

OHA U18 PREP RED

2020

Focus:

Date:

Time:

Rink:

Drill of the Week Club - Thanks Enio
Craig Bedard

Title : Individual Skill - Circle Support Tactical:

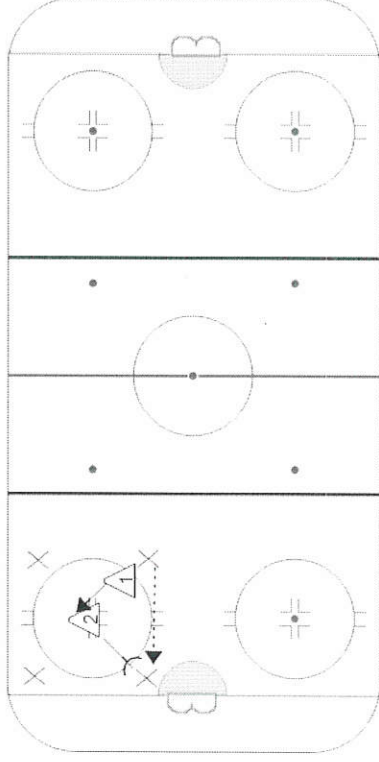
Skills :

Description

X's pass puck around circle with control letting the two defenders adjust to each puck movement
D's alternately "pop out" to defend and back to support when the puck moves away.

Focus on D side positioning. Stops and starts, Stick on ice reloading when changing direction.

D's rotate and do not try to intercept puck or poke check X's



Key Points :

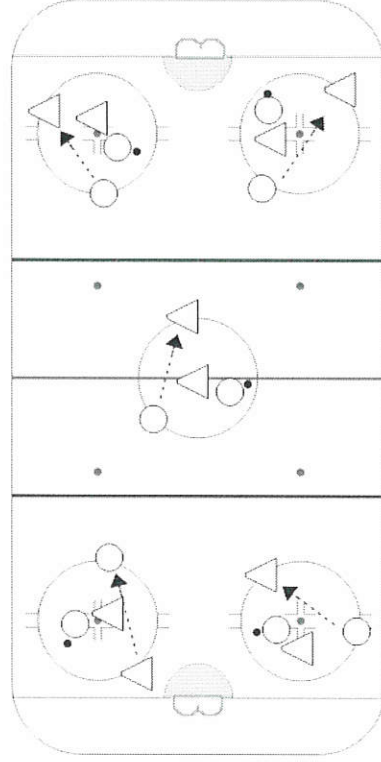
Title : Team Skill - Circle Puck Protection Tactical:

Skills :

Description

On whistle puck protection in circle / Other players pass puck back and forth from circle. Must move around their half of circle to get puck to each other.

On next whistle switch.



Key Points :

Title : Team Play - Whistle Track - Defen Tactical:

Skills :

Description

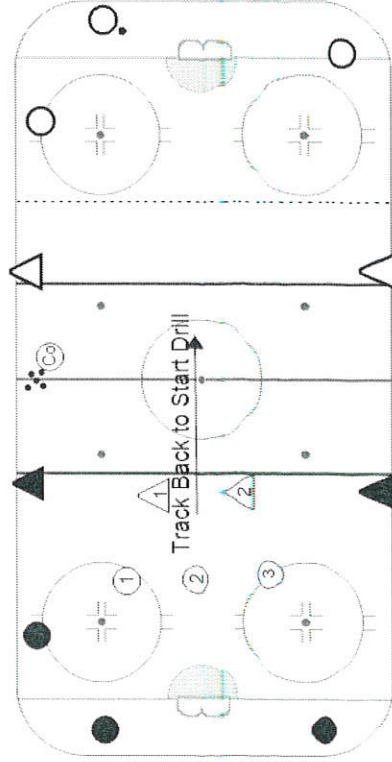
Players in three lines as shown. (Minimum 15 players needed)

Line one tracks back to start drill.

When line is crossing ringette line OZ line can activate.

Minimum of one pass before attacking the net.

Play out 5 vs 5. New puck spotted if needed.



Key Points :

Track inside dots

Sticks on ice in DZ

Communication

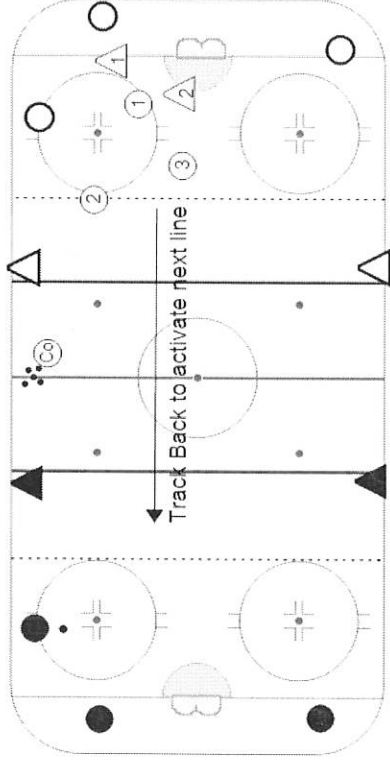
Read puck Position

Title : Team Play - Whistle Track - Defen Tactical:

Skills :

Description

On coaches whistle Offensive line and D track back to opposite end and defend vs new line on offense.
Drill is continuous.



