

2010 D.O.T.W.-C  
2011

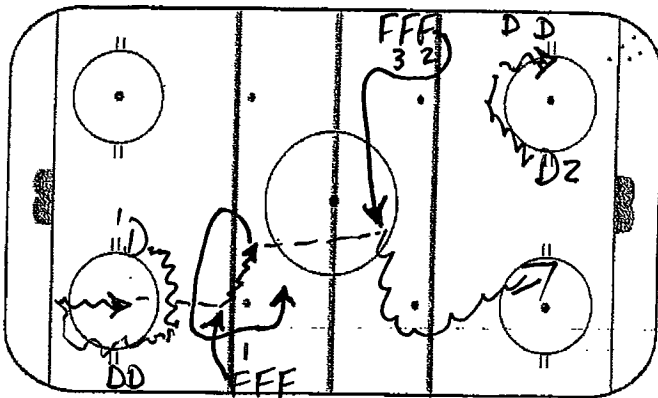


Date:

Dan Olsen

TIME DRILL NAME  
Skill Drill

☒ CONTINUOUS  
☐ CONTROLLED



OBJECTIVE(S) transition skating.

- START - passing (controlled) shooting
- D<sub>1</sub> skates fwd to board around circle w/  $\bar{p}$ , skating up ice @ bottom of circle
  - D<sub>1</sub> pass to F<sub>1</sub> who jumps off boards into opening
  - F<sub>2</sub> accelerates to mid-ice to receive pass from F<sub>1</sub> & goes wide for shot on net
  - F<sub>1</sub> curls back to original line & while moving preps for pass from F<sub>3</sub> who is repeating drill w/ D<sub>2</sub> on other side of rink.

KEYS - continuous drill

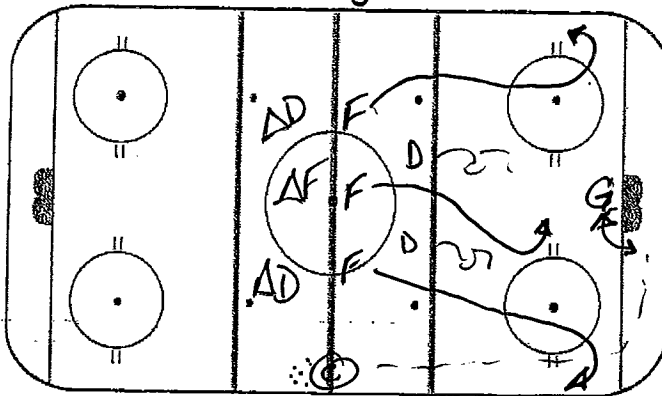
- D work on transition skating & passing quickly
- F's control skate & prep to accelerate thru N-Zone
- use timing to accelerate @ the right moment for mid-ice pass.

ROTATION

VARIATIONS/PROGRESSION

TIME DRILL NAME  
Team Play.

☐ CONTINUOUS  
☐ CONTROLLED



OBJECTIVE(S) work F/C or "chip"

START by

- (C) dumps  $\bar{p}$  for a unit of 5 to B/O
- have 1 F & 2 D apply passive resistance holding the blue line to force B/O unit to chip by (area) or dump to Quiet zones.
- unit of 5 forecheck the 2D & 1 F hard - should create offence on F/C & for turnovers.
- on whistle (C) spots new  $\bar{p}$  in N-Zone, unit of 5 regroup & chip or dump again.

KEYS - (C) uses team F/C system

- players on F/C have to be aggressive & support wise.
- if 2D & F carry  $\bar{p}$  out of O-Zone punish the F/C unit w/ push-up-situps

ROTATION

VARIATIONS/PROGRESSION - add another F for 5 on 4 F/C. Progress to 5 vs 5. (A) No sticks. (B) Sticks over.

