



Ducs d'Angers

DRILL CLUB 2014-2015



Practice No: _____

Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks :

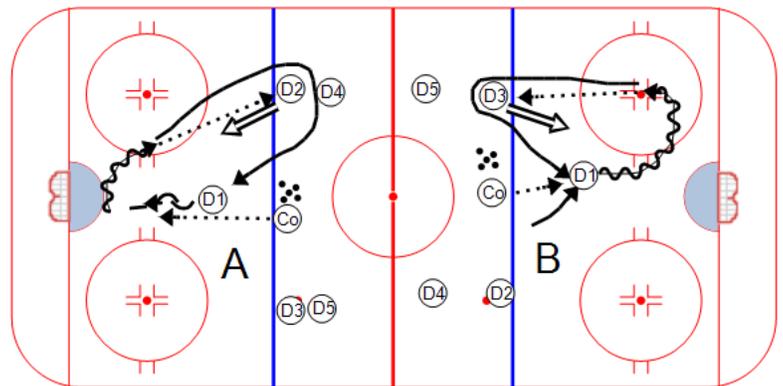
GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

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

Title : RW Def Agility Shooting Content elements: _____ Components : _____

Description

D1 starts goes Bkwd gets a pass from Co and pivots 360, passes to D2 and skates behind pivots to get a 2nd pass from Co. D2 shoots. D1 gets his ice and pass to D3 who shoots (not showed) and D1 skates behind back to middle pivots Bckw and receives a 3rd pass from Co gets his ice and pass to D4 who shoots. D1 does it a last time, passes to D5 who shoots. Next D goes



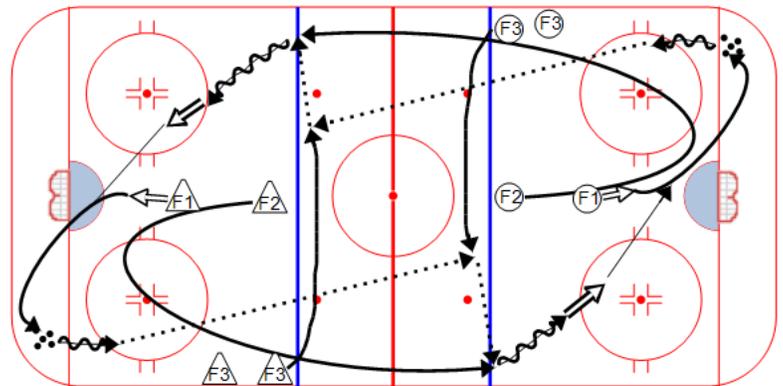
Key Points : agility skate get your ice

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

Title : Grodno 2-0/ 2-1 Content elements: _____ Components : _____

Description

2-0
F1, F2, F1, F2 get in position to start drill from both sides. F1 shoots and recuperates a puck in corner. F2 follows, curls and skates up ice. F1 skates up and passes to F3 skating along BL. F3 passes to F2 who goes in to shoot and continues the drill, 2-0 shoot and drive.



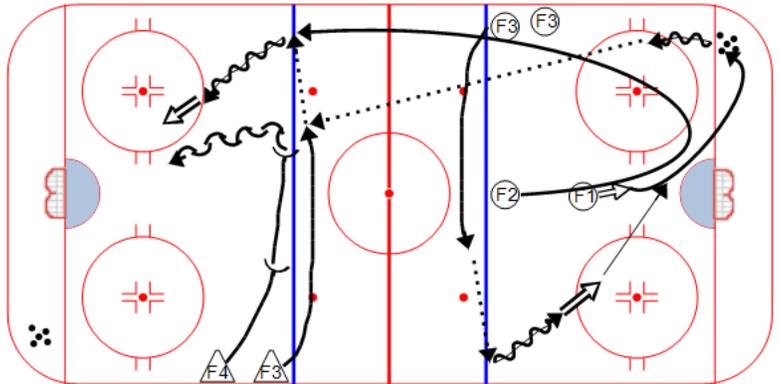
Key Points :

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

Title : Grodno 2-0/ 2-1 (seq 2) Content elements: _____ Components : _____

Description

2-1
 F4 takes off with F3 and angles him, applies a certain pressure. F4 ends up playing 2-1.



