



FOCUS: Quick Transition

2v1

OZ 3v2 Protection + OZ v DZ.

PLAN #

DATE

DURATION:

PRACTICE NOTES:

Enio: Thanks for doing the club again. Book: Courage is Calling

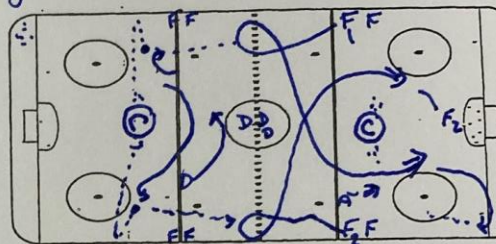
- Ryan Holiday

→ IF drills hard to read or bad description
feel free to email or call - Brad Flynn

A Coach's Guide to Teaching
- Doug Lemov

TIME	DESCRIPTION

- a) c 1P off wall D1 Surf recover quick up.
- F work to puck then attack far side of coach
- B) c 2P D1 Surf again quick up F2 attack far side
- c) F1 go to corner Low-high to D1 shot F2 Net Front

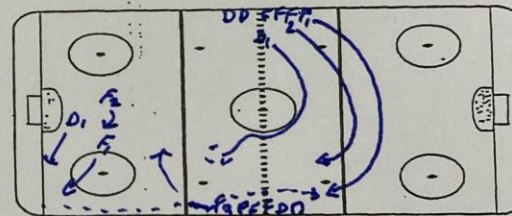


Pucks in C + opp
corners.
* Both sides
same time.

TIME	DESCRIPTION

Whistles Long/Short 2v1

- A) F1 leave w F2 No puck out blue twice outside
and btw center; offside dot get 1P from F2 2v1
on D1
- B) Attack whistle F2 soft chip 2P for low 2v1



Both Red in
FWD

TIME	DESCRIPTION

- a) c → F1 1v1 v D1 10 sec. whistle
- b) F2 must scissor on wall w F1 before attack
D1
- c) c → F3 F3 must protect until he gets above/below
Support from F1/F2 - 3v2 (D2 Full Press on Pass from c)

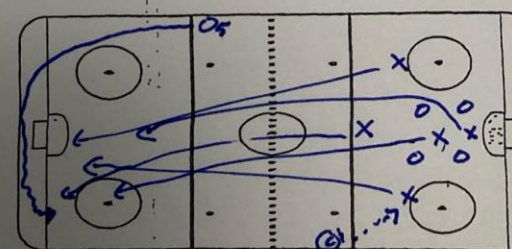


Pucks in C
* Both ends.

TIME	DESCRIPTION

BENNY G OZ → DZ

- a) 5v4 x v o (o's pressure x's make plays)
- b) 2P O's at Blue Sprints around net can
attack until crosses 2nd Post goal line
- c) X track to DZC O's Jump to OZP



Pucks in C + opp.
Blue.