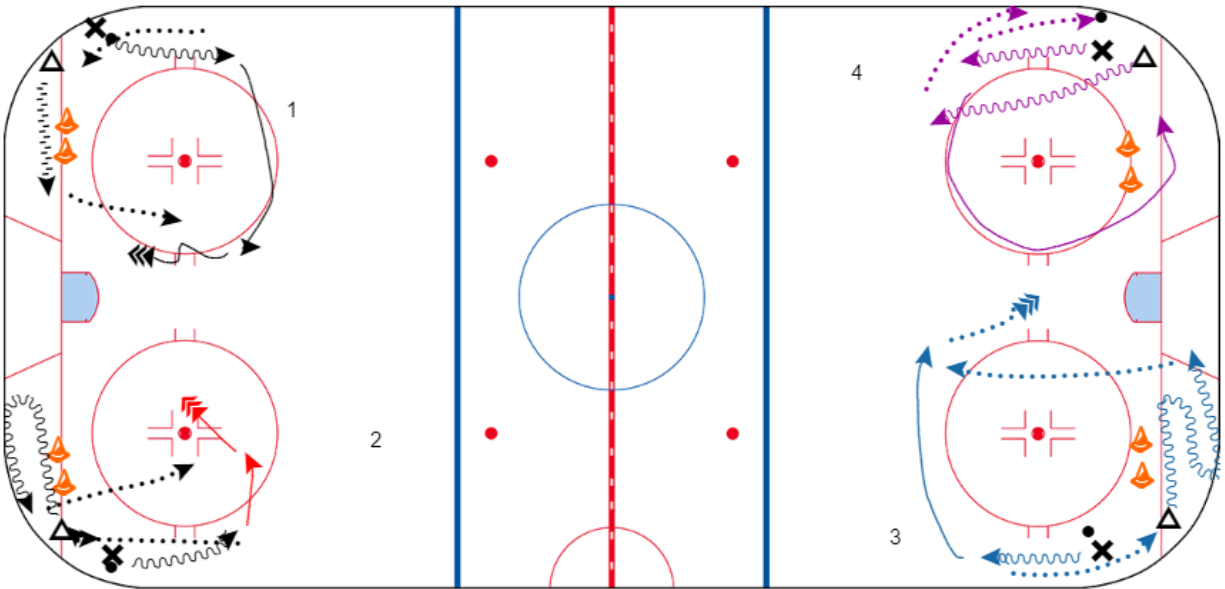
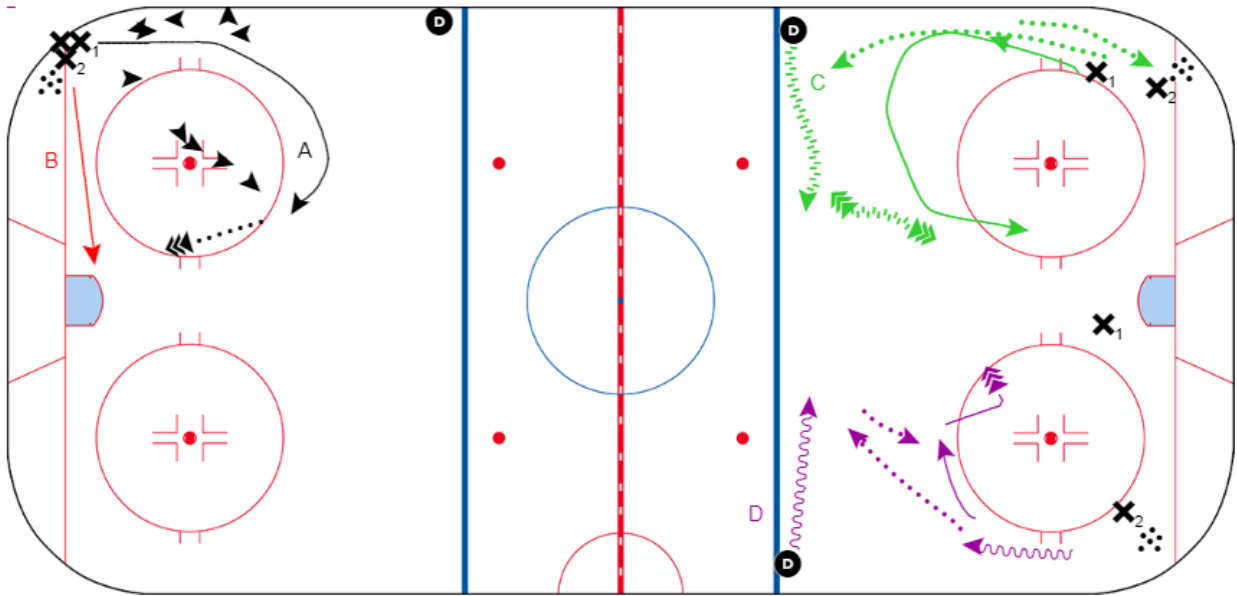


