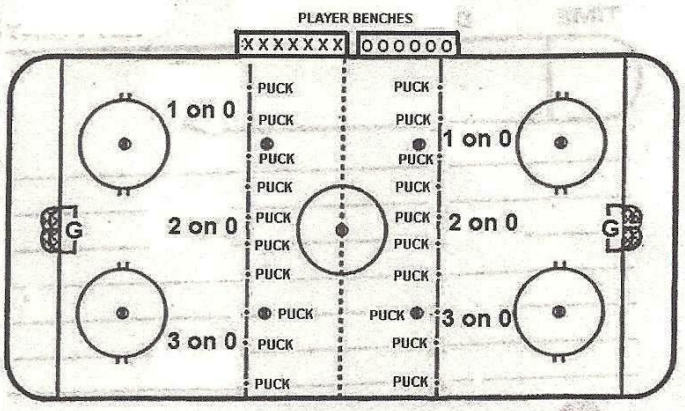


Move one net to the center ice red line. Then make-up two teams that will have three one-on-one battles on the 1/2 ice area at the same time using three pucks. As each puck is scored those two players can now skate over and help their teammates. This can lead to 2 on 2 battles, 2 on 1 battles and eventually a 3 on 3 battle. After the last puck is scored replace the six players.

The coach will spot the players 3 pucks in different locations.

10 PUCK - FUN DRILL

Losers do a skating drill.



Two teams each in it's own bench. 10 pucks are placed on each blue line. On the whistle the first player leaves the bench and tries to score. If he scores then two new players (2 on 0) try to score. If they score then three new players try to score. When all three players score the drill reverts back to one player and it starts all over again. If at anytime a goal isn't scored the drill reverts back to one player. The drill continues until all the pucks have been scored. The first team to score all 10 goals wins.

Drill of the Week Club 2011

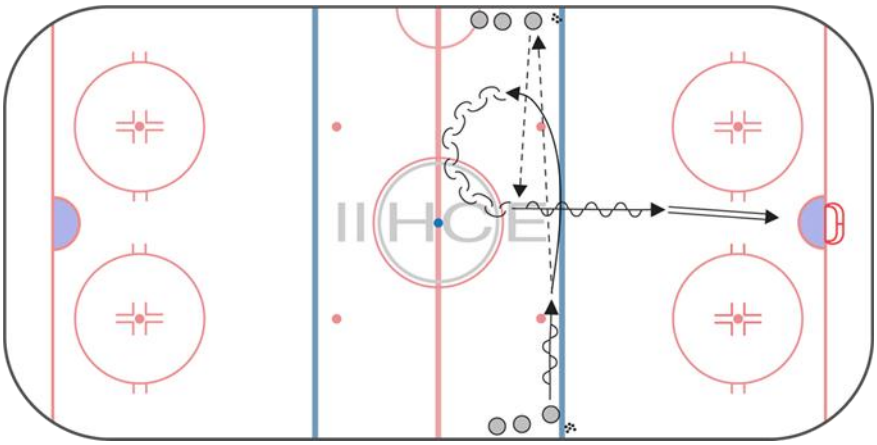
Hi Enio,

I hope you had a great festive period and sorry am late. I have a lot going on over here. I have attached some stuff, simple but work well. I have attached a warm-up skill drill, timing drill, technical drill which is great for defense and offence skills. There is also a simple 5-5 DZC drill to work on sagging and positioning.

Regards,

Pete

Blue line Pass 1v0



Description:

Player skates across the ice and passes to the line on the opposite side, turns back to the middle of the ice, receives the pass back and continues to the goal for a shot.

Key Points:

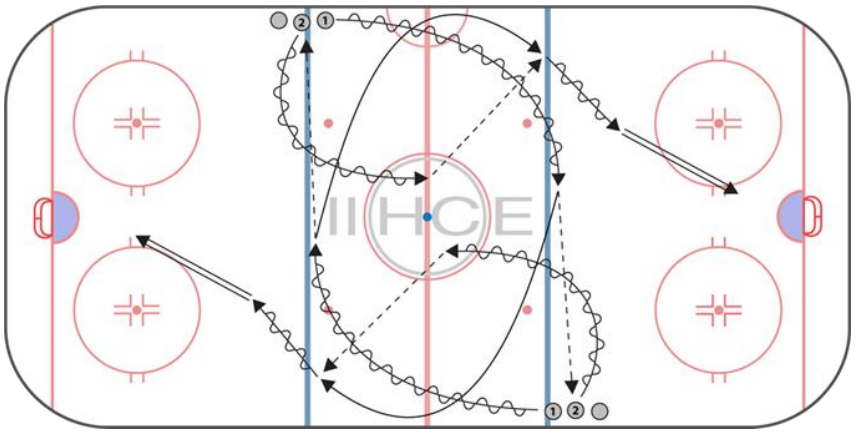
Blade square - show a target

Stick on ice

Keep your feet moving

Head up

Neutral Zone Cooperation



Description:

Player 1 skates down the ice and passes to player 2 in the opposite line. Player 2 takes the middle of the ice and passes back to player 1, who continues for a shot on the net. Player 2 skates back to the line and starts the drill again.

Variation: Player 2 can continue with player 1 for a 2v0 on the net

Key Points:

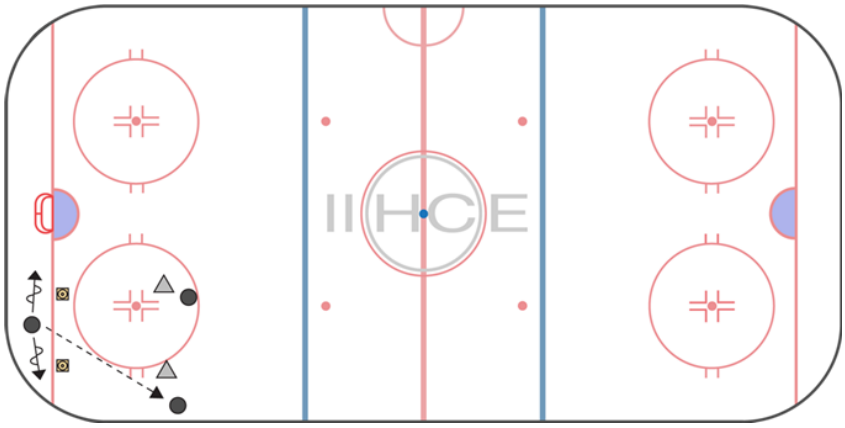
Blade square - show a target

Stick on ice

Head up

Keep your feet moving

Forwards sagging 2v2



Description:

Puck carrier moves back and forth between pylons. Defensive forwards stay close to their check to disrupt pass from puck carrier. Play to the net.

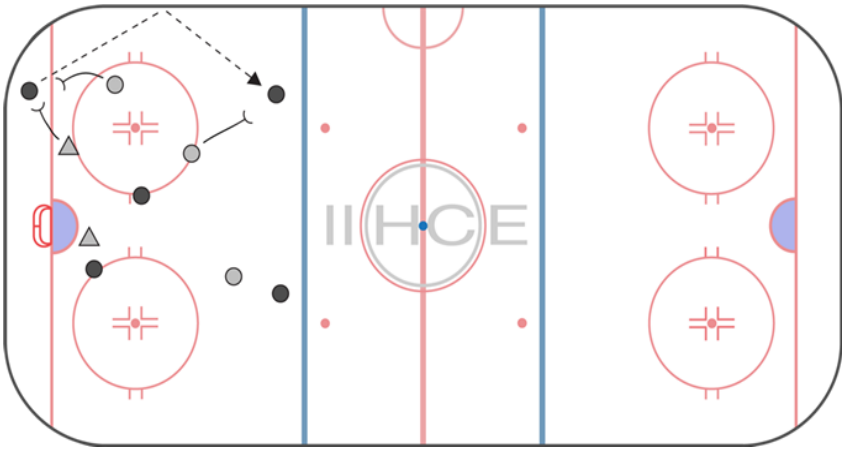
Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position

Forwards sagging 5v5



Description:

Puck carrier pressured by two defenders, pass back to point player. Sagging forward on puck side moves out to challenge. If play goes deep, forward "sags" back again. Defenders can use sticks upside down.

Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position

ICE HOCKEY AQUILE F.V.G.

Via Mazzini 103
33016 Pontebba, Italy

Drill Club: Tom Pokel

Quote: "There's plenty of room at the top, but not enough to sit down"

Book: Dealing with Difficult People By Dr. Rick Brinkman and Dr. Rick Kirschner

Title : Czeck Warm-Up **Content elements:** Agility - Pivoting w - Puck **Components :** Counter Passing

Description

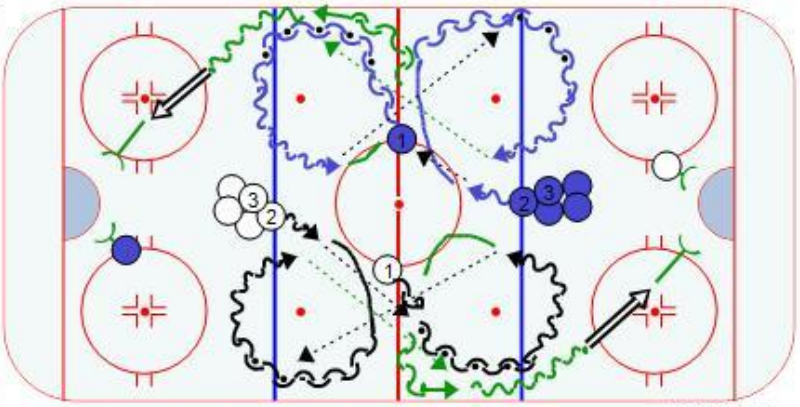
O1's begin the drill by skating out towards RL and pivoting backwards.

O2 takes one or two strides with the puck and passes to O1. O1 carries the puck backwards to forwards around neutral zone dot from the outside to the middle.

Meanwhile O2 has nowskated forwardto the red line - pivots backwards and is moving back waiting for return pass from O1

O1 is moving Forwards and passes to O2. O2 skates backwards to forwards with puck to the middle and passes back to O1 who is now curling to the outside ready for counter pass from O2. O1 goes in and shoots on net and follows for rebound.

O2 skates to middle & pivots backwards to begin same with O3



TOM POKEL

Key Points : Pivoting with puck | Moving Counter passes | Passing accuracy | Shots & Rebounds

Title : 5 on 5 Agg. Forecheck gam **Content elements:** 5 on 5 agg. Forecheck **Components :** Breakout under Pressure

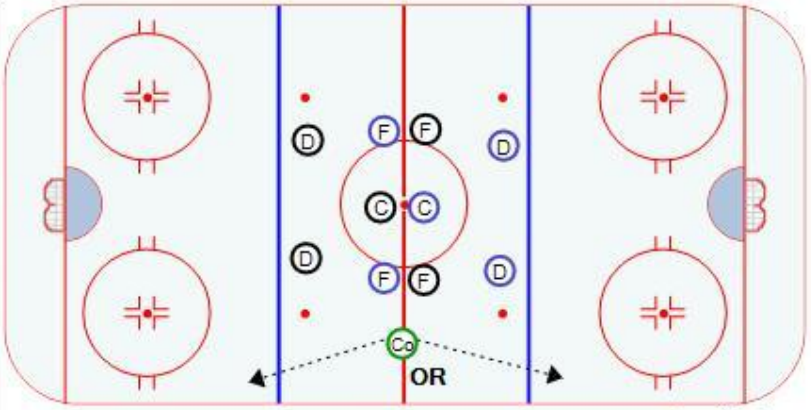
Description

Both Teams line up for a NZ Face-Off with the Wingers Flip-Flopped on the Offensive side. D-men must be even with NZ Dots

Coach dumps the puck in one end or the other.
From that point on play 5 on 5 scrimmage.

Attacking team executes aggressive forecheck
Defending team moves into position for breakout support under pressure or DZC

Can influence drill to your needs Ex: Flip just Centers, or all 3 Forwards



Tom Pokel

Key Points : Run from all 5 NZ Dots | Agg 4-check patterns | Breakouts, D-D, Rims | Screens, Reverses

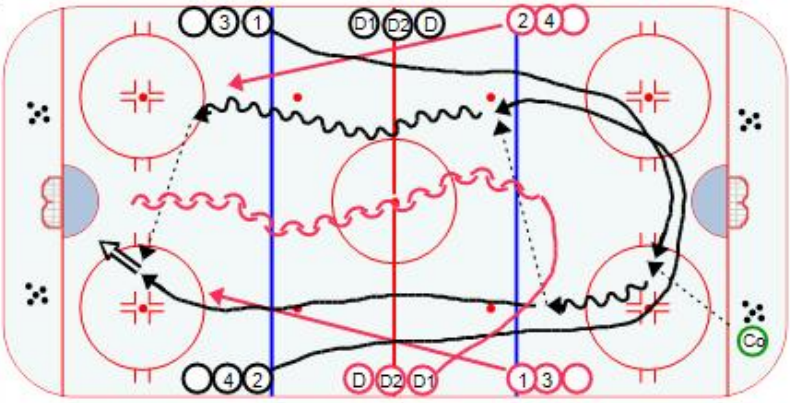
Title : To The House 2 on 1 **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

Description

The Drill starts off with ① & ② skating into the House of the other end and receiving a pass from the Co. At the same time D1 comes inside the BL and gaps up.

① & ② attack 2 on 1 against D1.

When ① & ② pass the first BL then ① & ② Backcheck to the House and try to apply back pressure on ① & ② and support D1.



Key Points :

Title : To The House 2 on 1 (seq **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

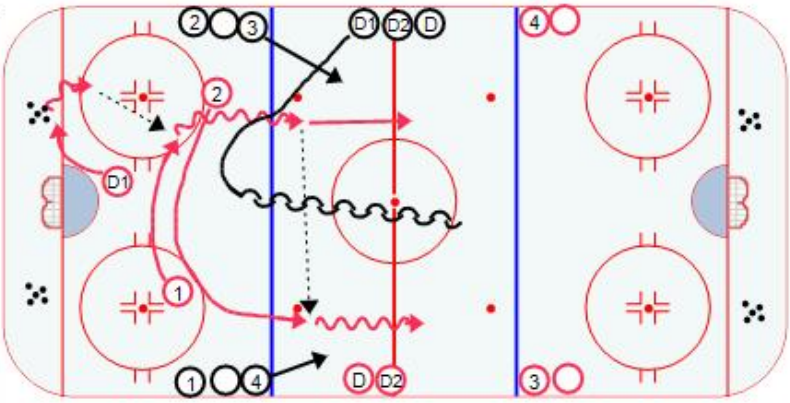
Description

After shot or the rush is foiled or stopped, D1 quickly retrieves a puck and passes to ① or ② supporting and they begin to attack 2 on 1 against D1.

When ① & ② cross the BL ③ & ④ begin backcheck.

D1 after breakout pass follows up the rush as 3rd supporting attacker

The Drill is continuous.



Key Points : Option: 1 puck drill con | D - Follow up rush | F's back press | Speed 2 on 1

Title : 1-0, 2-0, 3-0 Shootout Gam **Content elements:** Scoring **Components :** Fun Competition

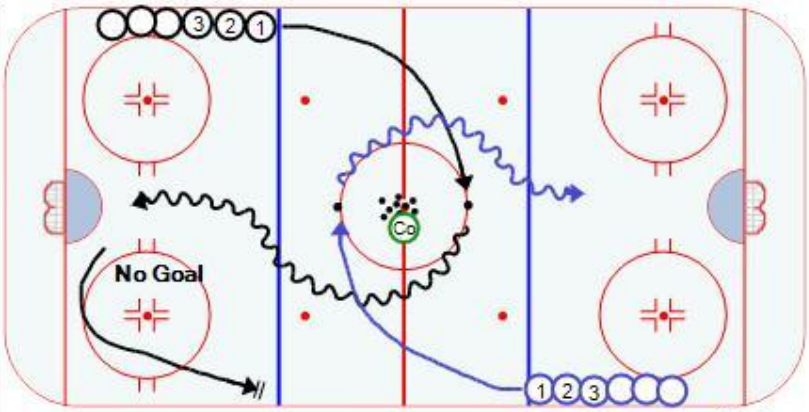
Description

One side starts off with ① picking up a puck around center circle and comes back 1 on 0 on Goalie.

If he scores, then players 2 and 3 from the same team start a 2 on 0. Teams continue 1-0, 2-0, 3-0 and 1-0 etc.. until they don't score. Then other side starts always with 1-0.

on 2-0 and 3-0 attacks, players must stay onsides and have to attack fast. If offsides or the rush is too slow Coach blows it down and other side begins 1-0.

Fun competition - lots of big comebacks



Tom Pokel

Key Points : Play til 8 or 10 | Losing Team 2 - Laps

Categories

Collective tactics

full ice warm up

Drill Title : FULL ICE WARM UP

Components : FWDS / D'S ALL ONE END

Content elements :

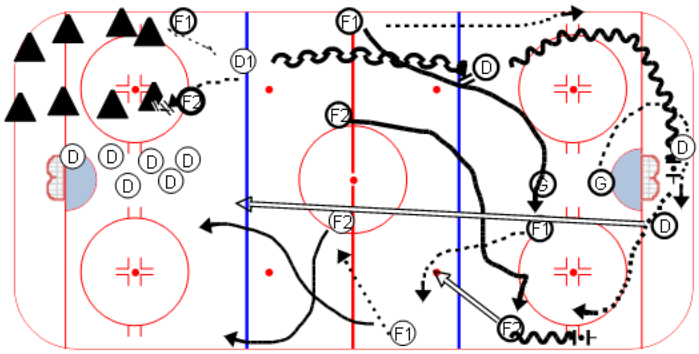
Description

FI/F2 Pepper pass with D1 till red line; F1 must hard rim to goaltender who stops puck behind net

D1 has pivoted and wheels...and passes to F2 who passes to F1...change lane to other end

while D1 sprints to far blue line. (whistle drill)

Key Points



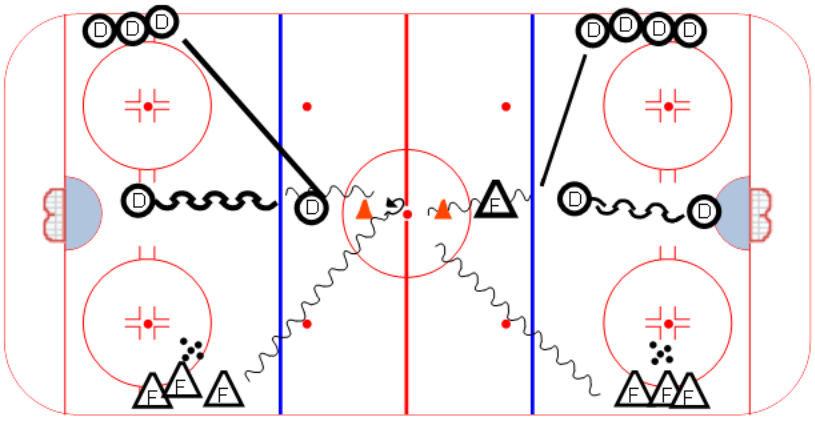
Title : GAP DRILL PART I

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



Key points :

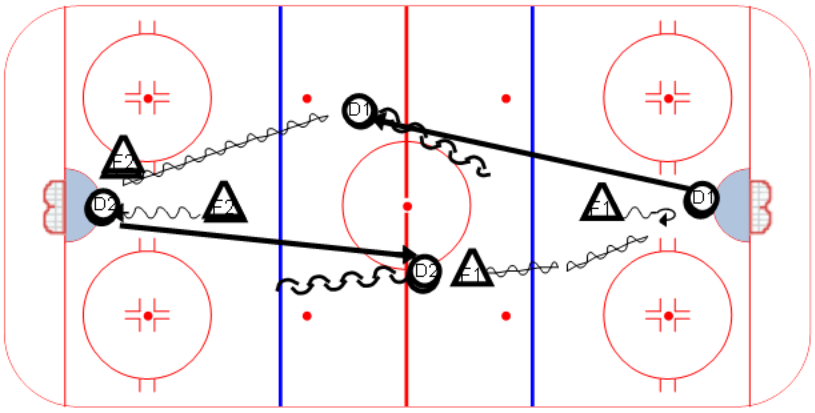
Title : GAP DRILL PART II

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART II -F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



Key points :

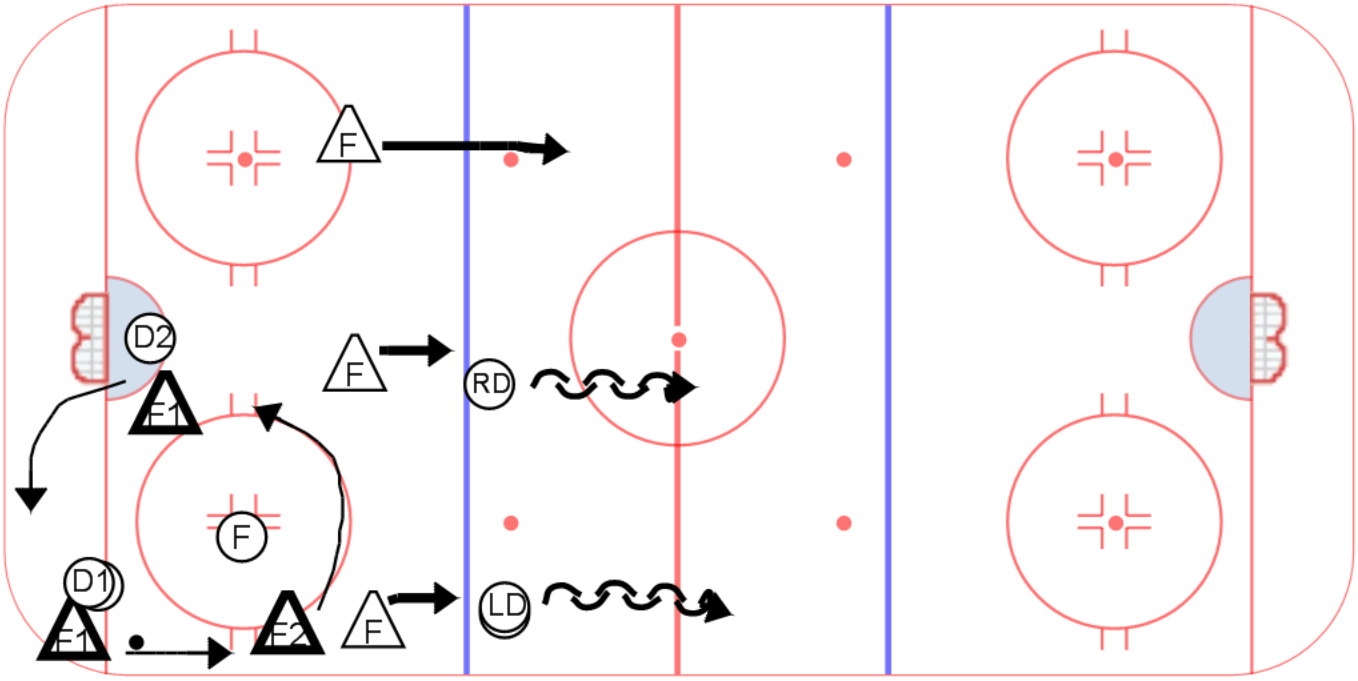
Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

Title : FULL ICE 3:3 LOW (PART I)

Content elements :

Components:



Key points :

DOWN LOW BATTLING	QUICK UP FOR RUSH	BACKCHECKING	CHIP IN / BL PLAY

Description

F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES)

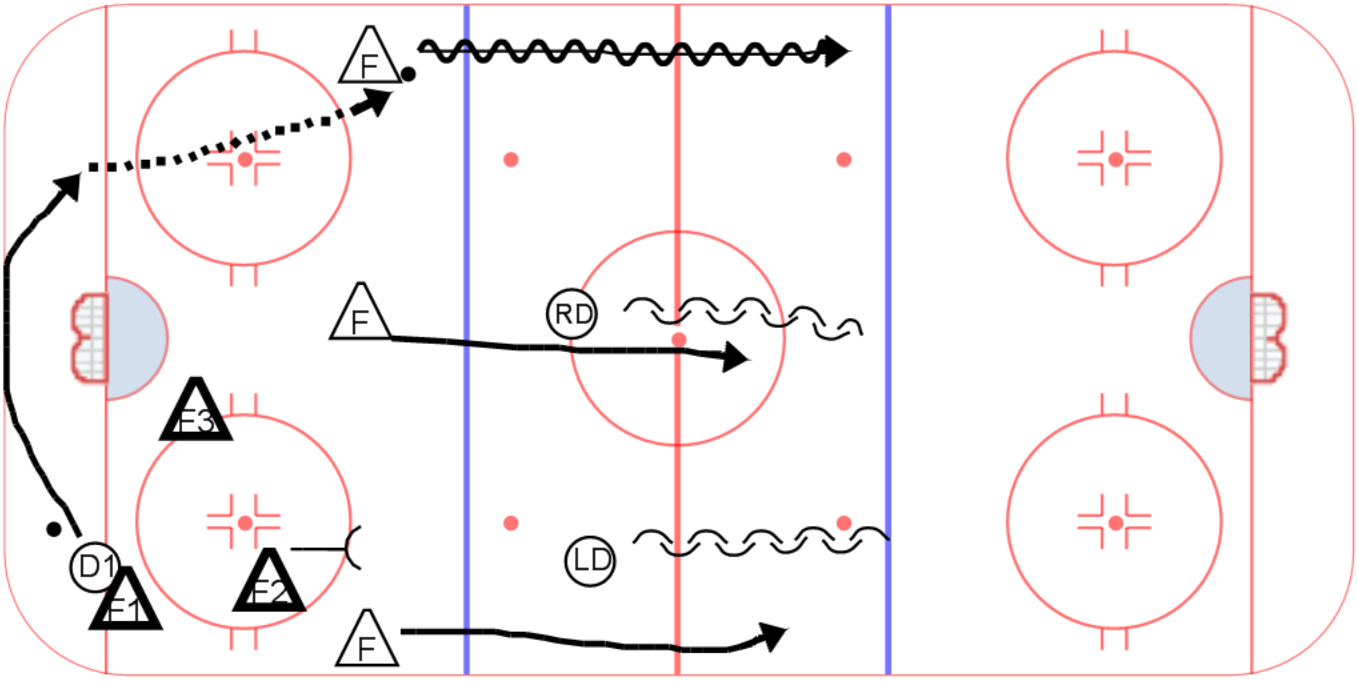
Category #1 : TEAM DRILL

Category #2 : BATTLING / RUSH DRILL

Title : FULL ICE 3:3 (PART II)

Content elements :

Components:



Key points :

Description

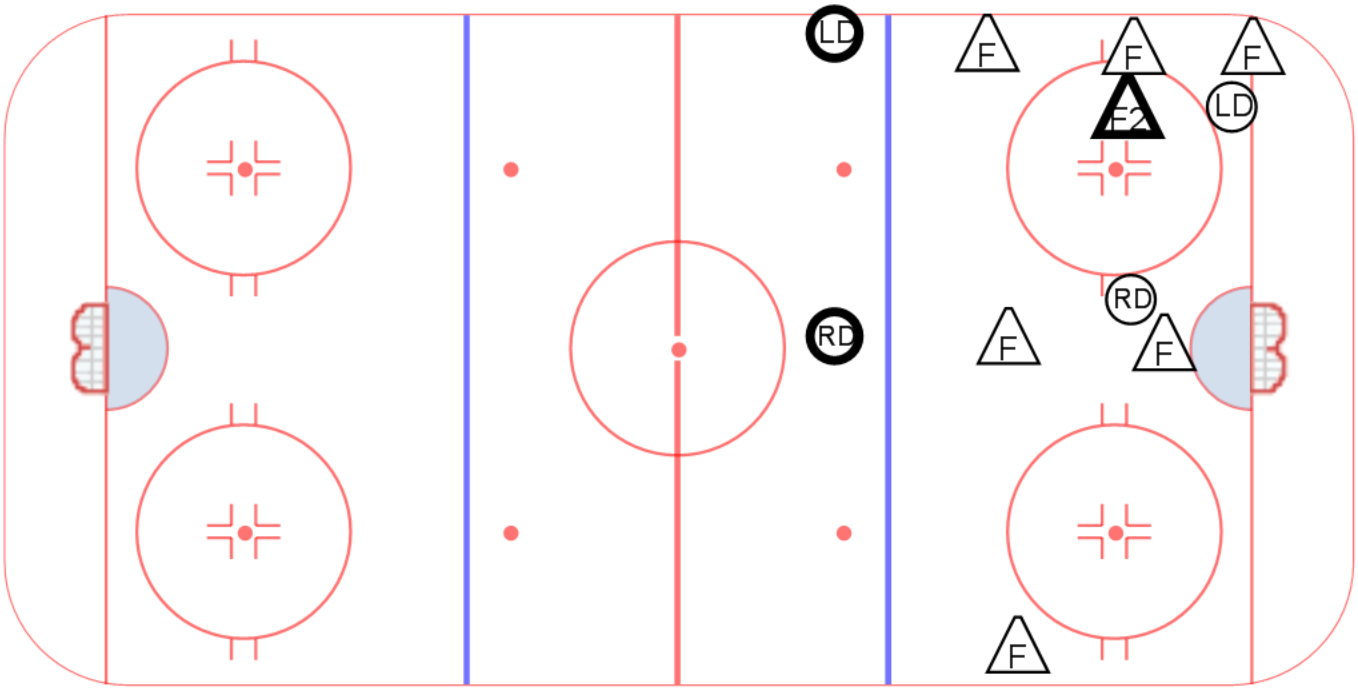
Category #1 : TEAM DRILL

Category #2 : BATTLING /RUSHING DRILL

Title : FULL ICE 3:3 LOW PART III

Content elements :

Components:



Key points :

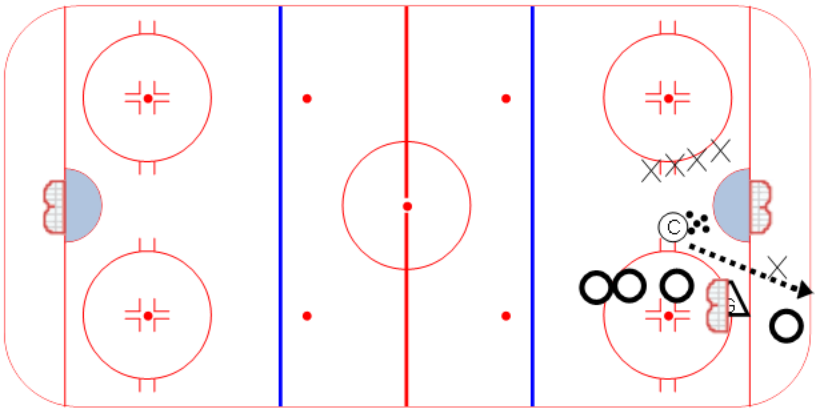
Description

Title : SMALL ZONE 1:1 GAMES **Category #1 :** BATTLING DRILL **Category #2 :** COMP DRILLS

Description

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



Key points :

DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			waydebucsis@hotmail.com	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		midgleyj@rns.cc	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			enio@shaw.ca	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			jackson.132@nd.edu	yes
3	Barry	Wolff		Nov. 30			wolffiesca@yahoo.ca	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			miland@interchange.ubc.ca	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			dannyflynn1@hotmail.com	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	newtont@msu.edu	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			belliveaupete@hotmail.com	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			kbathurst@hockeycanada.ca	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			claytonbeddoes@hotmail.com	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			scout69@nb.sympatico.ca	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			rofox@telus.net	
7	Dan	Fridgen		Dec. 28			keyhoc18@hotmail.com	
8	Peter	Russell		Jan. 4			peterrussell4@hotmail.com	
8	Brian	Bourque	University of Waterloo	Jan. 4			bbourque@admmail.uwaterloo.ca	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		tewasiuk@hughes.net	yes
9	Graham	Wise	Ryerson University	Jan. 11			gwise@ryerson.ca	
9	Jeff	Truitt		Jan. 11			Jeff.Truitt@PhoenixCoyotes.Com	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			tom.pokel@yahoo.com	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	donaldmckee@hotmail.com	yes
10	Dan	Nadeau		Jan. 18			dnadeau@fastenal.com	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			bryantperrier@yahoo.com	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			jolden@interchange.ubc.ca	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			krisk@kootenayice.net	
11	Peter	Woods	Hockey Manitoba	Jan. 25			pwoods@hockeymanitoba.mb.ca	
12	Joey	Gasparini	University of Vermont	Feb. 1			jgaspari@uvm.edu	
12	Dan	Olsen	Calgary Northstars	Feb. 1			timbercoach@hotmail.com	
12	Peter	Russell	Swindon EPL	Feb. 1			peterrussell4@hotmail.com	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		williamverner@hotmail.com	
13	Nick	Poole	Milton Keynes	Feb. 8			poole19@btinternet.com	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			coachmac@unb.ca	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			diegoscandella@hotmail.com	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			Stephane.LeBlanc@nbed.nb.ca	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey A	Feb. 15	(902)-461-1543		targethockey@gmail.com	
15	STUART	WILSON		Feb. 22			heatherstuart_2000@yahoo.com	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			twalkington@shaw.ca	
15	Tom	Molloy		Feb. 22			tommolloy@hotmail.com	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			blakewesley@hockeyschools.com	
16	Michael	Pelino	Peterborough Petes	Mar. 1			mpelino@gopetesgo.com	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			kellerb@ecsd.net	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			paulheavey@aol.com	
17	Shaun	Sutter	Regina Pats	Mar. 8			ssutter@reginapats.com	
17	John	Micheletto	University of Vermont	Mar. 8			jmichele@uvm.edu	

DWC - 2010-11

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2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			enio@shaw.ca	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			jackson.132@nd.edu	yes
3	Barry	Wolff		Nov. 30			wolffiesca@yahoo.ca	yes
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			miland@interchange.ubc.ca	yes
4	Danny	Flynn	Moncton Wildcats	Dec. 7			dannyflynn1@hotmail.com	yes
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	newtont@msu.edu	yes
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			belliveaupete@hotmail.com	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			kbathurst@hockeycanada.ca	yes
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			claytonbeddoes@hotmail.com	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			scout69@nb.sympatico.ca	yes
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			rofox@telus.net	yes
7	Dan	Fridgen		Dec. 28			keyhoc18@hotmail.com	yes
8	Peter	Russell		Jan. 4			peterrussell4@hotmail.com	yes
8	Brian	Bourque	University of Waterloo	Jan. 4			bbourque@admmail.uwaterloo.ca	yes
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		tewasiuk@hughes.net	yes
9	Graham	Wise	Ryerson University	Jan. 11			gwise@ryerson.ca	yes
9	Jeff	Truitt		Jan. 11			Jeff.Truitt@PhoenixCoyotes.Com	yes
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			tom.pokel@yahoo.com	yes
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	donaldmckee@hotmail.com	yes
10	Dan	Nadeau		Jan. 18			dnadeau@fastenal.com	yes
10	Bryant	Perrier	Neepawa Natives	Jan. 18			bryantperrier@yahoo.com	yes
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			jolden@interchange.ubc.ca	yes
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			krisk@kootenayice.net	yes
11	Peter	Woods	Hockey Manitoba	Jan. 25			pwoods@hockeymanitoba.mb.ca	yes
12	Joey	Gasparini	University of Vermont	Feb. 1			jgaspari@uvm.edu	**yes**
12	Dan	Olsen	Calgary Northstars	Feb. 1			timbercoach@hotmail.com	yes
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		williamverner@hotmail.com	yes
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13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			coachmac@unb.ca	yes
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14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey A	Feb. 15	(902)-461-1543		targethockey@gmail.com	YES
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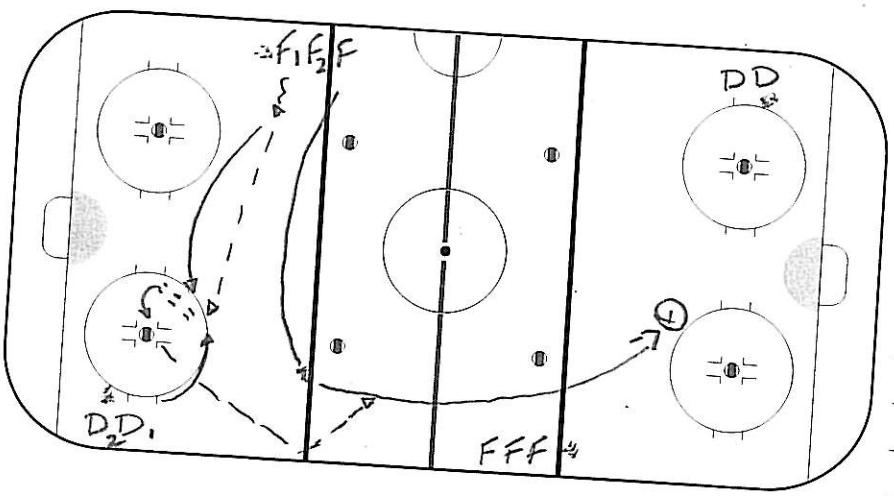
15	Tom	Molloy		Feb. 22			tommolloy@hotmail.com	yes
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			blakewesley@hockeyschools.com	yes
16	Michael	Pelino	Peterborough Petes	Mar. 1			mpelino@gopetesgo.com	yes
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			kellerb@ecsd.net	yes
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			paulheavey@aol.com	yes
17	Shaun	Sutter	Regina Pats	Mar. 8			ssutter@reginapats.com	yes
17	John	Micheletto	University of Vermont	Mar. 8			jmichele@uvm.edu	yes

QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK AND OTHERS TO BREAK RECORDS."
— UNKNOWN



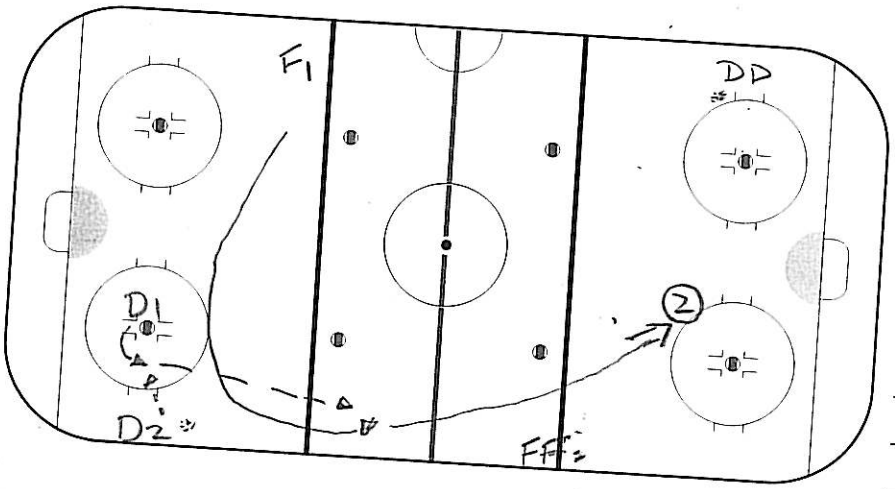
① SKILL DRILL (CONTROL W/ WHISTLE)
(* BOTH SIDES AT SAME TIME *)

1) D1 TO TOP OF CIRCLE, F1 TO D1

2) D1 BACKWARDS THEN PIVOT FORWARDS

3) F1 AFTER PASS "ANGLE" D1 AND FORCE CHIP PASS OFF THE BOARDS TO F2 (F2 LEAVES AFTER F1 : TIMES SKATE)

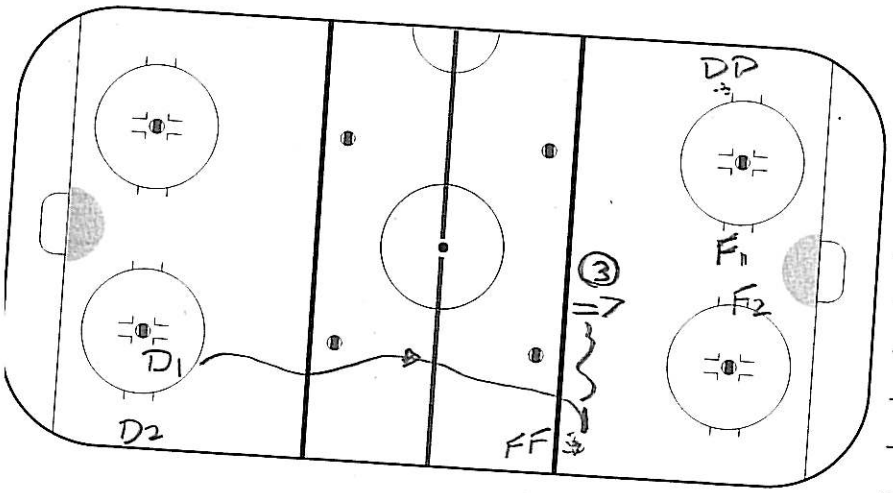
4) F2 WITH PUCK : F2 = SHOT ①
(F2 STAY AT NET)



5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS SPEED AT BOARDS

7) D1 TO F1 : F1 = SHOT ②
(F1 STAY AT NET)



8) AFTER D1 PASS TO F1 ; D1 TO THE FAR BLUE-LINE AND PICK-UP PUCK

9) D1 = DRAG & SHOT ③
(F1 / F2 = SCREEN & REBOUND)

* CAN USE DRILL FOR WARM-UP SHOOTING OR WITHIN REGULAR PRACTICE. *

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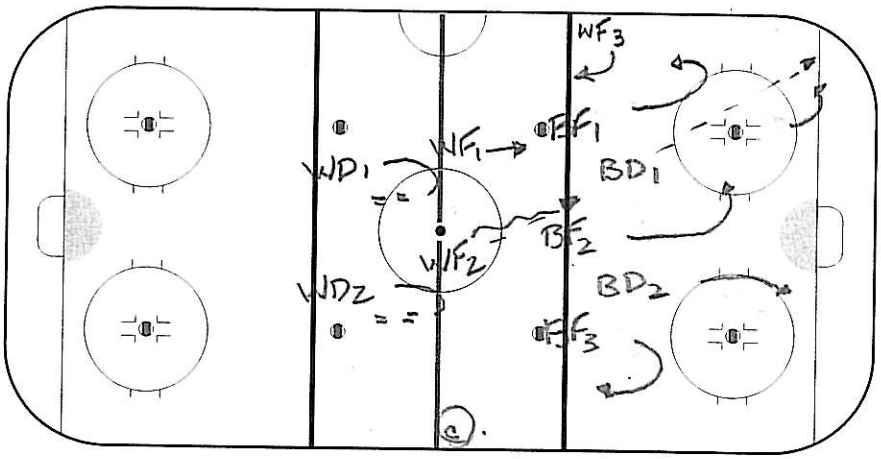
E-Mail: iihf@iihf.com

② TEAM PLAY → NEUTRAL ZONE

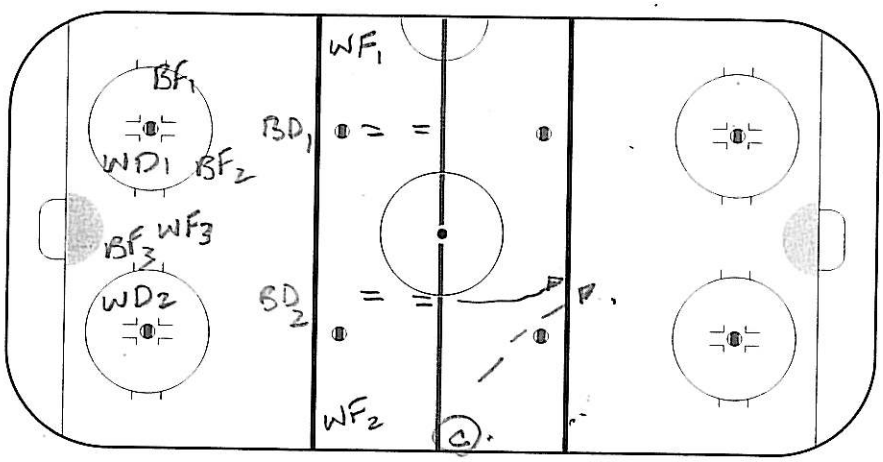


1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4v"

2) BD1 / BD2 & BF 1/2/3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE; 4v STOPS (WF1 / WF2)

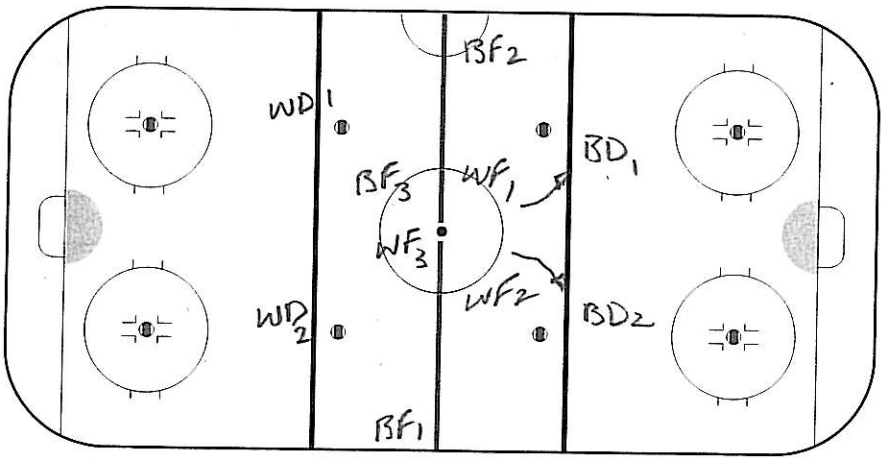
4) WF3 JOINS RUSH TO CREATE A "5 VS 3" w/ WD1 / WD2



5) AFTER 5 VS 3 IS COMPLETE ⓒ SPOTS PUCK IN NZ

6) AFTER ORIGINAL 4v: WF1 & WF2 POST-UP AT FAR BLUE LINE

7) AFTER ⓒ SPOTS PUCK IN NZ, BD's RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)



8) PLAY BECOMES "LIVE" 5 VS 5 IN NZ (40-45 SEC)

** BREAK-OUT w/ PRESSURE IS EXECUTED **

** NZ CHECK AS PER COACH'S SYSTEM **

** OFF REGROUP IS PERFORMED ** w/ "LIVE" PRESSURE.

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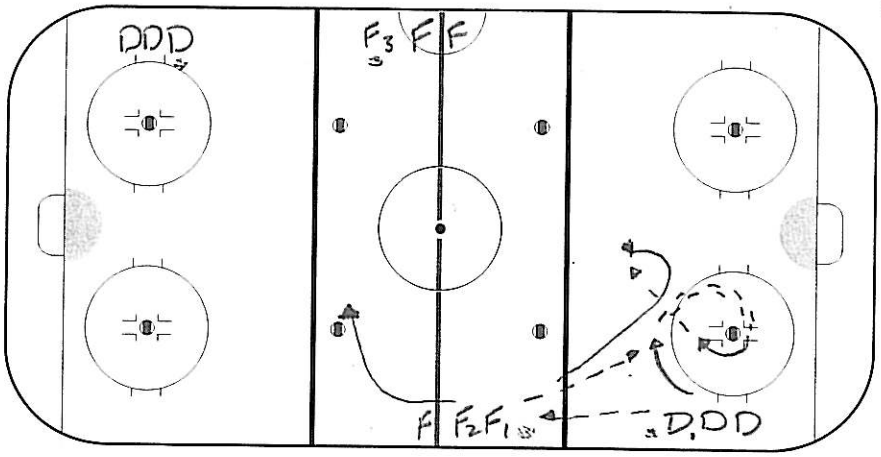

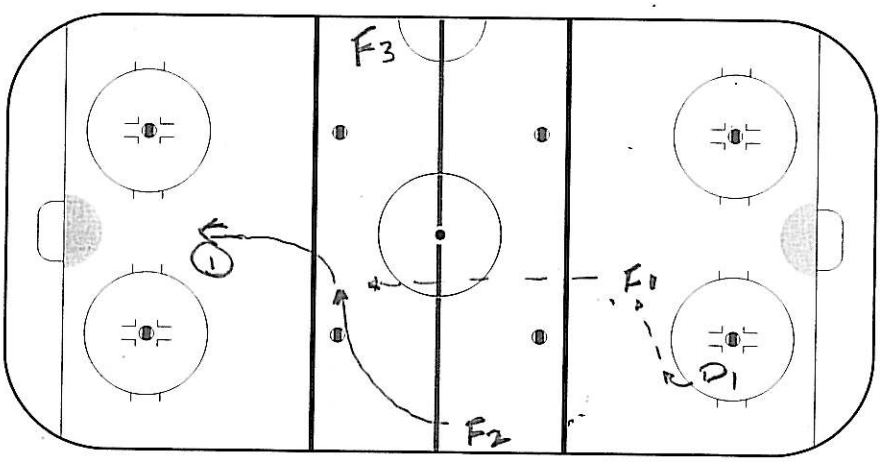

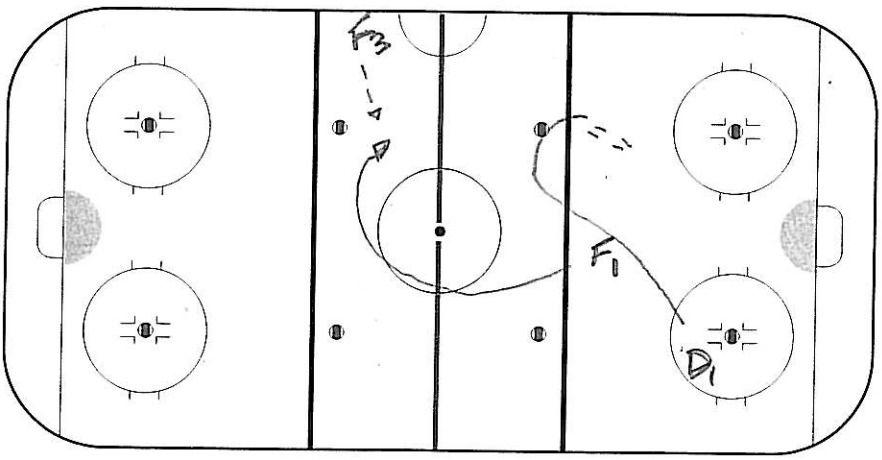

③ FAVOURITE DRILL → (1vs1 w/ SHOT)

(BOTH SIDES AT SAME TIME)

- (CONTROL W/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

5) F2 GOES IN FOR SHOT ① (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 VS F1

** CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL **

** MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW **

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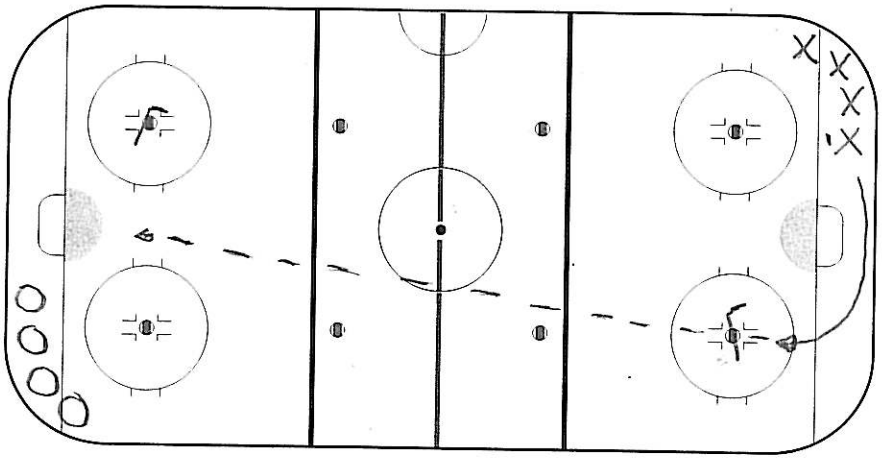
④ FUN / COMPETITING DRILL

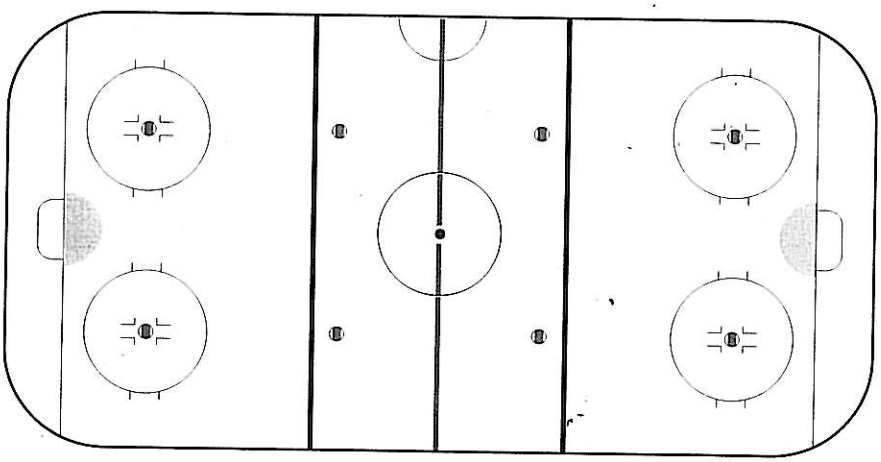


"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

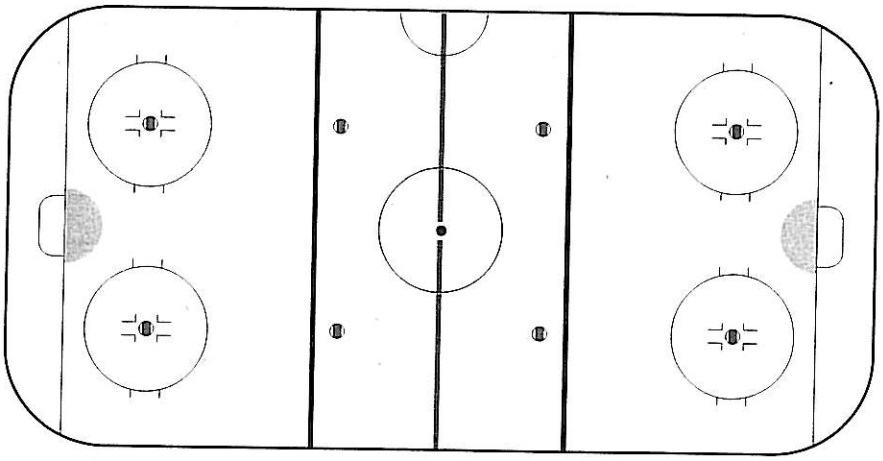
- 1ST X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOOTS NEXT.)

① IF GOAL: "O" TEAM MUST SKATE LAPS.



② IF MISS: "X" TEAM MUST SKATE LAPS.

** TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOT. CAN BET 1 LAP, 2 etc. TO A MAXIMUM OF 4.** (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)



"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"

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E-Mail: iihf@iihf.com

Practice Plan

Made with DrillDraw v6

Team: University of Notre Dame

Practice No.:

Date : November 19, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jeff Jackson

Objectives / Main tasks :

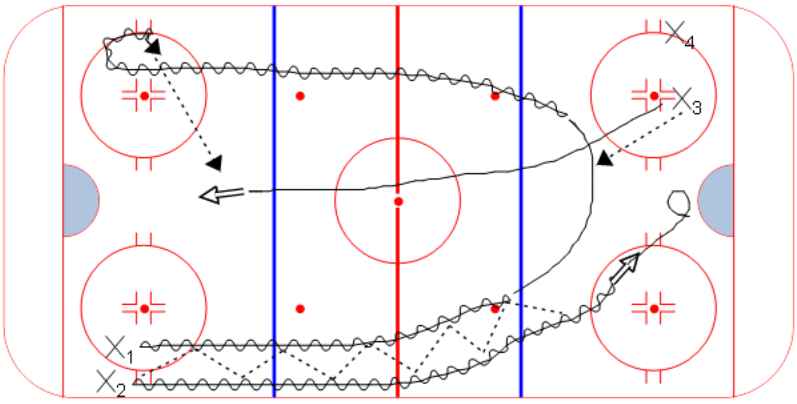
Recommended Book - Why Teams Win by Saul Miller

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Skill Drill **Content elements:** **Components :**

Description

X1 and X2 touch pass to the far blueline; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.
(Both ends go at the same time)



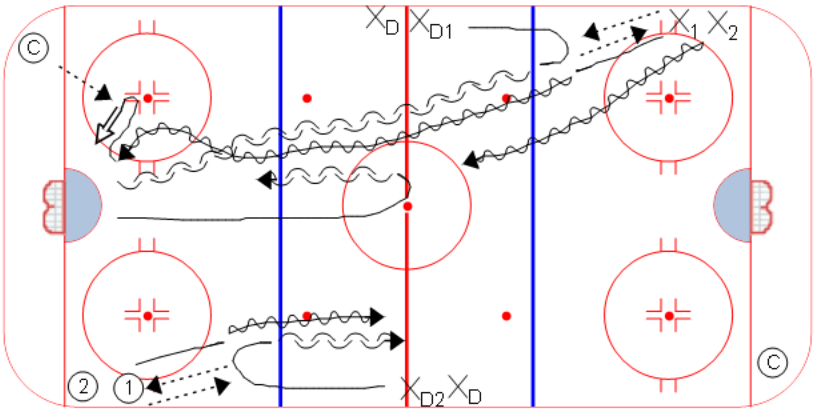
Key Points :

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Defensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Defensive Drill

Description

D1 (and D2 at opposite end) gaps up to the blueline; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and recieves a pass from the coach for a second shot; at the same time D1 gaps up to the redline and X2 attacks D1 for a second 1 on 1 rush.



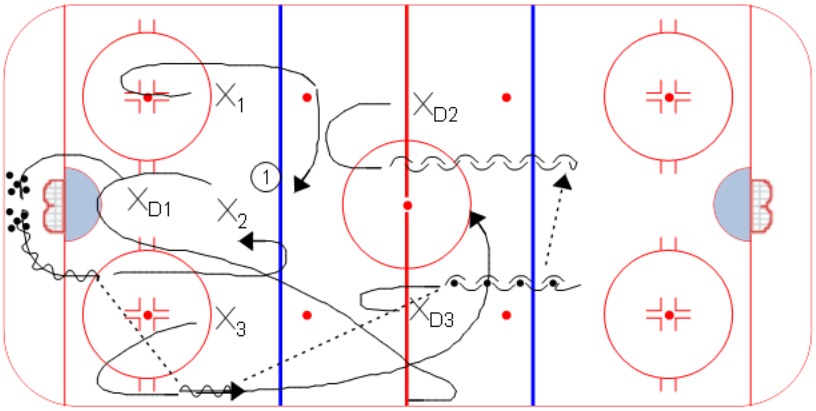
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Offensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Offensive Drill

Description

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and coutner attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



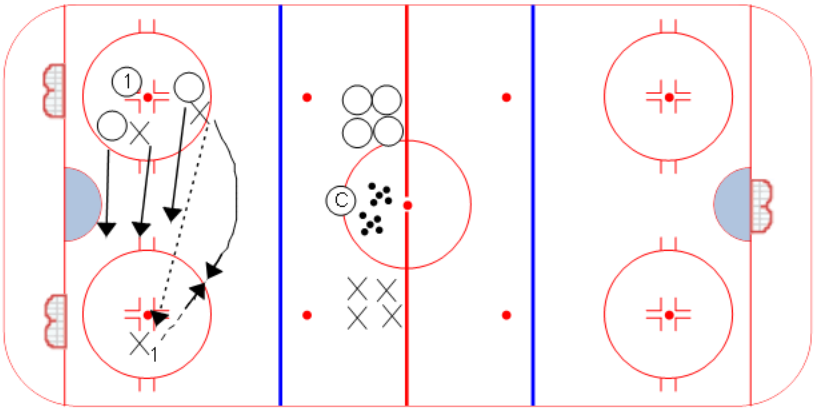
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Small Game **Category #1 :** Jeff Drill of the Week **Category #2 :** Small Game

Description

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :

Practice Plan

Team: Drill Of the Week Club

Practice No.:

Date : Nov. 11, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jim Midgley

Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G invovled
2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
3. Favourite Drill- Flinner Drill
4. Fun- Kitchener 2-0 fun game

Quote- "I know players don't like my practice, but that's OK becasue I don't like thier games" Harry Neale
Book- The 360 Leader- John Maxwell

Drill no. : **Duration :** **Minutes** **From :** **To :**

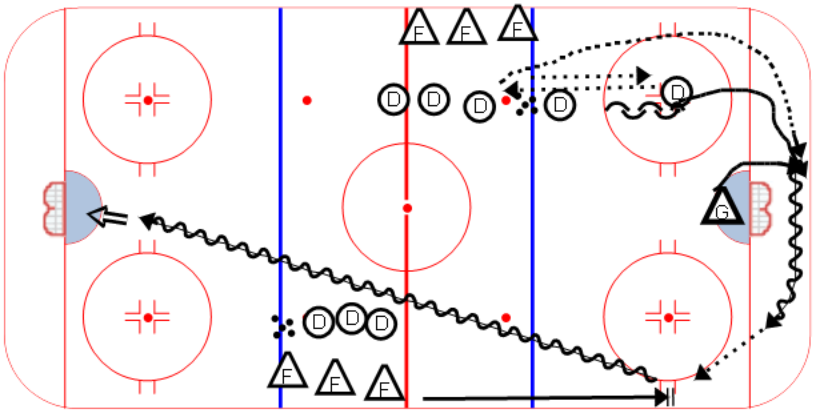
Title : Jim Rim Drill **Category #1 :** Warm-up **Category #2 :** Shooting

Description

D one touch pass with next D. Rims puck G stops rim and sets puck up for D to retrieve and pass to F who sprints down the wall and becomes outlet for the D. F takes a shot in the far end. D sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



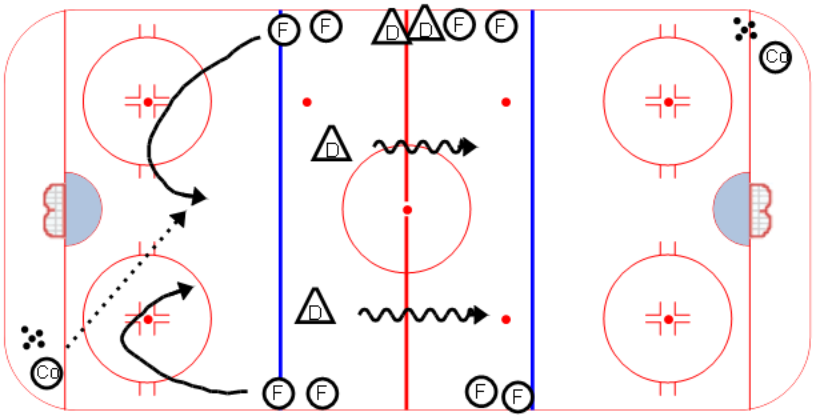
Key points : Goalie stopping rims | Passing | Communication | Shooting

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : 2 on 2 Regroup **Category #1 :** 2 on 2 **Category #2 :** Transition

Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



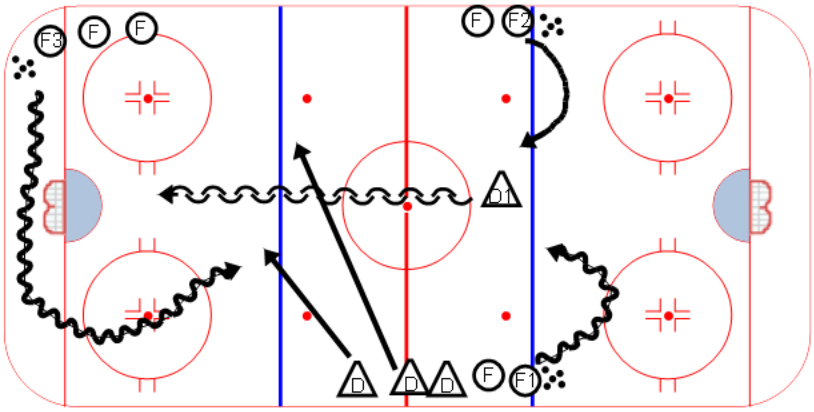
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Flinner Drill **Category #1 :** Shooting **Category #2 :** Flow

Description

-2 on 1 to start
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

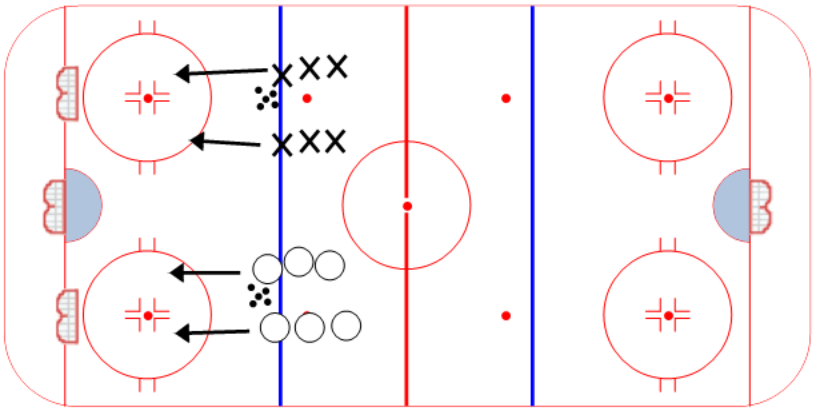
Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Kitchener 2-0 Game **Category #1 :** Fun **Category #2 :** Game

Description

On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score.Go until the whistle.

First one to 10 wins!

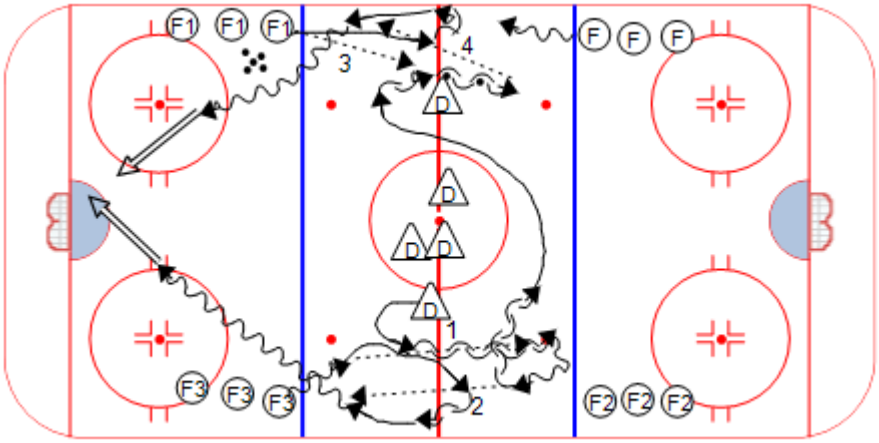


Key points : Fun | Battle | Competition

November 23, 2010

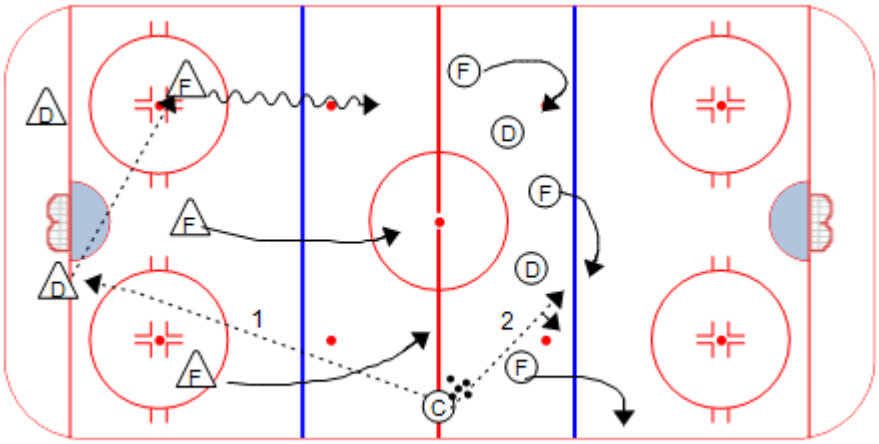
Drill of the Week Club. By Enio Sacilotto, Assistant Coach, Chilliwack Bruins

1. SKILL DRILL – PAT'S QUICK UP DRILL



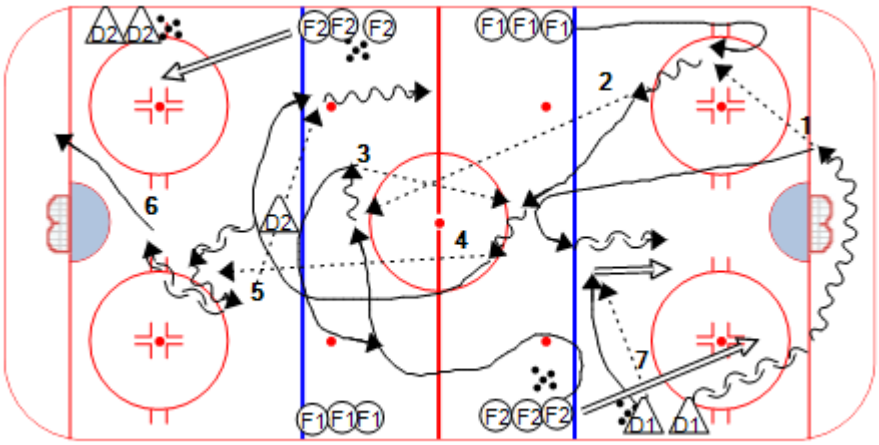
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



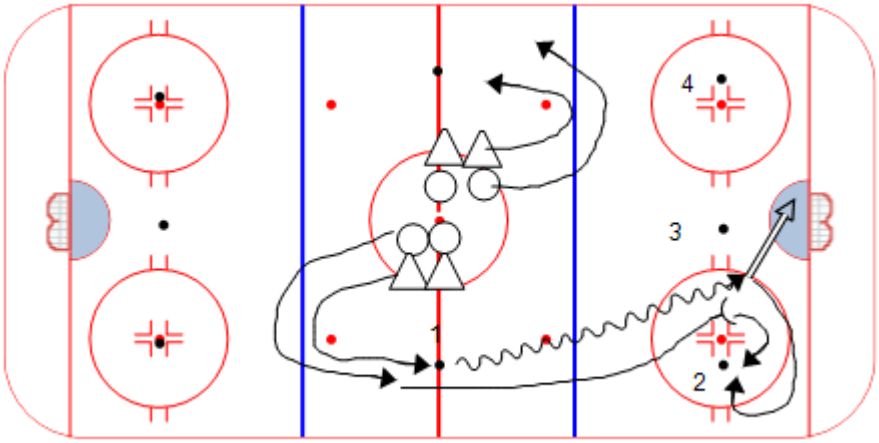
C spots puck (1). F's go 3 on 0, F's let the other F's by. D's jump up to get the gap. On the whistle, C spots a puck for the F's who go 3 on 2. F's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (F) vs. 2 plus 3 trackers / back checkers.
Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attmepts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!

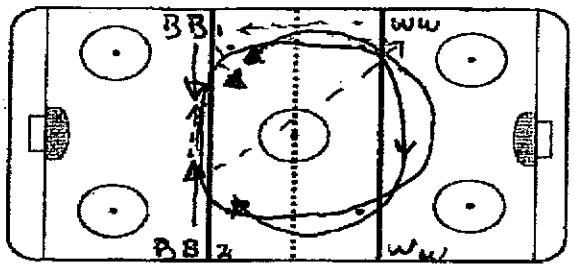
604-172-4656 EN10

UBC HKY – PRACTICE PLANNERS

DATE:_____ Duration:_____ OBJECTIVES:_____

Drill: 2on0 Passing Drill Time:_____

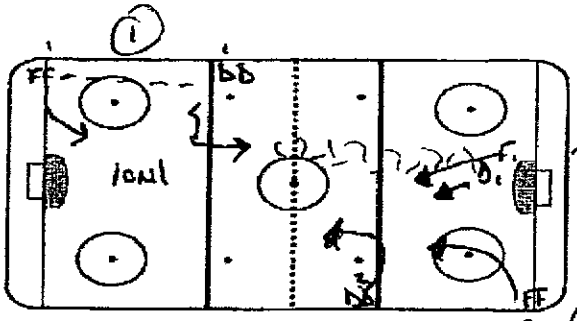
B1 2 cross - drop puck to each other, pass to anyone in line, puck moves around players as B1 2 skate around dots - Get pass back and attack 2on0, whistle then white goes



KTP: Passing - Be Ready In Line For Pass

Drill: 1on1 with backchecker Time:_____

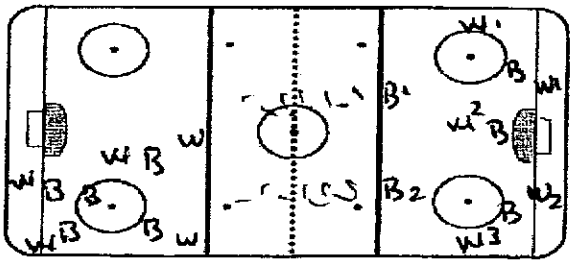
(1) F1 play D1 1on1 - whistle
(2) F2 play D2 F1 backcheck D1 jump up
play on whistle - LOTS OF FLOW



KTP: Defensive Drill - D inside dots - F backcheck support

Drill: 5on5 Rush - D zone Time:_____

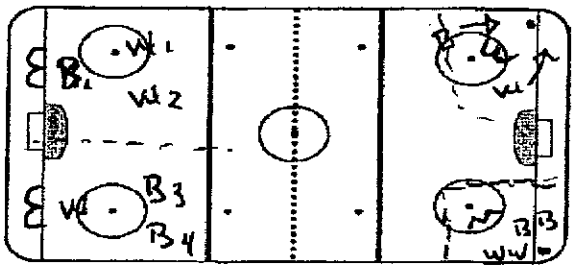
- whistle W123 attack B12 3on2 B123 backcheck D W12 jump up.
- Play rush out - whistle
- Play D zone 5on5 after rush
* add puck no zone if want - regroup after D zone



KTP: Backcheck - pickup through mid ice - shoot puck - mid lane drive on rush

Drill: Skill - Game 2on1 Time:_____

W12 - Play 2on1 vs B1. B1 gets puck he must pass to B34. Neither team can cross mid line



1on1 bottle 2on2 small area

KTP: Active Sticks - Passing Lanes - Scoring - Battle Small Area

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TO MR. ENIO SACILOTTO

FROM- WOLFFIE

PAGES -2 including this one

FAX-604-792-4656

COMMENTS

THANKYOU FOR GETTING THIS ALL TOGETHER ENIO,

HAVE A GREAT SEASON GUYS, ANY QUESTIONS LET ME KNOW

BOOK-FIGHT YOUR FEAR AND WIN !!

QUOTE-GIVEN THAT "HOCKEY IS LIFE" AND LIFE IS WHERE WE SPEND TIME BETWEEN GAMES, THEN TONIGHT WE LIVE AGAIN !!!!

ALL THE BEST !!!

Wolffie

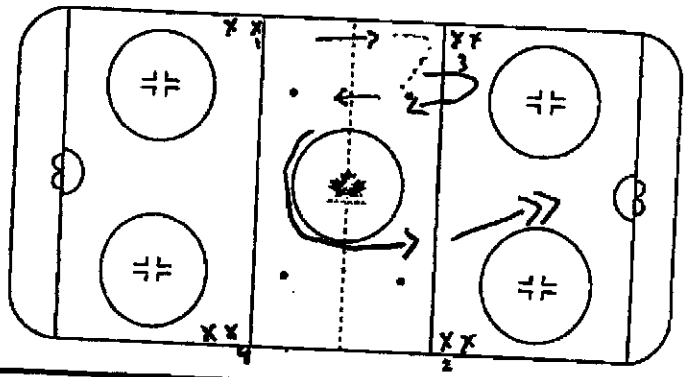
BARRY WOLFF

HOCKEY CANADA COACHING PROGRAM PROGRAMME DES ENTRAÎNEURS

TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Skill Drill

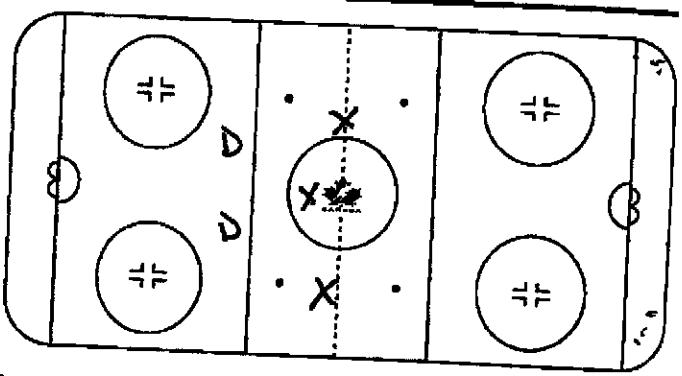
X1 and X2 leave with pucks
One touch Pass to X3 and X4 respectfully
X-3 pass Back to X1 as he pivots
X1 will pass to line he left From
Excelerate around circle GET Pass
From X2 line And SHOOT



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Team Play Drill

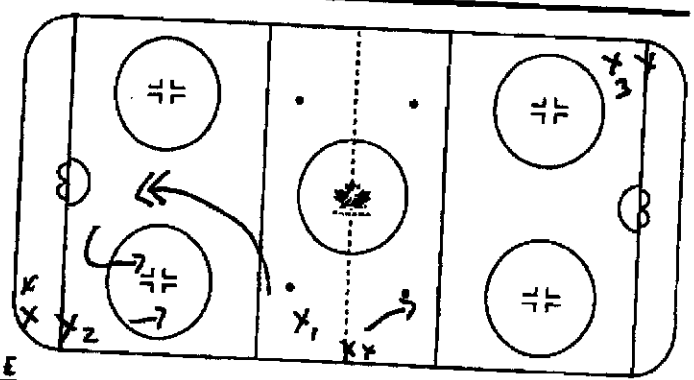
X Dump Puck on Goalie - Goalie Set
UP Puck -
D - Break out - GO 5-0
SCORE - F Go to corner Pass to D
SHOT Deflection - F - Go to opposite corner
Pass to D - SHOT Deflection
G Pass to Fwds - Attack 3 on 2



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Favorite Drill

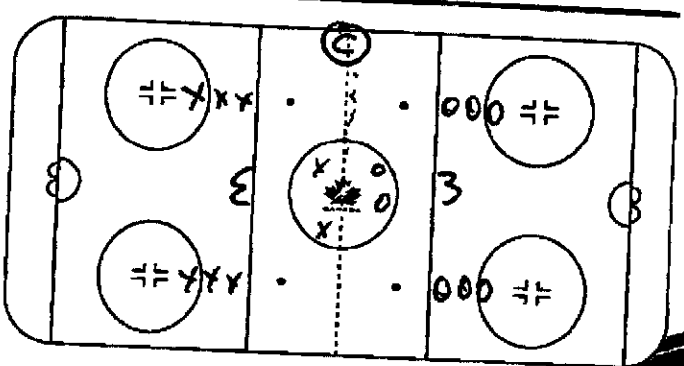
X1 leaves with Puck SHOOTS
Plays Rebound - then Curls to X2
X1 + X2 Go 2-0 Far End
- Play Rebound
Then Pick up X3 Attack Far
end 3-0
* Then Go opposite - WAY - New From X1 line



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Fun Competitive Drill

Coach With Pucks
2-2 you can use next guy
in line as a passer
They are stationary
Coach dumps puck in middle
Go till you SCORE



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1990,1998,2000,2001,2006

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FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40
- just put this sequence of numbers on the locker room board
- you get lots of guesses and lots of wondering
Answer - 4 lines going 40 sec at a time

Book – Open by Andre Agassi

If you do not receive all pages from this transmission, or if you have any questions, please call A/C 517 355-1639 or fax 517 432-1879.

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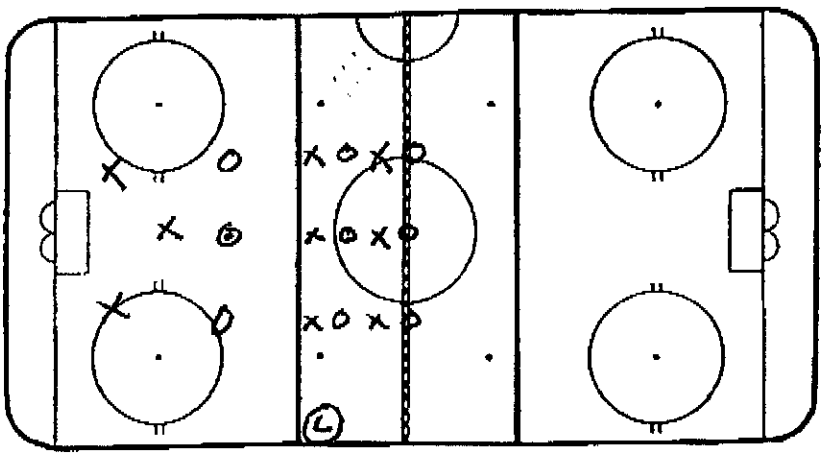
System / Drill Competitive 3v3 Continuous

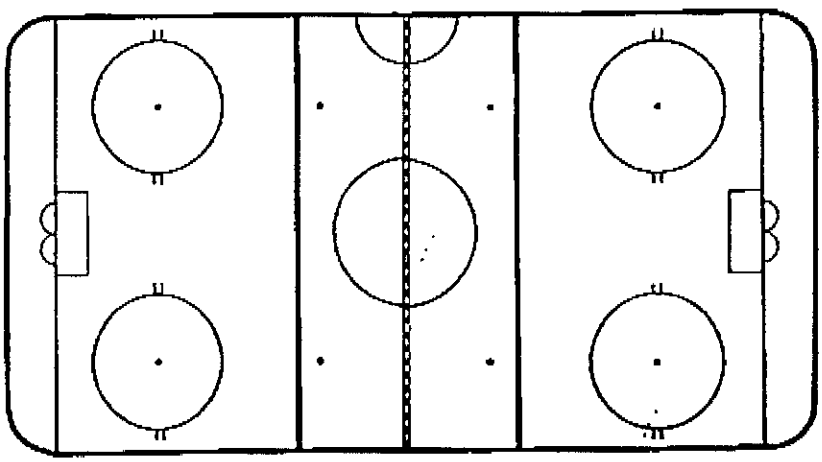


Description

O's start on ~~[illegible]~~ offense X's on Defense
X's must get puck and make tape to tape pass with X's in line
X's in line receive puck attack O's 3v3.

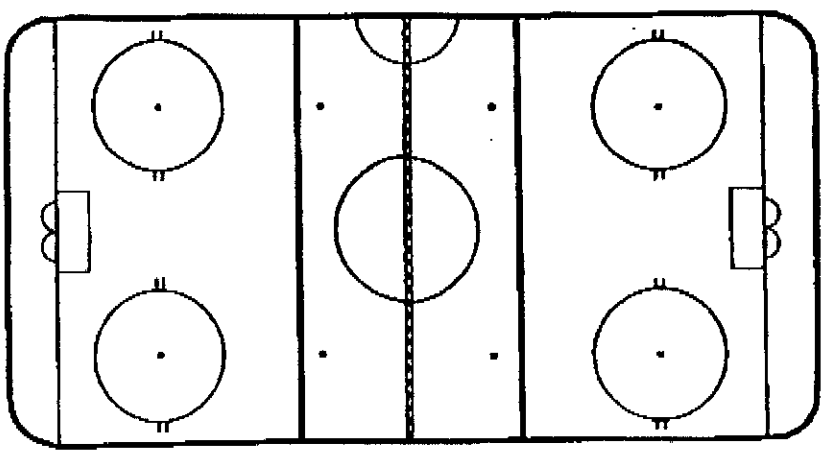
* if not a tape to tape pass (C) puts in new puck same players.
* if goal is scored (C) puts new puck in same players

Notes / Comments



Description

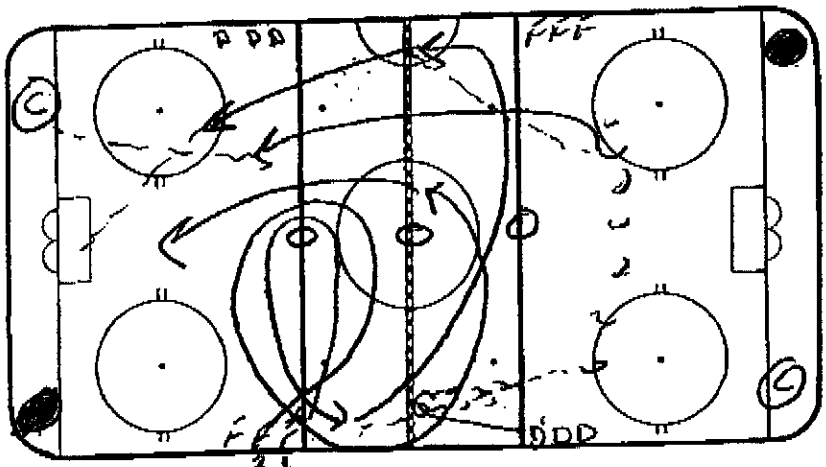
Notes / Comments



Description

Notes / Comments

System / Drill J. Nights Drill (Skill)



Description

F1 around tire with puck
F2 follows him (no puck)

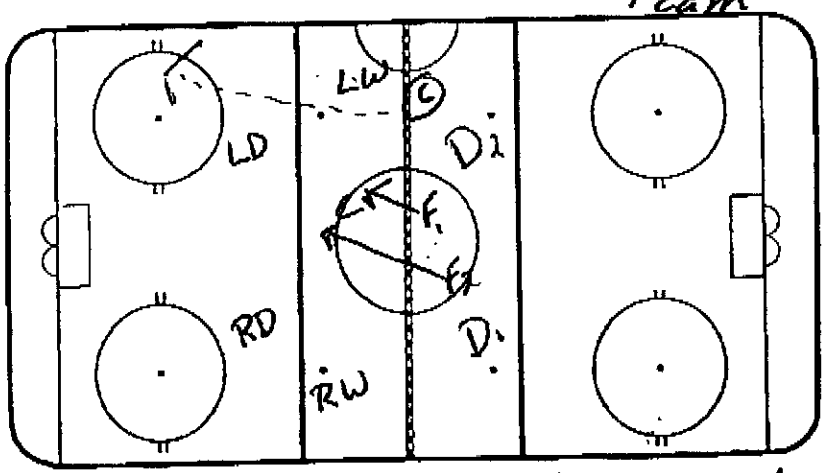
D1 up to RL transition back

F1 to D1 who travels laterally

F1 to wall F2 middle lane support D1 to F1 or F2
F3 shot D to RL pass from C

Notes/Comments Both sides go at same time start on whistle

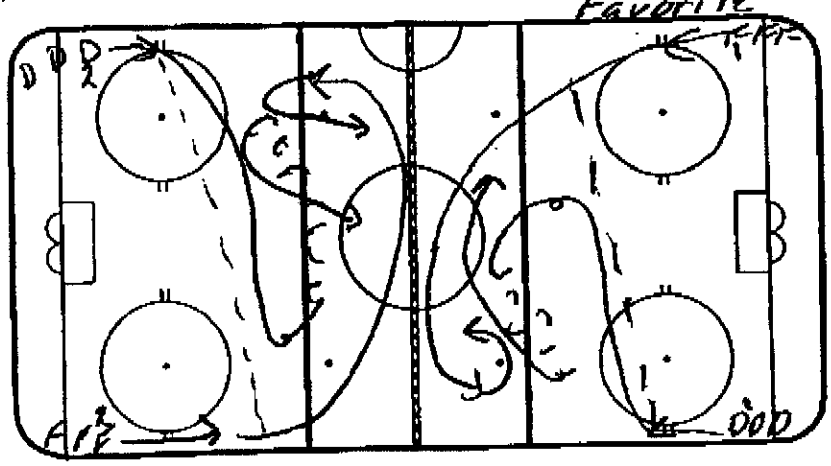
Team



Description 5 v 4
- C Dumps Puck
- F1 F2 4th Hard
- Unit of 5 Breaks out
- F1 Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to BD. on 2nd Dumped puck.
- F2 & F3 4th hard again
- F2 comes back hard to play 5v3 in the OZ

Notes/Comments good conditioning and both offensive and defensive Team Play.

Favorite


D D D
F1 F2 F3
C
F
F
F

DATE: DEC 4 \10

TO: BRUINS ATTN: ENJO	FROM: Danny FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

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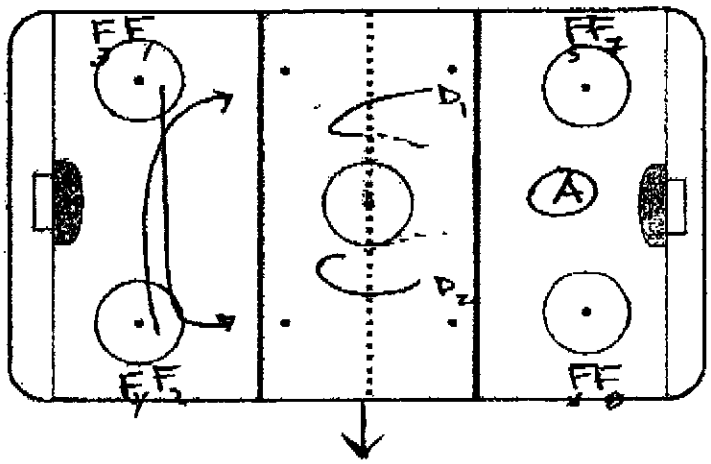
1) 2v2 x 2

A/ F_1F_2 cross below ringette line ; D_1D_2 jump up for 2v2 on whistle

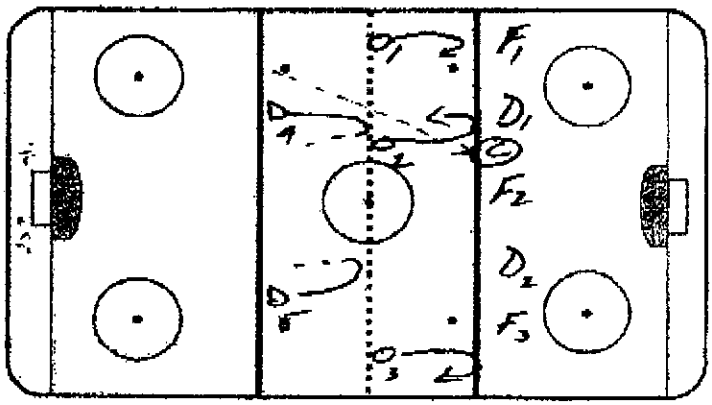
B/ whistle to end 2v2; D_1D_2 hustled to jump up on a 2nd 2v2 from initial end (F_3F_4)



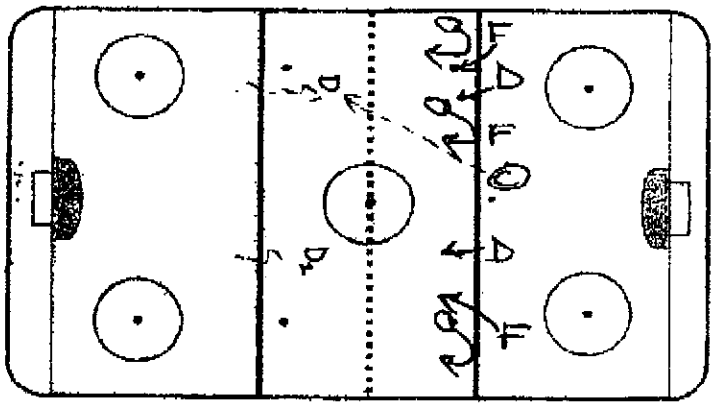
* ALTERNATE SIDES
- great for 'D' 2v2 skills

2) N.Z. TURNBACK DRILL

- O's wheel ; B/out 5v0 (pucks behind net)
- O's give puck to © when they reach 1st B/Line
- $O_{1,2,3}$ (FWDS) must tag far blueline; $O_{4,5}$ must touch RED



- © spots puck / passes to $O_{4,5}$ and $F_{1,2,3}$ $D_{1,2}$ work NZ F/C
- play out NZ 5v5 / whistle
- O's head back to DZ ; breakout for a 2nd time / F:D go back to initial standing point for REPEAT REP



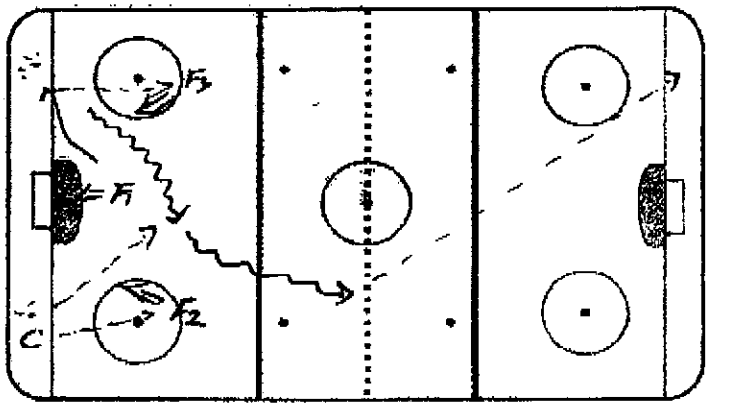
- EACH LINE 2 REPS on O: D then change

5v5
N/Z

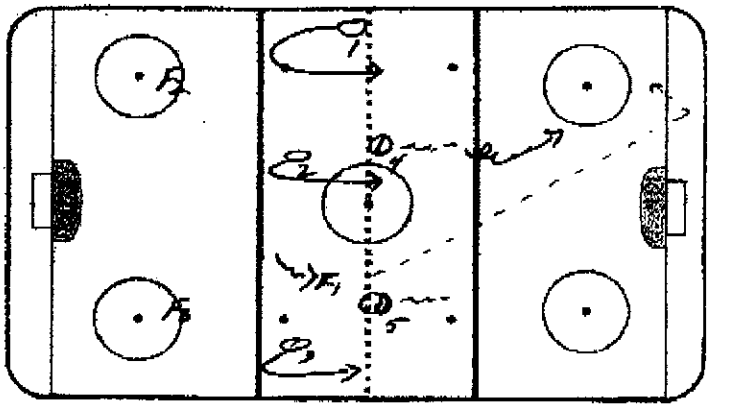
NEW YORK ISLANDERS

3) F/C X1 / X2 — CONTINUOUS DRILL

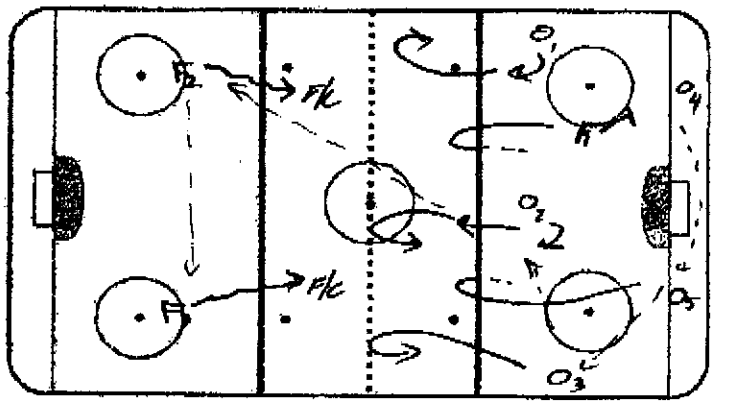
(A)
- F_1 shoots; becomes passes fr. corner
- © → F_2 / shot ... top of circles
- F_1 → F_3 / shot ... top / circles
- F_1 cuts through SLOT; © → F_1
- F_1 dumps ! FORCHECKS 1v5



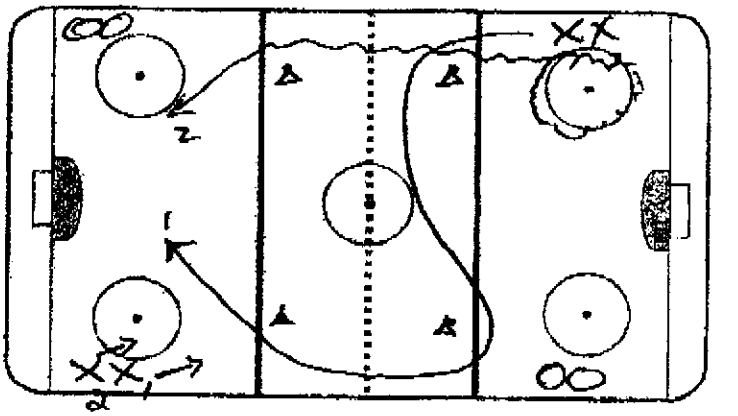
(B)
- F_1 F/C 1v5 vs $O_{1,2,3,4,5}$
- $O_{4,5}$ must not be inside blue line before F_1 dump! (gap)
- $O_{4,5,1,2,3}$ breakout / F_1 done
- D's give puck to F_2 F_3 by redline



(C)
- F_2 F_3 make 1 pass then F/C 2v5 (dump at red)
- $O_{1,2,3}$ must tag redline; $O_{4,5}$ must gap up to at least b/line
- F_2 F_3 F/C 2v5 vs O's
- * O's B/out 2nd time / DOWN ICE FOR 3 / shots BECOME F/C'ers



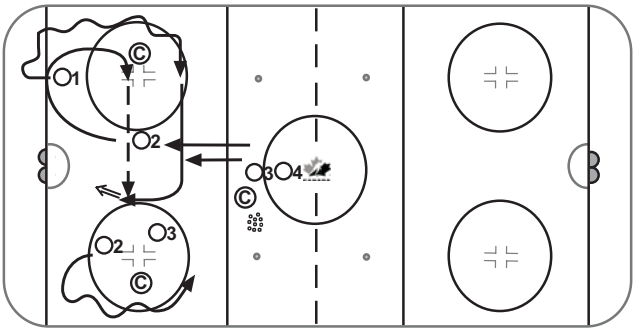
(D) CIRCLES : DOTS — WARMUP SHOOTING
- whistle; X_1 X_2 fr. 2 sides
- X_1 around dots / shoot #1
- X_2 and circle (Fwd – Blue – Fwd) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft & speed'



Quote: ***"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has***" – Margaret Mead

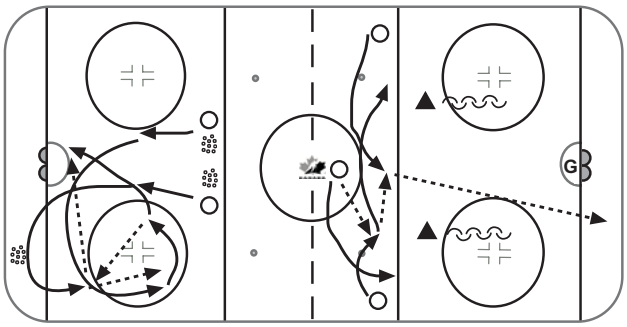
Skill Drill

	Drill Name & Description
10	2 vs 0 continuous cycle
Coach spots a puck in the corner. O1 cycles to O2 O1 goes to the front of the net. O2 passes to O1 for a shot. Coach spots puck in opposite corner O2cycles to O3 O2goes to the front of the net. O3passes to O3for a shot. Continous. Progression: coach pressure on walks. Key Points: walk lanes and cycle (hand positioning on cycle pass) Use of support and shooting skills, communication.	



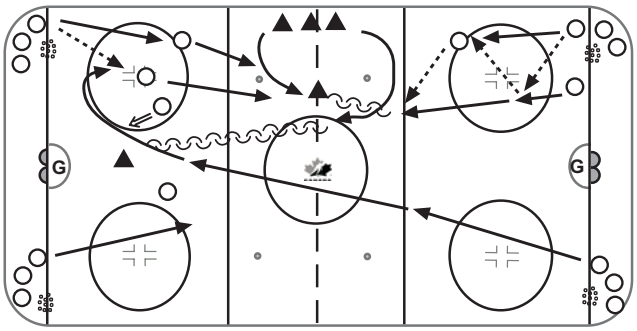
Team Drill

Time	Description	Key Points
15	**Triple Shot Backdoor / Breakout X 4**	
A) 1) Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck. 2) Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door. B) 1) Breakout 4 times end with 3 on 2 2) Quick up – Wheel – Over – Reverse. 3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again		



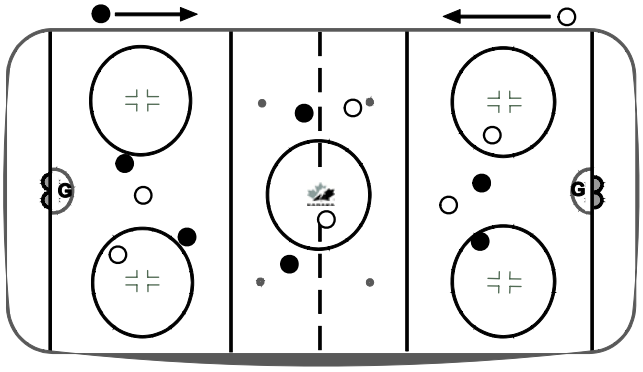
Favorite Drill

Time	Description	Key Points
10	**Full Ice Backcheck**	
	1) Forwards in all 4 Corners, D at red line 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1. 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.	



Fun Game

Time	Drill Name & Description	Key Points
5	**Three zone scrimmage**	
	Divide each team into three groups – one for each zone. Each group must remain in their own zone. The puck is advanced from zone to zone by passing to a teammate in the adjacent zone. A turnover and the puck goes in the opposite direction. Rotate zones after each goal	



Progression:

One pass per zone. Must make a pass before scoring a goal. Second puck.

Categories

Collective tactics

full ice warm up

Drill Title : FULL ICE WARM UP

Components : FWDS / D'S ALL ONE END

Content elements :

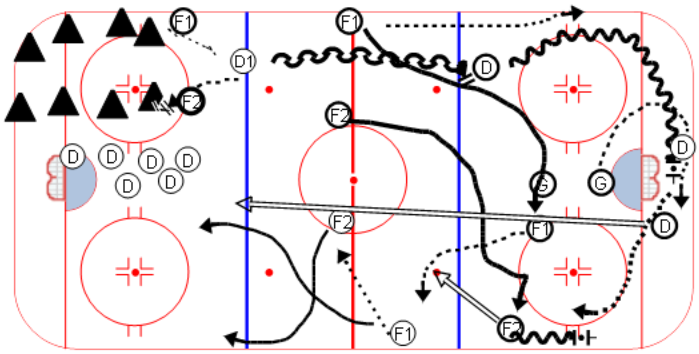
Description

FI/F2 Pepper pass with D1 till red line; F1 must hard rim to goaltender who stops puck behind net

D1 has pivoted and wheels...and passes to F2 who passes to F1...change lane to other end

while D1 sprints to far blue line. (whistle drill)

Key Points



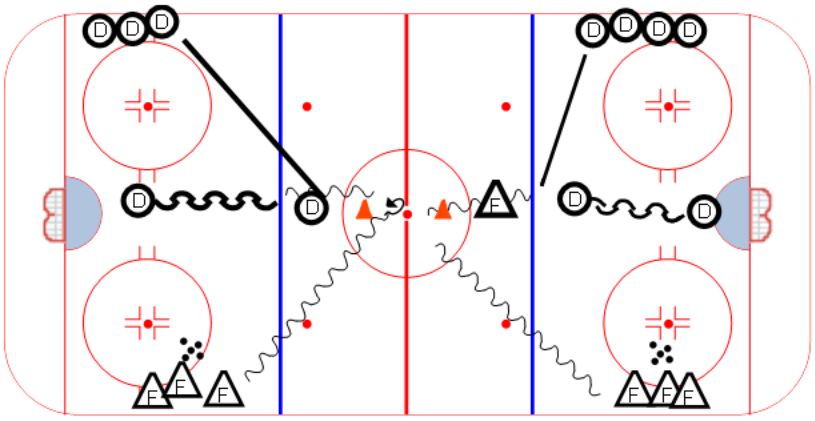
Title : GAP DRILL PART I

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



Key points :

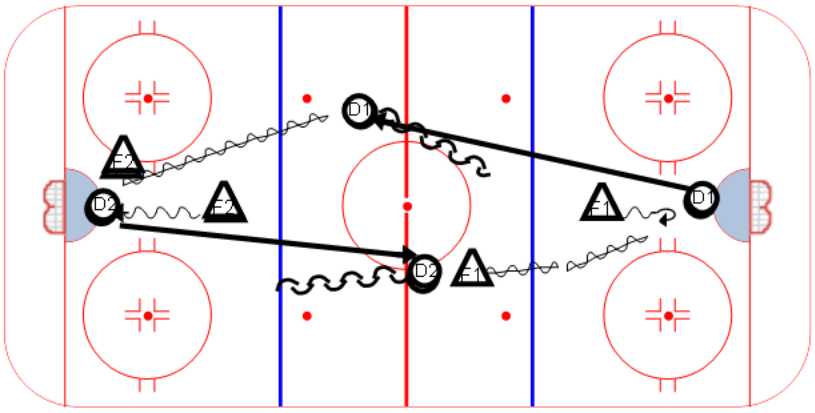
Title : GAP DRILL PART II

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART II -F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



Key points :

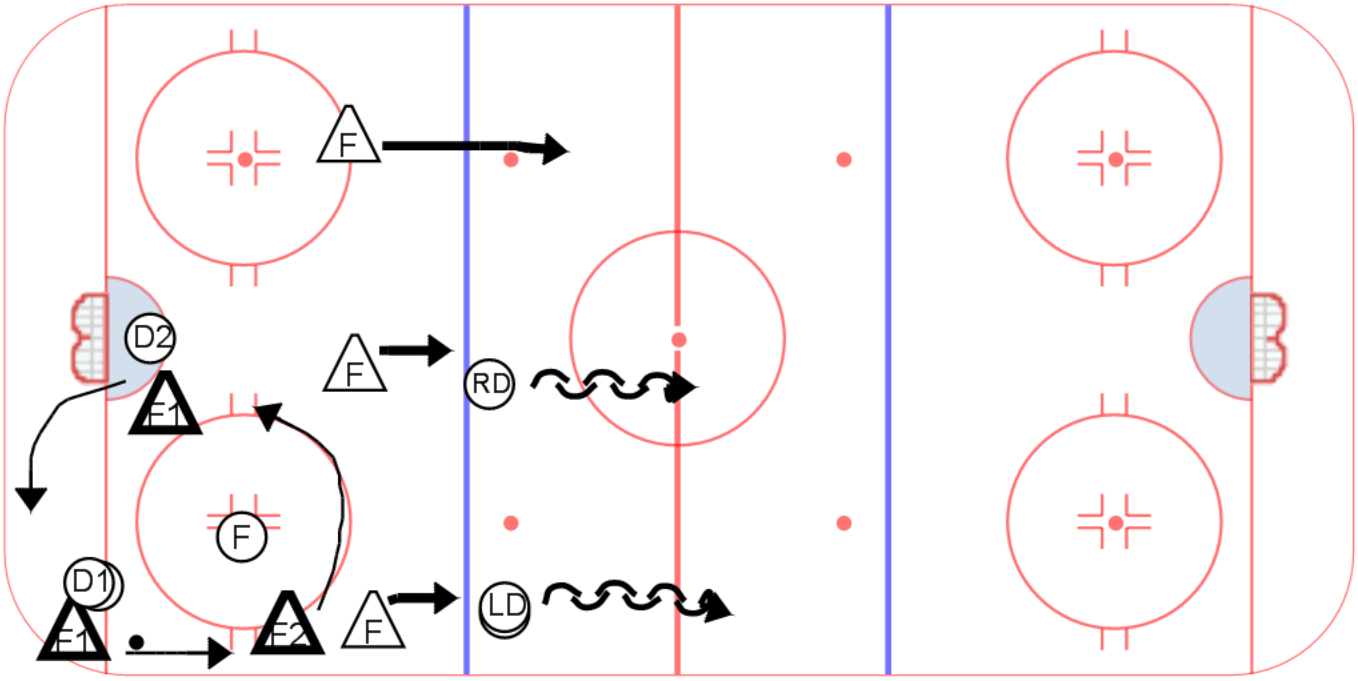
Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

Title : FULL ICE 3:3 LOW (PART I)

Content elements :

Components:



Key points :

DOWN LOW BATTLING	QUICK UP FOR RUSH	BACKCHECKING	CHIP IN / BL PLAY

Description

F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES)

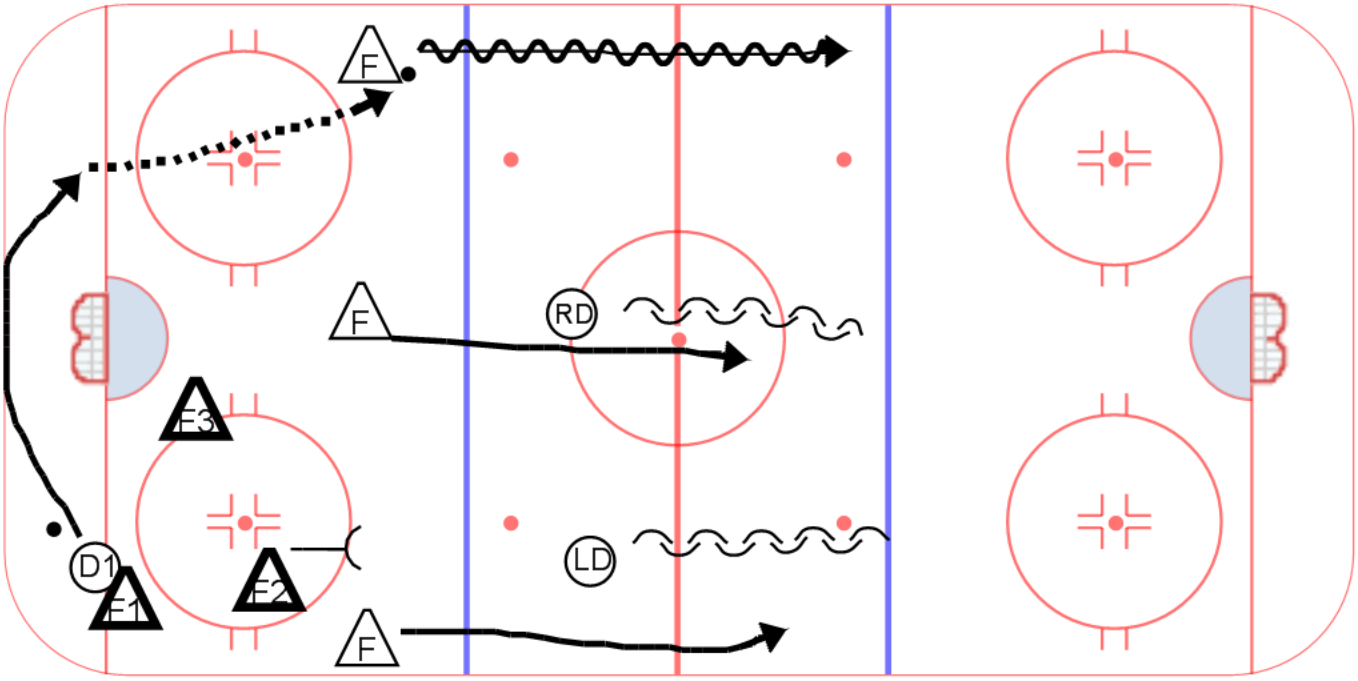
Category #1 : TEAM DRILL

Category #2 : BATTLING / RUSH DRILL

Title : FULL ICE 3:3 (PART II)

Content elements :

Components:



Key points :

Description

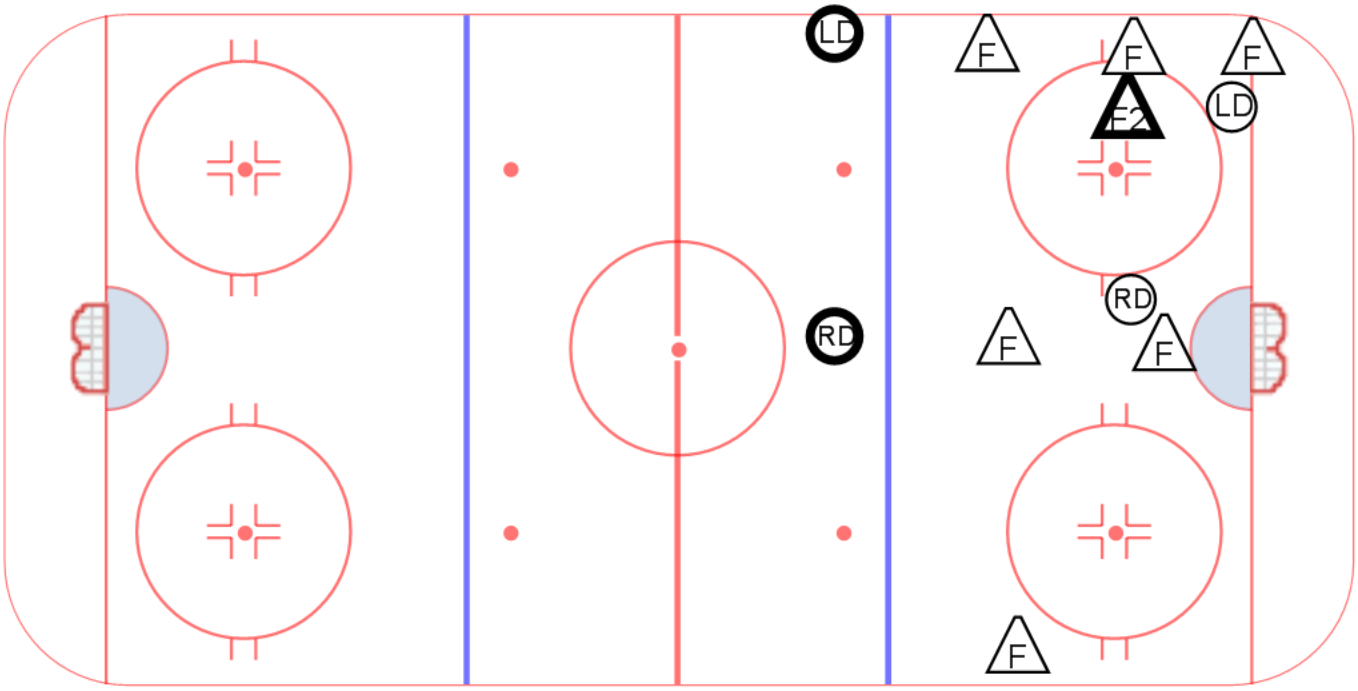
Category #1 : TEAM DRILL

Category #2 : BATTLING /RUSHING DRILL

Title : FULL ICE 3:3 LOW PART III

Content elements :

Components:



Key points :

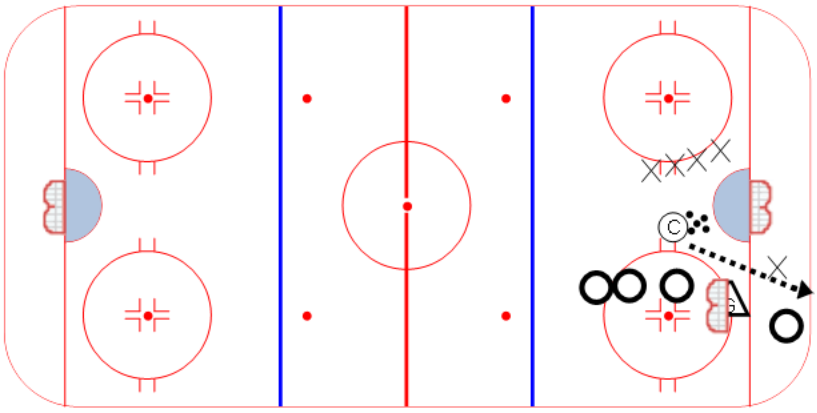
Description

Title : SMALL ZONE 1:1 GAMES **Category #1 :** BATTLING DRILL **Category #2 :** COMP DRILLS

Description

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



Key points :

Coach Enio,

Thanks for setting up the Drill Club again. I found it to be good reference material last season and look forward to seeing some more new and creative stuff this time around.

I recommend the book "The Game" by Ken Dryden. It shows how much and how little the game has changed since the '70's.

Good luck to all the coaches this season.

Clayton

DATUM:_____ Sweedish Wheel 2v1 SKILL

GEGNER:_____ REF:_____ SCORE:_____

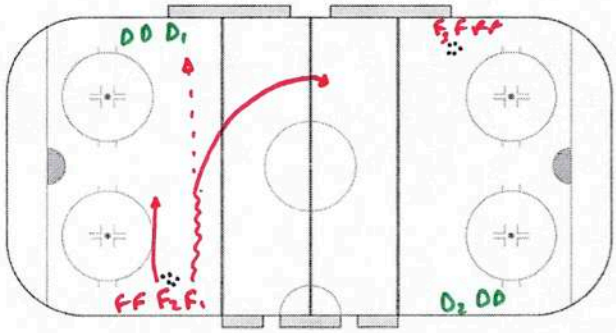
INJURED:

NOTES:

→ F_1 skates w/puck and passes to D_1.

→ D_1 one touches pass to F_2 coming to mid ice

→

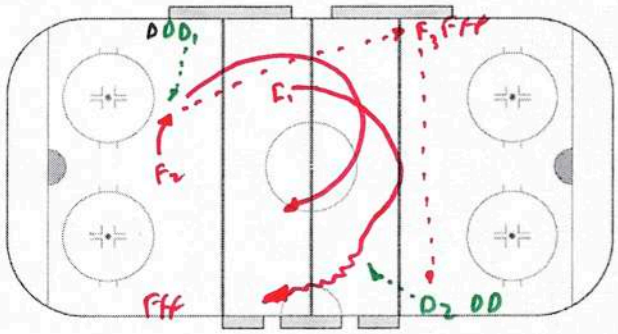


NOTES:

→ F_2 one touches puck to F_3

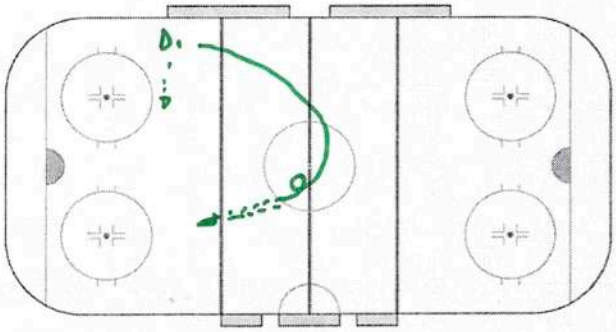
→ F_3 passes directly to D_2 who then bumps puck up middle to F_1

→ F_2 supports F_1



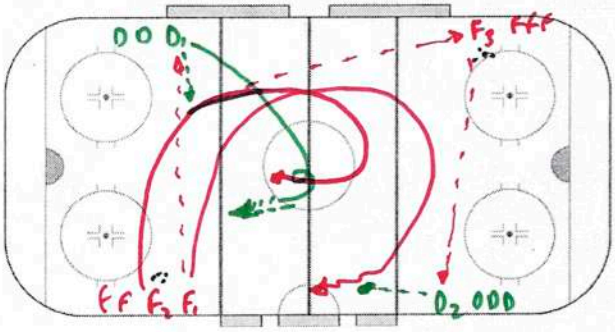
NOTES:

→ D_1 closes gap after his pass and takes the 2v1 back to his end.



NOTES:

→ Full Drill Drawn.

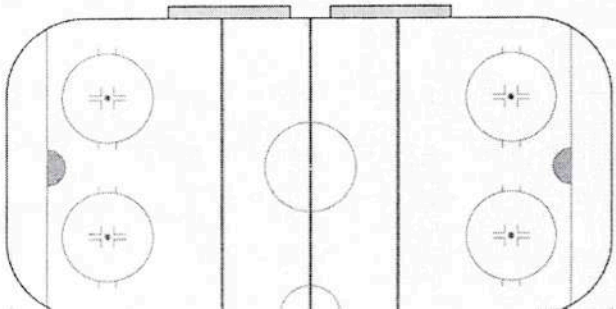


NOTES:

→ One touch Passes → crisp and hard

→ F3 Support

→ D's close Gap on 2v1.



Golden Puck (competative)

DATUM:_____

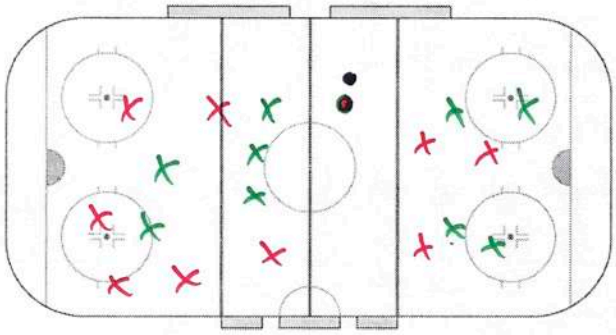
GEGNER:_____ REF:_____ SCORE:_____

FRANKFURT LIONS

INJURED:

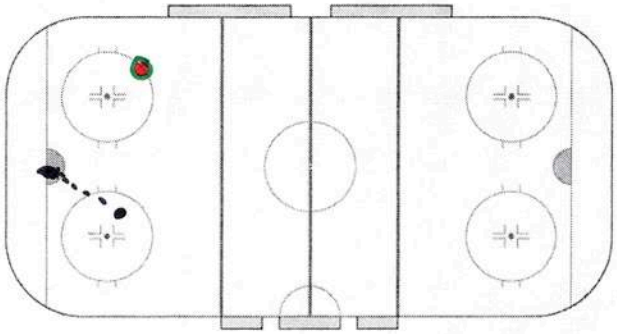
NOTES:

* → Paint one puck Gold.
→ Gold Puck and normal puck on ice at same time.
→ all players on ice (eg. 9 vs 9)



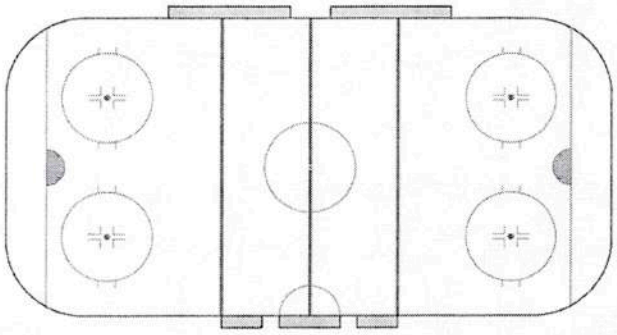
NOTES:

→ Gold puck and Normal puck must be in offensive zone to score w/ normal puck.



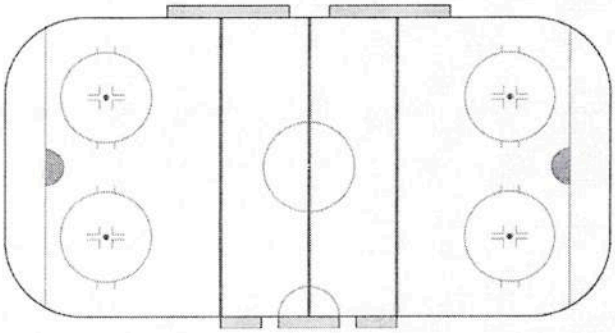
NOTES:

→ Gold puck is not Allowed to be shot on net.
→ (this to protect goalies)

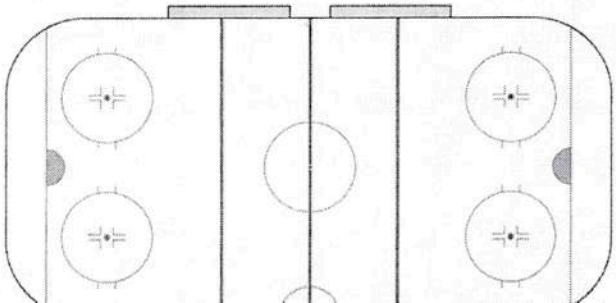


NOTES:

→ Play game to 3 (could last 20min)



NOTES:



Hamburg 2 v 1 (FAVORITE)

DATUM:_____

GEGNER:_____ REF:_____ SCORE:_____

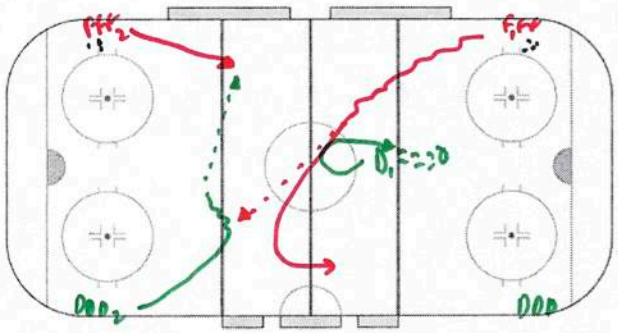
INJURED:

NOTES:

→ F_1 starts drill w/ puck → skates to opposite end and passes to D_2

→ D_2 passes to F_2 breaking up-ice

→ D_1 takes 2 v 1 back.

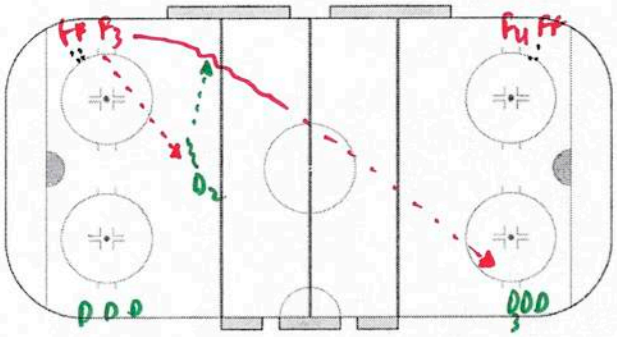


NOTES:

* Drill Continues *

→ D_2 does give and go pass w/ F_3 then D_2 heads up mid-ice to close gap.

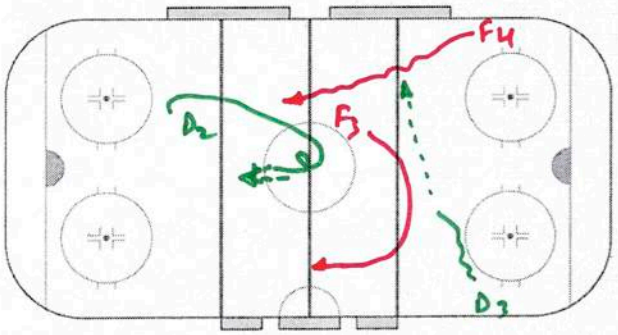
→ F_3 passes to D_3



NOTES:

→ D_3 passes to F_4 breaking up-ice.

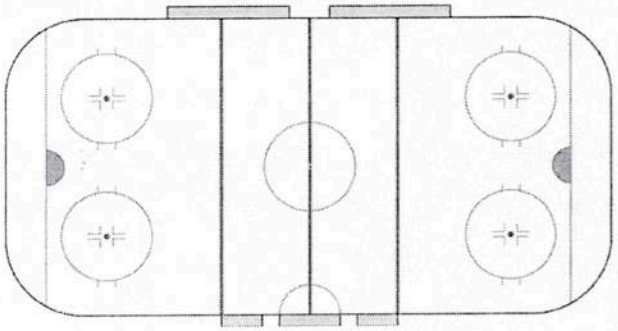
→ F_4 and F_3 take 2 v 1 on D_2



NOTES:

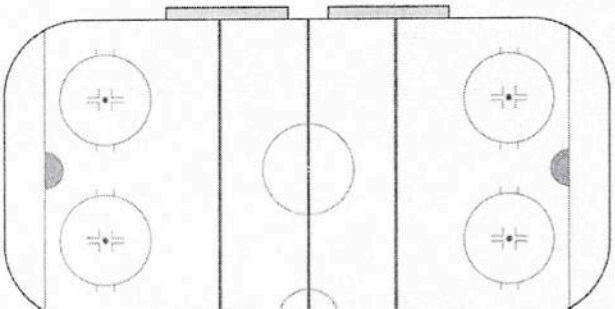
→ Continuous Drill

→ crisp passes } Forward.
→ timing } * Keys. *



NOTES:

D's → CLOSE GAP → MAKE QUICK and CRISP passes



DATUM: 2 Puck → Break-out → NO SHOT (Teamwork)

GEGNER: REF: SCORE:

INJURED:

NOTES:

→ DRILL IS DONE on BOTH sides

→ CONTINUOUS.

→ F_1 starts w/ puck and dumps to Goalie. → then supports Break-out

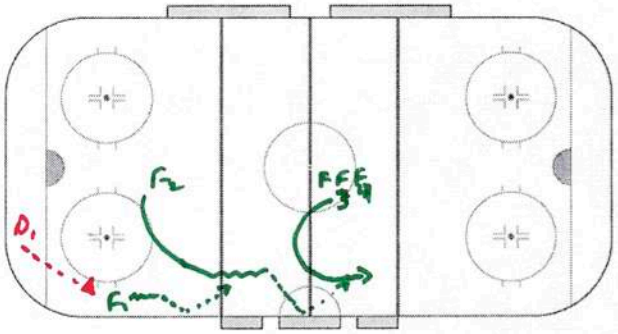
→ D_1 retrieves puck for Break-out

NOTES:

→ D_1 breaks-out to F_1 then returns to line.

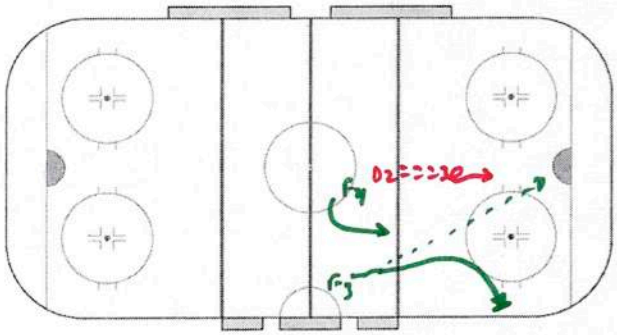
→ F_1 Chips past simulated pinching D.

→ F_2 supports chip then chips to F_3



NOTES:

→ F_3 continues drill in opposite direction with F_4 and D_2.

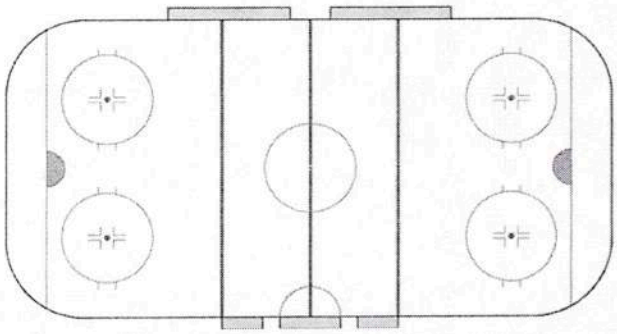


NOTES:

* Timing is key *

* Support is key *

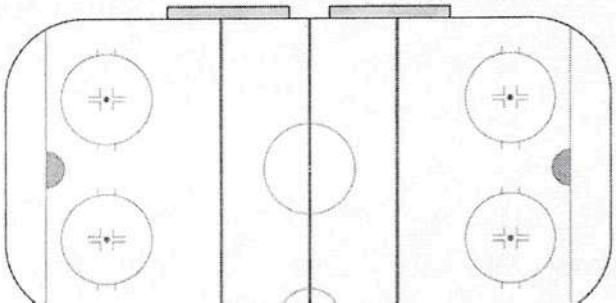
→ Can do other break-out options with the same format ie. D to F reverse / middle support etc....



NOTES:

* Two Puck Drill → no shots on net (only dumps to Goalie) *

→ Good warm-up / Break-out Route drill *



Fax

To:	Enio	**From:**	Terry Rhindress Acadie Bathurst Titan
Fax:	604-792-4656	**Pages:**	3
Phone:		**Date:**	Jan 01, 2011
Re:	Drill of Week Club	**cc:**	

Enio,

Very sorry didn't get these to you in December was a busy month.
Thanks for all you work putting this together.

Book:

The 360 Degree Leader
John Maxwell.

Quote:
Those who makes excuses all the time, seldom succeed.
Author: Unknown.

Best of luck to everyone in 2011, good luck through the playoff stretch.

Terry Rhindress
Asst Coach Le Acadie Bathurst Titan
506-874-0744 (cell)

Atlantic Centre of Excellence
Centre d'Excellence de l'Atlantique

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E-mail: acoehoc@nbnet.nb.ca • www.canadianhockey.ca

2 vs 1 Continuous

F1 starts up the wall and drops the puck for F2 who will

Come down the wall, then they will attack D1, 2vs1 down low

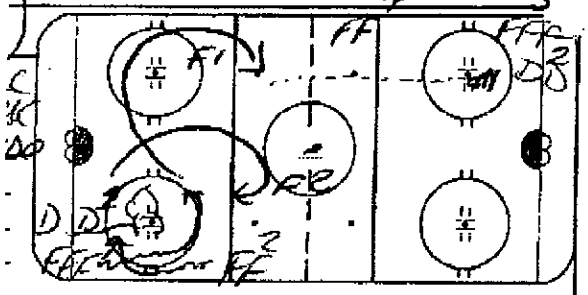
Then F1&F2 will come outside the blueline to get a pass from D2

Out of the far corner and attack 2vs1 again, then the other end starts

2vs1 down low, then gets pass from D in other end and attacks, this is

Continuous.

(min.) 4 3



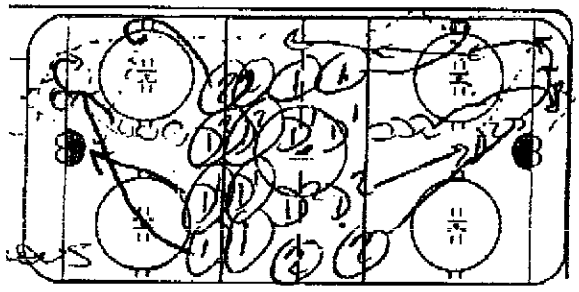
Key Execution Points (KEP)/*Points clés d'exécution* :

Offense

D1 retrieves puck in corner & reverses with 2, 2 then passes to

D2 who one touches to 1 who will chip puck off glass for 2 who

Skates to red and places the puck in the corner, then this is continuous.



Teaching Points (KTP)/*Points clés d'enseignment* :

Key Execution Points (KEP)/*Points clés d'exécution* :

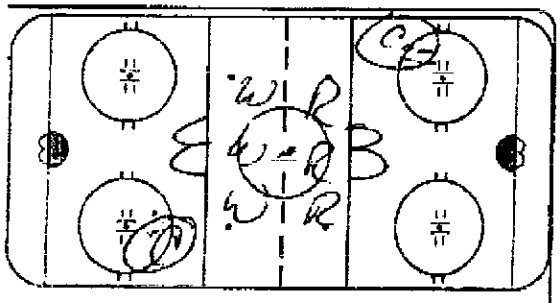
Offense

Whites vs Reds in neutral zone, the nets are on the bluelines. They play

Until hear coaches whistle and they will change. There will be coaches

Inside each blueline to feed new puck when one goes out of play or there

is a goal.



Key Teaching Points (KTP)/*Points clés d'enseignment* :

Key Execution Points (KEP)/*Points clés d'exécution* :

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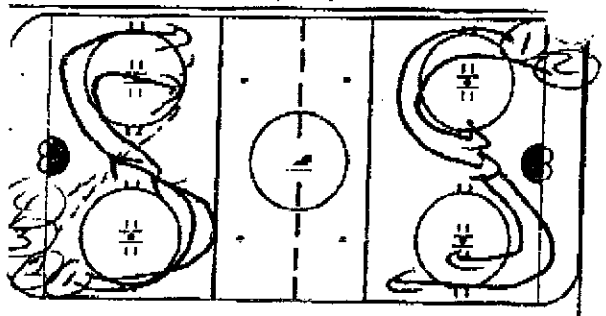
E-mail: acoehoc@nbnet.nb.ca • www.canadianhockey.ca

_____ (min.)

Flow Shooting

Drill starts on coaches whistle, 1 & 2 from both ends will leave, go around top of circle and shoot, continue around the next faceoff dot low and get a pass from the next two players in line. First player will drive wide and second player will time and do middle drive with 1 there for a rebound after he shoots. Players are to stop at the net after shooting.



Key Execution Points (KEP)/*Points clés d'exécution :*

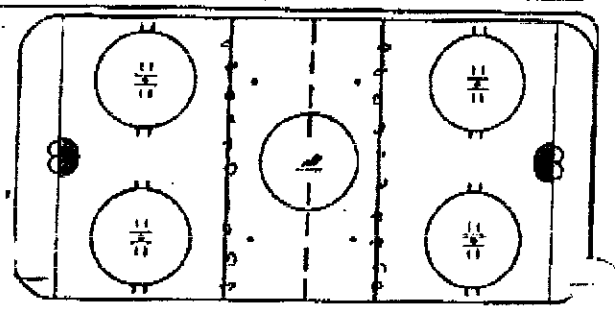
Time/

Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

All players on bench on coaches whistle it begins

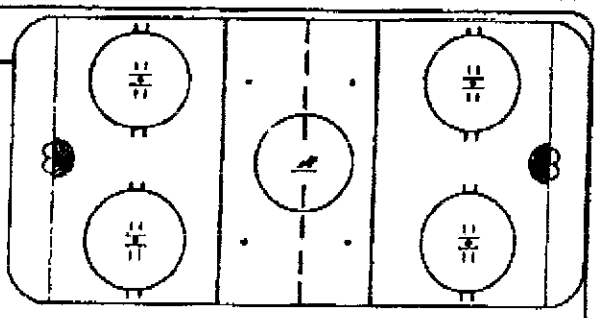
If you score you come right back to bench to release other Player, if you don't you have to set puck back on blue line then to bench to release other player. Losing team can untie the winning teams skates for example. First team to score all 10 pucks wins



Key Execution Points (KEP)/*Points clés d'exécution :*

DRIVE PHOTO SHOOT

Time/*Temps* : | Drill Name/*Exercise :*



Key Teaching Points (KTP)/*Points clés d'enseignment :*

Key Execution Points (KEP)/*Points clés d'exécution :*

"Partners in Hockey Development"
"Partenaires au Développement du Hockey"

CANADA

Practice Plan

Made with DrillDraw v6

Team: Enio's Drill of the Week

Practice No.:

Date : 2010-2011 **Time:** **Duration:**

Version No.: **Prepared by:** Bobby Fox

Objectives / Main tasks :

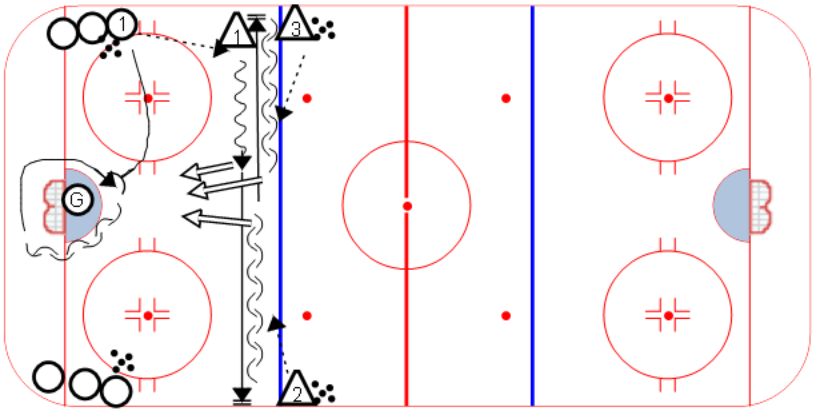
Skill - Wheelhouse Sprint & Shoot
Team - USA U18 - 2v1 Cont.
Fav - Panthers Combination Drill
Fun - Transition Game
Quote - "You get the best out of others when you give the best of yourself"

Drill no. : **Duration :** Minutes **From :** **To :**

Title : Wheel House Sprint & Shoo **Category #1 :** Defence **Category #2 :** Shooting

Description

1) O1 passes to D1
2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



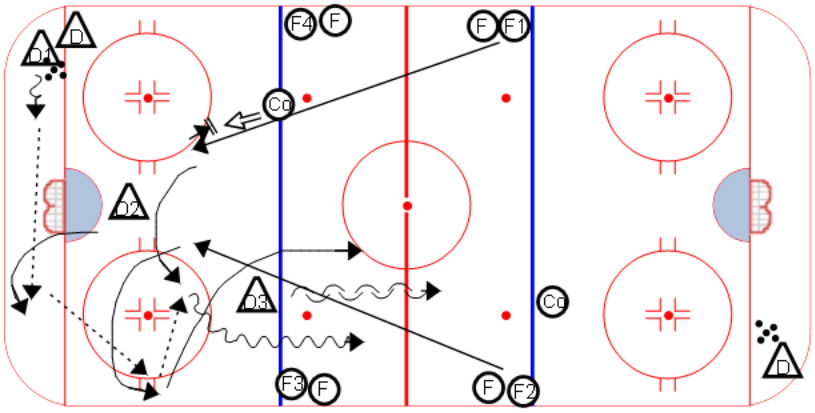
Key points :

Drill no. : **Duration :** Minutes **From :** **To :**

Title : USA U18 - 2v1 Cont. **Category #1 :** Combination **Category #2 :** Shot blocking

Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points : Breakout Skills | 2v1 / DZ Coverage | Blocking Shots | Execution

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

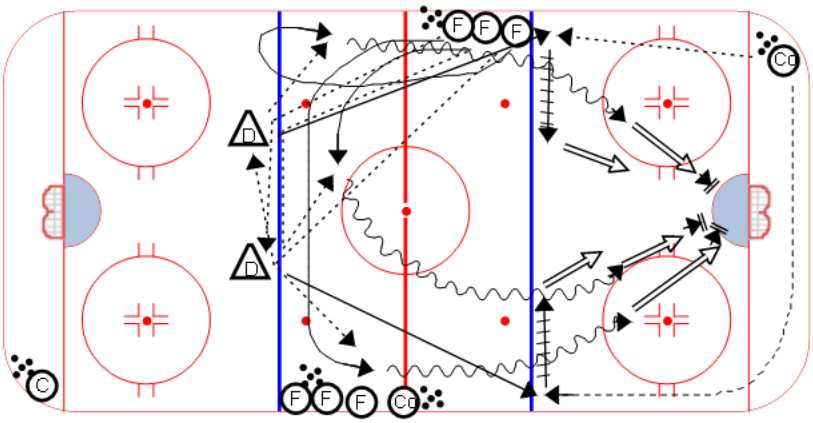
Title : Panthers Combination **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



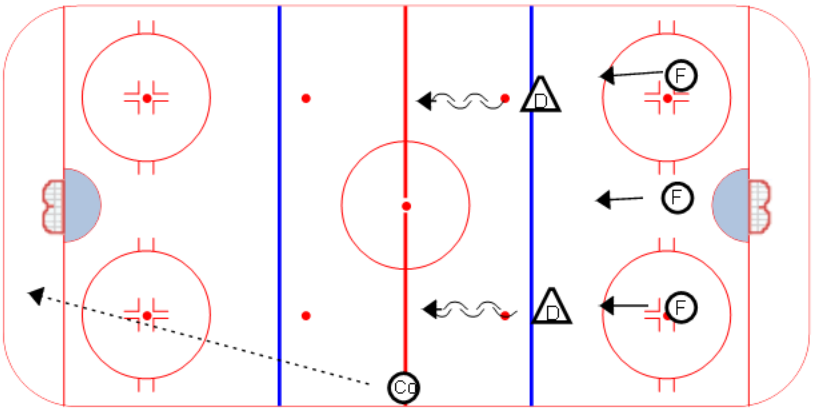
Key points :

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once both D get their shots off. A puck is shot back down in the orginal zone and all 5 players do a break out.



Key points : Relentless BC | Through Middle | Quick Transition | Communication

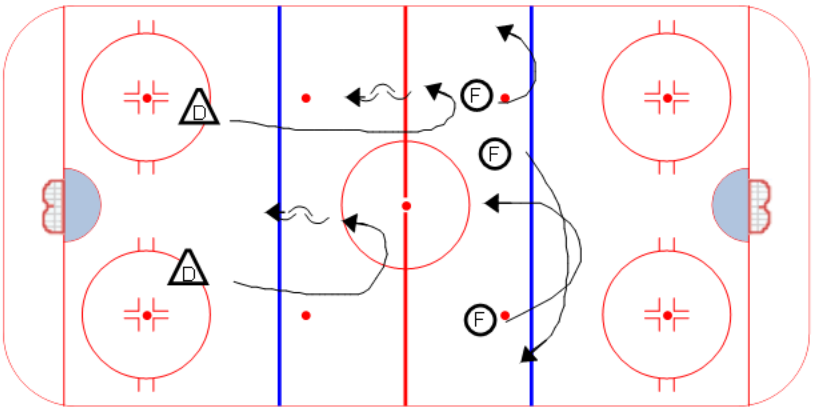
Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



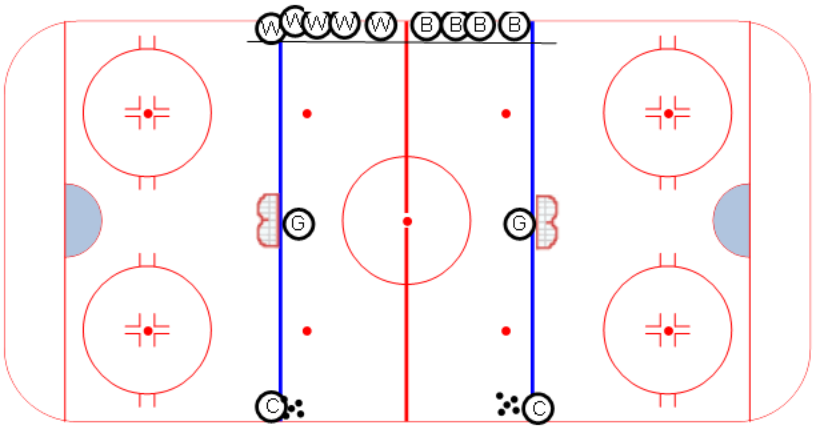
Key points : Quick feet | Gap UP | 3v2 | Open Pivots

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Transition Game **Category #1 :** Competitive Game **Category #2 :** Transition

Description

3v3 game in the NZ, rest of players on bench.
-if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)
-on first whistle, players race to benches
- on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck
KTP - speed & transition, head on a swivel, "think" the game
KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points :

CANADA

Quote

Canadian Hockey Coaching Program

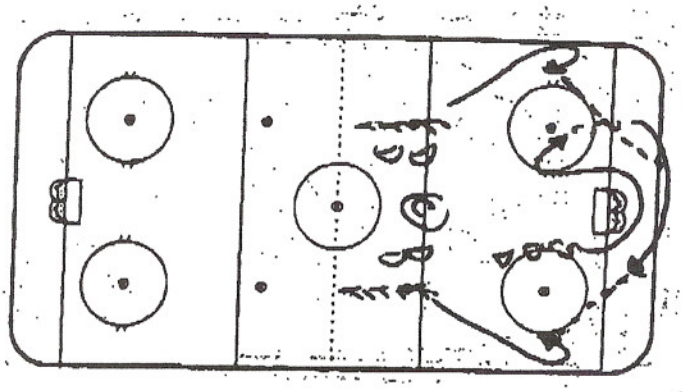
"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"

CANADA

TIME	DESCRIPTION	KEY POINTS
1	SKILL DRILL USING THE NET	

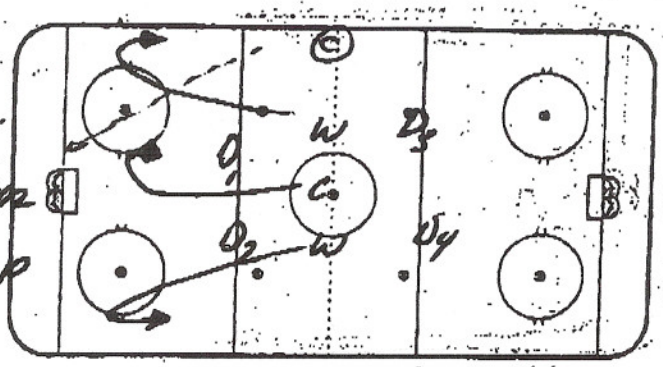
(C) DUMPS IN:
(D) BLINDS TO RECEIVE PASS - BEHIND NET
0-PAT (W)

(D). THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



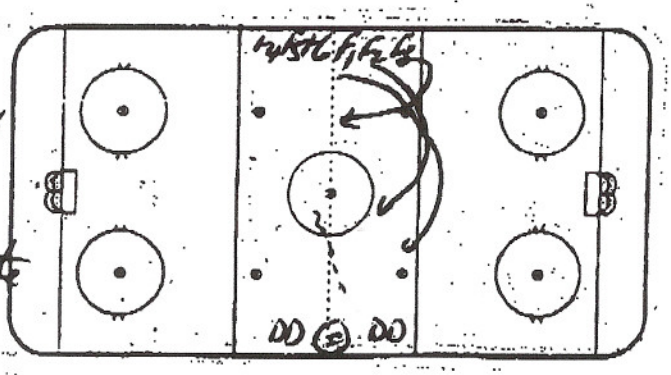
TIME	DESCRIPTION	KEY POINTS
2	TEAM PLAY DRILL NZ REGROUP ON WHISTLE	F1-F2-F3 W-D2 BREAKOUT

(C) DUMPS - (5) MAN UNIT
ATTACK D3-D4 5VS2
ON WHISTLE TURN AND REGROUP WITH D1-D2
THEN RE-ATTACK D5-D4
* WATCH FOR PROPER LINES ON REGROUP
GOOD GAP CONTROL
(C) DICTATES NUMBER OF REGROUPS.
PROCEED TO 3VS2 D1-D2 RELEASE



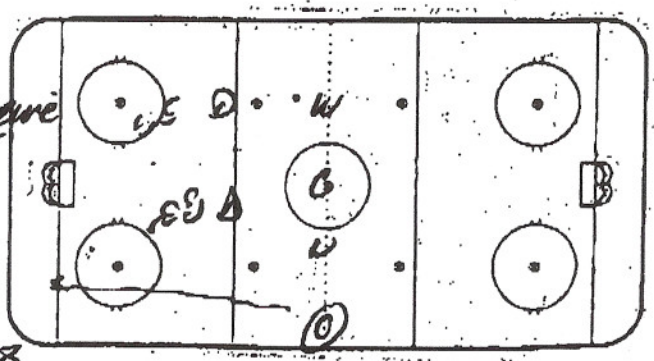
TIME	DESCRIPTION	KEY POINTS
3	3VS0 - 3VS1 3VS2 CONTINUOUS	(C) FAVORITE DRILL

(C) SPOTS PUCK IN NZ. F1-F2-F3 ATTACK 3VS0
(C) SPOTS 2nd PUCK - D-JUMPS IN - 3VS1
(C) SPOTS 3rd PUCK D1-D2 JUMP IN 3VS2
ONE FIRST UNIT GOES ON 3VS2
NEXT UNIT COMMENCES 3VS0 OPPOSITE DIRECTION.
CONTINUOUS



TIME	DESCRIPTION	KEY POINTS
4	FUN / COMPETITIVE	

(C) VARIETY OF DUMPS (D) BACK TO RETRIEVE
FULL 1X3. F1-F2 (D) MEN
(1) PTS IF (D) MEN SHOOT PUCK OUT
(2) PTS IF (D) CARRY OUT
(1) PT IF FULL'S OPEN OR CONTROL
(2) PTS IF FULL'S SLOW
GAME TO (15) PTS LOSER UNTIE WINNERS SKATES ABOVE MACHINE FULL VS D MEN



3M

TO: Enio's Drill of the Week Club 2010-11

FROM: Brian Bourque, University of Waterloo

Thanks for the drills to this point and good luck in the second half.

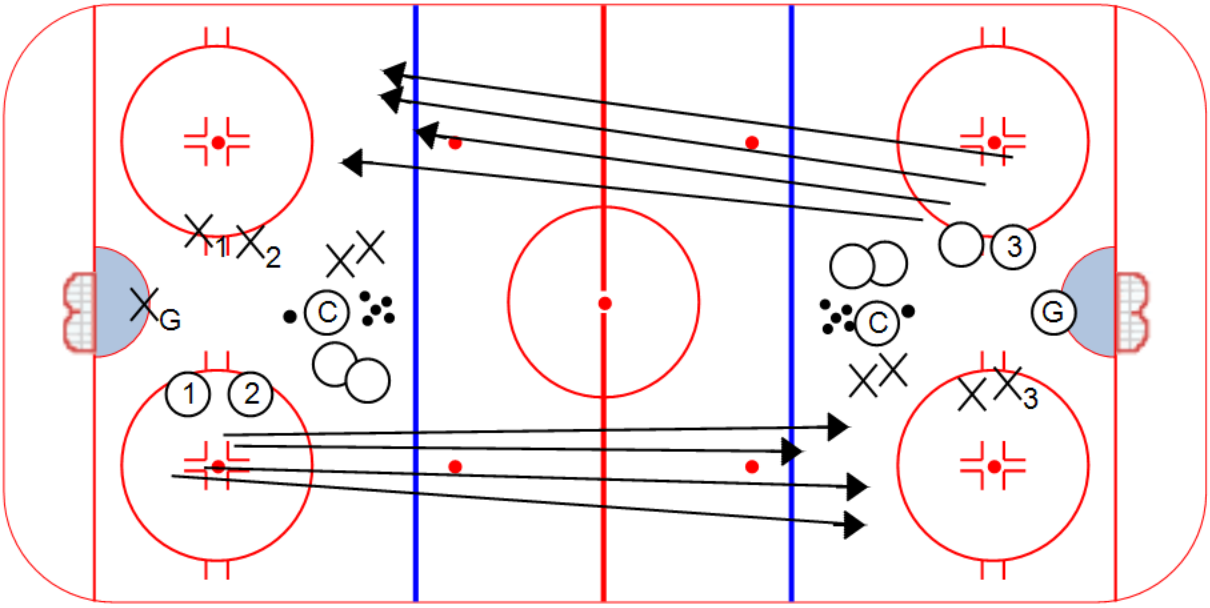
"He that is good for making excuses is seldom good for anything else."

Ben Franklin

University of Waterloo | Physical Activities Complex | Waterloo ON N2L 3G1
Tel: 519.888.4567 ext.35869 | Fax: 519.746.2283 | www.gowarriorsgo.ca

Title : Habs 2vs2 x2 **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** FAVOURITE

Content elements: **Components :**



Key Points :

Description

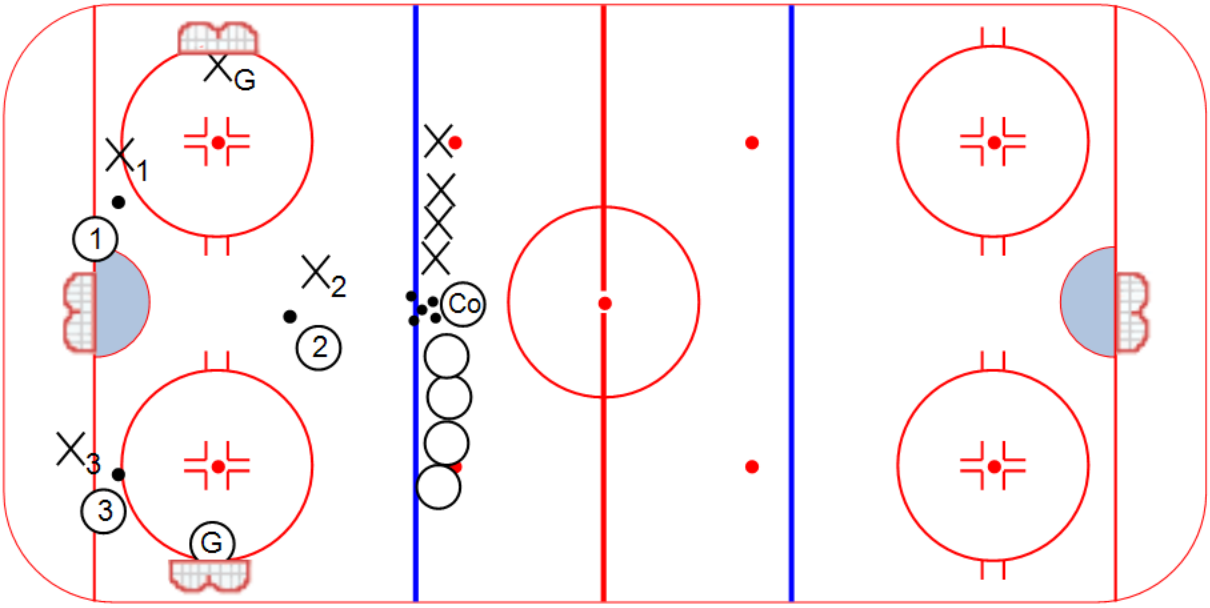
EXPLANATION
- Same set-up at both ends
- Drill starts with coach shooting on net for rebound or chipping to corner
- X1 & X2 vs O1 & O2 at one end
- X & X3 vs O and O3 at other end
- Play 2vs2 where any player can score
- Play until the whistle
- On whistle all 4 players from each end skate down to the other end and play a new puck spooted by the Coach
- Play new 2on2 until the next whistle with same rules as above

SUGGESTION: play each 2vs2 for 17- 20 seconds. it will take approx 8 sec to skate down the ice which creates a 40-50 second drill which simulates a shift

OPTION: on a turnover have the player who created the trunover pass to coach and get puck back before they can try to score.

Title : 1v1, 2v2, 3v3 **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** GAME

Content elements: **Components :**



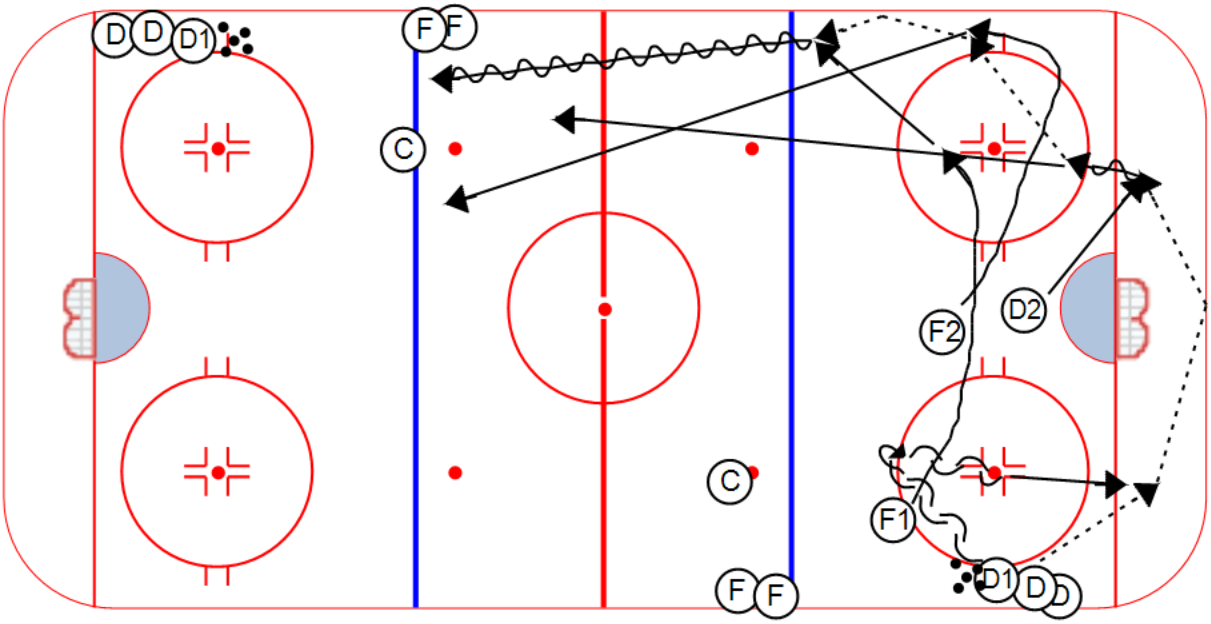
Key Points :

Description

- Game begins with 3 1vs1 Battles; X1 vs O1, X2 vs O2, X3 vs O3
- X's score on OG and O's score on XG
- Once a goal is scored the two players choose which teammate they want to help. They do not have to join the same pair. After one puck there could be a 1on1 still on and a 2on2...or....it could become two 2on1's.
- After the second puck is scored then all players play the remaining puck in a 3on3.

Title : D/Z B/O W/U **Category #1 :** ENIO DRILL OF THE WEEK **Category #2 :** SKILL

Content elements: **Components :**



Key Points :

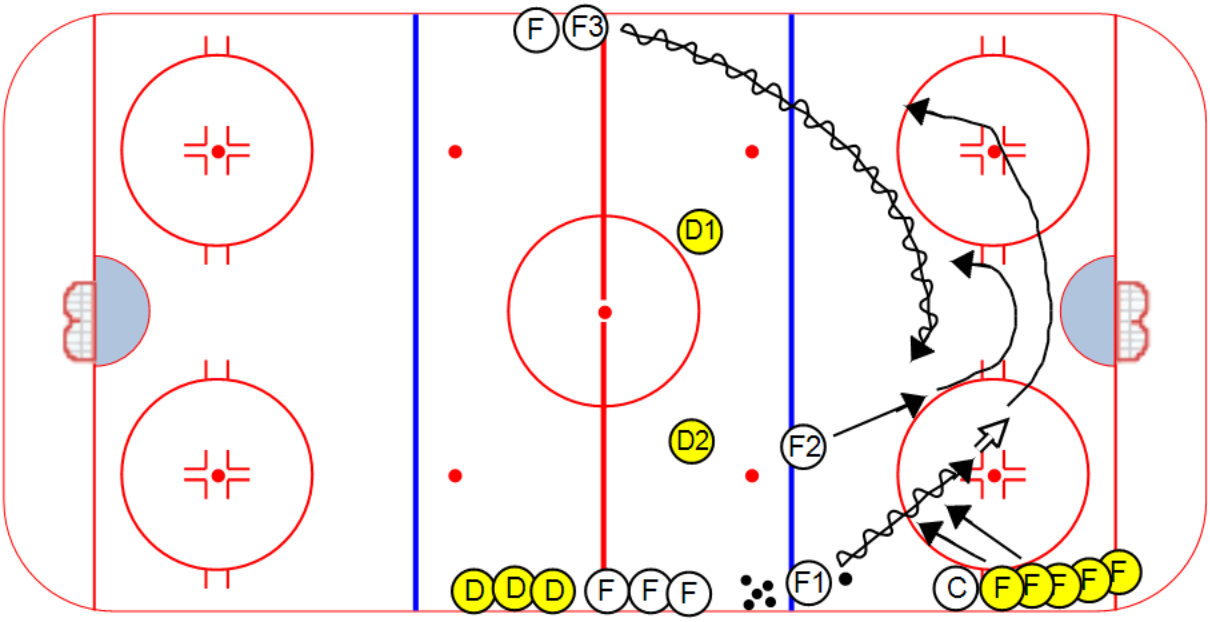
Description

- Both ends do the same thing (only one end diagrammed)
- F1 & F2 start in winger positions in DZC
- D2 begins net front
- D1 touches top of circles pivots bkwds and retrieves spotted puck from next D in line and partners to D2
- D2 moves puck to F1 or F2
- F1 and F2 attack Coach at far blueline working on different 2v1 attack options
- D2 gets to far blueline
- After F1, F2 play puck 1 one of them grabs a puck from the corner and passes to D2 who is now at the blueline
- D2 drags and shoots with Fwds screening and playing rebound

OPTIONS
- To begin drill have the same set-up except have D1 reverse puck to D2 (instead of partner). D2 moves puck to F1, F2 who attacks Coach and shoot.
- Instead of having the second puck be a direct pass to defense on blueline have a coach rim the puck for the D to work on retreiving rimmed pucks

Title : LA B/C **Category #1 :** ENIO DRILL OF WEEK **Category #2 :** TEAM

Content elements: **Components :**



Key Points :

Description

LA BACKCHECK
- F1 & F2 attack 2v0. F1 must shoot before face-off dot and focu on creating rebounds for F2. Play puck until whistle. While this is happening F3 is control skating into end zone with a puck waiting for the whistle.
WHISTLE
- F1 & F2 join F3 and attack D1 & D2.
- Coach releases gold forwards to backcheck. Coach can release forwards creating any scenario. Ex: 3v2 with one backcheck, 3v2 with 2 backcheck, release early for 3v3, etc

Always start from same end

ADDITION
- Add a 2nd puck in offensive zone for focus on low plays

PORTAGE COLLEGE

PORTAGE COLLEGE VOYAGEURS

Sports Motivational Quote

"Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it."

Lou Holtz, Football Coach

Team Building

Water Hold

Equipment required: 30 gallon rubber garbage can, water, and stopwatch

Description: Divide the group into two or three teams. Players lie on their backs in a circle with their legs and butts pressed tightly together with feet up in the air to form a pedestal. Group leaders fill a 30 gallon garbage can with ice water and place it on the team's "pedestal", balancing the can for a few seconds until the team is ready. Players must balance the can using only their feet. Teams are timed until the can completely spills.

If after five minutes the can has not spilled, players must take their shoes and socks off while holding up the can. While taking off his/her shoes and socks no player may touch the can with his/her hands. Once each player has removed his/her shoes and sock, the team is finished. It two or more teams reach the five minute limit, the team that gets their shoe and socks off the fastest – wins.

Recommended Book

How to Succeed in the Game of Life: 34 interviews with the world's greatest coaches.

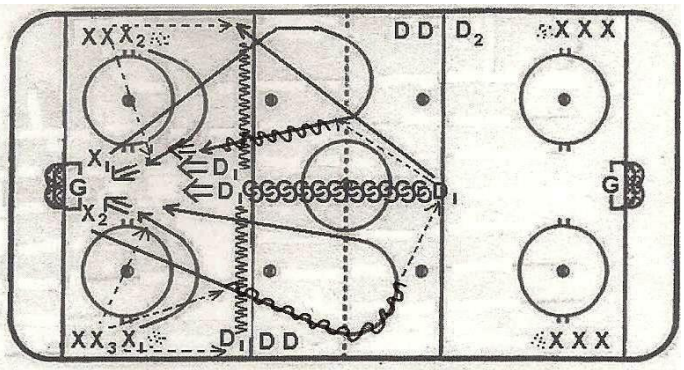
From the Office of:

Terry Ewasiuk

Head Coach
Portage College Voyageur's ACAC Hockey
Lac La Biche, Alberta
Cell: 780-991-8648

DETROIT GAME DAY 5 SHOTS WARM-UP DRILL

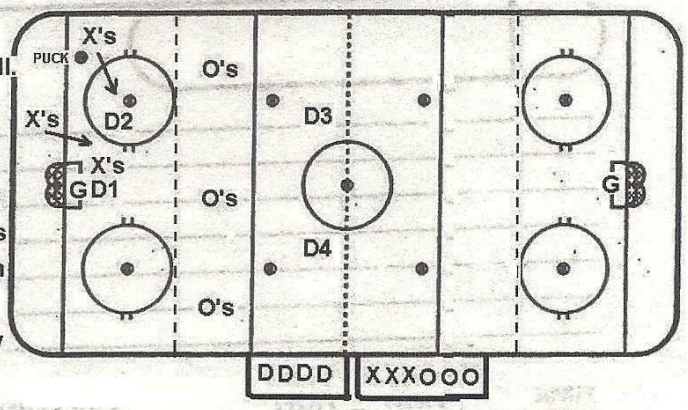
SKILL DRILL
ALTERNATE ENDS



On whistle X1 skates to the top of the circle and gets a pass from his corner and skates in for a shot on net. On the coach's 2nd whistle X2 executes the same sequence from his side. Both X1 and X2 screen the goalie. X3 now passes to D1 who drags to the middle and shoots. X1 and X2 now receive a pass from a corner and skate into the neutral zone to regroup with D1 who returns the pass. X1 and X2 skate back into the zone for a shot. X1 and X2 screen the goalie and D1 receives a pass from the corner, drags to the middle and takes a second shot on net.

RUSSIAN 3 ON 2 CONTINUOUS

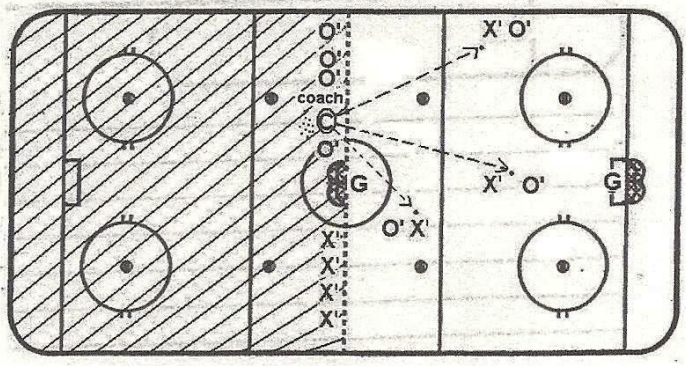
Great flow drill.
Excellent offensive drill.



On the coach's whistle X's battle D1 and D2 below the top of the face-off circle (imaginary line). The d-men try to regain possesion of the puck to break-out the O's forward line. The O's will then attack D3 and D4, 3 on 2, back to the other end. The X's now skate off the ice and a new forward line skates into position so that D3 and D4 can break them out against a new defensive pairing going back in the other direction. The O's can't go below the imaginary line to help the defencemen.

1/2 ICE - 3 ON 3 DRILL

FAVORITE DRILL
KEEP SCORE
LOSERS SKATE

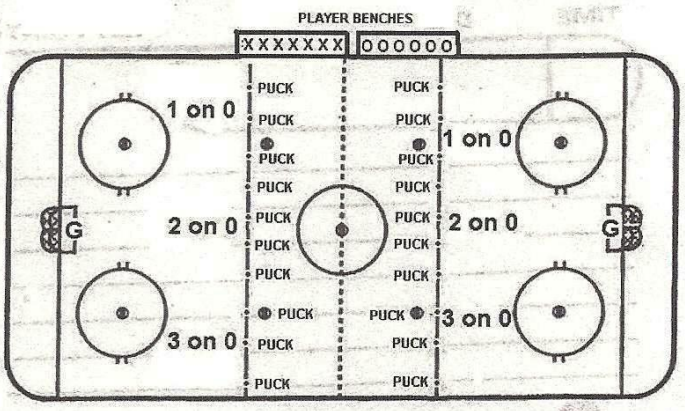


Move one net to the center ice red line. Then make-up two teams that will have three one-on-one battles on the 1/2 ice area at the same time using three pucks. As each puck is scored those two players can now skate over and help their teammates. This can lead to 2 on 2 battles, 2 on 1 battles and eventually a 3 on 3 battle. After the last puck is scored replace the six players.

The coach will spot the players 3 pucks in different locations.

10 PUCK - FUN DRILL

Losers do a skating drill.



Two teams each in it's own bench. 10 pucks are placed on each blue line. On the whistle the first player leaves the bench and tries to score. If he scores then two new players (2 on 0) try to score. If they score then three new players try to score. When all three players score the drill reverts back to one player and it starts all over again. If at anytime a goal isn't scored the drill reverts back to one player. The drill continues until all the pucks have been scored. The first team to score all 10 goals wins.

Drill of the Week Club 2011

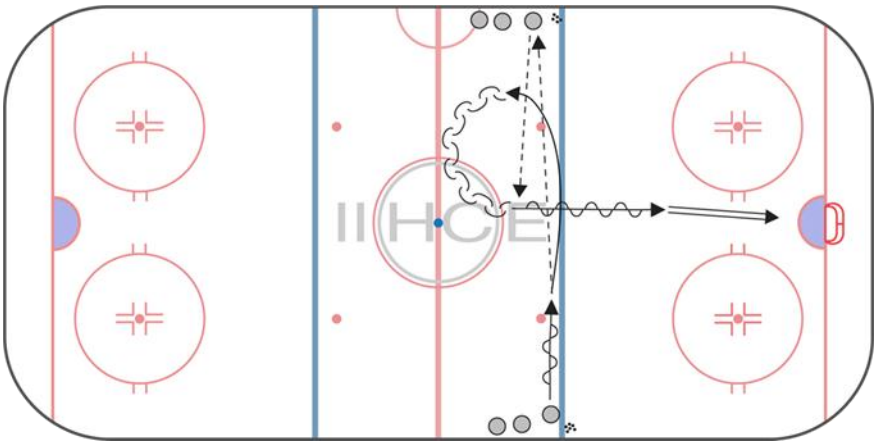
Hi Enio,

I hope you had a great festive period and sorry am late. I have a lot going on over here. I have attached some stuff, simple but work well. I have attached a warm-up skill drill, timing drill, technical drill which is great for defense and offence skills. There is also a simple 5-5 DZC drill to work on sagging and positioning.

Regards,

Pete

Blue line Pass 1v0



Description:

Player skates across the ice and passes to the line on the opposite side, turns back to the middle of the ice, receives the pass back and continues to the goal for a shot.

Key Points:

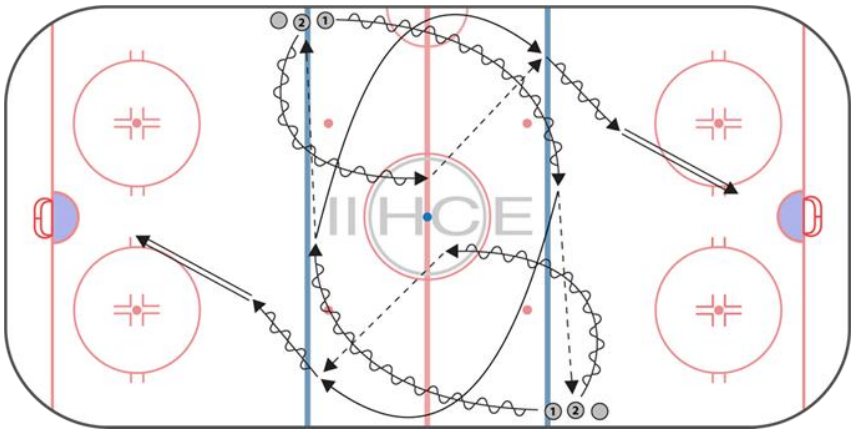
Blade square - show a target

Stick on ice

Keep your feet moving

Head up

Neutral Zone Cooperation



Description:

Player 1 skates down the ice and passes to player 2 in the opposite line. Player 2 takes the middle of the ice and passes back to player 1, who continues for a shot on the net. Player 2 skates back to the line and starts the drill again.

Variation: Player 2 can continue with player 1 for a 2v0 on the net

Key Points:

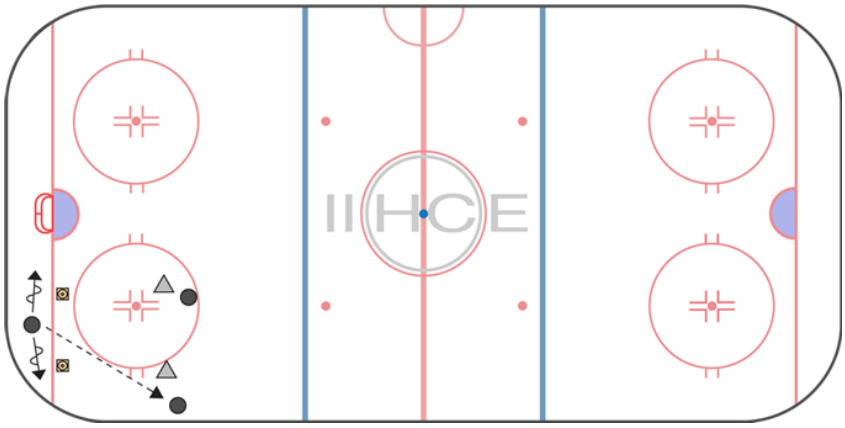
Blade square - show a target

Stick on ice

Head up

Keep your feet moving

Forwards sagging 2v2



Description:

Puck carrier moves back and forth between pylons. Defensive forwards stay close to their check to disrupt pass from puck carrier. Play to the net.

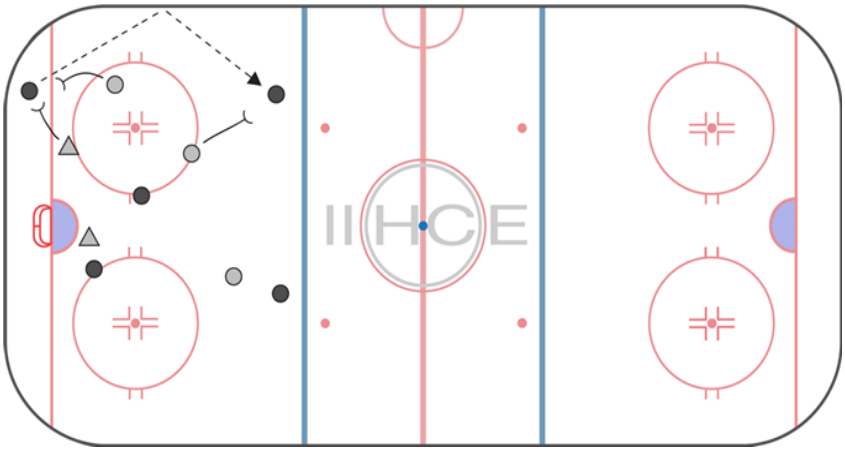
Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position

Forwards sagging 5v5



Description:

Puck carrier pressured by two defenders, pass back to point player. Sagging forward on puck side moves out to challenge. If play goes deep, forward "sags" back again. Defenders can use sticks upside down.

Key Points:

Keep your check in view

Be ready to intercept a pass

Keep defensive side position

ICE HOCKEY AQUILE F.V.G.

Via Mazzini 103
33016 Pontebba, Italy

Drill Club: Tom Pokel

Quote: "There's plenty of room at the top, but not enough to sit down"

Book: Dealing with Difficult People By Dr. Rick Brinkman and Dr. Rick Kirschner

Title : Czeck Warm-Up **Content elements:** Agility - Pivoting w - Puck **Components :** Counter Passing

Description

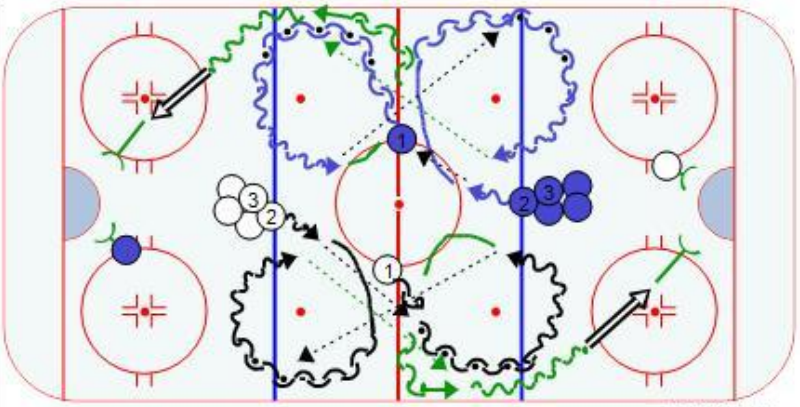
O1's begin the drill by skating out towards RL and pivoting backwards.

O2 takes one or two strides with the puck and passes to O1. O1 carries the puck backwards to forwards around neutral zone dot from the outside to the middle.

Meanwhile O2 has nowskated forwardto the red line - pivots backwards and is moving back waiting for return pass from O1

O1 is moving Forwards and passes to O2. O2 skates backwards to forwards with puck to the middle and passes back to O1 who is now curling to the outside ready for counter pass from O2. O1 goes in and shoots on net and follows for rebound.

O2 skates to middle & pivots backwards to begin same with O3



TOM POKEL

Key Points : Pivoting with puck | Moving Counter passes | Passing accuracy | Shots & Rebounds

Title : 5 on 5 Agg. Forecheck gam **Content elements:** 5 on 5 agg. Forecheck **Components :** Breakout under Pressure

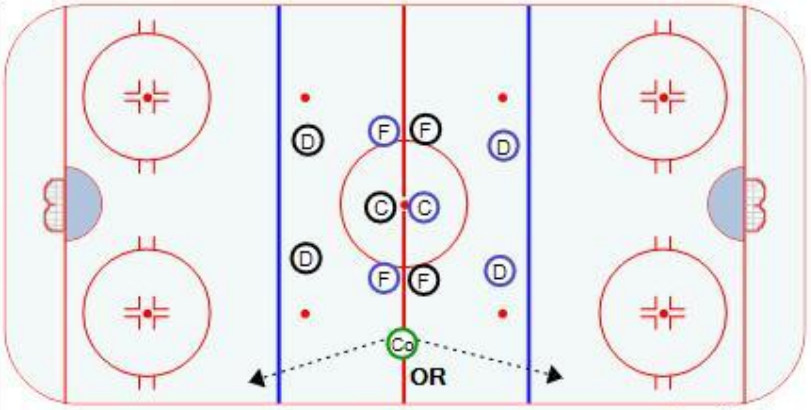
Description

Both Teams line up for a NZ Face-Off with the Wingers Flip-Flopped on the Offensive side. D-men must be even with NZ Dots

Coach dumps the puck in one end or the other.
From that point on play 5 on 5 scrimmage.

Attacking team executes aggressive forecheck
Defending team moves into position for breakout support under pressure or DZC

Can influence drill to your needs Ex: Flip just Centers, or all 3 Forwards



Tom Pokel

Key Points : Run from all 5 NZ Dots | Agg 4-check patterns | Breakouts, D-D, Rims | Screens, Reverses

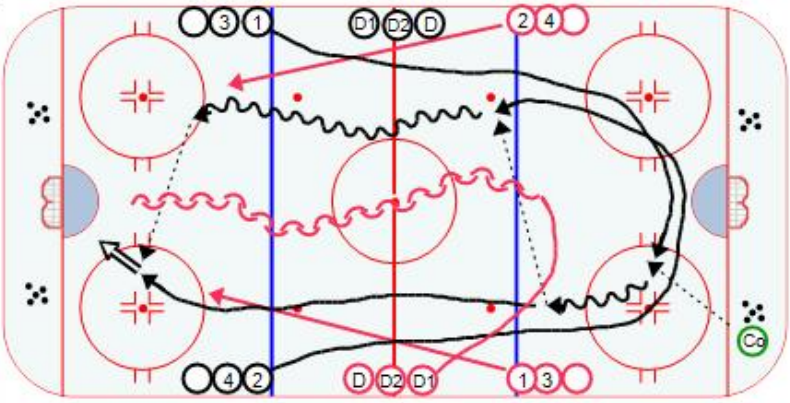
Title : To The House 2 on 1 **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

Description

The Drill starts off with ① & ② skating into the House of the other end and receiving a pass from the Co. At the same time D1 comes inside the BL and gaps up.

① & ② attack 2 on 1 against D1.

When ① & ② pass the first BL then ① & ② Backcheck to the House and try to apply back pressure on ① & ② and support D1.



Key Points :

Title : To The House 2 on 1 (seq **Content elements:** Speed 2 on 1 **Components :** Backcheck to the House

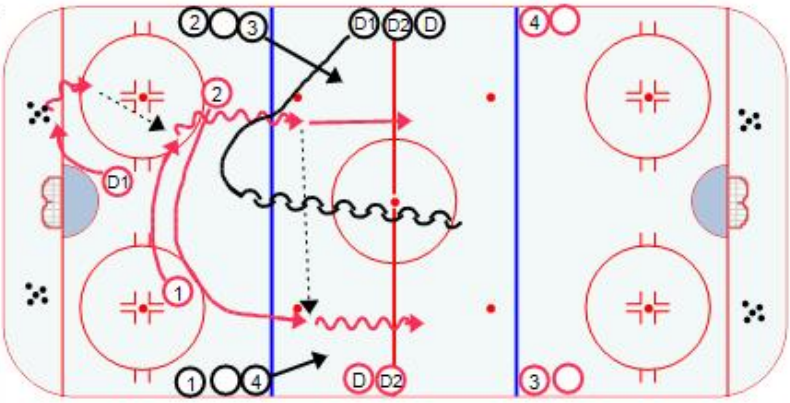
Description

After shot or the rush is foiled or stopped, D1 quickly retrieves a puck and passes to ① or ② supporting and they begin to attack 2 on 1 against D1.

When ① & ② cross the BL ③ & ④ begin backcheck.

D1 after breakout pass follows up the rush as 3rd supporting attacker

The Drill is continuous.



Key Points : Option: 1 puck drill con | D - Follow up rush | F's back press | Speed 2 on 1

Title : 1-0, 2-0, 3-0 Shootout Gam **Content elements:** Scoring **Components :** Fun Competition

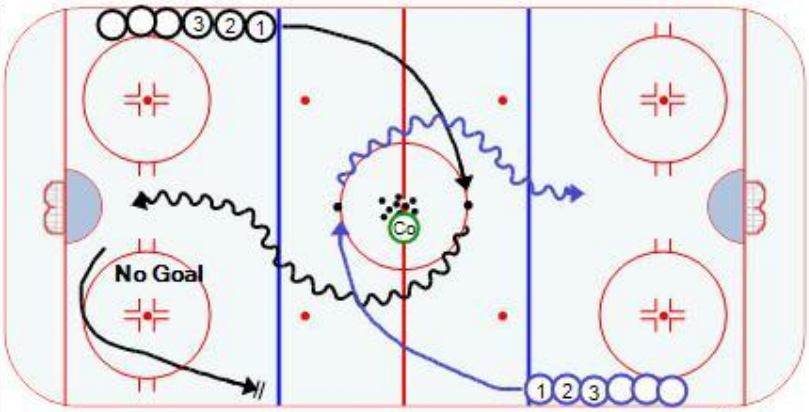
Description

One side starts off with ① picking up a puck around center circle and comes back 1 on 0 on Goalie.

If he scores, then players 2 and 3 from the same team start a 2 on 0. Teams continue 1-0, 2-0, 3-0 and 1-0 etc.. until they don't score. Then other side starts always with 1-0.

on 2-0 and 3-0 attacks, players must stay onsides and have to attack fast. If offsides or the rush is too slow Coach blows it down and other side begins 1-0.

Fun competition - lots of big comebacks



Tom Pokel

Key Points : Play til 8 or 10 | Losing Team 2 - Laps

SPRINGFIELD FALCONS DRILL WORKSHEET

THEME: Drill of the Week. Club

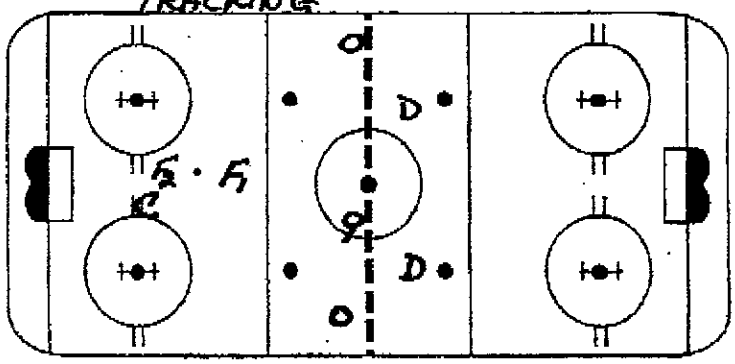
DATE:

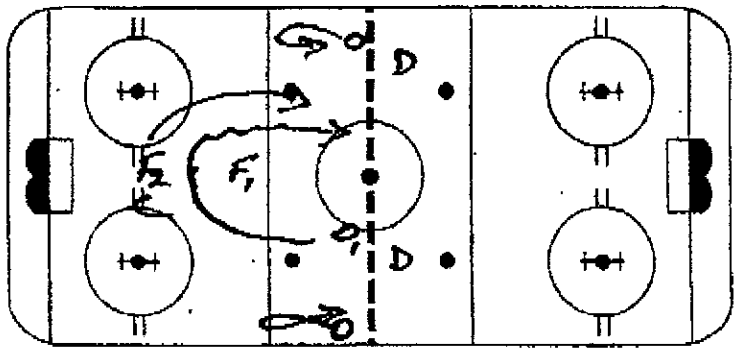
POST-PRACTICE COMMENTS:

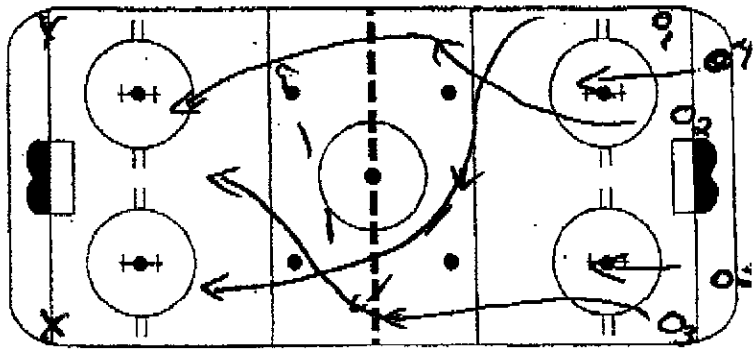
REASON: Eric told me to

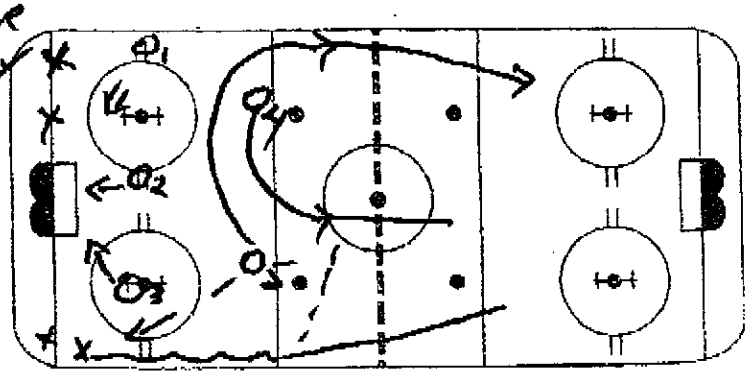
TIME	DRILL
	Tracking Drill "Above & Below"
	• "O" line in N.Z. with 2 D
	• O1 now skates between F1 & F2 (who are trackers)
	• When O1 comes to get puck C now calls out "Above" or "Below" to start 1 of the trackers. Play 3 on 3 in Def Zone.
	Progression: Send 2 & 3 trackers + 2 off. Def for 5 on 5 play
	Warm-Up Drill
	"3 man weave + 2 more." O's start @ 1 end & go 3 man weave w/ shot @ other end.
	Once 3 O's reach their own blueline, 2 more O's follow up (pairs passing) & now pass to either corner @ other end. Whoever they pass to now joins them & returns to other end & 2 more follow up.

Tracking









SPRINGFIELD FALCONS DRILL WORKSHEET

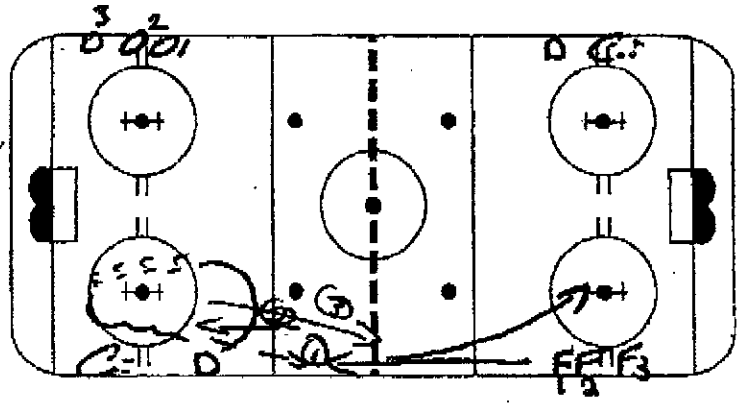
THEME

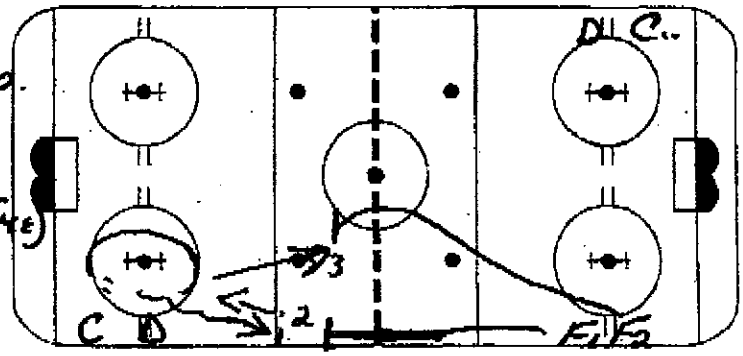
DATE

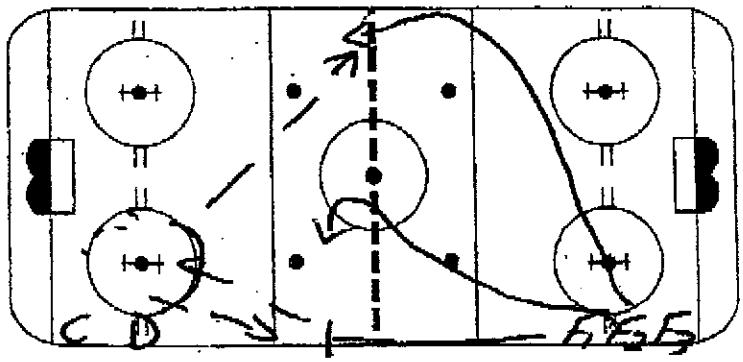
POST-PRACTICE COMMENTS

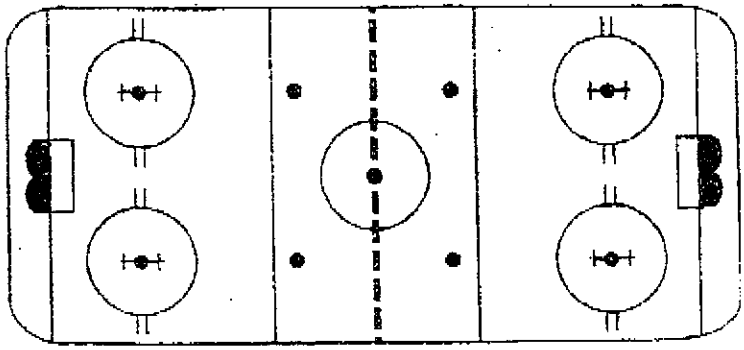
REASON Skill Development for Def. Quick Hands & Decision Making

TIME	DRILL
	"Del Back Pass & Shoot"
	"Rule of Drill is That a 2nd Pass Must Always Go Back To D."
	• D steps over top of circle & gets a spotted puck from C. - passes to F1 (who passes back to D again) & receives it back & goes down & shoots. D follows up.
	Progression 2-0 w/ PT shot. (Both ends @ same time)
	Progression 3-0 (1 end @ a time)
	* Drill helps D look for 2nd options on 2-0 & 3-0 passes.









SPRINGFIELD FALCONS DRILL WORKSHEET

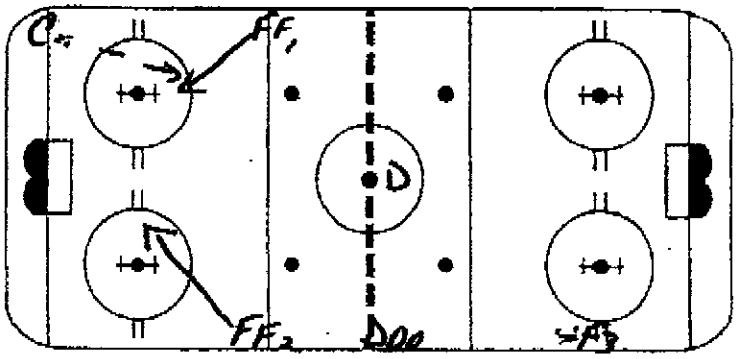
THEME

REASON

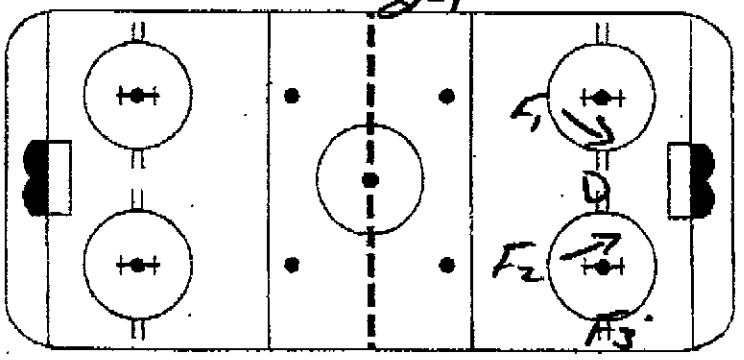
DATE

POST-PRACTICE COMMENTS

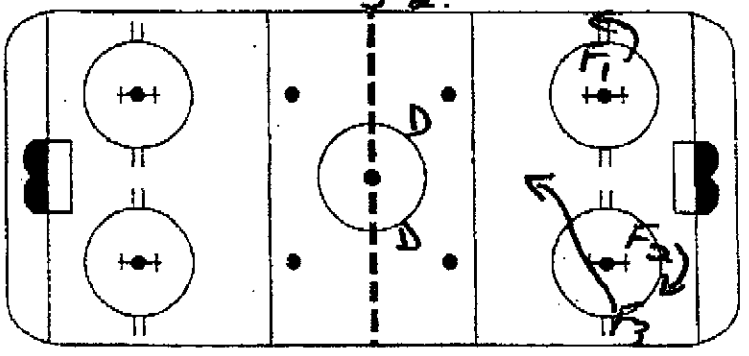
TIME	DRILL
	FUN DRILL
	10 GOAL (OR 10 MINS.
	YOUR CALL).
	• F1 & F2 TAKE OFF FOR QUICK
	2-0 PASS FR. C
	• F1 & F2 NOW GO 2-1 VS D
	SHOOT NET PLAY.
	- F3 STEPS OUT W/ PUCK
	& GOES 3-2 W/ F1 & F2.
	• F3 NOW GOES 1-0 TO OTHER
	END W/ 1 D TRACKING
	- STARTS OVER
	* LOTS OF OPPORTUNITIES
	TO SCORE.
	QUOTE:
	"NO EXCUSES - NO
	EXPLANATIONS"



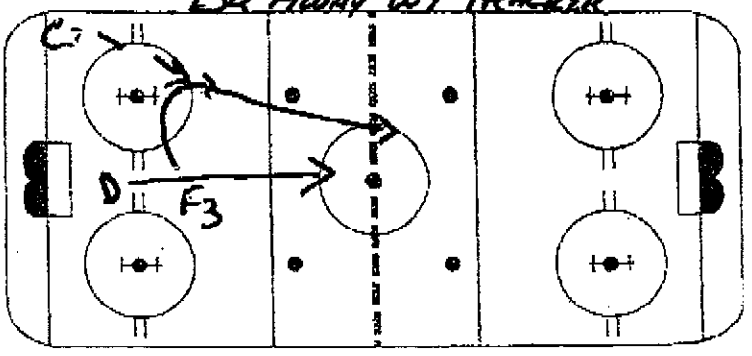
2-1



3-2.



BE AWAY W/ TRACKER



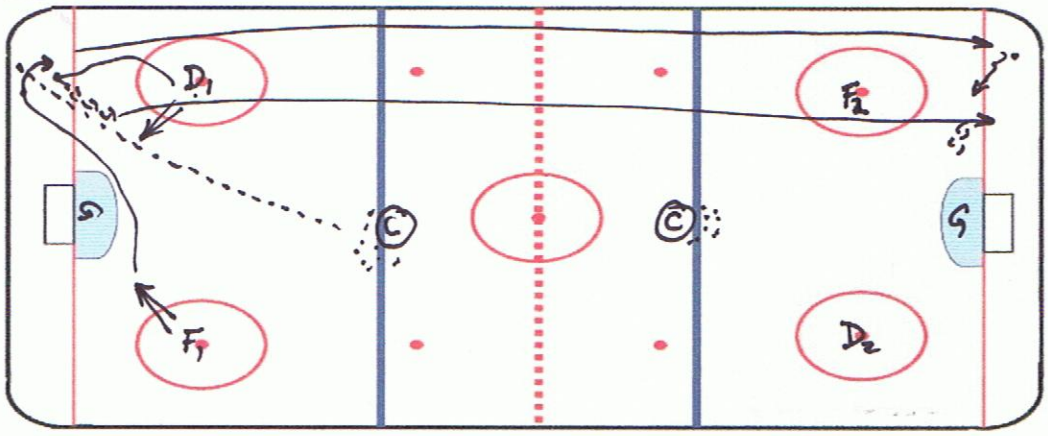
RYERSON RAMS

DRILL OF THE WEEK
2010-11

1) Defensive Drill: 1 ON 1 BATTLE

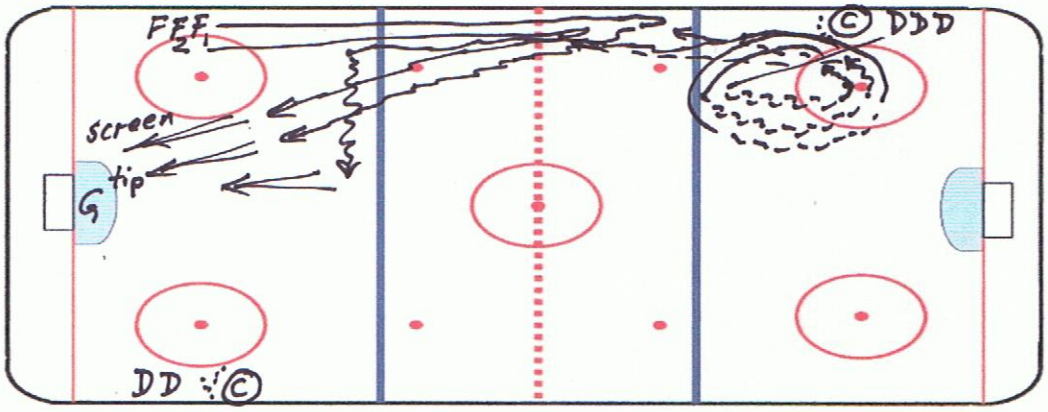
- D1 shoots
- F1 shoots
- coach chips 2nd puck to corner for a 1 on 1 battle, either can score
- whistle D1 & F1 skate to other end of ice for 2nd 1 on 1 battle

NOTES: both ends the same time, add 2 on 2, 3 on 3, etc.