2010/011 D.O.T.W.C

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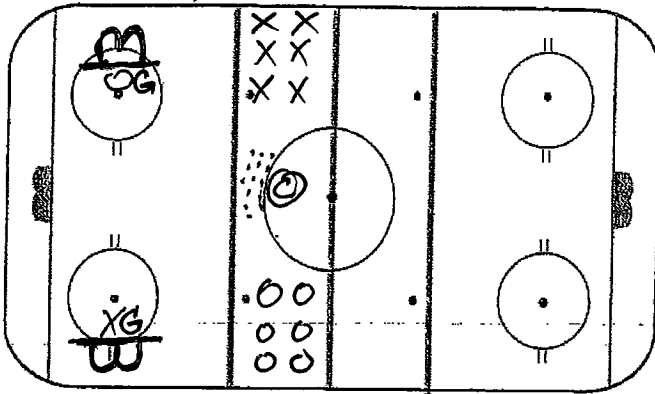
Dan Olsen



Fun &

TIME DRILL NAME  
Competitive Drill

☐ CONTINUOUS  
☐ CONTROLLED



OBJECTIVE(S) / vs 1 - times 3

START

- (C) sends in 3  $\bar{p}$  as 3 O's & 3 X's go into retrieve.
- 3 sets of / vs 1 inside the blue line.
- combatants must continue to play / vs 1 until they score
- when goal scored the 2 playing / vs 1 are done & exit zone quickly
- (C) spots new  $\bar{p}$  &

KEYS 2 new / vs 1 starts.

- G Keep eyes open, heads up
- players heads up, on swivel
- no penalties.

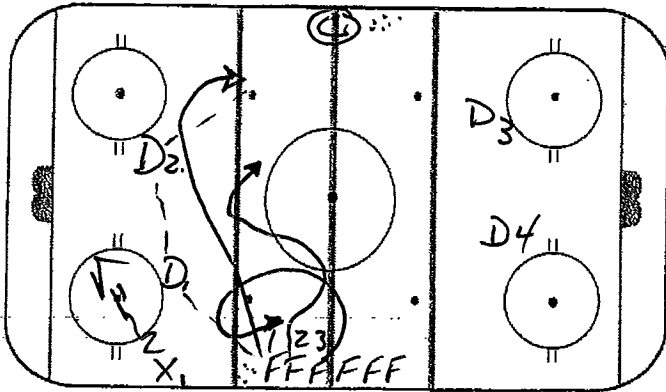
ROTATION

ATIONS/PROGRESSION

BOOK RECOMMENDED: Outliers: The Story of Success.  
by Malcolm Gladwell.

TIME DRILL NAME  
3 vs 3 Tiger

☐ CONTINUOUS  
☐ CONTROLLED



OBJECTIVE(S) work regroups & counter attack.

START - work 3 vs 3 low

- work gap control, regroups & attack triangle to 3 vs 3 low
- on (C) whistle F line pass to D1 & D2.
- 3 F's fill lanes to support & receive  $\bar{p}$  from D1 or D2
- X1 (B/C) skates in & shoots then joins D1 & D2 to defend
- F1, F2, F3 regroup w/ D3 & D4 & attack D1, D2 & XF1. 3 vs 3