## Pooper Cycle



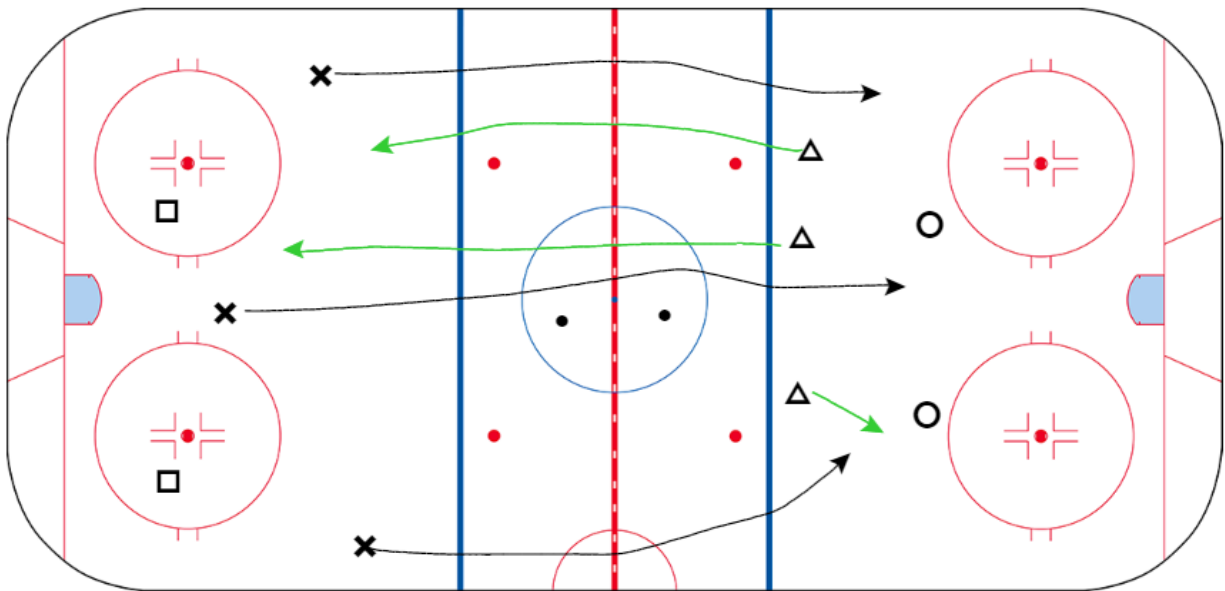
1. X starts carrying the puck up ice and cycles puck low to triangle (this will be the start of every variation). Once X cycles low he has to time it so he gets puck in the corner pie area for a quick shot. Triangle will move laterally after the cycle to pass back to X on the side closest to the net
2. Start the same as above this time triangle will get the puck skate hard to the net and cut back at far circle and pass on the side he originally came from (the boards side)
3. Same as above, now triangle gets it and it's a double cut back
4. Similar to 1-3. This time After X cycles he will continue to skate Triangle will now get the puck and cycle and X will do one of the 3 variations and Triangle will have time it

## Merrimack Shooting



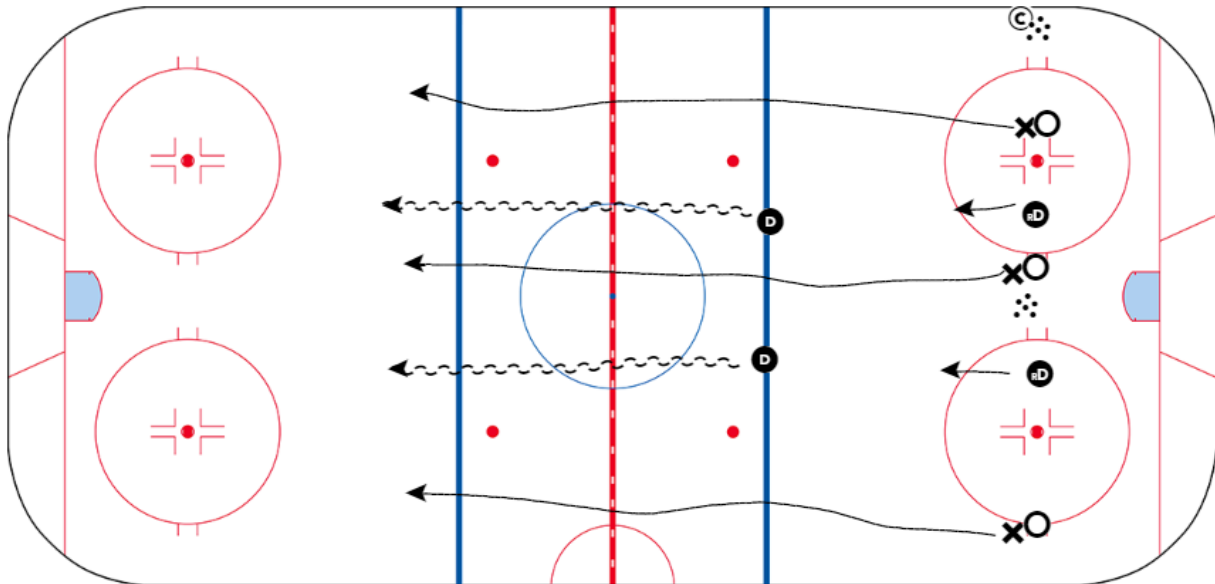
A. X1 carries puck and cycles it down wall F2 hits him in soft area for shot. B. X1 continues after shot and picks up another puck cycles it down do X2 who takes it to the net (Red) C. X1 now Cycles puck to F2 who then passes to D who walks the blue line for a shot X1 continues to go to the net for tip (Green) D. X1 stays net front X2 carries puck and moves it to D, D walks to middle X2 needs to time it and will get the puck back at the top of the circles for a quick shot