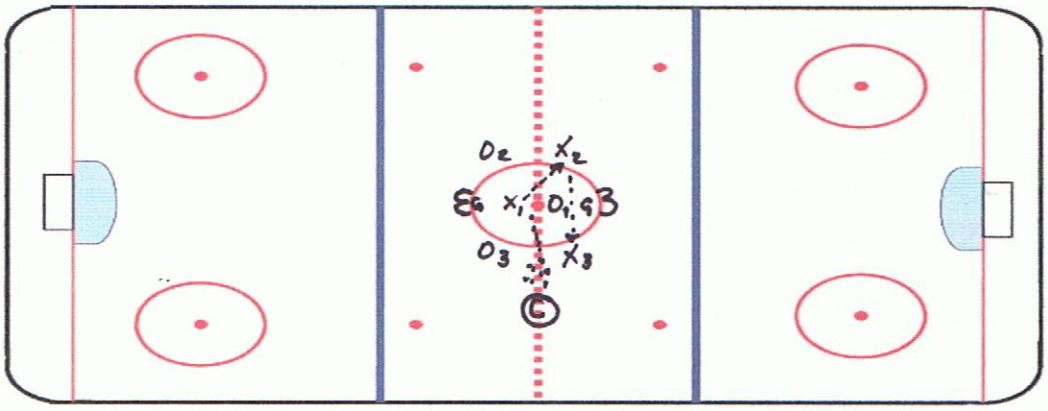
2) Offensive Drill: 3 SHOT GOALIE WARM-UP

- D1 up to blueline, pivot bkwd & retrieve puck
- F1 times it down bds. pivots gets pass from D1, attacks net
- D1 retrieves 2nd puck
- F2 times it down bds. pivots gets pass from D1, attacks net
- D1 gets 3rd puck up ice, walks blueline & shoots
- both ends at same time



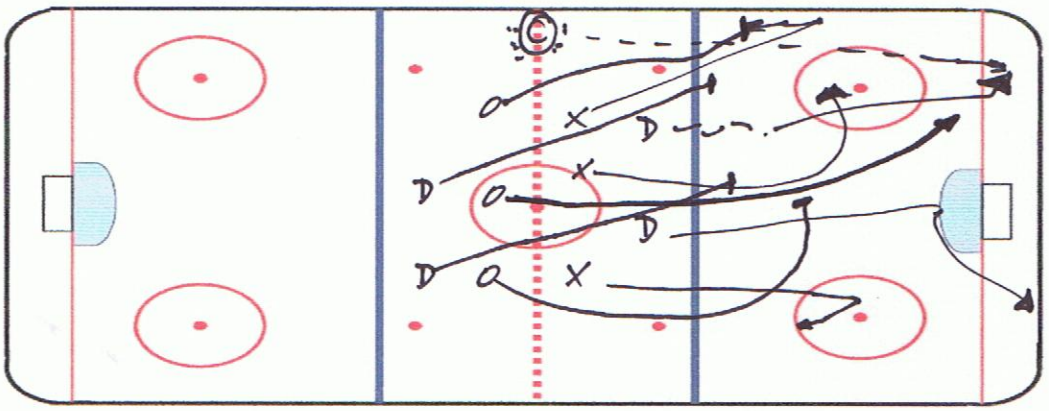
3) S. White PP Drill:

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



4) Team FC

- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2nd puck so O's FC again vs X's BO



"The only thing that beats hard work is hard working talent."

DON MCKEE

Current Coaching Assignment

Presently coaching the Canadian Team for the Deaf in preparation for the Deaflympics in Slovakia in February 2011.

Quote

Every job is a self-portrait. Autograph your work with excellence!

Author unknown

Recommended Reading

Title: Bo's Lasting Lessons (The Legendary Coach Teaches the Timeless Fundamentals of Leadership)

Authors: Bo Schembechler and John U. Bacon

Publisher: Business Plus, Hachette Book, Group USA, 237 Park Avenue, New York City, New York, 10017

Team Building Activity

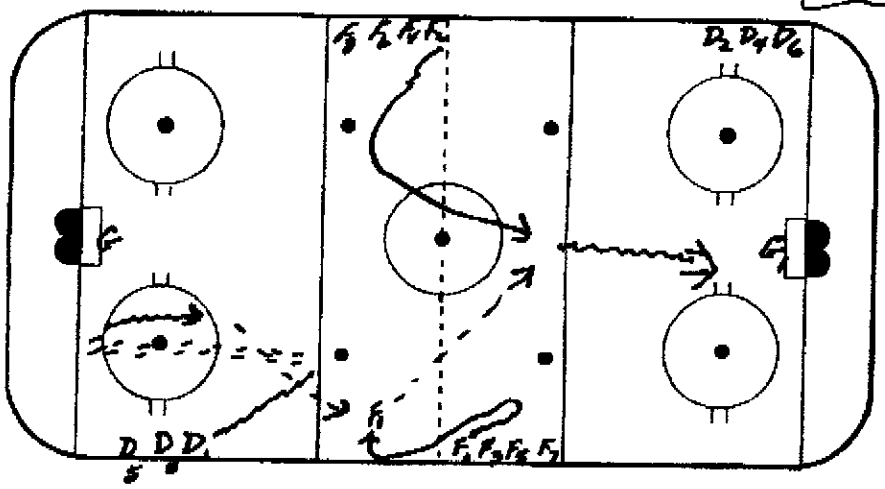
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift from a parent, first pair of skates, etc.

Prior to each home game, at a time identified by the coach, one or two players will tell the story reflected by their specific memento. This exercise allows all players to share, as well as to demonstrate interest in teammates' pasts. It also gives them the opportunity to recognize that as a team they are creating new memories in every game they play.

TIME :

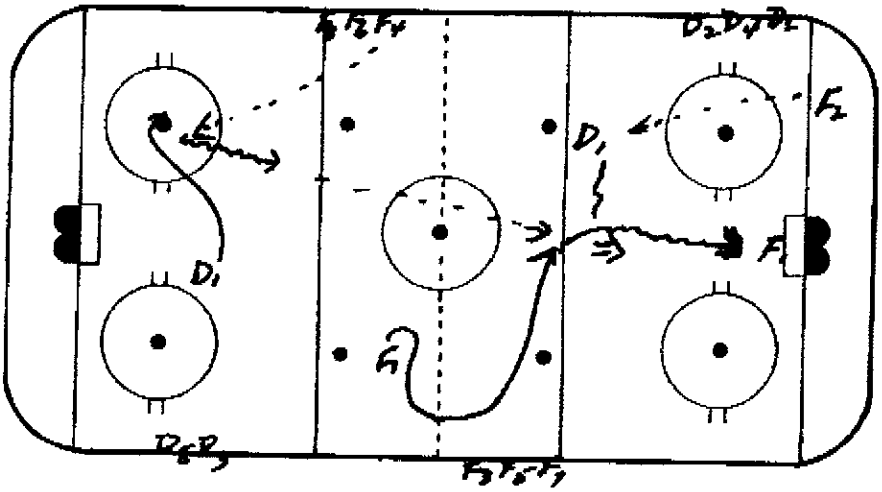
"SKILL DRILL"

TIMING
SKATING, PASSING, SHOOTING



'PHASE ONE'

D_1 SKATES WITH PUCK - FORWARD TO BL AND BACKWARDS TO BACK OF CIRCLE - ENPLODES FORWARD & PASSES TO F_1. F_1 TAKES 2-3 STRIDES FORWARD & RETREATS TO GET PASS FROM D_1. F_2 CIRCLES TO TAKE PASS FROM D_1. F_2 DRILLS & SHOOTS ON G.

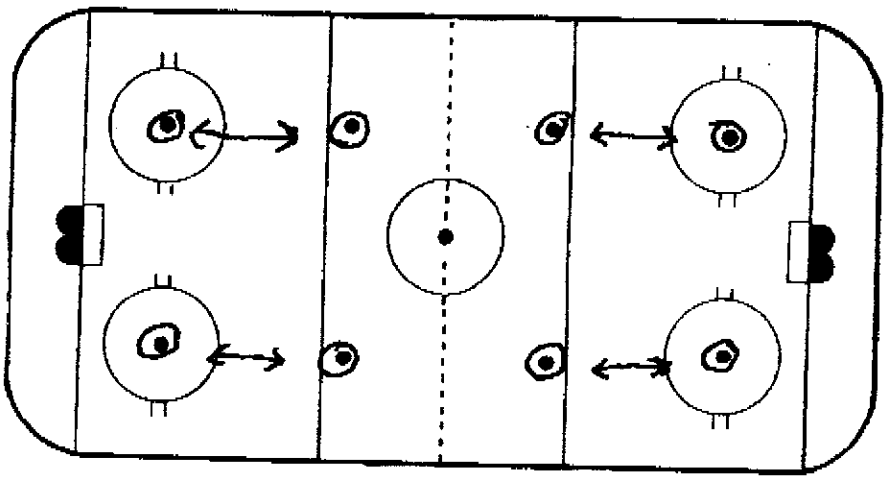


'PHASE TWO'

D_1 AFTER MAKING PASS TO F_1 MOVES TO OTHER CIRCLE AND TAKES PASS FROM F_4. F_1 CIRCLES TO TAKE PASS FROM D_1. D_1 ENPLODES & PASSES TO F_1. D_1 FOLLOWS TO BL & RECEIVES PASS FROM F_2. F_1 SCREENS D_1 - SHOOTS.

DRILL STARTS OVER ON OTHER SIDE OF END

"FUN DRILL"



2 on 2 BATTLES

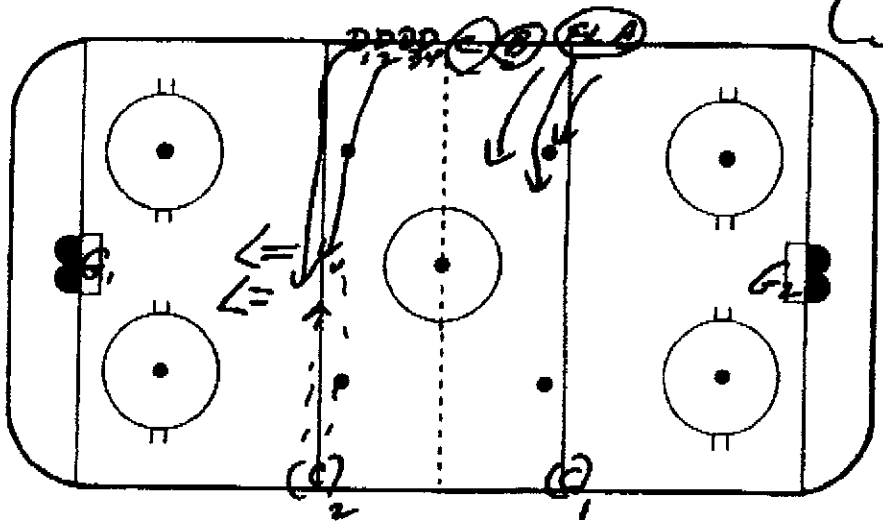
8 TIRES ON THE ICE
4 GAMES OF 2 on 2
PLAYERS MUST FLICK PUCK INTO CENTRE OF OPPONENT'S TIRE TO SCORE.
KEEP - SCORE. PLAY AS TOURNAMENT. PLAY OVER AND OVER
SUBSTITUTE ON WHISTLE.

DON McKEE / NOV. 2010

TIME :

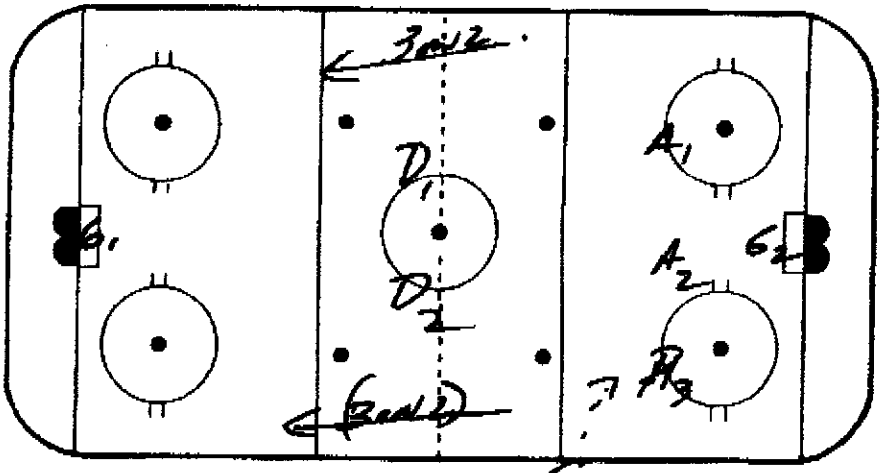
"FAVOURITE DRILL"

3 ON ZERO / 3 ON 2 / 3 ON 2 / 3 ON ZERO



PHASE 1

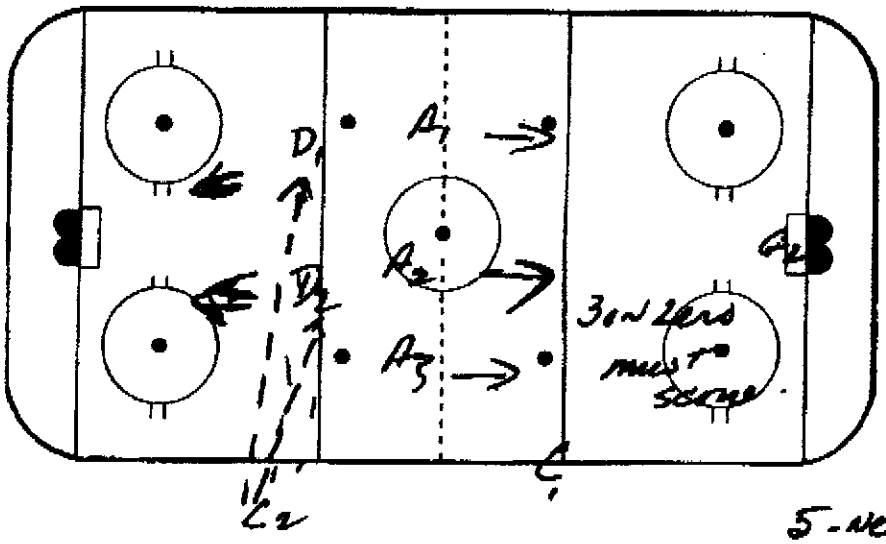
ONSIGHT - FORWARD LINE A COMES ACROSS B.L. - STAY ON SIDE. COACH GIVES THEM PUCK ATTACK G_2 - 3 ON ZERO. MUST SCORE. GOALIE GETS PUCK THROWS ON CORNER.
D_1 - ACROSS B.L. SHOOTS - D_2 ACROSS B.L SHOOTS.
D_1 + D_2 MAKE UP ICE FOR 3/2.



3 ON 2 - ONCE / 3 ON 2' - TWICE.

PHASE 2.

COACH, - GIVES PUCK TO LINE A ATTACK - D_1 + D_2 3 ON 2. IF THEY LOSE PUCK, OR POSSESSION THEY RETURN TO C, FOR SECOND PUCK AND AGAIN ATTACK 3 ON 2.



PHASE 3

WHEN - LINE A LOSES PUCK ON SECOND 3 ON 2 - THEY RETURN AND GET PUCK FROM C_1 + ATTACK G_2 3 ON ZERO. EACH FORWARD MUST TOUCH PUCK BEFORE THEY SCORE D_1 + D_2 RETURN TO B.L FOR TWO MORE SHOTS' (COACH)

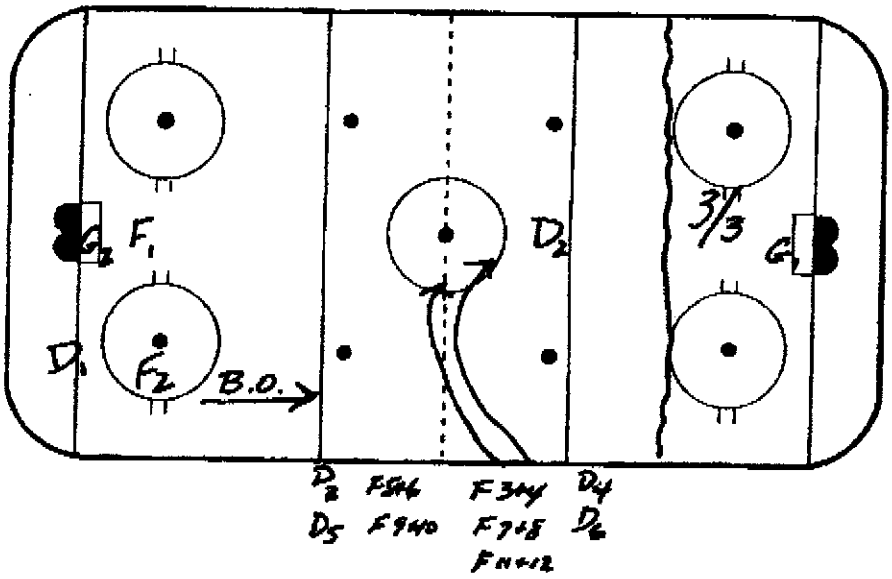
5 - NEW players start drill over.

DON McKEE - NOV - 2010

TIME :

"TEAM PLAY DRILL"

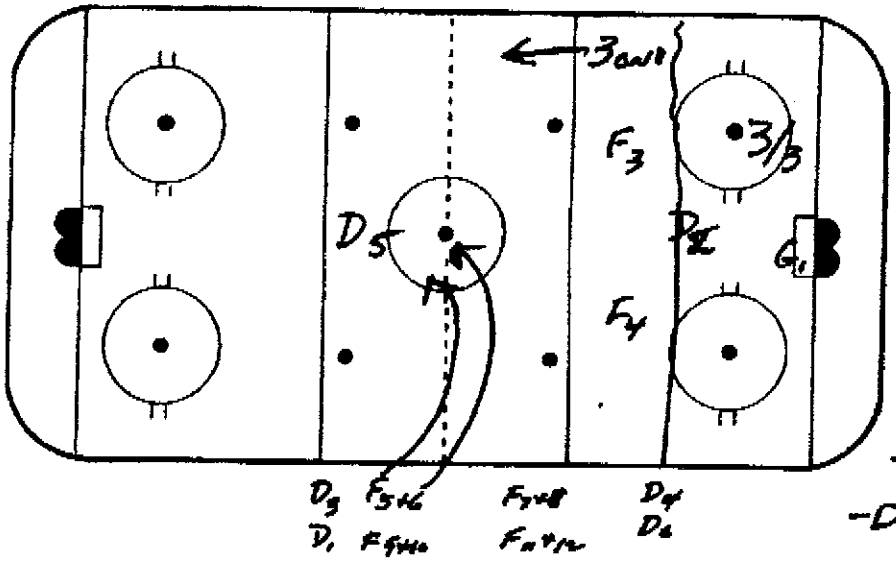
CONTINUOUS 3 ON 1 PLUS 2 BACK CHECKERS



$D_1 + F_1 + F_2$ B/O. against D_2 - 3 on 1. WHEN THE PUCK CROSSES R.L. F_3 + F_4 COME FROM BENCH, SKATE THROUGH CENTRE CIRCLE TO SUPPORT D_2 - CREATE 3 on 3 BATTLE BELOW THE TOP OF CIRCLES.

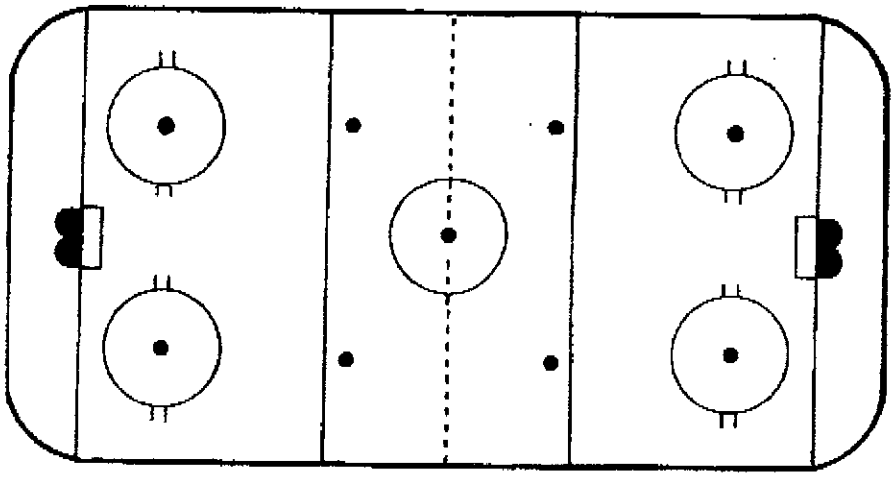
PHASE ONE ↑

PHASE TWO ↓



3/3 IN DEF. ZONE. IF PUCK GOES OUT OF PLAY IN NET OR OUT ABOVE TOP OF CIRCLES - IT NOW BECOMES 3 on 1 - THE OTHER DIRECTION $F_3 + F_4 + D_2$ VS D_5. $F_1 + F_2 + D_1$ go to BENCH HARD, WHEN PUCK CROSSES RED LINE. $F_5 + F_6$ COME SUPPORT D_5

- DRILL IS CONTINUOUS.



DAN MCKEE - NOV/2010

LLOYDMINSTER BOBCATS

FAX TRANSMISSION SHEET

TO: Enio Sacilotto	FROM: DAN NADEAU
COMPANY:	DATE: May 2nd, 2011
FAX NUMBER: 778-737-1387	
RE:	

COMMENTS: Here Are My drill I Put a Star by the Ones I Like Sorry I am out Of Practice Planners

TOTAL PAGES (INCLUDING THIS PAGE): 6

LLOYDMINSTER & DISTRICT
JUNIOR A HOCKEY ASSOCIATION
BOX 1122
LLOYDMINSTER, SK/AB
S9V 1E9
PHONE: (780) 871-0900
FAX: (780) 808-2616
www.lloydminsterbobcats.com

Lloydminster Bobcats Jr. A Hockey Club

P.O. Box 1122
Lloydminster, Sask./Alta. S9V 1E9
www.lloydminsterbobcats.com

Phone 780-871-0900
Fax 780-808-2616
bobcats@ajhl.ca

Book

"Hockey Tough" - Saul Miller

Quote

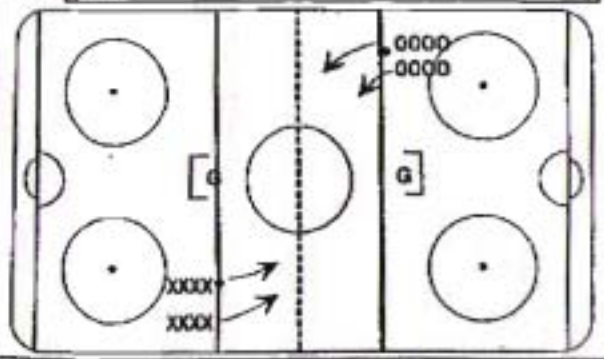
"Losers Quit when they are tired
Champions Quit when they hold the gold"

Fun

CAPITALS PRACTICE DRILLS

Name CUNNEY'S CHALLENGE

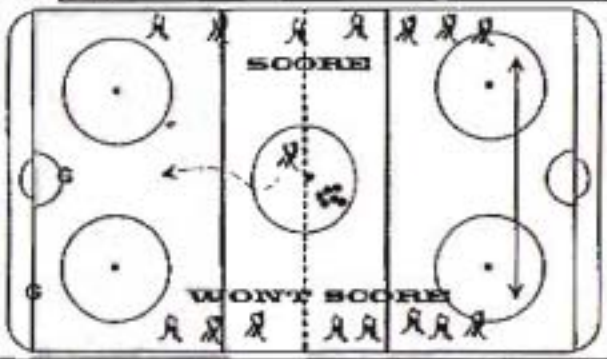
Type FUN



Players are divide into 2 teams and goals are moved up to blue lines. Each team has one puck and must score with that puck at other net. 2 skaters from each team play and must decide whether to defend or attack (2 on 0, 2 on 1, 1 on 1, etc.) This is a relay, when goal is scored, team must retrieve and give to next 2 players. Fun Drill

Name PEPSI CHALLENGE

Type FUN



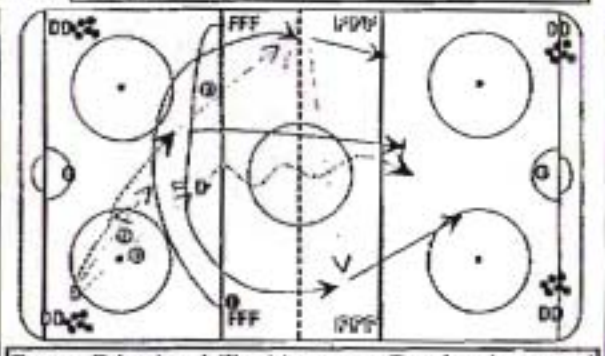
PLAYERS BET STOP AND STARTS (OVER AND BACKS) AGAINST A SHOOTER. PLAYERS WHO DECIDE SCORER WON'T SCORE LINE UP ON BENCH SIDE, OTHERS OPPOSITE, LOSERS MUST DO AN OVER AND BACK OR SOME PHYSICAL ACTIVITY. CONTINUE UNTIL ALL HAVE SHOT

CAPITALS PRACTICE DRILLS

Name: 2 ON 1, 2 ON 2, CYCLE
Type: 2 ON 1

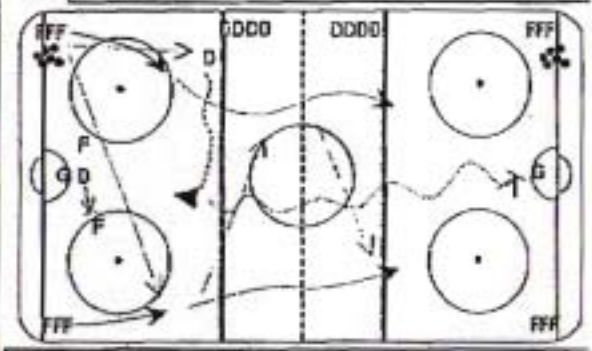
Coach plays puck to midboard, F picks up puck, turns to wall and plays it behind net to partner supporting. Proceed with 2 on 1 at goal, then follow with point shot. Part 2 has 2 defenseman working low

Name: 2 ON 1, 3 PASS
Type: 2 ON 1



Corner D begins drill with pass to D, who shoots and retreats for 2 on 1. Far F swings and bumps D's pass back to him, he then relays to other F and follows for shot at other end to begin again.

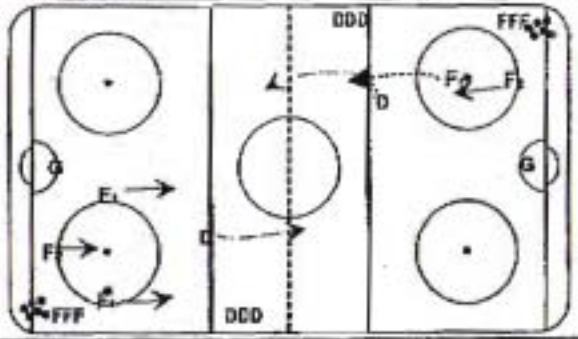
Name: 2 on 1, BATTLE IN FRONT
Type: 2 ON 1



Start with shot from D (walks to middle); 2 F's take off receive pass and attack 2 on 1. After attack shot, nex group starts with pass to point; 2 on 1 group battle a goal for screen/rebound. D should eliminate mos dangerous man.

* FAVE Drill *

Name: 2 ON 1 CHASER
Type: 2 ON 1

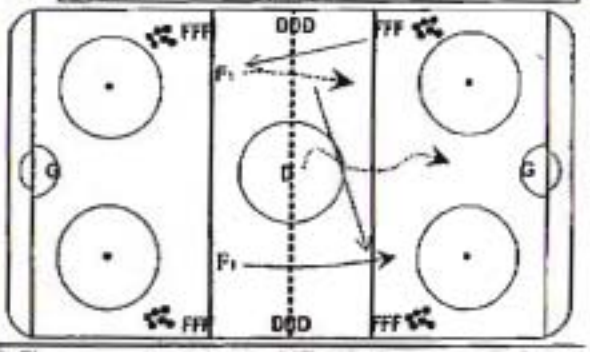


Attackers start on Dzone hash marks, chaser at bottom of circle, D on knee inside blueline. On whistle, both ends go, chaser must pressure attackers, D must communicate and take away middle.

Name: 2 ON 1 HALF ICE, 2 X's
Type: 2 ON 1

F's attack D from redline half ice. After original rush, F's support coach, receive pass and attack again. D must stall first attack and regain lost ground on 2nd.

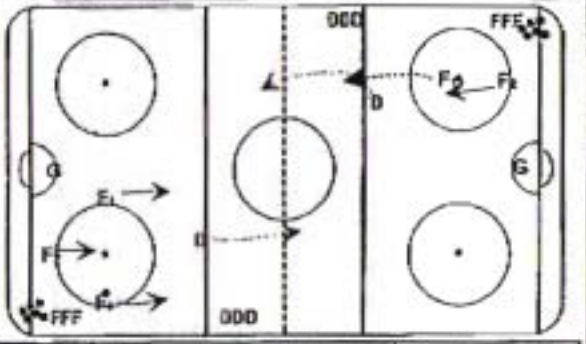
Name: 2 ON 1 QUICK ATTACK
Type: 2 ON 1



2 F's start stationary on NZ FO dots with D facing them at redline. Quick attack on coach's whistle Stress getting a shot on goal. After a few minutes, add criss cross.

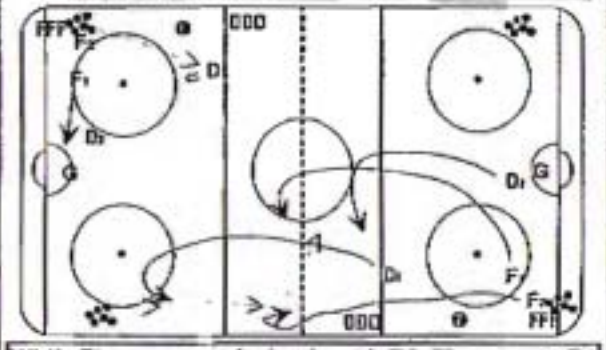
07/12/2006 03:47 3068255693 BOBCATS PAGE 04/06

Name: 1 ON 1, 2 ON 1, CHASER DRILL
Type: PROGRESSION



Part 1, F1 has puck on FO dot, F2 (chaser) starts at bottom of circle, D on knees or stomach at blue line. On whistle, full sprint 1 on 1 with pressure from chaser. Part 2, two F1's create a 2 on 1 with pressure from backchecker (F2).

Name: 1 ON 1 POINT SHOT, BO 2 ON 1
Type: PROGRESSION



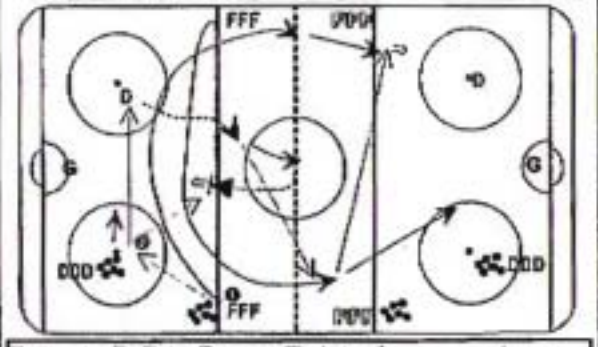
While F1 goes to net for battle with D2, F2 passes to D1 for shot at net. Following shot, D1 retreats to far end to get puck (coach may make pass), while F's regroup over redline. D2 must regain ice. Following attack 2 on 1, D2 becomes D1. Both ends can work at same time.

Team Drill

Name: 2 ON 0, 3 ON 0 FUN FLOW
Type: PROGRESSION

Part 1, 2 on 0, coaches pass to **underneath** man who advances puck to wide driving skater for shot. Part 2, 1st man skates pattern, 2nd drives rink wide, 3rd folds underneath, pass to 3 to 2 to 1 for shot.

Name: 2 on 0, Hober, D 2nd Shot Part 1
Type: PROGRESSION

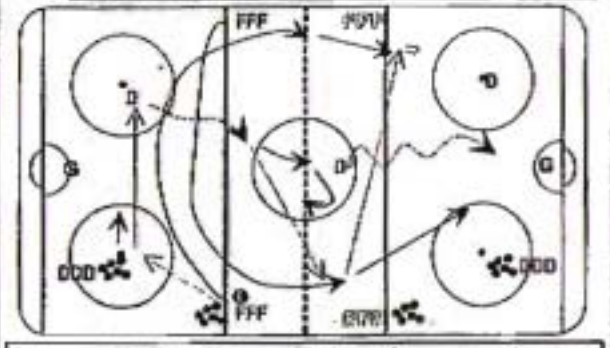


F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 0 (no goalmouth pass). D sprints to red, pivots backwards to blue, and shoots one-timer off pass from partner.

Name: 2 ON 1, 3 ON 1 FUN FLOW (PART 2)
Type: PROGRESSION

Coach passes anywhere to D who just defended, he must move puck quickly up ice. Skaters must time so D has good passing angles. Next step can be a 3 on 1.

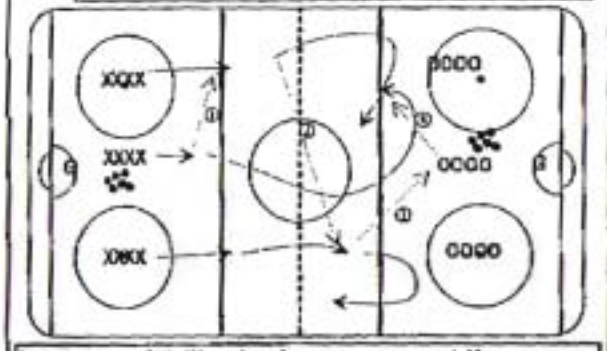
Name: 2 on 1, Hober, Part 2
Type: PROGRESSION



F pass to D, D to D pass, F's interchange, receive pass from d and go for 2 on 1 . D follows for return 2 on 1. Good flow warmup.

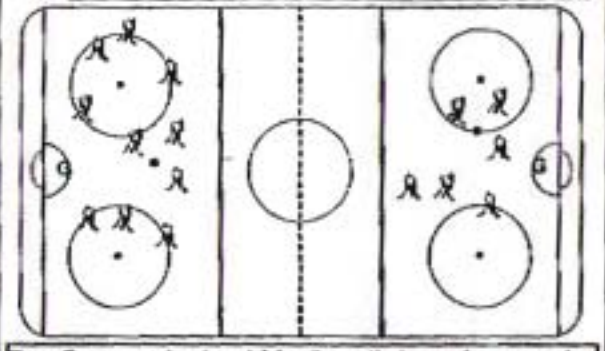
CAPITALS PRACTICE DRILLS

Name: 3 ON 0 PASSING
Type: WARMUP



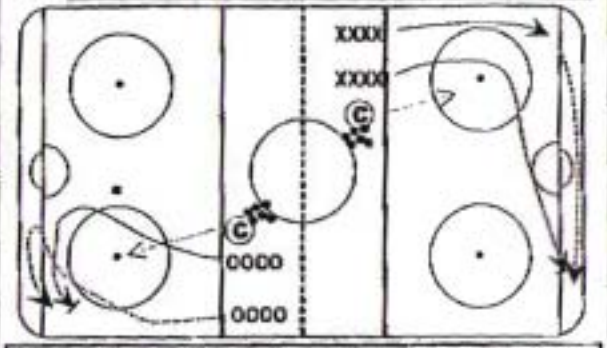
In groups of 3 (lines), players pass rapidly, regroup with middle line at opposite end, and return through NZ. Shot can be included.

Name: 5 ON 5 INZONE (2 PASS)
Type: WARMUP



Two 5-man units (could be 3 or 4), in each zone, play one another, must accomplish 2 passes before shooting.

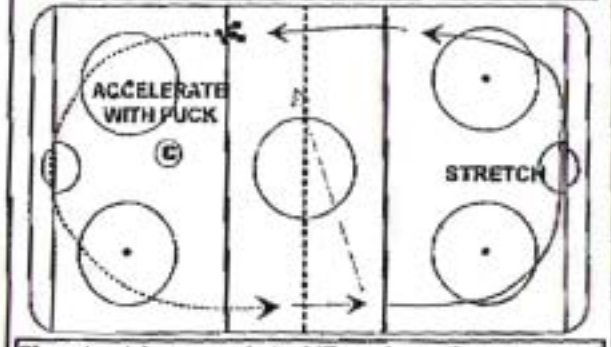
Name: ANGLING WARMUP
Type: WARMUP



Stress skill of eliminating man on forecheck. Coach controls drill. alternate cut back or wide drive. Defender must eliminate his man. Coach starts with dump.

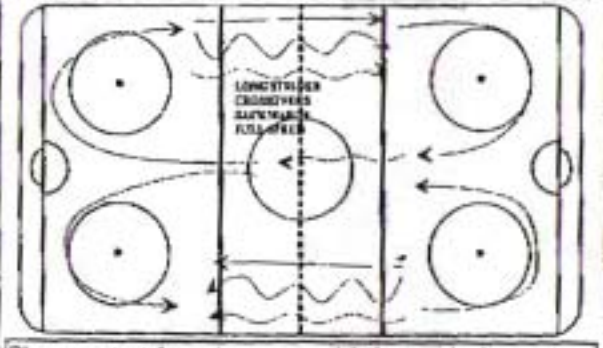
* Skill Drill *

Name: BEN'S WARMUP
Type: WARMUP



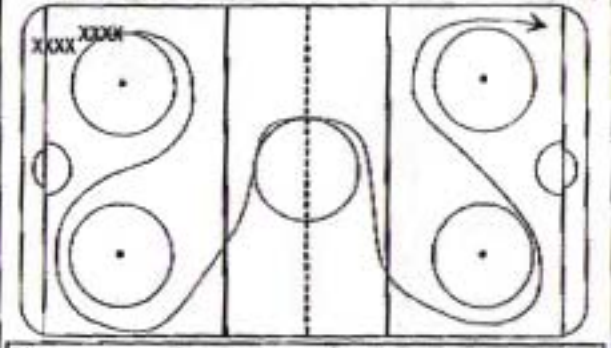
Player's pick up puck in NZ and accelerate around goal; they can be asked to stickhandle, use feet, etc., at blueline they will slow and pass puck across ice, through other zone they are free to stretch before continuing

Name: BUTTERFLY WARM-UP
Type: WARMUP



Players stretch going up middle, and do various skating exercises down each side. (Long strides, crossovers, backwards, pivots, full speed blue to blue).

Name: CIRCLE SKATE
Type: WARMUP



Players trace the circles. Coach instructs whether forwards, backwards, with or without pucks. Players should go in groups of 3 to 5.

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Neepawa Natives Junior "A" Hockey Club

Fax

To:	Enio Sacilotto	**From:**	Bryant Perrier
Fax:	604-792-4656	**Pages:**	4 (Including cover page)
Phone:		**Date:**	Jan 10, 2011
Re:	Drill Club of the Week	**CC:**	

Notes:

PERSONAL AND CONFIDENTIAL

ATTN: Enio

Enio,

I am faxing to you my drills for the DRILL CLUB OF THE WEEK. All the best to you and the guys. Have a great second half!!

Regards,

Bryant Perrier

"QUOTE"

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat."

- Theodore Roosevelt quotes (American 26th US President (1901-09), 1858-1919)

RECOMMENDED BOOK: The 21 Irrefutable Laws of Leadership.
By: John C. Maxwell

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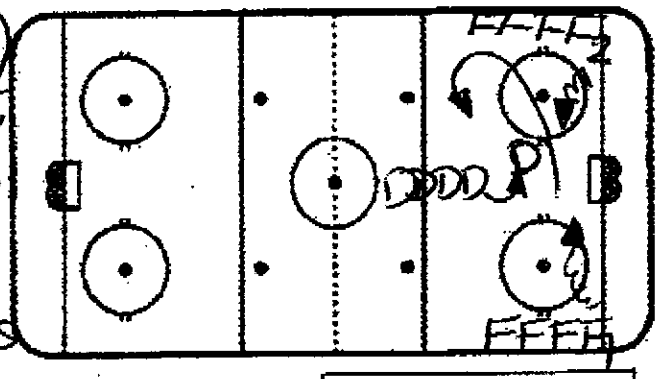
C	Coach		Puck Carrying
● ○	Forwards		Shooting
▲ △	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Lateral Movement
	Puck		Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2vs1)

F1 attacks net for quick shot, continues to opposite corner. Def moves to defend. F2 dumps puck to F1 + now attack F1 + F2, F2 after quick 2vs1 continues to opposite corner, + attacks net w/ F3. D, handles 2, 2vs1 is + is replaced.



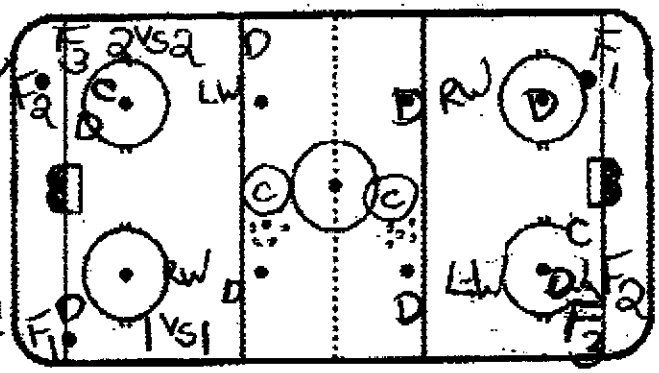
Key Teaching Points (KTP)
Great Drill for Goalies

Key Execution Points (KEP) file

Date: Duration 20 (Minutes)

Time: 20 Drill Name: (Defensive Zone Situation / 5vs5 Battle Zones.)

Coach blows whistle + 1vs1 starts. 1vs1 low coverage. after 1vs1 dissolves, Coach blows 2nd whistle to start 2vs2, 2vs2 low coverage.

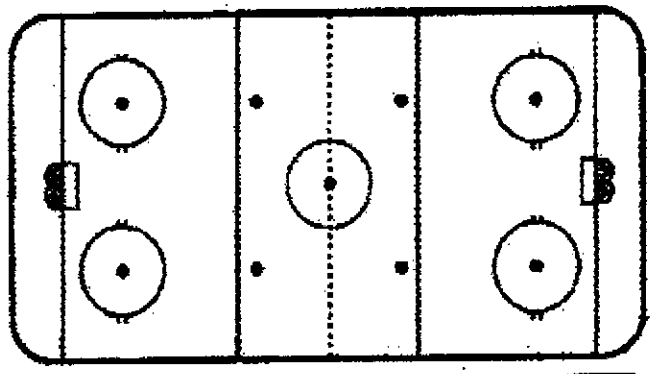


Key Teaching Points (KTP)
D's move on Blue Line + Wingers cover inside out. after 2vs2 dissolves, the teams switch.
*Option: 5vs5 coverage on 3rd whistle

Key Execution Points (KEP) file

Date: Duration (Minutes) 0

Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP) file

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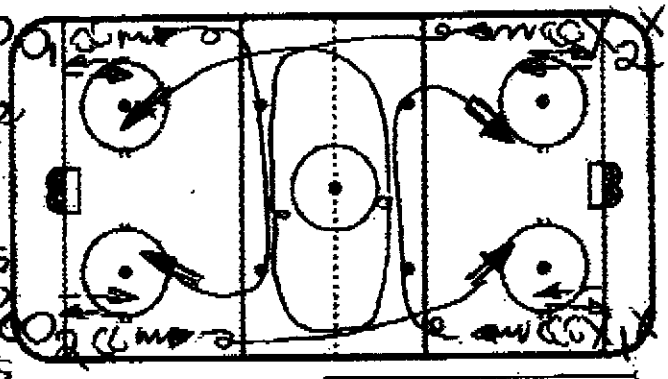
C	Coach		Puck Carrying
● ○	Forwards		Shooting
▲ △	Defenders		Pass
G	Goalie		Drop Pass
—‖	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks	—‖	Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name (Long + Short)

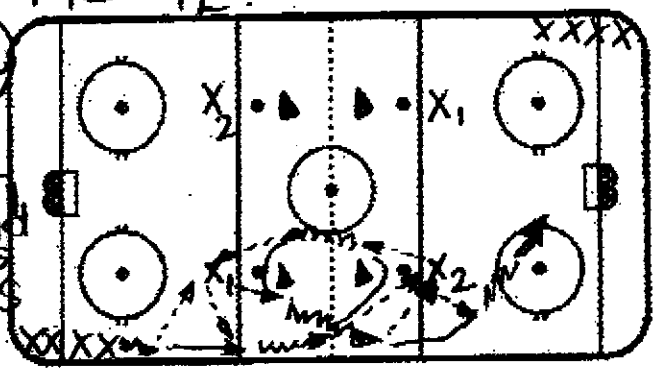


ALL 4 Lines begin on Whistle. Each Player STARTS w/ Puck + Pivots to Backwards. The players make a pass to their line + get a Quick return pass. The players then Pivot back to fwd + then skate into "NZ". The players from opposite corners skate the same route. O_1 + X_1 go short around the near dots + O_2 + X_2 skate around the far dots before taking a shot on goal. Each player must perform a high speed maneuver in the "NZ".

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

Date: Duration (Minutes)

Time: 10 Drill Name (Snake Drill)

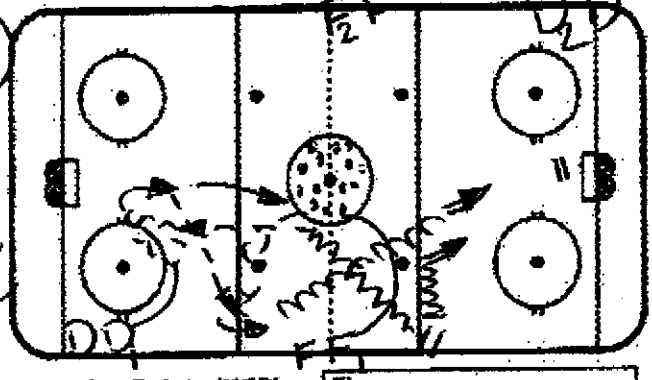


Start drill a same time. on taking the return pass from X_1, he stickhandles to the pylon passes to X_2, tight turn around the pylon + takes a return pass from X_2. He then stickhandles to the second pylon + passes to X_1 again. After curling around the second pylon he takes a return pass from X_1. Moves down the boards, passes to X_2 again + after receiving a return pass from X_2, cuts for the net for a shot.

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

Date: Duration (Minutes)

Time: 10 Drill Name (ORR TRANSITION)



F_1 + F_2 go a the same time after Regroup, F_1 + F_2 gets puck back, goes in for a shot. D_1 + D_2 gets 2nd puck @ centre they skate to the wall, skate tweed across to the middle for a 2nd shot. Fwd plays the Rebound.

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

604 792 4656

To: Enio Sacilotto

From: Kris Knoblauch

Team Building Activity

Scavenger Hunt

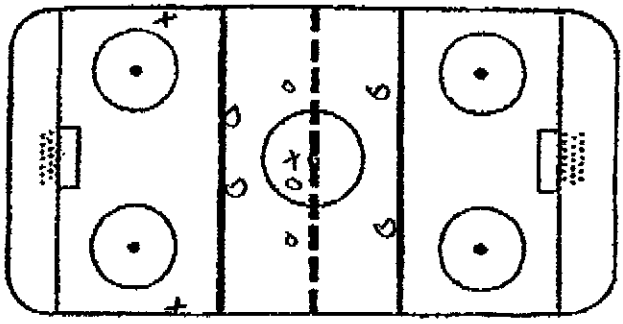
- Send each team out with a camera to catch each item on the list.
- Items on the list either fun or get players into sponsors' stores, hopefully both.
- Put together a slide show for the team to watch together.

Kootenay Ice Hockey Club

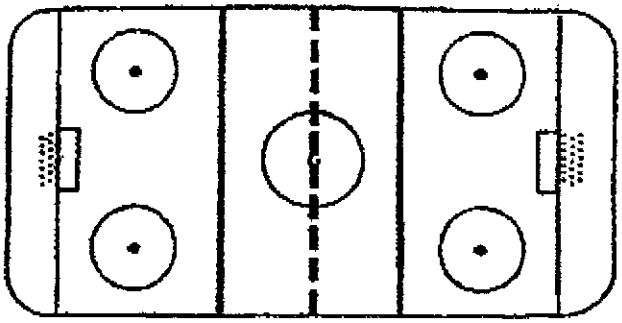
FOCUS: 1. _____ 2. _____ 3. _____ 4. _____

Date: _____
Time: _____
Duration: _____

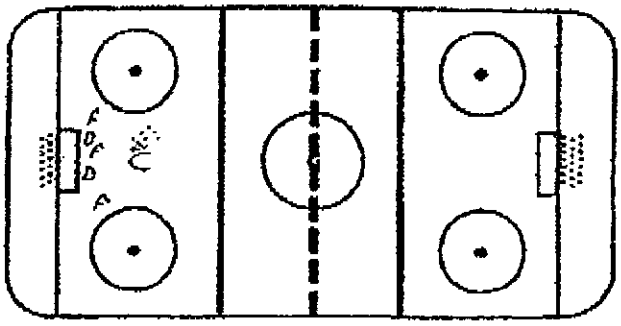
	Team Play
3. 5-3 / 5-5 • X dumps puck in and forechecks. • 3 Ds breakout with 2 D and attack other 2 D. X Backchecks. • immediately after attack coach blows whistle → Transition. • 2 X's attack other end. They cannot shoot or pass until they reach goaline.	

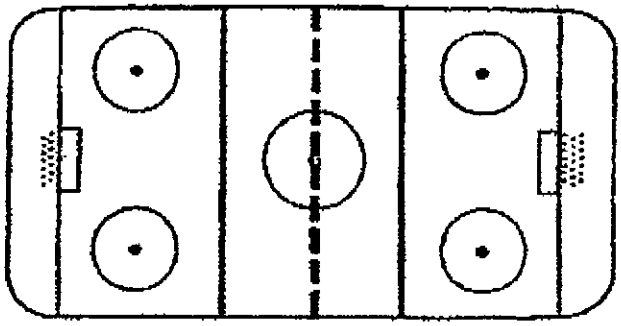


• play 5-5 until puck out of whistle.	



	Game
1. 3 vs 2 Net Front • 5 pucks, coach pass to one of forwards. Play each until whistle. • 0 goals – D win • 1 goal – Tie • 2 goals – Forwards win	





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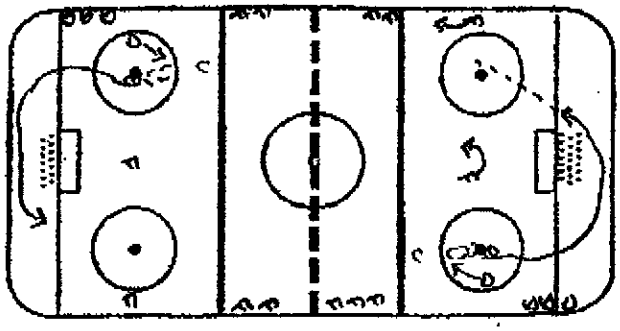
Kootenay Ice Hockey Club

FOCUS: 1. _____ 2. _____ 3. _____ 4. _____

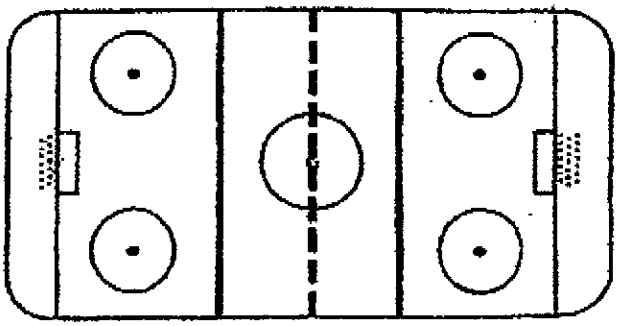
Date: _____
Time: _____
Duration: _____

1. Johnson Breakout (Favourite)
   - Whistle starts: 2 Forwards from each end touch red & into zone. D touch top circle and back to get puck that coach dumped into corner.
   - Coach forechecks. D need pressure. Either up or wheel. Pass to Forwards who attack 2-0.

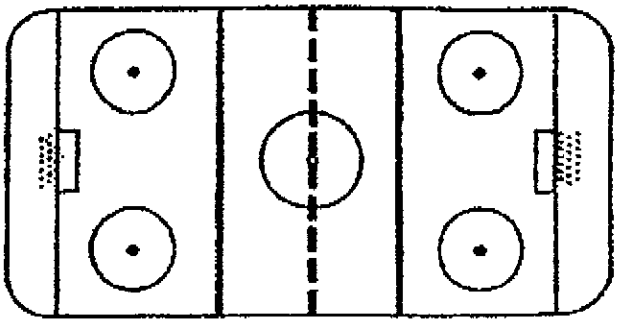


   - D follow up for 2nd shot.

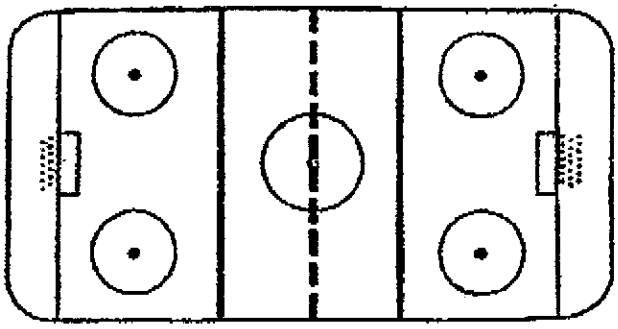
* Before each rep Coaches communicate pressure.
1. Stick in air → up breakout
2. Stick on ice → wheel breakout



2. Net Rebound Drill (Skill)
   - 1 net pushed down
   - 1 net placed behind other
   - Coach shoots puck off of crossbar of the net down. Player finds rebound and shoots into net behind.



* can also add D and make it a battle to get puck.



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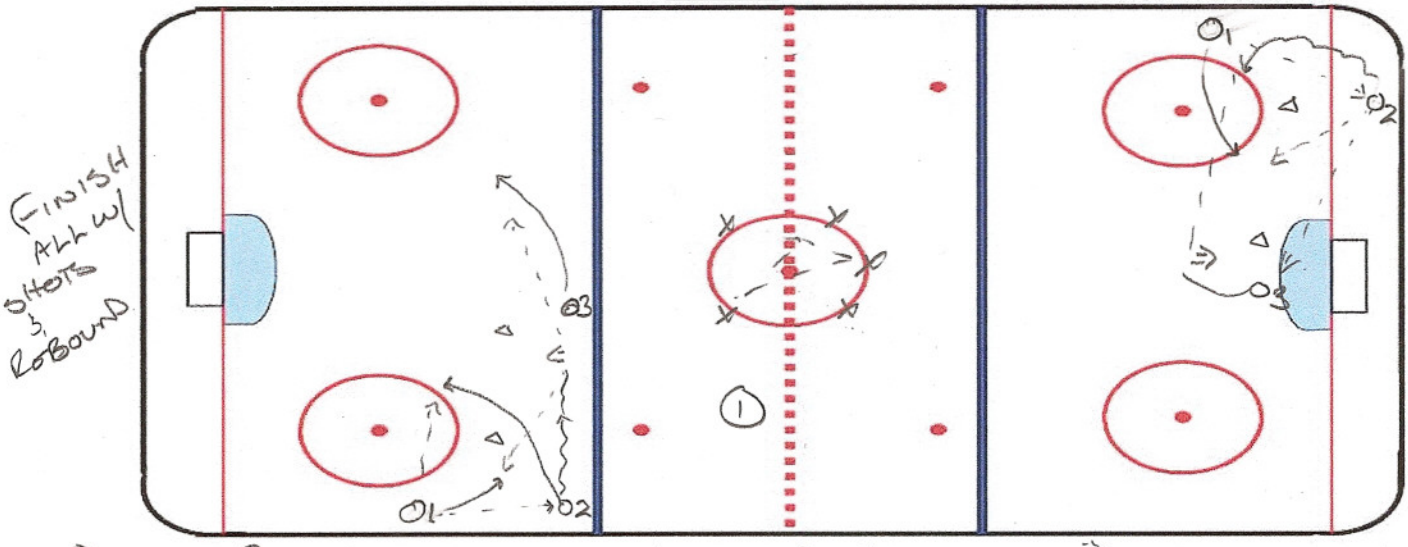
UBC WHKY – PRACTICE PLANNERS

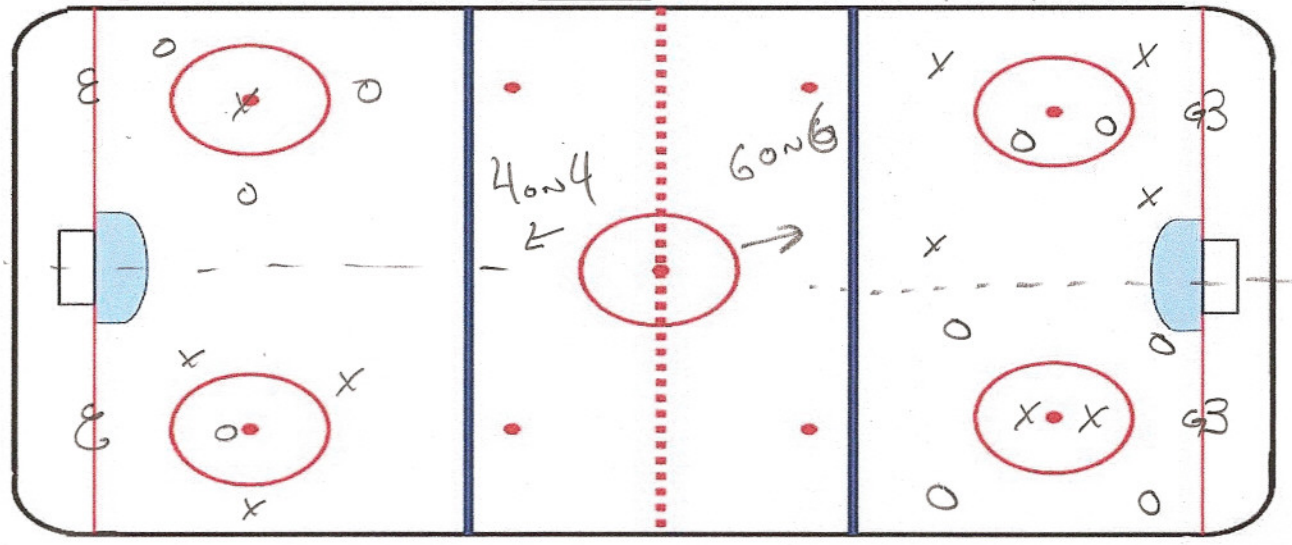
Drill Name: P.P. SKILLS WORK (3 STATIONS) (SKILL DRILL)



① START PASSING, ONE TOUCH; ADD 2ND PUCK - ADD "PIG IN MIDDLE"
② LOW 3 VS 2 - CREATING 2 ON 1'S - SKATING SEAMS - OPTIONS LOW.
O1 → O2 GIVE & GO. / O1 → O2 → O3 / O1 → O2 WALK UP WALL → O3 IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP. O2 → O1 HIGH CYCLE O2 DUMPS O1 → O2 DRAGS O3 SLIDE O1 FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6 (FUN/COMP.)

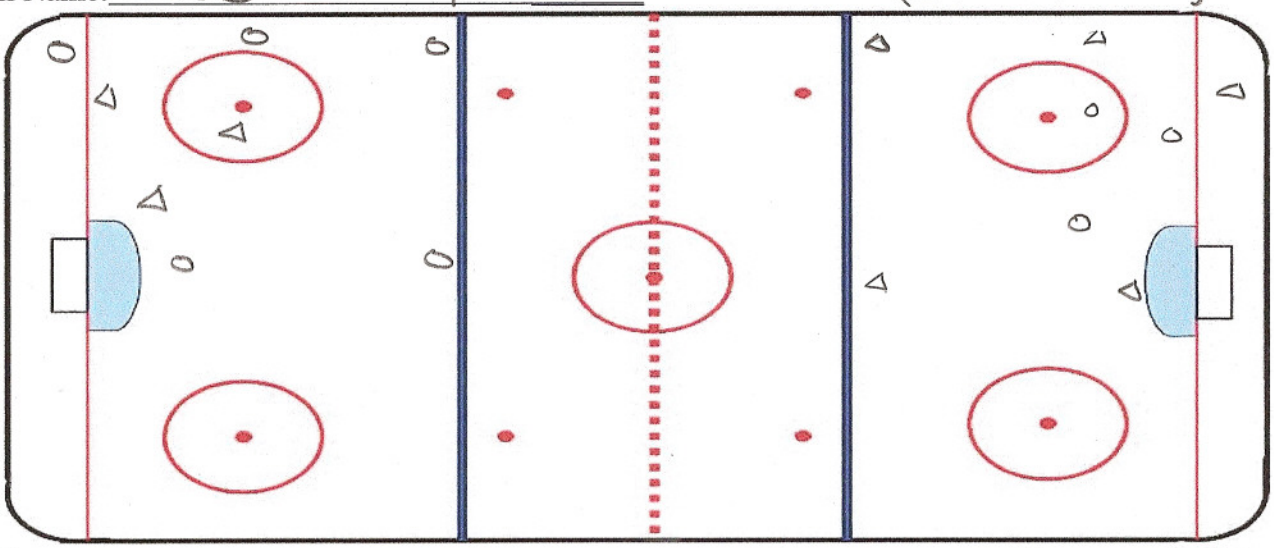


IMAGINARY LINE CUTTING ICE IN HALF NIETHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON THER 4 ON 2 HALF. OTHER 2 ARE KILLING THER HALF.
- CAN DO 4 ON 4 AS WELL OR 5 ON 5 BY ADDING ONE MORE KILLER TO 4 ON 4.

Key Teaching Points:

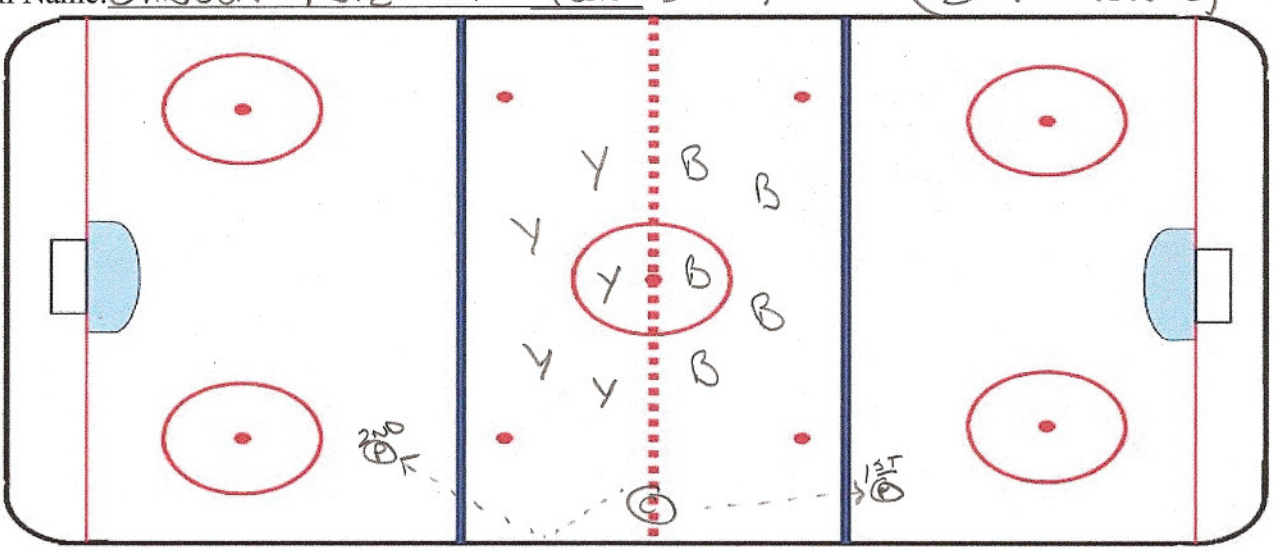
UBC WHKY – PRACTICE PLANNERS

Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



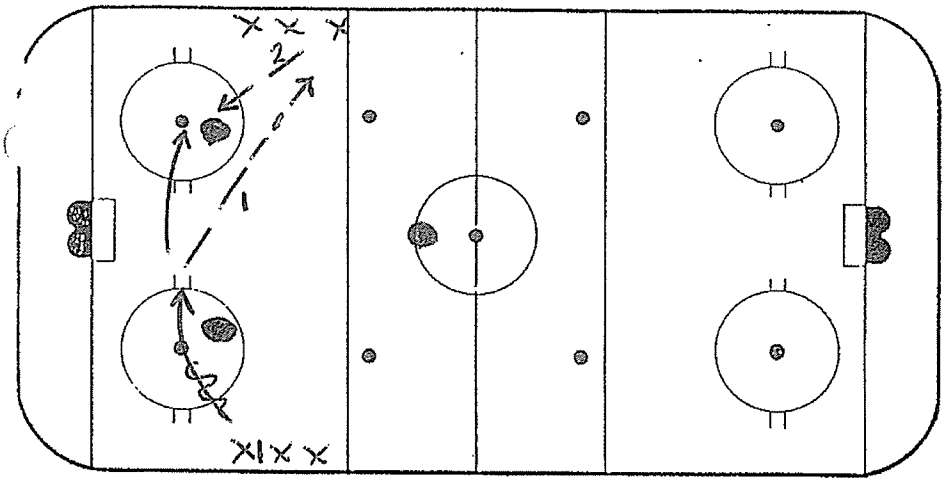
Key Teaching Points: 5 O's ON OFF PLAY LOW CYCLES. VS 3 Δ'S. O'S MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SECOND ETC. 3 Δ'S TAKE CARE OF HOUSE. OPPOSITE SET UP AT OTHER END. ONE END FOR 20 SECONDS, REST WHILE NEXT END GOES. KEEP SCORE O'S VS Δ'S EXTRA PLAYERS SUB IN

Drill Name: CANUCK N.Z. F/C. (CON'T 30 SEC) (DEF TEAM)



Key Teaching Points: © SPOTS Ⓟ RANDOMLY IN N.Z. B TEAM R/G'S THIS Ⓟ WHILE Y TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE © SPOTS 2ND Ⓟ Y TEAM TRANSITIONS ON THIS Ⓟ B N.Z. F/C. © KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO GAIN ANY ICE. Ⓟ PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BENCH.

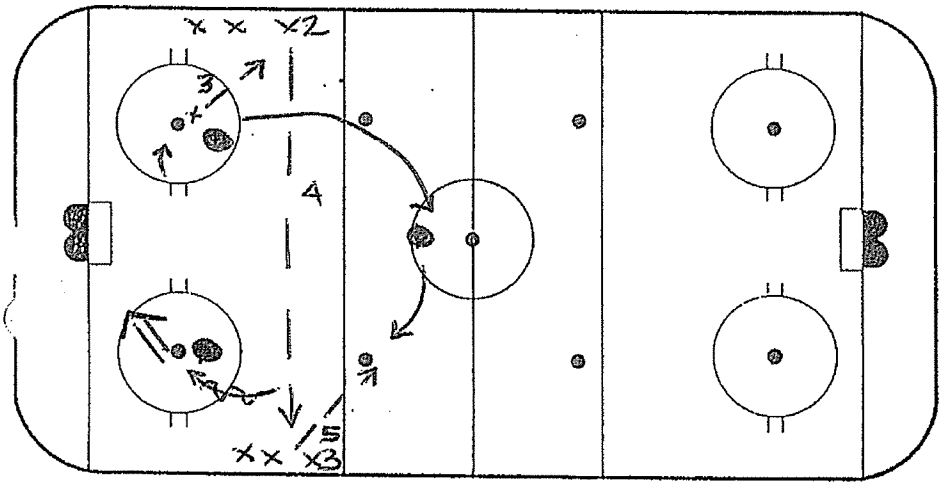
P. WOODS



WARMUP
SHOOTING DRILL 1

PLACE PYLONS TOP OF CIRCLES IN ALL 5 F.O. CIRCLES.

DRILL GOES BOTH ENDS.

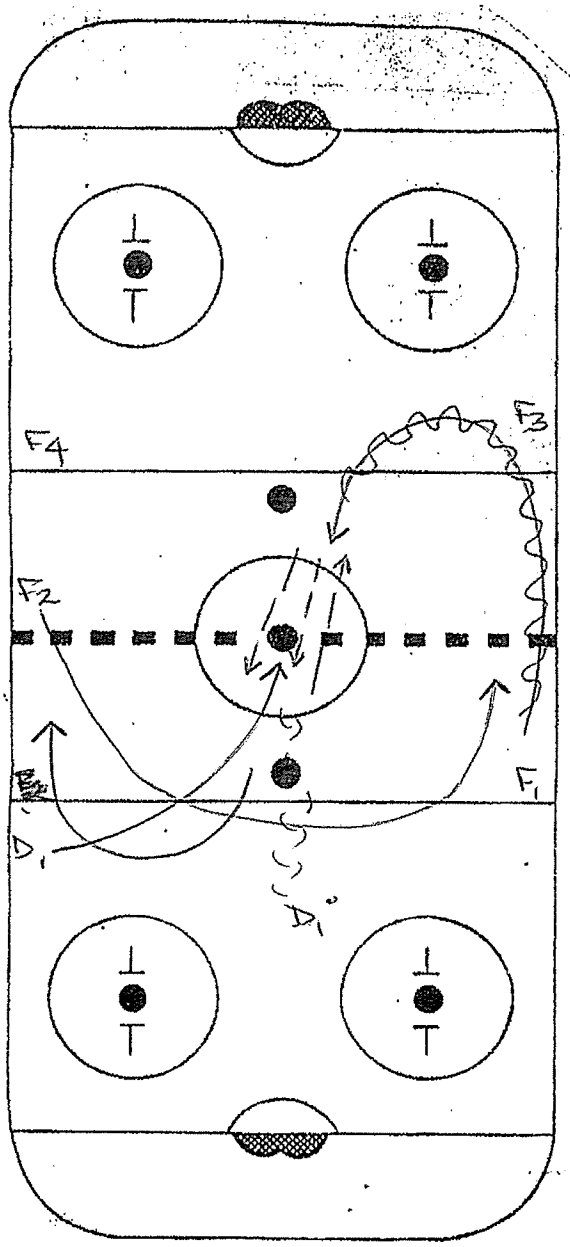


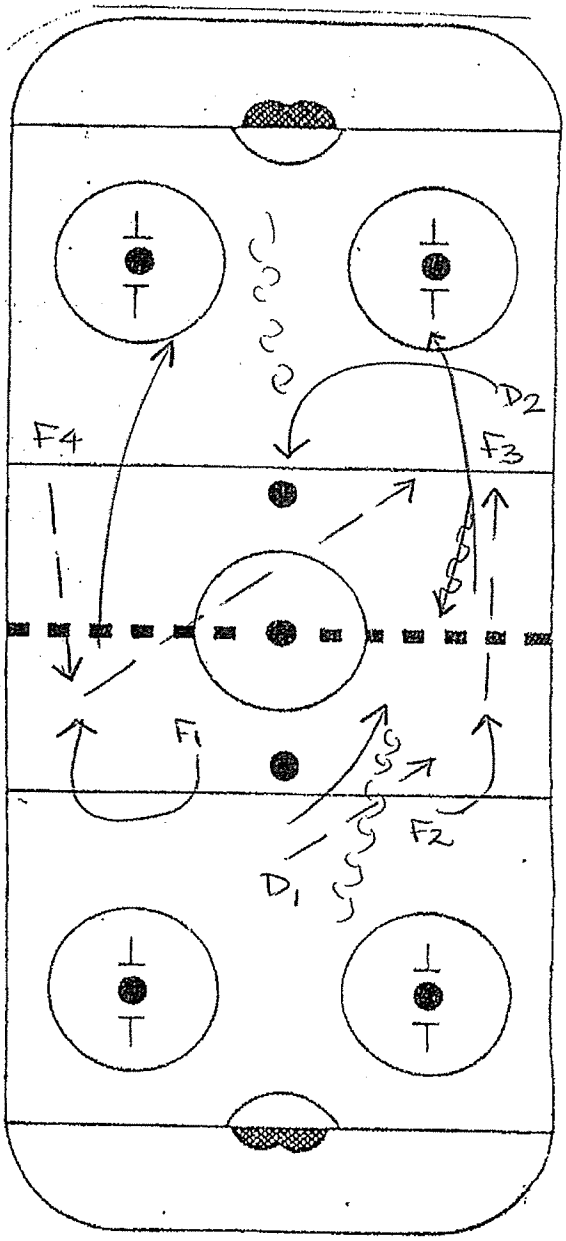
X1 COMES UNDER-NEATH 1ST CONE PASS TO X2 (NO.1)
X2 PASS BACK TO X1 (NO. 2)
X1 ONE TOUCH BACK AND SKATES (NO.3) PERIMETER OF CONES
X2 X-ICE PASS (NO.4) TO X3

X3 PASS (NO.5) TO X1 – X1 DRIVES/SHOOTS!

Category COMBO.

Drill Name KAZ → NZ, | 2x1 | 1x1.





Action

- F1 SWINGS HIGH TO BLUE.
- D1 STARS UP TO CENTRE BLUE.
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNEATH. X-ICE.
- D1 QUICK UP TO F2.
- F2 PASSES TO F3.

Teaching Points

- F1 RECEIVES PASS FROM F4
- F1 – F2 2x0, | 2x1

Action

- F3 ATTACKS D1 1x1.
- F4 STARTS DRILL OPP. WAY ROTATION.

F1 – F3 – F2 – F4

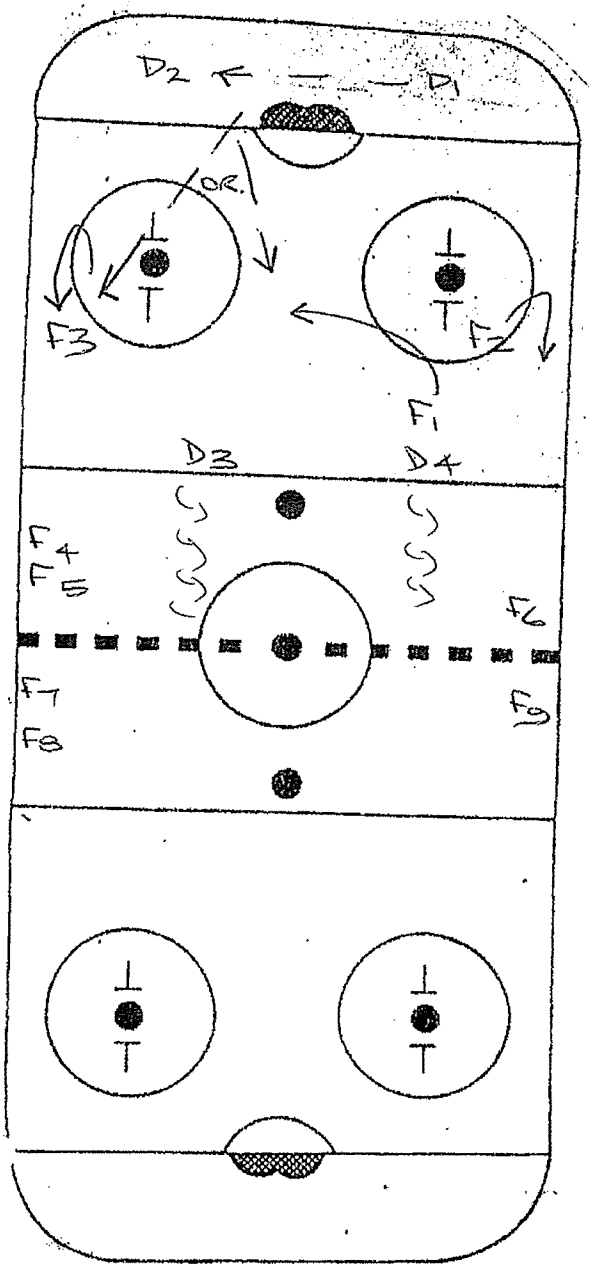
OR STAY ON SAME SIDE OF RINK AND ROTATE PUCKS AFTER 5 MINUTES

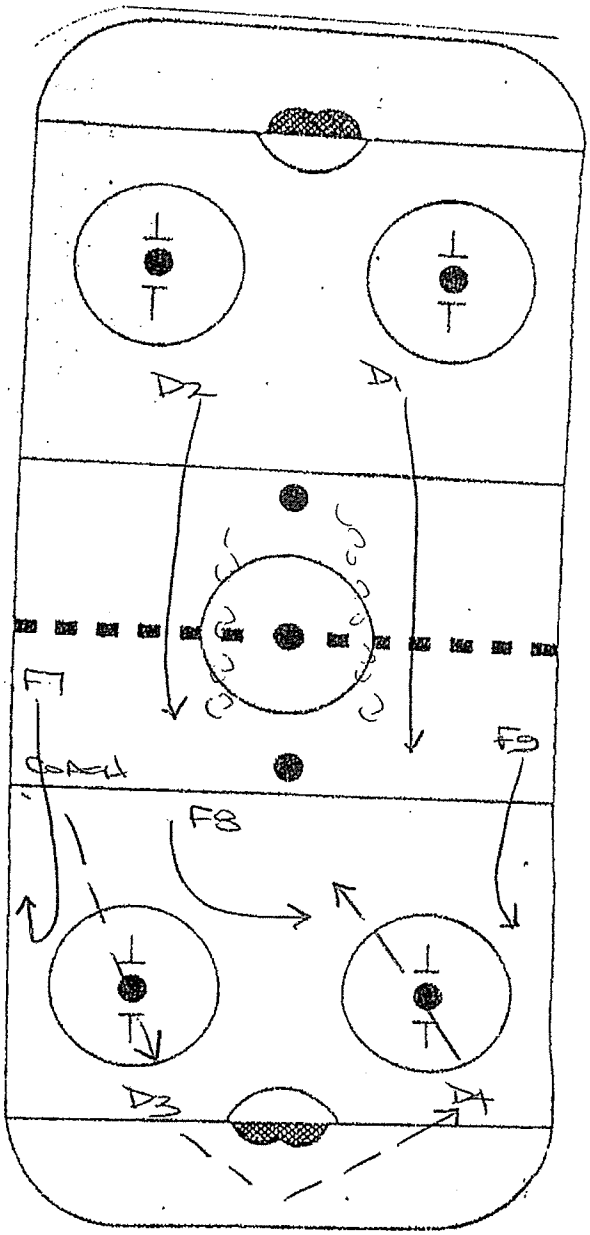
Teaching Points

- TIMING | EYE CONTACT
- COMMUNICATION
- SPEED | TRANSITION | N.Z

Category BREAKOUTS

Drill Name [redacted] CONTINOUS BREAKOUT.





Action

- COACH SPOTS PUCK FOR D1/D2
- PARTNER PASS D-D
  D - F1/F3 ATTACK 3x2.
- D1/D2 SUPPORT QUICKLY

Teaching Points

- ON WHISTLE COACH SPOTS PUCK TO D3/D4 FOR BREAKOUT WITH F7/F8/F9.

Action

- CONTINOUS 3x2 USING BOTH ENDS

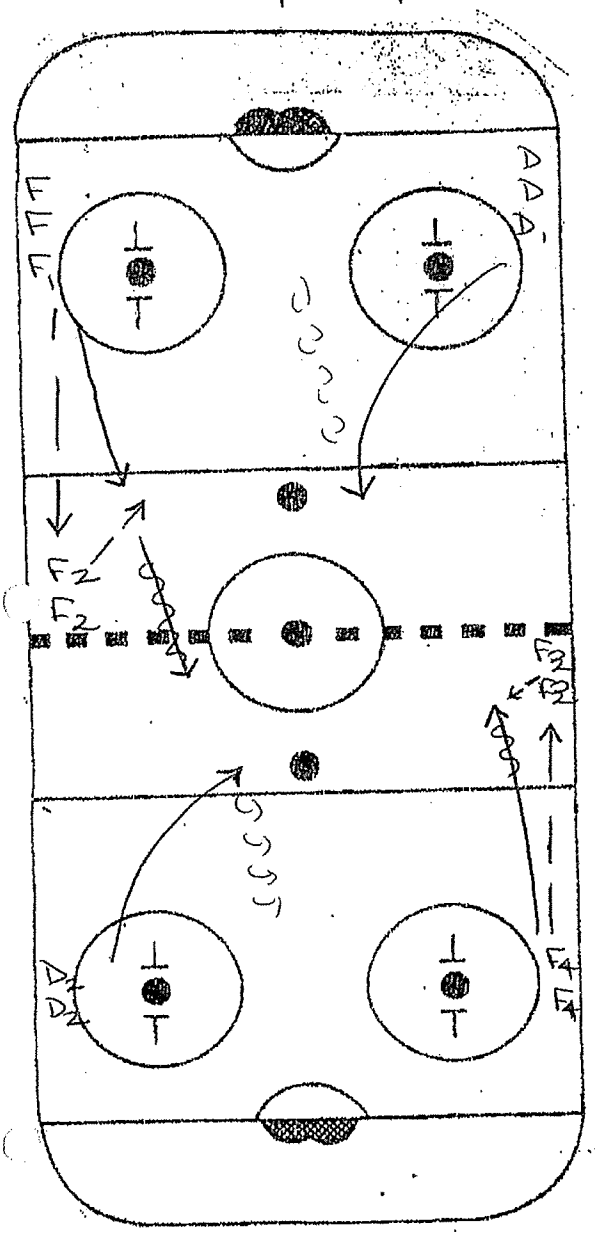
NB OFFENSIVE PLAYERS FOR. MIGHT BUT PRESS ON. NOT 3x2 (OFFENSIVE TRIANGLE.

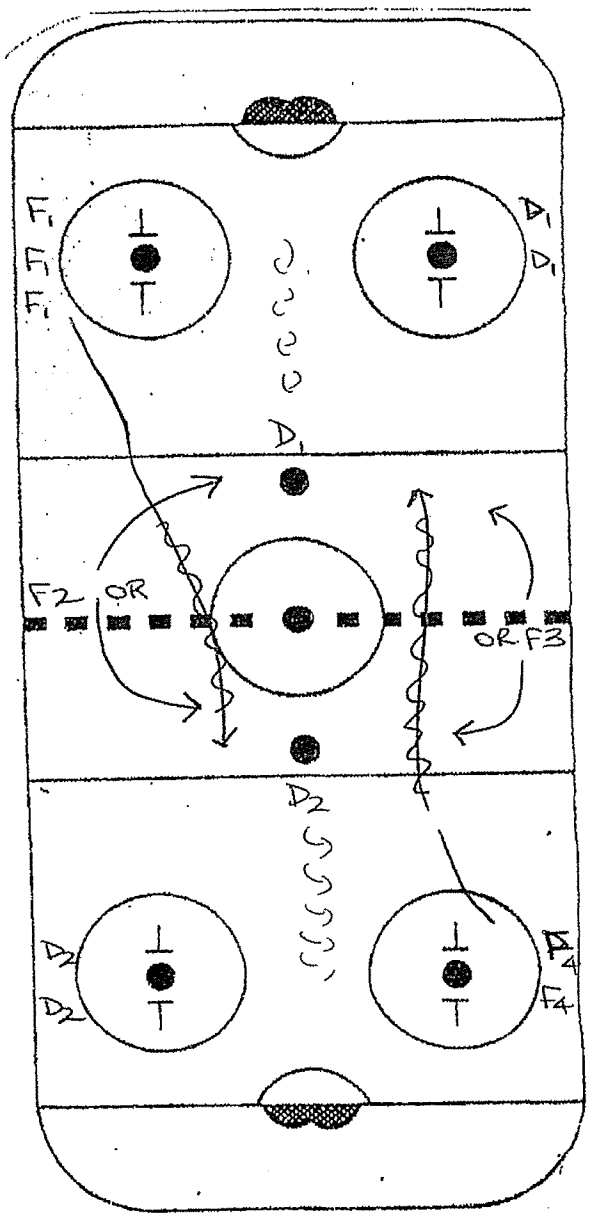
Teaching Points

- TAPE TO TAPE PASSING.
- EYE CONTACT
- GAP CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1X1 | 2x1 | 3x1





Action

- $D_1 | D_2$ START AT WHISTLE
- $F_1 | F_4$ PASS TO $F_2 | F_3$ RESPECTIVELY
- $F_2 | F_3$ ONE TOUCH BACK TO $F_1 | F_4$ AND THEN TAKE DECISION WHICH SIDE TO GO TO FOR SUPPORT.
- DRILL CAN DEVELOP INTO A 1X1 | 2X1 | 3X1 DEPENDING ON $F_2 | F_3$ DECISION ON WHO TO SUPPORT.

Teaching Points

Action

Teaching Points

FAX TRANSMISSION

UNIVERSITY OF VERMONT
DEPARTMENT OF ATHLETICS
PATRICK GYM
BURLINGTON, VT 05405
Fax: (802) 656-0949

To:	ENIO Scaletto	Date:	9/18/11
Fax #:	[redacted] (778) 737-1587	Pages:	3
From:	Joey Gaschnell	Phone:	
Re:	Drill of the Week Club		

COMMENTS:

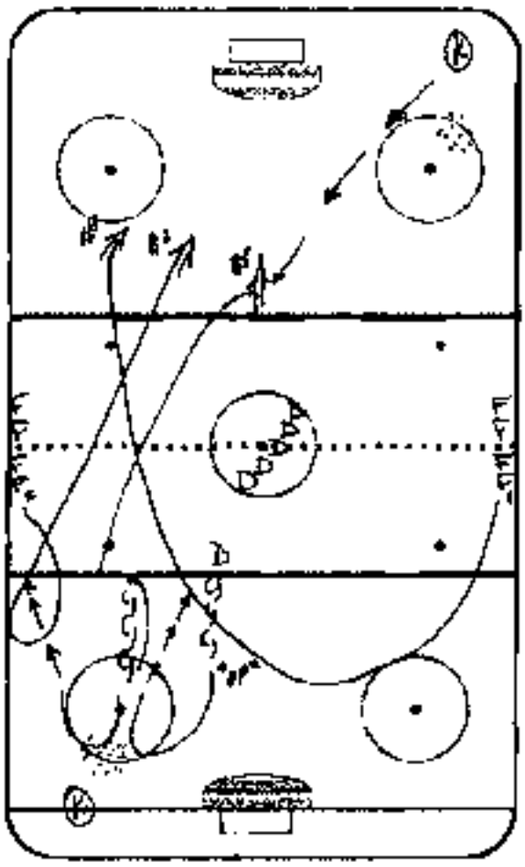
ENIO,

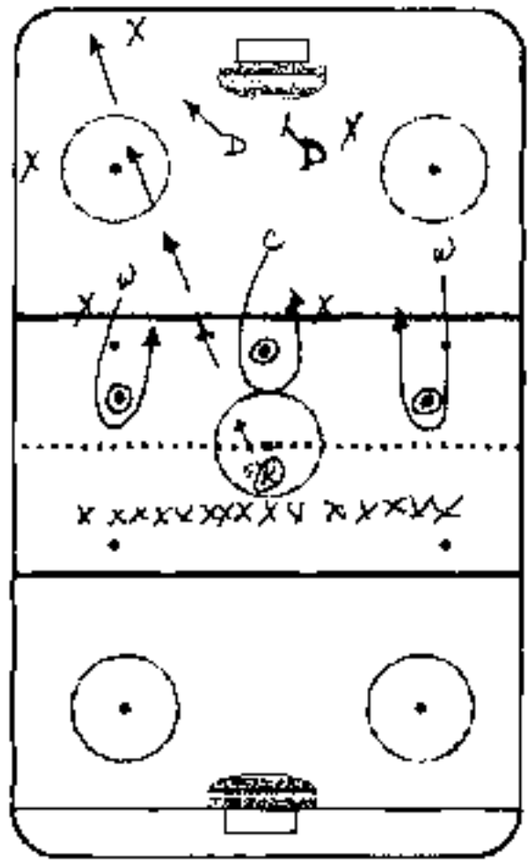
Sorry for the DELAY. Thanks again for putting this together!!

- Joey

This fax transmission originates from Fax telephone number (802) 656-0949. Should you have a problem with this transmission, please call (802) 656-3075.

VERMONT





START Drill in the Middle
- Both Ends at Same time
- Defensemen work Pivot – F3 Tracing

* Option → D can Skate to Face Blue w/my board
  - Ⓚ wrap puck
  - D – Collects, Jaags & middle for Shot #3

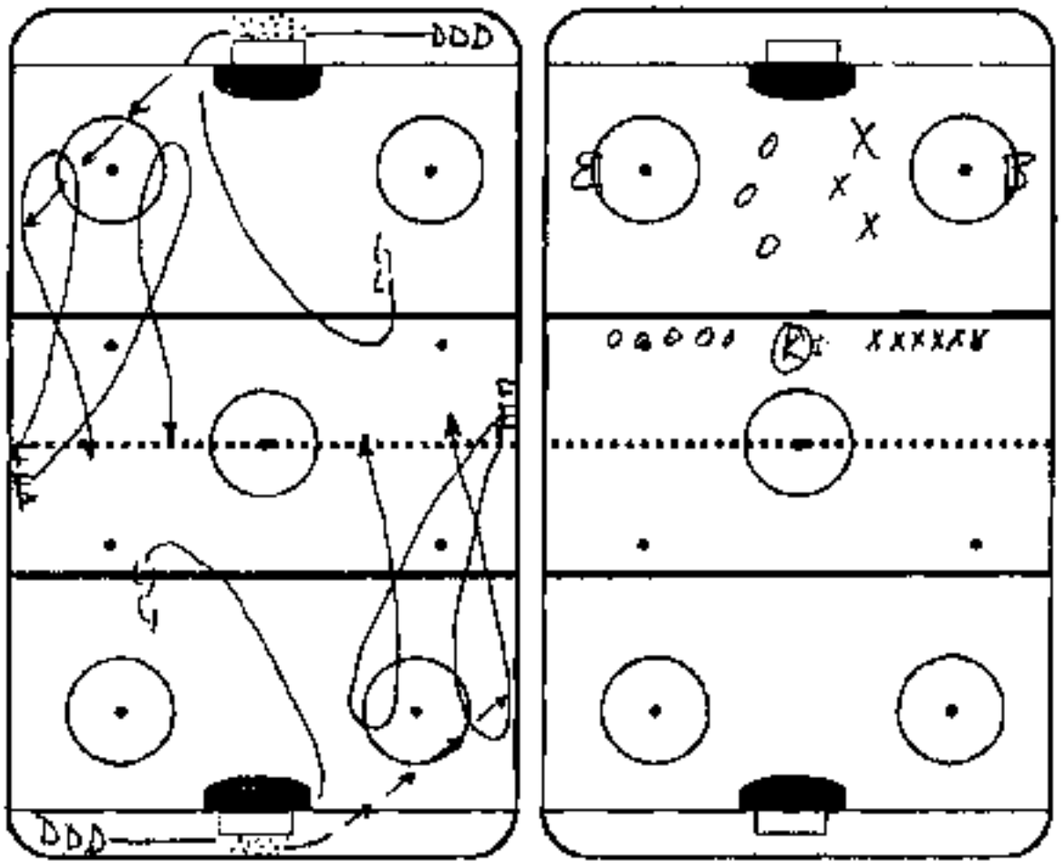
* Option → Use only 1 Forward to speed up / increase # of Reps for Drill

5 x 5 DZ Coverage
- On whistle Forwards Loop around the Trees in the NZ → then Back check into the DZ for coverage

- Coach drops puck to X's (F3)
  → They have to Get Touch the Puck then can Attack off cycle

* Defenders have to ID Puck Position & Communicate w/ Teammates for first responsive DZ coverage.

BREAKOUT



Begin 2x1 on whistle.
F's must get to Bottom Hash Mark.

F's work to exploit Gap!
Attacking w/ speed

D's must close gap! Rush
Rush performance

* Option → (K) can use whistle to change Attacking direction (F's respond)
→ D is Forced to re-gap
* Can be done w/ multiple whistles

Competitive Game

(K) decides situation – 2x2, 3x2, 3v3, etc...
• (K) can add Players at any time during shift.

* Great for working on Situation awareness & increasing communication

• Keep Score X v. O
• Shift Run on whistle ~30 seconds

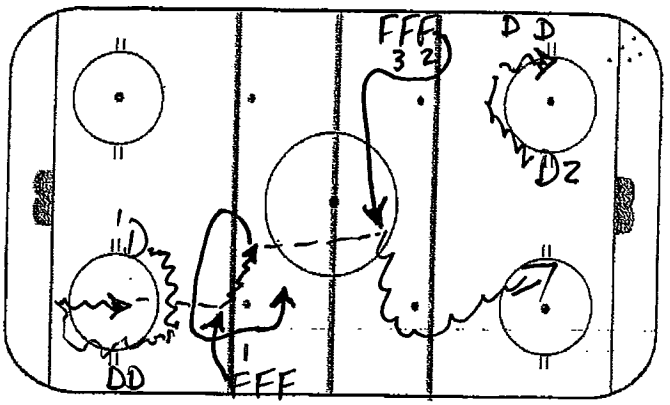
2010/2011 D.O.T.W.C

OLSEN SPORTS MANAGEMENT

Date:

Dan Olsen

TIME | DRILL NAME: Skill Drill | ☒ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): transition skating.

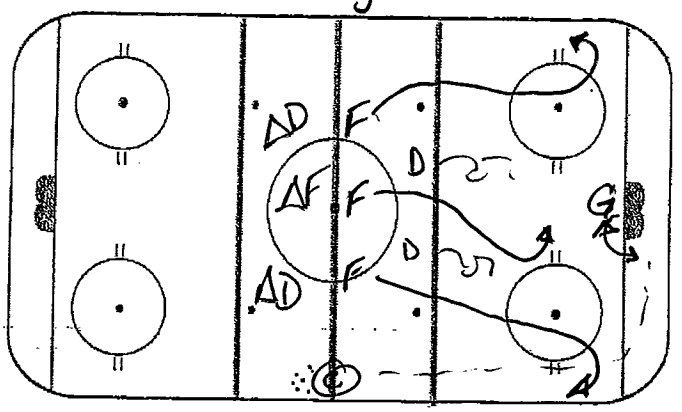
START: - passing (controlled) shootin
- D1 skates fwd to bcwd around circle w/ p̄, skating up ice @ bottom of circle
- D1 pass to F1 who jumps off boards into opening
- F2 accelerates to mid-ice to receive pass from F1 & goes wide for shot on net
- F1 curls back to original line & while moving preps for pass from F3 who is repeating drill w/ D2 on other side of rink.

KEYS: - continuous drill
- D work on transition skating & passing quickly
- F's control skate & prep to accelerate thru N-Zone
- use timing to accelerate @ the right moment for mid-ice pass.

ROTATION:

VARIATIONS/PROGRESSION:

TIME | DRILL NAME: Team Play. | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work F/C or "chip by"

START:
- C dumps p̄ for a unit of 5 to B/O
- have 1F & 2D apply passive resistance holding the blue line to force B/O unit to chip by (area) or dump to Quiet zones.
- unit of 5 forecheck the 2D & 1F hard - Should create offence on F/C &/or turnovers.
- on whistle C spots new p̄ in N-Zone, unit of 5 regroup & chip or dump again.

KEYS:
- C uses team F/C system
- players on F/C have to be aggressive & support wise.
- if 2D & F carry p̄ out of O-Zone punish the F/C unit w/ push-up-sit ups

ROTATION:

VARIATIONS/PROGRESSION: - add another F for 5 on 4 F/C. Progress to 5 vs 5. (A) No sticks. (B) Sticks over.

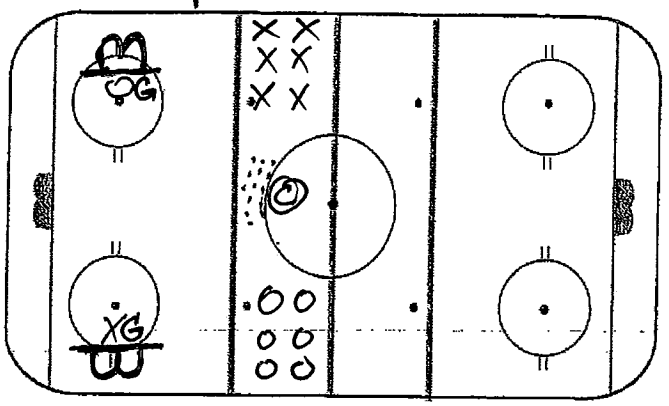
2010/011 D.O.T.W.C

Date: Dan Olsen

OLSEN SPORTS MANAGEMENT

Fun &

TIME | DRILL NAME: Competitive drill | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): 1 vs 1 - times 3

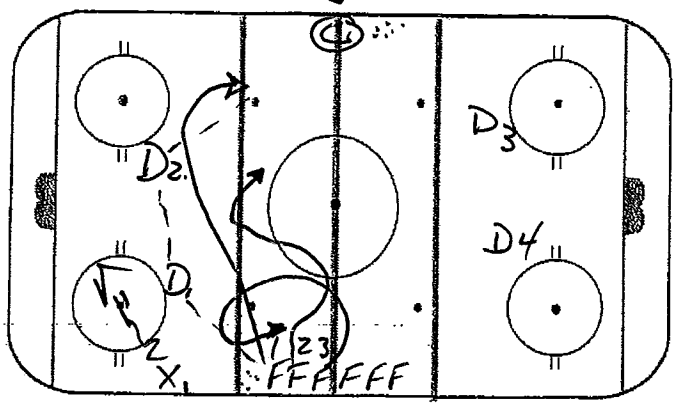
START
- C sends in 3 p̄ as 3 O's & 3 X's go into retrieve.
- 3 sets of 1 vs 1 inside the blueline.
- combatants must continue to play 1 vs. 1 until they score
- when goal scored the 2 playing 1 vs 1 are done & exit zone quickly
- C spots new p̄ & 2 new 1 vs 1 starts.

KEYS
- G Keep eyes open, heads up
- players heads up, on swivel
- no penalties.

ROTATION

VARIATIONS/PROGRESSION

TIME | DRILL NAME: 3 vs 3 Tiger | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work regroups & counter attack.

START - work 3 vs 3 low
- work gap control, regroups & attack triangle to 3 vs 3 low
- on C whistle F line pass to D1 & D2.
- 3 F's fill lanes to support & receive p̄ from D1 or D2
- X1 (B/C) skates in & shoots then joins D1 & D2 to defend
- F1, F2, F3 regroup w/ D3 & D4 & attack D1, D2 & XF1 3 vs 3

KEYS - on second whistle
- C spots new p̄ for low 3 vs 3.
- next whistle 3 new F's start w/ D3 & D4
- place new F as B/C

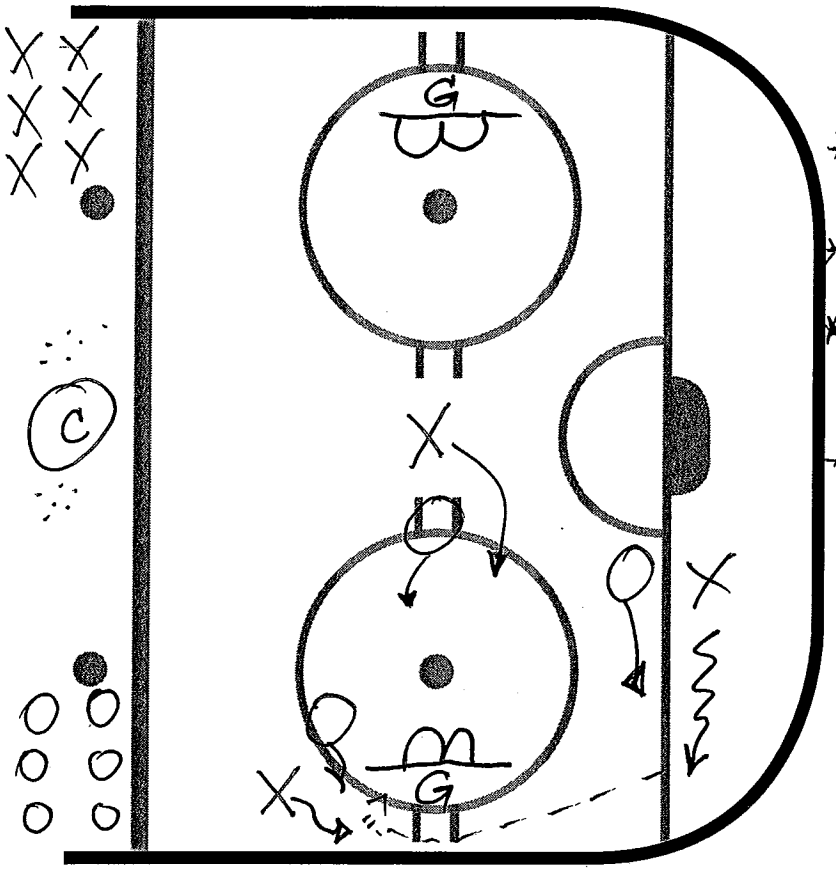
ROTATION

VARIATIONS/PROGRESSION

BOOK RECOMMENDED: Outliers: The Story of Success. by Malcolm Gladwell.

Enio.

Favorite Drill

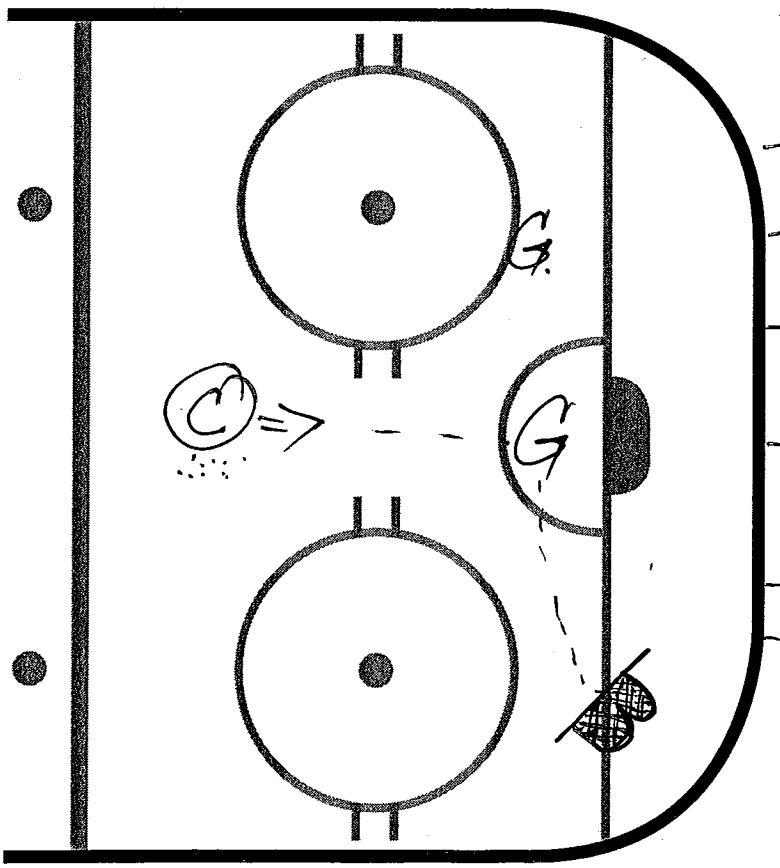


My Drill: 3 vs. 3 Reverse the Nets.

* turn nets so they face the boards.
* game is 3 vs 3
* play for 30 - 40 Secs. then change.
* Variation: go 4 on 4 or 5 on 5.

NOTES/COMMENTS
Develops G vision
Develops support
Develops quick & board passes.

Goaltender Drill



My Drill: Rebound Goal Game.

- use opposite net on either side.
- object for G is to direct shots into open net to side.
- G gets 1 point for every p̄ directed into open net
- © or player shoots p̄ to the side G wants to control & direct to net.
- Keep score.
- change sides after while.

NOTES/COMMENTS
- teaches rebound control
- comp. between both goalies.

D.O.T.W.C 2010/2011

Dan Olsen
timbercoach@hotmail.com

To: Enid's Drill Club "2011"

From Gardiner MacDougall

Enclosed Drills for 2011 plus some Quotes to use.
Thanks for Drills today for tomorrow" GM

1. "Nothing worth getting comes easy. There is a price to pay to achieve success in hockey as well as in life. The reward, however, is so worth the journey" Rob Blake – Stanley Cup Champion 2001 on Life lessons.

2. "The biggest thing I took away was to just really embrace the concept of focusing on what you do, not the result. What I mean by that is you shouldn't go out and try to score a goal; you should do all the little things that will lead up to scoring a goal. So you really have to focus on the task at hand versus looking ahead at what the reward might be" Kirk Muller, Montreal 1993

3. "Determination. It takes a lot of determination to reach your goals, whether they are in hockey or in life. To become a champion in hockey you have to pay the price. The Stanley Cup playoffs in general are really a test of your will. They are a test of your ability to stay strong and to deal with adversity. If you can do those things and persevere then you will be successful. It won't guarantee you a championship, but it will guarantee you an opportunity" – Steve Yzerman, Detroit 1997, 1998 and 2002.

4. "There style has been contagious", added Scotty Bowman. "they've built a fire under the whole team. These young guys have desire and desire is the number one priority today. Everyone wants players who work, because it has been demonstrated that work can beat superior talent. I honestly can't say that I expected that much form either Risebrough or Tremblay, but that line has been the sparkplug of the club. They all play a good aggressive game and give the rest of the team a lift.....These kids never accept defeat." – The Kid line in Montreal in 1975 Tremblay, Risebrough and Lambert.....maybe the beginning of the "energy line we refer to today, but one also must remember the Philadelphia Flyers at this time. Montreal had to counter them with this type of play. The Kid Line helped transform the Canadians from a team that had relied solely on offense to a more balanced team with a renewed focus on the defensive side of the game. Bowman and Pollock (the brain) also got Gainey, Jarvis and Jim Roberts (Pollock was brilliant in getting Gainey and Jarvis)

5. Doug Jarvis was the final piece of the puzzle for the Canadians. Bowman had wanted Montreal to become a team that controlled the game through puck possession. As promised by Roger Neilson, Jarvis's faceoff skills were among the best in the league.

Funny, so many things that went on in the 70's still apply to the game today.

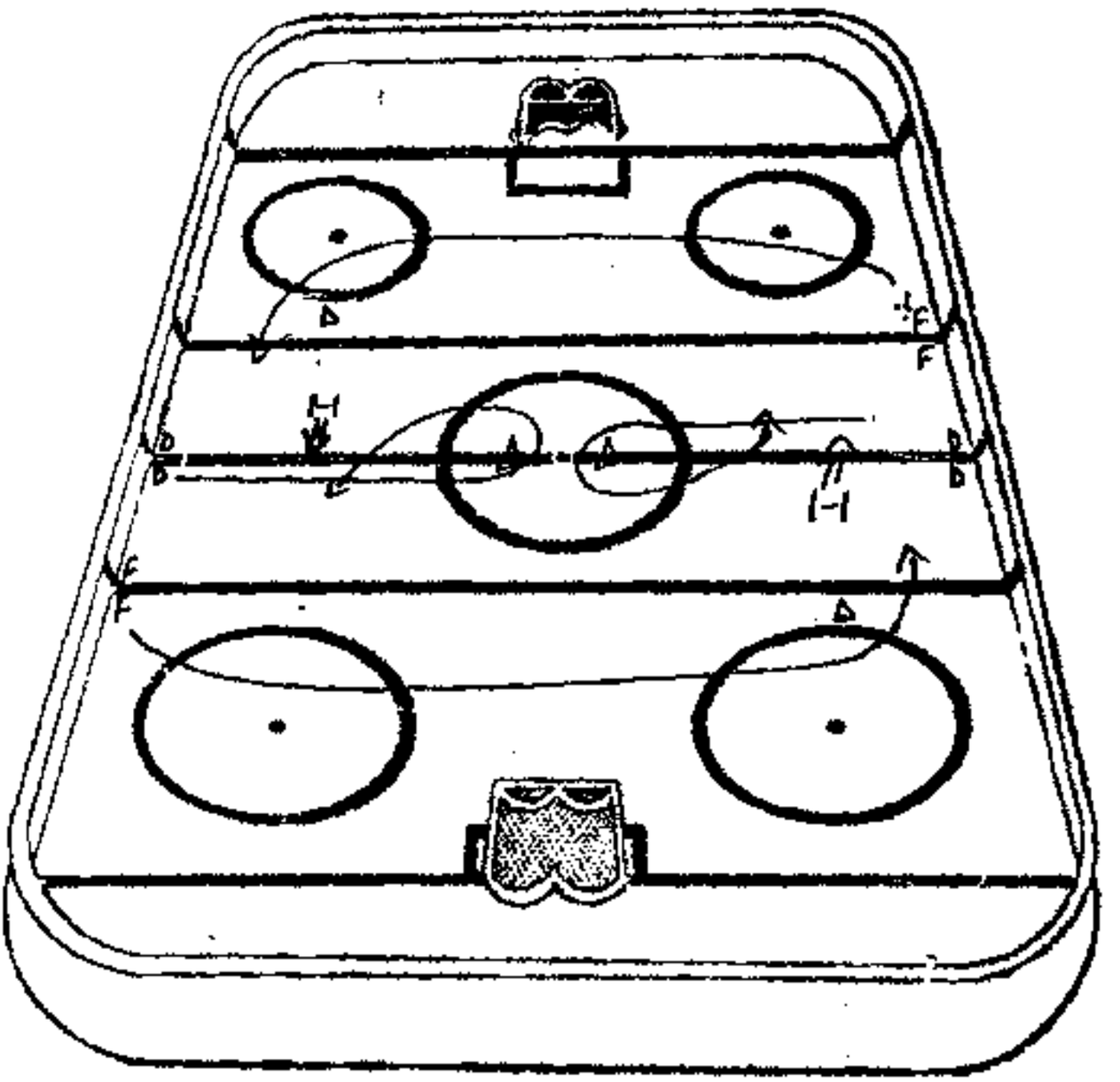
Have fun at your weeks work.

1 Final Quote

"Adversity is Ruler of the Weak
An Instrument of the Strong"

6047924656

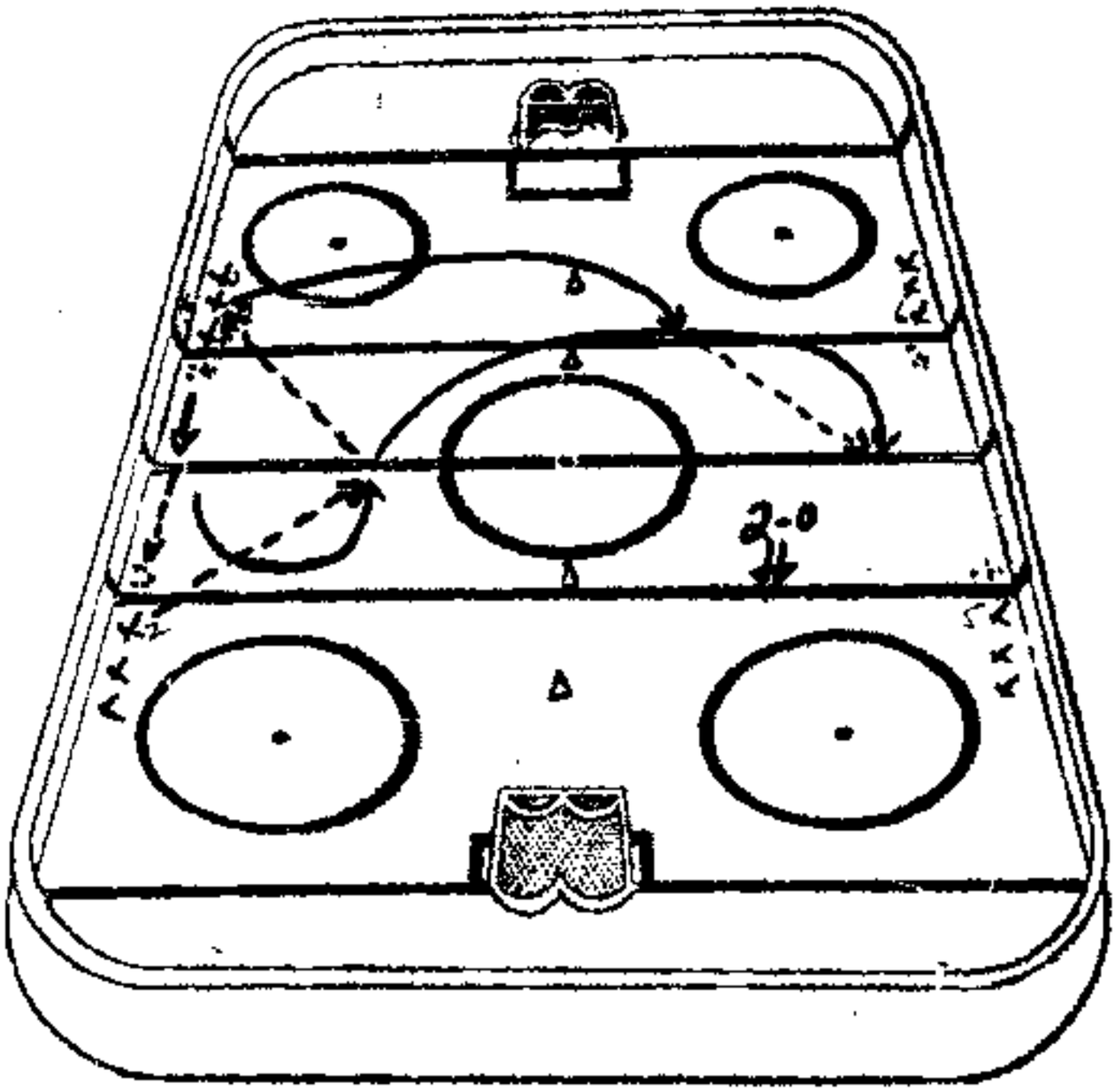
ROSEHILL 1-1



→ ON WHISTLE F^S SPRINT TO FAR WALL, PAST PYLONS. ATTACK D WITH SPEED 1-1.

→ D^S SPRINT TO CENTRE ICE PYLON, TURN, THEN PIVOT TO PLAY 1-1 VS. F.

SNITA DOUBLE DRIVE 2-0



$X_1 \rightarrow X_2$

X_1 opens up for return pass from X_2

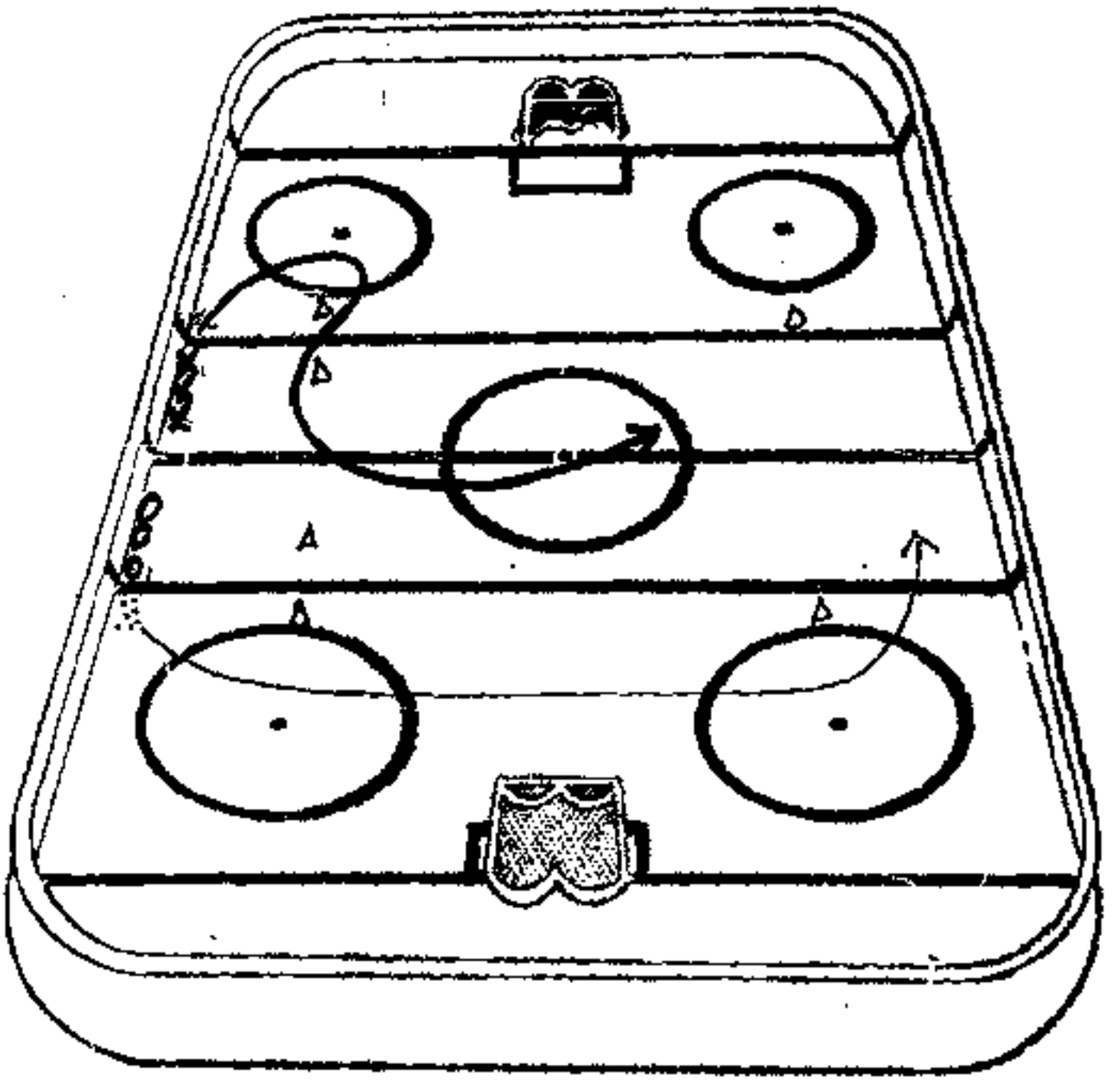
X_1 then lines to X_3 (next in line)

X_1 opens up thru pylons, X_3 under pylon + passes to X_1

X_1 + X_3 go 2x0 net X_1 w/ shot

X_5 & X_6 go same time from alternate side.

1x1 Rumble Angling



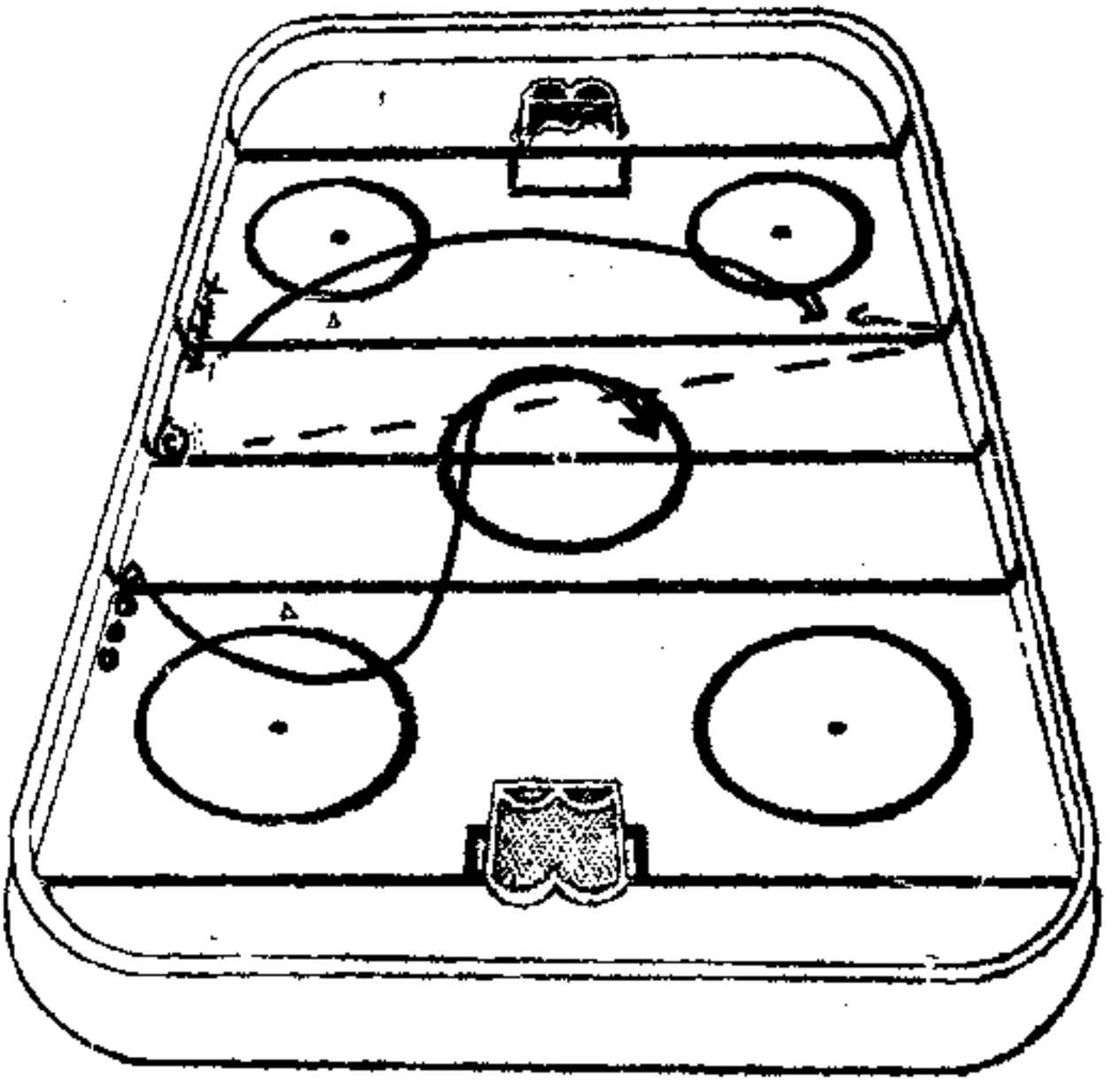
O_1 + X_2 START ON WHISTLE

D1 Attacks for pylon wide, looks to score at far end

X1 Goes thru 2 pylons, then angles to turn puck over

& PLAY TO THE WHISTLE

MAONGIAC ANGLING 1-1



X, goes wide drive with puck

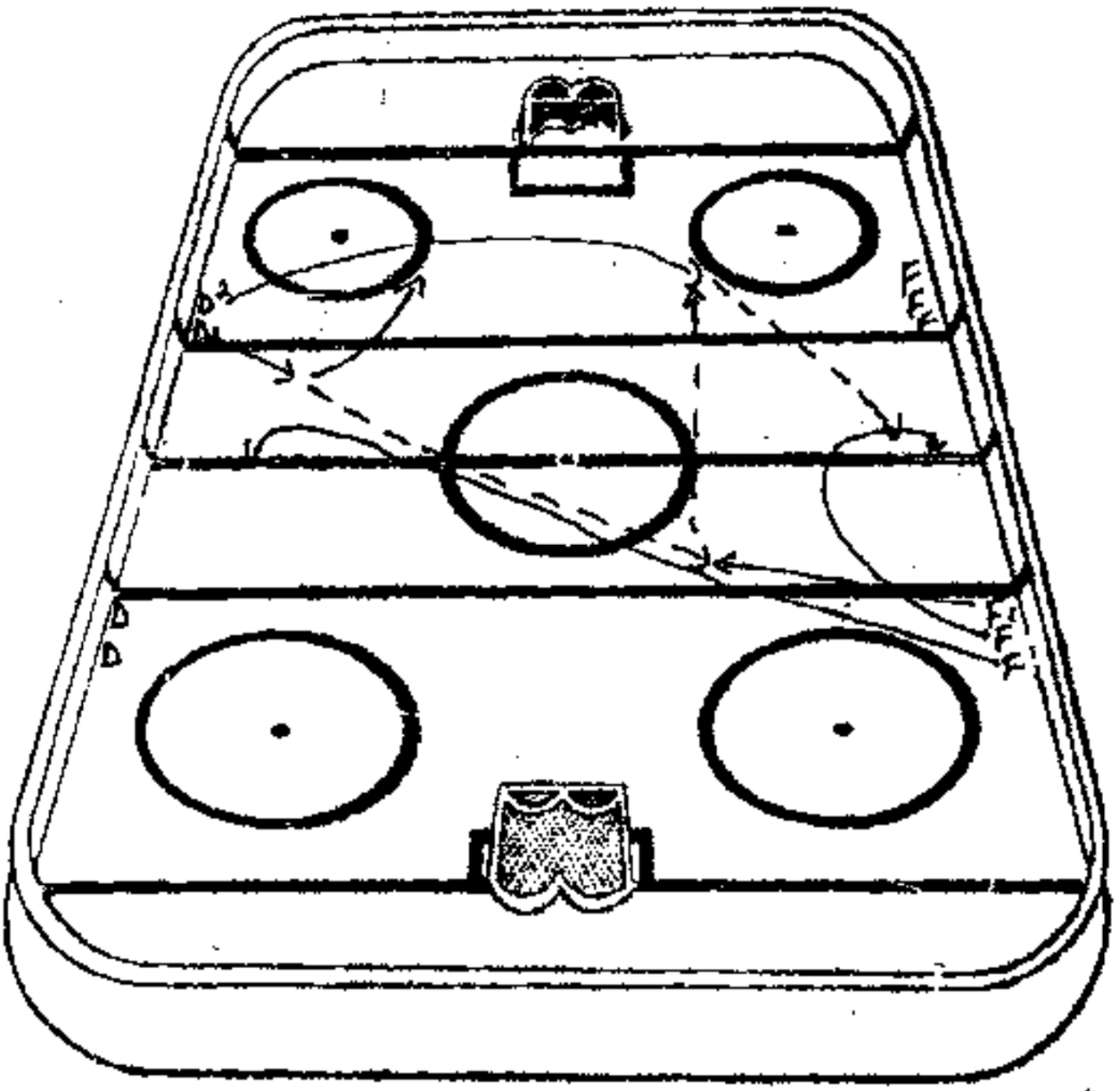
O, angles around pylon, cuts off mid-ice & plays 1v1 on Angle

Key: Keep feet up-ice

Rotate sides in each whistle

Option: 2 Fs 2 Angles to create 2x2's

GALLY (A) 3-0
(B) 3-2 Regroup



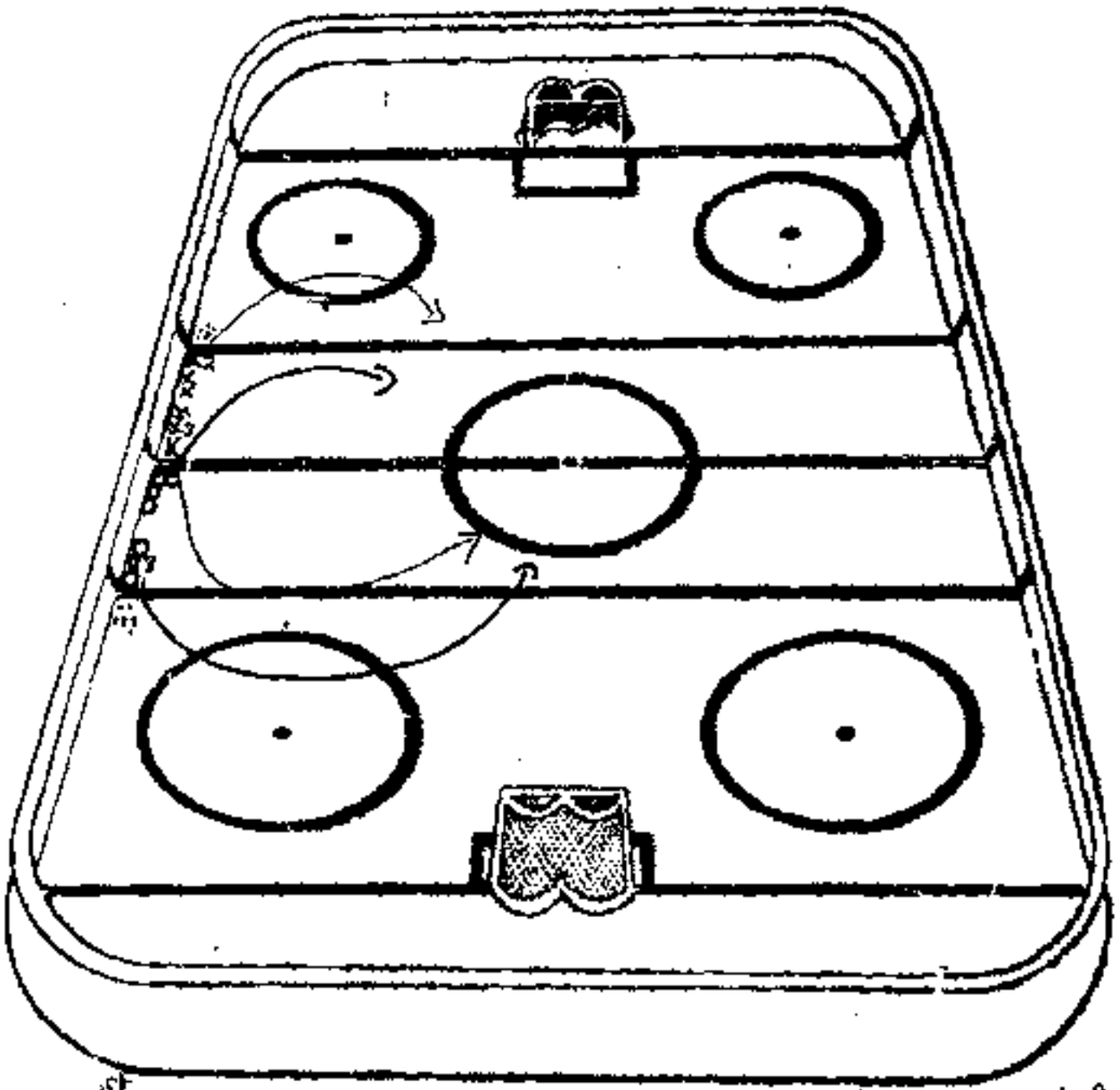
D_1 Steps out passes to F_1 (Centre), then pivots BWDS into our zone

D_2 Skates to opposite side of ice for support

F_1 Passes to either D to start NZone Regroup

OPTIONS 1. UPS 2. OVERS 3. HINGES

TooToo Angling 1-1, 2-2, 3-3



On 1st Whistle, (1-1) O1 skater w/puck thru top of circle - looks to score at far end
X1 leaves from Red Line - Angles + tries to turn puck over

2nd Whistle (2-2) X2 starts w/ puck from Blue Line
O2 angles from Red Line

3rd Whistle (3-3) O3 "
X3 "

* Players leave puck on whistles!!

"I SEARCHED FOR GLORY...

AND I DID NOT SEE.

I SEARCHED FOR VICTORY...

AND VICTORY ELUDED ME.

I SEARCHED FOR
TEAMWORK

AND FOUND ALL THREE."

CHILLIWACK BRVING

ATTEN: Enio Sacilotto

FROM : WILL VERNER (250) 423-3214

RE : Drill of the week

BOOK: It Never Rains In Tiger Stadium
by John Ed Bradley

QUOTE: If You Ain't the Lead Dog
the View never changes

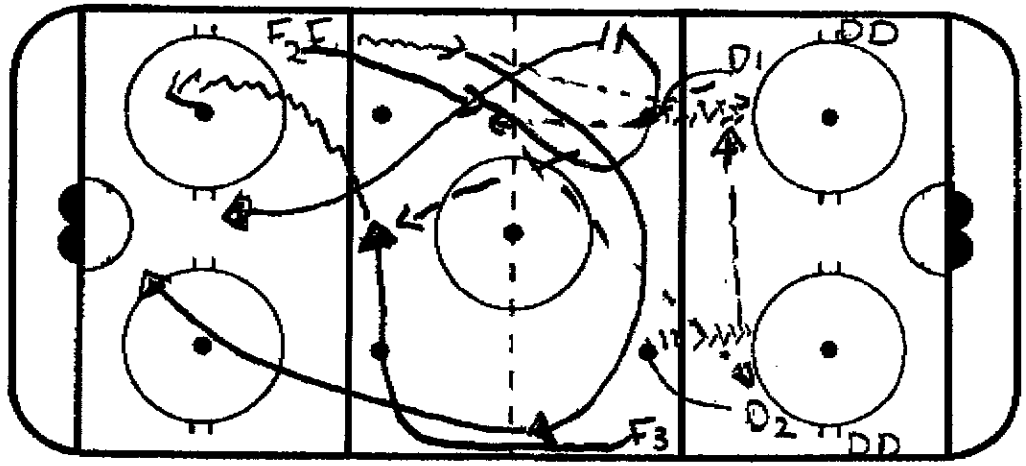
HAPPY Holidays!

Cheers Will

TIME: _____ DRILL: SKILL

- D_1 and D_2 Jump out and back pedal into zone.
- F_1 and F_2 leave F_1 gives puck to D_1 D_1 bumps it back to F_2, F_1 takes wide route to for well, F_2 passes to D_2 and anchors well, D_2 goes back to D_1 F_3 stretches, D_1 jumps up and picks an option. 3 Fis attack F with puck shoots for a rebound with 2 Fis going to the net. D men go hard to OZ. Can add shots from D

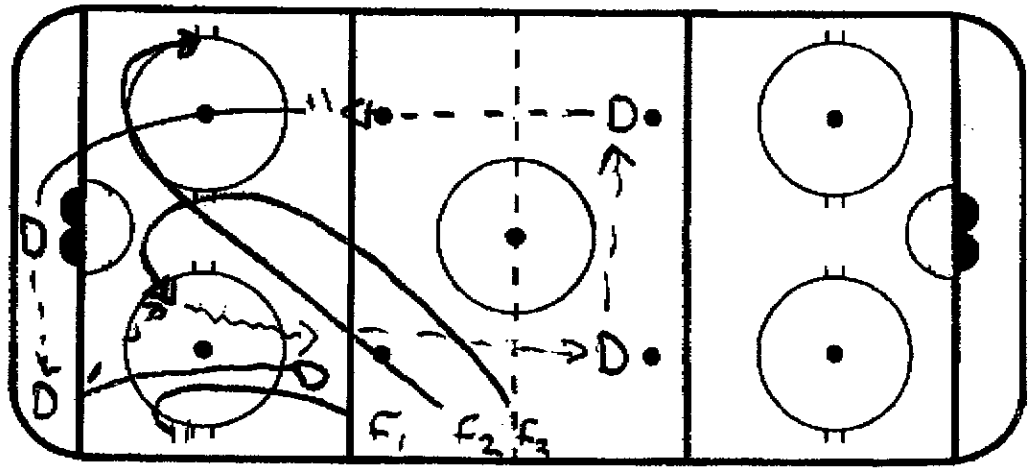
3 men NZ



TIME: _____ DRILL: TEAM PLAY

Dump puck 2 D breakout 3 Fis 2 more D in NZ.
3 Fis give NZ D puck for regroup NZ D go D to D then back to the 2 D that broke out. Breakout D go D to D the hit a regrouping F Fis Dump puck in and change. One F stays to HV D men who are now breaking out 3 new Fis changing from the bench. Continuous

Change Drill w/ HVer



TIME: _____ DRILL: FAVORITE

F_1 and F_2 leave with puck swing outside blueline and attack 2on0 D then jumps in gets a pass from Coach and shoot with F_1 and F_2 at net. After shot F_1 and F_2 breakout get a pass from Coach and regroup with D men. F_1 and F_2 then attack 2on0 again with regrouping D men following up for another pass from Coach and shot. Once D men regroups F_1 and F_2 other end starts. Continuous

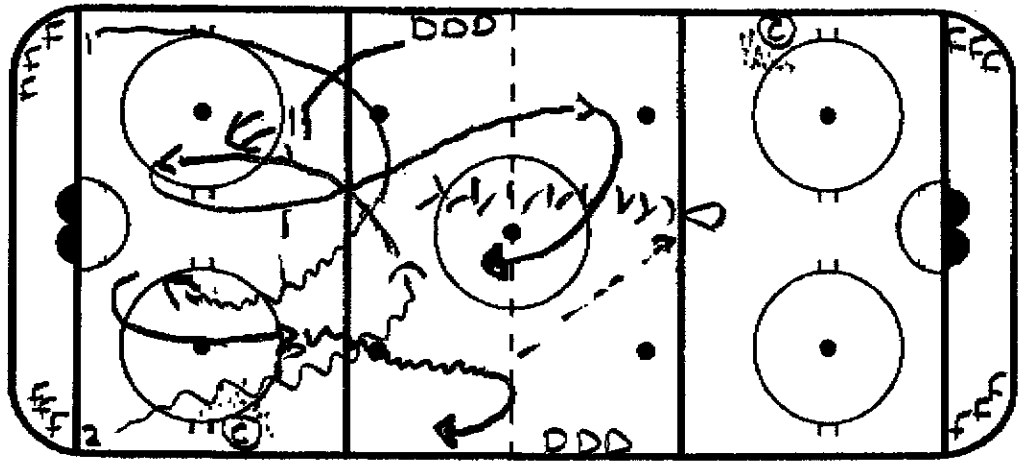
TIME: _____ DRILL: COMPETATIVE

Nets back to back in one end O's must try to score on X net and X's on O net

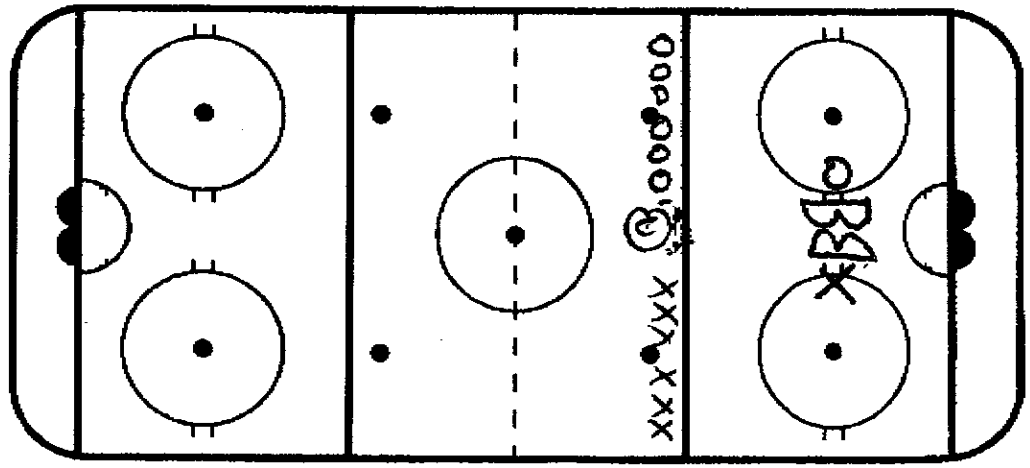
30 sec shifts on whistle all 6 players hard out of zone to clear for next 6.

losing team skates

Detroit Game Day



3vs3 1/2 ice nets back to back



1

To: Enio Sacilotto FAX: 604-792-4656

From: Paddy Flynn, Target Hockey Academy Ltd.

Pages: 3

Comments:

Really enjoying the drills and thanks for stay on top of me to get these in Enio.....I appreciate that.

Thanks

Paddy Flynn

902-789.4625

www.targethockeyacademy.com

EMAIL: targethockey@gmail.com

Four Drills:

1. Team Play – "Development of the 1 – 2 – 2 System"
2. Skill Drill – "2 on 0 Support / Net Drive"
3. Favourite – "Wrap Drill"
4. Fun / Competitive – "End Zone Activation"

Quote:

"THE MORE MISTAKES WE MAKE IN PEACE,

THE LESS YOU BLEED IN WAR."

Team Play

2

"Development of the 1 – 2 – 2 System"

- The drill runs with 2 D-Men as shown and 2 Outlet Forwards as shown and stay stationary.
- D-Men can only partner pass or to the outlet on their side of the side (example: D1 to F1 or D1 to D2 to F2)
- 3 Forwards in the NZ Ice with Coach (with pucks).
- Drill design is to have the 3 forwards tag up at the blue line to complete three reps. Each time, a different F1.
- Stressing "Strong Post" and "Stick in the Lanes" and "Angle up Boards"
- F2 and F3 reads on F1's work and "Toe Caps"
- Focus on the strong "CAP Offs" and F2 position looking for opportunity to "Crash the Hash"

Diagram #1

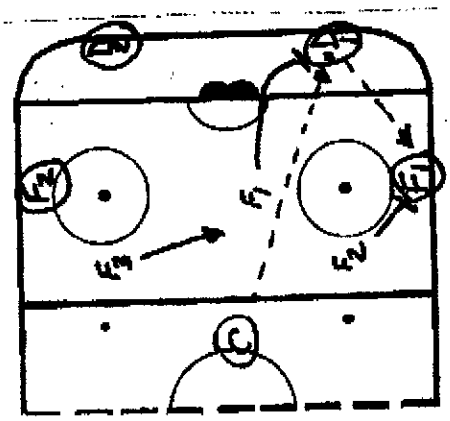
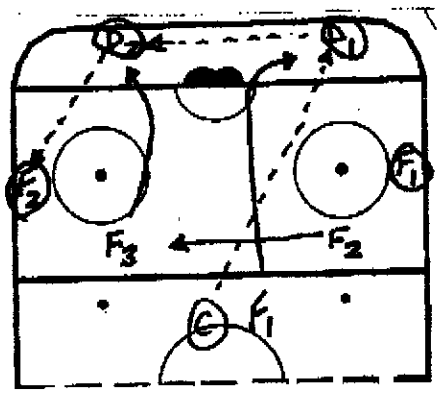


Diagram #2



Coach delivers the puck to D1

F1 provides pressure to try to force of the board. On rim /passed puck F2 "Crashes the Hash" from the "CAP OFF" position.

F3 weak side "Wedge" Support in the slot.

F2 and F3 read and react to what F1 shows.

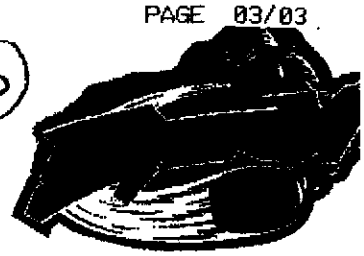
Repeat of the drill, different situation.

F1 is unable to take away the partner pass.

F3 now forces the play with F2 Rotating across to support and fill the position.

F1 rotates into the F3 (now) position.

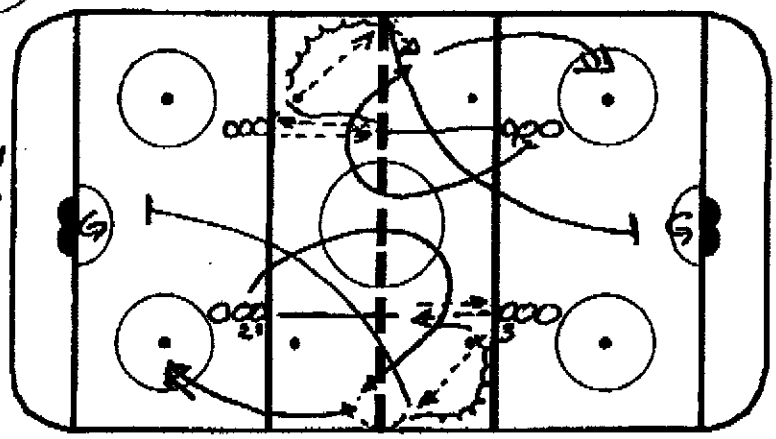
(3)



PRACTICE #: _____ FOCUS: _____

DATE: _____ PRACTICE TYPE: _____

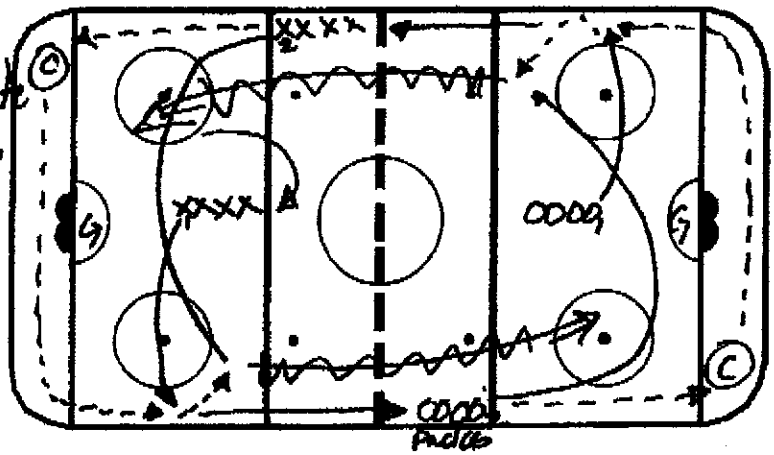
SKill DRILL"



Description "2on0 Support /Net Drive"
- O_1 Starts w/out puck O_3 pass (one Touch)
- O_1 Flares O_2 Times arrival for support calling for chip or Direct Pass.
- Execution /Communication are Key Foci of The Drill

Notes / Systems Both Sides w/controlled

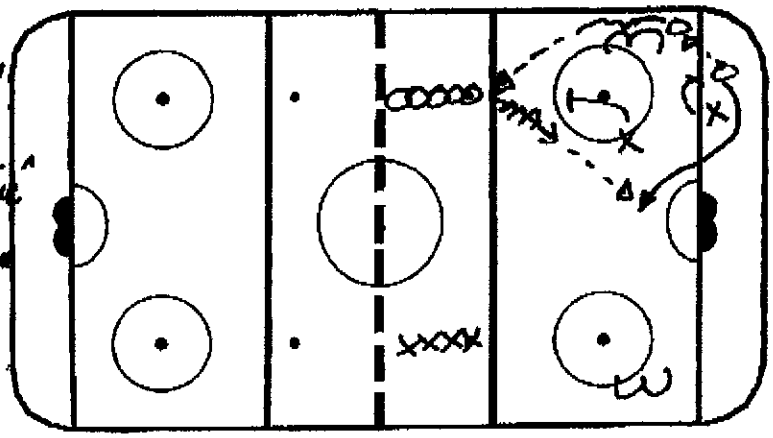
FAVOURITE DRILL"



Description "WRAP DRILL
- "Great Warmup.
- Working on WRAPS/support outlets.
- O_2 Passes to (C) coach controls the speed of WRAP
- O_1 Reacts to get puck
- O_2 Reads & Reacts w/support
- Good Flow as well

Notes / Systems "WRAP - Picking puck on Board Drill"

'FUN/ 'ompetitive" DRILL"



Description "Activation Drill Game"
- In an End Zone
  - Start w/2on2 Battle for Possession & to score.
  - on Possession, that team can "Activate another teammate up to 4on4
- Good Fun & Pace

Notes / Systems "Put Something on The Line"

"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"

Practice Plan

Made with DrillDraw v6

Team: Université de Moncton

LOGO

Practice No.: _____

Date : November 25, 2010 **Time:** _____ **Duration:** _____

Version No.: _____ **Prepared by:** Stéphane LeBlanc

Objectives / Main tasks :

Team Drill: 3 puck DZone. Practices a 1 on 1, 2 on 2 and 3 on 3 situation in the DZone.
Favorite Drill: Ladder entry drill. Works on middle entries and has good flow. Good at the start of practice for Warm up.
Fun Drill: 10 puck shootout. Practices shootouts and fun competition between two teams.
Quote: The more you sweat in training, the less you bleed in war. - Navy Seals
Book: Simply the Best - Ryan Walter & Mike Johnston

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : Figure 8 wu **Category #1 :** Warm up **Category #2 :** power turn

Description

First 3 players leave at the same time.

X1 goes wide around pilon for a shot

X2 figure 8 around pilons for a shot down the middle

X3 figure 8 around pilons for a wide shot

Key points : Power out of turn | Keep feet moving | switch lines each time

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : 3 puck D-Zone **Category #1 :** Defensive play **Category #2 :** Systems

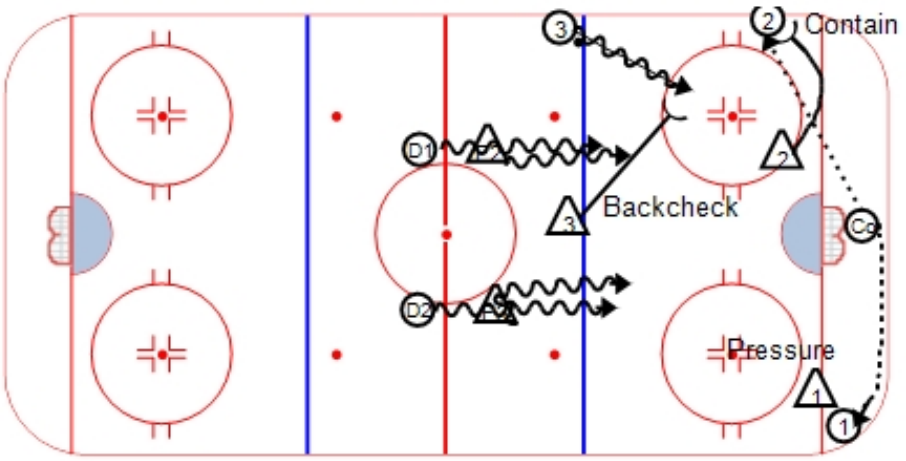
Description

A) Defensive player pressures offensive player until whistle.

B) On whistle △1 & ① Join △2 & ② for a 2 on 2. until whistle.

C) On whistle, △3 & ③ enter the zone to make it a 3 on 3.

D) On the next whistle, the 4 players in the neutral zone enter to make it a 5 on 5 D-Zone Coverage.



Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

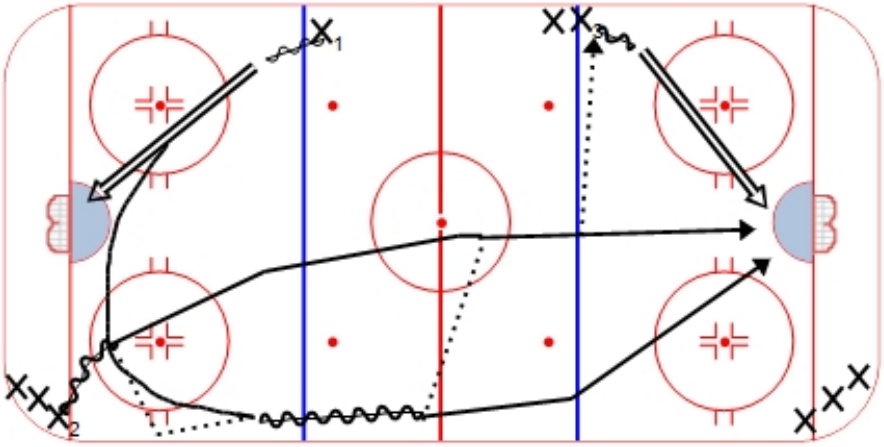
Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : Ladder Entry Drill **Category #1 :** Line rushes **Category #2 :** Entries

Description

Start with X1 as shooter
-after shot, X1 curl low for a chip from X2.
X1 in outside lane, X2 in middle lane.
X2 pass to X1 through neutral zone.
On entry, X1 passes to X3.
X3 takes one step over the line, stops and shoots. If there is 4th man as the trailer, he can make that pass.
Var: After chip by X2, next player in line can jump in to be 4th man on the rush.



Key points :

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : 10 puck shootout **Category #1 :** Fun **Category #2 :** Shootouts

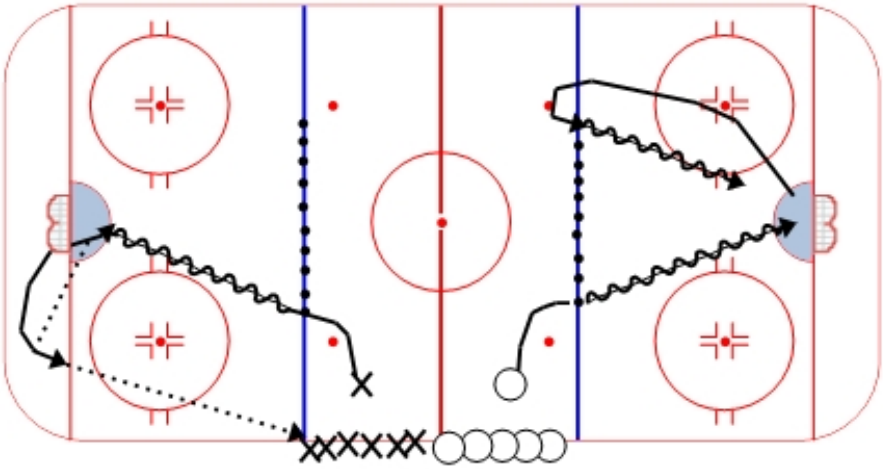
Description

Player picks up one of the 10 pucks on the blue line.

If he scores (O), he gets another puck and repeats this until he misses.

If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net

First team to score all 10 puck wins the game.



Key points : Players are on their bench

Feb. 1st 2011

TO: ENIO SANCILOTTO

FAX: 604-782-4656

FROM: DIEGO SCANDELLA

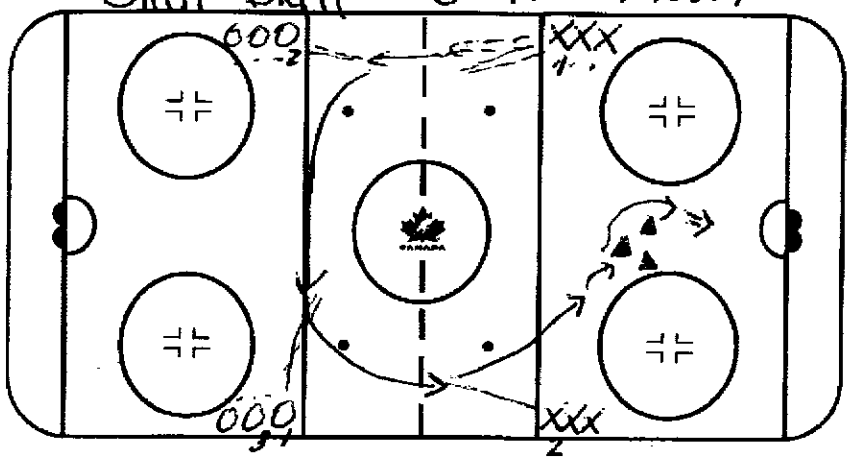
OF PAGE: INCLUDING THIS ONE (3)

Hope ALL is well, good-luck the rest of the way. Say hello to babber. TALK SOON

Diego

HOCKEY CANADA PROGRAM OF EXCELLENCE

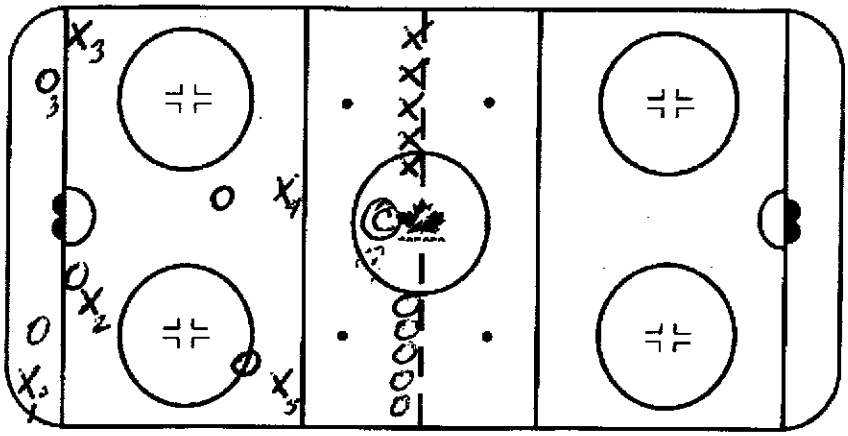
Skill Drill - "C" - 1v0 - 1 touch



X_1-O_1 Leave At same time.
Start balls, Pivot Fulls + 1 touches pass with O_2 + O_3
Receive pass From (X_2-O_2) + go in make a move at cones + go in + shoot. On whistle X_3-O_3 go.

KTP: Passing (1-touch) - Receiving
Skating (Fwd-Bwd Pivots)

Team Play Drill - S.J 2v2 to 5v5



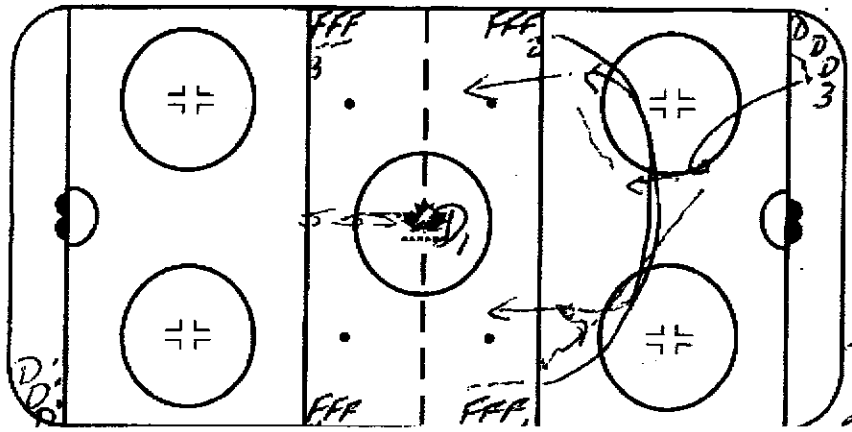
S.J - 2v2 → to 5v5

Coaches whistle 2v2 in Corner X (try to Score) - O defend.

2nd whistle - Coach passes puck to X_3 + Now play 5v5 in Zone

KTP: OFF: puck protection - Creating offense
DEF: Good body position - good sticks
Teaching Offensive + Defensive Team play.

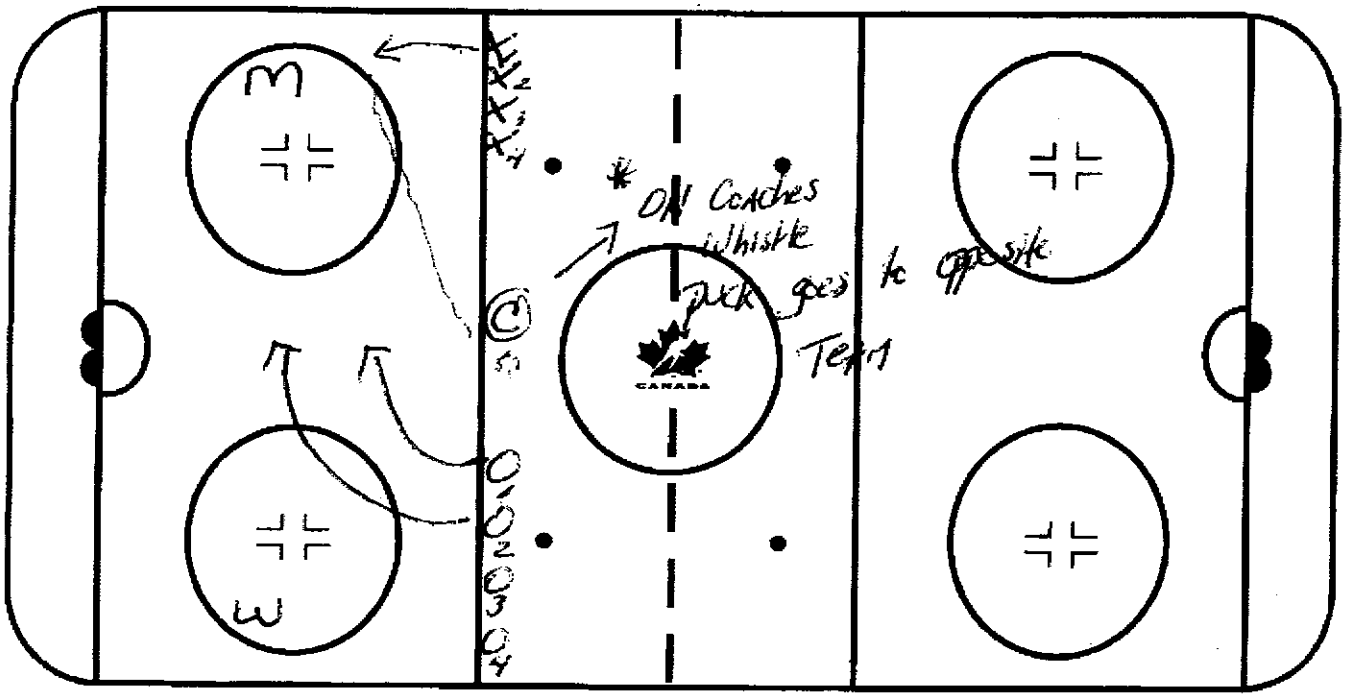
Favorite Drill - Pitts 2v1 (2nd shot)



Coaches whistle: F_1 passes to D_3
F_1-F_2 criss cross + receive return pass from D_3
F_1-F_2 go down vs D_1. Try to Score ... Continue to play puck (D-F's) if don't Score, can use D_3 as a shot From Point.
2nd whistle F_3-F_4 Breakout vs D_2

Fun Drill : Fns 1vs 2

HOCKEY CANADA PROGRAM OF EXCELLENCE



- Coach passes to X_1 who goes against $O_1 - O_2$ (1v2)
- Play for 20 - 25 secs.

Rules: Single player always receives puck (X_1 team starts then O_1 gets 2 puck) - play for 20 - 25 secs.
Single player scores Team gets 3pts
if the team of 2 players score Team gets 1pt
1st Team to 15 pts wins.

Everytime Coach blows whistle, puck changes sides

KTP: Off - def. Concepts
Good Conditioning - Competitive Game.

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "if you don't plan your plan, it will remain a dream"

A2 Russian Puck-Handling Warm-up with Shots

Key Points:
This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:
• From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

• Reach forward while down on 1 knee, reach back as far as you can.

• Give the puck forward and take it back with the toe of the stick.

• Place hands close together and reach sideways each way as far as possible.

• Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

• Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

• Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

• Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

• Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

• Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.

• Put the puck behind you and pass it up into your skates from 1 side, then the other.

• Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.

• Reach back on the forehand, then quickly pull the puck across your body.

• Skate backwards with the puck after pivoting to the right and do the same after pivoting left.

• Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
• Pivot a complete circle to the left and then to the right.

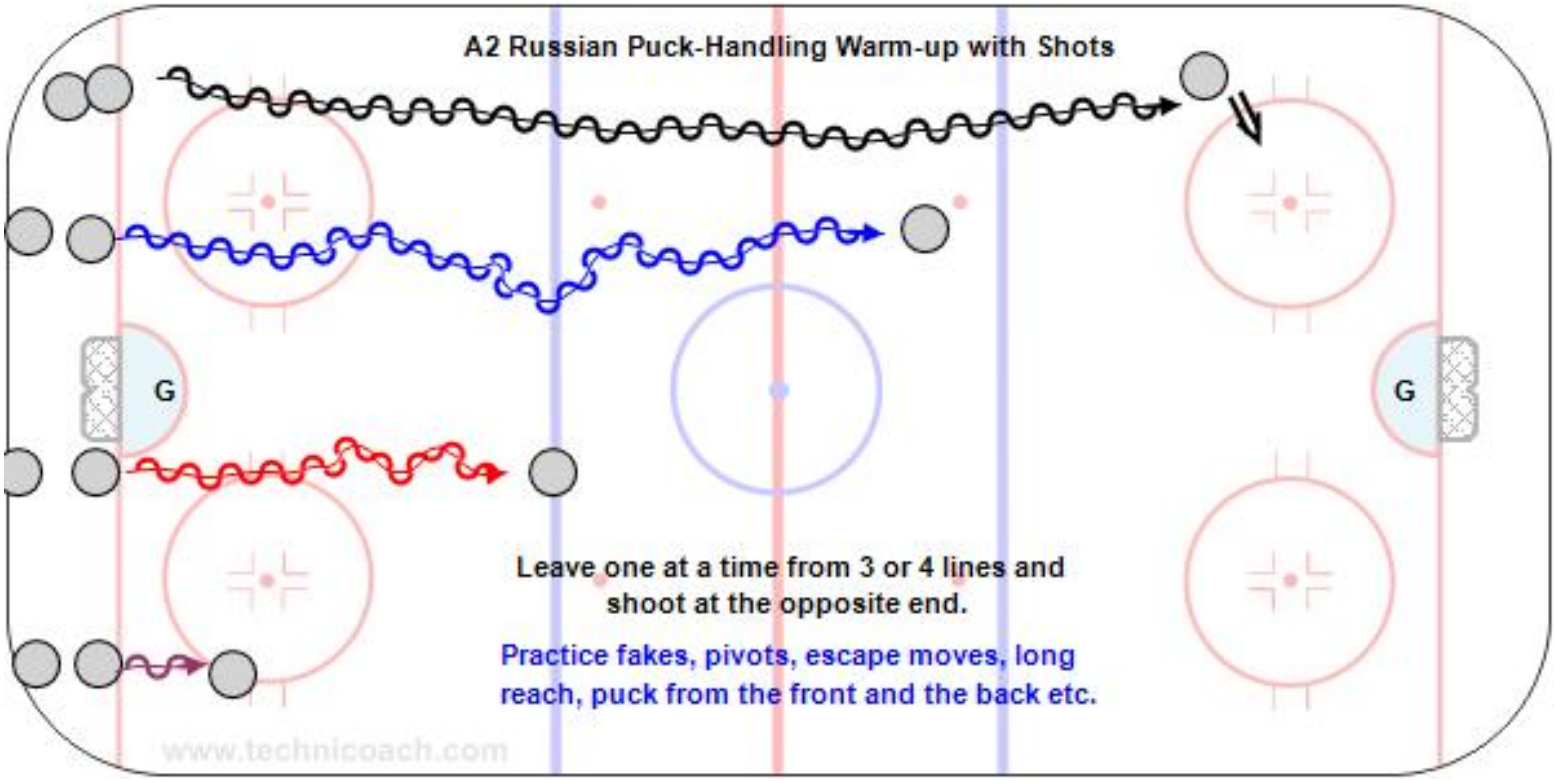
. Fake a slapshot and go around opponent on the backhand side.

. Fake a slapshot and go around opponent on the forehand side.

. Fake a slapshot and then do a backhand tight turn around opponent.

. Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

*All of these fakes are demonstrated in the http://hockeycoachingabcs.com video section on puck handling.
(Vladimir Jursinov)


A2 Russian Puck-Handling Warm-up with Shots
G
G
Leave one at a time from 3 or 4 lines and shoot at the opposite end.
Practice fakes, pivots, escape moves, long reach, puck from the front and the back etc.
www.technicoach.com

B5 Breakout 5-0 with Point Shot

Key Points:
Coach calls the various options, up, across, wheel, reverse.

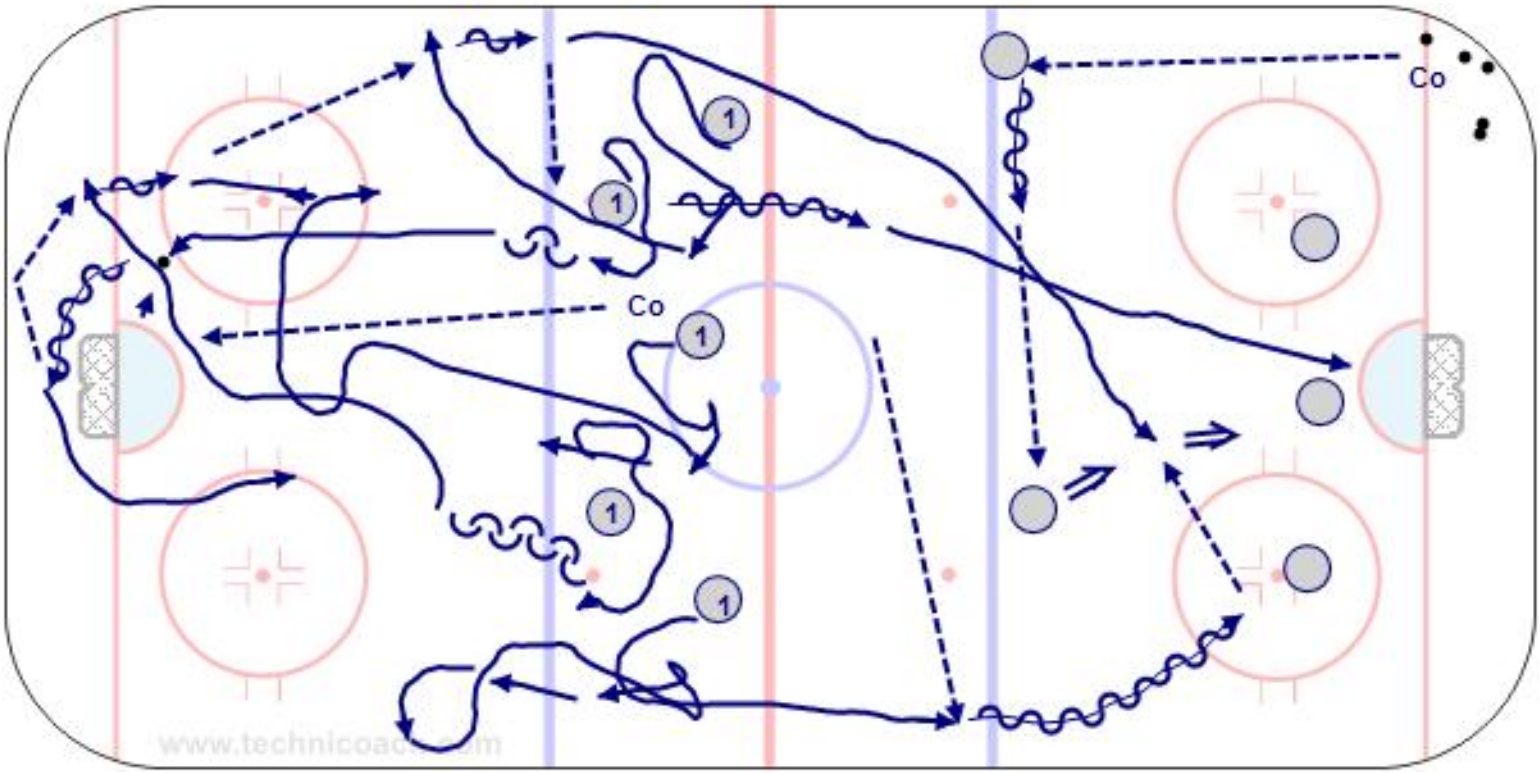
Each line go one direction then dump into the other end or alternate ends.

Description:
1. Players skate in nzone then coach dump in

2. D make a D to D or D to F pass and follow the play.

3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.

4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



D2 Game with One Goalie

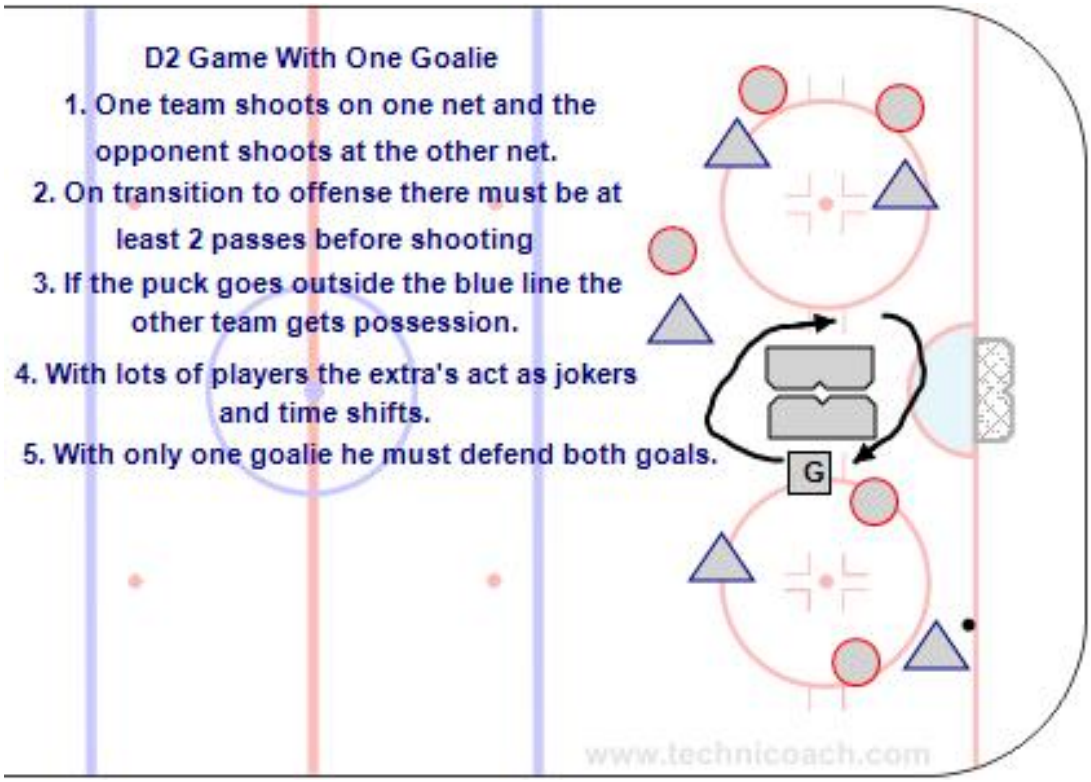
Key Points:

Goalie has to switch nets on a turnover.

Description:

D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers
and time shifts.
5. With only one goalie he must defend both goals.



D100 Transition Game with Forward Backchecking

Key Points:
The highest attacking F backcheck and backpressure the puck thru the nzone.

Description:

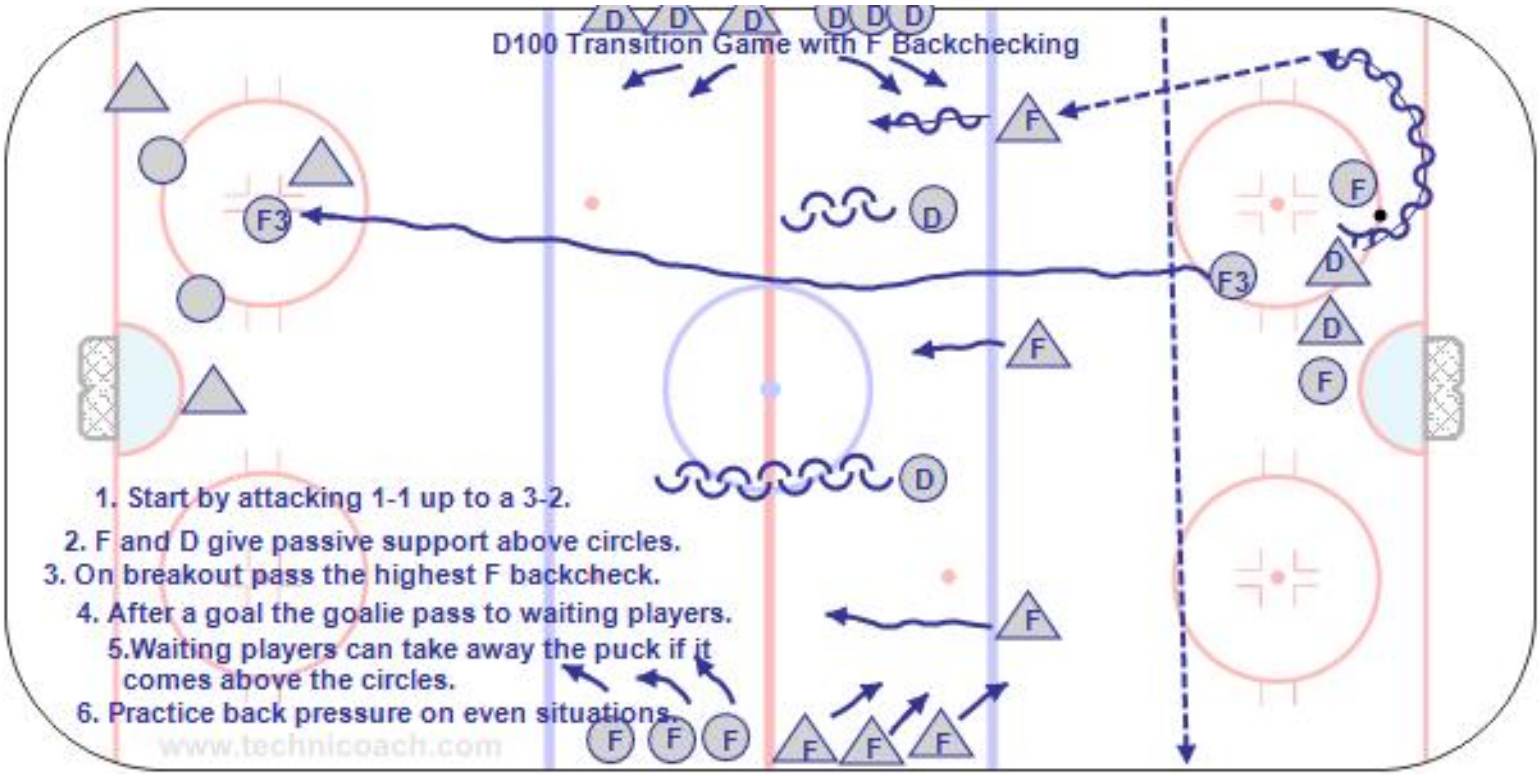
D100 Full Ice
1. Start by attacking 1-1 up to a 3-2.

2. F and D give passive support above circles.

3. On breakout pass the highest F backcheck.

5.Waiting players can take away the puck if it comes above the circles.

6. Practice back pressure on even situations.



February 20, 2011

Enio,

Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

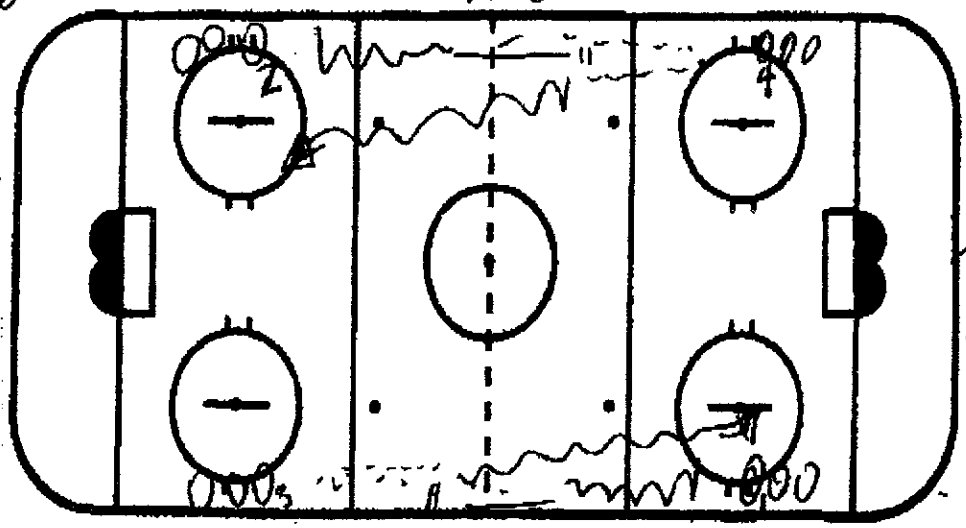
Book: Undergrounders by David Skuy

Quote: Practise does not make you perfect. Perfect practice makes you perfect – unknown.

Regards,
Troy Walkington

RED WING SHOOTING

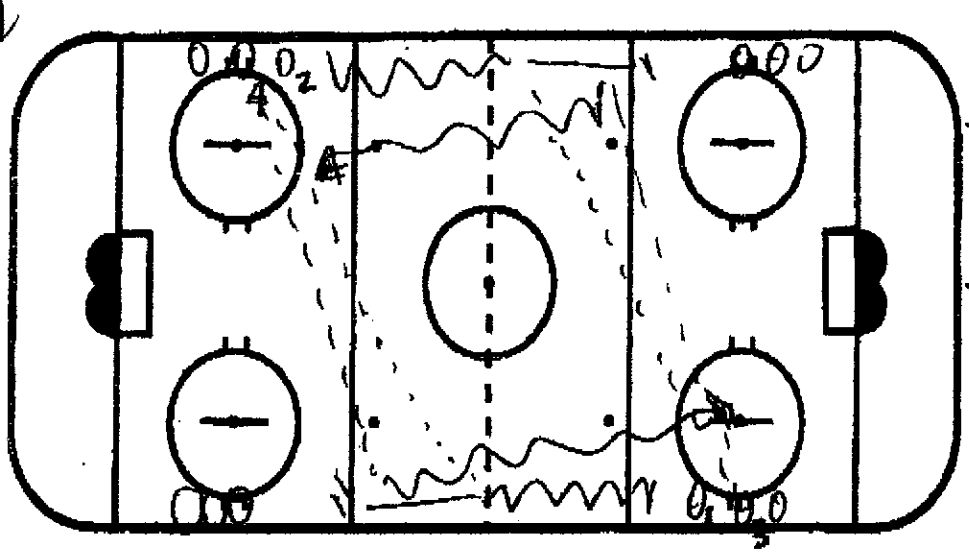
①



"HIGH POST"

O_1/O_2 - SKATE DOWN WAY WITH PUCK + PASS TO O_3/O_4. STOP IN BETWEEN REDLINE FAR BLUE LINE GET PUCK BACK + SHOOT @ ORIGINAL END

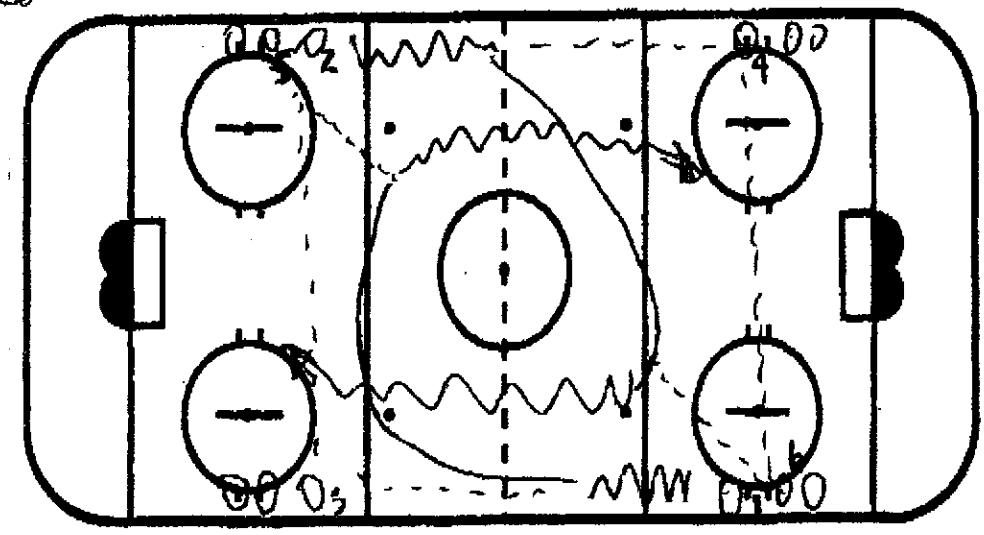
②



"WIDE + LOW"

O_1/O_2 SKATE TO FAR BLUE LINE + PASS TO O_3/O_4. STOP + GET RETURN PASS + SHOOT + ORIGINAL END

③



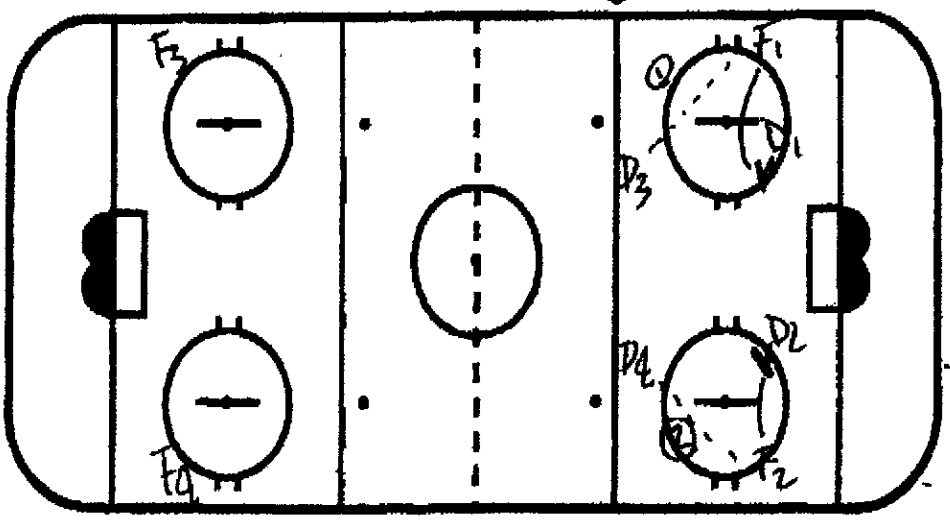
"MID LANE"

O_1/O_2 - SKATE DOWN BOARD + PASS TO O_3/O_4.

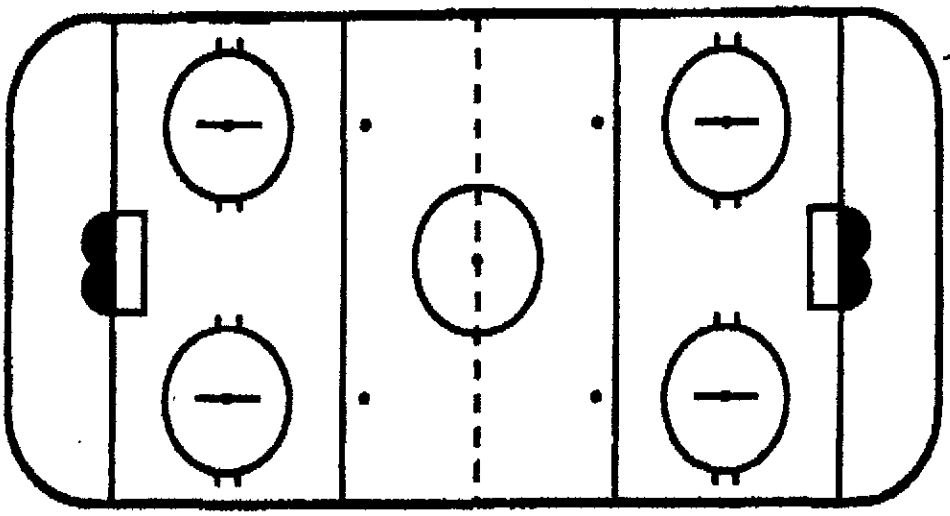
O_3/O_4 PASSES TO O_5/O_6

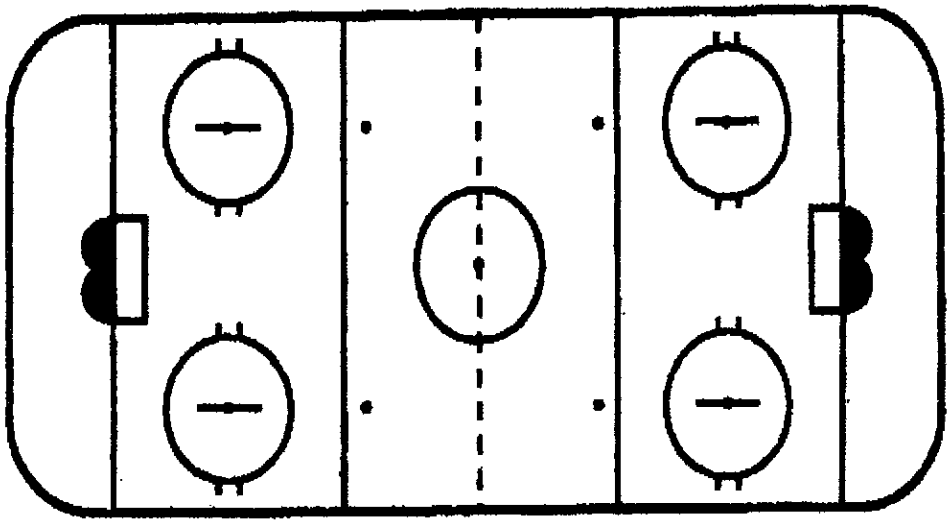
O_1/O_2 CONTINUES TO FOLLOW PUCK + GETS PUCK FROM O_5/O_6 IN MID LANE

BOX OUT DRILL



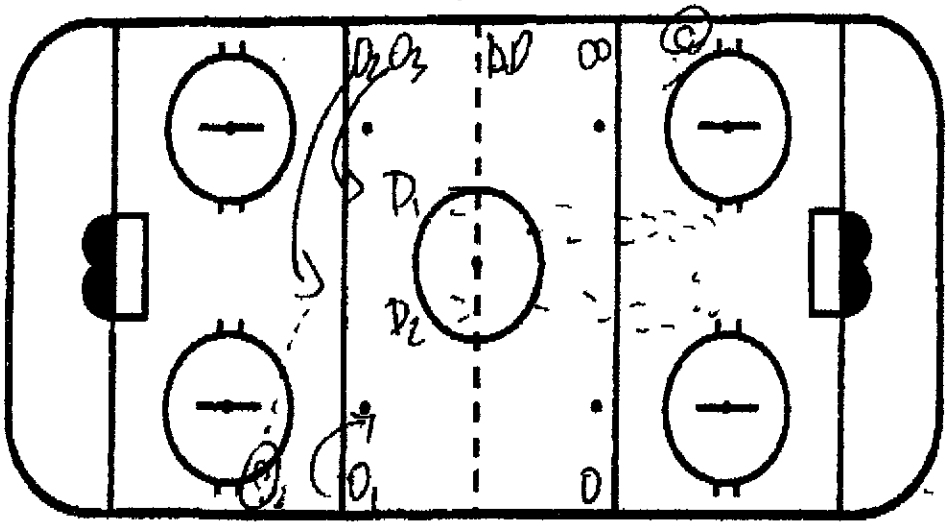
BOTH ENDS @ SAME TIME
F_1 PASSES PUCK TO D_3
F_1/F_2 GO TO NET
D_1/D_2 SEAL OR "BOX OUT"
D_3 SHOOTS OFF BACK WALL OR ON NET.
ON WHISTLE F_2 VACATES + GET PUCK UP TO D4
F_1 + F_2 TRY + RE ESTABLISH POSITION.
D_1/D_2 "BOX OUT".





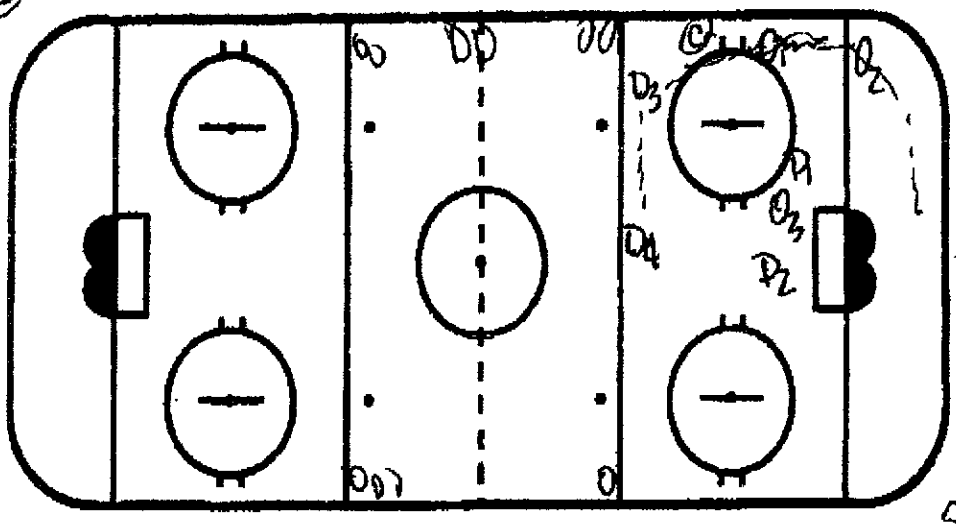
3 TYPES OF 3 on 2

①



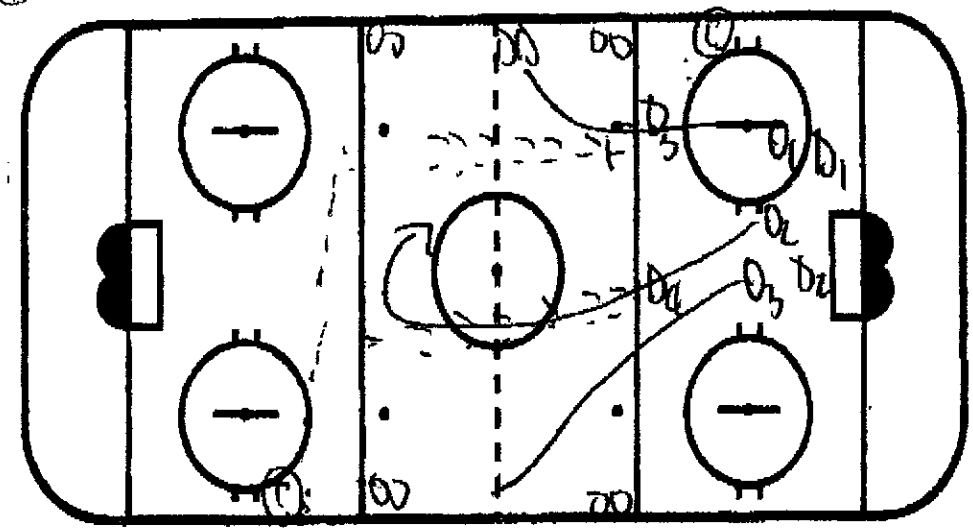
Ⓒ PASSES PUCK TO O1/O2/O3 WHO ATTACK 3 vs 2 + MAKE A PLAY ON NET

②



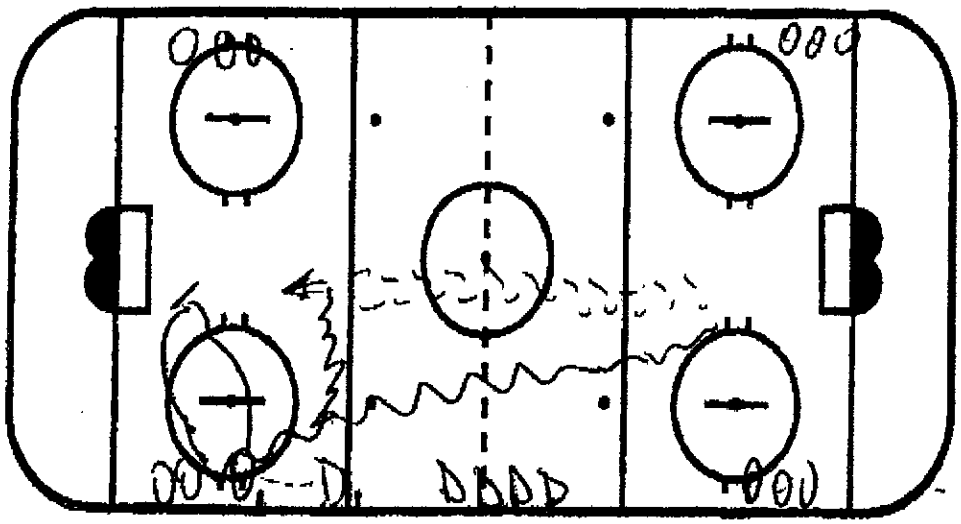
D3 + D4 JUMP IN FROM N.Z. Ⓒ SPOTS NEW PUCK IN CORNER FOR O1. O1 PASSES TO D3. D3 CAN PASS TO O2 OR BEHIND NET TO O3 OR CAN GO TO D4. D4 CAN SHOOT OR TO O2 OUT OF CYCLE. PLAY 3 on 2 LOW Ⓒ WHISTLE

③

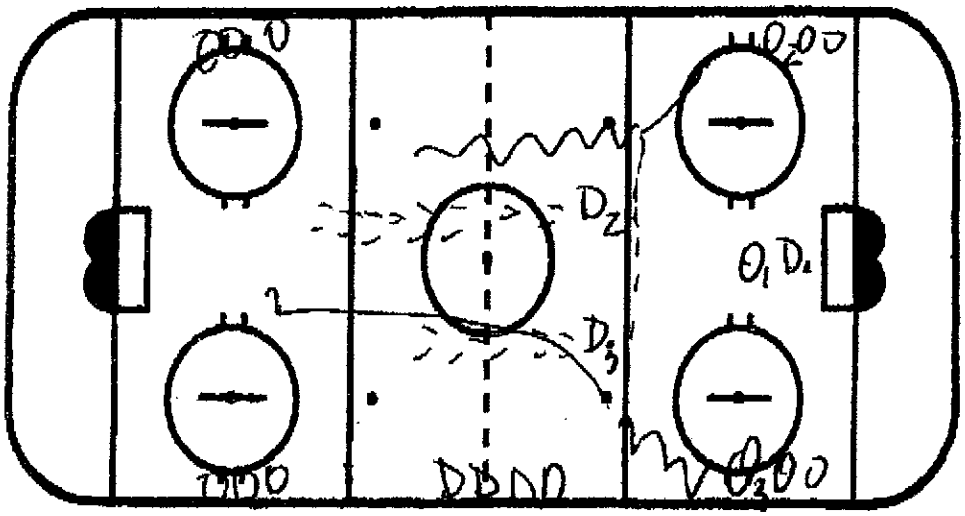


D3 + D4 RETREAT IN NZ + COACH SPOTS NEW PUCK. O1/O2/O3 REGROUP WI D3/D4 + ATTACK D1/D2

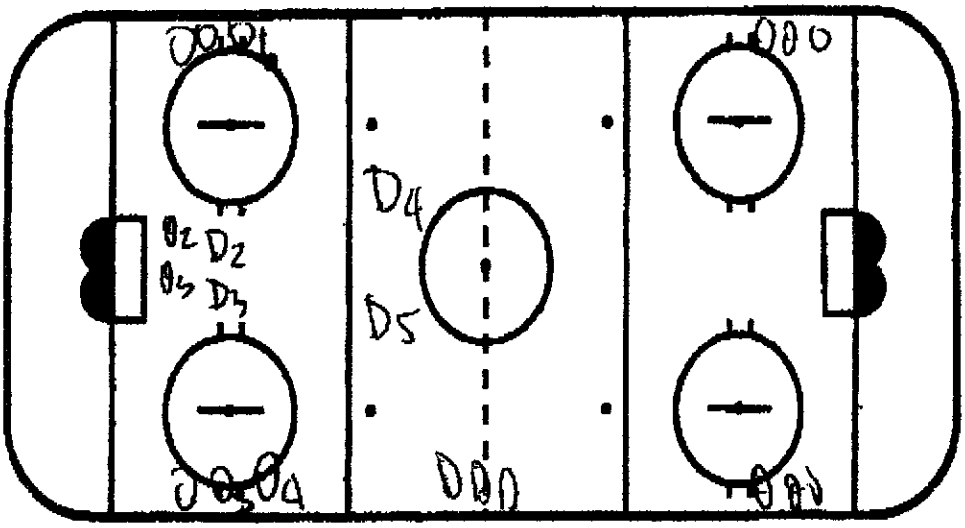
1on1 / 2on2 / 3on2



O_1 PASSES D_1
D_1 DRAGS + SHOOTS
O_1 GETS NEW PUCK FROM LINE + ATTACK D_1 DOWN THE ICE. WHEN 1on1 REACHES TOP OF CIRCLE



D_2 + D_3 STEP OUT FROM U.Z + COACH BLOWS WHISTLE TO START O_2/O_3 WITH A 2on2. WHEN 2on2 REACHES TOP OF CIRCLES



D_4 + D_5 STEP OUT FROM U.Z. + COACH BLOWS WHISTLE TO START O_3/O_4/O_5 WITH A 3on2. WHEN 3on2 OVER - (US) STARTS AGAIN.

Hi Frio,

Sorry I'm late with my drills and thanks again for doing the drill club.

Book,
Patriot Reign- Bill Belichick, the Coaches and Players Who Built a Champion...

Quote:
6S- SIDE BY SIDE...STEP BY STEP...SHOULDER TO SHOULDER

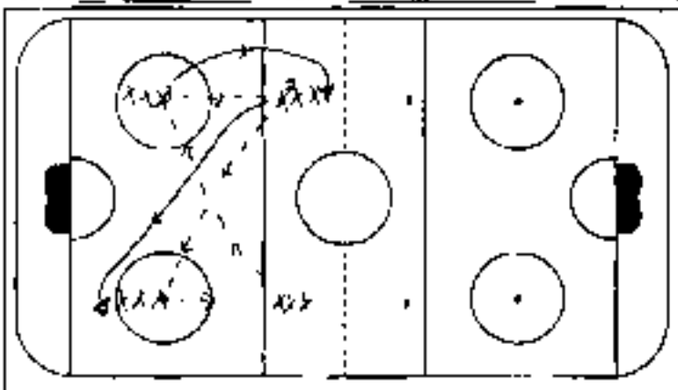
Have a good summer!!!

Regards,

DRILL SHEET

LEGEND:
- Coach
F - Forward
D - Defense
G - Goalie
Passing
Stickhandling
Cones
Forward Skating
Backward Skating
Skating
Shooting

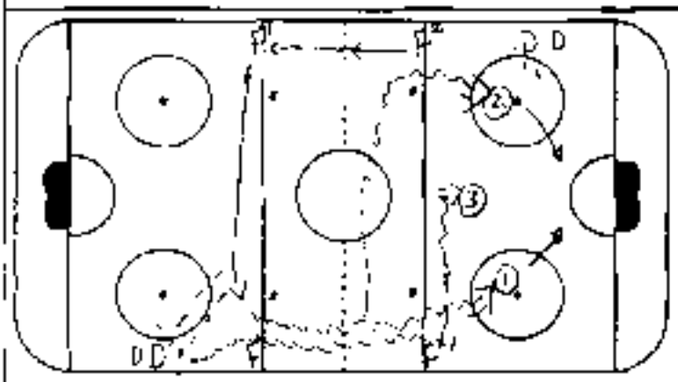
Date: _____ Team: _____ Practice Time: _____



Drill Name: Dots - Follow Pass

Description: Lines on dots - 2 pucks only. Bottom dot lines start and meet go together - Pass to top dot and follow pass to back of line - x^2 then passes diagonally to bottom dot and follows pass to back of line - repeat together!

