



Murray Nystrom mnystrom@brocku.ca

DRILL OF THE WEEK

QUOTE

"One of the things I've done well over the years is manage change. I believe that you control change by accepting it."

Sir Alex Ferguson

SKILL DRILL

Puck Retrieval Sequence for D

D jumps to top of circle, pivots, back peddles then turns to retrieve puck. Quickly outlets to X, then follows pattern to top of circle again. D executes 4 consecutive retrievals

Outlets can include:

1. quick up (strong side)
2. middle lane
3. board pass to weakside of net
4. weak side outlet

Alternate sides

WARMUP DRILL

Lobby's Shooting Drill

Each forward "regroups" with D pairing before attacking a different shooting lane

D follow up to offensive blueline, receive pass from F out of corner. D make partner pass then shoot. Alternate forward retrieves puck out of opposite side for second D shot.

SMALL GAMES DRILL

Boot Hockey Tournament

Divide ice into to 3 cross ice surfaces.

Divide your team into 6 teams of 4 (or whatever works for you!).

Include your goalies ... NO GOALTENDING

Play 2 minute games. Tie games go to the team that scores first. Rotate counter-clockwise.

Use "whatever" to create nets approximately 1 metre wide.

Top two teams play in the championship game

Third and fourth place teams play for bronze

Fifth and Sixth place teams play in the Toilet Bowl.

OFFENSIVE DRILL

Badgers Buildup

Both directions on the whistle

F1 attacks D1

Once whistle blows to end one on one, F1 must "find" F2 and support him offensively to create a 2 on 2.

Next whistle ends the 2 on 2. Both F's must "find" F3 to support him offensively and attack 3 on 3

Note:

Third defending player is a forward to simulate DZC.

The third defender can be eliminated to create a 1 on 1; 2 on 2 then a 3 on 2 sequence.

All three scenarios are short in duration to emphasize a "quick attack" mentality.

