



ENIO'S DRILL OF THE WEEK CLUB

SUBMITTED BY:

GEOFF GRIMWOOD

SOUTH ISLAND ROYALS HOCKEY CLUB

BRITISH COLUMBIA MAJOR MIDGET LEAGUE

Recommended Books:

- Uncommon by Tony Dungy
- Win Forever by Pete Carroll
- Education of a Coach by David Halberstram
- Showtime by Ed Arnold
- Boy on Ice by John Branch



Practice Plan

Team: South Island Royals

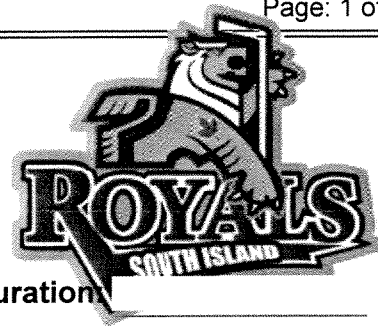
Practice No.: _____

Date : 2014-2015 Season

Time: _____

Duration: _____

Version No.: _____

Prepared by: Geoff Grimwood

Objectives / Main tasks :

Enio's Drill of the Week Club

Drill #1. Sub 60 PP Game

Drill #2 Leafs Warmup

Drill no. : 1 Duration : _____ Minutes From : _____ To : _____Title : SUB 60 PP GAMECategory #1 : POWER PLAYCategory #2 : Goal Scoring

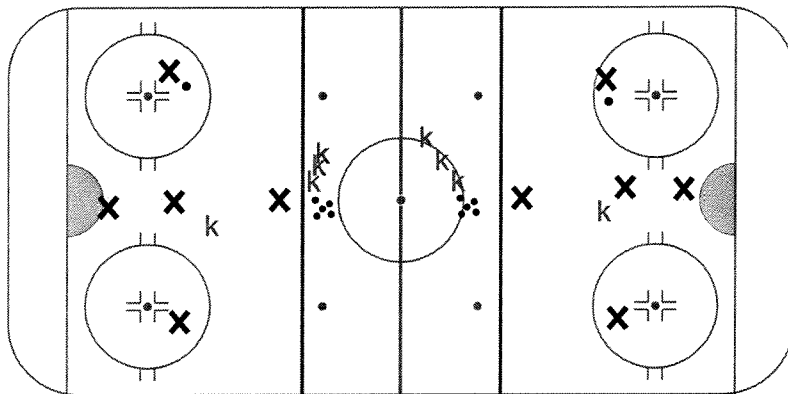
Description

The drill starts with a Power Play Group in each end. The drill runs for 60 secs, with one end playing while the other end rests.

On the whistle, one PP group starts playing vs a one man penalty kill. Once the PP scores, a new puck is sent in with an additional killer, making it 5 on 2.

The goal is for the PP to score 4 goals in 60 seconds, with every goal a new killer enters the game. New pucks can be sent in when the goalies smothers it or PK clears the zone.

The key is urgency to score against the clock.

Key points : Puck Movement Support Urgency Pucks to netDrill no. : 2 Duration : _____ Minutes From : _____ To : _____Title : Leafs Warmup

Category #1 : _____

Category #2 : _____

Description

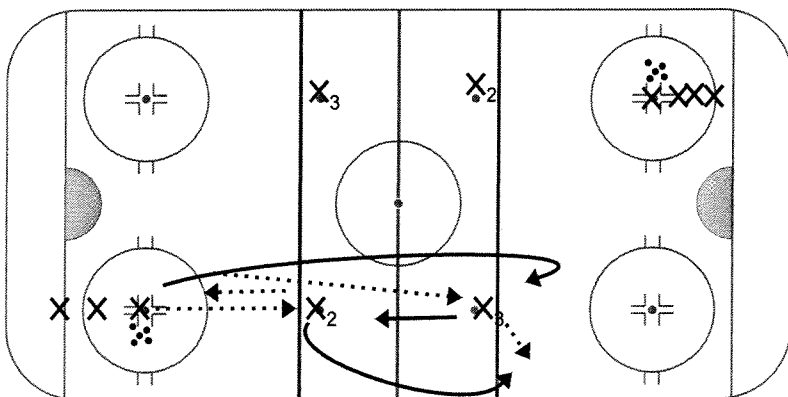
Both ends same time.

X starts with puck, skating towards X2.

X Passes to X2, who one touches it back to X. X2 then skates hard down the wall towards the far blue line.

X one times the pass from X2 to the far blue line, where X3 will one touch the pass indirectly, and hit a streaking X2

X2 shoots, then goes to the back of the opposite line.