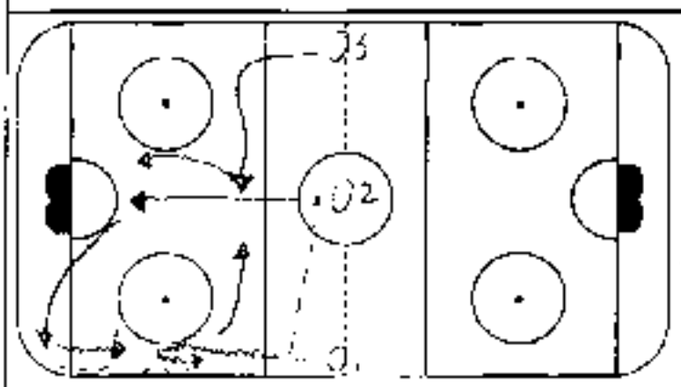
Duration (min): 3-5 Running time (min): _____



Drill Name: Rangers 3 Shot

Description: F^1 & F^2 leave on whistle receive pass from down (stationary) F^1 drives near lane... F^2 drives far lane. Down leaves with 3rd puck down wall - stop at blueline and drop blueline for 3rd shot to F^1 & F^2 screen/tip. Both rotate together

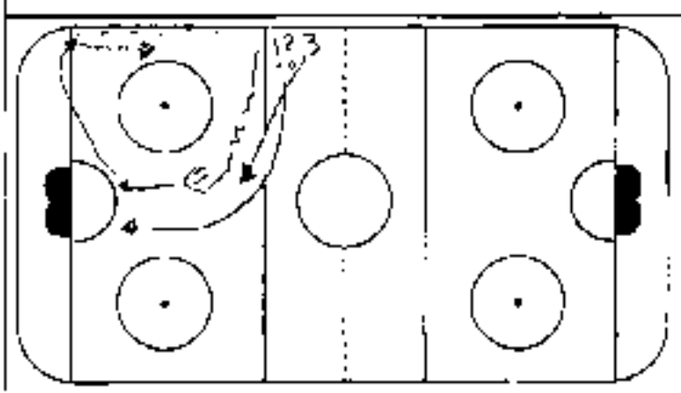
Duration (min): 8-10 Running time (min): _____



Drill Name: 3-0 Cycle

Description: 3-0 from center. O2 passes to O1 for basic attack. Quality O1 delays and short cycles - all players move/adapt. Then a 2nd cycle is made and net is attacked. * You can chip to wide corner instead of delay. * 2nd cycle can be a long cycle. * Add coaches to defend

Duration (min): 10min Running time (min): _____



Drill Name: 2 Shot Cycle

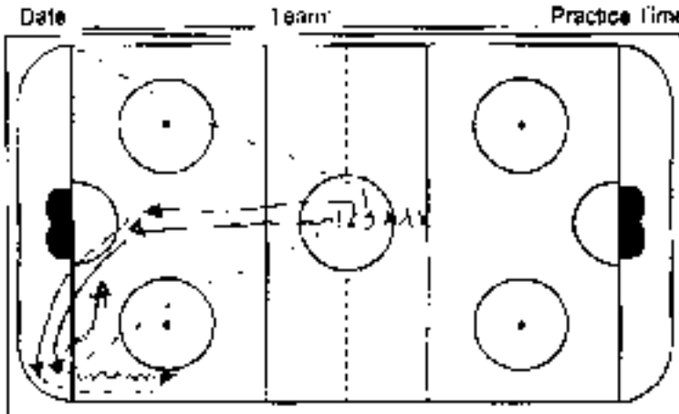
Description: 1 attacks middle for shot then drives net, passes to corner to pick up spotted puck, 2 spots puck in corner then times drive to net, 3 sets up in the point/wing. Cycle 1-2 times then attack net.

Duration (min): 10 Running time (min): _____

DRILL SHEET

LEGEND
C - Coach
F - Forwards
D - Defense
G - Goalie
Passing
Stickhandling
Cross-overs
Forward Skating
Backward Skating
Stopping
Shooting

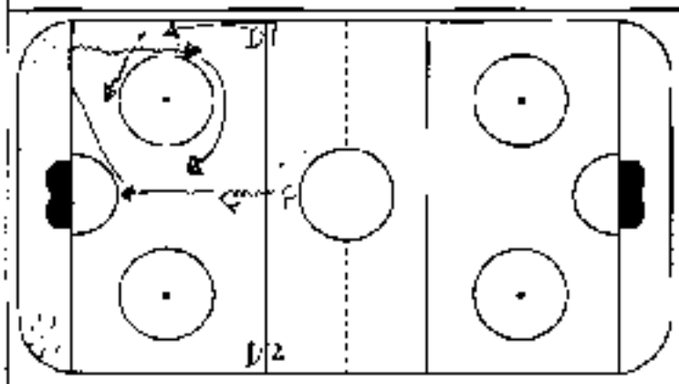
Date _____ Team _____ Practice Time: _____



Drill Name Cycle Fours

Description 1 starts puck in corner - drives net then to puck spins up wall - shot cycles. 2 - as 1 gets to net - drives net then to puck for walkout - shot 3 repeats to other corner 1st cycle as 1 saves puck in slot and returns 2nd cycle. Continue corner - corner.

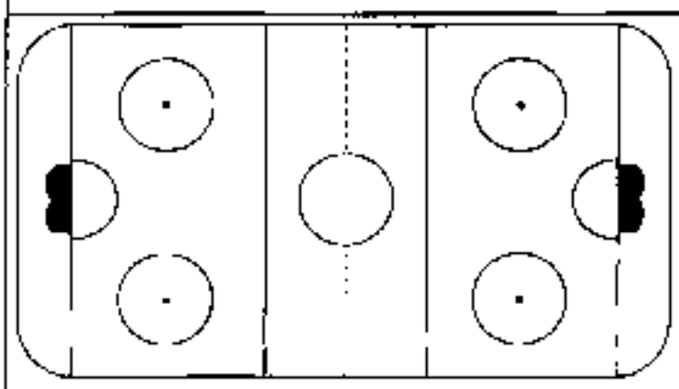
Duration (min): 10 Running time (min) _____



Drill Name Cycle To Scissor

Description F moves in for initial shot from slot - drives net - returns puck in corner moving up wall to D1 where they perform a "scissor" and attack net. After shot F goes to opposite corner for second scissor with D2.

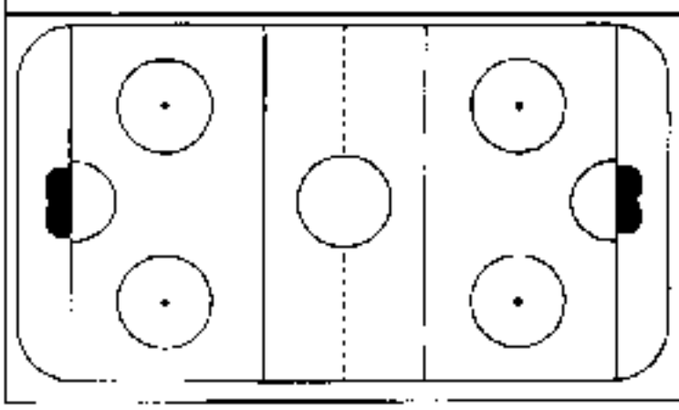
Duration (min): 10 Running time (min) _____



Drill Name _____

Description _____

Duration (min): _____ Running time (min) _____



Drill Name _____

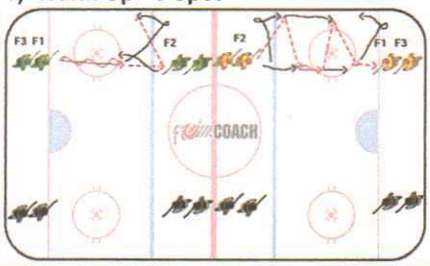
Description _____

Duration (min): _____ Running time (min) _____

FLOW COACH practice PLANNER

Practice Objectives / Notes:

1) Warm Up - 8 Spot



DRILL OBJECTIVE: Warm Up Passing Skills — **8 min.**

KEY ELEMENTS:
- Communication
- Keep Feet Moving
- Quick Puck Movement

ORGANIZATION: Players start with puck at goal line. All 4 corners start at once. F1 starts skates towards F2 then passes to F2. F1 then opens up to the outside and receives pass from F2. F1 and F2 pass back and forth to each other as the approach the other line. F2 then passes to F3. F1 retreats to the back of the line. F2 and F3 then pass back and forth to one another towards the line. Continuous.
VARIATION: - Passing long short one touch
- Skating forward/backward
- Backhand/Forehand
GOALIE: Warming Up

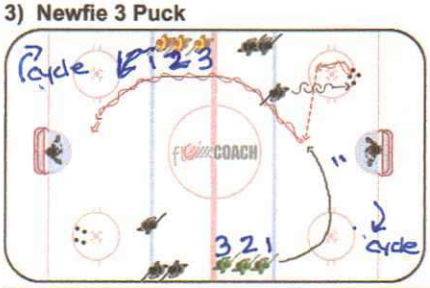
2) Transition Shooting - Tight Turns

DRILL OBJECTIVE: Work on — **8 min.**

KEY ELEMENTS:
- Stick Positioning
- Shoot in Stride
- Knees Bent
- Tight Transitions

ORGANIZATION: Players line up in opposite corners. Both sides go at the same time. Can be done with or without puck. Players leaves (with puck), skates hard to centre red line, transitions backwards until the blue line, then transitions forwards to the redline and back to the blue line, then red line to blue line again, then forwards to red line. Player then turns towards net and drives net for shot on goal.
VARIATION: - Without Puck / With Puck
- Tight Turns
- Shot Variations
GOALIE:

3) Newfie 3 Puck

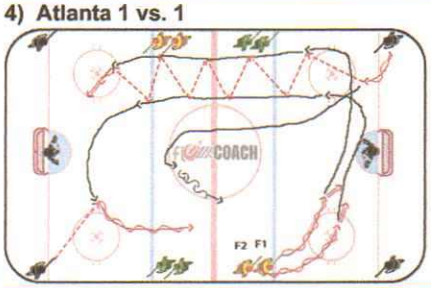


DRILL OBJECTIVE: Passing/Skating/Deflections — **10 min.**

KEY ELEMENTS:
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

ORGANIZATION: Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net.D1 then skates to blue line, transitions backwards, and retrives a 2nd puck and passes it to F2 and drives net for shot. D1 then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.
VARIATION: none.
GOALIE:

4) Atlanta 1 vs. 1

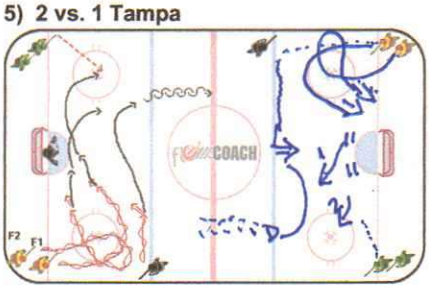


DRILL OBJECTIVE: Passing / 1 vs. 1 — **10 min.**

KEY ELEMENTS:
- Communication
- Keep Feet Moving
- Shoot in Stride
- Gap Control
- Quality Passing

ORGANIZATION: Opposite sides go at same time. F1 drives net for shot then skates wide, F2 then drives and shoots, then provides support for F1. D1 steps out with puck and passes to F1/F2. F1 and F2 then go down the ice 2 vs. 0. Boardside F1 drives and shoots, while F2 receives pass and then goes down 1 vs. 1 against D1 who has gapped up appropriately.
VARIATION: none.
GOALIE:

5) 2 vs. 1 Tampa



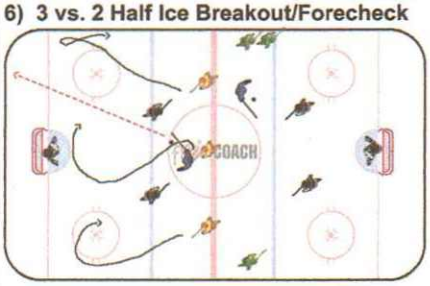
DRILL OBJECTIVE: 2 vs. 1 — **10 min.**

KEY ELEMENTS:
- Keep Feet Moving
- Communication
- Proper Screens
- Quality Passes

ORGANIZATION: Opposite sides go at the same time. F1 walks wall for seam/circle shot. F2 skates, does an evasive manuaver, then drives and shoots. F1 and F2 screen while D1 sprints off the wall and shoots. F1 and F2 then get a puck from the opposite line and go down 2 vs. 1 against D1.
VARIATION: none.
GOALIE:

Coach Whistle
PART 2- INCORP. NZ- RG REATTACK
D - Reestablish GAP

6) 3 vs. 2 Half Ice Breakout/Forecheck



DRILL OBJECTIVE: Up Tempo Breakout and **10 min.**

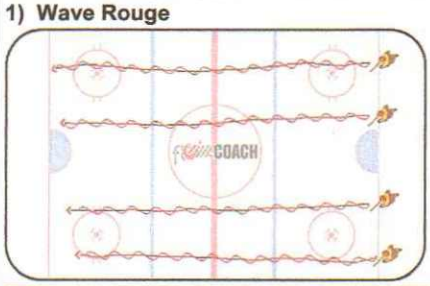
KEY ELEMENTS:
- Quick
- Confident Breakout Options
- Communication
- Hard Speed/Transition
- Forecheck vs. Loose Puck

ORGANIZATION: Players line up in lines as shown. Coach dumps puck. Players breakout the puck and then regroup with coach in the neutral zone. Forwards then dump the puck in the same end, and then forecheck against the original defensemen who broke them out. Players play 3 vs. 2 until a goal is scored or defense carries the puck out.
VARIATION: can pass the puck to coach for proper regroup options or tightly regroup in NZ.
GOALIE: in net.

Post-Practice Comments:

Practice Objectives / Notes:

1) Wave Rouge



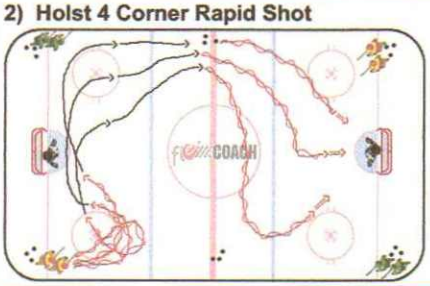
DRILL OBJECTIVE: Warm Up — **8 min.**

KEY ELEMENTS:
- Keep Feet Moving
- Comunication
- Quality Passes

ORGANIZATION: Players line up in 4 lines and go do a series of exercises on the whistle.
1. Puck Control
2. Change of Speed
3. Weaving/Lateral/Forward and Backward
4. Open Pivot
5. Passing (Lane/Weave/Cross and Drop/Forward and Backward)

VARIATION:
GOALIE: workign with goaltender coach to warm up.

2) Holst 4 Corner Rapid Shot



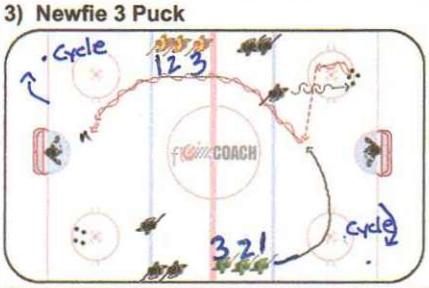
DRILL OBJECTIVE: Skating/Puck Control — **10 min.**

KEY ELEMENTS:
- Tempo - Keep Feet Moving
- Shoot in Stride
- Head Up

ORGANIZATION: Players line up in 4 lines as shown. Opposite lines go at the same time. All forwards leave with puck. F1 goes first, ccircle/seam shot, then goes wide and begins to head up ice. F2 trails behind F1 for another circle/seam shot, follows up ice. F3 makes inside/outside move and drives net for a hot, then continues wide up the ice. All players grab a puck at centre red line. F1 drives and hoots, F2 saves ice and shoots, F3 saves more ice and shoots.

VARIATION:
GOALIE: in net.

3) Newfie 3 Puck



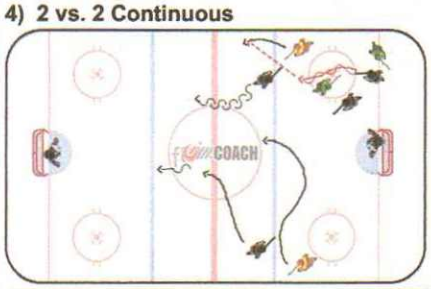
DRILL OBJECTIVE: Passing/Skating/Deflections — **10 min.**

KEY ELEMENTS:
- Keep Feet Moving
- Communication
- Quality Passes
- Quality Screens
- Depth in Cycle

ORGANIZATION: Players line up in lines as shown. Both sides leave at the same time. D1 back skates, opens up and retrieves puck and makes pass to F1 who has come flat across. F1 then drives the net for shot on goal, then stays in front of net.D1 then skates to blue line, transitions backwards, and retrives a 2nd puck and passes it to F2 and drives net for shot. (D1) then repeats and passes to F3. D1 then jumps up in the play while F's cycle the puck. D either joins cycle or gets point shot for traffic.

VARIATION: none.
GOALIE:

4) 2 vs. 2 Continuous



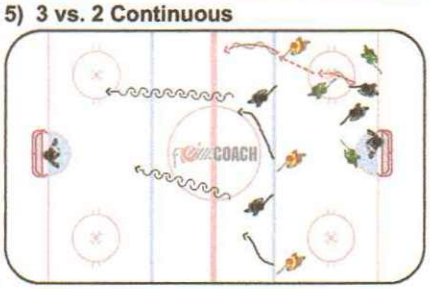
DRILL OBJECTIVE: — **8 min.**

KEY ELEMENTS:
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support/Protection
- Communication

ORGANIZATION: F1, F2 play 2 vs. 2 down low vs. D. Forwards cycle, maintain posession and try to score staying below the ringette line. Upon change of posession, D must make a direct pass to a new pair of forwards waiting at the ringette line on the wall. Forwards attack new set of D 2 vs. 2 down to the other end of the ice. This exercise repeats continuously.

VARIATION: See 2 vs. 2 Continuous
GOALIE: in net.

5) 3 vs. 2 Continuous



DRILL OBJECTIVE: — **10 min.**

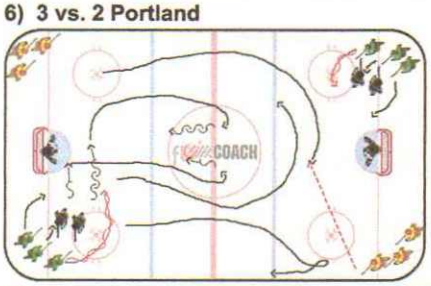
KEY ELEMENTS:
- Keep Feet Moving
- Head Up - Read Play
- Head on a Swivel
- Puck Support

ORGANIZATION: Line 1 plays 3 vs. 2 down low. Defensemen must contain, pressure and recover puck. D then make direct pass to Line 2 waiting at ringette line. Forwards then go down 3 vs. 2 against a new D pair, while Line 3 gets ready at opposite ringette line. Continuous.

VARIATION: See 2 vs. 2 Continuous
GOALIE: in net.

Practice Objectives / Notes:

6) 3 vs. 2 Portland



DRILL OBJECTIVE: Attack 3 vs. 2 Corners and Rush **10 min.**

KEY ELEMENTS:
- Communication
- Quality Passes
- Explosive Starts
- Ice Awareness
- Keep Feet Moving

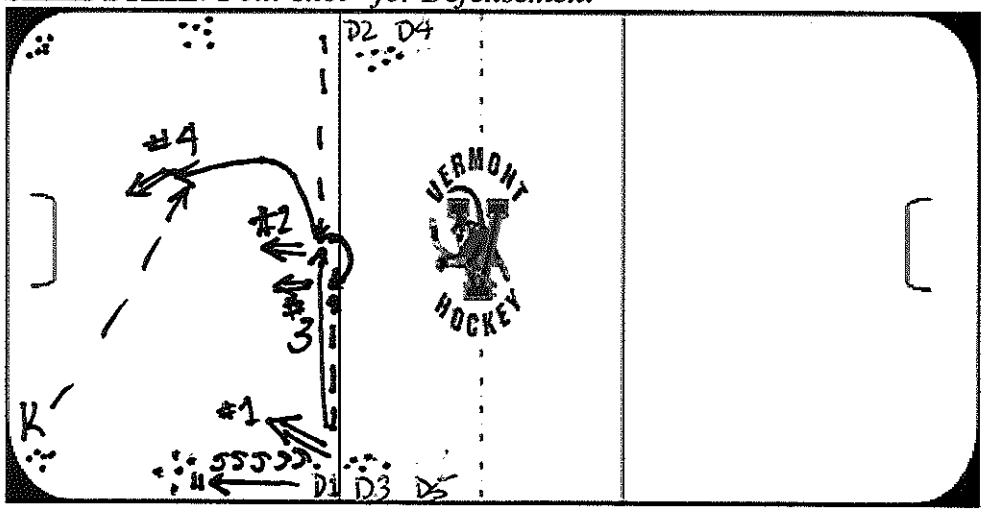
ORGANIZATION: Opposite sides go at the same time. Line A (3 Players) Attacks 3 vs. 2 against D1 and D2 from the corner. Line 3 then regroups in opposite end zone, while D1 and D2 gap up and take 3 vs. 2 down the length of the ice. Players mustbe aware of 3 vs. 2 coming the other way.
VARIATION: none.
GOALIE:

Post-Practice Comments:

UNIVERSITY OF VERMONT HOCKEY

BOOK: *Made To Stick;* C. Heath and D. Heath
QUOTE: "I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." " – Muhammad Ali

SKILL DRILL: Four shot - for Defensemen:



- D1 retrieves puck down wall, backpeddles to blue for shot #1
- D1 sprints to middle, calls for pass from D2; shot #2
- D1 swivels while holding spot; calls for pass from D3; shot #3
- D1 buys space, drops in calling for pass from Coach; shot #4

On shots 2 and 3, D should hit one-timer when receiving pass on off-side or should get "hips around" quickly when on his proper side and shoot it.

Key – economy of movement; try to shoot pucks 2 and 3 while holding that position

TEAM DRILL: CJ 3-Shot

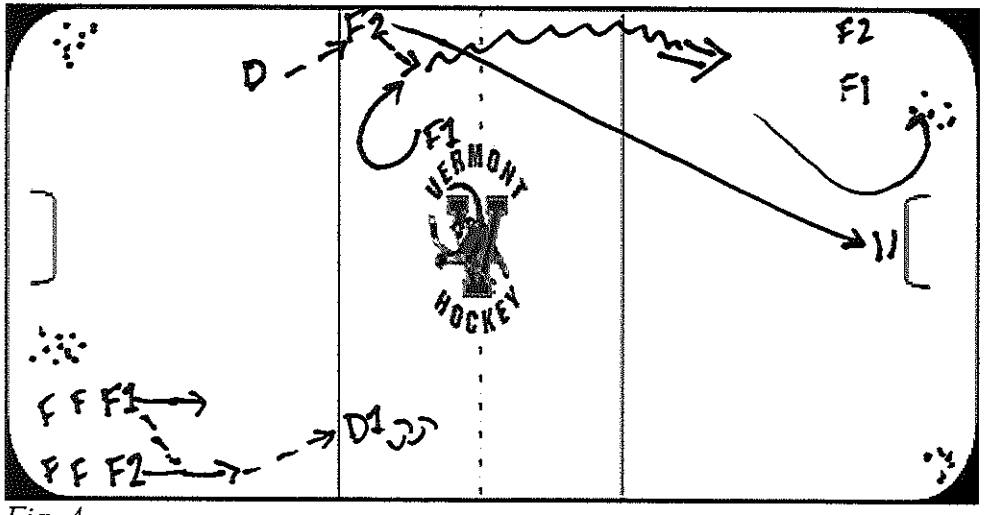


Fig. A

- F1 and F2 (skating fwd) and D1 (skating bwd) one touch passing
- When D reaches top of circle; outlet to posted F2; F2 touch to F1
- F1 gets shot #1 and goes to near corner to retrieve 2nd puck (Fig. A)
- F2 drive net & stop; F1 pass to D1 for shot #2 w/ F2 screen (Fig. B)
- F2 release to opp. corner & retrieve 3rd puck; D1 sprint across blue
- As F2 rolls up wall, D1 scissor cycle down, accepts drop pass
- D1 pass behind net to F1; F1 pass to F2 in high slot; shot #3 (Fig,C)

John Micheletto
Associate Head Coach

UNIVERSITY OF VERMONT HOCKEY

TEAM DRILL: CJ 3-Shot

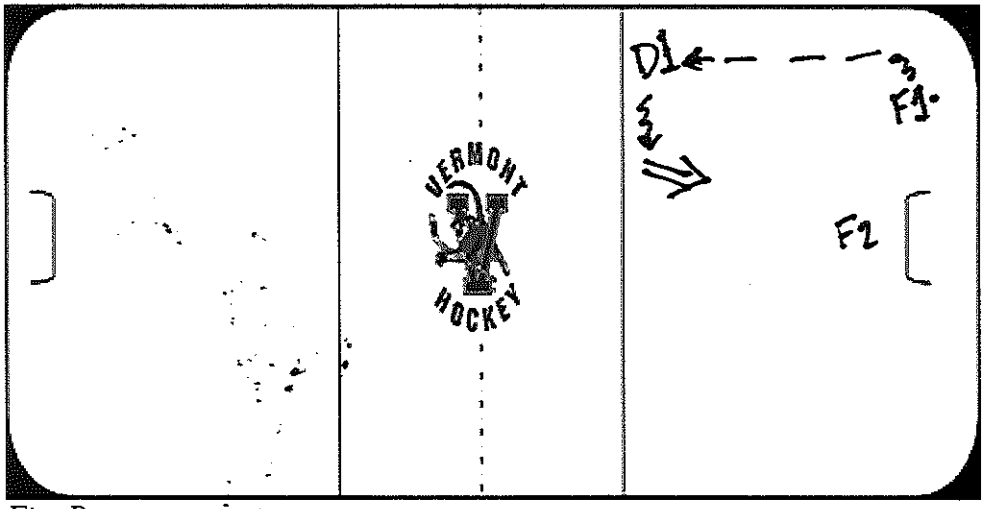


Fig. B

TEAM DRILL: CJ 3-Shot

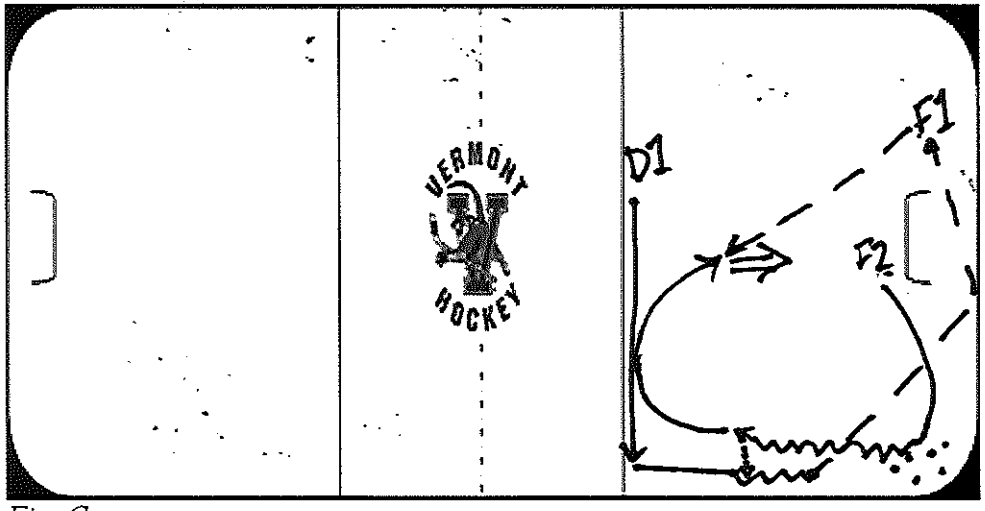


Fig. C

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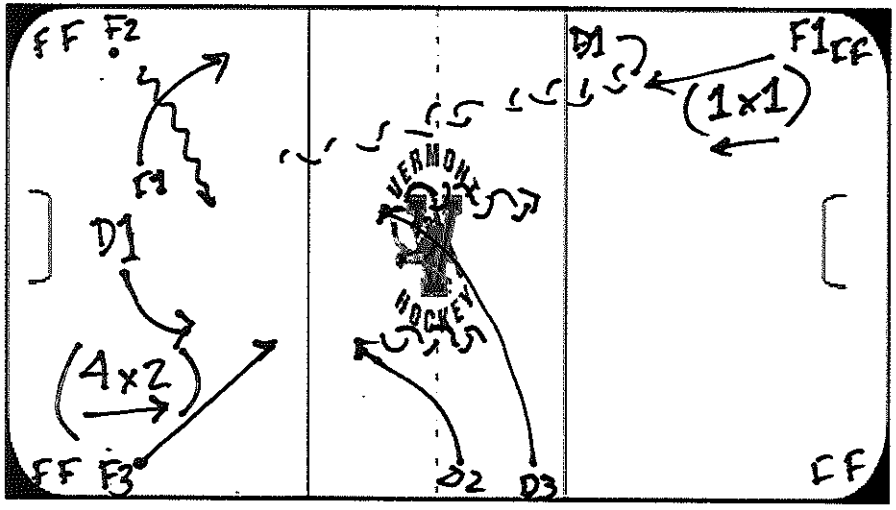
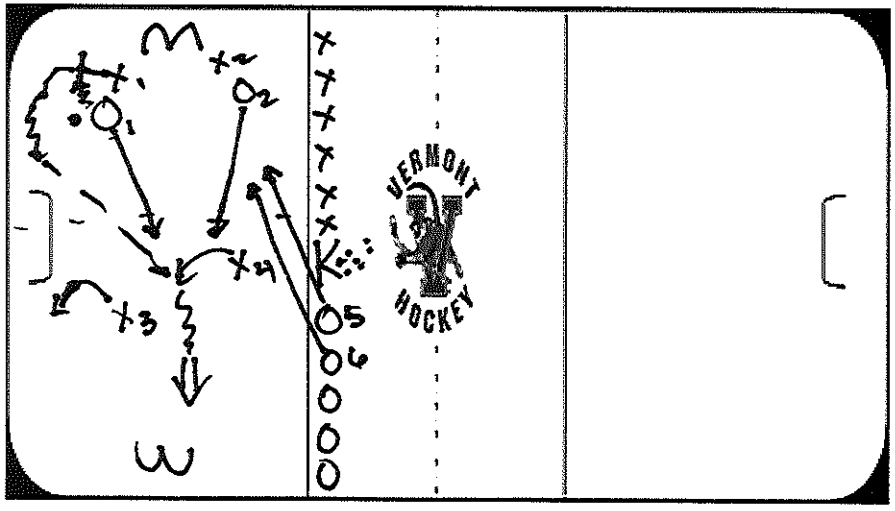
FAVORITE DRILL: 1x1/4x2



- F1 goes length of ice 1x1 against D1
- D2 & D3 slide out behind 1x1
- On whistle, F1 & D1 transition to offense with F2 (new puck) & F3 for full length 4x2 against D2 and D3

** good drill for transition/rush options*

SMALL GAME: **CONTINUOUS 2-ON-2**



- Split players into 2 teams lined up across blueline (X's and O's)
- Game will be played in one zone, cross ice
- Game starts with 2 O's (1, 2) on offense and 2X's (1, 2) on defense in one half of the zone
- There are 2 additional X's (3. 4) waiting in the other half of the zone
- O's attempt to score
- When defensive X's get possession of puck, attempt to outlet to X3 or X4; O1 and O2 backcheck and play defense.
- X1 and X2 jump out; O3 and O4 jump in and are now waiting
- When O1 or O2 get possession of puck, attempt to outlet to O3 or O4; X3 and X4 backcheck and play defense
- O1 and O2 jump out; X5 and 6 jump in and are now waiting

**Players get a little of everything: 2x0 rush, 2x2 offense, backcheck into defensive play; transition pass*
**Easy way for players remember the rotation: offense to defense, then out*

John Micheletto
Associate Head Coach

REGINA PATS HOCKEY CLUB

FACSIMILE TRANSMITTAL SHEET

TO: Enio Sacilotto

FROM: Regina Pats (Shaun Sutter)

COMPANY: Chilliwack Bruins

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Regina Pats Hockey Club
P.O. Box 104 – Regina, SK S4P 2Z5
www.reginapats.com

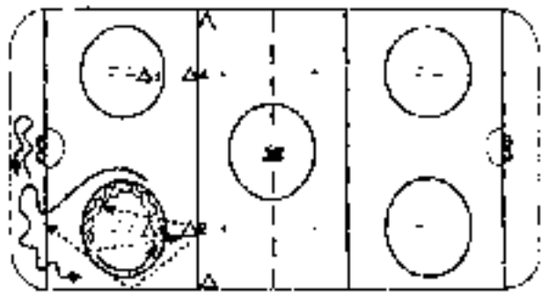
Chris Hunt or Shaun Sutter

Ph: (306) 522-6604
Fax: (306) 337-1545
Email: chunt@reginapats.com; ssutter@reginapats.com

KINGSTON BREAK-OUT DRILL — 10 min

- Δ1 starts backwards around the inside of the circle, pivots to forward at the bottom of the circle and up the other side.
- While skating, Δ1 exchanges the puck with Δ2.
- After the second time around Δ2 lays puck low into the corner.

  Δ1 may do one of three things:
  - Quickly turn the puck up ice;
  - Drive the back of the net and turn back;
  - Drive the back of the net, stop and step out on the same side.
- Δ2 moves to support Δ1 decision for a pass from Δ1 and a shot on goal.
- May add a coach or player to act as a forechecker especially on the quick turnback.



COACHES NOTE

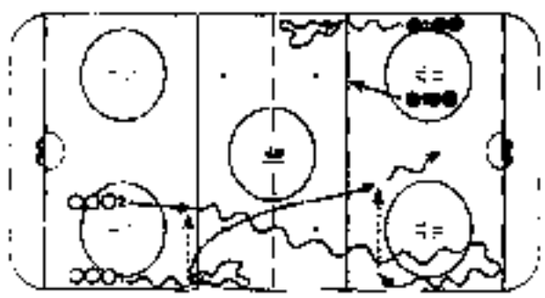
Coaches should encourage players to utilize deception when retrieving the puck and look away skills when passing.

KEY TEACHING POINTS

- Stay on the perimeter of the circle.
- Don't attempt too many passes when skating around the circle.
- When retrieving the puck use deception and look up ice when moving behind the net to simulate reading the break out options.

PORTAGE & MAIN DELAY DRILL — 10 min

- O1 skates over the first blueline and delays to the outside.
- As O1 retrieves, O2 skates for the pass.
- O2 carries the puck wide now, drives through the end face off circle and delays toward the boards.
- O1 comes late into the play receiving a pass from O2 for a shot on goal.
- O2 follows in for the rebound.
- Both sides at same time.



COACHES NOTE

This tactic is excellent for teaching puck control, with attention given to the backhand and wrist across maneuver for right wing. In game situations, the delay should be used to gain time and space when under checking pressure and no options are available. By delaying wide and moving back up ice in the offensive zone, this will normally create coverage confusion for the defensive team.

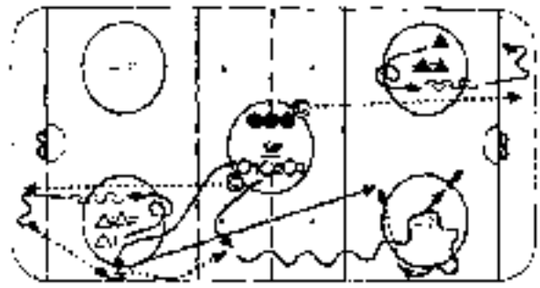
KEY TEACHING POINTS

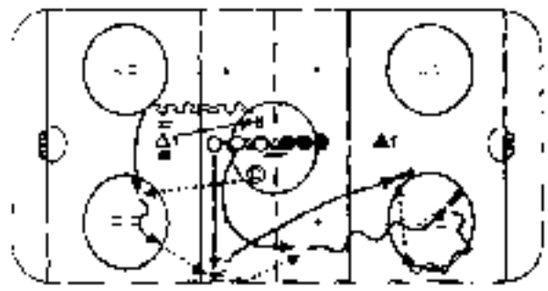
- Use a tight turn delay.
- Delay wide to the outside and move back down the ice (don't turn on the spot).
- Receiver must come late into the pass rather than forcing the passer early.
- Call for the puck when breaking into the opening.

NEEPAWA CHIP PASS DRILL — 20 min

- Coach passes the puck low in the corner as Δ1 moves to the top of the circle.
- Δ1 skates forward to the top of the circle and then goes backward and pivots to get the puck.
- Δ1 passes to O1 who has moved to be an outlet on the boards.
- O1 bangs (chips) the puck off the boards to O2 who calls for the puck.

  O2 may drive and shoot or delay and pass to O1.





PROGRESSION

Coach spots the puck inside the blueline.

- Δ1 skates forward to center ice, goes backwards and pivots to get the loose puck.
- Δ1 retrieves the puck and passes to O1 on the boards in between the blue and red lines.
- O2 calls for the puck and O1 chips it off the boards.
- O2 may shoot or delay.

KEY TEACHING POINTS

- This is a drill to beat pinching defensemen in the defensive or neutral zone.
- Communication is key as well as quick and close support.
- The defense must turn the puck up ice quickly.
- Forwards should recognize where to pass the puck off the boards.

COACHES NOTE

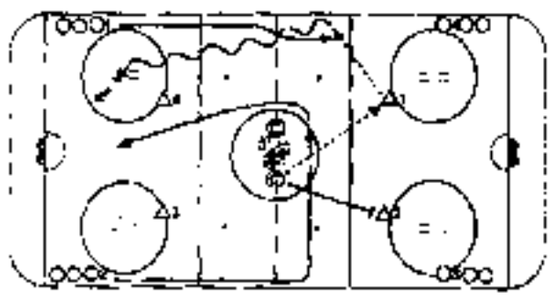
Not every pass has to be, or can be direct. Passes in behind defenders to a teammate in single into are excellent methods of moving the attack with speed, and are effective against teams who try to sit up.

RIDEAU SUPPORT DRILL — 20 min

O1 and O2 skate down the boards towards their defense.

One coach passes to Δ1 or Δ2.

- One of the two coaches must pressure Δ1 or Δ2.
- If Δ1 has the puck and coach pressures, Δ1 passes to Δ2 and O2 supports the boards while O1 moves to mid-ice.
- If Δ1 has the puck and coach pressures Δ2 (diagram), Δ1 keeps the puck and passes to O1 supporting the boards while O2 moves across the ice.
- Double back on entry for a wide shot or pass.



KEY TEACHING POINTS

- Coaches must vary their strategy of who passes and who pressures.
- Teaches the forwards to read pressure and to support accordingly. One forward should support the boards as an outlet and the other should move quickly across the ice to support the first pass.
- Wide forward becomes an option by moving off the boards.
- Read and react quickly.

COACHES NOTE

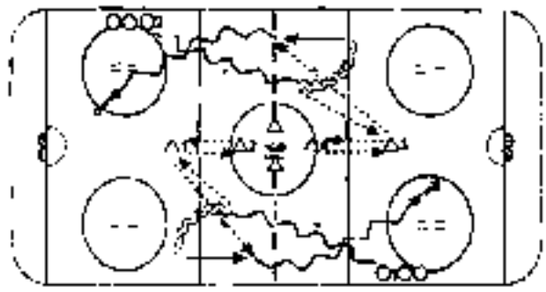
This drill encourages the defenseman to read the checking pressure and move the puck accordingly. It also challenges the forwards to read the same checking pressure and move to support the puck and each other.

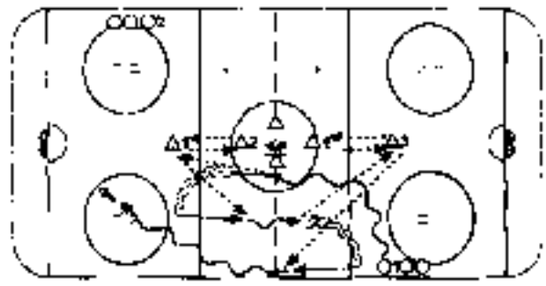
PLUNGER ONE-TOUCH AND UP

10 min

- O1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1

  Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- O2 goes at the same time passing to Δ3.





PROGRESSION

While skating back up ice O1 passes to Δ3, Δ3 passes to Δ4 and return.

- O1 performs an open pivot once again to the boards
- Δ3 passes to O1.

  O1 shoots at the opposite end.
- O2 is going at the same time.

KEY TEACHING POINTS

- Eye on the passer

  Use open Mohawk pivoting technique to present a good target or a right hand on a swivel
- Accelerate into the pass.
- Encourage one-touch passing between defensemen while their feet are moving.

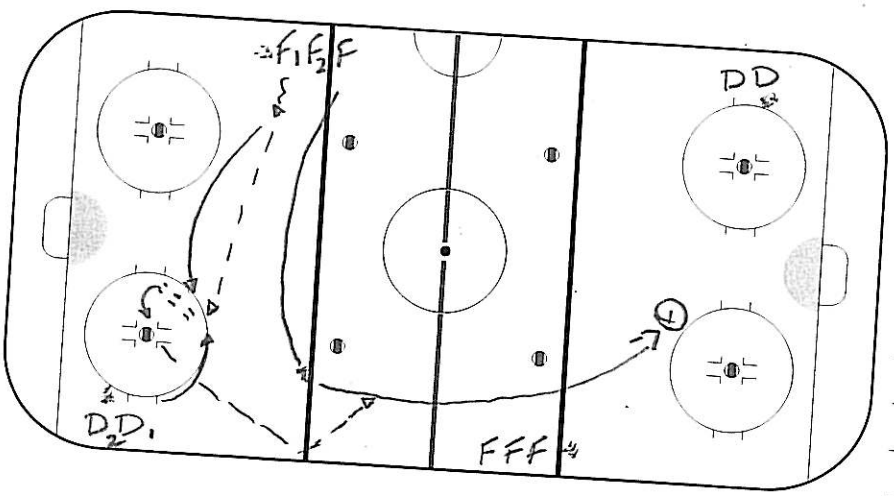
COACHES NOTE

The Mohawk turn or open pivot allows for eye contact with the puck-handling defenseman at all times. The key is to have your feet moving into and out of the Mohawk. You may wish to have forwards execute a tight turn toward the boards; however maintaining eye contact is essential

DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			waydebucsis@hotmail.com	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		midgleyj@rns.cc	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			enio@shaw.ca	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			jackson.132@nd.edu	yes
3	Barry	Wolff		Nov. 30			wolffiesca@yahoo.ca	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			miland@interchange.ubc.ca	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			dannyflynn1@hotmail.com	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	newtont@msu.edu	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			belliveaupete@hotmail.com	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			kbathurst@hockeycanada.ca	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			claytonbeddoes@hotmail.com	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			scout69@nb.sympatico.ca	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			rofox@telus.net	
7	Dan	Fridgen		Dec. 28			keyhoc18@hotmail.com	
8	Peter	Russell		Jan. 4			peterrussell4@hotmail.com	
8	Brian	Bourque	University of Waterloo	Jan. 4			bbourque@admmail.uwaterloo.ca	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		tewasiuk@hughes.net	yes
9	Graham	Wise	Ryerson University	Jan. 11			gwise@ryerson.ca	
9	Jeff	Truitt		Jan. 11			Jeff.Truitt@PhoenixCoyotes.Com	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			tom.pokel@yahoo.com	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	donaldmckee@hotmail.com	yes
10	Dan	Nadeau		Jan. 18			dnadeau@fastenal.com	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			bryantperrier@yahoo.com	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			jolden@interchange.ubc.ca	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			krisk@kootenayice.net	
11	Peter	Woods	Hockey Manitoba	Jan. 25			pwoods@hockeymanitoba.mb.ca	
12	Joey	Gasparini	University of Vermont	Feb. 1			jgaspari@uvm.edu	
12	Dan	Olsen	Calgary Northstars	Feb. 1			timbercoach@hotmail.com	
12	Peter	Russell	Swindon EPL	Feb. 1			peterrussell4@hotmail.com	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		williamverner@hotmail.com	
13	Nick	Poole	Milton Keynes	Feb. 8			poole19@btinternet.com	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			coachmac@unb.ca	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			diegoscandella@hotmail.com	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			Stephane.LeBlanc@nbed.nb.ca	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey A	Feb. 15	(902)-461-1543		targethockey@gmail.com	
15	STUART	WILSON		Feb. 22			heatherstuart_2000@yahoo.com	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			twalkington@shaw.ca	
15	Tom	Molloy		Feb. 22			tommolloy@hotmail.com	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			blakewesley@hockeyschools.com	
16	Michael	Pelino	Peterborough Petes	Mar. 1			mpelino@gopetesgo.com	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			kellerb@ecsd.net	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			paulheavey@aol.com	
17	Shaun	Sutter	Regina Pats	Mar. 8			ssutter@reginapats.com	
17	John	Micheletto	University of Vermont	Mar. 8			jmichele@uvm.edu	

QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK AND OTHERS TO BREAK RECORDS."
— UNKNOWN



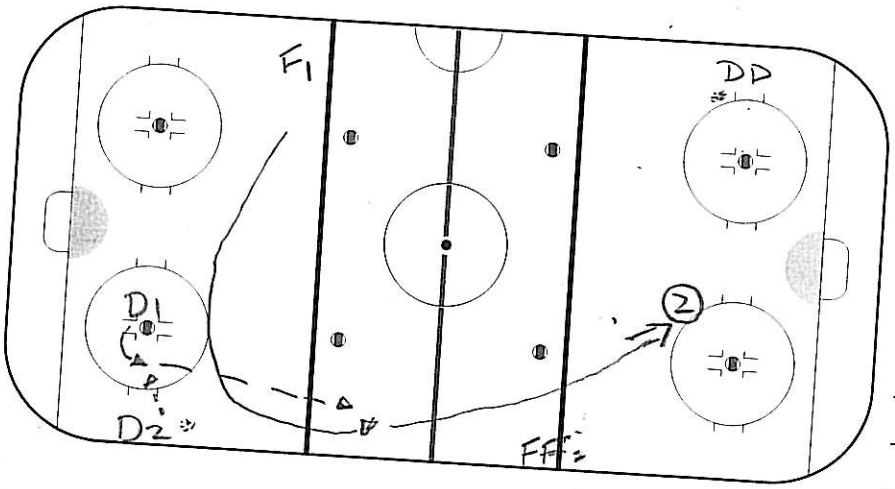
① SKILL DRILL (CONTROL W/ WHISTLE)
(* BOTH SIDES AT SAME TIME *)

1) D1 TO TOP OF CIRCLE, F1 TO D1

2) D1 BACKWARDS THEN PIVOT FORWARDS

3) F1 AFTER PASS "ANGLE" D1 AND FORCE CHIP PASS OFF THE BOARDS TO F2 (F2 LEAVES AFTER F1 : TIMES SKATE)

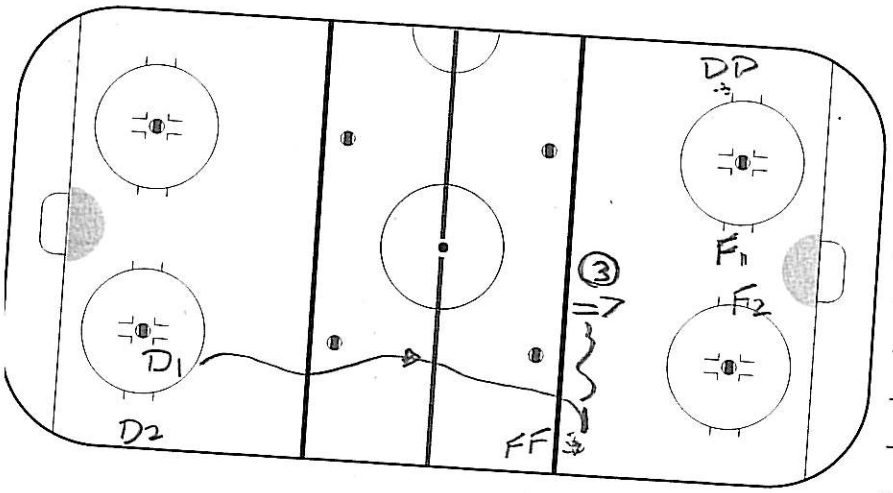
4) F2 WITH PUCK : F2 = SHOT ①
(F2 STAY AT NET)



5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS SPEED AT BOARDS

7) D1 TO F1 : F1 = SHOT ②
(F1 STAY AT NET)



8) AFTER D1 PASS TO F1 ; D1 TO THE FAR BLUE-LINE AND PICK-UP PUCK

9) D1 = DRAG & SHOT ③
(F1 / F2 = SCREEN & REBOUND)

* CAN USE DRILL FOR WARM-UP SHOOTING OR WITHIN REGULAR PRACTICE. *

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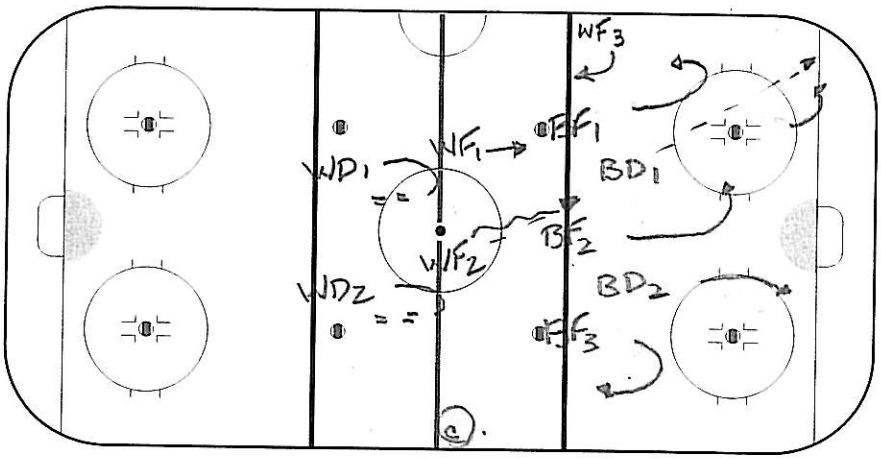
② TEAM PLAY → NEUTRAL ZONE

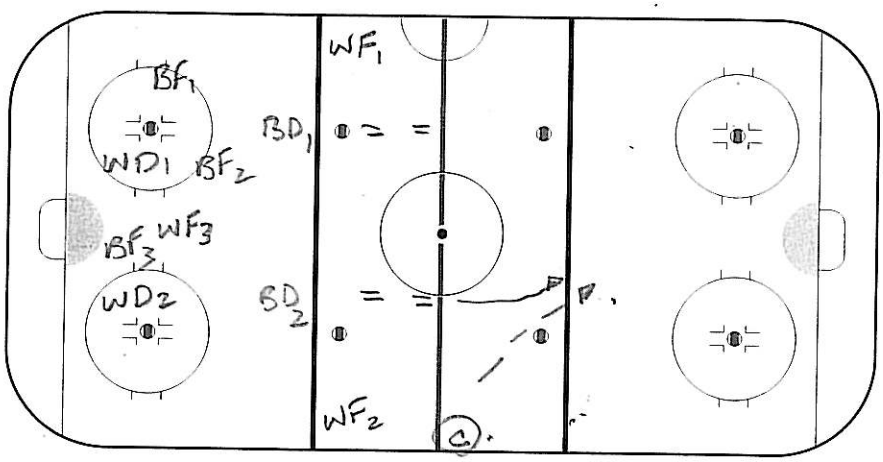


1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4v"

2) BD1 / BD2 & BF 1/2/3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE; 4v STOPS (WF1 / WF2)

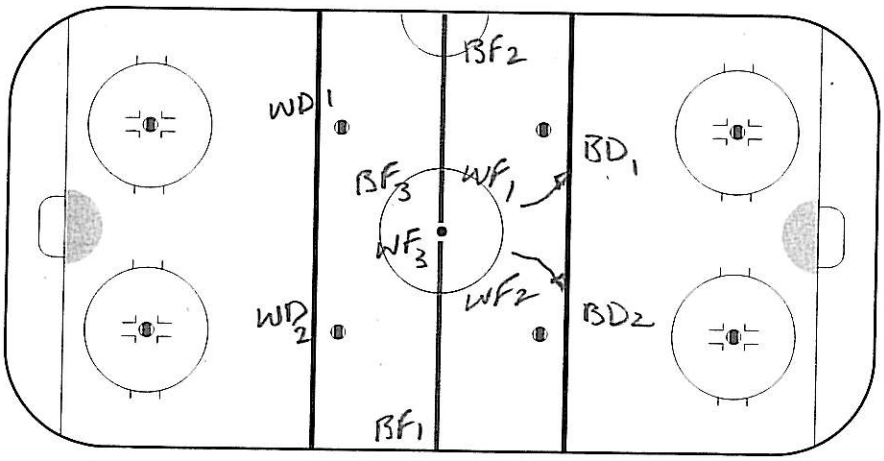
4) WF3 JOINS RUSH TO CREATE A "5 VS 3" w/ WD1 / WD2



5) AFTER 5 VS 3 IS COMPLETE ⓒ SPOTS PUCK IN NZ

6) AFTER ORIGINAL 4v: WF1 & WF2 POST-UP AT FAR BLUE LINE

7) AFTER ⓒ SPOTS PUCK IN NZ, BD's RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)



8) PLAY BECOMES "LIVE" 5 VS 5 IN NZ (40-45 SEC)

** BREAK-OUT w/ PRESSURE IS EXECUTED **

** NZ CHECK AS PER COACH'S SYSTEM **

** OFF REGROUP IS PERFORMED ** w/ "LIVE" PRESSURE.

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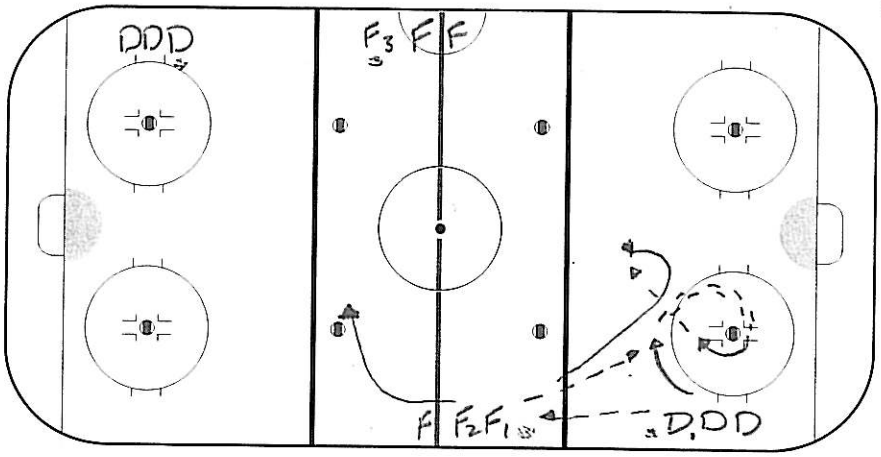

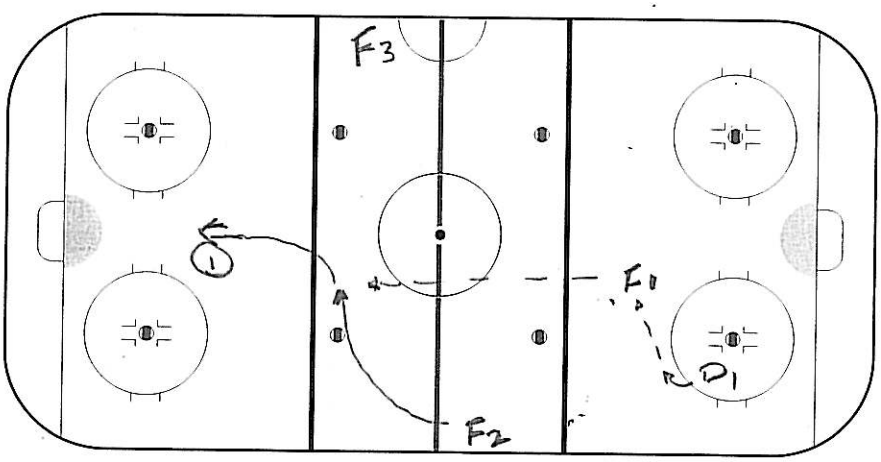

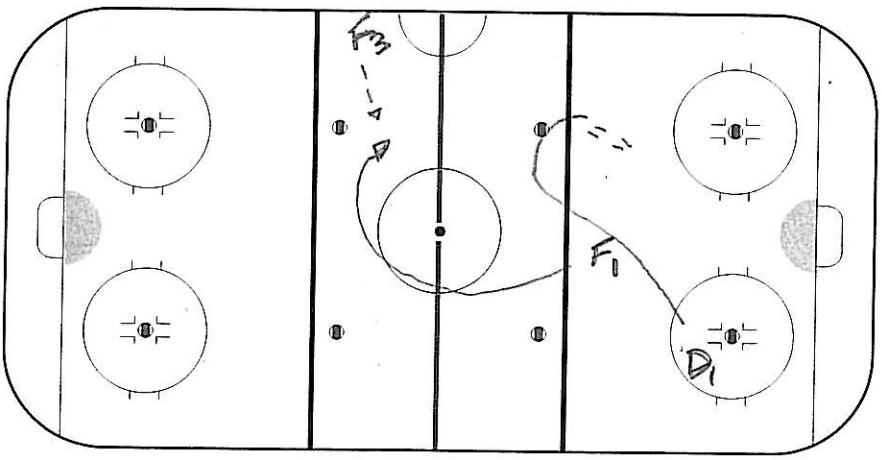

③ FAVOURITE DRILL → (1vs1 w/ SHOT)

(BOTH SIDES AT SAME TIME)

- (CONTROL W/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

5) F2 GOES IN FOR SHOT ① (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 VS F1

** CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL **

** MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW **

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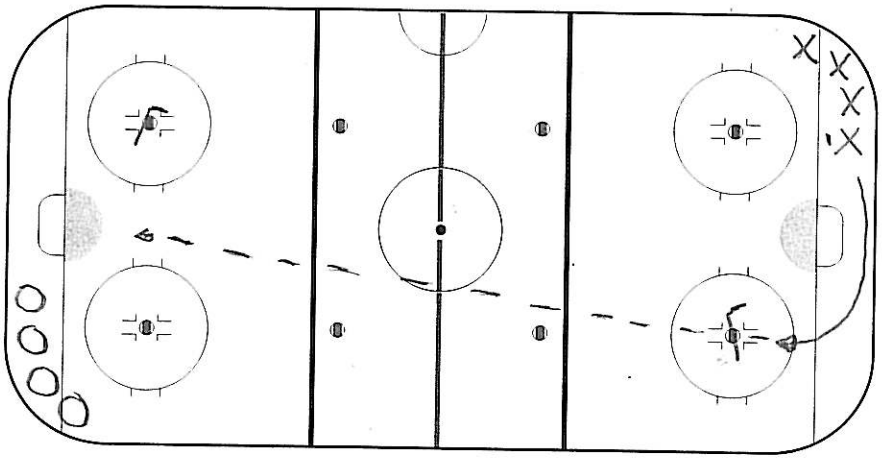
④ FUN / COMPETITING DRILL

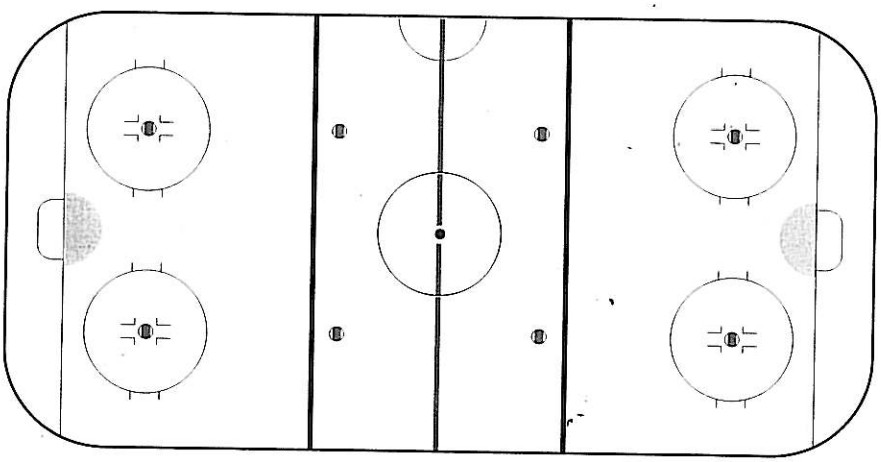


"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

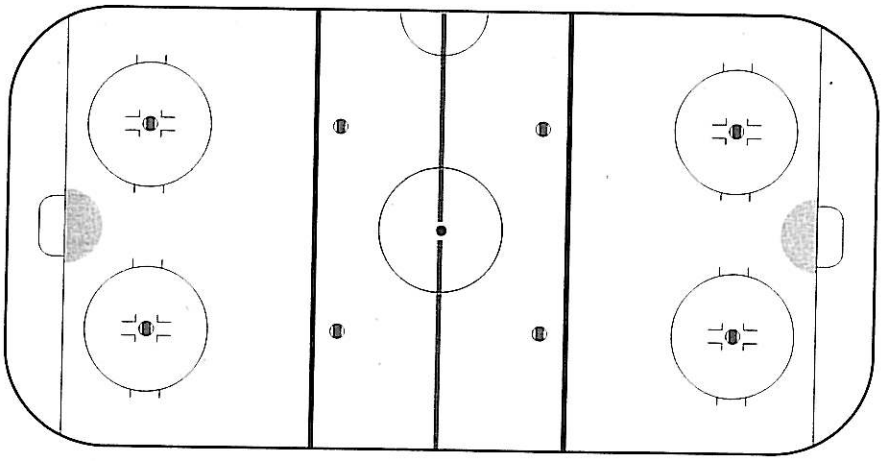
- 1ST X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOOTS NEXT.)

① IF GOAL: "O" TEAM MUST SKATE LAPS.



② IF MISS: "X" TEAM MUST SKATE LAPS.

** TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOT. CAN BET 1 LAP, 2 etc. TO A MAXIMUM OF 4.** (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)



"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"

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Practice Plan

Made with DrillDraw v6

Team: University of Notre Dame

Practice No.:

Date : November 19, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jeff Jackson

Objectives / Main tasks :

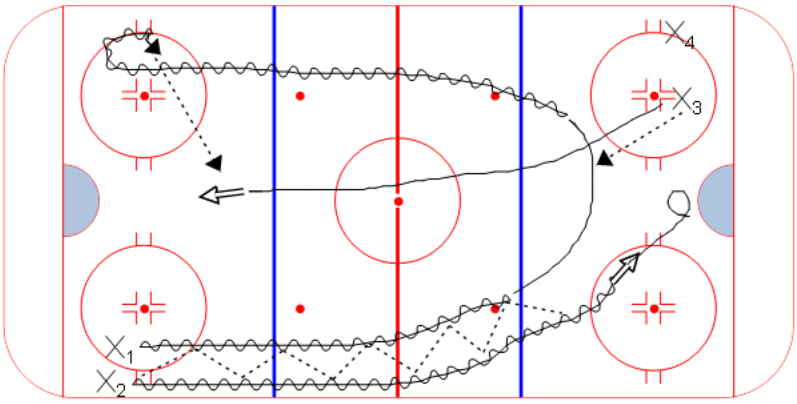
Recommended Book - Why Teams Win by Saul Miller

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Skill Drill **Content elements:** **Components :**

Description

X1 and X2 touch pass to the far blueline; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.
(Both ends go at the same time)



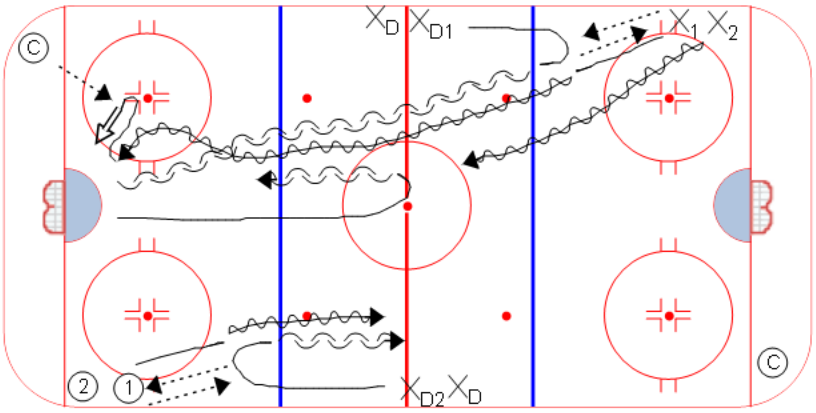
Key Points :

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Defensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Defensive Drill

Description

D1 (and D2 at opposite end) gaps up to the blueline; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and recieves a pass from the coach for a second shot; at the same time D1 gaps up to the redline and X2 attacks D1 for a second 1 on 1 rush.



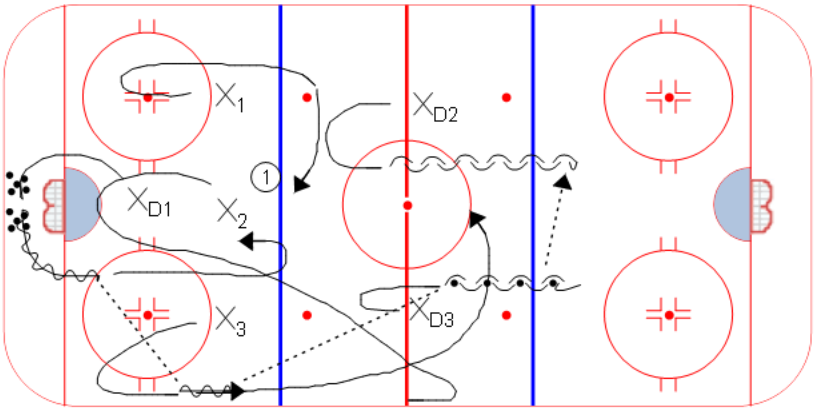
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Offensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Offensive Drill

Description

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and coutner attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



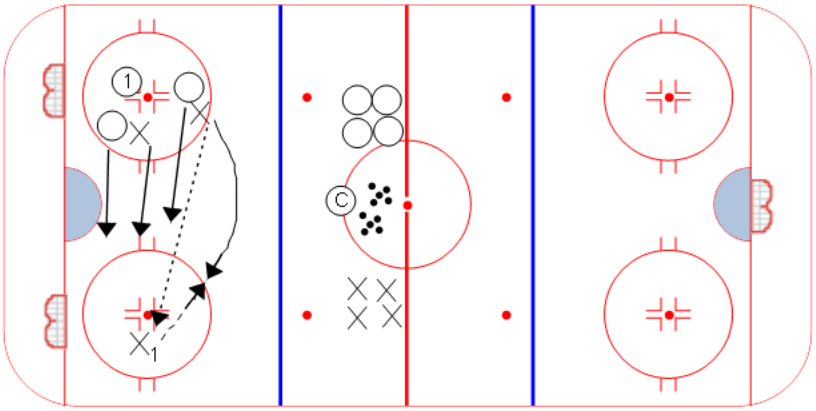
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Small Game **Category #1 :** Jeff Drill of the Week **Category #2 :** Small Game

Description

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :

Practice Plan

Team: Drill Of the Week Club

Practice No.:

Date : Nov. 11, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jim Midgley

Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G invovled
2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
3. Favourite Drill- Flinner Drill
4. Fun- Kitchener 2-0 fun game

Quote- "I know players don't like my practice, but that's OK becasue I don't like thier games" Harry Neale
Book- The 360 Leader- John Maxwell

Drill no. : **Duration :** **Minutes** **From :** **To :**

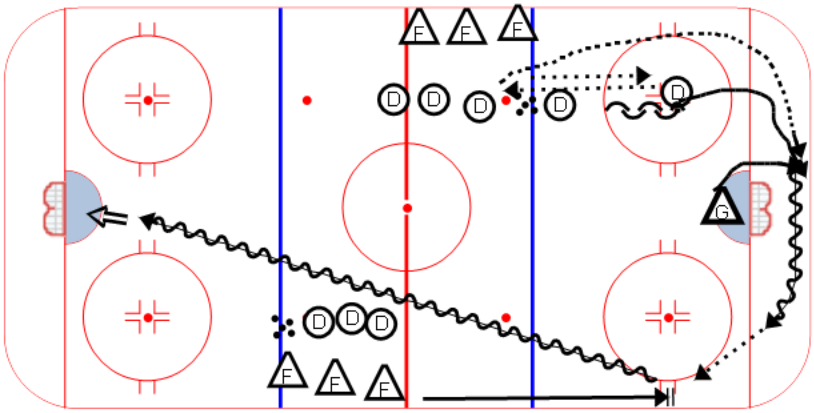
Title : Jim Rim Drill **Category #1 :** Warm-up **Category #2 :** Shooting

Description

D one touch pass with next D. Rims puck G stops rim and sets puck up for D to retrieve and pass to F who sprints down the wall and becomes outlet for the D. F takes a shot in the far end. D sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



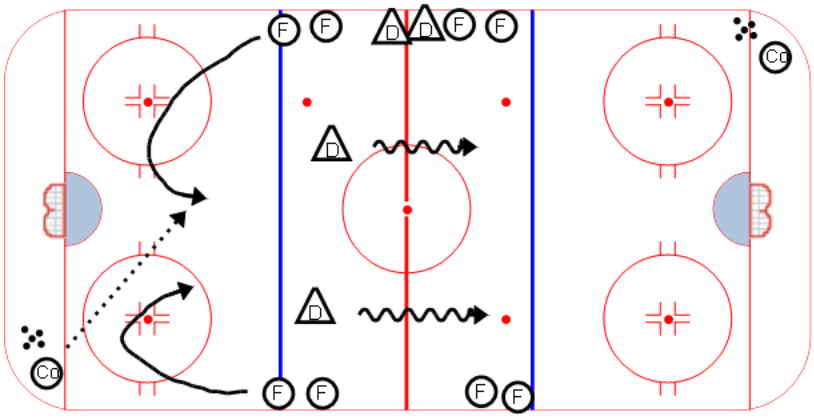
Key points : Goalie stopping rims | Passing | Communication | Shooting

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : 2 on 2 Regroup **Category #1 :** 2 on 2 **Category #2 :** Transition

Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



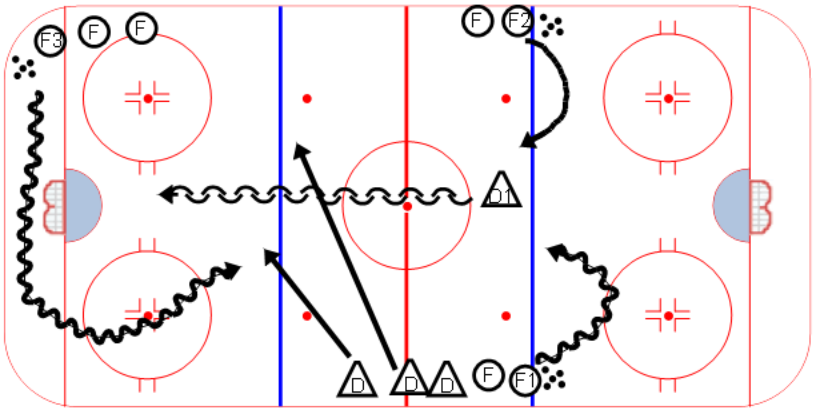
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Flinner Drill **Category #1 :** Shooting **Category #2 :** Flow

Description

-2 on 1 to start
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

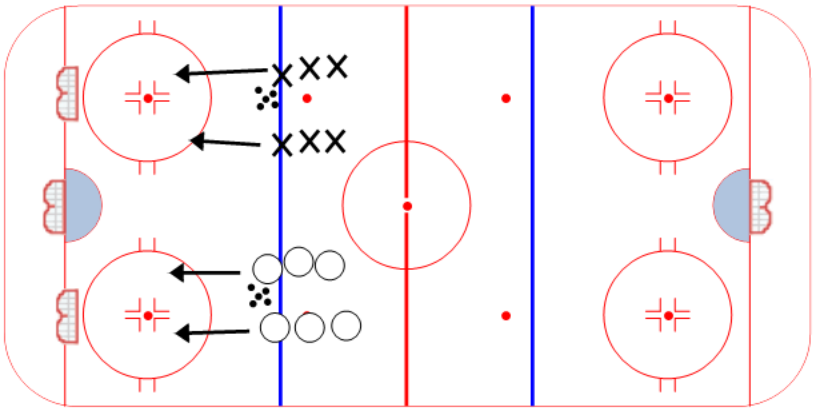
Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Kitchener 2-0 Game **Category #1 :** Fun **Category #2 :** Game

Description

On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score.Go until the whistle.

First one to 10 wins!

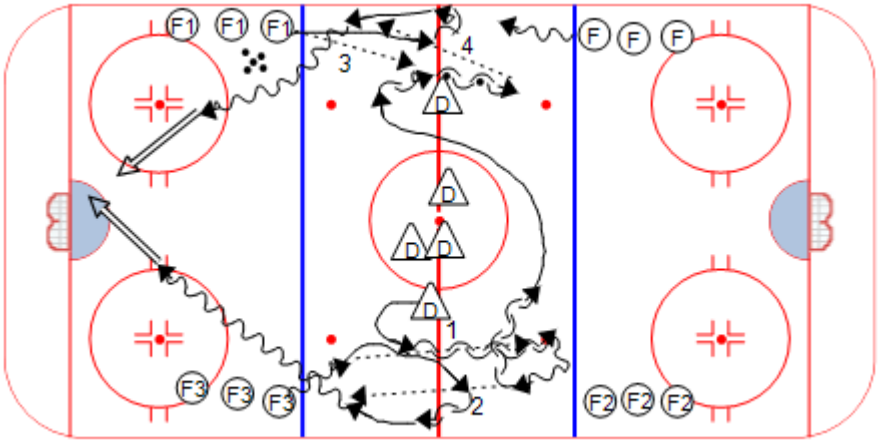


Key points : Fun | Battle | Competition

November 23, 2010

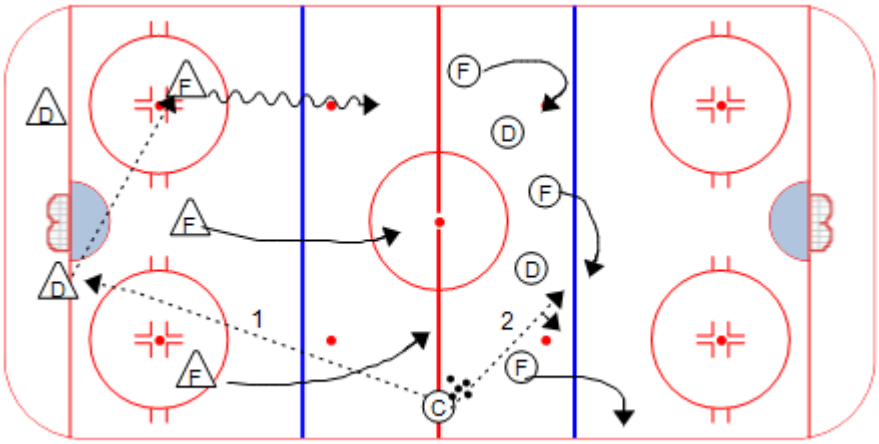
Drill of the Week Club. By Enio Sacilotto, Assistant Coach, Chilliwack Bruins

1. SKILL DRILL – PAT'S QUICK UP DRILL



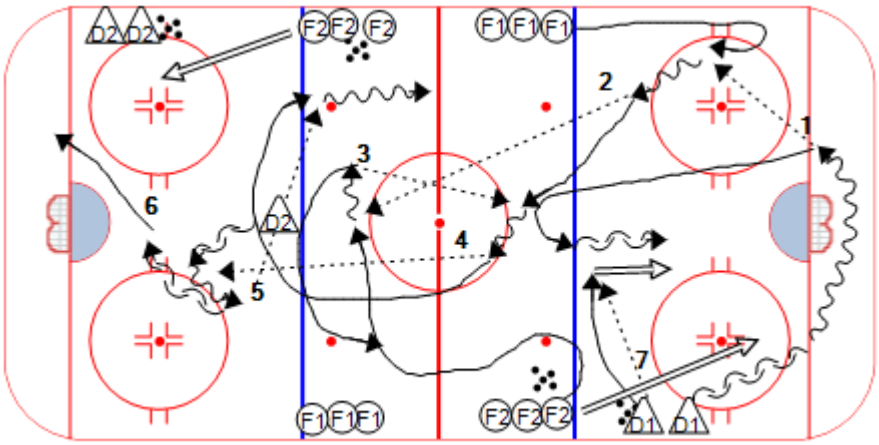
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



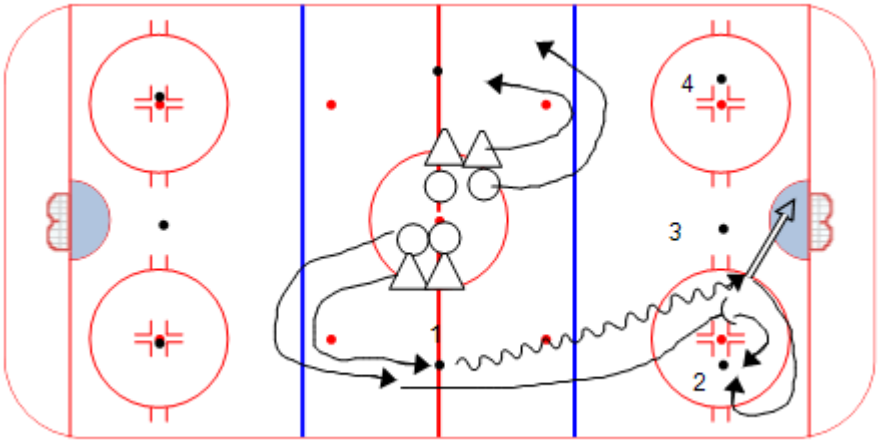
C spots puck (1). F's go 3 on 0, F's let the other F's by. D's jump up to get the gap. On the whistle, C spots a puck for the F's who go 3 on 2. F's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (F) vs. 2 plus 3 trackers / back checkers.
Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attmepts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!

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1982,1983,1984,1985,1987,1989
1990,1998,2000,2001,2006

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FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40
- just put this sequence of numbers on the locker room board
- you get lots of guesses and lots of wondering
Answer - 4 lines going 40 sec at a time

Book – Open by Andre Agassi

If you do not receive all pages from this transmission, or if you have any questions, please call A/C 517 355-1639 or fax 517 432-1879.

COMMITMENT TO EXCELLENCE

SPARTANS

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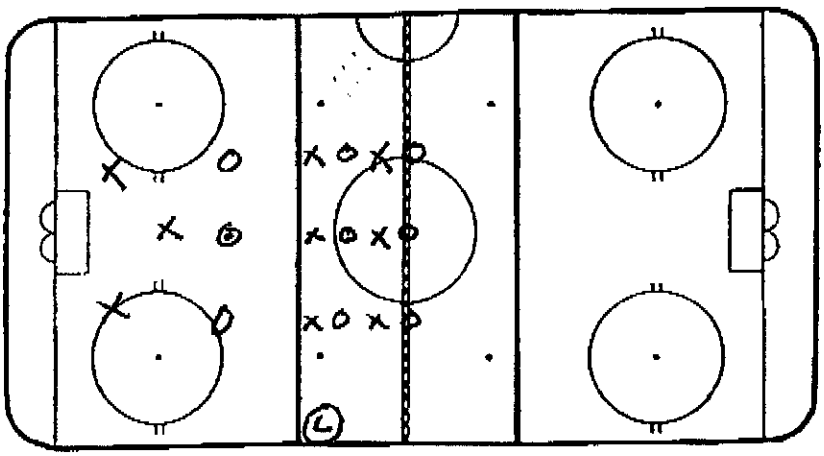
System / Drill Competitive 3v3 Continuous

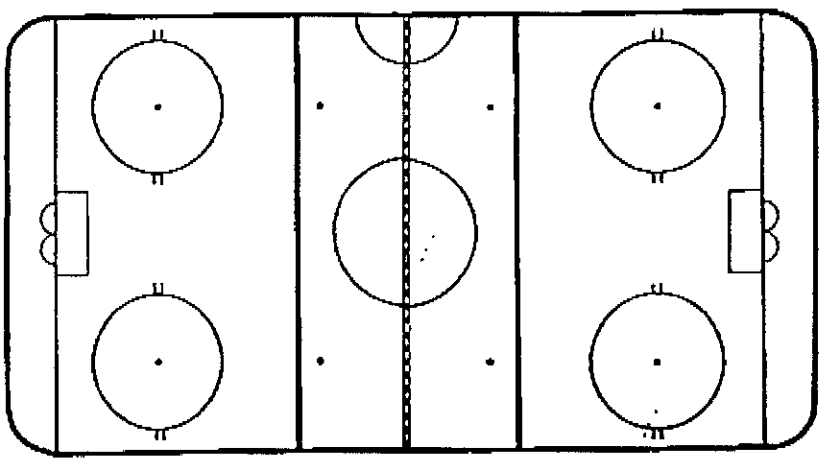


Description

O's start on ~~[illegible]~~ offense X's on Defense
X's must get puck and make tape to tape pass with X's in line
X's in line receive puck attack O's 3v3.

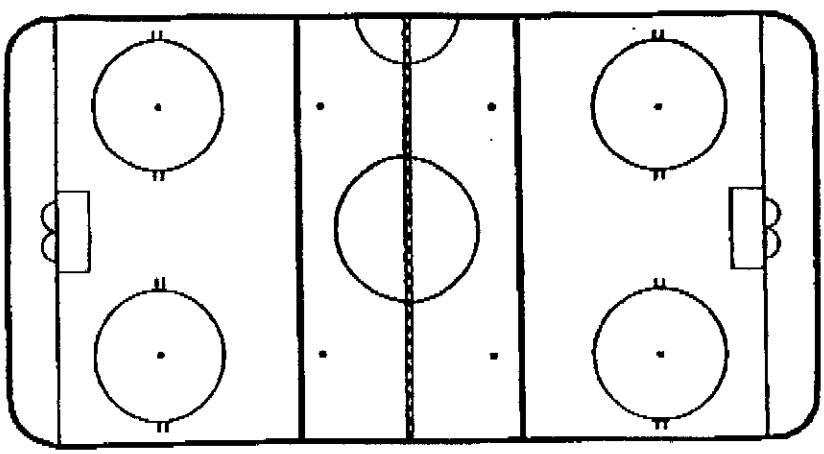
* if not a tape to tape pass (C) puts in new puck same players.
* if goal is scored (C) puts new puck in same players

Notes / Comments



Description

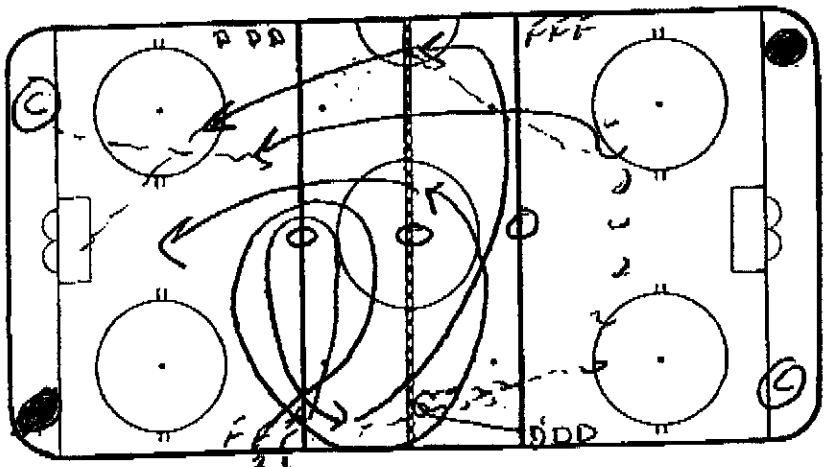
Notes / Comments



Description

Notes / Comments

System / Drill J. Nights Drill (Skill)



Description

F1 around tire with puck
F2 follows him (no puck)

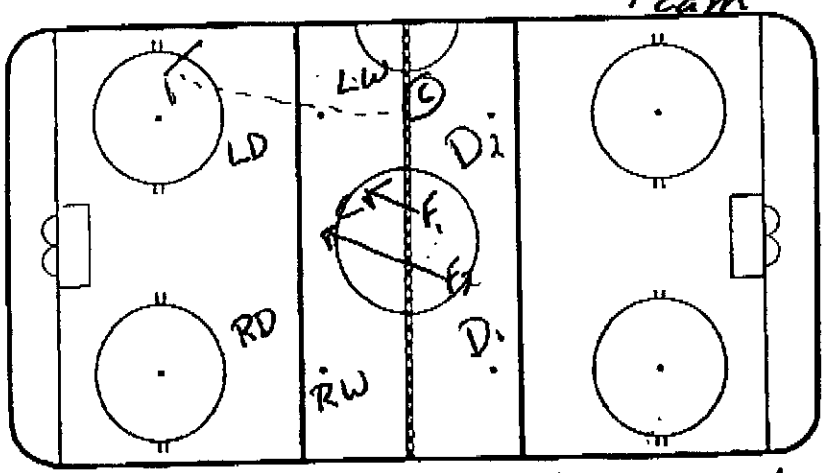
D1 up to RL transition back

F1 to D1 who travels laterally

F1 to wall F2 middle lane support D1 to F1 or F2
F3 shot D to RL pass from C

Notes/Comments Both sides go at same time start on whistle

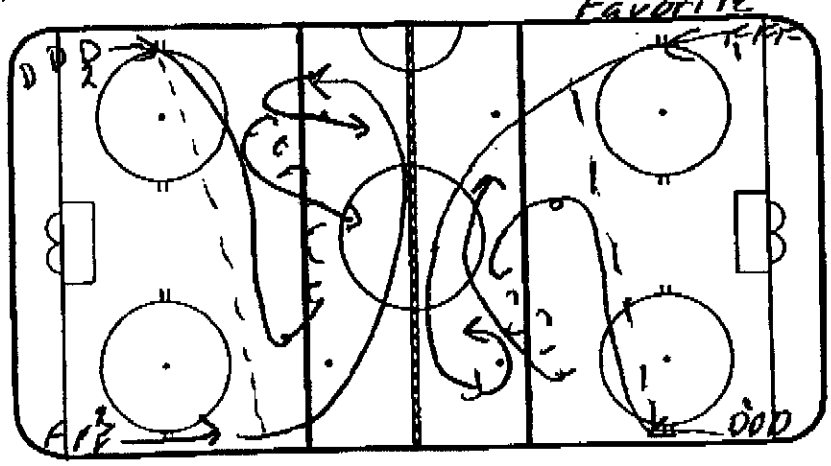
Team



Description 5 v 4
- C Dumps Puck
- F1 F2 4th Hard
- Unit of 5 Breaks out
- F1 Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to BD. on 2nd Dumped puck.
- F2 & F3 4th hard again
- F2 comes back hard to play 5v3 in the OZ

Notes/Comments good conditioning and both offensive and defensive Team Play.

Favorite


D D D
F1 F2 F3
C
F
F
F

DATE: DEC 4 \10

TO: BRUINS ATTN: ENJO	FROM: Danny FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

☐ Urgent ☐ For Review ☐ Please Comment ☐ Please Reply ☐ Please Recycle

BEST OF LUCK IN THE 2ND HALF... Danny

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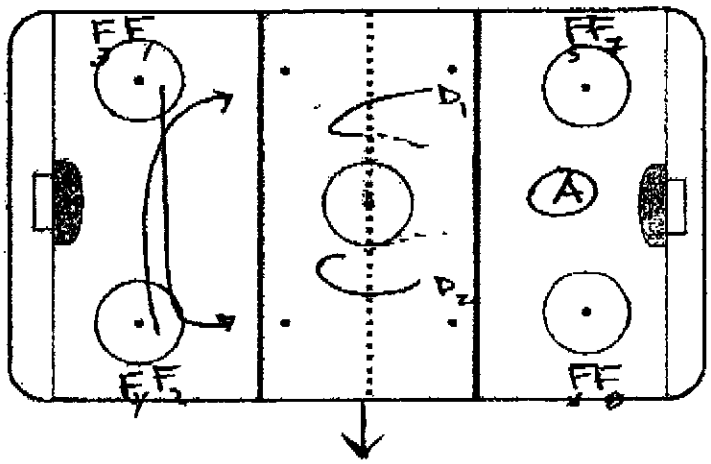
NEW YORK ISLANDERS

1) 2v2 x 2

A/ F_1F_2 cross below ringette line ; D_1D_2 jump up for 2v2 on whistle

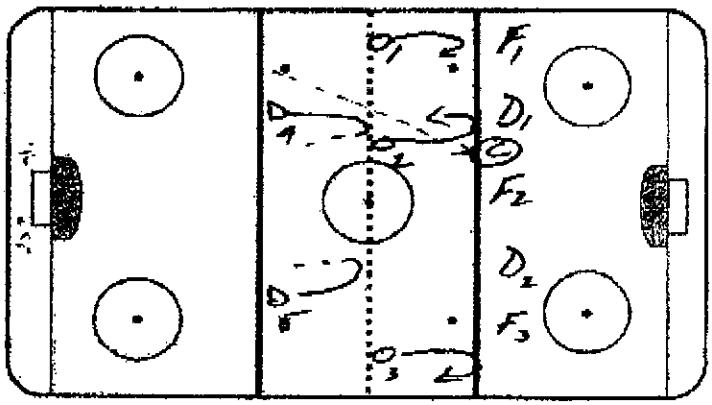
B/ whistle to end 2v2; D_1D_2 hustled to jump up on a 2nd 2v2 from initial end (F_3F_4)



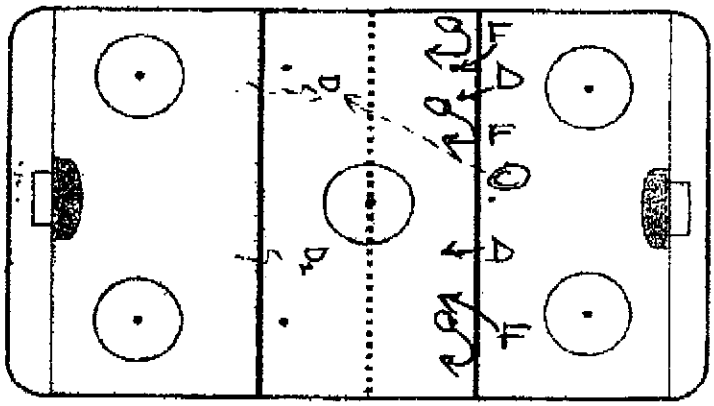
* ALTERNATE SIDES
- great for 'D' 2v2 skills

2) N.Z. TURNBACK DRILL

- O's wheel ; B/out 5v0 (pucks behind net)
- O's give puck to © when they reach 1st B/Line
- $O_{1,2,3}$ (FWDS) must tag far blueline; $O_{4,5}$ must touch RED



- © spots puck / passes to $O_{4,5}$ and $F_{1,2,3}$ $D_{1,2}$ work NZ F/C
- play out NZ 5v5 / whistle
- O's head back to DZ ; breakout for a 2nd time / F:D go back to initial standing point for REPEAT REP



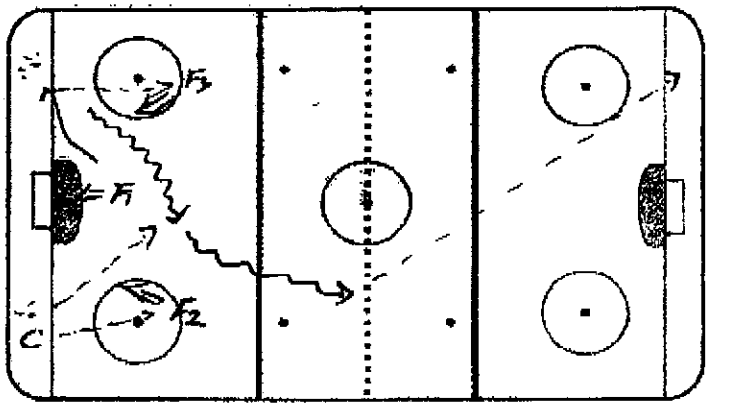
- EACH LINE 2 REPS on O: D then change

5v5
N/Z

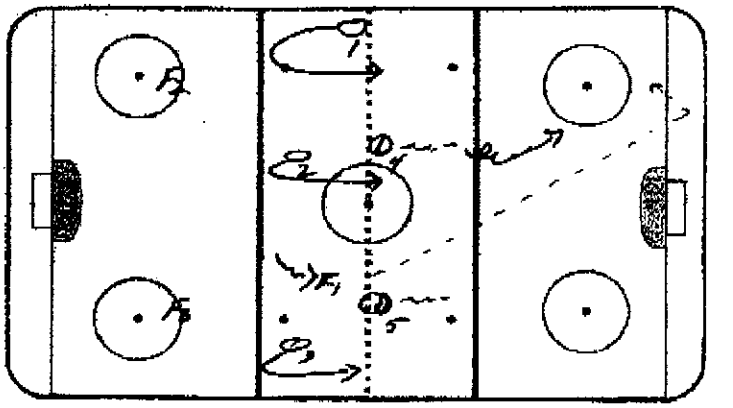
NEW YORK ISLANDERS

3) F/C X1 / X2 — CONTINUOUS DRILL

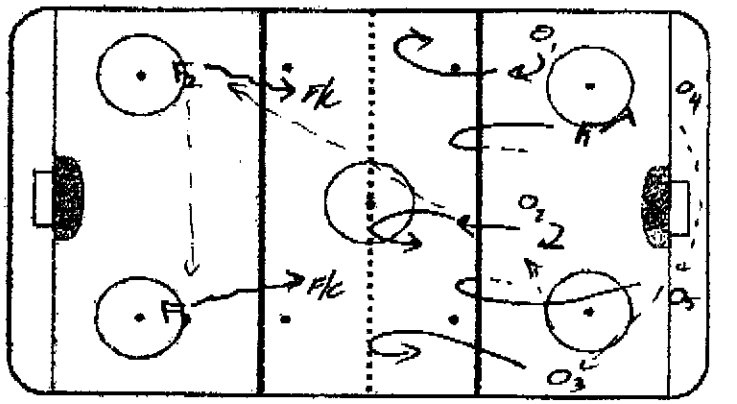
(A)
- F_1 shoots; becomes passes fr. corner
- © → F_2 / shot ... top of circles
- F_1 → F_3 / shot ... top / circles
- F_1 cuts through SLOT; © → F_1
- F_1 dumps ! FORCHECKS 1v5



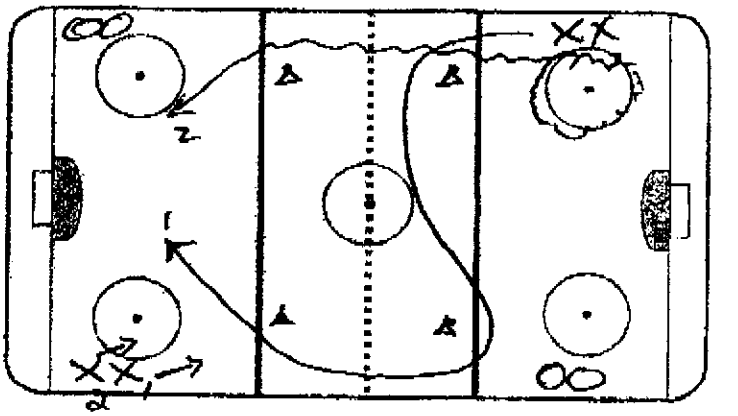
(B)
- F_1 F/C 1v5 vs $O_{1,2,3,4,5}$
- $O_{4,5}$ must not be inside blue line before F_1 dump! (gap)
- $O_{4,5,1,2,3}$ breakout / F_1 done
- D's give puck to F_2 F_3 by redline



(C)
- F_2 F_3 make 1 pass then F/C 2v5 (dump at red)
- $O_{1,2,3}$ must tag redline; $O_{4,5}$ must gap up to at least b/line
- F_2 F_3 F/C 2v5 vs O's
- * O's B/out 2nd time / DOWN ICE FOR 3 / shots BECOME F/C'ers



(D) CIRCLES : DOTS — WARMUP SHOOTING
- whistle; X_1 X_2 fr. 2 sides
- X_1 around dots / shoot #1
- X_2 and circle (Fwd – Blue – Fwd) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft & speed'



Categories

Collective tactics

full ice warm up

Drill Title : FULL ICE WARM UP

Components : FWDS / D'S ALL ONE END

Content elements :

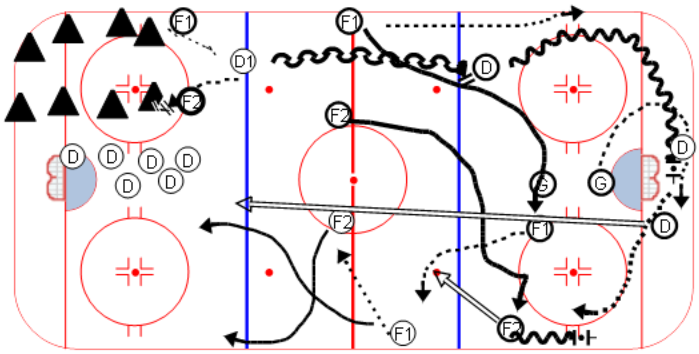
Description

FI/F2 Pepper pass with D1 till red line; F1 must hard rim to goaltender who stops puck behind net

D1 has pivoted and wheels...and passes to F2 who passes to F1...change lane to other end

while D1 sprints to far blue line. (whistle drill)

Key Points



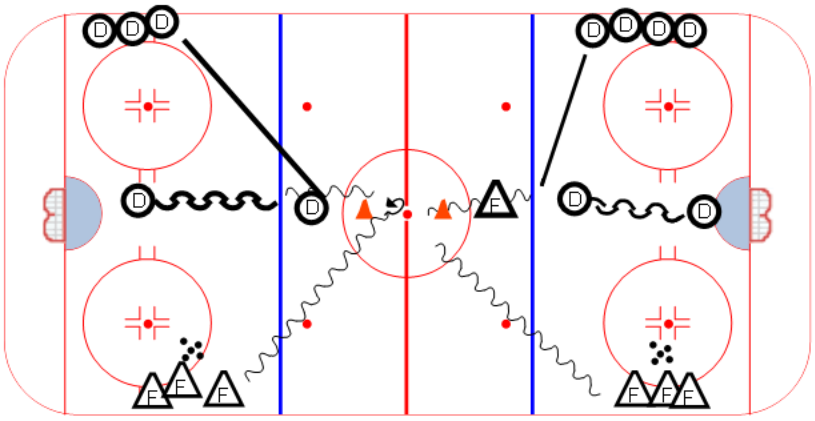
Title : GAP DRILL PART I

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART I : whistle drill ; both fwds leave with puck , on whistle they go other end , D's must stop and get good gap quickly .



Key points :

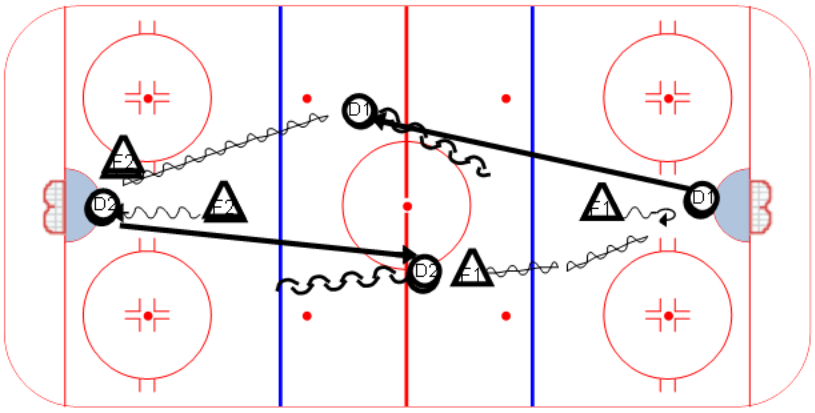
Title : GAP DRILL PART II

Category #1 : Quick Feet D-man drill

Category #2 : Def drill

Description

GAP DRILL PART II -F1 / F2 do 180 degree turn and go hard other end vs other D who must quickly get up ice to get good gap .



Key points :

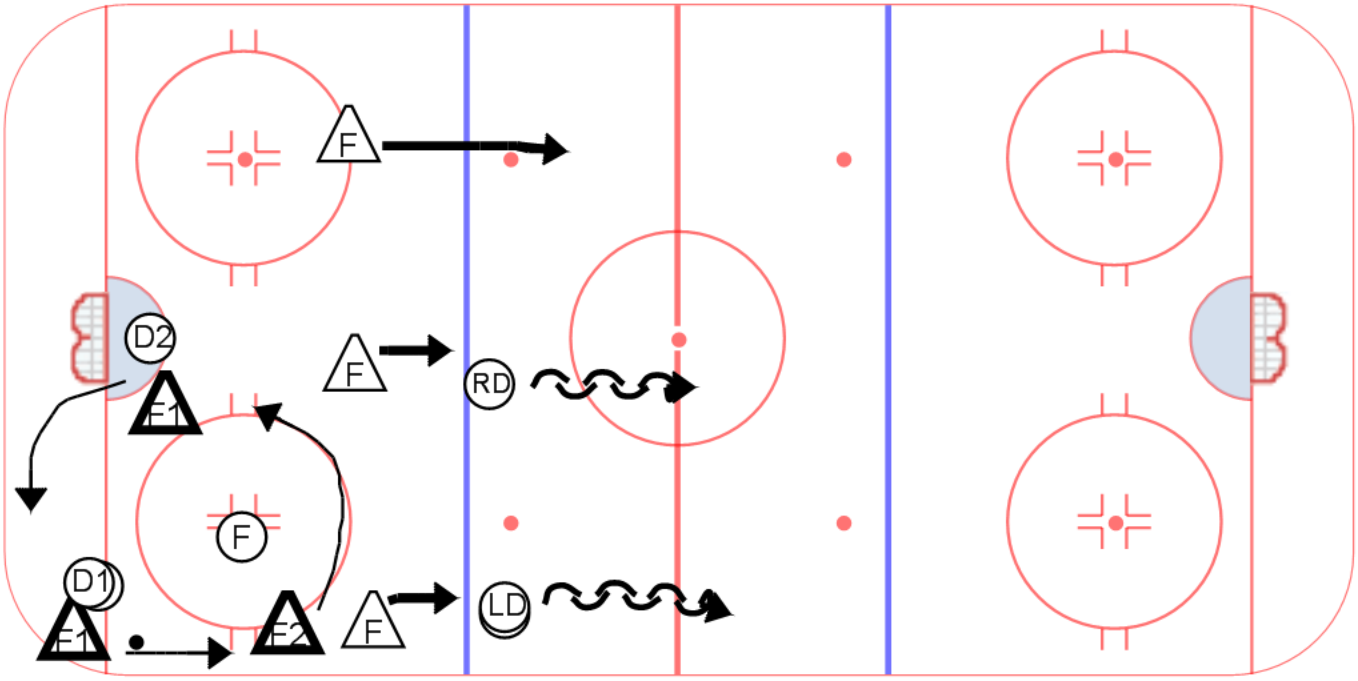
Category #1 : TEAM DRILL

Category #2 : -BATTLING/RUSH DRILL

Title : FULL ICE 3:3 LOW (PART I)

Content elements :

Components:



Key points :

DOWN LOW BATTLING	QUICK UP FOR RUSH	BACKCHECKING	CHIP IN / BL PLAY

Description

F1 F2 F3 will cycle vs D1 D2 & F

FWDS INSIDE BL WAIT FOR PUCK TO GO 3 :2

HIGH F1..F2 ..F3 ..WILL BACKCHECK TO OTHER ZONE FOR TIGHT 3:3 ..

BECAUSE OF BACKCKECKING PRESSURE , FWDS WILL HAVE TO CHIP IN AND FC

NEXT FWD LINE WILL WAIT FOR PUCK AND GO OTHER WAY ...(NEED 8 D'S / 4 LINES)

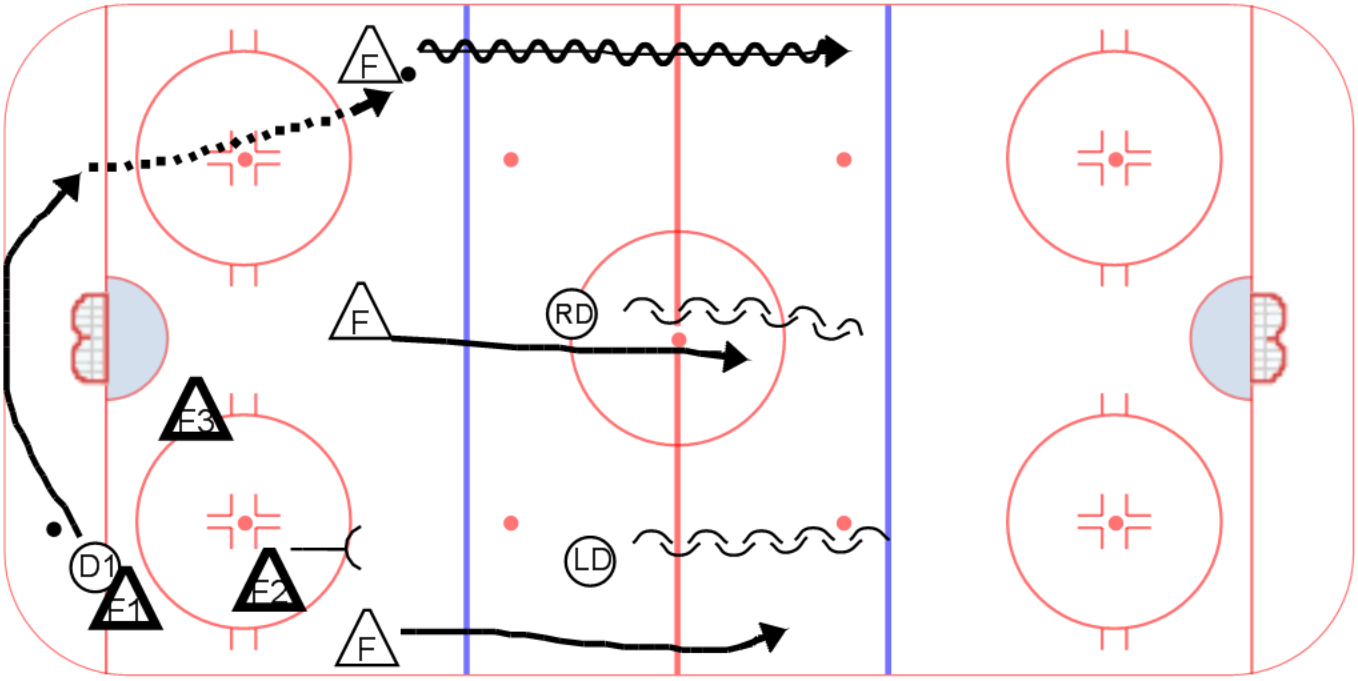
Category #1 : TEAM DRILL

Category #2 : BATTLING / RUSH DRILL

Title : FULL ICE 3:3 (PART II)

Content elements :

Components:



Key points :

Description

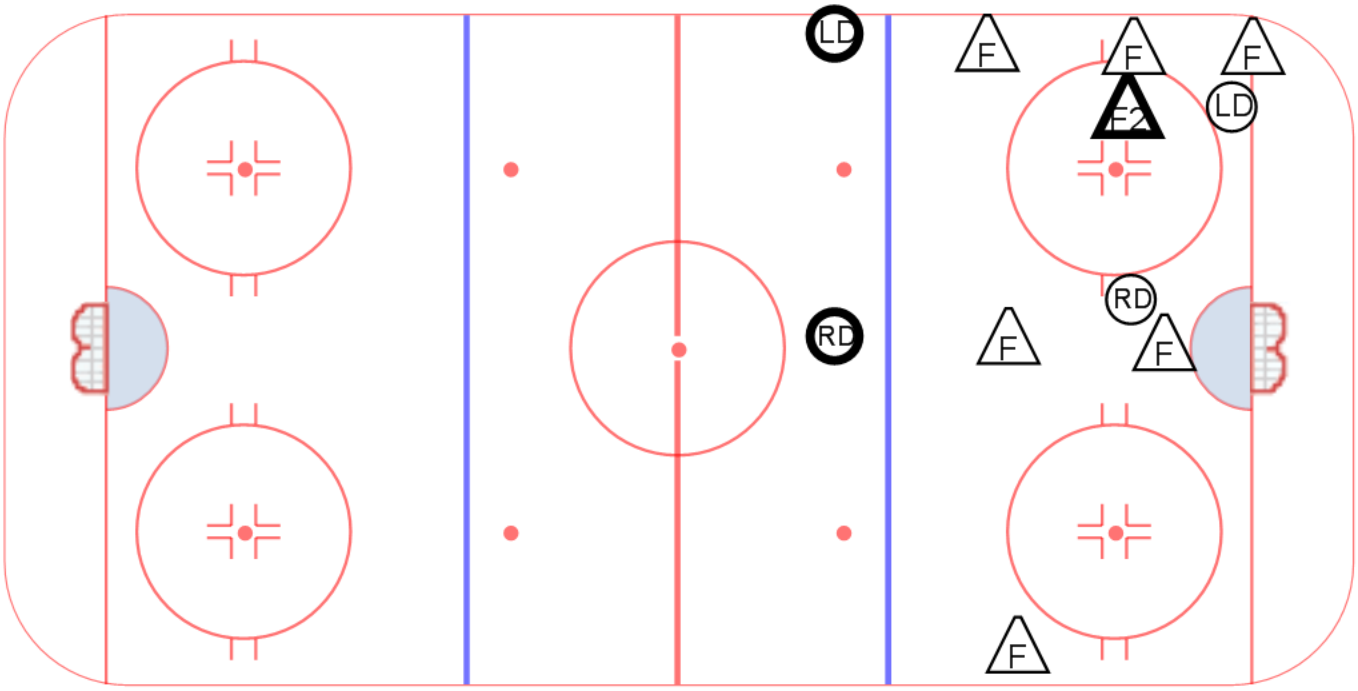
Category #1 : TEAM DRILL

Category #2 : BATTLING /RUSHING DRILL

Title : FULL ICE 3:3 LOW PART III

Content elements :

Components:



Key points :

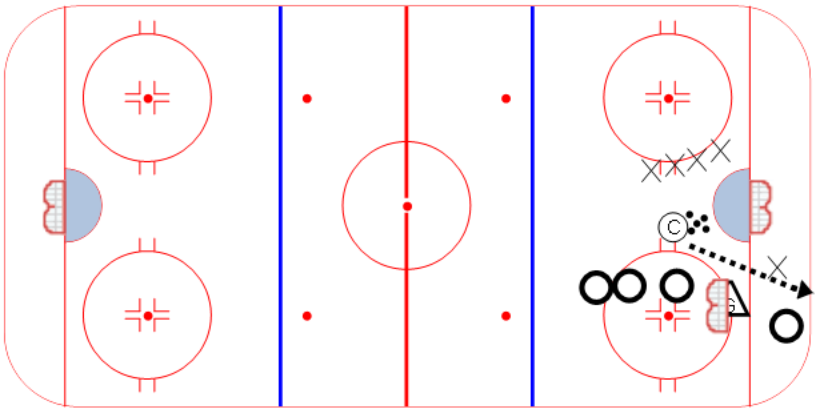
Description

Title : SMALL ZONE 1:1 GAMES **Category #1 :** BATTLING DRILL **Category #2 :** COMP DRILLS

Description

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ; PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTLING DRILL .



Key points :

Coach Enio,

Thanks for setting up the Drill Club again. I found it to be good reference material last season and look forward to seeing some more new and creative stuff this time around.

I recommend the book "The Game" by Ken Dryden. It shows how much and how little the game has changed since the '70's.

Good luck to all the coaches this season.

Clayton

DATUM:_____ Sweedish Wheel 2v1 SKILL

GEGNER:_____ REF:_____ SCORE:_____

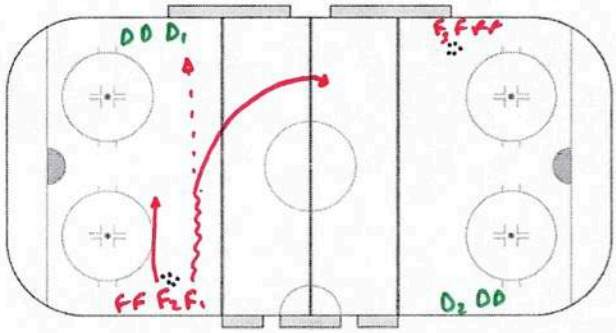
INJURED:

NOTES:

→ F_1 skates w/puck and passes to D_1.

→ D_1 one touches pass to F_2 coming to mid ice

→

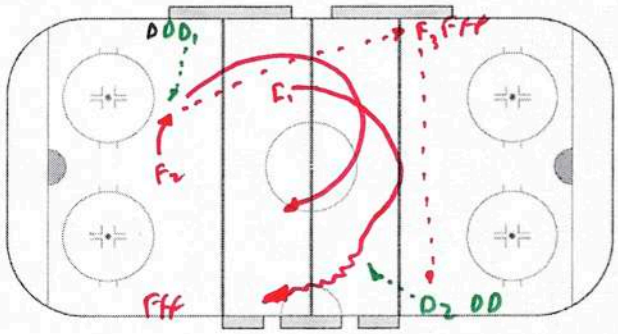


NOTES:

→ F_2 one touches puck to F_3

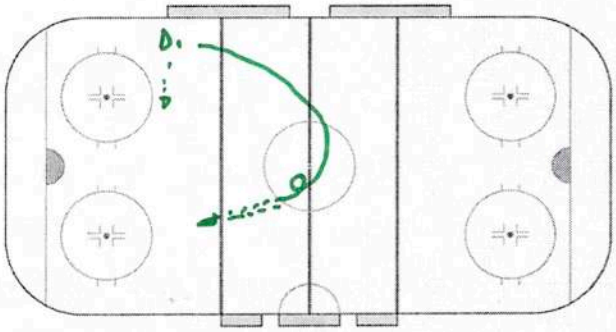
→ F_3 passes directly to D_2 who then bumps puck up middle to F_1

→ F_2 supports F_1



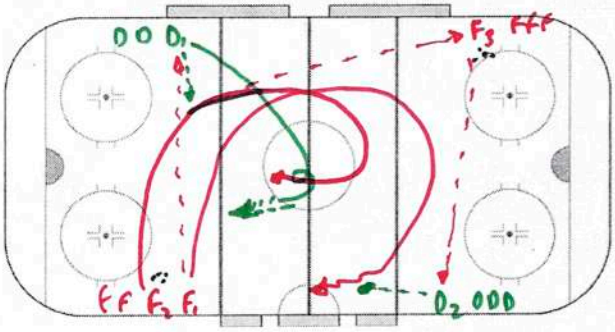
NOTES:

→ D_1 closes gap after his pass and takes the 2v1 back to his end.



NOTES:

→ Full Drill Drawn.

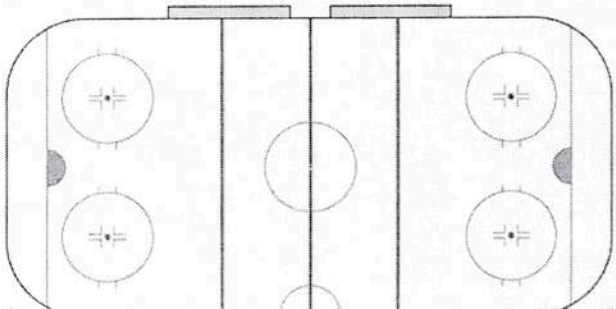


NOTES:

→ One touch Passes → crisp and hard

→ F3 Support

→ D's close Gap on 2v1.



Golden Puck (competative)

DATUM:_____

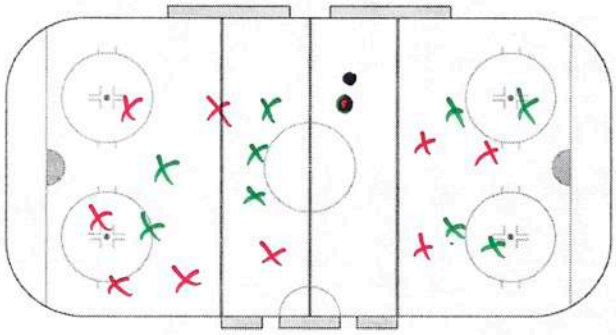
GEGNER:_____ REF:_____ SCORE:_____

FRANKFURT LIONS

INJURED:

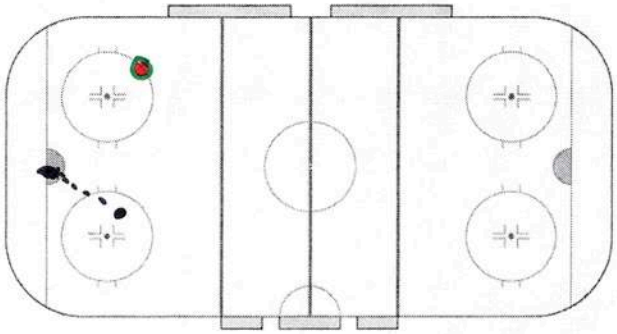
NOTES:

* → Paint one puck Gold.
→ Gold Puck and normal puck on ice at same time.
→ all players on ice (eg. 9 vs 9)



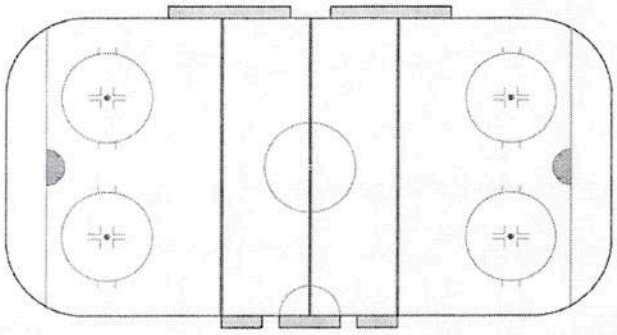
NOTES:

→ Gold puck and Normal puck must be in offensive zone to score w/ normal puck.



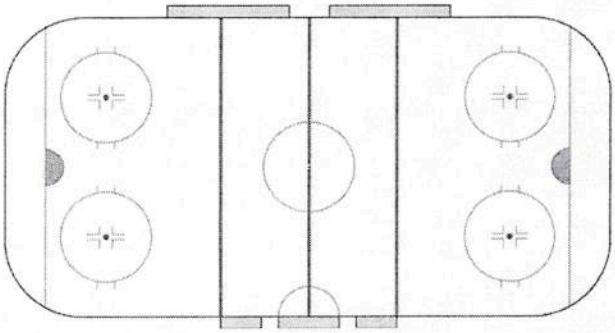
NOTES:

→ Gold puck is not Allowed to be shot on net.
→ (this to protect goalies)

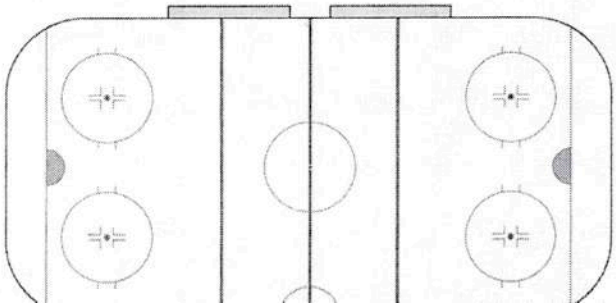


NOTES:

→ Play game to 3 (could last 20min)



NOTES:



Hamburg 2 v 1 (FAVORITE)

DATUM:_____

GEGNER:_____ REF:_____ SCORE:_____

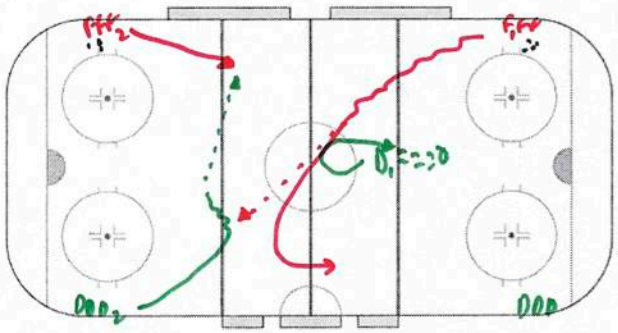
INJURED:

NOTES:

→ F_1 starts drill w/ puck → skates to opposite end and passes to D_2

→ D_2 passes to F_2 breaking up-ice

→ D_1 takes 2 v 1 back.

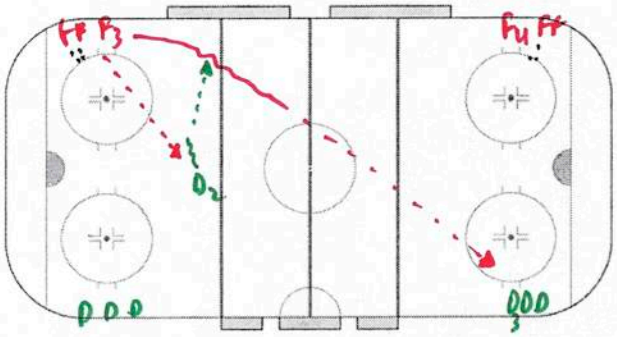


NOTES:

* Drill Continues *

→ D_2 does give and go pass w/ F_3 then D_2 heads up mid-ice to close gap.

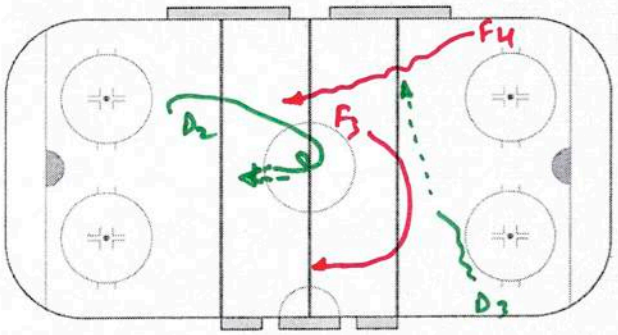
→ F_3 passes to D_3



NOTES:

→ D_3 passes to F_4 breaking up-ice.

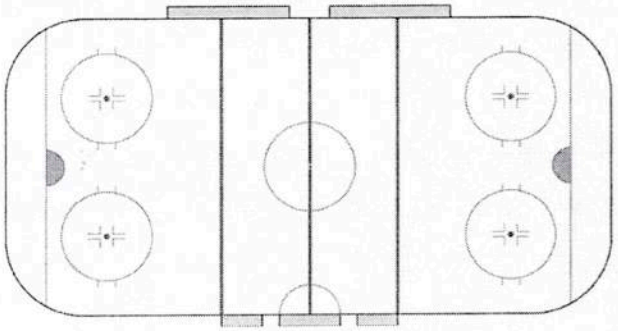
→ F_4 and F_3 take 2 v 1 on D_2



NOTES:

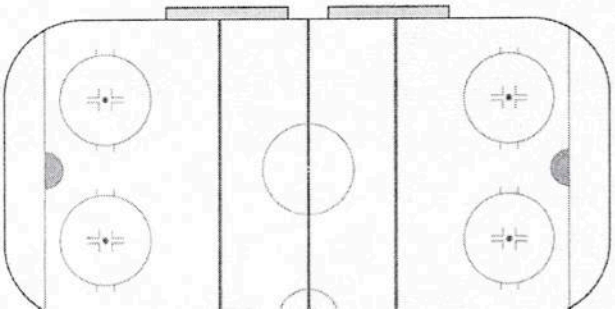
→ Continuous Drill

→ crisp passes } Forward.
→ timing } * Keys. *



NOTES:

D's → CLOSE GAP → MAKE QUICK and CRISP passes



DATUM: 2 Puck → Break-out → NO SHOT (Teamwork)

GEGNER: REF: SCORE:

INJURED:

NOTES:

→ DRILL IS DONE on BOTH sides

→ CONTINUOUS.

→ F_1 starts w/ puck and dumps to Goalie. → then supports Break-out

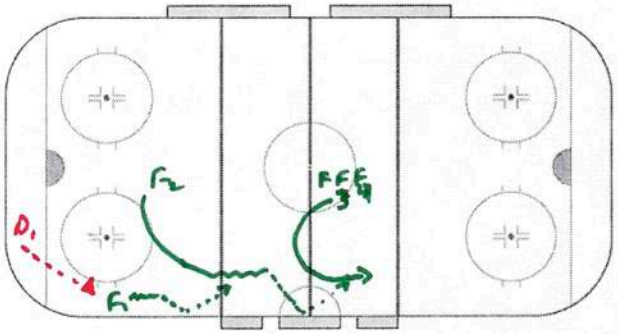
→ D_1 retrieves puck for Break-out

NOTES:

→ D_1 breaks-out to F_1 then returns to line.

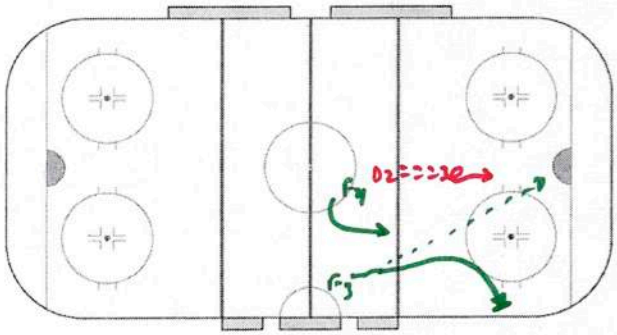
→ F_1 Chips past simulated pinching D.

→ F_2 supports chip then chips to F_3



NOTES:

→ F_3 continues drill in opposite direction with F_4 and D_2.

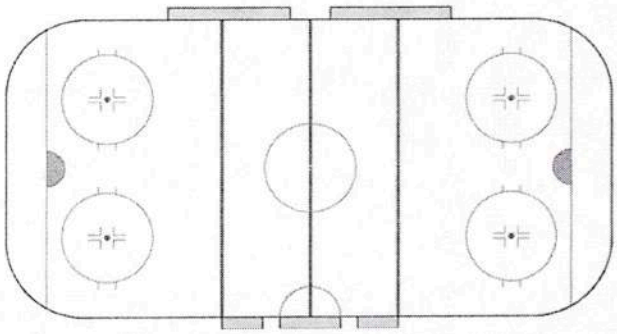


NOTES:

* Timing is key *

* Support is key *

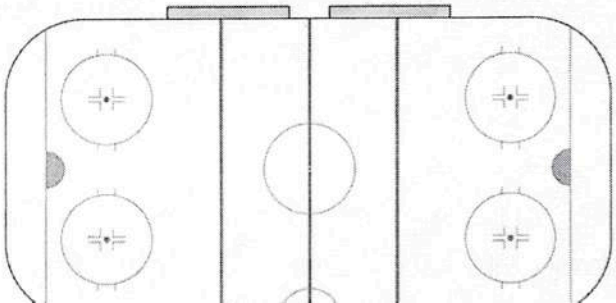
→ Can do other break-out options with the same format ie. D to F reverse / middle support etc....



NOTES:

* Two Puck Drill → no shots on net (only dumps to Goalie) *

→ Good warm-up / Break-out Route drill *



Practice Plan

Made with DrillDraw v6

Team: Enio's Drill of the Week

Practice No.:

Date : 2010-2011 **Time:** **Duration:**

Version No.: **Prepared by:** Bobby Fox

Objectives / Main tasks :

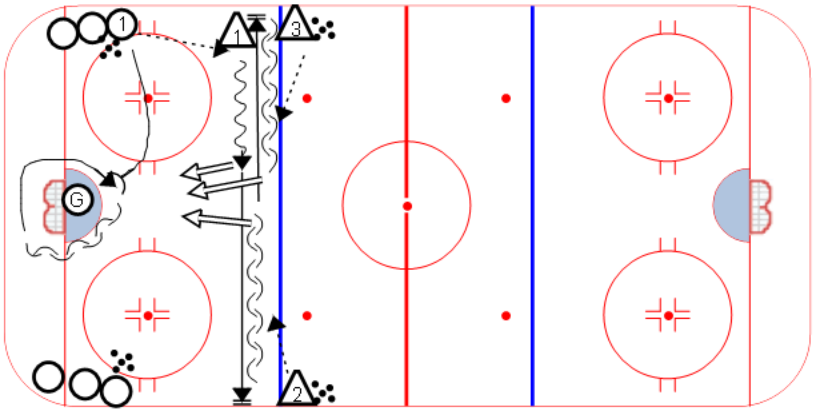
Skill - Wheelhouse Sprint & Shoot
Team - USA U18 - 2v1 Cont.
Fav - Panthers Combination Drill
Fun - Transition Game
Quote - "You get the best out of others when you give the best of yourself"

Drill no. : **Duration :** Minutes **From :** **To :**

Title : Wheel House Sprint & Shoo **Category #1 :** Defence **Category #2 :** Shooting

Description

1) O1 passes to D1
2) D1 sprints to mid-ice and shoots with O1 screening or deflecting.
3) D1 touches the far boards, backwards to center, receives a pass from D2 and shoots.
4) D1 touches the boards again at the starting point, receives a pass from D3, moves to the middle and shoots.
5) Everytime D1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.



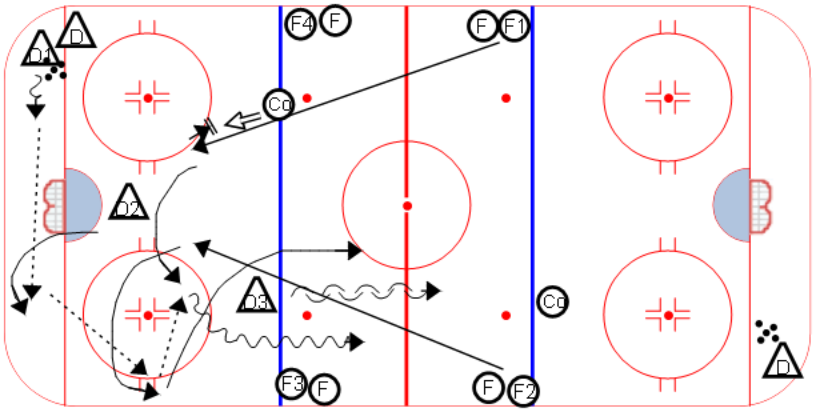
Key points :

Drill no. : **Duration :** Minutes **From :** **To :**

Title : USA U18 - 2v1 Cont. **Category #1 :** Combination **Category #2 :** Shot blocking

Description

- F1 & F2 begin by backchecking into DZ coverage
- On the 1st whistle, F1 moves out to block a point by the coach from his defensive position.
- On 2nd whistle, D2 releases from the net front position and gets a D to D pass from D1, then advances the puck to the transitioning F1 & F2.
- The two forwards then attack D3 , 2 on 1 down the ice. D1 follows the play up to become the next D3
- As the 2 on 1 passes the redline, F3 & F4 backcheck into DZ coverage and await the next whistle which ends the 2 on1 and activates the point shot by the coach.



Key points : Breakout Skills | 2v1 / DZ Coverage | Blocking Shots | Execution

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

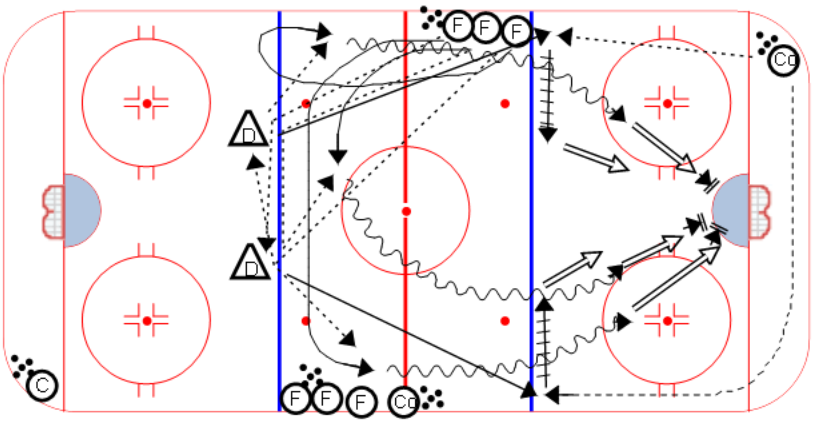
Title : Panthers Combination **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Essentially its 3 D to D regroups at the blue line and each time they break out one forward at a time (the forwards go down and shoot and stop in front of the net).

The D follow up for shots (passes come from the coach in the corner).

Once the D receive a pass a forward takes away the shooting lane while the other forwards screen goalie.



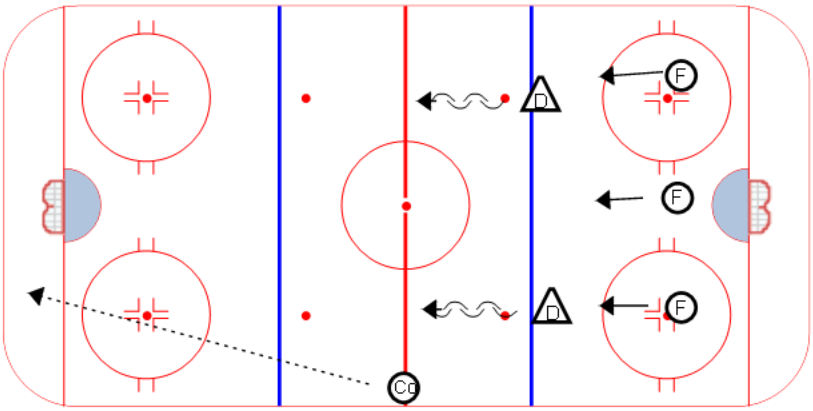
Key points :

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once both D get their shots off. A puck is shot back down in the orginal zone and all 5 players do a break out.



Key points : Relentless BC | Through Middle | Quick Transition | Communication

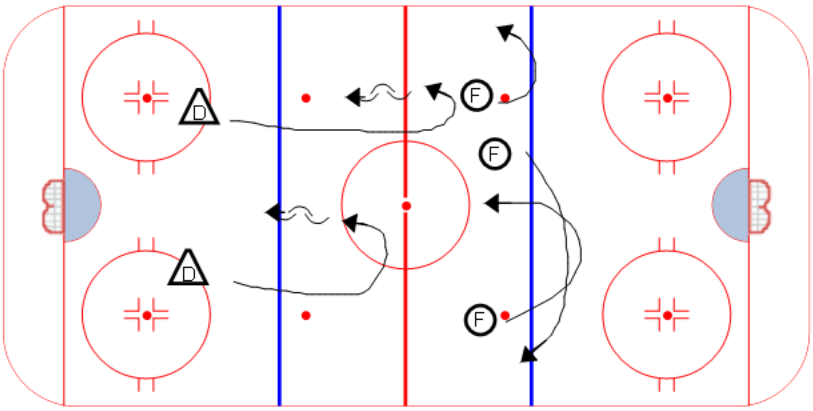
Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Panthers Combination (seq **Category #1 :** Combination Drill **Category #2 :** Execution

Description

Once they Breakout, the forwards regroup with each other at the red line.

The D gap up and play them back 3 on 2



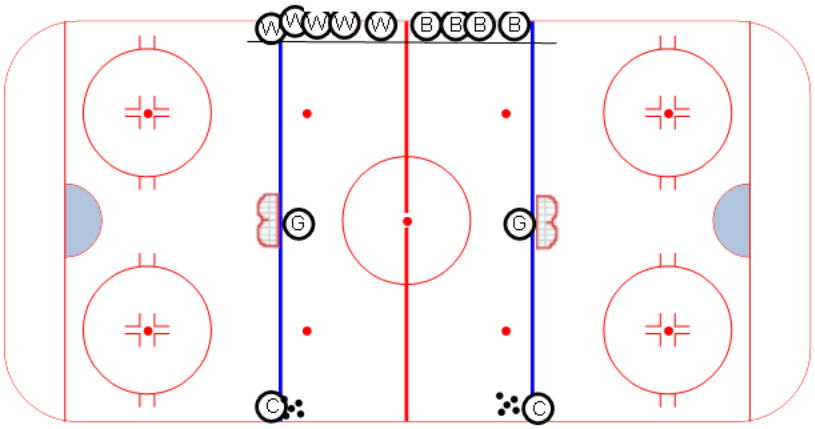
Key points : Quick feet | Gap UP | 3v2 | Open Pivots

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Transition Game **Category #1 :** Competitive Game **Category #2 :** Transition

Description

3v3 game in the NZ, rest of players on bench.
-if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)
-on first whistle, players race to benches
- on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck
KTP - speed & transition, head on a swivel, "think" the game
KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Key points :

CANADA

Quote

Canadian Hockey Coaching Program

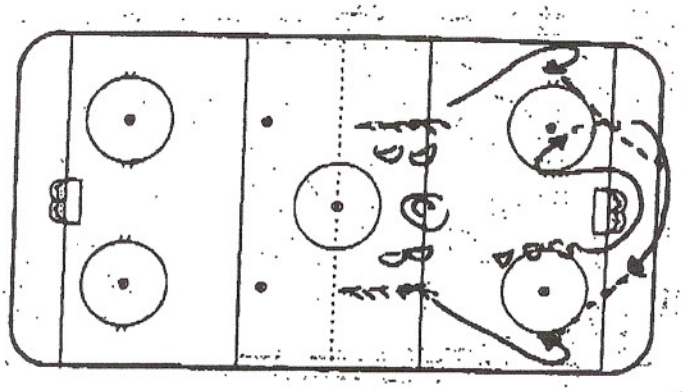
"THE PAIN OF HARD WORK IS EASIER TO BARE THAN THE PAIN OF REGRET"

CANADA

TIME	DESCRIPTION	KEY POINTS
1	SKILL DRILL USING THE NET	

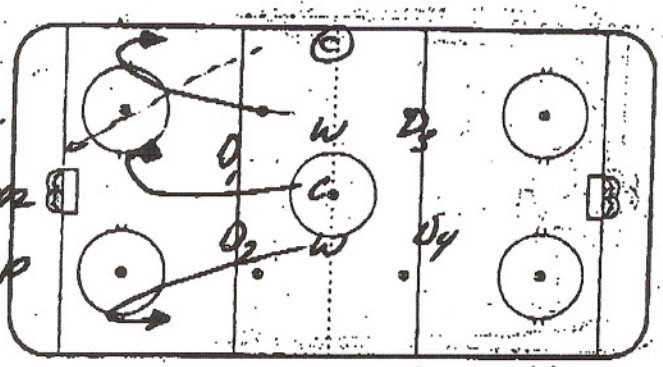
(C) DUMPS IN:
(D) BLINDS TO RECEIVE PASS - BEHIND NET
0-PAT (W)

(D). THEN COMES UP TO DOT ON OTHER SIDE C REPEATS (4 PASSES)



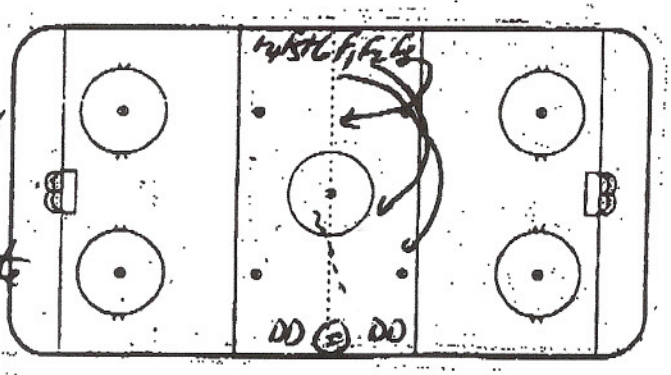
TIME	DESCRIPTION	KEY POINTS
2	TEAM PLAY DRILL NZ REGROUP ON WHISTLE	F1-F2-F3 W-D2 BREAKOUT

(C) DUMPS - (5) MAN UNIT
ATTACK D3-D4 5VS2
ON WHISTLE TURN AND REGROUP WITH D1-D2
THEN RE-ATTACK D5-D4
* WATCH FOR PROPER LINES ON REGROUP
GOOD GAP CONTROL
(C) DICTATES NUMBER OF REGROUPS.
PROCEED TO 3VS2 D1-D2 RELEASE



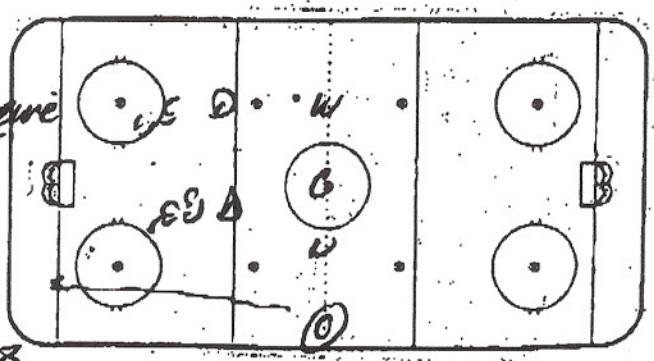
TIME	DESCRIPTION	KEY POINTS
3	3VS0 - 3VS1 3VS2 CONTINUOUS	(C) FAVORITE DRILL

(C) SPOTS PUCK IN NZ. F1-F2-F3 ATTACK 3VS0
(C) SPOTS 2nd PUCK - D-JUMPS IN - 3VS1
(C) SPOTS 3rd PUCK D1-D2 JUMP IN 3VS2
ONE FIRST UNIT GOES ON 3VS2
NEXT UNIT COMMENCES 3VS0 OPPOSITE DIRECTION.
CONTINUOUS



TIME	DESCRIPTION	KEY POINTS
4	FUN / COMPETITIVE	

(C) VARIETY OF DUMPS (D) BACK TO RETRIEVE
FULL 1X3. F1-F2 (D) MEN
(1) PTS IF (D) MEN SHOOT PUCK OUT
(2) PTS IF (D) CARRY OUT
(1) PT IF FULL'S OPEN OR CONTROL
(2) PTS IF FULL'S SLOW
GAME TO (15) PTS LOSER UNTIE WINNERS SKATES ABOVE MACHINE FULL VS D MEN



3M

Hi Enio,

Thanks again for all your efforts in organizing D.W.C.

Best of luck to everyone for remainder of season.

– Nick

001 604 792 4656

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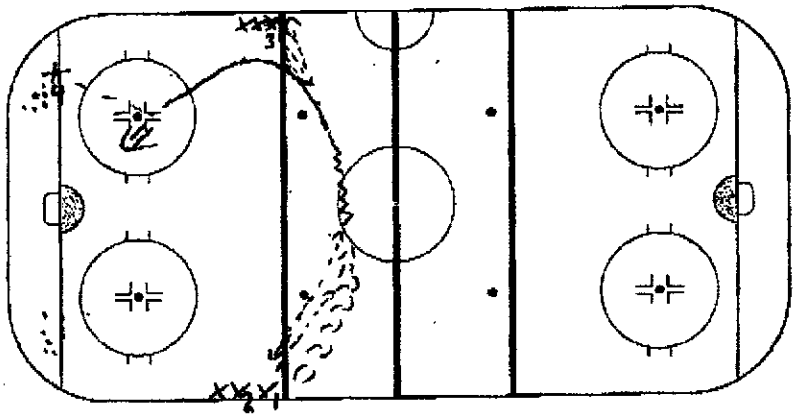
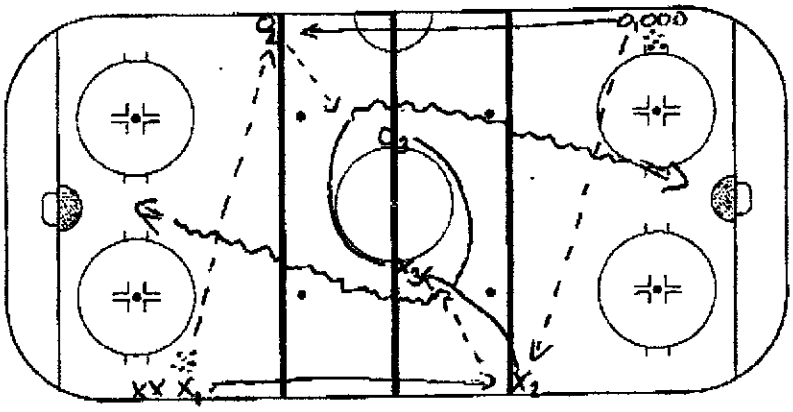


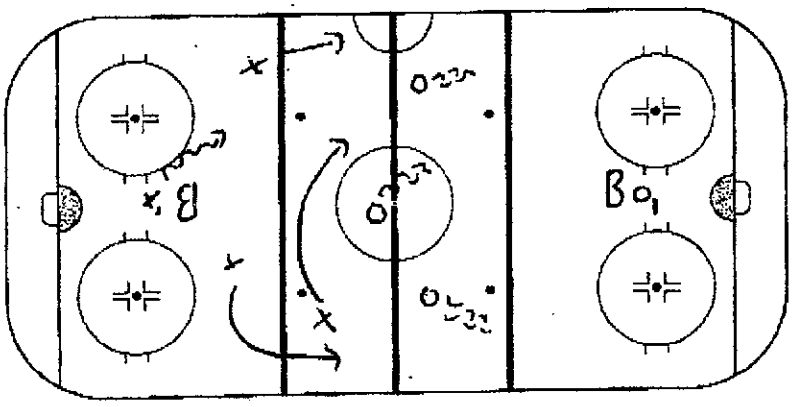
1) SKILL DRILL

- X_1 begins drill backwards one touch passing w/ X_2
- X_1 pivots to forwards and double touches w/ X_3 (X_3 keeps puck)
- X_1 skates towards goal and receives pass from X_4 and shoots. (X_1 becomes low passer on opposite side)
- X_3 begins next rep.



2) PINWHEEL

- X_1 & O_1 start drill @ same time by making x ice pass to X_2 & O_2
- X_1 & O_1 skate to replace X_2 & O_2
- X_2 & O_2 pass puck to swinging O_2 & X_2 who go down ice and shoot on goal.
- O_2 & X_2 become X_3 & O_3



3) QUARTERBACK 4 vs. 3

- X_1 starts play w/ puck and attacks w/ 3 teammates against 3 Os.
- X_1 can't cross center ice but is involved w/ play whilst X have puck possession.
- Once Os gain possession they must check back puck to O_1 behind net who becomes quarterback
- X_1 must go behind his net.
- Os attack 4 v 3
- play for 30 - 40 seconds.

FAIR PLAY AND RESPECT

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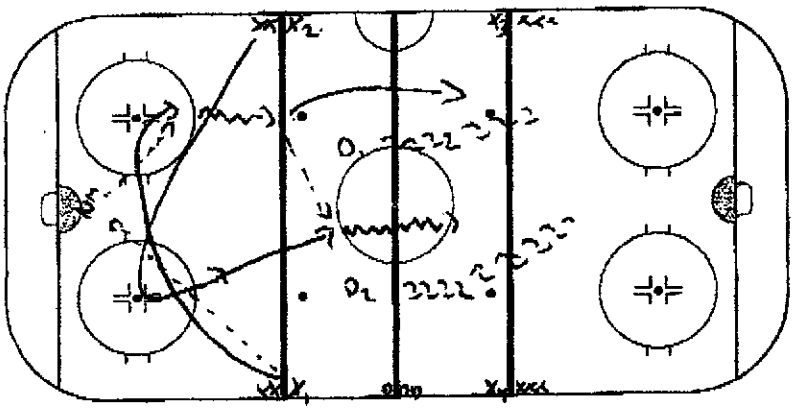
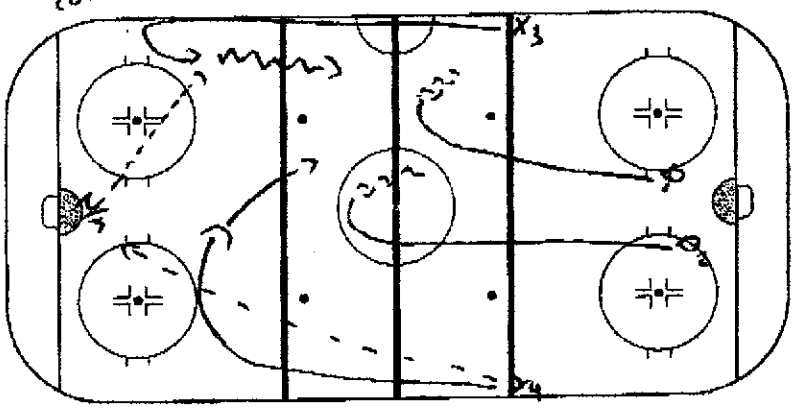


2 vs 2 x 2

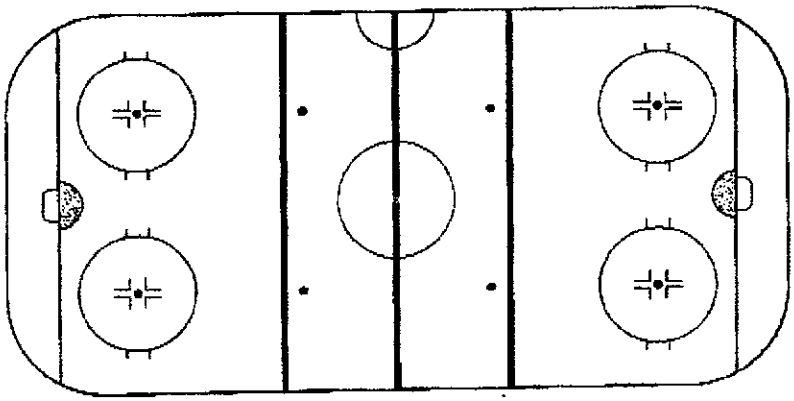
- X_1 + X_2 attack O_1 & O_2 after passing puck to N/M
- play carries on up ice w/ X_1 & X_2 trying to score
- O_1 catches whistle play stops and X_4 & X_3 pass puck back to goalie to begin second 2v2 against second defenders.

cont.



O_1 + O_2 must quickly close gap and play 2nd 2v2.

* Can also be done 3v3



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Email office@iihf.com

FAIR PLAY AND RESPECT

To: Enio Sacilotto

From: Mike Pelino

Hi Enio,

Included with this cover letter, please find my Drill of the Week contribution. Pass on my best to all fellow members.

Sincerely,

Mike Pelino

Book: *The 21 Irrefutable Laws of Leadership*
By John C Maxwell

Quote: "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little boy who fell in love with the game and never ever looked back…play for him." Unknown

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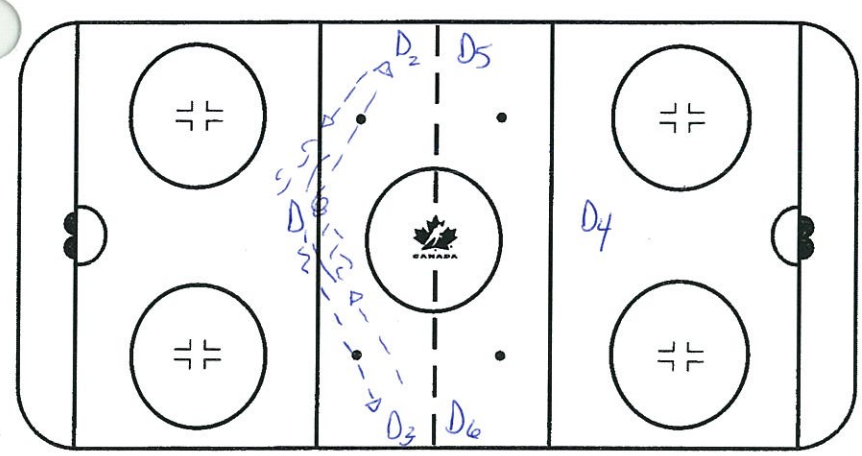
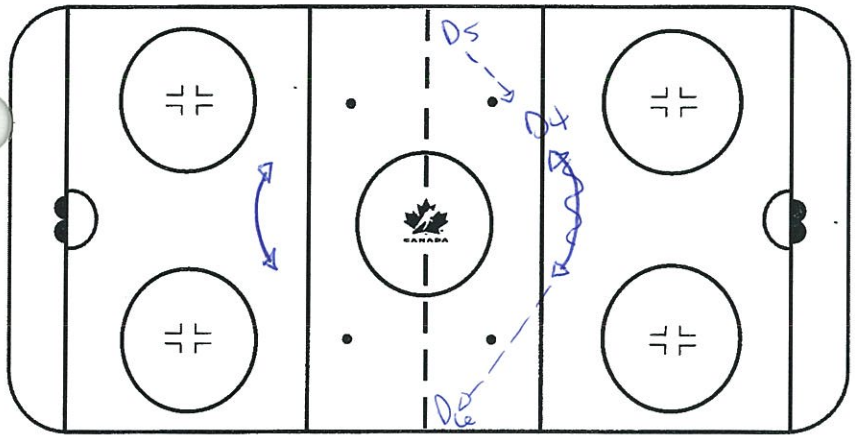
HOCKEY CANADA PROGRAM OF EXCELLENCE

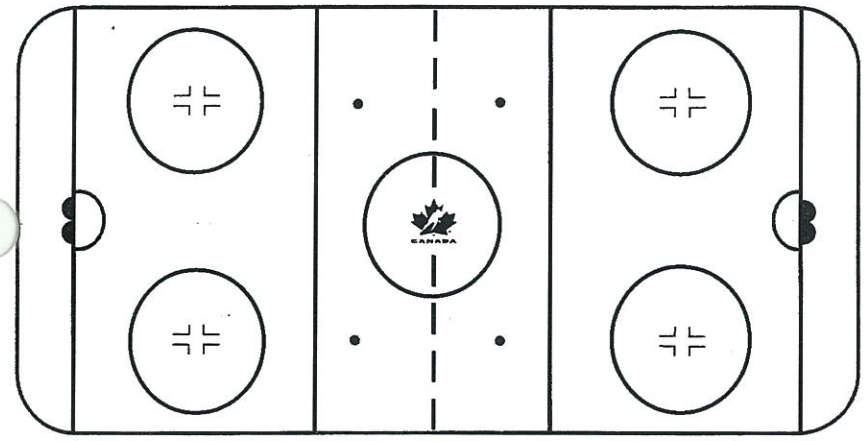


① Skill Drill
"V" Sign Passing
Focus on D-Men
D_1 & D_2 focuss on "UNDER Handling" Puck and Making crisp-sound passes.
· Also focus on rolling out w puck to pass



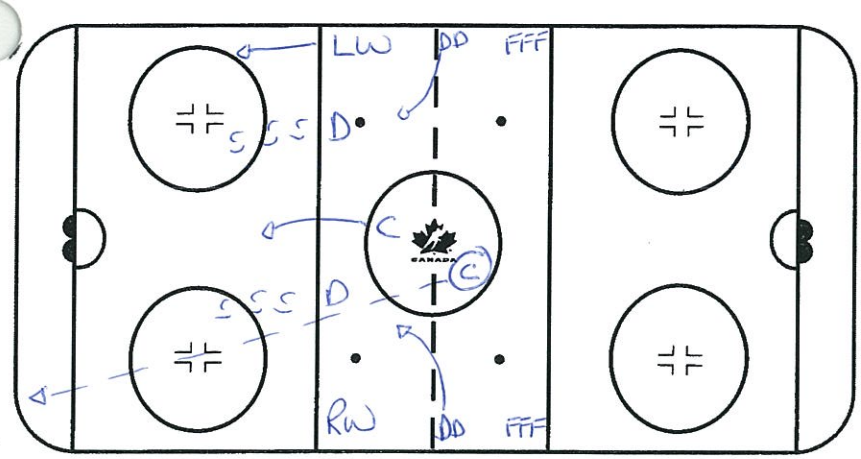
FOCUS ON QUICK TRANSITION

· Incorporate weighted pucks



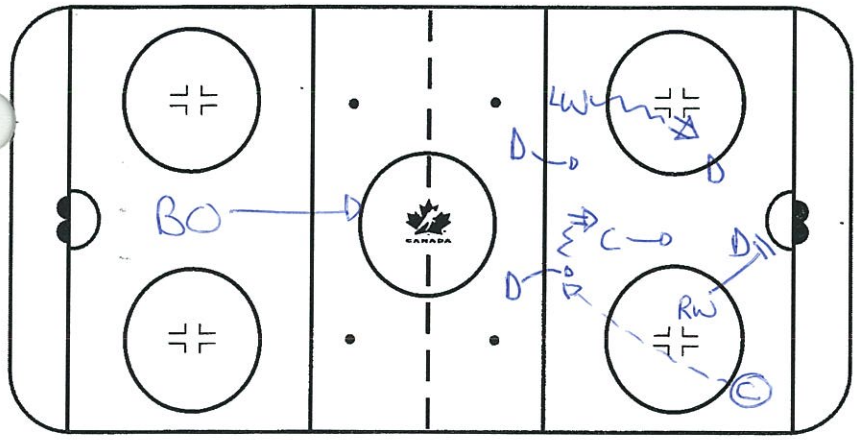
(2) TEAM PLAY DRILL

HOCKEY CANADA PROGRAM OF EXCELLENCE



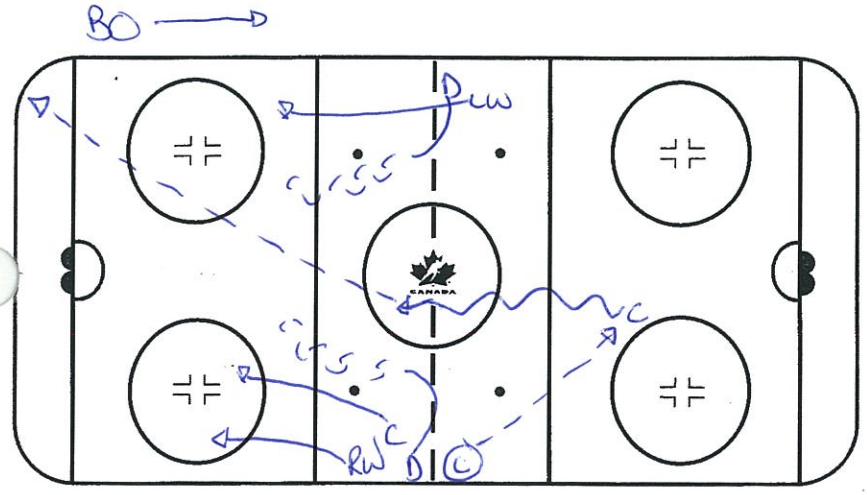
Point Shots + D-Man Cycle

- Practice Point Shot + D cycle from any flow or High tempo drill w/ 2nd + 3rd Puck
- (C) starts w/ Dump in
- Any normal BO (adjust...)
- Forecheckers will be introduced as drill continues.



COMPLETE The Attack to the other end

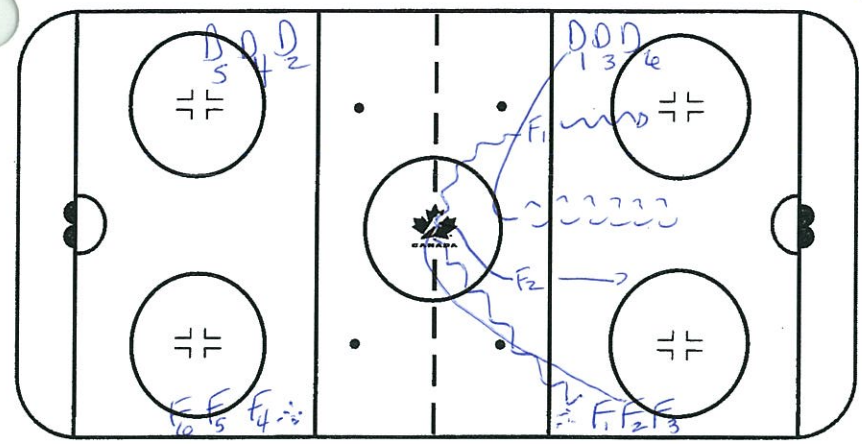
After the attack (C) either passes a 2nd Puck to the point or places it and acts as a defender so the D can work to find shooting lane...



DRILL continues

- (C) passes to high man... gains red line, dump-in
- LAST Point Men handle rush
- After next attack instead of point shot D finds lane down wall for cycle from Fwd w/ placed puck.

HOCKEY CANADA PROGRAM OF EXCELLENCE



③ One of Our Favorites

Petes 3on3.

- Continuous Drill.
- D always play Defence then on whistle jump up on offence
- Fwds - go on offence, then on whistle - backcheck.

START

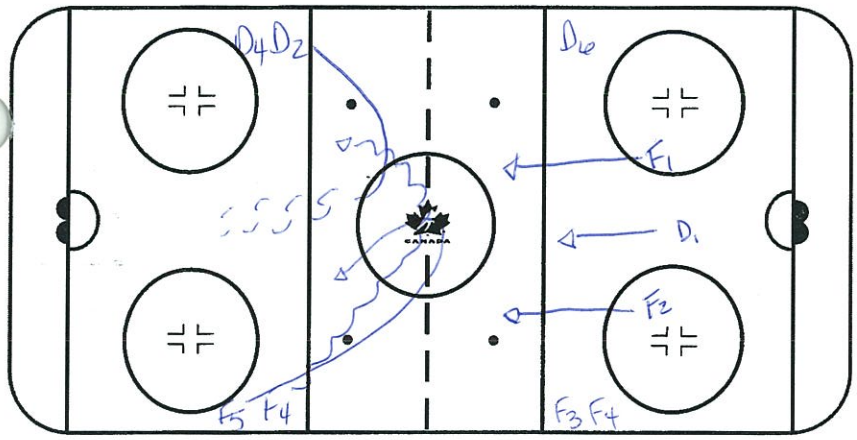
Whistle

$F_1 + F_2$ go (1 puck)

2on1 vs D_1

$F_1 + F_2$ MUST go thru centre dot

D_1 MUST cut circle



whistle - TRANSITION.

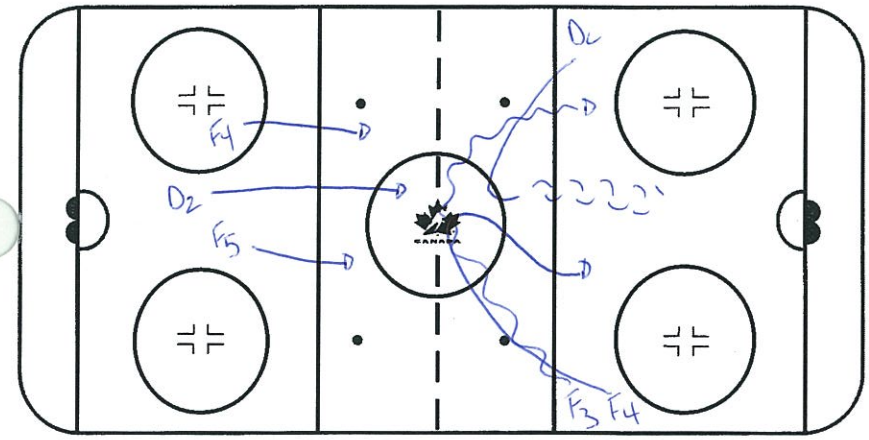
$F_1 + F_2$ - Backcheck

D_1 - Jumps up w/ $F_4 + F_5$

- $F_4 + F_5$ go thru centre
- D_2 cuts circle.

3on3

- Keep: Communication, Identify and Eliminate



Whistle - F_1, F_2 + D_1 Done

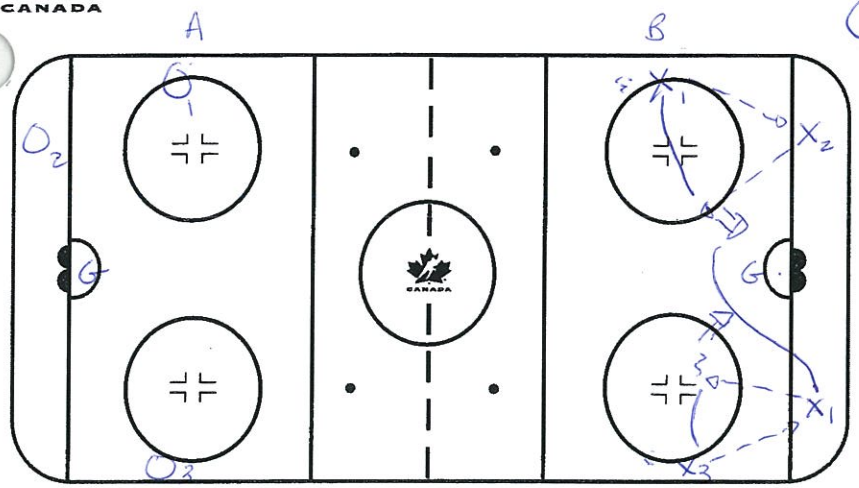
$F_4 + F_5$ Backcheck

D_2 - jump up w/ $F_3 + F_4$

FUN + COMPETITIVE

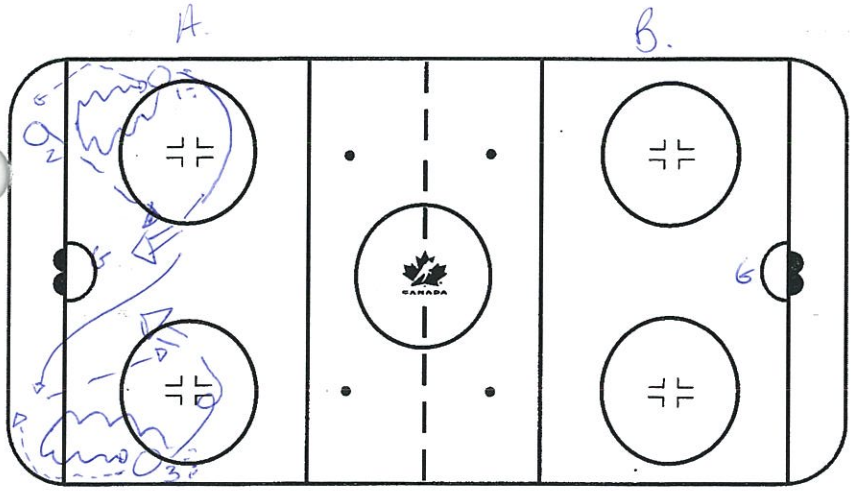
HOCKEY CANADA PROGRAM OF EXCELLENCE

④ PETES 2on1 GAME



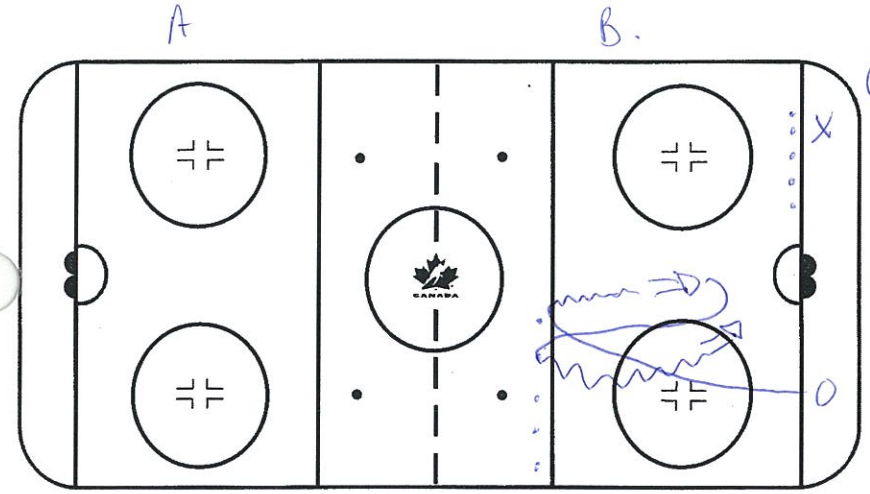
Divide in 2 Teams @ Either end (A + B).

FIRST TEAM TO 10 Goals.
· 2on1 Give + Go · Continuous -
· X_1 passes to X_2 - for pass back
X_1 shoots - picks up rebound ...
X_1 then goes low - receives pass from X_3 - gives it back to X_3 who shoots then takes X_2 position for pass.



COACHES COUNT GOALS.

Progression: O_1 cycles puck instead of direct pass



⑤ Setup + Shootout Competition.
- At both ends (A+B)!
X setup up pucks @ blue line
- sprints w/ stops
O - sprints and goes in for shootout 1-0 vs Goalie.
After all 5 pucks rotate
X_5 - shootout
O_5 - sprint + setup.

To:	Enio	**From:**	Terry Rhindress
Fax:	205 220 7887	**Pages:**	3
Phone:		**Date:**	11/24/11
Re:		**cc:**	

☐ **Urgent** ☐ **For Review** ☐ **Please Comment** ☐ **Please Reply** ☐ **Please Recycle**

Enio,

Sorry to be late with the drills. Hope the season is going well for everyone, hope all is good for everyone.

Thank you,

Terry Rhindress
902 529 1892
902 543 2599

Quote.
"THE DOOR TO SUCCESS SAYS PUSH FORWARD."

Book:
THE 17 Essential Qualities OF A TEAM PLAYER
John Maxwell

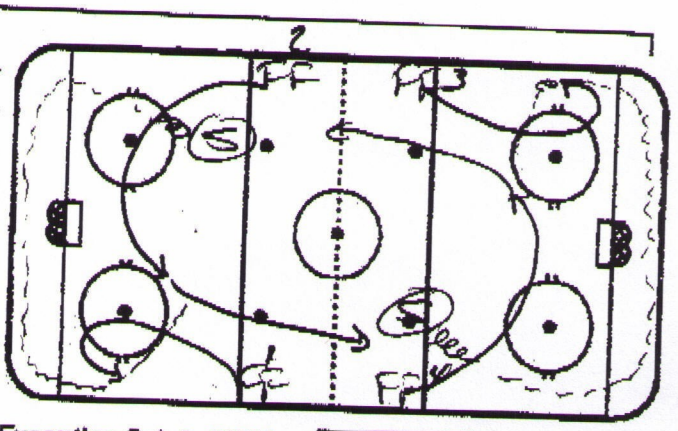
HOCKEY NEW BRUNSWICK
P.O. Box, CP 456, 165 rue Regent St.,
Fredericton, New Brunswick E3B 4Z9
Tel: (506)453-0867 Fax: (506)453-0868
www.hnb.ca

Programme de Haute Performance — High Performance Program

Date: _____ **Duration** _____ **(Minutes)**

Time: **Drill Name:** WARMUP RIM.

(S) ON BOTH ENDS, (C) WHISTLE RIM PUCK F1 + F3 come back pick puck up off wall. F2 + F4 will come across support and recieve pass. They skate to 2ND + RIM. Continuous.



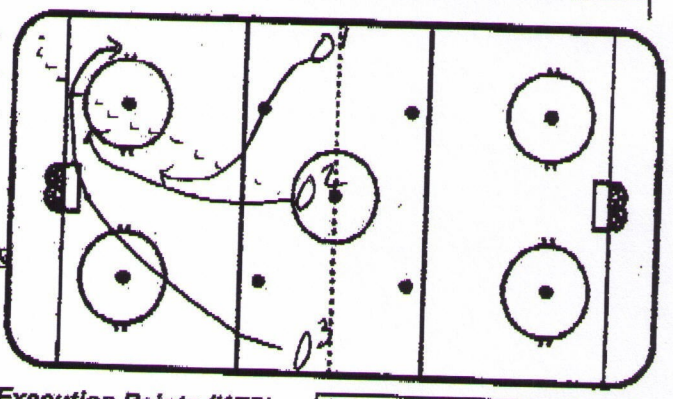
Key Teaching Points (KTP)
- Picking puck off wall
- Communication
- Support

Key Execution Points (KEP) file

Date: _____ **Duration** _____ **(Minutes)**

Time: **Drill Name:** 3VO Cycle

FWD 1 starts dumps puck in corner D3 gets puck around circle chipping (cycling) puck below goal line to D2 D2 up cycles to D1, once everyone touches puck option - shoot / pass



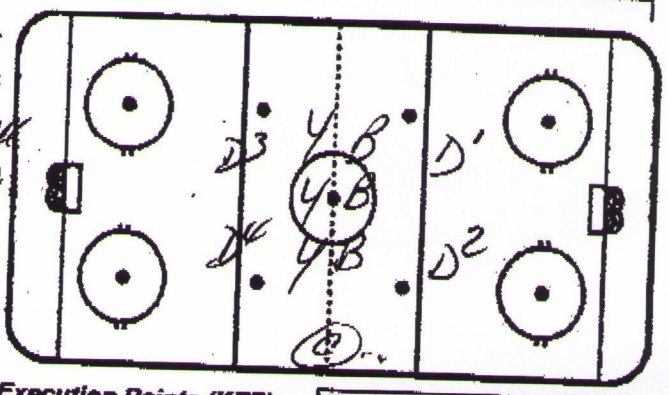
Key Teaching Points (KTP)
- Cycle puck Quiet zone
- Communication / Support.

Key Execution Points (KEP) file

Date: _____ **Duration** _____ **(Minutes)**

Time: **Drill Name:** FORECHECK

Y (Yellow) B (Blue). (C) dumps puck in Blue zone. Blue breaks out. Puck carrier hits Blue passes to Yellow. (Y) dumps puck, then they forecheck while (B) breaks out. Puck out too last (C) puts another puck in zone.



Key Teaching Points (KTP)
- 1-2-2 • 2-1-2
- Read / react.

Key Execution Points (KEP) file

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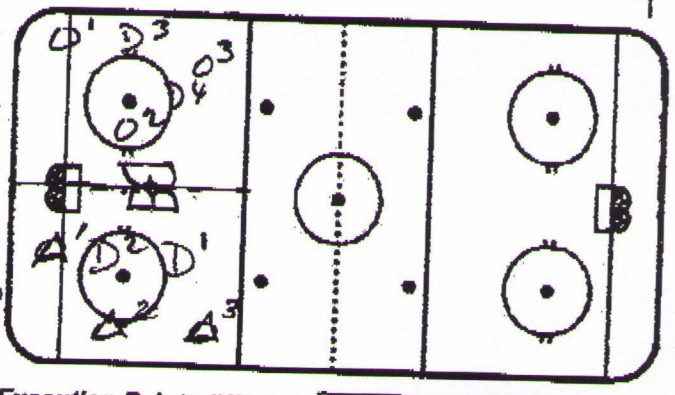
www.hnb.ca

Programme de Haute Performance — High Performance Program

Date: _____ **Duration** _____ **(Minutes)**

Time: | **Drill Name:** 3/2 HALF ICE.

O, O^2, O^3 D^2, D^1 WORK TOGETHER
A^1, A^2, A^3 D^3, D^4 WORK TOGETHER
O PUTS PUCK IN ONE SIDE DEF
WORK WITH OFFENSE ON OTHER SIDE
OF NET. 3/2 EACH SIDE. LET PLAY
GO 40 / 45 SEC. C CAN PUT NEW
PUCK IN ZONE IF OUTSIDE BUILDING.

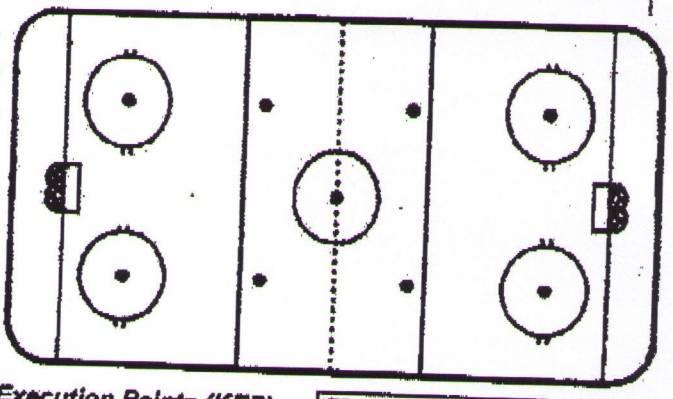


Key Teaching Points (KTP)
- CONTROLLED SPACE
- GOOD STICK / DEFENDING
- COMMUNICATION.

Key Execution Points (KEP) | **file**

Date: _____ **Duration** _____ **(Minutes)**

Time: | **Drill Name:**

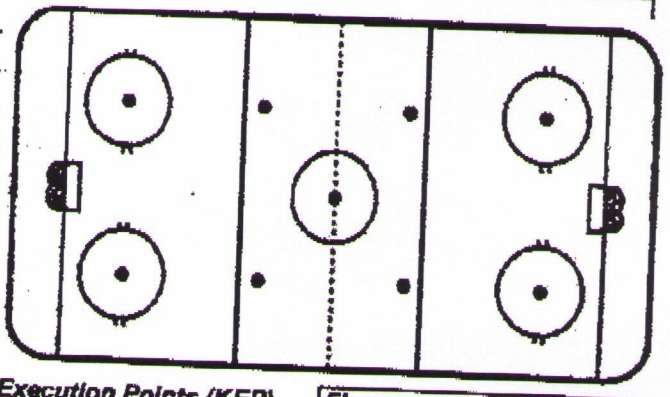


Key Teaching Points (KTP)

Key Execution Points (KEP) | **file**

Date: _____ **Duration** _____ **(Minutes)**

Time: | **Drill Name:**



Key Teaching Points (KTP)

Key Execution Points (KEP) | **file**

FAX JOURNAL REPORT

TIME : 12/09/2011 16:00
NAME : JEANNE SACILOTTO
FAX : 17787371387
TEL : 17783304905
SER.# : 000G7J263235

NO.	DATE	TIME	FAX NO./NAME	DURATION	PAGE(S)	RESULT	COMMENT
	12/09	10:35		01:13	03	OK	RX ECM

BUSY: BUSY/NO RESPONSE
NG : POOR LINE CONDITION / OUT OF MEMORY
CV : COVERPAGE
POL : POLLING
RET : RETRIEVAL
PC : PC-FAX

RX TTL 1079 PGS
TX TTL 1400 PGS

PAUL HEAVEY. (1)

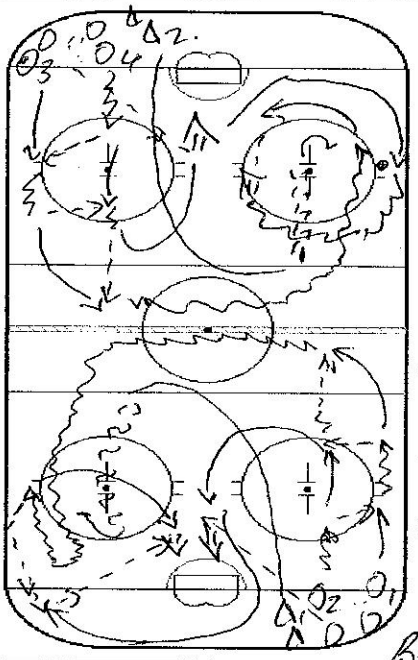
BEST OF BRITISH ICE HOCKEY CAMPS

Day _____ Practice # _____ Group _____

Topic DOWC 2011-12. Duration _____

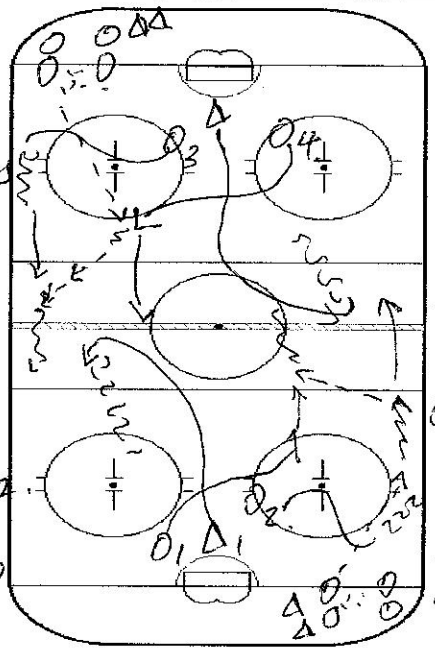
DRILL	DESCRIPTION	TOTAL TIME	COMMENTS
1	TO ENIO & ALL DOWC MEMBERS --- THANKS		
2	FOR ALL THE GREAT DRILLS & BEST OF		
3	LUCK FOR THE REST OF THE SEASON.		
4			
5	BOOK: "THE POWER OF NOW" EKHART TOLLE		
6			
7	QUOTE: "WE ARE WHAT WE REPEATEDLY DO.		
8	EXCELLENCE, THEN IS NOT AN ACT BUT A HABIT		

DRILL 2-1 CYCLE PT 1 TIME



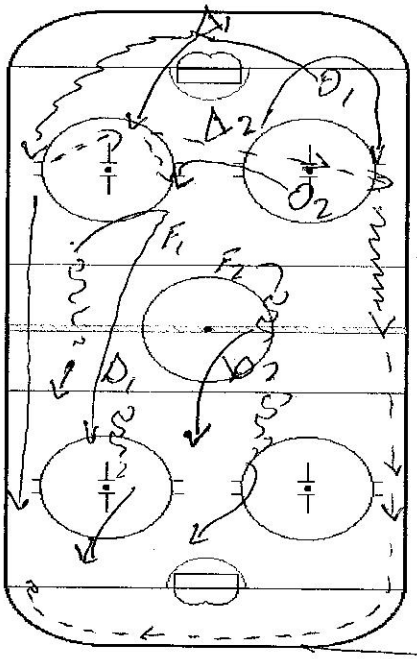
DESCRIPTION-
O_1 & O_2 Exchange passes from corner to b/line. O_2 turns back to slot, recieves pass from corner & shoots.
O_2 then jumps to corner to support O_1 who has delayed at wall & cycles puck.
Δ_1 caps up on O_1 & defends 2-1 v O_1, O_2
O_1 & O_2 go 2-1 to net.
Vary cycle options!!
Both ends same time

DRILL 2-1 OPEN ICE PT 2 TIME

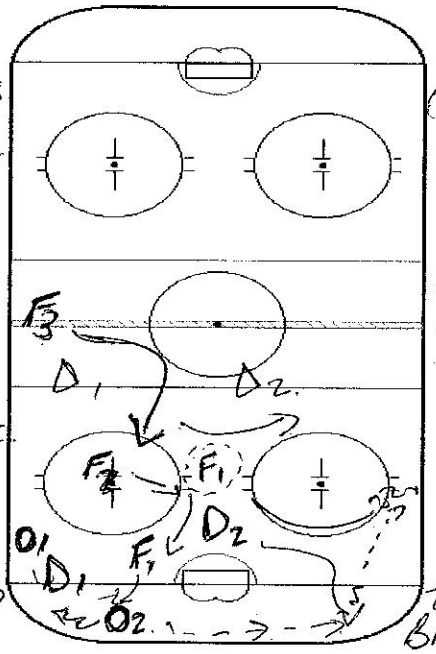


DESCRIPTION
Play 2-1 until whistle then O_1, O_2 recieve pass from corner - close support & go 2v1 on Δ_2 who has gapped up from opposite end.
O_3 & O_4 same v Δ_1
Vary b-out entry. 2v1. - repeat 2-1. cycle from entry.

DRILL 4v4 B-out - Forecheck TIME PT. 1 → DRILL 2v5 DZL. SORT OUT TIME PT 2.



DESCRIPTION
O_1 & Δ_1. B-out. 4-4 b-out options
F_1 & D_1. forecheck 4-4 options (passive) (live)
O's get possession in zone & play 4v4 in DZ. Rules man-man etc. talk - switches can allow free entry or dump etc.



DESCRIPTION
(a) Determines when F_3 enters DZL (i.e. out of penalty box) rules etc.
All 3 FS & D must communicate on low F_3 & DZ coverage. Play 2v5 or 4-5.
Can continue DZL to work on transition to break-out & go on rush back other way. v Δ_1 + Δ_2.

WARM UP (2) SKILLS

Date: **Number of Players:**

Practice Theme / Goals:

Equipment Required / Set-up: **Time:**

Warm Up N2 CHAOS, SKILLS
2 LINES OF PLAYERS ACROSS BLUE LINES, ALL PUCKS @ B/LINES

#1 3 PLAYERS FROM EACH B-LINE NOS 1, 2 & 3 ENTER N2 WITH A PUCK EACH ... REMAINING PLAYERS SPREAD OUT ACROSS BLUE LINES

THE 6 PLAYERS IN N2 PERFORM VARIOUS SKATING, PUCK CONTROL - PROTECTION, PASSING SKILLS FOR APROX 15-20 SECONDS ... THEN (C) WHISTLES & CALLS OUT PLAYERS (1), (2), (3)

WITH SHORT DELAY BETWEEN ... EACH PLAYER THEN SHOOTS ON GOALIE FROM END THEY STARTED & GO TO END OF LINE (HELP BRING PUCKS BACK TO B-LINE) 3 NEW PLAYERS FROM EACH LINE ENTER N2.

IND SKILLS - CHAOS VARIATIONS
- SPECIFIC MOVES, FAKES
- BACKWARD SKATING ONLY
- TIGHT TURNS, PIVOTS, KNEE DROPS
- TOP HAND OR BOTTOM HAND ONLY ON STICK.
- EXCHANGE PUCKS WITH PLAYERS IN N2
- PASSING WITH (GIVE & GO) PLAYERS ON BLUE LINES

* BE CREATIVE - IMAGINATION !!.

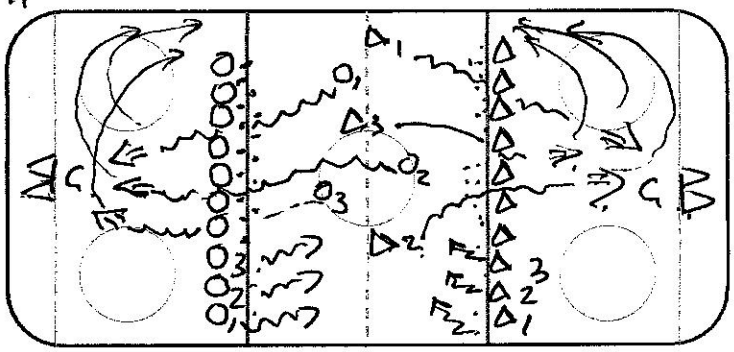
#2. IND / TEAM TACTICS
- PROTECTION, SUPPORT
- 4 PLAYING ROLES ETC.

EXAMPLES
- 3 x 1v1 KEEP AWAY @ SAME TIME
2v2, 3v3 KEEP AWAY
INITIALLY NO PASSES TO OUTSIDE PLAYERS, THEN PROGRESS TO PLAYERS

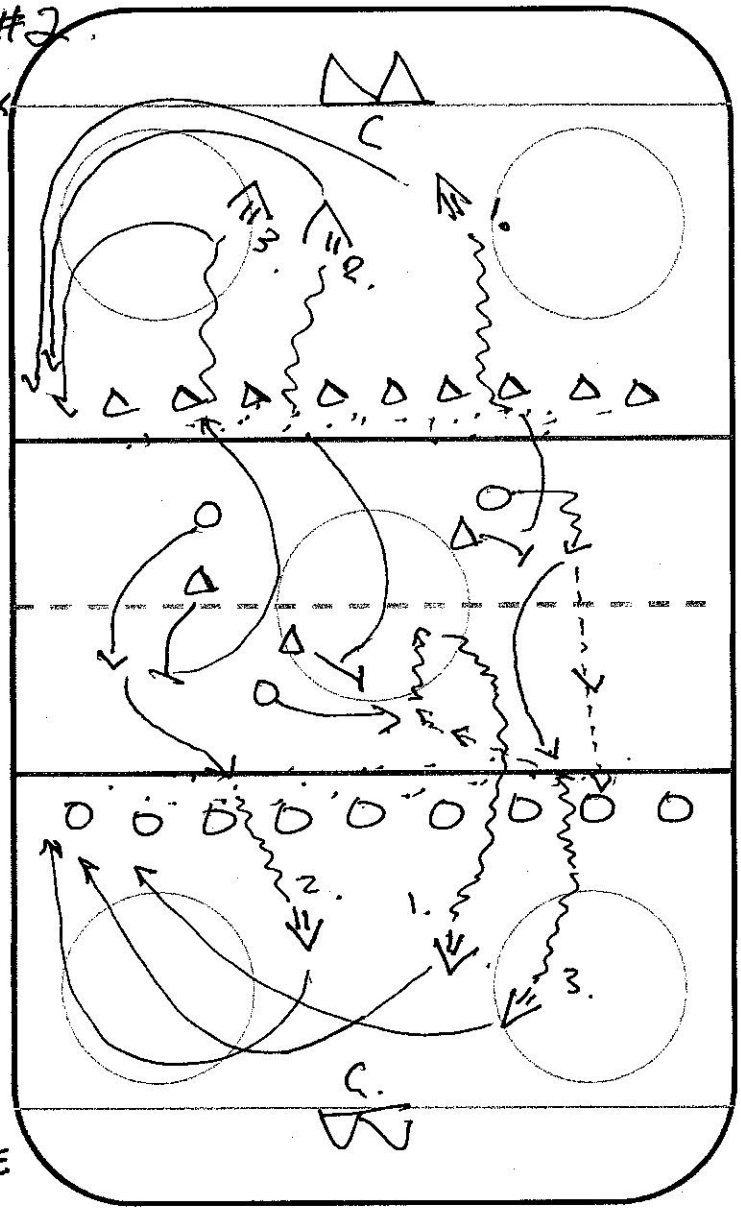
IN N2 CAN PASS TO THE SUPPORT PLAYERS ON THE BLUE LINES & FIND SPACE FOR RETURN PASSES

PLAY FOR 15-20 SECS

#1 IND SKILLS



#2.



WHEN (C) WHISTLES THE PLAYER(S) WITH PUCK SHOOT @ THEIR END .. OTHER PLAYERS PICK UP PUCK @ BLUE LINE & SHOOT. HEADS UP AWARENESS

~~AFTER SHOT STAY @ NET FOR REBOUND~~
THEN GO TO END OF LINE

GOOD TO PRACTICE SKILLS, TACTICS, FUN ETC WHILE WARMING UP GOALIE

*

Date:

Practice Theme / Goals: LINE CHANGE

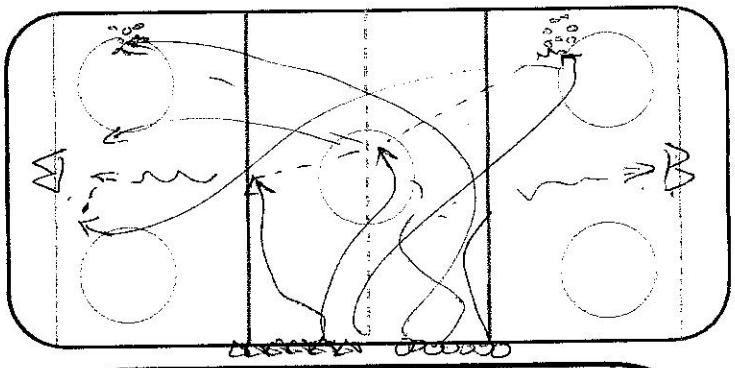
Equipment Required / Set-up:

Number of Players: 3 ON O OPTION FULL ICE. 1st TO SCORE 10 PUCKS

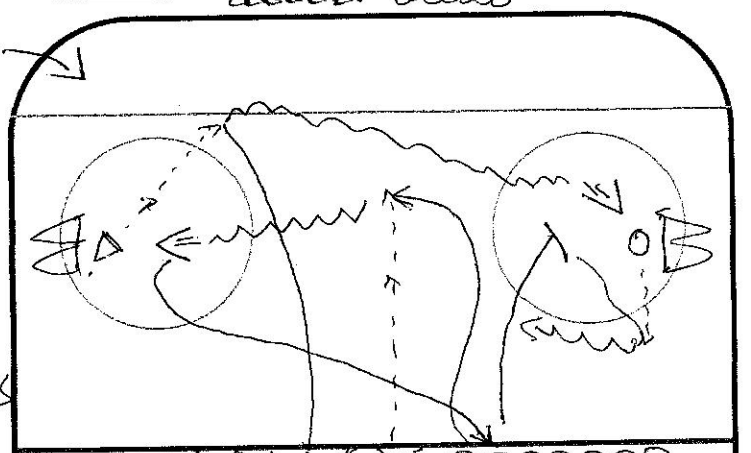
Time:

Warm Up

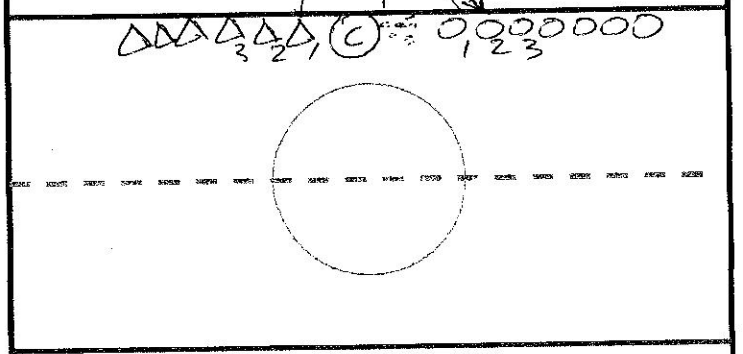
DONC. 2011-12.



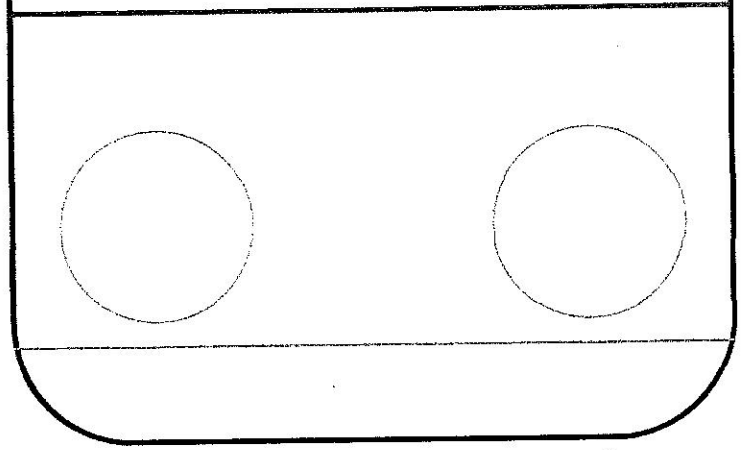
GAME: ONE CHANCE - LINE CHANGE
2 TEAMS LINE UP ON EACH SIDE OF BLUE LINE.
GAME STARTS (C) PASSES TO O_1



WHO GOES 1 ON O V GOALIE... HE ONLY HAS 1 CHANCE TO SHOOT OR DEKE (NO REBOUNDS) AS SOON AS O_1 TAKES HIS CHANCE Δ_1 ACTIVATES IMMEDIATELY AND GOES FOR THE LOOSE PUCK QUICKLY AND



GOES 1 ON O OPPOSITE WAY. O_1 MEANWHILE HAS TO SPRINT BACK TO HIS LINE (BENCH) TO ALLOW O_2 TO ENTER THE ZONE "CORRECT LINE CHANGE" NO CHEATING.



DEPENDING ON WHERE Δ_1 IS WITH PUCK O_2 WILL EITHER DEFEND 1-1 IF O_1 CHANGED QUICKLY ENOUGH OR BACKCHECK Δ_1 AND COLLECT ANY LOOSE PUCK AND CONTINUE 1 ON O... WITH Δ_1 SPRINTING BACK BACK TO LINE (BENCH) TO ALLOW Δ_2 TO ENTER ZONE ...AND CONTINUES.

IF GOAL IS SCORED (C) SPOTS NEW PUCK IN ZONE OFF BACK BOARDS IF PUCK GOES OVER B/LINE NEW PUCK.

CAN PLAY 2-2 IF LOTS OF PLAYERS

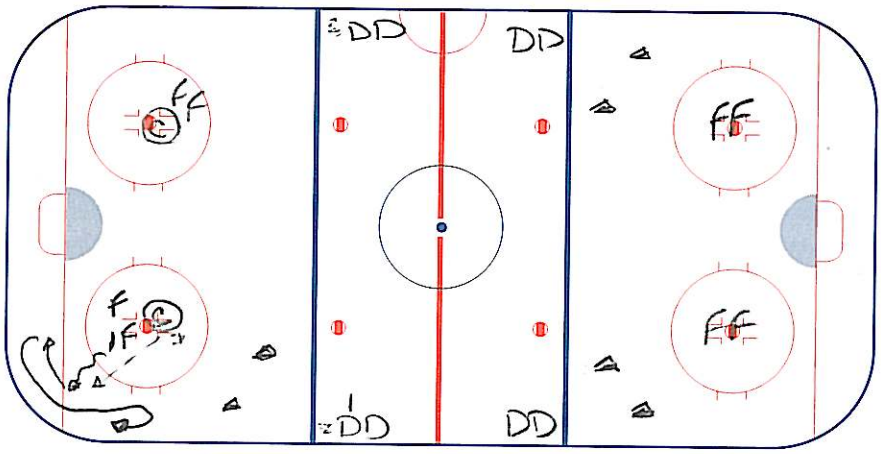
KEY POINTS: HIGH TEMPO / ENERGY
- SHOOT TO SCORE - GET CHANCE
- QUICK LEGAL LINE CHANGE
- 1-1 OFF & DEF.
- BACKCHECKING
- WATCH FOR CHEATING

INTERNATIONAL ICE HOCKEY FEDERATION

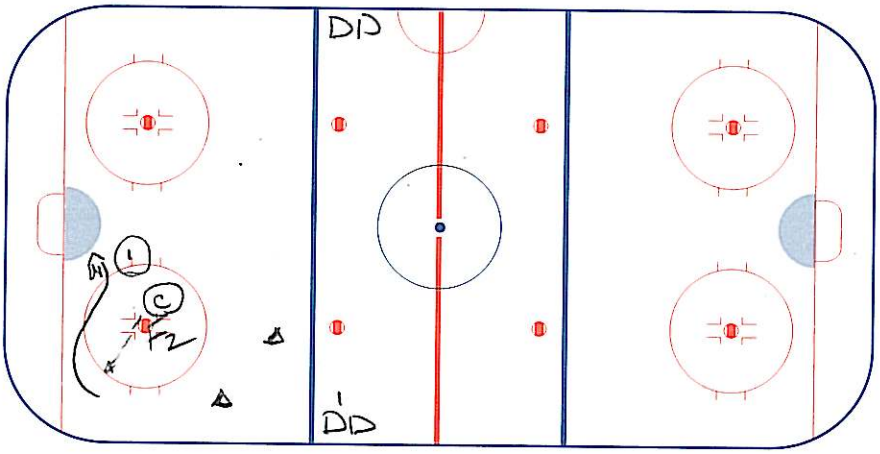
IIHF

SPORT DEVELOPMENT PROGRAM

INDIVIDUAL SKILLS (D's & F's)

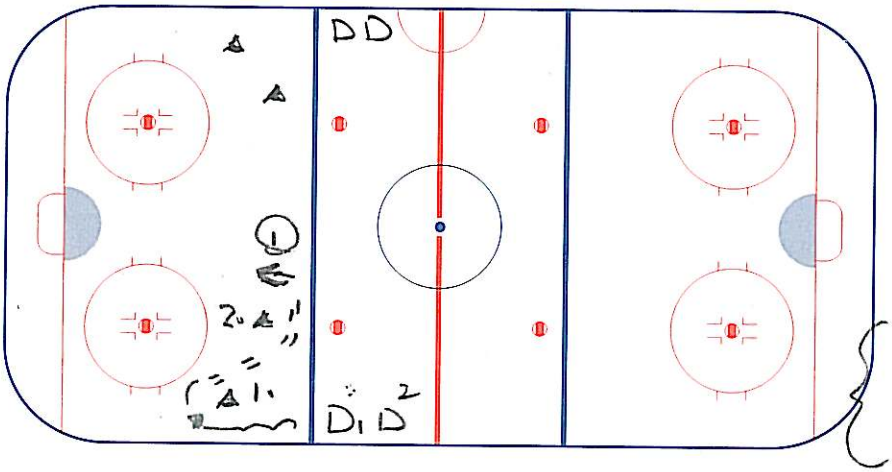


(1) (C) w/ PUCKS @ DOT w/ FORWARDS
- (C) SPOTS PUCK
- F1 TO PUCK, TOWARDS NET
- F1 TIGHT TURN BACK TO 1/2 BOARDS



(2) F1 TIGHT TURN BACK TO NET:
- F1 "LOW DRIVE" SHOT (1)
(PLAY REBOUND)

- (C) SPOTS 2ND PUCK, F2 COMPLETE ROUTE AS PER F1 FOR SHOT



(3) "(C) SIGNALS D1 TO START"
- D1 FORWARDS AROUND PILON 1.
- D1 BACKWARDS AROUND PILON 2.
- D1 = SHOT (1)
(F1/F2 = REBOUND)
→ D2 FOLLOW-UP w/ 2ND SHOT AS PER ROUTE OF D1 (OR D1 X2)

** QUICK FEET, LATERAL MOVEMENT, GOAL SCORING **

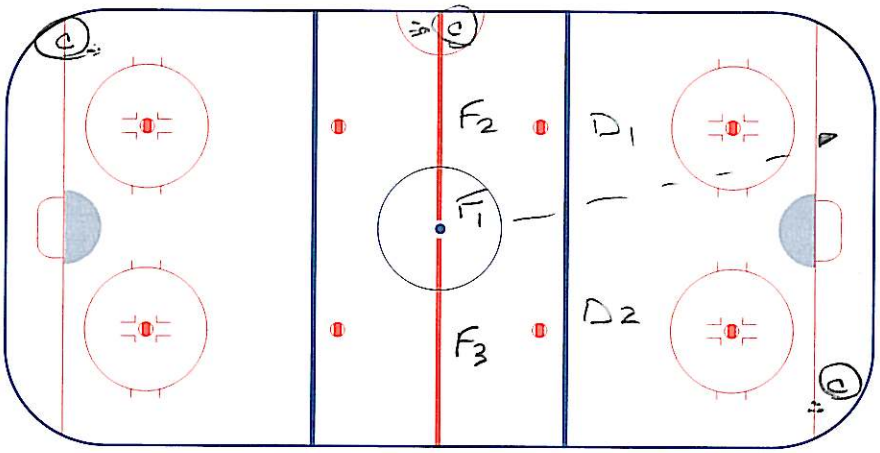
"Partnership for Progress"

INTERNATIONAL ICE HOCKEY FEDERATION

IIHF

SPORT DEVELOPMENT PROGRAM

TEAM WARM-UP

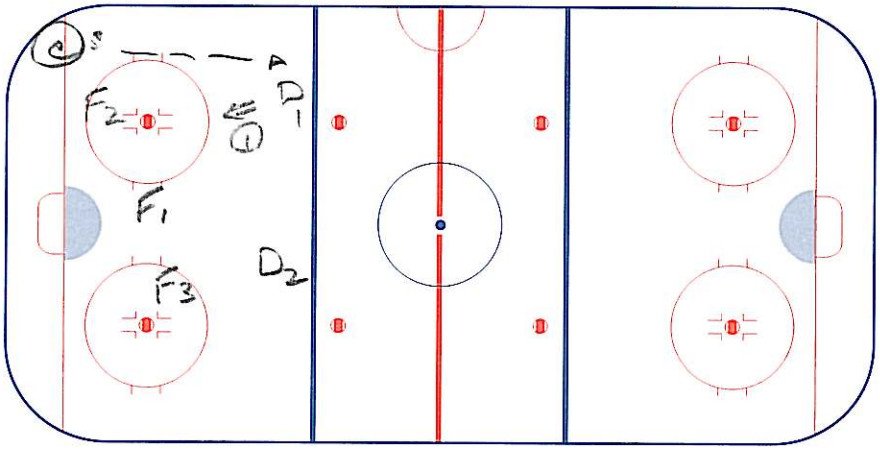


① F1 SPOTS PUCK FOR BREAKOUT 5 VS 0 (– no pressure on B/O)

OPTIONS

1) CONTROLLED – VS "TRAP" (– ex. Double Swing, High Stretch, High Post etc).