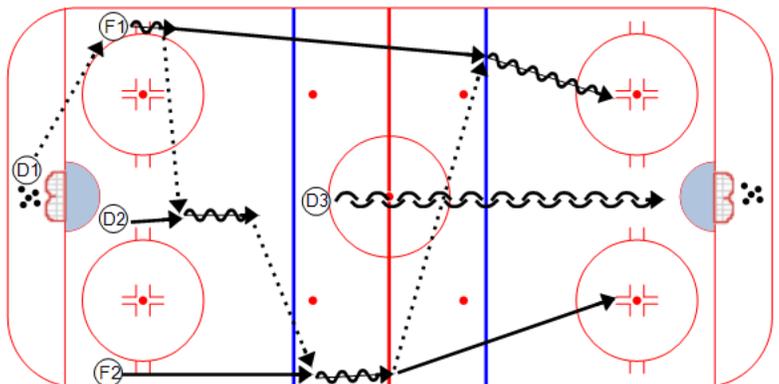
Key Points :

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

Title : Gen - B/O Inside Def 2 Vs 1 Content elements: _____ Components : _____

Description

D1 B/O to F1 to inside D2 who passes to the F1 or F2 who is ahead for a 2-1 vs D3.



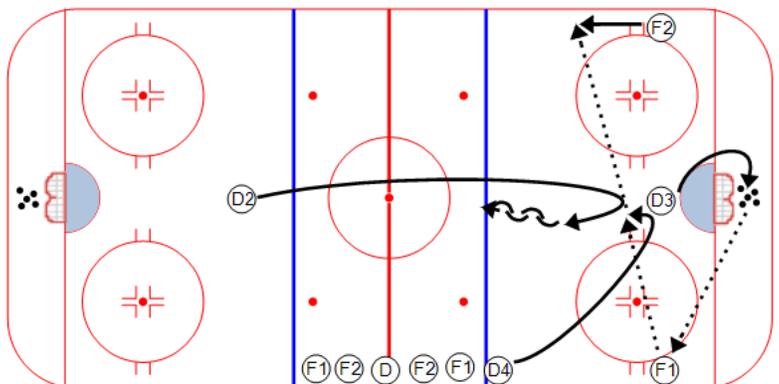
Key Points :

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

Title : Gen - B/O Inside Def 2 Vs 1 Content elements: _____ Components : _____

Description

After the 2-1, D3 who took the 2-1 starts the next B/O. D4 steps in for the B/O and D2 takes the 2-1. Continuous...



Key Points :

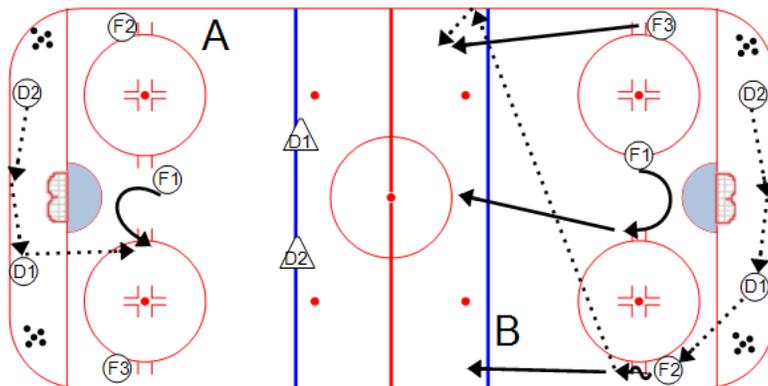
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Gen - 3 Vs 2 Low Rotation Content elements: _____ Components : _____

Description

B/O Options:
 A) D - D - C
 B) D - D - W cross ice

* C must stay low and between the "Dots" in order to not be in forcheck F3.
 * When the 3-2 is finish, the two (2) def that took the 3-2 B/O 3 new F.
 ***Middle between dots
 ***Wingers below H marks
 ***Cross Ice pass



Key Points :

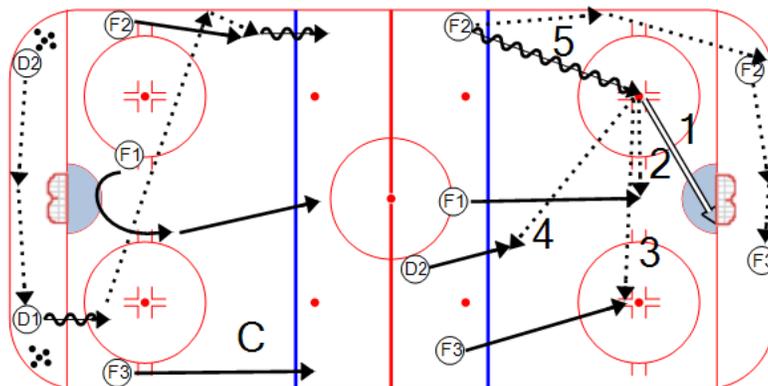
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Gen - 3 Vs 2 Low Rotation Content elements: _____ Components : _____

Description

C) D - D - cross ice

Entry Options:
 1 - Far pad
 2 - Middle
 3 - Far side
 4 - Weak side Def
 5 - Change pt of attack
 6 - Corner to Corner (Not showed)



Key Points :