Key Points :

Title : Game - Bench OZ Attack / Defend Tactical:

Odd Man Situations

Skills :

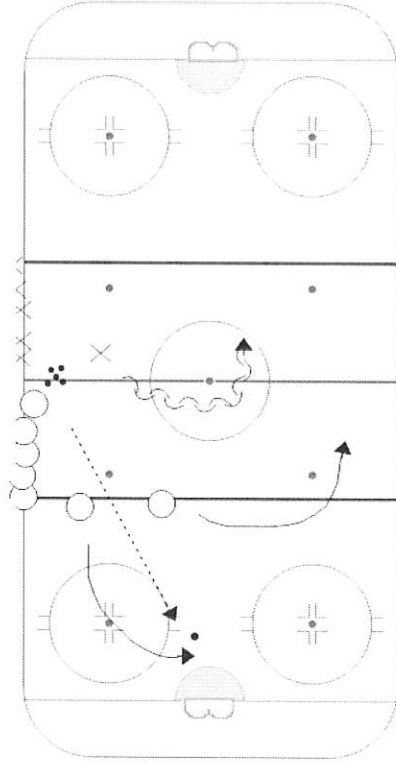
Description

- 1 vs 1
- 2 vs 1
- 3 vs 1
- 3 vs 2
- 5 vs 2

Players in bench

On whistle Offensive team gets spotted puck and attacks.

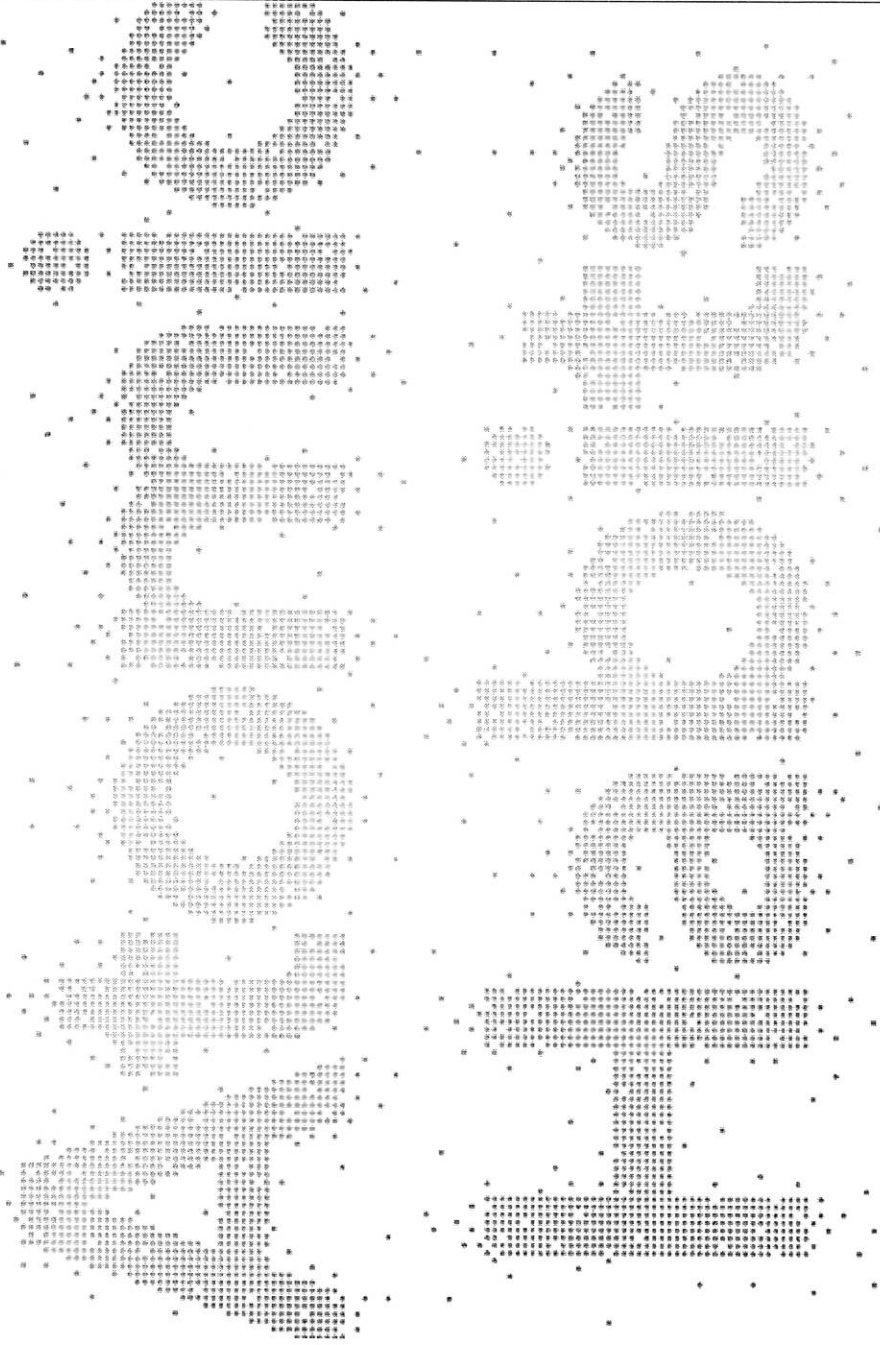
Situation dictated by coach. All situations one way and then switch.



Key Points :

#1 NEW YORK TIMES BESTSELLER

Tiny Changes, Remarkable Results



An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

OVER
1 MILLION
COPIES
SOLD

James Clear