2) PRESSURE – VS HARD 4L (ex. D TO D, Quick up, Wheel etc)

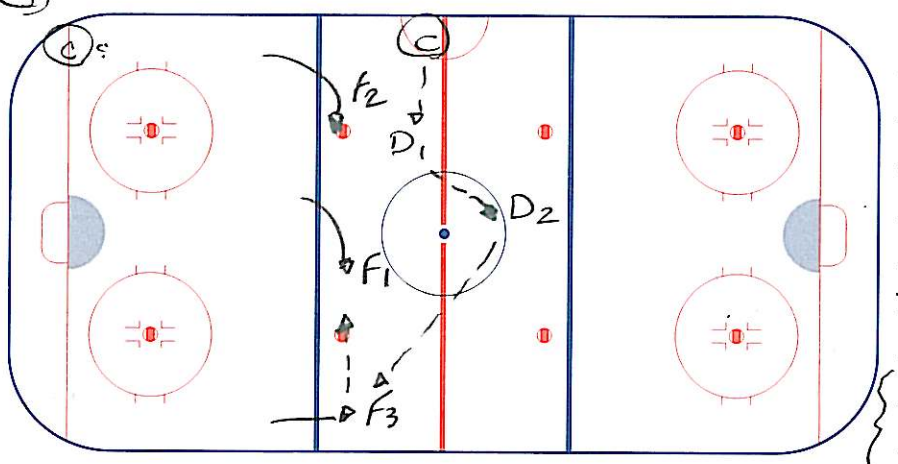


② 5 VS 0 TO OTHER END = SHOT ①

– C SPOTS PUCK FOR D1 SHOT ①

– (FWD'S = REBOUNDS)

③



③ C SPOTS PUCK IN NZ (NZ REGROUP)

– D1 TO PUCK; D2 IN SUPPORT POSITION

– D1 TO D2; D2 TO OUTLET (F3)

– F1/F2 SUPPORT PUCK

– "ATTACK 2ND TIME FOR SHOT"

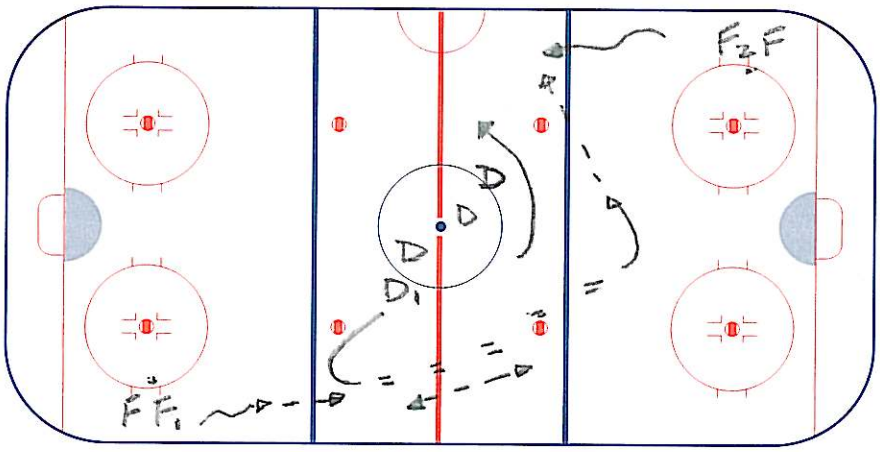
→ C TO D1/D2 AFTER ATTACK FOR SHOT

** CAN ADD "D CYCLE" INSTEAD OF SHOTS **

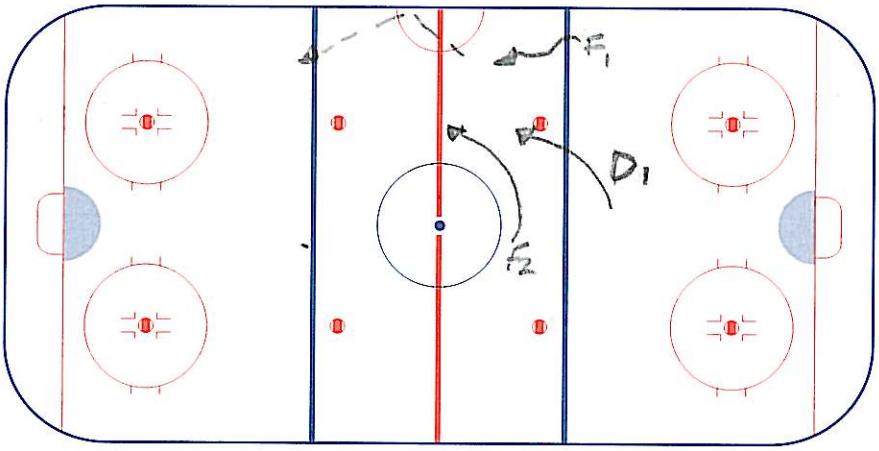
"Partnership for Progress"

SPORT DEVELOPMENT PROGRAM

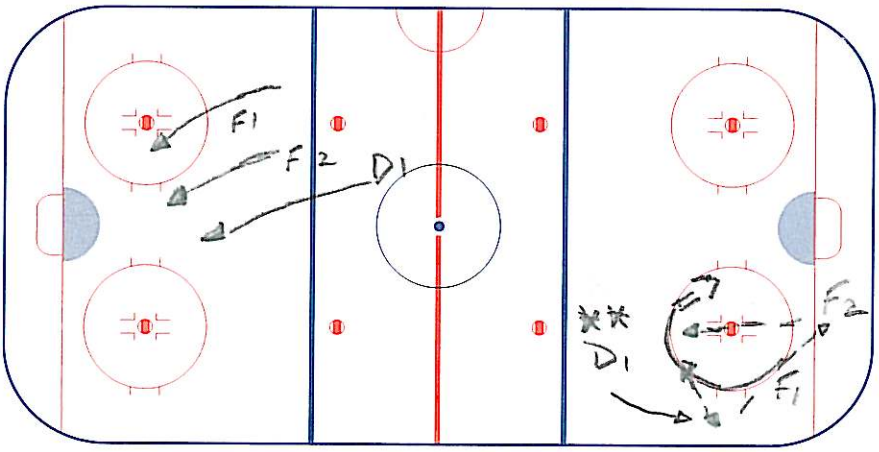
3 VS 0 → OFFENSIVE TEAM DRILL



- F1 W/ PUCK, D1 TO BLUE & BWD'S
- F1 / D1 TOUCH PASS DOWN ICE
- D1 W/ PUCK INSIDE BLUELINE
- F1 CUT AROUND CIRCLE
- D1 TO F2 IN NZ
- F1 SUPPORT



- F1 "CHIP" PASS TO F2
- D1 JUMP INTO RUSH



- F1 / F2 / D1 ATTACK NET 3VS0
- FOCUS ON SHOT / REBOUND OR 1x PASS / SHOT / REBOUND

** CAN ADD "D CYCLE" FOR 2ND SHOT ON GOAL IN THE SEQUENCE. **

→ BOTH SIDES GO AT SAME TIME...

"Partnership for Progress"

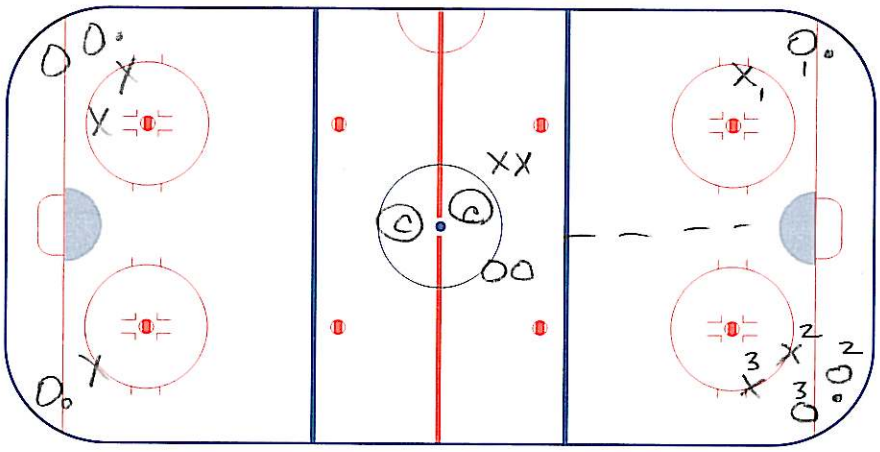
INTERNATIONAL ICE HOCKEY FEDERATION

IIHF

SPORT DEVELOPMENT PROGRAM

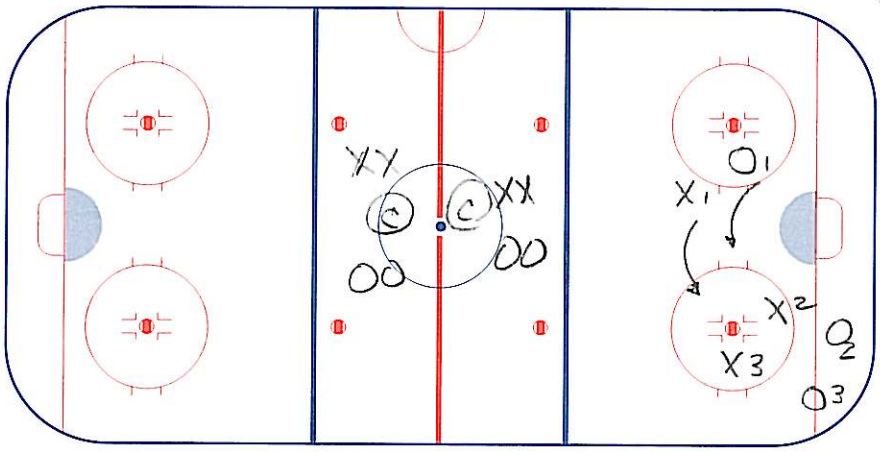
(1vs1 / 3vs3)

BATTLE / COMPETITION DRILL

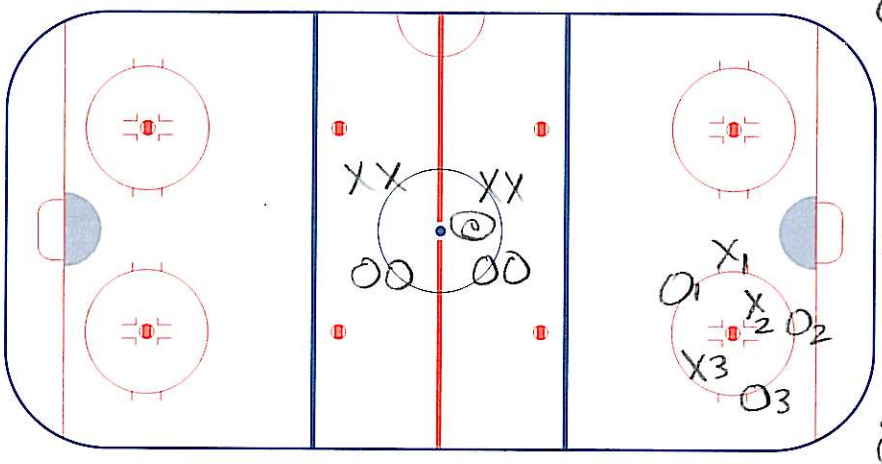


① START ON 1 KNEE
- "WHISTLE", O' ON OFFENCE
- X' ON DEFENCE
- O1 VS X1; O1 TRYING TO SCORE; X1 = DEFENDING
- STAY WITHIN 1/2 ICE TO CONFINE AREA

(- APPROX 20SEC)



② "WHISTLE"; ACTIVATES O2/O3 W/ PUCK
- X2/X3 ON DEFENCE
→ O1/X1 JOIN PLAY (LEAVE THEIR PUCK)



③ DRILL ENDS UP W/ A "3VS3" IN ZONE.

→ ⓒ ADD PUCKS THAT LEAVE ZONE

→ PLAY FOR 30-35SEC 3VS3

→ CHANGE COLOURS TO OFF TO DEF FOR NEXT SEQUENCE

{ - PHYSICAL PLAY, CREATE SCORING, CONDITIONING }

"Partnership for Progress"

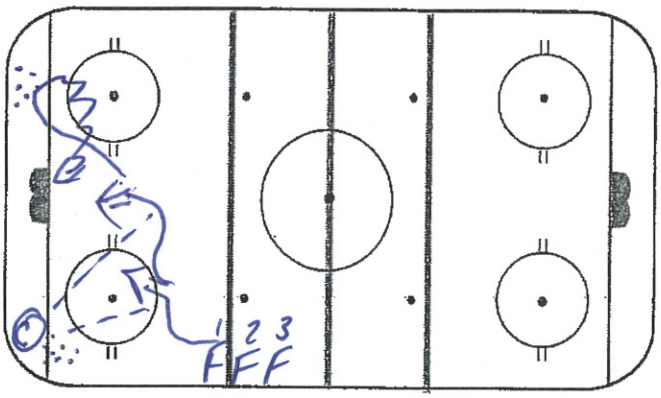
Page 1.

Dan Olsen

OLSEN SPORTS MANAGEMENT

Date: 2011 - 2012
D.O.T.W.C.

TIME | DRILL NAME: 3 Hills 3 Shot F | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work quick release.

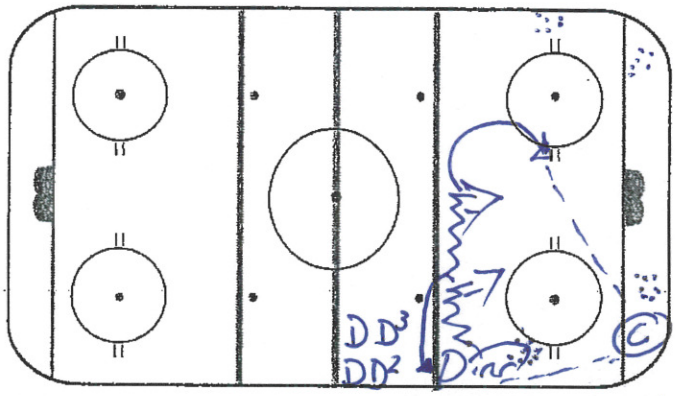
START
- F1 to top o circle receive pass & shoot, skate to low slot, receive pass & shoot
- skate to corner come out of corner w/ p̄ & attack net low.

KEYS
- heads up
- give target for Pass
- Shoot quick but maintain power & accuracy.
- call for passes.

ROTATION

VARIATIONS/PROGRESSION

TIME | DRILL NAME: 3 Hills 3 Shot D | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work quick shot in motion.

START
- D1 skate fwd to p̄ pile pivot to bcwd & pick up p̄
- bcwds to blue line & then sprint & shoot quickly.
- after shot hustle back to boards & try to keep p̄ in that © rims or shoots off glass. If successful, sprint & shoot in mid-lane.
- skate to low slot or back door for last attempt on net from pass #3 from ©

KEYS
- heads up
- quick feet w/ p̄ control
- power & accuracy.
- call for back door or low slot pass.

ROTATION

VARIATIONS/PROGRESSION
- change sides after 2-3 reps each or alternate sides 1/2 D.

Page 2

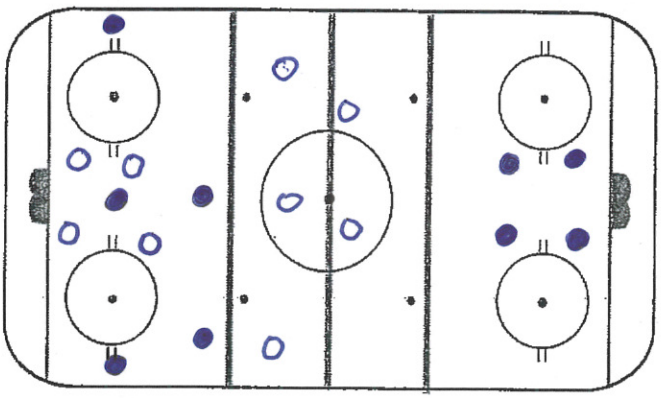
Dan Olsen

OLSEN SPORTS MANAGEMENT

Date: 2011-2012

D.O.T.W.C.

TIME | DRILL NAME: P.P Game. | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work P.P vs P.K

START

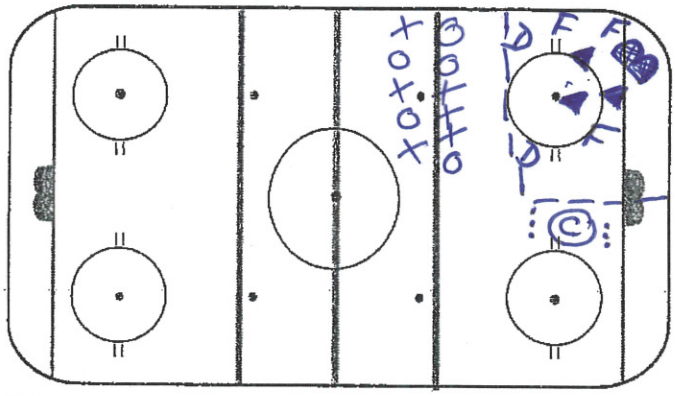
- have all players on ice (18 is the magic #)
- P.P & PK unit in each zone
- on dump outs PP unit in NL zone grabs p̄ & attacks P.K unit
- Keep score
- alternate P.P & P.K players.

KEYS
* quick p̄ movement
* move to support p̄
* p̄ carrier has to have 2 immediate options
* good passing
* read & react.

ROTATION

VARIATIONS/PROGRESSION

TIME | DRILL NAME: P.P Condensed. | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work P.P & P.K in small are.

START

- "decrease space, increase the pace"
- use top o circles as imaginary blue line
- work 5 on 3 to start
- progress to 5 on 4.
- P.K no sticks
- P.K upside down sticks
- P.K normal sticks.

KEYS
* quick p̄ movement.
* move to support p̄
* exceptional passing
* read & react.

ROTATION

VARIATIONS/PROGRESSION

"A Group becomes a team when each member is sure enough of himself & his contributions to praise the skills of the others!"

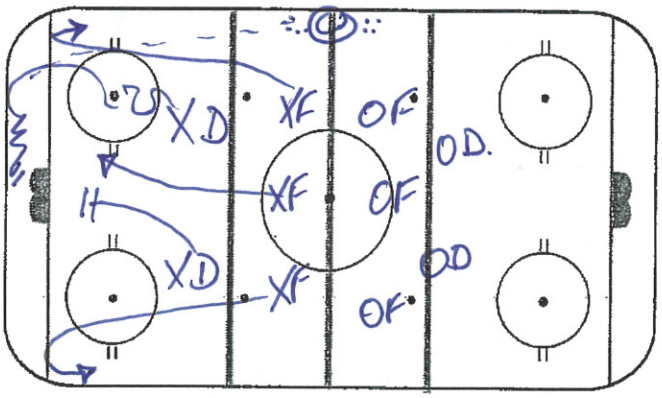
Page 3

Dan Olsen

Date: 2011-2012

Team Play. Competitive. D.O.T.W.C

TIME	DRILL NAME	
	Dewinton D-Zone	☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S) work team play systems.

START

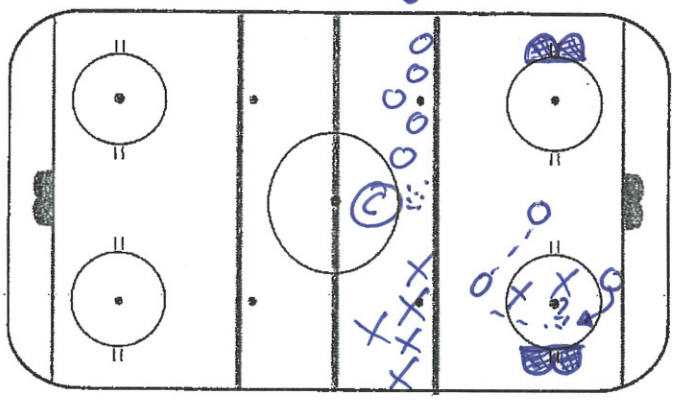
- unit of 5 B/O on © dump p̄
- attack unit of 5 of different color & play 5 vs 5 in D-Zone
- when D clear p̄ out of zone © pass p̄ to attack unit immediately for 2nd 5 vs 5 in same zone
- on third p̄ the Defending unit has to carry p̄ out of zone
- switch lines, switch ends

KEYS
* run your B/O options
* run your F/C options
* run your D-Zone Coverage
* game intensity.
* communication.

ROTATION

VARIATIONS/PROGRESSION

TIME	DRILL NAME	
	Avs Alternating	☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S)

START

- 3 O's begin the cross ice game with the 3 vs 2 advantage.
- on whistle to change the advantage is reversed to X's
- every whistle to change give's alternating side advan.
- offensively players work at passing p̄ quickly & moving to support position, creating passing lanes.
- defensively protect the net front area & read level of control by the offense
- read when to press & when to contain.
- Keep score X vs. O's

KEYS

ROTATION

VARIATIONS/PROGRESSION

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1990,1998,2000,2001,2006

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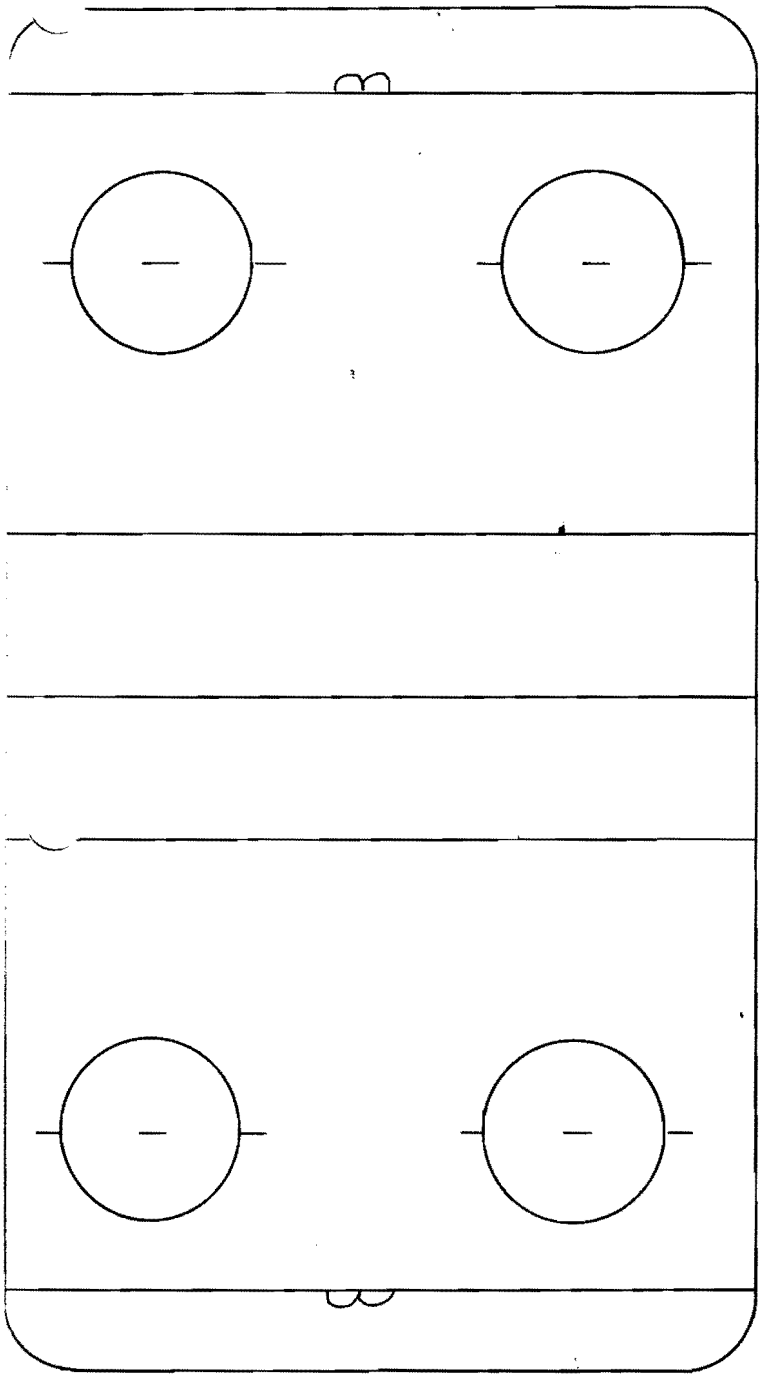
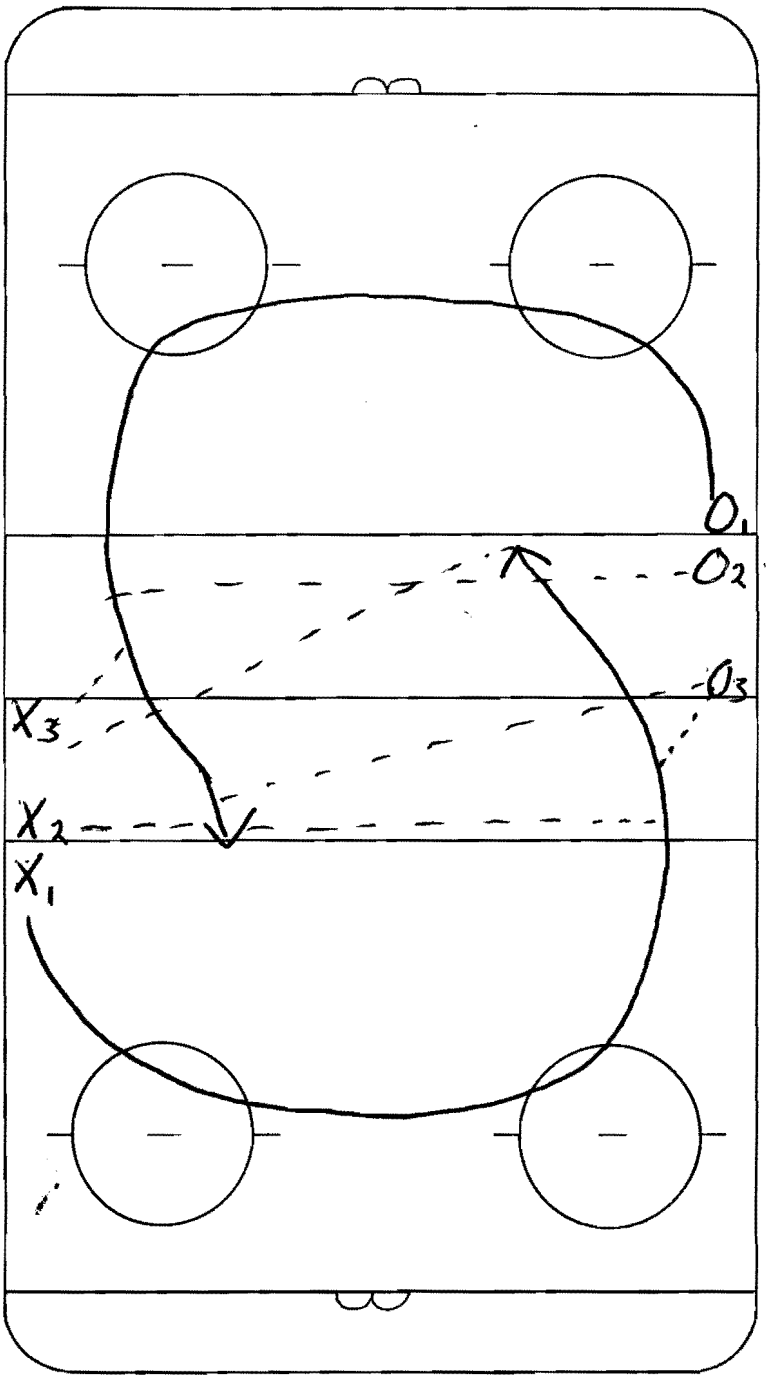
PRACTICE DRILLS

DRILL: _____

DRILL: Finnish Give & Go

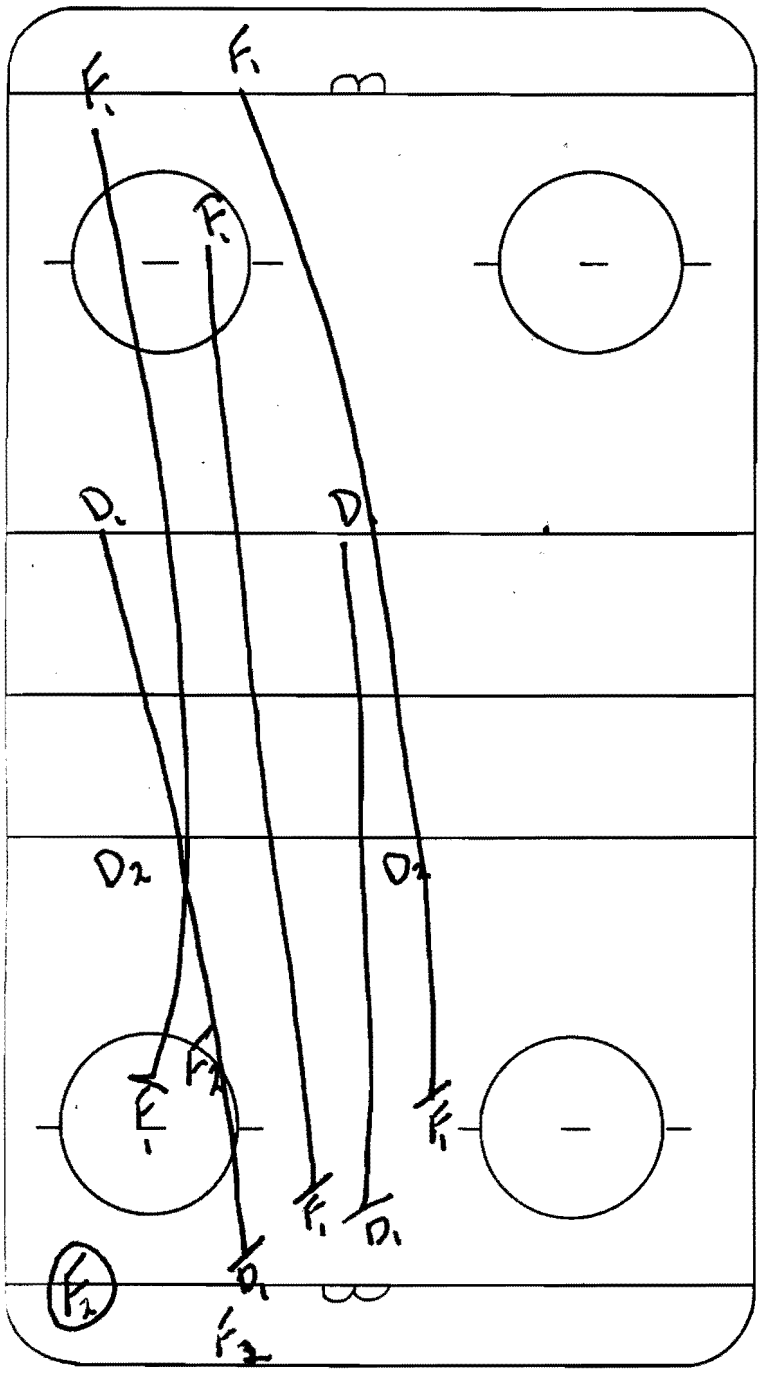




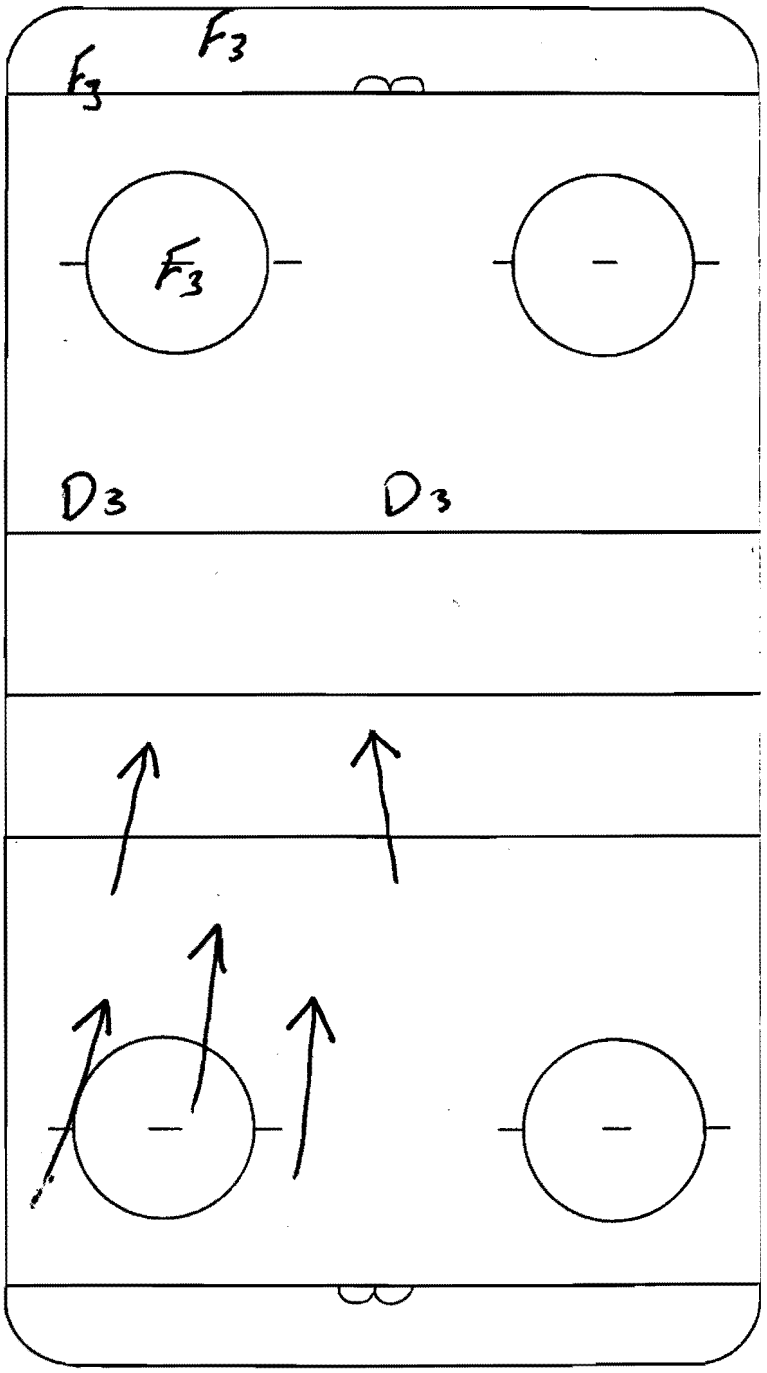
EXPLANATION:

	X_1 deep drop - gets cross ice pass from X_2 - X_1 passes to O_3 - O_3 hits O_1 - X_3 hits X_1 X_1 O_1 shoot (X_1 becomes O_3 - O_3 - O_2 - O_2 - O_1)

DRILL: Fraser Drill



DRILL: D-Zone Play

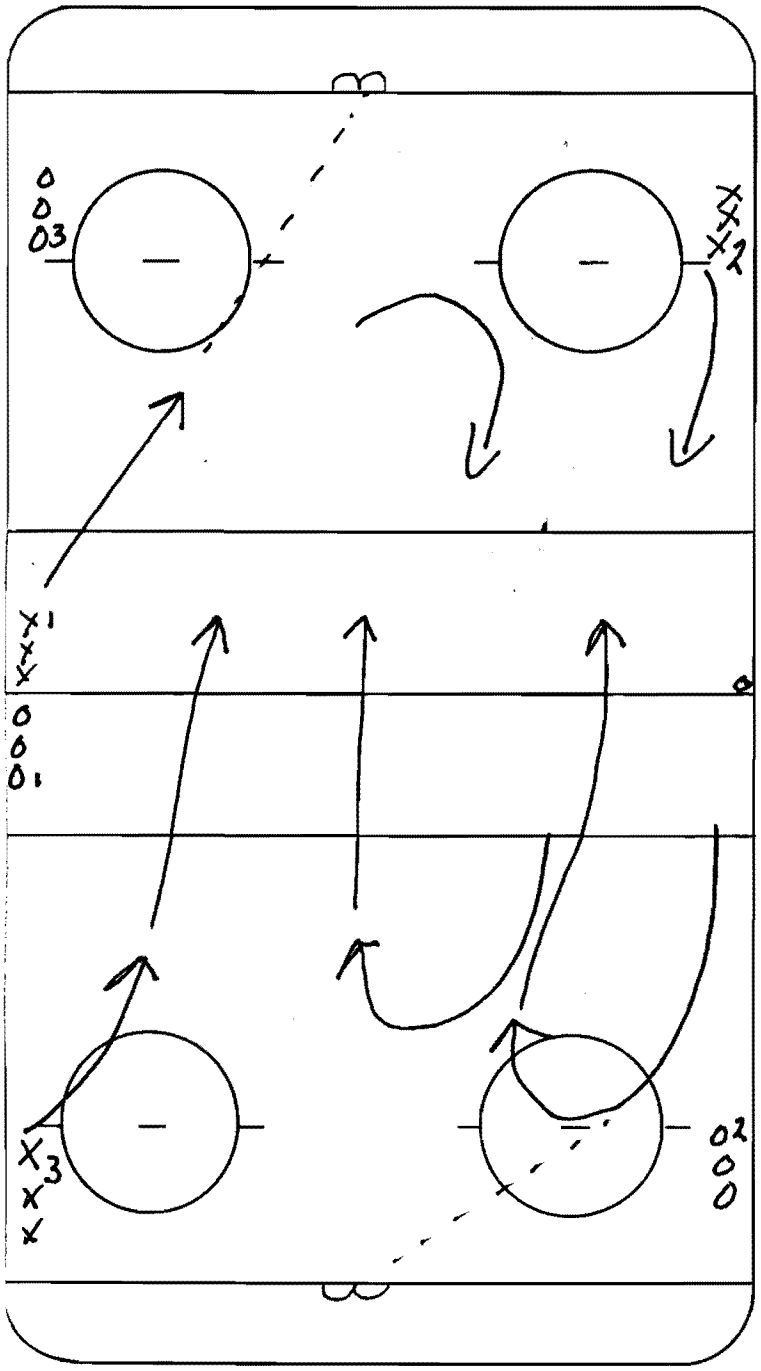


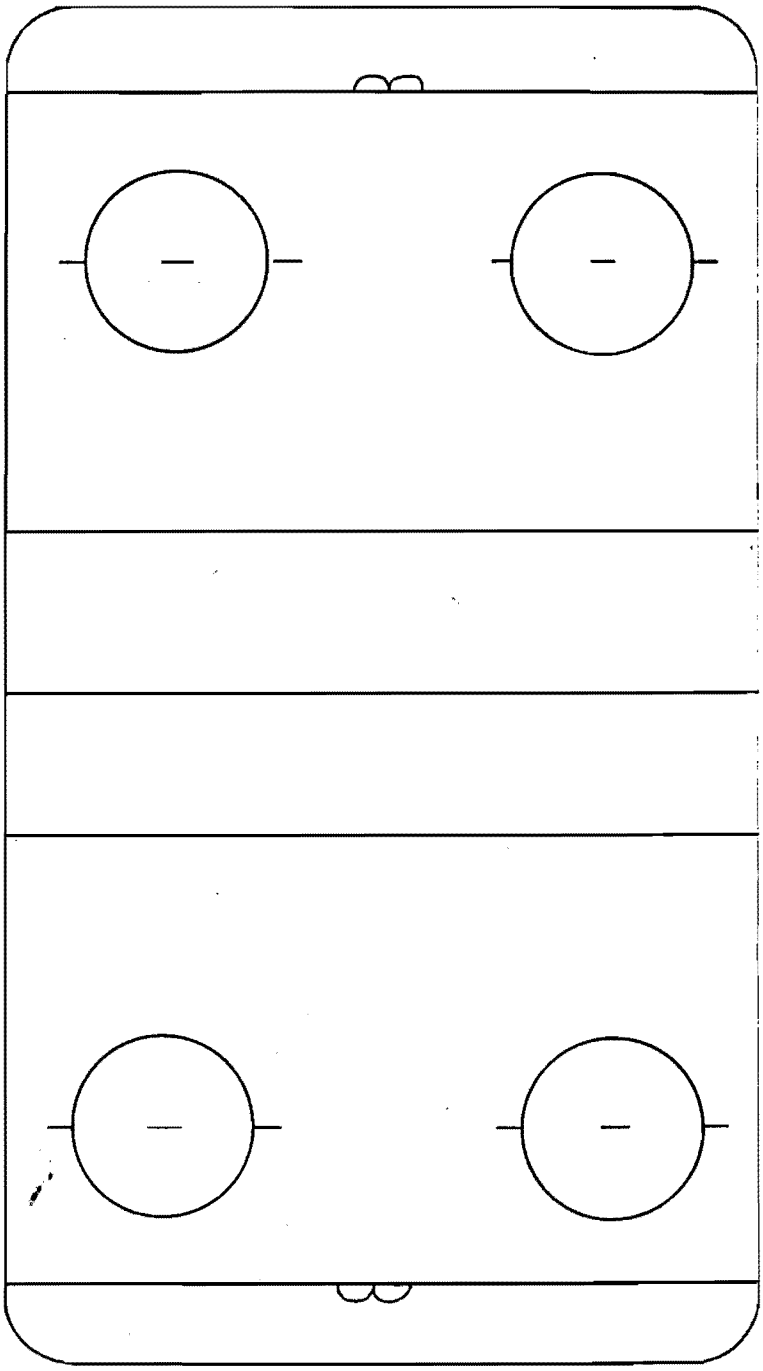
EXPLANATION:

Whistle F1 F1 F1 D1 D1 backcheck hard to the house STOP in the house (stick on ice, head on swival, feet pointing right direction)	Whistle (F2 has puck) 5v5 in zone F2's D2's vs F1's D1's 5v5 in zone when puck comes out or on whistle F2's D2's B/C hard to house Stop F2's D3's in position

DRILL: 6 man shooting

DRILL: _____





EXPLANATION:

X_1 Carry puck shoot to score

$X_1 X_2$ 2-0 shot from outside

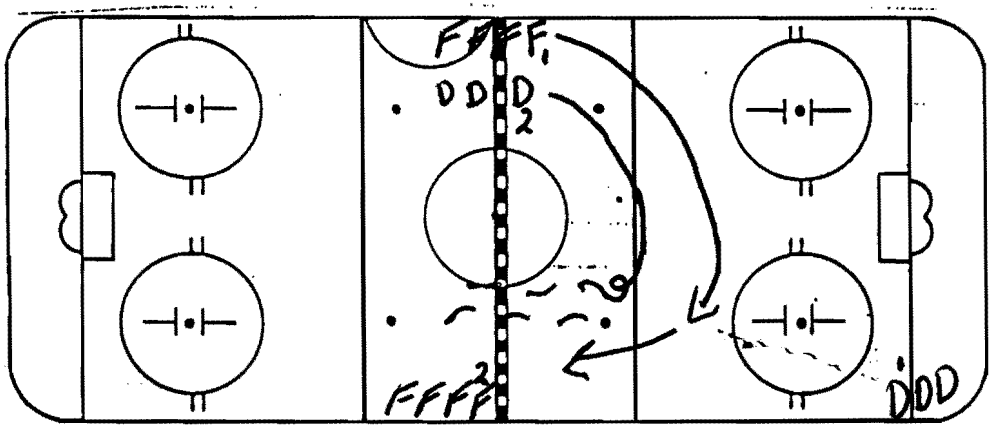
$X_1 X_2 X_3$ 3-0 practice zone entry philosophy

On Whistle O_1 starts

DRILL: Wide Gap / Narraw Gap

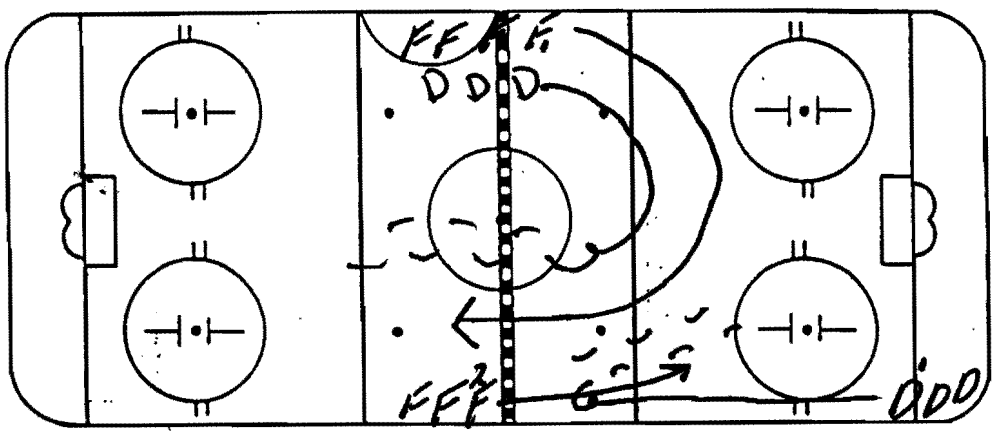
5

DESCRIPTION: F_1 cuts for pass and recieves pass from D_1 - D_2 gaps up and plays F_1 1v1



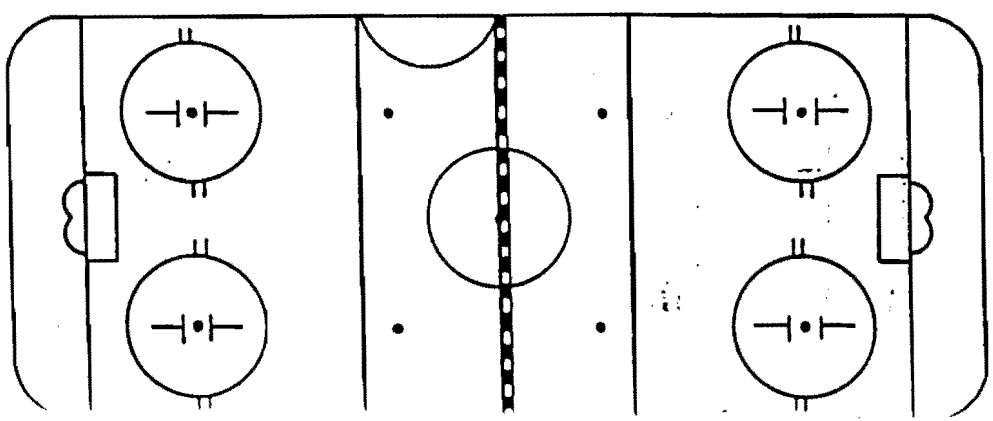
EXPLANATION:
1.

KEY TEACHING POINTS: D_1 after passing takes his ice back and gaps up on F_2 when he transitions from forward to backward F_2 attacks him 1v1



2.

COMMENTS:



3.

ENTO

BC HIGH PERFORMANCE PRACTICE PLANNING

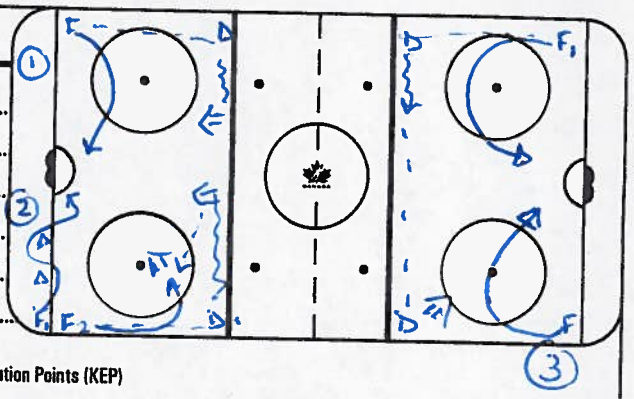
LEGEND

©	Coach		Puck Carrying
○ ●	Forwards		Shooting
△ ▲	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive Pressure

Date: _____ Duration: _____ (mins)

Time: **Drill Name:** 3 SKILL DRILLS PP DRILLS 1/2 ice

① F to D for point shot - tip - screen
② F1 Low play around pylons for JAM
F2 pass to D1 back to F2 for shot
③ F pass to D - D to D Long PASS / SHOT
option - F1 CAN Come to high SLOT
for D pass then shot

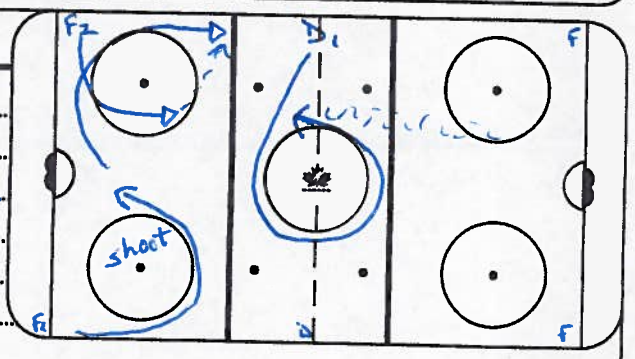


Key Teaching Points (KTP)
D - SKATE HARD TO MIDDLE ICE
D - FAKE SHOTS - FAKE PASS
F proper screen net front

Key Execution Points (KEP)

Time: **Drill Name:** 2on1 CLOSE GAP

F1 shoot puck around circle and swings to F2 corner, F2 swing to middle and attack 2on1, D1 swing around Circle and play 2on1.
Both Ends at same time.

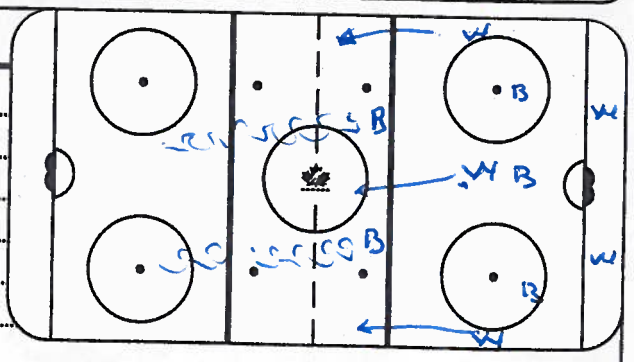


Key Teaching Points (KTP)
D - Close Gap
F - Attack With SPEED / SUPPORT

Key Execution Points (KEP)
Whistle Control
Lots of Flow

Time: **Drill Name:** 3on2 to 5on5 RUSH - to D ZONE

White Attack 3on2 down ice on Whistle
Blue Backcheck to D ZONE
Play the RUSH - Whistle Blows Place
Puck for D ZONE Coverage.
OPTIONAL: Add 3rd puck for N. ZONE
Coverage After D ZONE



Key Teaching Points (KTP)
Start Backcheckers in different spots to Keep offense guesing
* whistle control

Key Execution Points (KEP)

"IF YOU LOVE WHAT YOU DO, YOU'LL NEVER WORK A DAY IN YOUR LIFE."

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CANADA

DATE: NOV. 10/11

TO: ENIO	FROM: D. FLYNN
FAX:	PHONE: (506) 382-5555
RE: DRILL/WEEK CLUB	FAX: (506) 858-2222

Number of pages including cover sheet: _____

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ENIO:

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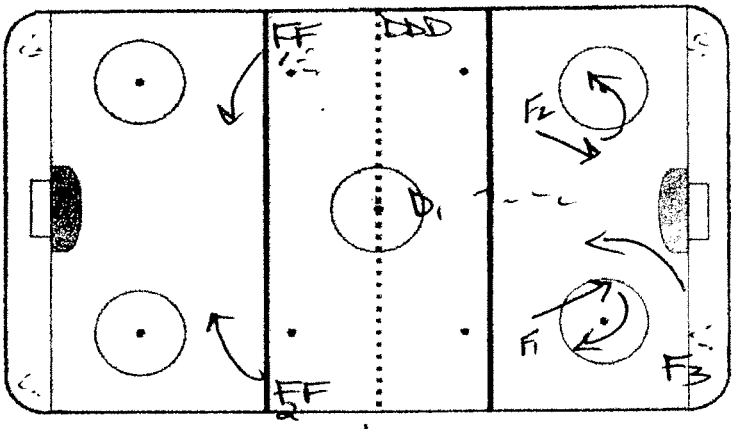
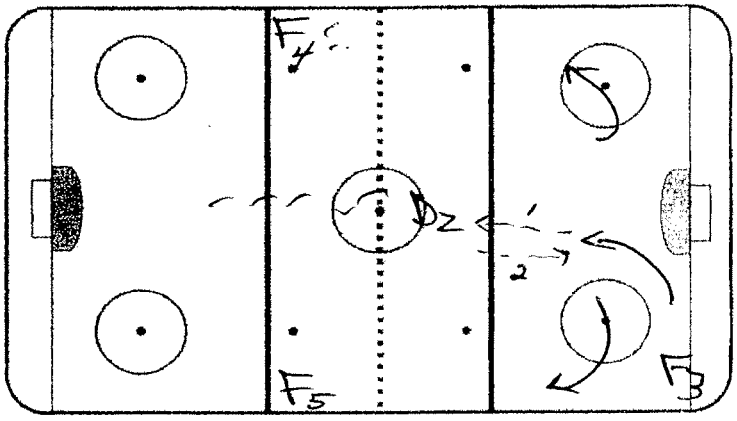
NEW YORK ISLANDERS

2v1 / 3v1

- F_1 F_2 cross ; go 2v1 on D_1 / Shot
- F_1 F_2 curl up ice : F_3 brings 2nd puck

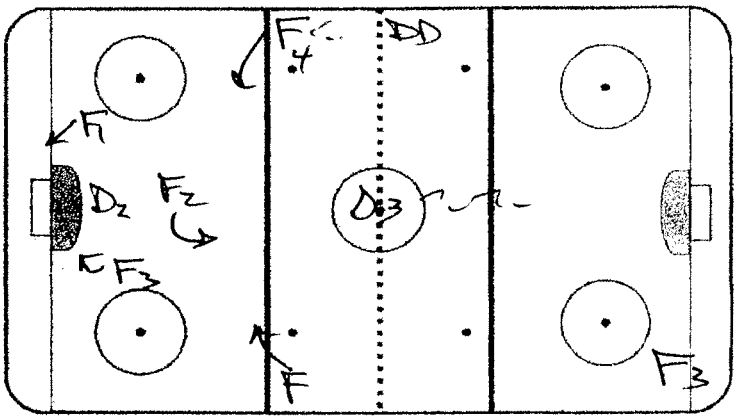


- F_1 & 3 go 2v1 on D_2 ... can't touch will D_2
- on whistle, high man on 3v1 B/checks next 2v1



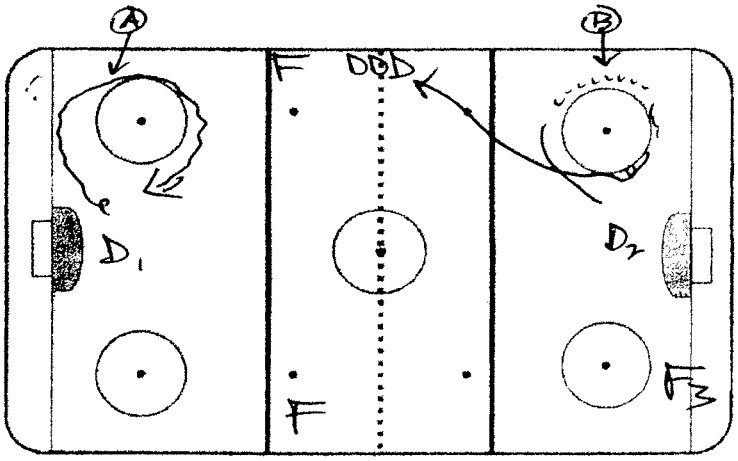
- F_4 F_5 go 2v1 on D_3
- high man (F_2) b/checks then fills F_3 line

* after 2v1 / 3v1 D_1 will either jump to corner, Ⓐ



grab puck - walk circle ; shoot or Ⓑ do quick feet on circle if scored on on the rush

- can also go 2v1/3v2
  2v1/4v2

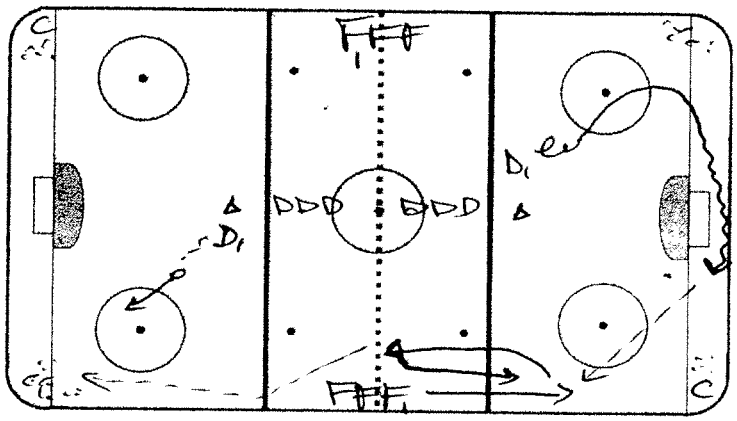


— great tempo drill —

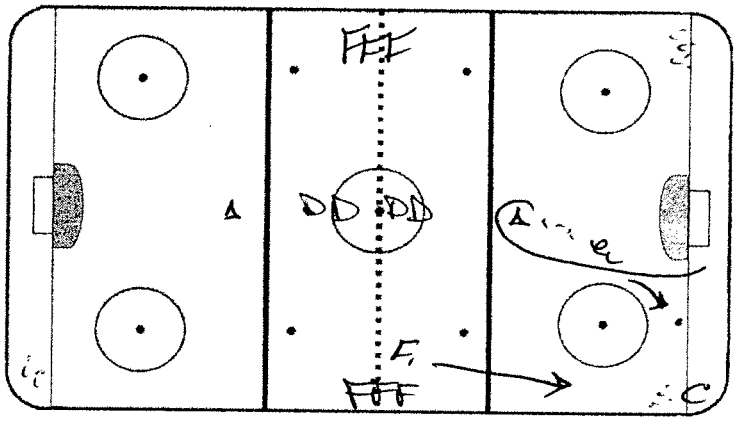
NEW YORK ISLANDERS

CHIP DRILL

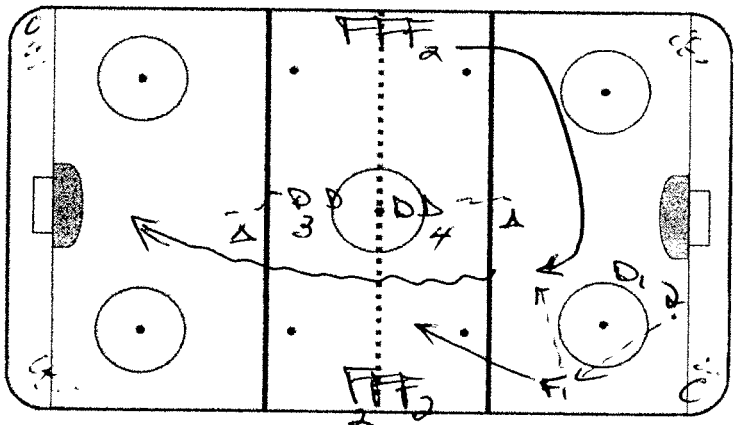
- D_1 bends & pivots out & wheels with puck
- $D_1 \rightarrow F_1$... F_1 hustles to Red line & soft chips puck to corner & Returns to DEF. ZONE again



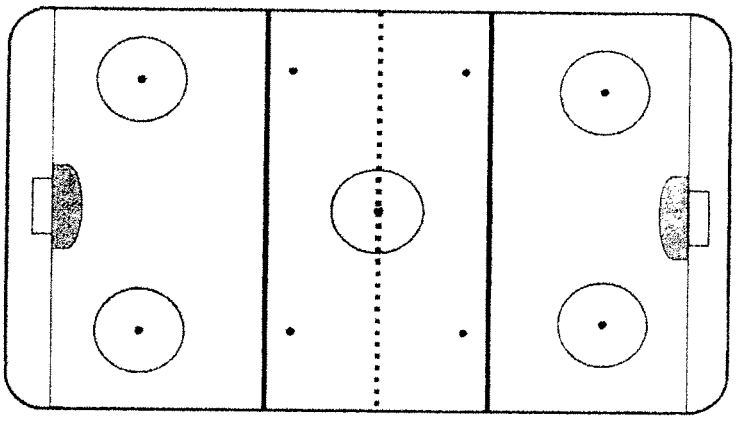
- D_1 after initial pass, quickly jumps around glove at blue line & pivots out for a 3rd puck near icing line spotted by Coach



- $D_1 \rightarrow F_1$ (2nd time)
- F_2 (timing) comes across for chip/back pass
- F_1 follows for rebound



- both sides same time!
- D_3 D_4 begin bends. when shooter passes them!
- drill is continuous

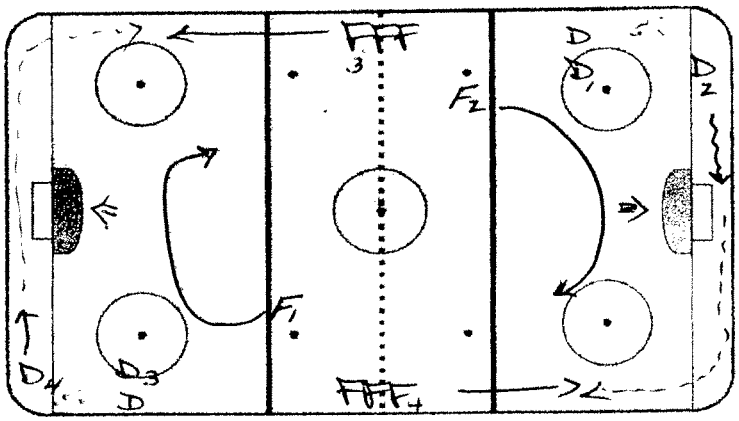


— ONLY DIAGRAMMED 1- SIDE —

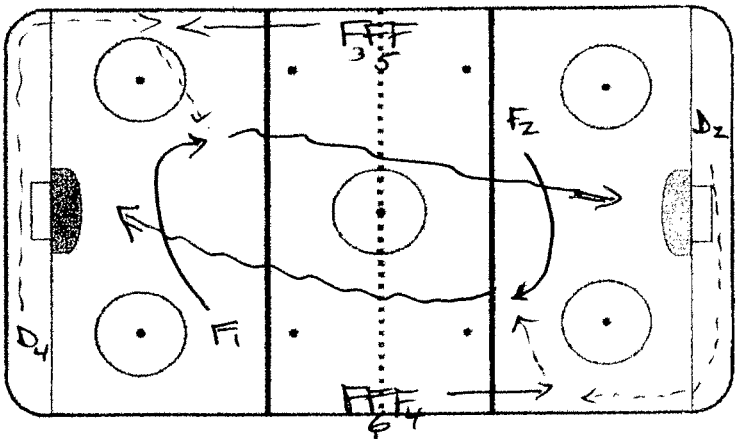
NEW YORK ISLANDERS

HARD AROUND DRILL

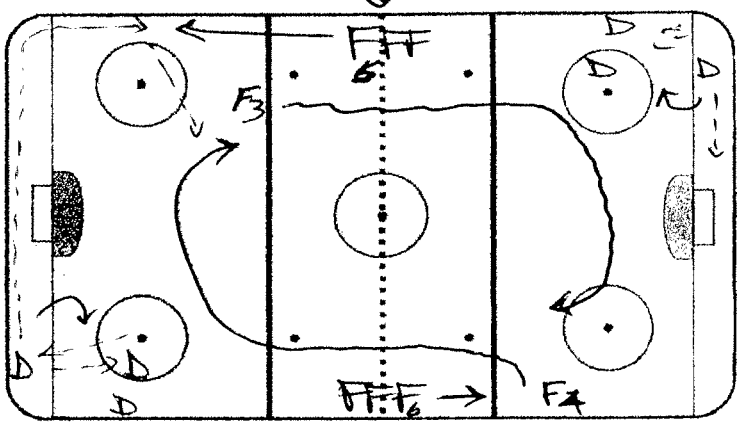
- both sides same time
- D_1 D_2 + D_3 D_4 1-touch puck back & forth
- after shot taken, D_2 D_4 enter TRAPEZOID & run rink



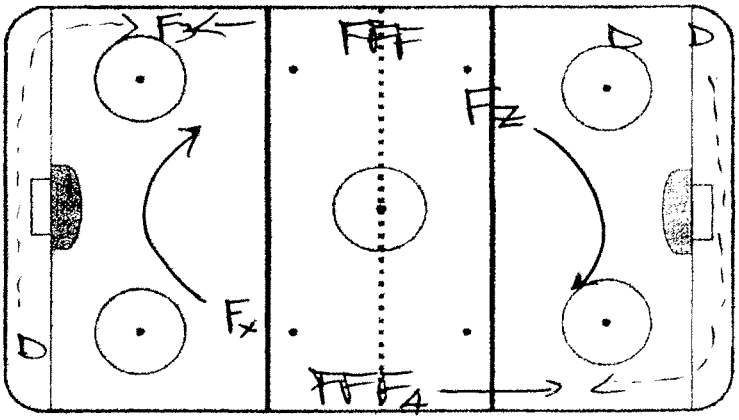
- F_3 F_4 take rim; F_1 F_2 support puck for chip/pass ... continue for shot
- * F_3 F_4 hustle up ice to be support man for next rim to F_5 F_6



- * D's rotate in their corner & head to TRAPEZOID to run after shots taken
- * F's always end up back in their original line



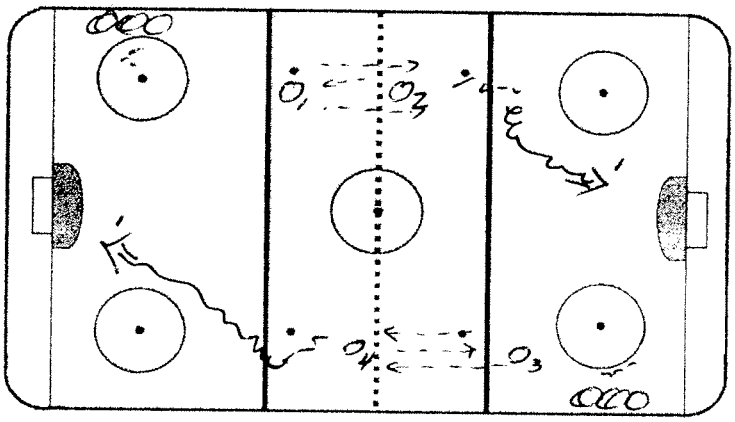
- * F's sequence ... TAKE RIM → FEED SUPPORT MAN → BE SUPPORT MAN AT OTHER END → SHOOT → BACK TO ORIGINAL LINE
- *** need 2 support guys (F_X F_Z) on dots to begin drill then it flows...



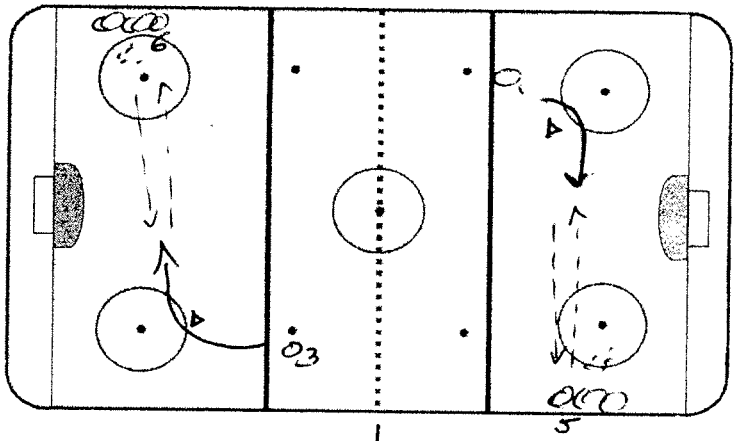
NEW YORK ISLANDERS

REEBOK DRILL

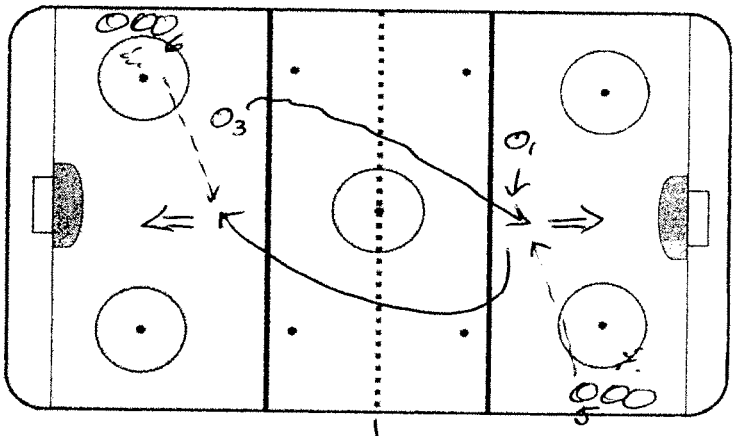
- $O_1 O_2$ + $O_3 O_4$ 3 touch passes in total... $O_2 O_4$ pivot out & shoot (#1)
- O_2 + O_4 – sk. backs
  O_1 + O_3 – sk. fwds



- $O_1 O_3$ touch top of circles & 1-touch pass back to $O_6 O_5$ a 2nd puck

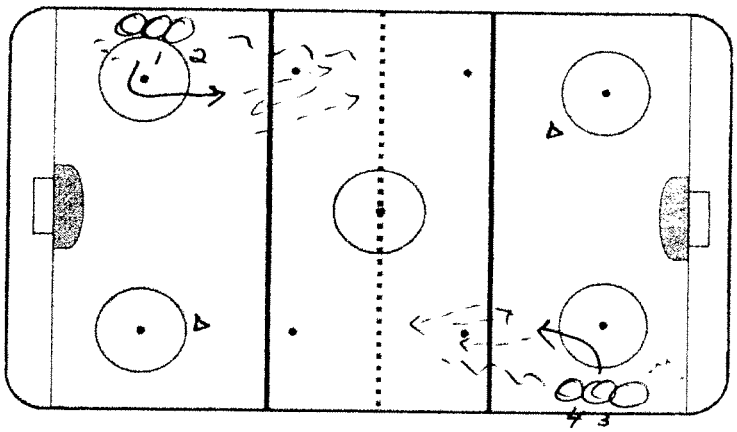


- O_1 O_3 drive hard to the slot at far end & RECEIVE pass from O_6 O_5 for shot
- while the O_6 O_5 start backs to continue drill etc.



* O_1/O_3 touch 3 different pucks
* good 1-touch drill

* drill starts with O_2 O_4 sk. backs; O_1 O_3 bring puck & sk. fwds (3 passes)



OTTAWA 67'S HOCKEY CLUB

Memorial Cup Champions - 1984, 1999
OHL – 1977, 1984, 2001

September		
Fri	23rd	Belleville
Sun	25th	Kingston
October		
Fri	7th	Peterborough
Sun	9th	Plymouth
Fri	14th	Brampton
Fri	28th	Mississauga
November		
Fri	4th	Owen Sound
Sun	6th	Sault Ste. Marie
Mon	7h	Kingston
Fri	11th	Saginaw
Fri	18th	Barrie
Sun	20th	Niagara
Fri	25th	Oshawa
December		
Fri	2nd	Windsor
Fri	16th	Brampton
Wed	28th	Kingston
Fri	30th	Peterborough
January		
Fri	6th	Belleville
Fri	13th	Peterborough
Sun	15th	Belleville
Fri	20th	Oshawa
Sun	22nd	Kitchener
Fri	27th	Sarnia
February		
Fri	3rd	Oshawa
Sat	4th	Kingston
Fri	10th	Guelph
Sun	12th	Belleville
Fri	17th	Peterborough
Sun	19th	Erie
Fri	24th	Barrie
Sun	26th	London
March		
Fri	9th	Niagara
Sun	11th	Mississauga
Fri	16th	Sudbury

Game Times
Friday Night: 7:30 p.m.
Sat/Sunday Afternoon: 2:00 p.m.

To: Enio

Fax Number:

Date: Total Pages (With Cover): 3

Notes/Comments:

Enio, Here are the drills for coaches club.

I am reading the Talent Code as recommended by another coach in this group…it is very good.

Favourite quote would be " Expect Success "

Chris Byrne

Chris Byrne
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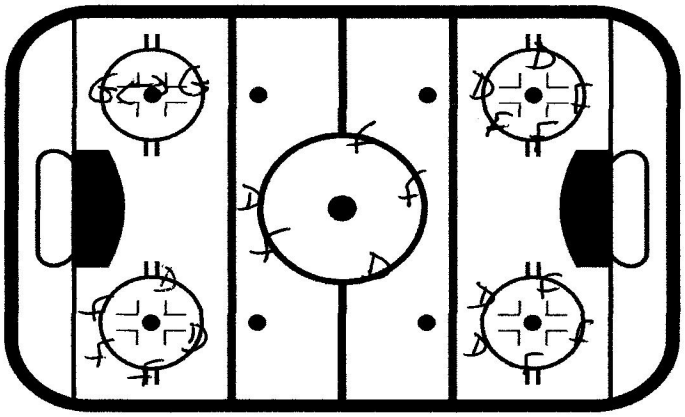
Ottawa Civic Centre, Lansdowne Park
Ottawa, Ontario K1S 3W7
Phone: (613) 232-6767 ext. 255
Fax: (613) 232-5582

Website: www.ottawa67s.com



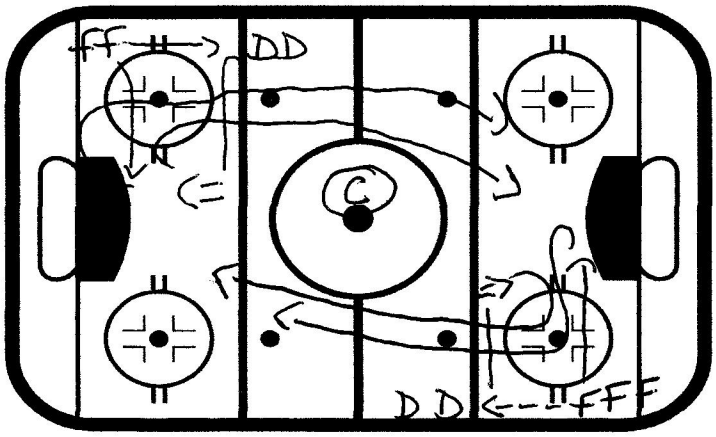
Drill Name: Warm up and Skill - one touch passes	Time: 5

Execution: we want flat tape to tape passes here.

A) Five players per circle with feet on line.
One touch flat passing to anybody on the circle

B) Same set up with 2 pucks

C) Same set up with one player in middle for monkey in middle
any bad pass or missed pass is a change of players to middle



Drill Name: 1v1 D shot drill working on d gaps, fwd to the net	Time: 7

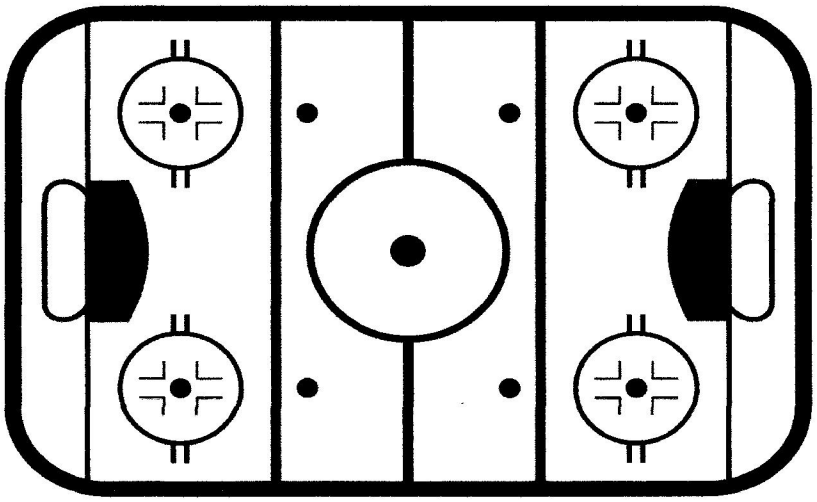
Execution: Players start on the whistle

A) F from corner passes puck to Def at blueline
Forward goes to net, def walks the blue line and shoots.

B) F hunts down the same puck that was shot by Def,
def gaps up and is mirror skating in front of forward

C) F vs Def to far net for 1v1...For stay at net after 1v1 for d shot

Most important part of drill...Players must stay on the same side of the ice that they lined up on as players at the far end are doing the same drill at the same time...next group starts on whistle
D) Switch sides 3 minutes into drill



NOT SURE If a diagram is needed here or useful.

Drill Name: PP vs PK pp break out, entries, sets	Time: 7 to 10

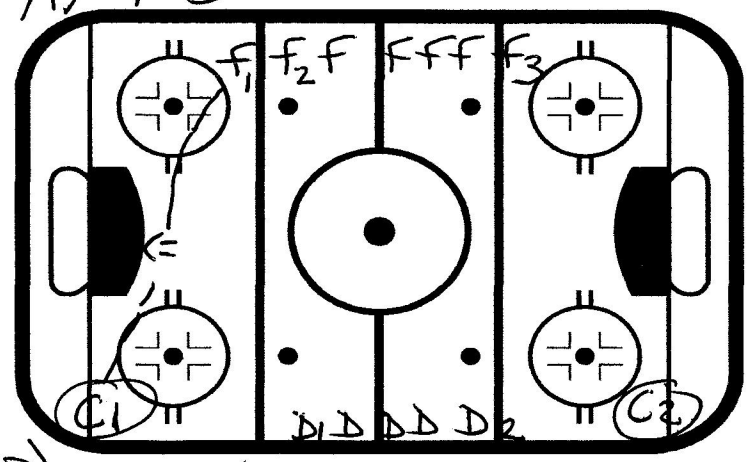
Execution: A) We have 4 lines and 8 Def at practice usually so we break into 4 groups - one line with 2 def
B) Each group gets to play 3 sets of power play and pk

C) Group 1 or line 1 breaks out using pp break out,
enters the zone and sets up the power play, they keep going until they score or the pk unit stops them

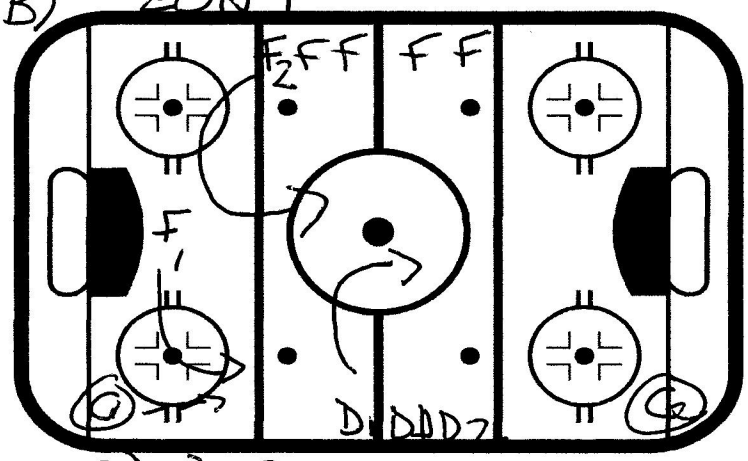
D)4 players from group 2 (2 def and 2 fwd) pk vs group 1

E) The catch is that at any time that the pk unit stops the
pp unit or turns the puck over their turn is over...this puts lots of pressure on the pp unit to execute proper breakouts and entries...
if they do not do this they do not get a pp set in the zone.
This becomes a very competitive drill

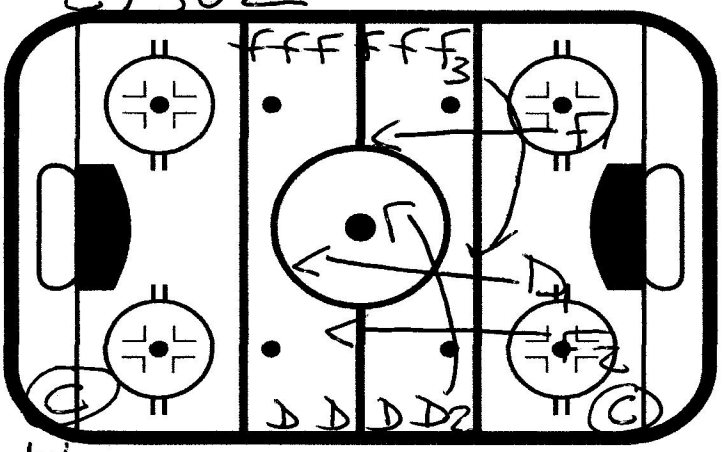
A) 1-0



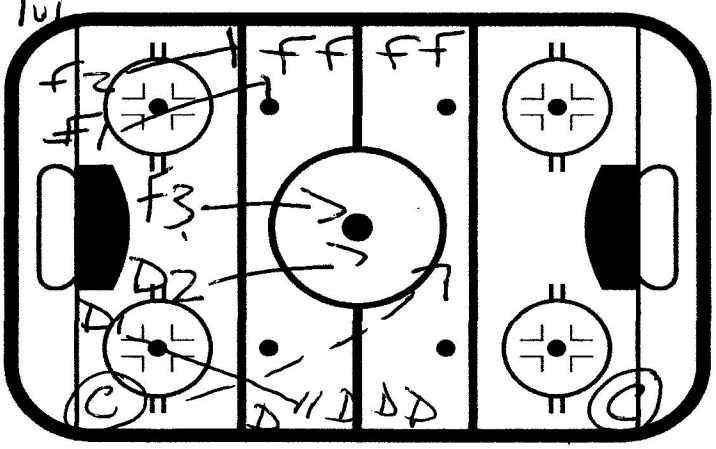
B) 2-ON 1



C) 3v2



D 1v1



Drill Name: 1-0 2v1 3v2 1v1 with hard changes	Time: 5 to 7

Execution: Forwards at one side def on other side of ice at centre
Coaches in Corners with pucks

A) F1 goes to net and gets pass from C1...shot

B) F2 joins F1 gets a pass from C1 and goes to far net vs D1 for 2v1

C) F3 *joins F1 and F2 and goes on a* 3 v 2

D) The last Forward and Def get a flipped breakaway puck to battle each other for a breakaway.

E) Players have to sprint hard change back to their lines as they would in a game getting hard back to the bench for a line change

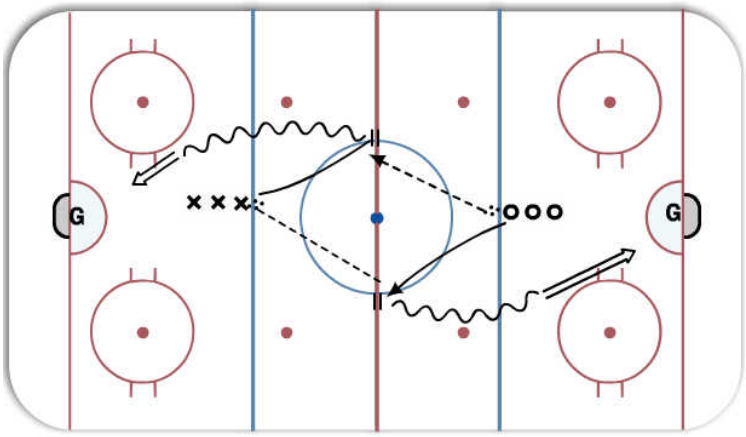
this is a hidden bag skate type of drill

Date:	01/10/12	**Group:**	
Length:	0 mins		
Start Time:	7:00pm	**Focus:**	
End Time:	7:00pm	**Level:**	

Length	Start	Drill Name	Category	Notes
10	7:00pm	Centre line pivot and shot	Skating	Great for developing young forwards, to ensure they face puck 100% of time, and don't curl away and turn back.
10	7:10pm	Matzka give go drill	Skating	
10	7:20pm	5v5 with continuous line change	Systems	Drill works best with at least 4 lines of players.
10	7:30pm	2v2 2 nets	Small Game	change to 3v3 or 4v4

Notes:

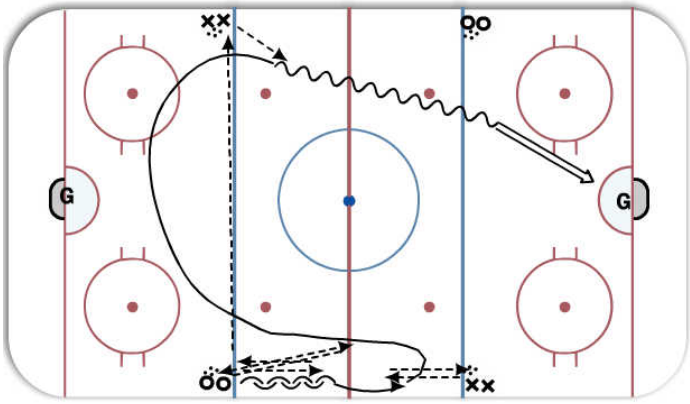
Drill Title: Centre line pivot and shot (1 Diagram)



Two lines of players with pucks. One at each blueline. First player skates hard to edge of circle at centre line, and pivots, so facing puck 100% of the time. Strong stick up ice, and recieves a pass. Skates in and shoots. Passing player then skates to other side of circle and drill continues. Ensure players go to one side of circle then the other.

Key Points: Ensure face puck throughout. Correct pivots, facing line, with active stick up ice.

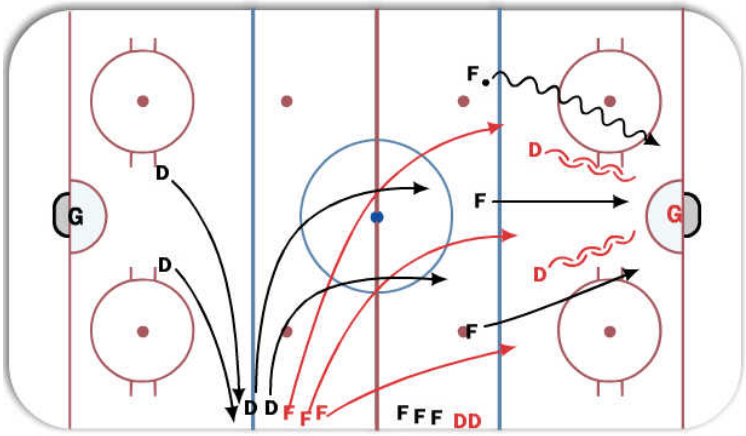
Drill Title: Matzka give go drill (1 Diagram)



O's go together and tthen x's go together.
First player in line leaves backwards and exchanges a give go with his own line. Player then turns to opposite line, and exchanges a second give go. Player then turns back to their original line and exchanges a third give go. Player then keeps skating and curls into the DZ and turns up far boards. While this player is skating, the original line passes the puck across the blueline to the next line, who passes the puck to the player skating up ice who goes in and shoots.

Key Points:

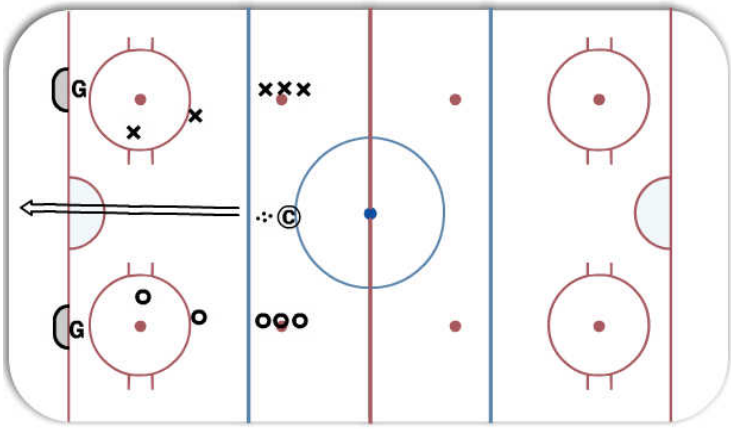
Drill Title: 5v5 with continuous line change (1 Diagram)



Play starts with black team breaking out 5v2 against Red D men. Once broken out the 2 Black team D men change and a fresh pair enter ready to defend the other way. As Black team forwards cross centre line with puck, three Red team forwards come off bench and back check hard to their D zone making it a 5v5. Once they turnover the puck they breakout and start a new attack. The three Black team forwards skate hard to the bench and 3 new forwards replace them and backcheck hard. The two Red team D men change up and and 2 new D take their place. Drill continues end to end with no whistles.

Key Points: High Tempo. Communication on back, check.

Drill Title: 2v2 2 nets (1 Diagram)



Half Ice, with two nets set up. Two teams are set up and stand outside of blue line. Rules are that both teams can score in either net at any time. Coach dumps puck in and players play 2v2. If a goal is scored then coach can dump another puck in. Play for approx 30 seconds. Really good drill for creating space awareness. Players have to compete hard and play for the full 30 seconds flat out.

Key Points: High tempo. Competition drill.

Categories

Offensive Zone

2vs1 Drills

Drill Title : Multiple 2 on 1's

Components : Two forwards and a Defenseman.

Content elements :

Description

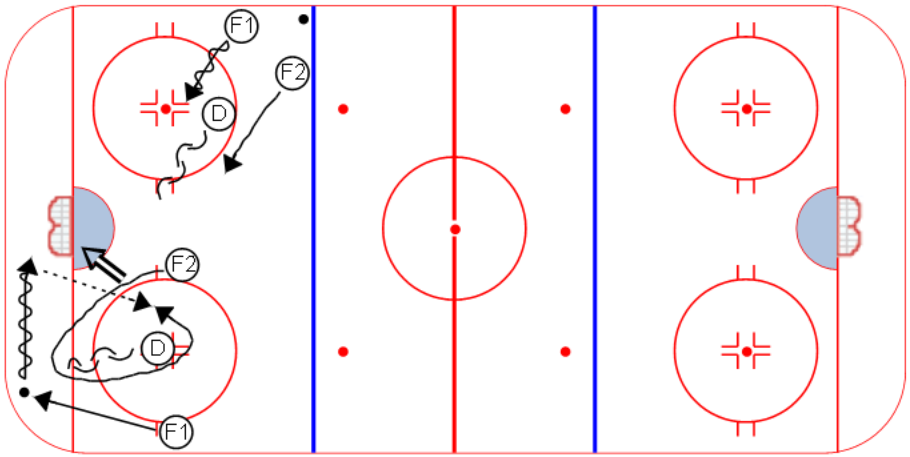
A. F1 and F2 start on hashmarks with D starting on face-off dot.
- -On whistle F1 and F2 race for puck in corner while D starts facing backwards, turns and battles for puck.
- -2vs1 confined out of corner.

B. On whistle, F1 and F2 sprint to second puck at blue line and attack D for open ice 2vs1.

Key Points

(1) Confined 2vs1.

(2) Open Ice 2vs1.



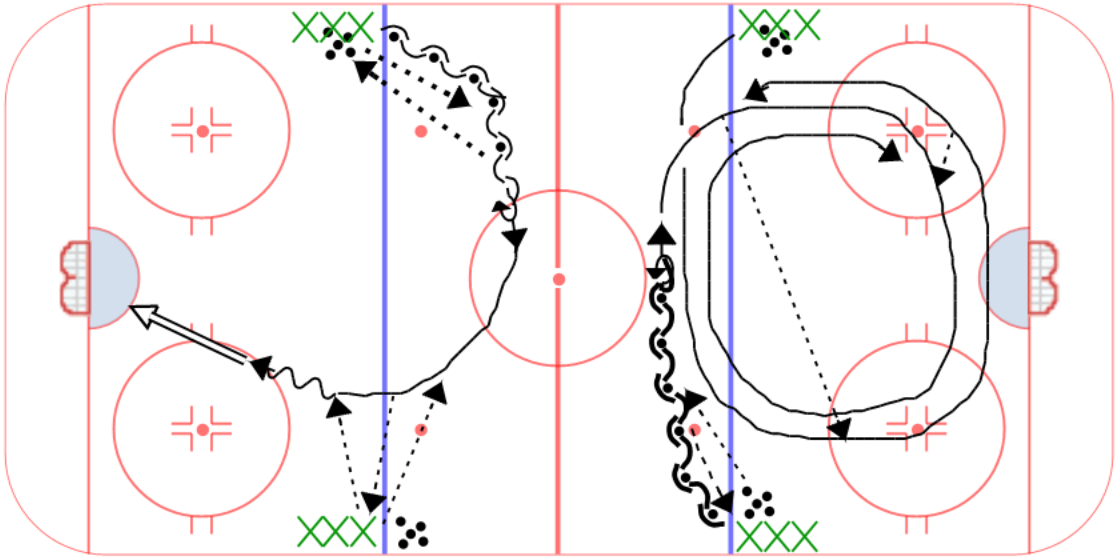
Category #1 : Warm up

Category #2 : Carousel

Title : Shooting Drill Progression

Content elements :

Components:



Key points :

Passing	Skating	Agility	

Description

(A) X backskates while receiving a pass from same line. Touch pass back to next player in same line.
X then pivots forwards and receives a pass from player in opposite line, touches puck back and receives a second pass then shoots. After X2 completes final pass to original X, he/she then backskates and receives pass from next X in same line continuing flow of drill.

(B) X backskates and does everything the same as previous version of drill. On this exercise, he/she is joined by player from opposite line and the two do a large circle in zone while exchanging the puck as well as using players from the two lines for give and go's.
Two players eventually attack goal 2vs0 after on complete circle in zone.

(C) Next two players continue drill after shot.

Note: Any number of variations can be added to this alignment and initial give and go passing movement.
Be creative.

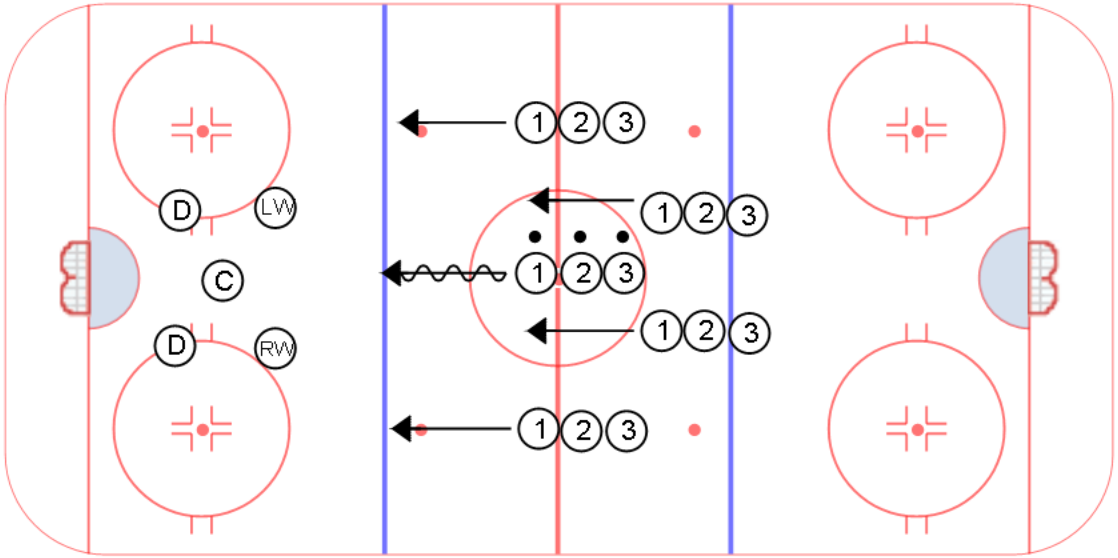
Category #1 : Systems

Category #2 : Defensive Zone Coverage

Title : Harvard D-Zone Drill

Content elements : Full Team

Components:



Key points : Protecting Good Ice | Defensive Zone Play | Offensive Zone Play | Ability to Clear Zone

Description

Objective is to efficiently execute defensive zone duties:
(A) Three forwards and two defenseman begin positioned in home base in the defensive zone.
A line and two defensmen attack zone from red line.
Play 30 to 40 seconds or until puck is cleared under control.

(B) On whistle previous offensive players moves to boards and clear zone out of the way/
Defenders immediately move as quickly as possible back to home base while the next line and pair of defenseman waiting at red line attack zone as previous line did.
Same rules apply (30-40 seconds or a clear under control.)

(C) On third whistle, defenders once again move quickly into home base and third line attacks zone. (Same rules apply.)

Goal is to defensively gain possession of puck and support each other to break out as quickly as possible. Each segment of the drill could last 1:30 - 2:00 if defenders cannot gain possession of puck and clear.

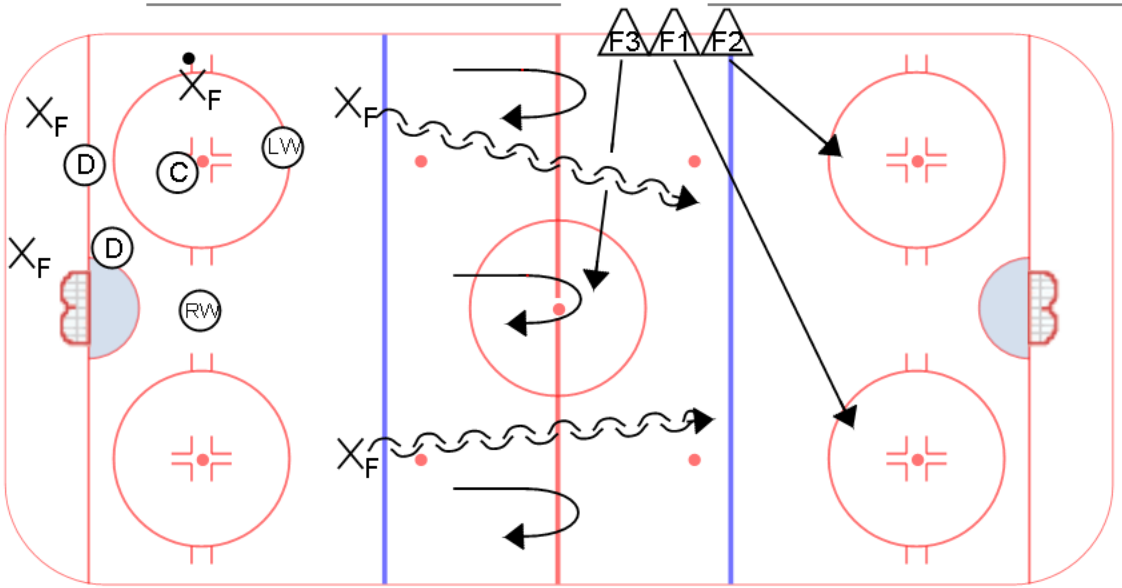
Category #1 : Systems

Category #2 : Defensive Play

Title : D-Zone Entry/Counter Drill

Content elements :

Components:



Key points : **Offensive Zone Play** | **Defensive Zone Play** | **Zone Entry Defense** | **NZ Counter Skills**

Description

(A) To start drill, one line starts on offense and one line starts on defense inzone. On whistle start the drill by playing 5 on 5. From that point on the drill is continuous flow.

(B) Once the defenders gain possession of the puck, the offensive forwards quit playing and the defenders transition and breakout 5 vs 2 defensemen.
Once the puck reaches the Red Line, the forwards cutback and counter with the breakout Defensemen. At the same time a designated forward from the next line enters the ice and assumes the F3 position in whatever area suits your system. (If you pick up outside lanes have him do that. If you use him to wedge have him do that. If you have him pick up the closest forward have him do that, etc.) This is a big part of the drill as it works D-Zone entry.
Once puck is countered and enters zone, Linemates of F3 jump boards and enter D-Zone aggressively, again using whatever D-Zone entry scheme suits your system.

(C) The drill continues as before with 5 on 5 defensive zone play until the defenders gain possession of the puck. Once this occurs the offensive forwards stop playing and the defenders break out to the Red Line and counter continuing drill.

Note: Defensemen change once they counter forwards in NZ. After delivering pass for offensive zone entry they get off ice and new defenseman replace them continuing drill.

Recommended Read:

Hockey Tough

by Saul Miller Human Kinetics | July 24, 2003 | Trade Paperback

Foreword: Mark Messier No hockey player can reach his full potential without mastering the mental side of the sport. *Hockey Tough* provides players and coaches proven methods for mastering the mental side of the game. Author Saul Miller shares the psychological training and emotional management techniques he has successfully taught individual hockey players and teams for over 20 years.

Quotes:

"No one can defeat us unless we first defeat ourselves".

~Dwight Eisenhower

"Courage is rightly esteemed the first of human qualities... because it is the quality which guarantees all others".

~Winston Churchill

"Make sure that team members know they are working with you, not for you".

~John Wooden

Peterborough Liftlock Stars

Tier II Jr. A

Practice No: _____

Date : _____ **Time :** _____ **Duration :** _____

Version no : _____ **Prepared by :** **Matt Bowen**

Objectives / Main tasks : Drill of the Week Club

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

Drill no. : _____ **Duration :** 8 **Minutes** **From :** _____ **To :** _____

Categories

Pass

2on1

Drill Title : Pass, Pass, Shot, Back 2-1.

Components : _____

Content elements : _____

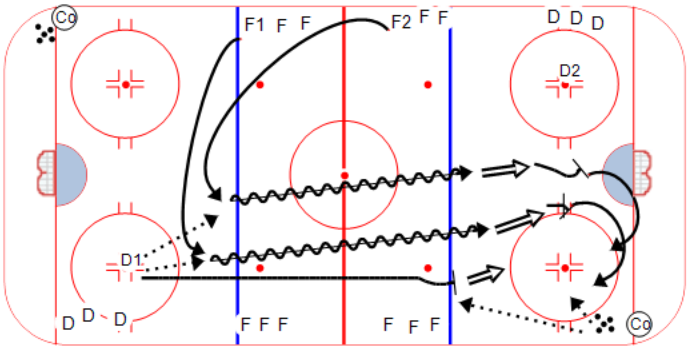
Description

-F1 and F2 leave on Whistle, receive pass from D1.
-F1 & F2 skate with puck, down ice and shoot then drive net stop for screen.
-D1 follows to OFZ blueline, receives pass from Coach (Co) -takes SMART shot.
-Fwds support coach, receive puck and attack D1 for 2on1.

Then Start other side with D2...

Key Points

- Pass
- Skate
- Shoot to Score
- Communicate



Drill no. : _____ **Duration :** 8 **Minutes** **From :** _____ **To :** _____

Categories

1ON1

Post Up

Drill Title : Post Up, Sht, 1on1

Components : _____

Content elements : _____

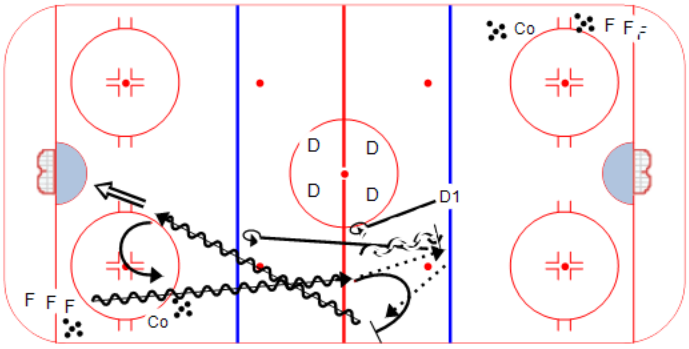
Description

-F1 skates with puck to centre, passes to d1 that has back pedaled to OFZ blueline
-F1 posts-Up, receives puck from D1, goes in and shoots
-F1 supports coach, attacks d1, 1-1 full ice

D Must Aggresively CLOSE GAP

Key Points

- Gap Up
- Compete
- Support
- Communicate



Drill no. : _____ **Duration :** 12 **Minutes** **From :** _____ **To :** _____

Categories

DFZ

Breakout -

Drill Title : Bowen's TEAM PLAY -DFZ

Components : Attack 3on2 with specific principles.

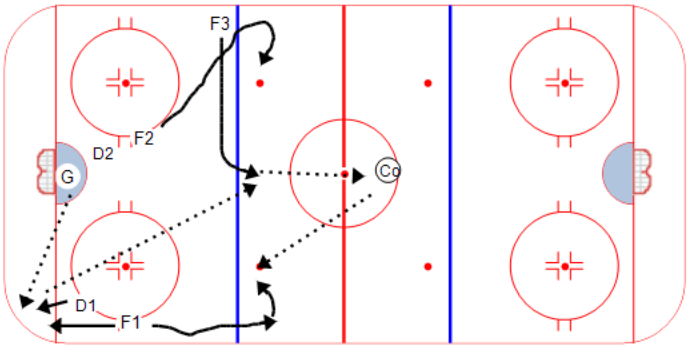
Content elements :

Description

1. On Whistle G slides puck to either corner
2. D1 and F1 battle in corner with coverage infront of net with D2 and F2.
3. If F gains possession -F3 moves in to create 3on2.
4. If D gains possession, quick Breakout pass to F3 who has moved across blueline. F1 and F2 move into NZ, counter's back with Pass from Coach. D1 & D2 gap up and play 3on2

Key Points

- Hit Zone
- Net Front
- Contact & Contain
- Communicate



Drill no. : _____ **Duration :** 8 **Minutes** **From :** _____ **To :** _____

Categories

SHOOTING

1-Timers

Drill Title : CZECH 1-Timer Drill

Components : Half Ice -Both Ends

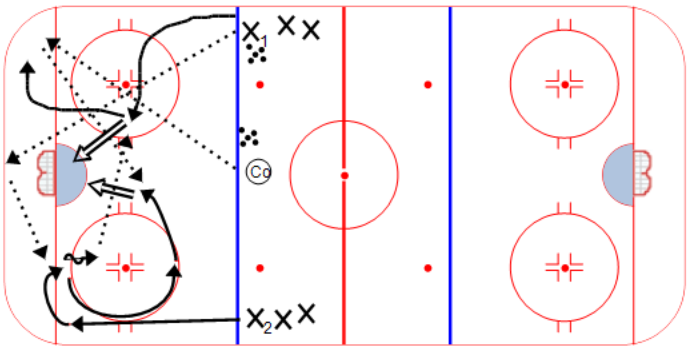
Content elements :

Description

-X1 dumps puck behind net, X2 retrieves, moves out gives a good pass to X1 for 1-Timer
-X1 goes to other corner retrieves puck dumped in by coach (Co).
-X2 has moved out around circle entered into slot, received pass from X1 for a 1-timer.

Key Points

- Puck Placement
- Jump and Feed
- Open Up
- Quick Release



Drill no. : _____ **Duration :** 12 **Minutes** **From :** _____ **To :** _____

Categories

Battle

Competitive

Drill Title : Progressive 3on3

Components : _____

Content elements :

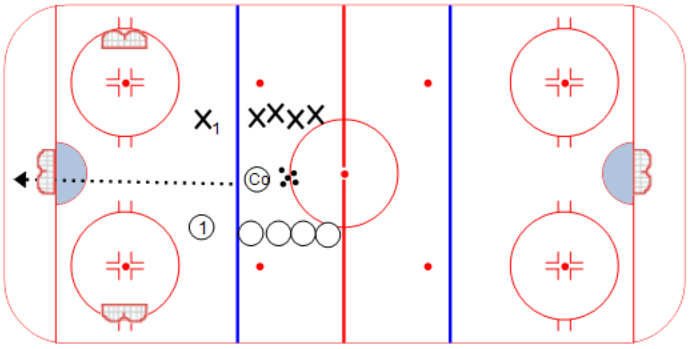
Description

Simulate game situation which offers players multiple even strength opportunities
1. 10 sec 1on1
2. Next 10 sec 2on2
3. Next 10 sec (2on secs into drill add 1 player from each side to make it 3on3)
4. Take away players from each side to create less.

Abstract: 1on1, 2on2, 3on3...

Key Points

- Battle - Support
- Communicate
- Identify
- Eliminate



Drill no. : _____ **Duration :** 12 **Minutes** **From :** _____ **To :** _____

Categories

Battle

Competition

Drill Title : Corner Battles/Races

Components :

Content elements : Battle, Compete. Puck Tough

Description

-opposite corners/ends
-onWhistle: Coach (Co) dumps puck into corner
-X1 & X2 battle for puck - 10 secs

Next Whistle: X1 & X2 race fullice to puck placed at far blue l.ine, in and shoot. COMPETE.

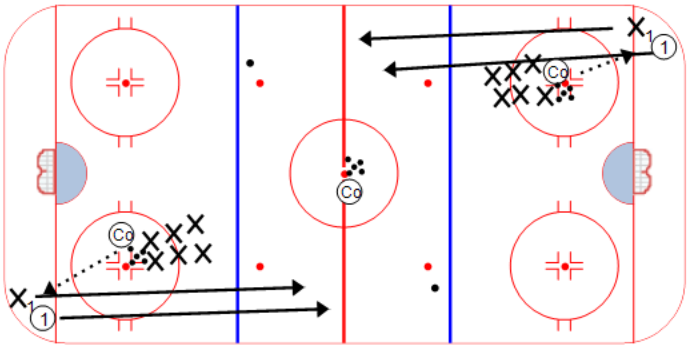
Key Points

Compete

Puck Tough

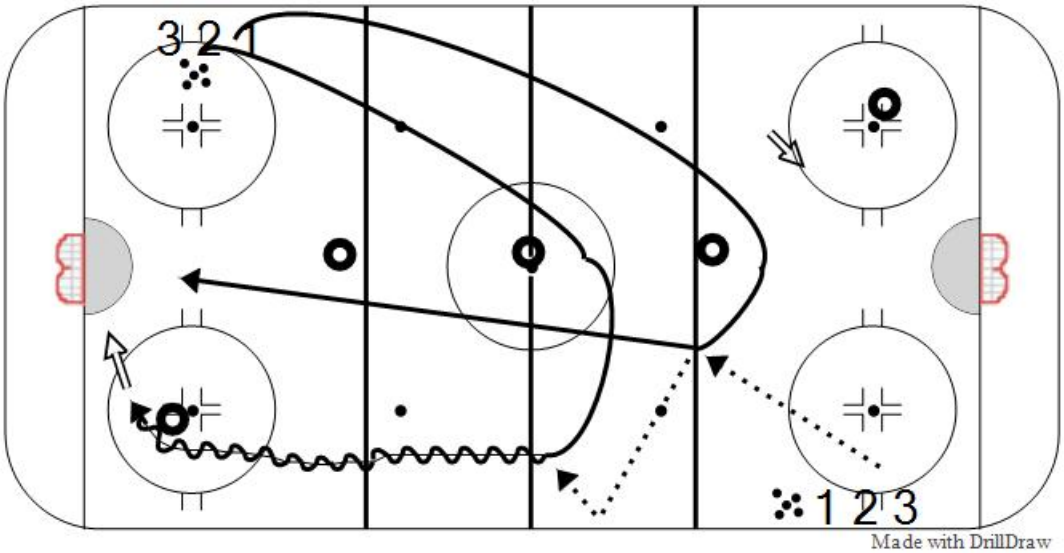
Sprint

Score



Title Bulldawg Horseshoe 2v0 (p **Category #1 :** FSU **Category #2 :** Passing / Shooting

Content elements: **Components :**



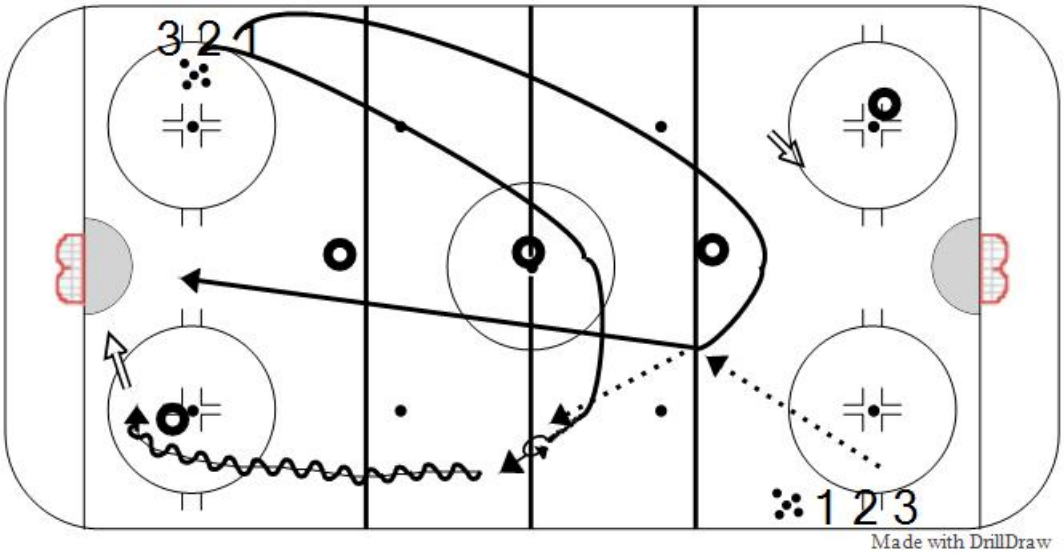
Key Points :

Description

On whistle, 1 skates around outside tire and 2 skates on the inside of the tire and 1 receives a pass from 3 a
wall to 2 for a bad angle shot with 1 skating straight line to the net with stick on the ice for rebound. On seco
report to the side slot for 2nd shot with other attacker in rebound position at side of the net.

Title Bulldawg Horseshoe 2v0 (p **Category #1 :** FSU **Category #2 :** Passing / Shooting

Content elements: **Components :**



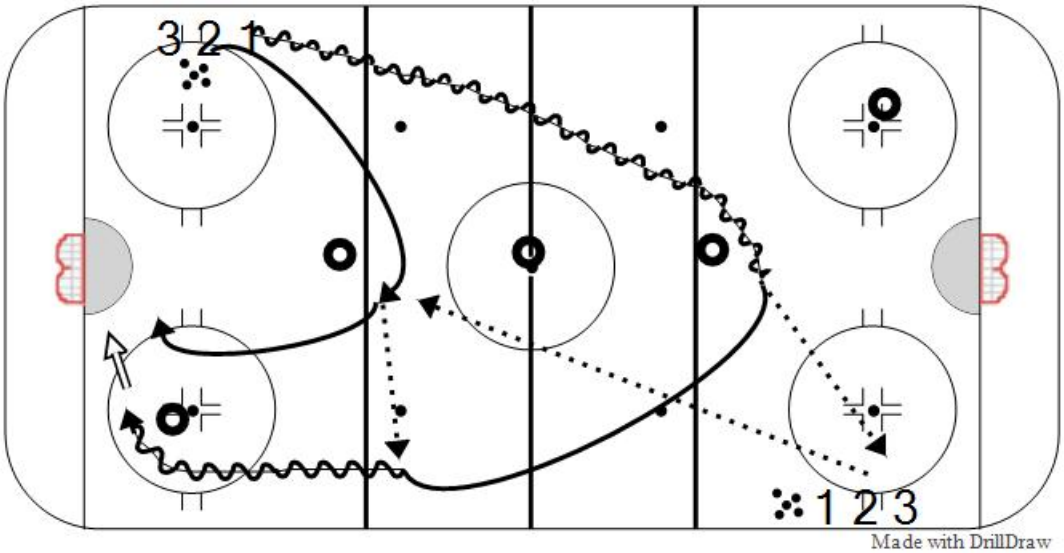
Key Points :

Description

On whistle, 1 skates around outside tire and 2 skates on the inside of the tire and 1 receives a pass from 3 a
opens up and pivots for a bad angle shot with 1 skating straight line to the net with stick on the ice for rebou
1 or 2 report to the side slot for 2nd shot with other attacker in rebound position at side of the net.

Title Bulldawg Horseshoe 2v0 (p **Category #1 :** FSU **Category #2 :** Passing / Shooting

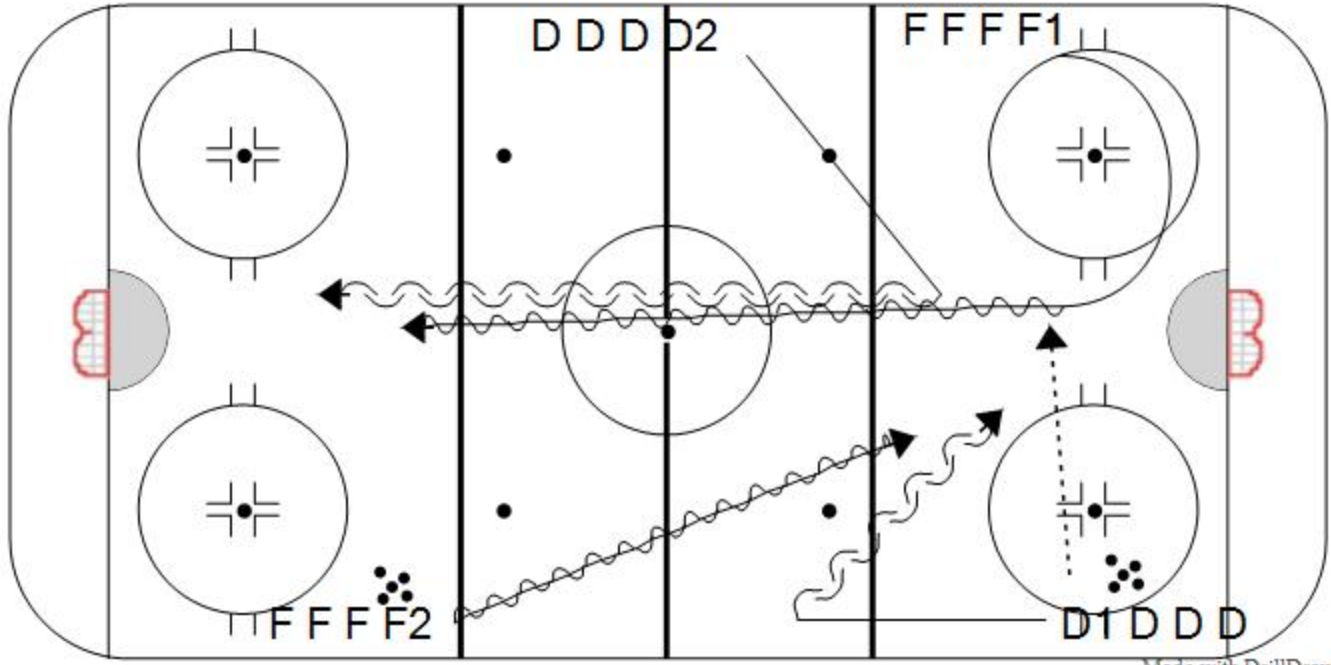
Content elements: **Components :**



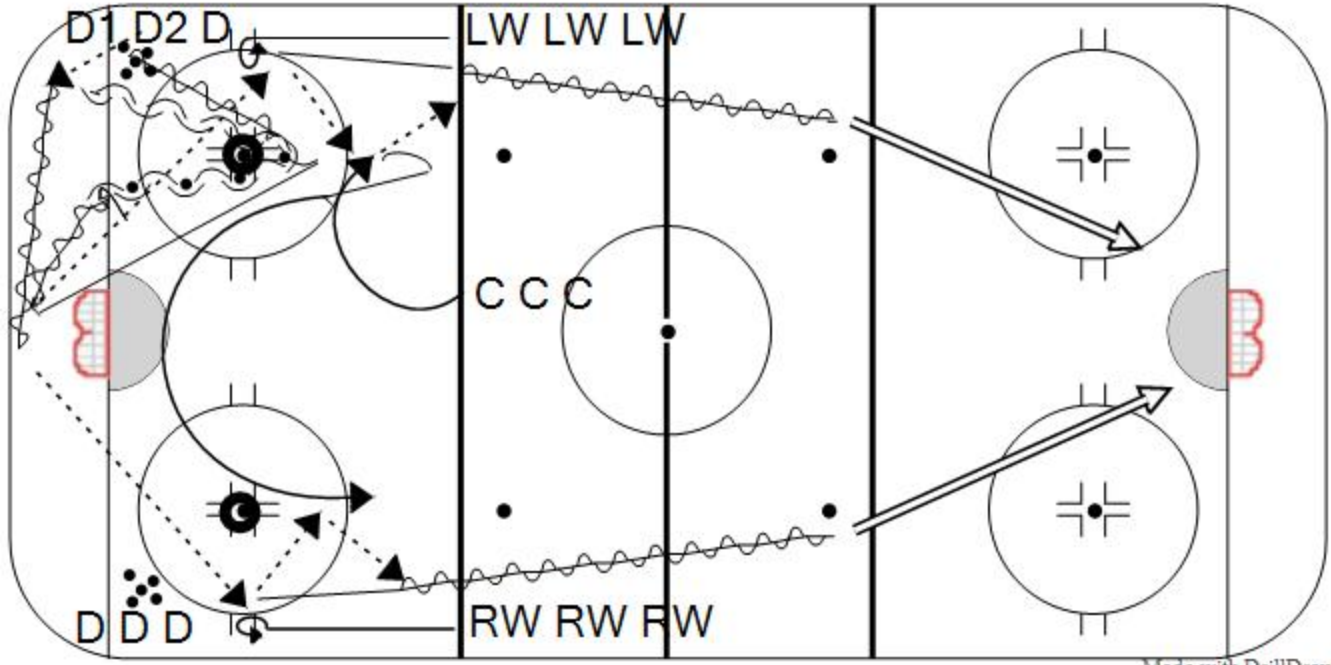
Key Points :

Description

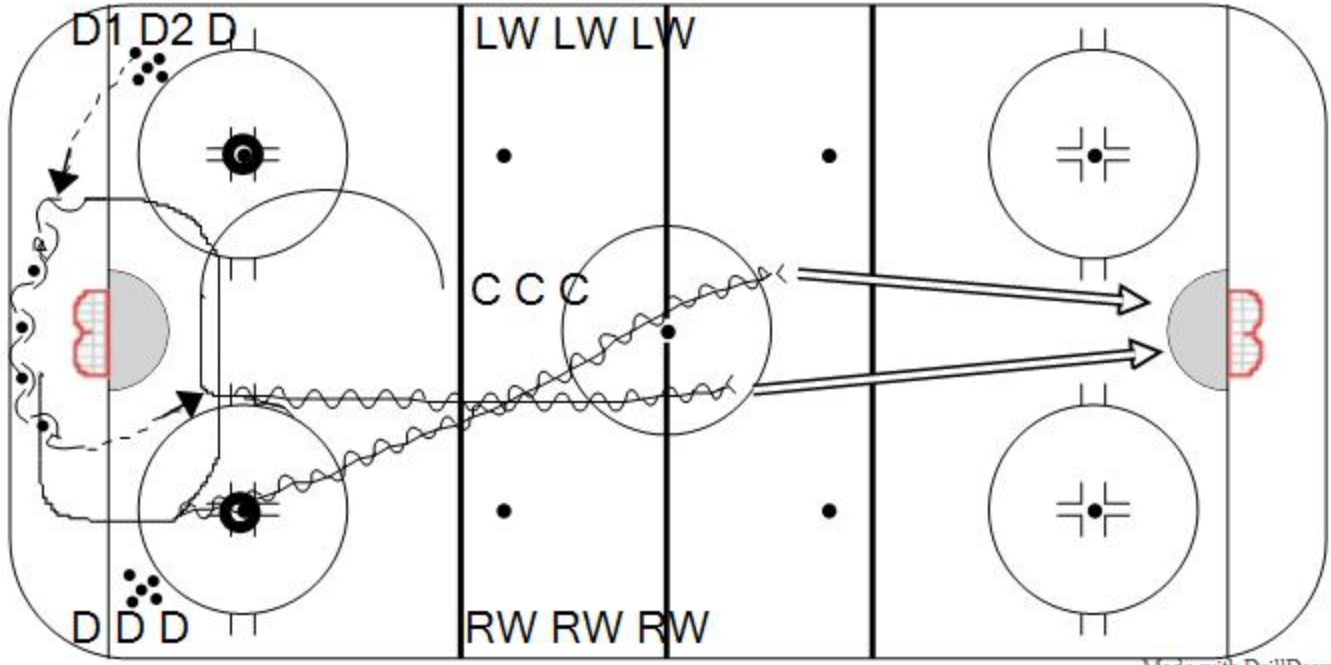
On whistle, 1 skates around outside tire with puck, passes to 3 and 2 posts up at OBL. 3 makes pass to 2 a
passes to1 for shot as 2 drives net with stick on ice for rebound. On second whistle, 1 or 2 report to the sid
other attacker in rebound position at side of the net.



Made with DrillDraw



Made with DrillDraw



Made with DrillDraw

Practice Plan

Team: Okotoks Jr. A Oilers

Practice No.: AJHL

Date : February 2, 2012 **Time:** **Duration:**

Version No.: Enio **Prepared by:** Bobby Fox - Assistant Coach

Objectives / Main tasks :

Book: Bounce: Mozart, Federer, Picasso, Beckham and the Science of Success by Matthew Syed

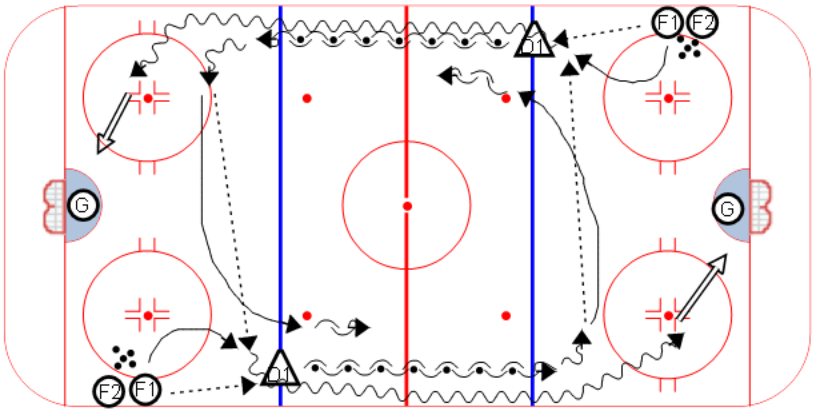
Cell Phone: 403-863-6289

Drill no. : Skill **Duration :** Minutes **From :** **To :**

Title : Lowry Timing **Category #1 :** Defencemen **Category #2 :** Timing

Description

Dmen start by receiving pass from F1's and skate backwards with puck, pivot and pass to opposite F1 who is putting himself in good passing position with timing up the boards. F1's drive and shoot. Meanwhile Dmen regroup and pivot backwards receiving puck from F2 to do the same thing over again with the new forwards.



Key points :

Drill no. : Team **Duration :** Minutes **From :** **To :**

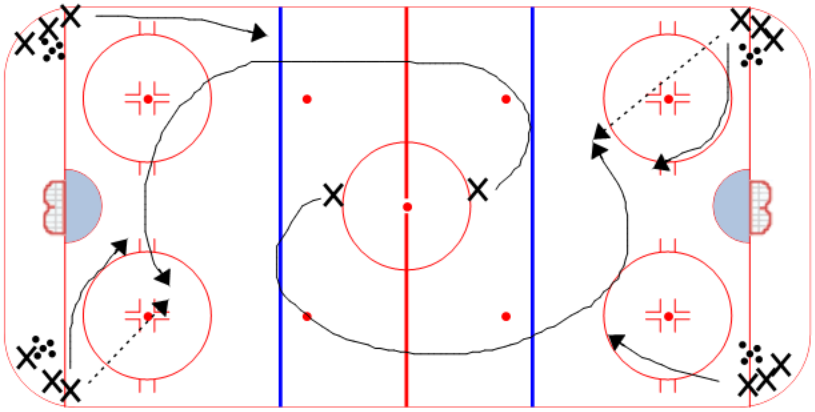
Title : F3 Pick-up **Category #1 :** Communication **Category #2 :** F1, F2, F3

Description

Basic drill but requires heads up and communication. Both ends at same time - Continuous

1) X comes back and regroups two forwards to break out 3v0.
2) F1 and F2 go hard to net
3) F3 curls back to pick up two more guys

Identify who is who



Key points : Communication

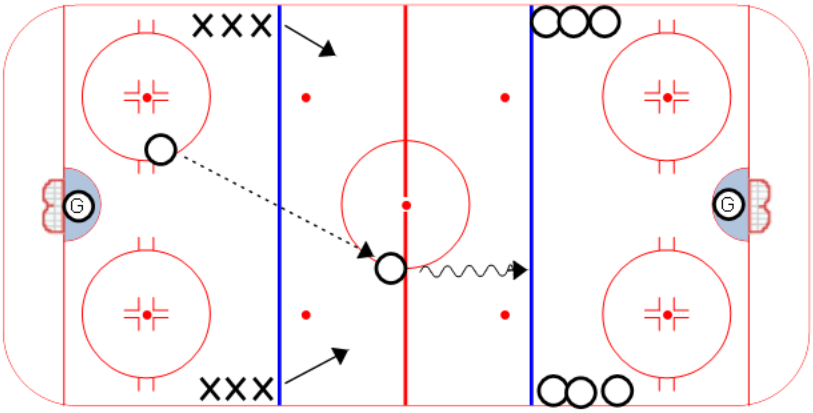
Drill no. : Fav **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Lowry 2v2 **Category #1 :** Competitive Fun Game **Category #2 :** 2v2

Description

Divide Players into 2 teams. The idea is once the puck crosses the blueline the X team can start backchecking the O team. The two teams play it out 2v2 until the X team successfully breaks out past the other blueline - the O team can then send two players and start backchecking.

Continous
Strech Passes
Battle
Quick Attack



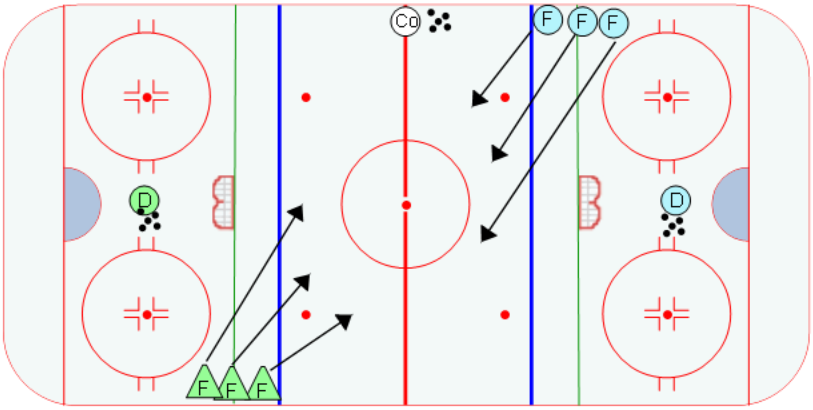
Key points :

Drill no. : Fun **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : 3 on 3 D Support **Category #1 :** Small Area Games **Category #2 :** Confined Space Game

Description

Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace). Forwards must swing to get open. Opposing forwards can pressure Defenseman, but can't cross line. Defenseman can't cross line either.



Key points :

(1) FAX: +1- ~~[illegible]~~ 250-220-7887

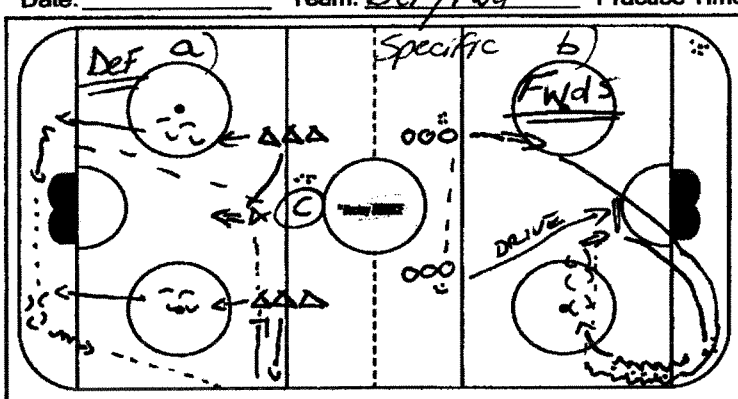
FROM: DIEGO SCANDELLA - HCAP

The Hockey SOURCE

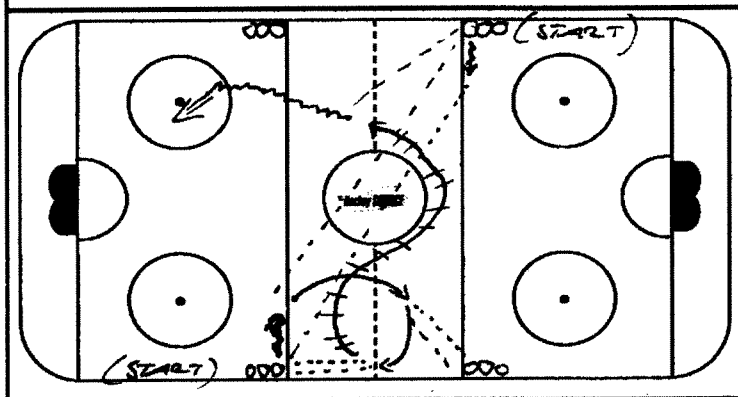
DRILL SHEET

LEGEND:
© - Coach
F - Forwards
D - Defense
G - Goalie
Passing
Stickhandling
Cross-overs
Forward Skating
Backward Skating
Stopping
Shooting

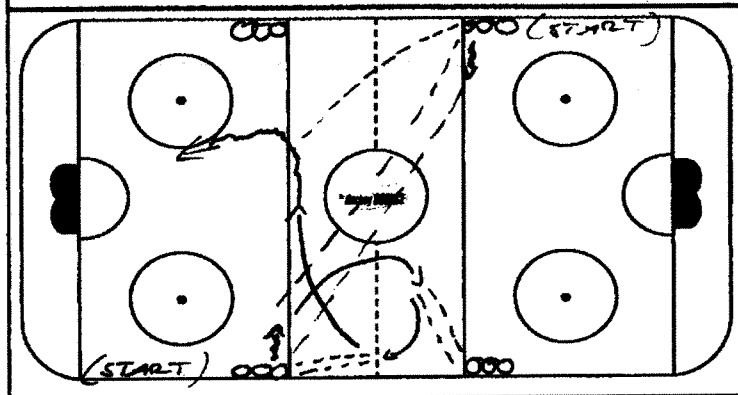
Date: _____ Team: DEF/FWD Practice Time: _____



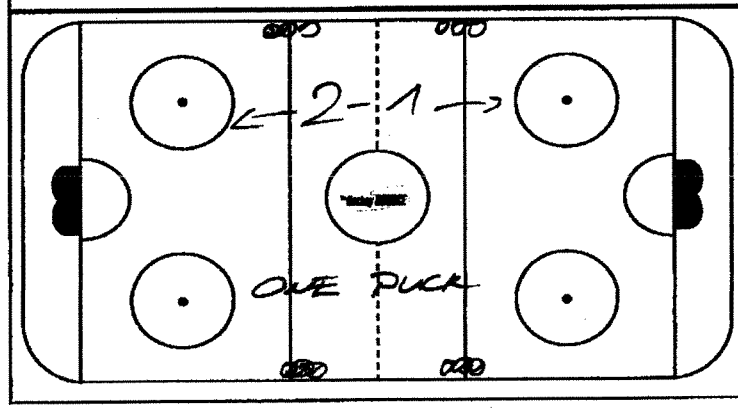
Drill Name a) VARIOUS BREAKOUT -
Description PLAYS WITH SHOOTS FOR D'S
b) DRIVING, TIPING, CYCLING, SHOOTING FOR FORWARD'S
Key points a) QUICK + INTENSE GET THE PUCK, COMMUNICATION, SHOULDER RAI
b) SHOOT TO SCORE, GOOD PASSING
Duration (min): ____ Running time (min) ____



Drill Name CAPTAIN HOOK (SHORT PASS)
Description SPEED DRILL WITH 4 PASSES
TEAM W-UP (A)
Key points QUICK FEETS, ONE TOUCH PASSING
Duration (min): ____ Running time (min) ____



Drill Name CAPTAIN HOOK (LONG PASS)
Description
TEAM W-UP (B)
Key points QUICK FEETS ONE TOUCH PASSING, LONG PASS
Duration (min): ____ Running time (min) ____



Drill Name 2-1 ONE PUCK (OFF-DEF TEAMWIN)
Description "CONTINUOS"
- 1 PASS IN MIDDLE ZONE
- MAX 1 PASS IN OFF ZONE

Key points SPEED, SCORING
Duration (min): ____ Running time (min) ____

→ I would give 5-10 MIN. TO THE PP-LINES AGAINST A PASSIVE + AGTIV BOXPLAY

→ KEYPOINTS WARM UP: SHORT, SHARP + MAX 24 PLAYERS ON THE ICE

(2)

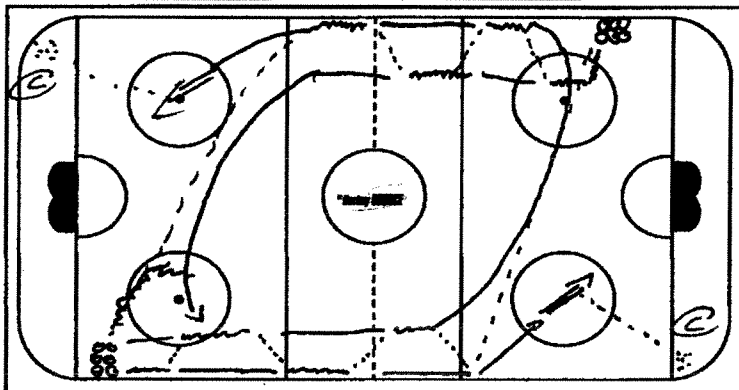
The Hockey SOURCE

DRILL SHEET

LEGEND:
© - Coach
F - Forwards
D - Defense
G - Goalie

Passing
Stickhandling
Cross-overs
Forward Skating
Backward Skating
Stopping
Shooting

Date: _____ Team: _____ Practice Time: _____

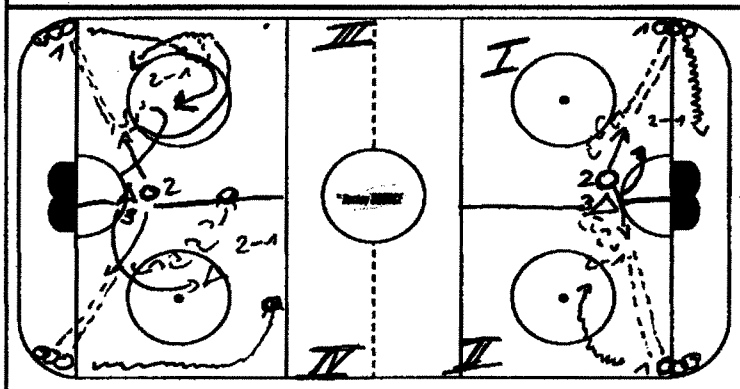


Drill Name: PASSING COMBINATIONS

Description:

Key points: PASSING FOREHAND + BACKHAND

Duration (min): ____ Running time (min) ____

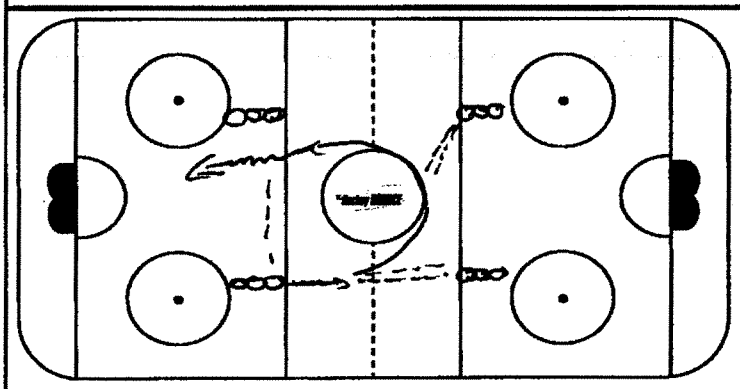


Drill Name: CREATING 2-1'S

Description: I → 2-1 PUCK BEHIND NET
II → 2-1 (A) DRIVE TO NET FROM CORNER
III → 2-1 WITH OUTSIDE SPEED
IV → 2-1 WITH TIME AND SPACE
ROTATION: OFF - OFF - DEF
1 2 3

Key points:

Duration (min): ____ Running time (min) ____

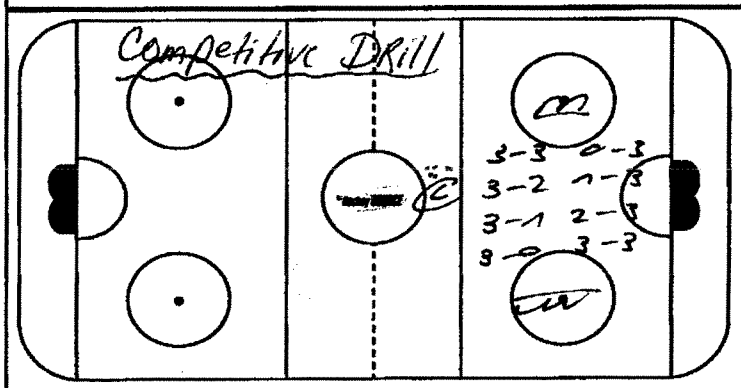


Drill Name: ARRO DEL CORTO

Description: SPEED DRILLS

Key points: SPEED / PASSING

Duration (min): ____ Running time (min) ____



Drill Name: WILD WILD WEST

Description: © IS THROWING IN OR IS TAKING OUT PLAYERS EVERY TIME HE WANTS. PLAYERS GOT TO READ AND REACT FAST TO THE NEW SITUATION!

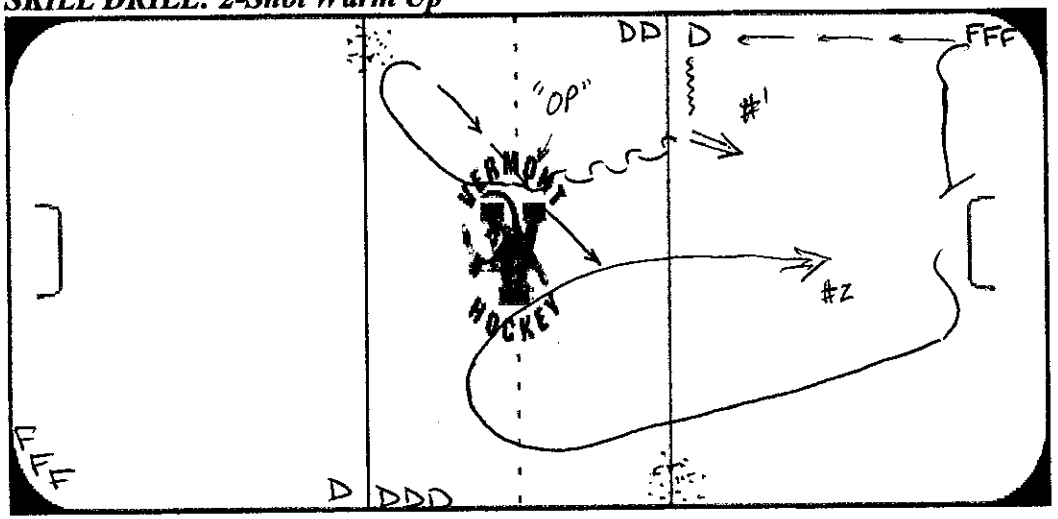
Key points: COMMUNICATION, READ THE GAME

Duration (min): ____ Running time (min) ____

Book: The WAY OF the CHAMPION – LYNCH

UNIVERSITY OF VERMONT HOCKEY

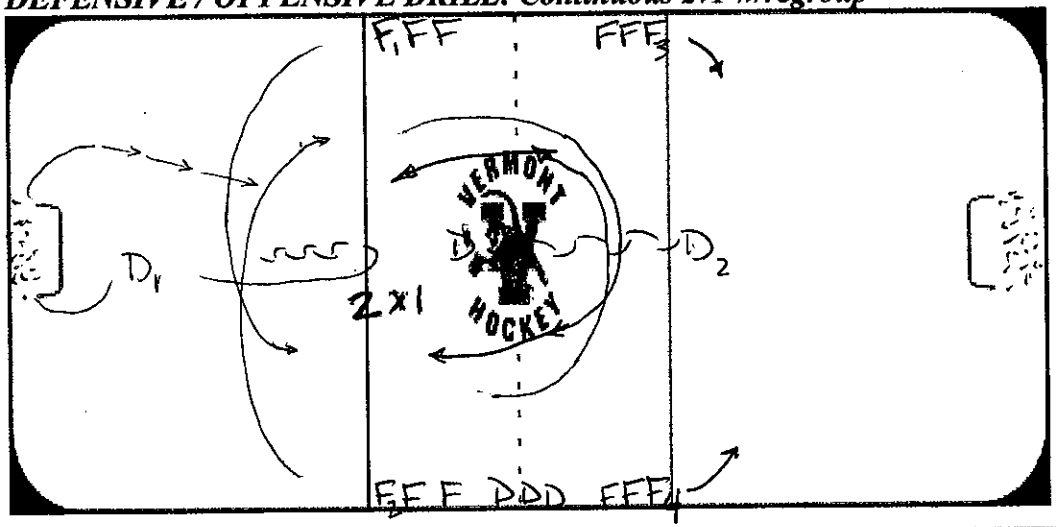
SKILL DRILL: 2-Shot Warm Up



- Drill is the same on both ends, starting on whistle
- Forwards pass to defenseman who walk the line and shoot
  - F's – mirror pattern of defenseman along the goal line, collect any rebounds and get a quick shot
- After 1st shot, DMan back-peddles to the NZ circle and then open-pivots to retrieve the 2nd puck
  - Make sure DMan looks over shoulder to find outlet prior to retrieving the puck
- After rebound, F's work hard back up-ice then receive a stretch pass through the middle for the 2nd shot
  - Forwards should beat the DMan up ice and not be in their way

** Emphasize forwards timing, giving the defensemen a target, & attacking blue line with speed.*
**Emphasize defenseman collecting the puck and delivering it quick and hard without any stick handling.*

DEFENSIVE / OFFENSIVE DRILL: Continuous 2v1 w/regroup



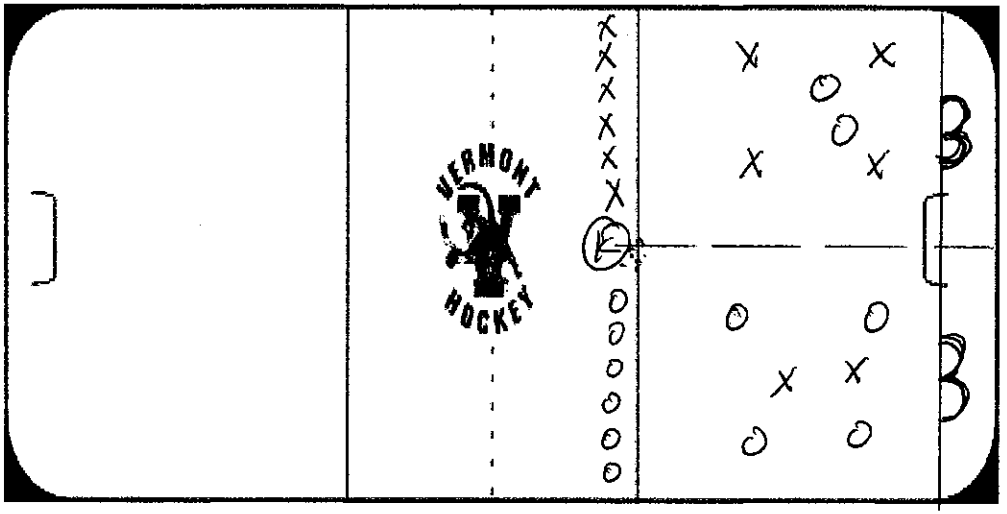
- Drill starts on a whistle, but then becomes continuous
- To start drill, Defenseman breakouts out two forwards
  - Forwards need to get to below the top-of-the circle
- Two forwards then regroup with Defenseman
- Forwards then attack original Defenseman who broke them out
- D_2 gaps the red line 7 then back-peddles to retrieve a puck to breakout F_3 & F_4 who will regroup with a new Defenseman

**Emphasize defenseman to work on footwork and stick-on-stick to more effectively accept speed.*
**Emphasize forwards identify the situation and gap. Exploit every sagging gap with speed or movement. Make sure they continue to move the puck through the neutral zone and look to change lanes with each other to create better offensive options.*

Joey Gasparini
Assistant Coach

UNIVERSITY OF VERMONT HOCKEY

OFFENSIVE DRILL: 4v2 – Small Area Attack Drill

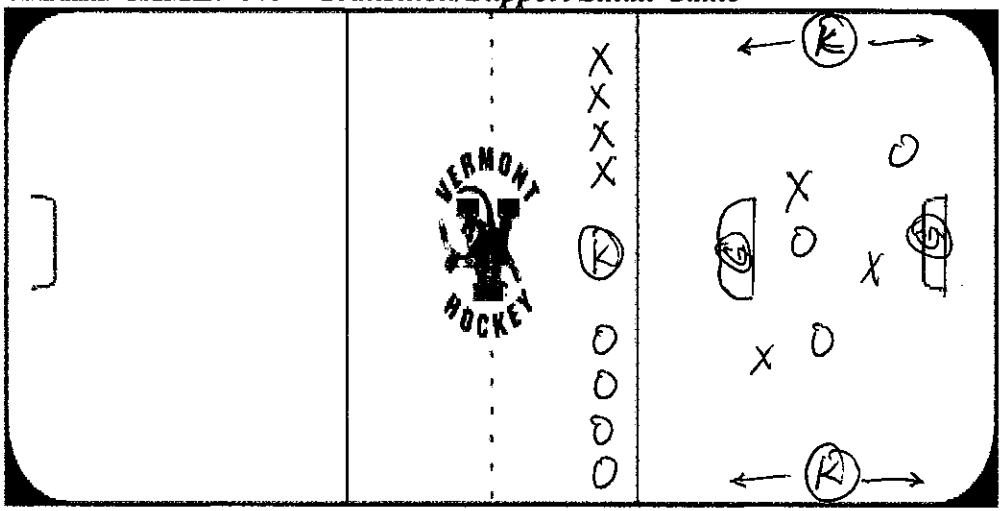


- Split players into 2 teams (X's and O's)
- 2 – X's play with 4 – X's on the other half of the ice & vice versa
- Any goals scored means the offensive team gets the new puck.
- Shifts are normally 35-45 seconds

**Emphasize quick offensive movement and attack mentality. Every position is interchangeable – puck & player movement is key to exploiting defenders.*

NOTE: This can be a very effective power play warm up drill. Also, you can add additional offensive or defensive players to the game.

SMALL GAME: 3v3 – Transition/Support Small Game



- Split players into 2 teams (X's and O's)
- Players play the game 3v3 and can score on either net
- Players must "touch-up" with Coach at each change of possession
  - Players can use Coaches as support as much as they would like
- Shifts are normally 35-45 seconds

**Players are to transition with speed and attack off the initial change of possession.*

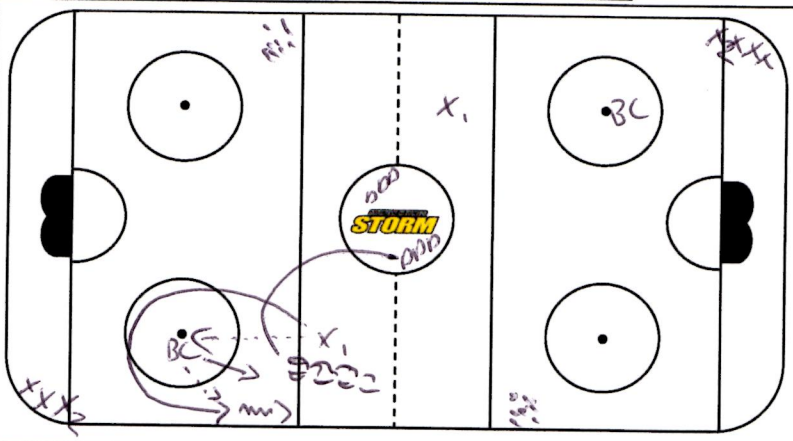
NOTE: Any time the puck goes outside the DZ – Chip a new puck

MILTON KEYNES STORM

DRILL SHEET

LEGEND:
© - Coach
F - Forwards
Passing
Stickhandling
Cross-overs
Stopping
Shooting

Date:_____ Team: _____ Practice Time: _____

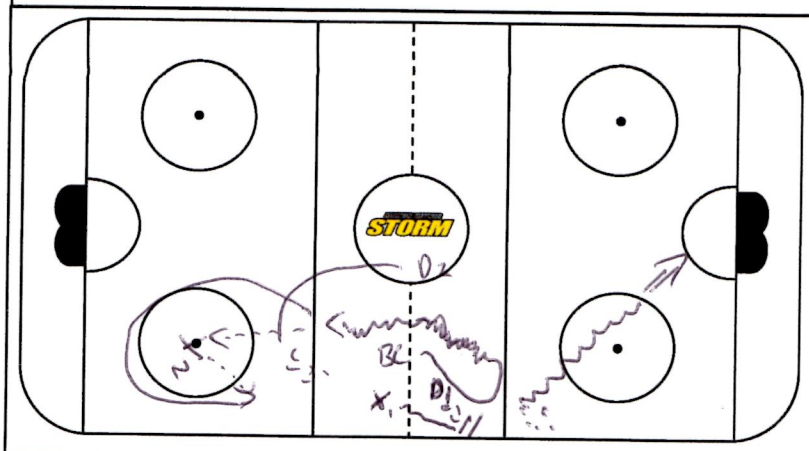


Drill Name Continuos Backchecks

Description X_1 starts w/ pass to BC & skates below circle and receives pass back. Drives down ice.
- D steps out and sets gap w/ X_1

Key points BC backchecks taking away mid lane.

Duration (min):___ Running time (min) ___

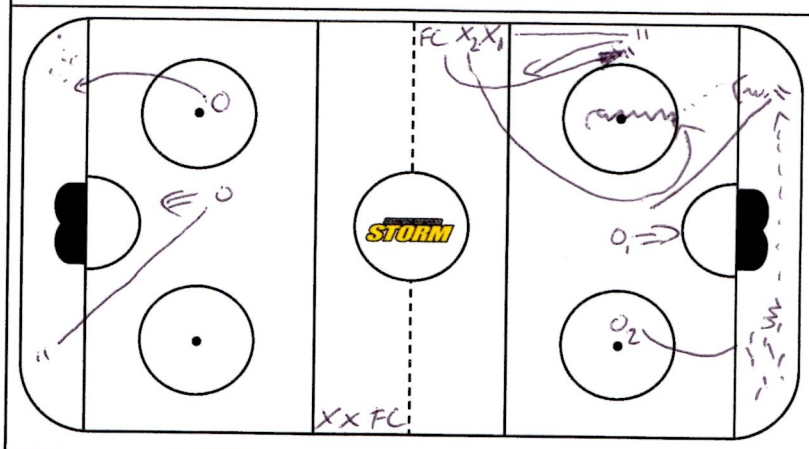


Drill Name Cont.

Description D_1 close gap and steps up on X_1 in neutral zone.
- BC picks up loose puck and starts drill again with X_2 and new D. X_1 picks up new puck and shoots on goal!

Key points
* Both sides same time.

Duration (min):___ Running time (min) ___

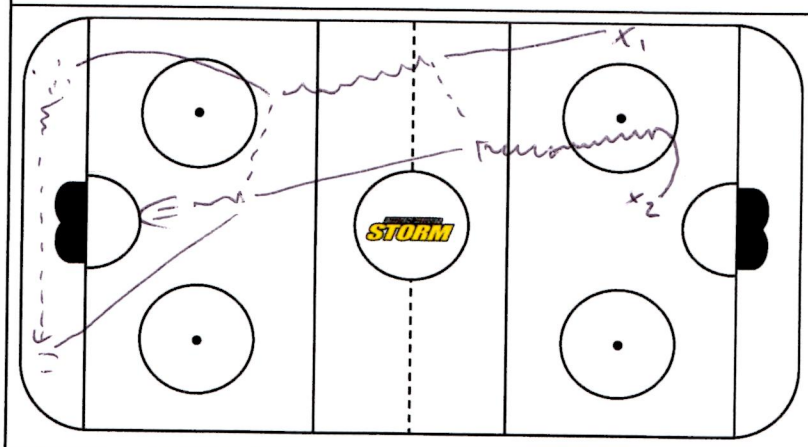


Drill Name Heads Up 2v0 continuos

Description O_1 + O_2 start drill w/ shot. O_2 picks up loose puck & passes to O_1 behind net.
- X_1 (winger) & X_2 (centre) move into B/O positions

Key points - FC makes strong pinch on either X_1, X_2 or O_1.

Duration (min):___ Running time (min) ___



Drill Name Continued

Description Forcing O_1 to get head up and make the right outlet pass.
- X_1 + X_2 go down ice 2v0 - continuos.

Key points

Duration (min):___ Running time (min) ___

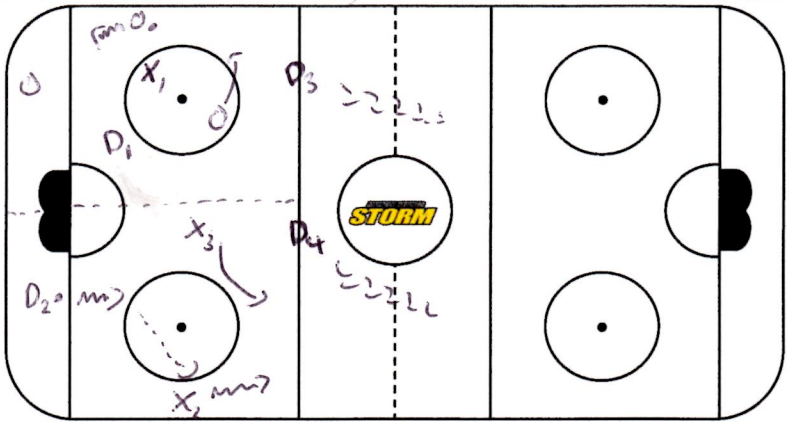
MILTON KEYNES STORM

DRILL SHEET

LEGEND:
© - Coach
F - Forwards

Passing
Stickhandling
Cross-overs
Stoppin
Shootin

Date:_____ Team: _____ Practice Time: _____

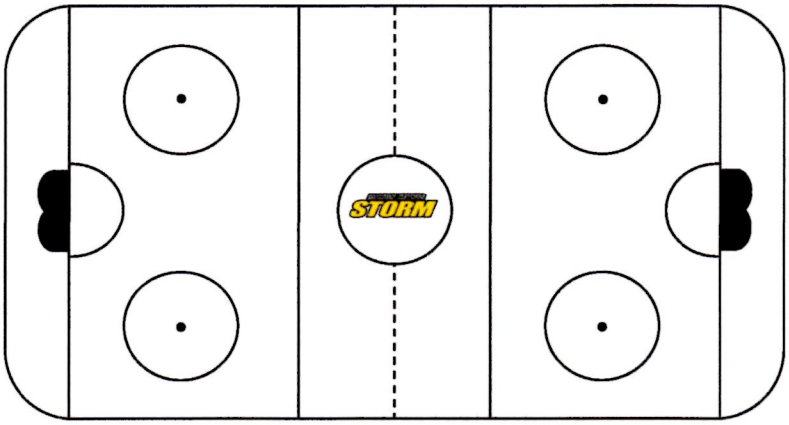


Drill Name 3v2 transition to 5v5

Description - O₂ whistle O's play 3v2 down low against low X₁ & D₁. Play on ½ zone. Play 10-20 se
- 2nd whistle D₂ b/o X₂ + X₃ (x joins rush) vs D₃ + D₄

Key points

Duration (min):___ Running time (min) ___

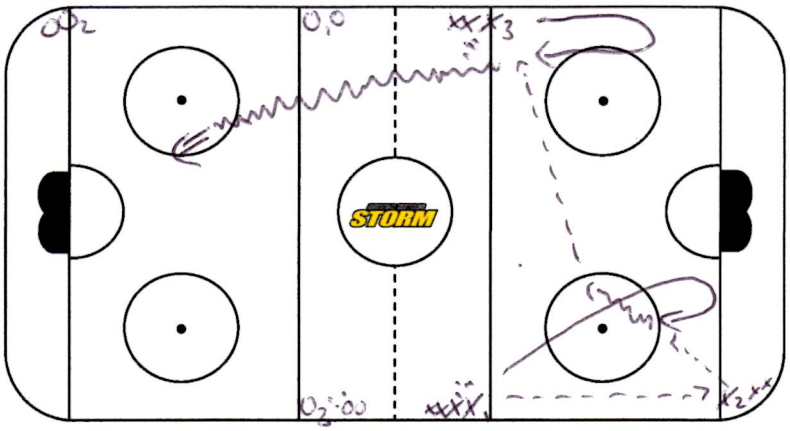


Drill Name

Description O's must back check D₃ + D₄ communicate and identify with high O.
- Play out 5v5 down low in defensive zone.

Key points

Duration (min):___ Running time (min) ___

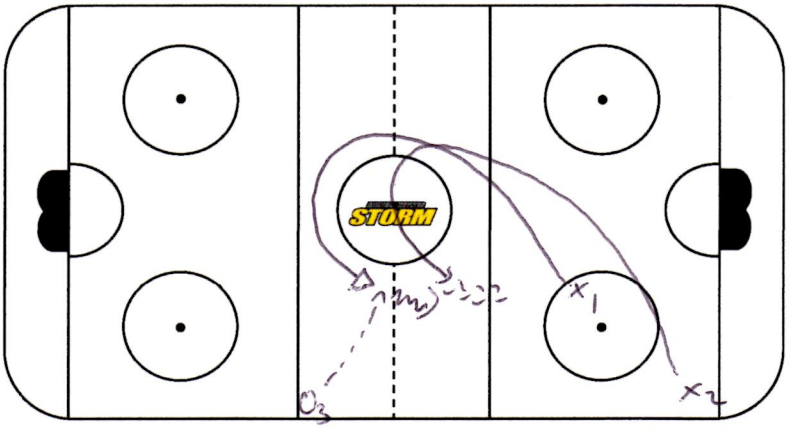


Drill Name Zombo Mid lane 1v1

Description - X₁ pass to X₂ and loops low for return pass. Passes cross ice to X₃
- X₃ goes down ice for shot

Key points

Duration (min):___ Running time (min) ___



Drill Name Continued

Description X₁ skates around centre circle and receives pass from O₃
X₂ mirrors X₁ and reduces gap and plays mid lane 1v1

Key points Both sides @ same time

Duration (min):___ Running time (min) ___

VIA FAX: 1·250·220·7887

Attn: Enio Sacciotto

Fr: Mark Holder

Re: DWC

pages: 3

Sorry they're late.
Say hi to Coop for me!
Good luck in playoffs.

Holly

Syracuse Crunch

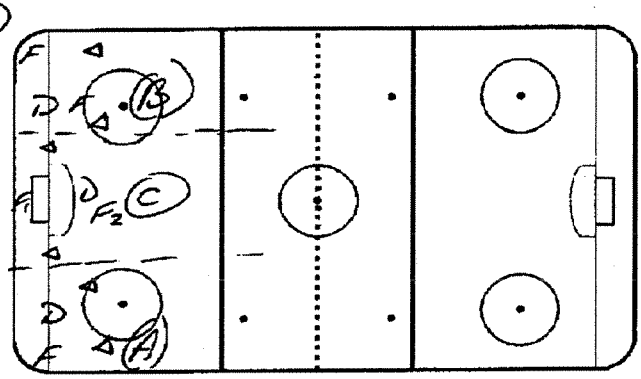
Focus: 1. Enio: Sorry it's late.
2.
3. Book: "Gabby" - Bruce Boudreau
4.

Date:
Time:
Duration:

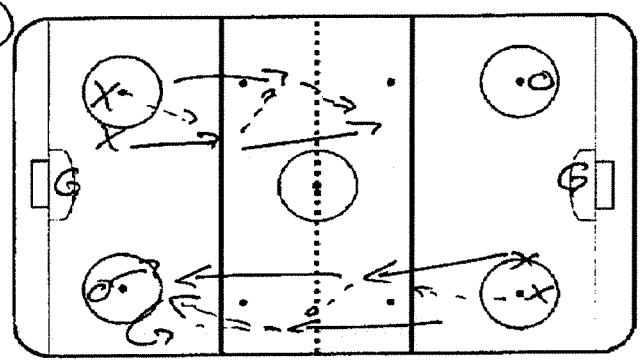
(1) Individual Skill Drill (F/D)
(A) 1x1 small area: D v F. ⓒ spots 1 puck at a time. We use 3 pucks 7-10 sec each
(B) 2x1 small area: 2F's v D below cones (3 pucks)
(C) 2x1 from behind net: F' starts behind net w puck. F² in front D in front. F must stay below hash marks and between cones
→ real good to develop defending w stick in D2 and puck protection on offense.

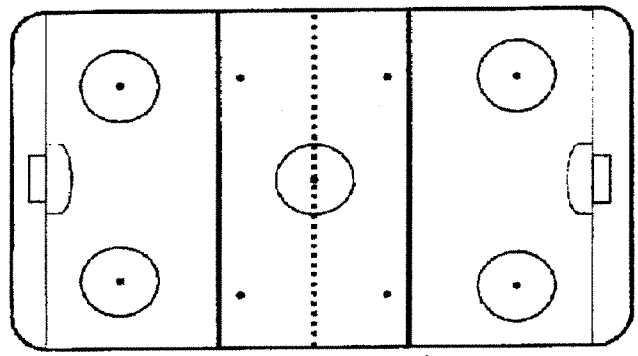
(2) 4 dots warm up
Opposite corners at same time
A) partner passing down ice, one drops off, pick up new player
B) shuttle: frontwards one player backwards one player
C) cross and drop
D) follow your pass
→ goalies work their spots

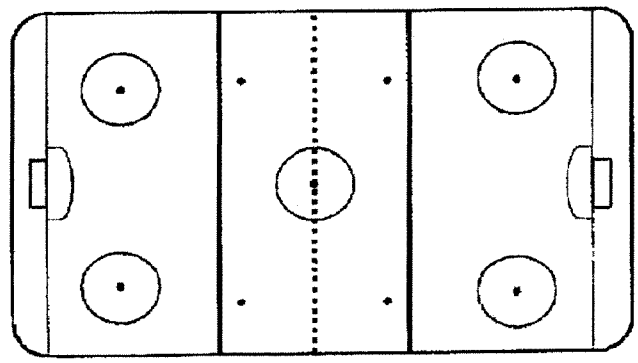
(1)



(2)







Syracuse Crunch

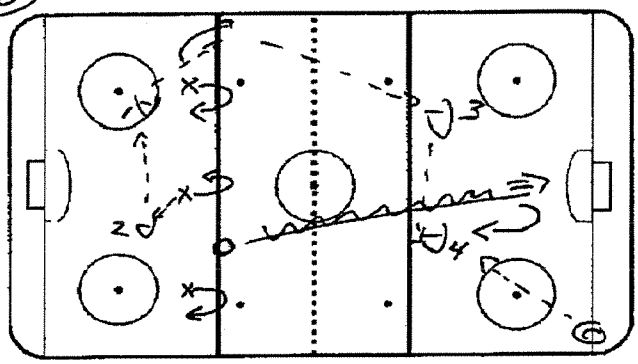
Focus: 1. _____
2. _____
3. _____
4. _____

Date: _____
Time: _____
Duration: _____

(3) Dave King Backcheck Drill
3 X's quick regroup @ BL and regroup w/ D1 D2 who use D to D option. X's now regroup w/ D3 D4 w/ D to D option. X's attack D1 D2 3 v 2. As this is happening, O goes down hard on breakaway and then tracks puck on the backcheck. (C) can send BC early / late to vary different game situations and your backcheck principles.

(4) 2x2 game competition → takes place below tops of circles. 2 X's v 2 O's score off any attempt. No need to check up. Can only make a change when you have possession. Can also pass to next player in line but he can't move from there but can shoot or pass. Play to 3 and put something on the line.

(3)



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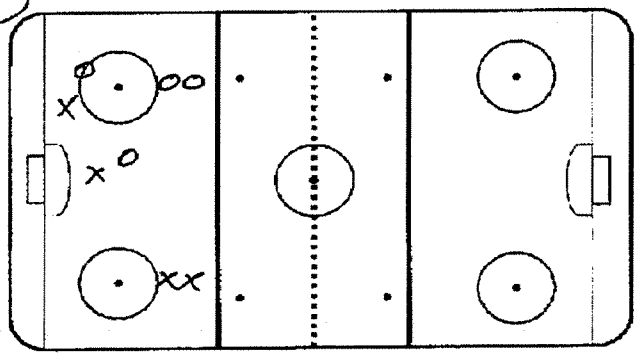
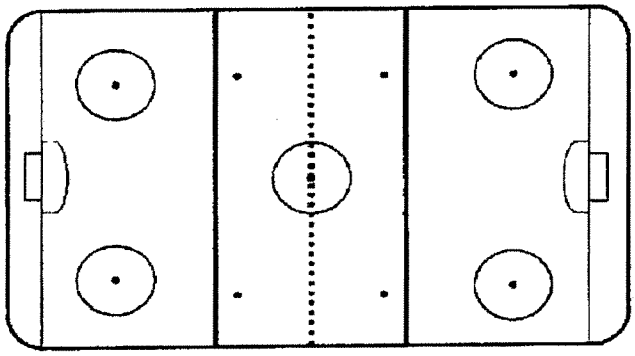
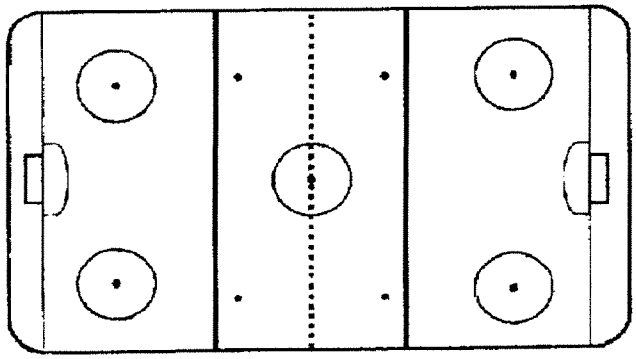






To: Enio Sacilotto

Drill of the Week Club

From: Mike Corbett

Assistant Coach United State Air Force Academy

Enio:

Enclosed is my Drills and a team building exercise we did with our team this year.

Also a quote or "team pledge of success" that we use with our team.

For the team building exercise we established an "identity" with our 2011 team. Our team chose the terms for each area of the zone, on "how" we want to play. It was a tremendous exercise for us to "Determine who we are"!! Good team exercise that gives all players a voice and gets them to buy in on their terms!

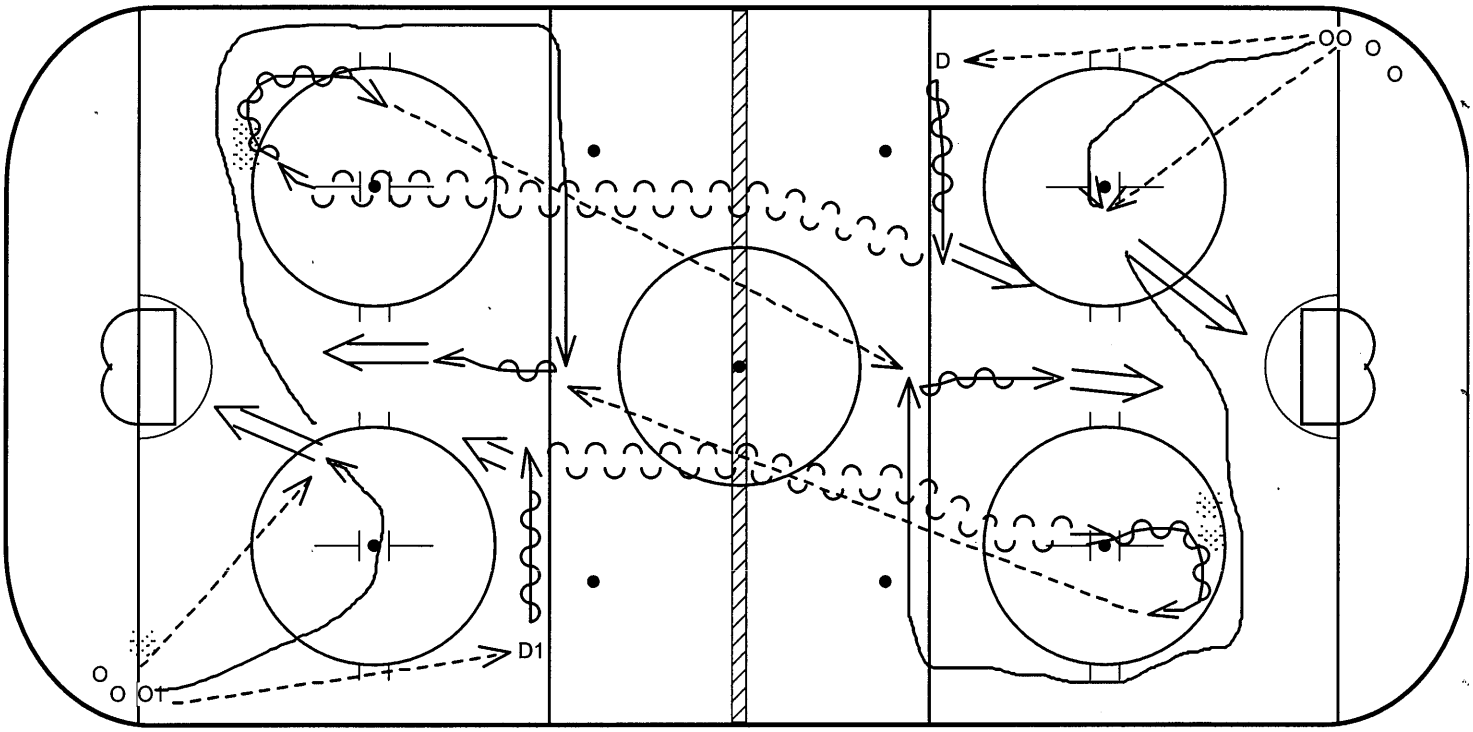
I apologize for the tardiness of my info...

Also the drills are great and it is a very diverse group of people and it is nice to share ideas, drills and see what others are doing...

Thanks

Mike Corbett

Air Force 3 shot warm up



3 Shot Warm up... Short pass --- Long pass...

Both sides at the same time.. Both sides doing the same thing... Timing is very important as is calling for hte puck...

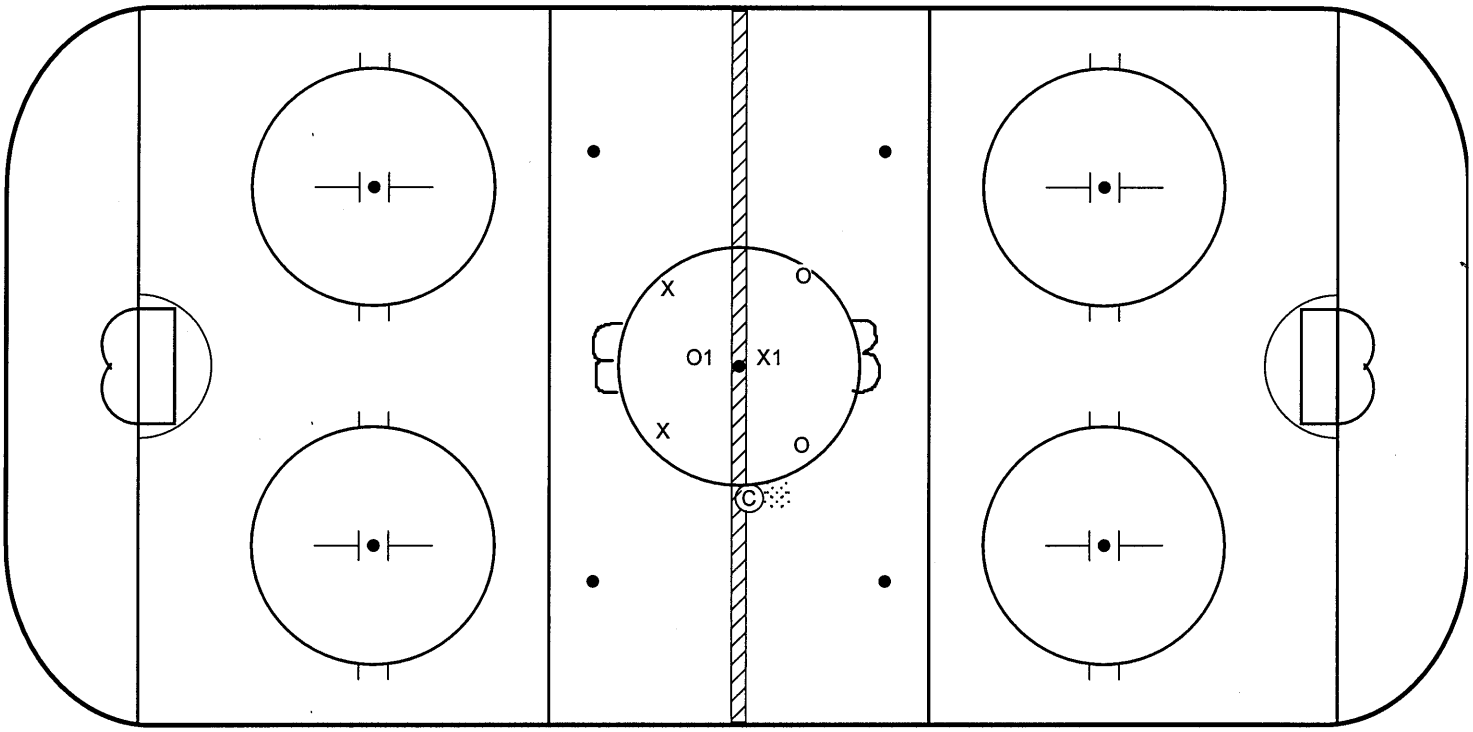
1. Start on the whistle, O1 will pass to D1. D1 will explode across the blueline for a shot. D1 will then skate backwards to the pucks at the bottom of the circle behind him.
2. After the shot is on net O1 will quickly get around the near dot and gain a pass from the next FWD in line, for a quick release shot. O1 will then proceed around the bottom of the opposite circle creating timing for the long pass.
3. D1 will surround a puck and skate up the ice looking for O1 coming up the opposite boards and cutting across the blue line . A long pass is made and O1 will take a shot.

You can add a 4th shot with the D following up the play and getting a pass from the forwards for a high slot shot!

Make sure the players use detail in the drill.

1. Accleration with and without the puck.
2. Quick shot on net
3. Communication on passes.
4. Timing on the passes, IE long pass from the "D1"
5. Heads up, a lot is going on!

Falcon Circle Scoring Game



Falcon Circle Scoring Game

Extra players are around the outside of the circle keeping pucks in when needed.
Play until a group scores 3 goals. Loser must skate sideboards.

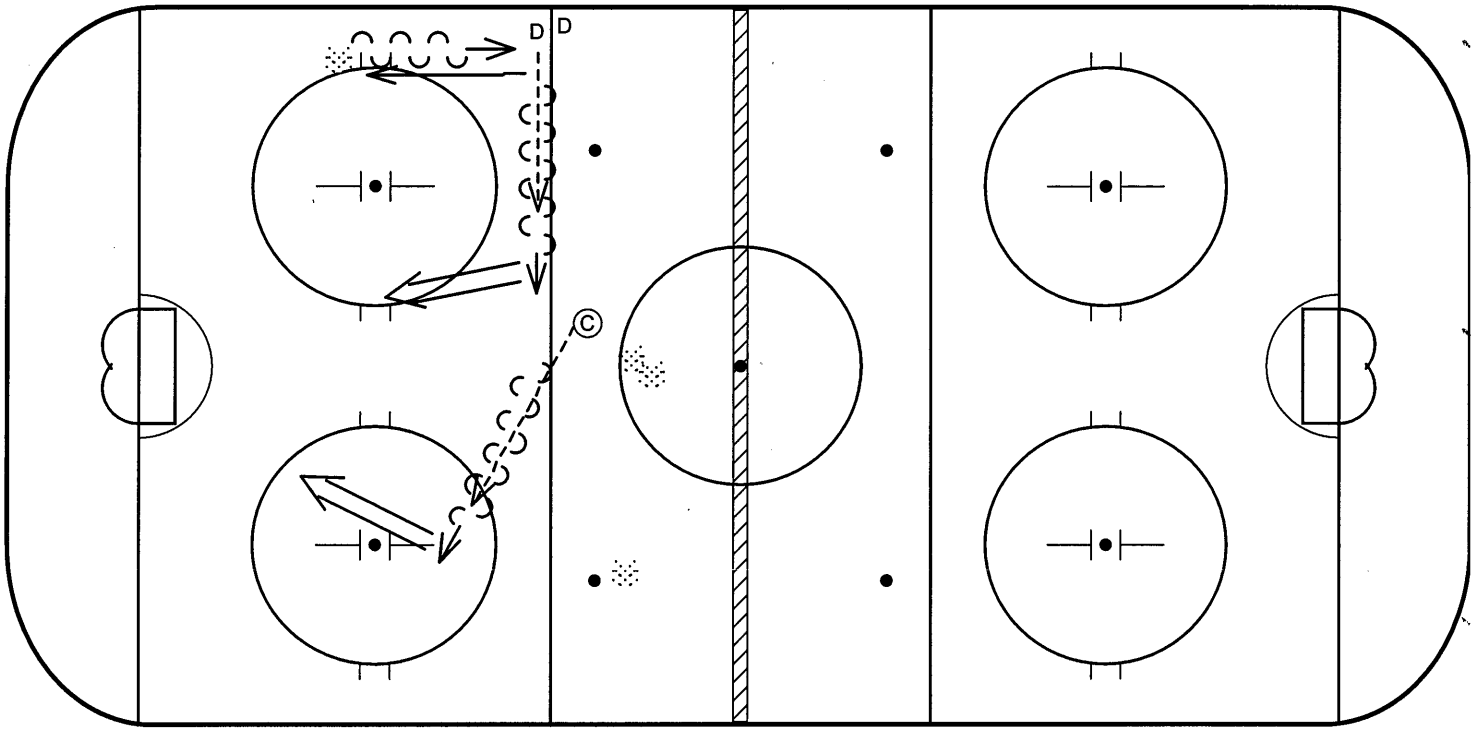
O1 and X1 have to stay on their side of the red line. They can be a shooter and are the primary defender. These players really run the show..

The players at the bottom of the circle typically are on their one-time sides for quick shots.

Coach will continuously put pucks in the center so for players to battle for possession and make plays.

Fun drill- Great Energy and Intensity...

Double One Timer



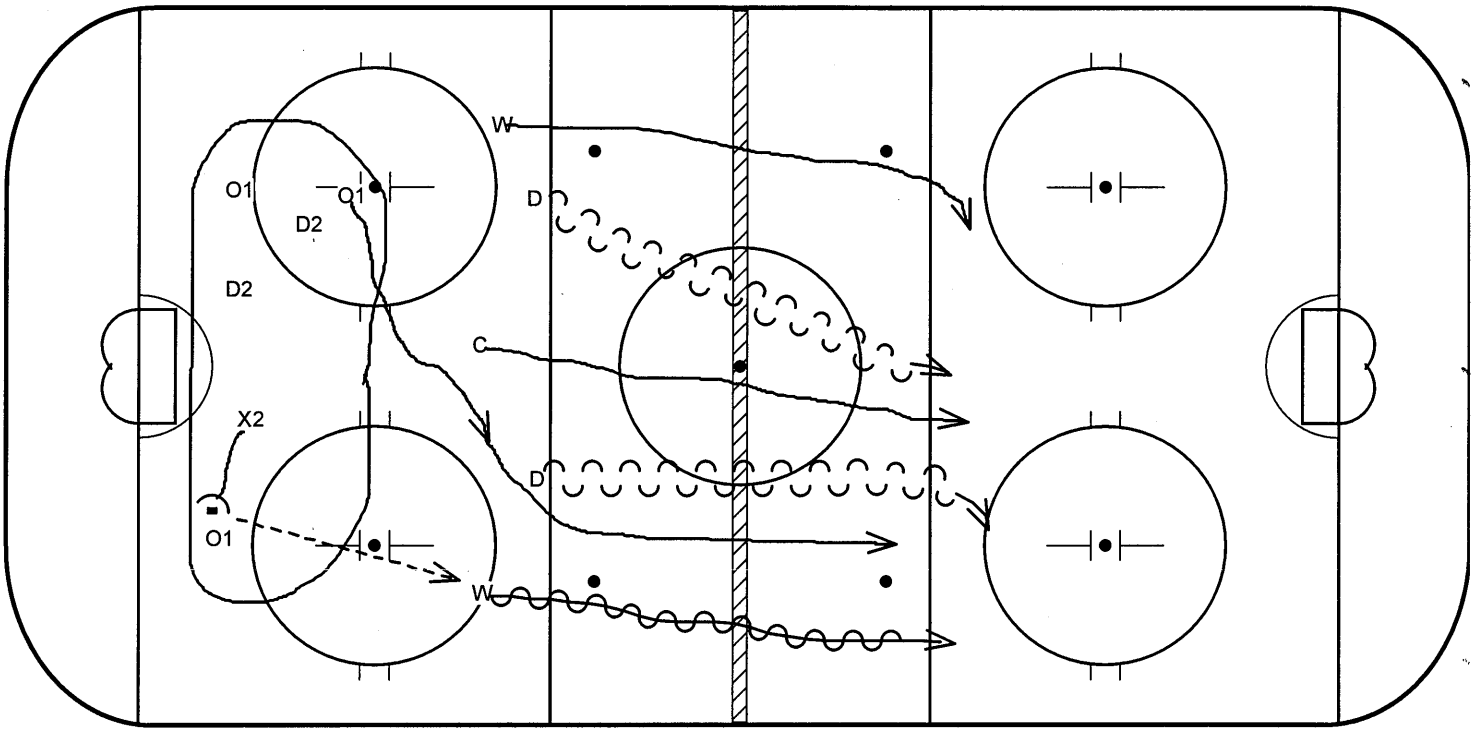
Double One Timer.

Both sides- Hard passes- light on your feet (adjust)

1.Defenseman will skate down the boards and pick up and puck and backpedal with the puck. (underhandle)
2. Defenseman will drop the puck to next Defenseman on the blueline, then proceed to accelerate tightly across the blueline. The 1st one time pass will occur here.
3. After the 1st shot the Defenseman will then fade to the top of the circles area, where the coach will then pass a puck to him for a 2nd one time shot.

##Shooter-- call for puck-- Stick at waist level showing a one time opportunity(loading the gun)-- Nose down and follow through...

3-2 with BC'er Continuous



Team Play...

3-2 with Backchecker, 1 puck continuous.

All the O1's are on offense and will attempt to score on the rush or in the zone if not successful on the rush.

D2 and X2 are defending in the zone to start the drill. 3vs3 in the zone until a goal is scored or the defending team gets possession and makes a direct pass to the Center or Wingers near the top of the circles.

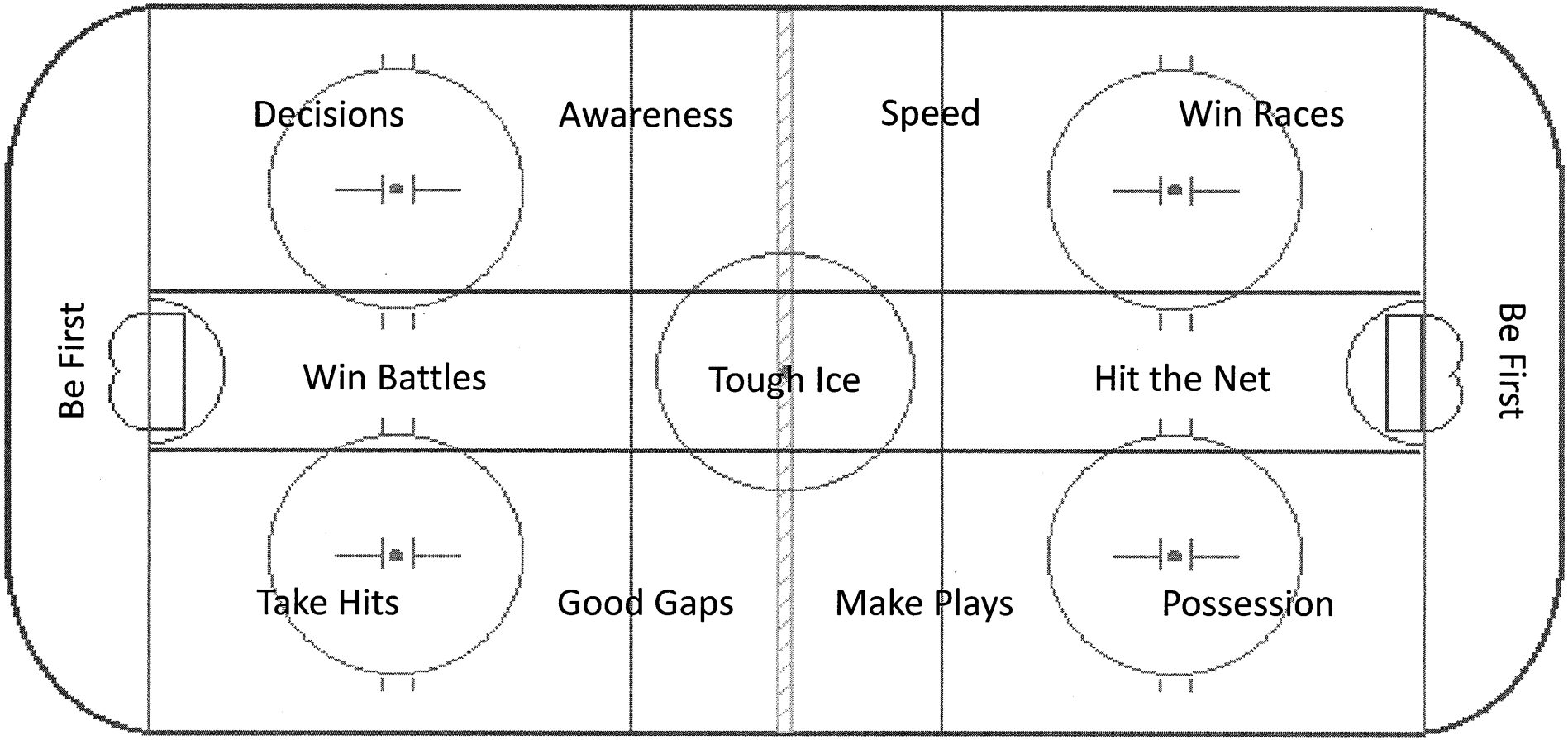
Once a pass is made to the Center or Wingers they will attack the opposite end, 3vs2, one of the offensive players (they are all forwards) will backcheck the puck carrier, in an attempt to protect the middle of the ice so the defensemen can play the puckcarrier at his defensive blueline.

Keys:
##BC backcheck the puck until the defensive blueline they turn off and find the 3rd offensive player.
##Good strong gaps by the defensemen and communicate with BC'er. Hold the defensive blueline.
Offensively on rush drive center lane and create space. Puck carrier head up and read play and options, find third forward for seam pass if available. Worst case get a shot!

AF Hockey Pledge of Success

Today is a new day, a new beginning.
It has been given to us as a new gift.
We can either use it or throw it away.
What we do today will affect us tomorrow.
We cannot blame anyone but ourselves if we do not succeed.
We promise to use this day to the fullest by giving our best, realizing it can never come back again.
This is our team and we choose to make it a success!!
WIN THE DAY...

DEFENSIVE | OFFENSIVE



Hello Enio

Thanks for let me join the drill of the week club.

Team building:

- All players in my tem have to know 3 things about every player in the team ho not is related to hockey.

