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| Date: | 11/18/19 | Group: | |
| Length: | 75 mins | | |
| Start Time: | 5:00pm | Focus: | |
| End Time: | 6:15pm | Level: | COL |

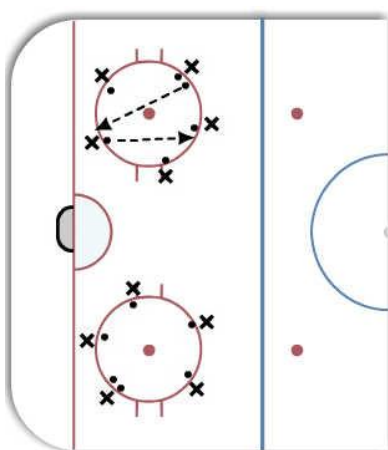
| Length | Start | Drill Name | Category | Notes |
|--------|--------|-------------------------------|----------------------|--|
| 10 | 5:00pm | Fast Hands | Skills | Skill Drill Great for speeding up hands to loose pucks/rebounds for D or F |
| 10 | 5:10pm | Revolver | Warmup | Great drill for younger players as they learn to wait until pass receiver is ready before passing them the puck. Only start one side with younger players. Adv skill players can start both sides at same time so you end up with 4 players on the circle all the time. It is very challenging and players need to focus on the quality of the touch passes. |
| 10 | 5:20pm | 3 on 3 low | 3-3 | You can start by running this as drawn. Progression: We just started this and it has proven very effective to increase communication and identifying loose players. After you start the three on three low the coach waits until the puck is 1/2 wall area or being retrieved in the corner and yell switch. Every defending player must switch to a new check. These new checks must be communicated quickly and force good habits like net front player not leaving their player open until they know someone has called to pick up that player. Another progression is to add a winger in high slot from the defending centre's line. They are not allowed to take part but they communicate open players (QB the D zone) to the low defenders to help. This will make a difference in your low coverage even if you do not play man to man. |
| 10 | 5:30pm | Competition 2 on1 / 3 on 2 | Competition Drill | Great drill to work on communication between D and G. If the 3 on 2 is too easy for the defenders (if you have a goalie that is very strong puck handler) you can set a certain number of complete passes by the defenders prior to blue line. Our goalies really get into this one and face it, not many comp drills really involve goalies other than just stopping pucks. |
| 10 | 5:40pm | Quote | | One of two in our dressing room and it was put up about 5 years ago due to the tendency for players these days to occasionally go to the excuse as opposed to owning or being accountable with a growth mindset. "If you want something bad enough you will find a way; if you don't you'll find an excuse." |

Notes:**Drill Title:** Fast Hands (1 Diagram)

Setup with any number of players on circle. 4 or 5 works well.

Each player has a puck in front of them.

Players have sticks down and out in front of them ready to receive a pass.

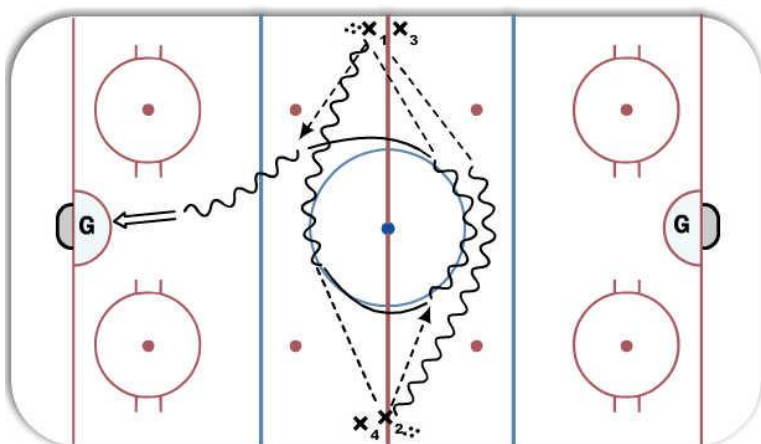


One player starts with a second puck.
To start the drill the player with two pucks passes to any of the other players.
Player must receive the pass, stopping the puck and then move their stick behind the second puck (the one they already had) and pass that puck to another player.
Players should never stickhandle the pucks. Pucks should only be touched with the forehand.

