

ADVERSITY CUP WEEK

This is a great idea sent along by TheDrillbook.com

ADVERSITY CUP WEEK @ TheDrillbook...

Adversity is an inherent aspect of sports. Learning to deal with obstacles and challenges within the game is a critical aspect of individual and team development. How do you practice it??

Secure a Shoe Box and about 30 recipe cards.

Create two equally balanced teams within your team and colour coordinate them.

Create about 30 scenarios that your team's play out over the course of a practice. Each scenario is written on a recipe card and teams draw a scenario out of the box and then play it out against the opponent. After the scenario is completed, the other team draws from the box. Keep score and watch the level of compete go off the charts! Players will become very excited as to the outcome of the draw.

Sample scenarios which can be used for Hockey or Soccer. Adapt for your sport:

- A. Your team took two bad penalties. Play shorthanded for a one minute shift.
- B. Your team has pulled your goaltender. Play a 1 minute shift without the goalie.
- C. Your defensemen lost their stick. Play a 1 minute shift with one defensemen without a stick.
- D. Have a three player shootout.
- E. Defensemen are not able to cross the defensive blue line. Play a 1 minute shift.
- F. Forwards must stay in the offensive zone only and offsides are permitted. Play a 1 minute shift.
- E. Electric Chair shift. Two vs Two Full-Ice for 1 minute.
- F. Cross-Eyed shift for both teams. This entails players hands being reversed for the entire 1 minute shift.

[What other ideas can be used in the Adversity Cup???](#) (Tom's question)

Scores typically end up in the 10-15 range. Depending on the luck of the draw, the tide can change very quickly. Feel free to use TheDrillbook Adversity Cup several times throughout the year and simply adapt

some of the scenarios.

I recommend the TheDrillbook.com as it has lots of great coaching ideas.