Book:

- The Essential Vince Lombardi : Words & Wisdom to Motivate, Inspire, and Win

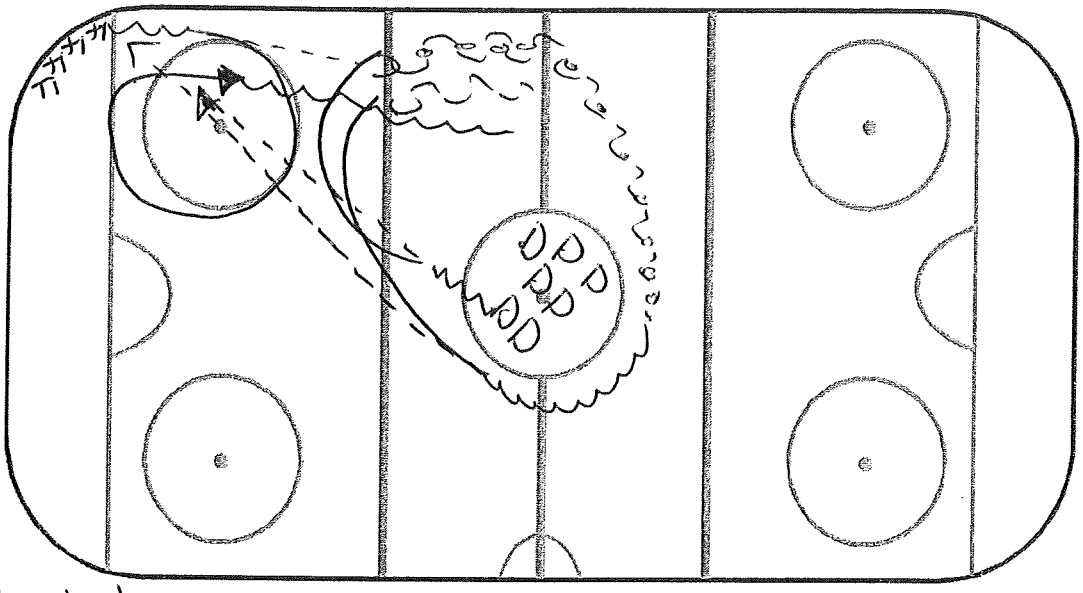
Quote:

- Dictionary is the only place that success becomes before work, Hard work is the price we must pay for success. I think you can accomplish anything if you`re willing to pay the price
  - Vince Lombardi

Good Luck all coaches

Erik Vikström
Coach
Björklöven j 20 Super Elite , Sweden
0046 70 57 98 138 , Phone
serben18@hotmail.com

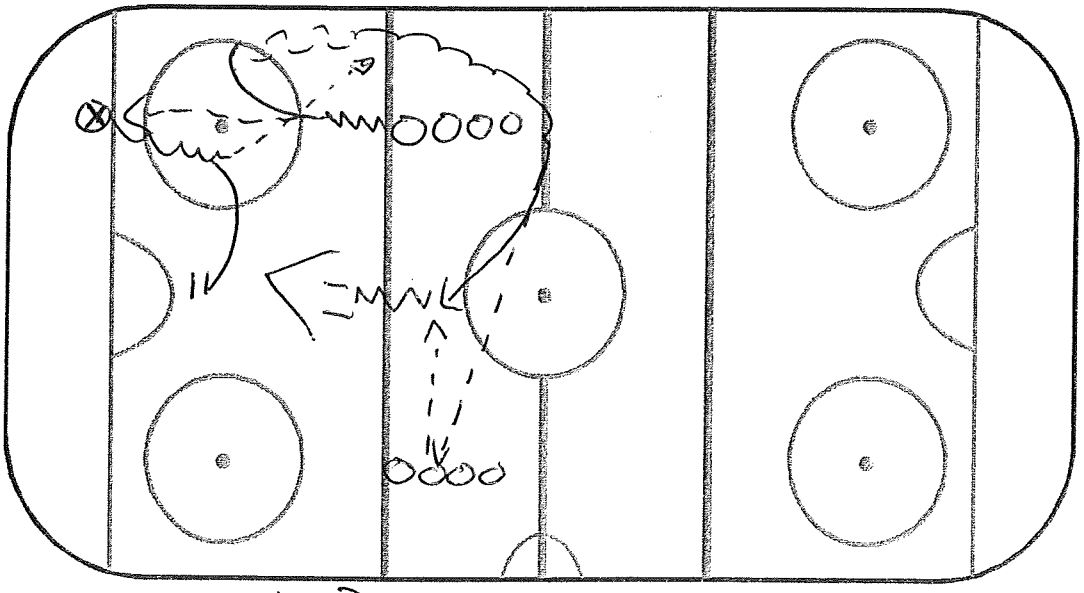
DRILLS – DRILL OF THE WEEK CLUB



Ivsl "WINGS"

D's MOVE LEGS

D's TIMING



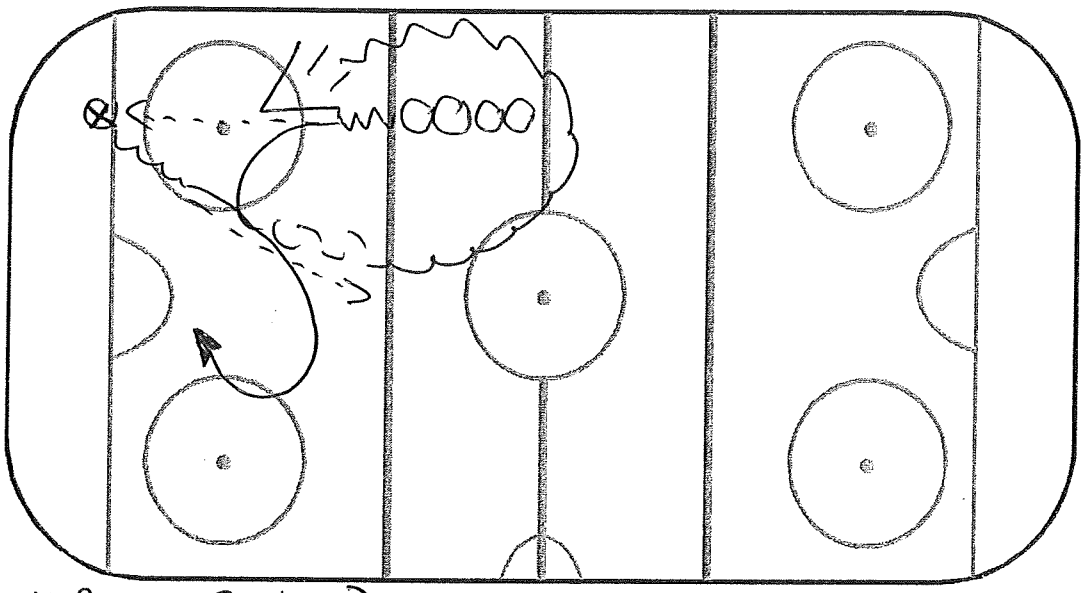
WARM UP 1-0

– FOCUS ON PASSING AND SHOOTING

⊗ = STAY AT NET, REBOUNDS

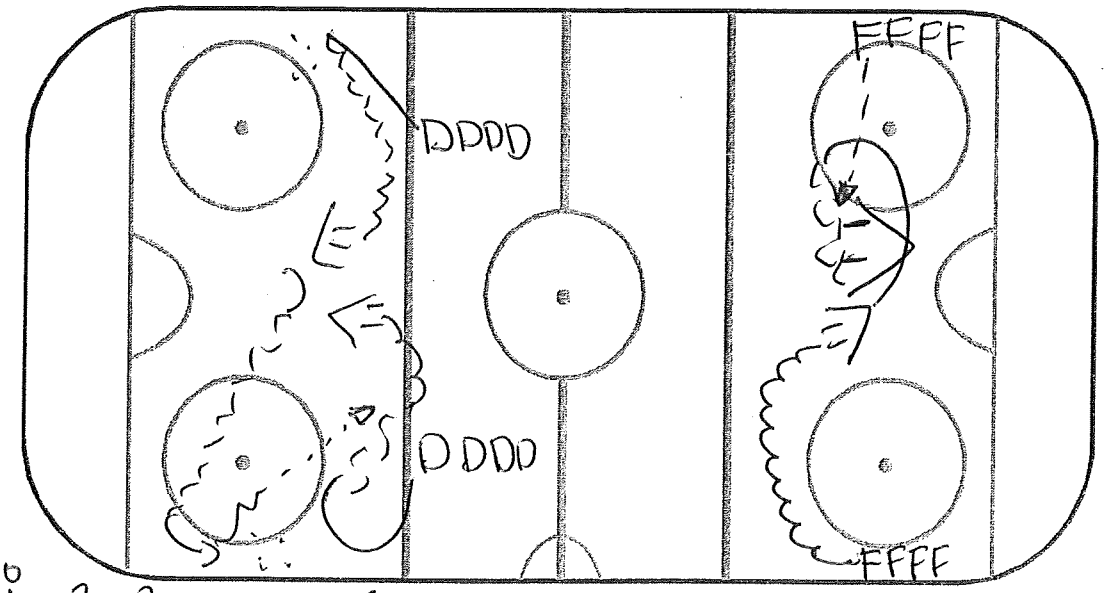
Erik Vikström
serben18@hotmail.com
Coach: Björklöven j 20 Super elite

DRILLS – DRILL OF THE WEEK CLUB



WARM UP 1-0

D'S



FW

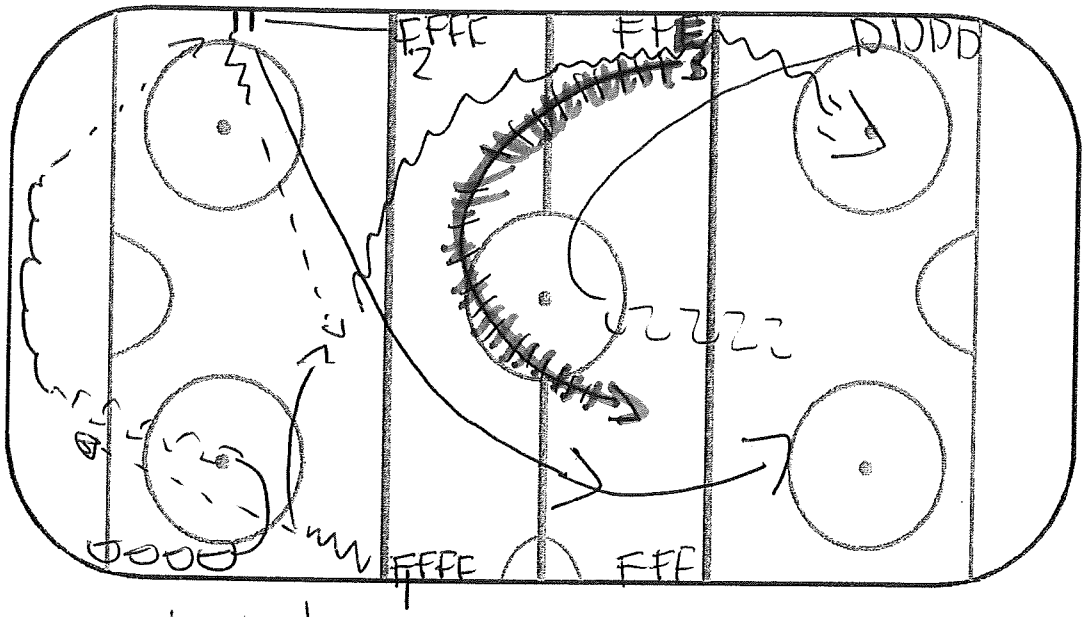
INDIVIDUAL SKILLS

D'S – SHOOTING AND SKATING

FW – SHOOTING AND SKATING

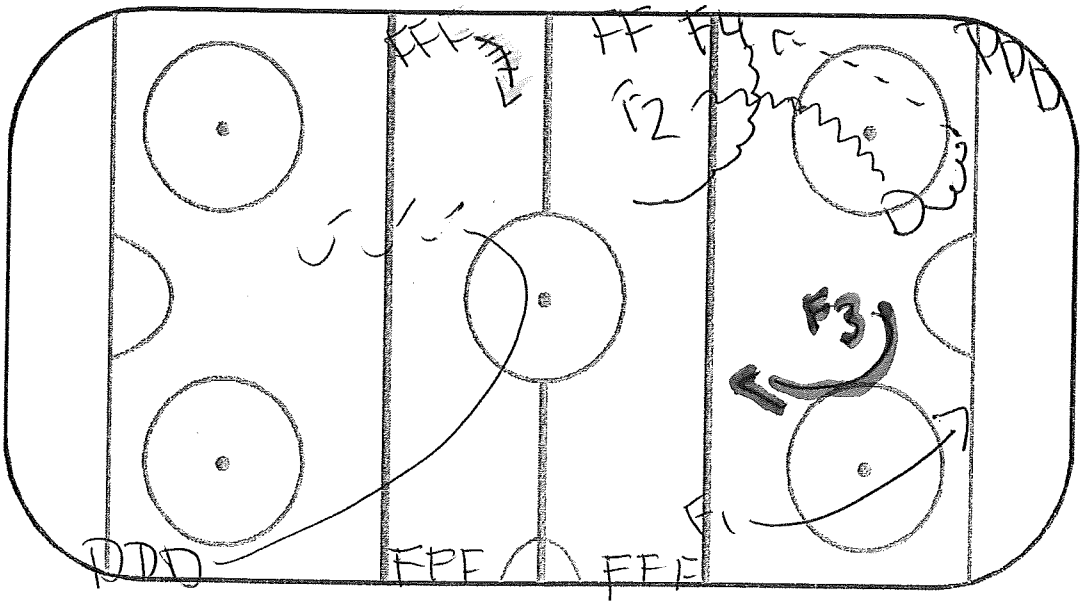
Erik Vikström
serben18@hotmail.com
Coach: Björklöven j 20 Super elite

DRILLS – DRILL OF THE WEEK CLUB



2vs1 + 1ST LATE BACKCHECKER

F3 BL WHEN F1 O F2 GOES OVER REDLINE



WHEN F3 WIN PUCK OR D. WIN PUCK

F3 JOIN F4 IN NEW 2-4

Erik Vikström
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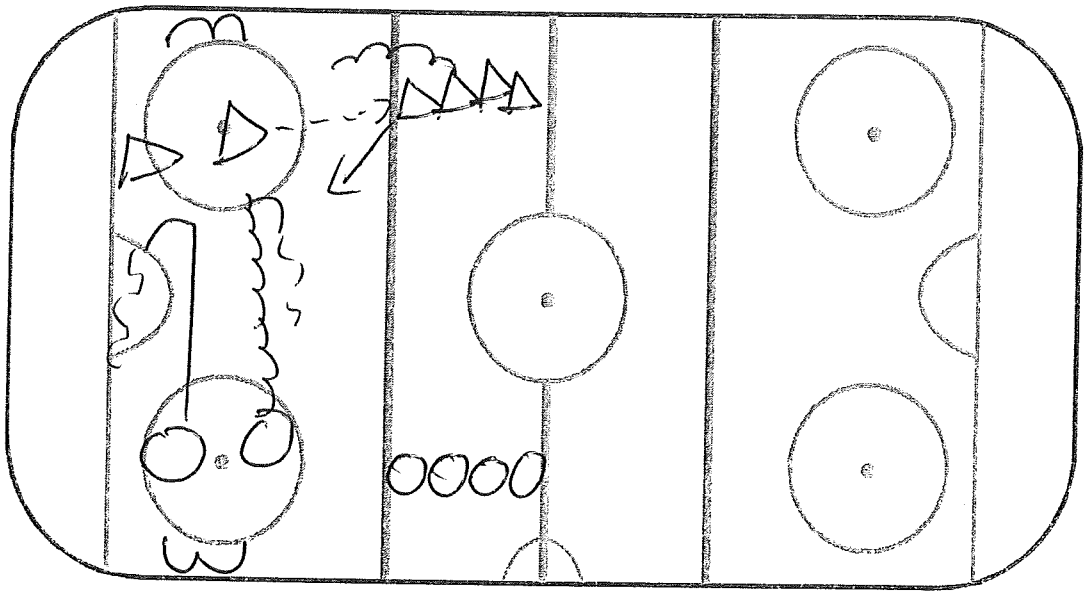
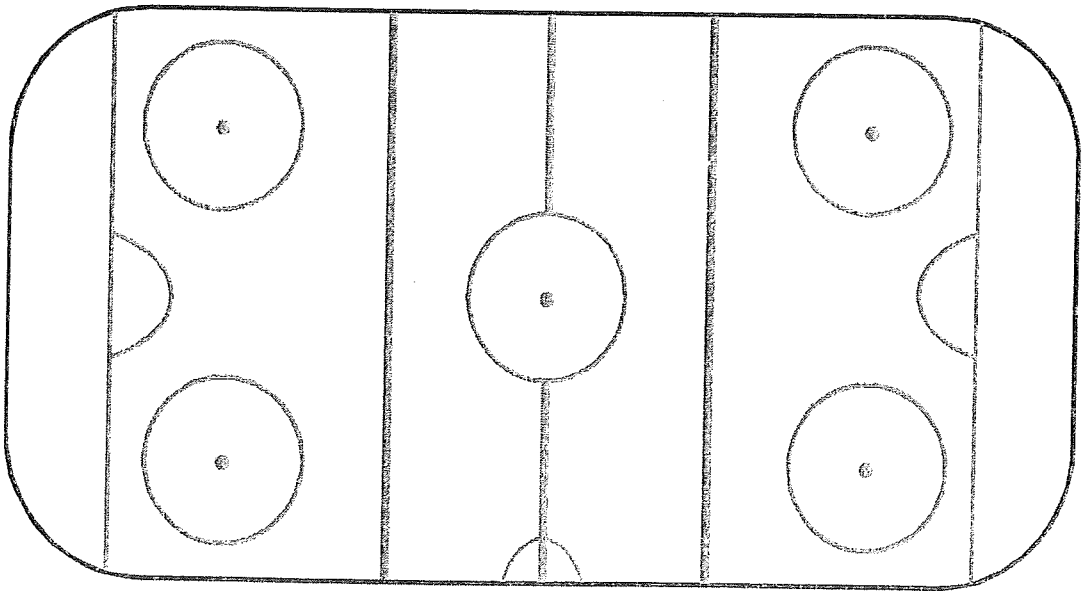
Coach: Björklöven j 20 Super elite

DRILLS – DRILL OF THE WEEK CLUB



2vs2 OFF /DEF "FLOW"

WHEN △ WIN PUCK, 2 NEW △ IN, O BECOMES D'S



Erik Vikström
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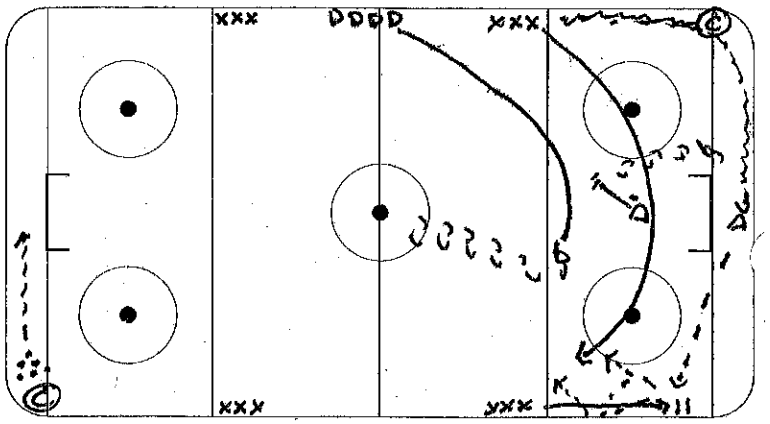
Coach: Björklöven j 20 Super elite

Name: 2on1 (CONT)

Description: D1 BREAKS THEM OUT THEN SPRINTS WITH PLAY

Key Points: UNTIL RED LINE, PEELS OFF. D2 PLAYS 2on1 RELEASES AT TOP OF CIRCLES, BREAKS OUT NEXT TOO

Time: 8 MINS

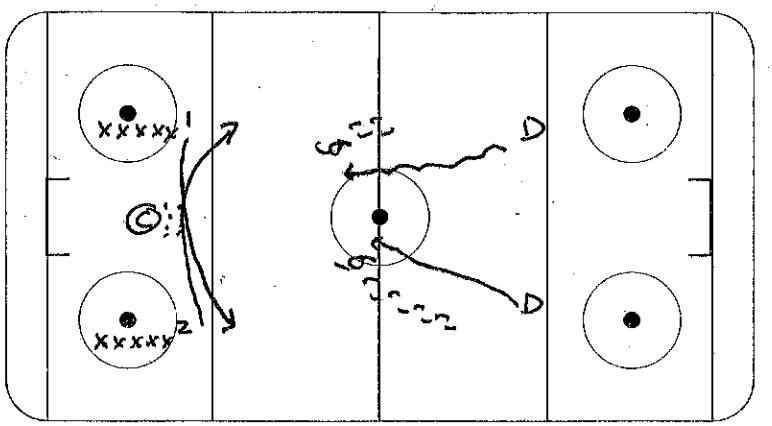


Name: 2on2 GAP CONTROL

Description: © PASSES TO X1 OR X2 GO 2on2 AGAINST D, ON

Key Points: WHISTLE RACE BACK TO PICK UP SPOTTED PUCK, GO AGAIN, D MUST MAKE IT BACK TO RED LINE

Time: 8 MINS

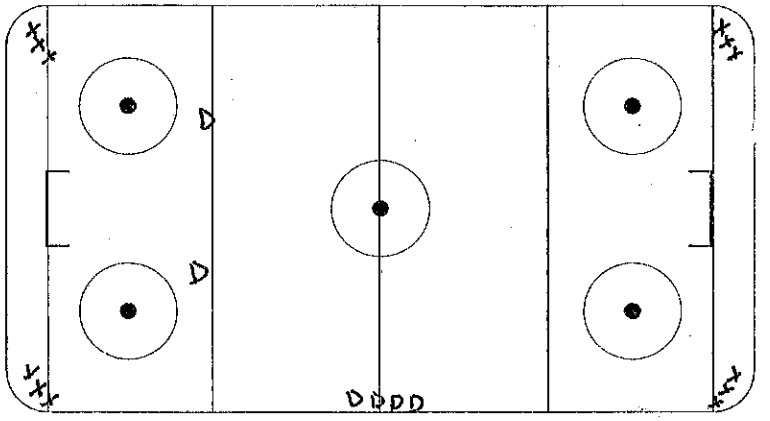


Name: FLYNN'S TRANSITION

Description: 2 D BREAKOUT ALL 4 LINES.

Key Points: CURL DEEP, PUCK SIDE WINGER POST UP.

Time: 8 MINS

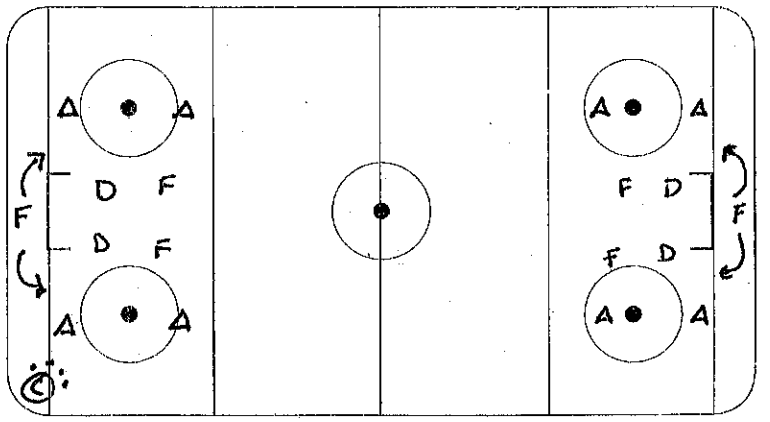


Name: ACADIA SEAL DRILL

Description: D, DEFEND AT ALL TIMES,

Key Points: © PASSES TO F BEHIND THE NET, HE HAS A COUPLE OF SECONDS TO MAKE THE PASS, NO CROSSING GOALLINE

Time: 8 MINS



Good at:

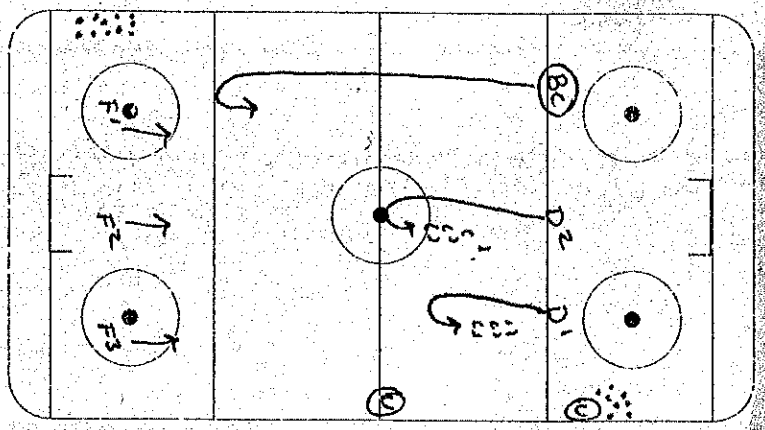
Work at:

Name: BUCK EYE BACKCHECK

Description: WHISTLE EVERYONE LEAVES, ON 2ND WHISTLE, 2ND PUCK

Key Points: 3 ON 3 DOWN LOW

Time: 10 MINS

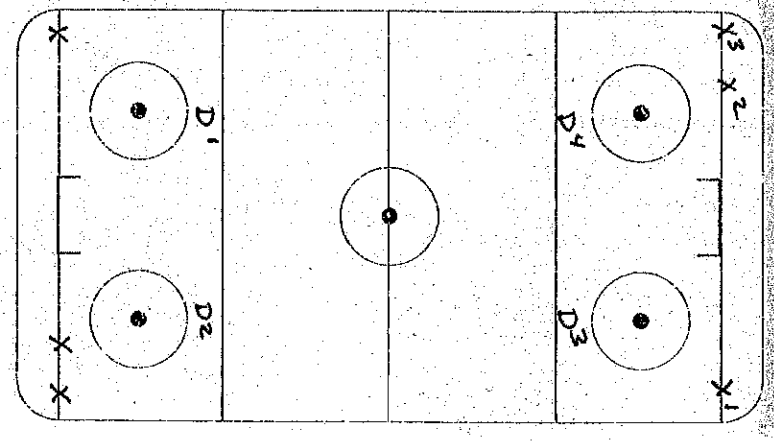


Name: EAGLE TRANSITION (3ON0)

Description: STAY IN LANES
D TO D

Points: WINGER POSTS UP
CENTER TIMES CURL
DRIVE WIDE, DRIVE NET, BY TIME

Time: 10 MINS



MERRITT
CENTENNIALS

Enio,

Here are some drills we use and our submission for the drill of the week club.

I hope the following pages are clear enough for you to pass on.

Thanks for including us in this program.

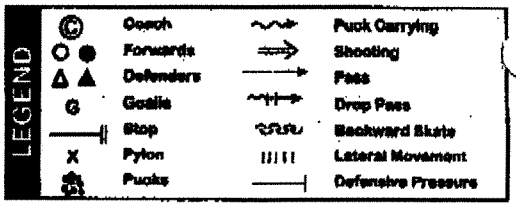
Joe Martin

AC Merritt Centennials, BCHL

P.O. Box 1730 Merritt, BC V1K 1B8 | (250) 378-3607 | (250) 378-3609 fax | Email: info@merrittcentennials | www.merrittcentennials.com

Forward skill drill

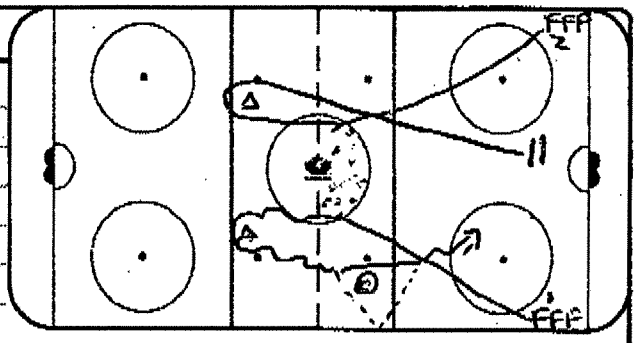
Merritt Centennials



DATE: _____ DURATION: _____ (MINS)

Time	Drill Name: Chip and Chase

Forwards in all 4 corners, operate opposite corners.
F1/F2 leave corner at same time

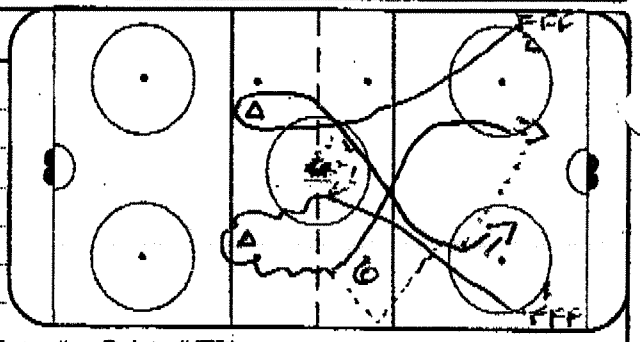


Key Teaching Points (KTP)
Freeze the coach then chip outside and chase inside

Key Execution Points (KTP)
Shoot puck while skating
F2 - time net drive

Time	Drill Name: Chip/Chase and Support

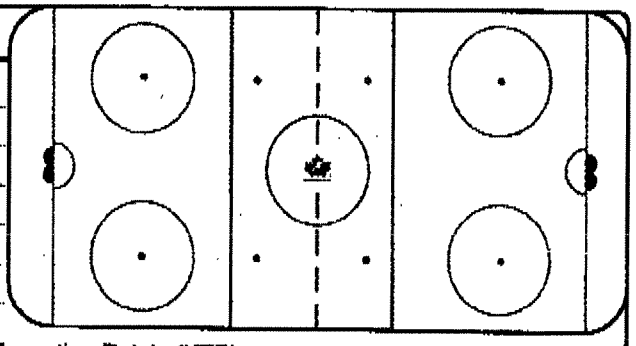
Forwards in all 4 corners, operate opposite corners.
F1/F2 leave corner at same time.
F1 chips around coach
F2 supports F1 then picks up puck. Shoot on fly or hard pass to F1



Key Teaching Points (KTP)
F1 Freeze coach then chip outside and drive net
F2 shoot on fly

Key Execution Points (KTP)
F2 - supports through neutral ice

Time	Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KTP)

Competition Drill

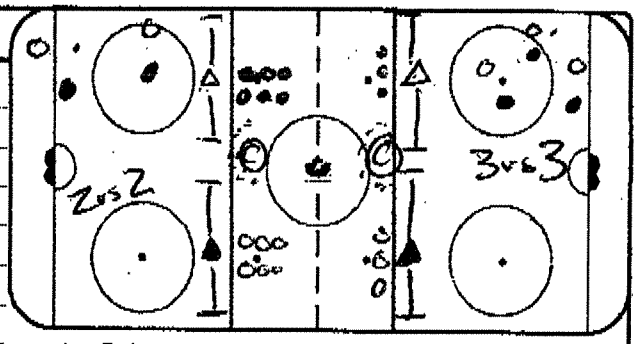
Merritt Centennials

LEGEND			
Ⓒ	Coach		Puck Carrying
○ ●	Forwards		Shooting
△ ▲	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive Pressure

DATE: _____ DURATION: _____ (MINS)

Time | Drill Name: Box Game 2v2 / 3v3

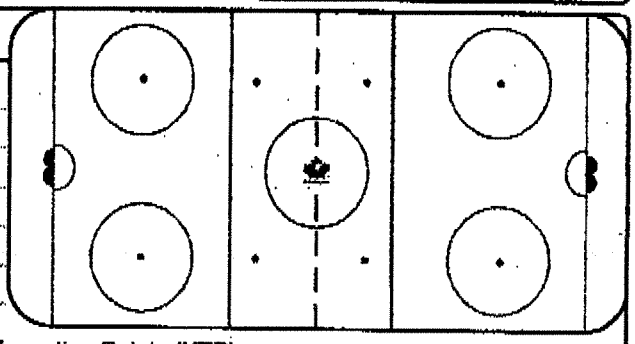
Coach dumps puck into offensive end.
First team to retrieve puck is on offence
other team defends. If ● group turns puck
over they must pass to ▲ on blue line
before attacking.
30 sec shifts or Goal scored.



Key Teaching Points (KTP)
- Communicate defensive responsibility
- use points for quick shots to net

Key Execution Points (KTP)
△, ▲ cannot leave blue line, boards to Ⓒ only
Ⓒ puts new puck in, if puck leaves zone

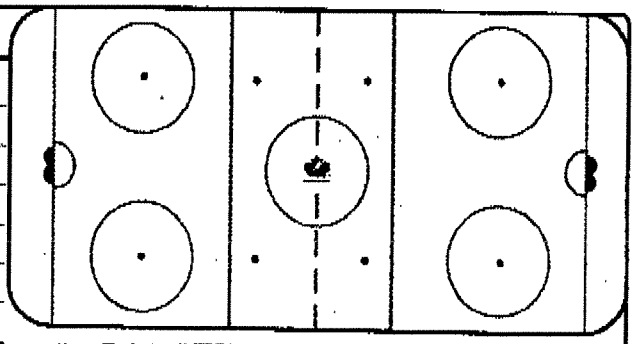
Time | Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KTP)

Time | Drill Name:

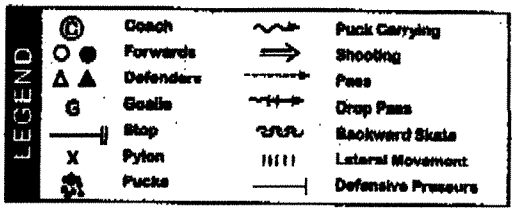


Key Teaching Points (KTP)

Key Execution Points (KTP)

Defence Skill Drill

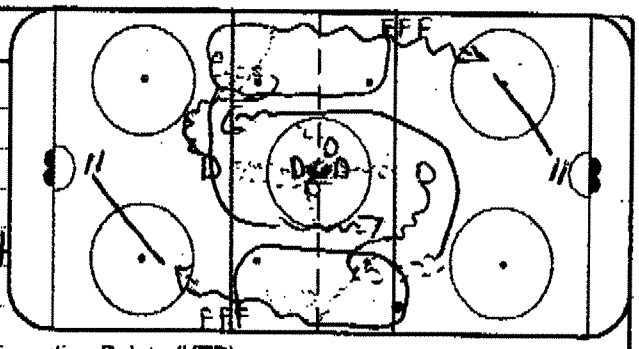
Merritt Centennials



DATE: _____ DURATION: _____ (MINS)

Time	Drill Name: Regroup and Jump

Defence all at centre ice, Forwards at opposite blue lines.
D- one touch passes with stationary D
- move up ice - pass to Forwards - shot
D- quick pivot receive pass from centre - long shot on net

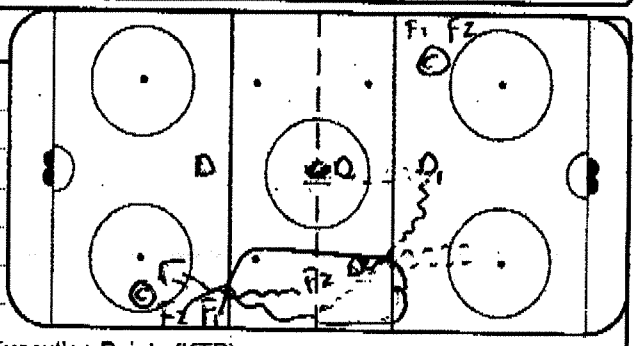


Key Teaching Points (KTP)
- quick, crisp passes to start
- to move feet up ice before passing to forwards
- long shot from outside blue line

Key Execution Points (KTP)
- Crisp passes with Defence, move feet up ice before passing to forwards
- Long shots

Time	Drill Name: Regroup to 1on1

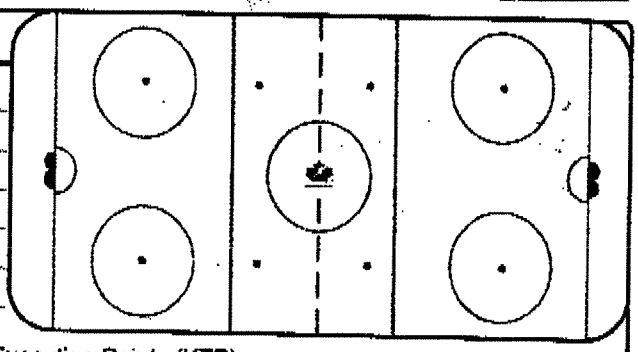
Same start as regroup and Jump
F2 leaves blue line when coach releases him
D1/F2 play 1on1 back into Zone



Key Teaching Points (KTP)
- quick crisp passing with defence
- Defence square shoulders to approaching F2
- D stick in middle of stance

Key Execution Points (KTP)
F2 leaves when © releases him
D move puck up ice after pivoting forward

Time	Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KTP)

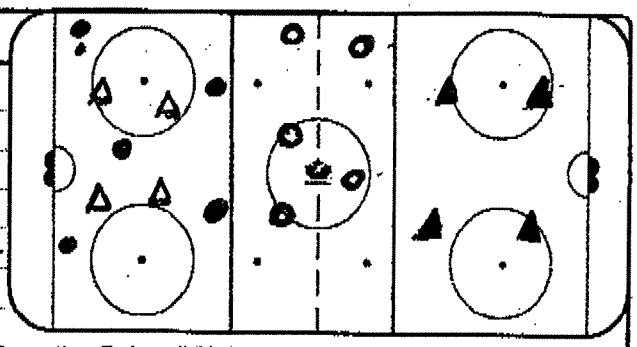
Special teams.

Merritt Centennials

LEGEND			
©	Coach	~~~	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	- - - →	Pass
G	Goalie	~~~	Drop Pass
—‖	Stop	~~~	Backward Skate
X	Pylon	/////	Lateral Movement
	Pucks	—|	Defensive Pressure

DATE: _____ DURATION: _____ (MINS)

Time | Drill Name: PP vs PK (18 skaters)



5 - power play players vs 4 penalty kill

Rules:

P.P can move freely from O Zone to their own blue line - But NOT in D Zone. PK cannot leave D Zone. ●/▲ group works together.

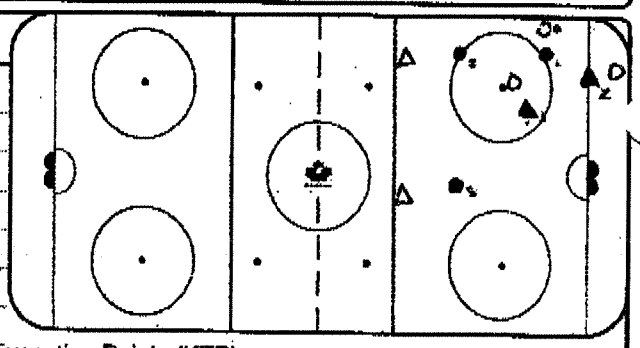
Key Teaching Points (KTP)

Communication

Key Execution Points (KTP)

- First to score 3 win
- no offsides
- neutral ice open to P.P players ONLY

Time | Drill Name: Defensive Team Play



- 3on3 Down low, $●_2$/$●_3$ are passive in defence and are breakout options $●_1$/$▲_1$/$▲_2$
- O_1/O_2/O_3 cycle puck and try to score
- $●_1$/$▲_2$/$▲_3$ defend and break out with $●_2$/$●_3$ ON

Breakout $●_2$/▲ attack 5on2, new F's join backcheck from bench, continue in other end

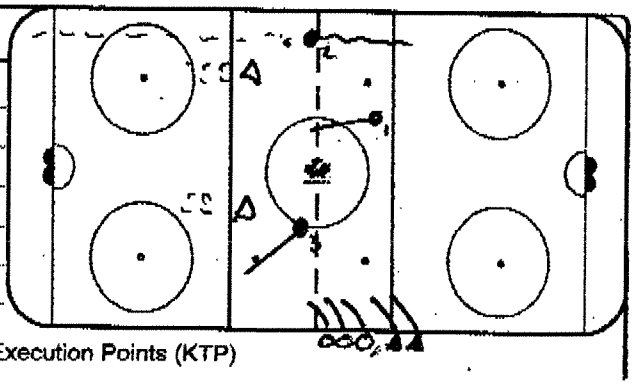
Key Teaching Points (KTP)

- Hit to pin offensive F's
- Communicate on coverage and breakout pass

Key Execution Points (KTP)

- Defence change after breakout
- soft dumps to corners

Time | Drill Name: Second Stage



●1 grp dump puck in

O - backcheck

▲ - setup on blueline

- continuous drill, © whistles down on defensive mistakes

Key Teaching Points (KTP)

Key Execution Points (KTP)

: FROM - DAVID WHISTLE
- PURSUIT OF EXCELLENCE
- 250-681-1999

: HOPEFULLY EVERYONE IS HAVING A GREAT SEASON.

: HOPEFULLY YOU CAN UNDERSTAND MY CHICKEN SCRATCH.

: FAV. BOOK - FACING FRANKENSTEIN
- SPORTS PSYCHOLOGIST FROM BELFAST
- HE WORKED WITH SOME OF THE PLAYERS WHEN I WAS COACHING THERE.

: QUOTE

: ITS A LACK OF FAITH THAT MAKES PEOPLE AFRAID OF MEETING CHALLENGES, & I BELIEVED IN MYSELF.

MUHAMMED ALI

: WHEN YOU WIN - SAY NOTHING
WHEN YOU LOSE - SAY LESS

PAUL BROWN

: DON'T LET THE DOOR HIT YOU IN THE ASS ON THE WAY OUT AFTER GETTING FIRED.

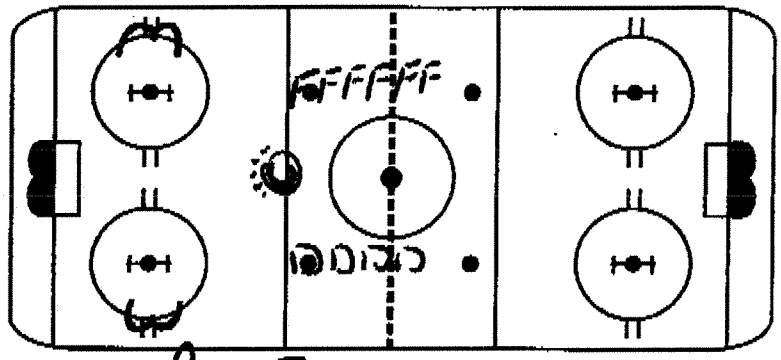
DAVE WHISTLE

PURSUIT OF EXCELLENCE
HOCKEY ACADEMY

DRILL WORKSHEET

TIME GAME: F-WARDS VS D-MEN DATE: _____

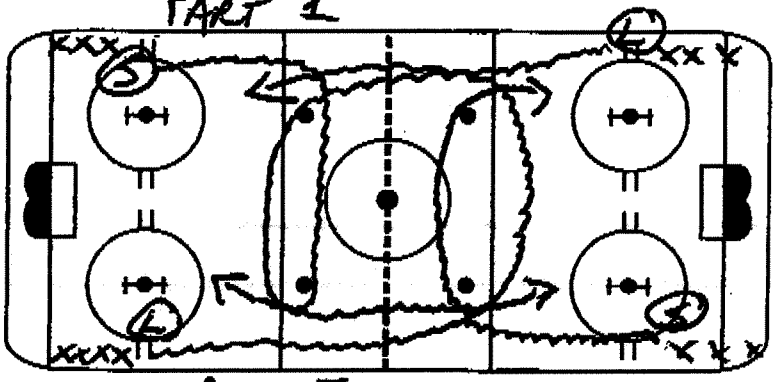
- CROSS ICE GAME
- 3 F-WARDS VS 2 D-MEN
- IF A D-MAN SCORES ITS 2 PTS / F-WARD SCORES ITS WORTH 1 PT.
- GAME UP TO 6 OR 8



PART #1

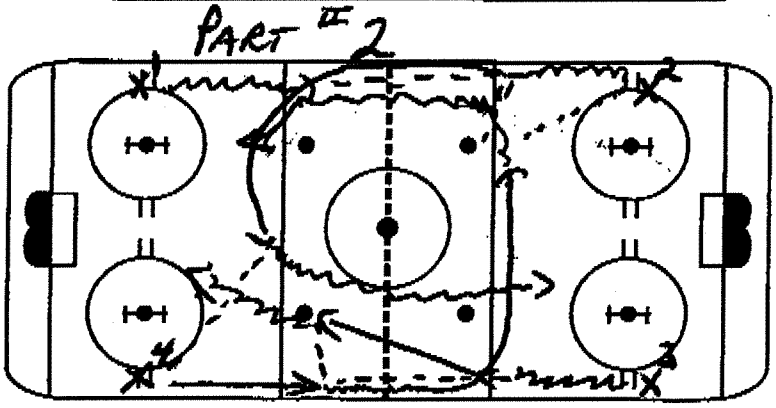
WARM-UP DRILL

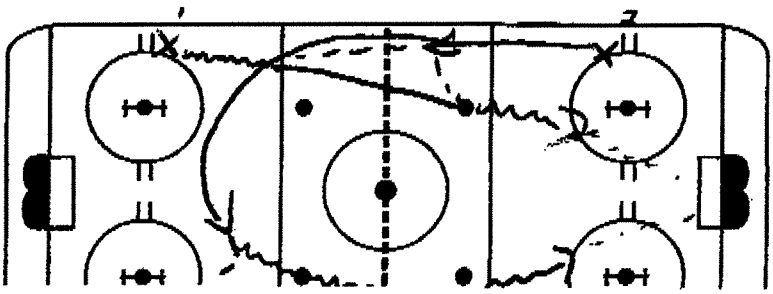
- LONG + SHORT
- 4 PLAYERS GO ON THE WHISTLE.

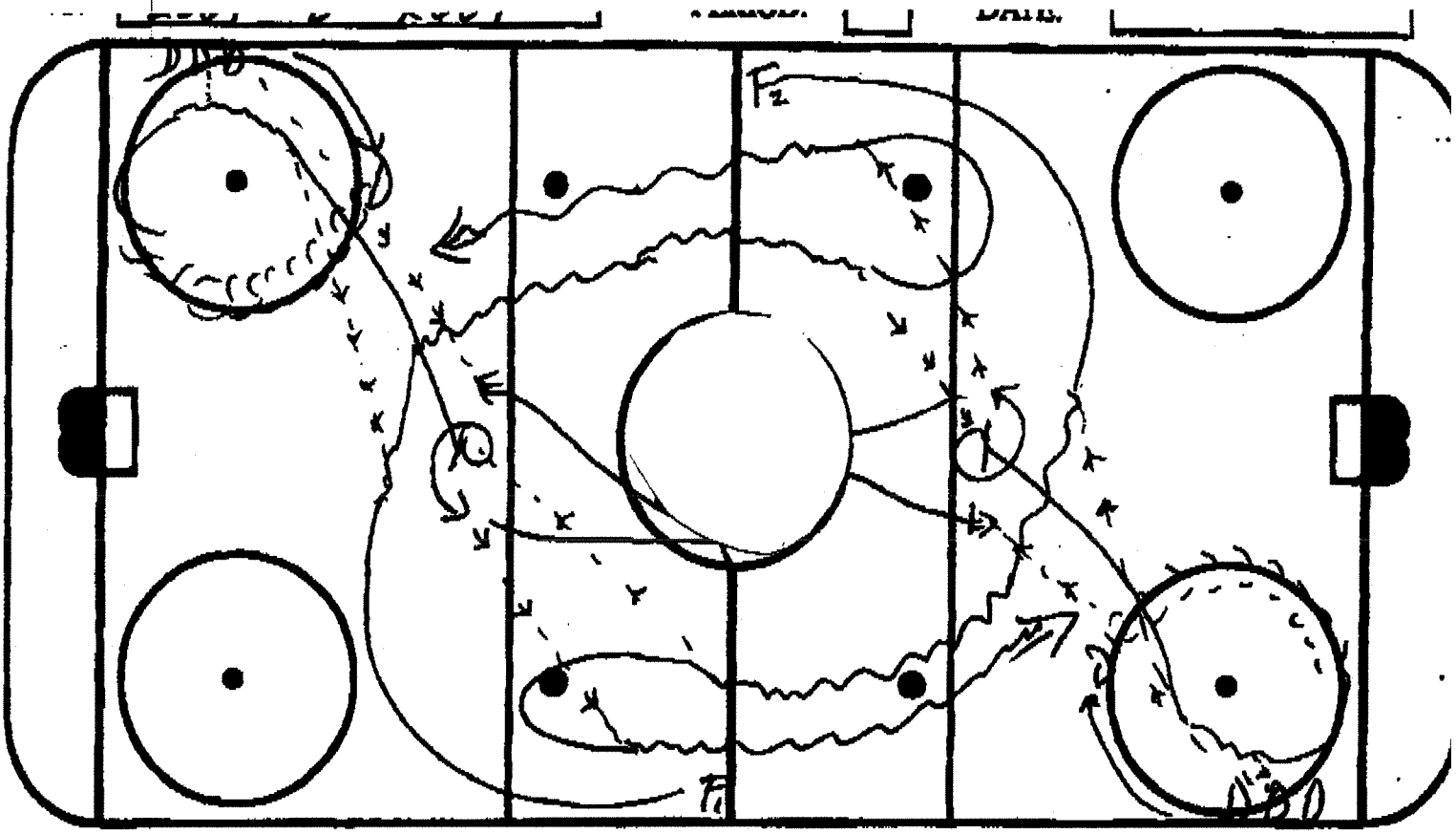


PART #2

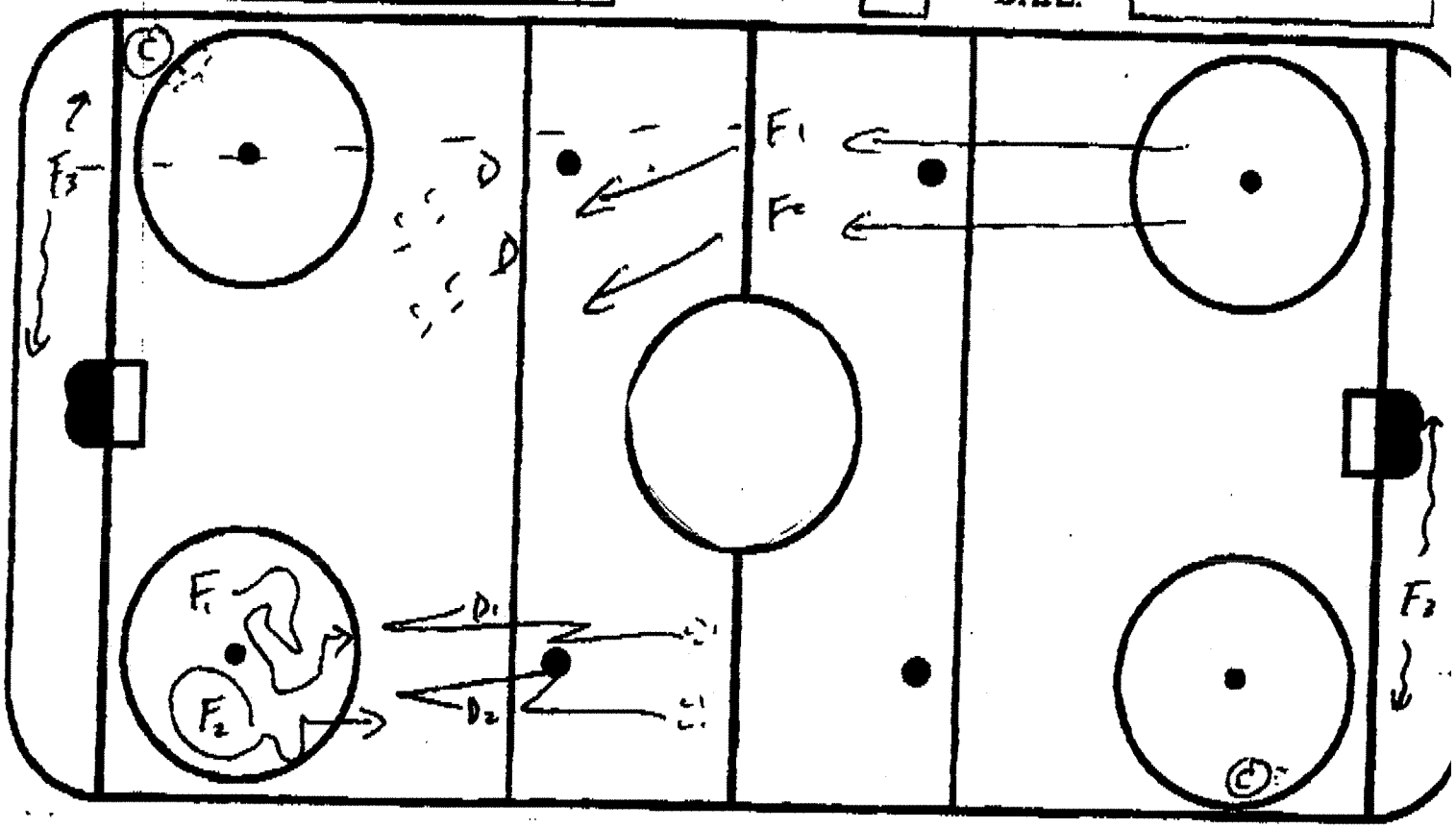
- PLAYER'S LEAVE ON WHISTLE
- X^1 + X^2 SKATE TOWARDS EACH OTHER.
- X^1 PASSES TO X^2 WHO BUMPS IT TO THE MIDDLE FOR X^1 TO PICK UP, GO + SHOOT.
- X^2 - GOES 10 FT BELOW BLUE SWINGING TOWARDS X^4 LINE RECEIVING A PASS FROM THE PLAYER AT THE FRONT OF THE LINE.
- GO DOWN + SHOOT
- 4 PLAYERS GO AT THE SAME TIME.
- 2 SHOTS IN EACH END -







* ON WHISTLE BOTH ENDS AT SAME TIME.
"D" UP AND AROUND CIRCLE, PICK UP P FROM NEXT D IN LINE AND HIT 'F' COMING THROUGH SLOT. 'F' CARRIES P TO FAR END AND PASSES TO OPPOSITE 'D', AND PIVOTS TO BOARDS FOR RETURN PASS. D MUST DO A SPIN EVASIVE MOVE BEFORE RETURN PASS TO F. F GETS PASS AND GOES DOWN AND SHOOTS. 'D' MOVES UP TO RED LINE AND STOPS, BACKWARDS + PIVOT TO OWN BLUE LINE FOR PASS FROM NEXT 'D' IN LINE FOR POINT SHOT. F STAYS IN FRONT FOR TIP OR SCREEN.



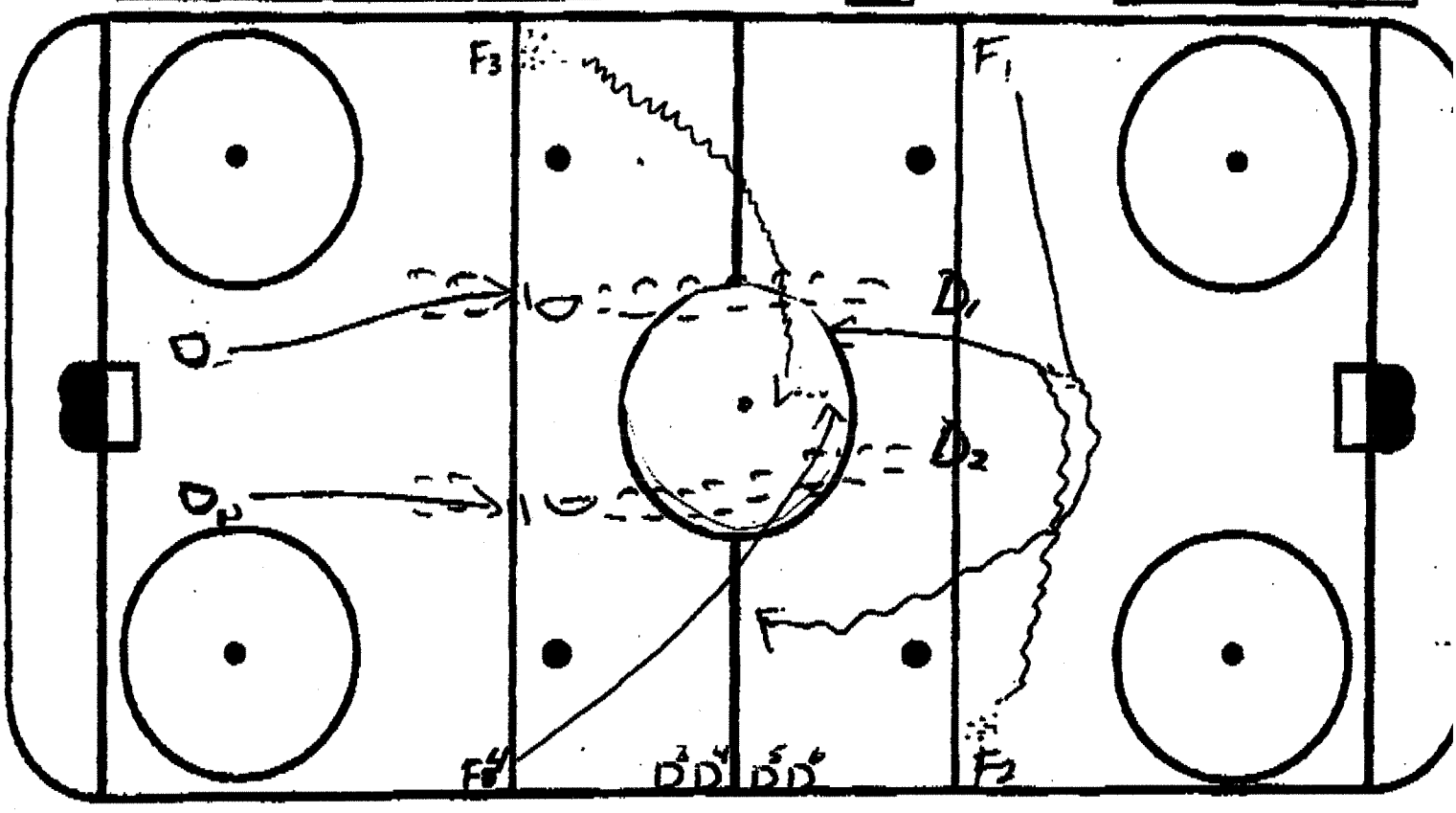
F1 + F2 MOVE AROUND CIRCLE PASSING P̄ TO EACH OTHER. D1 + D2 MOVE UP AND BACK.

ON ©'S WHISTLE, 2 F ATTACK 2 D - WHEN F'S GET TO RED LINE, THEY PASS P̄ TO F3 BELOW GOAL LINE, AND THEN TRY TO GET OPEN FOR RETURN PASS IN SLOT. IF P̄ GOES OUT OF PLAY, © POSSES 2ND, 3rd, 4th P̄ TO F3 FOR CONTINUED PASSING PLAYS. F3 MUST STAY BELOW GOAL LINE @ ALL TIMES.

* 'D' MUST TALK TO IDENTIFY MAN + SWITCHES IN COVERAGE. FORCES 'D' TO KEEP FEET "UP ICE" AND NOT FOCUS ON P̄ BELOW GOAL LINE.

* BOTH ENDS GO AT SAME TIME ON WHISTLE.

= THEN SWITCH SIDES AFTER. 4 or 5 minutes.



art a) D1 + D2 straddle blue line

whistle) F1 + F2 X-over 10' below blue line
+ go 2on2 vs. 2 D.

* D can't leave blue line until F's have crossed!

* ON WHISTLE D^1 + D^2 HAVE TO GET BACK UP TO THE BLUE TO CLOSE THE GAP ON SECOND 2vs.
F^3 + F^4 GO ON THE WHISTLE AROUND THE MIDDLE DOT BACK 2vs 2 AGAINST D^1 + D^2

* D^3 + D^4 COME OUT + IT GOES THE OPPOSITE WAY.

* Two - 2vs2

#2 – 1777 Second Street North
Cranbrook, BC V1C 7G9
Phone → 1-250-417-0322
Fax → 1-250-417-0323
Email → info@kootenayice.net

www.kootenayice.net

KOOTENAY ICE HOCKEY CLUB
Western Hockey League

FACSIMILE

Transmittal Sheet

Date:

Number of Pages:
(Including this one)

To: Enio

Company:

Fax Number:

From:

MESSAGE:

Book - Winning Every Day
by Lou Holtz

Kris Knabenauer

hungry for more
KOOTENAY ICE 10/11

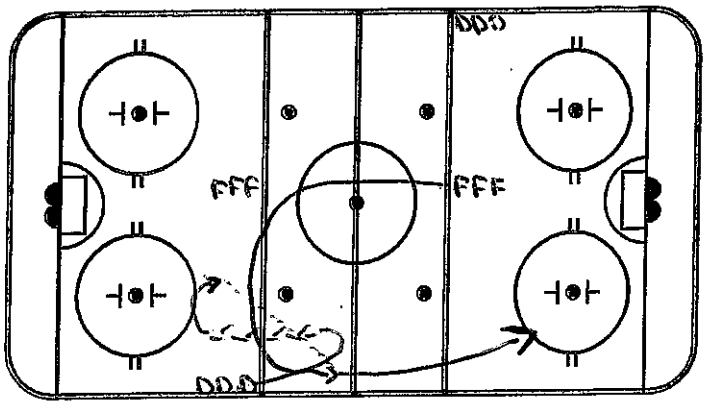
PRACTICE PLAN

TCE

Book - "Winning Every Day" by Lou Holtz

TIME DRILL NZ Quick Hit Transition

1. Forward and Defenseman from opposite bluelines start at same time.
2. F one touch passes with other line.
3. D up and back then step out to make pass to F.
4. Forward takes shot. D done.
5. Other side starts.



KEY TECHNICAL POINTS

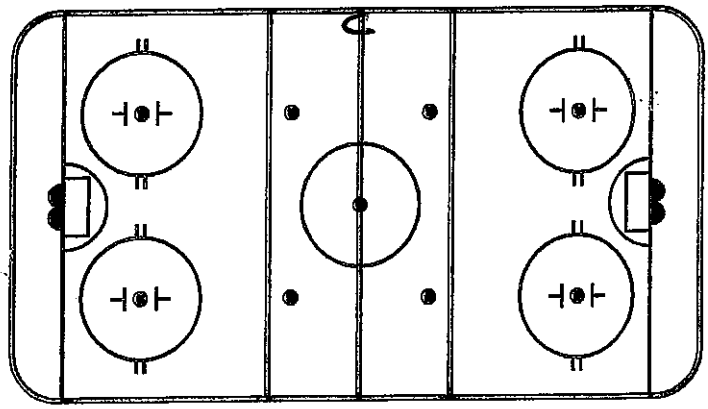
D moving feet.

KEY EXECUTION POINTS

F and D timing

TIME DRILL Power Play BO Warm up

1. Coach dumps puck in and calls breakout
2. Group BO and enter zone.
3. Set up in OZ. After shot coach spots 2nd puck or play original
4. Right away coach dumps puck into zone for 2nd unit.



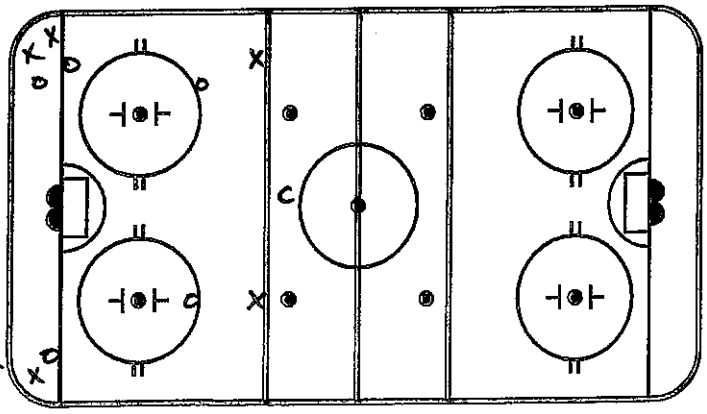
KEY TECHNICAL POINTS

KEY EXECUTION POINTS

TIME DRILL 4 Puck DZ

Coach blows whistle to start/stop each battle.

1. 1x1 in corner
2. 2x2 in corner
3. Coach pass to D. D to get shot F to block
4. Same as #3. Now everyone involved to play 5x5.



KEY TECHNICAL POINTS

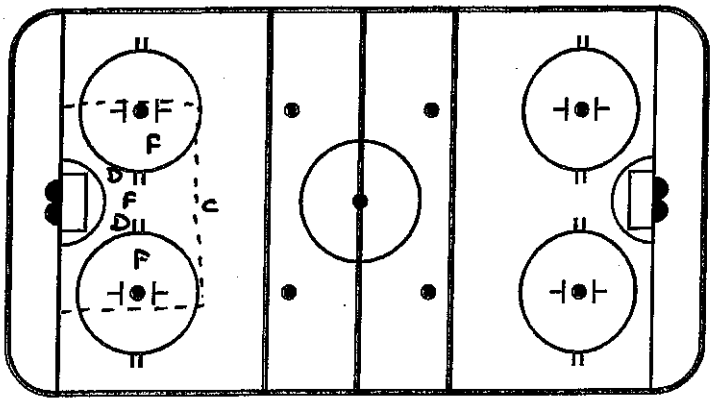
KEY EXECUTION POINTS

PRACTICE PLAN

TIME DRILL 5 puck Net Game

2 D vs 3 F

1. Coach pass pucks to forwards.
2. Coach blows whistle when puck leaves zone, goal, or goalie covers. New puck given to forwards.



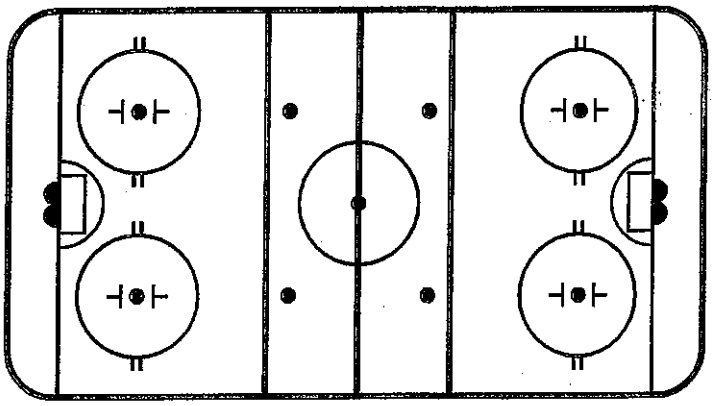
KEY TECHNICAL POINTS

0 goals - D win
1 goal - Tie

KEY EXECUTION POINTS

2 goals - Forwards win

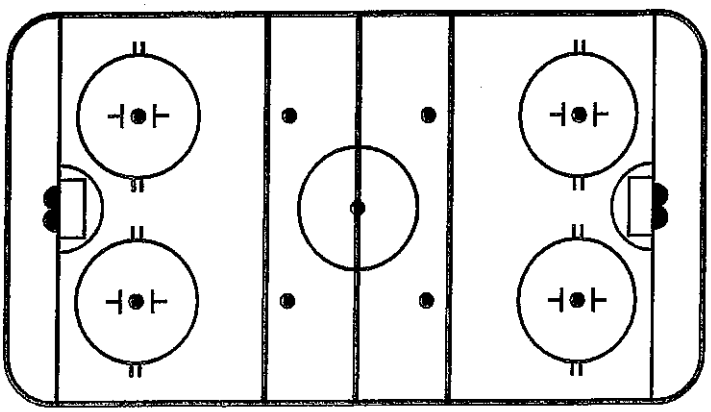
TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

TIME DRILL



KEY TECHNICAL POINTS

KEY EXECUTION POINTS

Practice Plan

Made with DrillDraw v6

Team: Sport D-97

Practice No.:

Date : 16.12.2010 **Time:** 18:45-20:00 **Duration:** 65

Version No.: **Prepared by:** Kai

Objectives / Main tasks :

HP/ maalinteko, syöttäminen.

Drill no. : **Duration :** **Minutes** **From :** **To :**

Categories

LAJITEK. OPETUS JA VIIHDE

maalinteko

Drill Title : Skating and Shooting

Components : Role 1

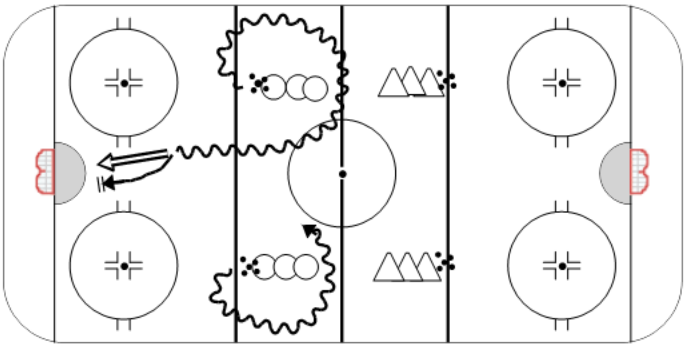
Content elements : offensive effectiveness

Description

Forward x2 both directions
face the net x2 both directions
360 x2
Backward x2

go to net and stop in front net even if you miss the net.

Key Points



Drill no. : 2 **Duration :** 10 **Minutes** **From :** **To :**

LAJITEK. KIERTO JA YH.TOIMINTA

syöttäminen/vastaanotto

Drill Title : 2-0 random passing

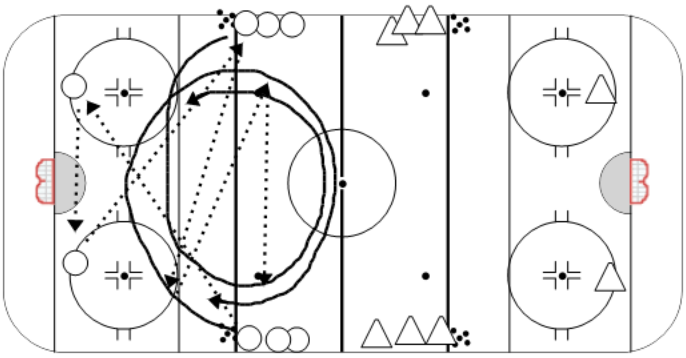
Components : roles 1 and 2

Content elements : offensive effectiveness

Description

- you can pass to lines or to moving players
- blade square to the passer, be readyto pass the puck quickly
- after you enter the OZ max. one pass and shoot
- first pass to the player who did not shoot.

Key Points



Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

PELITILANNE/JATKUVA

Drill Title : HP->PP/HAPP/PAHP/3v3 transition

muut

Components : roles 1, 2, 3 and 4

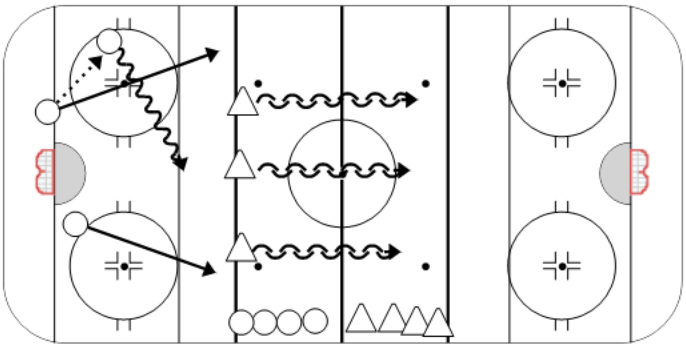
Content elements : attacking & deffensive readiness & effectiveness

Description

3 who defended attacks against new defensive trio.
Continious

attacking trio can forecheck under offensive blueline

Key Points



Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Categories

Drill Title :

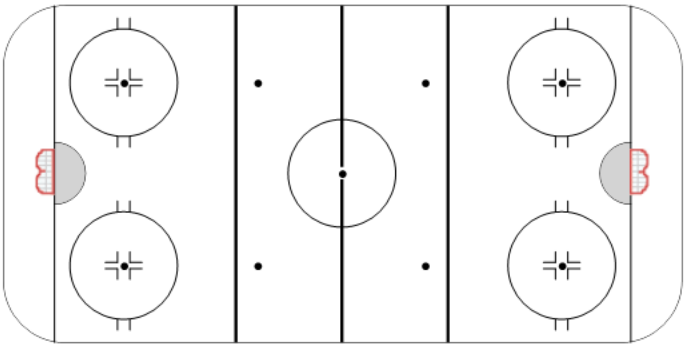
Components : roles 1, 2,3 and 4

Content elements :

Description

3v3 SAG tournament

Key Points



DAY:____ DATE:____/____/_____ TIME:_____

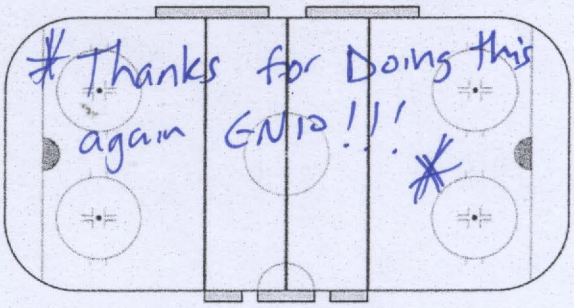
TACTICS: DRILL CLUB 2013 / 2014.

COLORS

DRILL: Team Building / Book / Quest. **TIME:**

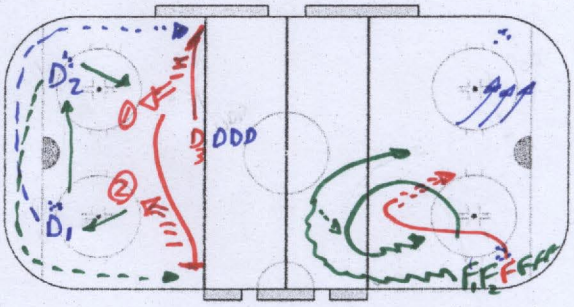
Book: "Heart Rate Training"
By: Roy Benson + Declan Connolly.

→ Heart Rate training allows coach to monitor intensity.
→ Also allows coach to individualize training programs



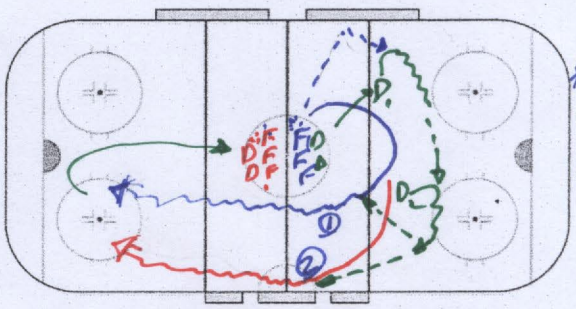
DRILL: Small Group / After Practice. **TIME:**

Defensemen: Rim / Shot
① D_1 Rims D_2 Stops and Shoots
② D_2 Rims D_1 Stops and Shoots *Rotate*
Forwards: Quick 2 ⇄ 1
① F_1 to middle + F_2 ⇒ over Blue / ONSIDE
② Return 2 ⇄ 1 vs F (F = GAP-UP).
③ Switch Sides for next.



DRILL: Team Skill / Man-up **TIME:**

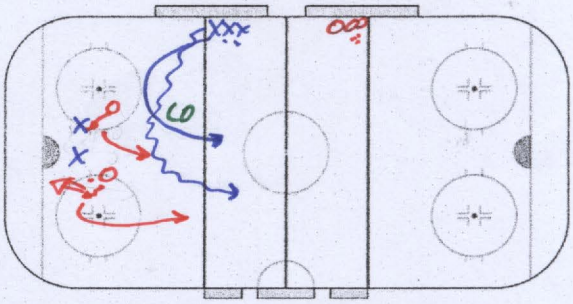
N. ZONE COUNTERS! (Puck / players middle)
A) F_1 Dumps to D_1 ⇒ D to D
B) F_1 supports middle for pass then shot
C) One D out New D in
Run also winger support + D ⇒ D ⇒ D
Both SIDES GO ON WHISTLE
Run ONE option 10 times then switch



SAME CONCEPT TO RUN ANY N.Z. COUNTER

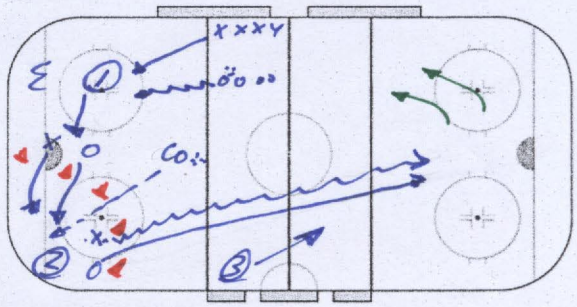
DRILL: OFF / DEF TEAM PLAY. **TIME:**

1 ⇄ 1 OR 2 ⇄ 2 OR 3 ⇄ 3 etc...
① 2 ⇄ 2 until whistle.
② 2 New X's under COACH Then BREAK
③ O's Now BACK-CHECK.
& Offense to DEFENSE TO DONE
*COACH MOVES and Dictates GAP between Offense and BACK-CHECK.



DRILL: Competitive Game / Drill **TIME:**

1 ⇄ 1 x3.
① 1 ⇄ 1 ON GOAL ⇒ Puck = offense.
② whistle ⇒ New puck and 1 ⇄ 1 in Contained area.
③ whistle ⇒ SAME PUCK ⇒ Break full ice to Score (Puck = offense).
PARTNERS keep score of all goals
* for reward / punishment *



Practice Plan

Team: DWC 2013-2014

Practice No.:

Date : **Time:** **Duration:**

Version No.: **Prepared by:** Kai Katajalehto Asst. Coach Vaasa Sport U

Objectives / Main tasks :

"Don't count the days, make the days count." Muhammad Ali

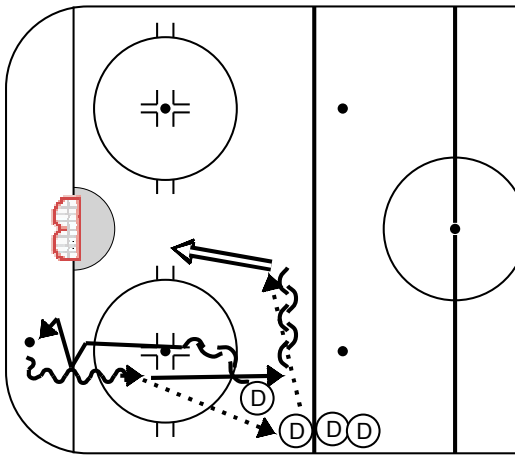
Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : D Break out pass and shoot **Category #1 :** **Category #2 :**

Description

Individual or small group skill drill

1. puck to corner
2. start backwards the turn
3. peek, deke, escape move
4. pass to blueline from skating
5. skate to blueline faceing the puck - shoot from the pass



Key points:

- check your shoulders
- move and pass
- escape
- onetimer

Drill no. : **Duration :** **Minutes** **From :** **To :**

Categories

Drill Title : NZ team passing flow x3

Components :

Content elements :

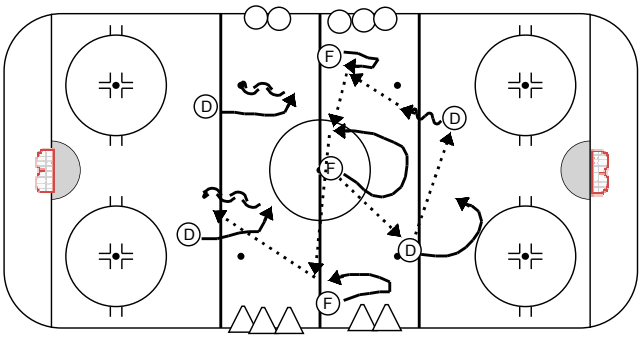
Description

TEAM SKILL warm up

3 x re-group then leave and new line in .

Key Points

- passing quality
- receive
- timing



Drill no. : **Duration** : **Minutes** **From** : **To** :

Team Play Drill

Drill Title : 2 vs 2 + jokers on "point"

Components :

Content elements :

Description

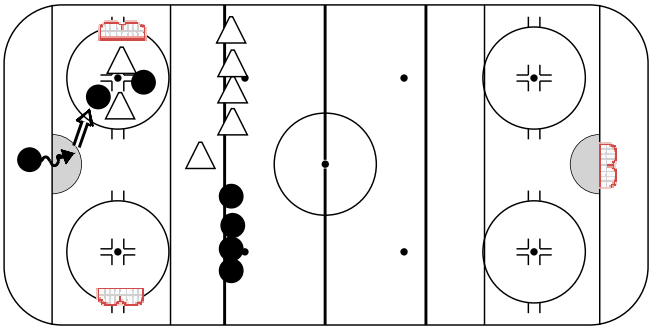
2vs2 + jokers on the "point"
- you have to pass to point when you get the puck
- point man can only move lateraly
- you can't defend the point man, play your 2 on in front of the net.
- play 20 to 30 seconds
- rotation: point man goes to play. from the blueline come partner for him and the new point man.

Key Points

Box out

Screen the goalie

Rebounds



Drill no. : **Duration** : **Minutes** **From** : **To** :

Title : Special Teams Game 4vs2 **Category #1 :** **Category #2 :**

Description

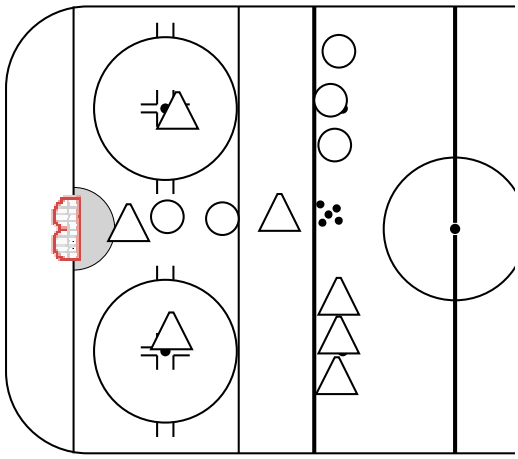
Game to develop competitiveness / and PP/PK principles

PP unit has 60 seconds to score as many goals as they can.

If PK pair intercept or win the loose puck they can not clear it out, but they have to hold on to it as long as they can (this forces the PP unit be first on loose pucks)

If PP scores, goalie covers the puck or the puck is out off the area the point man takes a new puck from the blueline.

keep score



Key points:

one timers

positioning (shooting lan

screen

sticks on ice

1/3

HI Enio

Here is my drills for Drill of the week club 2013-14

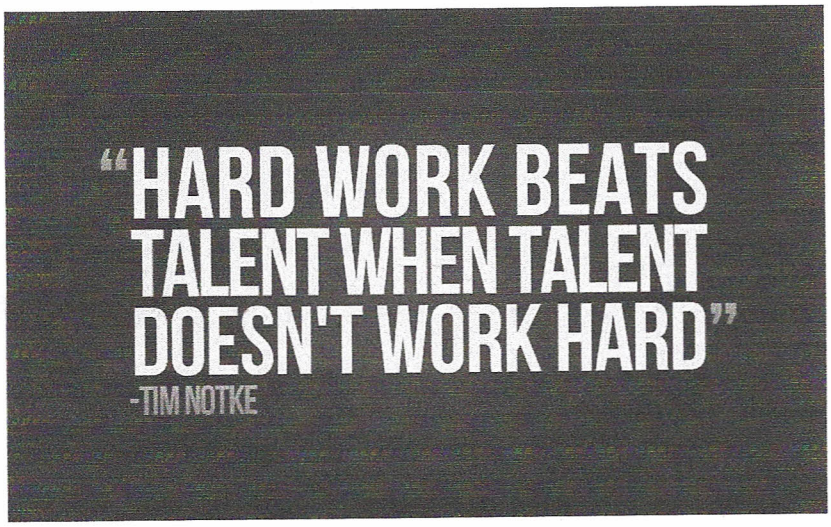
Have a good season all you coaches!!!!

Erik Vikstrom

Development Coach Esbjerg Ik Denmark

Serben18@hotmail.com

Favorite quote:



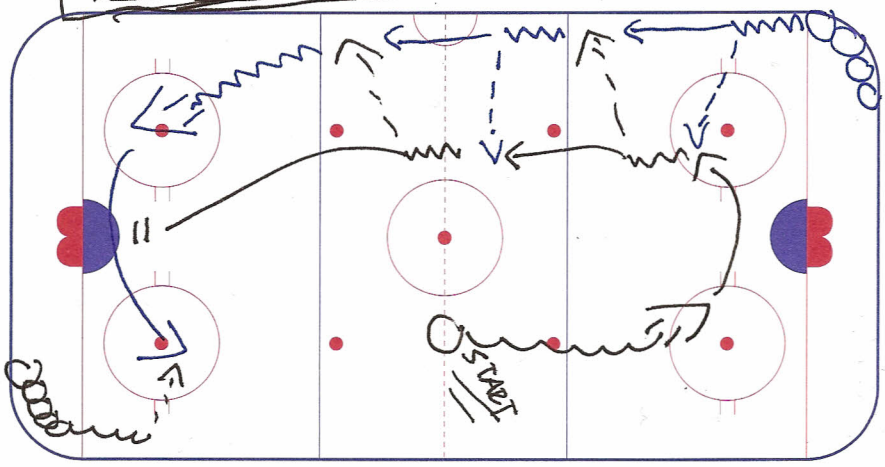
2/3

FROM: ERIK VIKSTRÖM

INTERNATIONAL ICE HOCKEY FEDERATION

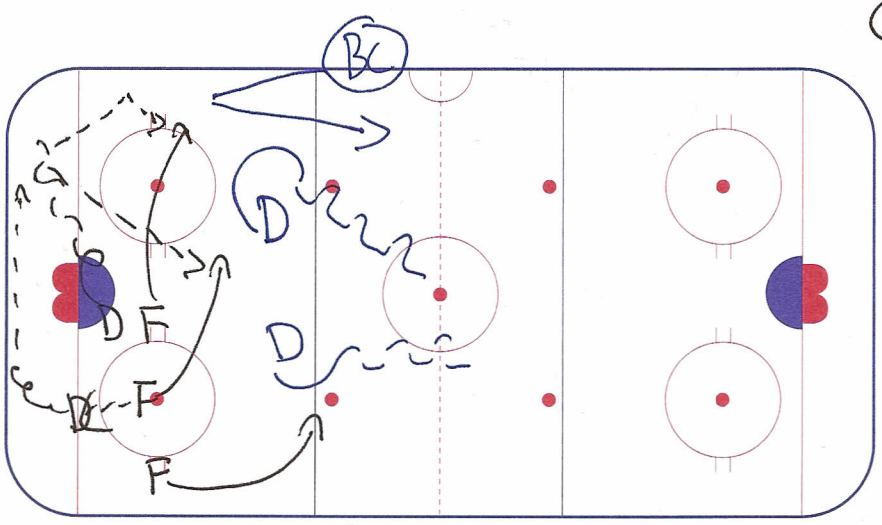
SPORT DEVELOPMENT PROGRAM

DRILLS: DRILL OF THE WEEK CLUB 2013-14



(A) WARMUP

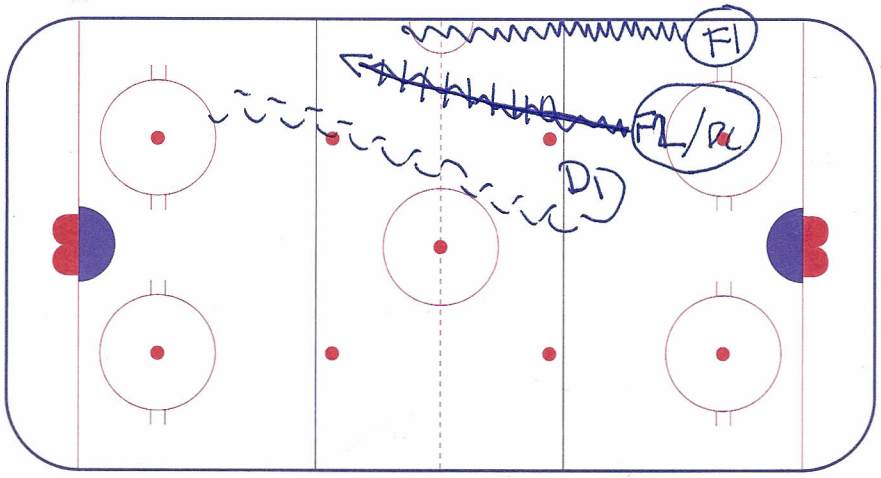
- TIMING
- GOOD PASS
- 1-0, 2-0, 3-0 } COMMUNICATION



(B) 3-2 QUICK BREAKOUT

- START: "WIN FACEOFF"
  D-D PASS
  FW: SHOW UP
  GO 3-2

ADD: BC FW AND PLAY 3-3



(C) 1-2

- PRESS ON PUCK
- GAP CONTROL
- TRANSITION IF D OR F WIN PUCK.

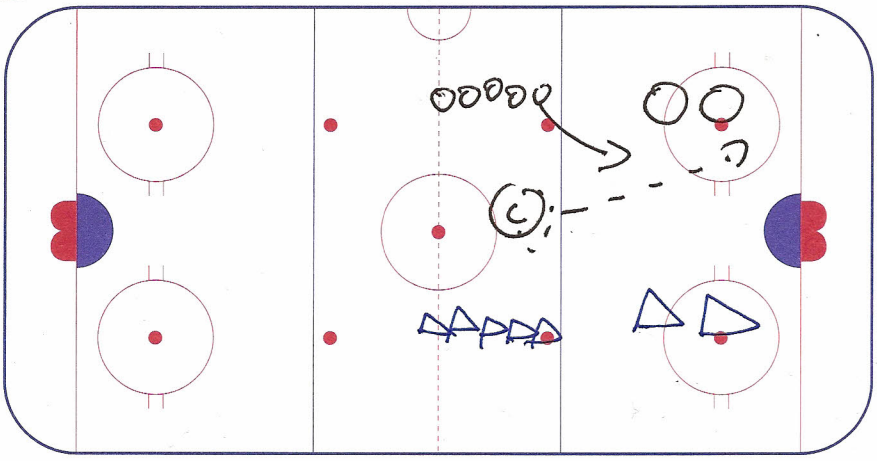
"Partnership for Progress"

FROM: ERIK VIESKRA

INTERNATIONAL ICE HOCKEY FEDERATION

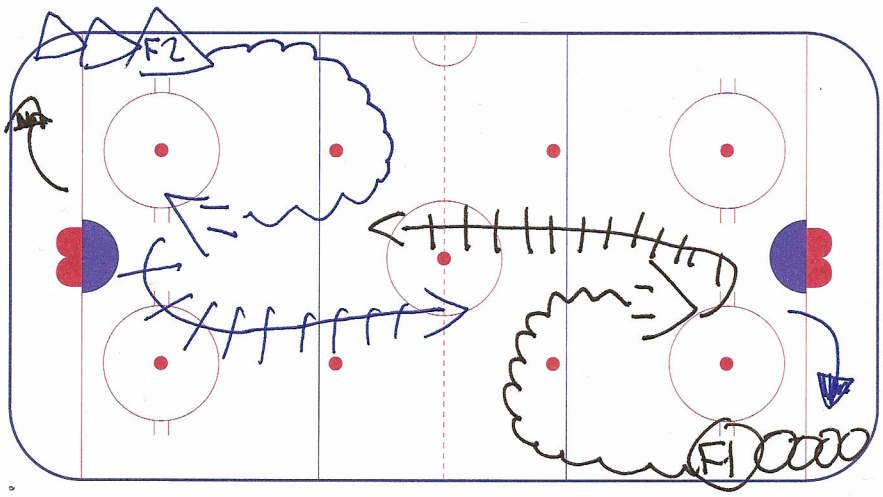
SPORT DEVELOPMENT PROGRAM

DRILLS: DRILL OF THE WEEK CLUB 2013-2014



(D) SMALL AREA GAME
- PLAY 2-2
- COACH CALL
  - 3-2 OR
  - 3-3 OR
  - 4-3 OR
  - 4-4 .....

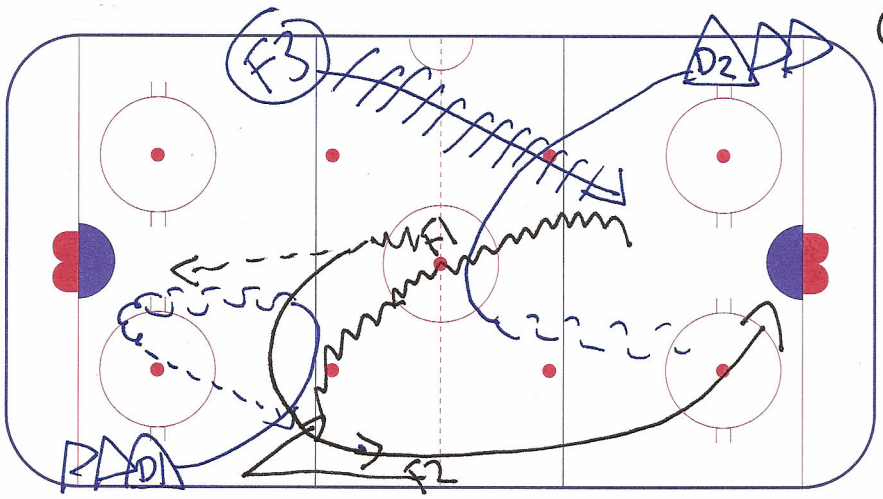
COACH DECIDED !



(E) 1-0+BC

- F1 SHOOT UP TO BLUE
- COACH CALL
- F2 START
- F1 BC

FLOW DRILL



(F) 2vs1+1BC

WHEN F1 OF F2 GO OVER REDLINE F3 START SKATE AND BC HARD HOME D2 STAY UP SUPPORT FROM F3

"Partnership for Progress"

Enio,

Thanks for the offer to participate on your Drill Club, and I will accept the invitation. I have attached 4 drills and also matched them by category right below.

1) Individual OR small group Skill Drill (Cutbacks and Soft Areas)
2) Team Skill warm up drill. (AIC 3-Pattern)
3) Offensive or Defensive Team Play Drill (Rolling Rushes)
4) A drill or game to develop Competitiveness. (Urgent 3v2 (10 sec))

My favorite hockey book is The Game, by Ken Dryden.

Thanks again and we look forward to receiving the weekly drills.

Gary

Cutbacks and Soft Areas

Works on developing low pressure with a cycle and cutback, ending with fighting for ice and finding soft areas in the slot.

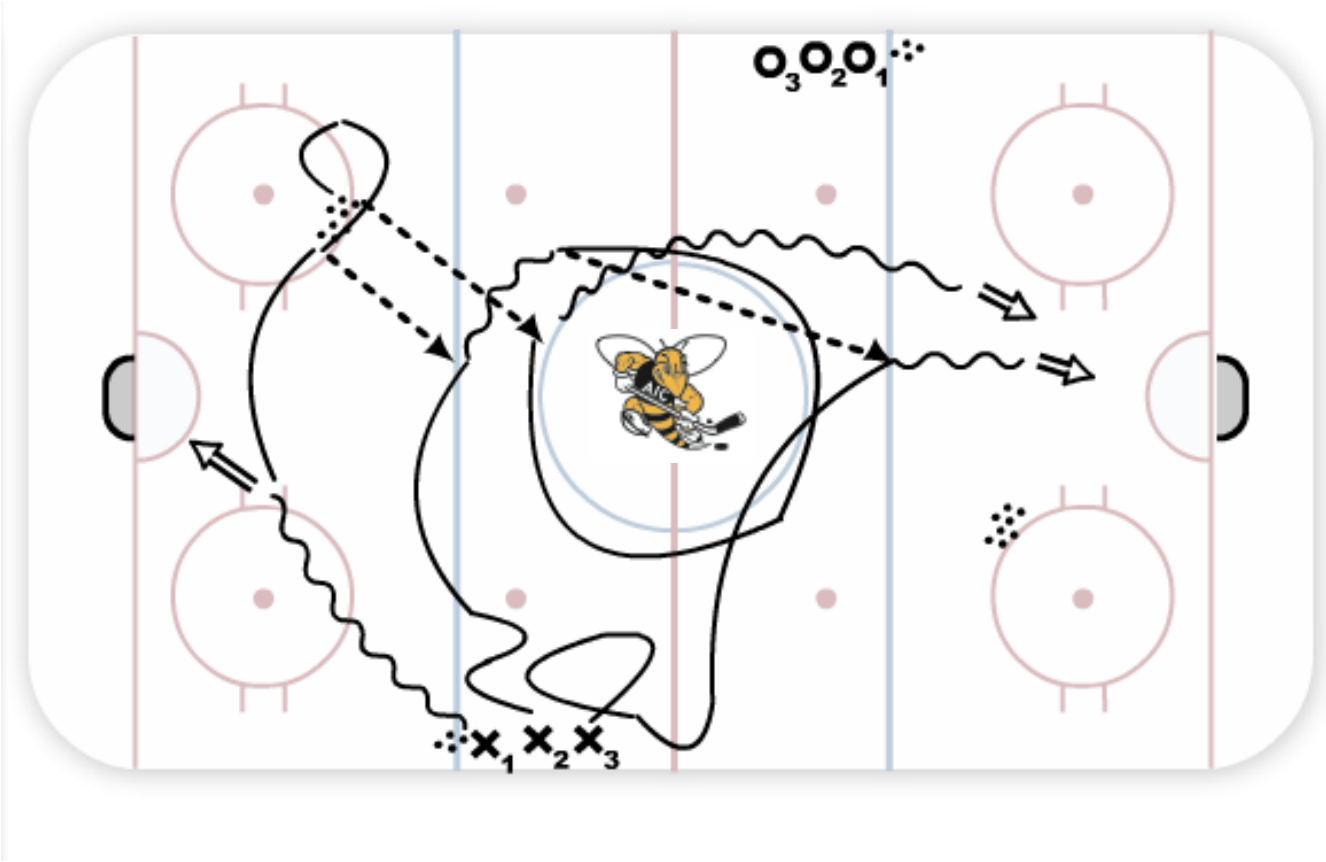
X pursues puck spotted into corner, then carries puck around net & makes a drop pass (reverse) to O. X continues around the line of O's to find an open/soft area. O takes puck behind net to original corner, does a cutback towards the boards to protect puck, passes to X, and gets to the net. X times his arrival to the slot with O's skate, cutback, and pass. Coach provides resistance as X gets open. Repeat from opposite side.

Submitted by: Gary Wright - American International College (contributions from Kyle Pobur)

AIC 3-Pattern

This is an early practice skill-type drill that especially emphasizes the principles of support and timing. Heads up with 6 players skating at once.

3 players from each line start simultaneously on whistle (diagram shows one side). X1 skates with puck, shoots, then retrieves 2nd puck above circle. Meanwhile, X 2&3 control/delay skate. X2 receives pass from X1, makes stretch pass to X3 for attack on net. X2 then skates center circle, receives another puck from X1, and attacks net.

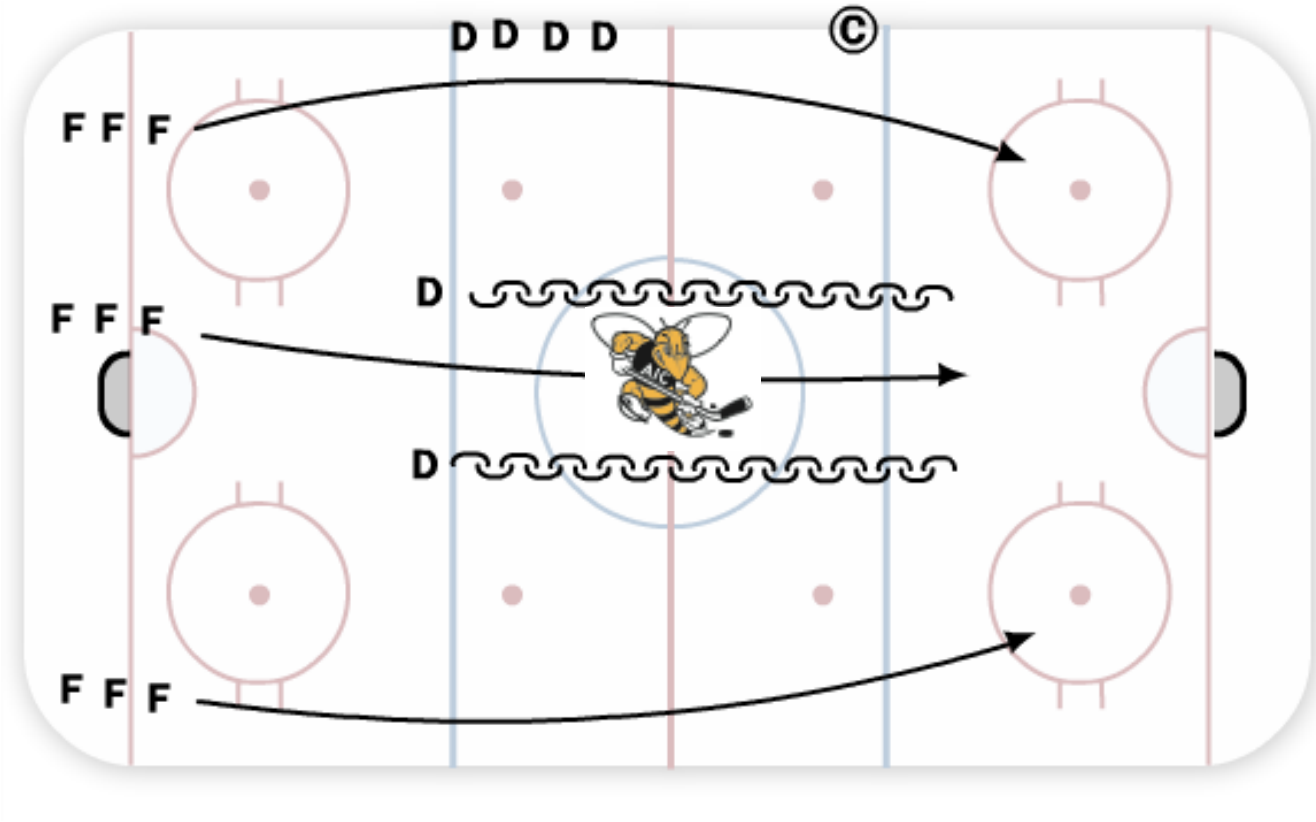


Submitted by: Gary Wright - American International College

Urgent 3v2 (10 sec)

This otherwise conventional drill is enhanced by the 10 second limitation, which promotes intensity, 2nd effort hustle, and loose puck retrieval. Players will find that 10 seconds is longer than they think. Competition aspect gets forwards communicating/strategizing between shifts.

On whistle, 3 F's attack 2 D's. When puck crosses red line, F's have 10 seconds to score. Whistle sounds at 10 seconds, F's/D's sprint back. Next group starts on whistle. Coach on bench watches for offsides, keeps score. F's (lines) = 1 pt for goal. D's/G's = Minus (-) for goal against.

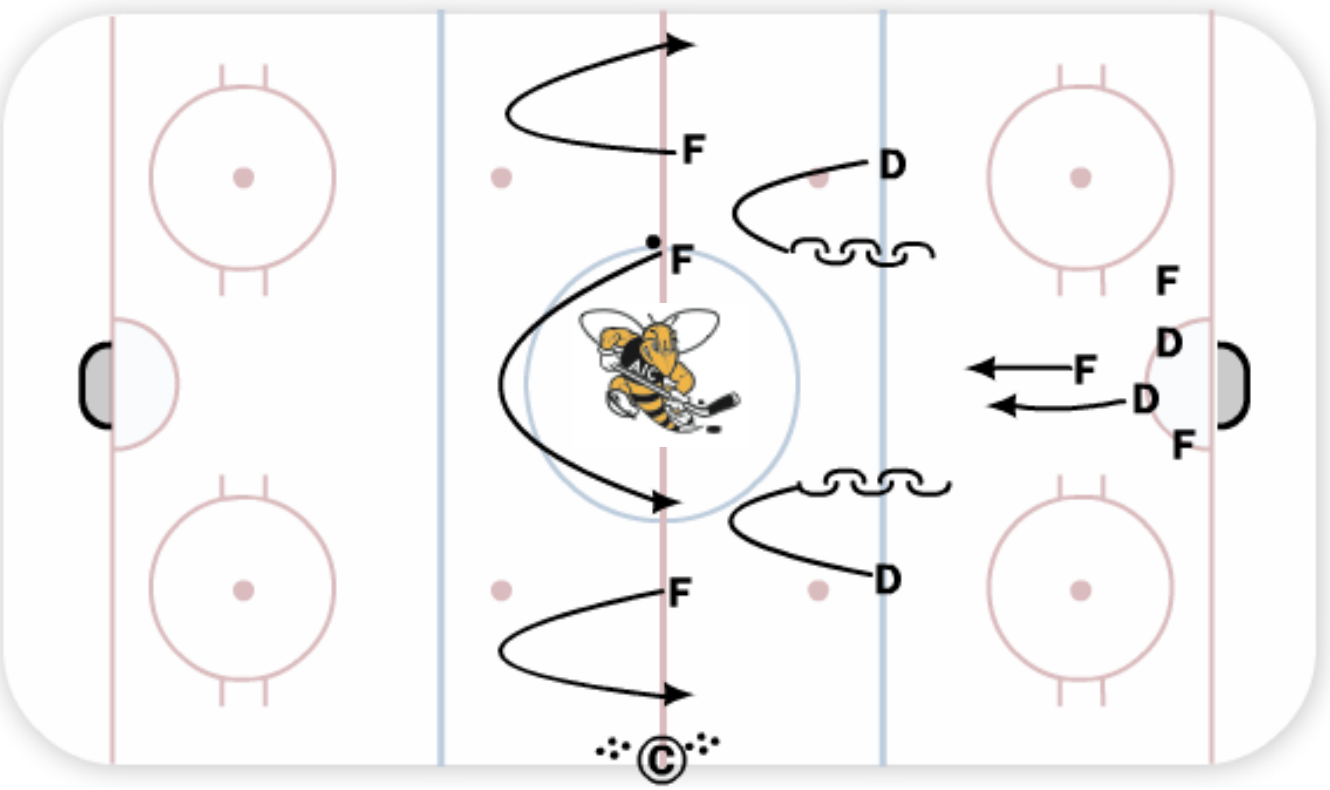


Submitted by: Gary Wright - American International College

Rolling Rushes

This full-ice rush drill emphasizes speed on attack. Attacking players should utilize the D joining the play while dealing with the added pressure of a backchecking forward.

3 F's start with puck on red line, D's on blue. On whistle, F's swing slightly as D gap up to play 3v2. As rush goes by, next group of F's/D's (from bench) quickly line up to go opposite direction. The next whistle signals: (1) New group starts rush in opposite direction. (2) High forward from initial rush backchecks that group. (3) 1 D from initial rush jumps up to make potential 4v3. Each following whistle triggers (1),(2),(3) to make for a continuous, fast paced drill.



Submitted by: Gary Wright - American International College (contributions from Kyle Pobur)

University of Notre Dame Hockey
Drill of the Month

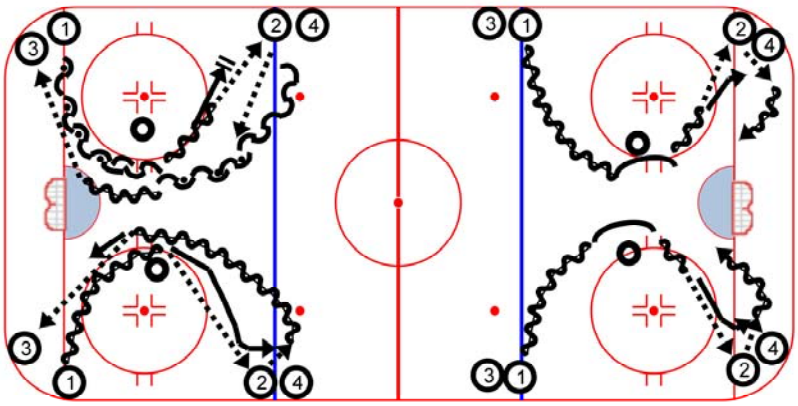
From Jeff Jackson, Head Coach

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Edge SEQ open ice **Category #1 :** Small Group **Category #2 :** Puck Possession

Description

Each station is done over-back-over.
Station 1: Power Turns (Player 1 carrier moves puck to next line at tire. Player 2 re-directs puck to area. Player 1 takes a good angle and retrieves puck on forehand. Repeat pattern back-over.
Station 2: Pull and Step Out (Player 1 pulls puck to tire and steps out. Explode 2-3 strides toward Player 2. Player 1 moves puck to Player 2. Player 1 tight pivot and back skate. Player 2 returns puck to forehand. Repeat pattern back-over.
Station 3: Heel to Heel Outside Edge Move
Station 4: Heel to Heel Inside Edge Move
USE WEIGHTED PUCKS.

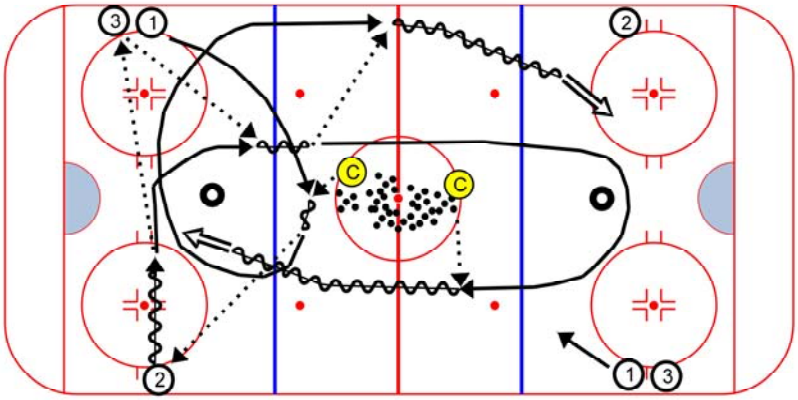


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : TIGER FLOW 2 SHOT **Category #1 :** WARM UP **Category #2 :** Puck Movement

Description

On whistle, Player 1 skates hard to center circle to retrieve puck that coach bumped to space. Player 1 quickly moves puck to Player 2 on wall. Player 1 continues to loop back to same side wall. Player 2 explodes on pass, three hard strides, then moves puck to Player 3. Player 2 cuts up middle lane. Player 3 returns puck to Player 2. Player 2 moves puck to Player 1 for wide angle shot. Player 2 loops around tire and receives 2nd puck from coach. Player 2 long middle shot. Both sides go at the same time.



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Categories

Attack Options

Breakout

Drill Title : Cunny 2 or 3 on 1

Components : G-set/breakout/neutral zone transiition

Content elements : Breakout/NZ offense/attack options

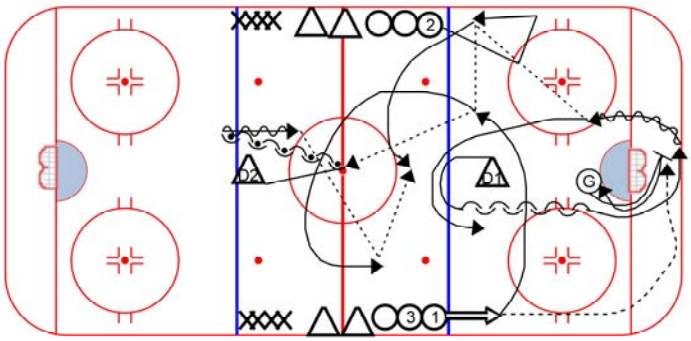
Description

O1 raps a puck for G stop (and set); D1 gaps up and pivots for breakout with O1 and O2; D1 to O's to D2, who has gapped up and pivoted in the neutral zone; D2 stretches and transition passes to O's who support and attack back on D1, 2 on 1; D2 tags the redline and then X's start the next rep.

Option: add O3 for a 3 on 1
Option: add 2nd D for goalie offset breakout and 3 on 2 rush

Key Points

- goalie touch
- communication
- offensive transition
- rush situations



University of Notre Dame Hockey
Drill of the Month

From Jeff Jackson, Head Coach

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Categories

Attack Options

Offensive Transition

Drill Title : 15 in 10

Components : attack options and situations

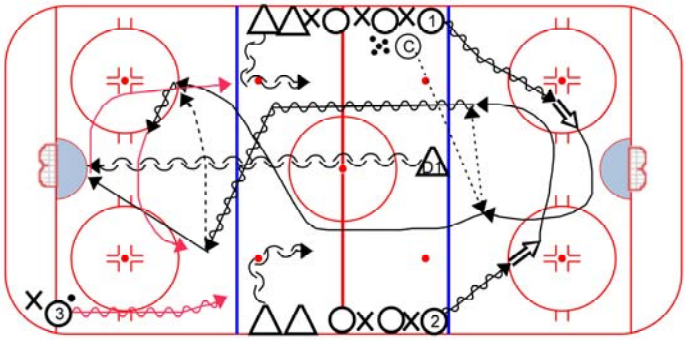
Content elements : 2 on 1/4 on 2/breakaway

Description

O1 and O2 shoot; C passes to O's to attack D1, 2 on 1 at the opposite end; O3 attacks the opposite end on the whistle; O1, O2 and D1 join O3 to attack 2D, 4 on 2; at end of the rush O3 gets a third puck from C for a breakaway at the opposite end; at the same time 2X's start the drill over with two shots.

Key Points

- attack options - rush
- offensive transition
- breakaways

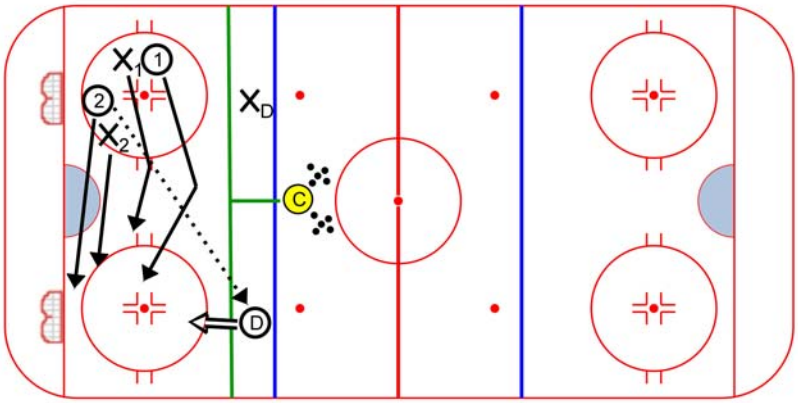


Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : 2v2 Net Front **Category #1 :** Small Area Game **Category #2 :** 2v2

Description

On whistle, Coach dumps puck deep inzone. X1 and X2 attempt to gain possession of puck and move it to XD posted at BL. X1 and X2 get to net front with XD looking for shot lane or sticks. O1 and O2 defend until they gain possession of puck. Again, O1 and O2 move puck to OD then get to net front. OD look for shot lane or sticks net front. X1 and X2 defend net front or block shot. Both D have to stay inside their box. Drill repeats.



Recommended Book

"Toughness" by Jay Bilas

OKOTOKS OILERS JR. A HOCKEY CLUB

Box 171
Okotoks, AB T1S 1A5
office (403) 995-2255 | fax (403) 995-2237
www.okotoksoilers.com

Okotoks Oilers - AJHL *@okotoksoilers*

Drill of the Week Club

1) One-Touch Warm-up
   - → Hands w/u
   - → Timing
   - → Quick release shooting

2) Hlinka Transition Fundamentals
   - → D Agility + puck retrieval habits
   - → F backcheck + middle transition support
   - → Shooting in stride + point shots w/ net traffic

3) Refundy
   - → Low DZ coverage, OZ offense below the circles
   - → Transition support vs pressure
   - → Attack off rush <u>or</u> OZ Fore-check

4) Circle Skill Game
   - → Creative + Fun passing / scoring skills game
   - → Good sticks on defense

Quote

"You + your opponent want the same thing. The only that matters is who works the hardest for it."

OKOTOKS OILERS
JUNIOR 'A' HOCKEY CLUB

Box 171
OKOTOKS, ALBERTA T1S 1A5

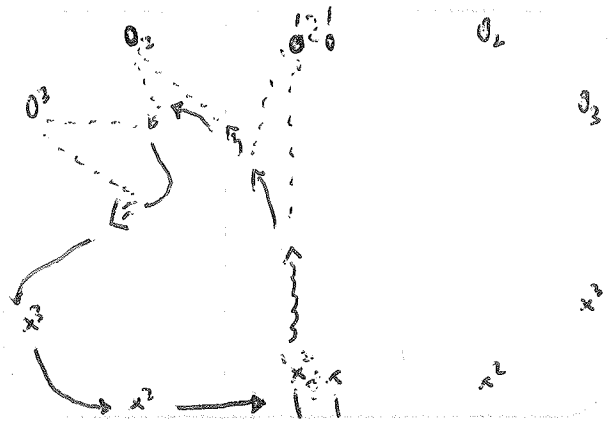
Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: One-Touch w/u

Both Ends - Half @ each end

- 1 player under goaline, in line w/ dots on each side (x^3 + o^3)
- 1 player on wall @ top of circles on each side (x^2+o^2)
- Rest of players @ Red on both sides (x^1 + o^1)
- x^1 pass to o^1, touch pass back, pass to o^2, touch pass back, pass to o^3, touch pass back



TIME: _____ DRILL: _____

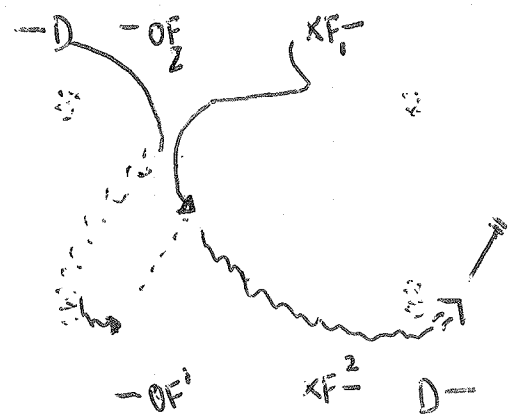
- Timing (not full speed) - set yourself up to recieve passes back @ good angles
- Open up in high slot after 3rd give + go
  ⇒ Quick release shot
- After shot - x^1 replaces x^3, x^3 replaces x^2, x^2 goes to x^1 line
- O^1 repeats passing to x^1...

TIME: _____ DRILL: Hlinka Transition Fundamentals

*Both Ends @ Same Time

*D on Opposite Hash, F's @ all 4 blues

- (Whistle) D up to blue, pivot backwards + retrieves puck at top of circles
- xF^1 backchecks inside dots to low middle support
- D hits xF^1 → drive wide, shot + stop @ net
- D repeats w/ xF^2...



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OKOTOKS, ALBERTA T1S 1A5

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DATE / TIME / PLACE: _____ FOCUS: _____

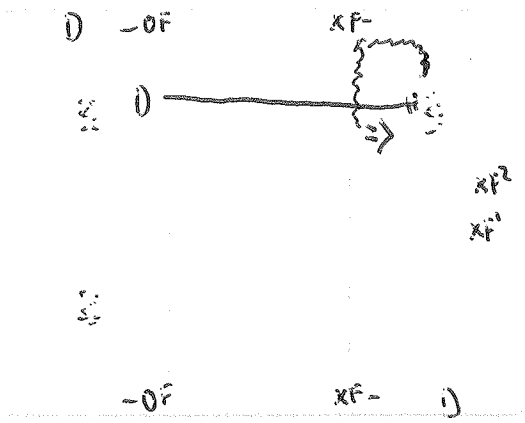
TIME: _____ DRILL: _____

- After 2nd pass + 2nd shot from XF2
  - → D follows up hard - retrieves puck, pivots to outside + back up to blue - slide to middle + shot with XF1 + XF2 @ net front

KEYS

D = Footwork, shoulder checks, good 1st pass, point shot w/ good feet + eyes up

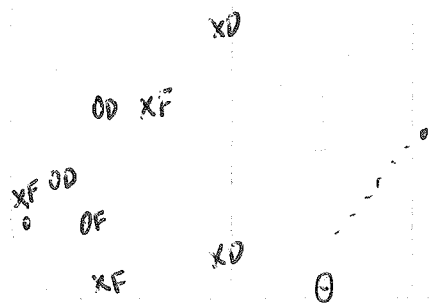
F = Backcheck thru middle, low + slow middle support



TIME: _____ DRILL: REFUNDY

5 man unit vs. opposition D + C

- → Drill starts w/ 3 v 3 low (offensive D on one knee)
- → Whistle
- → XD retrieve puck placed by coach, XF backcheck to good transition support
- → OF fore-checks XD, OD gap up in NZ
- → XD + XF transition back vs OF + OD ... Attack

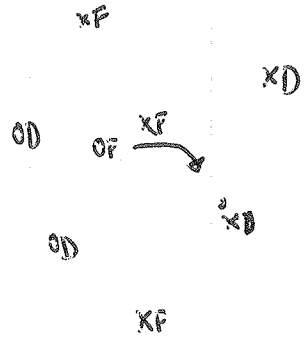


TIME: _____ DRILL: _____

* Can focus on fore-check or attack off rush after the regroup

KEYS

- Circle support in OZ
- DZ low coverage
- Transition support (Backcheck thru middle, hinge support)
- NZ angles (OF)
- OZ entries / Fore-check
- D vs rush with OF backcheck



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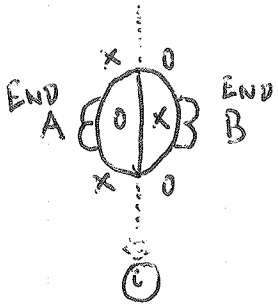
Phone: (403) 995-2255 Fax: (403) 995-2237

DATE / TIME / PLACE: _____ FOCUS: _____

TIME: _____ DRILL: Circle Skill Game

3 x vs 3 o
x's shoot on End A
o's shoot on End B
- (C) spots puck in circle
- All players must keep feet inside their zone
  - → Players inside circle must stay in their half
  - → Players outside circle must keep feet outside circle + can't cross red-line



TIME: _____ DRILL: _____

- → Sticks are able to leave their zone on offense or defense
- IF puck leaves playing area – (C) spots new puck

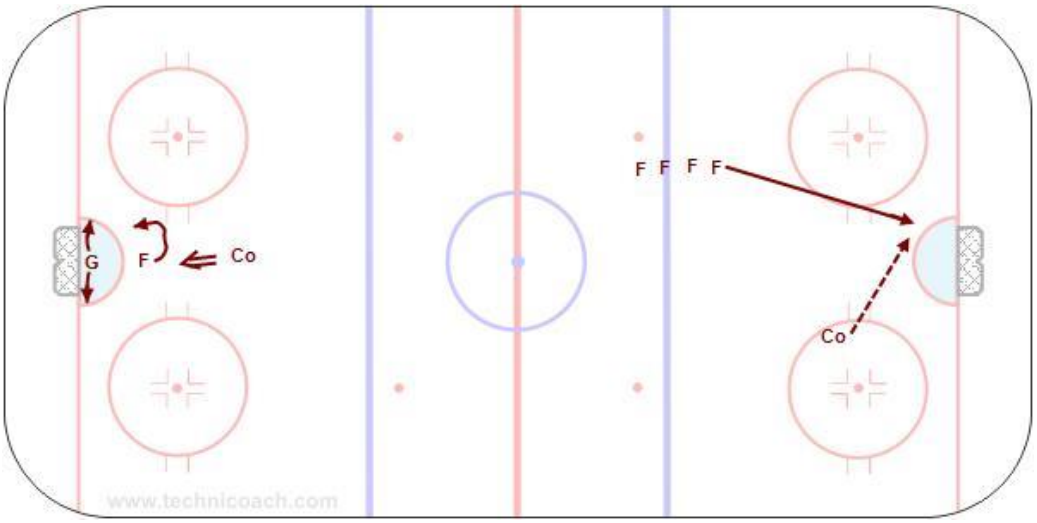
* Fun game to work offensive passing + scoring skills
* IF playing w/ full team or forwards only → can play kings court after goal scored or games up to 2 or 3 w/ losing team eliminated

TIME: _____ DRILL: _____

* Good sticks on defense

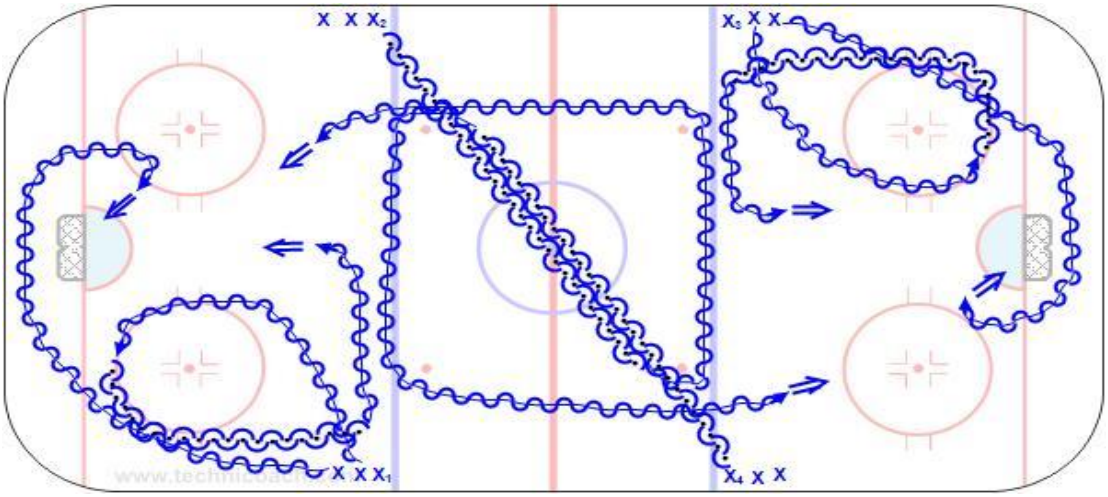
Jim Midgley Halifax Mooseheads
2013 2014 DWC

Screen Shots **Back Door Drives**



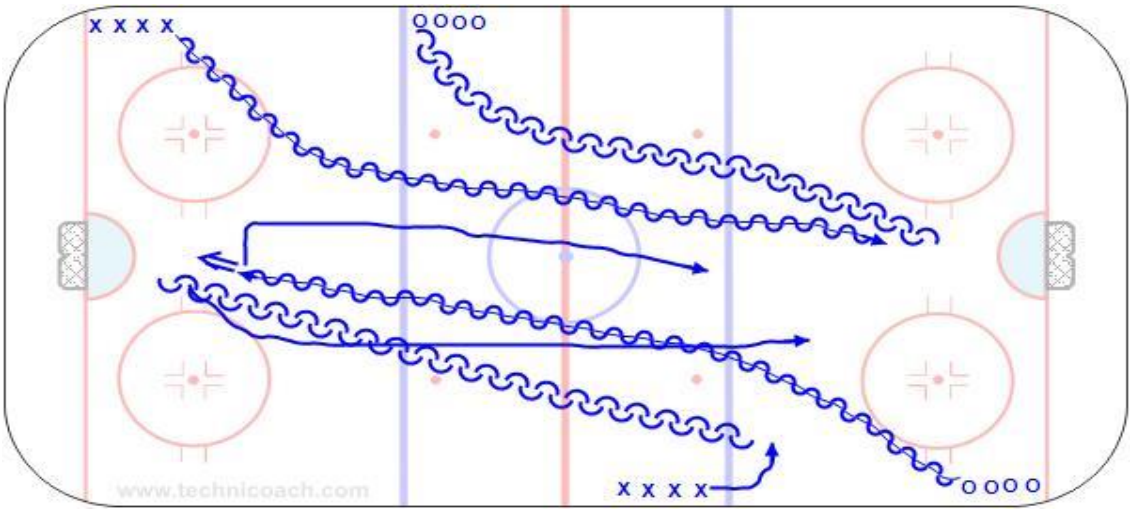
Screen Shots-Coach shoots through the player legs and player reacts to the rebound. You can add a tire also. Tire works well and player must react. Great drill for your power play net front forward!
Back Door Drives-Player drives hard to the far post. The coach makes a hard pass to the player. Player can take pass on forward or backhand.

Bemidji 3 Shot Warm-up



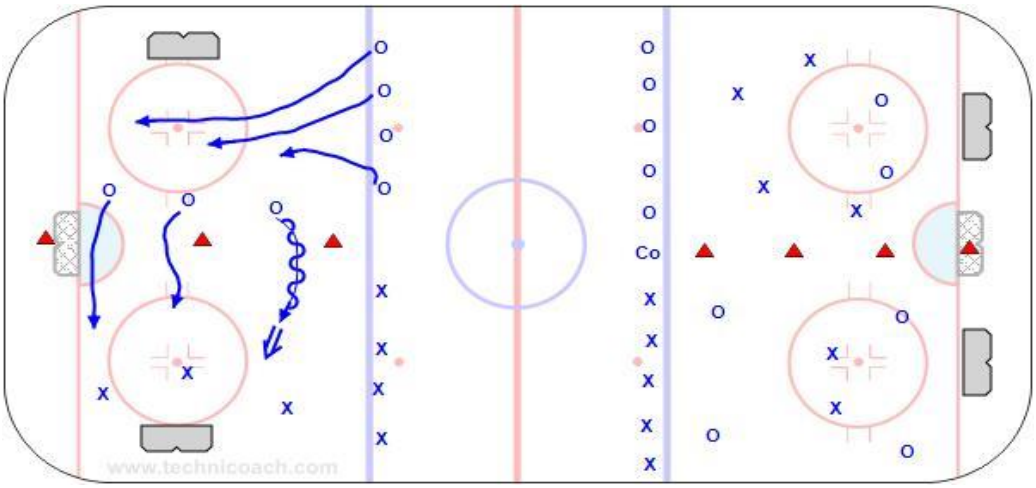
3 Shots at each end. First shooter is wrap around. 2nd shooter carry around circle for shot from top. 3rd shot thru neutral zone for shot.

1v1 – 2v2 CONTINUOUS



O attacks X 1v1. On C whistle, X attacks O 1v1 opposite way. Original X and O switch and join next rush. X now on offense-O on defense. Continuous, short whistle.

QUICK CHANGE/MAN ADVANTAGE SMALL GAMES



Quick change game is 3v3 low, when O breaks out, new O's replace and defend X's attack. Man Advantage game is the defensive side is trying to push puck across to team on power play. Cannot cross sides.

The key is not the will to win… everybody has that. It is the will to prepare to win that is important." ***- Bobby Knight***

Jim Midgley Halifax Mooseheads
2013 2014 DWC

Hi Enio

Here is my drills for the drill club.

My favorite quote is:

"when its obvious that the goals cannot be reached, dont adjust the goals, adjust the action steps! "

The drills is scanned so I hope you can read them.

Mvh/ Kind regards

Bjarne Lundh
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Career Hockey Support
Mob:076-199 77 47
bjarne@careerhockey.se
www.careerhockey.se
Your Career--Our mission

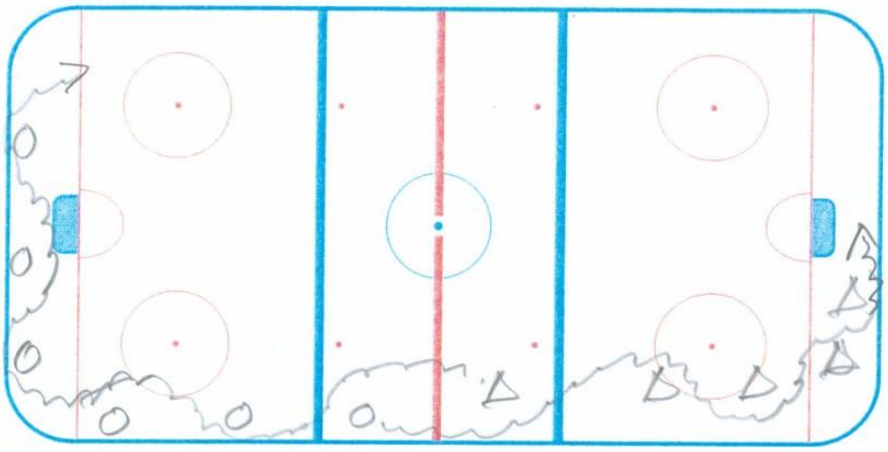
Datum: _____ Tid: _____ Ishockeytäning Nr: ____

Plats: _____

Tränare: _____

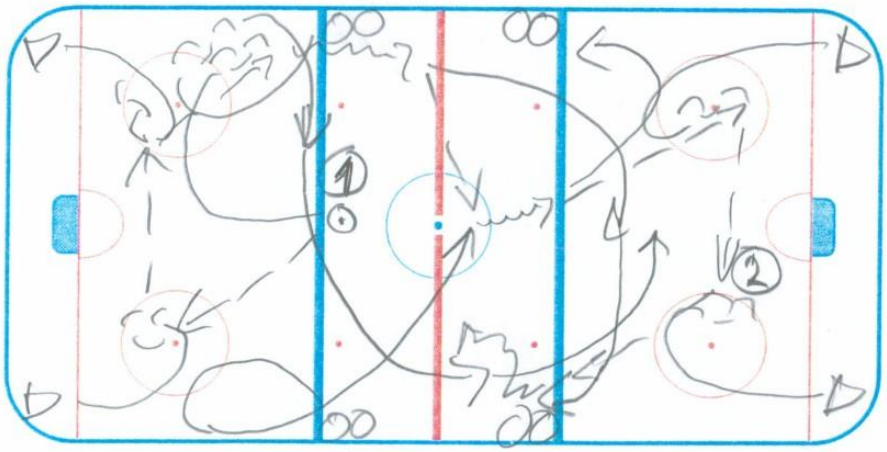
TRÄNINGSUPPSTÄLLNING

Målvakt	Målvakt	Målvakt

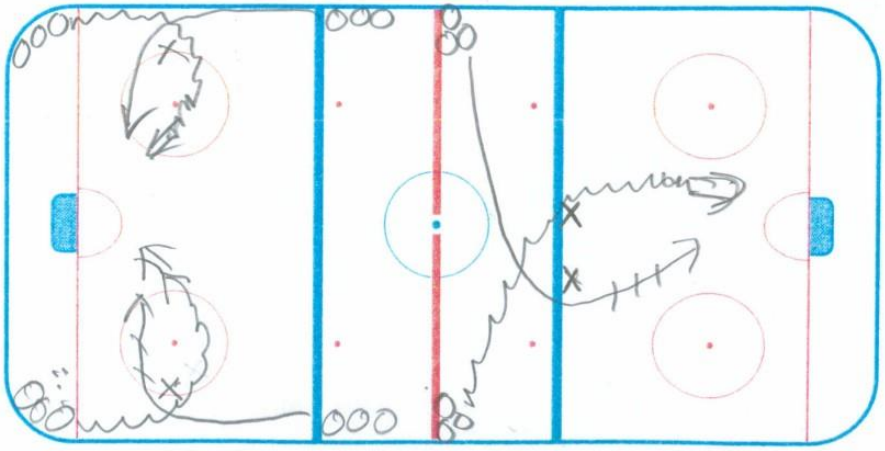


1 Team warm up

"The snake"
All players starts with puck.
All players scates against eatch other



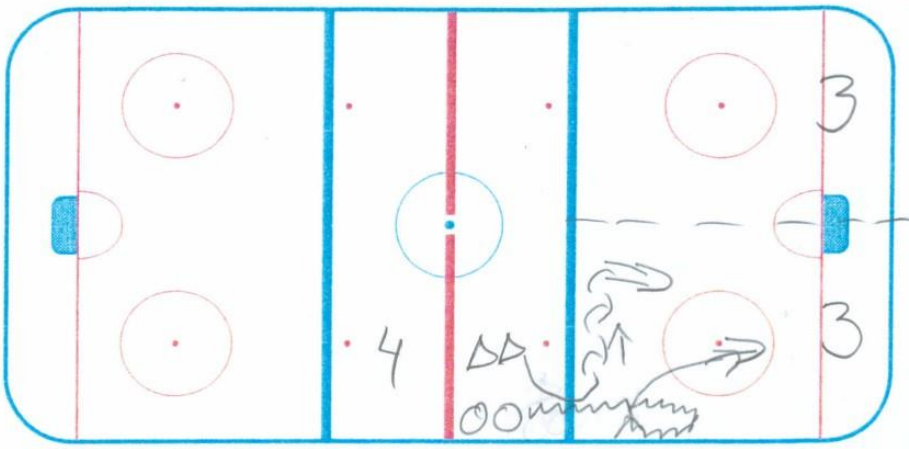
2) Break out 5-0.
2) Break out 3-2 back again your own d-mans



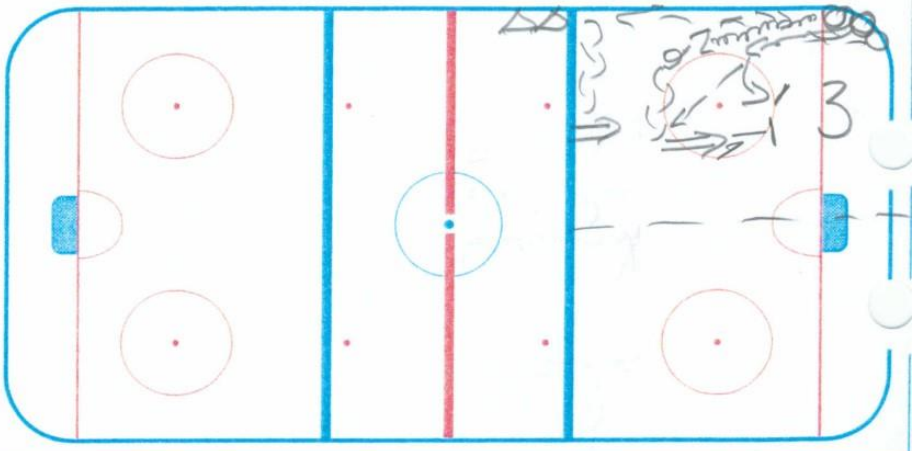
3. Compet drill
2 different Competdrills.

Beställ vår produktbroschyr Train & Game.
www.strålin-persson.se
Beställes av Strålin & Persson TEL: 023-350 60, 08-91 27 40

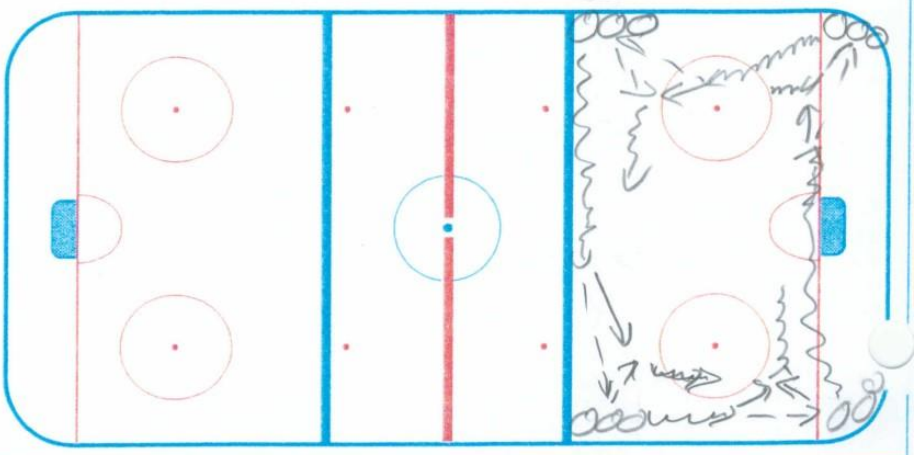
4 Small group Shooting drill
D-man shoots from the blueline
Forw puts pressure on the goalie and goes on the rebund



5 Forward shott pass to d-man who shoots from blue line and 2 forwards on goal fore rebund and put pressure on the goalie.



6 Passing drill
4 Starts at the Same time with pucks! passes back to the start.
3 passes/player.



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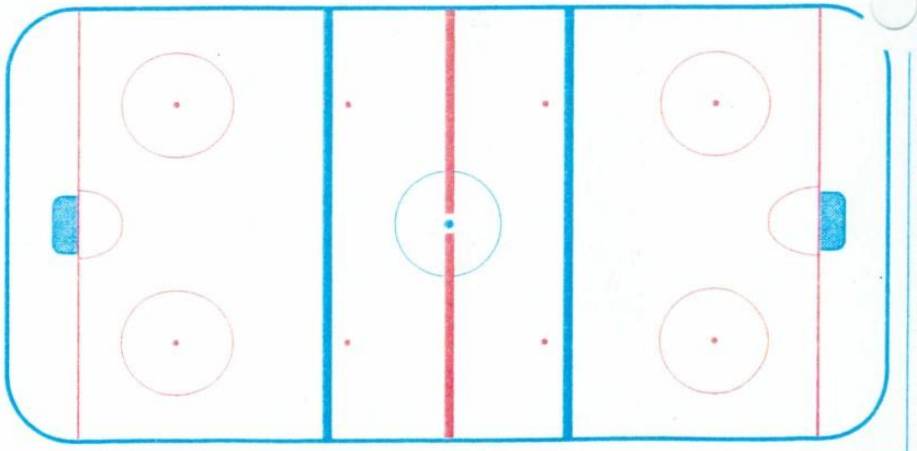


Noteringar

Practice Plan

Made with DRILLDRAW drilldraw.com

Team: Magnitogorsk Metallurg KHL

Practice No.: DWC

Date : 2013 **Time:** **Duration:**

Version No.: 1 **Prepared by:** Mike Pelino

Objectives / Main tasks :

Drill of the Week Club
1. Individual - Geno Shoot. 2. Team Skill - VIP Pass and Shoot. 3. Team Play - Marlie 2 vs 2 4. Compete - 2-1 Corner

Quote:
"Skill lets you play the game - heart and character let you be a player."

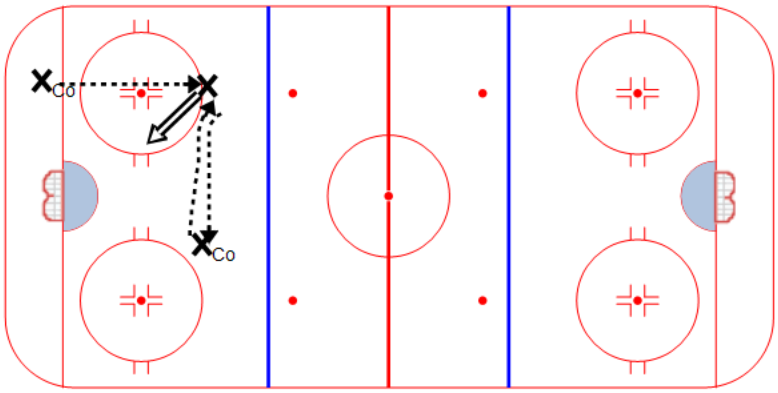
Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Geno Shooting **Content elements:** **Components :**

Description

Quick Release
- skill work on handling the puck (passing) and quick release shooting (one timer or quick release).

X1 is top of circle, Coach 1 other top of circle and Coach 2 below goalline. (can use players other than coaches as well). C1 passes to X1, X1 passes back. As soon as X1 passes back, C2 passes to X1 for shot. Repeat 5 to 10 times. X1 then skates all the way around the ice and sets up on other top of circle for same process.
Options - can put X1 anywhere and C1 C2 anywhere to diversify shooting.



Key Points : Quick release | Hit the net | Yell for puck | Intensity

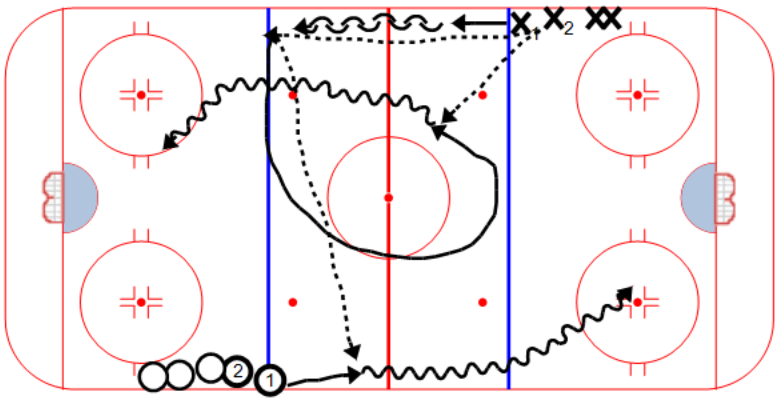
---

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : VIP Pass and Shoot (Mag) **Content elements:** **Components :**

Description

X1 takes off and pivots to backwards, along boards. Gets pass from X2 who is in same line. X1 opens up and outlets to O2 exploding off blueline. O2 drives in for shot. Same on other side with O1 passing to X2 who goes in for shot. Now X1 and O1 continue around centre ice circle for pass from original lines and drive in for shot.



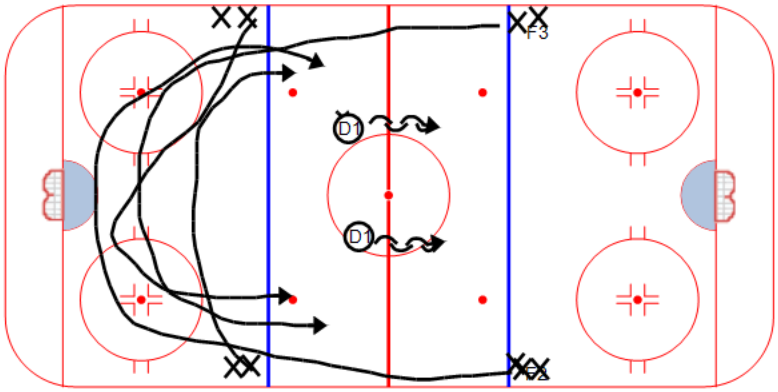
Key Points : Speed | Communicate | Shoot in stride |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Marlie 2 vs 2 2X **Content elements:** _____ **Components :** _____

Description

X's cross under blueline and go through top of circle. Can exchange puck or keep it. Attack D1, D2 2 vs 2. Attack plays out and on whistle, D1,D2 get back up ice for a good gap vs X3X4 from the other end who now cross the blueline and attack.



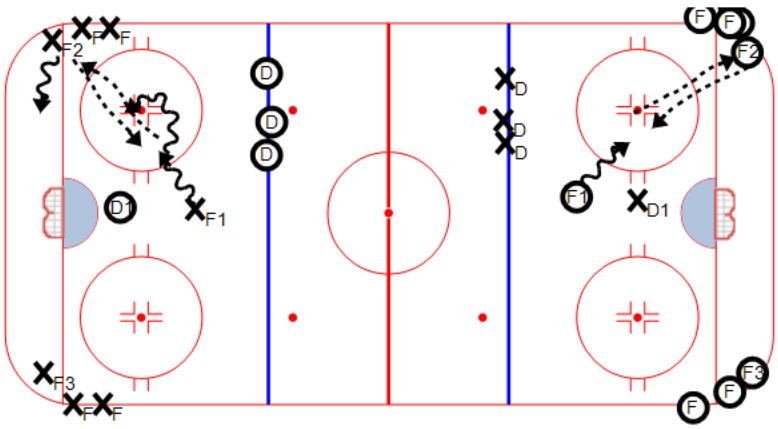
Key Points :	Gap	Speed	D get back up ice	F cross deep

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : 2-1 End Zone Corners (Mag **Content elements:** _____ **Components :** _____

Description

F's in each corner with pucks. D1 net front. Other D at blueline with pucks.
F1 starts net front and jumps to corner....gets pass from F2, gives it back and now F1, F2 attack D1...play continues until coach blows whistle (quick attack until puck is out of play) On whistle, F1, F2 get to front of net, D1 boxes out, D2 at blueline shoots. On whistle, F2 now jumps to F3 for a quick 2-1 against same D (D1 handles two 2-1's). Now after point shot, D2 jumps in to handle two 2-1's while F's continue to jump corner to corner.
Work both ends for 5 to 10 minutes (D at end A and F at end B are teamates and vice vers).Keep score.



Key Points :	Game like intensity	Attack net	Explode	Score

DRILL OF THE WEEK CLUB 2013-14

A Twitter quote I took from Rio Ferdinand of Manchester United:

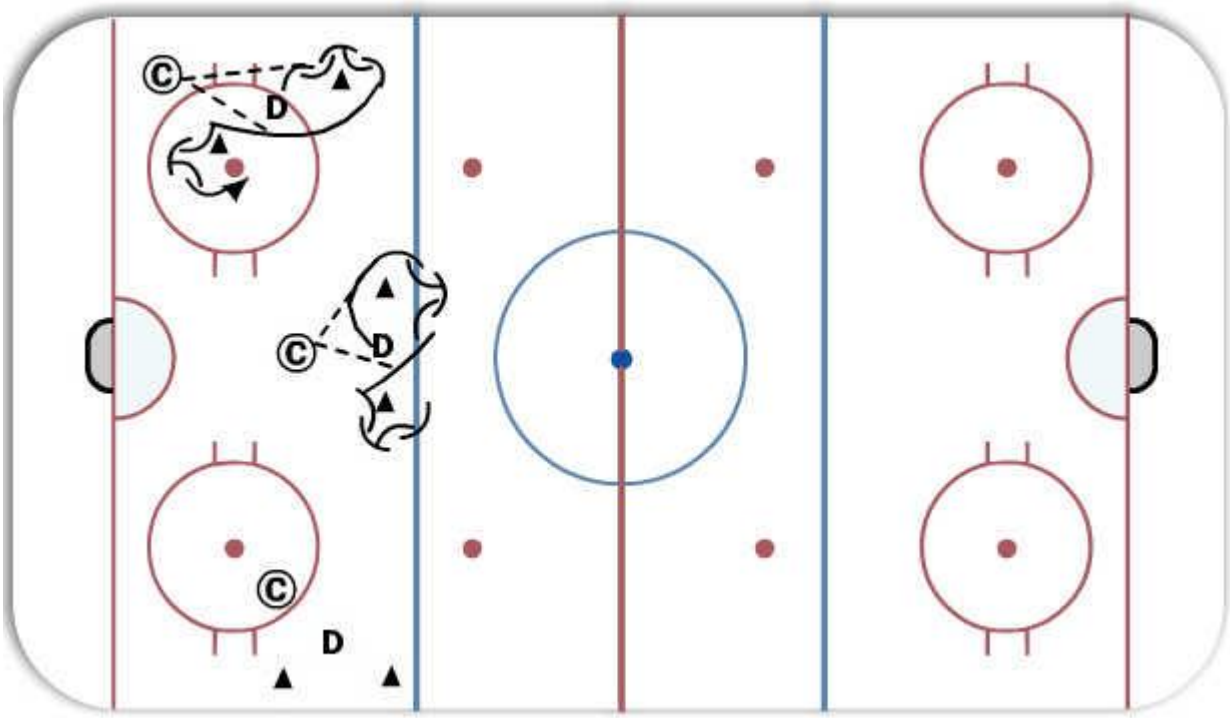
Rio Ferdinand
@rioferdy5

Having all the ability alone is not enough. You need the right attitude & work ethic to go with it.

5:25pm - 15 Sep 13

Have a great season,

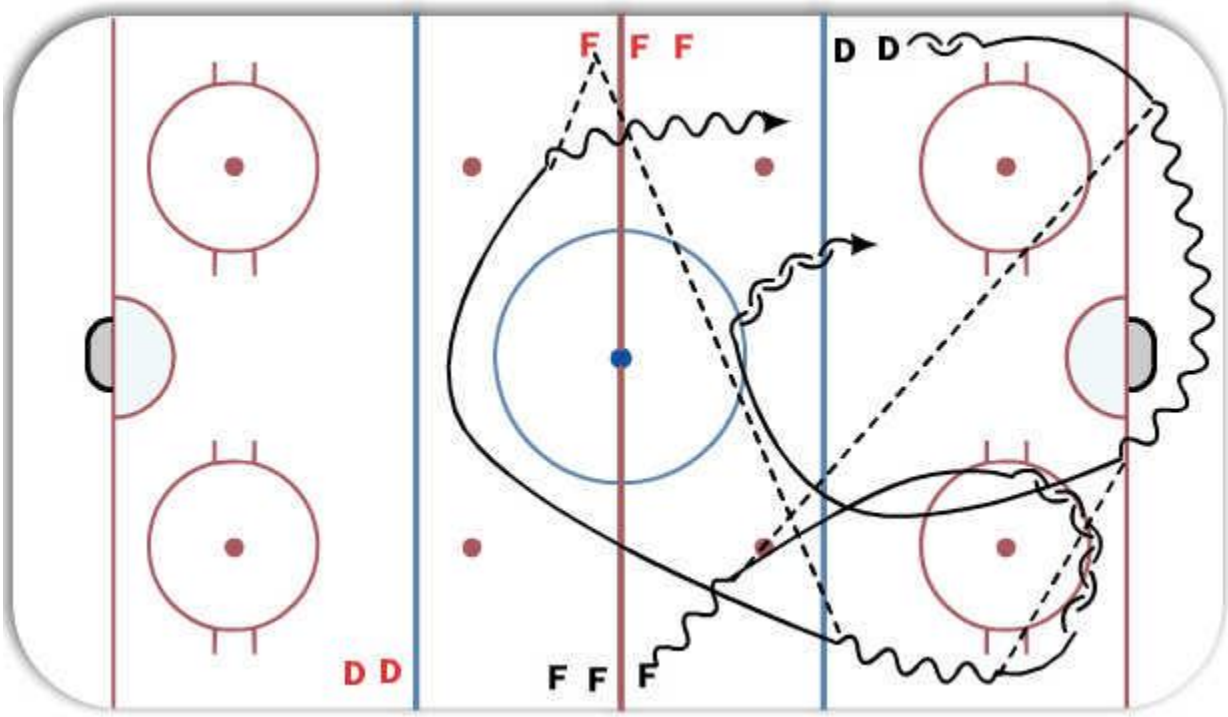
Stuart Wilson



DEFENCEMAN QUICK FEET

Description: Defenceman skates around cones always facing the coach. They exchange passes while doing this. Place the cones in different parts of the zone to challenge the Dman's mobility. Place cone close to blueline and make the Dman aware that he must keep the team 'on-side'. Also, place cone close to the boards to allow the Dman to receive and pass the puck while in contact situations

Key points: Use forehand and backhand passes. Pass to the Dman's skates to encourage their ability to control the puck in any tight situation.

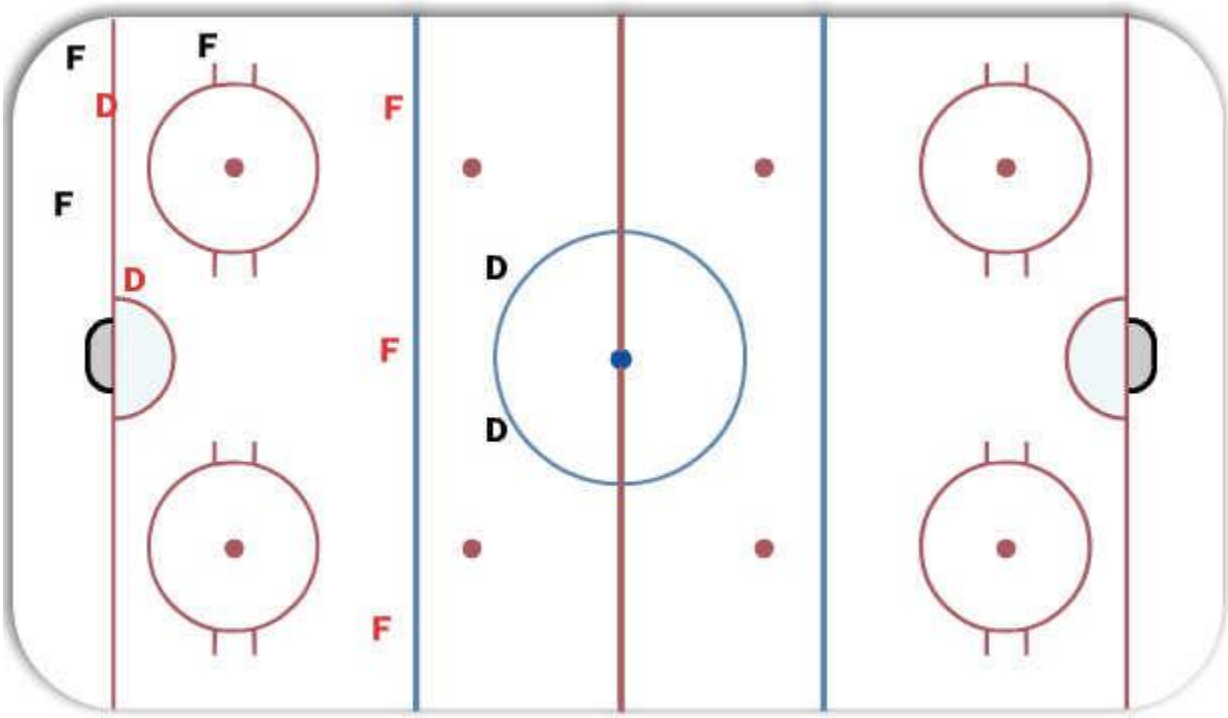


TRANSITION 1-ON-1

Description: F dumps puck in opposite corner. D backs up, turns, picks up puck and skates to the quiet zone behind the goal. F skates low into zone for breakout pass. F skates with puck into NZ and transition passes with F in other group. D skates up ice and plays F in a 1-on-1 on the way back.

Both ends go at the same time

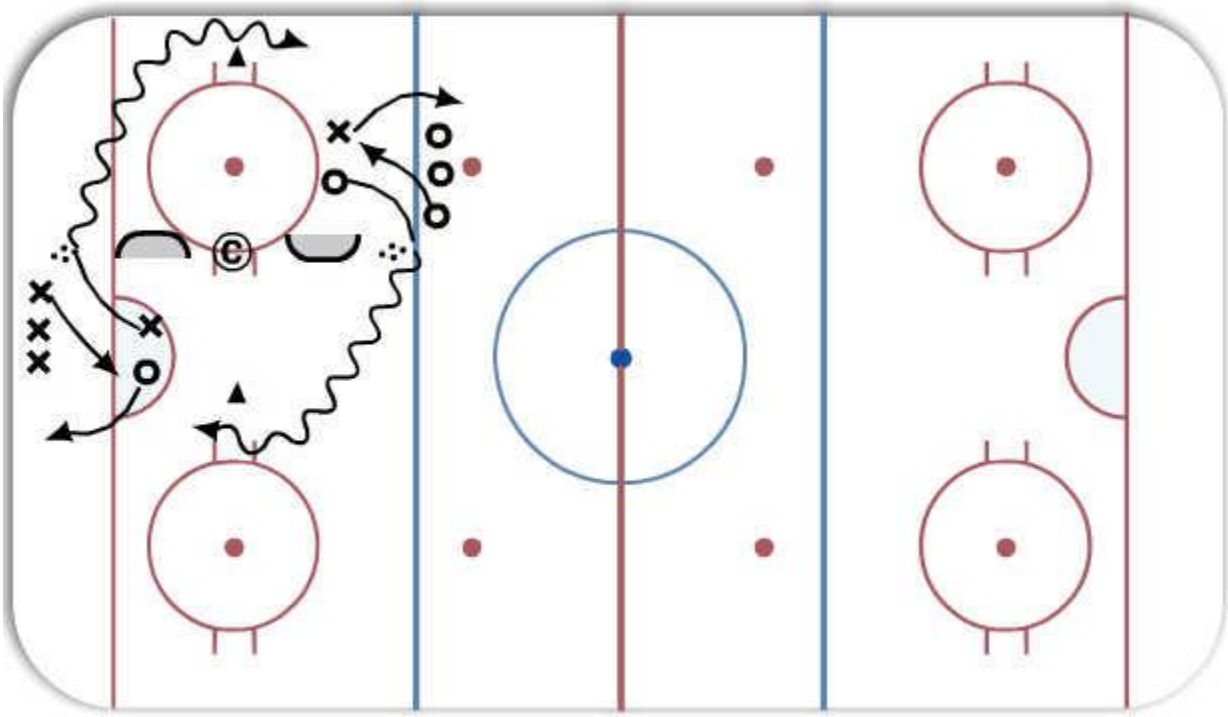
Key points: communication, speed, good passes, gap control.



3-ON-2 LOW, 5-ON-5 HIGH

Description: 3 black F play a 3-on-2 low against 2 red D. On whistle, 3 red F leave and attack 3-on-2 against 2 black D. the 5 low players must support as drill becomes a full ice 5-on-5.

Key points: Good offensive and defensive understanding, communication.



SAG TRANSITION 1-ON-1

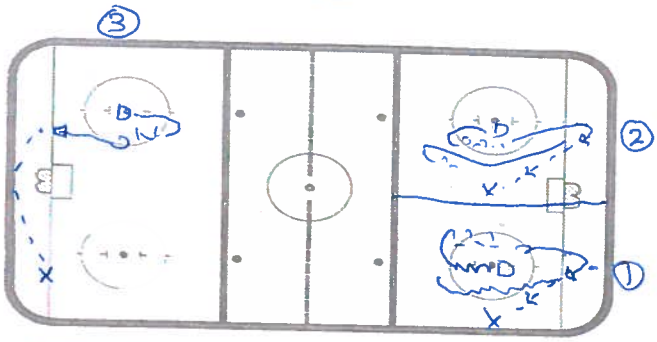
Description: Players play 1-on-1 as shown. On coaches whistle, the defensive players pick up a puck and become the offensive players on the other side. A new player from each line becomes the defensive player.

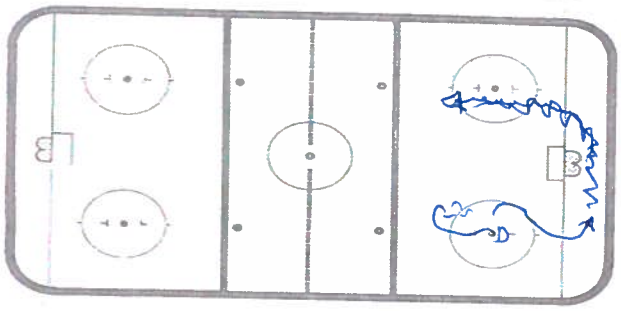
Drill can also be played as a 2-on-2

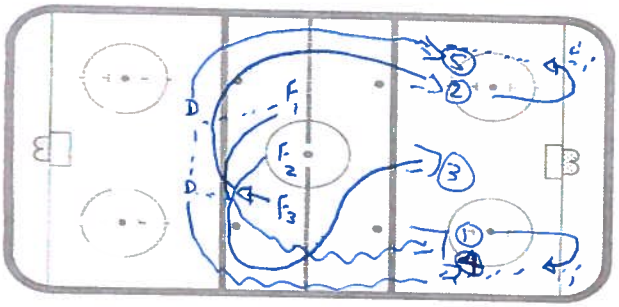
Key points: offensive and defensive battles, quick feet.

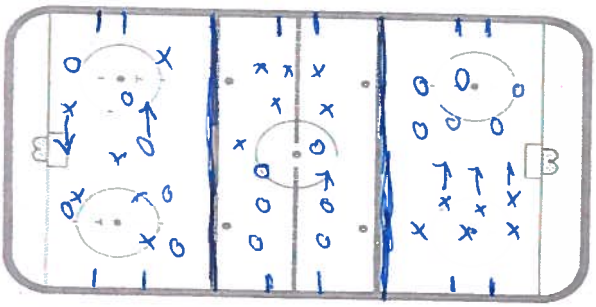
Murray Nystrom *mnystrom@brocku.ca*

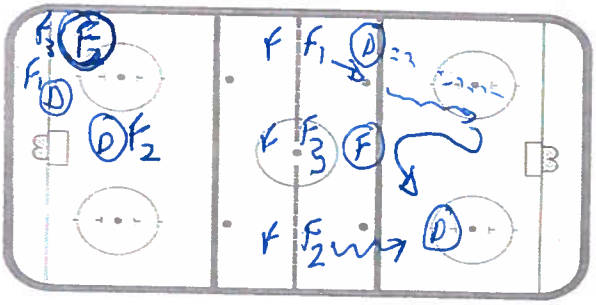
DRILL OF THE WEEK











QUOTE

"One of the things I've done well over the years is manage change. I believe that you control change by accepting it."
Sir Alex Ferguson

SKILL DRILL

Puck Retrieval Sequence for D

D jumps to top of circle, pivots, back peddles then turns to retrieve puck. Quickly outlets to X, then follows pattern to top of circle again. D executes 4 consecutive retrievals
Outlets can include:

1. quick up (strong side)
2. middle lane
3. board pass to weakside of net
4. weak side outlet

Alternate sides

WARMUP DRILL

Lobby's Shooting Drill

Each forward "regroups' with D pairing before attacking a different shooting lane

D follow up to offensive blueline, receive pass from F out of corner. D make partner pass then shoot. Alternate forward retrieves puck out of opposite side for second D shot.

SMALL GAMES DRILL

Boot Hockey Tournament

Divide ice into to 3 cross ice surfaces.
Divide your team into 6 teams of 4 (or whatever works for you!).
Include your goalies . . . NO GOALTENDING
Play 2 minute games. Tie games go to the team that scores first.
Rotate counter-clockwise.
Use "whatever" to create nets approximately 1 metre wide.

Top two teams play in the championship game
Third and fourth place teams play for bronze
Fifth and Sixth place teams play in the Toilet Bowl.

OFFENSIVE DRILL

Badgers Buildup

Both directions on the whistle
F1 attacks D1
Once whistle blows to end one on one, F1 must "find" F2 and support him offensively to create a 2 on 2.
Next whistle ends the 2 on 2. Both F's must "find" F3 to support him offensively and attack 3 on 3

Note;
Third defending player is a forward to simulate DZC.
The third defender can be eliminated to create a 1 on1; 2 on 2 then a 3 on 2 sequence.
All three scenarios are short in duration to emphasize a "quick attack" mentality.

Practice Plan

Team: Drill of Week 2013-14

Practice No.:

Date : 22.10.13 **Time:** **Duration:**

Version No.: **Prepared by:** Peter Russell

Objectives / Main tasks :

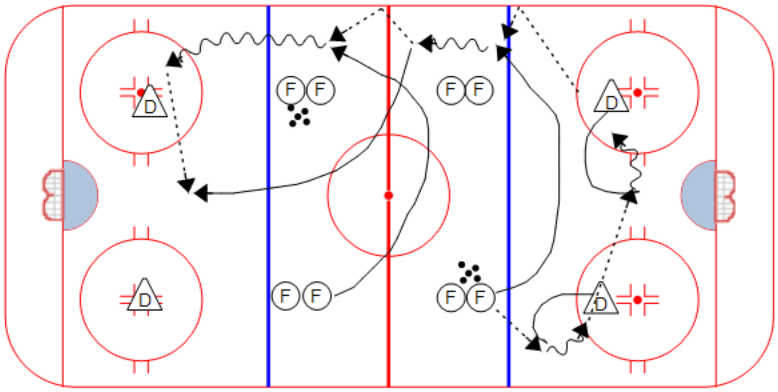
Transtion - Indirect Plays Under Pressure
Chip and Support Drills - Skills and Tactics
Breakout - Support
Active Defence in Rush
(2 v 1) Cross Ice Offence 'Scoring'

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : EJ - Double Chip **Content elements:** **Components :**

Description

F chips puck along wall, D comes down collects puck & passes to partner who is in hinge support. He skates towards wall & gives an indirect pass to 1st F who then makes another chip off the wall to the 2nd F.
The two forwards will then attack the net 2 vs. 0, both sides at the same time.



Key Points : | Communication | Controlled Skating | Head on a Swivel | Quick Board Chips |

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Breakout v (1-1) Pinch **Content elements:** **Components :**

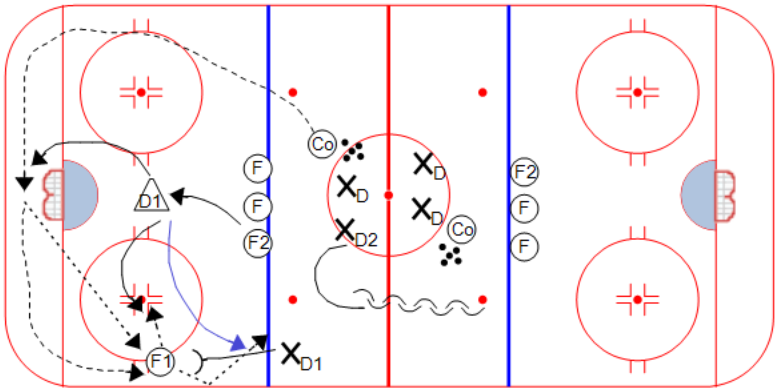
Description

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.

On rim XD1 may step across blue to pinch on F1.

F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all. Then F2 plays 1 v 1 against XD2.

XD1 must vary his pinch pressure so forward must read the situation each time.



Key Points : | Be Ready | Decision Making | Communication | |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Breakout v (3 v 2) Pinch **Content elements:** _____ **Components :** _____

Description

D1 goes back and picks up rim behind net then D1 rims or makes quick up to F1 on the half wall.

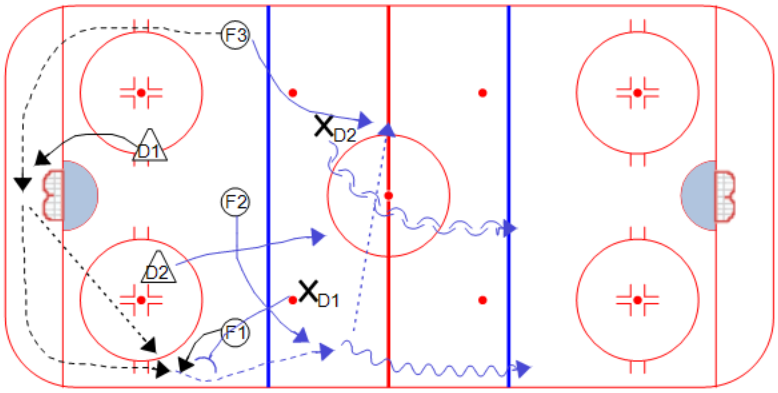
On rim XD1 may step across blue to pinch on F1 or back out

F1 must read the pressure and pass directly to F2 if he has time, chip out to F2 if he has less time and counter pinch on XD1 if he has no time at all.

F2 and F3 must read pinch pressure and adjust.

XD1 has the option to pinch or back off and play the 3-2. D2 may jump up to create a 3-1.

XD1 must vary his pinch pressure so forwards must read



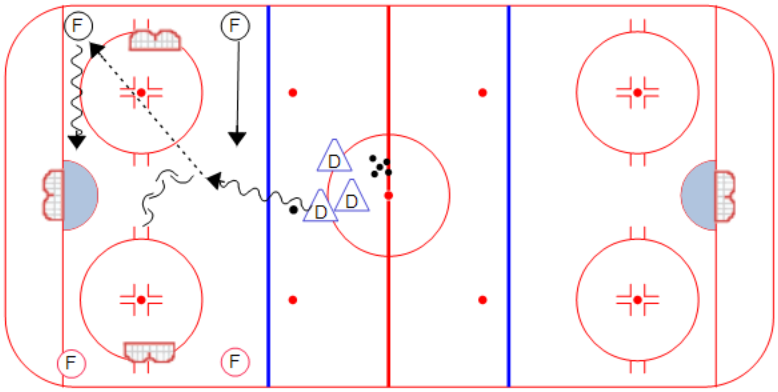
Key Points :	Be Ready	Decision Making	Timing	Communication

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Rockets Cross ice **Content elements:** _____ **Components :** _____

Description

Move the nets into one end set up cross ice as shown. Start with breakaway, coach on the blue line passes to player, he then goes in for quick shot on goal, alternate sides, Then bring the defenseman to the top of the blue line as shown, they then can work on 1 on 1's, 2 on 1's, and 3 on 1's, The Defenseman passes the puck to the forward with good gap control players the short rush, alternate sides.



Key Points :	Quick Decisions	Support		

2013-14 DRILL OF THE WEEK CLUB

SUMITTED BY ENIO SACILOTTO, WEEK 5

RECOMMENDED BOOK: Mindset; The New Psychology of Success, By Carol S. Dweck, Ph.D.

QUOTE: I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
Jimmy Dean

5 DRILLS (1 BONUS)

TEAM BUILDING ACTIVITY: Blame Game

Practice Plan

Team: DRILL OF THE WEEK CLUB

Practice No.:

Date : Nov. 5 2013 - WEEK 5 **Time:** **Duration:**

Version No.: **Prepared by:** Enio Sacilotto

Objectives / Main tasks :

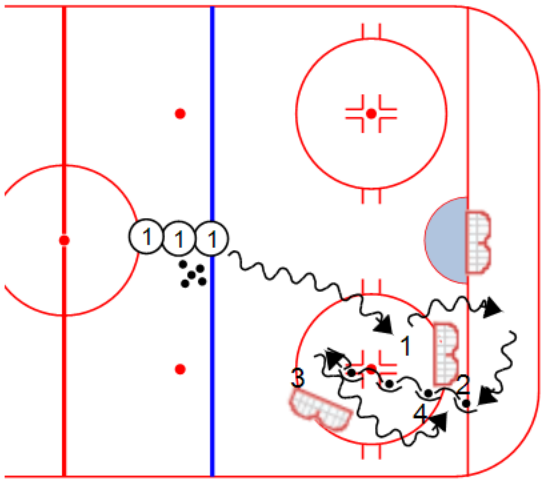
DRILLS 1 & 2 - Individual after practice Drill - For forwards, VGT Low Zone Agility, For D - St. Cloud Skating & Shooting
DRILL 3 - TEAM WARM UP DRILL - Double Stretch
DRILL 4 - TEAM PLAY DRILL - Hazer 5 on 5 tracking & DFZ coverage
DRILL 5 - COMPETETIVE DRILL - 3 PUCK BATTLE

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : VGT LOW ZONE AGILITY **Category #1 :** PUCKHANDLING **Category #2 :** FAKES & MOVES

Description

1. Player skates to the net and dekes the net, goes around the net and 2. pivots backward to post of other net, 3. 2 foot backward snow plow stop, quick start, and 4. dekes 1st net again then takes the puck to the net, either way.



Key points:

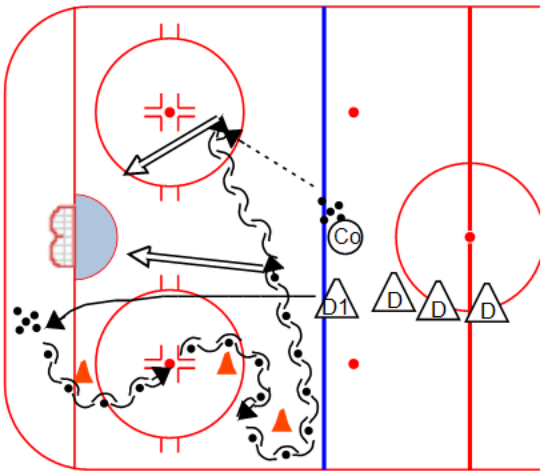
FAST FEET	FAKES
FAST HANDS	FULL SPEED

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : ST. Cloud Skating & Shooting **Category #1 :** DEFENSEMEN **Category #2 :** SKATING

Description

D1 goes in hard, picks up a puck, carrys the puck going through the cones backwards, then takes a slap shot, D keeps going backward and gets a pass from the coach for a 2nd shot. One timer if it is on the correct side.



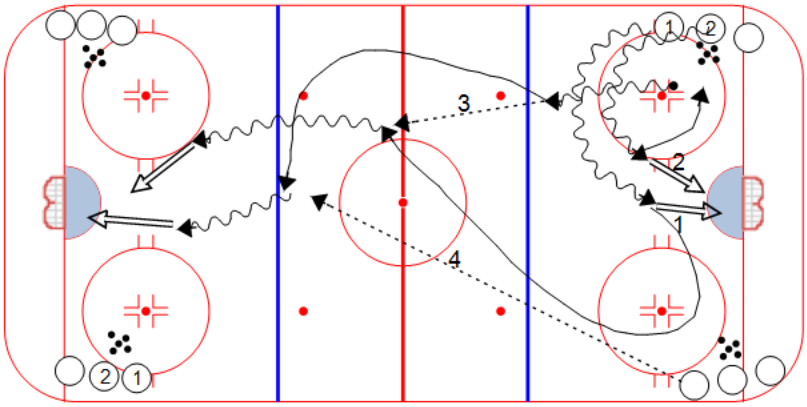
Key points:

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Double Stretch/Low/High **Category #1 :** shooting warm up **Category #2 :** 4 corner formation

Description

Opposite Corners go at the same time. 1 and 2 (1&2) shoot, after shot 1 (staying on his side) stretches to far blueline, 2 returns to his line where there is a spotted puck, he then hits 1 with a stretch pass (3), after the pass 2 takes off and stretches on his side and recieves a pass from the opposite side (4) and goes in for a shot.



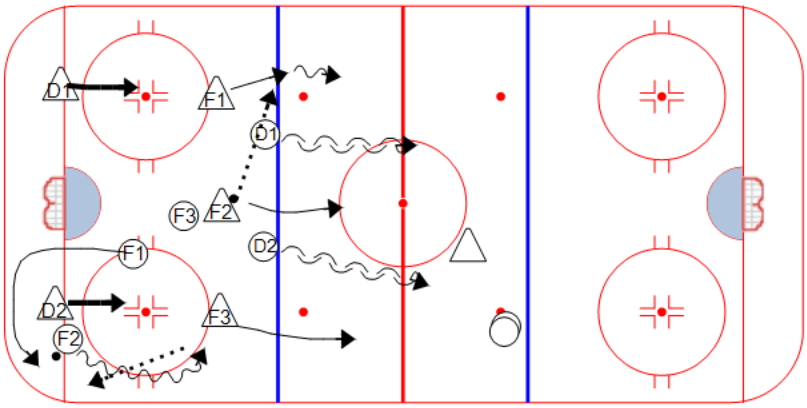
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Hazer **Category #1 :** DEFENSE DRILLS **Category #2 :** RUSH COVERAGE

Description

○F's cycle puck, △F's are ready just above the circle (with the puck), △D's are waiting on the goaline. On the whistle the ○F with the puck shoots (then joins the track), the other 2 track back vs. the △F's and D's who are going on the rush. The drill then ends up a DFZ 5 on 5.
VARIATIONS: The initial cycle can be a 3 on 2 low, Coach can add a second puck for the DFZ coverage, and or the Coach can blow the whistle, spot a puck and add a regroup from the △'s while the ○'s do their NZ forecheck.



Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

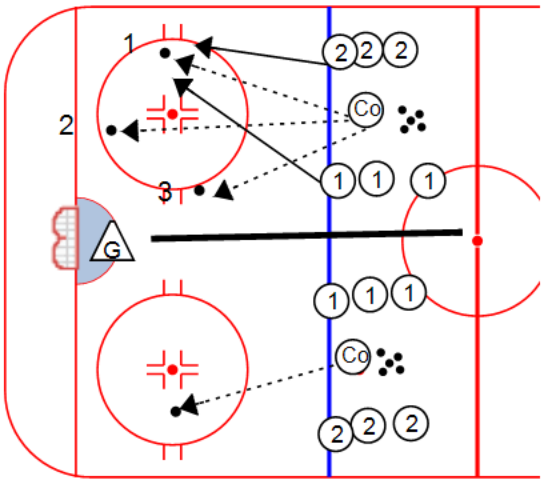
Title : 3 PUCK BATTLE **Category #1 :** compete / battle **Category #2 :** BATTLE

Description

Ice is divided into 2 sections, boundry is the section.

Coach spots puck in an area, players 1 and react react by attempting to gain possession of the puck and protect it. Play continuos for 15 seconds and a 2nd puck is dumped in., 1 st puck is done, players go for 2nd puck, after 15 seconds, 3rd puck is spotted, on the 3rd puck players attempt to SHOOT on net, drill is now over.

Switch sides. Give goalie a chance to get set.



Key points:

Storming Stage – Team Building Exercise

Blame Game

Objective:

To bring the team together in a fun activity that demonstrates the influence that each member has in affecting team behavior.

Materials:

- No materials are necessary for this activity.

Instructions – Round 1:

1. Arrange the group in a large circle, with everyone standing.
2. Find your "Role Model:"

a) As the team leader, you begin by pointing to someone in the circle. Keep pointing.

b) That person now points to someone else and keeps pointing.

c) Continue until everyone is pointing to someone else, and the last person then points to you.

d) Stop pointing (drop your hands) and fix your eyes on the person you were pointing to. This person is your "Role Model."

3. Explain that the objective is to watch your "Role Model" closely and to copy his/ her every action.
4. Now ask the team to stand perfectly still. No one may move unless his/her "Role Model" does. If his/her "Role Model" moves (twitches, coughs, blinks, etc.), he/she is to mimic that movement exactly and then be still again.
5. Begin the game and play several times.

Debrief Questions to Ask – After Round 1:

- We were supposed to stand still – what happened? (Expect some participants to immediately start blaming their Role Model for moving.)
- Who knows who started the movement? (Allow for some accusations; inevitably it will be difficult or impossible to pinpoint who really started each movement.)
- How much does it matter who started it, once it got started?
- How much energy do we expend looking for scapegoats?
- How are we responsible for perpetuating certain behaviors that eventually become team norms? What examples of this do we have here at work?
- What implications does this have for us back on the job?

Instructions – Round 2:

1. Play the game as before only this time designate one person as "Where the Buck Stops." When the movement starts and moves around the group, that participant will NOT repeat it.

Debrief Questions to Ask – After Round 2:

- How much influence can one person have in affecting team behavior?
- What implications does this have for us back on the job?

Tips for Success:

- Small movements are bound to happen. When they do, the movement will be duplicated around the group endlessly. Usually it will be exaggerated.
- If the movement gets out of hand, just stop the game and refocus everyone, and start again.

TAKEN FROM: **Team Building Toolkit**

KEYS - *Keys to Enhance Your Supervisory Success University of California, Berkeley*

Developed by Suzy Thorman and Kathy Mendonca

Learning + Organizational Development

ENIO'S DRILL CLUB – 2014

Books To Read : Pete Carroll – Win Forever ****

Roy Williams – Hard Work ***

Motivated to Win – Richard Denny ***

Mike Tyson – Undisputed Truth **

QUOTES :

If you read a book a month for the next year, you are among the 1% of intellectuals in America.

"Some people get frozen by the fear of failure but early in my career I realized If I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. Michael Jordan

"The man who can drive himself further once the effort gets painful, is the man who will win"

Roger Bannister – first person to run 4:00 mile

Fight one more round – even though your body is completely devastated, fight one more round – remember the man who always fought one more round is never whipped.

James Corbett – Heavy Weight Boxer

Being a professional is doing all the things you love to do on the days you don't feel like doing them.

Julius Irving – NBA Star.

Discipline makes you free

Dean Smith

Discipline is the soul of an army

George Washington

Discipline is not the enemy of enthusiasm

Morgan Freeman

Thx hear to the Coaches "Down the Stretch" + into Playoffs!

ENIO'S DRILL CLUB "2014"

Title :

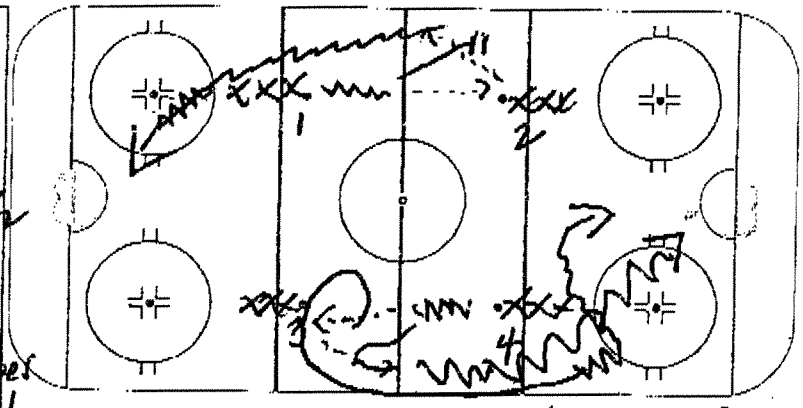
Category #1 :

Category #2 :

Description

Openers: "1x0 Drive"

(1) A. X_1 over "C" pass to X_2
Anchors Up & receives position X_2
X_1 goes for Shot
Stays for 1 rebound
B. X_2 After pass, gets a 2nd puck & drives Middle for 2nd shot.



Key points : Outside Shots For G Wrap / Shoot Both Pads Finish Rebound

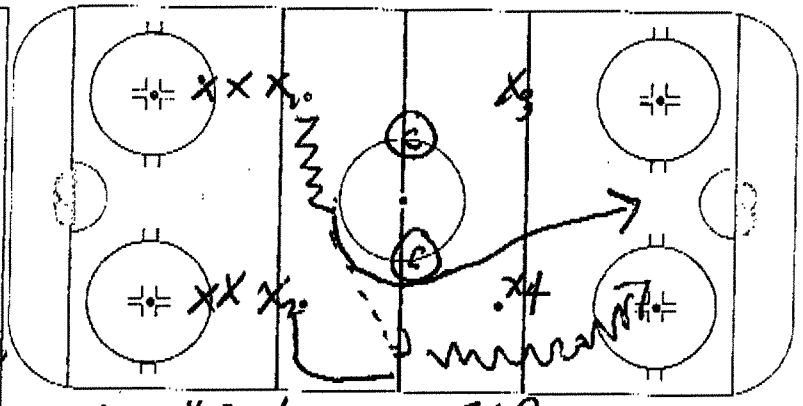
Title :

Category #1 :

Category #2 :

Description

(2) 2x0 Drive
X_1 ½ way Across pass to X_2
X_2 drives wide for Shot
X_1 goes around (C) + Middle Drive to Net
X_4 + X_3 go Same time other way



Key points : Mid Drive to Net / Shoot Both Pads on "G" / option X-Ice Pass

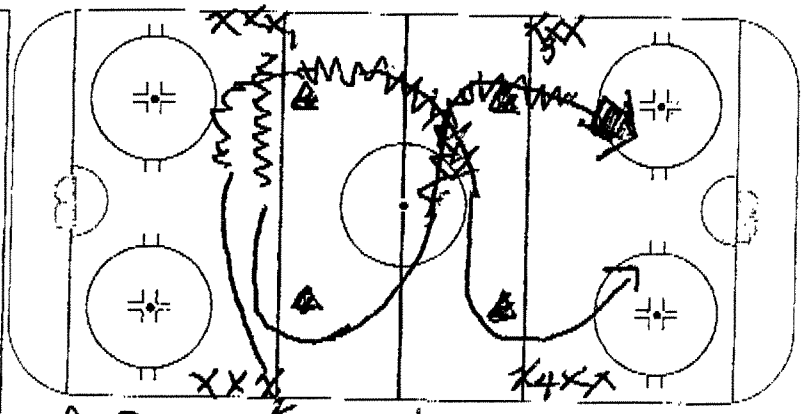
Title :

Category #1 :

Category #2 :

Description

(3) Cross & Drop
X_1 & X_2 cross & drop puck
Go Around glones & drop again
Far Bline X_1 Shot X_2 goes for rebound
b) Go X-Ice Pass



Key points : Shooting Angle for G's / Location for Rebounds - Shoot to Pass

Title : UNB "RED DEVIL" Category #1 : Category #2 :

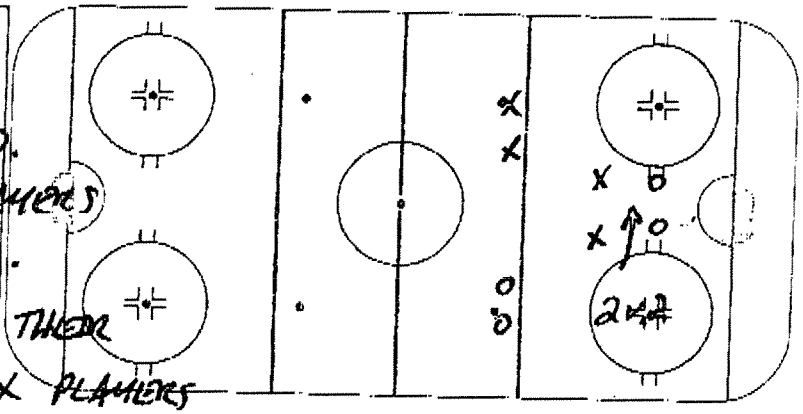
Description

2 v 2 OFFENSE to DEFENSE

→ TEAM X TRIES TO SCORE VS. TEAM O.

→ IF TEAM X SCORES, 2 MORE PLAYERS FROM TEAM X ATTACK TEAM O.

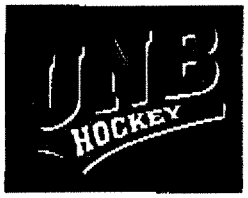
→ IF TEAM O GETS PUCK TO THEIR TEAM-MATES AT BLUE LINE, TEAM X PLAYERS NOW PLAY DEFENSE AND TEAM O IS ON OFFENSE

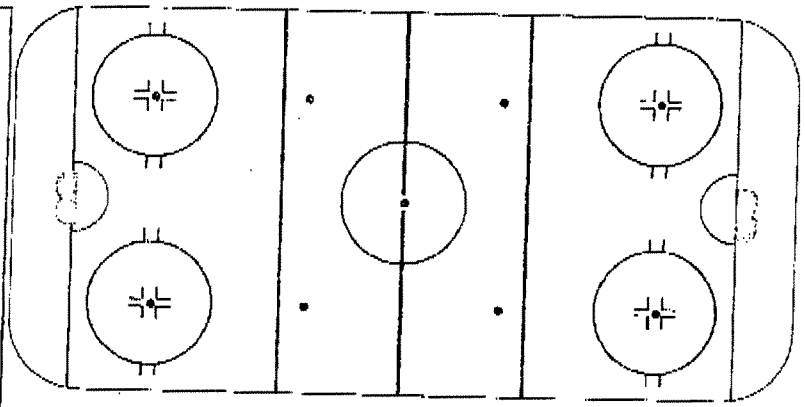


Key points :

Title : Category #1 : Category #2 :

Description





Key points :

Title : 3 v 2 "KAZZY" Category #1 : Category #2 :

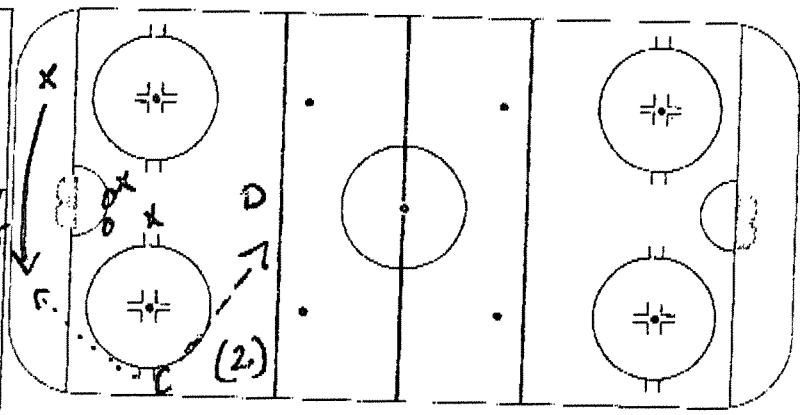
Description

3 v 2 Low / 3 v 3 Low (add F)

FORWARD SKATES BEHIND NET AND RECEIVES PASS FROM COACH TO START DRILL. DEFENSE DEFENDS, FORWARDS ATTACK WITH HIGH F3.

→ USE 2ND 3RD PUCKS

"OPTION" → ADD POINT SHOTS FOR "NET FRONT"



Key points :

* USE BOTH SIDES OF ICE

Title : 2x1 / 3x2 N2N Regroup Category #1 : Category #2 :

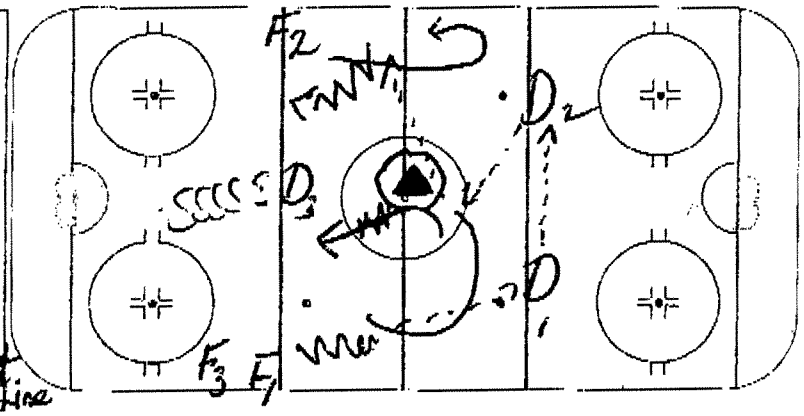
Description

F_1 + F_2 Regroup w/ D_1 + D_2

F_1 + F_2 Attack D_3 on 2x1

Different Options for Regroup + Attack

Option: Add ▲, Forecheck 1 to Simulate your N2N 4v 4 follows play to Blue line



Key points :

Title : 2ND. PART 3x2 Category #1 : Category #2 :

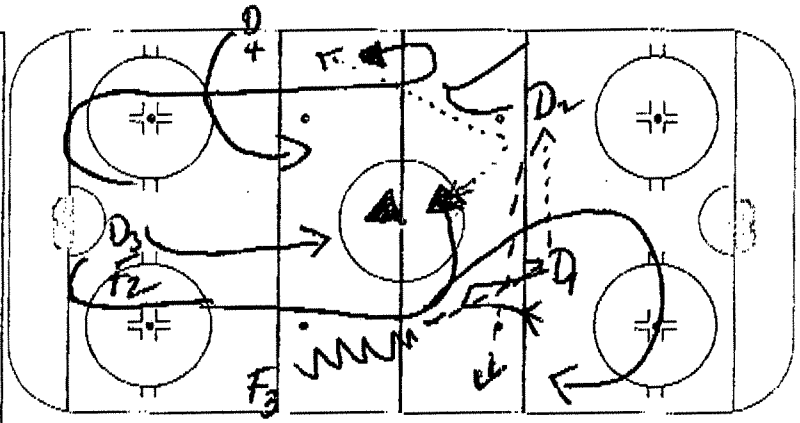
Description

After Initial 2x1 w/ Bv Rush

F_3 starts N2N Regroup 3x2 w/ F_1 F_2

They Now Attack Net 3x2

Option ▲ 4 Checker W/ N2N to defend vs 3x2 Regroup. 4 check only To Blue line



Key points :

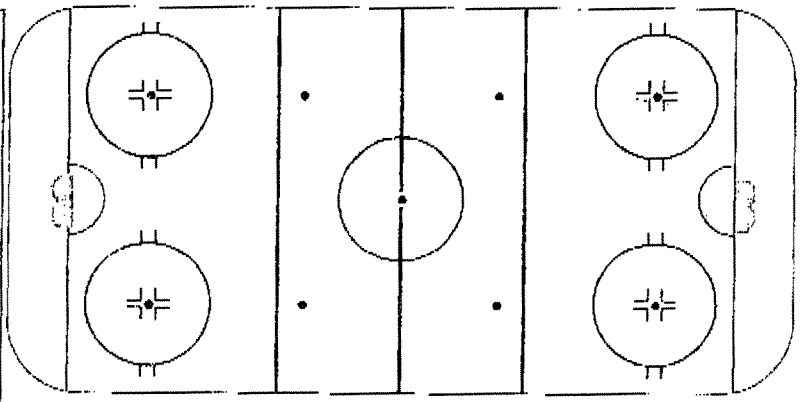
Title : Category #1 : Category #2 :

Description

* Great for Transition w/ puck + Great for N2N 4v + Decision making for D + options for F's

Ex. D_2 3 options plus "Huge"

* Start Drill other way after 2nd Regroup.



Key points :

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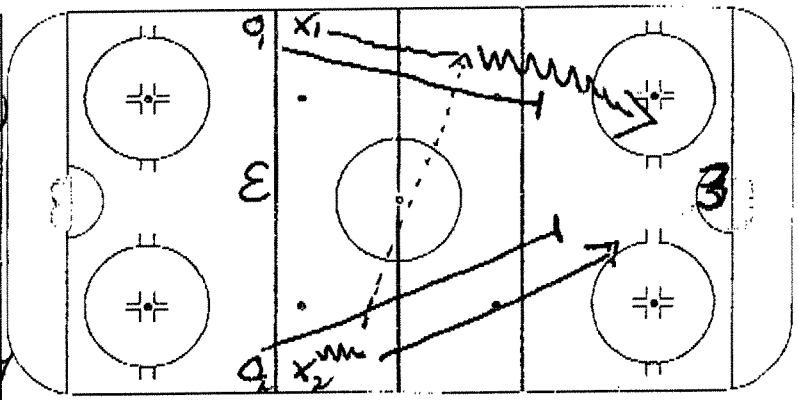
"CHALLENGE" DRILLS

1. Title: 2x2 SLOVAK

Category #1: | Category #2:

Description

X_2 passes to X_1 for 2x0 to Net
O_1 + O_2 pressure from back - 1 stick length
They can recover rebound / backcheck + attack back to net which is located at blue-line. Good 2x2 transition off original net play. Short shifts - High intensity. Keep Score to "5".



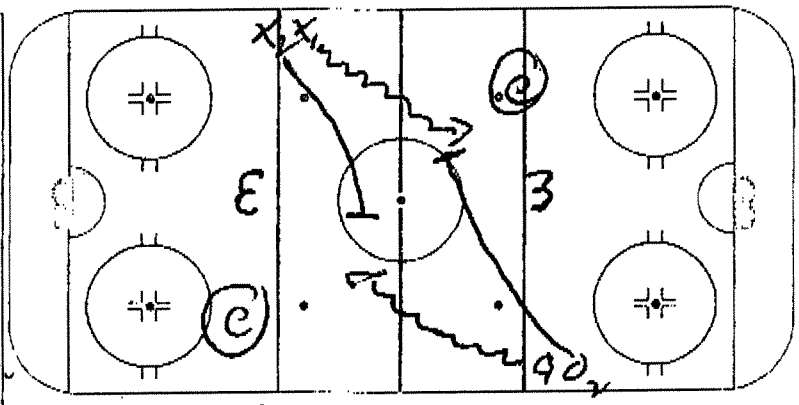
Key points: X-Tree Pass / Net Drive | Back Pressure / Transition

2. Title: 1x1 JAPAN

Category #1: | Category #2:

Description

Net = C Opposite B-line area
X_1 + O_1 attack opposite net
X_2 + O_2 get up + angle / defend net in 1x1 situation
(C) C each net to give 2nd / 3rd pucks
Play Until 1 person scores or 12-15 seconds.



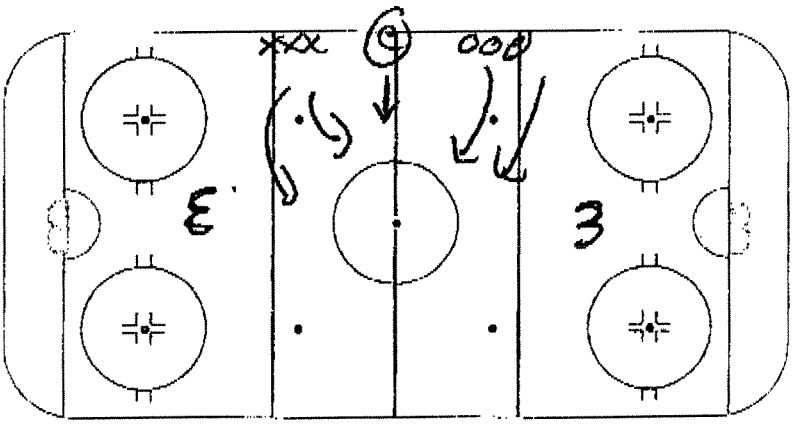
Key points: 1x1 Off. Skills | 1x1 Defensive Skills | Competitive 2nd Effort

3. Title: 2x2 TRANSITION

Category #1: | Category #2:

Description

X_1 X_2 go versus O_1 O_2 in Confined N-Zone area - play 2x2.
When puck goes below net - coaches spot puck in opposite direction so quick transition. 15-20 second shifts
Stops + Starts on All transition plays.



Key points: Non-Protection 2x2 | Creativity + Transition | Hockey Habits

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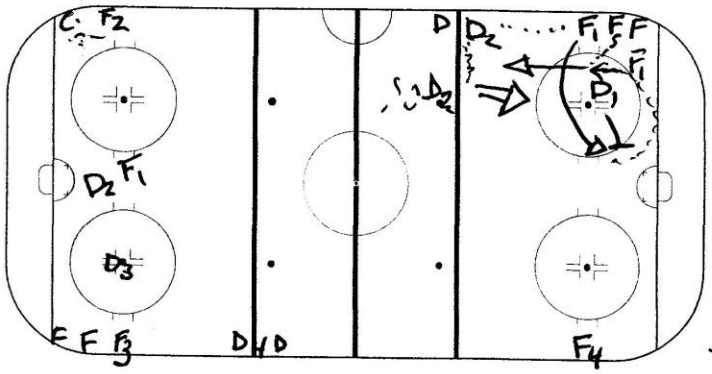
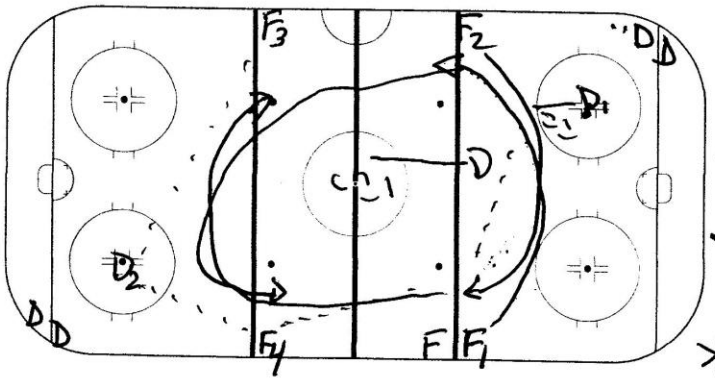
DRILL OF THE WEEK CLUB
Book - "Coach - The Pat Burns Story"

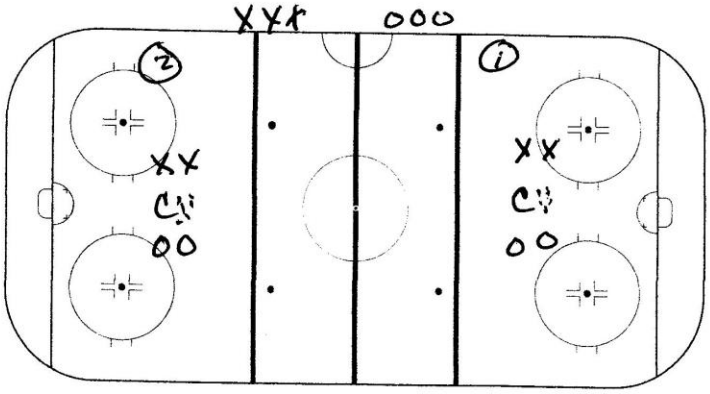


Exploding 1v1 x 3
- F_1 to D_2 on whistle
- F_1/D_1 Net Front 1v1 - D_2 shot
- F_1 circles low outlet from F5
- F_1 vs D_2 Long 1v1
- Whistle, C passes to F_2 who plays D_2 1v1 below Dots
- Both sides same time



Zug 2v1
- D_1 w puck top of circle pivot touck to F_1/F_2 crossing
- F_2 passes to F_4 gives to D_2 gives to F_3
- F_1/F_2 swing below blue get puck attack 2v1 on D_1

* Good WAKE UP Drill



Brock Shift Drill
- 20 second 2v2 in zone x 2
- Whistle zone 1 & 2 switch attack loose puck for 20 sec.
- Whistle X's & O's sprint to bench to allow 4 new Players on their team to attack

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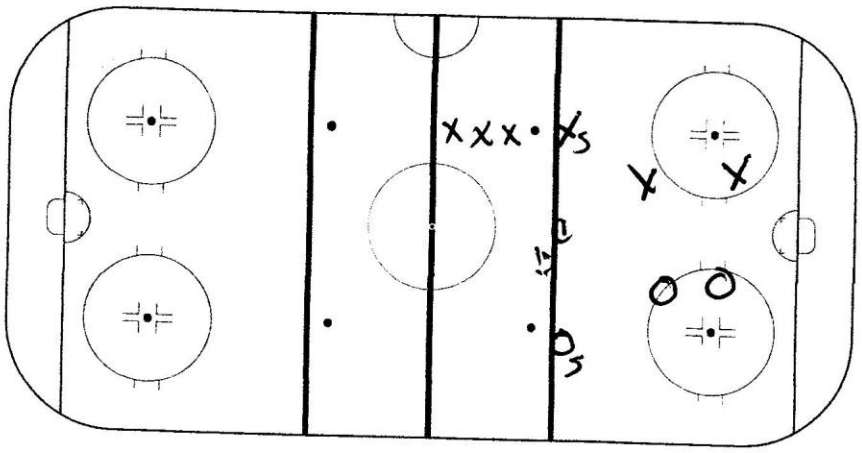
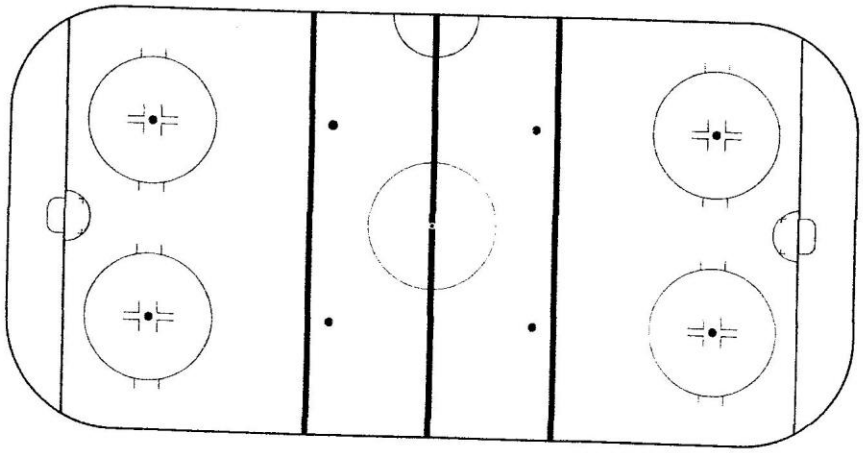
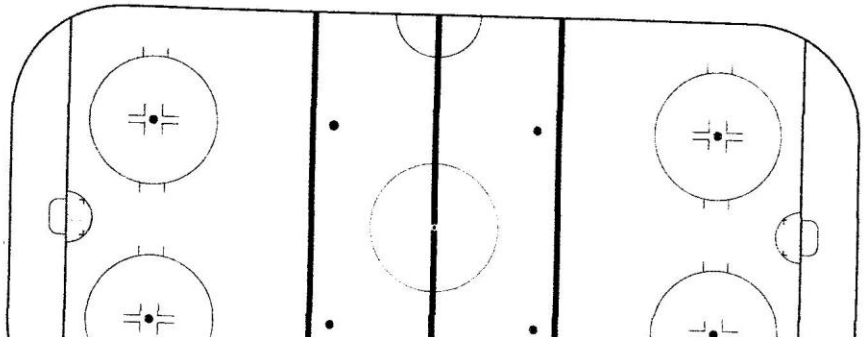


Team Skill
Box Game

- 2v2 in zone
- On turn over or goal- must tap puck to your slide guy (s)
- slide can go from C to Boards if puck cross blue team gets it. Slide can sho or pass.



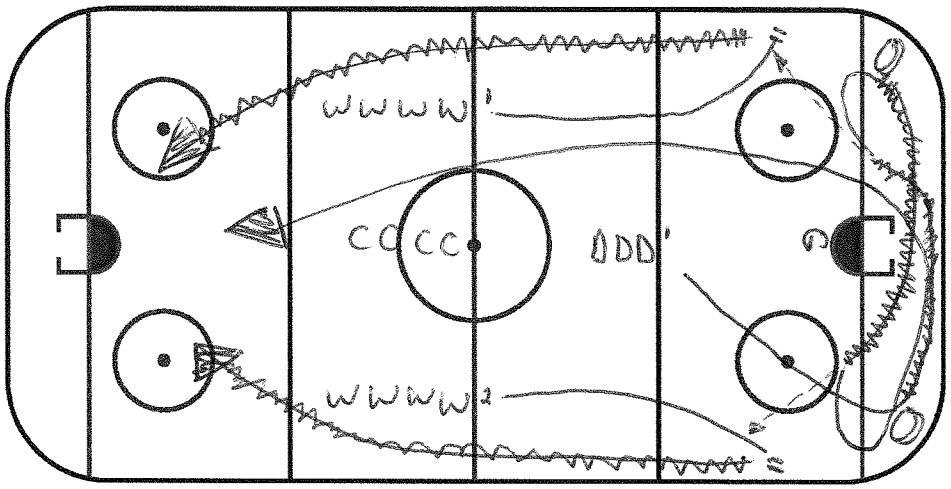


Drill Name: D Man Burn Out

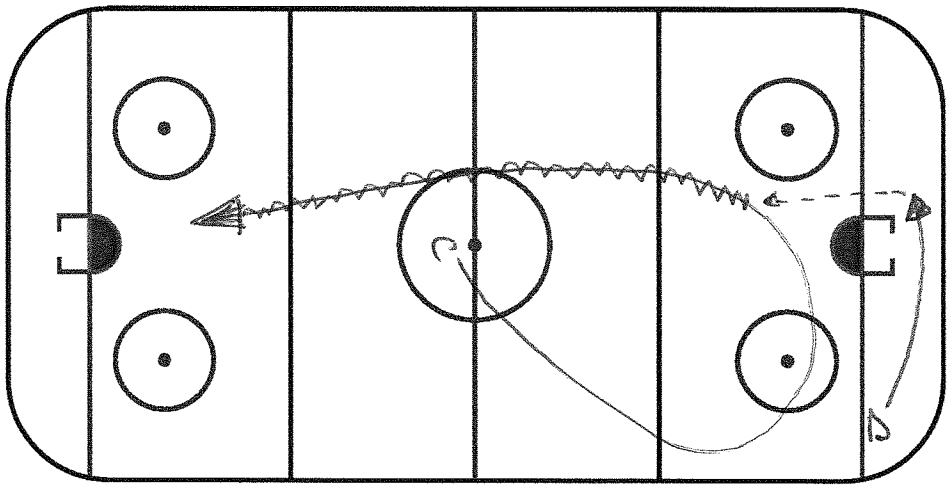
Purpose: Breakout / Support

Creates Break Out situations. Aids in D agility, Winger chips, passes + starts. Centre support.

