



## Team Principles



Team: **Drill of Week 2018-19**

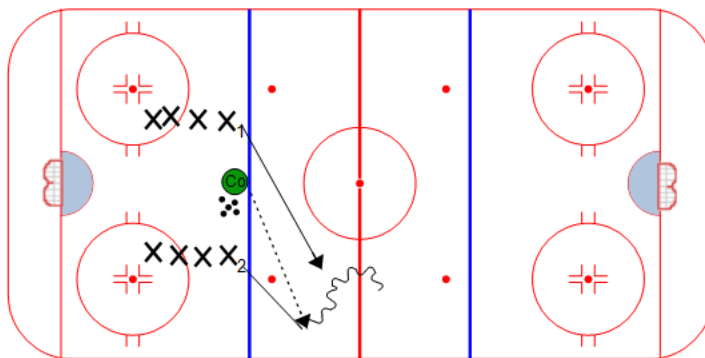
**Peter Russell**

System: \_\_\_\_\_

### Title : Open Ice Puck Protection

### Key Points : Puck Protection - Great W/up Drill

- Coach dumps the puck into the neutral zone and X1 and X2 race for the puck
- whoever is first protects the puck until the coach blows the whistle
- coach then spots a second puck and the players do the same, race for the puck and protect it
- coach blows another whistle and spots a third puck
- once the whistle blows to end the 3rd puck, players finish the play at the far end



### Title : T.E 2v0 Entry plus D play

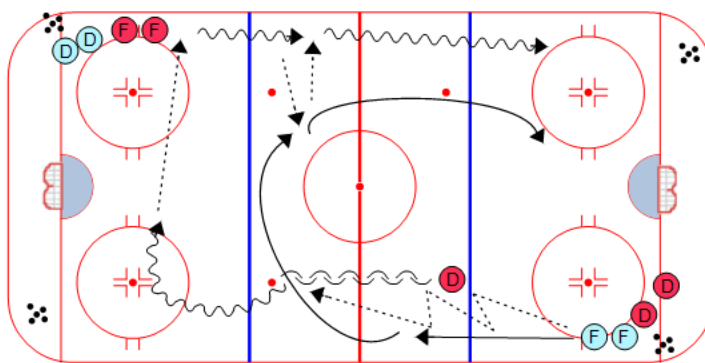
### Key Points : Great for skills and OZ Entry

Starts with D and F moving up ice exchanging passes. D then turns and escapes, makes pass to forward on other side. F1 who started drill then supports new F and they entry zone 2-0

D get up in rush and be a option

\*Drive, shot pass or slip

Second puck to point (Shot, cycle or inside slash)

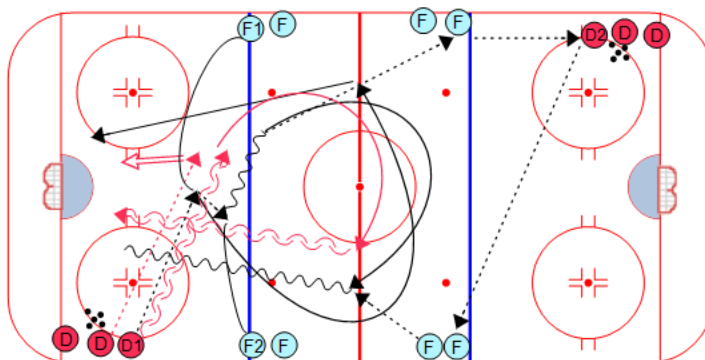


### Title : All Touch 2 vs 1

### Key Points : D- 2 vs 1 Box Out, passing lane. F- wide entry, speed

\*\* One end at a time.

- D1 passes to F1 who passes to F2
- after pass, D1 backs out quickly to the blueline, receives a pass from the next D in line and takes a point shot
- D1 then gaps up to take 2 vs 1
- F2, meanwhile, passes to F in the next line, F to D2, D2 to other F
- F1 and F2 swing and go back 2 vs 1 on D1



### Components :

The diagram illustrates a robot's path from a start position to a goal position in a 2D environment. The environment is divided into three vertical sections by two vertical red lines. The left section contains two large red circles representing obstacles, each with a red dot in the center. The middle section contains a single large red circle with a red dot in the center. The right section contains two large red circles, each with a red dot in the center. The robot's path is shown as a dashed line with arrows, starting from a red dot in the left section, moving right, then up, then right again, and finally down to the goal position (a red dot) in the right section. The path is divided into three segments by the vertical red lines, representing the three steps of the process.

### Screen/Rebounds

A diagram of a 2D hexagonal lattice. The lattice is divided into three vertical regions by two vertical lines: a blue line on the left and a red line on the right. The central region between these lines is white. The left and right regions are also white. In the left region, there are two large red circles, each containing a red dot and a crosshair. In the right region, there are two large red circles, each containing a red dot and a crosshair. A horizontal black line passes through the center of the lattice, intersecting the blue and red vertical lines. Small red and blue dots are scattered throughout the lattice, representing different types of sites or particles.

The diagram shows a 4x4 Go board with a red 3-3 ladder and a green 3-3 ladder. The red ladder is on the left side, and the green ladder is on the right side. The board is divided into four vertical sections by three vertical lines. The red ladder is on the leftmost section, and the green ladder is on the rightmost section. The board is labeled with letters A-D and numbers 1-4. The red ladder is on the left side, and the green ladder is on the right side. The board is labeled with letters A-D and numbers 1-4. The red ladder is on the left side, and the green ladder is on the right side. The board is labeled with letters A-D and numbers 1-4.