



Ducs d'Angers

DRILL CLUB 2014-2015

Practice No: _____



Date : _____ Time : _____ Duration : _____

Version no : _____ Prepared by : _____

Objectives / Main tasks :

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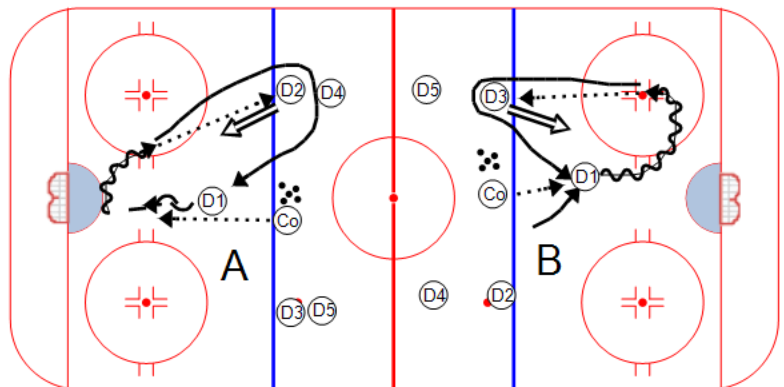
GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

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

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

Description

① starts goes Bkwd gets a pass from ⑥ and pivots 360, passes to ② and skates behind pivots to get a 2nd pass from ⑥. ② shoots. ① gets his ice and pass to ③ who shoots (not showed) and ① skates behind back to middle pivots Bckw and receives a 3rd pass from ⑥ gets his ice and pass to ④ who shoots. ① does it a last time, passes to ⑤ who shoots. Next D goes



Key Points :

agility skate

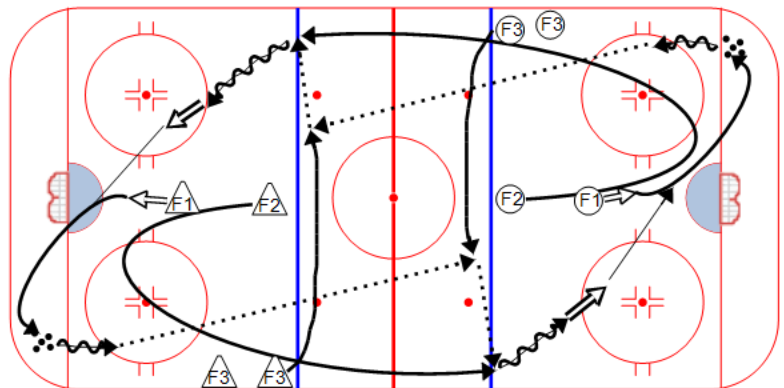
get your ice

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

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

Description

2-0
①②, ③④ get in position to start drill from both sides. ① shoots and recuperates a puck in corner. ② follows, curls and skates up ice. ① skates up and passes to ③ skating along BL. ③ passes to ② who goes in to shoot and continues the drill, 2-0 shoot and drive.



Key Points :

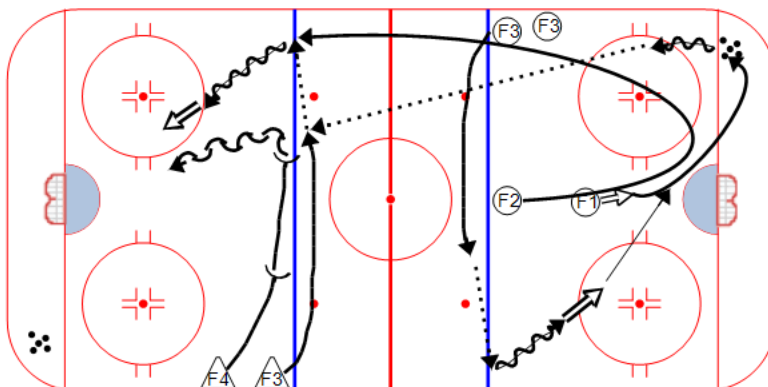
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

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.



