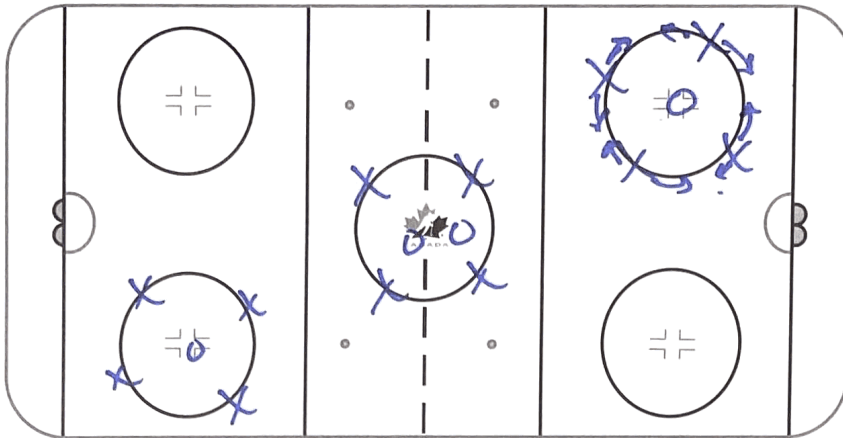


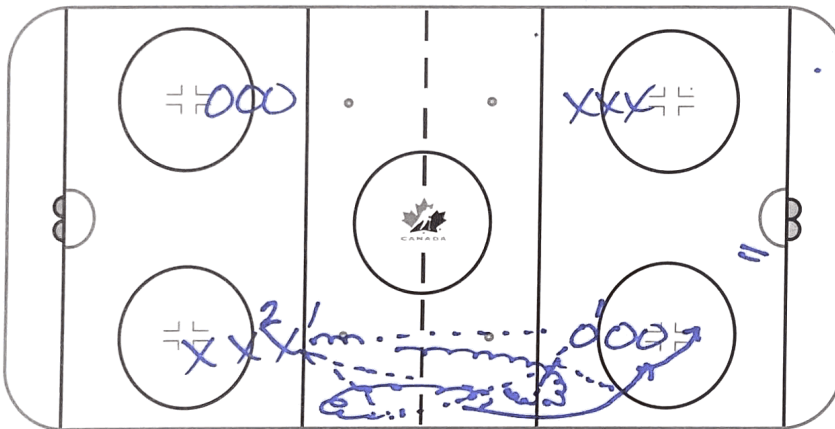


# HOCKEY CANADA PROGRAM OF EXCELLENCE



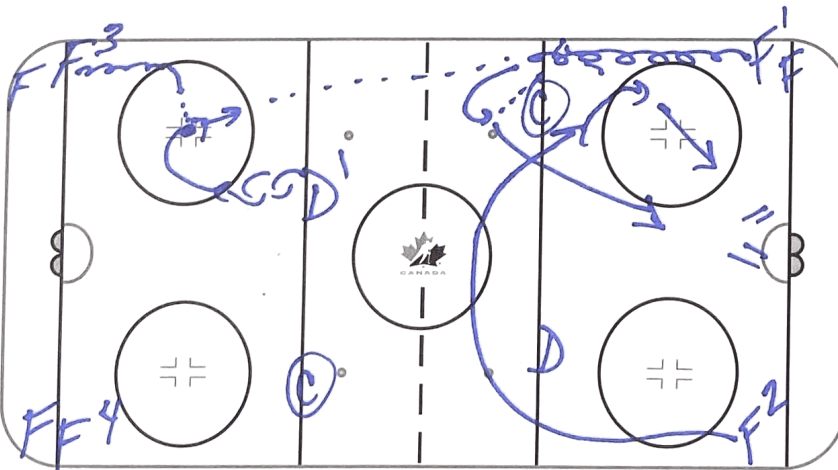
RONDA. (WARMUP)

4 PLAYERS ARE ON  
OUTSIDE OF CIRCLE  
ON TOUCHING WHILE  
O TRIES TO INTERCEPT  
PASS. X CAN MOVE  
ACT: 4 VS 2



NZ TOUCH

BOTH SIDES SAME TIME  
X' PASSES TO O', X'  
DROPS OPEN GETS TOUCH  
BACK THEN PASSES TO  
X<sup>2</sup>, X<sup>2</sup> TOUCHES TO X'  
WHO TOUCHES TO O' WHO  
SETS INSIDE BASE. ATTACK  
WITH SPEED.