Drill promotes separating your upper body from your lower as the player must move themselves and stick to receive a bad pass and then quickly move to the other puck and pass it.

Key Points:

Drill Title: Revolver (1 Diagram)



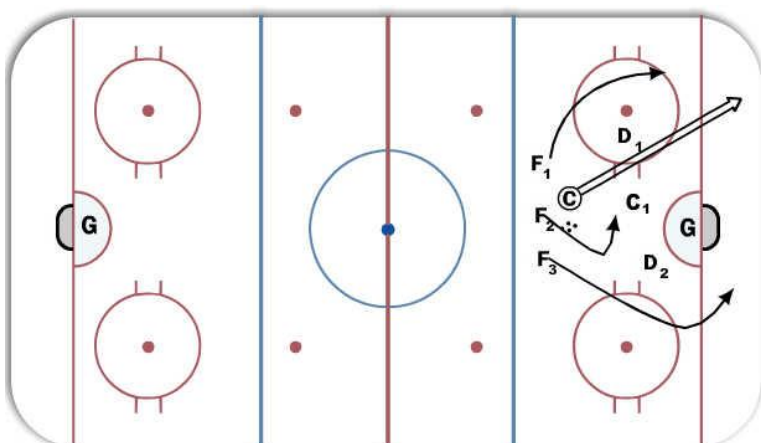
X1 leaves with a puck around circle and works give and go with X2. X1 continues around the circle to give and go with X3 while X2 grabs a puck and follows. X1 goes for shot while X2 works give and go with X3 and continues around circle to give and go with X4. X3 grabs a puck and follows.

Essentially every player works two give and gos and goes for a shot. Each player at the start of the line receives two give and gos before they enter the circle with a puck.

With skilled players you would start both sides at the same time so X1 and X2 would both leave with a puck.

Key Points: Touch Passing Eyes up, don't watch your pass Timing

Drill Title: 3 on 3 low (1 Diagram)



F1 F2 F3 attack vs D1 D2 and Center from next attacking line.

Play two pucks to clear (defending must carry over the ringette line) or goal/cover.

Attacking line grab a puck each and shoot at far end with each player entering the zone by themselves. Previous shooters can stay and play rebounds/screen.

Next line will be the one for the defending center.

Key Points: Center of defending 3 must identify and stay with the center of the attacking 3.

Drill Title: Competition 2 on1 / 3 on 2 (1 Diagram)

G/D work together vs Forwards

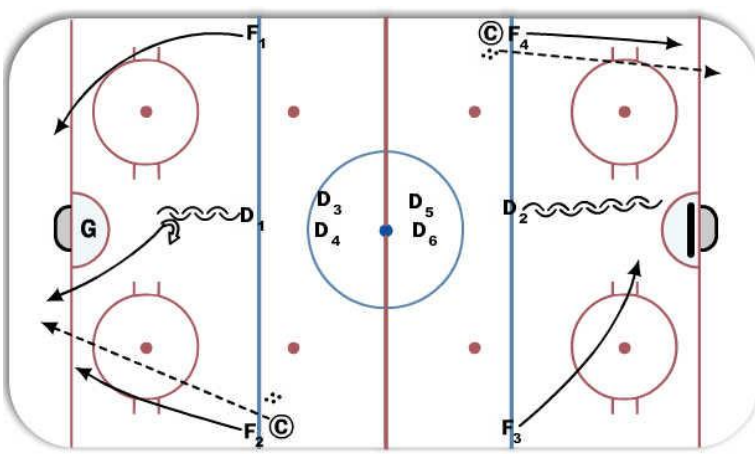
On whistle coaches dump puck at each end.

The goal for D/G is to carry puck over the blueline

The goal for the Forwards is to score.

As soon as either end achieves their goal the drill ends

Drill can be 2-1 or 3-2



Key Points: D need to have composure and work to open ice F need to support each other for scoring chances and track puck on possession change