



COLORADO COLLEGE

HAYWARD DRILL CLUB 2020-2021

Dec-06-2020

Practice No:

Duration: min

Enio Sacilotto Drill Club 2020-21

BOOK: "WIN THE DAY" JERRY LYNCH, PH.D **0 mins**

QUOTE: "THE THINGS YOU THINK ABOUT DETERMINE THE QUALITY OF YOUR MIND. YOUR SOUL TAKES ON THE COLOR OF YOUR THOUGHTS." - MARCUS AURELIUS **0 mins**

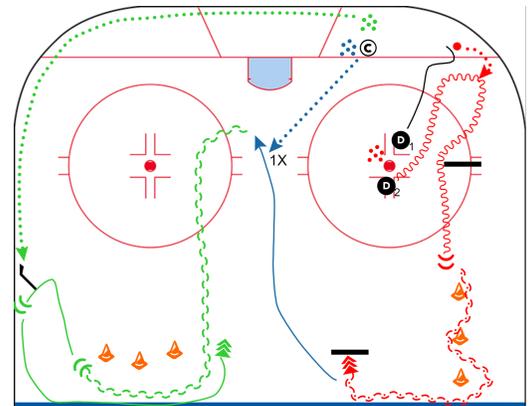
AOF D IZO 3 SHOT **10 mins**

Description:

D1 DECEPTION & BUMP TO D2 --- D2 WORKS THE ZONE - FAKE TOWARDS DOT LANE - PIVOT BACKWARDS THROUGH CONES & WALK LINE FOR SHOT. (RED)

HARD BACKDOOR FOR 1X (BLUE)

BACKWARDS OUT AROUND CONES PIVOT FORWARDS FOR RIM FROM COACH, STICK FAKE & 3/5 HARD STRIDES OUT TO BLUE/MIDDLE FOR 3RD SHOT. (GREEN)

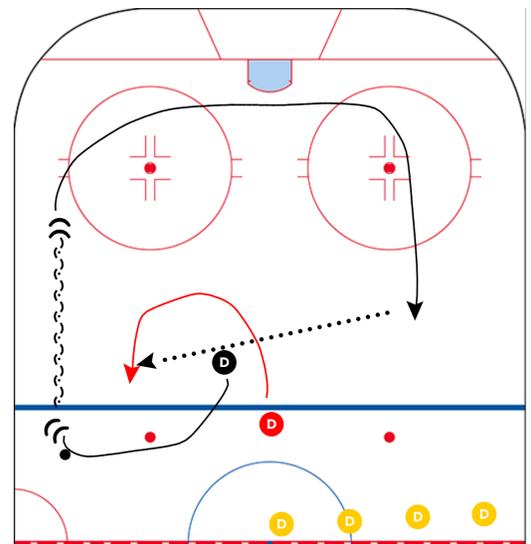


BIG BOY NZ **10 mins**

Description:

BLACK D SWINGS IN AN PICKS UP PUCK BACKING OFF SQUARE TO NZ - BACKWARDS SKATE THEN PIVOTS OUT TO WALL (AWAY FROM PRESSURE) -- GETS FEET MOVING AROUND DOTS WITH EYES UP ON OR JUST OUTSIDE OF DOT LANE. EYES & STICK BLADE ARE ON BACK OF LINE, THEN HIT RED D WHO OPENS UP AS WS-OPTION. BLACK D 3 HARD SUPPORT STRIDES.

RED FOOTWORK & LEAVES PUCK, BACKS OFF GETS MIDDLE AND SWINGS IN, DRILL CONTINUES



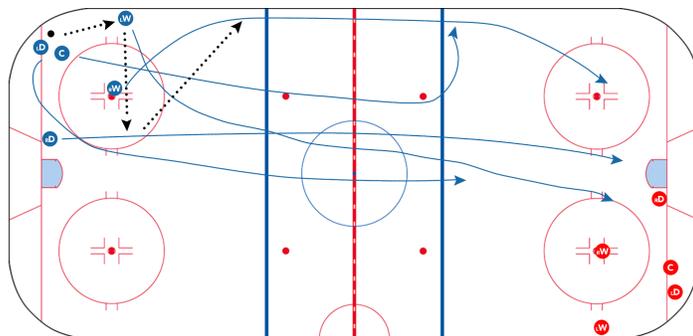
SJ BO CHIP UP TO SSW

10 mins

Description:

FROM DZC SPOTS CHIP UP TO SSW - HITS NET D FOR LRF -
NET D IS MIDDLE DRIVE GUY

2ND SHOT FROM POINT



High Tip 3 on 2 (WSD activates)

10 mins

Key Points:

Shots for tips, F getting stick open, D defending Sticks, F-D IZO rotations/support, NZ trans, D activate in LRF, D defending LRA sticks

Description:

F1 passes to D puck goes D to D, F1 hooks into middle ice, D low defends and shot comes in looking for F stick/tip. This is repeated from the other side.

F3 passes up to D and hooks to net, D to D up top, F2 up to middle support IZO, WSD coming down with puck can read for pass/shot.

Offensive D now SPRINT back for a puck spotted at far BL, F's fill lanes, D to D transition, Defending D gap up and receive 3 on 2. WSD Offensive D activates in the LRF so we have a DIAMOND on entry and puck carrier has multiple options.