D' get puck, wheel net + pass to W' who posts up. W' attacks + stops at net. D' wheels net with puck opposite way and passes to W2.



D' wheels net a third time with puck and passes to "Low + Slow" C or C attacking to far wall.

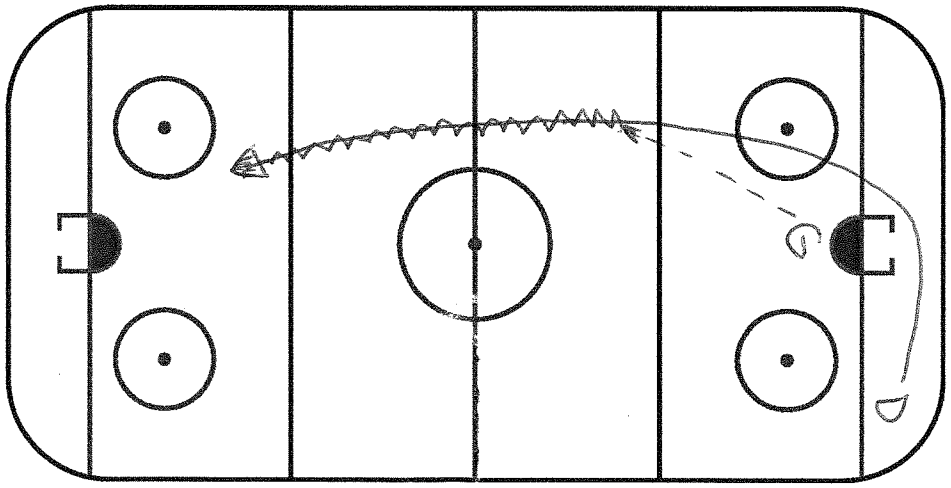


Goalie makes pass to D man breaking out of zone.

D Makes three BO passes.

Can also have C get puck each time to work on Low + Slow.

C bumps to both wingers.



Jeff Flanagan 2013

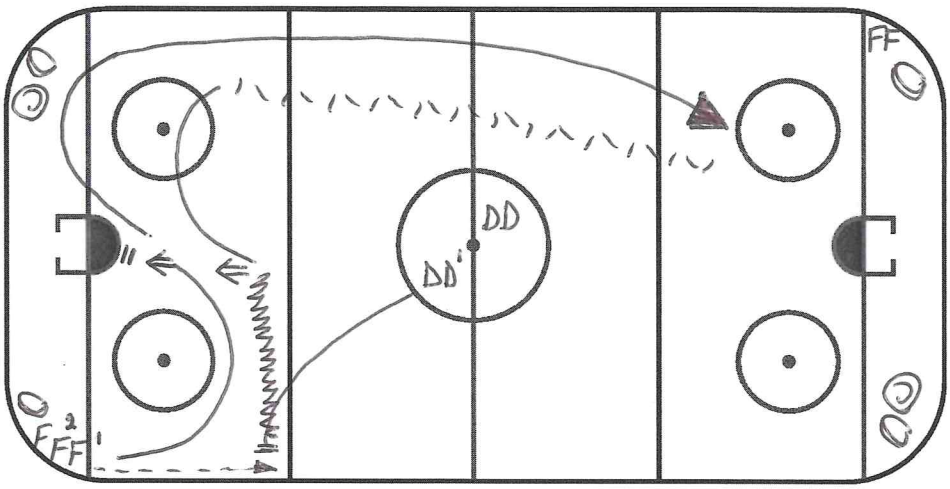
Drill Name: Touch, Roll and Bomb

Purpose: Shooting, Net Front, 1v1

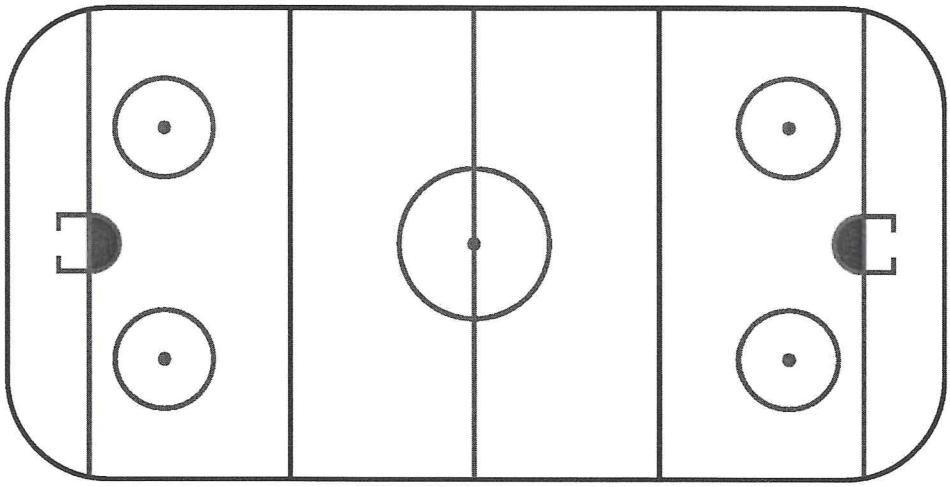
Creates F half wall opportunities. D drag/drive + shoot.
Net front screen/tip chances.
Opportunity for F + D to "box out" + "Front Man" in net front.

Both ends at same time. Pucks in all four corners.

F' roles off half wall for quick shot.
F² passes puck to D' who has come from inside the dots to corner blue.

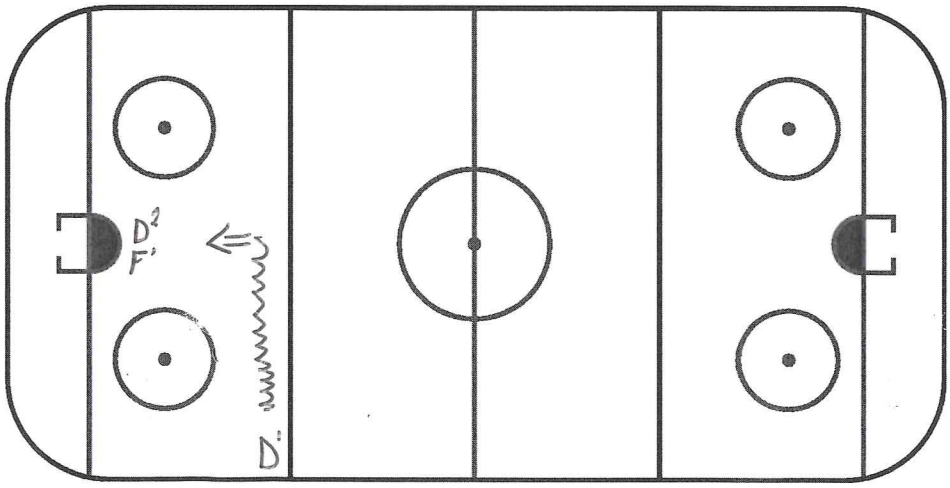


F' screen/tips in net front. D' drays puck and takes point shot.
F' gets puck from ©. D' gaps down. F' v D' 1v1 full length of ice.



* Addition
Add D into net front play to battle with net front fwd.

D man who just finished 1v1 becomes Net Front D.



Drill Name: Czech 2v1

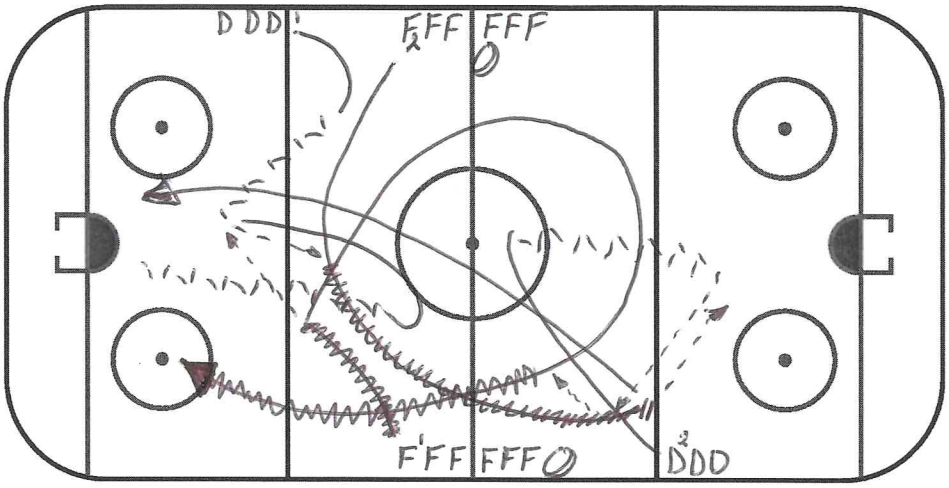
Purpose: 2v1 + Support

Creates situations for D gaps control, Fwd puck support and transition. Clear 2v1 to work on D + F 2v1 concepts.

Step 1

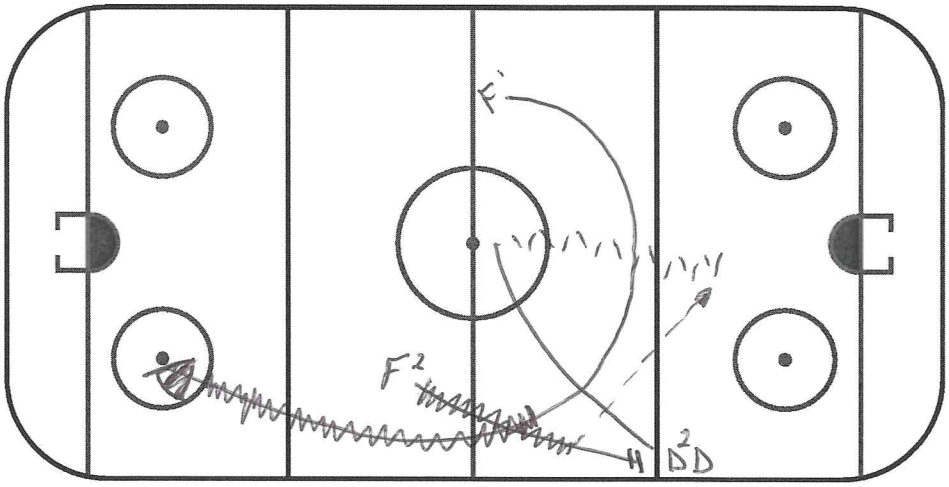
D' attacks around NZ dot, then back skates to high DZ. F' attacks D' and passes puck.

F² supports D' and recieves pass. F² then attacks corner blue



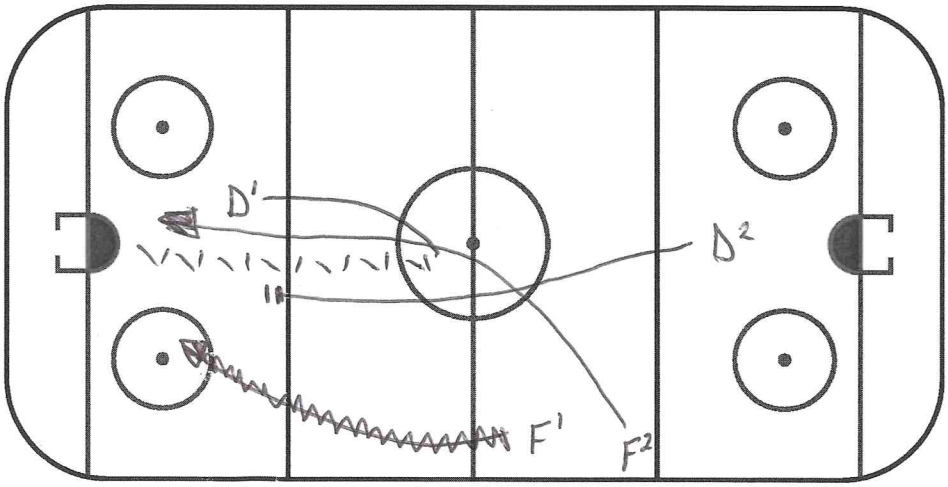
Step #2

D² gaps up to red line when opposite players are transitioning. F² passes to D² and post up at corner blue. F' circles out and around middle circle and back to support F².



Step 3

D² passes to F² or F'. F² can chip puck. F² gets of boards for middle drive on 2v1 with F' wide. D' gaps up + plays 2v1.



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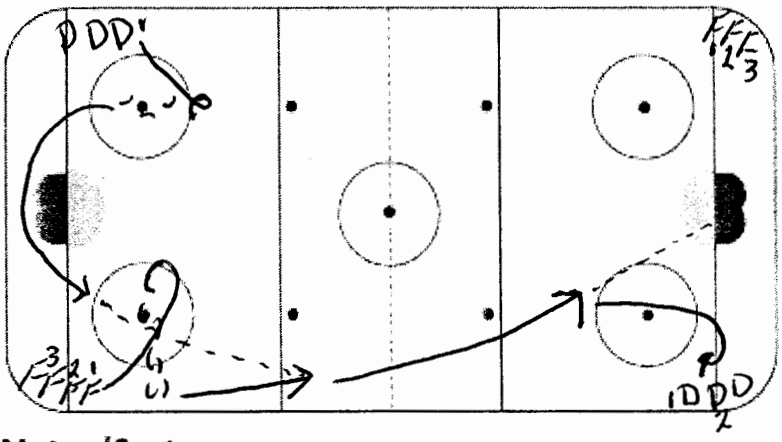
Book - The Power of Negative Thinking

Quoat - "I have seen the enemy it is us"

Tom Anastos
Head Hockey Coach
Munn Ice Arena
East Lansing, MI 48824
Office: 517/355-1639
Fax: 517/432-1879
Email: tanastos@ath.msu.edu

If you do not receive all pages from this transmission, or if you have any questions, please call Kris at (517) 355-1639 or fax (517) 432-1879.

SYSTEM/DRILL Spruce Warm-up Drill



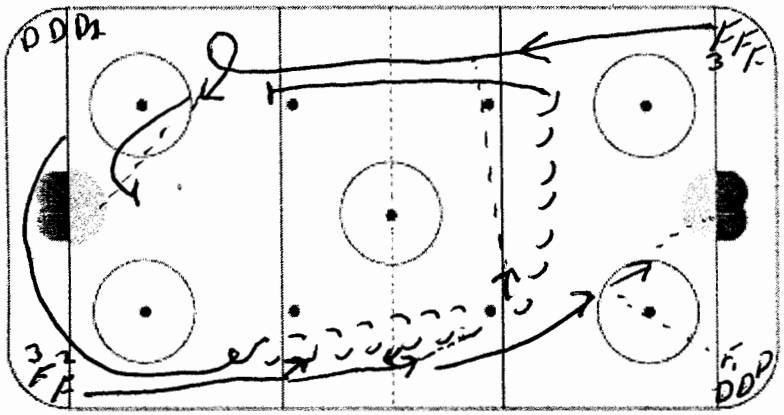
Description D1 forward over the top of circle transition to backwards-pivot-pick-up placed puck and skate net

-F1 forward to hashmarks transition backwards to open up for D1

-D1 snaps pass to F1

-F1 hard down ice shot from top of circle

Notes/Systems

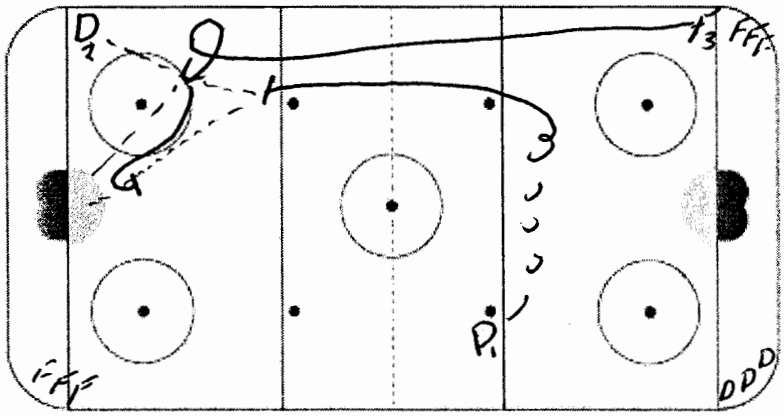


Description Continued

D1 turn to skate backwards
F2 skates passes to D1
D1 gives it back
F2 gives it back
D1 at B/L passes cross ice to moving F3

F2 continues forward gets pass from F1 for catch and shot
D1 travels accross rink then back toward the other end

Notes/Systems



Description Continued

F3 skates hard down wing turns up before top of circle shoots and goes to net to screen

D2 pass to D1 for point shot

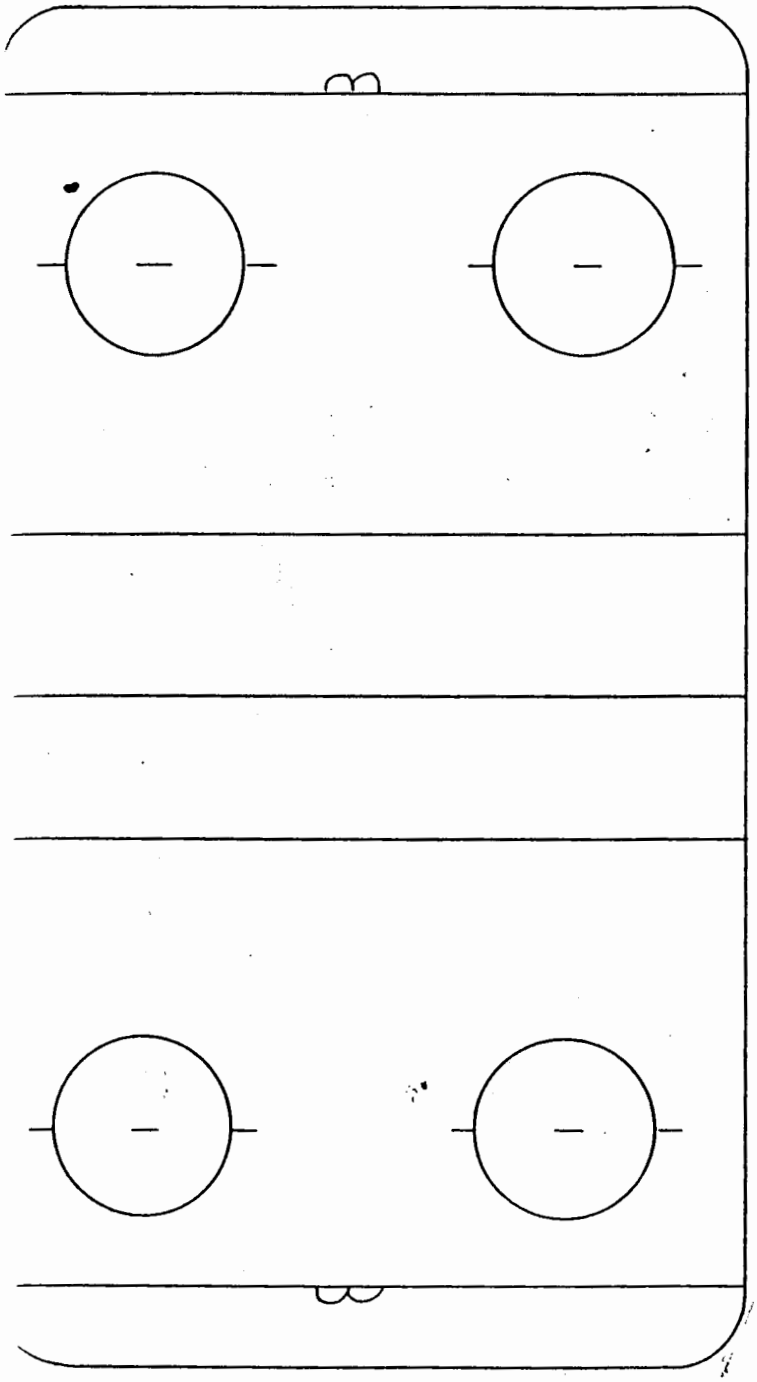
whistle starts Rep!

(This happens from both ends at the same time)

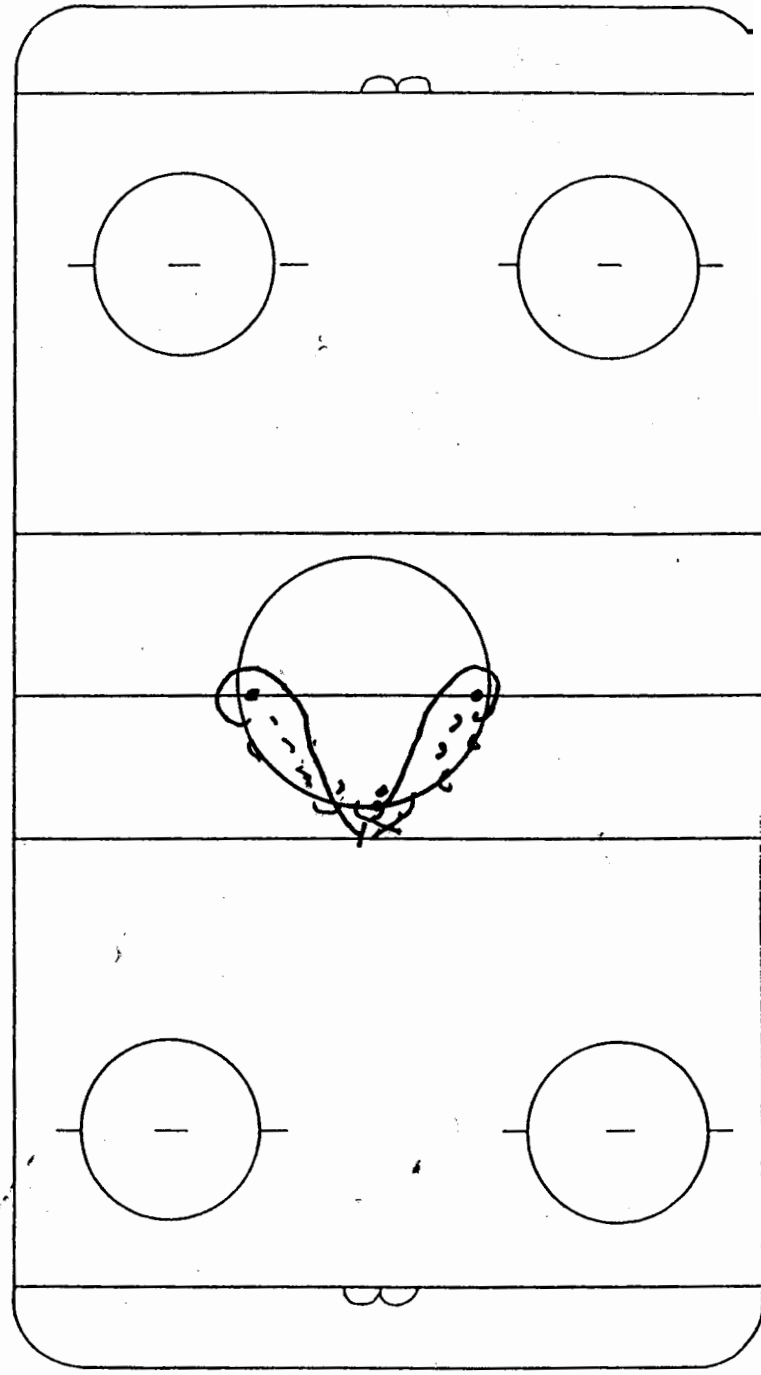
Notes/Systems

PRACTICE DRILLS

DRILL: Individual Skill



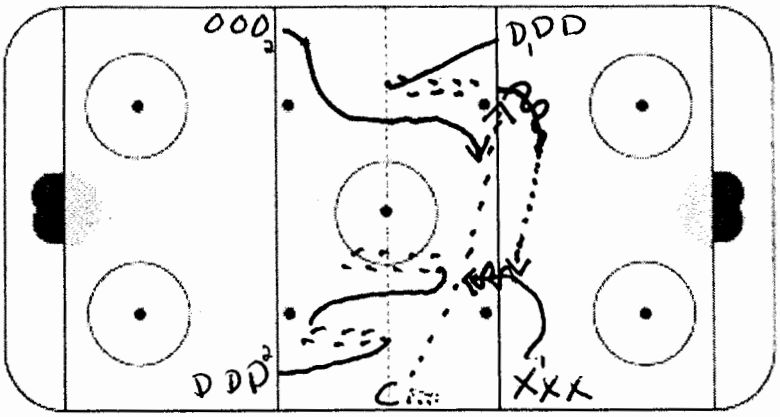
DRILL: Escapes



XPLANATION:

- player starts at top of circle and skates backward with puck
- escapes to the outside of the circle coming back to top transitioning to backward going down other side

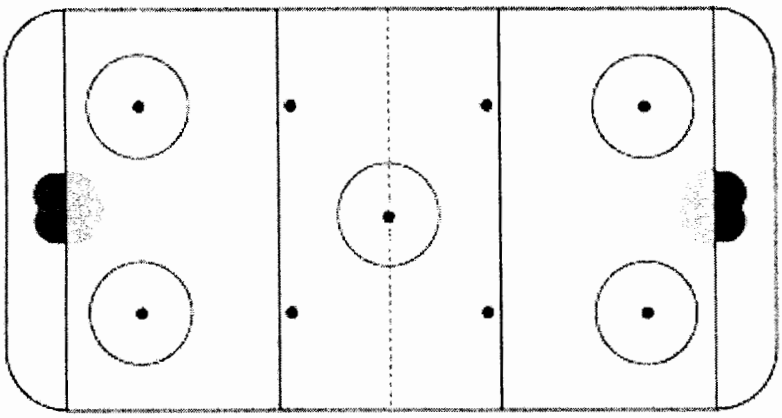
SYSTEM/DRILL N2 Checking



Description J.L. 2 on 2

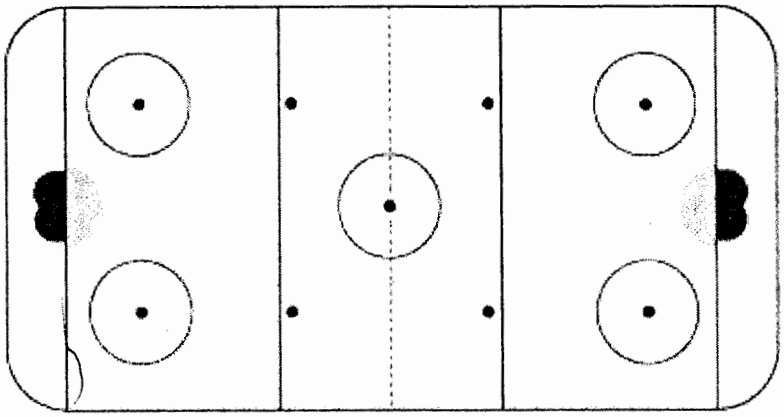
- X_1 and D_1 are on same team
- X_2 and D_2 are on same team
- on whistle, D_1 + D_2 gap up to Red line, then back skate
- © passes to one of the D
- opposing forward angles D, other forward supports puck.
- Defending D gaps on attacking forward
- Play until whistle

Notes/Systems



Description

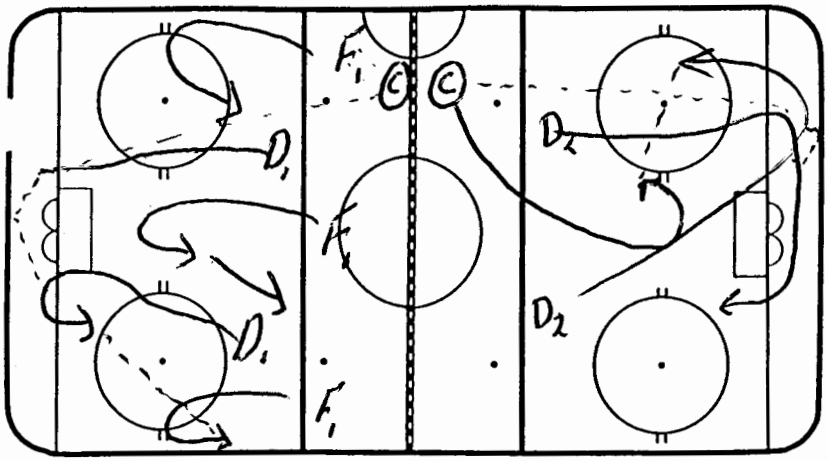
Notes/Systems



Description

Notes/Systems

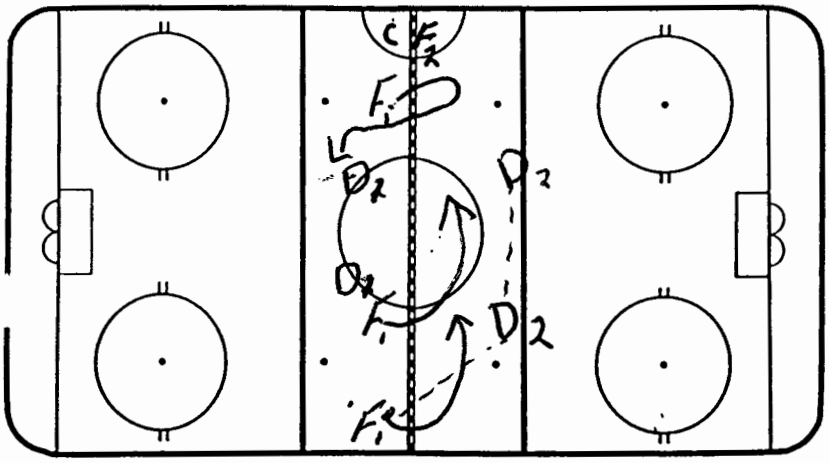
System / Drill Fort Drill (D-Zone Coverage)



Description

- D1's & F1's break-out 5 vs 0
- D2's break-out with C 2 vs 0

Notes / Comments



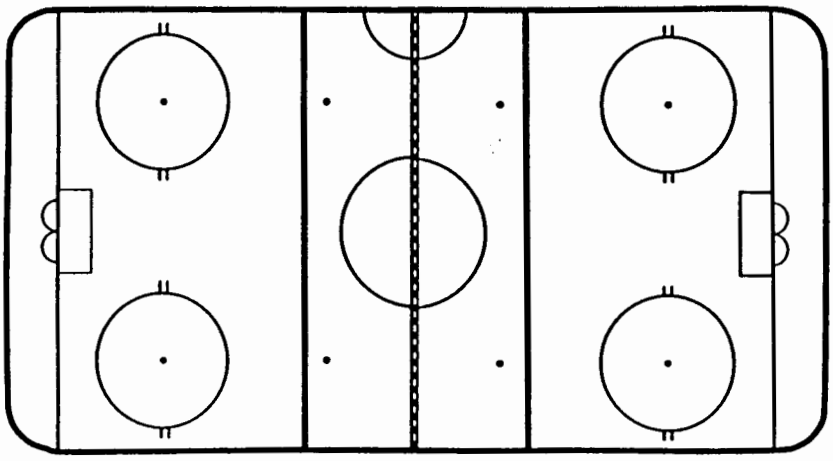
Description

F1's regroup with D2's and attack D1's 5 vs 2

- F2 is standing next to C when OZ entry is made F2 back ✓ and plays low 3vs3 D2 are at the offensive BL (when puck goes to point stay with your man & get sticks up)

Notes / Comments

- coach may throw in a 2nd puck for more down low play

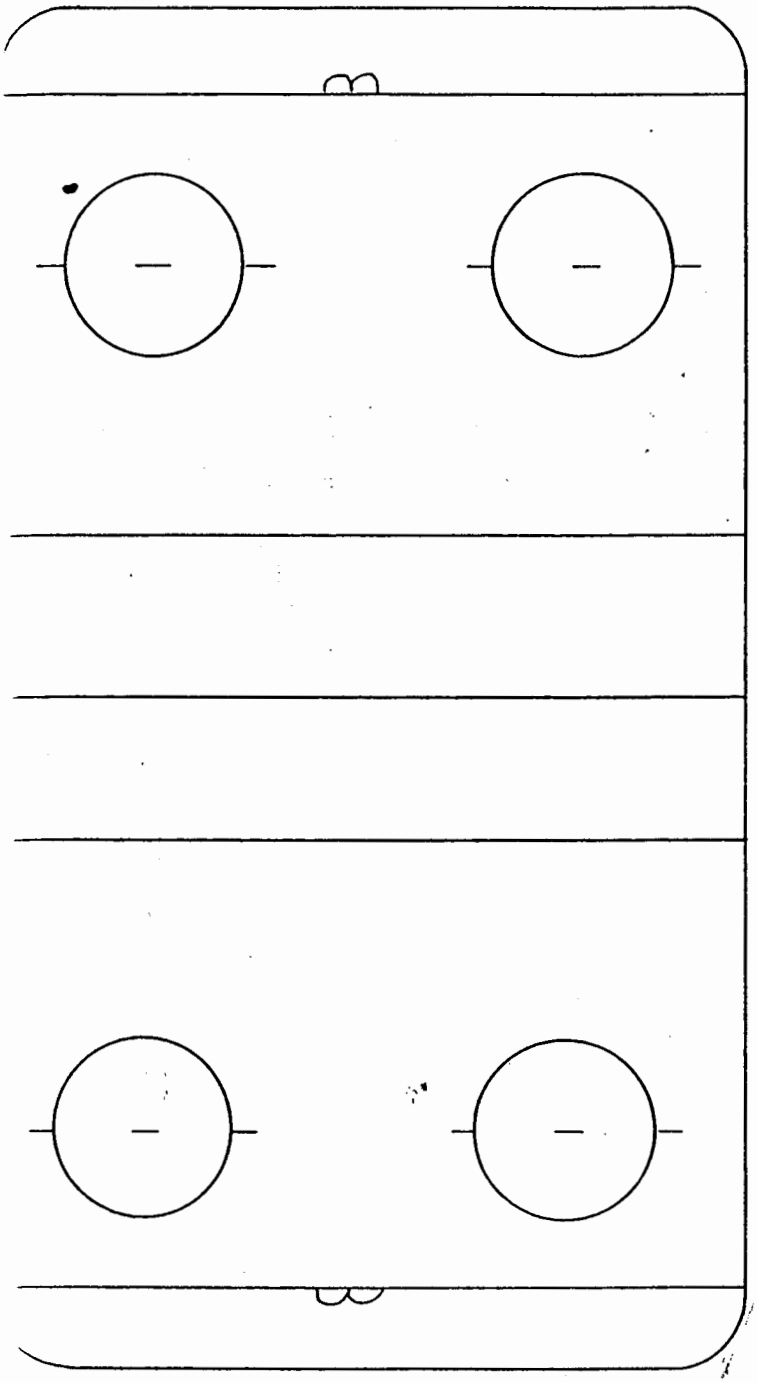


Description

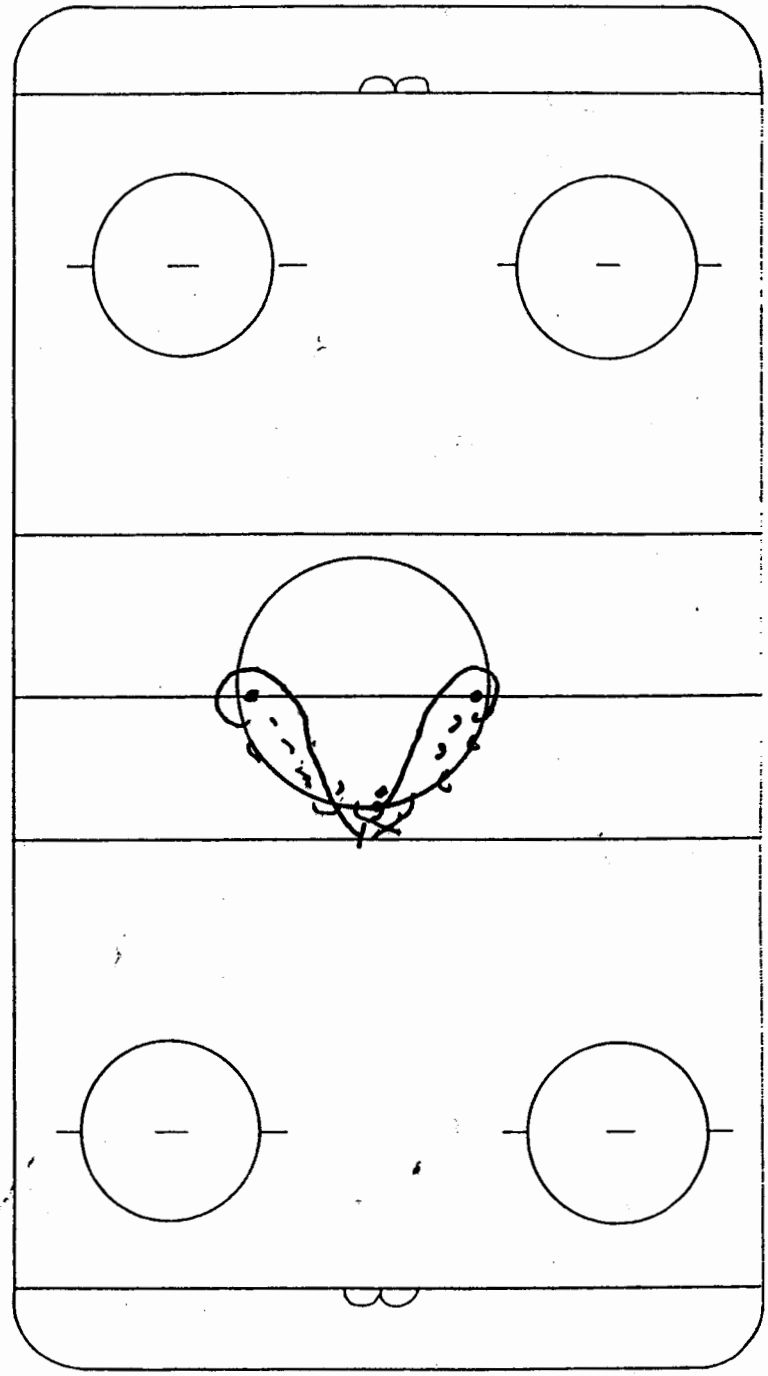
Notes / Comments

PRACTICE DRILLS

DRILL: Individual Skill



DRILL: Escapes



XPLANATION:

- player starts at top of circle and skates backward with puck
- escapes to the outside of the circle coming back to top transitioning to backward going down other side
- circle escape to the outside

Practice Plan

Team: 2013-2014 Drill Club

Practice No.: 1

Date : November 2013

Time:

Duration:

Version No.:

Prepared by: Wayne Clark

Objectives / Main tasks :

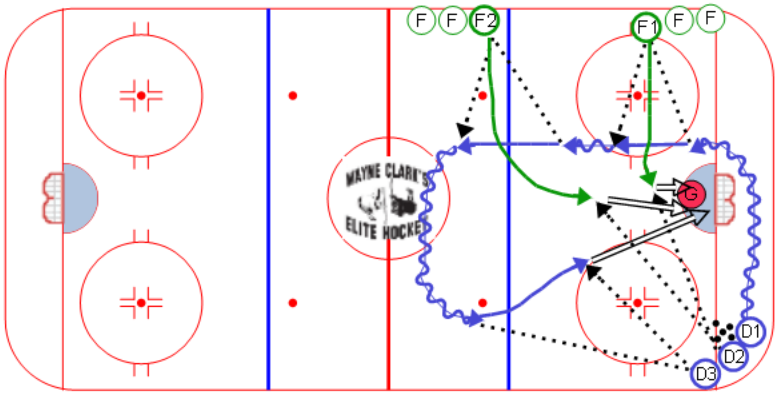
"What lies behind us and what lies ahead of us are tiny matters compared to what lies within us." Emerson
Book: Tell To Win

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Holdy'sTriple Give & Go **Content elements:** Warmup **Components :**

Description

-D1 starts the drill by carrying the puck around the net and making a pass to F1. F1 gives the puck right back to D1 and D2 performes another give & go with F2.
-After passing to D1, F1 and F2 go to the net and receive a pass from D2. D2 needs to pay attention as they will be making two passes. As D1 circles through center ice and comes back into the zone, they make a pass to the last player in line, in this case it is D3. D1 receives the puck back from D3 and takes a shot from the high slot.



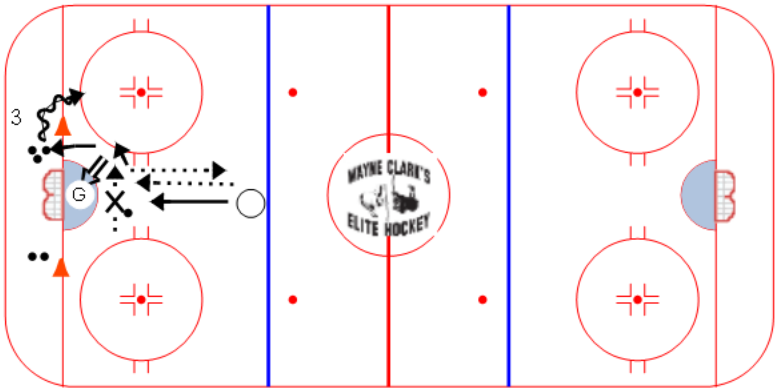
Key Points : Passing | Shooting | Awareness | Half Ice

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Vern's Middle Option Drill **Content elements:** Goalie **Components :** G: tracking, low to high,

Description

1. X passes/exchanges with O. Then O busts straight at X hard. At the last second X bumps the puck to one side or the other.
2. O receives puck and takes quick shot.
3. After shot O picks up loose puck behind goal line near post and finds X in high slot for feed. X takes quick release shot.
4. O can circle in for rebound.



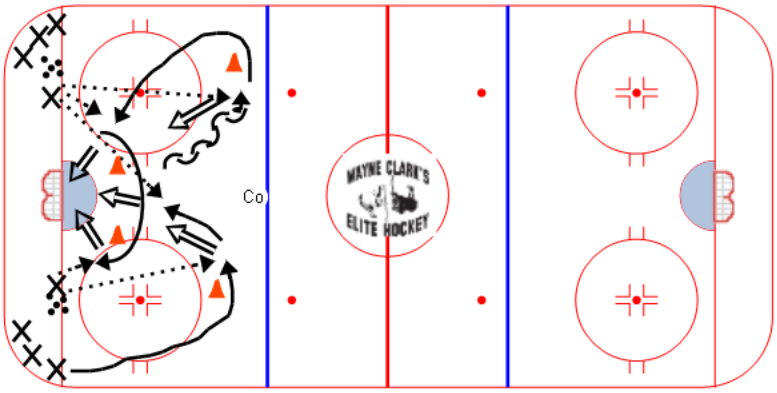
Key Points : Quick Release | Adjust | Recovery | Separation from D

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : SKILL DRILLS -3 pack **Content elements:** WC Elite Hockey **Components :** 1-Timers

Description

Assassin Shooting Drill
Players in equal groups in two corners.
-2 passers are positioned anywhere along goal line.
-player from one corner begins the sequence by skating to any of the 4 cones, one of the passers gives him a pass for a 1-timer.
-player must move to each of the five pylons and position for a 1-timer , never knowing unitl the last second which side the pass will come from. Once 5 shots are done other line starts
Progress: Follow shots for rebounds



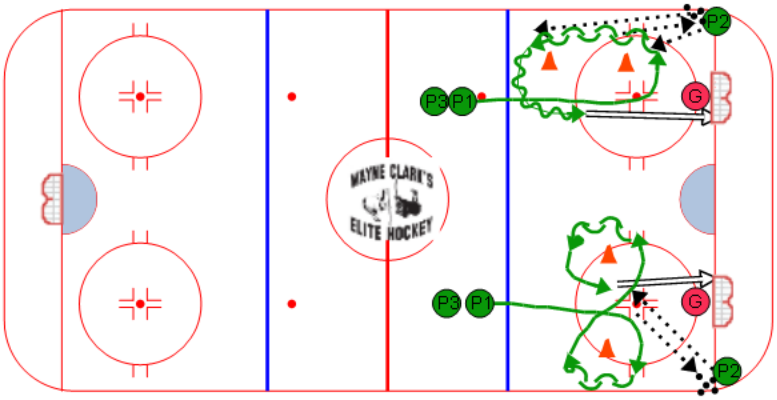
Key Points : | Quick feet | Quick hands | 1-time shot | 5 pylons |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : SKILL DRILLS -3 pack (seq **Content elements:** WC Elite Hockey **Components :** Footwork & Execute

Description

Snepsts' Footwork Drill
In one drill the cones are set up parrallel to the goal line and in the other one they are set up perpendicular. In both drills the players start outside the zone and inline with the face off dots.
There is one player that starts in the corner with the pucks. On one side the players do a figure eight while receiving passes from the corner and shooting. On the other side they are going around the cones while transitioning forwards and backwards and making passes to the player in the corner. After two shots the player goes to the corner and becomes the passer for the next player.



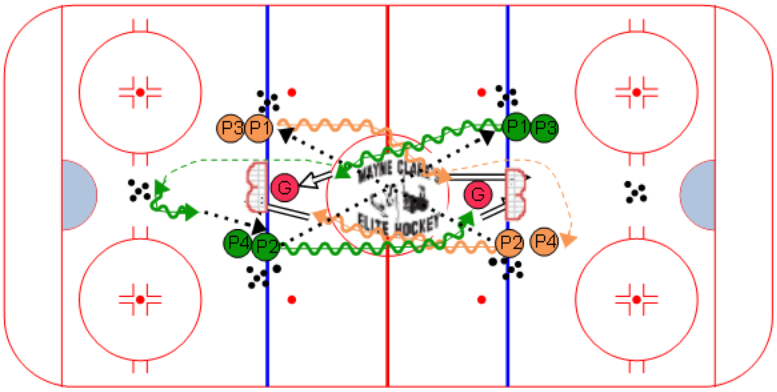
Key Points : | Footwork | Execute | Score | Quick Release |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : SKILL DRILLS -3 pack (seq **Content elements:** WC Elite Hockey **Components :**

Description

Pork's Amazing Race
Pucks should be given to each line and then a group of pucks should also be placed in between the hash marks in each zone.
Whistle, P1 on each team receives a pass from P2 (diagonal pass). When P1 receives it they go in for a breakaway on the opposite goalie. If the player scores, their teamate (P2) picks up a puck right away and goes in for their breakaway shot. If the player misses, they must retreive a puck from between the hash marks in the zone and deliver it to P2, P2 can then go. Play can go until a team scores 10.



Key Points : | Jump | Execute | Aware | Compete=FUN |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Anaheim 2 on 1 **Content elements:** On whistle **Components :** Pucks at opposite bluelines

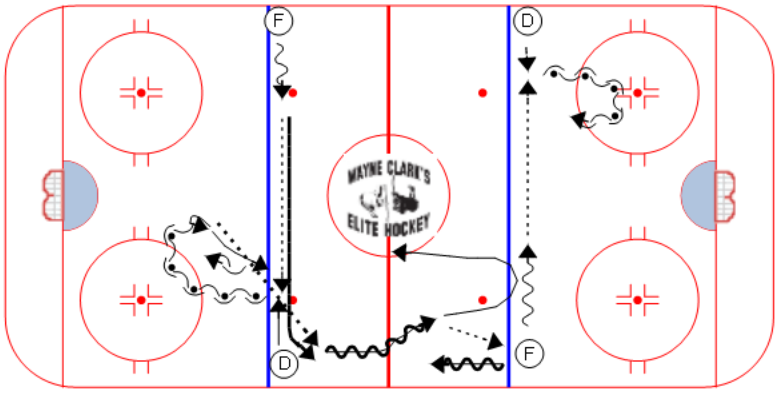
Description

Both F's skate out and pass to the D on the other side who has skated out to the face-off dot.

The D takes the pass and retreats into the DZ and does an escape move.F skates across the NZ and gets a pass from the D.

F passes to the first F in the other line. After the pass she turns up the ice and attacks 2 on 1 with the F who received the pass.

The D has"Gapped" up the ice to play the 2 on 1. Both sides at same time



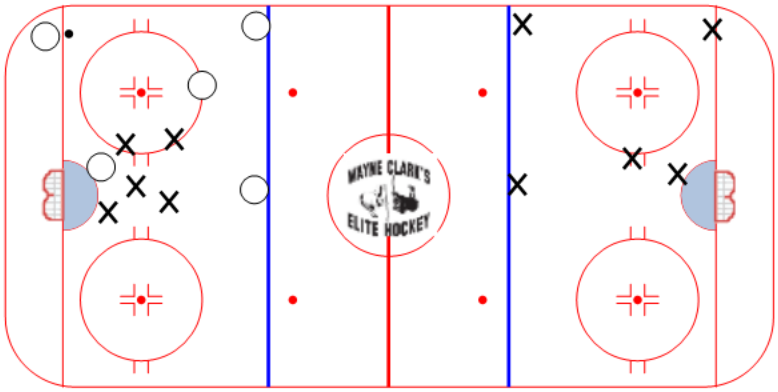
Key Points : | Timing is key | D work on spin move | Fwd Low | Gap vs Attack |

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : DETROIT DZONE **Content elements:** _____ **Components :** _____

Description

System:
W collapse -Net Fwd HASH Line
Board W -Top of Circle
Low 3: Identify - Close - Eliminate
Drill:
5 DEF players in House, Whistle -play it out 5on5 in zone.
Whistle: Offensive Players to Far End, Stop in House, Whistle Activates 5on5.
Note: Offense goes to Defense



Key Points : | 5on5 | Compact "House" | Offense 1st Sequence | Defense 2nd sequenc |

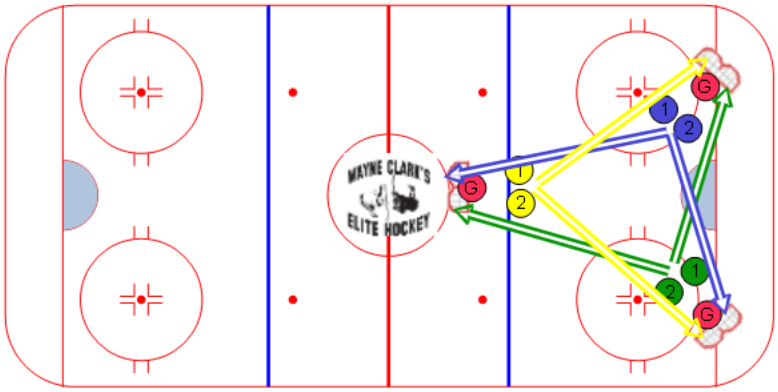
Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : 2 on 2 on 2 **Content elements:** _____ **Components :** _____

Description

-Three teams of two play each other with one puck. Each team has a net that they are defending, which means they can score on either of the other two nets.
-If you have more than six players, then you can make it so that the team that gets scored on has to sit out until it is their turn again.

The goals of this drill are primarily creativity and awareness.

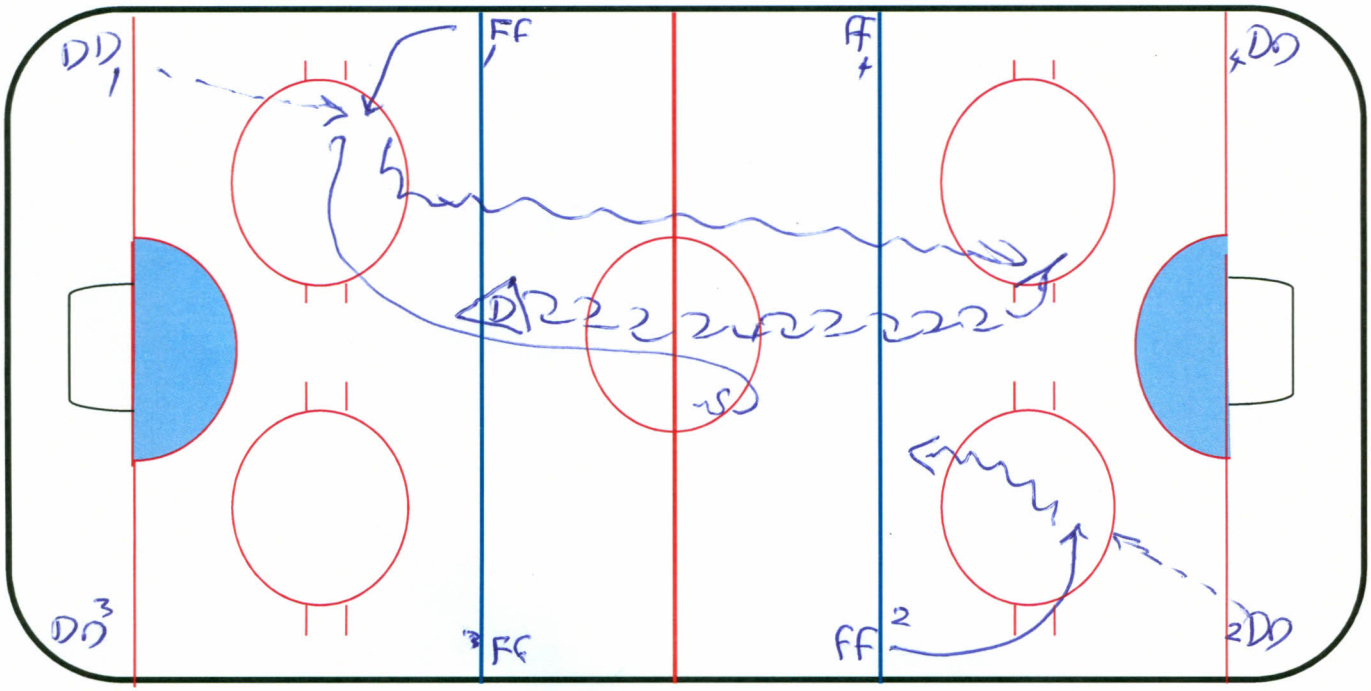


Key Points : | Competition | 3 Nets | Creativity | Awareness |

Date

Drill Number

Drill Type COMPETITIVENESS



Drill Name CONT 1v1

Purpose 1v1 SITUATIONS

Description

D ON BL TO START DRILL

D FEEDS F1 WHO CURLS

F1 HARD V D1 1v1 FULL ICE

WHEN RUSH CLEARS FAR BL F2 CURLS - D2 FEEDS

D1 HAS FOLLOWED UP ICE TO TRACE F2

F2 V D2 1v1 - CONTINUOUS

Key Points

SPEED

GAP

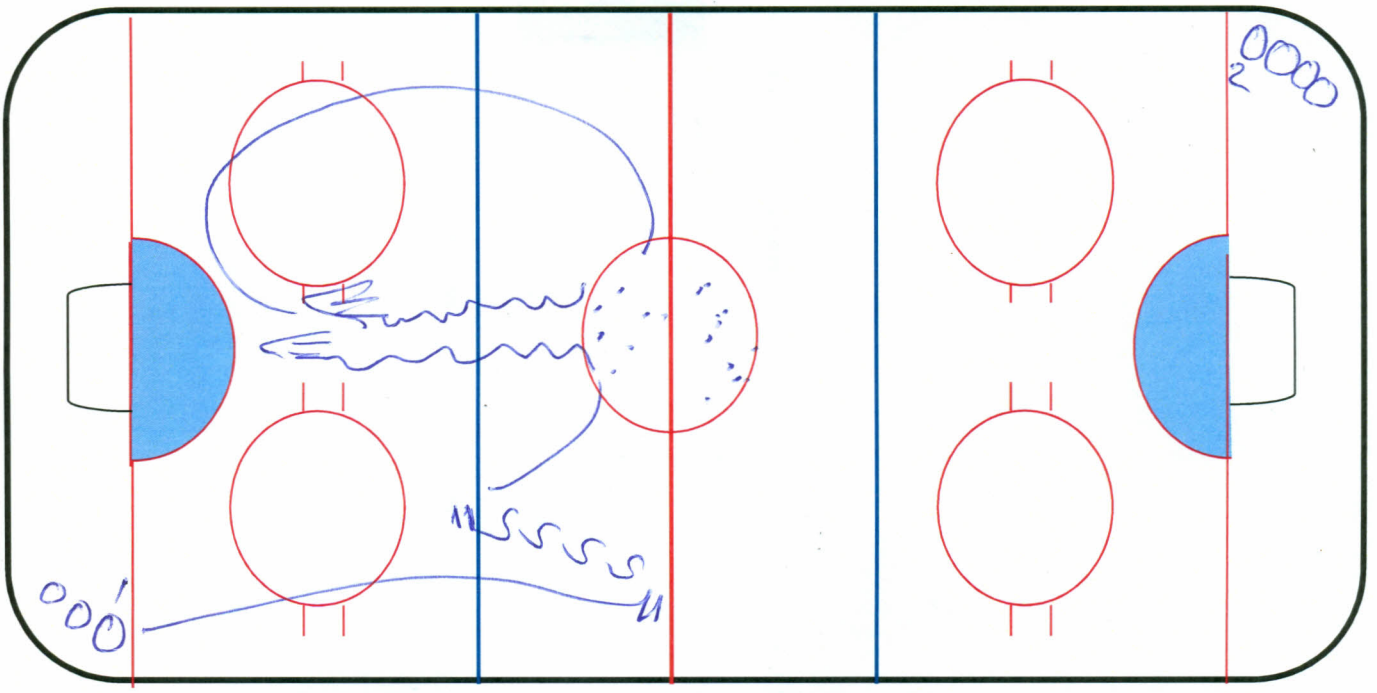
ANGLING

PLAY HARD

Date

Drill Number

Drill Type POST PRACTICE



Drill Name 2 GOAL CHALLENGE

Purpose SCORING

Description

O1 + O2 AT SAME TIME

HARD TO RL, DEAD STOP, QUICK FEET BACK TO BL THEN COLLECT P FOR 1ST SCORING ATTEMPT RETURN FOR 2ND PUCK.

Key Points

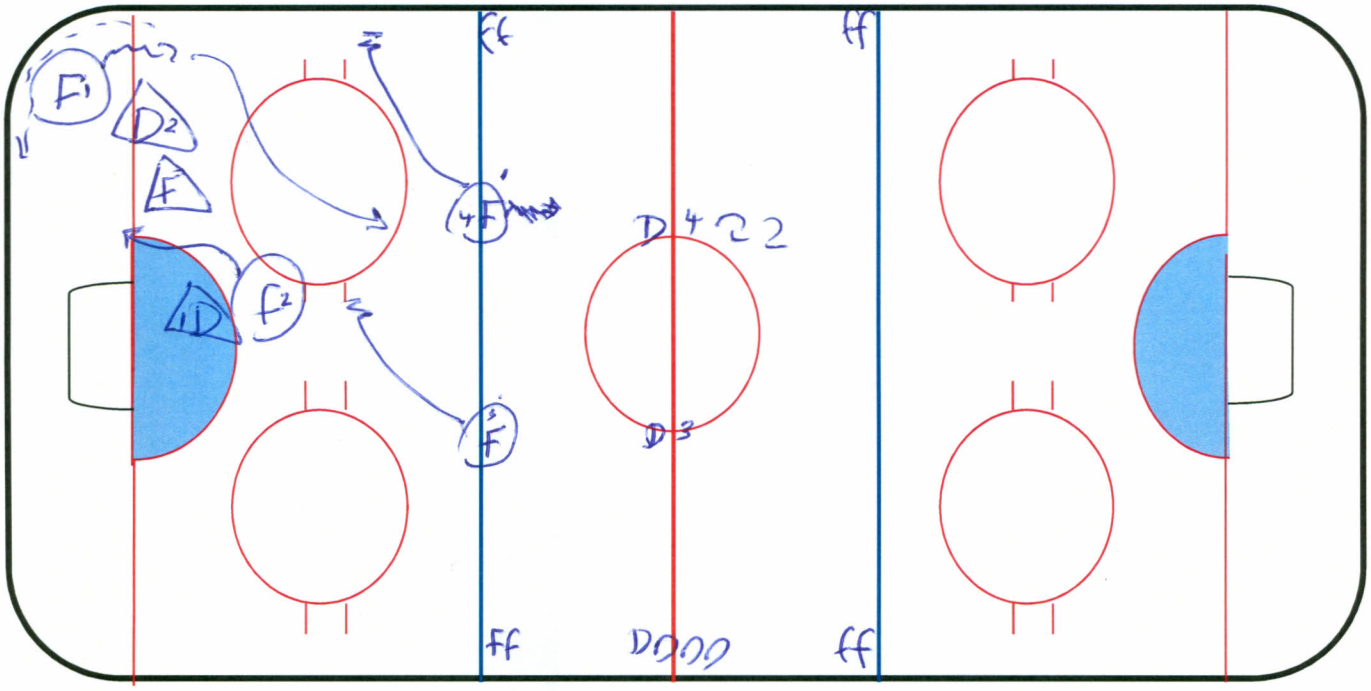
IF PLAYER SCORES 2 HE IS OUT

IF HE SCORES 1, HE HAS 1 MORE TO SCORE.

Date

Drill Number

Drill Type DEF TRANSITION



Drill Name CONTINUOUS 2on3

Purpose DEF support

Description

F1 + F2 PLAY LOW BATTLE V D1, D2 + F (2v3)

D1, D2, F MUST PLAY AGGRESSIVE TO FORCE TRANSITION TO NEXT F's

ON TRANSITION F3 + F4 GO HARD ON D3 + D4

HIGHEST OF F1 + F2 MUST ACT AND BACKCHECK THROUGH FORWARD

PLAY CONTINUES OTHER END 2v3 AND IS CONTINUOUS 2v3

Key Points

PUCK SUPPORT

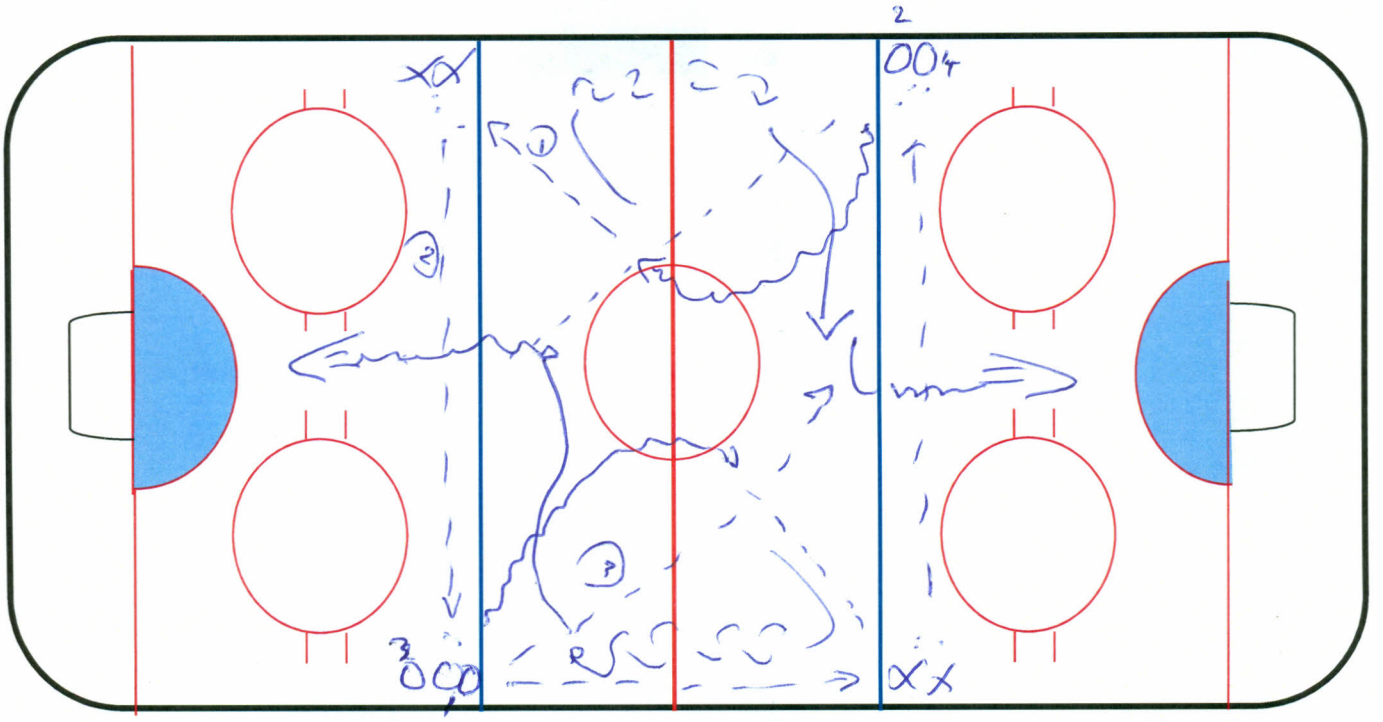
SEPERATION

COMMUNICATION

Date

Drill Number

Drill Type WARM UP



Drill Name FIND THE SEAM

Purpose SKILL

Description

O¹ + O² GOE ON WHISTLE

SKATE PUCK TO CENTRE CIRCLE AND FEED X IN QUE

X's FEED O³ + O⁴ WHO FIND O¹ + O²

O¹ + O² IN TO GOAL FOR SHOT

Key Points

QUICK FEET

GOOD PASSES

TIMING INTO SEAM

Ind or small group - last Prac 2 CON ADVANCED

Team Skill / Warm Up [FIND THE SEAM]

Of or Df team drill [CONT 2v3 Def trans]

Competitiveness [Cont 1v1]

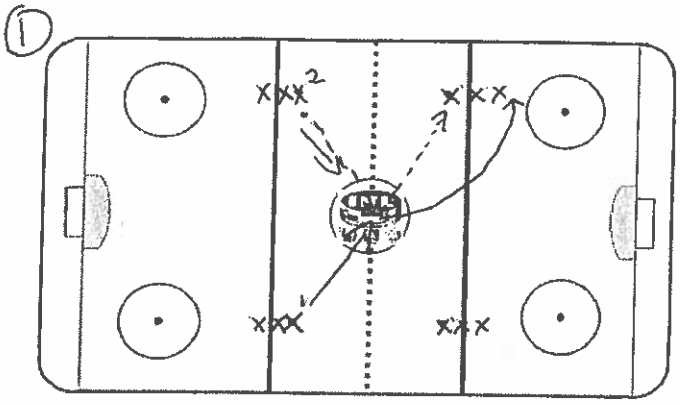
Quote

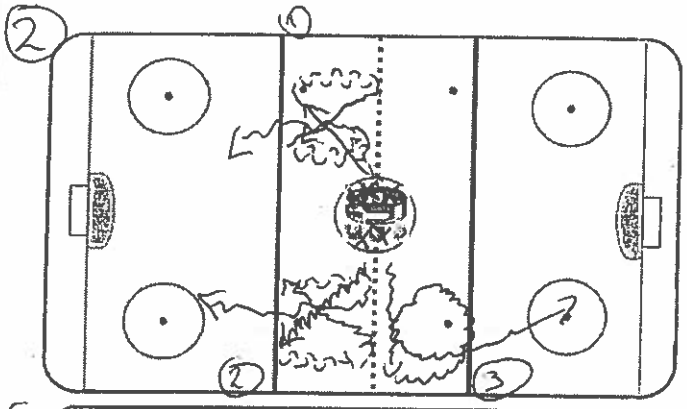
A CHAMPION IS A MAN
THAT GETS UP WHEN HE CAN'T
JACK DEMPSEY

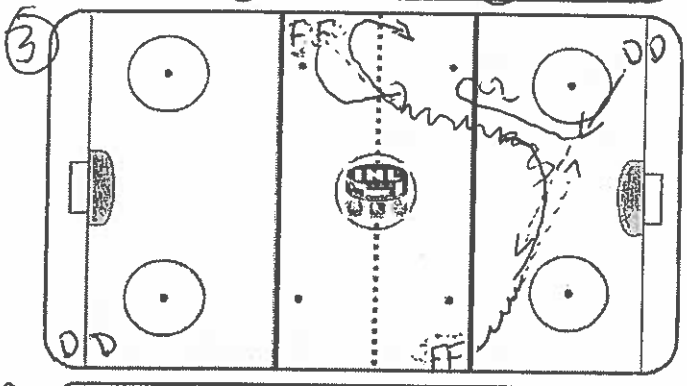
HC EPPAN PRACTICE PLAN
DATE_____

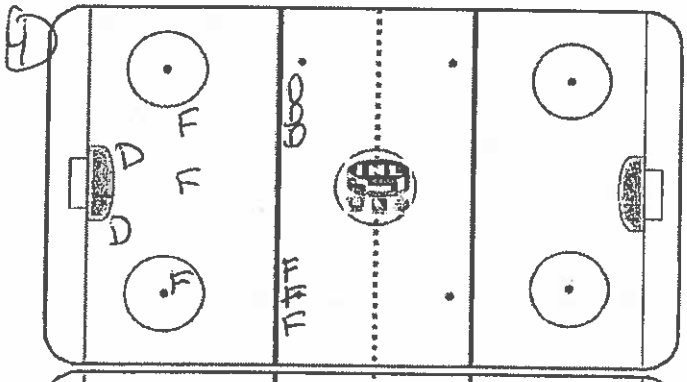
DWC

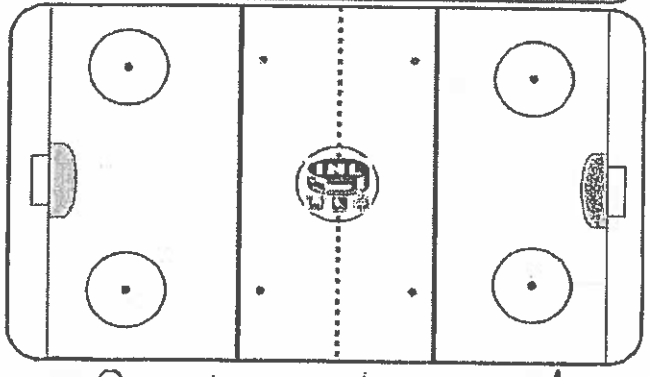
David Small

① 

② 

③ 

④ 



① 1-touch passing warm-up
- 4 off side dots
- 1 puck

x^1 - Player drives center dot
x^2 - gets pass from side - passes it forward - follows pass
- As soon as x^2 passes he drives center dot - drill con in a circle.

② Center Ice Butterfly x3
- all players in center circle w/ pucks.
- Focus on skating agility and good shots for goalies

#1 - No puck - pass
#2 - w/ puck
#3 - circle w/ puck
} Fwds to Bwds skati

③ 2v1 Regroup
- On whistle D gets to middle
- Give / Go with forward.
- F Regroups with F on opp. Blue
- Attack 2v1
- Both ends at same time

④ D vs. F - first to 5
- D get a point if they skate the puck over Blue Lin
- F get a point if they score.
- 3 v 2 in zone
- losers skate

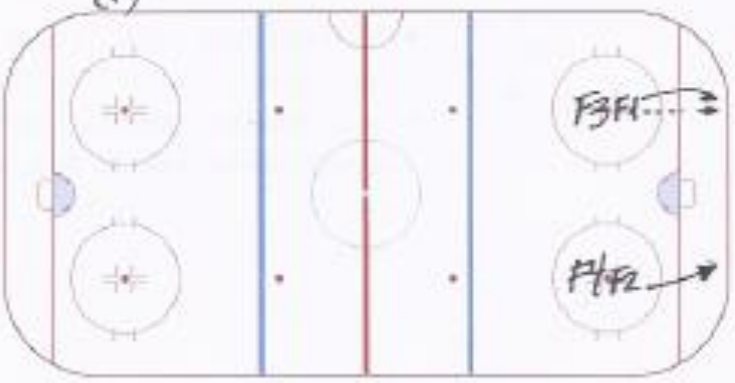
Book: The Wandering Leader
self promotion ↗ by David Small
(2013 Christmas)

Quote: "Good is the enemy of the best

EMAIL : CENIO @ COACHENIO . COM

LUCIANO BASILE
HEAD COACH / BRIANCON "DIABLES ROUGES"
FRENCH MAGNUS LEAGUE

(1)

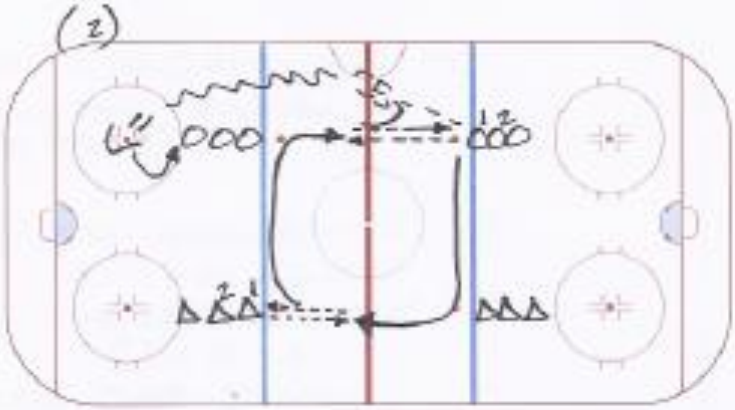


(1) SMALL GROUP DRILL
"ATTACK FROM BEHIND NET"

- ALSO A GOALIE DRILL
- F1 DEPOSITS PUCK BEHIND NET, F2 JOINS HIM OTHER SIDE
- AT THIS POINT, F1 CAN EITHER ATTACK NET, OR PASS TO F2 WHO CAN ALSO ATTACK NET
- BOTH F1 AND F2 CAN ALSO PASS TO F3 AND F4 FOR ONE-TIMERS.
- ENCOURAGE CREATIVITY AND DIFFERENT ATTACKS
- IT IS A 4 ON GOALIE SITUATION

(2) SKILL WARM-UP DRILL
"SWEDISH 5-PASS"

(2)



- O1 AND Δ1 STRADDLE BLUE LINE AND EXCHANGE PASSES WITH O2 AND Δ2
- THEY GO BACK TOWARDS ORIGINAL LINE, EXCHANGE PASSES AND THEN RECEIVE A FINAL PASS FOR SHOT
- KEEP PLAYERS ON SAME SIDE TO WORK BOTH FOREHAND AND BACKHAND

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Switzerland

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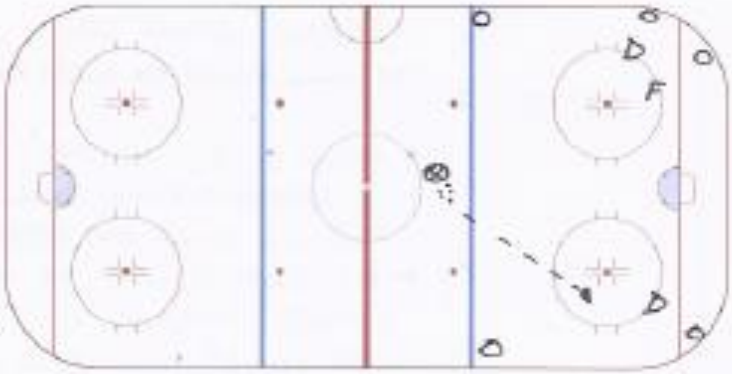
FAIR PLAY AND RESPECT

(3) TACTICAL DRILL : "3-PUCK DZONE"

- 1ST PUCK = 1X1 ON ONE SIDE
- 2ND PUCK = 2X2 ON OTHER SIDE
- 3RD PUCK = 3X3 DOWN LOW

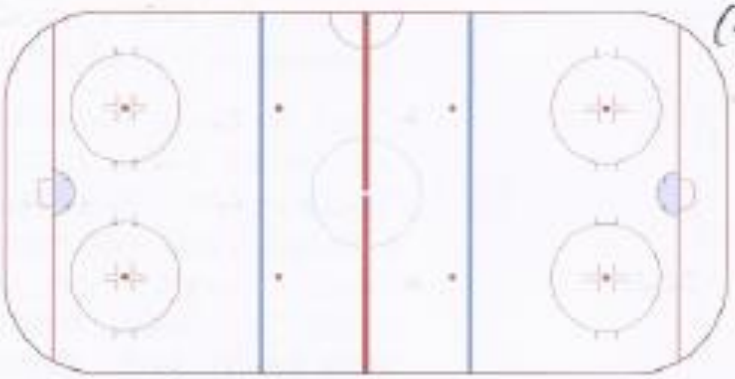
(EACH PUCK SHOULD LAST MAX. 10-12 SECS)



- ENCOURAGE OFF. FWDS. TO USE POINT SHOTS
- ALL FWDS. SHOULD GO AT LEAST ONCE AS A DEF. FWD.

(4) COMPETE DRILL "THE FENCE"

- CAN BE 1X1 OR 2X2 DRILL
- COACH SPOTS PUCK IN CORNER AND 2 OR 4 PLAYERS BATTLE
- EITHER ONE CAN ATTACK NET AND SCORE
- REMAINING PLAYERS FORM A "FENCE" AND ANY PUCK THAT COMES TO THEM IS SPOT BACK IN CORNER



(5) TEAM-BUILDING ACTIVITY:

- PAINTBALL / RAFTING (GROUPS OF 4)

RECOMMENDED BOOK: PATRICK LENCIONI. "THE FIVE DYSFUNCTIONS OF A TEAM" (JOSSEY-BASS BOOK)

FAVOURITE QUOTE:
"THE STRENGTH OF THE WOLF IS THE PACK, AND THE STRENGTH OF THE PACK IS THE WOLF"

TO: ENIO SACILOTTO

ENIO@SHAW.CA

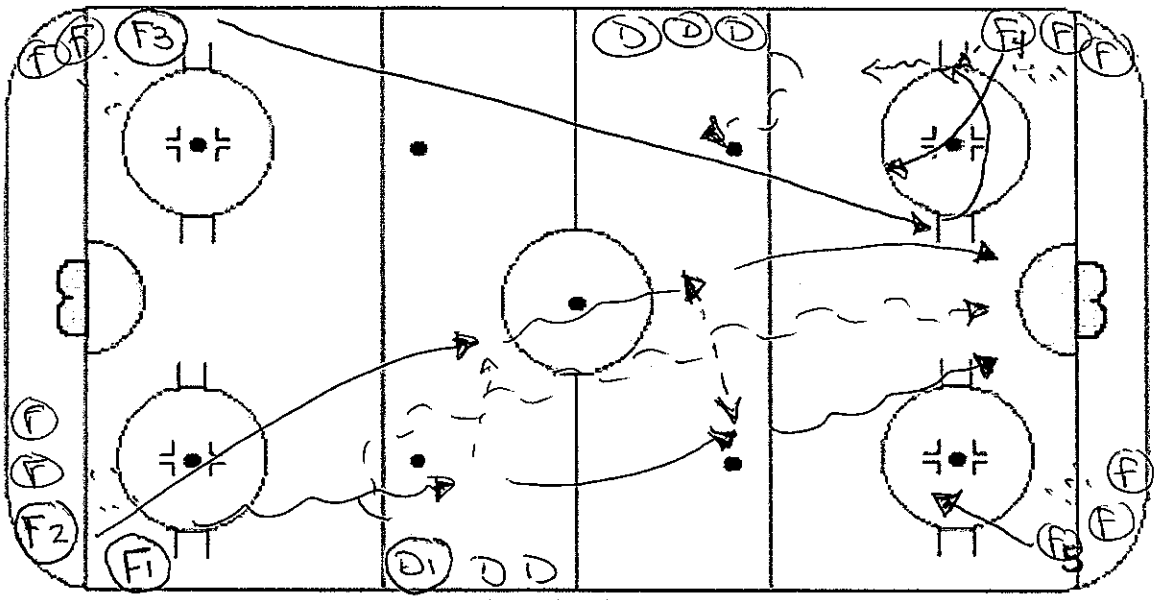
CENIO@coachenio.com

from: Martin Muylaert

UNIVERSITY OF ONTARIO

RIDGEBACKS

UCT RIDGEBACKS



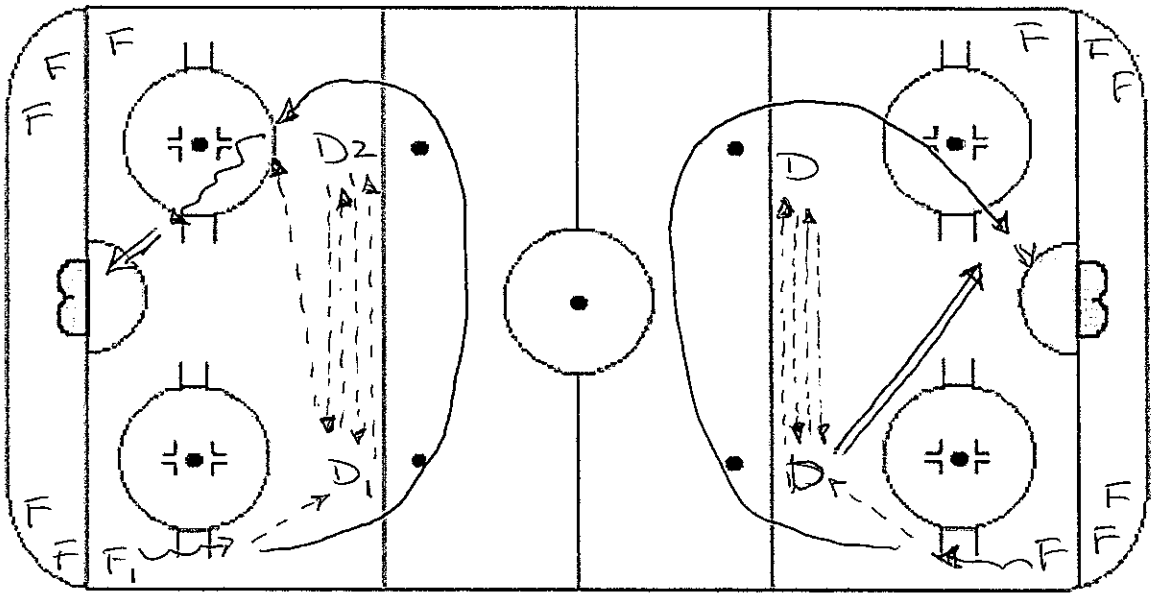
CONTINUOUS BACKCHECK DRILL

- ON COACHES WHISTLE F1 & F2 FROM CORNER ATTACK D1 FROM BLUELINE BOARDS 2on1. ON 2ND WHISTLE F3 FROM OPPOSITE CORNER ACTIVATES AS A BACKCHECKER TRYING TO CATCH THE ATTACK AND CREATE A 2 on 2. AT THE HASHMARKS THE BACKCHECKER PLEADES, CURLS TO A CORNER & UNITES WITH THE FIRST FORWARD TO CREATE THE NEXT 2on1 WHILE (F5) OPPOSITE CORNER F BACKCHECKS TO TRY AND CREATE 2 on 2.

www.drilldraw.com

* GOOD DRILL TO STRESS TALK BETWEEN DEFENSEMAN & BACKCHECKER IN TERMS OF IDENTIFYING AND EXECUTING A) 2on1 with backchecker tactic or B) 2on2

UCT RIDGEBACKS



** Made with DrillDraw **

WARMUP DRILL
F's in every corner with pucks 2D on blueline
F1 passes to D1, then skates with speed
around both. D1 and D2 must execute 4
passes between them then D1 passes back to
F1 who skates in & shoots.
OPTION 2: 4 passes then shoot for tip/redirect
OPTION 3: F sets up screen D shoots to
allow Forward to deflect

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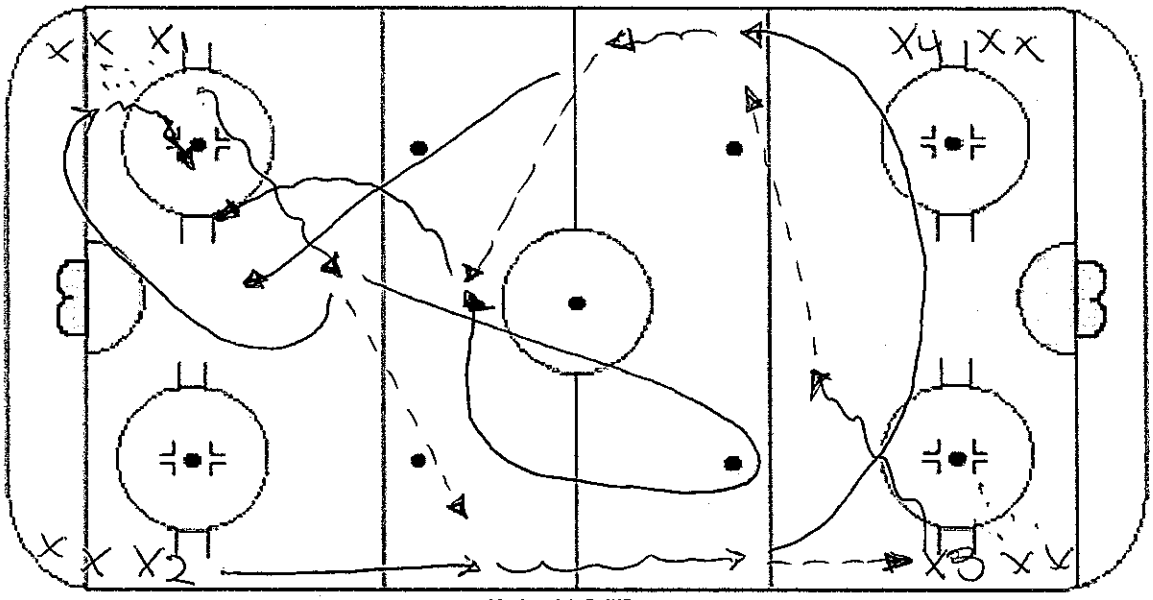
UCST RIDGEBACKS



** Made with DrillDraw **

4 CORNER TIMING DRILL

X1 leaves with puck diagonally and passes to a breaking X2. X1 then becomes STRETCH MAN away from play. X2 carries to blueline, passes to X3, then cuts skating to far boards for return pass. X3 breaks with speed to middle of ice and returns pass to X2. X2 receives pass and finds X1 stretching. Pass to X1 then join rush as 2ND MAN.

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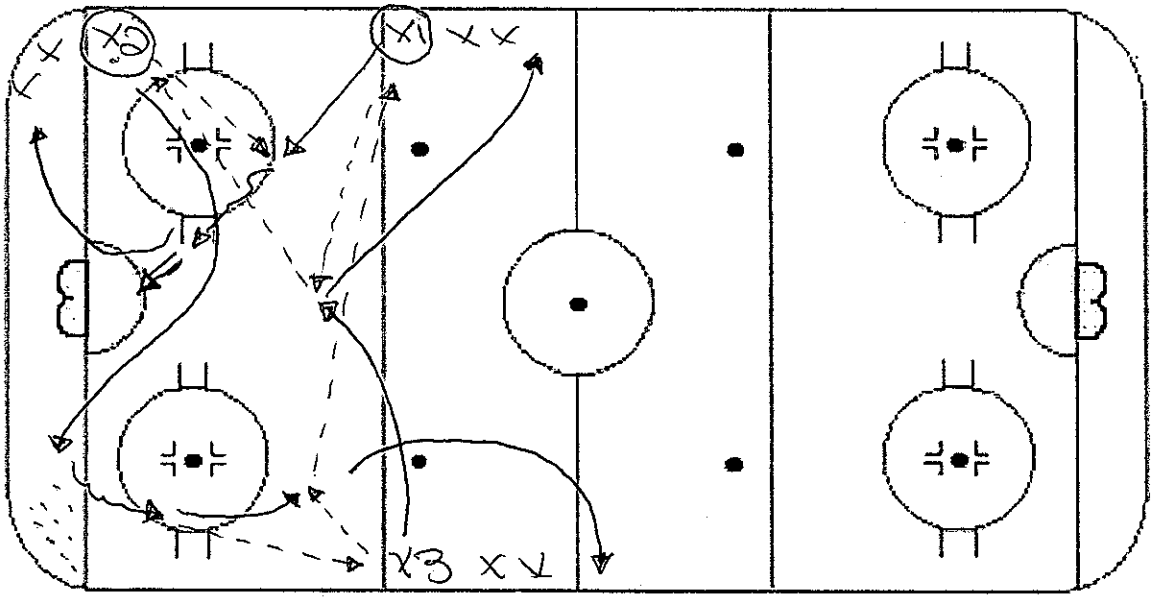
X3 circles back, retrieves puck and starts drill from opposite end.

UCT RIDGEBACKS



HARLEM GLOBETROTTER ONE-TOUCH DRILL

- X1 leaves & drives slot, shoots a one-time pass from X2
- X2 go to net for rebound then into corner, retrieve puck and feed X3
- X3 one touch puck back to X2 who then one touches puck over to X1.
- X3 skates into zone to receive one-touch pass from X1, then one-touches to X2.
- X1 drive slot and shoot one-touch feed from X2.

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X1 shoots & joins X2 group

X2 joins X3 group

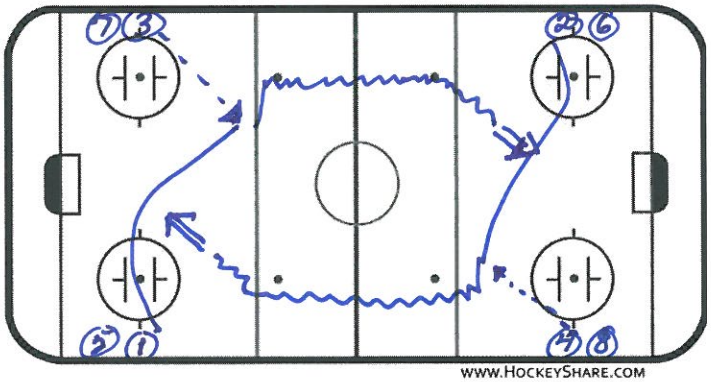
X3 joins X1 group

10/12/2013

Practice Date:
Hockey Practice Plan

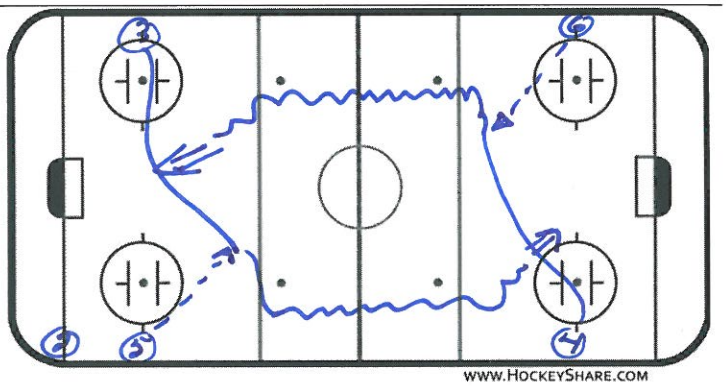
Drill : 1 OUT - BOTH ENDS Length: _____ (A)

- WARM-UP DRILL
- (1) AND (2) COME ACROSS AND RECEIVE PASS FROM (3) AND (4)



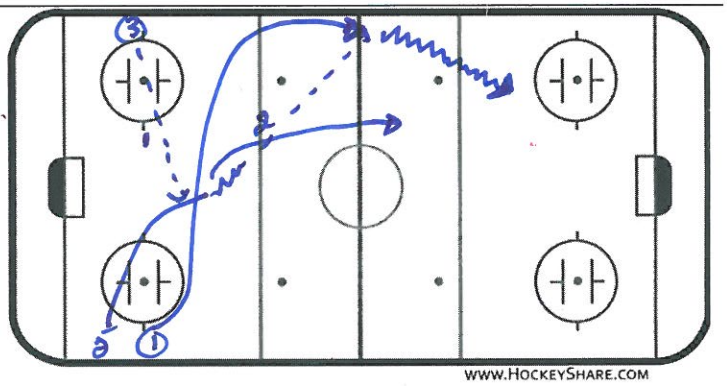
Drill : PHASE 2 - Length: _____ (B)

- OPPOSITE SIDES COME OUT
* ON WHISTLE



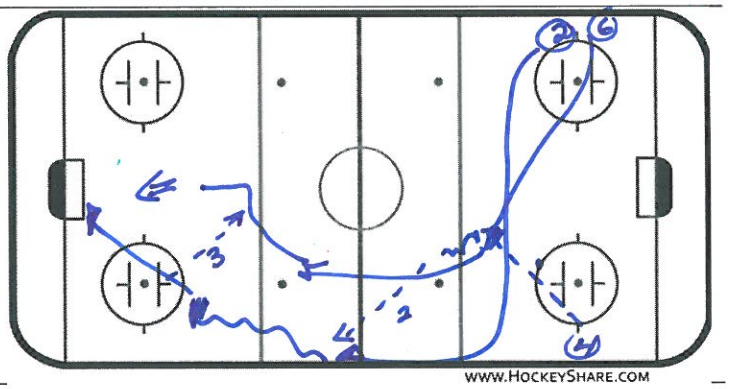
Drill : 2 OUT Length: _____ (A)

- SAME ALIGNMENT BUT 2 OUT - PASS MADE TO 2ND PLAYER ---> UP TO FIRST OUT
2 ON 0 OPTIONS



Drill : BOTH ENDS @ SAME TIME Length: _____ (B)

- 2 ON 0 OPTIONS!



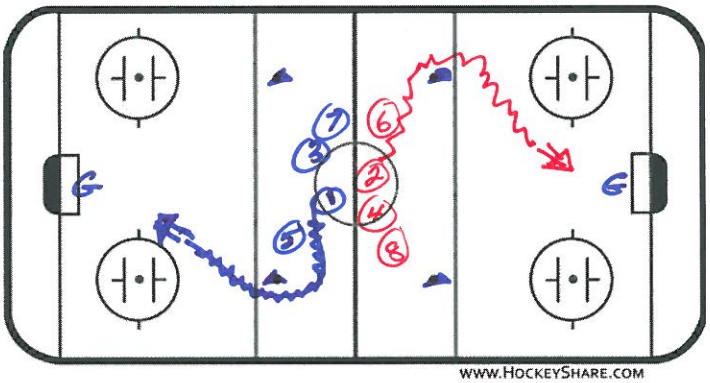
10/12/2013

Practice Date:
Hockey Practice Plan

(A)

Drill : CENTRE SHOOT #1 Length: _____

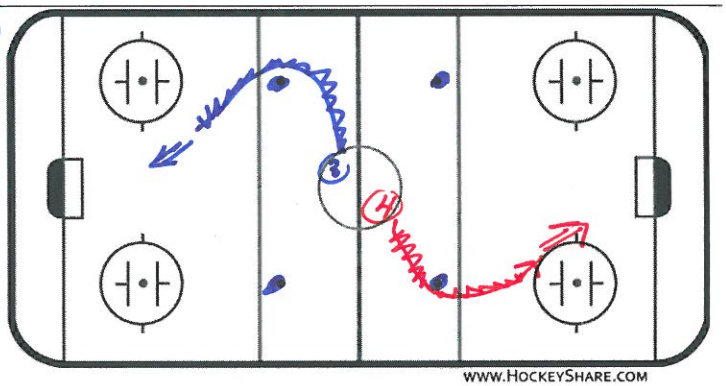
① AND ⑧ COME OUT ON WHISTLE (LEFT PILON)
- QUICKNESS, CONTROL - SPEED
- SHOOT



(B)

Drill : _____ Length: _____

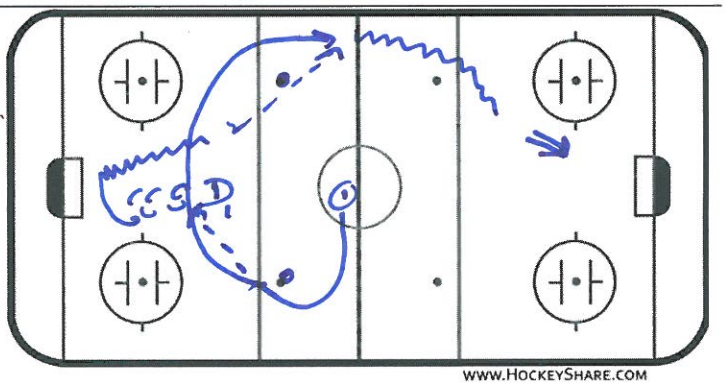
- NEXT WHIST OPPOSITE SIDE
- ALTERNATE ON WHISTLE!



(B)

Drill : CENTRE SHOOT - D PASS #1 Length: _____

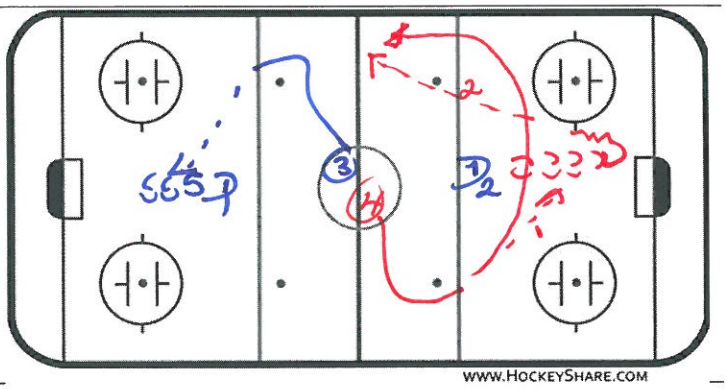
① AS ABOVE BUT - - -> D_1 WHO IS SKATING BACK.
① SWING WIDE.
D_1 REGROUP W/TIMING, UP ICE AND PASS TO ①



Drill : _____ Length: _____

D- REGROUP AND LOOK FOR ③ COMING OPPOSITE SIDE!

- RUN BOTH ENDS



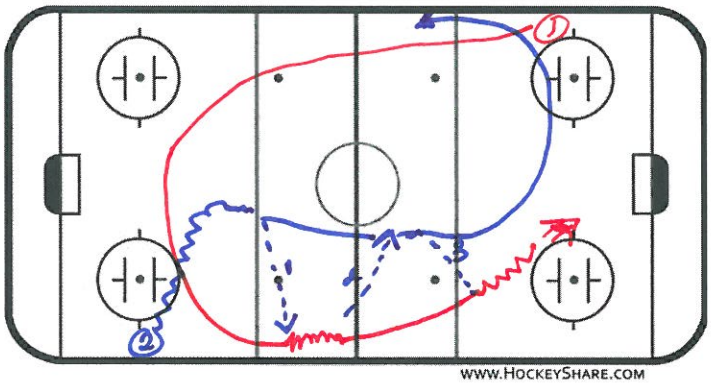
10/12/2013

Practice Date:
Hockey Practice Plan

Drill : INSIDE OUT HORSESHOE Length: _____

(A)

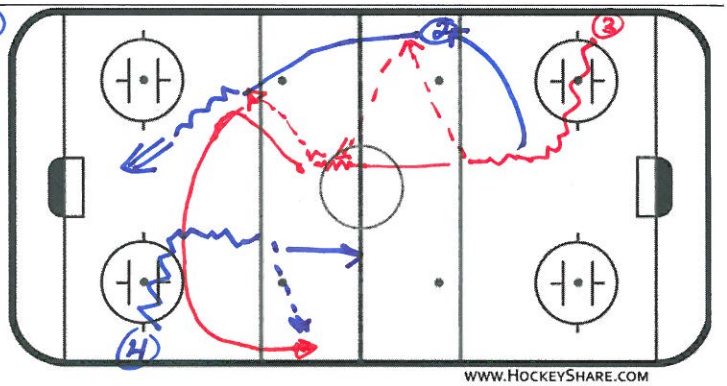
① - SKATE LOW/WIDE HORSESHOE!
② - STEP OUT TO MIDDLE W/ PUCK
- SKATE EVEN W/ ① - 3 PASS
- ① SHOOT
- ② LAST PASS - GO WIDE & LOOK FOR ③ IN MIDDLE



Drill : _____ Length: _____

(B)

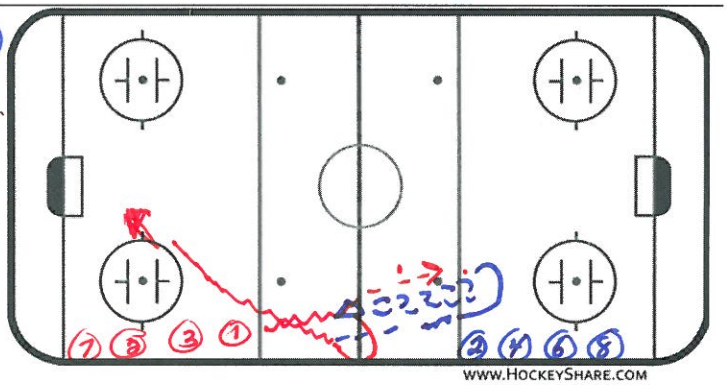
* BOTH LINES @ SAME TIME
* SKATE EVEN - QUICK PASSES
- SWING LOW & WIDE
"INSIDE TO OUTSIDE!"



Drill : SEWING MACHINE Length: _____

(A)

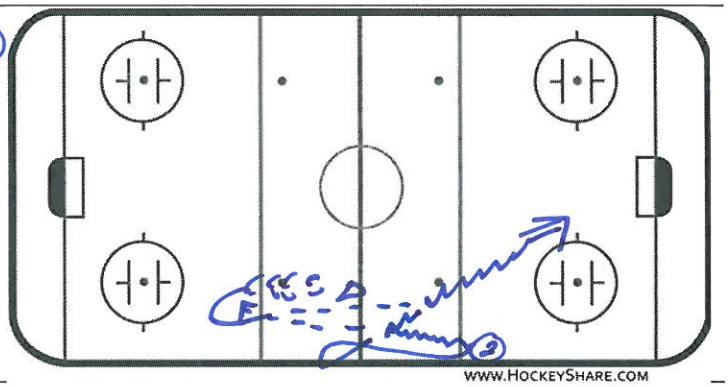
① DRIVE RL TO RL ---> Δ_1
Δ_1 ::: RL TO BL - REGROUP AND PASS TO ① WHO POSTS ON RL -> GO

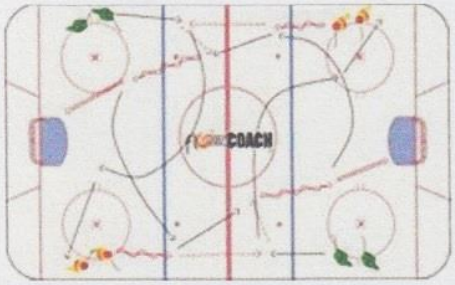


Drill : _____ Length: _____

(B)

Δ_2 - SWITCH DIRECTION AND WORK SEQUENCE W/ ②





Keypoints: PASSES ON THE GO, SUPPORT, TIMING, STAY ON SIDE, GO TO THE NET

Organization - TWO DIAGONAL FORWARDS SKATE UP THE ICE AND ONE TOUCH PASS FROM FAR BLUE LINE PLAYER - THOSE TWO PENETRATE IN THE ZONE AND SHOOT ON THE NET. SKATE FAST TO OTHER BOARDS TO ONE TOUCH WITH NEW PLAYER FAR BLUE LINE WHO WILL SHOOT ON THE NET. - PLAYER WHO PASS THE PUCK SUPPORT SHOOTER. GOES TO THE NET AND JOIN OPPOSITE LINE. - FLOW DRILL, ON WHISTLE.

Variation

Goalie

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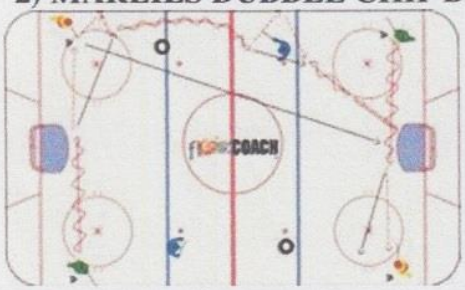
2) MARLIES DUBBLE CHIP DRILL

0 min.



Keypoints: GOOD CHIPS, REBOUNDS , OR ONE TIMERS

Organization - ON WHISTLE DIAGONAL PLAYERS SKATE WITH THE PUCK PASS TO OPPOSITE SIDE PLAYER WHO CHIPS AND SKATES FOR ONE TIMER OR REBOUND. - GREEN PLAYER RECEIVES CHIP AND SKATES TO FAR COACH OR TIRE, CHIPS, SHOOTS OR PASS TO RED PLAYER

Variation

Goalie

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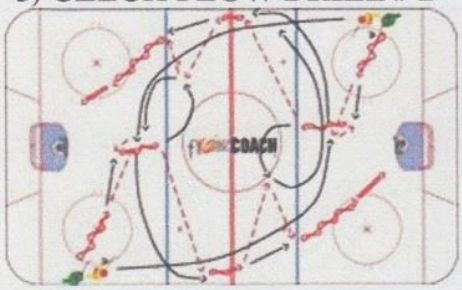
3) CZECK FLOW DRILL # 2

0 min.



Keypoints: SUPPORT, TIMING, ALL PASSES ON GO, TRANSITION, COMMUNICATE, PASSES ON TAPE

Organization - VARIATION OF CZECK DRILL: DIFFERENCE, PLAYER 2 TAKES GIVE AND GO WITH PLAYER 1 COMING FROM OPPOSITE DIRECTION AND THEN SKATES TO FAR END TO START THE DRILL AGAIN.

Variation

Goalie

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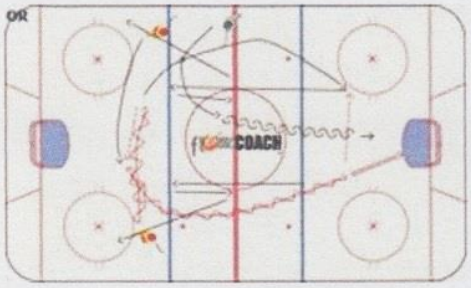
4) DALLAS EAKINS:TWO ON ONE WITH COMPULSORY SHOT ON THE NET

0 min.



Keypoints: SUPPORT, SHOTS ON NET, D GAP

Organization - BOTH ENDS. ONE END AT THE TIME ON WHISTLE. - TWO FORWARDS CRISS CROSS AND DROP THE PUCK '- D POPS FROM THE SIDE BOARDS - TWO ON ONE. - IF FORWARDS DO NOT HIT THE NET THEY BOTH SPRINT BACK TO FAR BLUE, STOP, BACK TO CENTER LINE, STOP AND SPRINT TO STARING POSITION. - NEXT WHISTLE TWO FORWRDS OPPOSITE END PRECEDE THE DRILL.

Variation

Editing this plan To edit this plan, click on the Edit button located at the top right of the plan. If this is a sample plan, click on the copy button to make an editable copy.

Print Clicking on the Print button will allow you to view/print your plan in an Adobe PDF format. Please note that the plan will be displayed within a Pop-up window.

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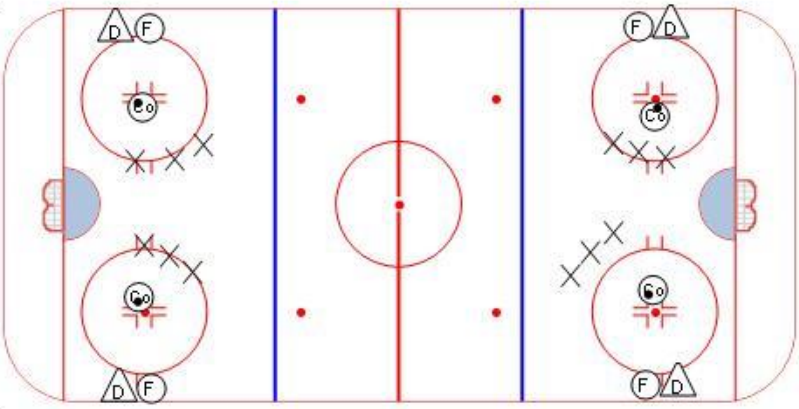
Individual or Small Group Drill

Title : Battle Drill off Face Offs **Category #1 :** **Category #2 :**

Description

Have a defensive player and offensive player line up in faceoff positioning.

Have coach throw a puck in random places in close proximity to the players and have them battle for possesion (try to score, while other player defends)



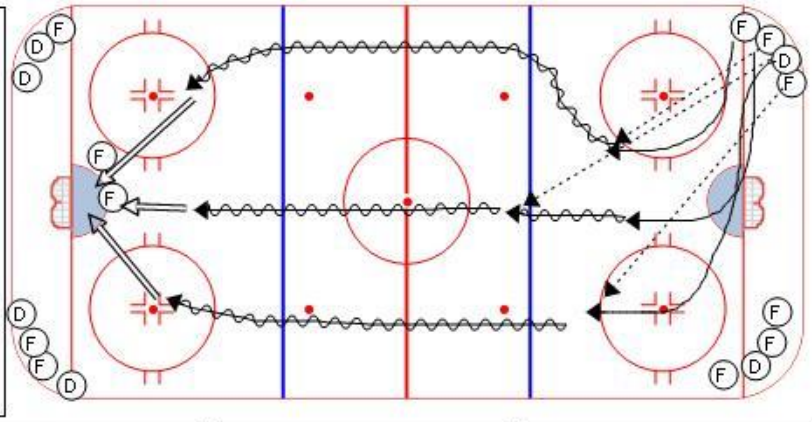
Key points :

Team Skill Warm Up Drill

Title : U18 Warm Up Drill / 3 Lanes **Category #1 :** **Category #2 :**

Description

Players in four corners
First player in line skates w/o puck towards middle of ice (for proper passing angle) receives pass and then skates back into Lane 1
Next player in line (after passing to F1) immediately skates into middle of ice (Lane 2) and receives pass.
Same for next player in line.
After receiving pass, each player skates in their Lane/shoots and then stays in front of net to screen/deflect.
Both ends at same time (Opp corners)
Switch sides



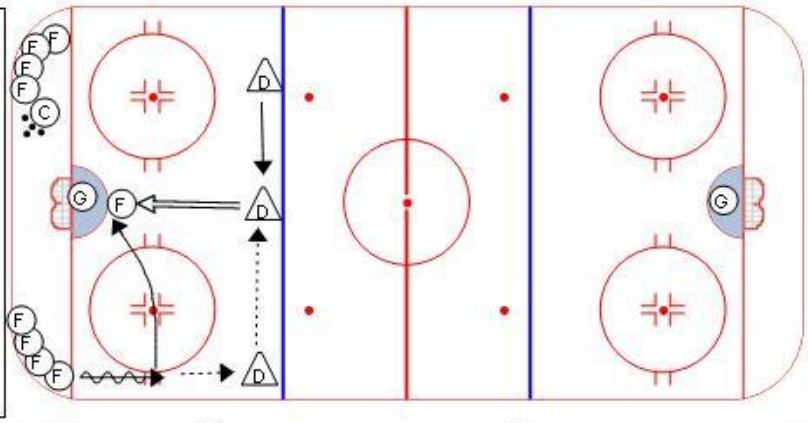
Key points :

Team Play Drill

Title : D to D Point Shots to 3 on 2 **Category #1 :** **Category #2 :**

Description

First whistle, F walks up wall and makes pass to SS D
WS D slides to centre position
SS D passes to WS D for a one timer low on net
After pass, F drives hard to net for screen/deflection.
Second whistle - Same from other corner.
Third Whistle, Instead of D shot from middle of ice, the D finds the F backdoor for a one timer.
After first two shots, both F's stay in front of net for screen/deflection.
On fourth whistle, Coach passes to F's who attack 3 on 2 towards far end.



Key points : Tape to Tape Passes | D- Low shots | F - sticks on ice | Communicate

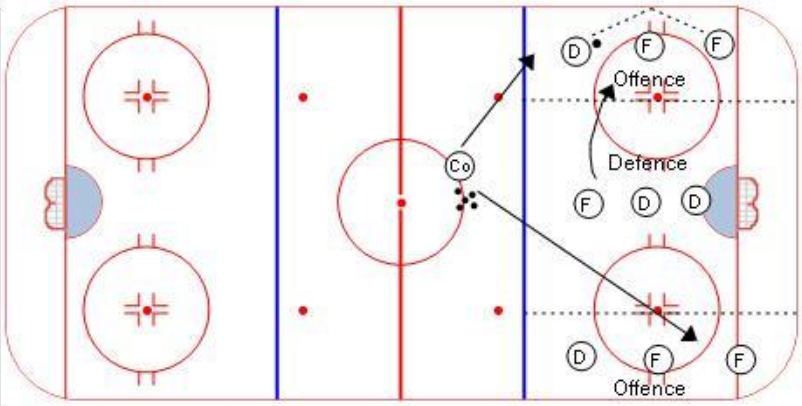
Compete Drill

Title : PK Drill + Battles **Category #1 :** **Category #2 :**

Description

- Divide ice into 3 sections (imaginary lines)
- Coach throws puck into either offensive zone.
- Once puck enters offensive zone (1 person from defensive team can attack) Remaining 2 defensive players must stay within their section and defend the pass across ice (sticks in lanes)
- Offensive players must remain in their lanes. Object is to keep moving puck between offensive zones, while D is trying to defend. Blow whistle once puck is intercepted by Defence.

Opposite end: Have Battle Drills with remaining players and goalies.



Key points :

Success is not an accident, success is a choice. You become successful when you develop good habits. So ask yourself, are the habits you have today in sync with the dreams you have for tomorrow?

RYERSON RAMS

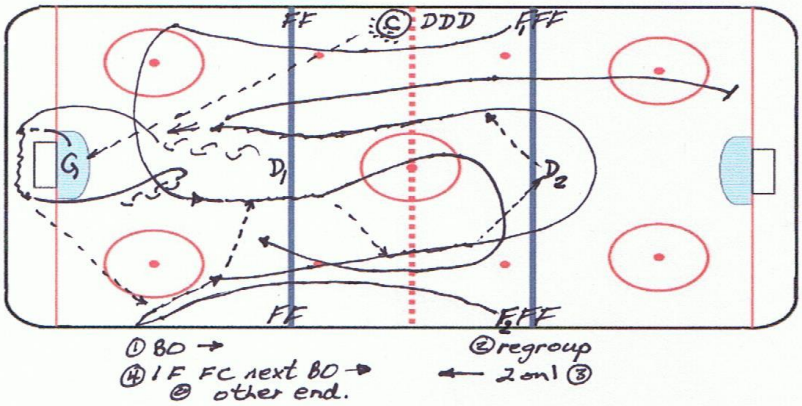
DRILL OF THE WEEK

2013-14

Drills by: Johnny Duco **Compied by: Graham Wise**

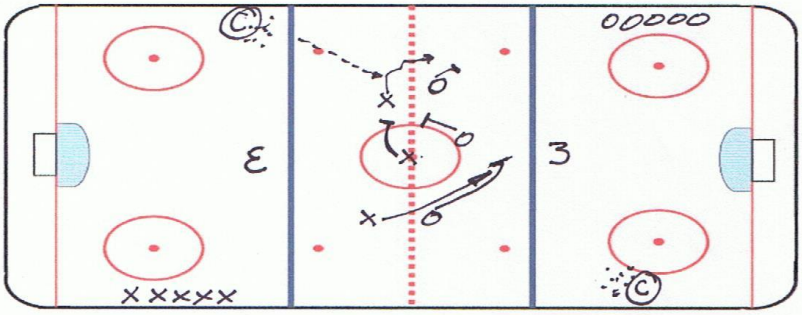
1) Continuous 2on 1

- C dumps puck in, D1 retrieves puck and BO with F1&2 from far end, F1&2 regroup with D2 and attack D1 2on 1, F that shoots FC against next BO at other end



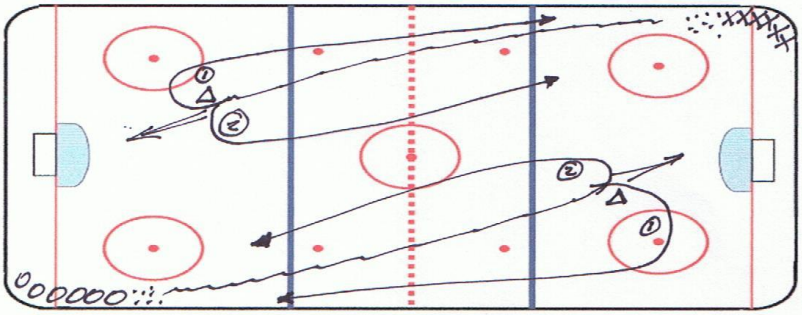
2) Transition Game

- 3 vs 3 in neutral zone. Both C's with pucks who chip pucks to neutral zone when a puck goes wide, the goalie freezes it or there is a goal. Quick transition for players from offense to defence, defence to offense.



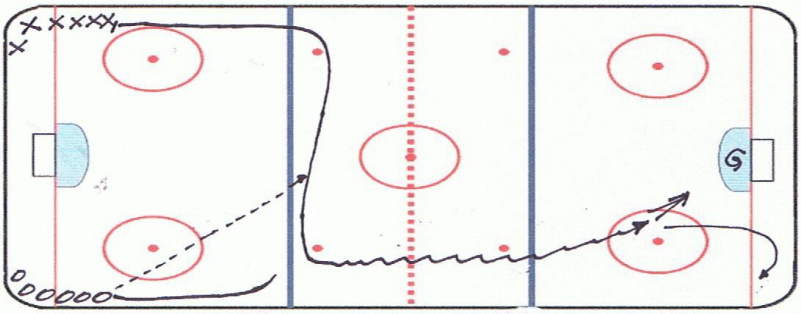
3) Laker Warm-up Drill

- half the players at each end. X 1&2 drive down ice with puck, shoot from the slot. First time, tight turn to the boards and BC to far bl. Second time, tight turn to mid-lane and BC to far bl.



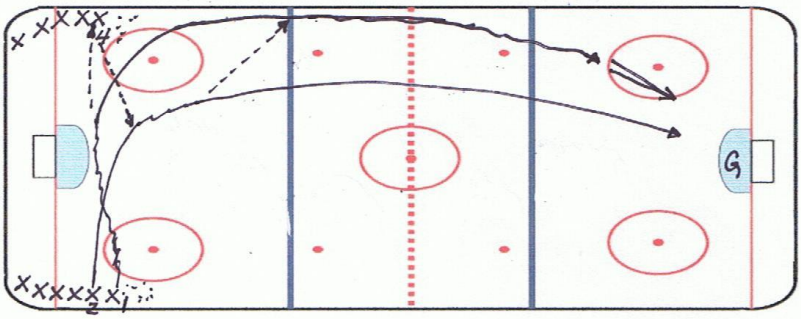
4) Comets Corner (Part 1)

- X1 drives to bl, across the flat, receives pass, around dot and drives down far side for a shot on net. Alternate sides, wait at far end. Repeat.



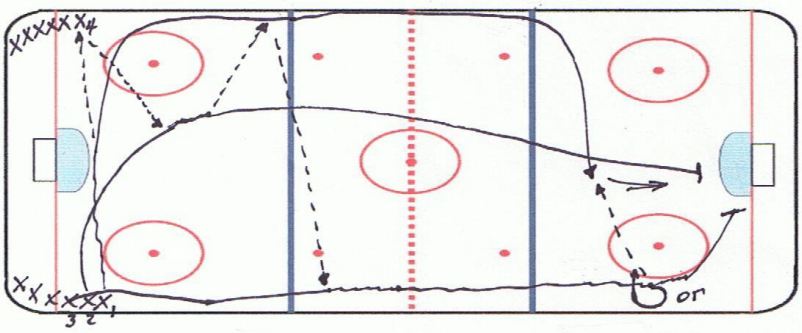
(Part 2)

-X1&2 drive across ice, X1 passes to X3 and swings up the boards, X2 times return pass from X4 through the middle. X1&2 attack up ice, X1 shoots from top of circle, X2 dives net for rebound. Alternate sides, wait at far end. Repeat.

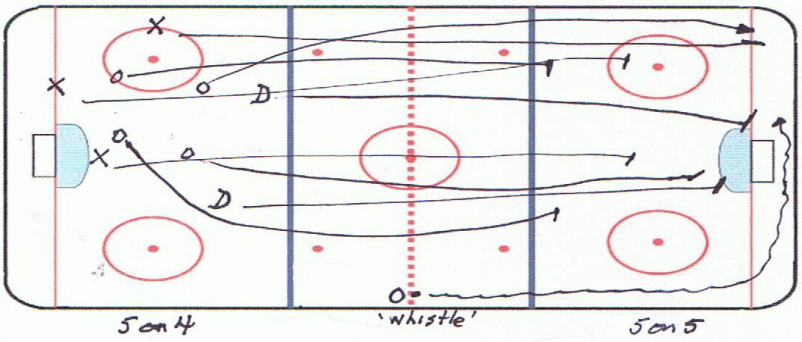


(Part 3)

-3 players go, X1&2 drive across ice, X1 passes to X4 and swings up the boards, X2 times return pass from X4 through the middle. X3 stays up boards, receives pass and drives into the far zone, looks for X1 in high slot for pass and shot. X2&3 drive net for rebounds. Make assertive passes.



NU: 5 on 4 to 5 on 5
5 on 4 in zone, players on PK have their sticks turned.
On whistle "o" with puck at centre drives puck deep behind net. "o's" (original PK players) now attack zone vs "x" players who were on PP backcheck, identifying their man, communicating for a 5 on 5 DZC situation.



Discipline yourself and others won't need to.
John Wooden

Practice plan

Team: Drill of the week

Practice N°: 1

Date: 23 dec 2013 Time: Duration:

Prepared by: Dany Gelinas, Sport Director F-G MJ

Objectives / main task

TOP 5 "formula to optimize the ice time. It is important that players know the key points of each exercise.
No need to waste too much time on the board and minimizes the movement of players on the ice.
Great practice momentum

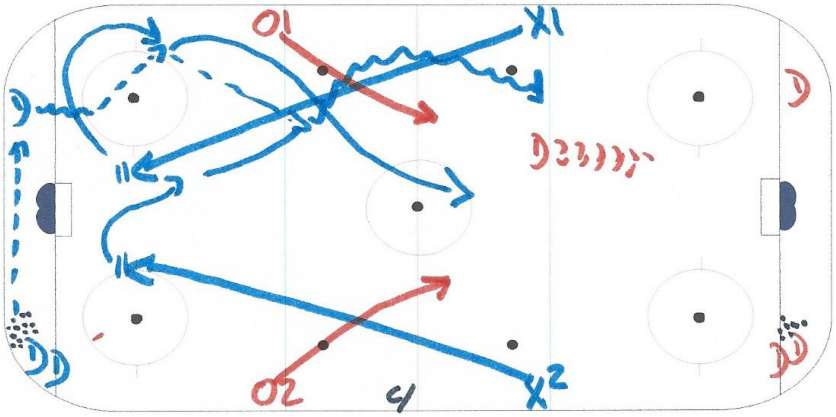
Drill N°: 1 Duration: Minutes From: To

Title: 2 on 1 Backcheck Category #1 Attack Category #2 Defense

Description

- D stand in the corner.
- F on the blue line.

Start with X1,2, skate hard (BC) inside the dots, on the coach wisthle D1 pass to D2 and breakout on X1,2 and rush 2 on 1.
F O1,O2 get ready and when the puck pass the blue line they backcheck hard and try to cancel the rush. Important point, all players involves has to play the rebound (2nd puck)
When the play is dead coach wisthle for the next rush on the opposite side. Its a flow drill with control of the coaches.



Key points: Rush againts backchekers | Backcheck inside | Net work OFF/ DEF | Conditionning

Comments on execution:

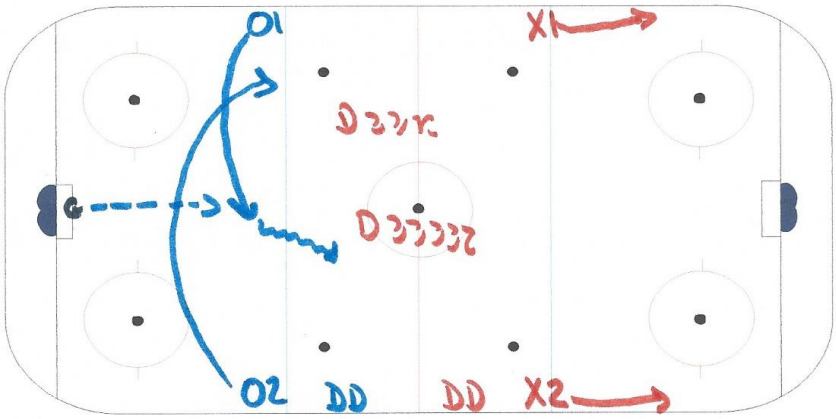
Drill N°: 2 Duration: Minutes From: To

Title: 2 on 2 continuous Category #1 NZ puck management Category #2 Man coverage down low

Description

- D stand at the red line
- F on the blue line by colors

GK passes to O1,O2
The D's join the plas at the same time
The D as to make the Forwards think and react.
That's mean play hard at the blue line. GAP CONTROL.
They play until the GK stop the puck or the D can breakout on the next Forwards X1,X2 stand on the ashmarks
Important: Ask the D to make a play, don't rim the puck all the time.



Key points: Re entry | DEF: Gap control | Blue line puck control | Attack-Zone-Time

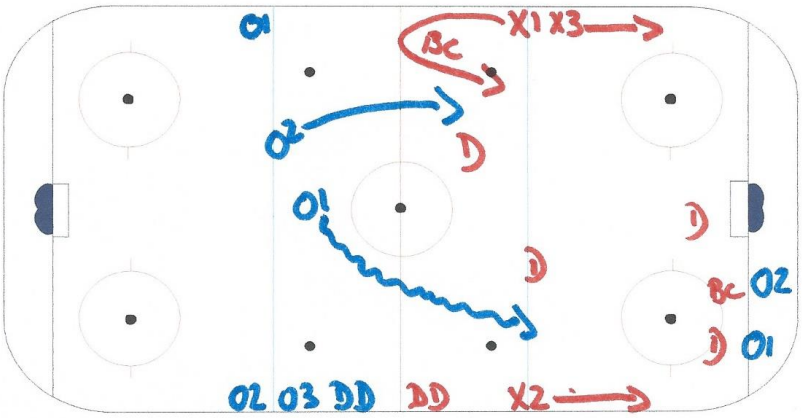
Comments on execution:

Drill N°: 3 Duration: Minutes From: To

Title: 2 on 3 Backcheck Category #1 Re entry Category #2 DZC down low

Description

Keep the same disposition then the other drills.
- Same start as the 2 on 2 the only difference is on the fact that as soon the puck carrier skate over the red line, X1 will skate to the red line and backcheck and help the DEF. Good communication is important to keep the structure 2 and 1.
2 work deep in the corner and 1 protect the front of the net.
The follow up of the drill is on the same patern than the 2 on 2. Get some good flow, mean a great momentum.



Key points: Re entry | DZC down low | OZ puck management | Communication

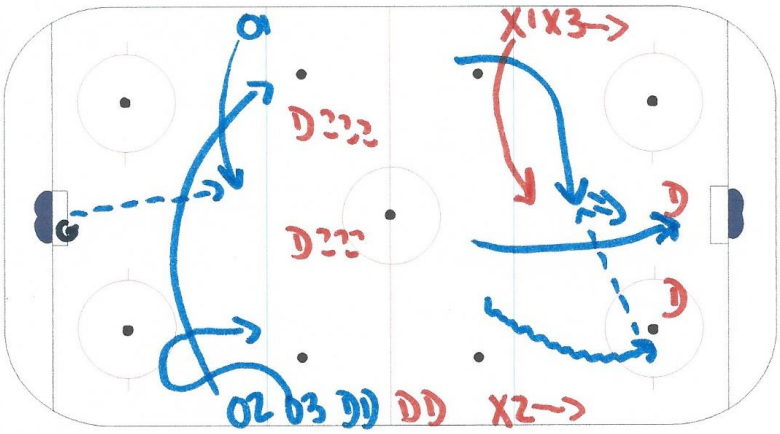
Comments on execution:

Drill N°: 4 Duration: Minutes From: To

Title: 3 on 2 continuous Category #1 Rush 3 on 2/ Cycling Category #2 Def play

Description

Start: Gk passes to O1,O2 and O3 for breakout
D1, D2 who start at the same time as O1,O2,O3
D1,D2 and Gk try to regain possession and B/O new line. Below tops of circles, play 3 on 2
The new line stand over the top of circle.



Key points: Counter attack | Defensive battles | Cycling down low | Net pressure

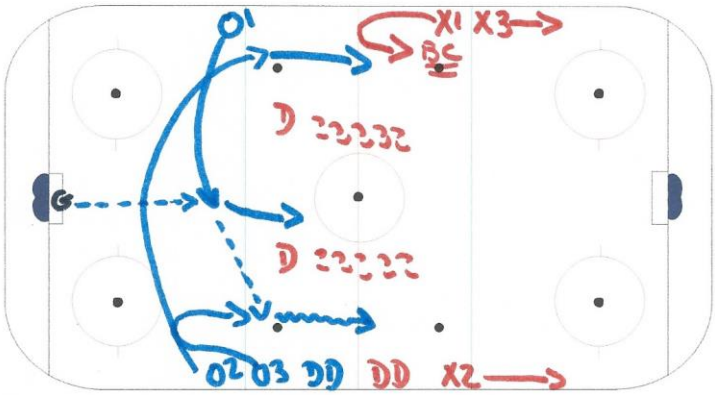
Comments on execution:

Drill N°: 5 Duration: Minutes From: To

Title: 3 on 2 continuous + B/C Category #1 Rush 3 on 2/ Cycling Category #2 DZC down low

Description

Start: Gk passes to O1,O2 and O3 for breakout
D1, D2 who start at the same time as O1,O2,O3
D1,D2 and Gk try to regain possession and B/O new line. Below tops of circles, play 3 on 2
As soon the puck carrier skate over the red line X1 will touch the red line and backcheck hard and play 3 on 3 down low.
D1,D2,Gk and X1 try to regain possession and B/O new line. Below tops of circles, play 3 on 3
X1 will join the rush after breaking out



Key points: Counter attack/net pressure | Defensive battles/body position | Cycling down low/OZ structure | DZC down low/ quick release

Comments on execution:

ENIO'S DRILL OF THE WEEK CLUB

FEBRUARY 1ST 2014

SUBMITTED BY GEOFF GRIMWOOD

SOUTH ISLAND ROYALS

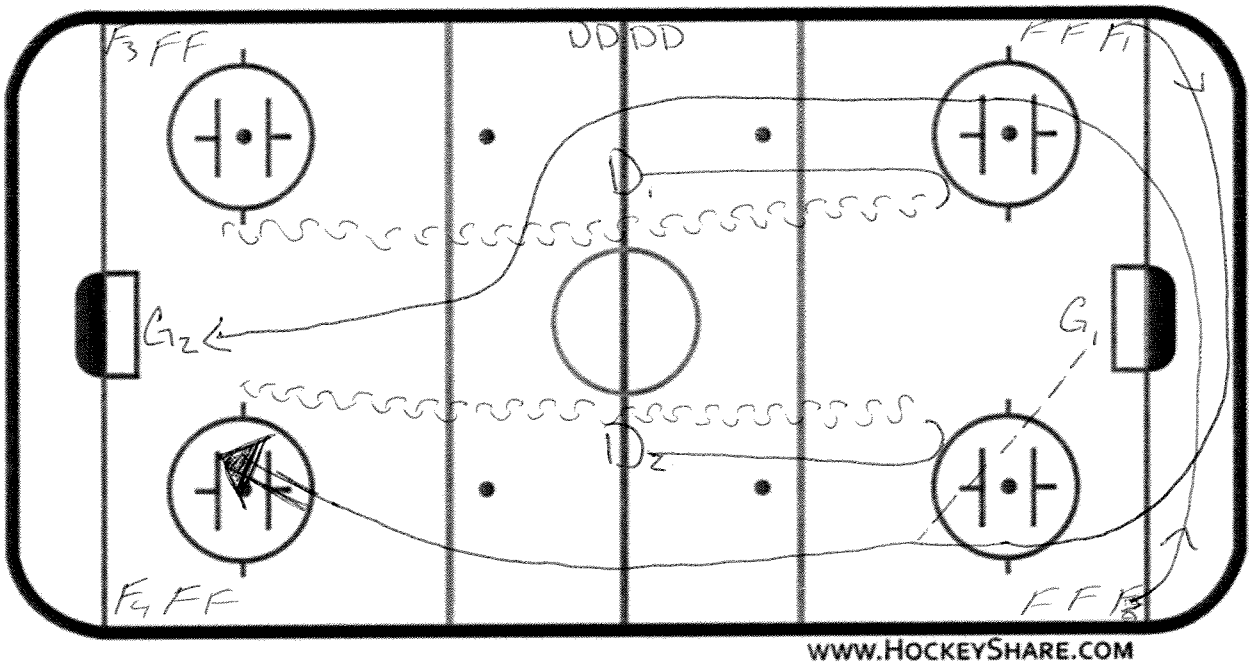
BRITISH COLUMBIA MAJOR MIDGET HOCKEY LEAGUE (BCMML)

VICTORIA BC

READS:

- **"Win Forever" by Pete Carroll**
- **"Earn the Right to Win" by Tom Coughlin**
- **"The Miracle of St. Anthony" by Adrian Wojnarowski**

Drill Name: EXPOSE 2v2



Description:

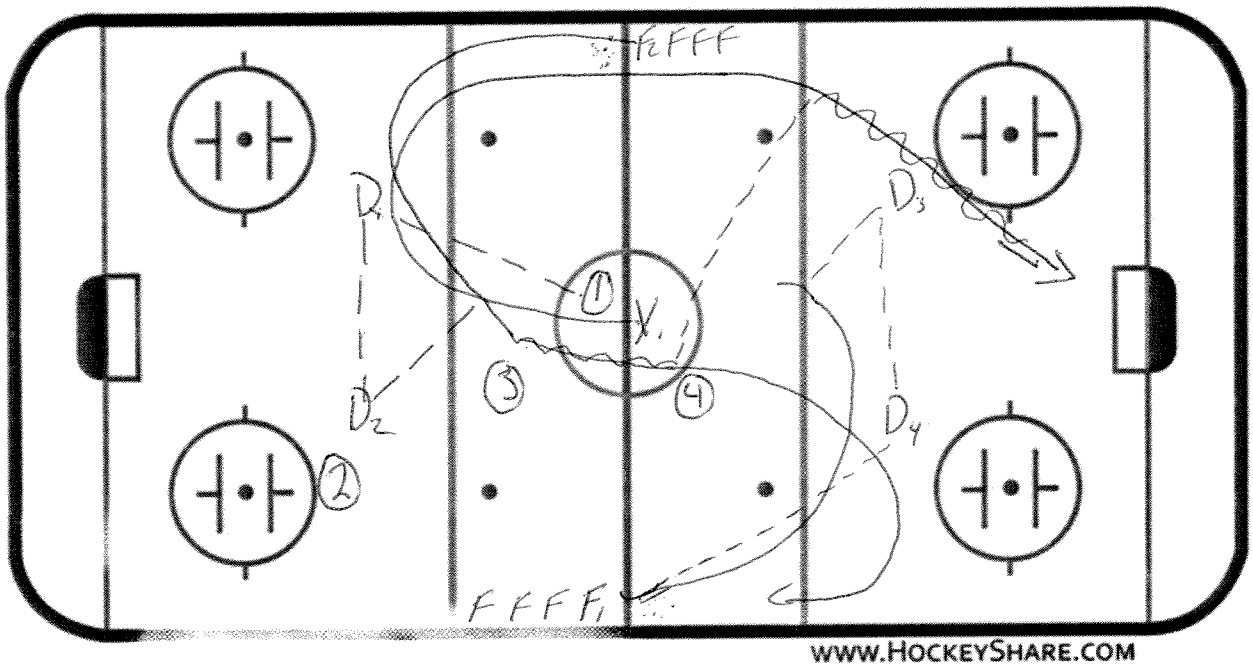
SET UP:

- F'S IN ALL 4 CORNERS; PLAYERS START WITH BUTT TOUCHING GOAL LINE ON BOARDS
- D1 & D2 START ON CENTRE RED LINE, INSIDE THE DOTS
- ALL PUCKS ARE IN THE NET, EXCEPT 1 PUCK WITH ONE GOALIE

ON WHISTLE

- F1 & F2 TAKE OFF FULL SPEED BEHIND G1's Net. THEY COME OUT FROM NET, STAYING OUTSIDE THE DOTS
- G1 PASSES PUCK TO F1 / F2.
- D1 / D2 SKATE FORWARD TO TOP OF CIRCLES, PIVOT TO MIDDLE, AND THEN RECIEVE 2v2 Rush.
- Drill ENDS WHEN THE PUCK IS SAVED/SCORED, OR PUCK IS CLEARED FROM SLOT
- NEXT WHISTLE F3 & F4 Begin, with new D & G2 BEING THE PASSER

Drill Name: NZ TIMING



Description: X1 STARTS WITH PUCK AT CENTRE ICE, TO START DRILL

① ON WHISTLE, X1 PASSES TO D1, WHO THEN PASSES TO D2.

② X1 SWINGS LOW AND GETS OUT WIDE, F2 SWINGS LOW AND FILLS MIDDLE LANE.

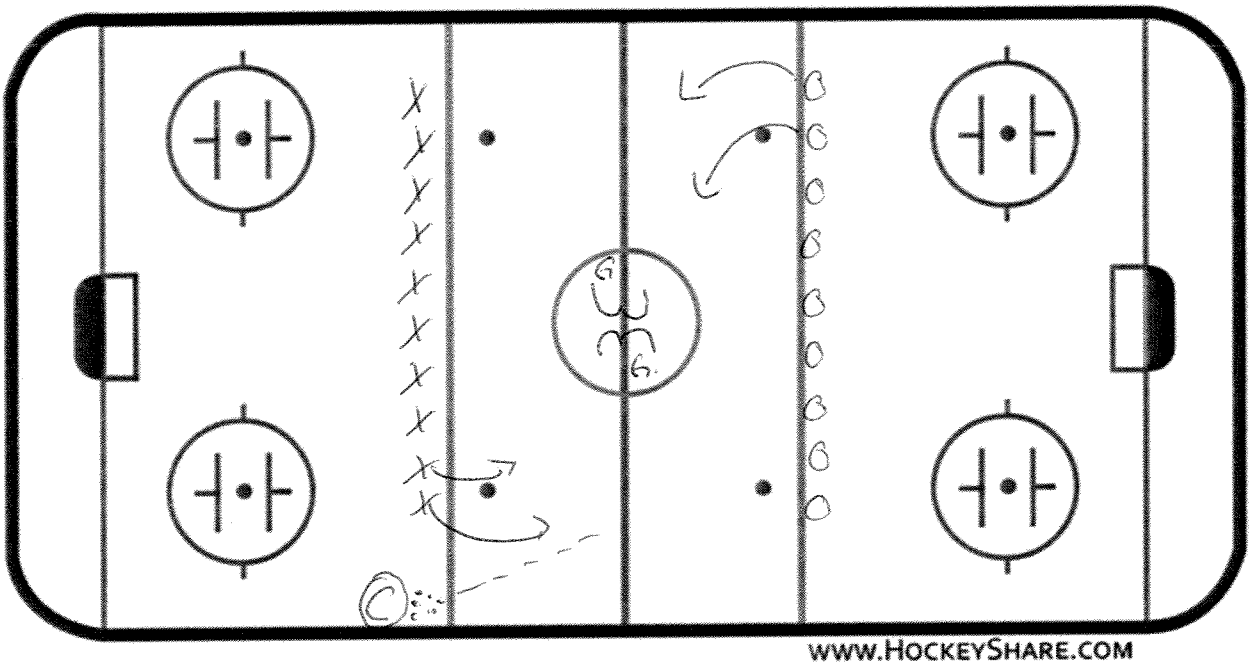
③ F2 RECIEVES PASS FROM D2, AND THEN KICKS PUCK OUT WIDE TO X1. X1 PROCEEDS TO SHOOT ON GOALIE.

④ F2 SWINGS LOW AND WIDE, WITH F1 PASSING TO D4 AND FILLING MIDDLE LANE.

DRILL GOES CONTINUOUSLY UNTIL COACH BLOWS WHISTLE & SWITCHES OUT DMEN.

KEY POINTS: TIMING, QUICK PASSES, TALK.

Drill Name: 2v2 NET GAME



Description:

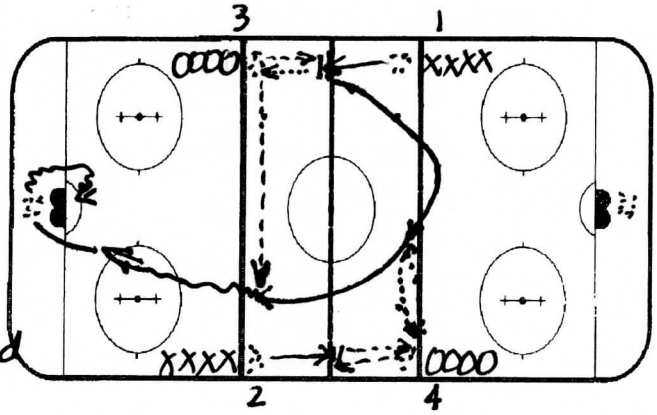
- TWO TEAMS LINE UP ON OPPOSING BLUE LINES
- TEAMS ARE SHOOTING ON OPPOSITE NETS.
- ON WHISTLE, TWO PLAYERS LEAVE FROM EACH TEAM.
- COACH SPOTS A PUCK, AND TEAMS PLAY 2vs2 IN N.Z.
- PLAYERS IN MIDDLE CAN NOT PASS TO PLAYERS ON BLUE.
- PLAYERS ON BLUE LINE HAVE TO PROTECT THEIR LINE FROM REBOUNDS AND BOUNCING PUCKS. IF A PUCK CROSSES THEIR BLUE LINE, THIER WHOLE TEAM DROPS AND DOES 5 PUSH UPS. THE OPPOSING TEAM CAN TRY TO SCORE DURING THAT TIME.
- ON WHISTLE, TWO NEW PLAYERS FROM EACH LINE REPLACE ORIGINAL PLAYERS.
- 20 SECOND SHIFTS, COMPETE HARD.

Practice Drills

DAN FRIDGEN
-good luck to all. Fridge

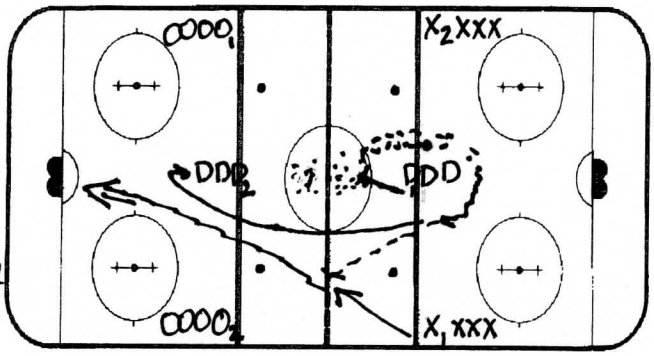
Date Jan 20, 2014

- Montreal 1-touch / Wrap

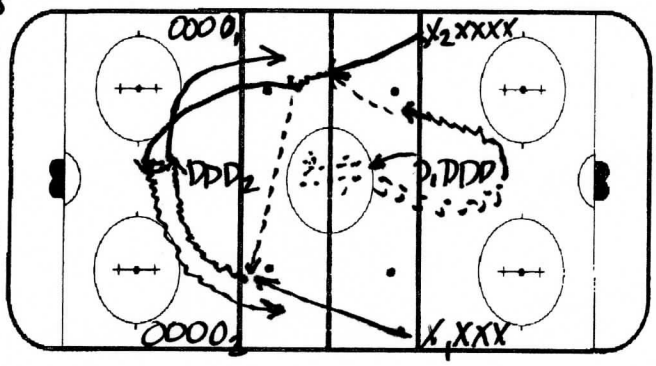


X_1 and X_2 go on whistle. X_1 skates to red line and gets a pass from O_3 then 1-touches it back. X_1 stops at red line then breaks toward O_4 line and receives a 1-touch pass and returns it to O_4. X_1 continues through neutral zone and takes a cross ice pass from O_3. X_1 goes in, takes shot, then continues on to pick up puck from behind net for a wrap around.

- Islander 1x0 / 2x0 / Regroup



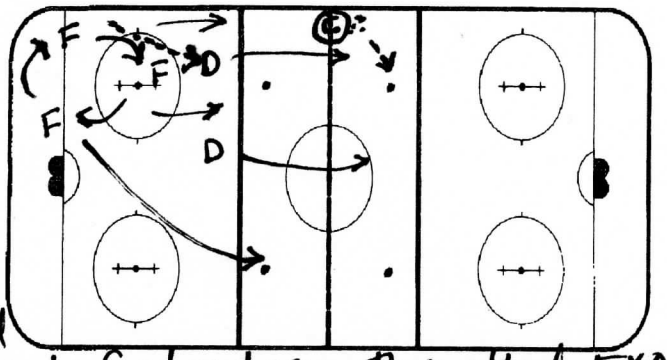
① On whistle D_1 skates to center to pick up puck, skates backward to blue line then gives a pass to X_1 who breaks once D_1 hits blue line. D_1 follows up and gets in opposite D line. D_2 then goes on whistle and does the same making pass to O_1. D_1 then does same with X_2 and D_2 does same with O_2



② Second part of drill, everything is the same except X_1 and X_2 break for a 2x0 from D_1. Same for D_2 passing to O_1 and O_2.

③ Third part of drill is the same except X_1 and X_2 regroup, drop pass at far blue line. Same is for O_1 and O_2.

- BC Regroup



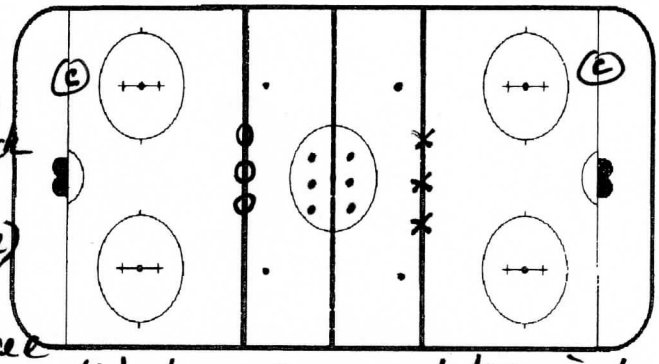
Drill starts with 3 fwds cycling puck in corner. On whistle, the fwd with the puck moves it to D for a shot - fwds go to net for shot. On whistle Fwds and D regroup on puck spotted by coach to one D. That D does a quick up to fwd and attack zone 5x0. After shot, coach blows whistle and spots puck to other D for quick up to fwd and again they attack 5x0 for shot. After shot, coach blows whistle and spots 3rd puck for a D-D regroup and 5x0 attack. Other players are on the bench.

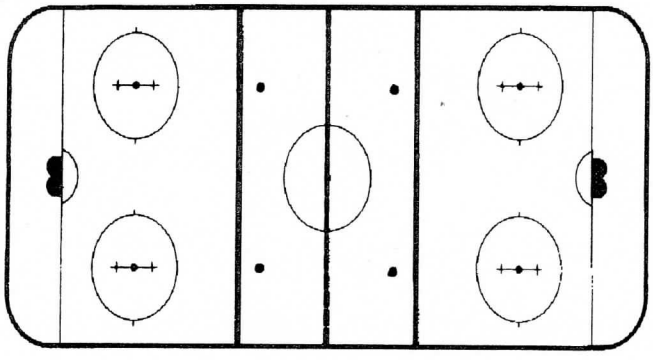
Practice Drills

Date 1-20-2014

• Competitive 3x0

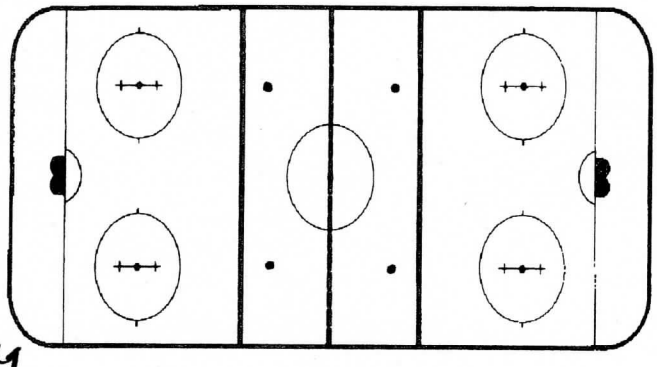
Split team into 3's. Xs and Os start on blue line. There are 3 pucks inside circle on each side. On whistle Xs and Os have to retrieve 1 puck, attack offensive zone staying on side and shoot until you score. Once goal is scored (determined by coach in zone) they must retreat to get second puck. Go until all 3 pucks are in the net. The line who scores all three first, wins. Winners play winners until champions are determined.

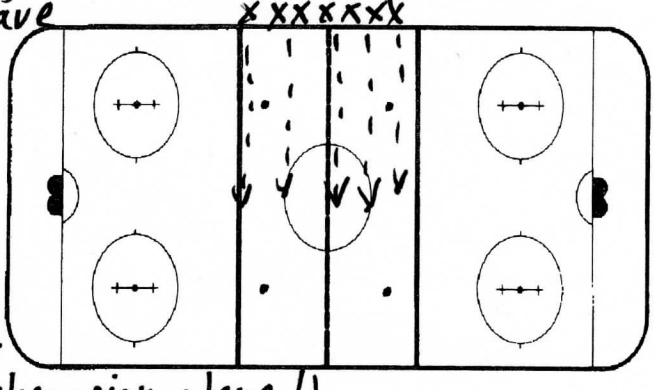




• TEAM BUILDING •

After practice, split your team into groups of 2 after they are dressed.
Give each group of 2 1 piece of paper, from which each team has to make a paper airplane. Once paper air plane is made, select one player from each group to throw the plane.
Split this group in half, depending on the size of your group, and have a fly-off. Line one group up along the boards on the bench. Count to 3 in which players will throw paper air planes across the ice. The plane which goes the furthest across the ice, wins. Do the same with second group the group 1 and group 2 winners have fly off to determine the champion plane!!





Title : Carlson 2 pass **Start:** On whistle **Pucks:** D7 face off circles

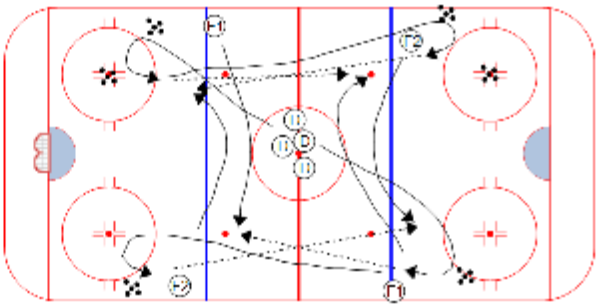
Description

On whistle D go back and retrieve puck - they look over their shoulder as they go back.

F1 comes across in support.

After the pass the D goes down the ice and executes the same skill.

F2 comes across in support



Key Points : **Look over shoulder** | **Don't over-hamdle puck, get to forehand**

Title : Goalie Setup **Start:** On command **Pucks:** at blueline

Description

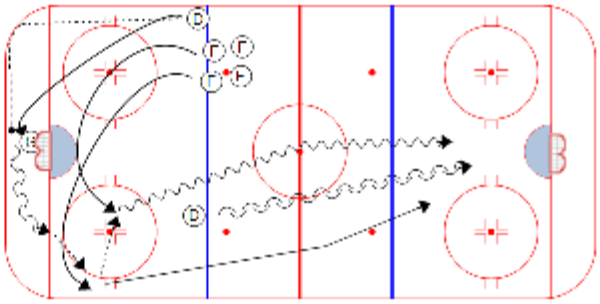
D dumps puck behind net and goes and picks it up.

Two forwards go low in the zone with one going to the far boards and the other saving ice (i.e., delaying) until the D exits from behind the net.

The D passes to either forward who go down 2 on 1.

The D making the pass waits and plays the next 2 on 1.

Repeat at all 4 bluelines.



Key Points : **Goalie stop puck** | **D quick first pass**

Title : Bison Shooting **Start:** On whistle **Pucks:** Opposite ends

Description

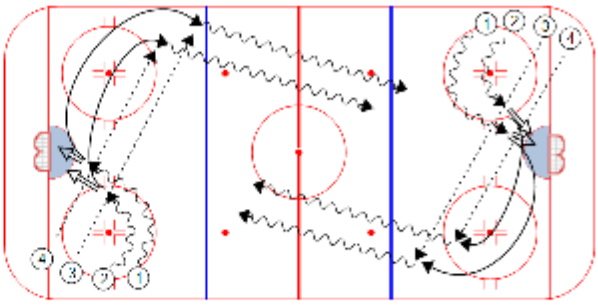
On whistle 1 and 2 skate around the face-off circle in sequence and take a shot on net.

They go around the other face-off circle and head up the ice.

3 --> 1 and 4 --> 2

1 and 2 go down the ice for a shot on net.

Both ends at same time.



Key Points : **follow shot for rebound** | **call for puck**

Title : Scotties 1 vs 1 *** **Drill Category:** Skill drills **Key Word:**

Description

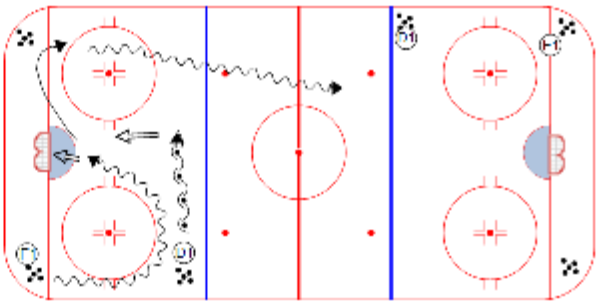
F's in corner and D on blueline same side of ice - both with pucks.

F1 skates around top of circle and takes a shot.

F1 continues into opposite corner and picks up another puck and heads up ice for a 1 vs 1 with D1.

After F1 shoots, D1 drags a puck across the blueline and takes a shot on net.

After the shot, D1 gets into position for the 1 vs 1 vs. F1.



Key Points :

Title : Scotties 1 vs 1 *** (seq 2) **Start:** On whistle **Pucks:** all four ends

Description

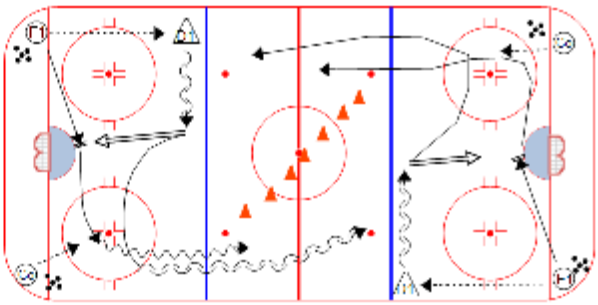
F1 begins by passing to D1. F1 goes to the front of the net. D1 moves laterally across the blue line and shoots (F1 tips shot and plays rebound).

After the play in front of the net is done, F1 cuts to the corner and gets a pass from Co.

D1 curls in and pivots backwards.

F1 and D1 proceed up ice in a 1 on 1.

Switch sides.



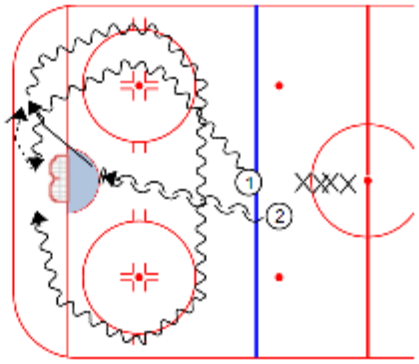
Key Points : 1 on 1 | Lateral Movement

Title : Continuous Reverse Drill **Start:** Continuous **Pucks:** One puck

Description

1 Skates around circle and heads behind the net. 2 skates backwards and stops in front of the net, then calls (loudly) for a reverse. 1 bangs the pass off the wall. 2 picks the puck up and skates around the tops of both circles to continue the drill with the next person in line.

Note: Force players to stop in front of the net so it's more game realistic. Don't let them cheat to the corner.



Practice Plan

Made with DrillDraw

Team: Drill of Week Club

Practice No.:

Date : **Time:** **Duration:**

Version No.: **Prepared by:** Terry Rhindress

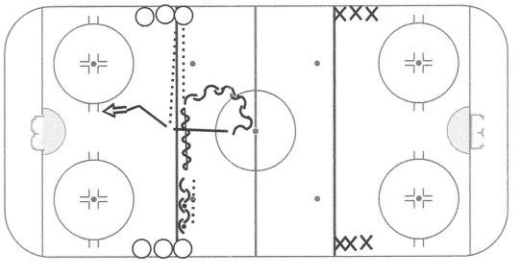
Objectives / Main tasks :

Drill no. : Duration : Minutes From : To :

Title : German One Touch **Category #1 :** Passing **Category #2 :** Facing Puck

Description

Players leave from opposite sides with a puck, one touch back to their line, then pivot forwards pass to other line, pivot backwards facing the puck at all times coming through the middle circle, drive wide get a pass from opposite line. attack shoot in motion



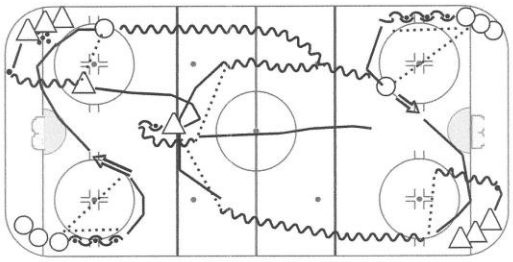
Key points : Passing | puck control | attack zone

Drill no. : Duration : Minutes From : To :

Title : Avalanche Flow Drill **Category #1 :** Passing **Category #2 :** Timing

Description

Drill starts with forward out of corner dragging puck, then passes back to the orignal line, gets a pass back and shoots. D slides a puck down below goal line and retrieves, fwd will curl and support, D will pass back to him. Fwd goes wide and passes to the other Dman who is in slot. Dman that passes out of corner gets a pass from the forward coming down the wall. d will skate backwards, the forward swings in front of the dman. D passes back to the forward who drives wide, the D will jump up to the net for the rebound.



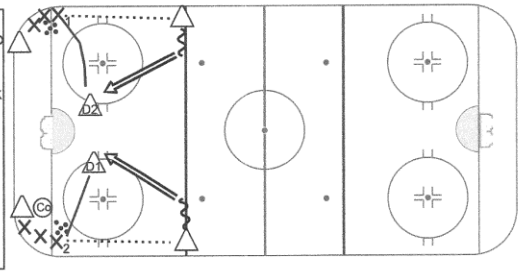
Key points : Good Passes | Timing | D up ice | D jump in play

Drill no. : Duration : Minutes From : To :

Title : Box Out/ 2 vs 2 **Category #1 :** Net front **Category #2 :** Attacking

Description

On first whistle x1 passes to D, d drags to net while forward tries to get to net, D1 will box him out trying to maintain body position. Second whistle x2 passes to D who drags to middle and shoots while x2 tries to get net front, both d and x will compete for loose puck on next whistle coach will pass puck to X who will attack the D that were shooters, they have to gain zone and attack net play until next whistle. Net front D will become shooters, two new d will go to net.



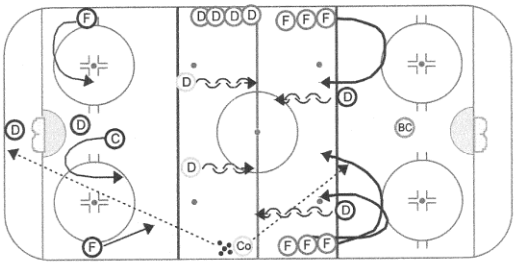
Key points : Body Position | Box out | Take Stick Away | Quick D Shot

Drill no. : Duration : Minutes From : To :

Title : 5x2 To 3x3 **Category #1 :** Canada National Team **Category #2 :** Battles

Description

The drill begins with the coach dumping a puck deep for a 5x2 breakout.
- The 5 offensive players bring the puck into the offensive zone and try to score.
- On the whistle 3 forwards come off the boards and touch the top of the circles. The coach passes a puck to one of them and they attack the opposite end 3x2 against the two offensive defensemen from the original breakout who will be on the blue line.
- The high forward on the whistle becomes the back checker to make the drill a 3x3. Let the players play out the 3x3 for some time.



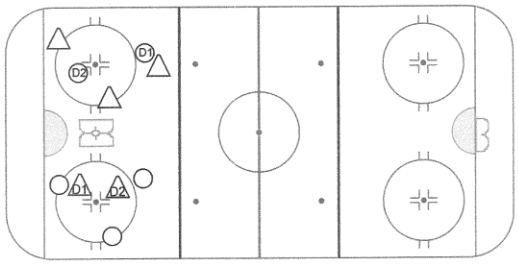
Key points :

Drill no. : Duration : Minutes From : To :

Title : 3vs2 below blueline **Category #1 :** Offense **Category #2 :** Support

Description

Playing 3vs2 below blueine, three are three O/s on one side and two D that work with them, then there are two triangle defense and three triangles on offense. The two defense on each side work with the other forwards on the side. This can work on defense, and offense along with supporting puck and communicating.



Key points : Support Puck | Communicating | Offense

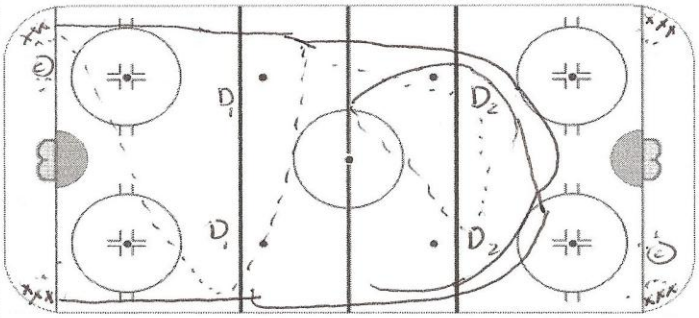
Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : _____ **Content elements:** _____ **Components** : _____

DRILL 1

Description

START WITH BASIC 2 MAN PASS WITH REGROUP
- PLAY 2 vs. 2 WITH D.
- IF WHISTLE, STOP AND GO AGAINST OPPOSITE D.
  - D ON OFFENSE FOLLOWS TO BLUE LINE FOR POINT SHOT
- AFTER 2 vs. 2 FINISHES, WHISTLE BLOWS
  - C SENDS PUCK UP BOARDS AND THE Xs NOW BECOME D TRYING TO WIN BATTLE AT BL TO GET PUCK OUT



Key Points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

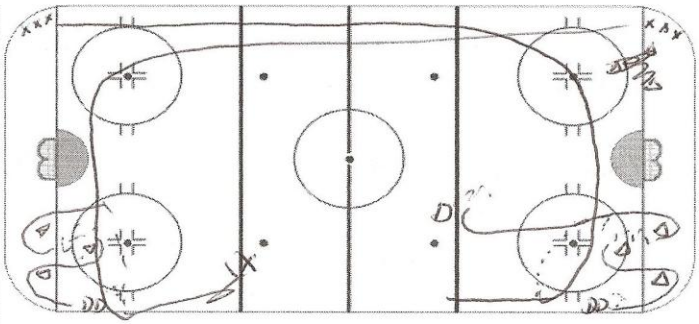
Title : _____ **Content elements:** _____ **Components** : _____

DRILL 2

Description

D START W/ PUCKS
- ON WHISTLE, Xs SKATE DOWN BOARDS and CUT LOW.
- D SKATE THRU CONES AND PASS TO X THEN PLAYS D VS. OPPOSITE X

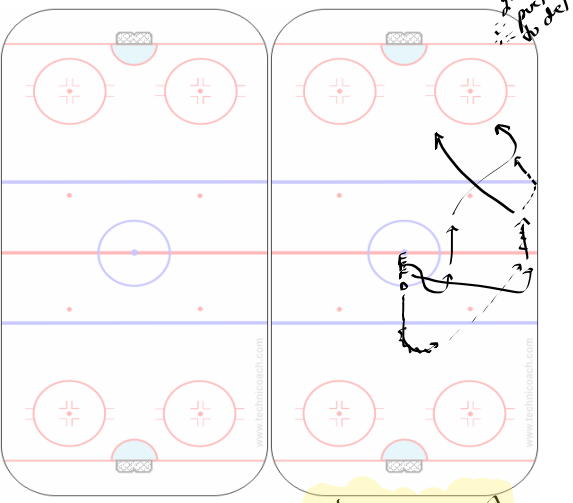
IF WHISTLE BLOWS, EVERYBODY STOPS AND X GOES AGAINST OTHER D.
- D NEEDS TO GAP BACK UP PROPERLY.



Key Points :

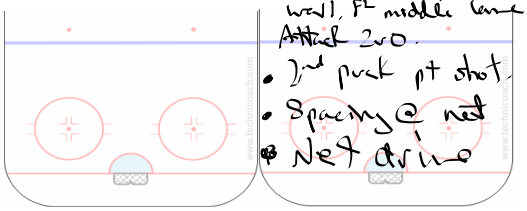
Dave Smith - Canisius College

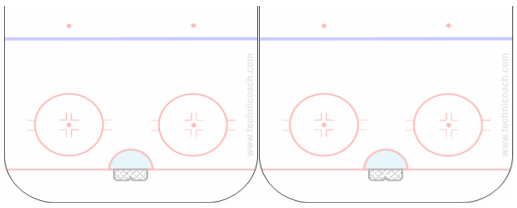
1. Skill - passing / agility
2. Team drill - 2v2 Box out
3. Team drill - 3v1 +1
4. Compete game - ring battle
5. Warm up - Team

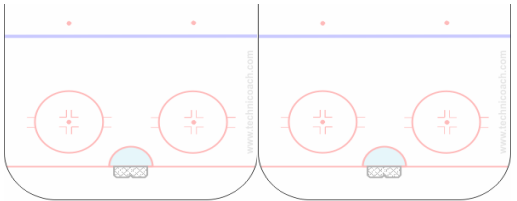


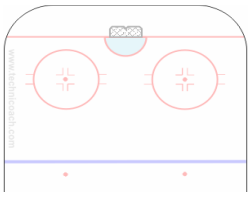
Warm-up

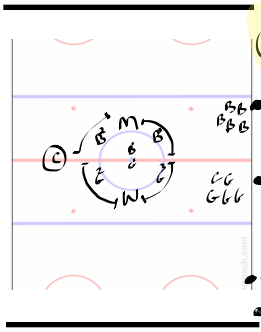
- D backs up & gets puck from F1 who opens on wall, F2 middle lane. Attack 2v0.
- 2nd puck pt shot.
- Spacing @ net
- Net drive





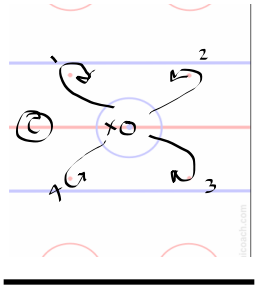






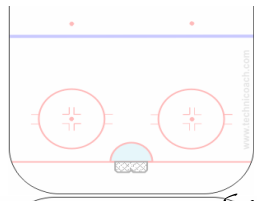
Compete Game

- B1 vs G1 inside full circle
- B2 & B3 stay outside circle on their 1/2
  G2 & G3 same
- coach feeds pucks when needed
- Battle for goals



Skill

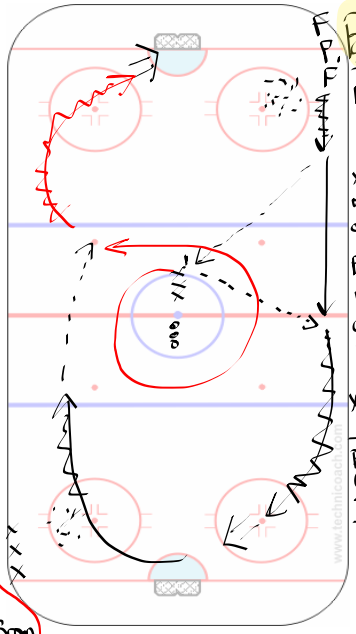
- 4 circle pass
  X starts in middle
- give & go with C
- always return middle dot
- agility pivots at dots 1-2-3-4
- vary dot order
- pass by dot & hit middle
- 8 passes today



Team Drill #2

2v2 → 3 pucks

1. X1 & X2 attack D1 & D2 2v2 full ice
2. - F1 passes new puck to D3
   D3 can pass to D4 or F1 for shot
   D1 & D2 box out X1 & X2 who try to score with new puck from F1 to D3/D4
3. After new puck goes to net F1 circles back & F2 joins F1 for a new 2v2 full ice



Bonus

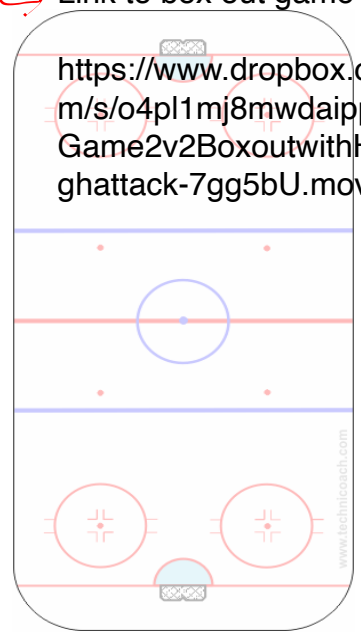
F1 pass to X1 give & go for shot
X1 goes opposite way around circle / timing
F1 shoots & gets new puck carry & passes to X1
X drives & shoots

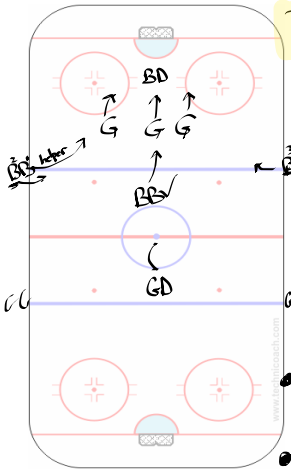
Both sides @ same time

Tempo - Tempo

Link to box out game

https://www.dropbox.com/s/o4pl1mj8mwdaipp/Game2v2BoxoutwithHighattack-7gg5bU.mov

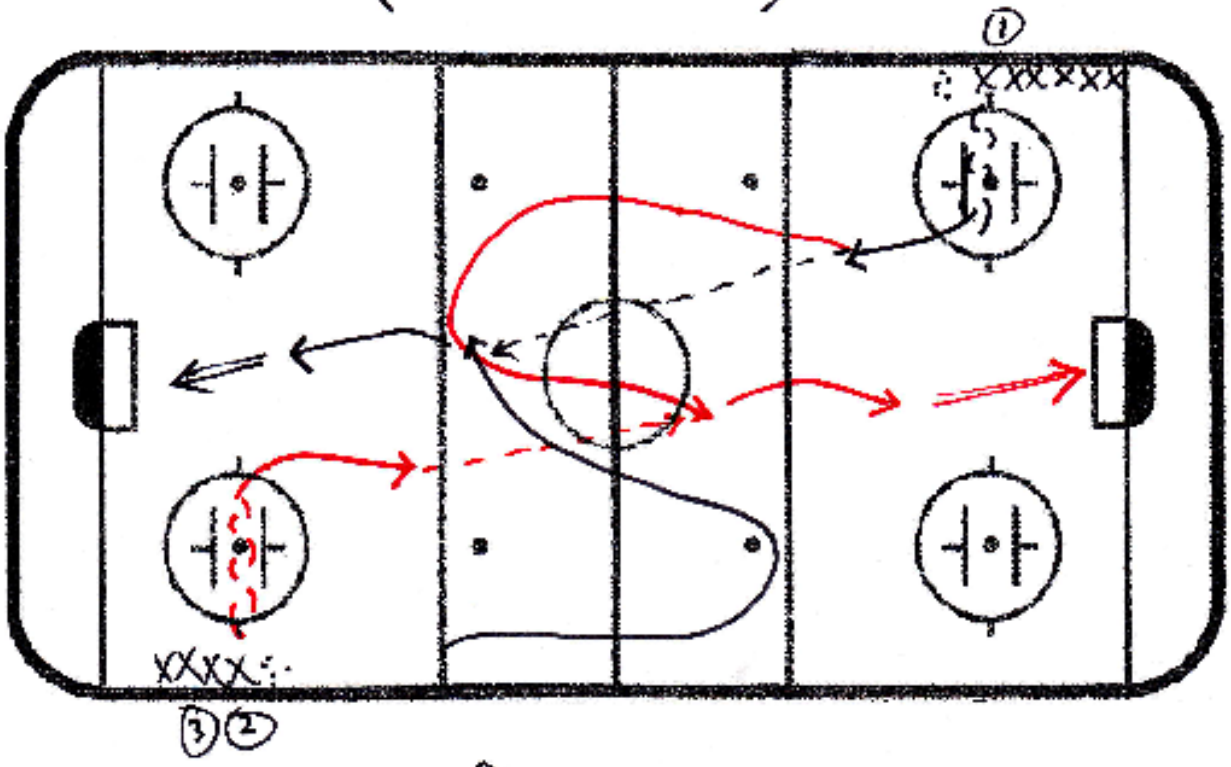




Team Drill #3 3v1 +1

- G attacks BD 3v1 with 1 Blue back checker
- B1 joins after go by and makes it 3v3 low (BD + BB1 + B1)
- B2 & B3 follow in as wingers — (3v5 vs G)
- B1-B2-B3 breakout and attack new GD with one G back checker
- Repeat - full ice

DRILL: AUSTRIA ACCELERATION DRILL
(CONTINUOUS)



DIRECTIONS:

① $X^{①}$ SKATES BKWDS W/ A PUCK ACROSS THE ICE (APPROX. 4 m), PIVOTS FWD AND HEADS UP ICE

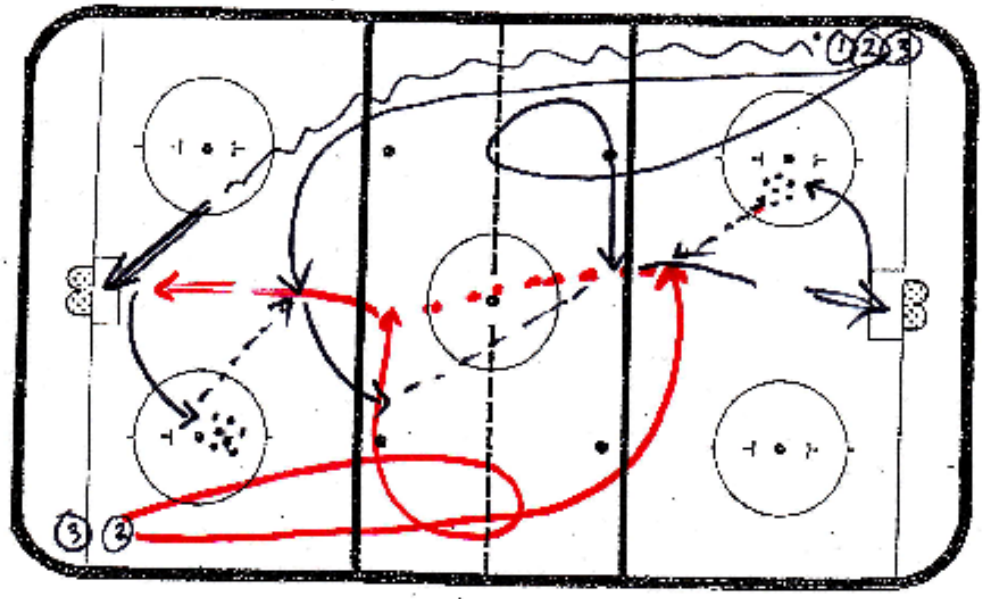
② $X^{②}$ HAS TIMED HER SKATE, SKATES UP THE BOARDS AND TURNS TOWARD CENTRE

③ $X^{①}$ PASSES TO $X^{②}$ WHO DRIVES TO THE NET AND SHOOTS

④ $X^{①}$ FOLLOWS AND THEN TURNS TO RECEIVE A PASS FROM $X^{③}$ WHO HAS STARTED THE DRILL AGAIN.

RED WINGS

DRILL PASS TO RECEIVING ZONES



DIRECTIONS TO START DRILL, 3 PLAYERS LEAVE FROM THE CORNER (AFTER THAT ONLY 2)

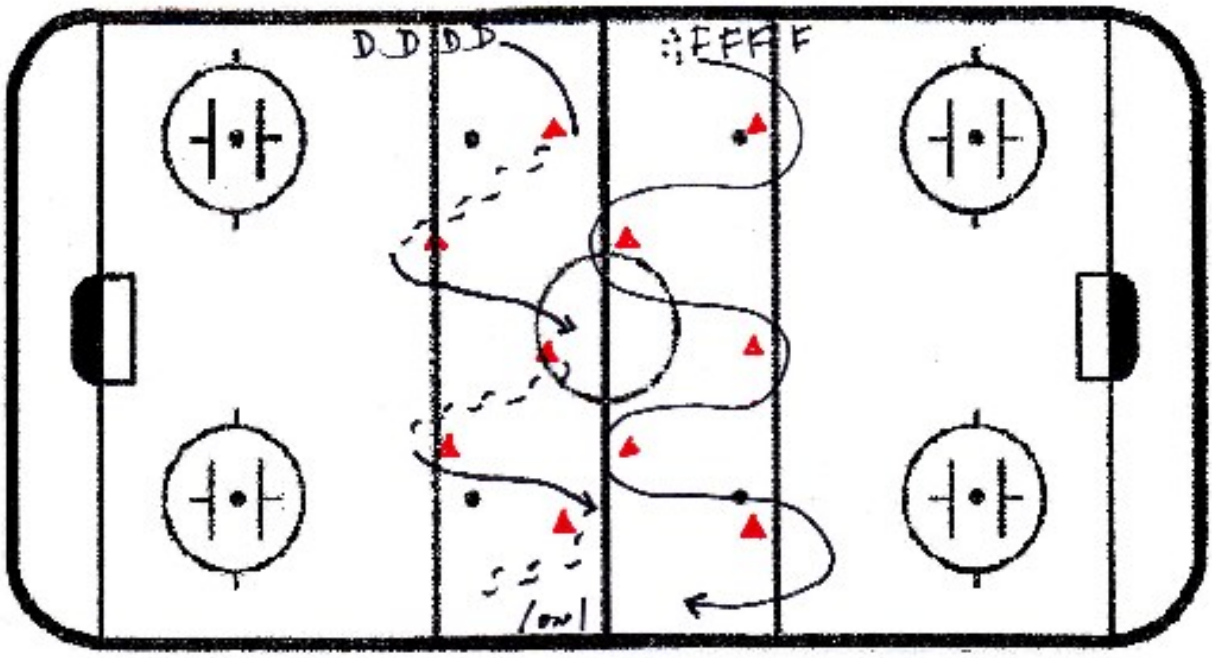
PLAYER (1) SHOOTS, PICKS UP A PUCK FROM THE CIRCLE AND PASS TO (2)ND PLAYER JUST INSIDE THE BL.

(2) CONTROLS PUCK AND PASSES TO (3) WHO HAS REGROUPED AT CENTRE AND SKATES ALONG BL

(3) TAKES A SHOT, PICKS UP A PUCK IN THE CIRCLE AND PASSES TO (2) WHO STARTS THE DRILL AGAIN.

*TIMING IS ESSENTIAL

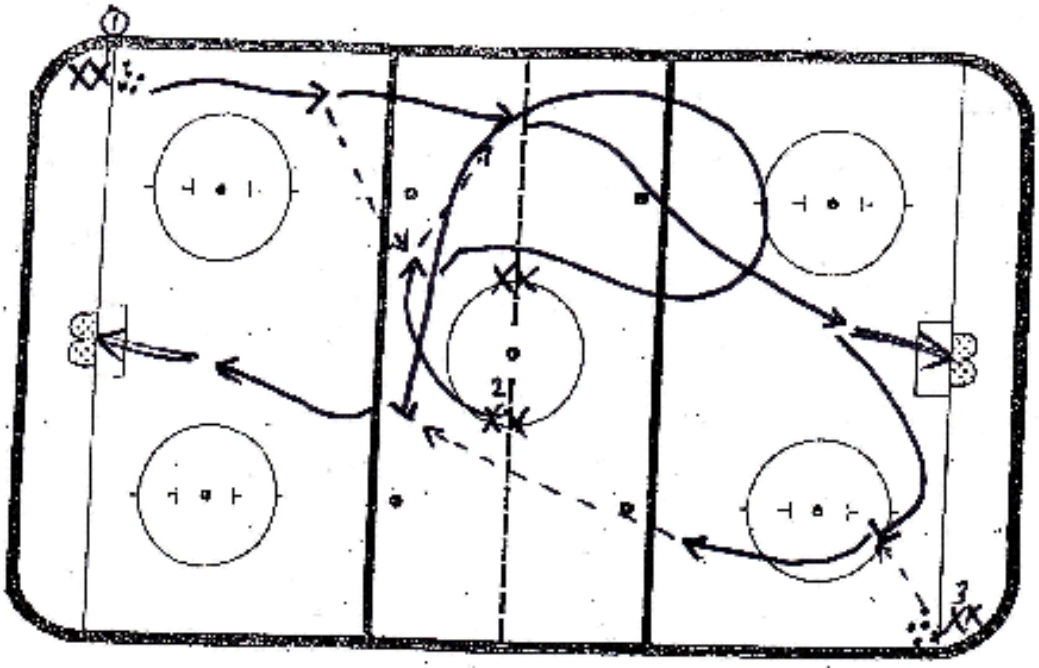
DRILL: RAY'S GAP CONTROL 1 ON 1



DIRECTIONS: F & D LEAVE AT THE SAME TIME.
F SKATES AROUND ▲'s W/ PUCK.
D SKATES AROUND ▲'s ALWAYS FACING F (TRANSITIONING FROM FWD → BKWD)

AT FAR BOARDS F GOES 1 ON 1 W/ D.

DRILL NEUTRAL ZONE TIMING AND SUPPORT DRILL



ON WHISTLE:

DIRECTIONS X^1 SKATES UP W A PUCK AND PASSES TO X^2 WHO PROVIDES SUPPORT IN THE NEUTRAL ZONE. X^2 MAKES A RETURN PASS TO X^1 AND FOLLOWS UP THE ICE. X^1 SHOOTS ON GOAL AS X^2 TURNS BACK UP ICE AND ACROSS THE BL. AFTER THE SHOT, X^1 LOOPS TO THE CORNER TO GET A PASS FROM X^3. X^1 THEN MAKES A LONG PASS TO X^2 AT THE FAR BL. X^2 SHOOTS ON NET.

* TIMING OF X^2 SKATE IS VERY IMPORTANT
* BOTH ENDS AT THE SAME TIME

Coquitlam Express Junior A Hockey Club
640 Poirier Street, Coquitlam, BC V3J 6B1
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To Enio Sacilotto- Victoria Royals WHL

From- Barry Wolff

Pages-5 including cover page

Comments –

Thank you Enio for getting this all done again !!

Favorite Book-Hockey Tough by Dr. Saul Miller
Favorite Quote –you develop a team to achieve what one person can not accomplish alone, All of us are weaker by far, than if all of us are together.

Any questions on my drills call or email any time
Good Luck the Rest of the Season !!

And all the Best to all of you and your families for the Holidays !!

Wolffie

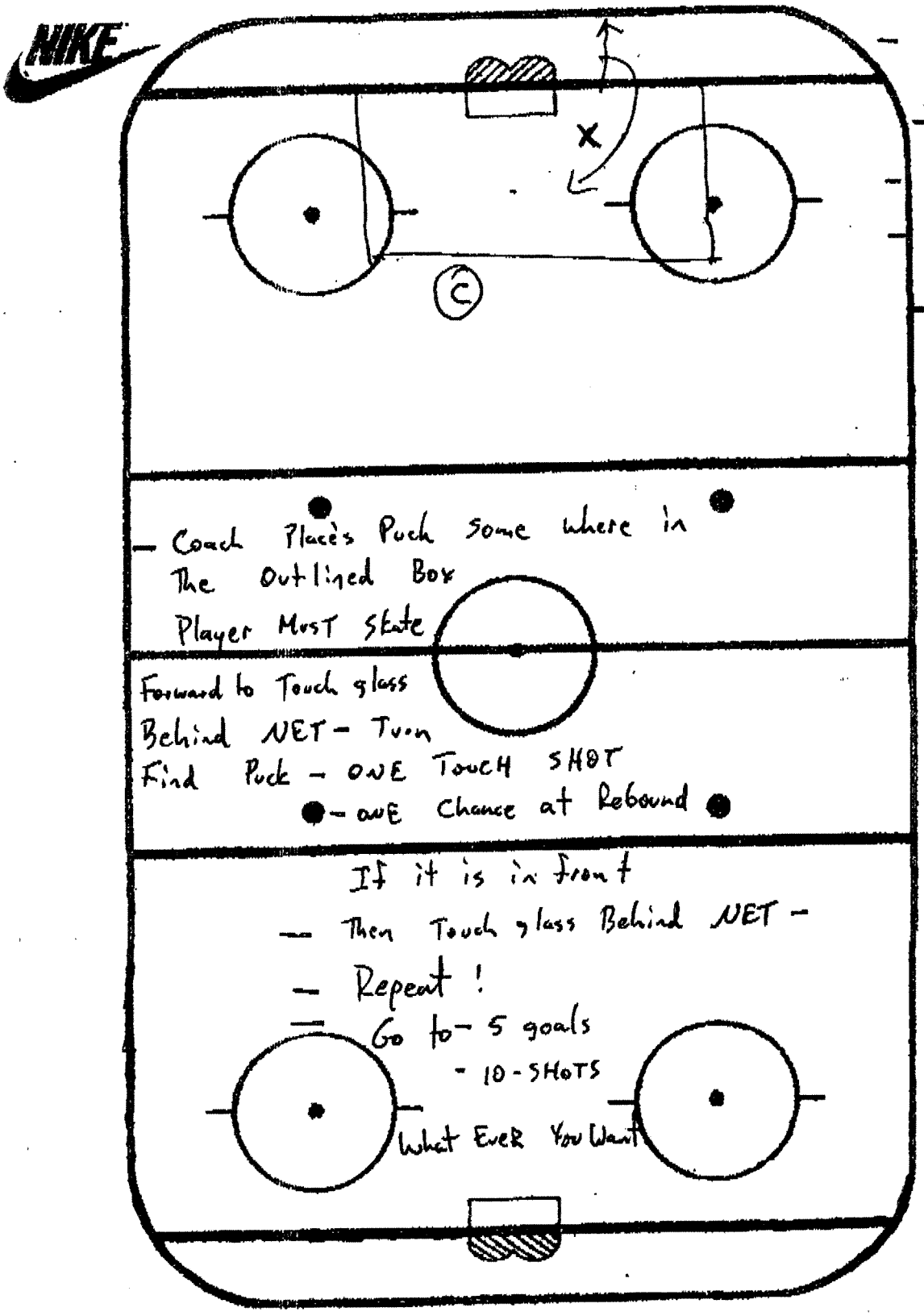
Barry Wolff
Coquitlam Express BCHL email-wolffie@wolfstershockey.com cell 604-250-9145

Individual Skill Drill

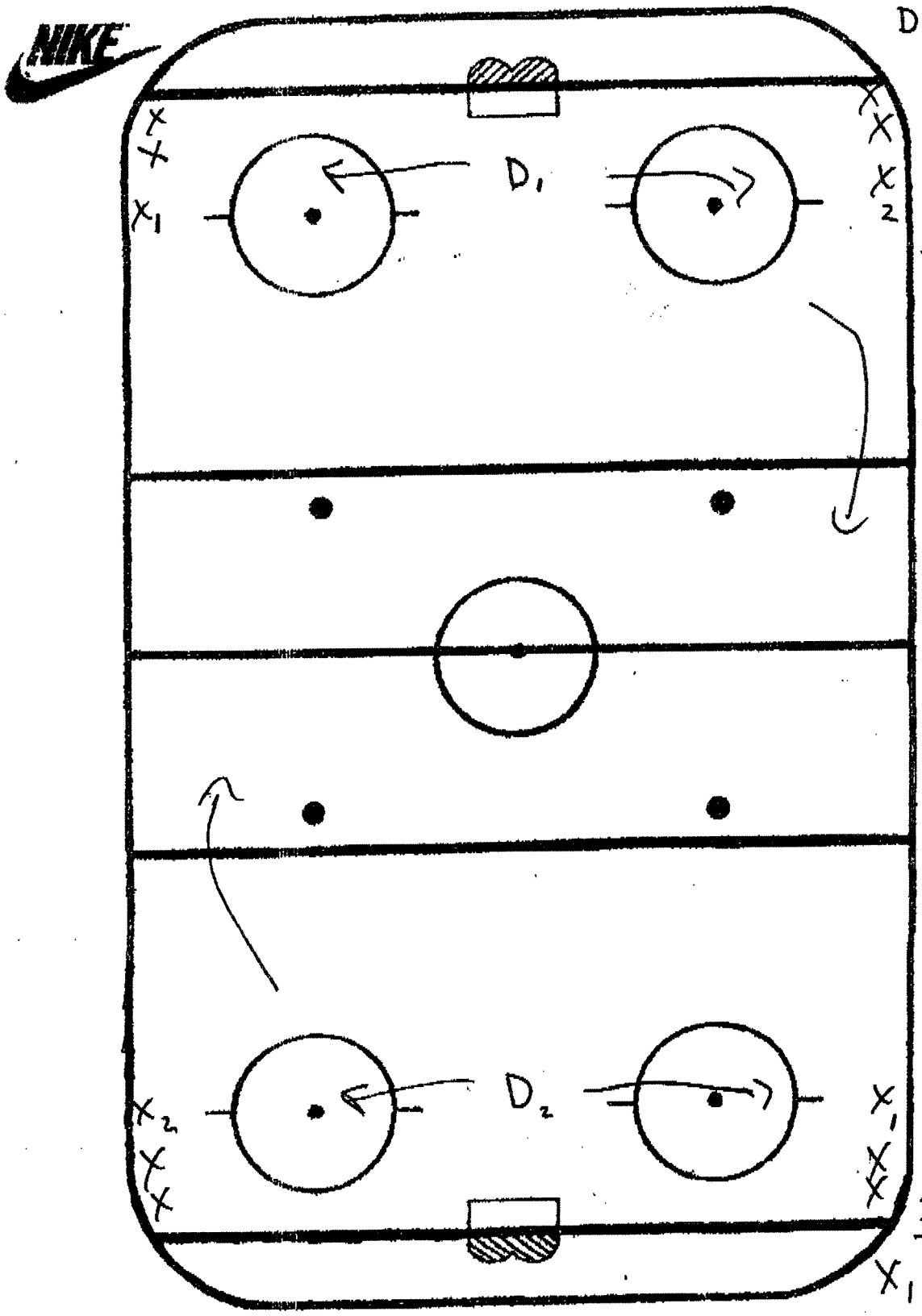
Focus

- Conditioning
- Quick Release
- Shoot With
- A Purpose
- Accurate
- All of Above

When Tired!



TEAM WARM UP



1) Both Ends at Same Time

D - Skate toward line - X_1 make Pass - D Back to X_1 - X_1 - Keeps Puck SHOOTS From Dot.

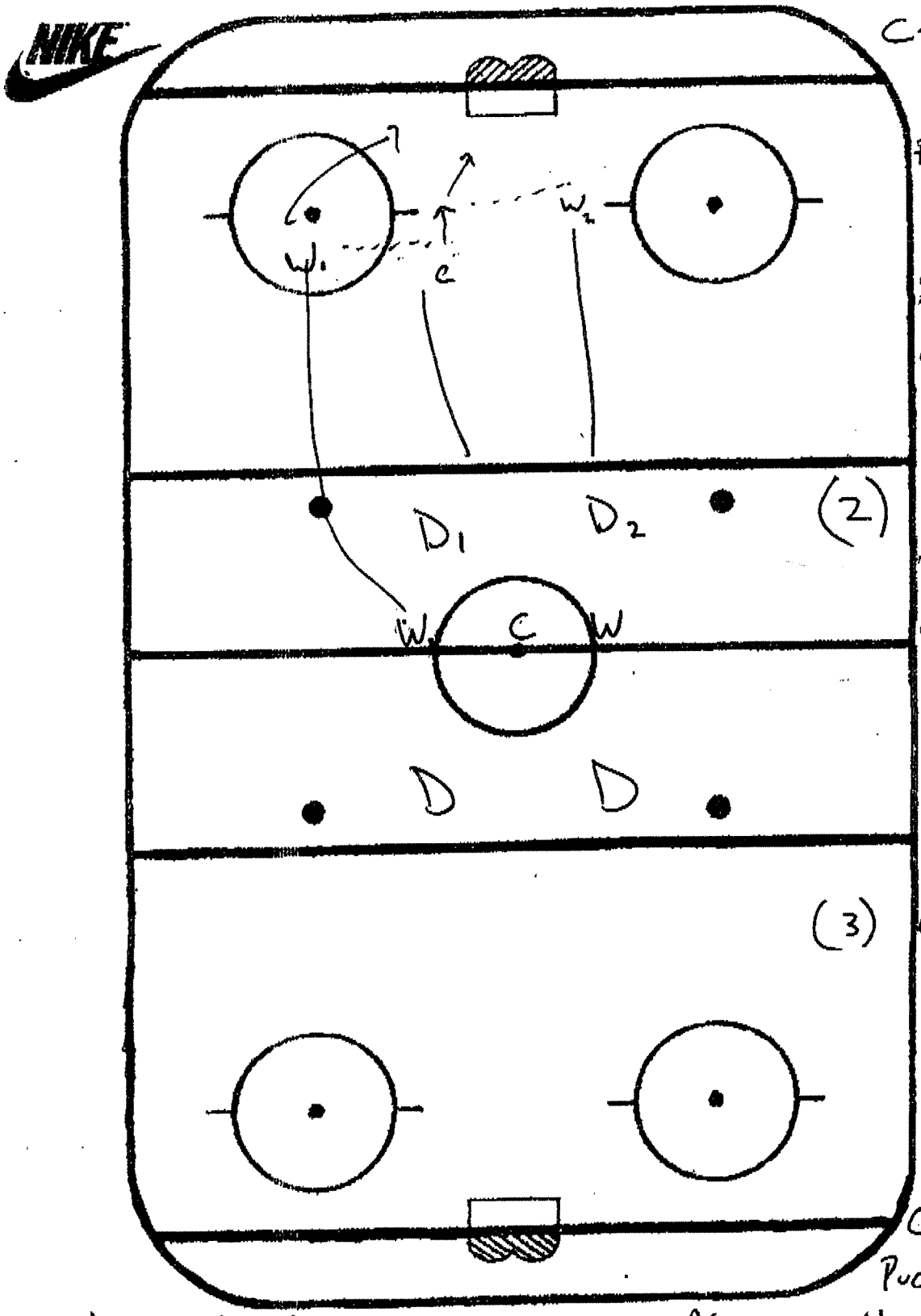
D - quick feet to other side X_2 pass to D - D - Back to X_2 - X_2 Keep Puck - SHOOTS From DOT

D then skates Far End Gets Pass From Corner - Fakes Diags to middle

SHOOTS:

X_1 + X_2 Can Screen - Deflect - Back door Play Rebound

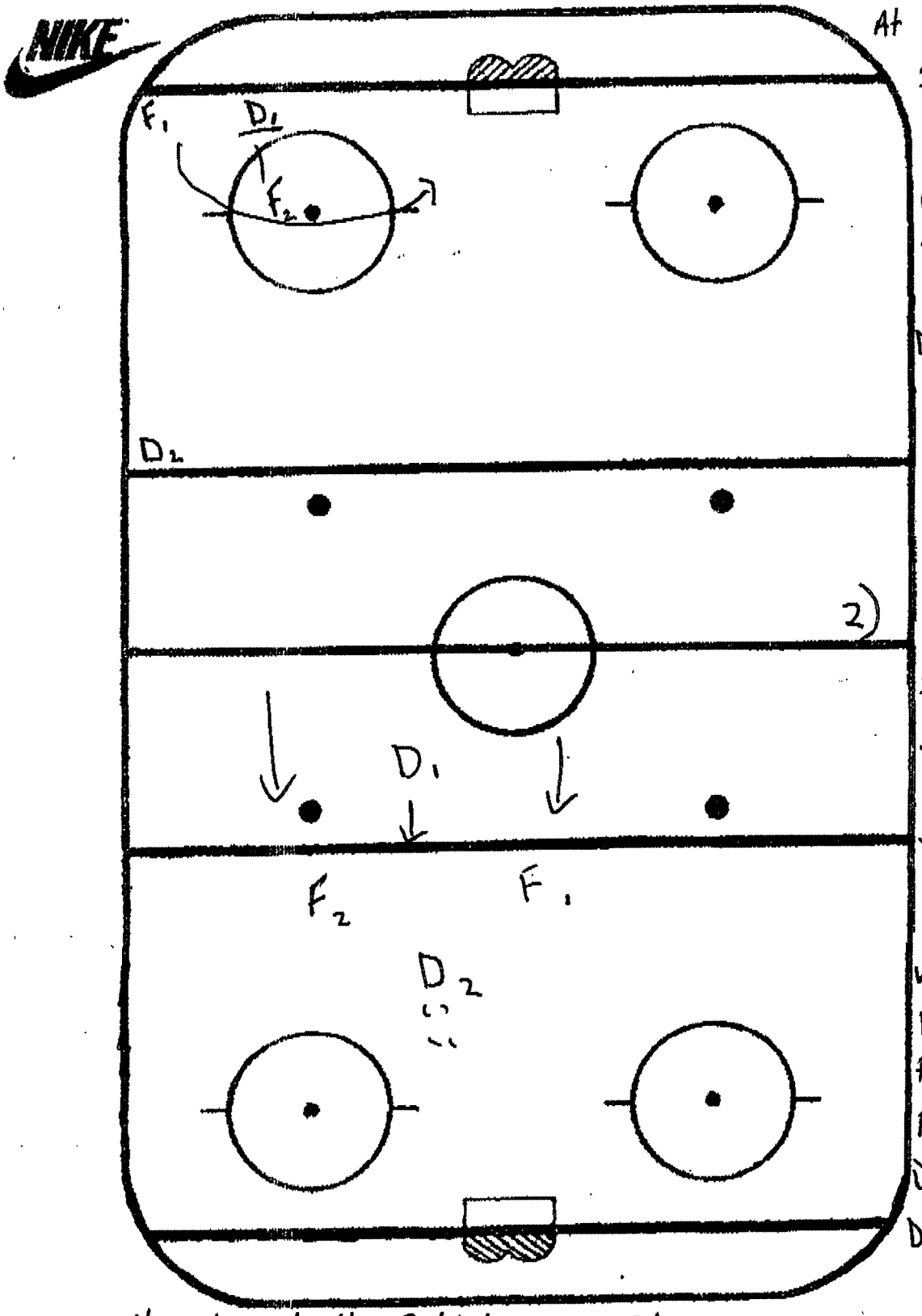
TEAM PLAY



1) C - Pass to W_1
W_1 Drive threw dots
C - Drive to Far Post GET Pass From W_1 -
W_2 drive to oth Post - Get Cross Crease Pass Shoot up Stair
Fwds tag up to Blue line
Coach dump Puck in - D_1 + D_2
Breakout line 5 on 2 to Far NET on whistle
High FORWARD on BreakAWAY to Far End NET -
Coach Dumps Puck in Same En
4 on 2 in Zo
Skates on

* And the Same Group Plays with offensive D having to Keep Blue line

Competitive



1) F_1 Pass to D_1
D_1 Pass Back to F_1
At that time F_2
Picks D_1
F_1 Drives to net
with Puck - Shot
Play Rebound.

D_1 must Battle
Threw the Pick
And Eliminate
F_1 From getting
rebound. Then
F_2 gets Puck
From Corner Pass
to D_2 at Blue
line,
D_2 Fakes, drags
to middle shoots
while F_1 + D_1
Battle For net
Front prencence
F_1 trying for
Deflection, rebound
D_1 preventing the

3) on Whistle D_1 touch's Behind NET Glass
F_1 + F_2 (F_2 grabs another puck) Attack D_2 2 on 1 (Far End NET)
D_1 Fights to Get Back into play to make a 2 on 2

280-220-7887

To: Enio (cenio@coachenio.com)

From: Danny Flynn / Moulton Wildcats

Enio:

Sorry for the delay.. congrats on a great job with the Bail Cubs...

Danny

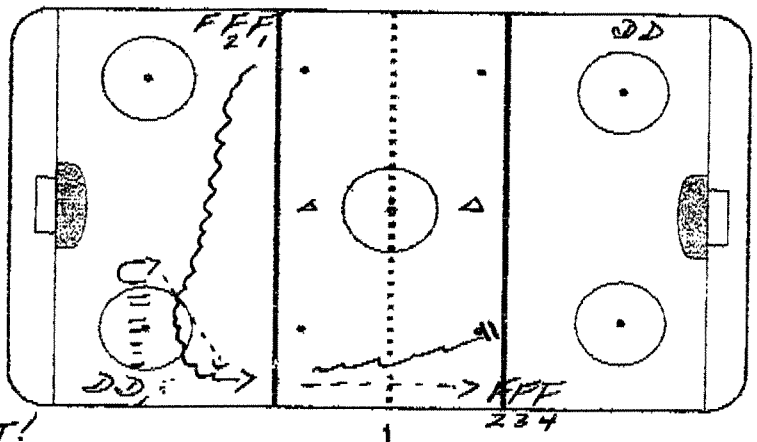
QUOTE:

"IF YOU CAN COUNT YOUR REAL FRIENDS ON MORE THAN ONE HAND... COUNT AGAIN"

Don McAdam

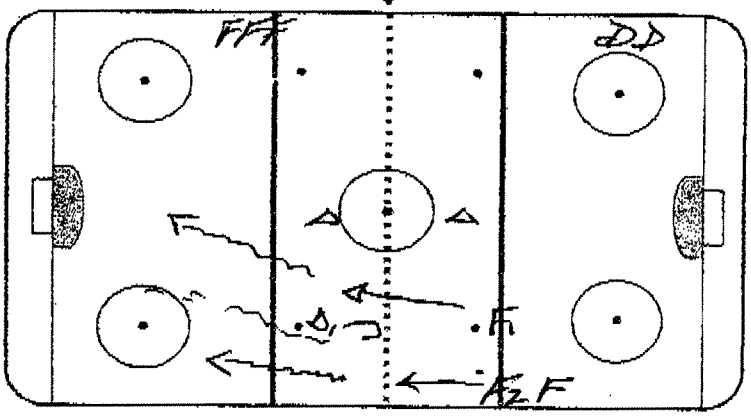
① OUTSIDE 2v1 (NET DRIVE HARD)

- D_1 starts on wall at hash marks with a puck
- whistle, D_1 crossovers with puck to net front hash marks; F_1 comes across through top of circle
- $D_1 \rightarrow F_1 \rightarrow F_2$ stationary at B/L
- F_1 hand to B/L AND STOPS BEHIND NZ DOT!