Key points : _____

Drill no. : 3 Duration : Minutes From : To :

Title : 3v3 2v2

Category #1 : Breakout

Category #2 : Forecheck

Description

To Start Drill:

Part 1

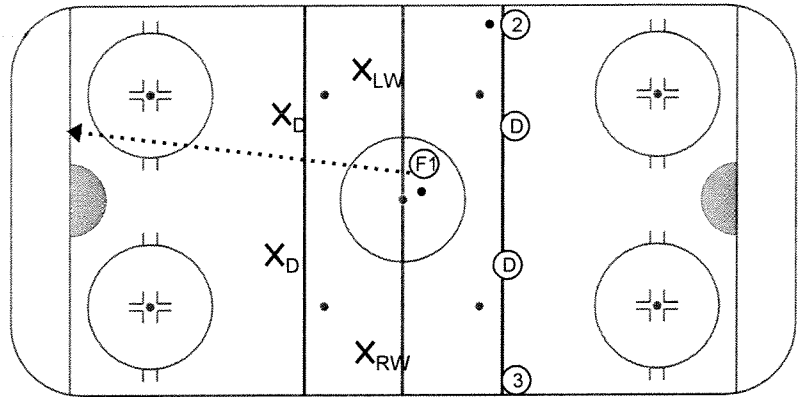
The 5 X's (2D and and line of forwards) line up on the defensive side of the redline.

The O's line up as follows:

F1 (with puck) on centre ice line.

F2 (with puck also) and F3 on their defensive blue line.

D's on their defensive blue line.



Key points :

Drill no. : Duration : Minutes From : To :

Title : 3v3 2v2 (seq 2)

Category #1 : Breakout

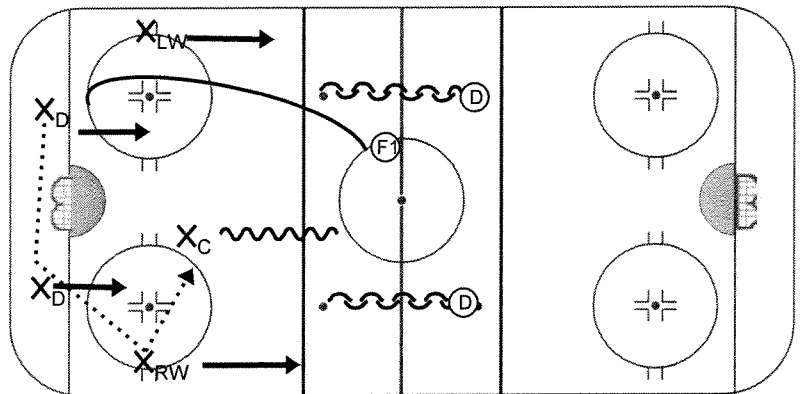
Category #2 : Forecheck

Description

Part 2

After breaking out, the three XF's attack the opponents dmen 3 vs 2.

F1, after forechecking, tracks back and tries to make the 3 on 2 into a 3 on 3, sorting out defensive responsibilities as X's entre the zone.



Key points :

Drill no. : Duration : Minutes From : To :

Title : Drill template #3 HK

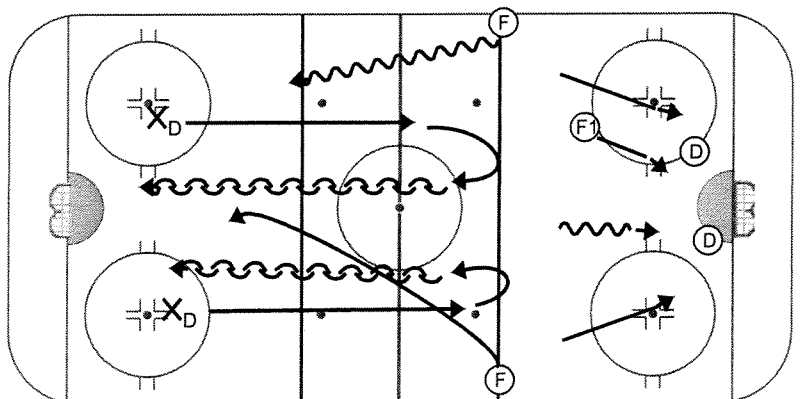
Category #1 :

Category #2 :

Description

The two XD's, after breaking out their XF's follow the rush up the ice. They skate as hard they can to the red line, then stop, backpedal back towards their Dzone, and recieve the rush from F2 and and F3, who were at stationed at the blue line.

The drill continues with 2 vs 2 in one end, and 3 vs 3 in the other. The drill ends with a whistle.



Key points :