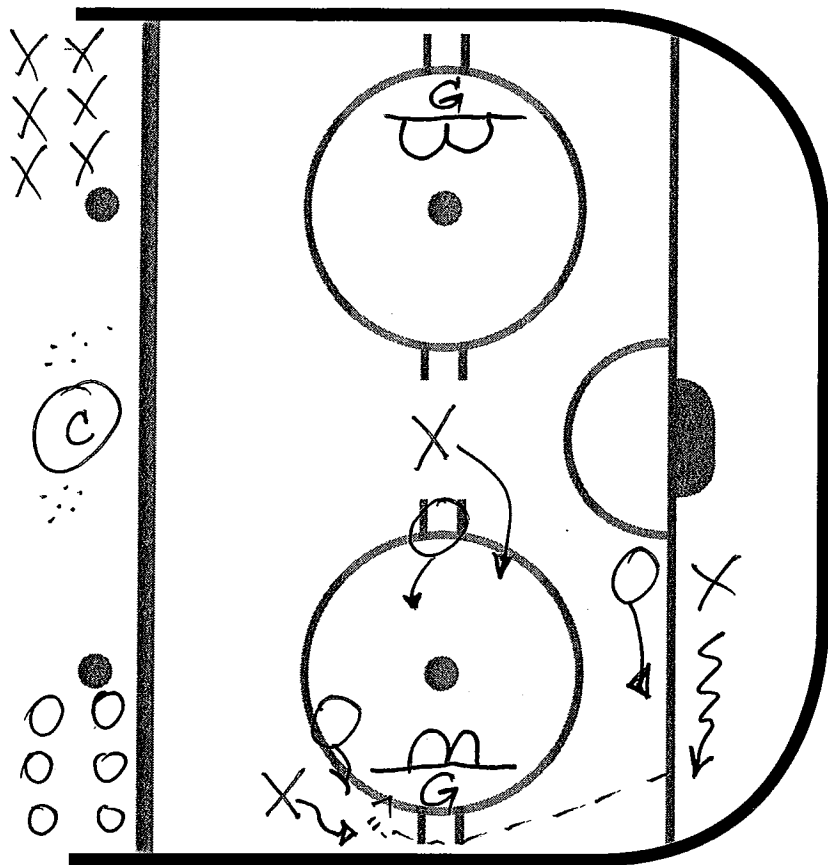
KEYS - on second whistle

- (C) spots new  $\bar{p}$  for low 3 vs 3.
- next whistle 3 new F's start w/ D3 & D4
- place new F as B/C

ROTATION

VARIATIONS/PROGRESSION

Envo.

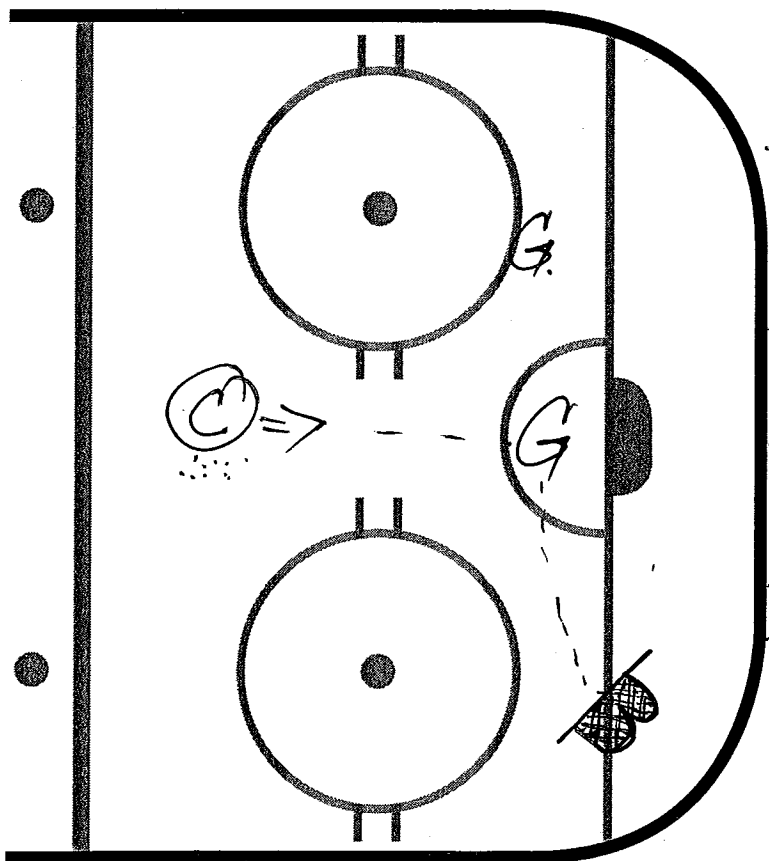


## Favorite Drill

My Drill: 3 vs. 3 Reverse the Nets.

- \* turn nets so they face the boards.
- \* game is 3 vs 3
- \* play for 30 - 40 Secs. then change.
- \* Variation: go 4 on 4 or 5 on 5.

NOTES/COMMENTS  
Develops G vision  
Develops Support  
Develops quick & board passes.



## Goal tender Drill

My Drill: Rebound Goal Game.

- use opposite net on either side.
- object for G is to direct shots into open net to side.
- G gets 1 point for every p directed into open net
- (C) or player shoots p to the side G wants to control & direct to net.
- Keep score.
- change sides after white.

NOTES/COMMENTS  
- teaches rebound control  
- comp. between both goalies.

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