

Drill of the Week Club

Steve Roy

Individual or Small Group Skill Drill

Title : JR: Tight Turns/Crossovers/Sh

Category #1 :

Category #2 :

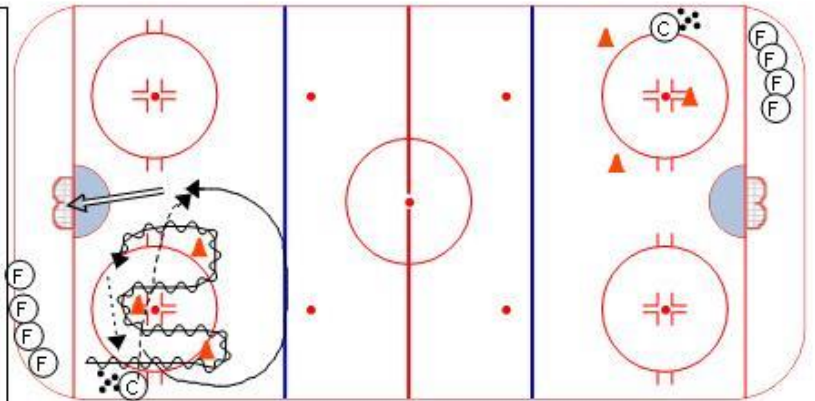
Description

Players stickhandle around cones
Pass to Coach
Then skate hard around top of circle (Crossovers)
Receive pass from Coach (Strong bottom hand)
Shoot on net.(Shoot to score)

Keep tempo high

Both sides at once

Switch sides halfway



Key points :

Team Skill Warm Up Drill

Title : LA Quick BO Regroup BO

Category #1 :

Category #2 :

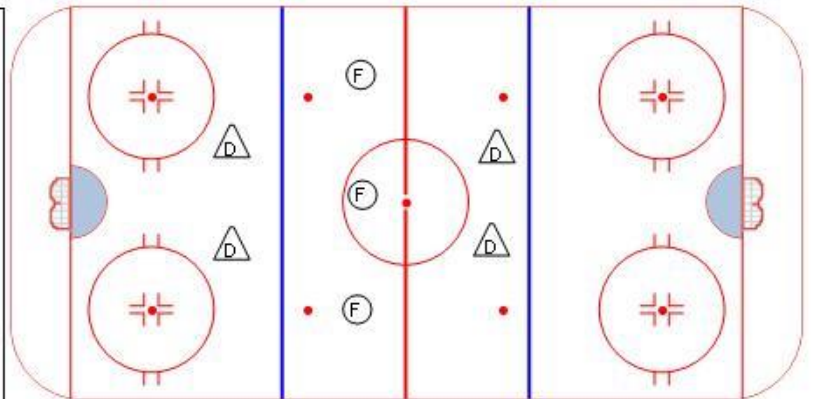
Description

This drill is continuous. (Keep it constantly moving)

3 F and 2 D break out from DZ (D2D pass)
F's skate down ice and regroup with far side D (D2D)
F line goes up and down ice, then changes on the fly
with the next 3 F's in line.
D can rotate in on the fly as well.

Focus on quick tape to tape passes. (within 3 sec)

Good warm up drill to focus on quick puck movement.



Key points :

Quick passes

Keep feet moving

Communicate

Game Speed

Offensive or Defensive Team Play Drill

Title : U18 2 on 1

Category #1 :

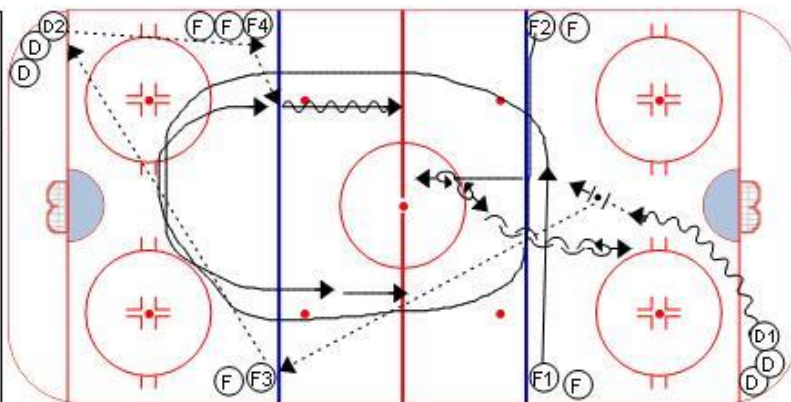
2 x1

Category #2 :

passing

Description

D1 starts drill by stepping out and passing to F1 cutting across blue line (F2 cuts across blue line at same time)
After receiving pass from D1, F1 drops puck back to D1.
D1 passes to F3 - who quickly passes to D2 in far corner.
D2 quickly passes to F4 - who tips pass to F2 (F1 and F2 regroup inside far blue line)
D1 posts up and defends the 2 on 1
After receiving tip pass from F4 - F1 & F2 attack D1 2x1.
Option: D2 can step out and make pass to F1 or F2
Alternate ends (one side at a time)



Key points :

A Drill or Game to Develop Competitiveness

Title : CBJ 3 on 3 to 1 on 1 SAG

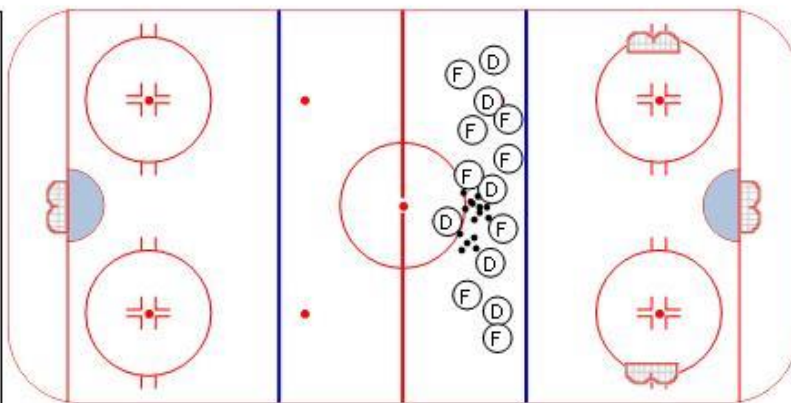
Category #1 :

Category #2 :

Description

1 on 1
2 on 2
3 on 3 (first pair then leaves)
2 on 1 (second pair then leaves)
1 on 1

After each whistle add/delete a pair.



Key points :

“Every day you wake up, you have one job; and that’s to get better” – Derrick Rose

“I hate losing more than I like winning” - Charles Barkley

When you want to succeed as much as you want to breathe, that’s when you will be successful.