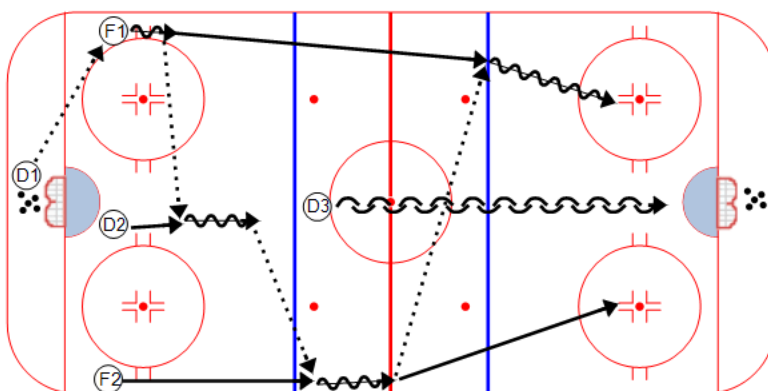
Key Points : _____

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.



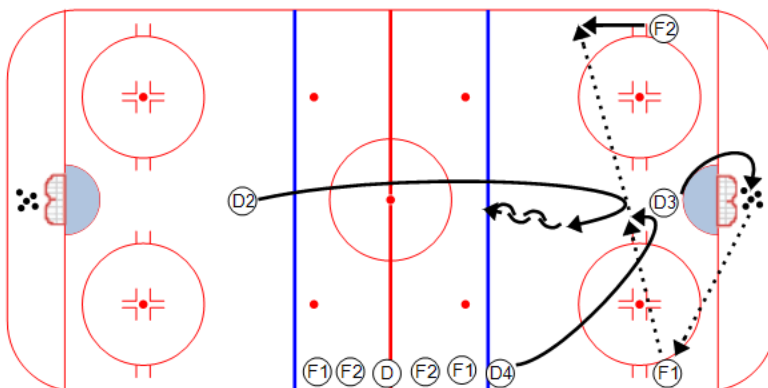
Key Points : _____

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

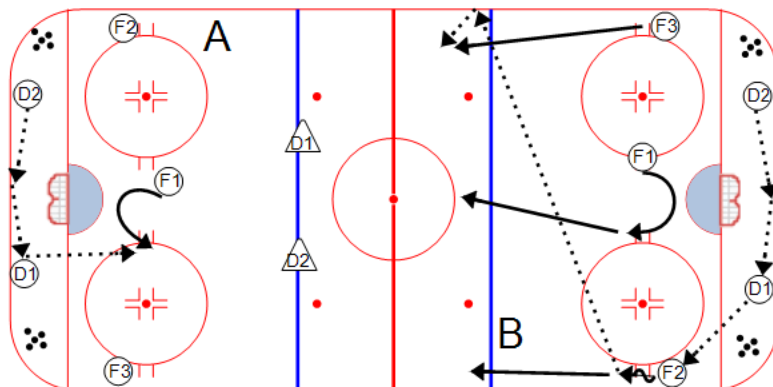
* C must stay low and between the "Dots" in order to not be in forcheck F3.

* 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

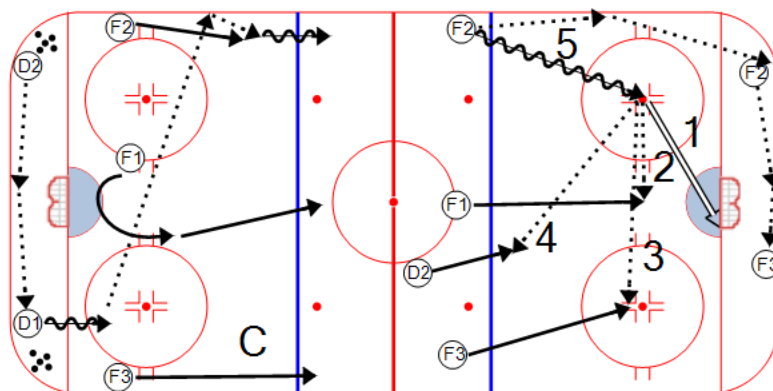
2 - Middle

3 - Far side

4 - Weak side Def

5 - Change pt of attack

6 - Corner to Corner (Not shown)



Key Points : _____