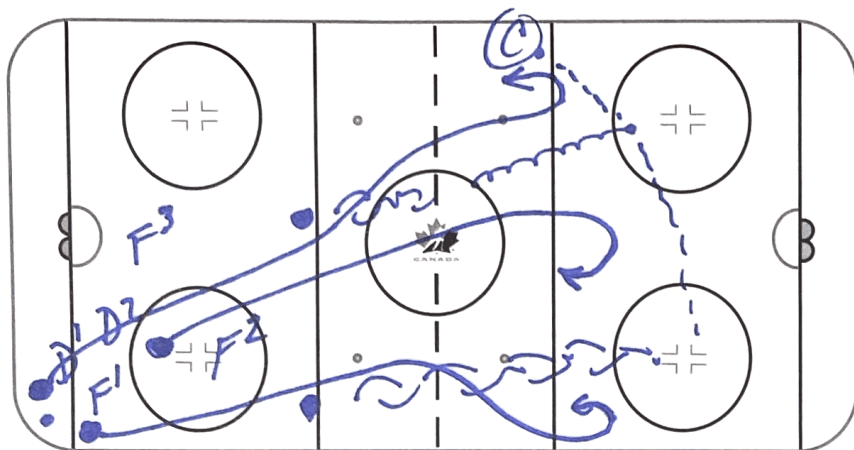
SHARKS CHIP (DRAW) | SDO  
ON C WHISTLE F<sup>3</sup> SETS  
PUCK FOR D, D RETRIEVES  
SMOOTH PASS TO F' OUT  
FOR BLUE, F' SHIELD PROTECT  
CHIPS PUCK BY C TO F<sup>2</sup>  
WHO SWINGS FOR  
SUPPORT. BOTH ATTACK  
NET.



2

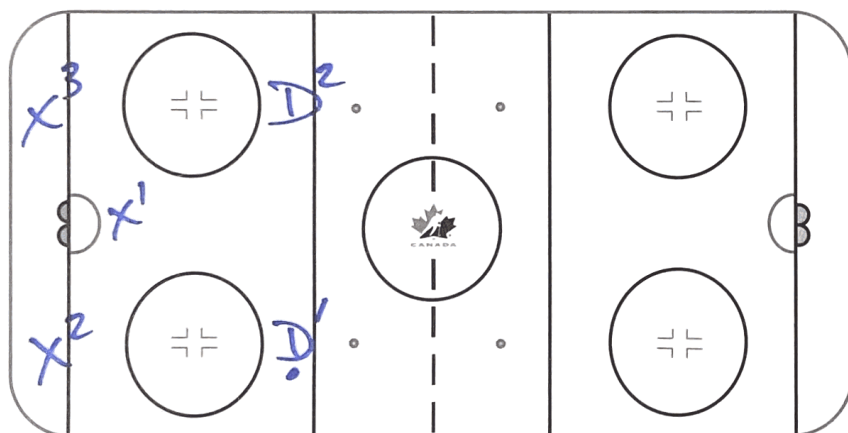
Terry Rhoades

# HOCKEY CANADA PROGRAM OF EXCELLENCE

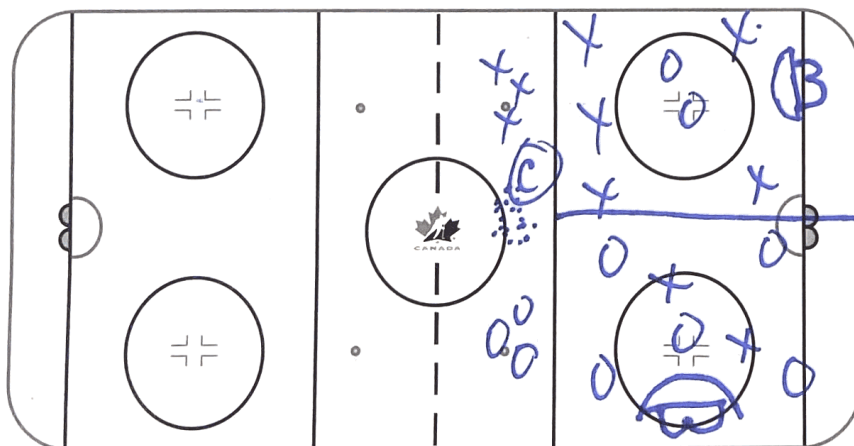


D2C TO NZ Logoff

PLAY SWARM D2C UNTIL  
 (C) WHISTLE. (C) SETS PUCK  
 FOR • REGROUP WHILE THE  
 OTHER LINE WILL PICK  
 OFF REGROUP.



PP SPREAD 2-3  
 OPTIONS (1) D' TO X<sup>2</sup>, X<sup>2</sup>  
 CHANGE POINT ATTACK BEHIND  
 NET TO X<sup>3</sup>, D<sup>2</sup> ATTACK DOT  
 FOR SHOT (2) D' TO X<sup>2</sup>, X<sup>2</sup>  
 TO X<sup>3</sup>, D<sup>2</sup> ATTACKS DOT X<sup>1</sup>  
 POPS HIGH FOR SHOT, X<sup>2</sup> BASIC  
 DOOR. (3) X<sup>2</sup> TO X<sup>3</sup>, X<sup>1</sup>  
 POPS HIGH, D<sup>2</sup> DECOY ATTACK DOT  
 X<sup>2</sup> BASIC DOOR X<sup>3</sup> HAS OPTION  
 WALK OUT SHOOT - WALK  
 OUT SIDE BACKDOOR



SOUSA.  
 S/2 BOTH SIDES.  
 SX VS ZO, ZO  
 TRY PASS TO OTHER  
 SIDE, ZX TRY PASS  
 TO OTHER SIDE.  
 Keep Score.