## Nightmare 3v3/2v2



Pucks will get dumped in both sides and breakout. Coach will assign one way as 3v3 and one way as 2v2. Forwards need to communicate who is going to be the back checker

## 5 Man Up

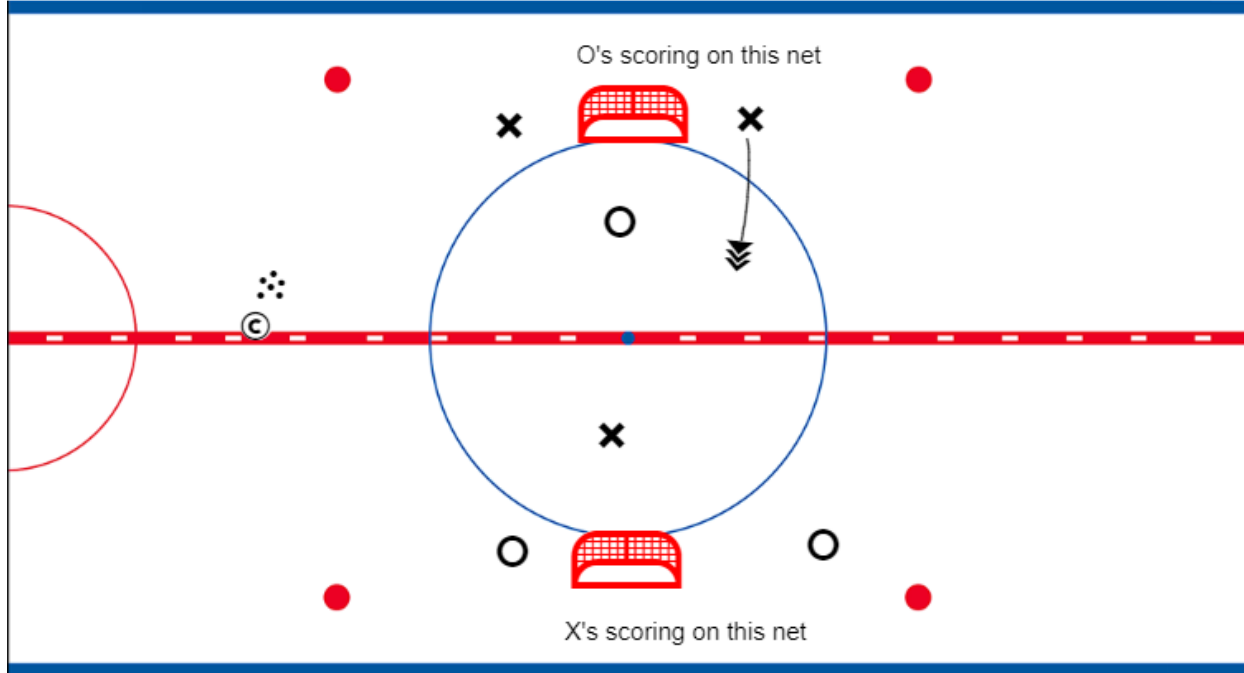


On whistles X's will attack 3v2

Second whistle it will be come a 5v5

3rd whistle coach spots a puck for NZone regroup. Original group of forwards (X) will be on the defensive side of the puck and the O group will be on offense

## OC's Game

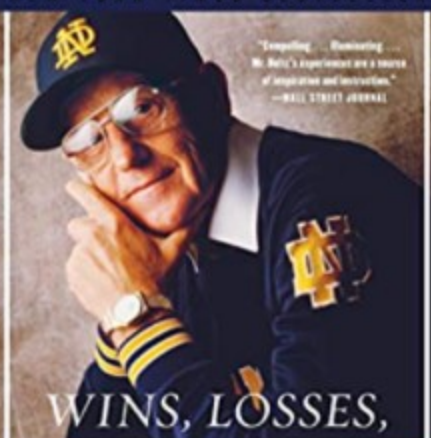


Similar to the bubble hockey game. The X's will try and score on the southern net and the O's will try to score on the northern net. The guys in the circles job is to get it to their teammates to shoot so they can score off tips, deflections, or rebounds (or score directly). Players outside the circle can't move and have to stay outside the circle.

You can also add an extra player each side inside the circle to have more players involved

## Book

NEW YORK TIMES BESTSELLER



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Mr. Holtz's experiences are a source  
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WINS, LOSSES,

AND LESSONS

**LOU HOLTZ**

AN AUTOBIOGRAPHY