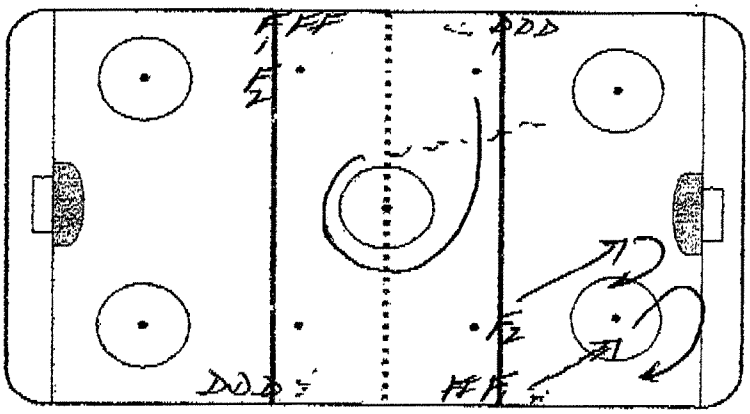
* AS SOON AS F_1 stops at B/line, F_2 ATTACKS WIDE AND F_1 must RECOVER and drive net

- D_1 must track Red line & defend
- CREATES OUTSIDE 2v1; F_2 must decide SHOOT vs PASS
- BOTH SIDES/SAME TIME



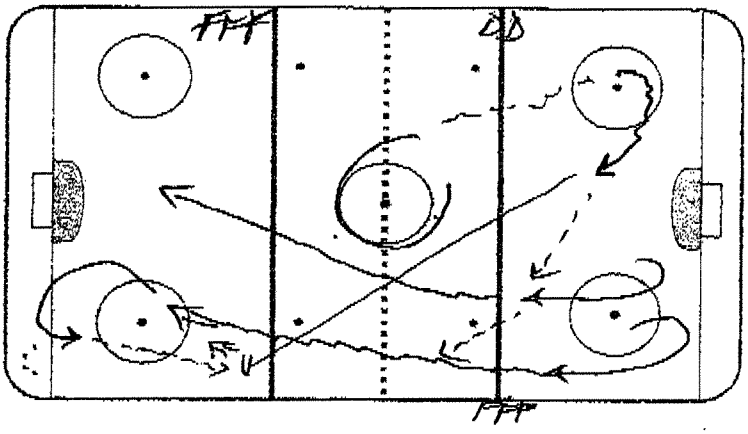
② 2v0 x 2 / D SHOT

- whistle, D_1 around circle with speed with puck
- AT SAME TIME F_1F_2 2v0 to net, OUTSIDE SHOT and crash net (MAX 1 REBOUND)
- AFTER 1 REBOUND, F_1F_2 turn up ice



* as F_1F_2 turn up ice, D_1 pivots out and hits F_1F_2 wide

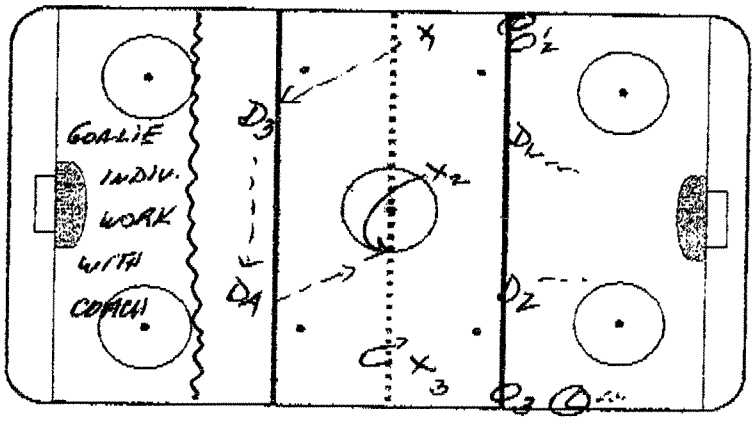
- F_1F_2 DRIVE & JAM NET for 2nd time
- D_1 follows; F_1 after net traffic feeds D_1 for 1st SHOT
- F_2 net screen



③

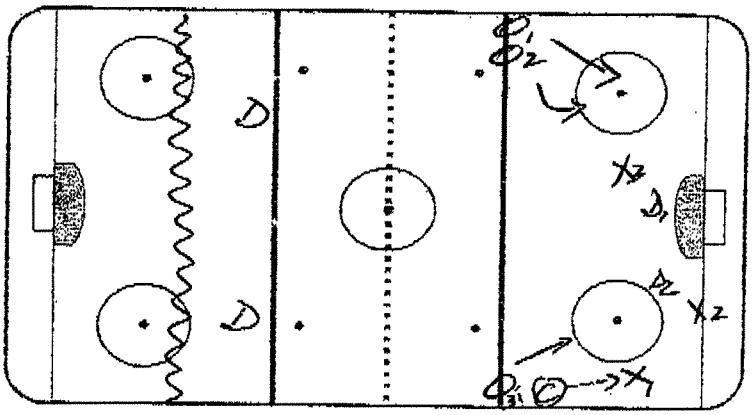
3/4 ICE DZ COVERAGE

- X_{123} NZRC WITH $D_3 D_4$ and attack 3v2 on $D_1 D_2$/shot
- © adds 2nd puck to $X_1 X_2 X_3$ (must stay below top of circles)
- ©/2nd puck activates $O_1 O_2 O_3$



to join $D_1 D_2$ in DZC vs X_{123}

* once O's recover puck/© ends play... O's regroup in NZ with new D and re-attack 3v2
* Allows you to work NZ re-group: attack plus DZC while giving goalie coach time to work at far end w/goalie

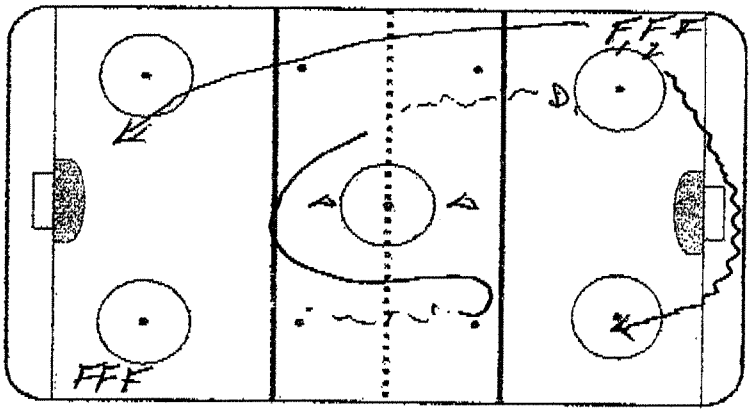


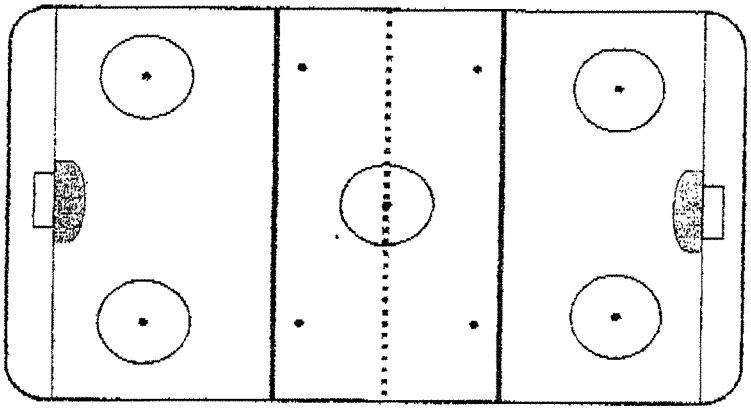
④

1v1 XZ - both sides, same time

- F_1 with puck on hash mark D_1 top of circle, above dot
- whistle, foot race, F_1 outside dot, D_1 inside dot
- 2nd whistle, D_1 leaves F_1 and must go around circle, get as much ice back as he can and defend F_2 who went behind net from hash mark and the 2nd whistle

* good foot drill for D





ENIO'S DRILL CLUB – 2014

Books To Read : Pete Carroll – Win Forever ****

Roy Williams – Hard Work ***

Motivated to Win – Richard Denny ***

Mike Tyson – Undisputed Truth **

QUOTES :

If you read a book a month for the next year, you are among the 1% of intellectuals in America.

"Some people get frozen by the fear of failure but early in my career I realized If I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. Michael Jordan

"The man who can drive himself further once the effort gets painful, is the man who will win"

Roger Bannister – first person to run 4:00 mile

Fight one more round – even though your body is completely devastated, fight one more round – remember the man who always fought one more round is never whipped.

James Corbett – Heavy Weight Boxer

Being a professional is doing all the things you love to do on the days you don't feel like doing them.

Julius Irving – NBA Star.

Discipline makes you free

Dean Smith

Discipline is the soul of an army

George Washington

Discipline is not the enemy of enthusiasm

Morgan Freeman

Thx hear to the Coaches "Down the Stretch" + into Playoffs!

ENIO'S DRILL CLUB "2014"

Title :

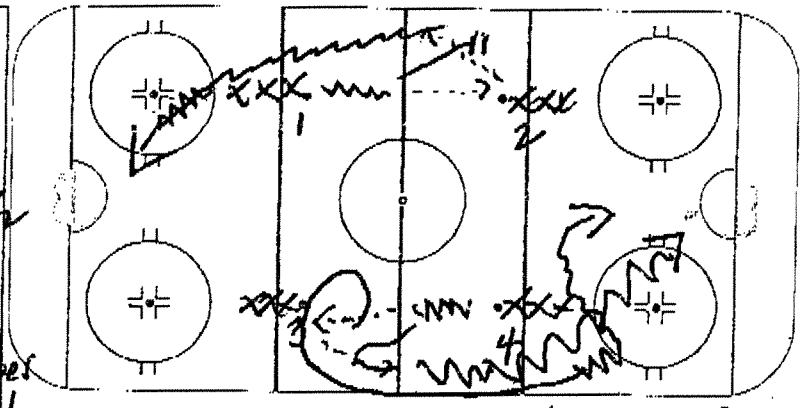
Category #1 :

Category #2 :

Description

Openers: "1x0 Drive"

(1) A. X_1 over "C" pass to X_2
Anchors Up & receives position X_2
X_1 goes for Shot
Stays for 1 rebound
B. X_2 After pass, gets a 2nd puck & drives Middle for 2nd shot.



Key points : Outside Shots For G Wrap / Shoot Both Pads Finish Rebound

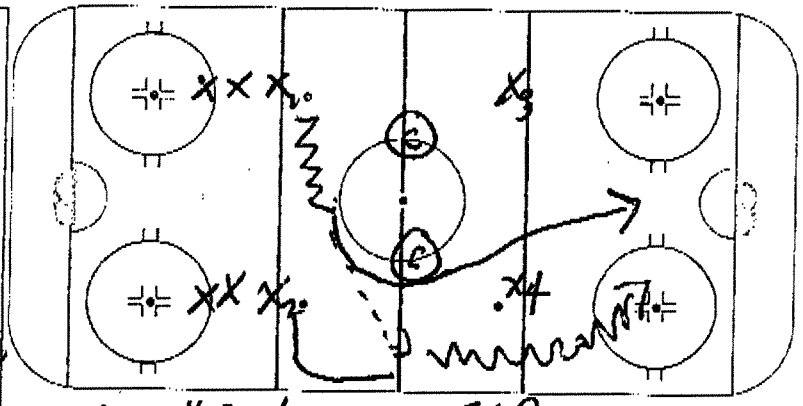
Title :

Category #1 :

Category #2 :

Description

(2) 2x0 Drive
X_1 ½ way Across pass to X_2
X_2 drives wide for Shot
X_1 goes around (C) + Middle Drive to Net
X_4 + X_3 go Same time other way



Key points : Mid Drive to Net / Shoot Both Pads on "G" / option X-Ice Pass

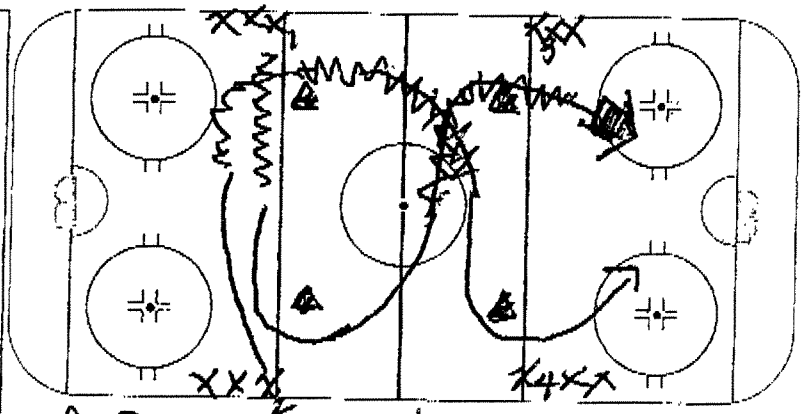
Title :

Category #1 :

Category #2 :

Description

(3) Cross & Drop
X_1 & X_2 cross & drop puck
Go Around glones & drop again
Far Bline X_1 Shot X_2 goes for rebound
b) Go X-Ice Pass



Key points : Shooting Angle for G's / Location for Rebounds - Shoot to Pass

Title : UNB "RED DEVIL" Category #1 : Category #2 :

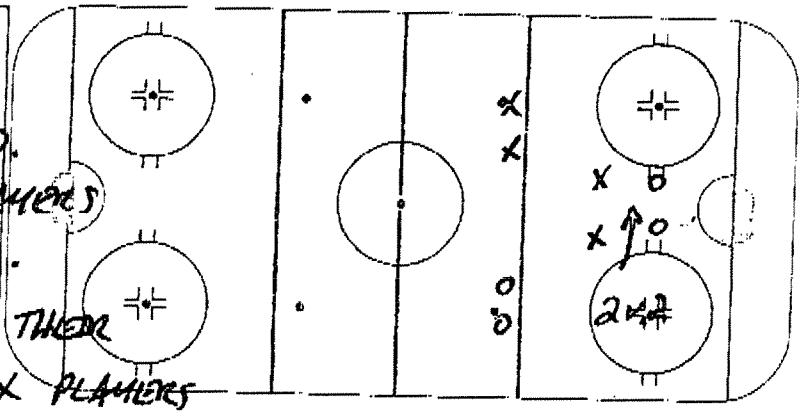
Description

2 v 2 OFFENSE to DEFENSE

→ TEAM X TRIES TO SCORE VS. TEAM O.

→ IF TEAM X SCORES, 2 MORE PLAYERS FROM TEAM X ATTACK TEAM O.

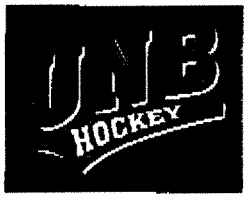
→ IF TEAM O GETS PUCK TO THEIR TEAM-MATES AT BLUE LINE, TEAM X PLAYERS NOW PLAY DEFENSE AND TEAM O IS ON OFFENSE

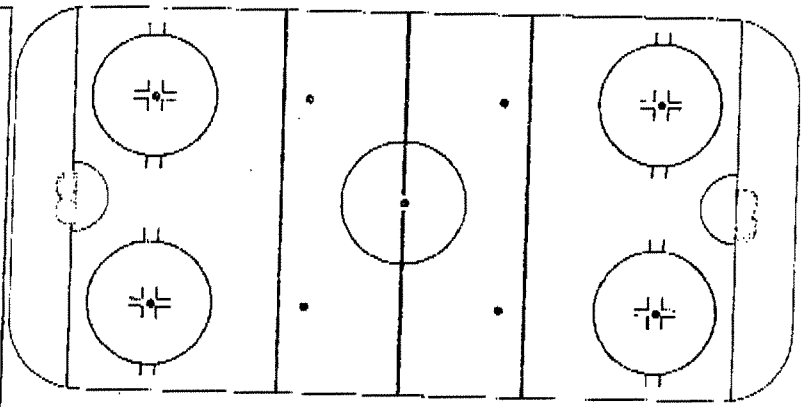


Key points :

Title : Category #1 : Category #2 :

Description





Key points :

Title : 3 v 2 "KAZZY" Category #1 : Category #2 :

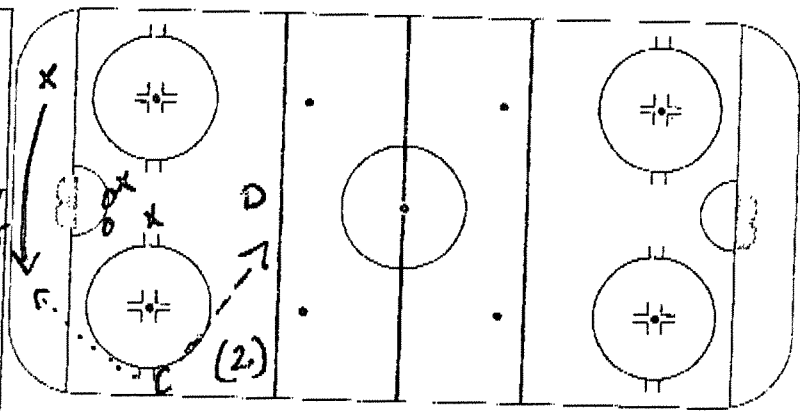
Description

3 v 2 Low / 3 v 3 Low (add F)

FORWARD SKATES BEHIND NET AND RECEIVES PASS FROM COACH TO START DRILL. DEFENSE DEFENDS, FORWARDS ATTACK WITH HIGH F3.

→ USE 2ND 3RD PUCKS

"OPTION" → ADD POINT SHOTS FOR "NET FRONT"



Key points :

* USE BOTH SIDES OF ICE

Title : 2x1 / 3x2 N2N Regroup Category #1 : Category #2 :

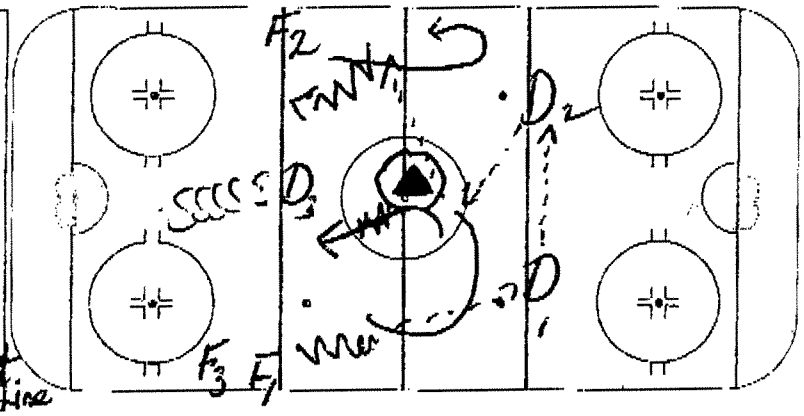
Description

F_1 + F_2 Regroup w/ D_1 + D_2

F_1 + F_2 Attack D_3 on 2x1

Different Options for Regroup + Attack

Option: Add ▲, Forecheck 1 to Simulate your N2N 4v 4 follows play to Blue line



Key points :

Title : 2ND. PART 3x2 Category #1 : Category #2 :

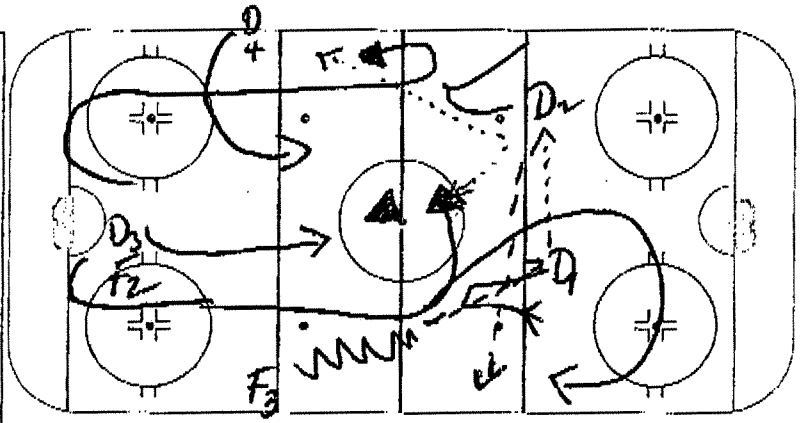
Description

After Initial 2x1 w/ Bv Rush

F_3 starts N2N Regroup 3x2 w/ F_1 F_2

They Now Attack Net 3x2

Option ▲ 4 Checker W/ N2N to defend vs 3x2 Regroup. 4 check only To Blue line



Key points :

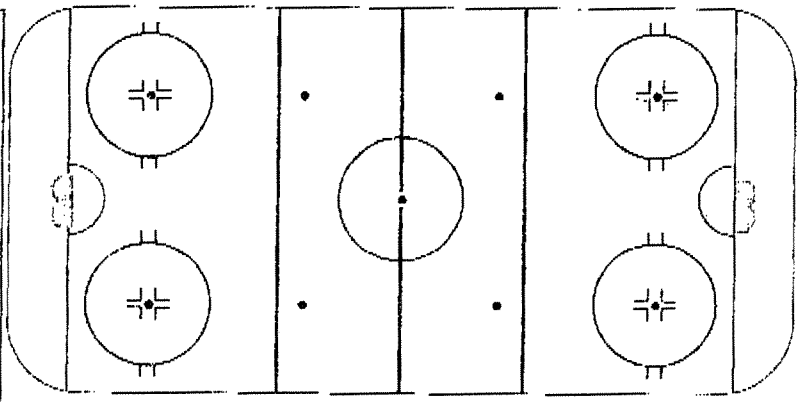
Title : Category #1 : Category #2 :

Description

* Great for Transition w/ puck + Great for N2N 4v + Decision making for D + options for F's

Ex. D_2 3 options plus "Huge"

* Start Drill other way after 2nd Regroup.



Key points :

FAX 250-220 7887

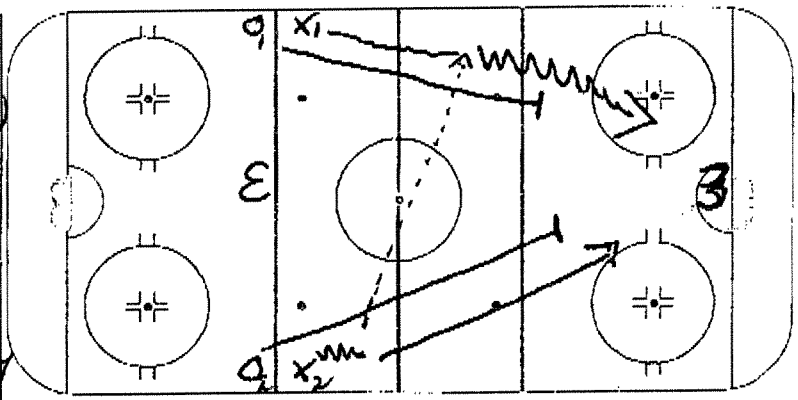
"CHALLENGE" DRILLS

1. Title: 2x2 SLOVAK

Category #1: | Category #2:

Description

X_2 passes to X_1 for 2x0 to Net
O_1 + O_2 pressure from back - 1 stick length
They can recover rebound / backcheck + attack back to net which is located at blue-line. Good 2x2 transition off original net play. Short shifts - High intensity. Keep Score to "5".



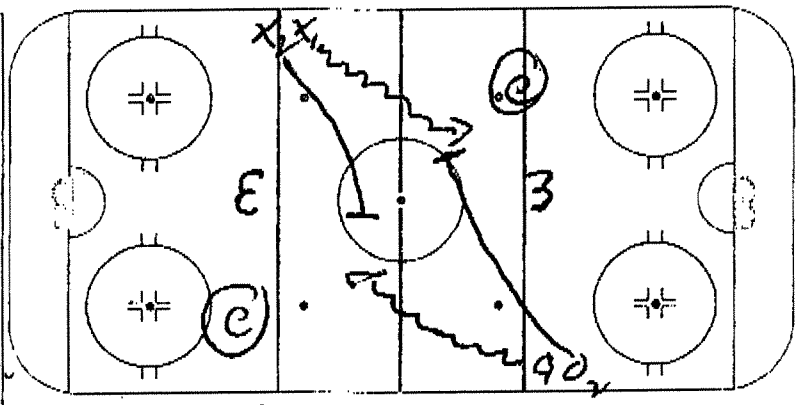
Key points: X-Tree Pass / Net Drive | Back Pressure / Transition

2. Title: 1x1 JAPAN

Category #1: | Category #2:

Description

Net = C Opposite B-line area
X_1 + O_1 attack opposite net
X_2 + O_2 get up + angle / defend net in 1x1 situation
(C) C each net to give 2nd / 3rd pucks
Play Until 1 person scores or 12-15 seconds.



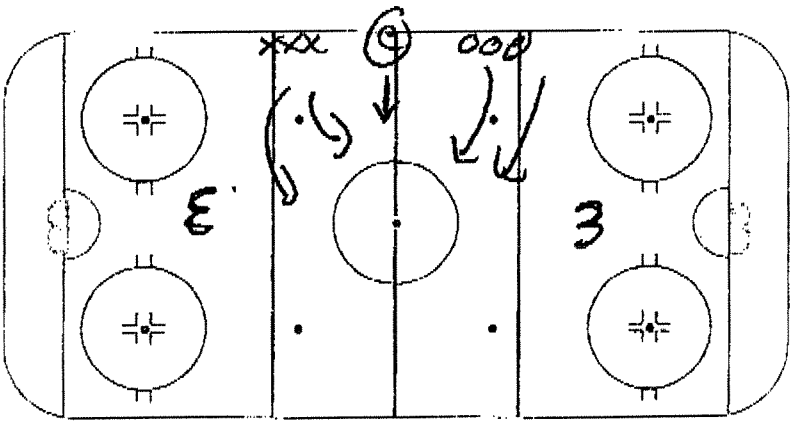
Key points: 1x1 Off. Skills | 1x1 Defensive Skills | Competitive 2nd Effort

3. Title: 2x2 TRANSITION

Category #1: | Category #2:

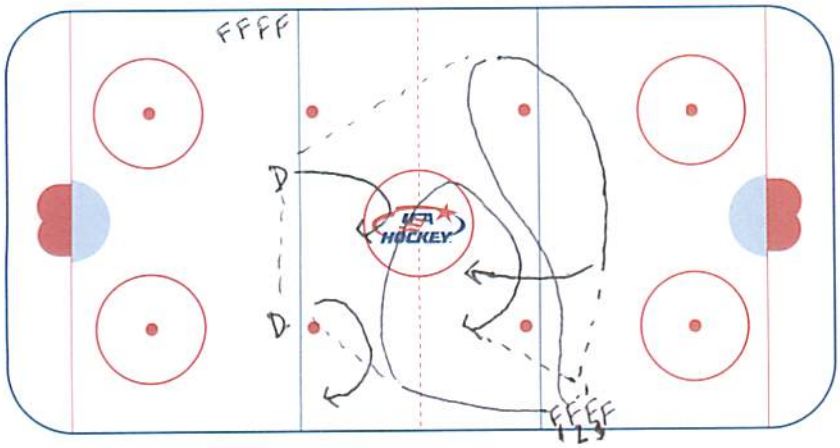
Description

X_1 X_2 go versus O_1 O_2 in Confined N-Zone area - play 2x2.
When puck goes below net - coaches spot puck in opposite direction so quick transition. 15-20 second shifts
Stops + Starts on All transition plays.



Key points: Non-Protection 2x2 | Creativity + Transition | Hockey Habits

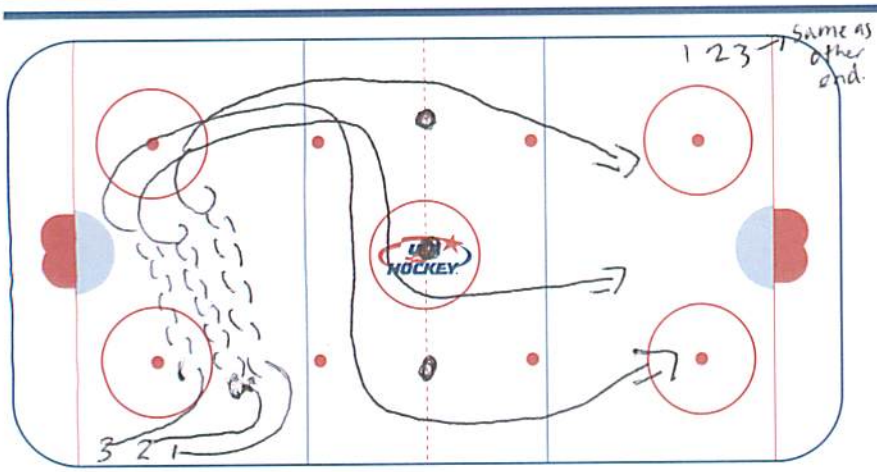
SYSTEM/DRILL DRILL CLUB



Description 2v2 DRILL

→ F_1 passes puck to D, who goes D→D
→ F_2 posts at blueline and gets pass from D while F_1 mirrors puck.
→ F_2 then passes to F_3 in the line they came from.
→ F_3 passes back to either F_1 or F_2 who then take on two D who just regrouped them.
FWDS → Good decisions at the blueline entering zone.
D → Get up and gap, communicate, good D decisions.

Notes/Systems

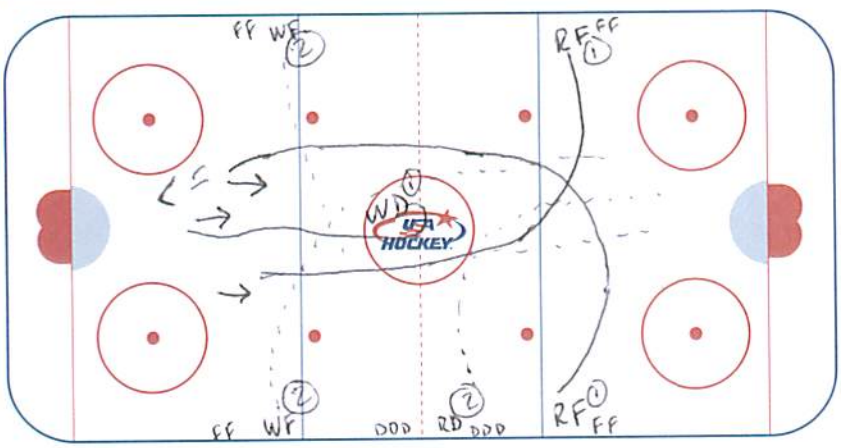


Description SIX MAN SNAKE

* WARMUP/SKATING DRILL

→ On whistle 3 guys start skating forwards toward blueline (opposite ends)
→ 2nd whistle they pivot backwards towards opposite side's bottom of circle.
→ 3rd whistle they escape turning towards line they came from working on their edges.
1 → Straight down for shot.
2 → Up around dot and around middle line, shot
3 → Around dot, far line and shot.

Notes/Systems Opposite/diagonal ends go at same time.



Description 2v1 → 3v3 Backcheck.

ON whistle, 2 red forwards cross @ blueline and take a white defenceman on 2v1 for a shot.

Next whistle, 2 white forwards cross and take on a red D who stepped out 2v1.
→ White D who just went gets up in the play on offense
→ 2 Red F's slam on breaks and backcheck making it a 3v3.
→ CONTINUOUS.

Notes/Systems

The USA Hockey Coaching Education Program Is Presented By Liberty Mutual. INSURANCE

2013 – 14 DRILL OF THE WEEK CLUB

GARY COMFORT – WEEK 15

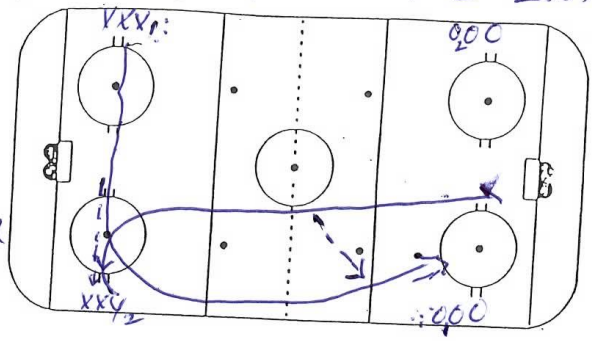
I would recommend Mike Babcock's book LEAVE NO DOUBT

2 ATTACHMENTS
1) WARM UP DRILL 31jpg

2) OFFENSIVE BLUELINE WIDE ENTRY PROGRESSION 30jpg

OFFENSIVE BLUELINE ENTRY PROGRESSION

BOTH ENDS GO TOGETHER



NOTES: BASIC DRIVE

X_1 COMES ACROSS PASSING TO X_2

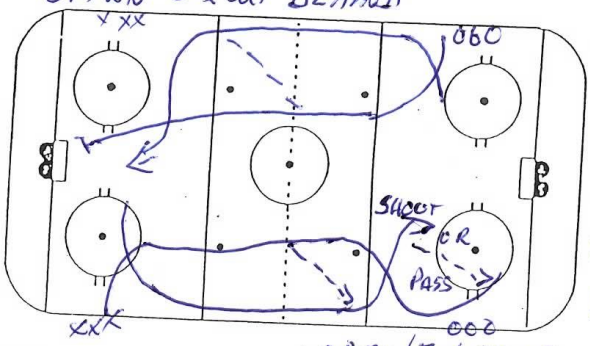
X_1 SWINGS UP BOARDS

X_2 SWINGS INTO MIDLANE

X_2 MUST "KICK PASS" OUT TO X_1 BEFORE BLUELINE TO CREATE OUTSIDE ATTACK

X_2 DRIVES TO NET

OPTION 2 - CUT BEHIND



OPTION 3 X-CROSS

NOTES: OPTIONS 2 & 3

OPTION 2

AT BLUELINE X_1 ALLOWS X_2 TO DRIVE MIDLANE AND CUTS BACK INTO MIDDLE FOR SHOT

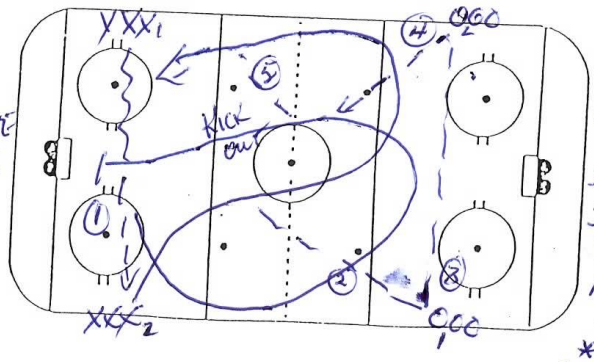
OPTION 3

X_1/X_2 X-CROSS INSIDE BLUELINE

X_1 CAN SHOOT OR PASS TO X_2

OPTION 4 - X_1 DELAY MOVE LOOK FOR D

OPPOSITE ENDS WILL GO



NOTES: 2v0 REGROUP

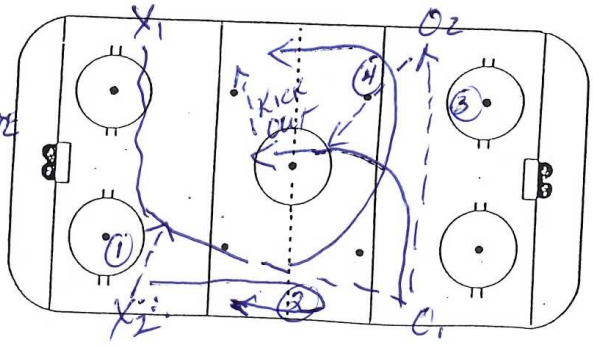
X_1 ACROSS PASS TO X_2 COMING OFF WALL

X_2 PASSES TO O_1 AND SUPPORTS O_1 PASS ACROSS TO O_2 SWINGS WIDE UP BOARDS

X_1 SWINGS BACK THROUGH MIDLANE TO RECEIVE PASS FROM O_2

* KICK OUT PASS BEFORE BLUELINE GO THROUGH OPTIONS

OPPOSITE ENDS



NOTES: 3v0 REGROUP (4TH SECOND WAVE)

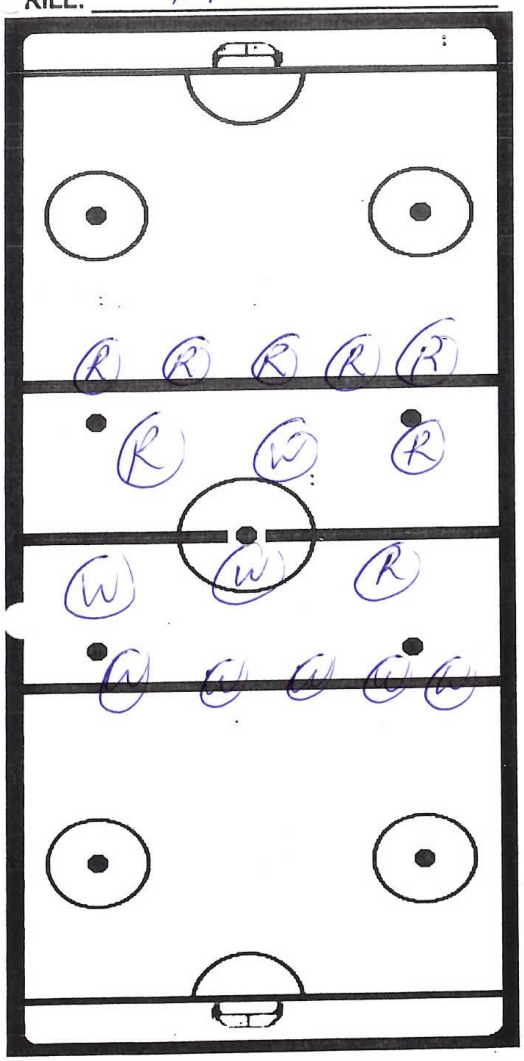
X_1 COMES ACROSS TO RECEIVE PASS FROM X_2

X_2 SKATES UP BOARDS AND WILL REGROUP

X_1 PASSES TO O_1 AND SUPPORTS O_1 PASS ACROSS TO O_2 AND SWINGS WIDE UP FAR BOARDS

O_1 JUMPS INTO MIDDLE TO RECEIVE PASS FROM O_2 (O_2 FOLLOWS AS D POINT

RILL: WARM UP DRILL



2 TEAMS (2 COLOURS)

LINE (R) TEAM ON BLUELINE

LINE (W) TEAM ON OTHER BLUELINE

EACH TEAM HAVE 3 PLAYERS IN N Z

OBJECTIVE IS TEAM TO CONTROL PUCK, CAN USE TEAMMATES ON BLUELINE WHO REMAIN STATIONARY

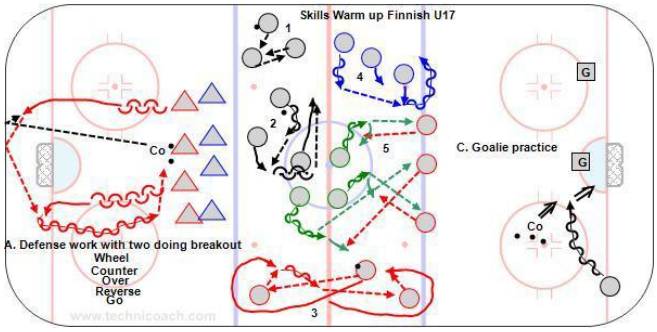
TEACHES PUCK CONTROL, SUPPORT MOVEMENT TO OPEN SPACE

TEACHES DEFENSIVE ANGLING, SUPPORT, GOOD STICK

Drill of the Week Club **Practice Plan**

Date:	**Time:**	**Venue:**

Lines:	**Notes:**
Tom Molloy	Current team Flyers Midget AAA Girls



Either a Warm-up or Individual Skill Work

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

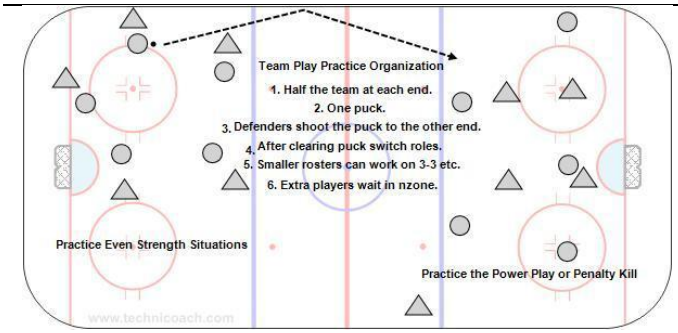
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120418122055838



Team Play Practice:

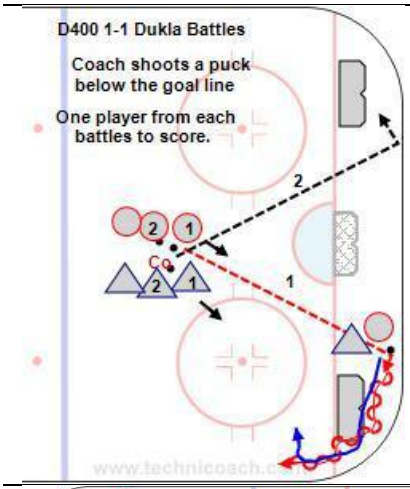
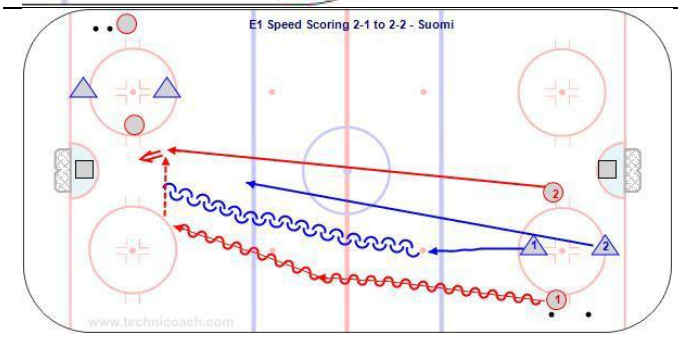
T2-4, D4 – Reilly Team Play Rotation

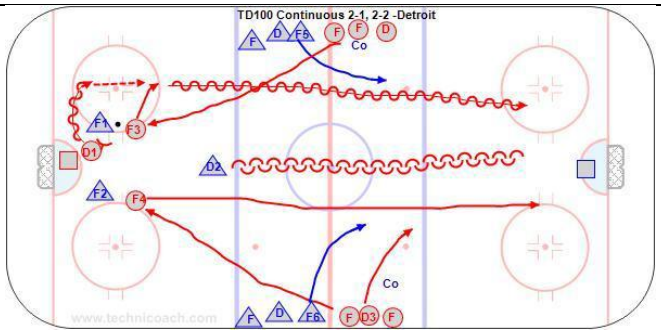
Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For spectialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.

	2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp. 3. The other end starts with the white on the offense first. **The play rotates from end to end.*
	*Competitiveness* **D400 1-1 Dukla Battles** ***Key Points:*** Put the nets at 45 degrees in each corner. Defender stick on the puck and D side. Attacker protect the puck and use fakes. ***Description:*** 1. Players line up behind the hash. 2. Coach shoots a puck below the goal line. 3. One player from each team battles to score. 4. Play 10-15" alternating corners. http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838
	*Shootout Competition:* **E1 Speed Scoring 2-1 to 2-2 – Finland** ***Key Points:*** The purpose is to attack as quickly as possible and pass and shoot while skating. ***Description:*** 1. Start from one end and when everyone is gone go the other way. 2. Attackers 1 and 2 leave from above the hash marks. 3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating. 4. Defender 2 start from below the circle and back check. 5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed. 6. Keep score. http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227



Team Skill warm up drill.

TD100 Continuous 2-1, 2-2 –Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroups.

http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407

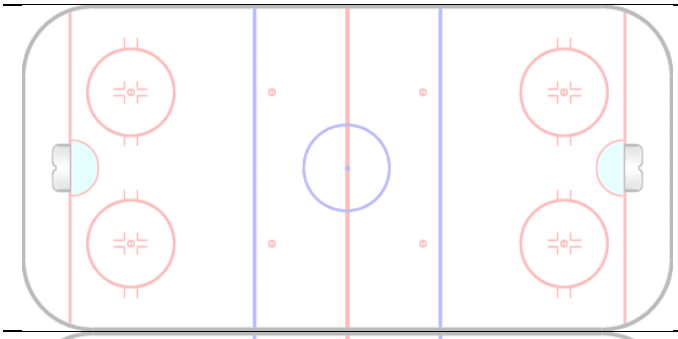
Book:

The Brain that Changes Itself

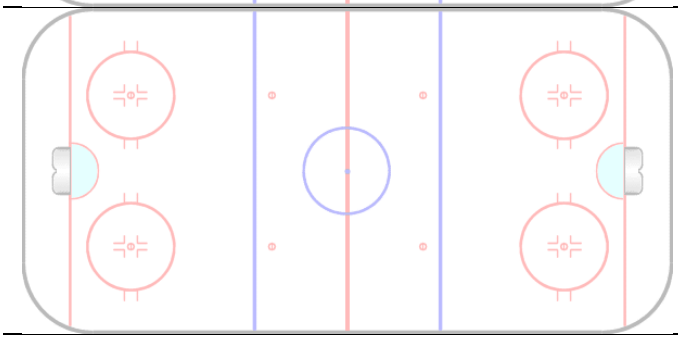
Norman Doidge M.D.

Great book on how we can learn and relearn by changing our brain.

Explanation/Notes:



Explanation/Notes:



Explanation/Notes:

Practice Plan

Team: Drill of the Week Club

Practice No.:

Date : **Time:** **Duration:**

Version No.: **Prepared by:** Real Paiement

Objectives / Main tasks :

"Talent is Overrated" by Geoff Colvin

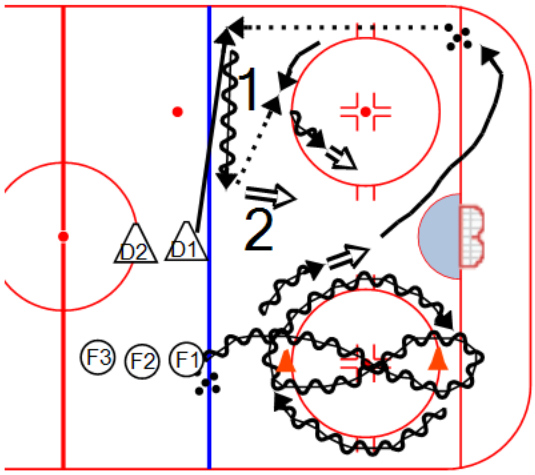
I don't have copyrights on any of these drills, I stoll them from other coaches, I'm just glad I have not been caught... yet!

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Gat Shooting- Agility skate **Category #1 :** Agility skate **Category #2 :** Tight turns

Description

F1 Starts at BL with a puck. he starts inside the 1st ▲ and skates fig.8 with the puck. From top circle skate around F/O circle from the inside. Shoots from top circle. Gets puck in corner and passes (no dribble) to D1 who raced from mid of the ice. 1) D1 races to middle and passes to F1 top circle and shoots. F1 gets a 2nd puck in corner and passes to D1 who raced to point. D1 races to middle and shoots with F1 screening.



Key points: Agility skate | tight turns | Passing | 1 touch shot

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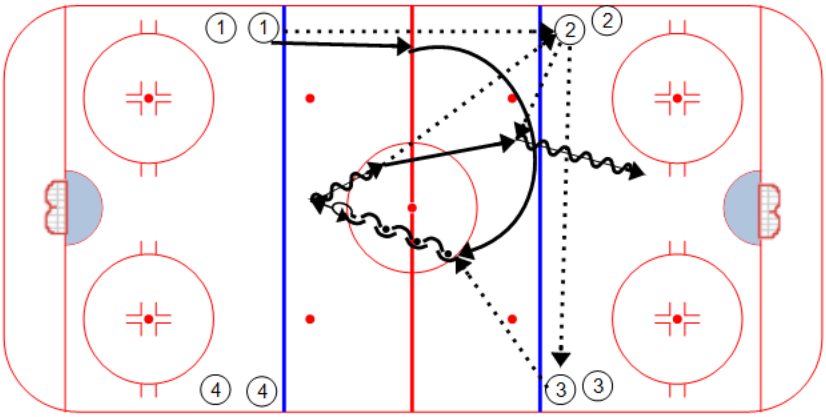
Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Mario's Drill 2 **Category #1 :** Offense **Category #2 :** Scoring/ Passing

Description

1 to 2 to 3. 3 passes to 1 who is pivoting from frwd to bkwd. 1 skates bkwd, pivots forward and passes to 2 who passes back to 1 who goes and shoots.



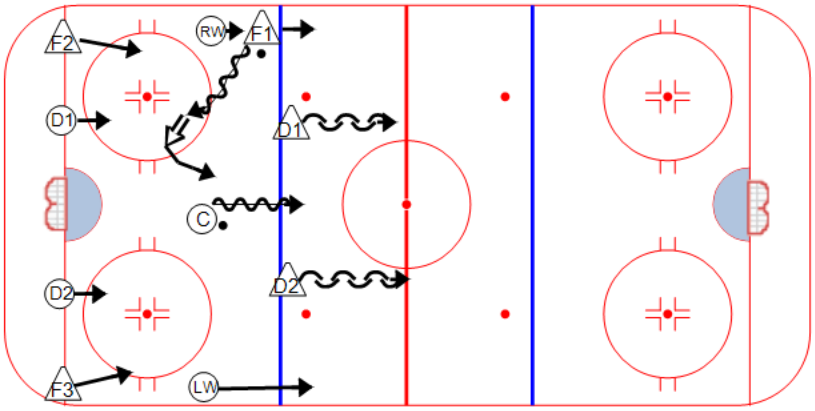
Key points : Passing | receiving | shooting in stride

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : ED Track-DZC **Category #1 :** DEFENSE **Category #2 :** Back check

Description

On 1st whistle, F1 jumps off the wall and shoots. On 2nd whistle C LW RW D1 D2 jump on offense, D1 D2 take the rush and F1 F2 F3 track back. It ends up 5-5 DZC.



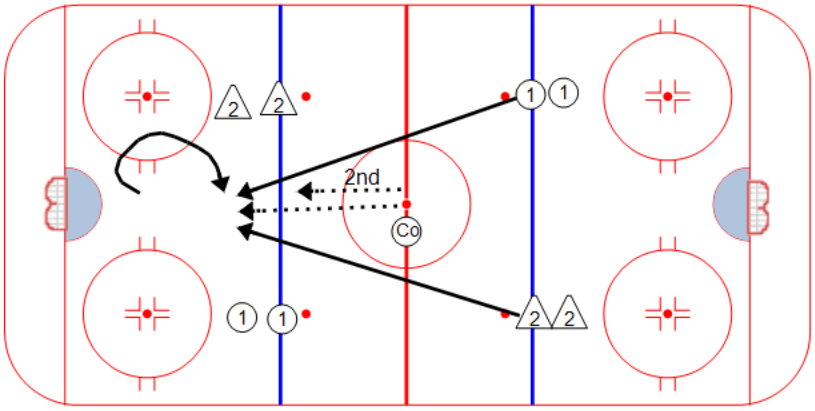
Key points : NZ Coverage | Tracking | DZC

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

Title : Swiss battle **Category #1 :** Competition **Category #2 :** battle

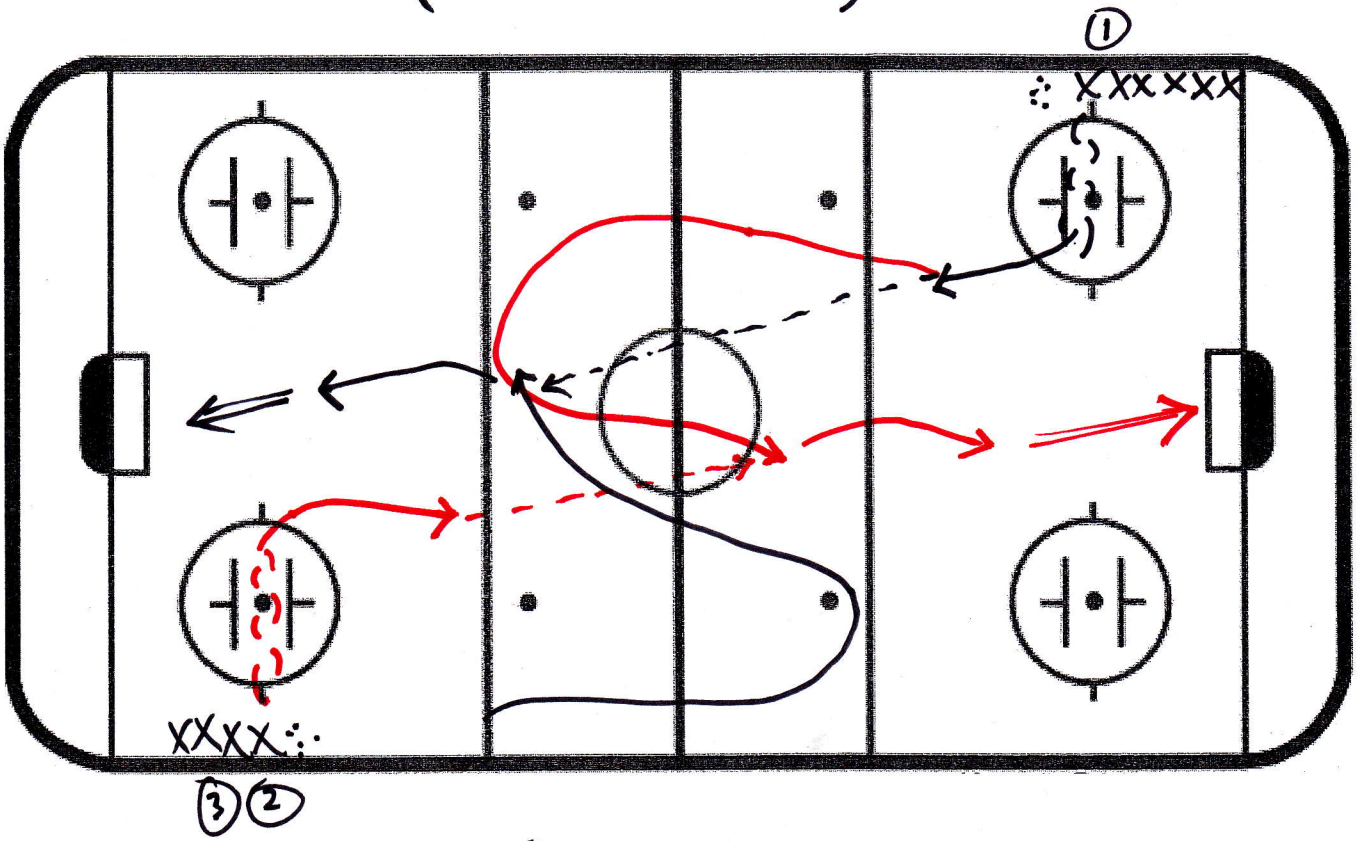
Description

Co spots a puck for 1 2 to battle for loose puck. Who ever gets the shot off earns the right to get a 2nd shot (BA)



Key points : quick off start | body position | battle | quick release

DRILL: AUSTRIA ACCELERATION DRILL (CONTINUOUS)



DIRECTIONS:

① $X^{①}$ SKATES BKWDS W/ A PUCK ACROSS THE ICE (APPROX. 4 m), PIVOTS FWD AND HEADS UP ICE

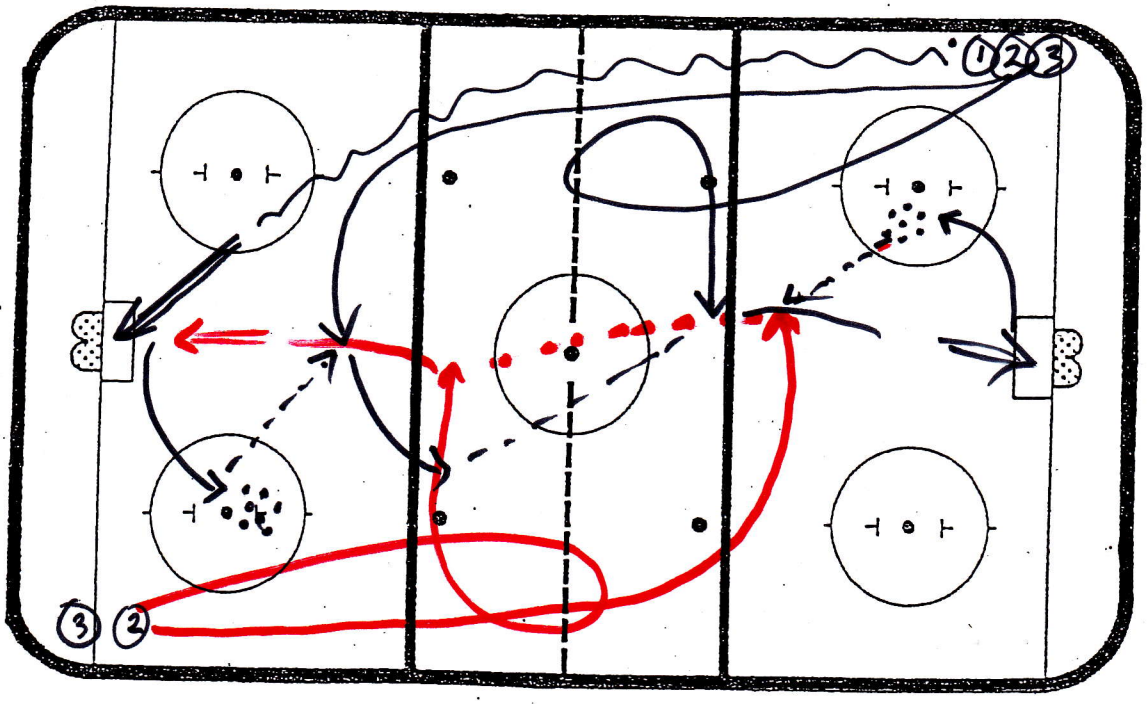
② $X^{②}$ HAS TIMED HER SKATE, SKATES UP THE BOARDS AND TURNS TOWARD CENTRE

③ $X^{①}$ PASSES TO $X^{②}$ WHO DRIVES TO THE NET AND SHOOTS

④ $X^{①}$ FOLLOWS AND THEN TURNS TO RECEIVE A PASS FROM $X^{③}$ WHO HAS STARTED THE DRILL AGAIN.

RED WINGS

DRILL PASS TO RECEIVING ZONES



DIRECTIONS TO START DRILL, 3 PLAYERS LEAVE FROM THE CORNER (AFTER THAT ONLY 2)

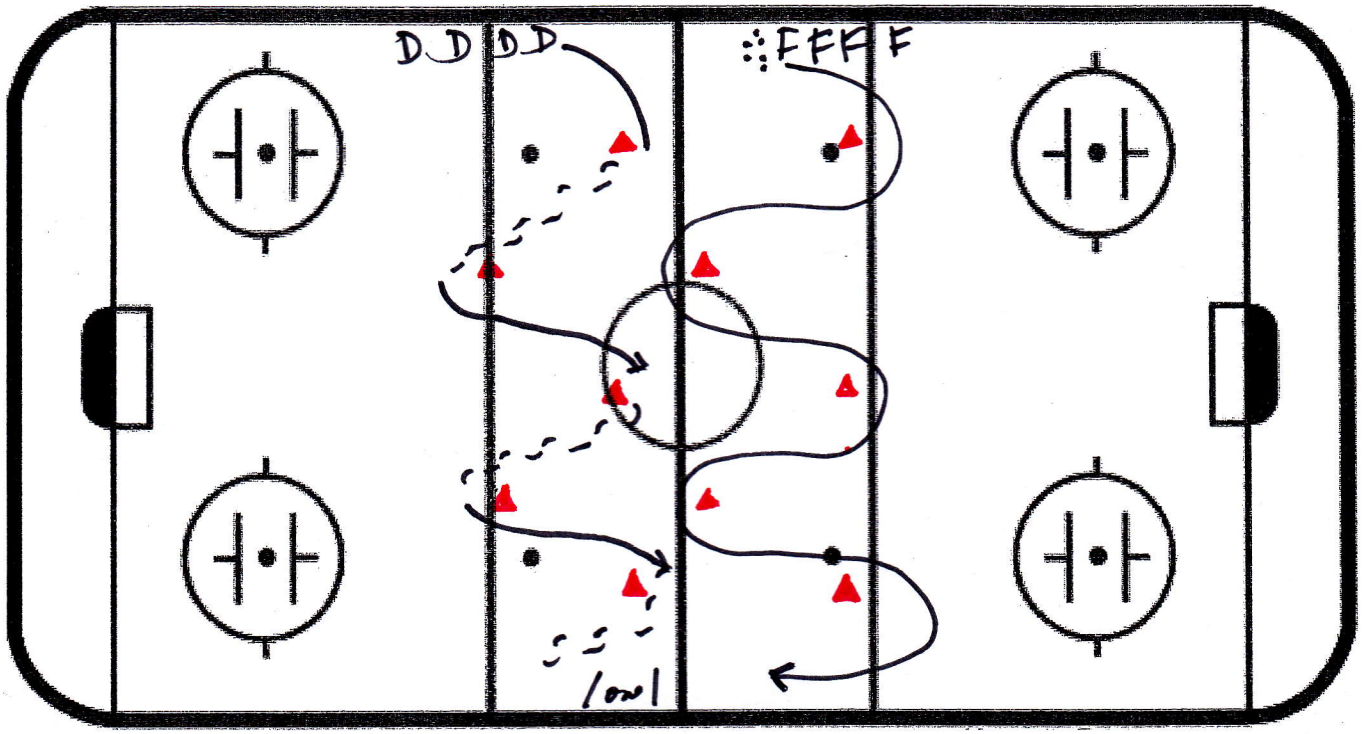
PLAYER 1 SHOOTS, PICKS UP A PUCK FROM THE CIRCLE AND PASS TO 2ND PLAYER JUST INSIDE THE BL.

2 CONTROLS PUCK AND PASSES TO 3 WHO HAS REGROUPED AT CENTRE AND SKATES ALONG BL

3 TAKES A SHOT, PICKS UP A PUCK IN THE CIRCLE AND PASSES TO 2 WHO STARTS THE DRILL AGAIN.

*TIMING IS ESSENTIAL

DRILL: RAY'S GAP CONTROL 1 on 1



DIRECTIONS:

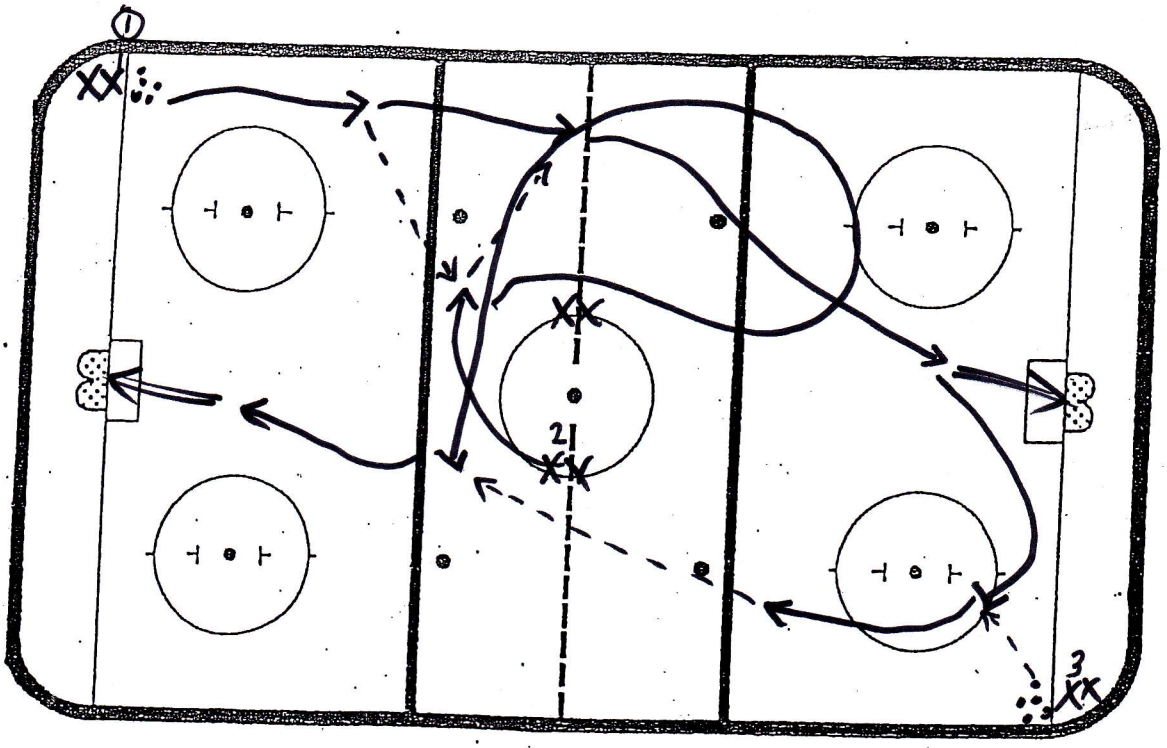
F & D LEAVE AT THE SAME TIME.

F SKATES AROUND ▲'s W̄ PUCK.

D SKATES AROUND ▲'s ALWAYS FACING F (TRANSITIONING FROM FWD → BKWD)

AT FAR BOARDS F GOES 1 on 1 W̄ D.

DRILL NEUTRAL ZONE TIMING AND SUPPORT DRILL

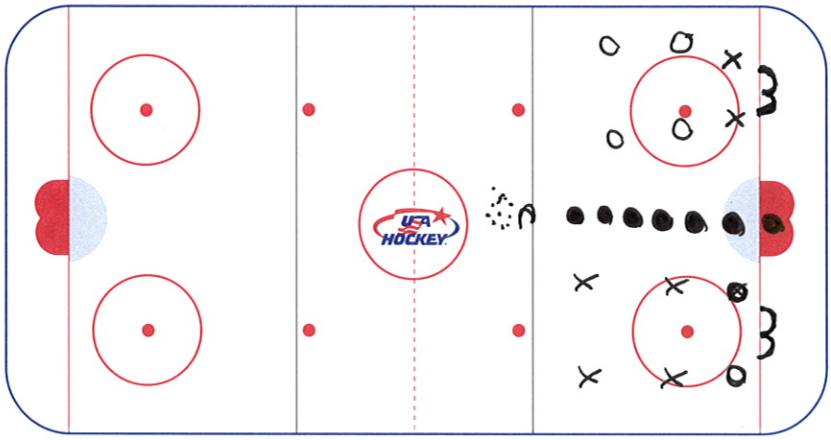


ON WHISTLE:

DIRECTIONS X^1 SKATES UP W/ A PUCK AND PASSES TO X^2 WHO PROVIDES SUPPORT IN THE NEUTRAL ZONE. X^2 MAKES A RETURN PASS TO X^1 AND FOLLOWS UP THE ICE. X^1 SHOOTS ON GOAL AS X^2 TURNS BACK UP ICE AND ACROSS THE BL. AFTER THE SHOT, X^1 LOOPS TO THE CORNER TO GET A PASS FROM X^3. X^1 THEN MAKES A LONG PASS TO X^2 AT THE FAR BL. X^2 SHOOTS ON NET.

* TIMING OF X^2 SKATE IS VERY IMPORTANT
* BOTH ENDS AT THE SAME TIME

SYSTEM/DRILL

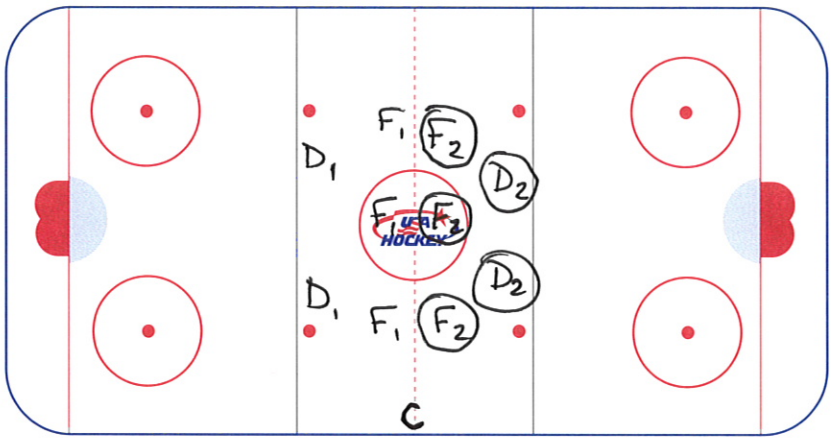


Description PP Game

- Two nets each at bottom of FO Circle on goaline tires down the middle of OZ.

Os start playing 4v2 Xs for PP
Xs defend + attempt to pass to Xs on other side of tires
~~* On coming~~ Xs then have 4 on 2 PP vs. Os
If team scores Coach passes to same PP. (make it take it)
* Working on PP + PK options/tactics

Notes/Systems * continuous

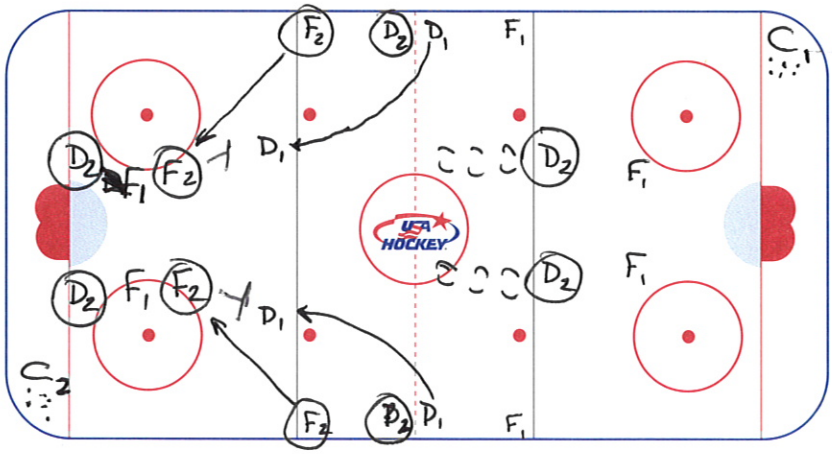


Description N2 Scrimmage

- Coach has pucks on dasher wall
- Coach throws puck to 1s + 2s are go into N2 defense + play until whistle

On whistle coach throws new puck to whichever team he chooses team without puck plays defense in N2.

Notes/Systems



Description 2 on 2 Shot Block Drill

Coach 1 passes to F1s for 2 on 2 Rush
When 1st 2 on 2 rush crosses far blueline F2s + D1s follow intial rush
* whistle *
Coach 2 pass to D1 for point shot (important F2s ~~defend at~~ start defending from top of circles)
Coach 2 can make 2 to 3 passes
After long whistle
F1s + D2s are done
Coach 2 BOS F2s for 2 on 2 Rush vs. D1s

Notes/Systems

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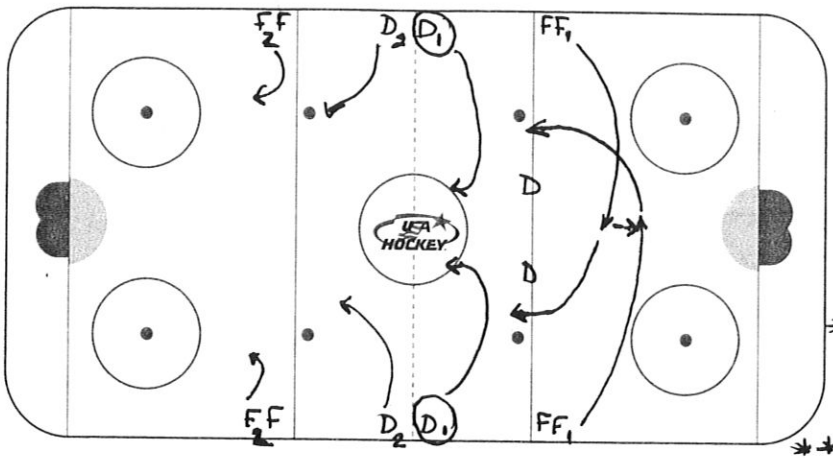
SYSTEM/DRILL



Description Gibby 2on 2 Continuous

- F_1s start with cross drop
- D_1s play 2on 2 vs. F_1s
- F_2s & D_2s follow behind 2on 2
- rush continues until D_1s get puck to F_2s
- F_2s attack D_2s 2on 2

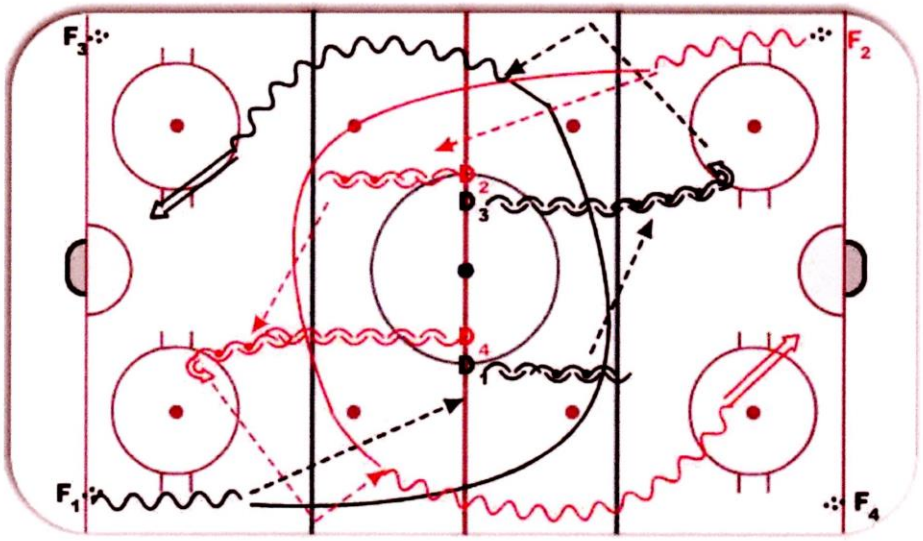
* Continuous *

** D who follow up play work on gap & "ipute in"."you're out"

*** Coach can have extra puck if goal scored or

Notes/Systems

Canton Regroup



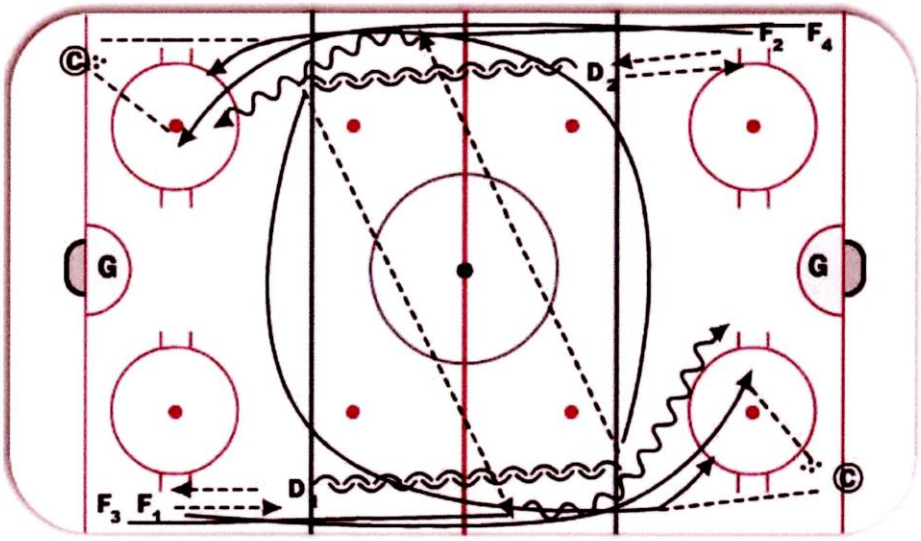
Description

F1 and F2 start out with puck at the same time.
Pass up to D. Hinge regroup D to D.
Pass up off boards to forward.
Forward goes in one on zero.

Progress: D3 and D4 follow up play, D1 and D2 close gap for 2on 1.

Key Points:

1 Touch D Stretch



Description

F1 and D1 are 1 touch passing all the way to far blue (D is skating backwards). F1 leaves D1 at blue and goes in gets a pass from coach/player and hangs for rebound and or screen for next 2 shots. D1 who is left with puck at far blue looks wide for F4 flying thru neutral and delivers are good cross ice stretch pass. F# is doing the same thing on other side and getting pass from D2. These two F become the 2nd shooter at opposite ends. The last shot comes from the D1 and D2 who after making the stretch pass wide jump up in the play and gain position inside O blue line and take a pass from coach in/player in corner while F are battling front.

Key Points: Lots going on pay attention! Timing and passing are the focus; goalies get 3 shots

Notes

Good passes always a key but good timing by 2nd forward fleeing the zone so pass is received in full flight staying on side. Try to make pass and receive pass in good time so that F gets it at redline or just inside to avoid a D in a game just stepping on blue to intercept.

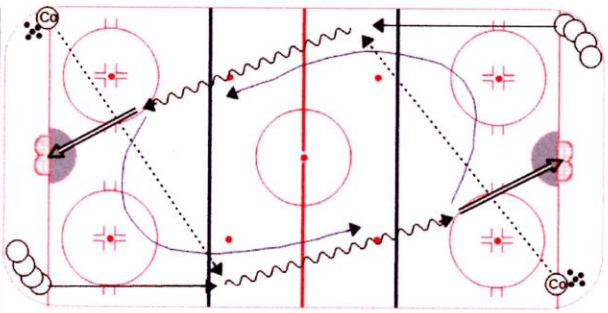
Switch sides halfway

Title : Perpetual Backcheck **Category #1 :** Backchecking **Category #2 :** Shooting

Description

1. First player in each line leaves and receives a pass from the coach.
2. Each player skates full speed down the ice and takes a shot.
3. Next player in line can't leave until the shot has been taken.
4. After the shot, the shooter will peel off and backcheck the next player in line.
5. Drill continues perpetually.

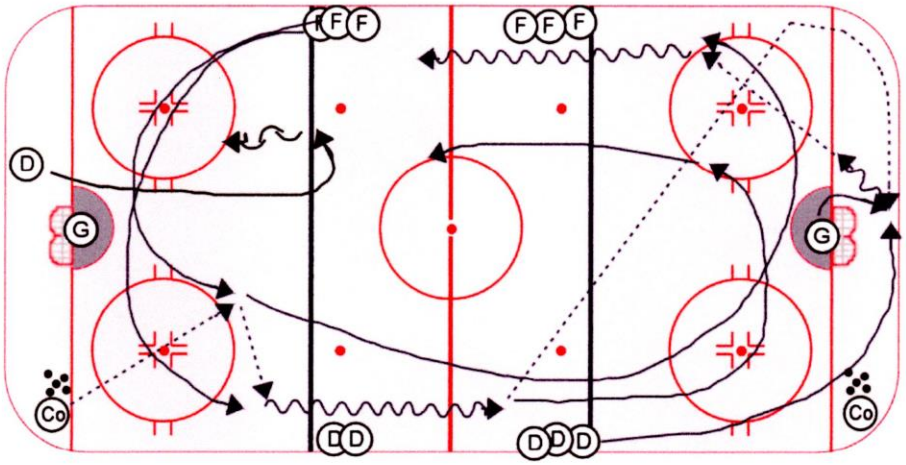
www.WeissTechHockey.com



Key points : Shoot in Stride | Full-ice Conditioning

Title : Tom Renney Warm-up **Category #1 :** 1 on 1, 2 on 1, 3 on 2 **Category #2 :** Breakout

Content elements: *Components :*



Key Points : Breakouts | 2 on 1

Description

Both sides go at the same time. After the dump in and breakout, both defensemen play 2 on 1 against the other line's forwards.

1. two forwards swing low and receive a pass from the coach, then step over the center line and dump it in.
2. goalie stops the puck for the defenseman, who initiates the breakout, then plays 2 on 1 against forwards from the other line.
3. forwards attack 2 on 1 against the defenseman from the other line

Datum: Oct 17, 2013 Tid: Ishockeytäning Nr:

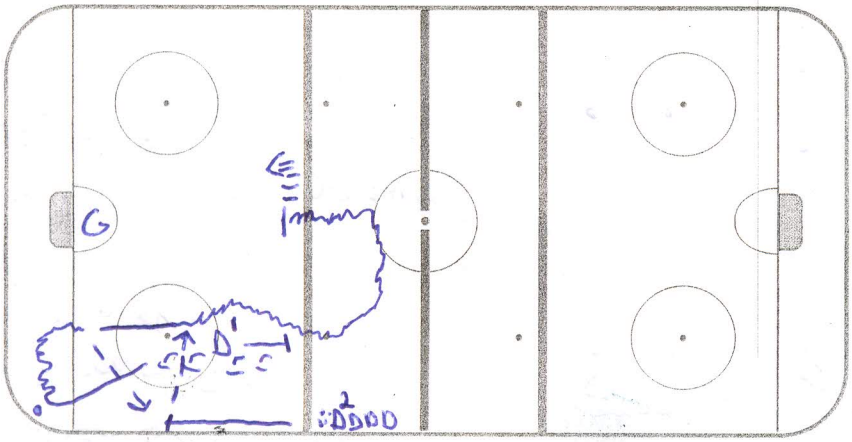
Plats: DRILL CLUB

Tränare: HENRY ACRES - ÅSPLÖVEN J20

TRÄNINGSUPPSTÄLLNING

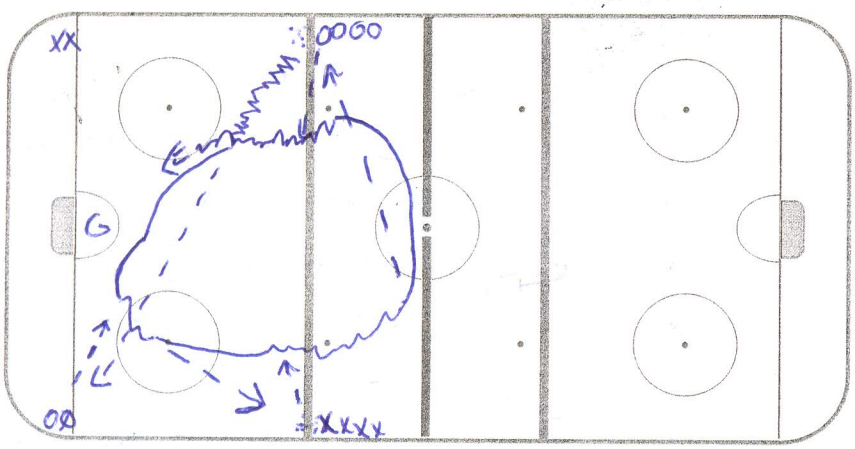
Målvakt	Målvakt	Målvakt

1:a Femman	2:a Femman	3:e Femman	4:e Femman

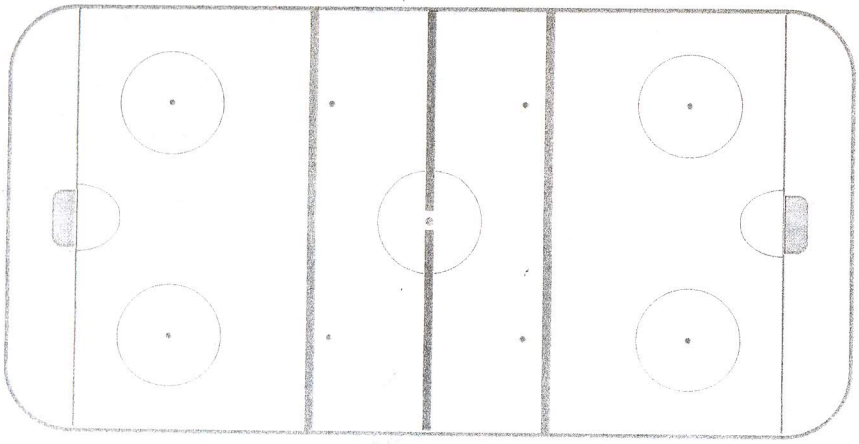


1 D-MAN PUCK RETREVIAL
GIVE + GO

D'-gaps up for blue line touch
D²-spots puck in corner + posts
D'-retreves puck from corner
and works give + go with D²
continues for shot from blue
D²-starts as D'



2 MINI AROUND THE WORLD
Start with puck at blue
pass diagonally x-ice, work
give + go passing around ice
for shot - start next from
opposite side of ice



3

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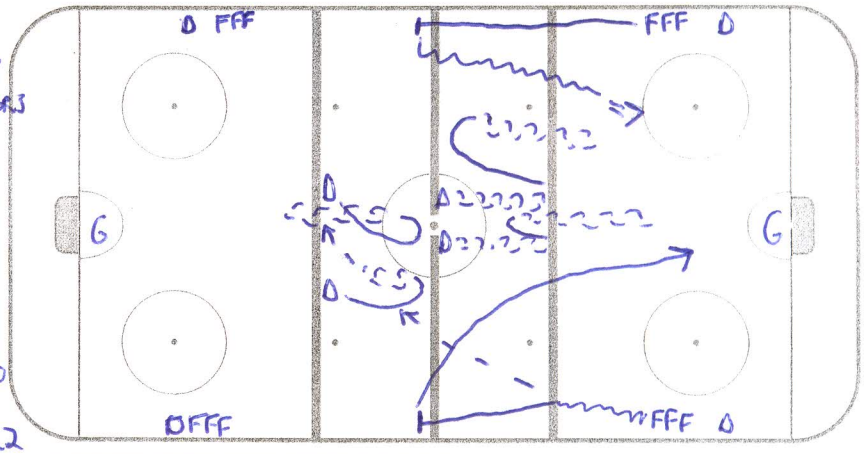
4 TRANSITION, 2on2, 3on2

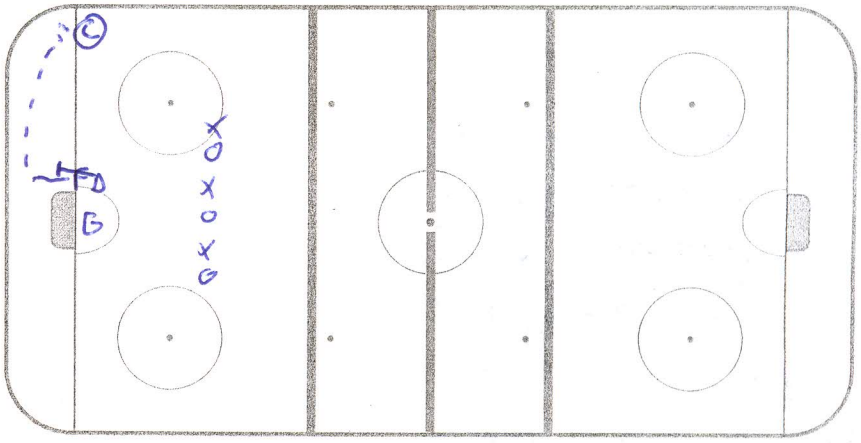
SPLIT COLOURS TO OPPOSITE ENDS
SO D's TRANSITION WITH OWN colours

D's - GAP UP + GO D-D to post
with F's of same colour
F's post + drive net
~~Watch~~ D's - go offence - defence - rest
Variation: ADD 3rd F to create 3on2



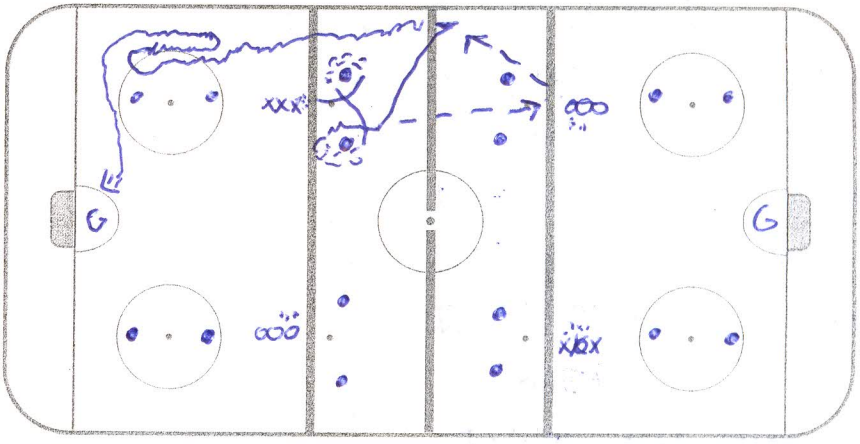
5 PUCK PROTECTION - 1vs1

F wants to use body to protect puck and create favorable attack option from behind goal using body position. D can't touch F until he touches puck



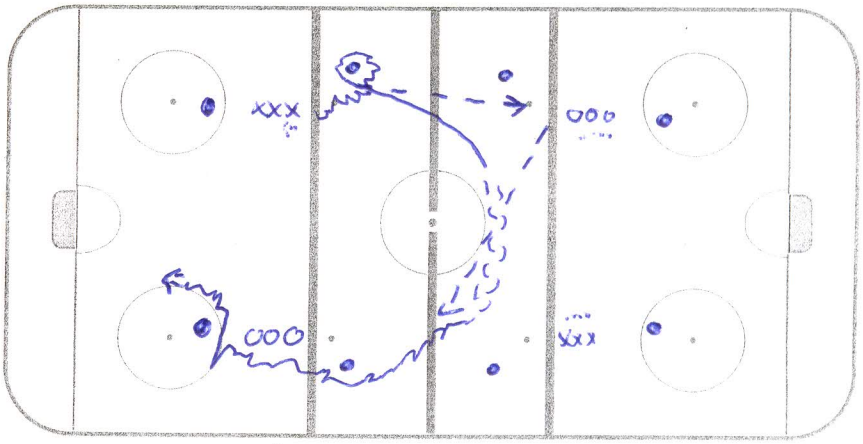
6 LULEÅ SKILLS WARM-UP #1

Puck control: Fig 8
Transition skate
Post
Evasive moves - tight turns
NET DRIVE
BOTH ENDS SAME TIME



7 LULEÅ SKILLS #2

Puck control - Tight turn
Transition skate
Give + Go
Head/shoulder outside fake
QUICK RELEASE AROUND CONE



Noteringar

Developing Hockey Sense ...

Larry Huras - Head Coach - HC Lugano, Swiss Elite League

PRESENTATION OVERVIEW

1. Light The Fire
2. Perfect Practice Makes Perfect
3. Can You See It?
4. The Mental Part of The Game
5. Summary
6. Small Ice Games
7. Transition / Option Drills
8. Larry's 12 Rules For Leadership

Larry Huras was born in Listowel, Ontario and is married with two sons and one daughter. Huras played his minor and Junior 'B' hockey in Elmira. He played 3 years of Major Junior 'A' with the Kitchener Rangers and was drafted by NY Rangers in 1975. After 2 years and limited NHL exposure with NY, Huras signed with St. Louis Blues and spent 3 years in their organization. Huras played mostly in the AHL and in the old Central Hockey League. Huras has been playing and coaching in Europe since 1980. He started coaching in Rouen, France and attained 4 national championships, 3 Continental Cups and 2 European Cup finals with Zurich and Ambri. In 1994, Huras moved to Switzerland and has coached Zurich, Ambri, Bern and Lugano. In addition to a Continental Cup with Zurich and 3 National Titles with Zurich, Lugano and Bern, Huras was selected twice as *"Coach of The Year"* and was assistant coach with Team Canada in Europe on two different occasions. Huras was former coach for NHLers **Mark Streit** (NYI) and **Roman Josi** (Nashville Predators).

LIGHT THE FIRE

What is "Hockey Sense?"

- Are you born with it ... or can it be developed?

Good decision making!

- Understand the game.

- Read the situation.

- Make a good decision.

- React quickly.

"The Talent Code"

- Daniel Coyle ... Myelin ... creating genius is a lot of work!!!! ... 10,000 hours!

- How did Gretzky become Gretz?

First Coaches

- The first responsibility of youth coaches is to develop a love of the game in their young players!

- Love versus Fear ... **Love** makes us bigger and more enthusiastic about what we are doing ... **Fear** makes us small and shy away from perceived negative experiences.

Create a Positive Atmosphere

- Work Ethic - **Fun**!

- Challenge your players ... **X-Box Generation** ... The challenge is to *continually* find new ways of attacking the same subjects.

The Hockey News

PERFECT PRACTICE MAKES PERFECT

- What do players think about when they are in **"The Zone?"** *Practice-Think* ... *Game-Play*! **Eddie Bush - R.I.P.**!

- Players in **"The Zone"** are playing on instincts that have been developed from previous experiences.

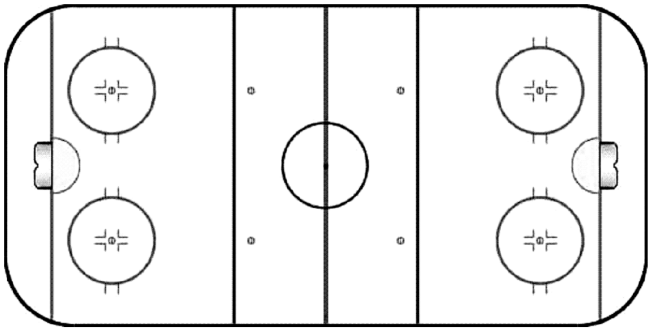
- Most top level athletes, when asked about what they are thinking about when they are playing at their best will respond ... ***"Nothing special ... I just focus and play."***

- Europe versus North America. Practice-Game Ratio?
  - 1 to 1?
  - 2 or 3 to 1 or better?

- How much time does a player have a puck on his stick in a 60 minute game?

- Young Players - 5-9 years old
  - **Kusnacht** ... Perfect Practice
  - **Mosquitos** ... Good Technique ... Fun ... just **PLAY**!!

- **Perfect Practice:** 24 players
  - 4 goalies.
  - 3 Zones.
  - 2-3 Coaches.
  - 8 skaters in each zone.



Zone 1: 4-ON-4 with 2 Goalies.

Zone 2: Skating with and without pucks.

Zone 3: Two Nets with goalies ... Stick-handling, Shooting, Stick Technique.

Note: Change zones every 10 ... finish with a scrimmage if ice-time allows.

Coaching Quips …

"The less time the puck is in your defensive zone, the better your chances of winning."

Roger Neilson

- Senior Players - 16-39 years old ... at Game Speed
  - 1/3 Technical
  - 1/3 Tactical
  - 1/3 Game Situation

- Practices should mirror how your games look as much as possible and the drills you use should develop skills and patterns of play that you want in your games.

- Drills with built-in Options make them more game like.

- Force Reads and more Communication! *Loud Teams are Good Teams!*

- Insist on **The Holy Trinity of Practice** ...

- We would like our players to be self motivated and drive themselves to be at their best all of the time, but human nature plays against them a lot of the times. That is where coaches have to help them to stay focused to push themselves and their team mates.

- **The Pyramid of Success**

- Insist on doing the little things right all the time!!!!

  - Doing the little things right brings **big results**.

  - Stay on your players to execute in practice until it becomes a **habit**.

  - It takes time to develop good habits ... but only a very short time to develop bad habits!

- **Deep Practice** ... *or* ... **Practicing with a Purpose**!
  - Practices should have specific goals and themes.
  - Make your players aware of what the goals are for the day. It helps them to focus.
  - It is not enough to tell a player to do something. They want to know and should know why they are doing something a certain way.

- **The Power Play**
  - Break it down.
  - Practice the parts slowly.
  - Practice the parts at game speed.
  - Put it all together.

- Play against minimum resistance.

- Full game situation.

- Whole-Parts ... Whole teaching method.

- **Banjo Practice** ... *"Do it right ... then do it Fast!"*

- **Small Area Drills**

  - These are Battle Drills.

  - There are Winners and Non-winners.

  - **Focus:** Many repetitions in a Small Space.

- **Futsol?** - It is a type of Brazilian soccer game played in a small indoor gymnasium type of setting. Things happen very quickly in a confined space.

- Players must learn to react and make their plays very quickly. There are many cases of top Futsol players going on to become great soccer players in Brazil.

- **It's a Transition Game**

  - Your Drills should mirror the game. How many Transition opportunities per game?

  - You are constantly in a state of transition in a game.

  - The goal is to reduce the reaction time in changing from offensive mode to defensive mode and back to offense.

  - Anticipation and Reading skills are crucial to quick transition.

  - Work these every day in practice.

- Your transition game will improve as your players make better decisions quicker and your game will speed up.

- Break the game down to its smallest of elements. (1-on-1, 2-on-1, 2-on-2, 3-on-2, etc.)

> *"It is a simple game...there are two players and only one puck. It is about who wants it more?"*
>
> **- Maurice Richard**

- *"On deviens forgerant en forgeront"* = _____

  - *People learn by doing.*

- **The Cycle of Learning:**

  - Explanation

  - Demonstration

  - Participation

  - Correction

- Playing the game in reduced areas increases everyone's intensity and creates more repetitions of game like situations. This enhances the reading and decision making process ... and ... it is **FUN**!!!

- Small Ice Games...Playing with a **purpose**!
  - Choose games that develop the parts of the game and skills that you want to work on.

CAN YOU SEE IT?

"A picture is worth a 1.000 words." ??????

"Video is worth 10,000 words!" ?????

- If you cannot see the play in your mind you will not be able to execute at a high level on the ice.

- Being able to see the play in your mind speeds up the process on the ice and helps you to make better decisions quickly.

- What do the players want to see? Needs?

- Pre-game preparation involves analyzing your opponent but should focus on what your team is going to do to be successful in the game.

- Pre-game preparation video break down should consider the basics:

  - Their aggressive fore-check pressure.

  - Their passive neutral zone checking when not forcing.

  - Low-Zone Offense and Defense tendencies.

  - Face-off plays, Power-play breakouts and LZO.

  - Penalty Kill Forechecks and LZD.

  - Their Key Players and tendencies.

- Build up your Mental Muscles ... how many times can you show a breakout under pressure until it is too many times?

  - Positive examples ... emphasize the positive when using video.

  - Keep painting the positive picture of the way you want your players to play.

  - Repetition builds strength in your mental muscles.

- Challenge your players ... *who is the smartest person in this room?* The answer is that <u>together as a group</u>, they are much smarter than any one individual on their team.

- Ask questions ... encourage debate ... think the game!!

"I finally get it! It is so easy!!" **- Nummi**

Coaching Quips …

"Backchecking is the most difficult part of the game for coaches and players."

Roger Neilson

THE MENTAL PART OF THE GAME

> *"50 % of this game is mental ... the other 50% is being mental!"*
>
> **- Basil McCrae**

- Dr. Saul Miller / Dr. David Scott ... great coaches!
  - If we can all agree that the mental part of the game is so great, why is it that we do not allocate more of resources to developing that part of our player's talents? Budgets are a concern, but we can all do something to improve ourselves as coaches and players.

- Mental Abilities ... Mental Toughness ... Hockey Sense and Performing Under Pressure.
  - The greatest gains that our athletes will make in the near future will be in the development of their mental game.
  - Our future players will have more emotional control, be able to better direct their powers of imagination and speed up their processing abilities.

- **Imagery** ... developing hockey instincts. *Types?* How do you see yourselves shooting the puck?

  - **Goal Imagery** ... what we are working towards? ➡ **"Raising the Cup!"**

  - **Stimulating Imagery** ... seeing yourself as an aggressive animal.

  - **Mental Rehearsal** ... playing the game in your mind ... see it through <u>your</u> own eyes.

  - **Performance Imagery** ... great passses, closing the gap, tough one-on-one, finishing. *(50 Goals a day)*

- The Ability to <u>Focus</u> and <u>Re-Focus</u>. Good start? Bad Start? Good shift? Bad shift? Take a drink ... take a breath ... positive self talk ... reload..... See it ... Do it!

  - Whatever happens ... use it. Winners use everything.

- Recognizing the situation ... First minute / Last minute of period. Third period ... up a goal / down a goal. Understanding how the **"Big Mo"** works.

- **Experience** ...*"It is what you get 15 seconds after you really needed it."* The Two Greatest Teachers ... Pain and Reward!

- Develop those **"Mental Muscles."** Repetition builds strength ... see it ... dream it ... do it!
    - What will you take away from this presentation?
    - What parts of it will impact on you in a way that the information will stay with you?

- Paralysis by too much Analysis ... **A-B-C's** ... Chunking the information ... Break Out, LZD, PP... Every situation has it's **A-B-C's**.
    - The bigger the game ... the bigger the pressure to perform. During preparation in this case, shortly before game time, less is more.
    - *"I play my best hockey when I..."* - 3 or 5 things that each player has to do to be successful. Have them make a list and post it in their stall. It makes for a quick mental check list and helps the players to stay focused in stressful moments.

- Positive Examples ... Positive Talk.
    - Instead of *"Do not pass the puck up the middle of the ice!"* use ...*"Pass the puck to the wingers on the boards!"*

SUMMARY

- Having great hockey sense is no more than having the ability to make good decisions quickly and under pressure. This requires a good understanding of game basics as well as an understanding of how your team plays as a group in various situations.

- Hockey sense can be developed just like any other skill. It takes specific practice and much repetition to develop the good habits and hockey instincts that allow our players to quickly read a situation then react correctly.

- Training our player's mental muscles will allow them to better control their emotions under stress, increase their hockey knowledge, speed up their decision making process and better utilize their imaginative powers.

Some Thoughts from Roger ...

"We want to 'Think Big' and become a confident team".

"There is no better feeling in sports than playing on a team where guys know they have what it takes and can make it happen."

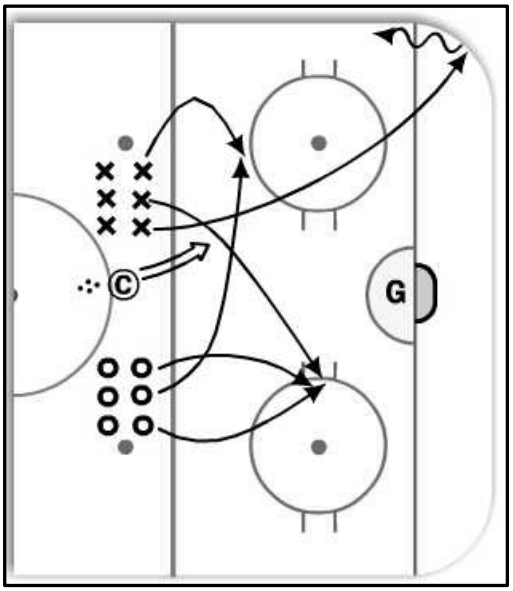
"(You) need to create a place or organization where guys want to be!"

SMALL ICE GAMES

1. 3-ON-3 END ZONE - ONE NET ... 1 OR 2 PASSES

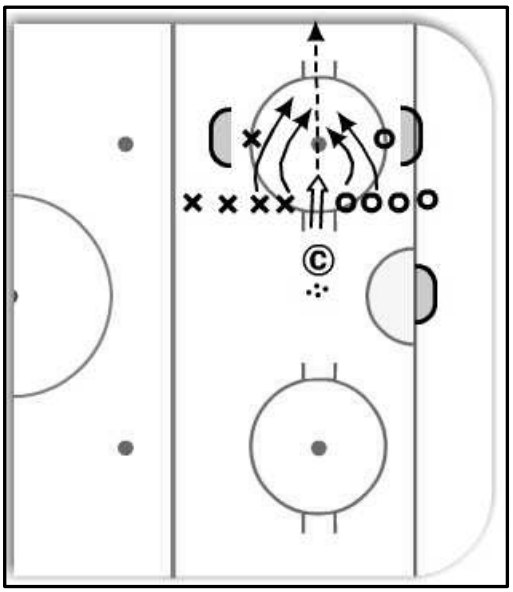
"Low 3 Against 3"

- Both teams attack the same net.
- On turnover, the team that recovers the puck must make one or two passes before they can attack the net.



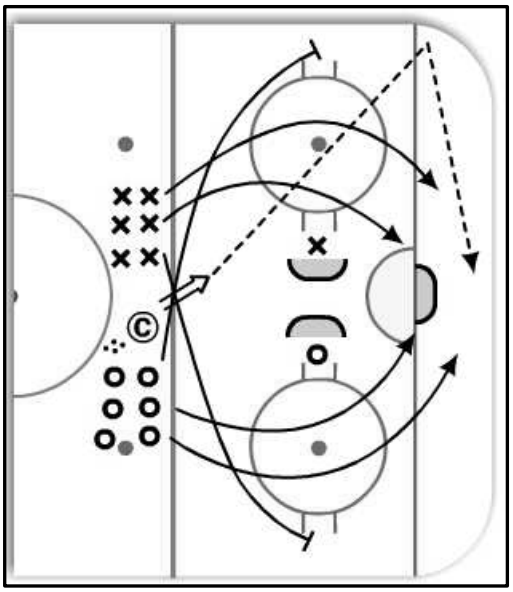
2. 2-ON-2 ... SMALL SPACE

- Two teams line up horizontally outside hash marks of circle.
- **Coach** starts game by chipping puck off of boards.
- Two players from each team jump in and play 2-on-2.
- Goalie may shoot as well.
- If pucks clear playing area, coach spots a new puck.
- Play 20 seconds then spot new puck for 4 new players.
- Automatic change when goal is scored.



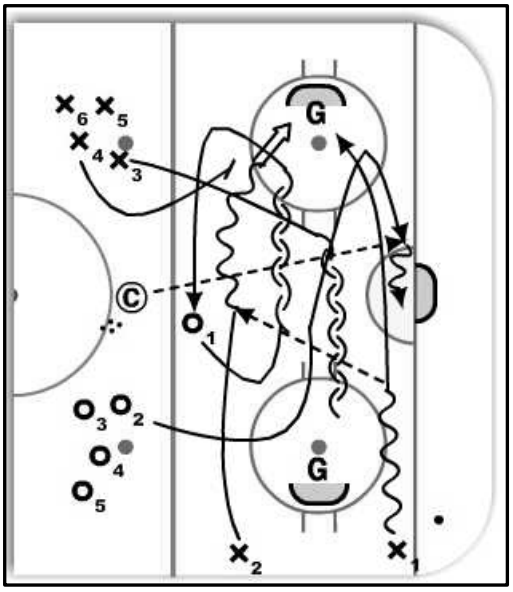
3. HANNU – 3-ON-3 – NETS BACK-TO-BACK

- Two teams of players line up outside of blueline.
- Place 2 nets back-to-back in middle of zone.
- **Coach** starts game with rim around boards *(alternate sides).*
- Two players from each side battle for puck, one player from each side goes to "shooter" position.
- Players can score directly or work puck up to their shooter for shot, with screen and tips.
- Standard goal = **1 point**. Goal off screen-shot, deflection or rebound = **2 points**.

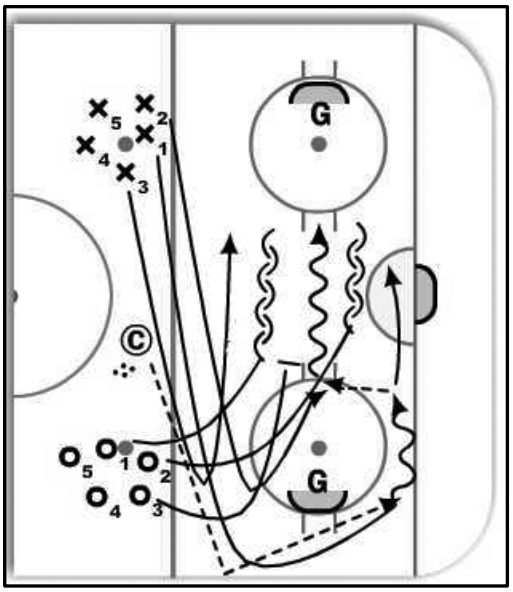


4. VILLE 2-ON-2 BACK PRESSURE & PROGRESS TO 3-ON-3

- **X_1** and **X_2** go 2-on-1 on **O_1**.
- After they cross mid-ice, **O_2** jumps in to apply back pressure and create 2-on-2.
- **X_3** leaves face-off dfot to position himself to take 2-on-1 coming back to him.
- On whistle, **Coach** passe spuck to **O_1** or **O_2** to start 2-on-1 back other way against **X_3**.
- **X_4** jumps in to back-check.

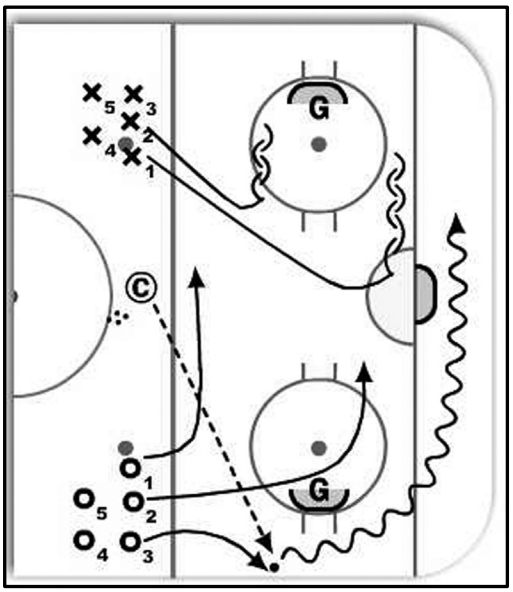


5. 3-ON-2 GAME ... CHASER



- Same game as 2-on-1 Chaser with 2 extra players.
- After **X_1**, **X_2** and **X_3** attack ... **O_1**, **O_2** and **O_3** backchecking.
- **X_4** and **X_5** jump behind them into defensive position to counter **O_1**, **O_2** and **O_3** when they counter-attack.
- Continuous play.
- Most goals in given time or number of reps wins.

6. CROSS-ICE 3-ON-2



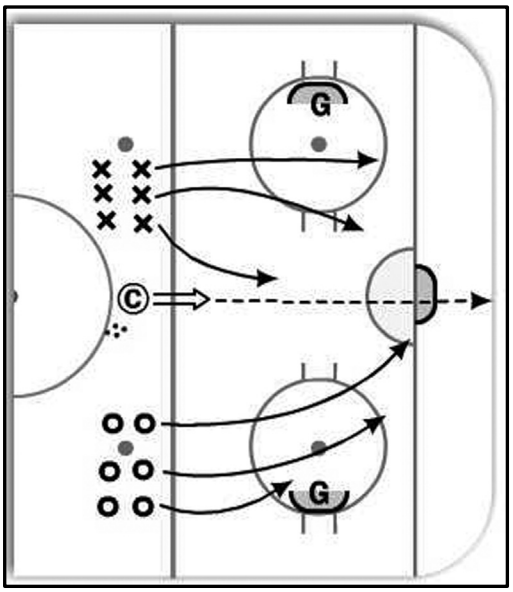
- **Coach** chips puck low for **O_1**, **O_2** and **O_3** to retrieve.
- **X_1** and **X_2** move into zone with defencemen to create 3-on-2.
- Let play continue for about 20 seconds, then Coach whistle and chips new puck for **X_3**, **X_4** and **X_5** behind their net.
- **O_4** and **O_5** move out to challenge.
- Continuous play.
- Most goals in set time or number of reps won.

7. DEIGO'S 3-ON-2 TIMES 2

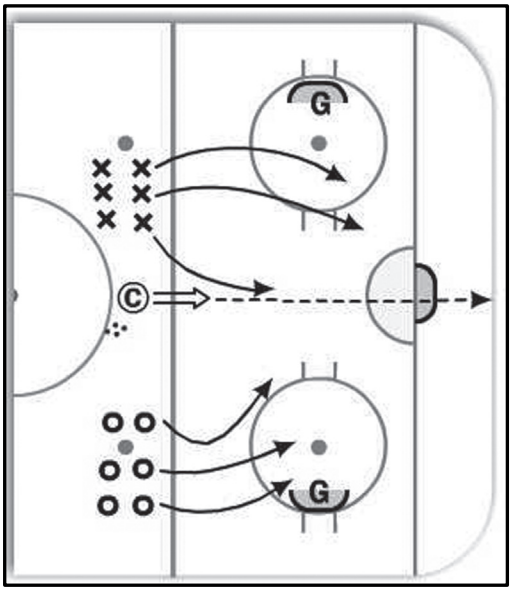
- **Coach** starts game with pass to O_1. You can also start with shoot-in battle or face-off on one side.
- There is only one puck, so defenders (X_1 and X_2) must recover puck and pass to X_3, X_4 and X_5 for them to attack.
- Best played with with a divider down the middle of zone *(rope, heavy hose, etc.)* ... but not necessary.
- Set-up is for 4 complete blocks of 5 players.

8. CROSS-ICE 3-ON-3

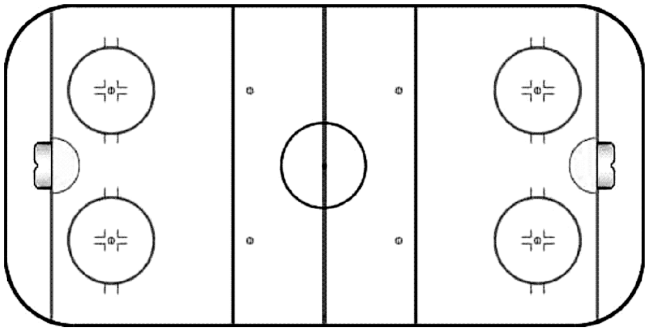
- **Coach** starts game with shoot-in off end boards *(no net there).*
- 3 players from each side play 3-on-3 to whistle.
- If puck goes out of zone, **Coach** spots new puck in front of him or shoots off of end boards.
- **<u>Options</u>: (A)** On whistle, players must stop playing puck and new players retrieve it. **(B)** On whistle, shoot in new puck with 6 new players.
- Game is to set number of goals.



9. CROSS-ICE 3-ON-3 ... CHAOS



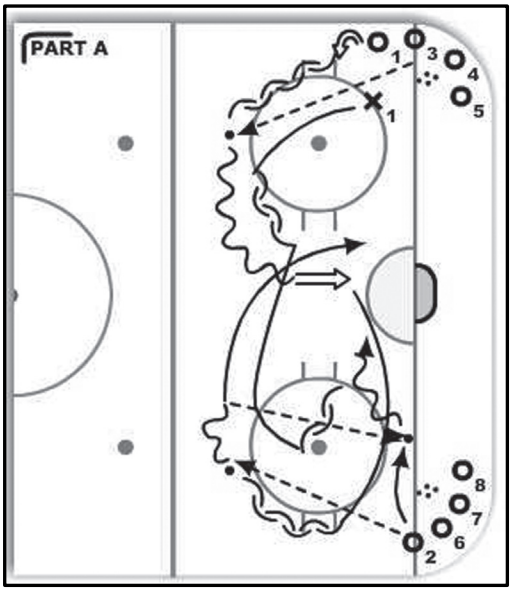
- Same start as 3-on-3 Cross-Ice (**Drill #8**) but now the players can score on either goalie!!
- **Key Rules:**
  - ❖ If a team recovers a rebound from their shot, they can score immediately.
  - ❖ If they recover the other team's rebound, they must make at least one pass before attacking the same goalie or head back other way against other goalie.



TRANSITION / OPTION DRILLS

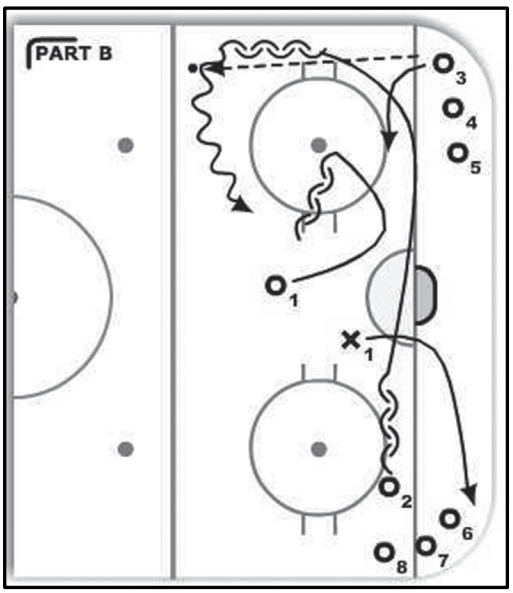
1A. MALKOV 2-ON-1 ... CONTINUOUS 2-ON-1 ... (PART A)

- **O_1** pivots and backs out of corner to receive pass from **O_3**.
- **O_1** now attacks **X_1** defender.
- **X_1** goes 1-on-1 against **O_1**.
- **O_1** now swings to other side ... pivots in front of **O_2** ... receives pass and now attacks **X_1** 2-on-1 with **O_2**.



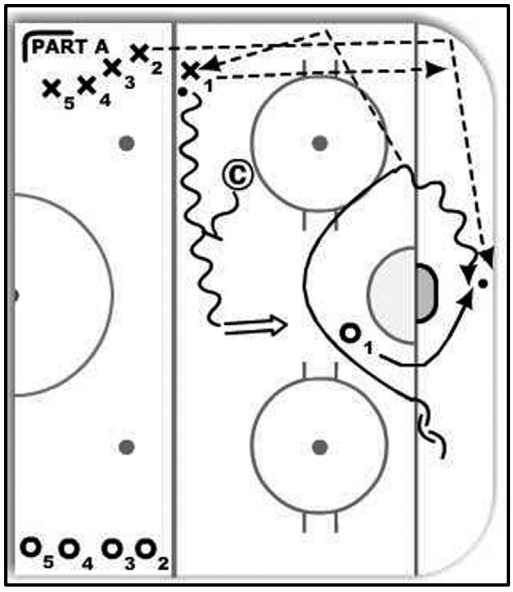
1B. MALKOV 2-ON-1 ... CONTINUOUS 2-ON-1 ... (PART B)

- After 2-on-1 attack **X_1** drops out ... **O_1** now becomes the defender.
- **O_2** now pivots in front of **O_3** ... receives pass and they both attack **O_1**.
- **<u>Key to Rotations</u>** ... attack twice, defend once and then change.



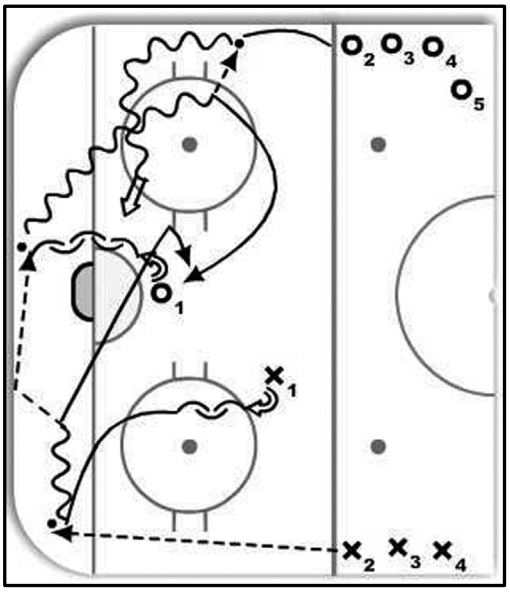
2A. SATOR 2-ON-1 ... PART A

- Defenseman X_1 rims puck behind net for O_1.
- O_1 steps from behind net and banks pass past **Coach** to X_1 who walks the blueline for wrist shot with O_1 now screening.

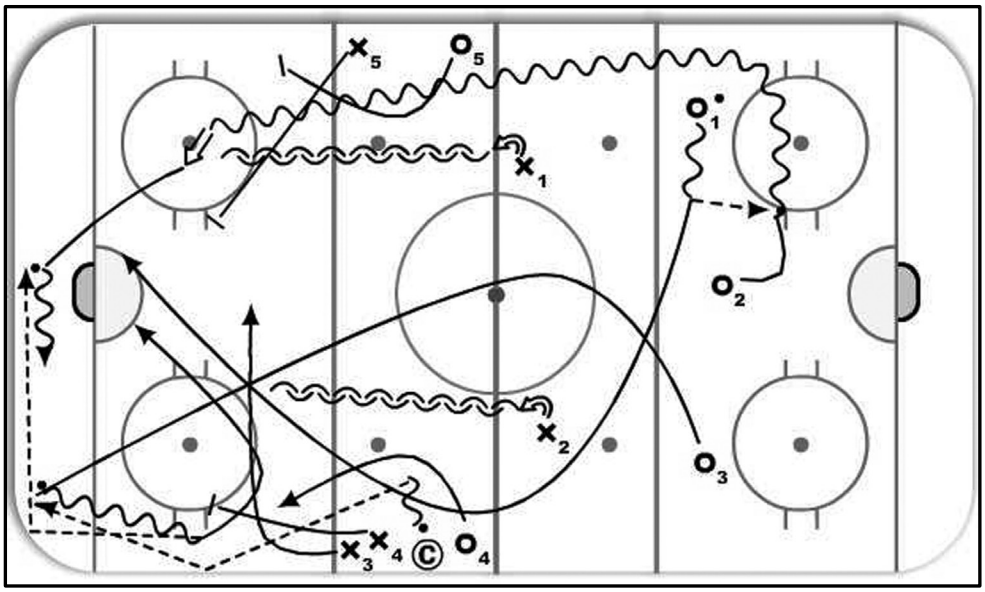


2B. SATOR 2-ON-1 ... PART B

- X_2 now chips a puck into corner for X_1 who pivots, then retreives puck.
- O_1 drops down into far corner.
- X_1 now banks pass behind net to O_1 who heads up bards ... then drops pass to O_2 coming down the boards.
- O_1 and O_2 now attack 2-on-1 against X_1.
- After attack, O_2 now posts up in front of far post ... ready for a hard net cycle rim from X_2.



3. 3-ON-2 PLUS LOW ZONE 5-ON-3



- **O_1**, **O_2** and **O_3** weave around in the zone and on whistle they attack up ice against **X_1** and **X_2**.

- After direct attack, **Coach** chips second puck low to corner ... **O_3** retrieves it and carries it up the boards to hash marks.)The next 3 forwards move into defensive position.)

- **O_3** then makes a hard net cycle pass back behind net for **O_2**.

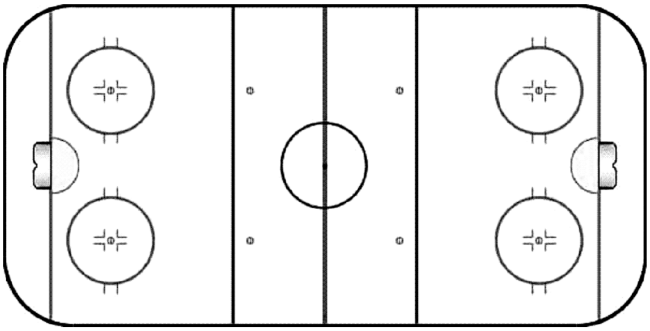
- Here, **O_2** has options ...

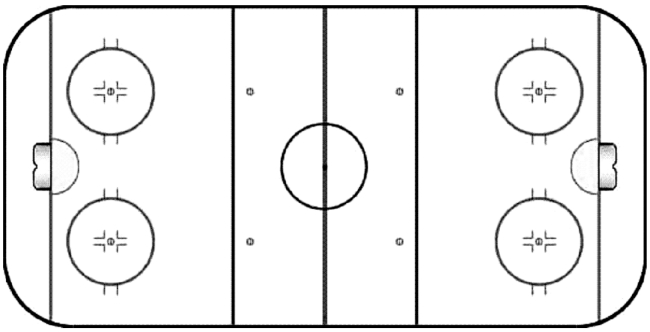
  (A) To attack low 3-on-3.

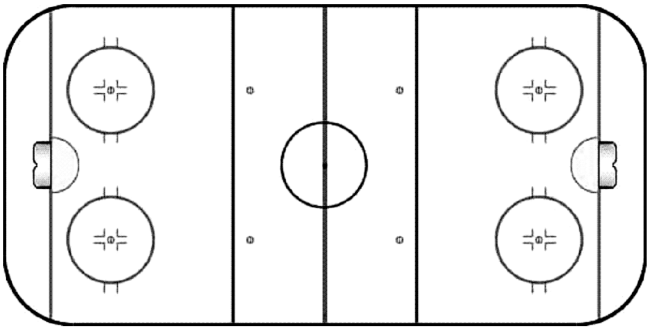
  (B) To bank-pass up to defenseman **O_4** who has a defensive position on blueline.

- **O_2** can bank-pass past forward **X_4** who has collapsed to top of circle.

- After this attack, **X_3**, **X_4** and **X_5** attack back against two new defensemen.







LARRY'S 12 RULES FOR LEADERSHIP

1. Get Angry ... then get over it.

2. Admit your mistake and take immediate action to correct it.

3. If you take advice from someone ... make sure they are an expert.

4. Be more prepared than your opponent.

5. Optimism is a force multiplier ... *"Things tend to move towards and become what you think they are going to be."*

6. When you lose ... do not lose the lesson.

7. Strive for perfection in everything that you do.

8. Improve the path you walk.

9. Concentrate on the things that you can control.

10. Laughter Kills Stress.

11. Do what is right ... not what is the most popular.

Team Canada Drill Worksheet

www.HockeyCanada.ca

Theme

Date

Post-Practice Comments

Reason

1-250-220-7887

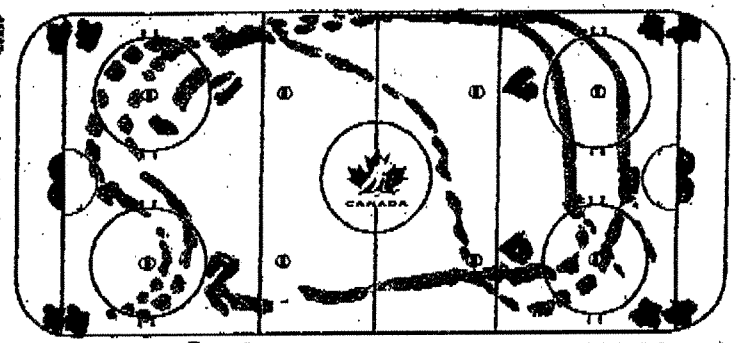
Time | Drill

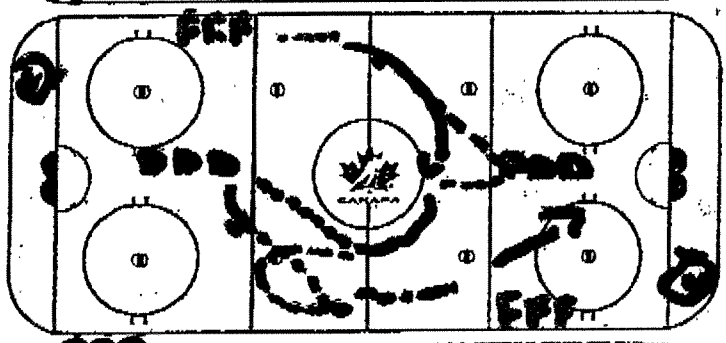
4 Shot Drill
#4 #2 Leave for shot.
skate length get pass
for opposited corner.
- #4 straight down
- #2 - Go around wide cone.
- Opposited ends same time.

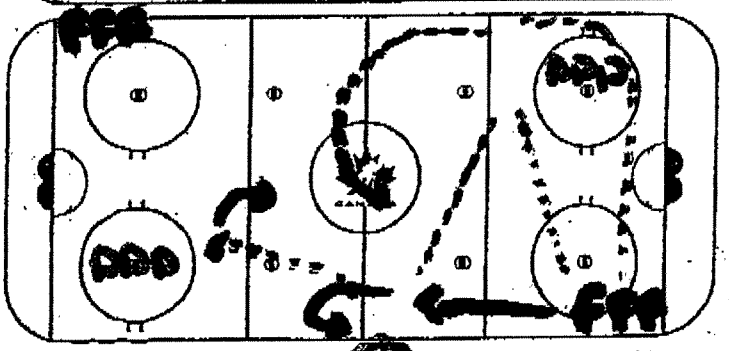
Backers Doubled Back
- Fwd pass to "D".
- D touch it back.
- Fwd pass to opp. D +
open for return pass
for shots.
- D follow up for second
shot. Both ends.

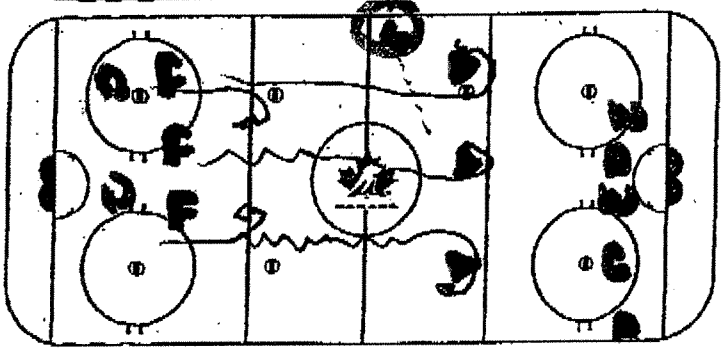
Husky 3-0 Drill
- "F" to D.
"D" return pass to F.
F gives it to opposite "D".
"F2" loops around.
"D" makes pass + jump
in make it 3-0.

Wildcats Sans
Blues fwds loops around
cone.
- 1st whistled "C" goes.
- 2nd whistled other
4 go.









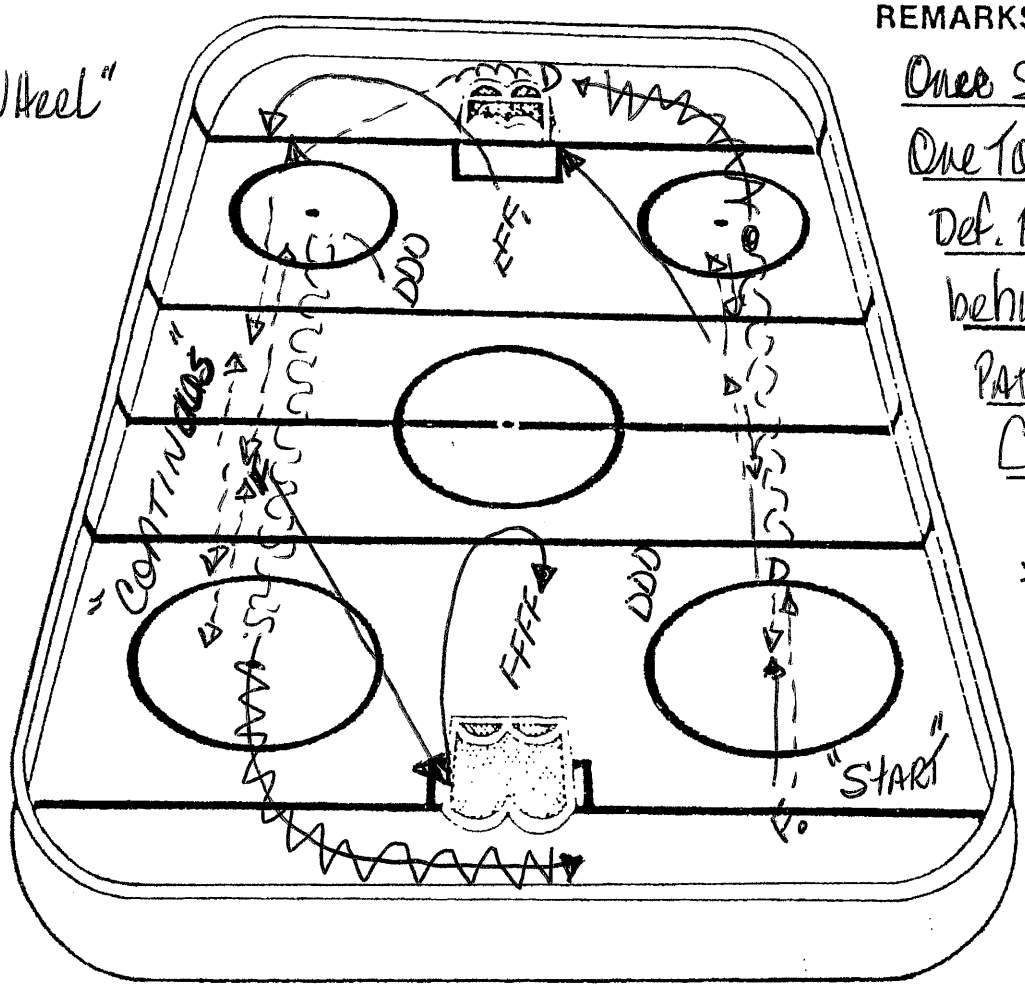
FR: PADDY FLYNN EMAIL: PADDY.FLYNN@NEWBRIDGEACADEMY.CA

TEAM: NEWBRIDGE ACADEMY SENATORS **International Drill Club** CURRENTLY READING: "OUTLIERS"
MAJOR BANTAM

Quote: "WINNERS DO WHAT LOSERS WON'T."

CATEGORY WARM UP DRILL NAME DEFENSE & FORWARDS!

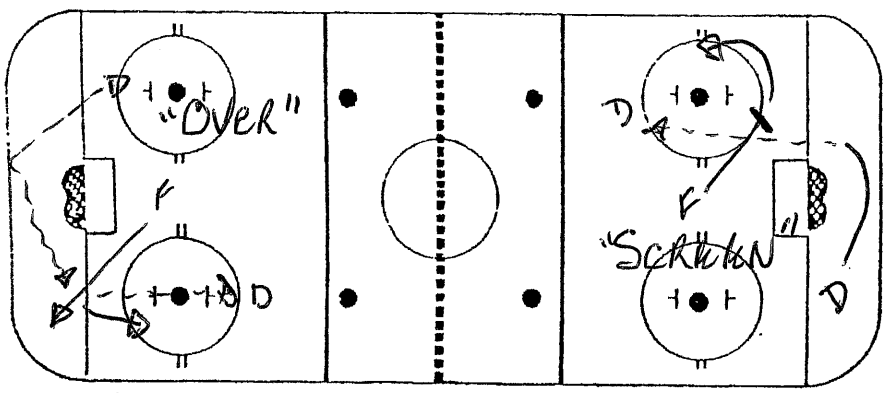
"WHEEL"



REMARKS

ONCE STARTED DEF/FWD PASS ONE TOUCH AS SHOWN. TOP CIRCLE DEF. PIVOT & SKATE W/PUCK BEHIND NET. 4 TIMES A B/O PATTERN & RECEIVES OUTLET PASS CONTINUING THE PATTERNS ON BOTH SIDES.

* AFTER FWD DELIVERS LAST PASS TO DEF. THEY F/C THE POST. RETURN TO LINE



REMARKS

- B/O PATTERNS:
  - "OVER"
  - "WHEEL"
  - "D TO W"
  - "SCREEN"

* COMMUNICATION, INTENSE EXECUTION, CALL THE PLAYS"

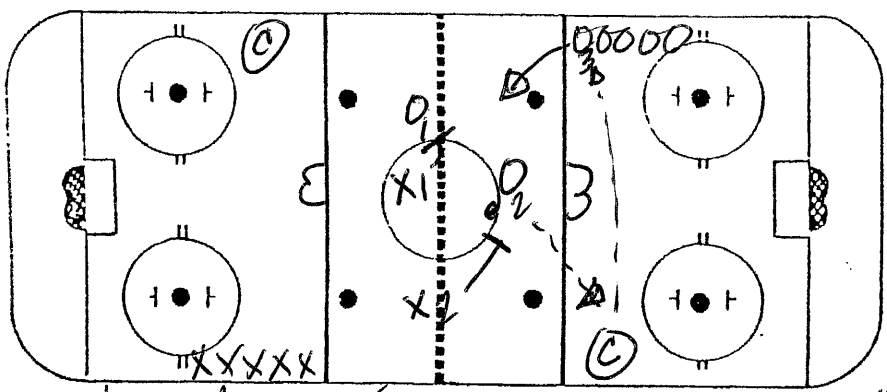
International Drill Club

CATEGORY "SMALL AREA GAME" NAME "BEAU'S ACTIVATION"

REMARKS

STARTS W/ PUCK AT CENTER X12 O12 WILL COMPETE FOR LOOSE PUCK. THEY CAN PLAY 2 on 2; HOWEVER, CAN "ACTIVATE ANOTHER PLAYER TO CREATE AN "ODD MAN" ADVANTAGE" TO ACTIVATE: <UP TO IE: 5 on 2>

FAST PACED & FUN



REMARKS

Ⓐ PLAY ONLY BETWEEN THE BLUES

Ⓑ ACTIVATION PASS MUST BE MADE FROM Ⓒ TO "THEIR" PLAYER BEHIND THEIR NET <AS SHOWN>

Ⓒ 5 ON 5 IS THE HIGHEST # OF PLAYERS INVOLVED

* WHEN THE PUCK IS OUT OF BOUNCE "CHANGE" AND REPEAT W/ 2 on 2 * PUCK MOVEMENT / PLAYMAKING / PP/PK SKILLS!

PAGE #2

International Drill Club

CATEGORY SKILL DRILL

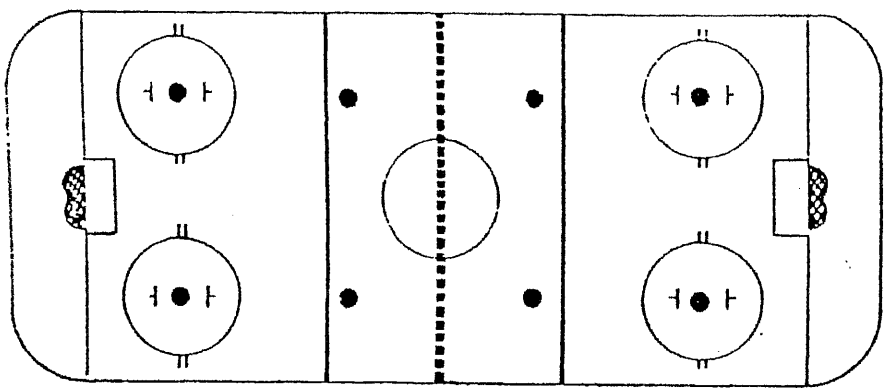
NAME WRAP DRILL

REMARKS

STARTS: O1 X1 PASS to COACH IN CORNER. COACH "WRAPS" PUCK AT VARIOUS SPEEDS. O2 X2 REACT "RESPECTIVELY" to WRAP. O1 X1 TRACKS PLAY and "SUPPORTS" the "CHIP" FROM O2 X2.

O2 X2 MOVE to O1 X1 LINE! SHOOTERS to the MIDDLE LINE!

REPEAT ON WHISTLE!



REMARKS

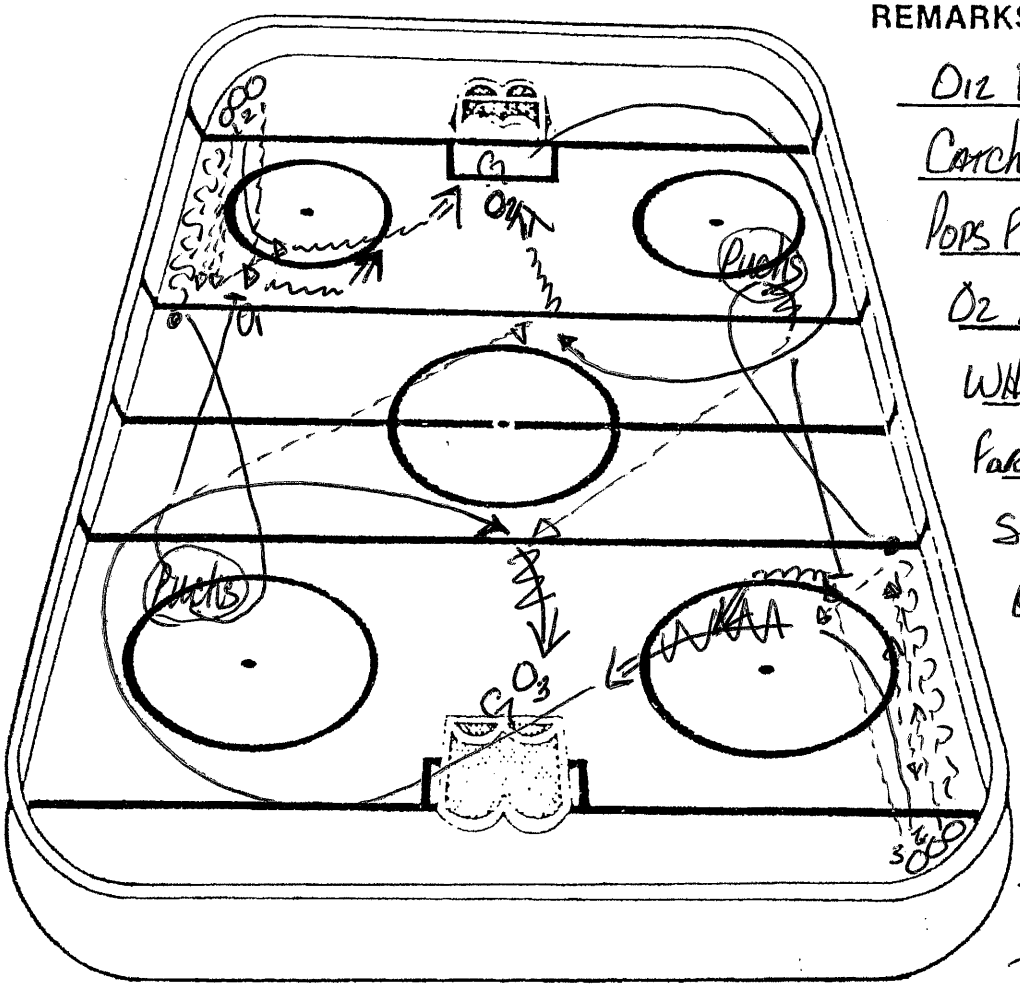
THE SKILL IS HANDLING the WRAPPED PUCK!

*GREAT FLOW DRILL

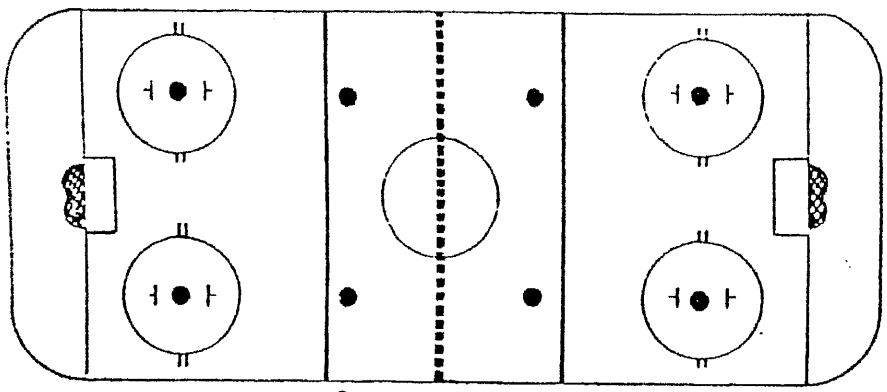
International Drill Club

CATEGORY Offensive Skills **NAME** "Senators 3 Shot Flow"

REMARKS



O2 Backward/Fwd playing
Catch w/ Puck O1 @ the Top of circle
Pops Puck Fwd for O2 to take shot
O2 Now runs a timing pattern
While O1 Retrives a Puck from
far end. O1 delivers an on-
side pass to O2. O2, 2nd shot
on Goal. O3 passes to O1
looks to see that O2 is
in a "screen" position
for shot from Blueline!
* Whistle re-starts the
Drill!



REMARKS

(A) Great Flow for All
(B) 3 shooter
(C) Passing Accuracy!

Best of Luck to all!

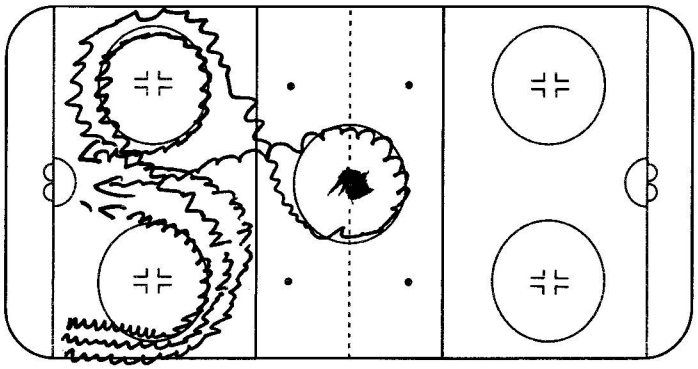
P Flynn

HOCKEY NEW BRUNSWICK

TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Yarmouth Shooter

Both ends, 3 plays @ 1 time. 1 skates 1 circle, shoots, posts/sop, 2 - 2 circles & posts up, 3 - 3 circles & shoots.

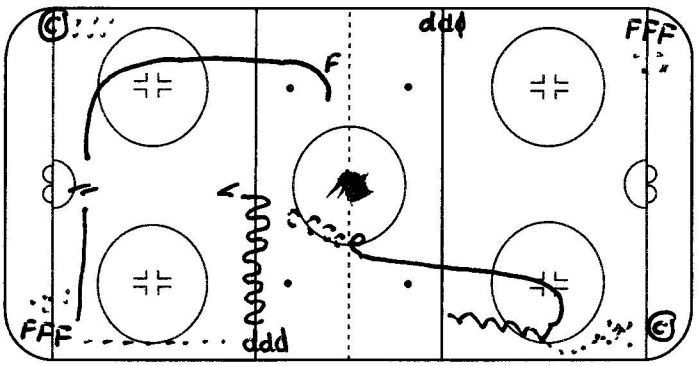


TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Boston D Drill

Both ends

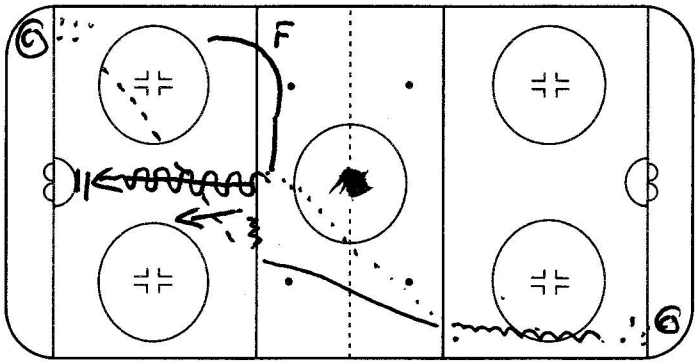
F passed to D & busts to net. D drags to middle & shoots, D skates backward to centre, pivots & receives pass from © & skates to blueline -- continued -



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

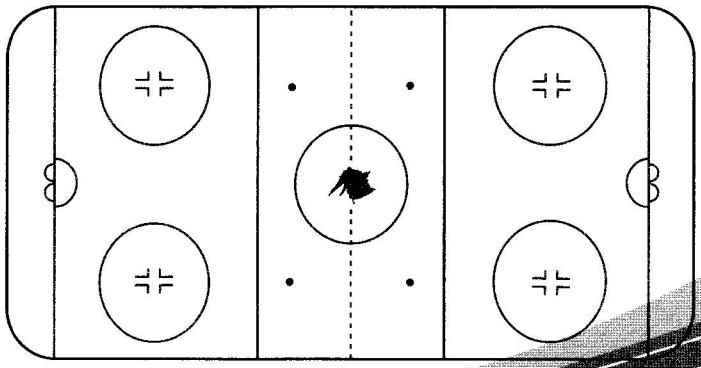
Boston D Drill "continued"

F times skate & recieves pass from D, F skates to net & shoots, D ~~[illegible]~~ jumps to middle & recieves pass from © & shoots.



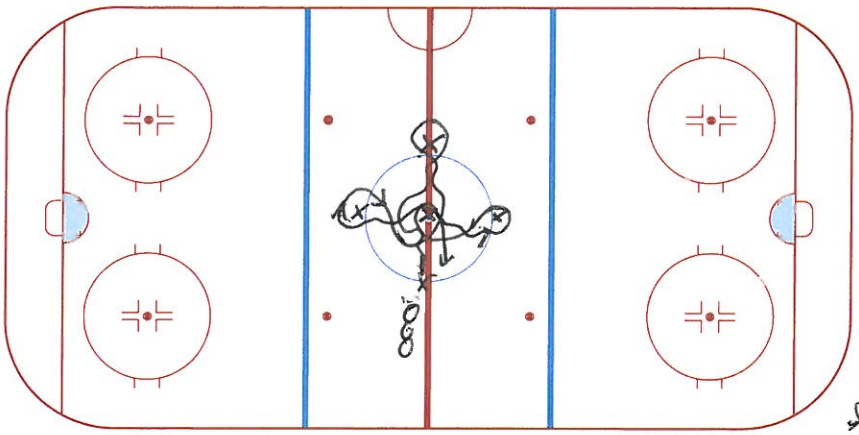
TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

5 v. 0



Drill of the Week Club 2013/14.

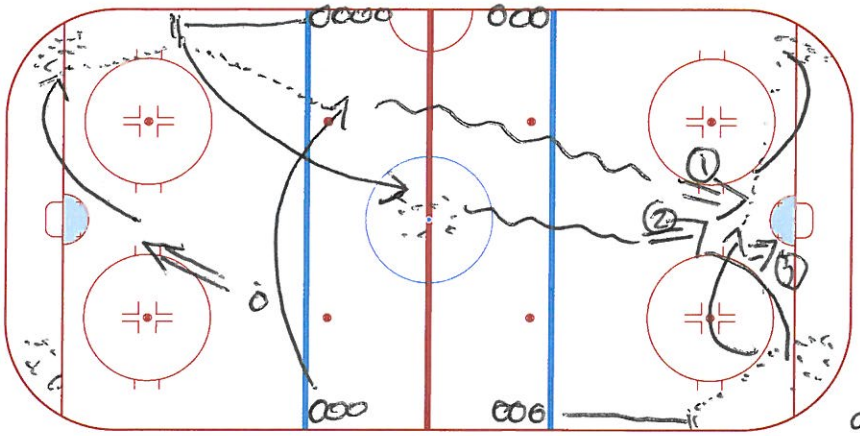
Jamie Elson - Head Coach Cardiff Junior Devils
+ GB U18's Assistant Coach.



1) Individual Skill drill

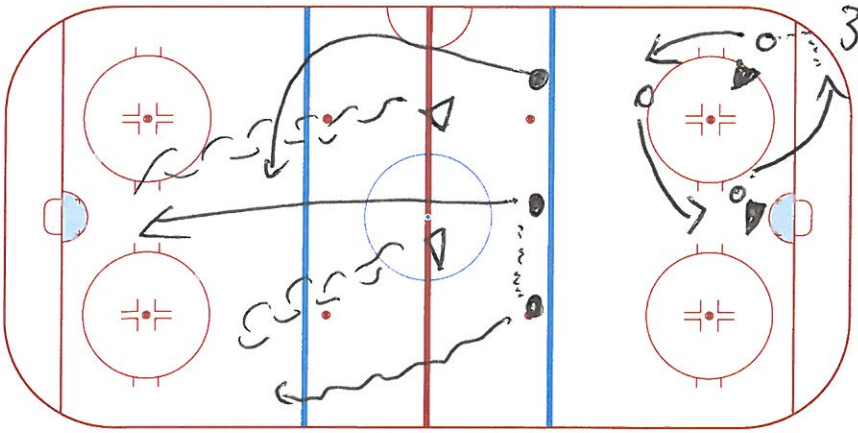
Cones out in a cross formation. Player skates with puck and turns right at centre cones. The does a figure of eight around outside cone, and repeats. Turn right at centre cone then figure of eight

* Change drill to turn left.
* Then forehand only
* Then backhand only.



2) Team Skill warm up drill

4 lines of players at blue lines. One end starts with a shot. Player peels to corner and starts next set of players with a quick up pass. 2nd player curls across ice for head man pass and shoots and starts next group. Player off wall pick up puck through middle for 2nd shot.



3) Offensive/defensive drill

+ 3 on 2 down low, cycle puck
+ On whistle play active 3v2.
+ On second whistle a new 3v2 starts other way from line on the blue line.
+ Original forwards B/C and original Defence join play to make 5v5

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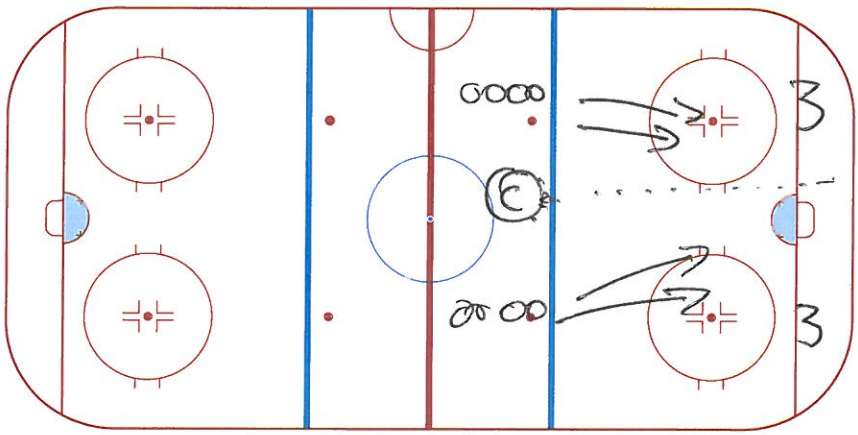
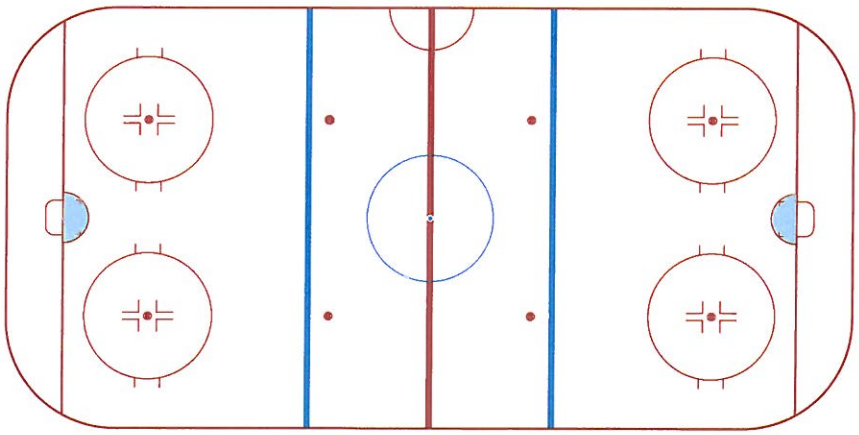
FAIR PLAY AND RESPECT



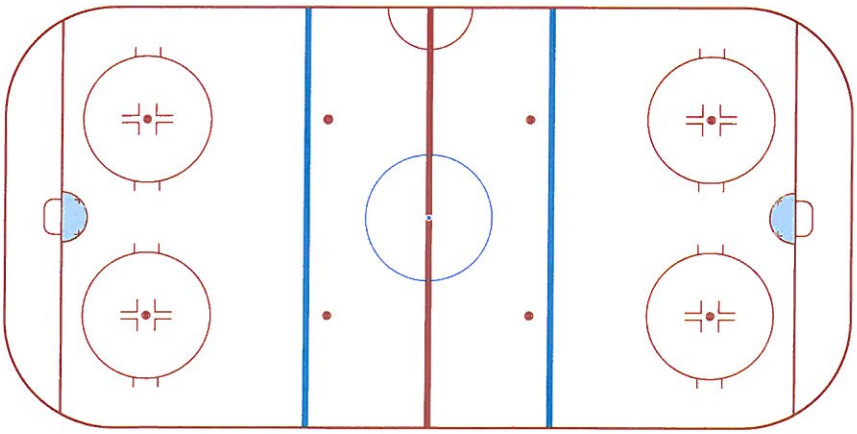
4) Mini Game
mini 2v2's.

- Both teams can Score in both nets 20-30 seconds, then new whistle for new 2v2.



5) Book to Read.

The Talent Code
by Daniel Coyle.



Thanks Again Enio!
And Good Luck Everyone..

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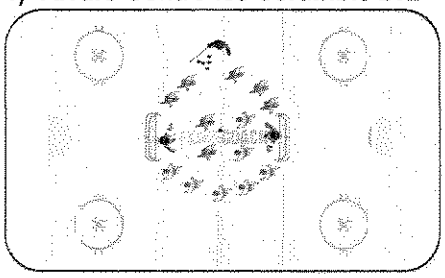
FAIR PLAY AND RESPECT

Practice Objectives / Notes:
Drill Submission - from Mount Carmel Hockey Academy, Edmonton

1) Aivars Centre Ice Scramble 2v2

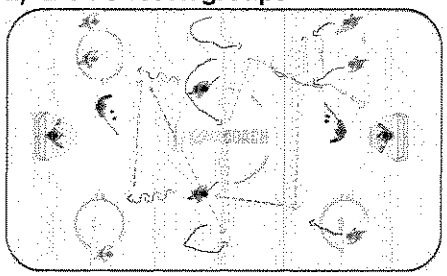


DRILL OBJECTIVE: Fun Game - Score upto 10 **0 min.**

KEY ELEMENTS:

ORGANIZATION: Two Teams as per diagram. Play 2v2 inside cntre circle. Players on outside can shoot the puck if it comes to then. Quick pace. swap the centre ice players on whistle.

2) LA 4 Shot Regroups



DRILL OBJECTIVE: Warm Up - Puck **0 min.**

KEY ELEMENTS:

ORGANIZATION: Split forwad as lines in each end (D @ centre ice against boards)

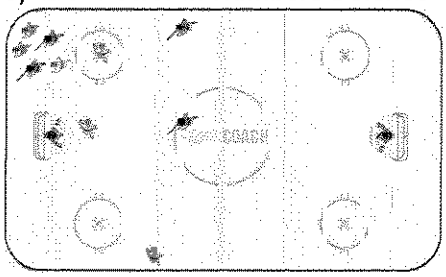
Coach gives line a puck - all 3 forwards must touch before outlet pass to Dmen
Dmen transition back - receive puck from fws - execute D-D pass then outlet pass to fws
All 3 forwards must touch puck again - last player goes in for shot - remaining 2 players regroup with coach with a new puck. Execute same pattern with same Dmen - continue until 3rd player is done.

Dmen then turn and receive puck from other coach and go down for shot on same goalie

Next line (with 2 new Dmen) from other end start as soon as original D make their shot

GOALIE: In Net

3) LA - Power in Numbers Defence



DRILL OBJECTIVE: Work on Dzone out **0 min.**

KEY ELEMENTS:

ORGANIZATION: 2v3 in Dzone. Drill starts with engaged battle (2D v 2FW's + 1DFW in close support). Puck recovery battle. Defensive wingers focus on low positioning (slot support from weak side winger).

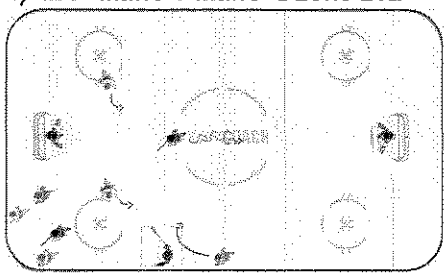
When puck is retreived the defending players attack other end on offence.

F3 forward joins play from sidewall becoming the low forward in Dzone. Execute 3v3

VARIATION: - Have F3 on offense PULLOUT and leave players to play 2v3. Execute P.I.N. Dzone coverage.

GOALIE: In Net

4) LA - Mano v Mano Dzone 2v2



DRILL OBJECTIVE: Low Dzone work F1 & D1 **0 min.**

KEY ELEMENTS:
- Man on man coverage
- Communication on Dzone recovery
- Teach forwards how to play Dzone
- Teach wingers on how to position in Dzone for support and breakout

ORGANIZATION: Start as drawn

- F1 green and D1 play 2 v 2 low in zone against F2.3 Yellow
- F4.5 yellow await lose puck. attack D2 when puck becomes free. F with puck at far blueline MUST drive to corner and delay up wall. F5 drives to defauly cyclelocation in corner.
- F2 green waits for 2v1 to go by then backchecks to zone to create 2v2 low in zone. with D2

Coaches - hold blueline if winger gap is not good

Continuous flow

GOALIE: In Net

Practice Objectives / Notes:
Drill Submission - from Mount Carmel Hockey Academy, Edmonton

Post-Practice Comments:

Drill Explanations:

1 - Small group game at centre ice. Encourage battle and compete. As well as encourage pucks on net.Fun Team activity.
2 - Team Skill / Warm Up - Encourage puck and pass support. Good D-D hinge and outlets to forwards
3 - Defensive Zone Tactic - Encourage strong d-zone coverage & puck retrieval. Read and react to 'out number' potential
4 - Competitive Zone Work - Encourage battle and compete in D-zone . As well as strong net attack options.

QUOTE - "A team which consists of players who don't care who gets the credit, is a team built on character"

Mount Carmel Hockey Academy - Edmonton:

Randall Weber (Head Instructor)
EMAIL - hardhockey@icloud.com
Cell - 780 910 1934

Bil Laforge (Program Director)
EMAIL - william.laforge@ecsd.net
Cell - 780 938 1062

D200 1-1 Pass to Line on Transition

Key Points:

Defender coming on play a tight gap. Attacker use quick moves and get a shot on the net and follow for a rebound.

Description:

1. B1 attack vs. R1.

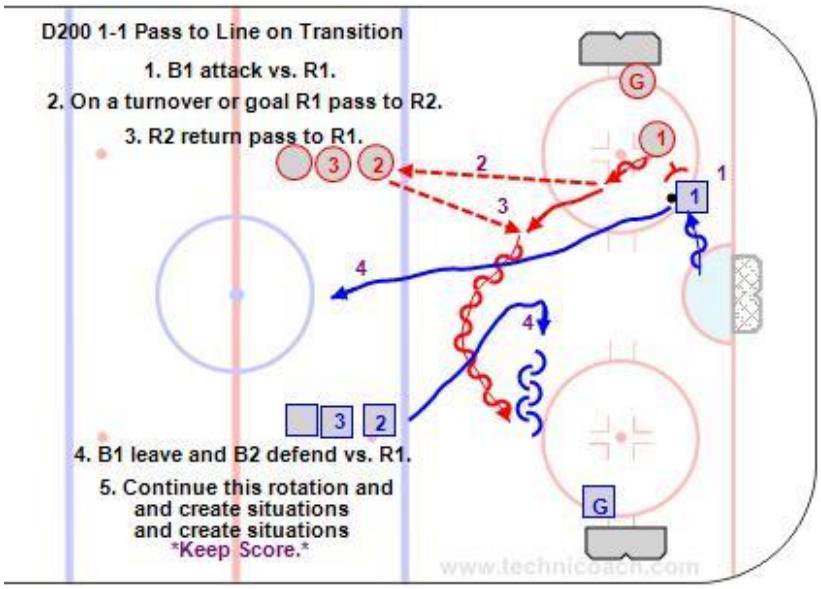
2. On a turnover or goal R1 pass to R2.

3. R2 return pass to R1.

4. B1 leave and B2 defend vs. R1.

5. Continue this rotation and create situations from 1-1 to 3-3.

Keep Score.



Practice Plan

Made with DrillDraw v6

Team: Sport D-97

Practice No.:

Date : 16.12.2010 **Time:** 18:45-20:00 **Duration:** 65

Version No.: **Prepared by:** Kai

Objectives / Main tasks :

HP/ maalinteko, syöttäminen.

Drill no. : **Duration :** **Minutes** **From :** **To :**

Categories

LAJITEK. OPETUS JA VIIHDE

maalinteko

Drill Title : Skating and Shooting

Components : Role 1

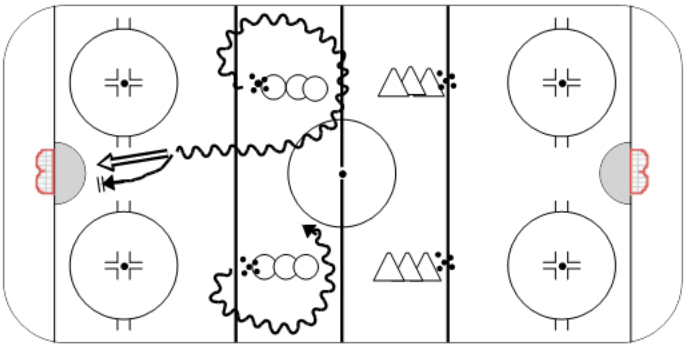
Content elements : offensive effectiveness

Description

Forward x2 both directions
face the net x2 both directions
360 x2
Backward x2

go to net and stop in front net even if you miss the net.

Key Points



Drill no. : 2 **Duration :** 10 **Minutes** **From :** **To :**

LAJITEK. KIERTO JA YH.TOIMINTA

syöttäminen/vastaanotto

Drill Title : 2-0 random passing

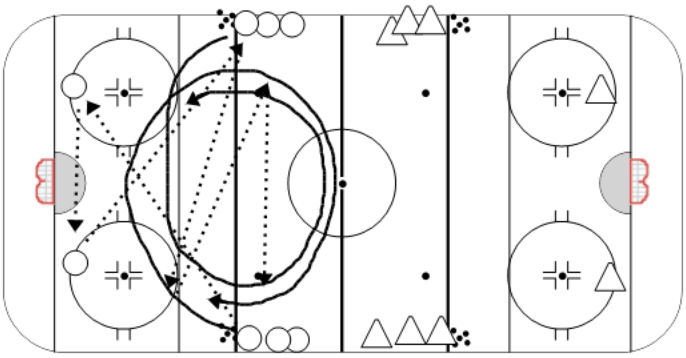
Components : roles 1 and 2

Content elements : offensive effectiveness

Description

- you can pass to lines or to moving players
- blade square to the passer, be readyto pass the puck quickly
- after you enter the OZ max. one pass and shoot
- first pass to the player who did not shoot.

Key Points



Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

PELITILANNE/JATKUVA

Drill Title : HP->PP/HAPP/PAHP/3v3 transition

muut

Components : roles 1, 2, 3 and 4

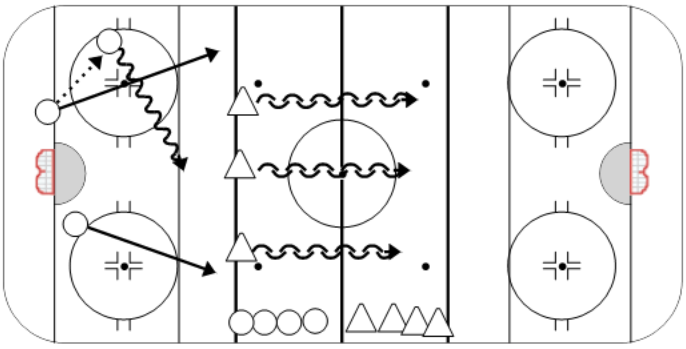
Content elements : attacking & deffensive readiness & effectiveness

Description

3 who defended attacks against new defensive trio.
Continious

attacking trio can forecheck under offensive blueline

Key Points



Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Categories

Drill Title :

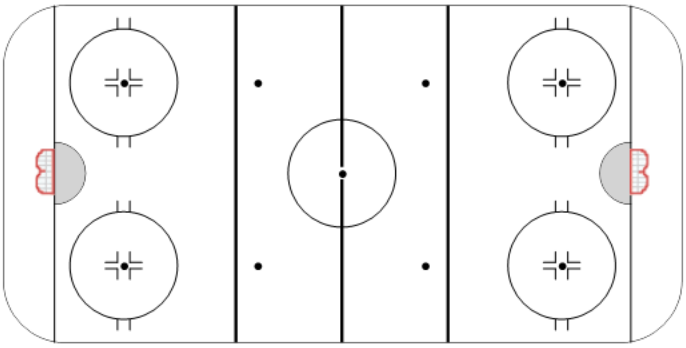
Components : roles 1, 2,3 and 4

Content elements :

Description

3v3 SAG tournament

Key Points



A2 Russian Puck-Handling Warm-up with Shots

Key Points:
This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:
• From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

• Reach forward while down on 1 knee, reach back as far as you can.

• Give the puck forward and take it back with the toe of the stick.

• Place hands close together and reach sideways each way as far as possible.

• Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

• Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

• Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

• Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

• Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

• Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.

• Put the puck behind you and pass it up into your skates from 1 side, then the other.

• Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.

• Reach back on the forehand, then quickly pull the puck across your body.

• Skate backwards with the puck after pivoting to the right and do the same after pivoting left.

• Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
• Pivot a complete circle to the left and then to the right.

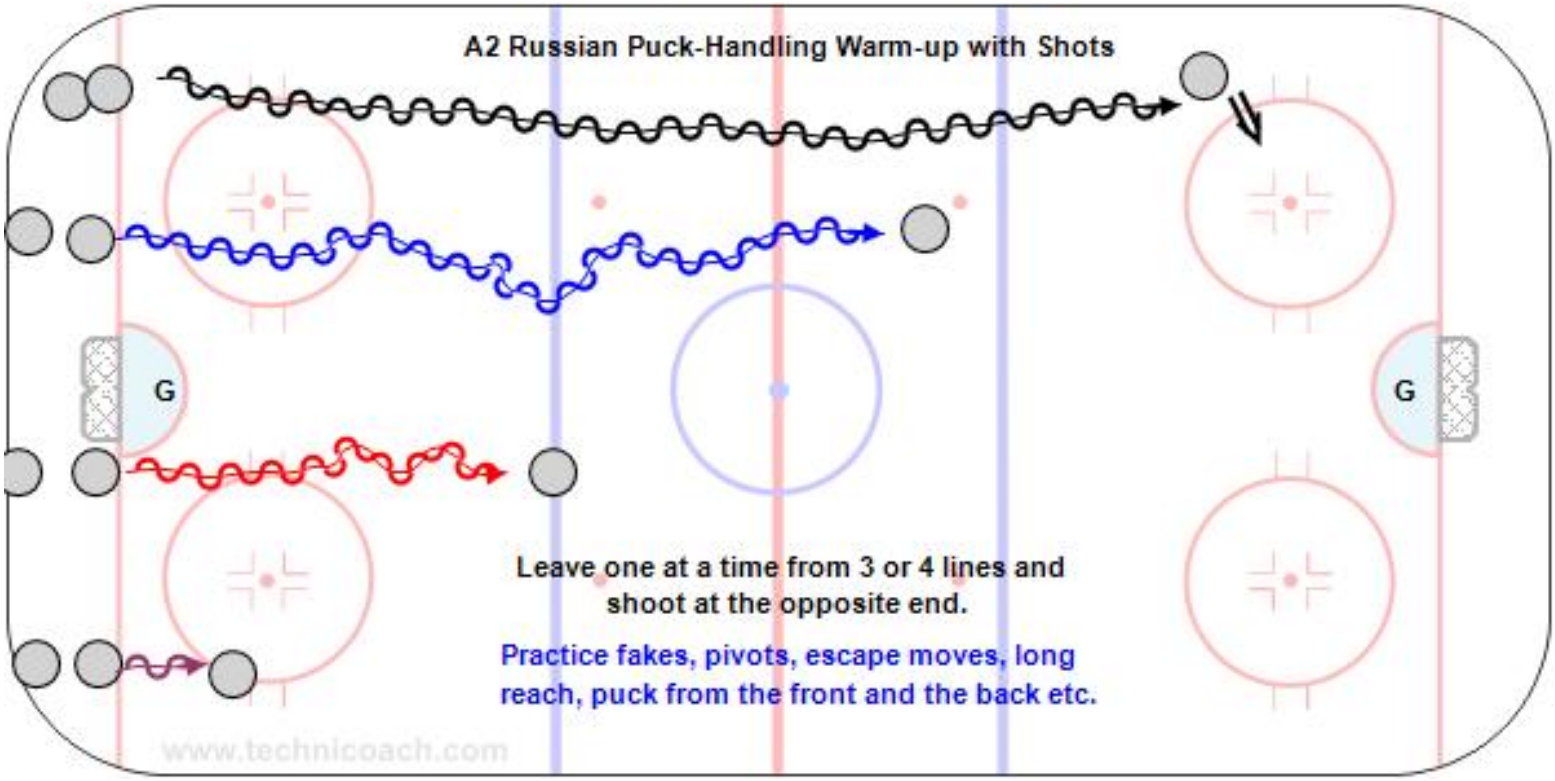
. Fake a slapshot and go around opponent on the backhand side.

. Fake a slapshot and go around opponent on the forehand side.

. Fake a slapshot and then do a backhand tight turn around opponent.

. Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

*All of these fakes are demonstrated in the http://hockeycoachingabcs.com video section on puck handling.
(Vladimir Jursinov)


A2 Russian Puck-Handling Warm-up with Shots
G
G
Leave one at a time from 3 or 4 lines and shoot at the opposite end.
Practice fakes, pivots, escape moves, long reach, puck from the front and the back etc.
www.technicoach.com

B5 Breakout 5-0 with Point Shot

Key Points:
Coach calls the various options, up, across, wheel, reverse.

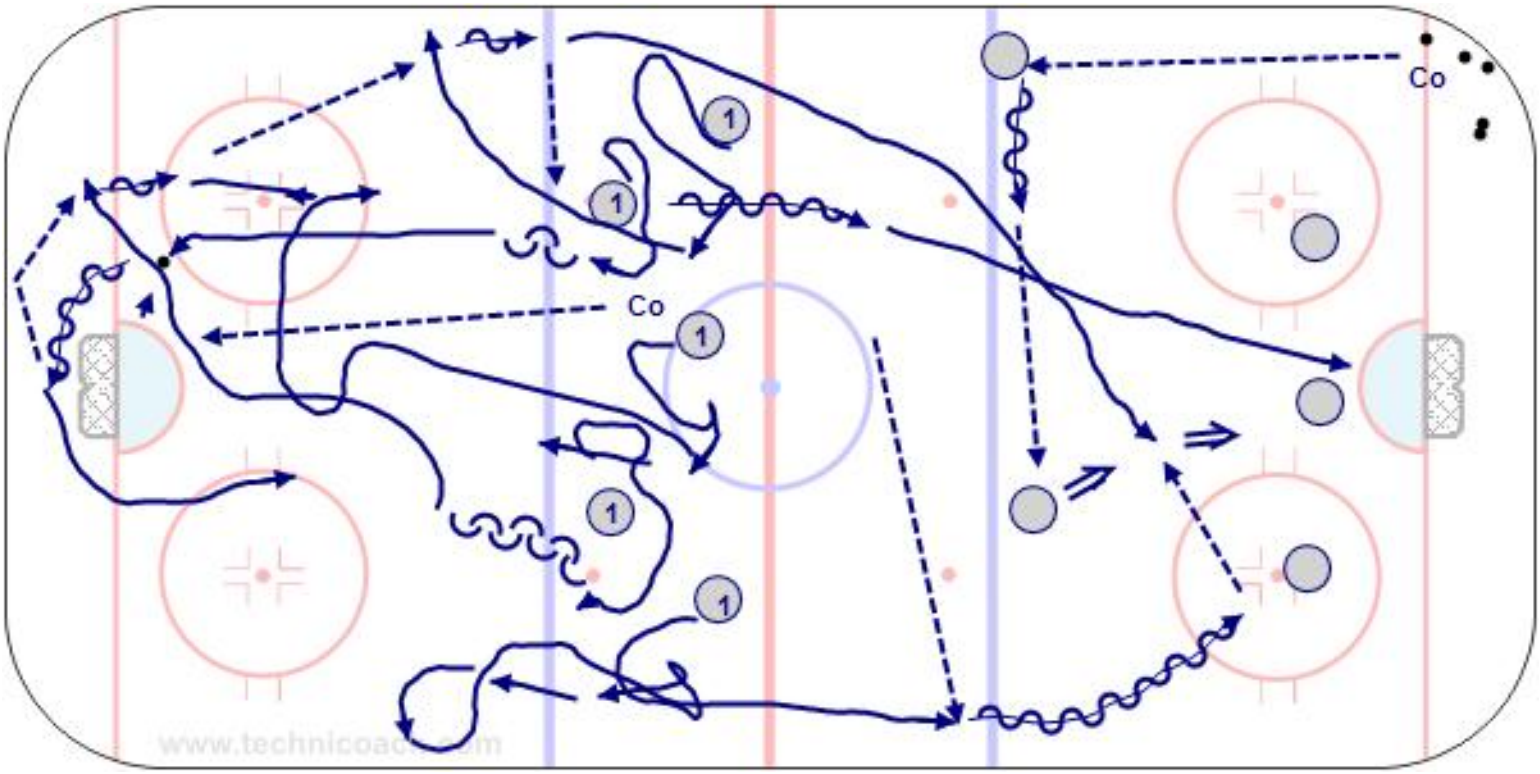
Each line go one direction then dump into the other end or alternate ends.

Description:
1. Players skate in nzone then coach dump in

2. D make a D to D or D to F pass and follow the play.

3. All forwards touch the puck on the rush and shoot. then screen, tip and one timer position.

4. Coach pass to D who skate across line and pass to partner who shoots or shot pass.



D2 Game with One Goalie

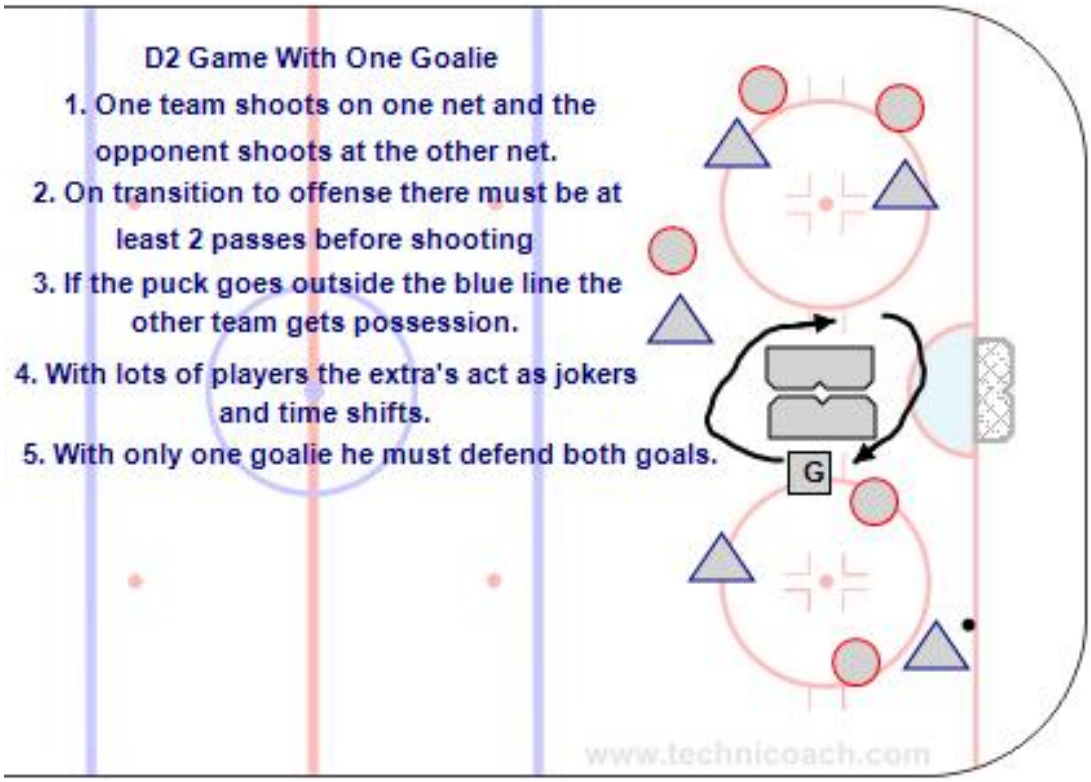
Key Points:

Goalie has to switch nets on a turnover.

Description:

D2 Game With One Goalie

1. One team shoots on one net and the opponent shoots at the other net.
2. On transition to offense there must be at least 2 passes before shooting.
3. If the puck goes outside the blue line the other team gets possession.
4. With lots of players the extra's act as jokers
and time shifts.
5. With only one goalie he must defend both goals.



D100 Transition Game with Forward Backchecking

Key Points:
The highest attacking F backcheck and backpressure the puck thru the nzone.

Description:

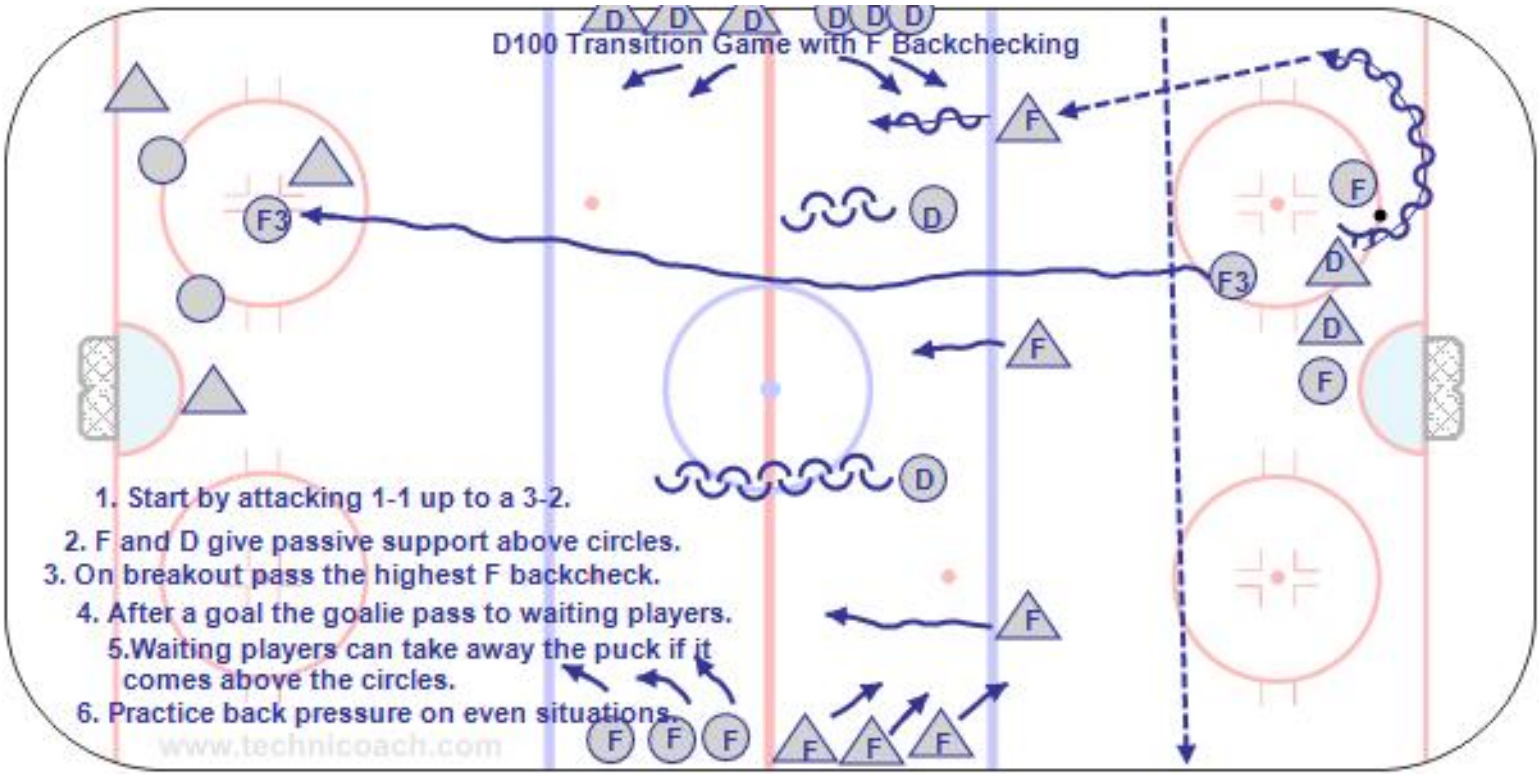
D100 Full Ice
1. Start by attacking 1-1 up to a 3-2.

2. F and D give passive support above circles.

3. On breakout pass the highest F backcheck.

5.Waiting players can take away the puck if it comes above the circles.

6. Practice back pressure on even situations.



February 20, 2011

Enio,

Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

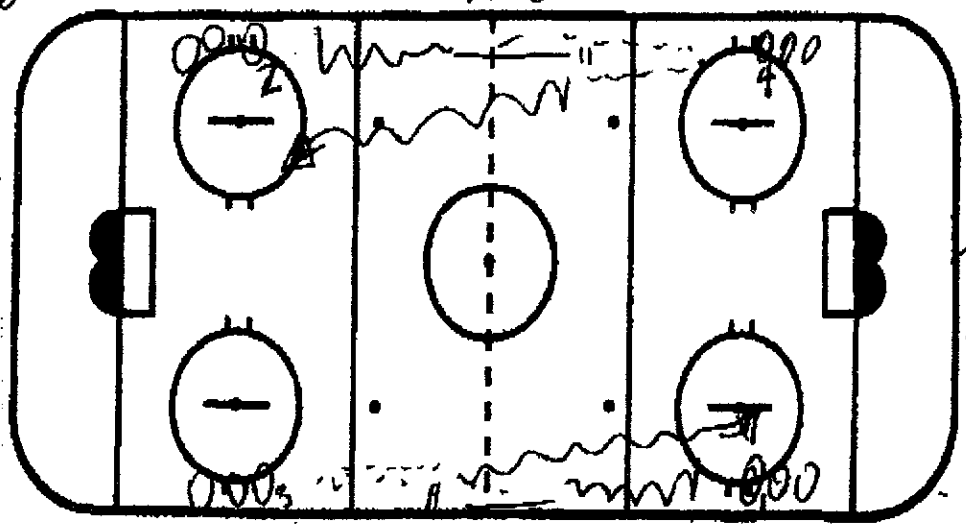
Book: Undergrounders by David Skuy

Quote: Practise does not make you perfect. Perfect practice makes you perfect – unknown.

Regards,
Troy Walkington

RED WING SHOOTING

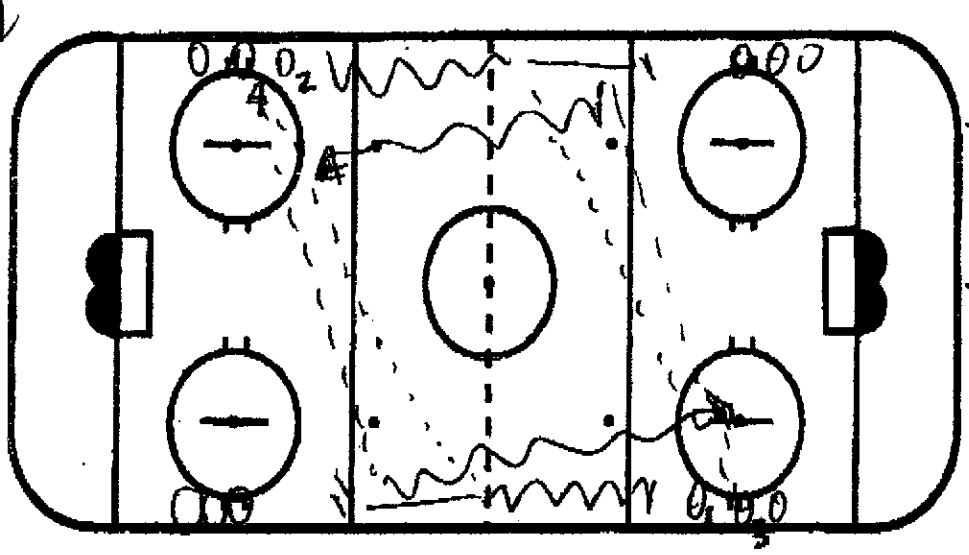
①



"HIGH POST"

O_1/O_2 - SKATE DOWN WAY WITH PUCK + PASS TO O_3/O_4. STOP IN BETWEEN REDLINE FAR BLUE LINE GET PUCK BACK + SHOOT @ ORIGINAL END

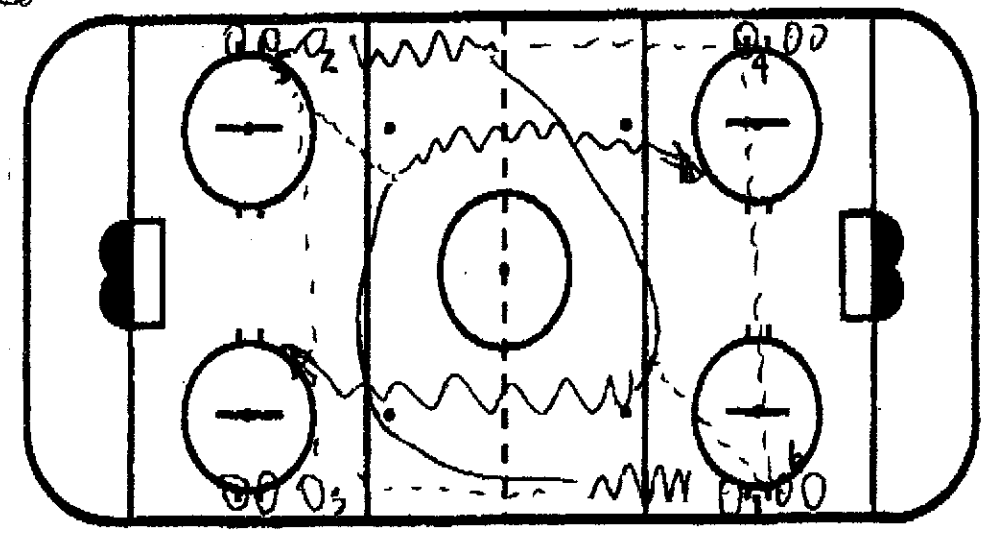
②



"WIDE + LOW"

O_1/O_2 SKATE TO FAR BLUE LINE + PASS TO O_3/O_4. STOP + GET RETURN PASS + SHOOT + ORIGINAL END

③



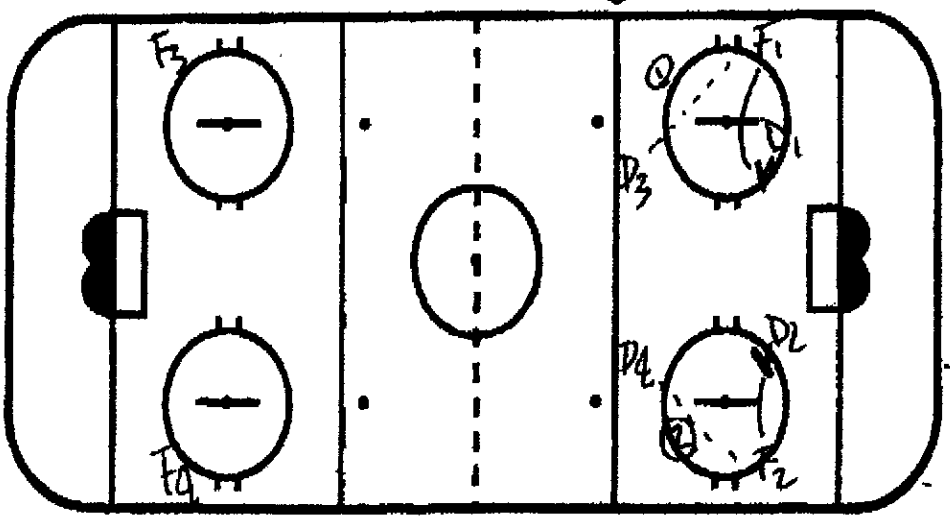
"MID LANE"

O_1/O_2 - SKATE DOWN BOARD + PASS TO O_3/O_4.

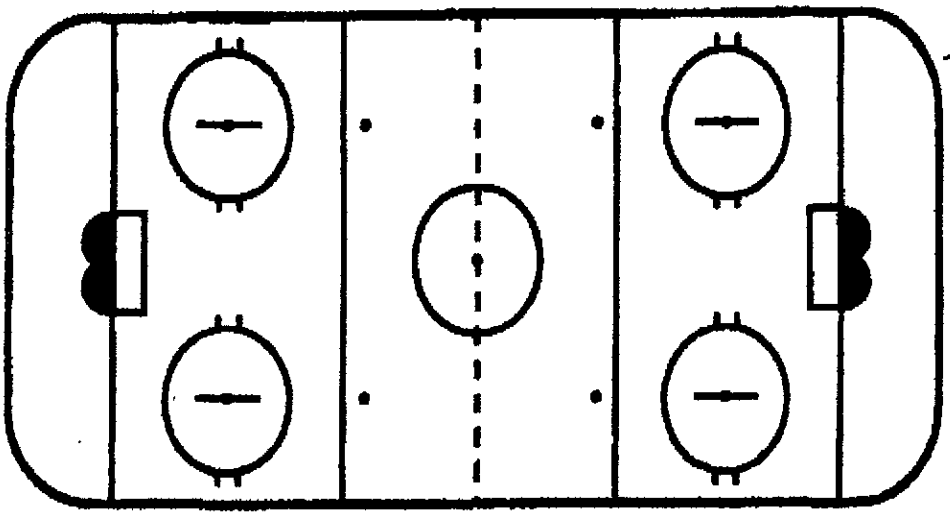
O_3/O_4 PASSES TO O_5/O_6

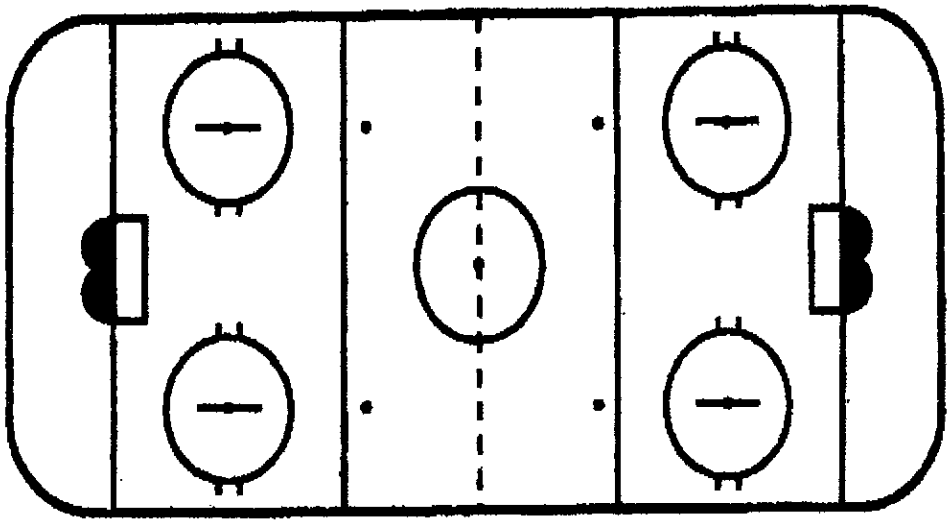
O_1/O_2 CONTINUES TO FOLLOW PUCK + GETS PUCK FROM O_5/O_6 IN MID LANE

BOX OUT DRILL



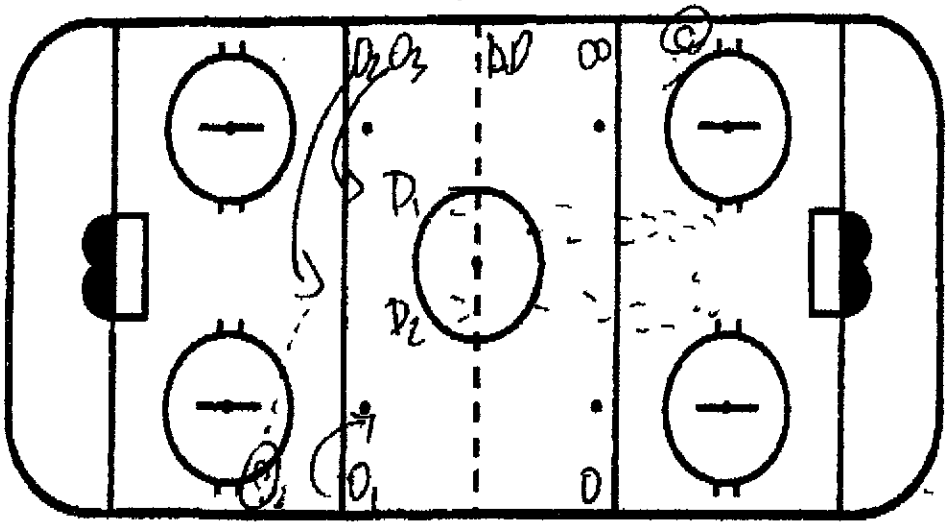
BOTH ENDS @ SAME TIME
F_1 PASSES PUCK TO D_3
F_1/F_2 GO TO NET
D_1/D_2 SEAL OR "BOX OUT"
D_3 SHOOTS OFF BACK WALL OR ON NET.
ON WHISTLE F_2 VACATES + GET PUCK UP TO D4
F_1 + F_2 TRY + RE ESTABLISH POSITION.
D_1/D_2 "BOX OUT".





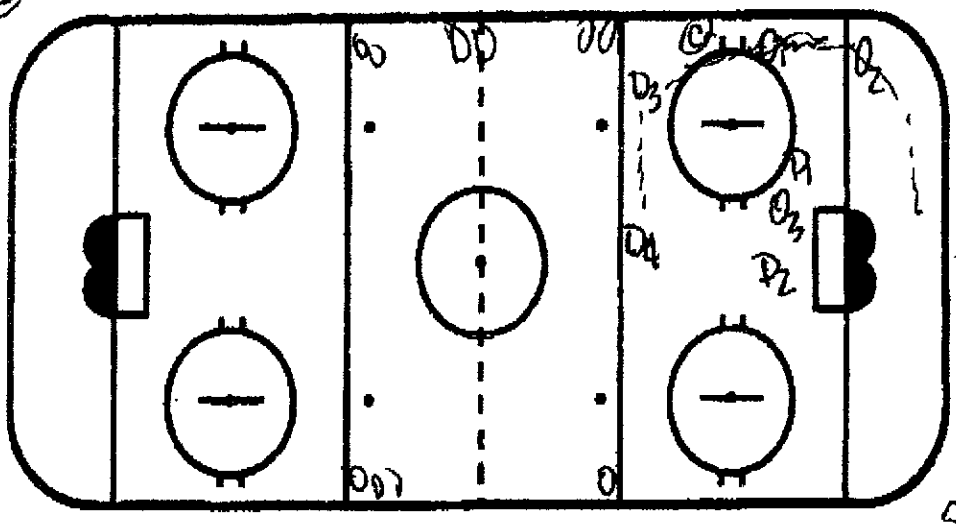
3 TYPES OF 3 on 2

①



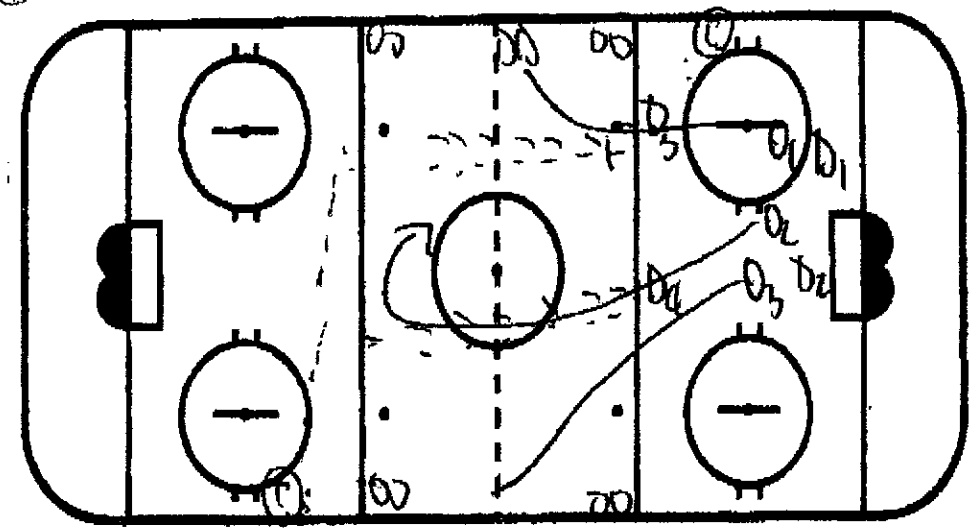
Ⓒ PASSES PUCK TO O1/O2/O3 WHO ATTACK 3 vs 2 + MAKE A PLAY ON NET

②



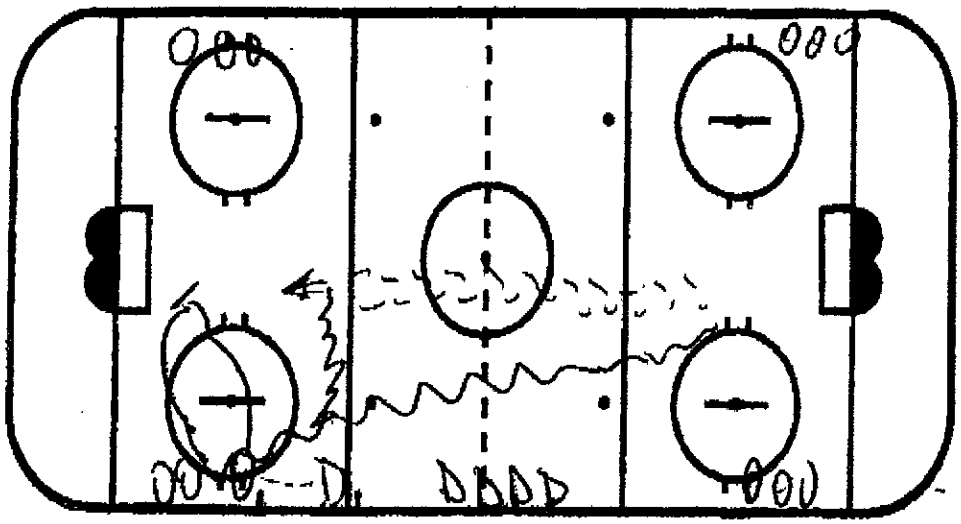
D3 + D4 JUMP IN FROM N.Z. Ⓒ SPOTS NEW PUCK IN CORNER FOR O1. O1 PASSES TO D3. D3 CAN PASS TO O2 OR BEHIND NET TO O3 OR CAN GO TO D4. D4 CAN SHOOT OR TO O2 OUT OF CYCLE. PLAY 3 on 2 LOW Ⓒ WHISTLE

③

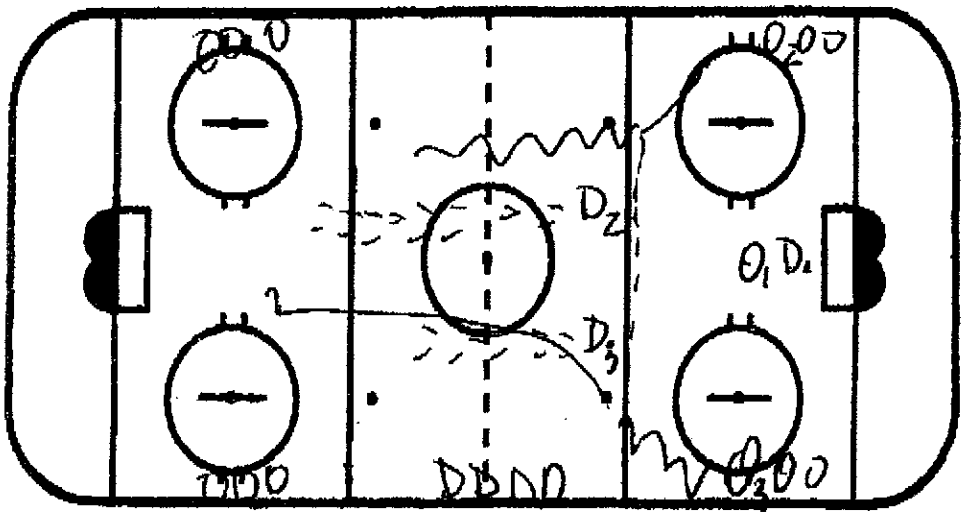


D3 + D4 RETREAT IN NZ + COACH SPOTS NEW PUCK. O1/O2/O3 REGROUP WI D3/D4 + ATTACK D1/D2

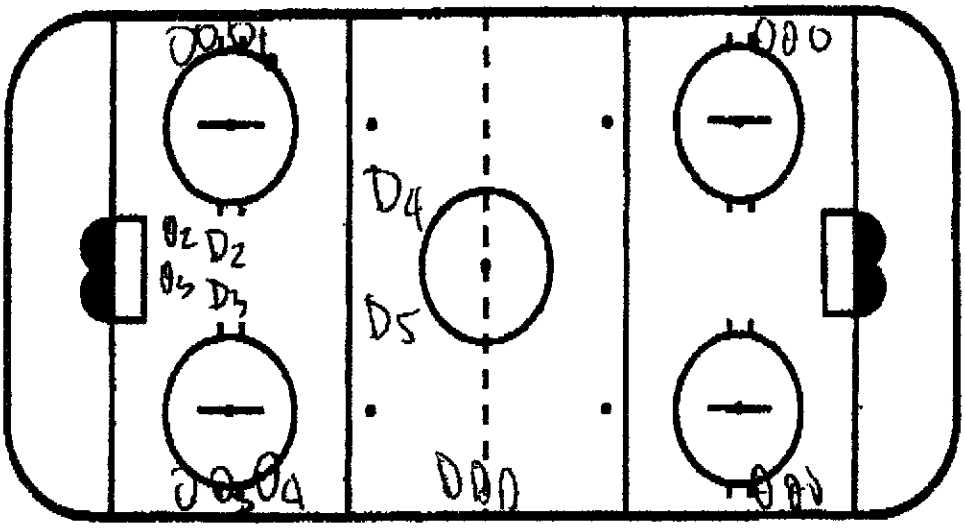
1on1 / 2on2 / 3on2



O_1 PASSES D_1
D_1 DRAGS + SHOOTS
O_1 GETS NEW PUCK FROM LINE + ATTACK D_1 DOWN THE ICE. WHEN 1on1 REACHES TOP OF CIRCLE



D_2 + D_3 STEP OUT FROM U.Z + COACH BLOWS WHISTLE TO START O_2/O_3 WITH A 2on2. WHEN 2on2 REACHES TOP OF CIRCLES



D_4 + D_5 STEP OUT FROM U.Z. + COACH BLOWS WHISTLE TO START O_3/O_4/O_5 WITH A 3on2. WHEN 3on2 OVER - (US) STARTS AGAIN.

Feb. 1st 2011

TO: ENIO SANCILOTTO

FAX: 604-782-4656

FROM: DIEGO SCANDELLA

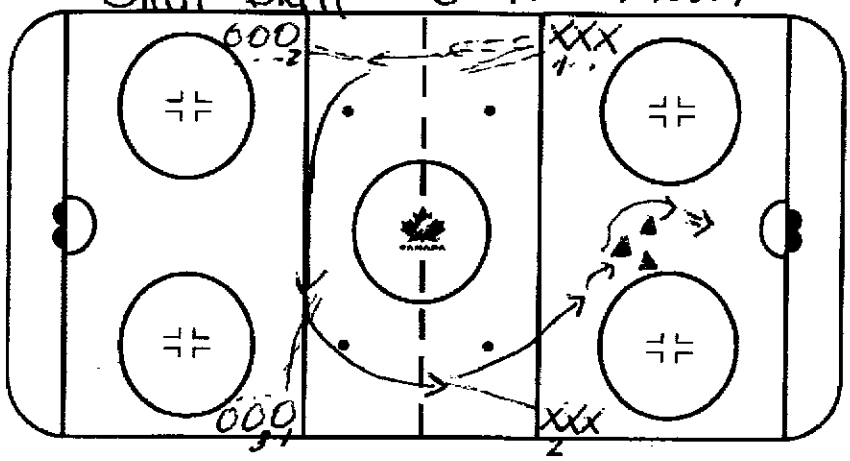
OF PAGE: INCLUDING THIS ONE (3)

Hope ALL is well, good-luck the rest of the way. Say hello to babber. TALK SOON

Diego

HOCKEY CANADA PROGRAM OF EXCELLENCE

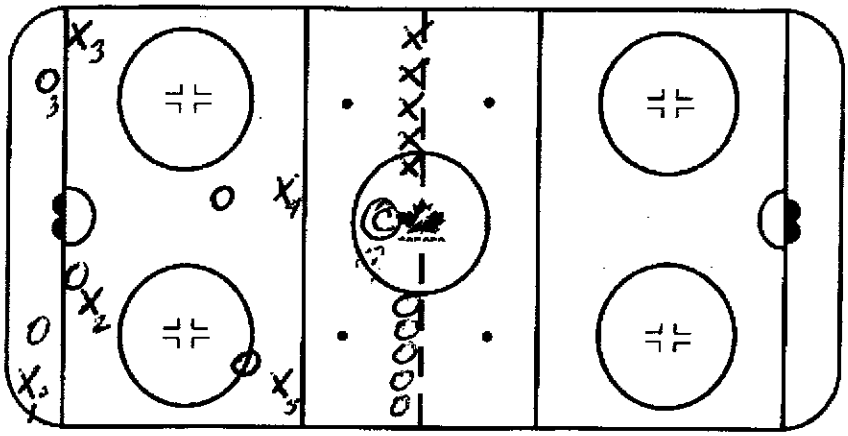
Skill Drill - "C" - 1v0 - 1 touch



X_1-O_1 Leave At same time.
Start balls, Pivot Fulls + 1 touches pass with O_2 + O_3
Receive pass From (X_2-O_2) + go in make a move at cones + go in + shoot. On whistle X_3-O_3 go.

KTP: Passing (1-touch) - Receiving
Skating (Fwd-Bwd Pivots)

Team Play Drill - S.J 2v2 to 5v5



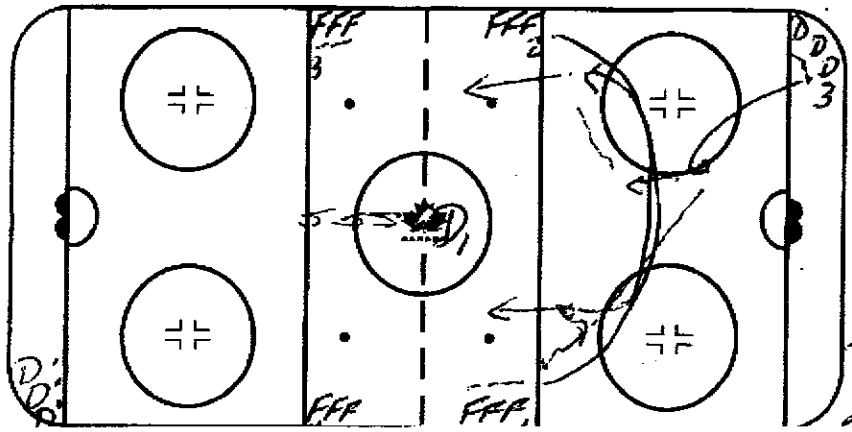
S.J - 2v2 → to 5v5

Coaches whistle 2v2 in Corner X (try to Score) - O defend.

2nd whistle - Coach passes puck to X_3 + Now play 5v5 in Zone

KTP: OFF: puck protection - Creating offense
DEF: Good body position - good sticks
Teaching Offensive + Defensive Team play.

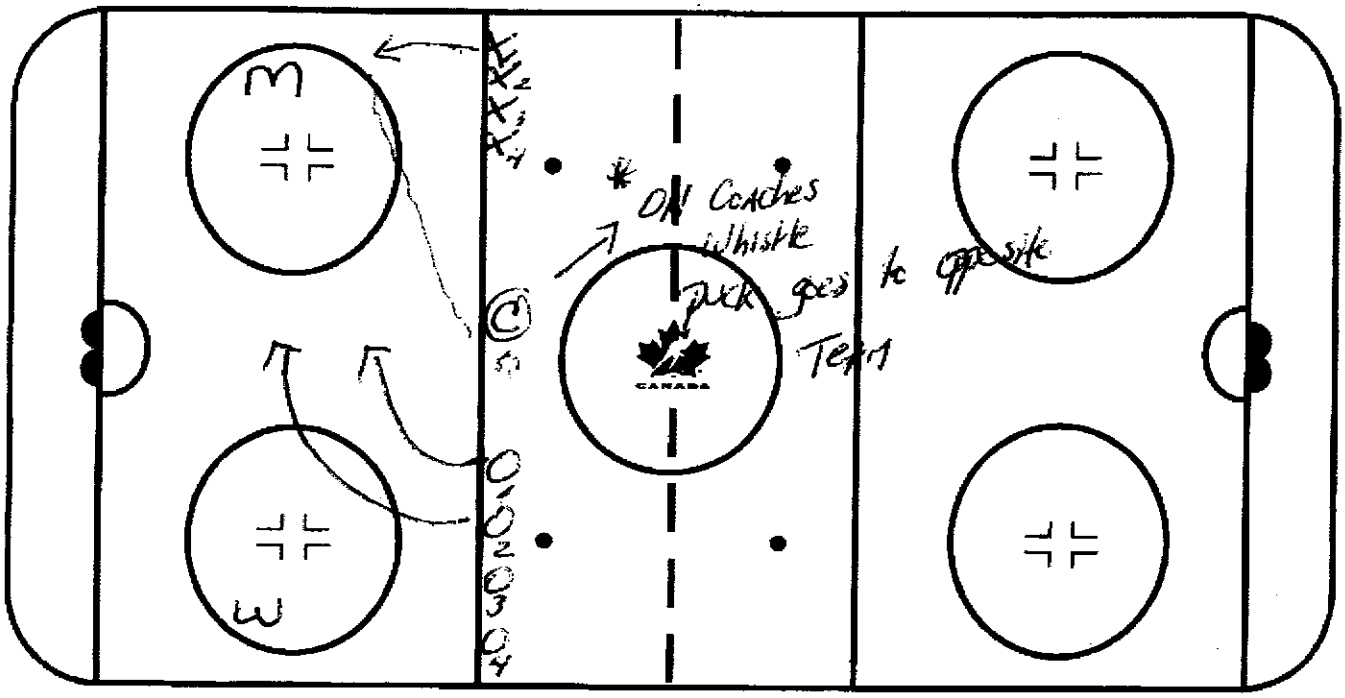
Favorite Drill - Pitts 2v1 (2nd shot)



Coaches whistle: F_1 passes to D_3
F_1-F_2 criss cross + receive return pass from D_3
F_1-F_2 go down vs D_1. Try to Score ... Continue to play puck (D-F's) if don't Score, can use D_3 as a shot From Point.
2nd whistle F_3-F_4 Breakout vs D_2

Fun Drill : Fns 1vs 2

HOCKEY CANADA PROGRAM OF EXCELLENCE



- Coach passes to X_1 who goes against $O_1 - O_2$ (1v2)
- Play for 20 - 25 secs.

Rules: Single player always receives puck (X_1 team starts then O_1 gets 2 puck) - play for 20 - 25 secs.
Single player scores Team gets 3pts
if the team of 2 players score Team gets 1pt
1st Team to 15 pts wins.

Everytime Coach blows whistle, puck changes sides

KTP: Off - def. Concepts
Good Conditioning - Competitive Game.

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "if you don't plan your plan, it will remain a dream"

DATE: DEC 4 \10

TO: BRUINS ATTN: ENJO	FROM: Danny FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

☐ Urgent ☐ For Review ☐ Please Comment ☐ Please Reply ☐ Please Recycle

BEST OF LUCK IN THE 2ND HALF... Danny

" THERE IS MORE TO LIFE THAN JUST HOCKEY... BUT THERE IS WAY MORE TO HOCKEY THAN JUST HOCKEY"

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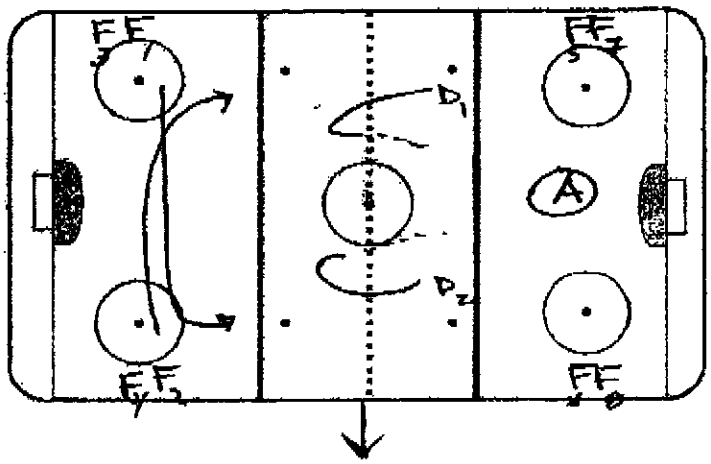
NEW YORK ISLANDERS

1) 2v2 x 2

A/ F_1F_2 cross below ringette line ; D_1D_2 jump up for 2v2 on whistle

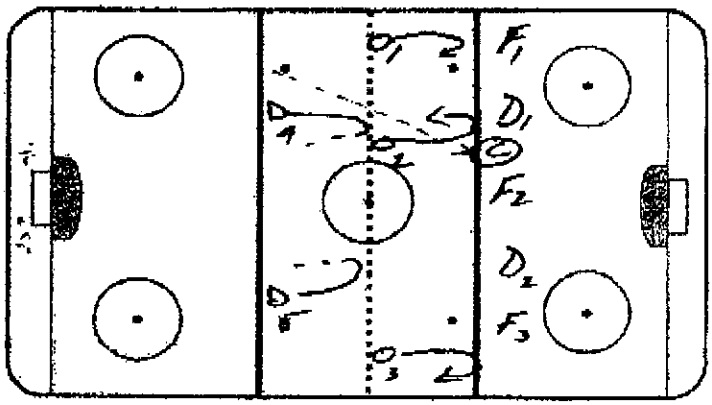
B/ whistle to end 2v2; D_1D_2 hustled to jump up on a 2nd 2v2 from initial end (F_3F_4)



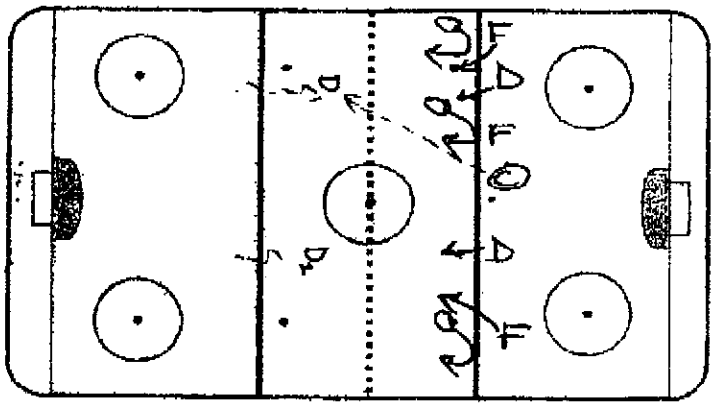
* ALTERNATE SIDES
- great for 'D' 2v2 skills

2) N.Z. TURNBACK DRILL

- O's wheel ; B/out 5v0 (pucks behind net)
- O's give puck to © when they reach 1st B/Line
- $O_{1,2,3}$ (FWDS) must tag far blueline; $O_{4,5}$ must touch RED



- © spots puck / passes to $O_{4,5}$ and $F_{1,2,3}$ $D_{1,2}$ work NZ F/C
- play out NZ 5v5 / whistle
- O's head back to DZ ; breakout for a 2nd time / F:D go back to initial standing point for REPEAT REP



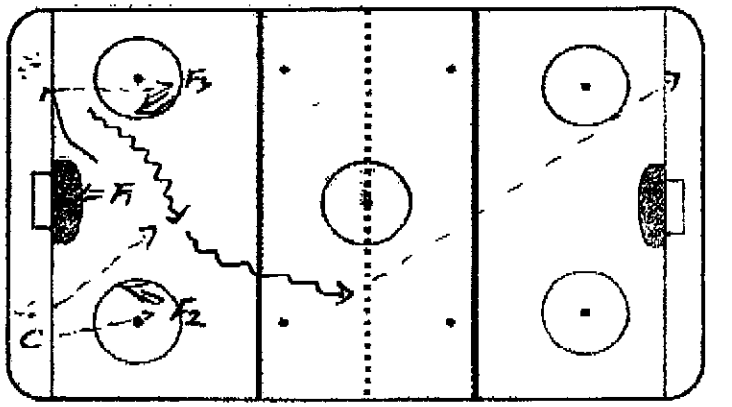
- EACH LINE 2 REPS on O: D then change

5v5
N/Z

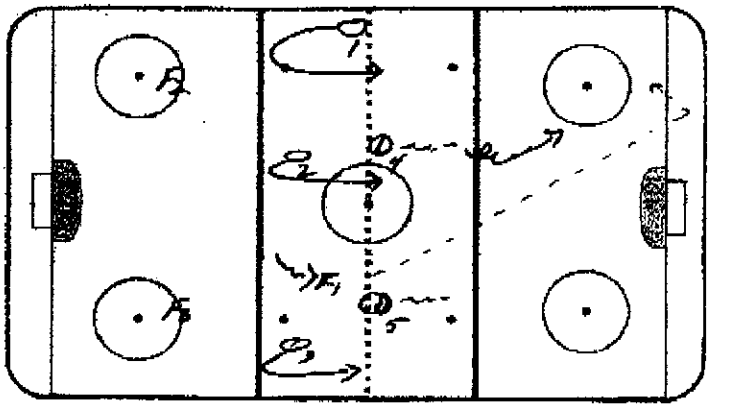
NEW YORK ISLANDERS

3) F/C X1 / X2 — CONTINUOUS DRILL

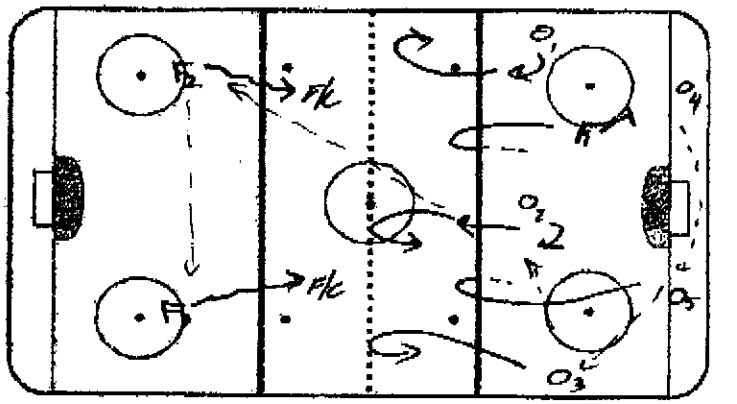
(A)
- F_1 shoots; becomes passes fr. corner
- © → F_2 / shot ... top of circles
- F_1 → F_3 / shot ... top / circles
- F_1 cuts through SLOT; © → F_1
- F_1 dumps ! FORCHECKS 1v5



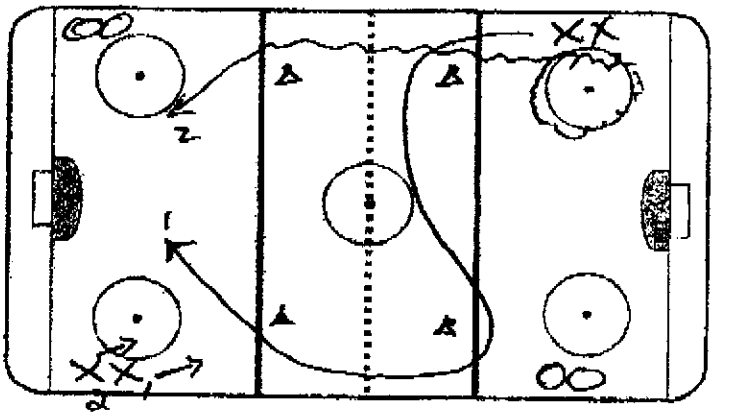
(B)
- F_1 F/C 1v5 vs $O_{1,2,3,4,5}$
- $O_{4,5}$ must not be inside blue line before F_1 dump! (gap)
- $O_{4,5,1,2,3}$ breakout / F_1 done
- D's give puck to F_2 F_3 by redline



(C)
- F_2 F_3 make 1 pass then F/C 2v5 (dump at red)
- $O_{1,2,3}$ must tag redline; $O_{4,5}$ must gap up to at least b/line
- F_2 F_3 F/C 2v5 vs O's
- * O's B/out 2nd time / DOWN ICE FOR 3 / shots BECOME F/C'ers



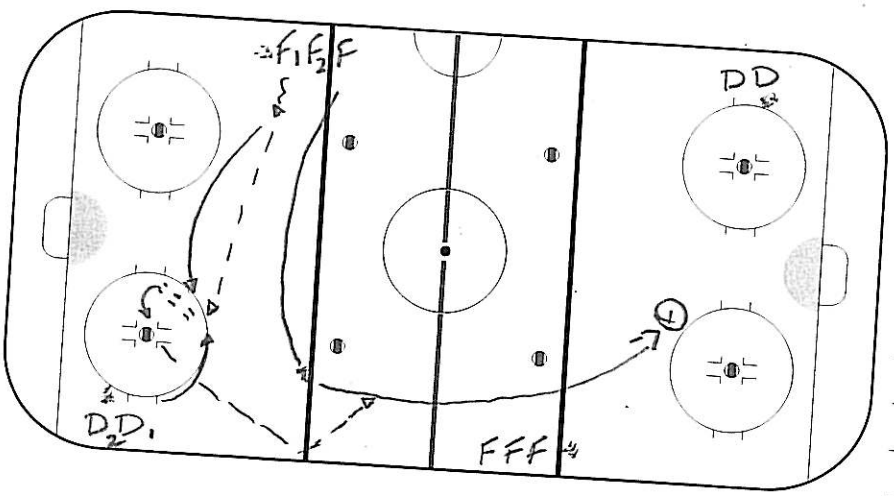
(D) CIRCLES : DOTS — WARMUP SHOOTING
- whistle; X_1 X_2 fr. 2 sides
- X_1 around dots / shoot #1
- X_2 and circle (Fwd – Blue – Fwd) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft & speed'



DWC - 2010-11

WEEK	FIRST	LAST	TEAM	DATE	PHONE	FAX	EMAIL	Drills In
1	Wayde	Bucsis		Nov. 16			waydebucsis@hotmail.com	yes
1	Jim	Midgley	Rothesay Netherwood School	Nov. 16	506-647-9572		midgleyj@rns.cc	yes
2	Enio	Sacilotto	Chilliwack Bruins	Nov. 23			enio@shaw.ca	yes
2	Jeff	Jackson	Notre Dame Fighting Irish NCAA	Nov. 23			jackson.132@nd.edu	yes
3	Barry	Wolff		Nov. 30			wolffiesca@yahoo.ca	
3	Milan	Dragicevic	UBC Thunderbirds	Nov. 30			miland@interchange.ubc.ca	
4	Danny	Flynn	Moncton Wildcats	Dec. 7			dannyflynn1@hotmail.com	
4	Tom	Newton	Michigan State	Dec. 7	517-355-7699	517-432-1879	newtont@msu.edu	
5	Pete	Belliveau	Dalhousie Tigers	Dec. 14			belliveaupete@hotmail.com	yes
5	Kevin	Bathurst	Calgary Royals Jr. A	Dec. 14			kbathurst@hockeycanada.ca	
6	Clayton	Beddoes	Frankfurt Lions	Dec. 21			claytonbeddoes@hotmail.com	yes
6	Terry	Rhindress	Dieppe Commandos Hockey Club	Dec. 21			scout69@nb.sympatico.ca	
7	Bobby	Fox	Calgary Buffaloes	Dec. 28			rofox@telus.net	
7	Dan	Fridgen		Dec. 28			keyhoc18@hotmail.com	
8	Peter	Russell		Jan. 4			peterrussell4@hotmail.com	
8	Brian	Bourque	University of Waterloo	Jan. 4			bbourque@admmail.uwaterloo.ca	
8	Terry	Ewasiuk	Portage College Voyageurs	Jan. 4	(780)991-8648		tewasiuk@hughes.net	yes
9	Graham	Wise	Ryerson University	Jan. 11			gwise@ryerson.ca	
9	Jeff	Truitt		Jan. 11			Jeff.Truitt@PhoenixCoyotes.Com	
9	Tom	Pokel	Generali Aquile FVG	Jan. 11			tom.pokel@yahoo.com	
10	Don	McKee	Team Canada for the Deaflympics	Jan. 18	(519) 653-3930	(519) 219-0392	donaldmckee@hotmail.com	yes
10	Dan	Nadeau		Jan. 18			dnadeau@fastenal.com	
10	Bryant	Perrier	Neepawa Natives	Jan. 18			bryantperrier@yahoo.com	
11	Jeff	Oldenberger	UBC Thunderbirds	Jan. 25			jolden@interchange.ubc.ca	
11	Kris	Knoblauch	Kootenay Ice	Jan. 25			krisk@kootenayice.net	
11	Peter	Woods	Hockey Manitoba	Jan. 25			pwoods@hockeymanitoba.mb.ca	
12	Joey	Gasparini	University of Vermont	Feb. 1			jgaspari@uvm.edu	
12	Dan	Olsen	Calgary Northstars	Feb. 1			timbercoach@hotmail.com	
12	Peter	Russell	Swindon EPL	Feb. 1			peterrussell4@hotmail.com	
13	William	Verner	Fernie Ghostriders	Feb. 8	1 250 423-0619		williamverner@hotmail.com	
13	Nick	Poole	Milton Keynes	Feb. 8			poole19@btinternet.com	
13	Gardiner	MacDougall	U Of New Brunswick	Feb. 8			coachmac@unb.ca	
14	Diego	Scandella	Ambri Piotta - Swiss NLA	Feb. 15			diegoscandella@hotmail.com	
14	Stephane	LeBlanc	University of Moncton	Feb. 15			Stephane.LeBlanc@nbed.nb.ca	
14	Paddy	Flynn	Cole Harbour Bel Ayr Minor Hockey A	Feb. 15	(902)-461-1543		targethockey@gmail.com	
15	STUART	WILSON		Feb. 22			heatherstuart_2000@yahoo.com	
15	Troy	Walkington	University of Saskatchewan	Feb. 22			twalkington@shaw.ca	
15	Tom	Molloy		Feb. 22			tommolloy@hotmail.com	
16	Blake	Wesley	Okanagan Hockey Academy	Mar. 1			blakewesley@hockeyschools.com	
16	Michael	Pelino	Peterborough Petes	Mar. 1			mpelino@gopetesgo.com	
16	Bryan	Keller	St.ThomasMoreHockeyAcademy	Mar. 1			kellerb@ecsd.net	
17	Paul	Heavey	UK - U-20 National Team	Mar. 8			paulheavey@aol.com	
17	Shaun	Sutter	Regina Pats	Mar. 8			ssutter@reginapats.com	
17	John	Micheletto	University of Vermont	Mar. 8			jmichele@uvm.edu	

QUOTE: "ADVERSITY CAUSES SOME MEN TO BREAK AND OTHERS TO BREAK RECORDS."
— UNKNOWN



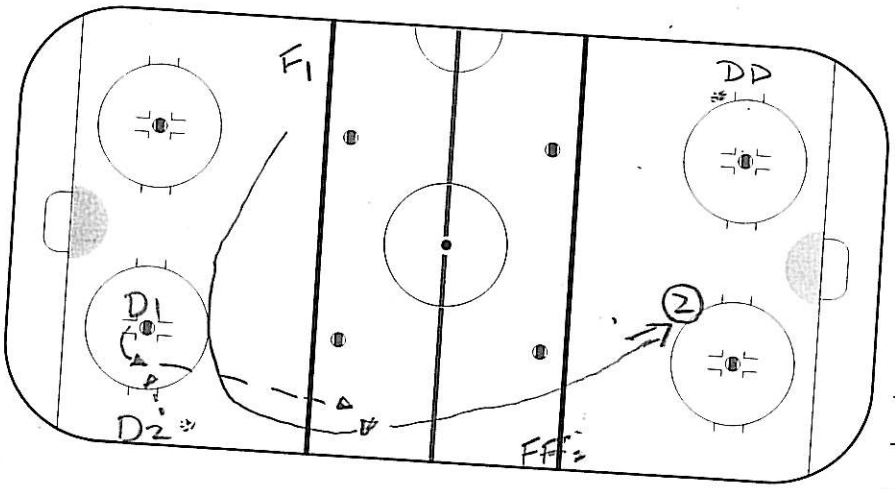
① SKILL DRILL (CONTROL W/ WHISTLE)
(* BOTH SIDES AT SAME TIME *)

1) D1 TO TOP OF CIRCLE, F1 TO D1

2) D1 BACKWARDS THEN PIVOT FORWARDS

3) F1 AFTER PASS "ANGLE" D1 AND FORCE CHIP PASS OFF THE BOARDS TO F2 (F2 LEAVES AFTER F1 : TIMES SKATE)

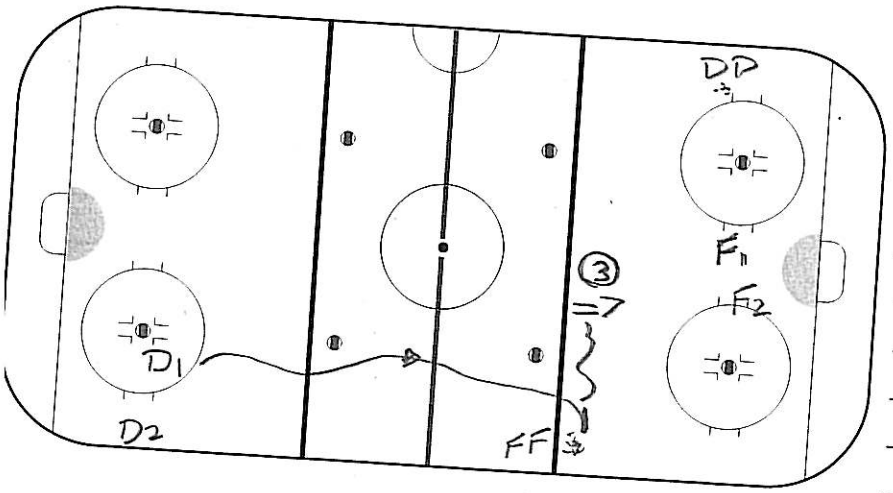
4) F2 WITH PUCK : F2 = SHOT ①
(F2 STAY AT NET)



5) D2 SPOTS 2ND PUCK TO D1

6) F1 AFTER ANGLING D1 CONTROLS SPEED AT BOARDS

7) D1 TO F1 : F1 = SHOT ②
(F1 STAY AT NET)



8) AFTER D1 PASS TO F1 ; D1 TO THE FAR BLUE-LINE AND PICK-UP PUCK

9) D1 = DRAG & SHOT ③
(F1 / F2 = SCREEN & REBOUND)

* CAN USE DRILL FOR WARM-UP SHOOTING OR WITHIN REGULAR PRACTICE. *

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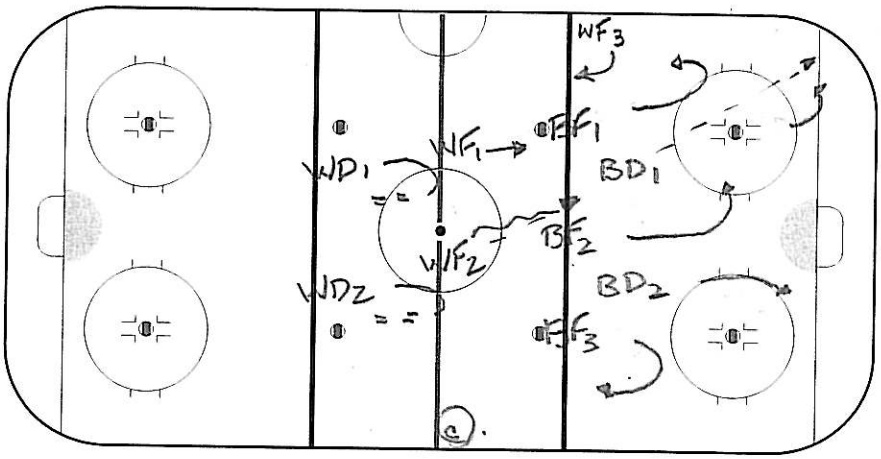
② TEAM PLAY → NEUTRAL ZONE

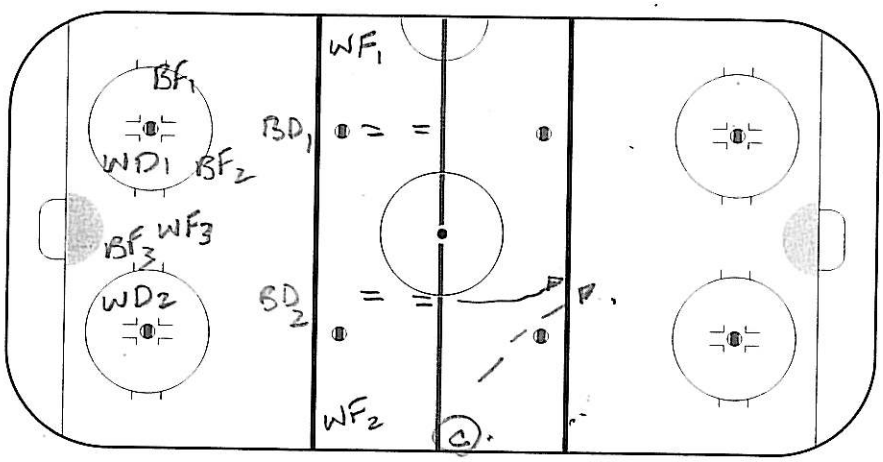


1) WF1 / WF2 DUMP PUCK DEEP IN ZONE, "PRESSURE 4v"

2) BD1 / BD2 & BF 1/2/3 BREAK PUCK OUT (WF3 = PASSIVE)

3) ONCE "B TEAM" BREAKS OVER BLUE-LINE; 4v STOPS (WF1 / WF2)

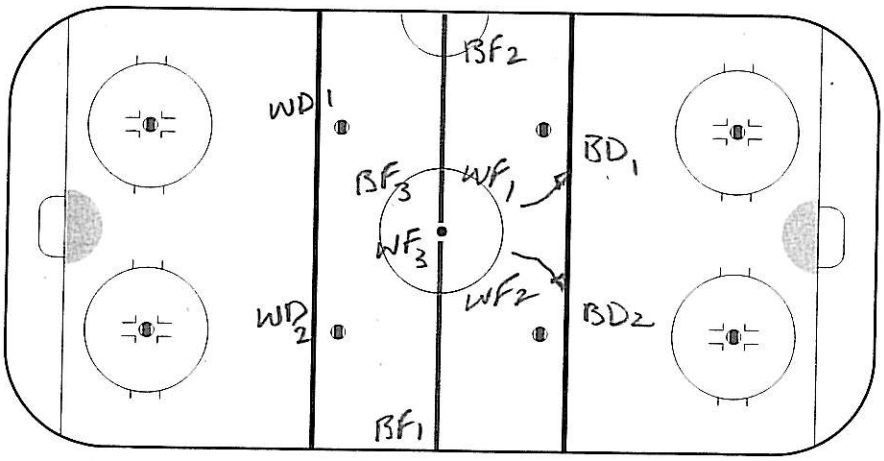
4) WF3 JOINS RUSH TO CREATE A "5 VS 3" w/ WD1 / WD2



5) AFTER 5 VS 3 IS COMPLETE ⓒ SPOTS PUCK IN NZ

6) AFTER ORIGINAL 4v: WF1 & WF2 POST-UP AT FAR BLUE LINE

7) AFTER ⓒ SPOTS PUCK IN NZ, BD's RETREAT & START NZ REGROUP - "W TEAM" PERFORMS NZ CHECK (2-1-2, 1-2-2 etc.)



8) PLAY BECOMES "LIVE" 5 VS 5 IN NZ (40-45 SEC)

** BREAK-OUT w/ PRESSURE IS EXECUTED **

** NZ CHECK AS PER COACH'S SYSTEM **

** OFF REGROUP IS PERFORMED ** w/ "LIVE" PRESSURE.

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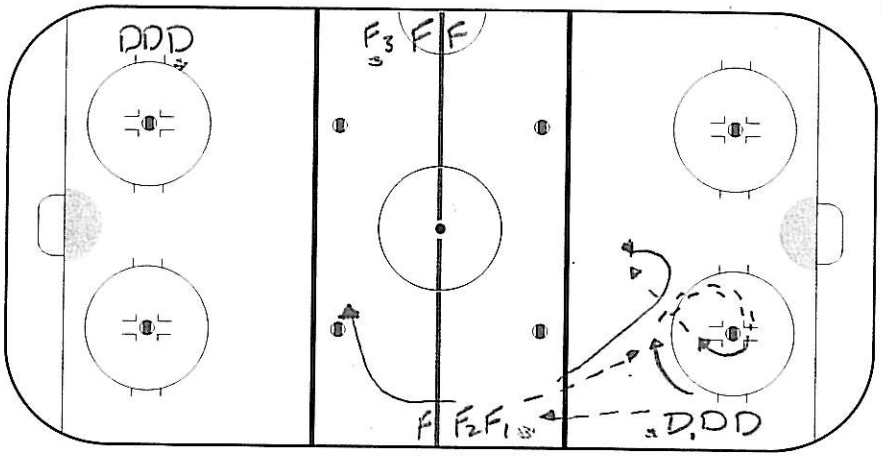

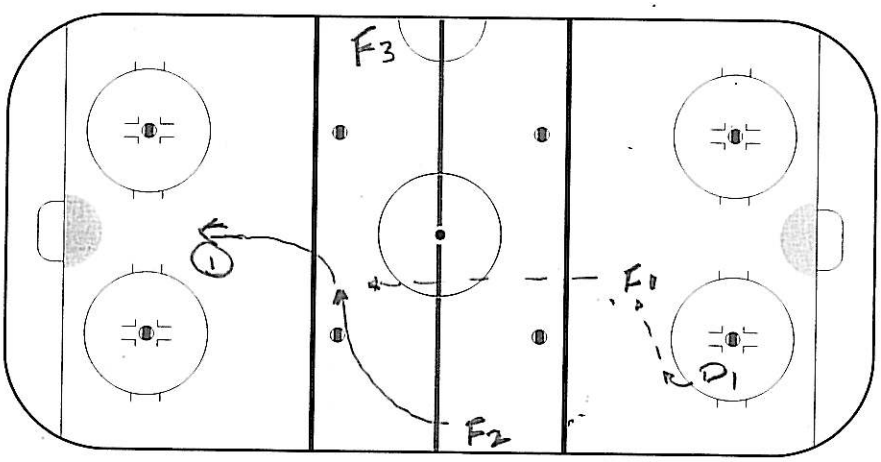

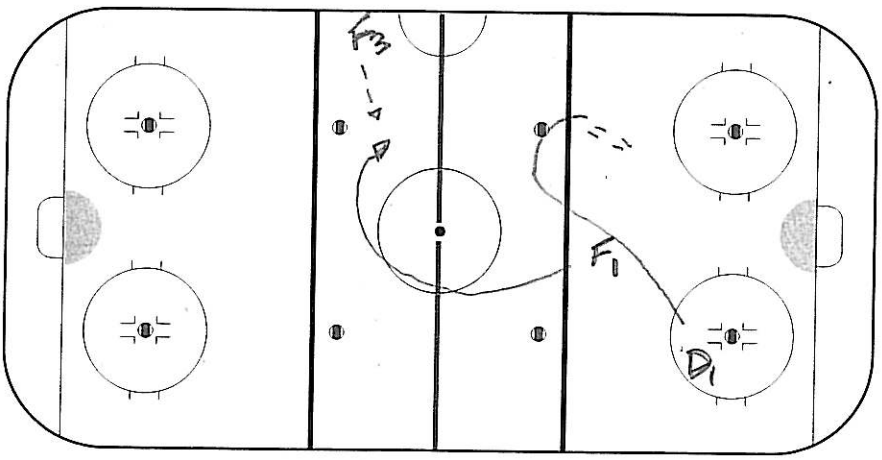

③ FAVOURITE DRILL → (1vs1 w/ SHOT)

(BOTH SIDES AT SAME TIME)

- (CONTROL W/ WHISTLE)

1) D1 TO F1, F1 TO D1 AT TOP OF CIRCLE

2) D1 BACKWARDS AROUND "DOT" AND PIVOTS FORWARDS

3) D1 TO F1 WHO CURLS FOR MID-ICE PASS (GOOD PASSING ANGLE)

4) F1 TO F2 WHO STRETCHES IN NZ (F2 "TIMES" SKATE)

5) F2 GOES IN FOR SHOT ① (F2 IS FINISHED)

6) F1 AFTER PASS SKATES AROUND CENTER CIRCLE & RECEIVES PASS FROM F3

7) D1 "GAPS UP" AFTER PASS AND PLAYS 1vs1 VS F1

** CAN PROGRESS TO 2vs1 BY ADDING F3 TO THE DRILL **

** MULTIPLE PLAYERS IN DRILL WITH GOOD FLOW **

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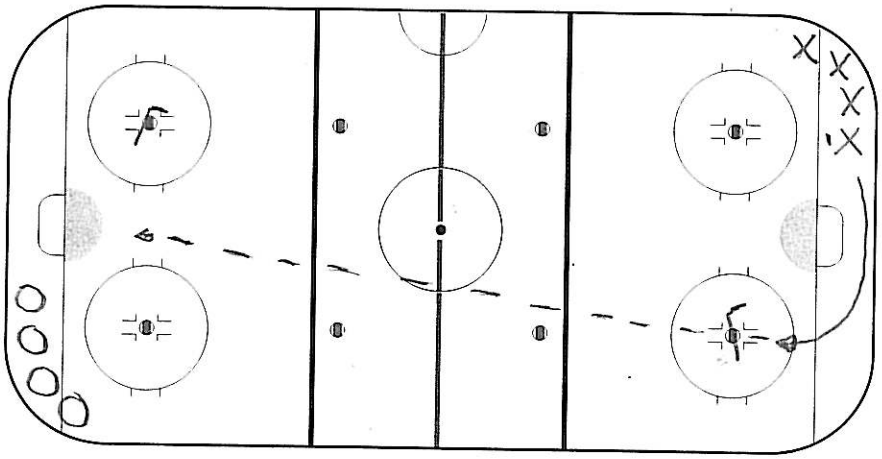
④ FUN / COMPETITING DRILL

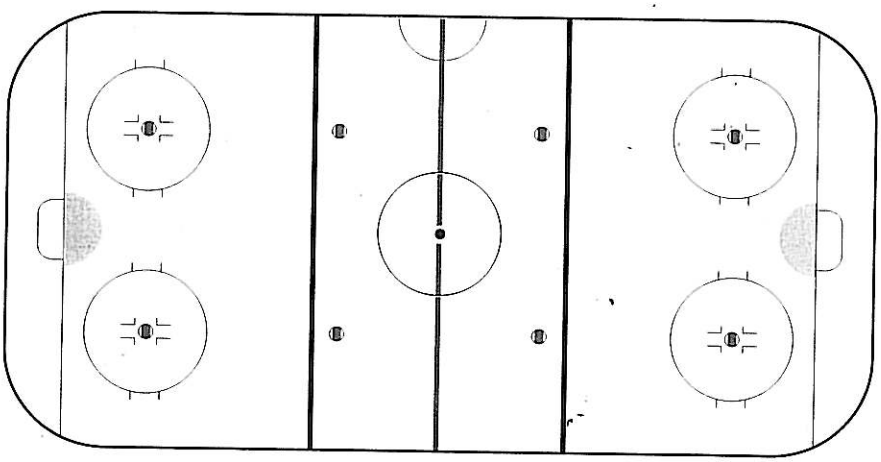


"FUN" CONDITIONING DRILL

- 1/2 TEAM IN EACH CORNER OF THE RINK

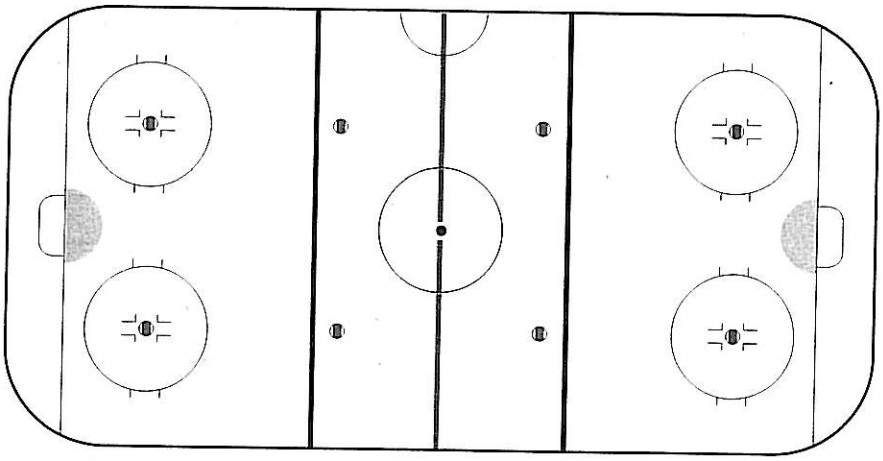
- 1ST X' PLAYER TAKES PUCK; GOES AROUND THE NET & MUST SHOOT PUCK OVER STICK & SCORE AT OTHER END. (OTHER TEAM SHOOTS NEXT.)

① IF GOAL: "O" TEAM MUST SKATE LAPS.



② IF MISS: "X" TEAM MUST SKATE LAPS.

** TEAMS ARE ABLE TO "WAGER" NUMBER OF LAPS ON THEIR TEAM'S SHOT. CAN BET 1 LAP, 2 etc. TO A MAXIMUM OF 4.** (TEAM CANNOT "WAGER" SAME NUMBER TWICE IN A ROW.)



"IF YOU SCORE YOU MAY NOT HAVE TO SKATE!"

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Practice Plan

Made with DrillDraw v6

Team: University of Notre Dame

Practice No.:

Date : November 19, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jeff Jackson

Objectives / Main tasks :

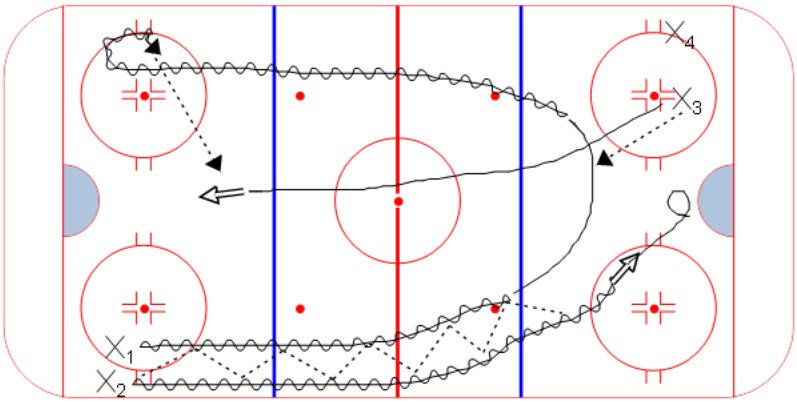
Recommended Book - Why Teams Win by Saul Miller

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Skill Drill **Content elements:** **Components :**

Description

X1 and X2 touch pass to the far blueline; X2 shoots and moves to the net front for screen/deflection; X1 gets a pass from X3 and attacks opposite end, using a high or low delay and passing to X3 late for second shot through a screen.
(Both ends go at the same time)



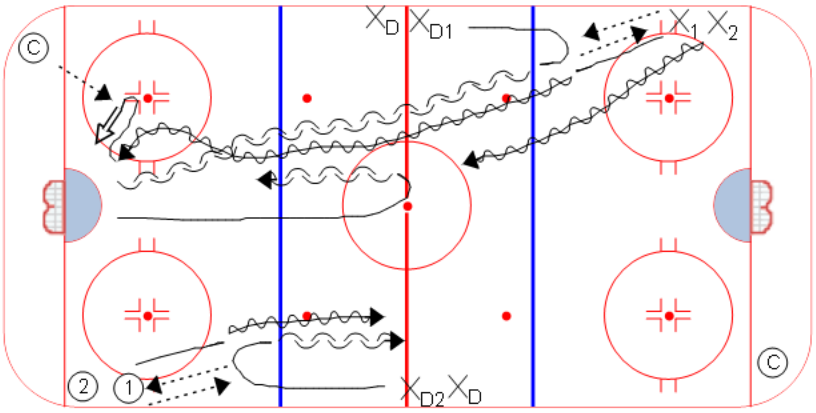
Key Points :

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : Defensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Defensive Drill

Description

D1 (and D2 at opposite end) gaps up to the blueline; X1 (and O1) pass to D and touch back to X1 (O1); 1 on 1 rush X1 pops into the slot and recieves a pass from the coach for a second shot; at the same time D1 gaps up to the redline and X2 attacks D1 for a second 1 on 1 rush.



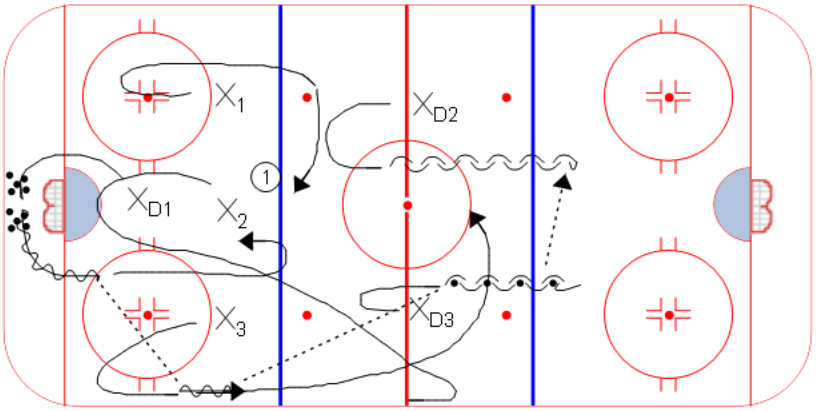
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Offensive Drill **Category #1 :** Jeff Drill of the Week **Category #2 :** Offensive Drill

Description

D1 breaks out the three forwards (pucks behind net); the forwards pass to two D in the neutral zone and coutner attack back against D1 3 on 1; at the end of the rush D1 breaks out three forwards a second time and attack the two D at the other end 4 on 2 (not shown); next D and Forward Line start the next breakout as soon as the first group passes the red line (same end).



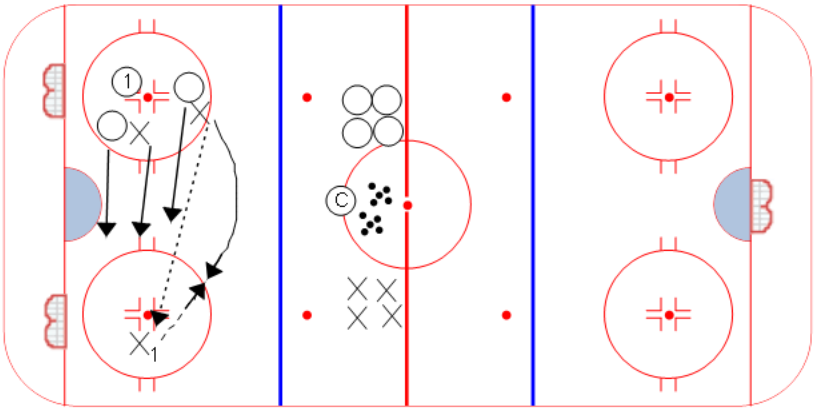
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Small Game **Category #1 :** Jeff Drill of the Week **Category #2 :** Small Game

Description

2 Nets set on the goal line; 2 on 2 with a "wild card" man in the circle in front of the opposing goalie; X's can pass to X1 in the circle and transition to offensive side; X1 cannot shoot and only pass; he cannot be checked by the O's and must stay in the circle; on a turnover O's can transition back to their offensive side by passing to O1 in the opposite circle; 30 second shifts.



Key points :

Practice Plan

Team: Drill Of the Week Club

Practice No.:

Date : Nov. 11, 2010 **Time:** **Duration:**

Version No.: **Prepared by:** Jim Midgley

Objectives / Main tasks :

1. Skill Drill- Good warm-up drill that gets the F, D and G invovled
2. Team Dril- Good for Forwards work on chips, cris crossing, cross dumps, good for D gaps and commnication
3. Favourite Drill- Flinner Drill
4. Fun- Kitchener 2-0 fun game

Quote- "I know players don't like my practice, but that's OK becasue I don't like thier games" Harry Neale
Book- The 360 Leader- John Maxwell

Drill no. : **Duration :** **Minutes** **From :** **To :**

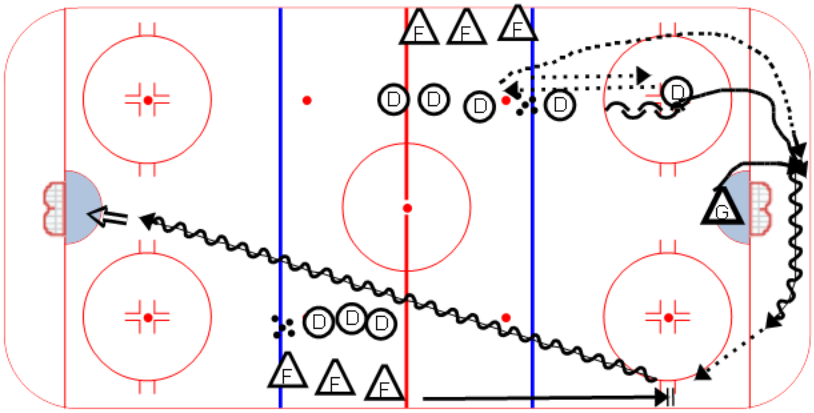
Title : Jim Rim Drill **Category #1 :** Warm-up **Category #2 :** Shooting

Description

D one touch pass with next D. Rims puck G stops rim and sets puck up for D to retrieve and pass to F who sprints down the wall and becomes outlet for the D. F takes a shot in the far end. D sprints hard to the other D line.

-Both ends same time.

-Must be controlled on the whistle. Don't blow whistle until forward shoots.



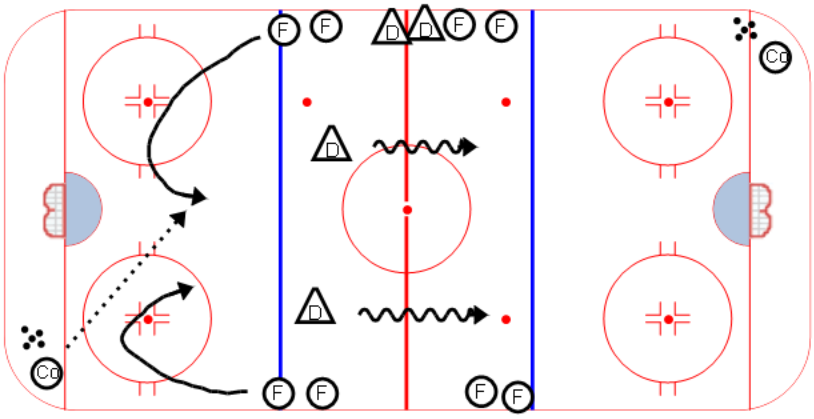
Key points : Goalie stopping rims | Passing | Communication | Shooting

Drill no. : **Duration :** **Minutes** **From :** **To :**

Title : 2 on 2 Regroup **Category #1 :** 2 on 2 **Category #2 :** Transition

Description

Whistle F's come in and get pass from coach attack 2 on 2, whistle regroup to blueline D gap up and attack 2 on 2 again. After 2 on 2 passes blueline new D come in to blueline and get 2 point shots, D seal out and get Forward sticks 3rd puck re-start drill.



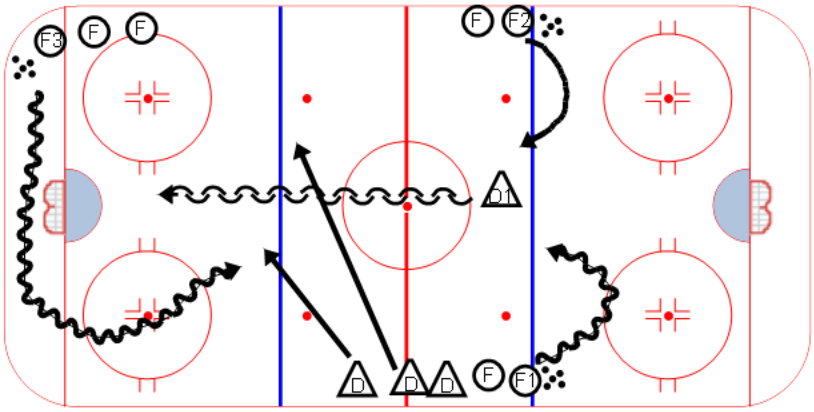
Key points :

Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Flinner Drill **Category #1 :** Shooting **Category #2 :** Flow

Description

-2 on 1 to start
-3 on 2 on the whistle/F3 carries puck behind net vs 2 new D
-2 on 1 with a backchecker/high guy from 3 on 2 backchecks



Key points :

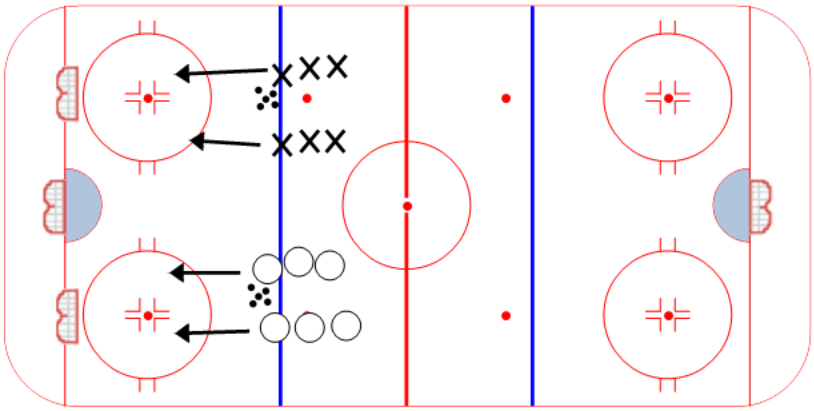
Drill no. : _____ **Duration** : _____ **Minutes** **From** : _____ **To** : _____

Title : Kitchener 2-0 Game **Category #1 :** Fun **Category #2 :** Game

Description

On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score.Go until the whistle.

First one to 10 wins!

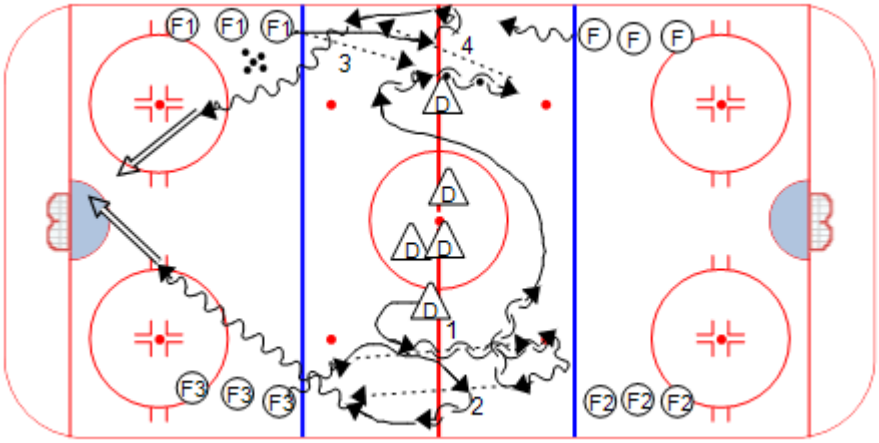


Key points : Fun | Battle | Competition

November 23, 2010

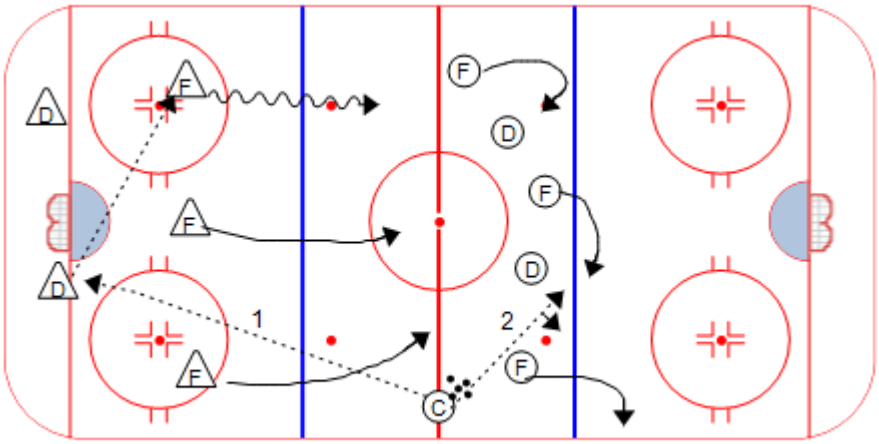
Drill of the Week Club. By Enio Sacilotto, Assistant Coach, Chilliwack Bruins

1. SKILL DRILL – PAT'S QUICK UP DRILL



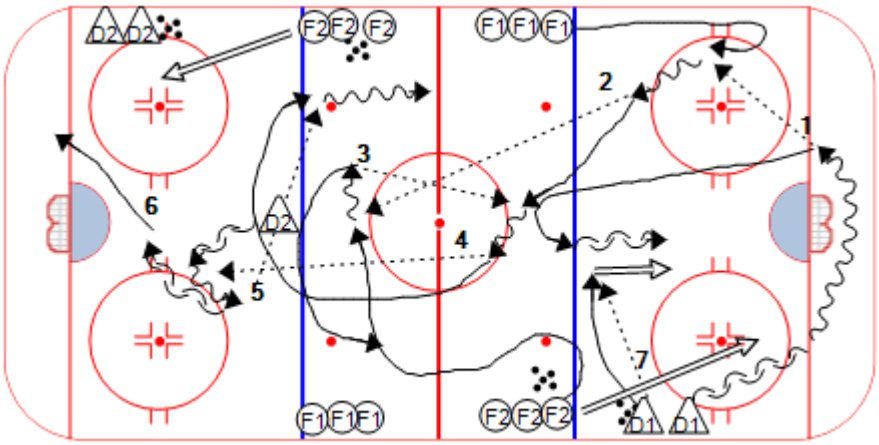
D starts at red (opposite sides at same time), goes forward, pivots backward, takes a pass from F3 (1), F3 goes forward and opens up, D pivots forward, takes a few steps and passes to (2) F3, F3 goes and shoots. D then sprints (quick feet) to the other side (just past centre), pivots backwards, takes a pass from F1 (3), takes a few strides back with puck, pivots forward, takes a few steps then passes back to F1. F1 shoots, Both sides at same time. Starts on whistle.

2. TEAM PLAY DRILL – TEAM TRACKING (BACKCHECKING DRILL)



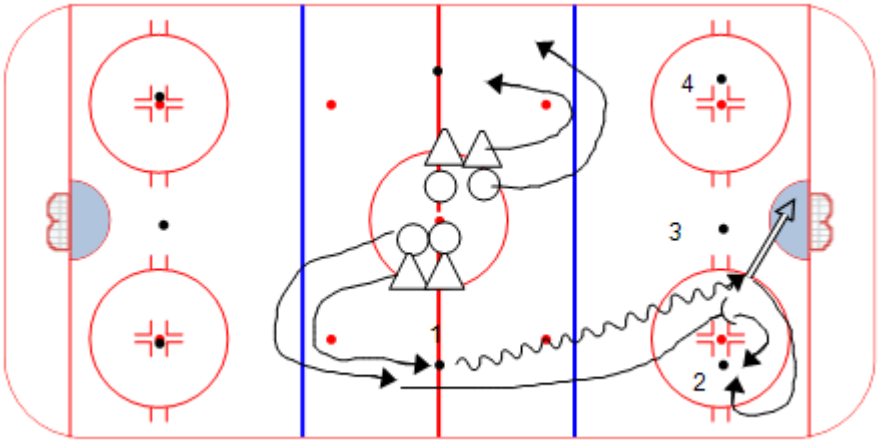
C spots puck (1). F's go 3 on 0, F's let the other F's by. D's jump up to get the gap. On the whistle, C spots a puck for the F's who go 3 on 2. F's when they hear the whistle LEAVE PUCK and begin to track back. We then have a 5 (F) vs. 2 plus 3 trackers / back checkers.
Can add another puck for 5 on 5 DFZC. Drill starts again going the other way.

3. FAVORITE DRILL – KAZAKASTAN 2 ON 1



Drill starts; F2 spots puck / D1 breaks out F1(1), F1 to F2 who stretches(2), F2 passes back to F1(3), F1 to D2 (4) for a regroup, D2 passes to F1 or F2 (5) who go 2 on 1 vs. D1, D2 in the meantime picks up puck as spotted by F2 (6) who starts the drill on the other side. In the meantime, F1 and F2 get in front of the net while, D1 shoots (D1 comes from the line) a point shot while the other D1 that defended the 2 on 1 boxes out in front of the net. D1 that took the point shot, then takes the regroup from the other side, then restarts the drill again from his side. The sequence for the D is 1) Point shot, 2) Regroup, 3) start breakout, 4) defend the 2 on 1, 5) box out then 6) out (rest). Drill is continous..

4. Pick up the puck battle



Both sides at the same time. On whistles, players leave and go around the NZ face dot, then compete to pick up puck. Player that gets puck attmepts to shoot, other becomes the checker. After shot the players compete for the next 3 pucks. Players have to make plays, not just shoot puck. Coaches set up next pucks and go again!

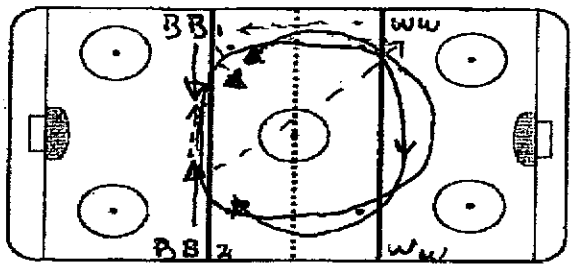
604-172-4656 EN10

UBC HKY – PRACTICE PLANNERS

DATE:_____ Duration:_____ OBJECTIVES:_____

Drill: 2on0 Passing Drill Time:_____

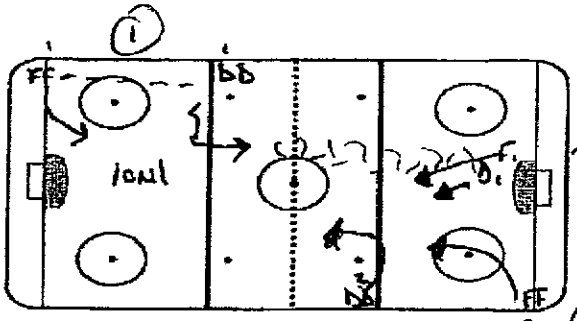
B1 2 cross - drop puck to each other, pass to anyone in line, puck moves around players as B1 2 skate around dots - Get pass back and attack 2on0, whistle then white goes



KTP: Passing - Be Ready In Line For Pass

Drill: 1on1 with backchecker Time:_____

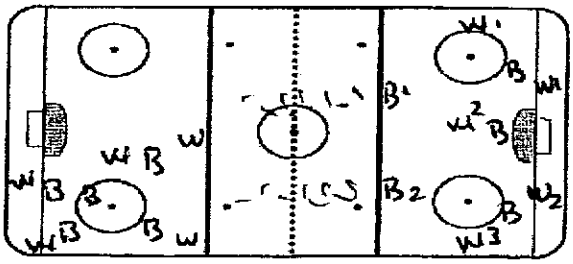
(1) F1 play D1 1on1 - whistle
(2) F2 play D2 F1 backcheck D1 jump up
play on whistle - LOTS OF FLOW



KTP: Defensive Drill - D inside dots - F backcheck support

Drill: 5on5 Rush - D zone Time:_____

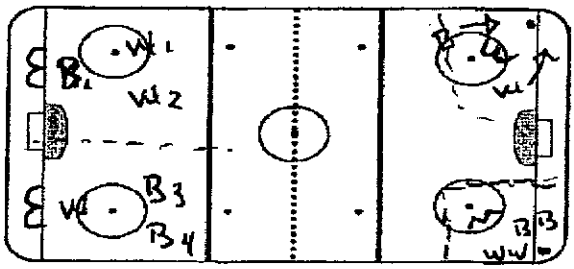
- whistle W123 attack B12 3on2 B123 backcheck D W12 jump up.
- Play rush out - whistle
- Play D zone 5on5 after rush
* add puck no zone if want - regroup after D zone



KTP: Backcheck - pickup through mid ice - shoot puck - mid lane drive on rush

Drill: Skill - Game 2on1 Time:_____

W12 - Play 2on1 vs B1. B1 gets puck he must pass to B34. Neither team can cross mid line



1on1 bottle 2on2 small area

KTP: Active Sticks - Passing Lanes - Scoring - Battle Small Area

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TO MR. ENIO SACILOTTO

FROM- WOLFFIE

PAGES -2 including this one

FAX-604-792-4656

COMMENTS

THANKYOU FOR GETTING THIS ALL TOGETHER ENIO,

HAVE A GREAT SEASON GUYS, ANY QUESTIONS LET ME KNOW

BOOK-FIGHT YOUR FEAR AND WIN !!

QUOTE-GIVEN THAT "HOCKEY IS LIFE" AND LIFE IS WHERE WE SPEND TIME BETWEEN GAMES, THEN TONIGHT WE LIVE AGAIN !!!!

ALL THE BEST !!!

Wolffie

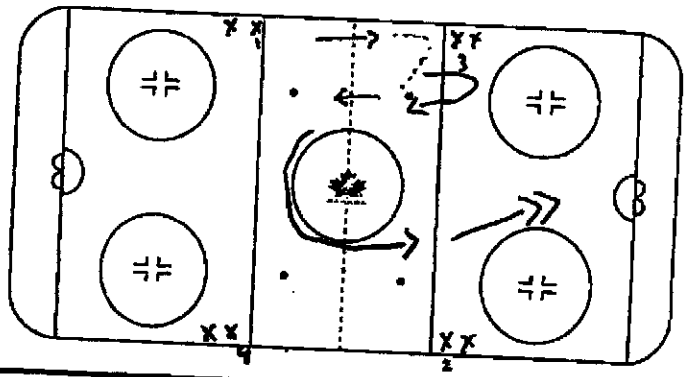
BARRY WOLFF

HOCKEY CANADA COACHING PROGRAM PROGRAMME DES ENTRAÎNEURS

TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Skill Drill

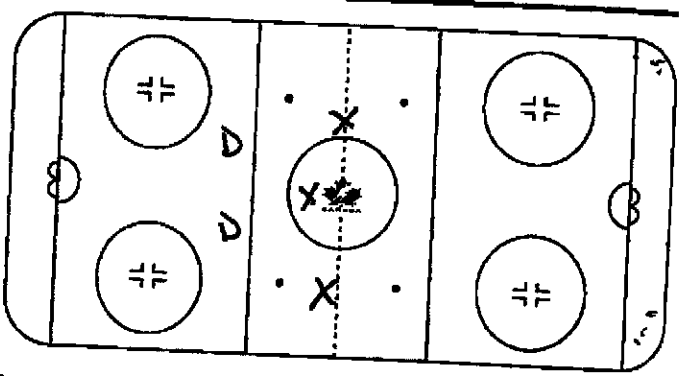
X1 and X2 leave with pucks
One touch Pass to X3 and X4 respectfully
X-3 pass Back to X1 as he pivots
X1 will pass to line he left From
Excelerate around circle GET Pass
From X2 line And SHOOT



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Team Play Drill

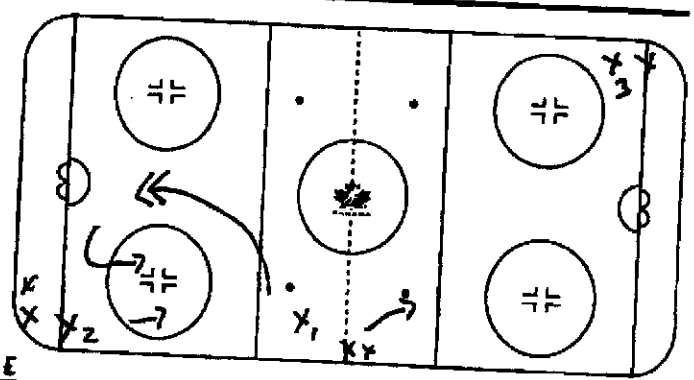
X Dump Puck on Goalie - Goalie Set
UP Puck -
D - Break out - GO 5-0
SCORE - F Go to corner Pass to D
SHOT Deflection - F - Go to opposite corner
Pass to D - SHOT Deflection
G Pass to Fwds - Attack 3 on 2



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Favorite Drill

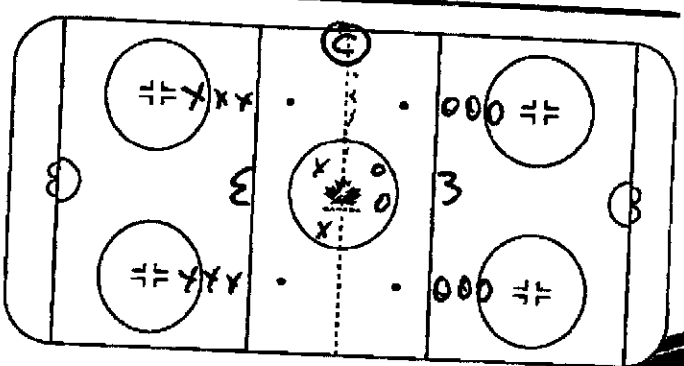
X1 leaves with Puck SHOOTS
Plays Rebound - then Curls to X2
X1 + X2 Go 2-0 Far End
- Play Rebound
Then Pick up X3 Attack Far
end 3-0
* Then Go opposite - WAY - New From X1 line



TIME / DURÉE | DESCRIPTION | KEY POINTS / POINTS CLÉS

Fun Competitive Drill

Coach With Pucks
2-2 you can use next guy
in line as a passer
They are stationary
Coach dumps puck in middle
Go till you SCORE



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1966, 1986, 2007

CCHA Champions
1985,1986,1989,1990
1998,1999,2001

NCAA Frozen Four
1959,1966,1967,1984
1986,1987,1989,1992
1999,2001,2007

CCHA Tournament Champions
1982,1983,1984,1985,1987,1989
1990,1998,2000,2001,2006

RICK COMLEY, HEAD COACH
National Coach of the Year – 1980-1991

Fax # 517 432-1879

FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40
- just put this sequence of numbers on the locker room board
- you get lots of guesses and lots of wondering
Answer - 4 lines going 40 sec at a time

Book – Open by Andre Agassi

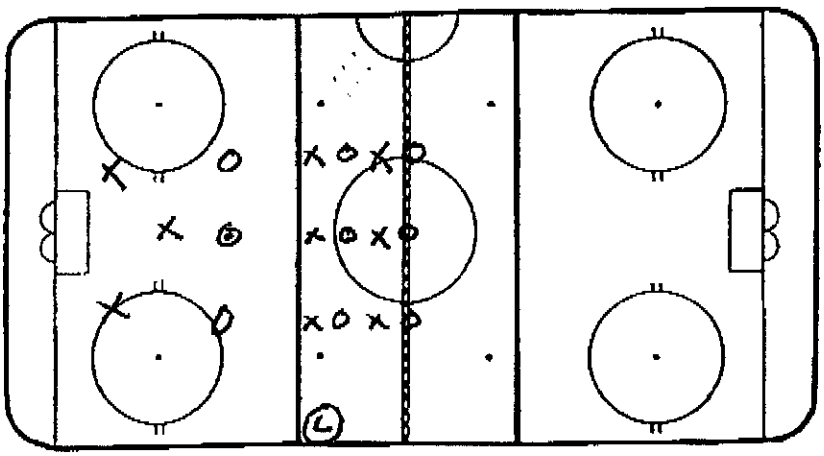
If you do not receive all pages from this transmission, or if you have any questions, please call A/C 517 355-1639 or fax 517 432-1879.

COMMITMENT TO EXCELLENCE

SPARTANS

MSU is an affirmative action, equal opportunity institution

System / Drill Competitive 3v3 Continuous

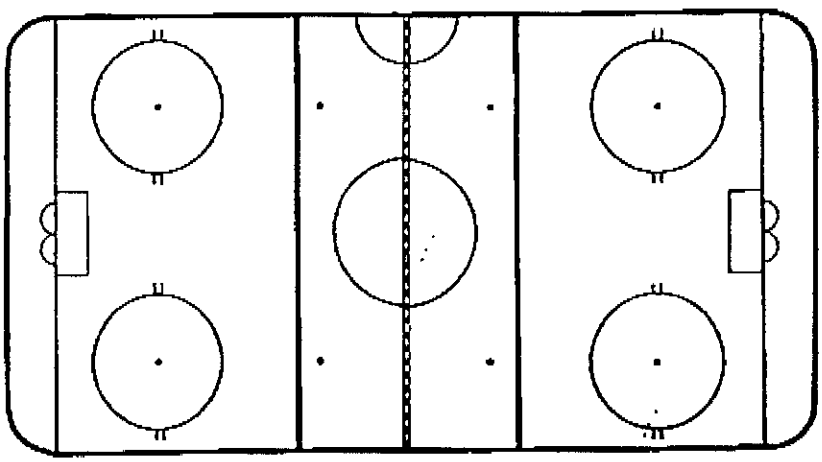


Description

O's start on ~~[illegible]~~ offense X's on Defense
X's must get puck and make tape to tape pass with X's in line
X's in line receive puck attack O's 3v3.

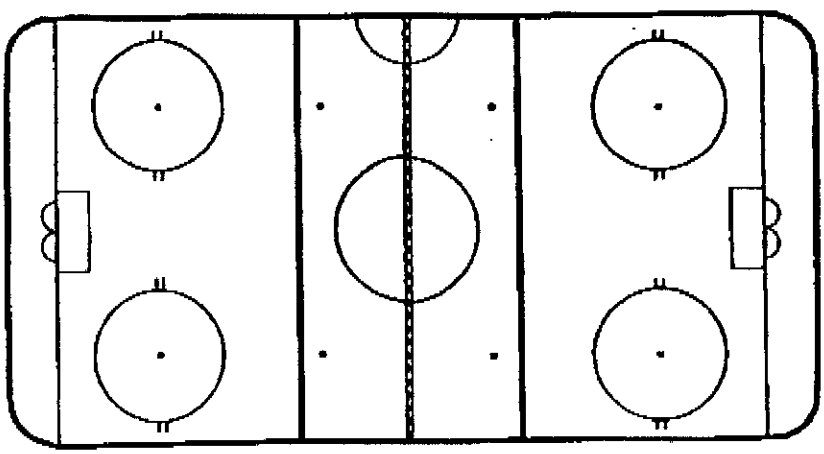
* if not a tape to tape pass (C) puts in new puck same players.
* if goal is scored (C) puts new puck in same players

Notes / Comments



Description

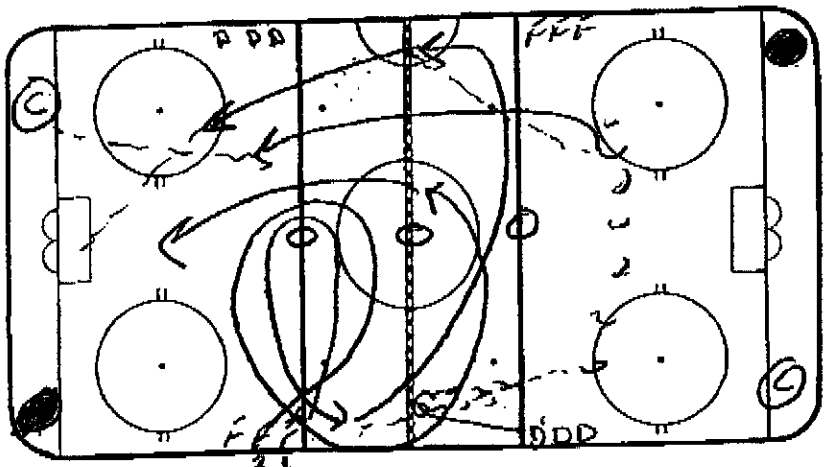
Notes / Comments



Description

Notes / Comments

System / Drill J. Nights Drill (Skill)



Description

F1 around tire with puck
F2 follows him (no puck)

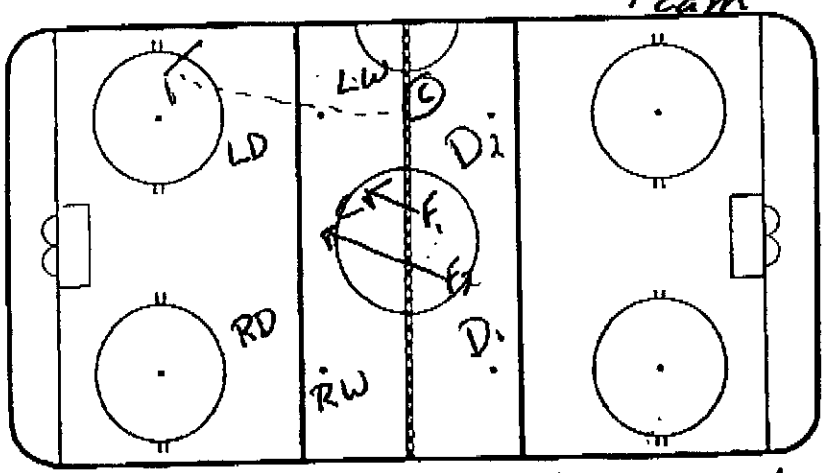
D1 up to RL transition back

F1 to D1 who travels laterally

F1 to wall F2 middle lane support D1 to F1 or F2
F3 shot D to RL pass from C

Notes/Comments Both sides go at same time start on whistle

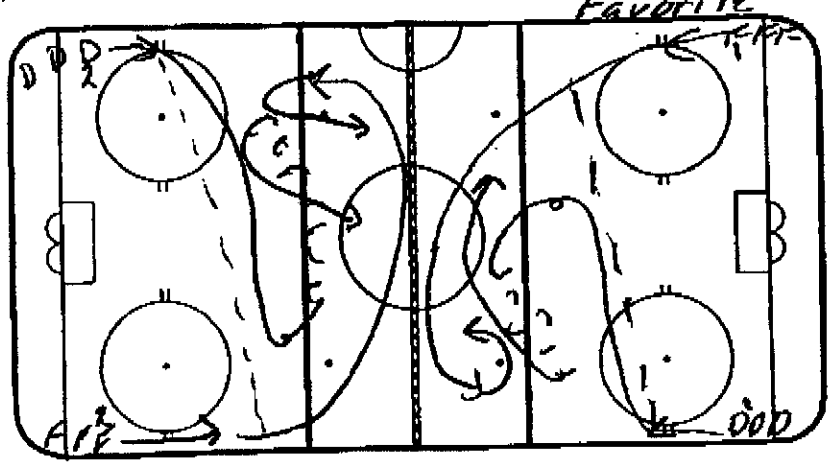
Team



Description 5 v 4
- C Dumps Puck
- F1 F2 4th Hard
- Unit of 5 Breaks out
- F1 Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to BD. on 2nd Dumped puck.
- F2 & F3 4th hard again
- F2 comes back hard to play 5v3 in the OZ

Notes/Comments good conditioning and both offensive and defensive Team Play.

Favorite


D D D
F1 F2 F3
C
F
F
F

KILMARNOCK STORM
HOCKEY PRACTICE PLAN

COACH S. WILSON

A/C'S

DATE

DURATION

PRACTICE#

LEVEL **LTP U10 U12 U14 U16 U20 SNL**

OBJECTIVES

SKILL WORK	TEAM PLAY	SYSTEMS/CONCEPTS	GAME SITUATIONS/TESTING
SKATING	1 - ON - 1	DEFENSIVE COVERAGE	SMALL ICE GAMES
PUCK CONTOL	2 - ON - 0	BACKCHECK	FULL ICE GAMES
PASSING/RECEIVING	2 - ON - 1	FORECHECK	FUN RELAY CONTESTS
SHOOTING	2 - ON - 2	BREAKOUTS/REGROUPS	SKILLS TESTING
CHECKING	3 - ON - 1	ENTERING ATTACK ZONE	SKILL STATIONS
AGILITY WORK	3 - ON - 2	CYCLING	MISC.
GOALTENDING	3 - ON - 3	FACEOFFS	
DEF./FORWARDS	3 - ON - 4	PP/PK	

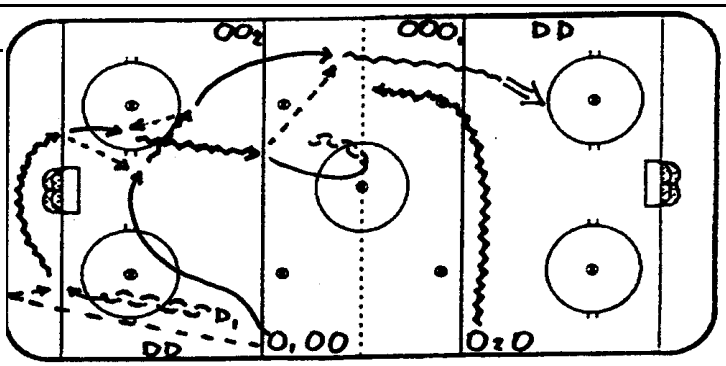
TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

At a young age winning is not the most important thing... the important thing is to develop creative and skilled players with good confidence. Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure. **Arsene Wenger, Arsenal FC**

DRILL — WILD WING 1-ON-1

DESCRIPTION

Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 0 on net in opposite end. Once O1 crosses the blue line, O2 begins skating across the ice and once he reaches the far NZ face-off dot, heads back down the ice 1 on 1 against D1.

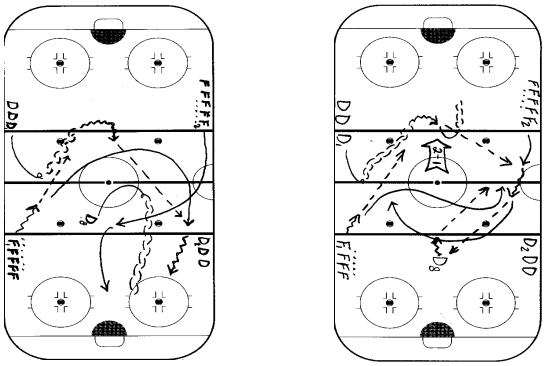


NOTES

DRILL — 2-ON-1 REGROUP DOUBLE SWING

DESCRIPTION

D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1 against D8. D2 now skates to red line and the drill repeats 2-1 now against D1. Prog: add regroup off D8, 2-1 on D1

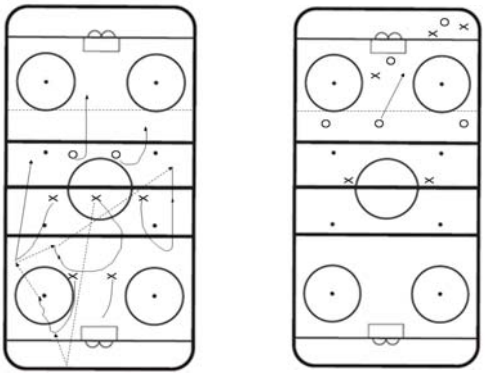


NOTES

DRILL — 3 ON 2 HELP

DESCRIPTION

Drill starts with 3 forwards (X) dumping puck and breaking out of two defence (X). The 3 F go 3-on-2 on opposite D (O). Once play goes below the top of the face off circles, thre new forwards (O) and two new D (X) wait at the top of the zone. The OD must try to break out the OF. after 30 sec of 3-on-2, the coach can yell help and the OC joins the play to make a 3-on-3. once the breakout leaves the zone, the inital F and D are done.

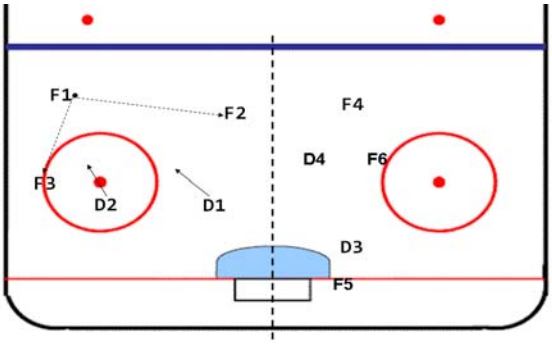


NOTES

DRILL *3-ON-2 HALF ZONE*

DESCRIPTION

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2,F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP APUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PIRNCIPALS IN SMALL AREAS



NOTES

DRILL

DESCRIPTION

NOTES

DRILL

DESCRIPTION

NOTES

Practice Plan

Made with DrillDraw v6

Team: Université de Moncton

LOGO

Practice No.: _____

Date : November 25, 2010 **Time:** _____ **Duration:** _____

Version No.: _____ **Prepared by:** Stéphane LeBlanc

Objectives / Main tasks :

Team Drill: 3 puck DZone. Practices a 1 on 1, 2 on 2 and 3 on 3 situation in the DZone.
Favorite Drill: Ladder entry drill. Works on middle entries and has good flow. Good at the start of practice for Warm up.
Fun Drill: 10 puck shootout. Practices shootouts and fun competition between two teams.
Quote: The more you sweat in training, the less you bleed in war. - Navy Seals
Book: Simply the Best - Ryan Walter & Mike Johnston

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : Figure 8 wu **Category #1 :** Warm up **Category #2 :** power turn

Description

First 3 players leave at the same time.

X1 goes wide around pilon for a shot

X2 figure 8 around pilons for a shot down the middle

X3 figure 8 around pilons for a wide shot

Key points : Power out of turn | Keep feet moving | switch lines each time

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : 3 puck D-Zone **Category #1 :** Defensive play **Category #2 :** Systems

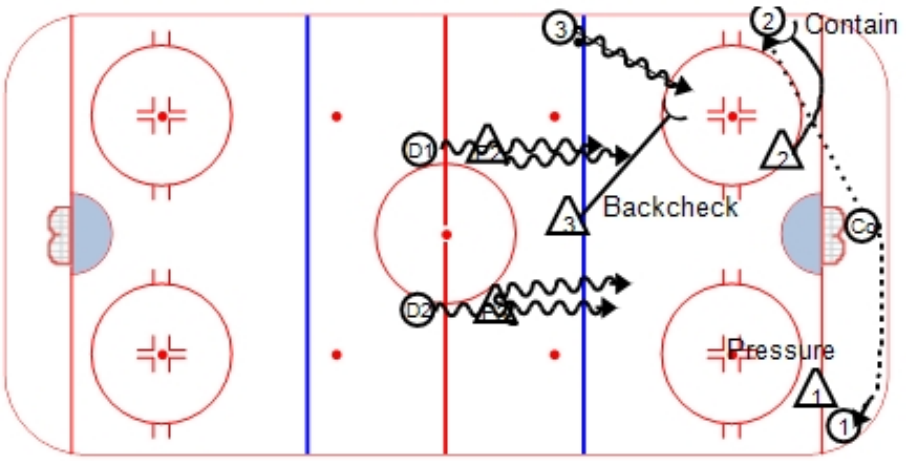
Description

A) Defensive player pressures offensive player until whistle.

B) On whistle △1 & ① Join △2 & ② for a 2 on 2. until whistle.

C) On whistle, △3 & ③ enter the zone to make it a 3 on 3.

D) On the next whistle, the 4 players in the neutral zone enter to make it a 5 on 5 D-Zone Coverage.



Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

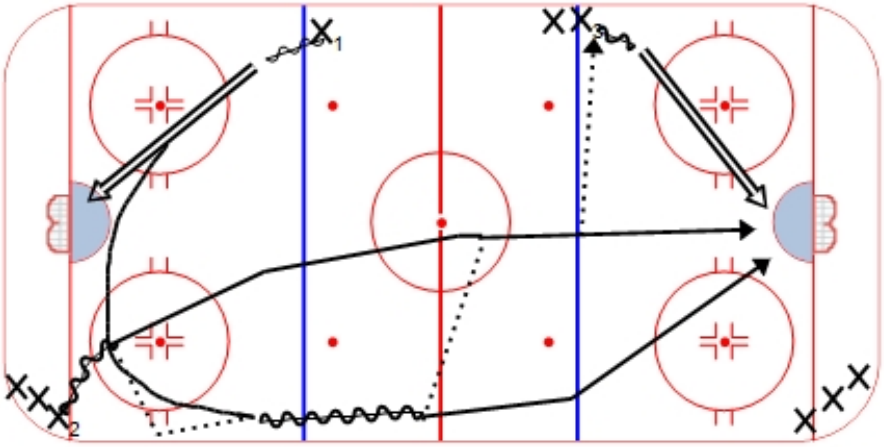
Key points : D-Side | Stick on the puck | Body on Body | Protect home plate

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : Ladder Entry Drill **Category #1 :** Line rushes **Category #2 :** Entries

Description

Start with X1 as shooter
-after shot, X1 curl low for a chip from X2.
X1 in outside lane, X2 in middle lane.
X2 pass to X1 through neutral zone.
On entry, X1 passes to X3.
X3 takes one step over the line, stops and shoots. If there is 4th man as the trailer, he can make that pass.
Var: After chip by X2, next player in line can jump in to be 4th man on the rush.



Key points :

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To** _____

Title : 10 puck shootout **Category #1 :** Fun **Category #2 :** Shootouts

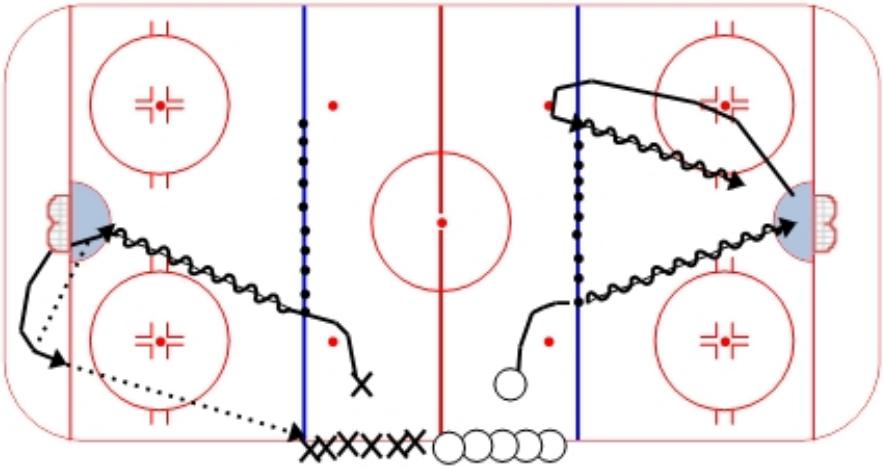
Description

Player picks up one of the 10 pucks on the blue line.

If he scores (O), he gets another puck and repeats this until he misses.

If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net

First team to score all 10 puck wins the game.



Key points : Players are on their bench

DON MCKEE

Current Coaching Assignment

Presently coaching the Canadian Team for the Deaf in preparation for the Deaflympics in Slovakia in February 2011.

Quote

Every job is a self-portrait. Autograph your work with excellence!

Author unknown

Recommended Reading

Title: Bo's Lasting Lessons (The Legendary Coach Teaches the Timeless Fundamentals of Leadership)

Authors: Bo Schembechler and John U. Bacon

Publisher: Business Plus, Hachette Book, Group USA, 237 Park Avenue, New York City, New York, 10017

Team Building Activity

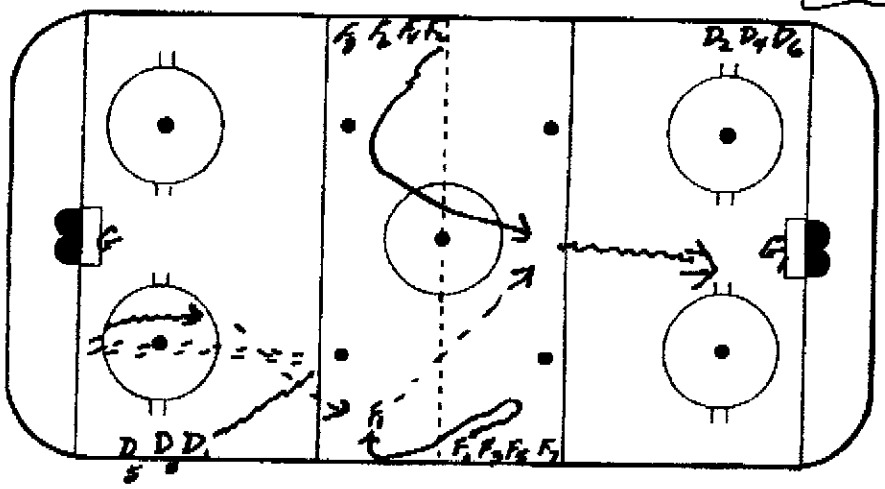
This is a good activity for junior and university teams. All players are requested to bring an item that represents something very important to them in their hockey life, and place it in their dressing room stall. Examples of such include, their first hockey sweater, a medal won in a tournament, a gift from a parent, first pair of skates, etc.

Prior to each home game, at a time identified by the coach, one or two players will tell the story reflected by their specific memento. This exercise allows all players to share, as well as to demonstrate interest in teammates' pasts. It also gives them the opportunity to recognize that as a team they are creating new memories in every game they play.

TIME :

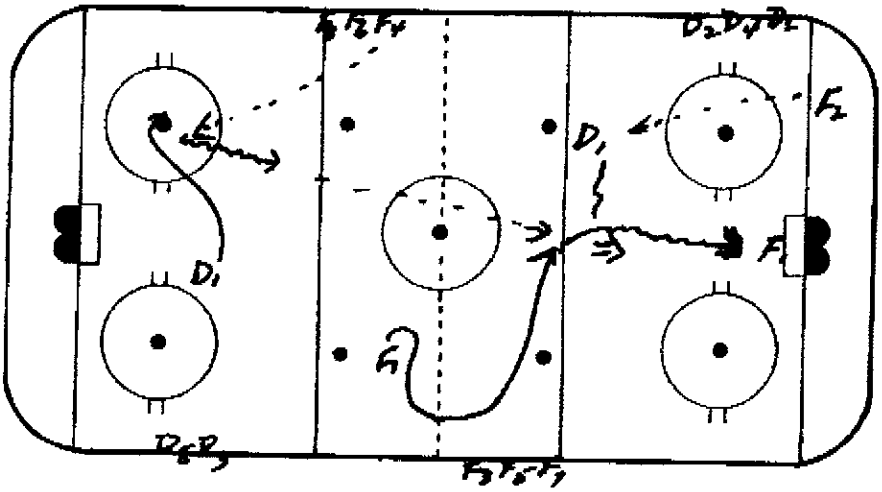
"SKILL DRILL"

TIMING
SKATING, PASSING, SHOOTING



'PHASE ONE'

D_1 SKATES WITH PUCK - FORWARD TO BL AND BACKWARDS TO BACK OF CIRCLE - ENPLODES FORWARD & PASSES TO F_1. F_1 TAKES 2-3 STRIDES FORWARD & RETREATS TO GET PASS FROM D_1. F_2 CIRCLES TO TAKE PASS FROM D_1. F_2 DRILLS & SHOOTS ON G.

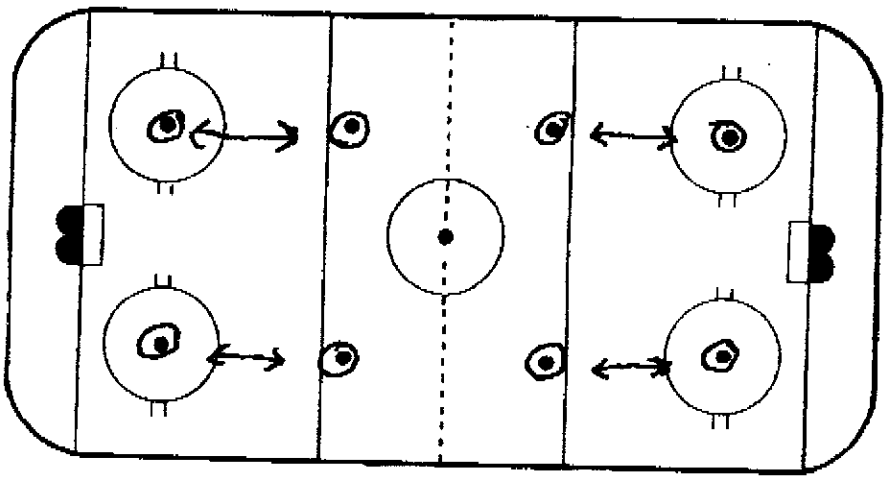


'PHASE TWO'

D_1 AFTER MAKING PASS TO F_1 MOVES TO OTHER CIRCLE AND TAKES PASS FROM F_4. F_1 CIRCLES TO TAKE PASS FROM D_1. D_1 ENPLODES & PASSES TO F_1. D_1 FOLLOWS TO BL & RECEIVES PASS FROM F_2. F_1 SCREENS D_1 - SHOOTS.

DRILL STARTS OVER ON OTHER SIDE OF END

"FUN DRILL"



2 on 2 BATTLES

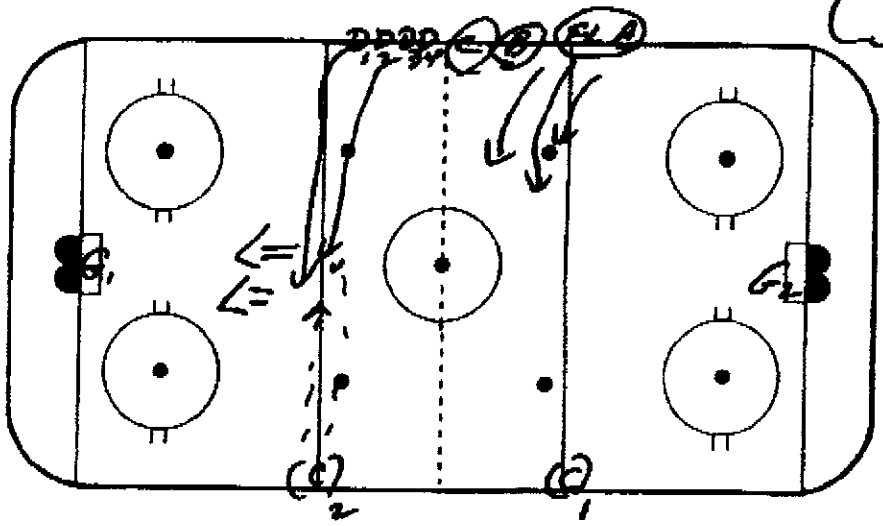
8 TIRES ON THE ICE
4 GAMES OF 2 on 2
PLAYERS MUST FLICK PUCK INTO CENTRE OF OPPONENT'S TIRE TO SCORE.
KEEP - SCORE. PLAY AS TOURNAMENT. PLAY OVER AND OVER
SUBSTITUTE ON WHISTLE.

DON McKEE / NOV. 2010

TIME :

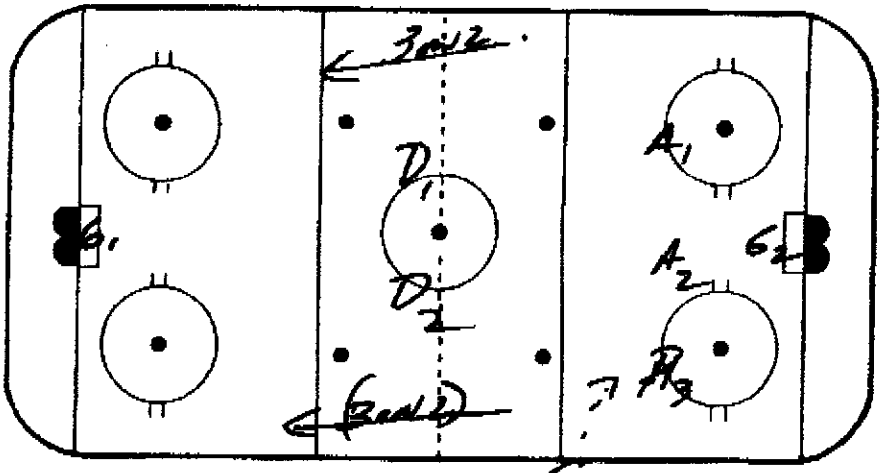
"FAVOURITE DRILL"

3 ON ZERO / 3 ON 2 / 3 ON 2 / 3 ON ZERO



PHASE 1

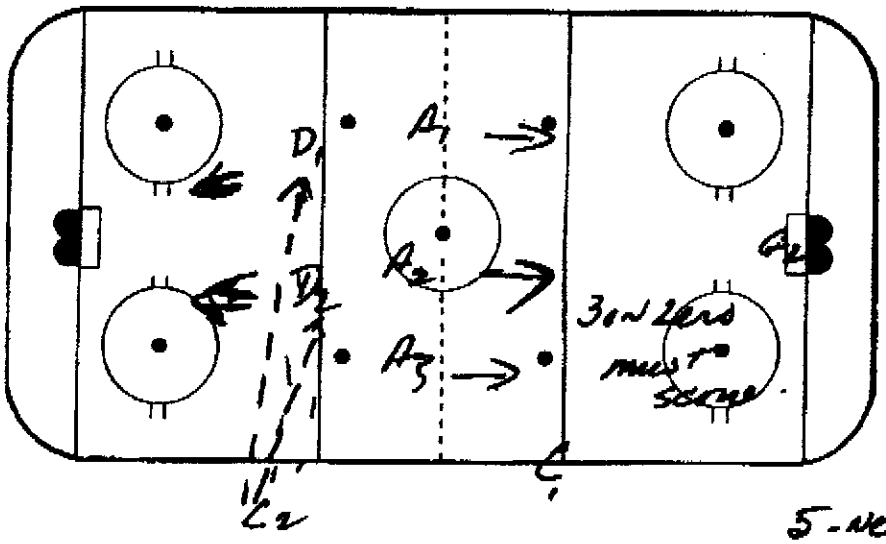
ONSIGHT - FORWARD LINE A COMES ACROSS B.L. - STAY ON SIDE. COACH GIVES THEM PUCK ATTACK G_2 - 3 ON ZERO. MUST SCORE. GOALIE GETS PUCK THROWS ON CORNER.
D_1 - ACROSS B.L. SHOOTS - D_2 ACROSS B.L SHOOTS.
D_1 + D_2 MAKE UP ICE FOR 3/2.



3 ON 2 - ONCE / 3 ON 2' - TWICE.

PHASE 2.

COACH, - GIVES PUCK TO LINE A ATTACK - D_1 + D_2 3 ON 2. IF THEY LOSE PUCK, OR POSSESSION THEY RETURN TO C, FOR SECOND PUCK AND AGAIN ATTACK 3 ON 2.



PHASE 3

WHEN - LINE A LOSES PUCK ON SECOND 3 ON 2 - THEY RETURN AND GET PUCK FROM C_1 + ATTACK G_2 3 ON ZERO. EACH FORWARD MUST TOUCH PUCK BEFORE THEY SCORE D_1 + D_2 RETURN TO B.L FOR TWO MORE SHOTS' (COACH)

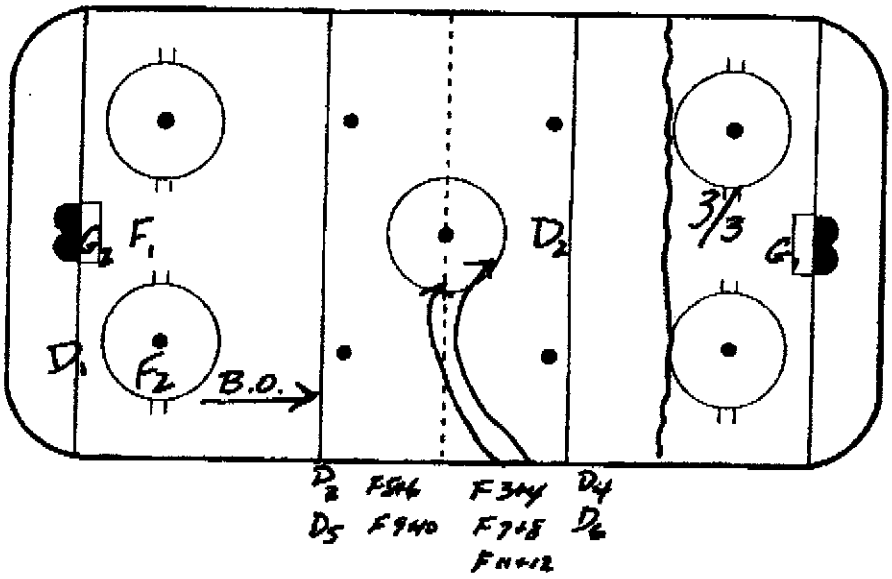
5 - NEW players start drill over.

DON McKEE - NOV - 2010

TIME :

"TEAM PLAY DRILL"

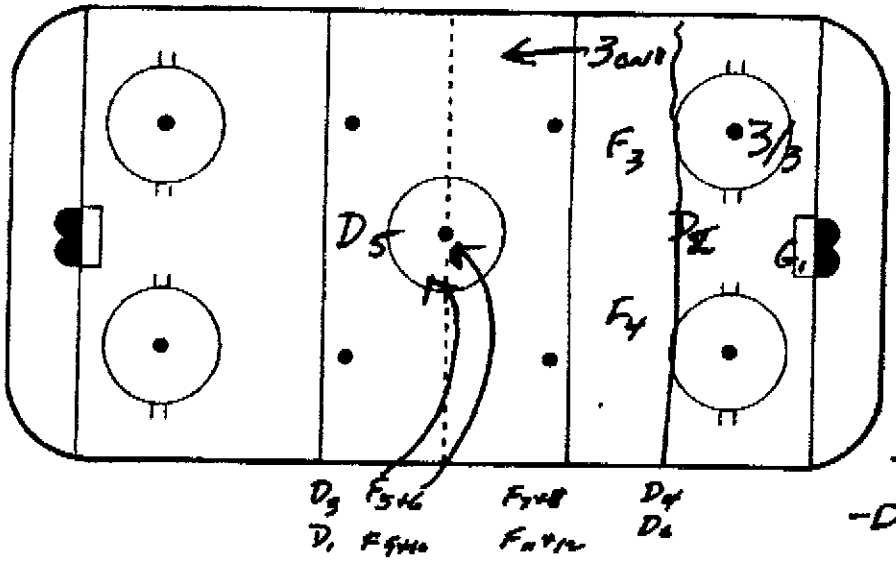
CONTINUOUS 3 ON 1 PLUS 2 BACK CHECKERS



$D_1 + F_1 + F_2$ B/O. against D_2 - 3 on 1. WHEN THE PUCK CROSSES R.L. F_3 + F_4 COME FROM BENCH, SKATE THROUGH CENTRE CIRCLE TO SUPPORT D_2 - CREATE 3 on 3 BATTLE BELOW THE TOP OF CIRCLES.

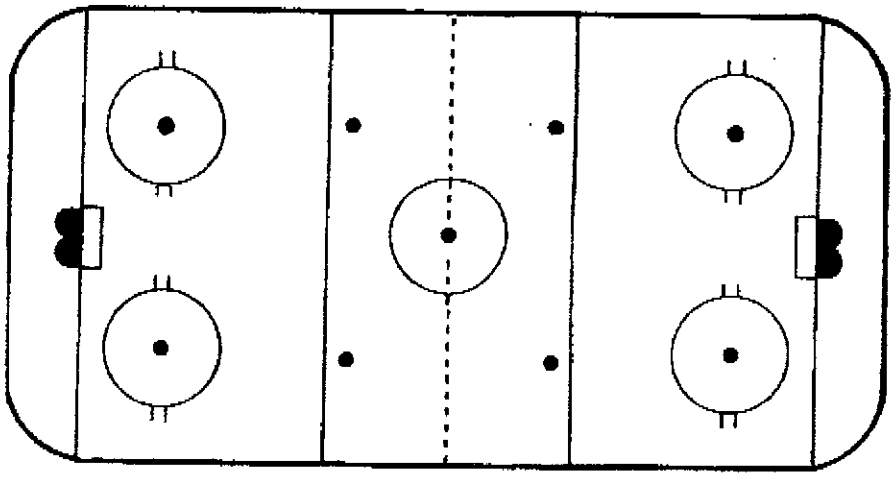
PHASE ONE ↑

PHASE TWO ↓



3/3 IN DEF. ZONE. IF PUCK GOES OUT OF PLAY IN NET OR OUT ABOVE TOP OF CIRCLES - IT NOW BECOMES 3 on 1 - THE OTHER DIRECTION $F_3 + F_4 + D_2$ VS D_5. $F_1 + F_2 + D_1$ go to BENCH HARD, WHEN PUCK CROSSES RED LINE. $F_5 + F_6$ COME SUPPORT D_5

- DRILL IS CONTINUOUS.



DAN MCKEE - NOV/2010

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Neepawa Natives Junior "A" Hockey Club

Fax

To:	Enio Sacilotto	**From:**	Bryant Perrier
Fax:	604-792-4656	**Pages:**	4 (Including cover page)
Phone:		**Date:**	Jan 10, 2011
Re:	Drill Club of the Week	**CC:**	

Notes:

PERSONAL AND CONFIDENTIAL

ATTN: Enio

Enio,

I am faxing to you my drills for the DRILL CLUB OF THE WEEK. All the best to you and the guys. Have a great second half!!

Regards,

Bryant Perrier

"QUOTE"

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat."

- Theodore Roosevelt quotes (American 26th US President (1901-09), 1858-1919)

RECOMMENDED BOOK: The 21 Irrefutable Laws of Leadership.
By: John C. Maxwell

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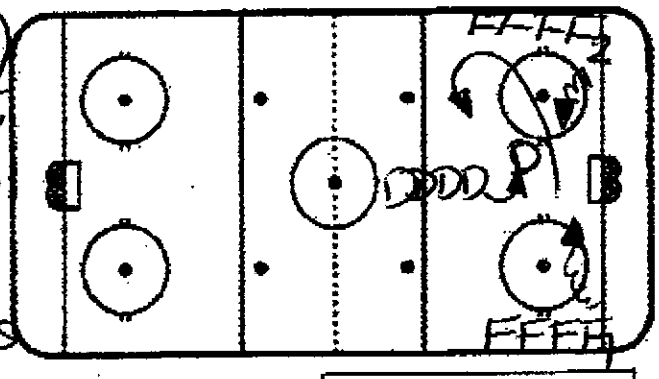
C	Coach		Puck Carrying
● ○	Forwards		Shooting
▲ △	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Lateral Movement
	Puck		Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name: (Half Ice 2vs1)

F1 attacks net for quick shot, continues to opposite corner. Def moves to defend. F2 dumps puck to F1 + now attack F1 + F2, F2 after quick 2vs1 continues to opposite corner, + attacks net w/ F3. D, handles 2, 2vs1 is + is replaced.



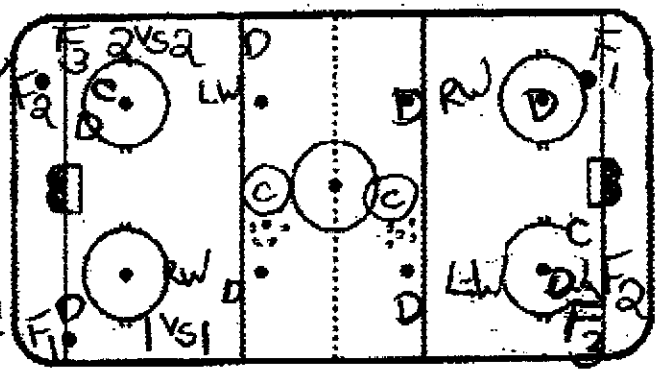
Key Teaching Points (KTP)
Great Drill for Goalies

Key Execution Points (KEP) file

Date: Duration 20 (Minutes)

Time: 20 Drill Name: (Defensive Zone Situation / 5vs5 Battle Zones.)

Coach blows whistle + 1vs1 starts. 1vs1 low coverage. after 1vs1 dissolves, Coach blows 2nd whistle to start 2vs2, 2vs2 low coverage.

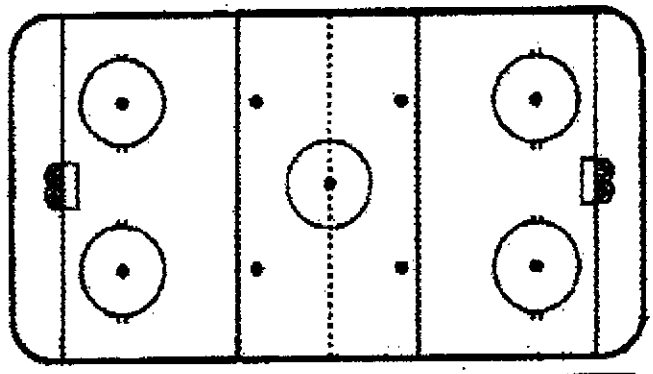


Key Teaching Points (KTP)
D's move on Blue Line + Wingers cover inside out. after 2vs2 dissolves, the teams switch.
*Option: 5vs5 coverage on 3rd whistle

Key Execution Points (KEP) file

Date: Duration (Minutes) 0

Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP) file

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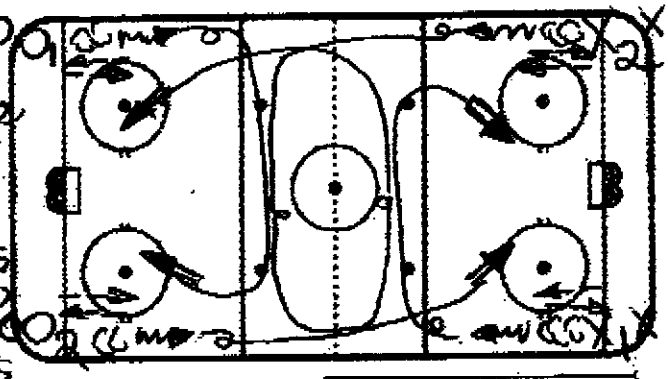
C	Coach		Puck Carrying
● ○	Forwards		Shooting
▲ △	Defenders		Pass
G	Goalie		Drop Pass
—‖	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks	—‖	Defensive

Date: JAN 10 Duration 10 (Minutes)

Time: 10 Drill Name (Long + Short)

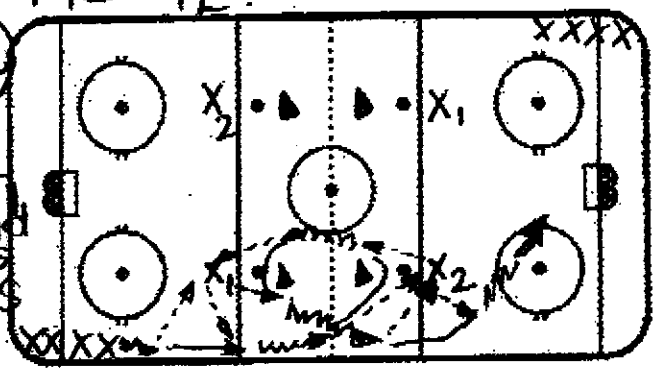


ALL 4 Lines begin on Whistle. Each Player STARTS w/ Puck + Pivots to Backwards. The players make a pass to their line + get a Quick return pass. The players then Pivot back to fwd + then skate into "NZ". The players from opposite corners skate the same route. O_1 + X_1 go short around the near dots + O_2 + X_2 skate around the far dots before taking a shot on goal. Each player must perform a high speed maneuver in the "NZ".

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

Date: Duration (Minutes)

Time: 10 Drill Name (Snake Drill)

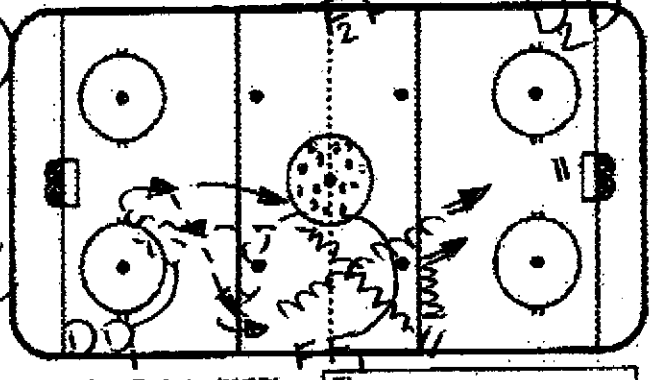


Start drill a same time. on taking the return pass from X_1, he stickhandles to the pylon passes to X_2, tight turn around the pylon + takes a return pass from X_2. He then stickhandles to the second pylon + passes to X_1 again. After curling around the second pylon he takes a return pass from X_1. Moves down the boards, passes to X_2 again + after receiving a return pass from X_2, cuts for the net for a shot.

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

Date: Duration (Minutes)

Time: 10 Drill Name (ORR TRANSITION)



F_1 + F_2 go a the same time after Regroup, F_1 + F_2 gets puck back, goes in for a shot. D_1 + D_2 gets 2nd puck @ centre they skate to the wall, skate tweed across to the middle for a 2nd shot. Fwd plays the Rebound.

Key Teaching Points (KTP) | Key Execution Points (KEP) | file

604 792 4656

To: Enio Sacilotto

From: Kris Knoblauch

Team Building Activity

Scavenger Hunt

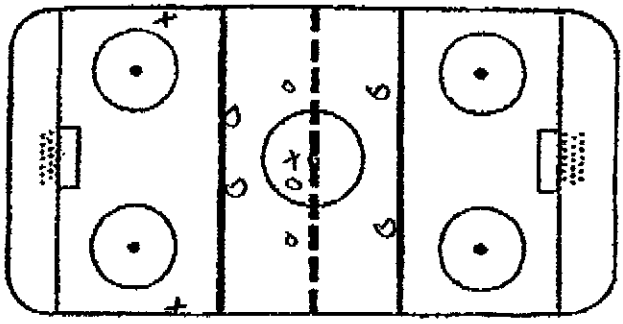
- Send each team out with a camera to catch each item on the list.
- Items on the list either fun or get players into sponsors' stores, hopefully both.
- Put together a slide show for the team to watch together.

Kootenay Ice Hockey Club

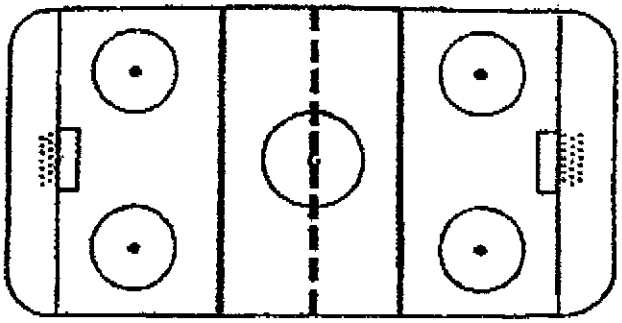
FOCUS: 1. _____ 2. _____ 3. _____ 4. _____

Date: _____
Time: _____
Duration: _____

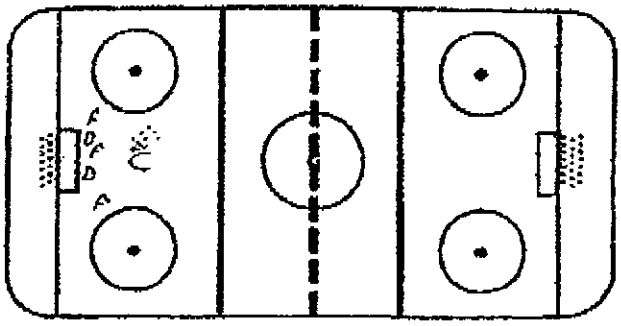
	Team Play
3. 5-3 / 5-5 • X dumps puck in and forechecks. • 3 Ds breakout with 2 D and attack other 2 D. X Backchecks. • immediately after attack coach blows whistle → Transition. • 2 X's attack other end. They cannot shoot or pass until they reach goaline.	

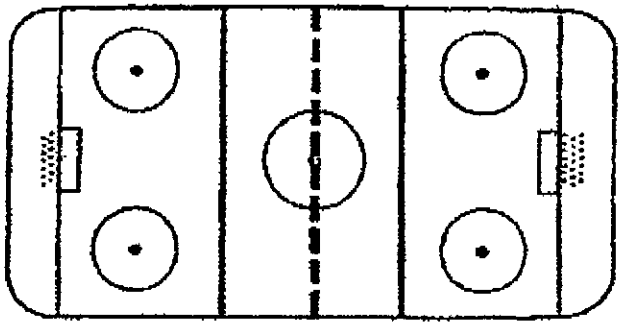


• play 5-5 until puck out of whistle.	



	Game
1. 3 vs 2 Net Front • 5 pucks, coach pass to one of forwards. Play each until whistle. • 0 goals – D win • 1 goal – Tie • 2 goals – Forwards win	





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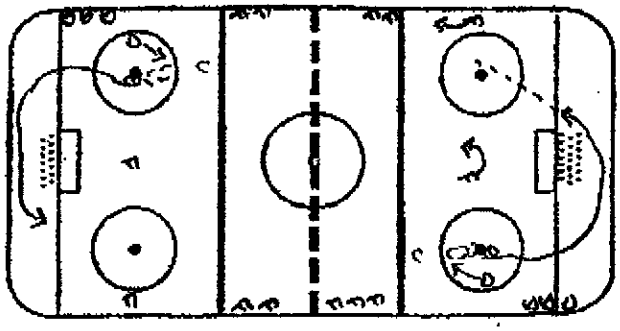
Kootenay Ice Hockey Club

FOCUS: 1. _____ 2. _____ 3. _____ 4. _____

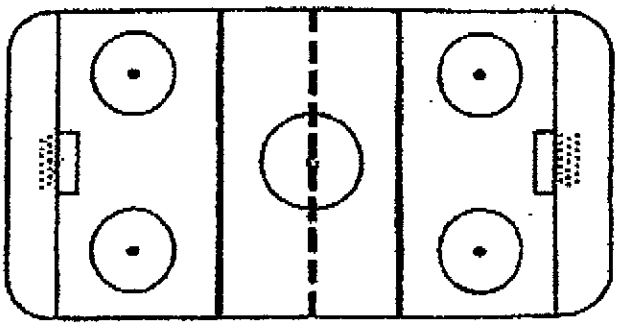
Date: _____
Time: _____
Duration: _____

1. Johnson Breakout (Favourite)
   - Whistle starts: 2 Forwards from each end touch red & into zone. D touch top circle and back to get puck that coach dumped into corner.
   - Coach forechecks. D need pressure. Either up or wheel. Pass to Forwards who attack 2-0.

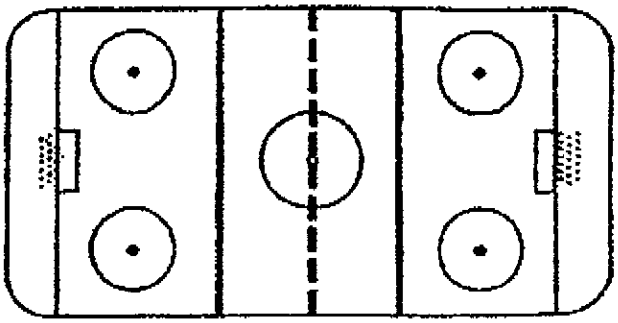


   - D follow up for 2nd shot.

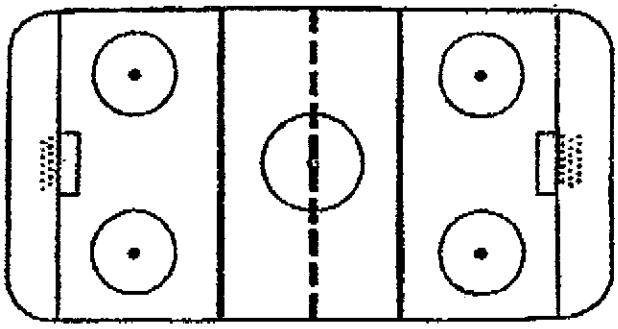
* Before each rep Coaches communicate pressure.
1. Stick in air → up breakout
2. Stick on ice → wheel breakout



2. Net Rebound Drill (Skill)
   - 1 net pushed down
   - 1 net placed behind other
   - Coach shoots puck off of crossbar of the net down. Player finds rebound and shoots into net behind.



* can also add D and make it a battle to get puck.



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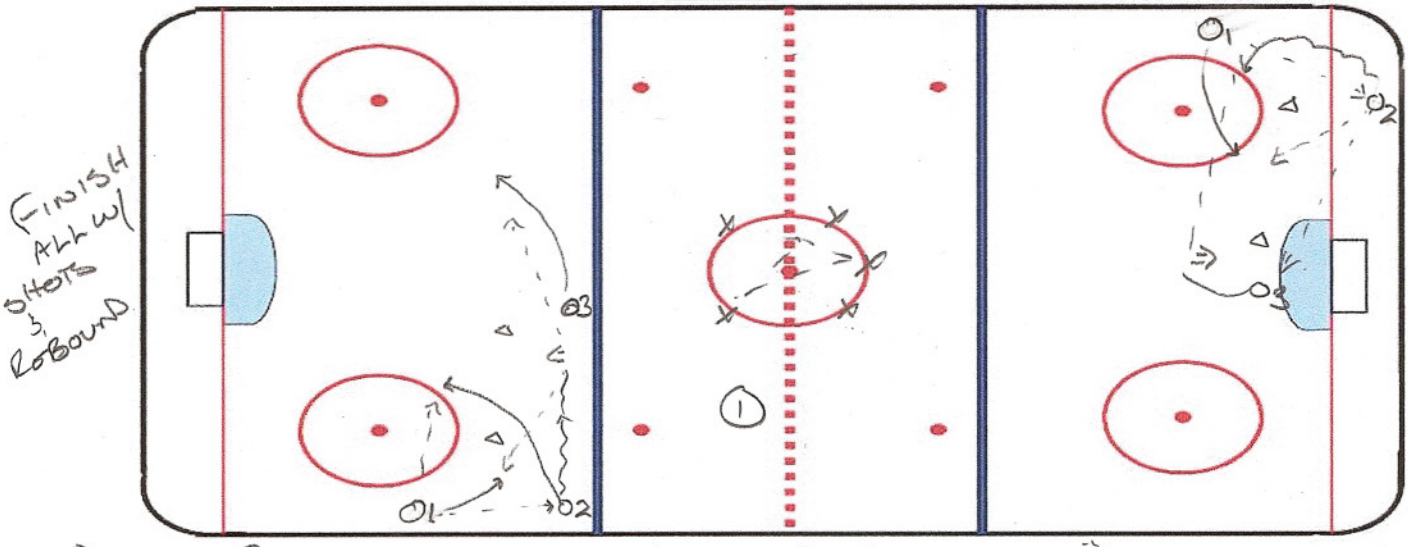
UBC WHKY – PRACTICE PLANNERS

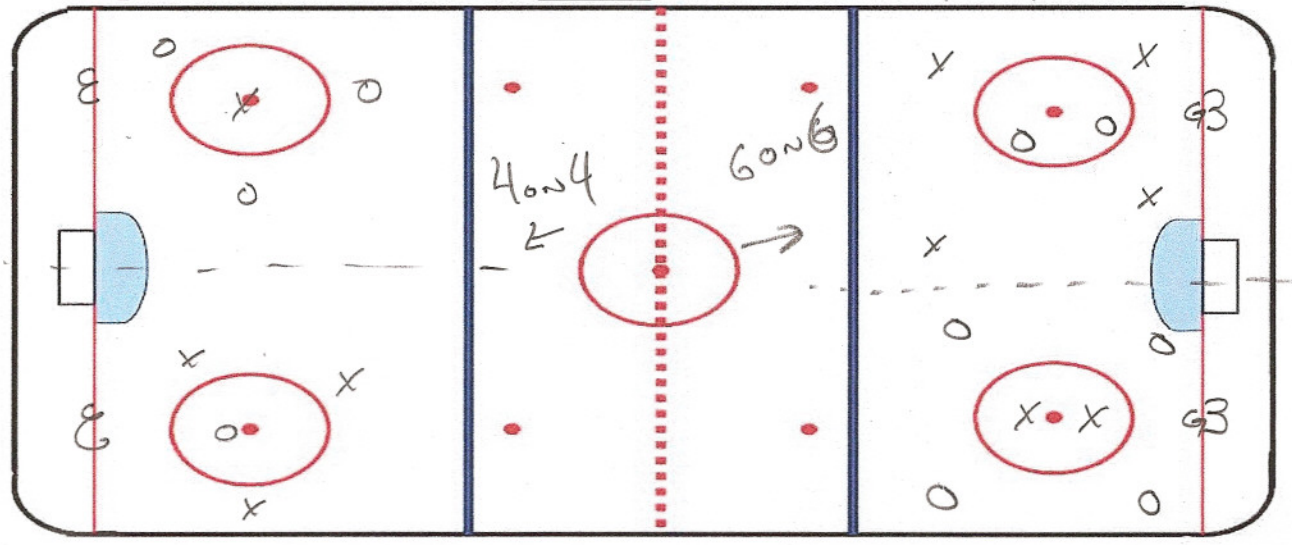
Drill Name: P.P. SKILLS WORK (3 STATIONS) (SKILL DRILL)



① START PASSING, ONE TOUCH; ADD 2ND PUCK - ADD "PIG IN MIDDLE"
② LOW 3 VS 2 - CREATING 2 ON 1'S - SKATING SEAMS - OPTIONS LOW.
O1 → O2 GIVE & GO. / O1 → O2 → O3 / O1 → O2 WALK UP WALL → O3 IN SLOT

Key Teaching Points: ③ HIGH CYCLE/UMBRELLA SET UP. O2 → O1 HIGH CYCLE O2 DUMPS O1 → O2 DRAGS O3 SLIDE O1 FILL UMBRELLA.

Drill Name: NATIONAL TEAM 6 ON 6 (FUN/COMP.)

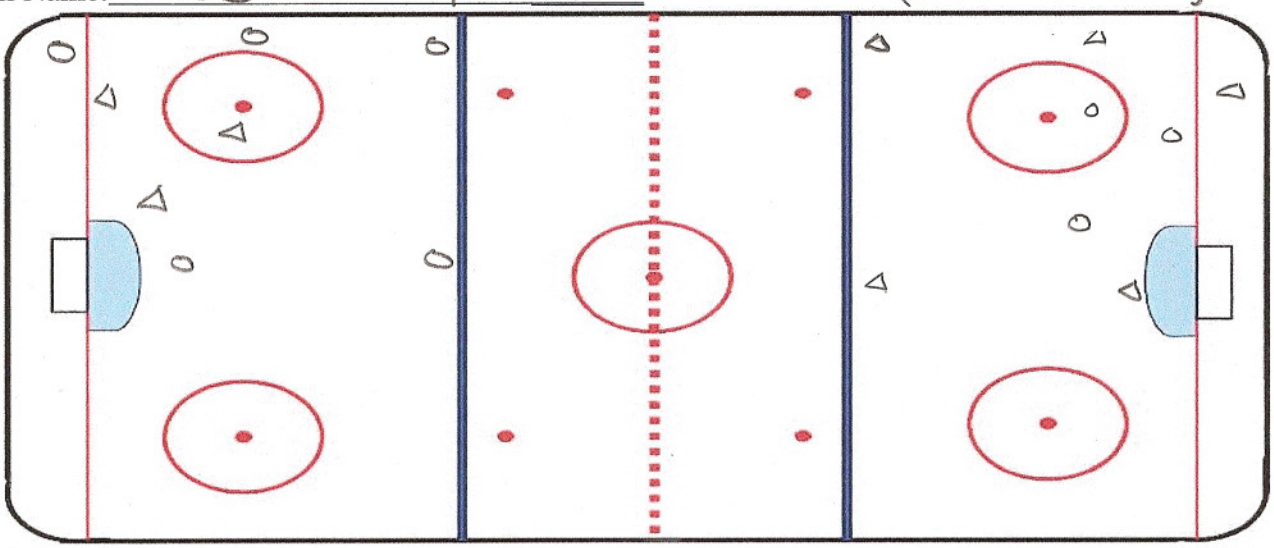


IMAGINARY LINE CUTTING ICE IN HALF NIETHER GROUPING MAY CROSS THIS. X'S & O'S ARE TRYING TO SCORE ON THER 4 ON 2 HALF. OTHER 2 ARE KILLING THER HALF.
- CAN DO 4 ON 4 AS WELL OR 5 ON 5 BY ADDING ONE MORE KILLER TO 4 ON 4.

Key Teaching Points:

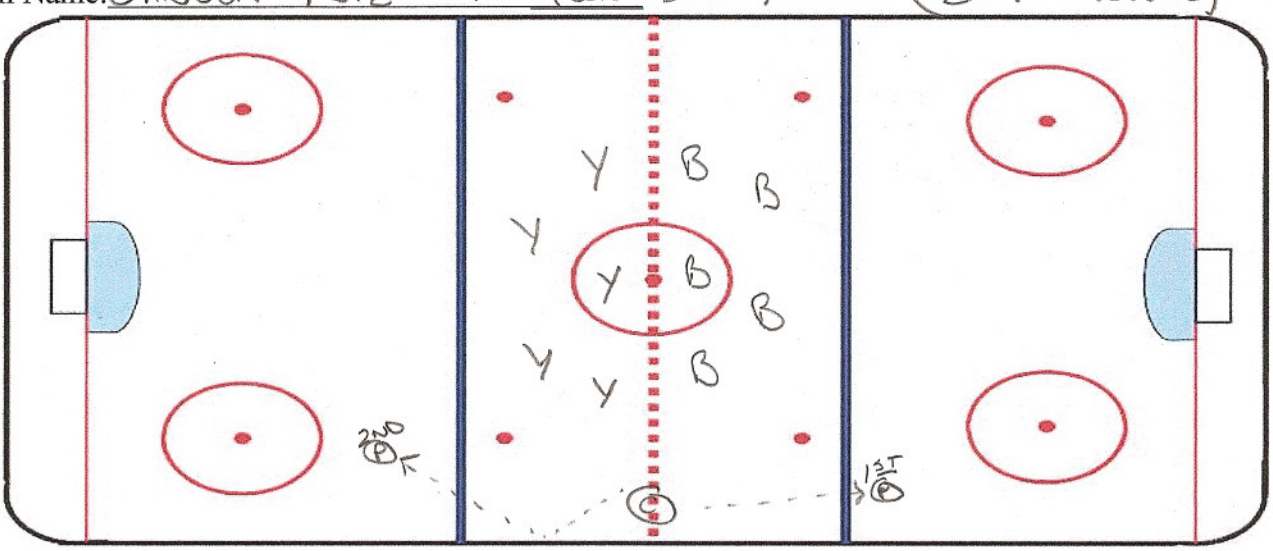
UBC WHKY – PRACTICE PLANNERS

Drill Name: 5 on 3 OZ. CYCLE. (OFF TEAM)



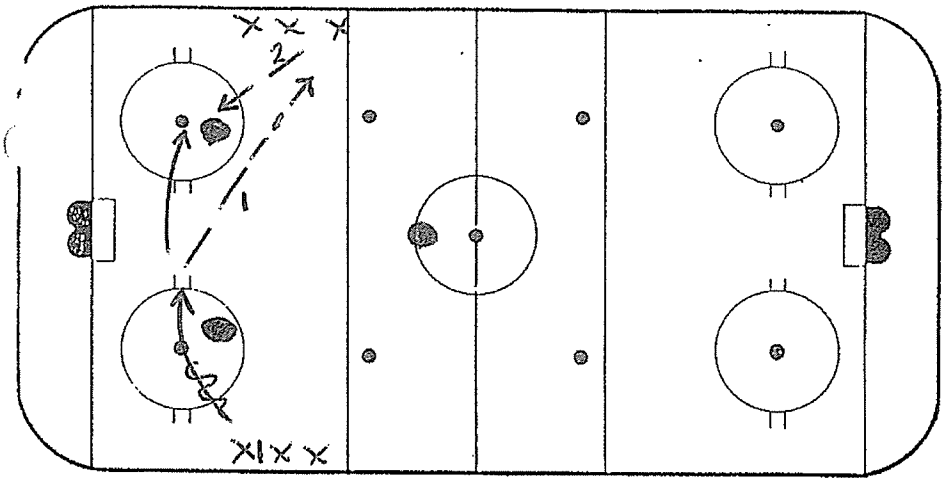
Key Teaching Points: 5 O's ON OFF PLAY LOW CYCLES. VS 3 Δ'S. O'S MAY USE POINTS BUT MUST REMAIN BELOW CIRCLE TOPS FOR RETURN PASS OR SECOND ETC. 3 Δ'S TAKE CARE OF HOUSE. OPPOSITE SET UP AT OTHER END. ONE END FOR 20 SECONDS, REST WHILE NEXT END GOES. KEEP SCORE O'S VS Δ'S EXTRA PLAYERS SUB IN

Drill Name: CANUCK N.Z. F/C. (CON'T 30 SEC) (DEF TEAM)



Key Teaching Points: © SPOTS Ⓟ RANDOMLY IN N.Z. B TEAM R/G'S THIS Ⓟ WHILE Y TEAM RUN N.Z. FORECHECK. EITHER B OR Y SUCCEED, QUICK WHISTLE © SPOTS 2ND Ⓟ Y TEAM TRANSITIONS ON THIS Ⓟ B N.Z. F/C. © KEEPS PLAY TO N.Z. ONLY NOT ALLOWING R/G TEAM TO GAIN ANY ICE. Ⓟ PUSHED TO WALL WHEN NEW ONE SPOTTED. OTHER PLAYERS ON BENCH.

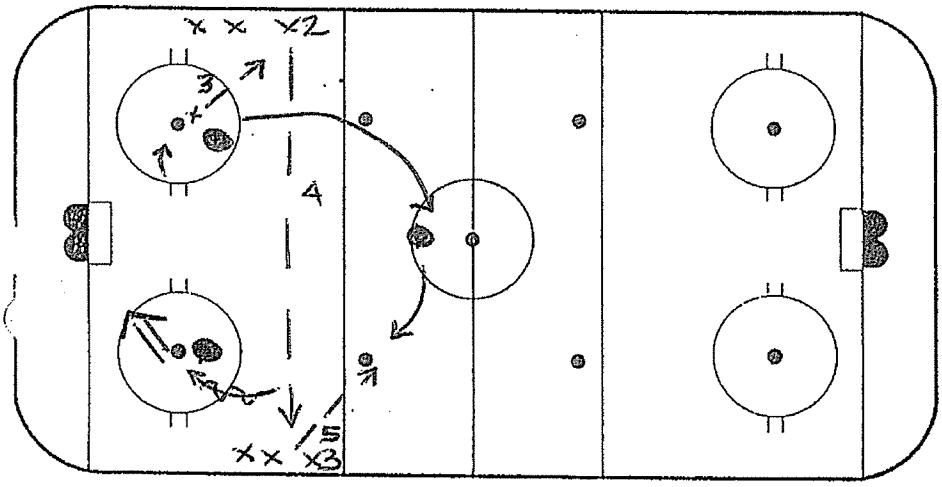
P. WOODS



WARMUP
SHOOTING DRILL 1

PLACE PYLONS TOP OF CIRCLES IN ALL 5 F.O. CIRCLES.

DRILL GOES BOTH ENDS.

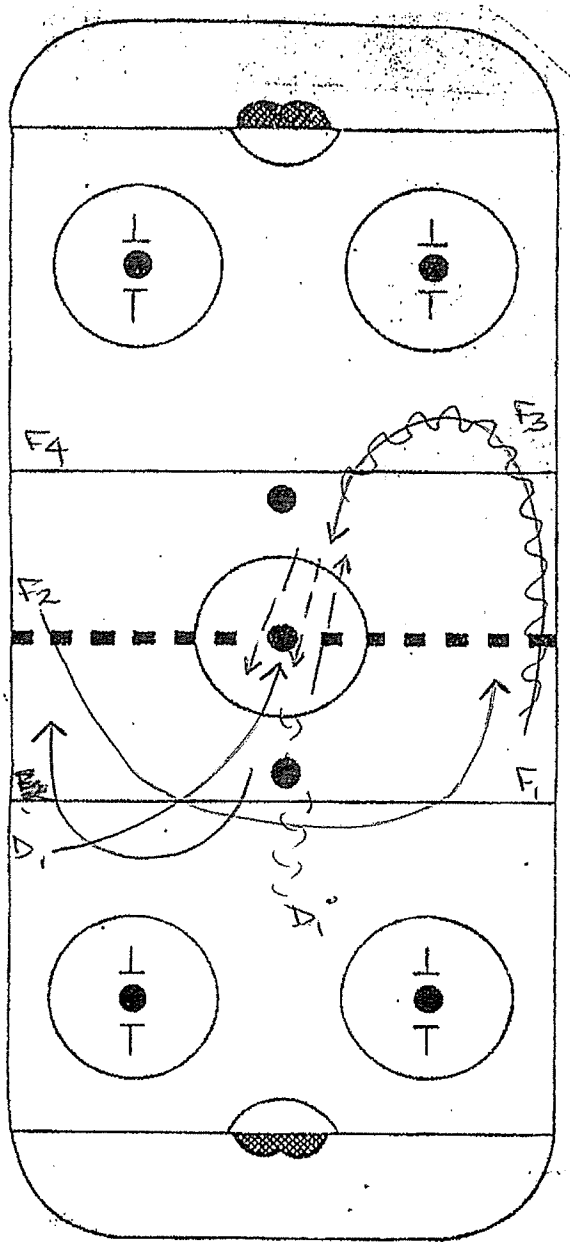


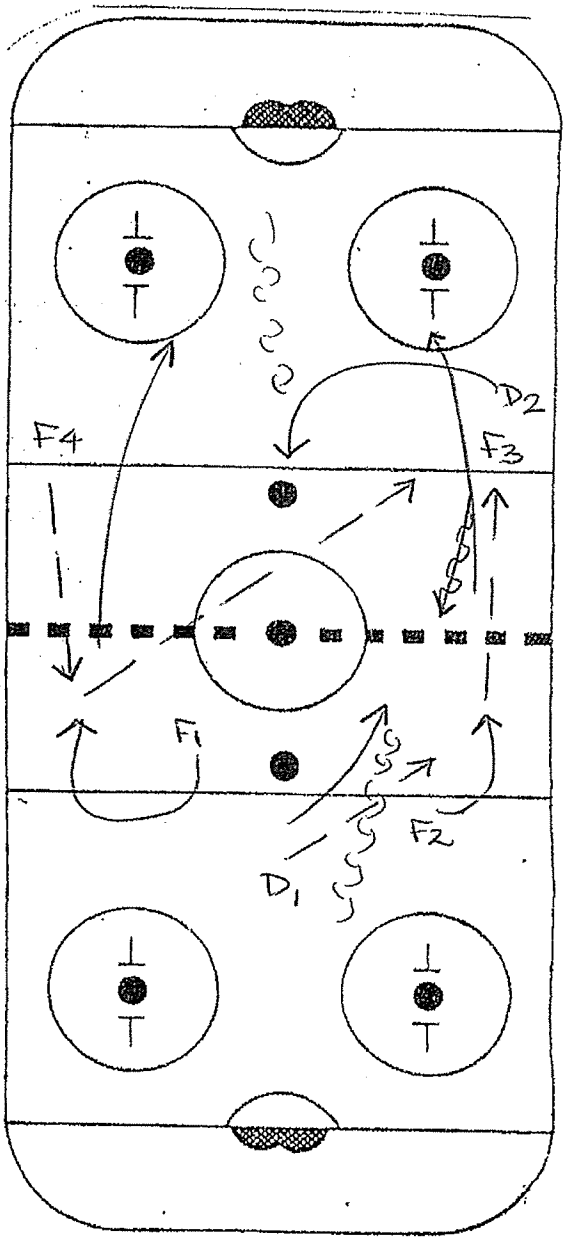
X1 COMES UNDER-NEATH 1ST CONE PASS TO X2 (NO.1)
X2 PASS BACK TO X1 (NO. 2)
X1 ONE TOUCH BACK AND SKATES (NO.3) PERIMETER OF CONES
X2 X-ICE PASS (NO.4) TO X3

X3 PASS (NO.5) TO X1 – X1 DRIVES/SHOOTS!

Category COMBO.

Drill Name KAZ → NZ, | 2x1 | 1x1.





Action

- F1 SWINGS HIGH TO BLUE.
- D1 STARS UP TO CENTRE BLUE.
- F1 EXCHANGE SERIES OF PASSES WITH D1
- F2 SWINGS UNDERNEATH. X-ICE.
- D1 QUICK UP TO F2.
- F2 PASSES TO F3.

Teaching Points

- F1 RECEIVES PASS FROM F4
- F1 – F2 2x0, | 2x1

Action

- F3 ATTACKS D1 1x1.
- F4 STARTS DRILL OPP. WAY ROTATION.

F1 – F3 – F2 – F4

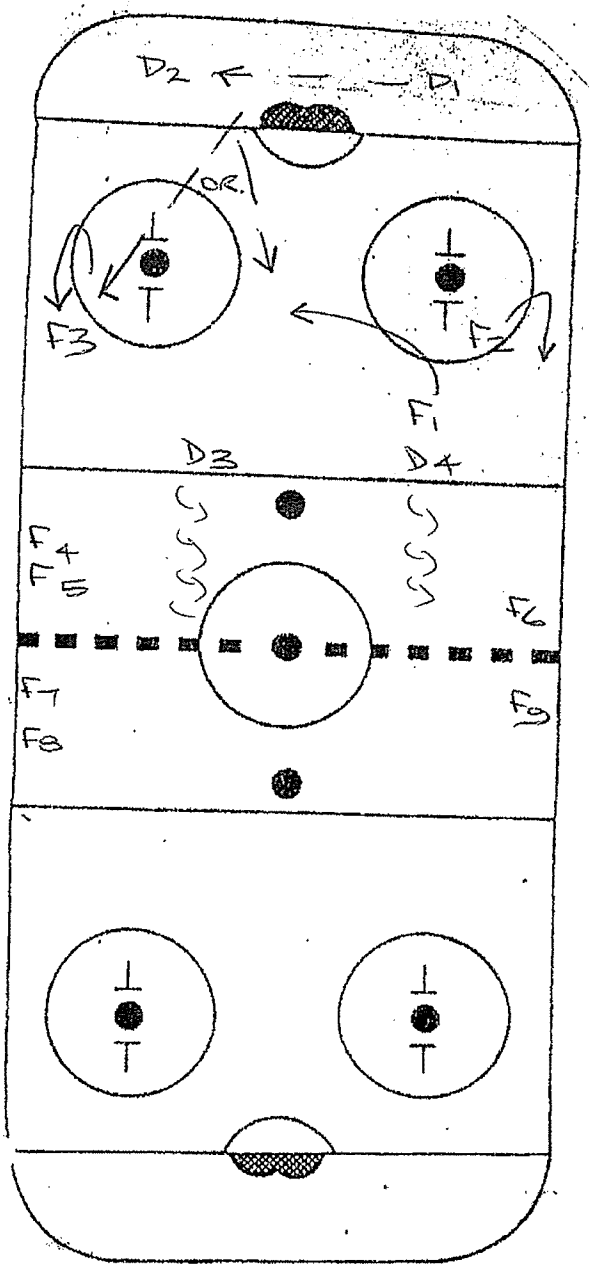
OR STAY ON SAME SIDE OF RINK AND ROTATE PUCKS AFTER 5 MINUTES

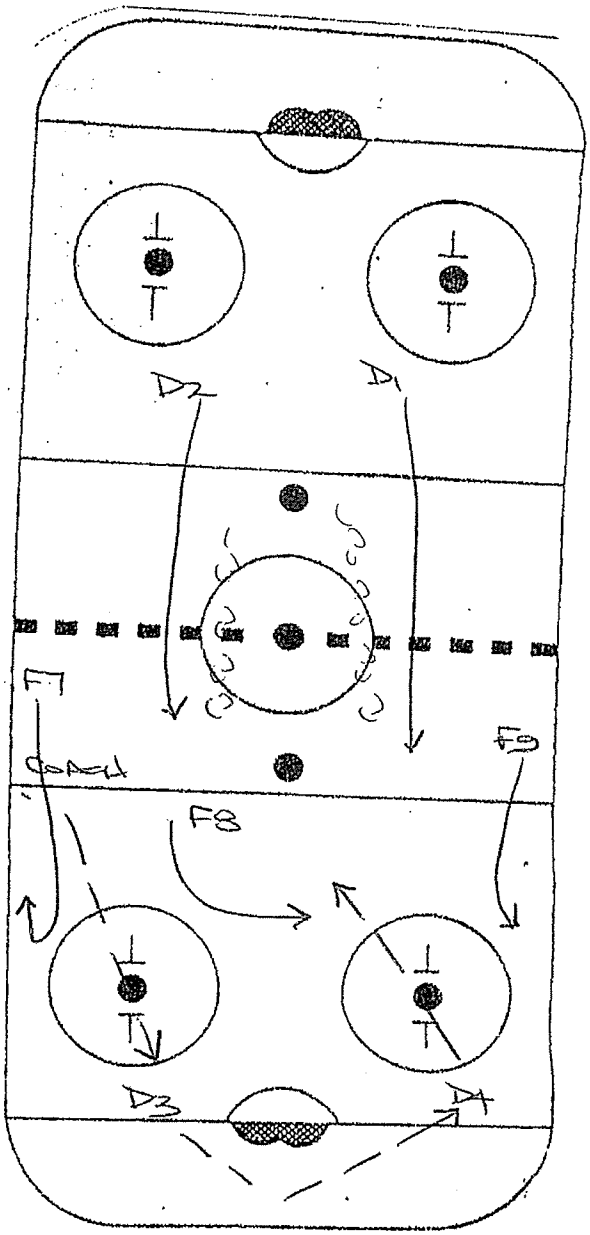
Teaching Points

- TIMING | EYE CONTACT
- COMMUNICATION
- SPEED | TRANSITION | N.Z

Category BREAKOUTS

Drill Name [redacted] CONTINOUS BREAKOUT.





Action

- COACH SPOTS PUCK FOR D1/D2
- PARTNER PASS D-D
  D - F1/F3 ATTACK 3x2.
- D1/D2 SUPPORT QUICKLY

Teaching Points

- ON WHISTLE COACH SPOTS PUCK TO D3/D4 FOR BREAKOUT WITH F7/F8/F9.

Action

- CONTINOUS 3x2 USING BOTH ENDS

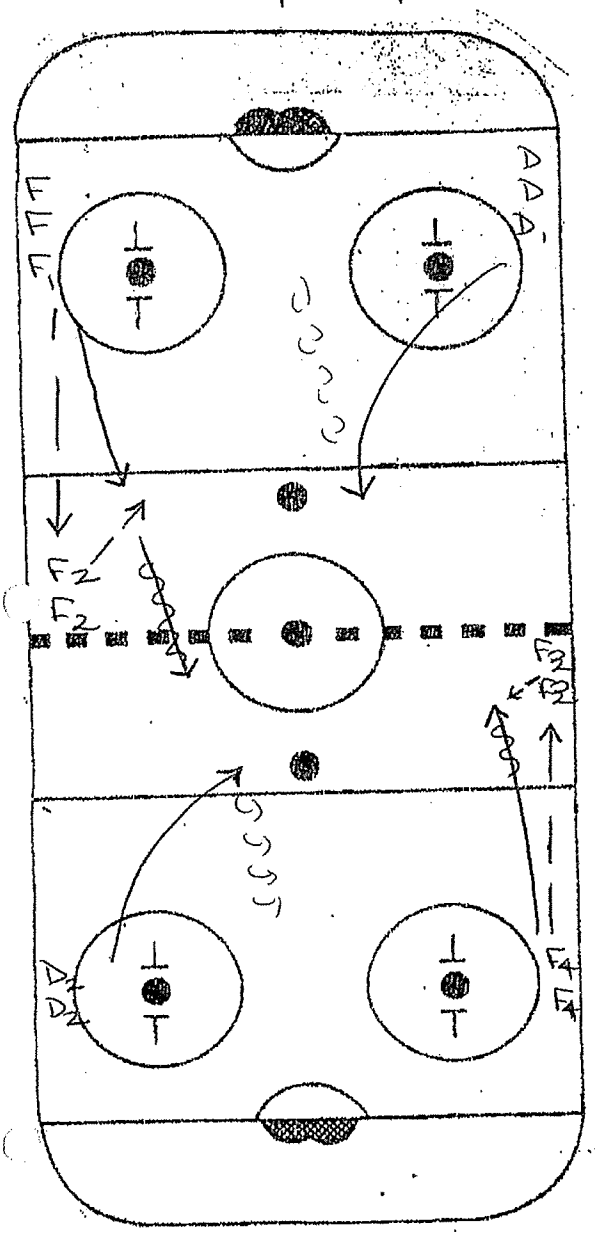
NB OFFENSIVE PLAYERS FOR. MIGHT BUT PRESS ON. NOT 3x2 (OFFENSIVE TRIANGLE.

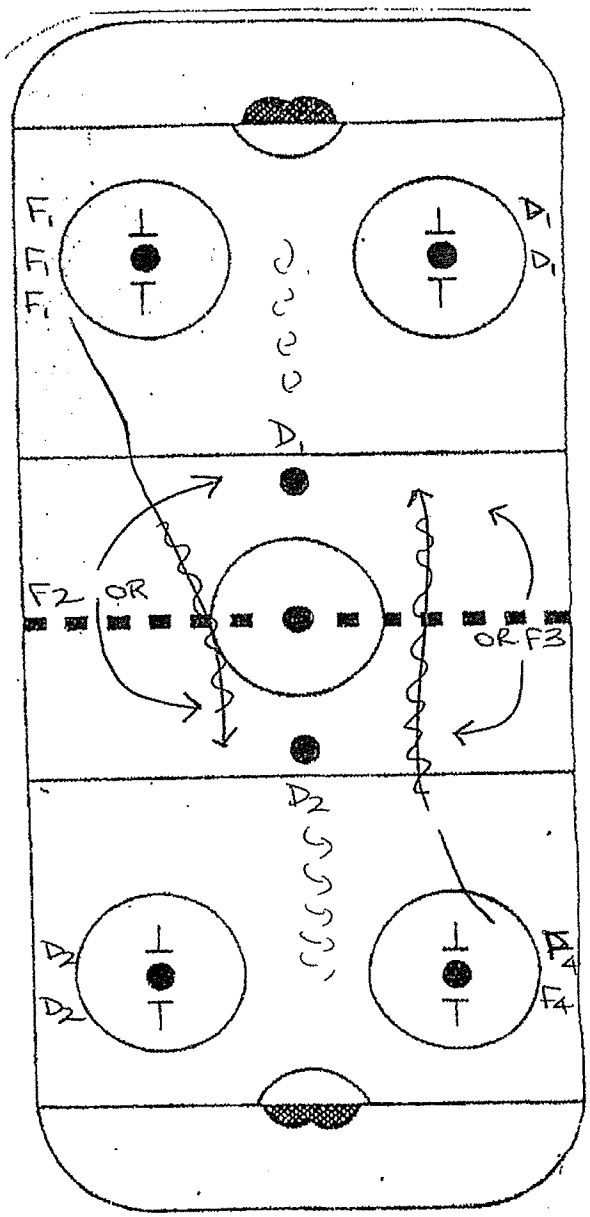
Teaching Points

- TAPE TO TAPE PASSING.
- EYE CONTACT
- GAP CONTROL (AWARENESS)

Category OFFENSIVE COMBO

Drill Name 1X1 | 2x1 | 3x1





Action

- $D_1 | D_2$ START AT WHISTLE
- $F_1 | F_4$ PASS TO $F_2 | F_3$ RESPECTIVELY
- $F_2 | F_3$ ONE TOUCH BACK TO $F_1 | F_4$ AND THEN TAKE DECISION WHICH SIDE TO GO TO FOR SUPPORT.
- DRILL CAN DEVELOP INTO A 1X1 | 2X1 | 3X1 DEPENDING ON $F_2 | F_3$ DECISION ON WHO TO SUPPORT.

Teaching Points

Action

Teaching Points

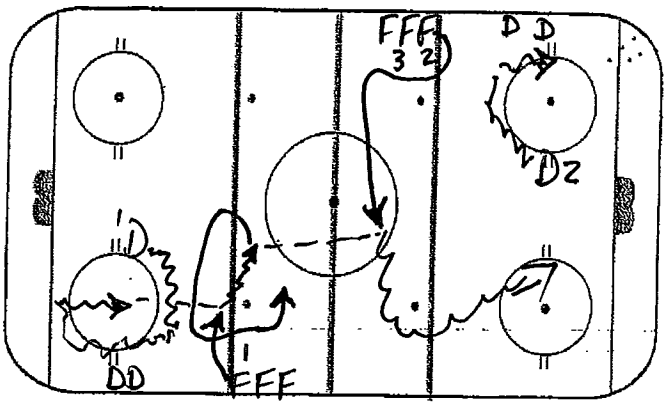
2010/2011 D.O.T.W.C

OLSEN SPORTS MANAGEMENT

Date:

Dan Olsen

TIME | DRILL NAME: Skill Drill | ☒ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): transition skating.

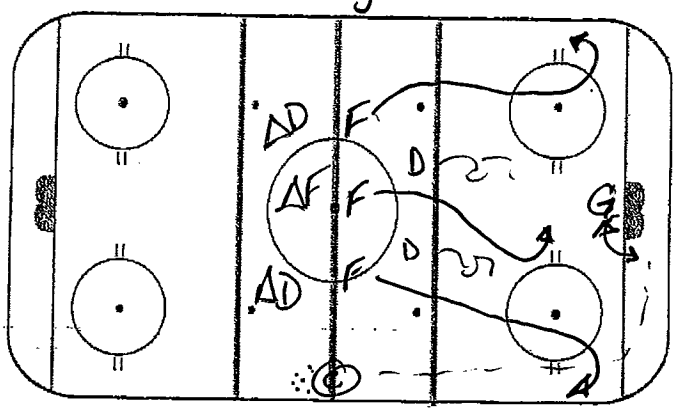
START: - passing (controlled) shootin
- D1 skates fwd to bcwd around circle w/ p̄, skating up ice @ bottom of circle
- D1 pass to F1 who jumps off boards into opening
- F2 accelerates to mid-ice to receive pass from F1 & goes wide for shot on net
- F1 curls back to original line & while moving preps for pass from F3 who is repeating drill w/ D2 on other side of rink.

KEYS: - continuous drill
- D work on transition skating & passing quickly
- F's control skate & prep to accelerate thru N-Zone
- use timing to accelerate @ the right moment for mid-ice pass.

ROTATION:

VARIATIONS/PROGRESSION:

TIME | DRILL NAME: Team Play. | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work F/C or "chip by"

START:
- C dumps p̄ for a unit of 5 to B/O
- have 1F & 2D apply passive resistance holding the blue line to force B/O unit to chip by (area) or dump to Quiet zones.
- unit of 5 forecheck the 2D & 1F hard - Should create offence on F/C &/or turnovers.
- on whistle C spots new p̄ in N-Zone, unit of 5 regroup & chip or dump again.

KEYS:
- C uses team F/C system
- players on F/C have to be aggressive & support wise.
- if 2D & F carry p̄ out of O-Zone punish the F/C unit w/ push-up-sit ups

ROTATION:

VARIATIONS/PROGRESSION: - add another F for 5 on 4 F/C. Progress to 5 vs 5. (A) No sticks. (B) Sticks over.

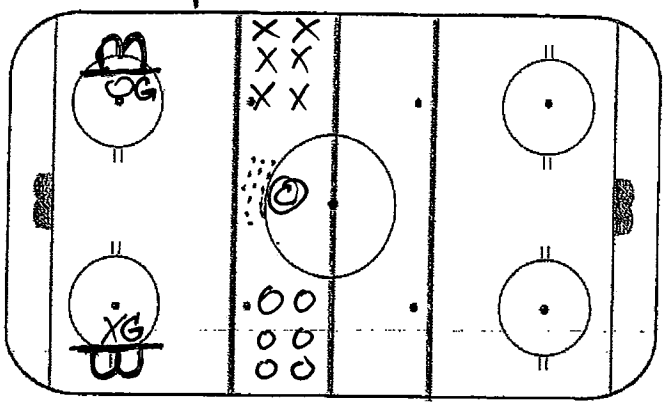
2010/011 D.O.T.W.C

Date: Dan Olsen

OLSEN SPORTS MANAGEMENT

Fun &

TIME | DRILL NAME: Competitive drill | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): 1 vs 1 - times 3

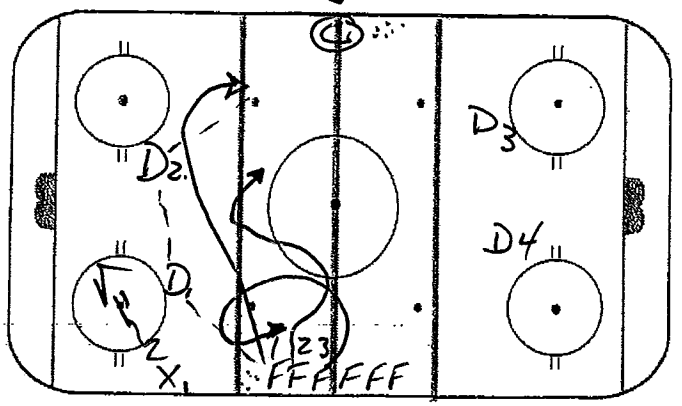
START
- C sends in 3 p̄ as 3 O's & 3 X's go into retrieve.
- 3 sets of 1 vs 1 inside the blueline.
- combatants must continue to play 1 vs. 1 until they score
- when goal scored the 2 playing 1 vs 1 are done & exit zone quickly
- C spots new p̄ & 2 new 1 vs 1 starts.

KEYS
- G Keep eyes open, heads up
- players heads up, on swivel
- no penalties.

ROTATION

VARIATIONS/PROGRESSION

TIME | DRILL NAME: 3 vs 3 Tiger | ☐ CONTINUOUS ☐ CONTROLLED



OBJECTIVE(S): work regroups & counter attack.

START - work 3 vs 3 low
- work gap control, regroups & attack triangle to 3 vs 3 low
- on C whistle F line pass to D1 & D2.
- 3 F's fill lanes to support & receive p̄ from D1 or D2
- X1 (B/C) skates in & shoots then joins D1 & D2 to defend
- F1, F2, F3 regroup w/ D3 & D4 & attack D1, D2 & XF1 3 vs 3

KEYS - on second whistle
- C spots new p̄ for low 3 vs 3.
- next whistle 3 new F's start w/ D3 & D4
- place new F as B/C

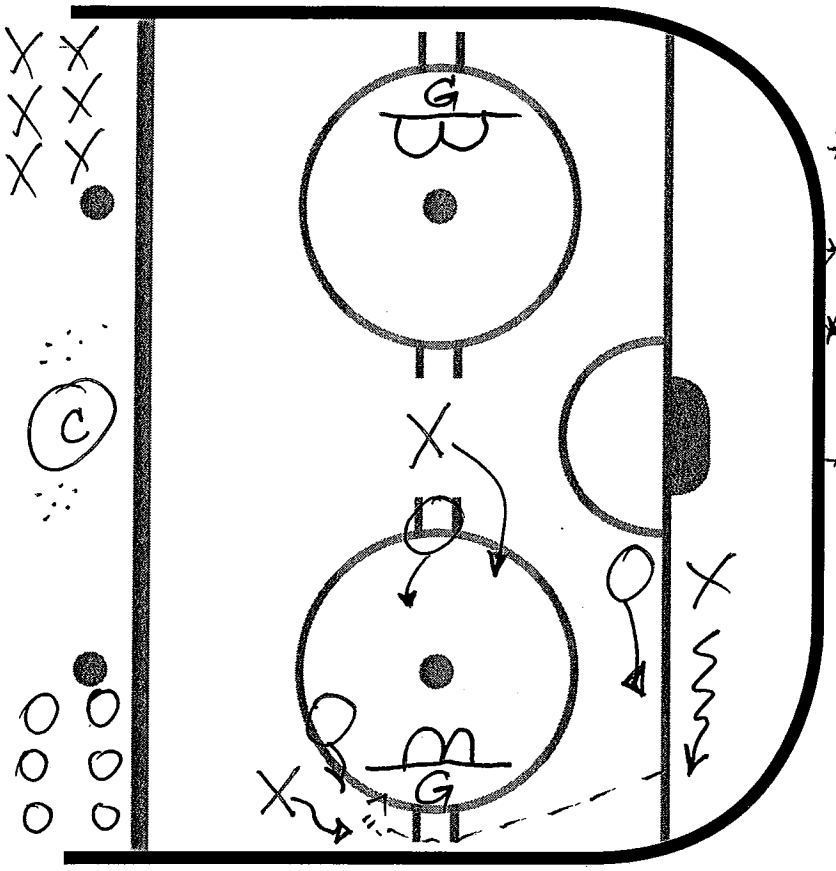
ROTATION

VARIATIONS/PROGRESSION

BOOK RECOMMENDED: Outliers: The Story of Success. by Malcolm Gladwell.

Enio.

Favorite Drill

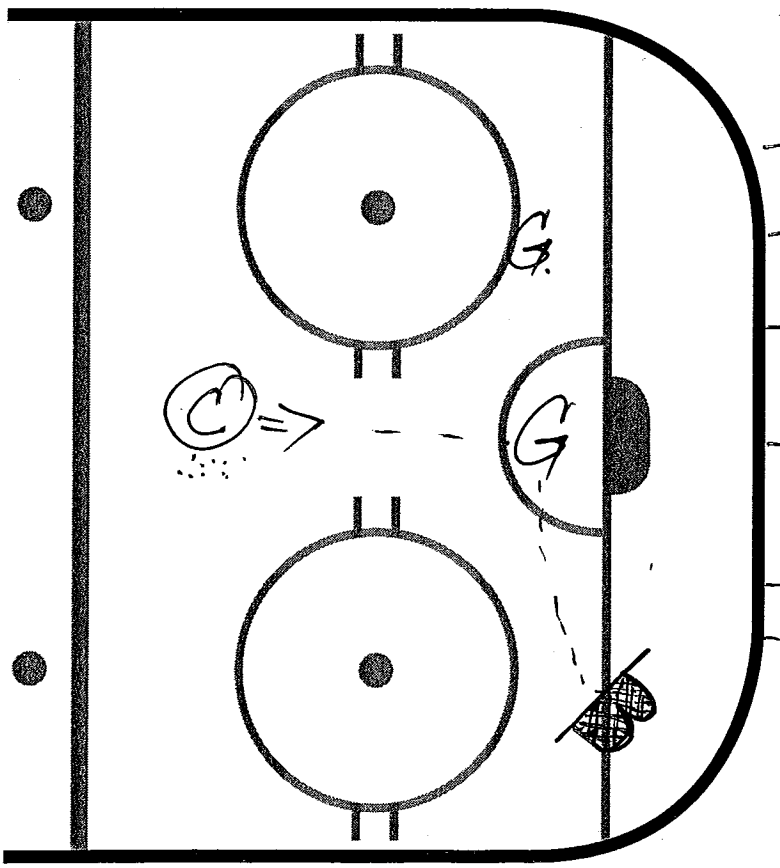


My Drill: 3 vs. 3 Reverse the Nets.

* turn nets so they face the boards.
* game is 3 vs 3
* play for 30 - 40 Secs. then change.
* Variation: go 4 on 4 or 5 on 5.

NOTES/COMMENTS
Develops G vision
Develops support
Develops quick & board passes.

Goaltender Drill



My Drill: Rebound Goal Game.

- use opposite net on either side.
- object for G is to direct shots into open net to side.
- G gets 1 point for every p̄ directed into open net
- © or player shoots p̄ to the side G wants to control & direct to net.
- Keep score.
- change sides after while.

NOTES/COMMENTS
- teaches rebound control
- comp. between both goalies.

D.O.T.W.C 2010/2011

Dan Olsen
timbercoach@hotmail.com

CHILLIWACK BRVING

ATTEN: Enio Sacilotto

FROM : WILL VERNER (250) 423-3214

RE : Drill of the week

BOOK: It Never Rains In Tiger Stadium
by John Ed Bradley

QUOTE: If You Ain't the Lead Dog
the View never changes

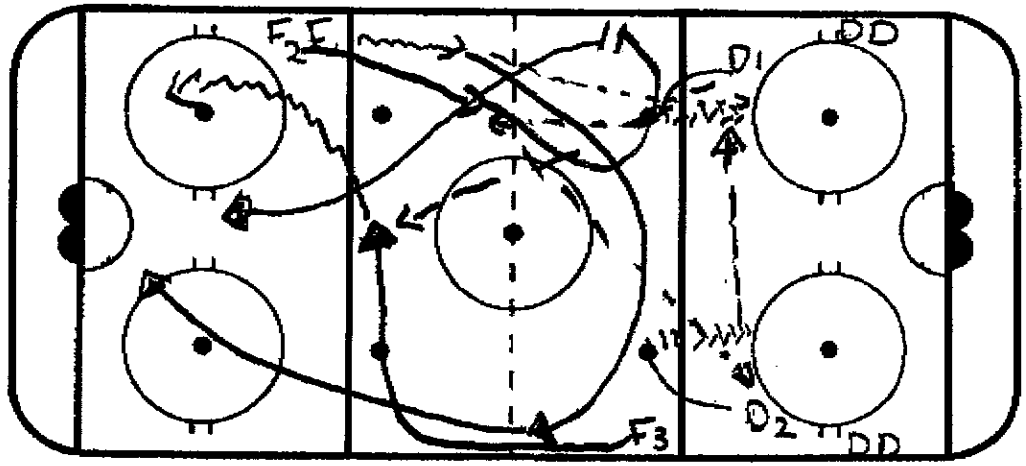
HAPPY Holidays!

Cheers Will

TIME: _____ DRILL: SKILL

- D_1 and D_2 Jump out and back pedal into zone.
- F_1 and F_2 leave F_1 gives puck to D_1 D_1 bumps it back to F_2, F_1 takes wide route to for well, F_2 passes to D_2 and anchors well, D_2 goes back to D_1 F_3 stretches, D_1 jumps up and picks an option. 3 Fis attack F with puck shoots for a rebound with 2 Fis going to the net. D men go hard to OZ. Can add shots from D

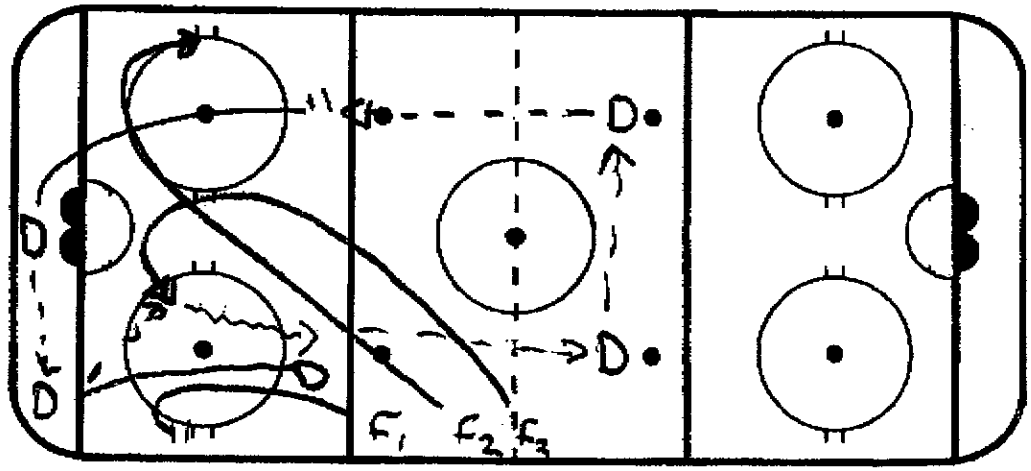
3 men NZ



TIME: _____ DRILL: TEAM PLAY

Dump puck 2 D breakout 3 Fis 2 more D in NZ.
3 Fis give NZ D puck for regroup NZ D go D to D then back to the 2 D that broke out. Breakout D go D to D the hit a regrouping F Fis Dump puck in and change. One F stays to HV D men who are now breaking out 3 new Fis changing from the bench. Continuous

Change Drill w/ HVer



TIME: _____ DRILL: FAVORITE

F_1 and F_2 leave with puck swing outside blueline and attack 2on0 D then jumps in gets a pass from Coach and shoot with F_1 and F_2 at net. After shot F_1 and F_2 breakout get a pass from Coach and regroup with D men. F_1 and F_2 then attack 2on0 again with regrouping D men following up for another pass from Coach and shot. Once D men regroups F_1 and F_2 other end starts. Continuous

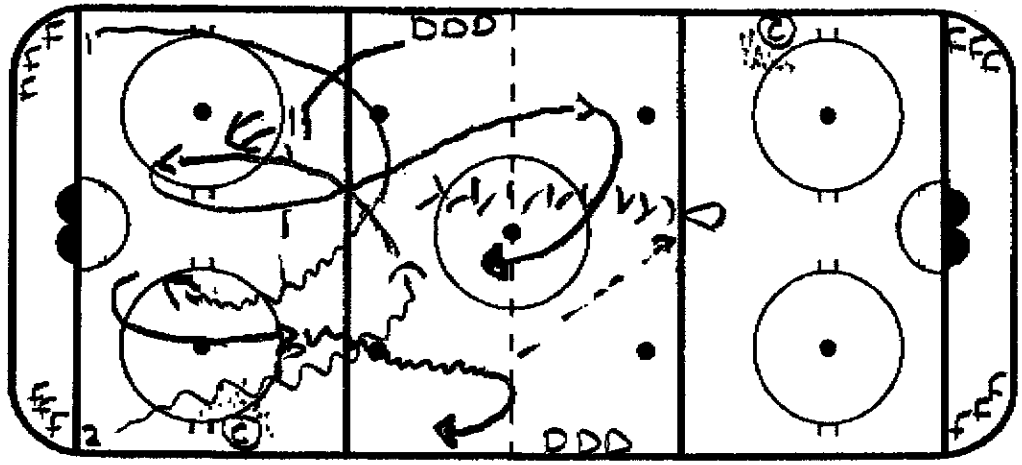
TIME: _____ DRILL: COMPETATIVE

Nets back to back in one end O's must try to score on X net and X's on O net

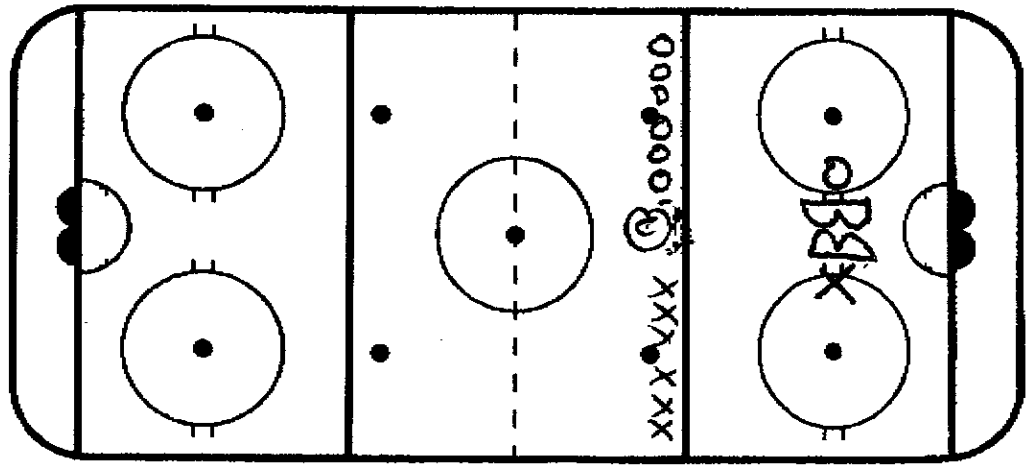
30 sec shifts on whistle all 6 players hard out of zone to clear for next 6.

losing team skates

Detroit Game Day



3vs3 1/2 ice nets back to back



1

To: Enio Sacilotto FAX: 604-792-4656

From: Paddy Flynn, Target Hockey Academy Ltd.

Pages: 3

Comments:

Really enjoying the drills and thanks for stay on top of me to get these in Enio.....I appreciate that.

Thanks

Paddy Flynn

902-789.4625

www.targethockeyacademy.com

EMAIL: targethockey@gmail.com

Four Drills:

1. Team Play – "Development of the 1 – 2 – 2 System"
2. Skill Drill – "2 on 0 Support / Net Drive"
3. Favourite – "Wrap Drill"
4. Fun / Competitive – "End Zone Activation"

Quote:

"THE MORE MISTAKES WE MAKE IN PEACE,

THE LESS YOU BLEED IN WAR."

Team Play

2

"Development of the 1 – 2 – 2 System"

- The drill runs with 2 D-Men as shown and 2 Outlet Forwards as shown and stay stationary.
- D-Men can only partner pass or to the outlet on their side of the side (example: D1 to F1 or D1 to D2 to F2)
- 3 Forwards in the NZ Ice with Coach (with pucks).
- Drill design is to have the 3 forwards tag up at the blue line to complete three reps. Each time, a different F1.
- Stressing "Strong Post" and "Stick in the Lanes" and "Angle up Boards"
- F2 and F3 reads on F1's work and "Toe Caps"
- Focus on the strong "CAP Offs" and F2 position looking for opportunity to "Crash the Hash"

Diagram #1

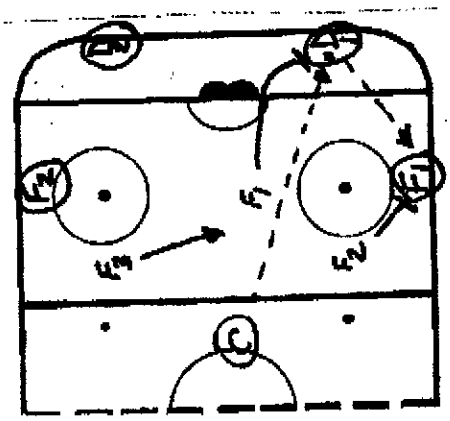
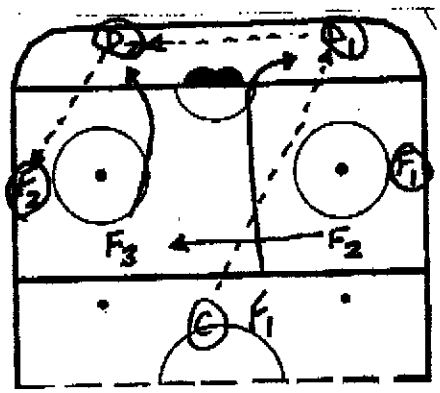


Diagram #2



Coach delivers the puck to D1

F1 provides pressure to try to force of the board. On rim /passed puck F2 "Crashes the Hash" from the "CAP OFF" position.

F3 weak side "Wedge" Support in the slot.

F2 and F3 read and react to what F1 shows.

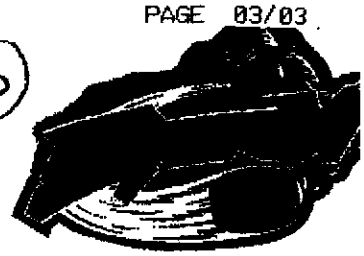
Repeat of the drill, different situation.

F1 is unable to take away the partner pass.

F3 now forces the play with F2 Rotating across to support and fill the position.

F1 rotates into the F3 (now) position.

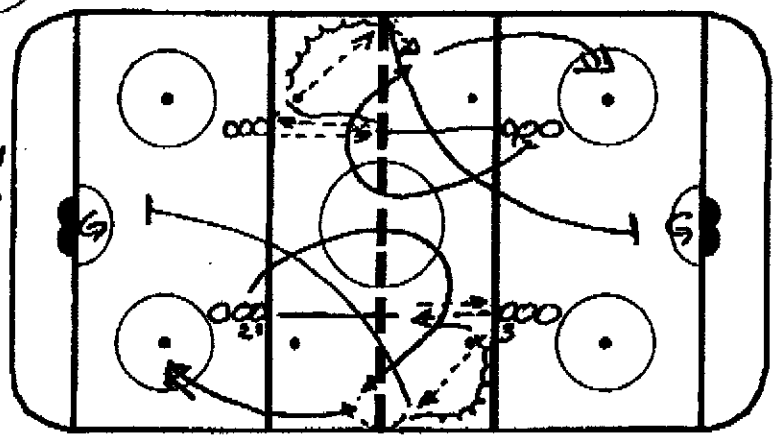
(3)



PRACTICE #: _____ FOCUS: _____

DATE: _____ PRACTICE TYPE: _____

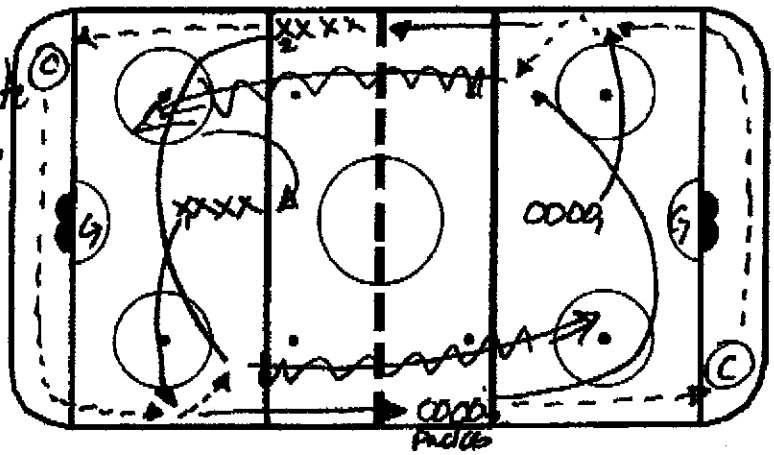
SKill DRILL"



Description "2on0 Support /Net Drive"
- O_1 Starts w/out puck O_3 pass (one Touch)
- O_1 Flares O_2 Times arrival for support calling for chip or Direct Pass.
- Execution /Communication are Key Foci of The Drill

Notes / Systems Both Sides w/controlled

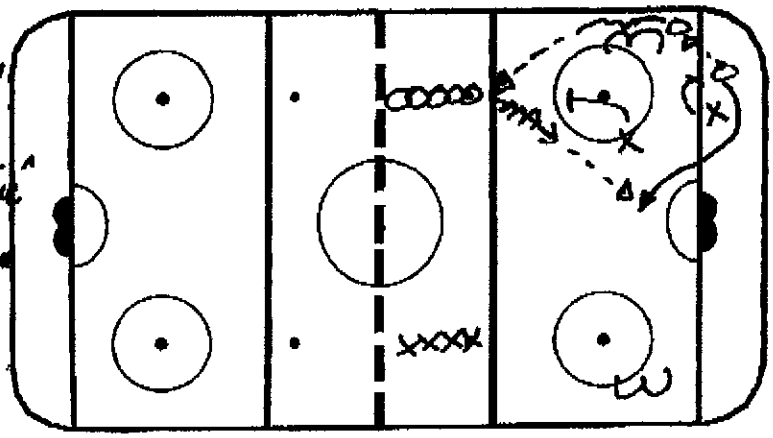
FAVOURITE DRILL"



Description "WRAP DRILL
- "Great Warmup.
- Working on WRAPS/support outlets.
- O_2 Passes to (C) coach controls the speed of WRAP
- O_1 Reacts to get puck
- O_2 Reads & Reacts w/support
- Good Flow as well

Notes / Systems "WRAP - Picking puck on Board Drill"

'FUN/ 'ompetitive" DRILL"



Description "Activation Drill Game"
- In an End Zone
  - Start w/2on2 Battle for Possession & to score.
  - on Possession, that team can "Activate another teammate up to 4on4
- Good Fun & Pace

Notes / Systems "Put Something on The Line"

"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"

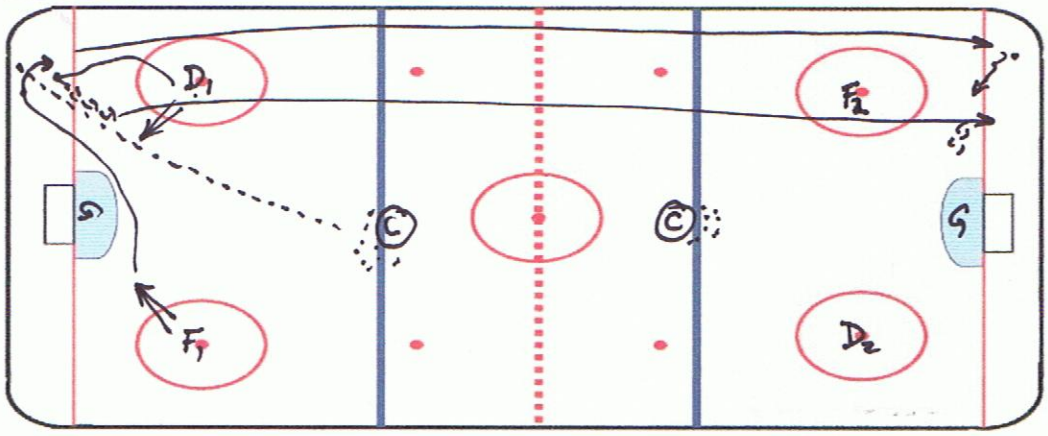
RYERSON RAMS

DRILL OF THE WEEK
2010-11

1) Defensive Drill: 1 ON 1 BATTLE

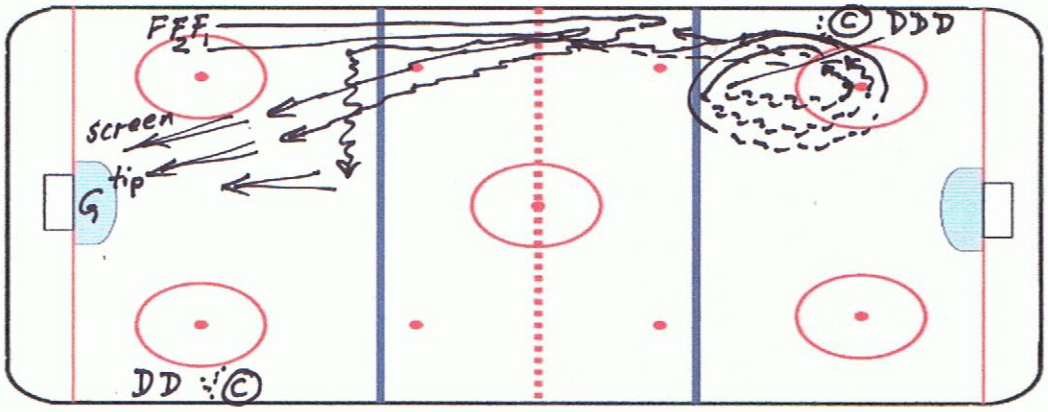
- D1 shoots
- F1 shoots
- coach chips 2nd puck to corner for a 1 on 1 battle, either can score
- whistle D1 & F1 skate to other end of ice for 2nd 1 on 1 battle

NOTES: both ends the same time, add 2 on 2, 3 on 3, etc.



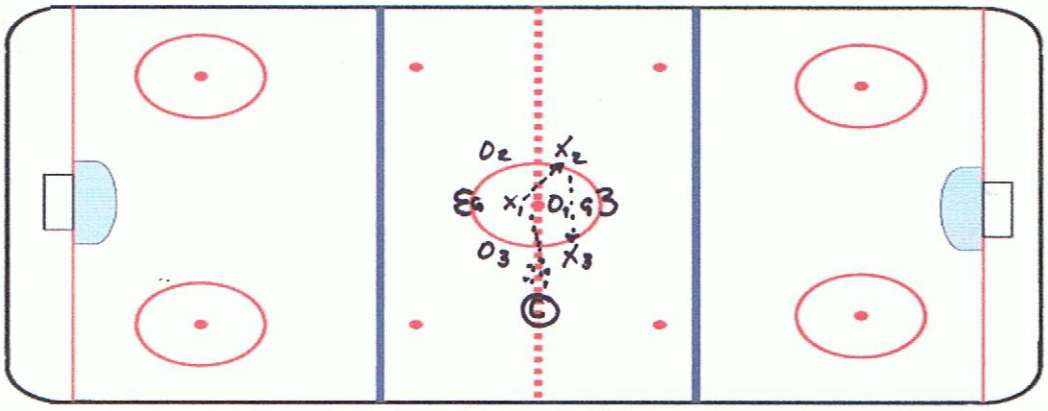
2) Offensive Drill: 3 SHOT GOALIE WARM-UP

- D1 up to blueline, pivot bkwd & retrieve puck
- F1 times it down bds. pivots gets pass from D1, attacks net
- D1 retrieves 2nd puck
- F2 times it down bds. pivots gets pass from D1, attacks net
- D1 gets 3rd puck up ice, walks blueline & shoots
- both ends at same time



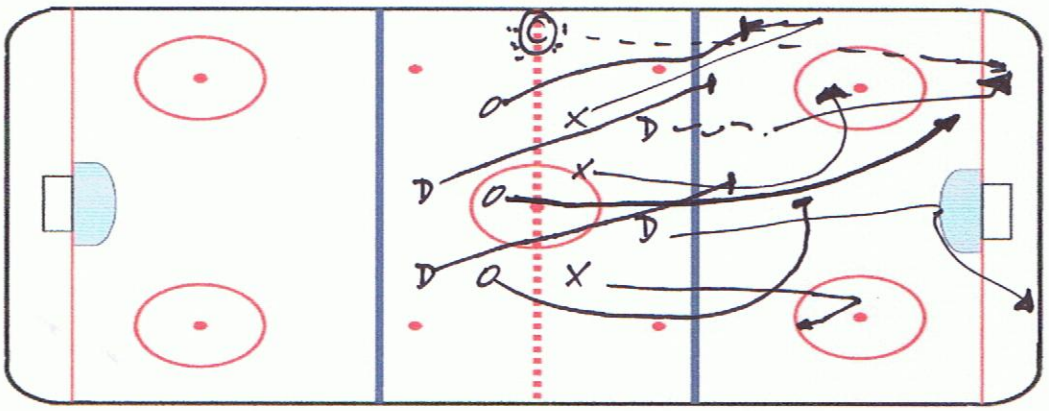
3) S. White PP Drill:

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



4) Team FC

- 10 players mill around in the neutral zone
- coach dumps puck to either end
- 3F's & 2D (O's) FC vs 3F's & 2D (X's) BO
- when BO occurs, dump puck to other end and X's FC vs O's BO
- if puck is dumped out, coach dumps 2nd puck so O's FC again vs X's BO



"The only thing that beats hard work is hard working talent."

KILMARNOCK STORM
HOCKEY PRACTICE PLAN

COACH S. WILSON

A/C'S

DATE

DURATION

PRACTICE#

LEVEL **LTP U10 U12 U14 U16 U20 SNL**

OBJECTIVES

SKILL WORK	TEAM PLAY	SYSTEMS/CONCEPTS	GAME SITUATIONS/TESTING
SKATING	1 - ON - 1	DEFENSIVE COVERAGE	SMALL ICE GAMES
PUCK CONTOL	2 - ON - 0	BACKCHECK	FULL ICE GAMES
PASSING/RECEIVING	2 - ON - 1	FORECHECK	FUN RELAY CONTESTS
SHOOTING	2 - ON - 2	BREAKOUTS/REGROUPS	SKILLS TESTING
CHECKING	3 - ON - 1	ENTERING ATTACK ZONE	SKILL STATIONS
AGILITY WORK	3 - ON - 2	CYCLING	MISC.
GOALTENDING	3 - ON - 3	FACEOFFS	
DEF./FORWARDS	3 - ON - 4	PP/PK	

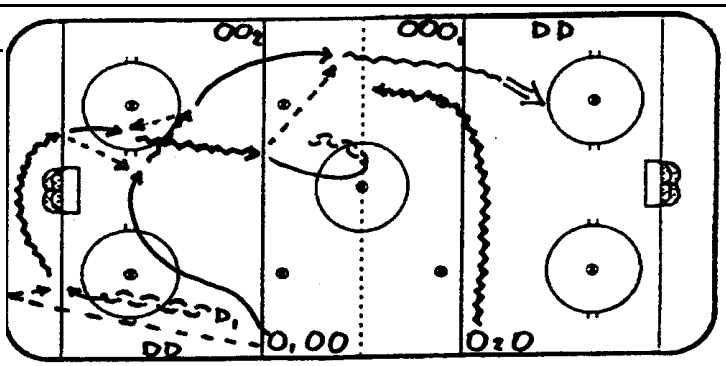
TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

At a young age winning is not the most important thing... the important thing is to develop creative and skilled players with good confidence. Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure. **Arsene Wenger, Arsenal FC**

DRILL — WILD WING 1-ON-1

DESCRIPTION

Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 0 on net in opposite end. Once O1 crosses the blue line, O2 begins skating across the ice and once he reaches the far NZ face-off dot, heads back down the ice 1 on 1 against D1.

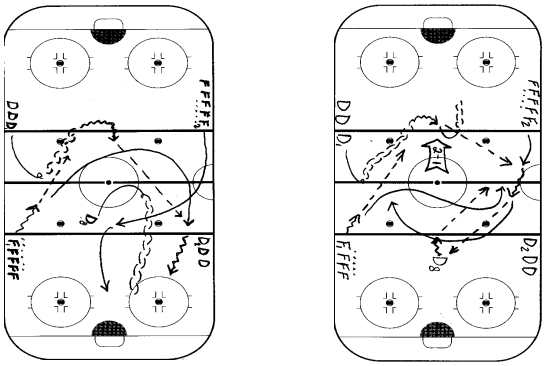


NOTES

DRILL — 2-ON-1 REGROUP DOUBLE SWING

DESCRIPTION

D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1 against D8. D2 now skates to red line and the drill repeats 2-1 now against D1. Prog: add regroup off D8, 2-1 on D1

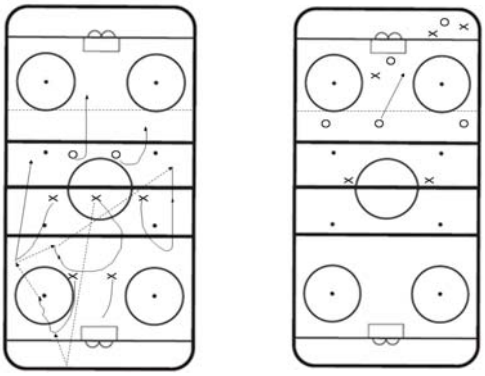


NOTES

DRILL — 3 ON 2 HELP

DESCRIPTION

Drill starts with 3 forwards (X) dumping puck and breaking out of two defence (X). The 3 F go 3-on-2 on opposite D (O). Once play goes below the top of the face off circles, thre new forwards (O) and two new D (X) wait at the top of the zone. The OD must try to break out the OF. after 30 sec of 3-on-2, the coach can yell help and the OC joins the play to make a 3-on-3. once the breakout leaves the zone, the inital F and D are done.

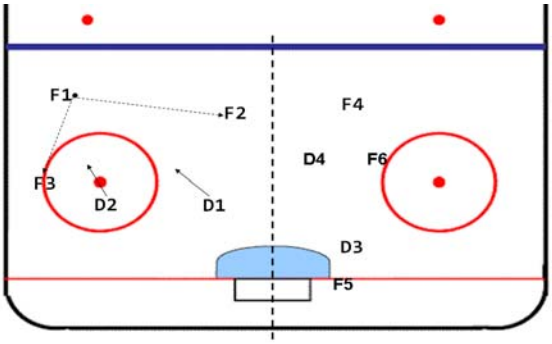


NOTES

DRILL *3-ON-2 HALF ZONE*

DESCRIPTION

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2,F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP APUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PIRNCIPALS IN SMALL AREAS



NOTES

DRILL

DESCRIPTION

NOTES

DRILL

DESCRIPTION

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