

Hi Enio,

I have attached four drills under the categories you suggested. This is on behalf of Rachel Flanagan and myself.

Book: Legacy, by James Kerr.

Team building activity: Building a tent with half the group blind folded and the other half giving direction without blind folds on.

Quote:

“If you don’t invest very much, then defeat doesn’t hurt very much and winning is not very exciting.”

Dick Vermeil

If you require anything else, please let us know.

Thanks,

Katie Mora

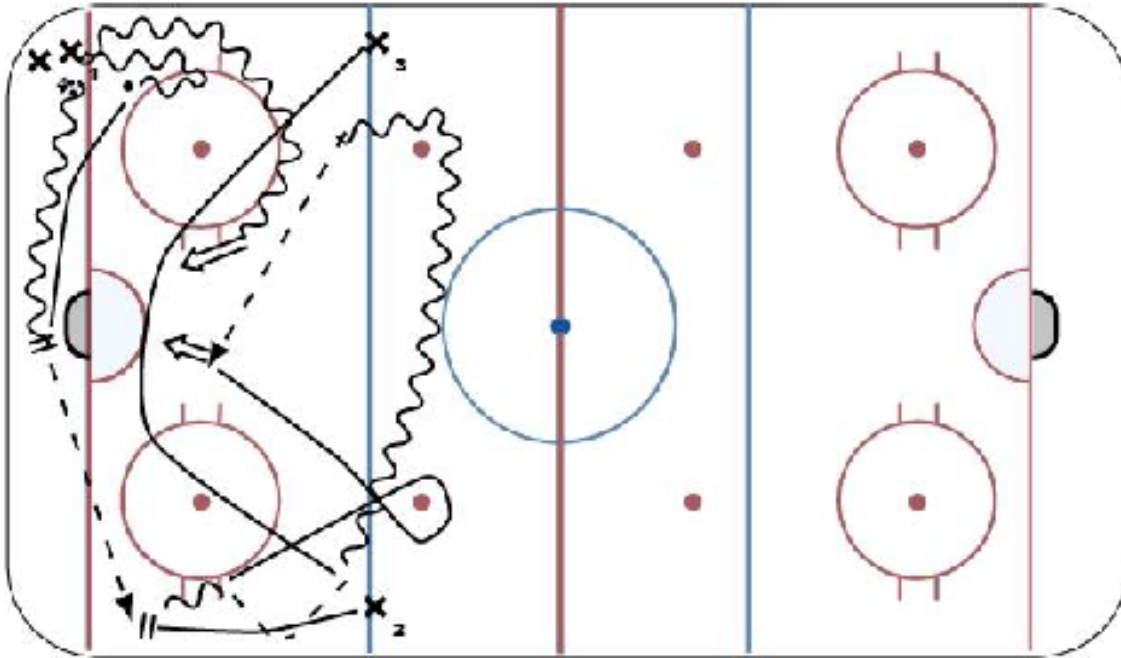
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F skill development



Description

X1 skates behind net with puck, BO pass to X2.

X3 shadows puck low and slow, accelerates for chip pass

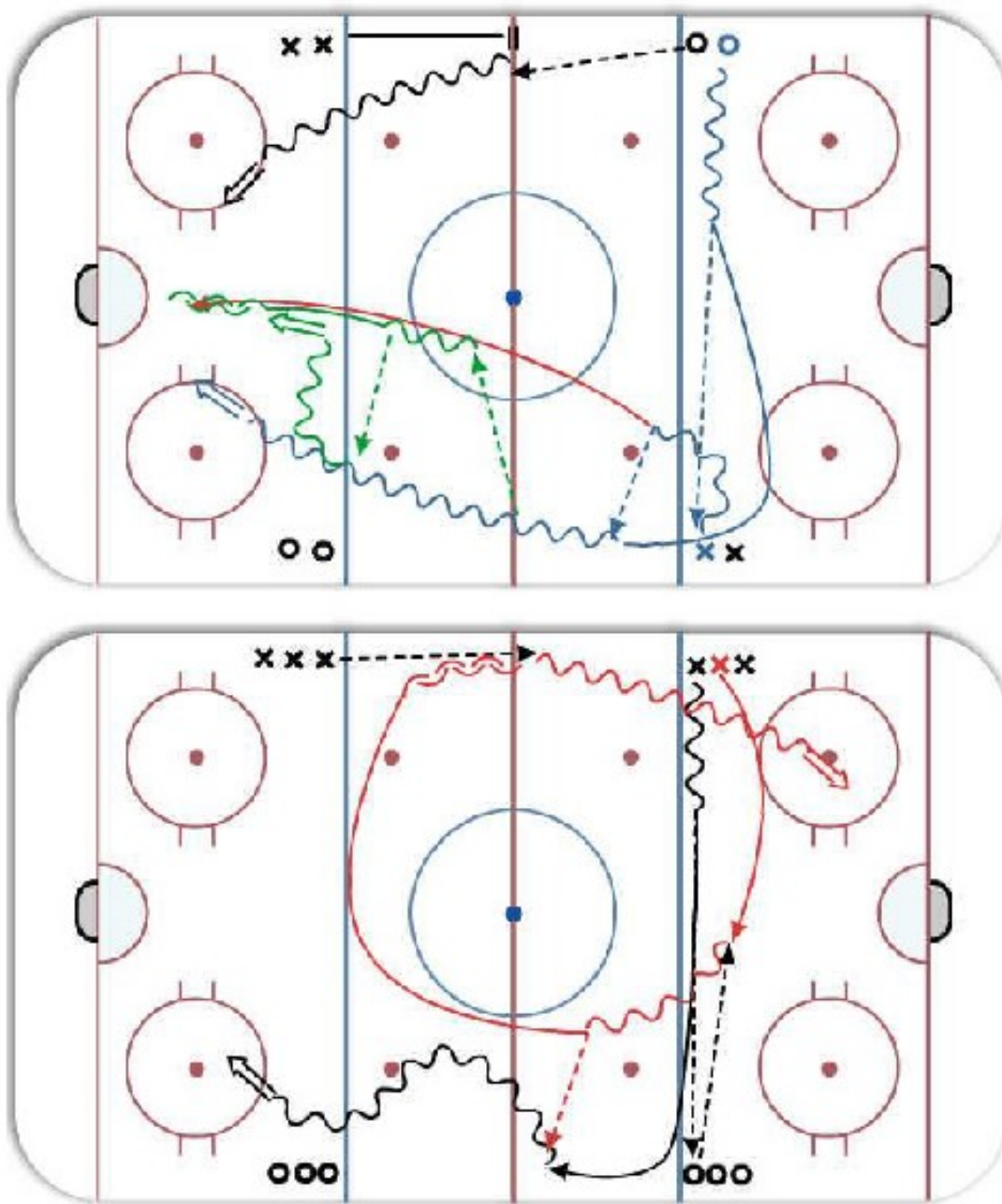
X3 carries puck to far dot and re-attacks with X2 who tight turns around near dot and drives hard with stick on ice

X3 shot-pass in stride to X2 driving net

X1 protects puck and cuts back twice before driving net across top of circle for shot off crossover

Tags: Chip, Drive - shot-pass, Cut backs, shot off x-over

NZ 4 Corner Blue



Description

1. Stop at red, explode back with puck (Black)
2. Pass across blue, curl up wall, drive wide, shoot (blue)
3. Passer steps in, receives puck in middle ice, distributes wide near blue line, puck carrier cuts to middle for shot, passer drives net for screen/tip

Other options:

- a) 2 player curl back with passes going to any line
- b) bubble gum stretch pass

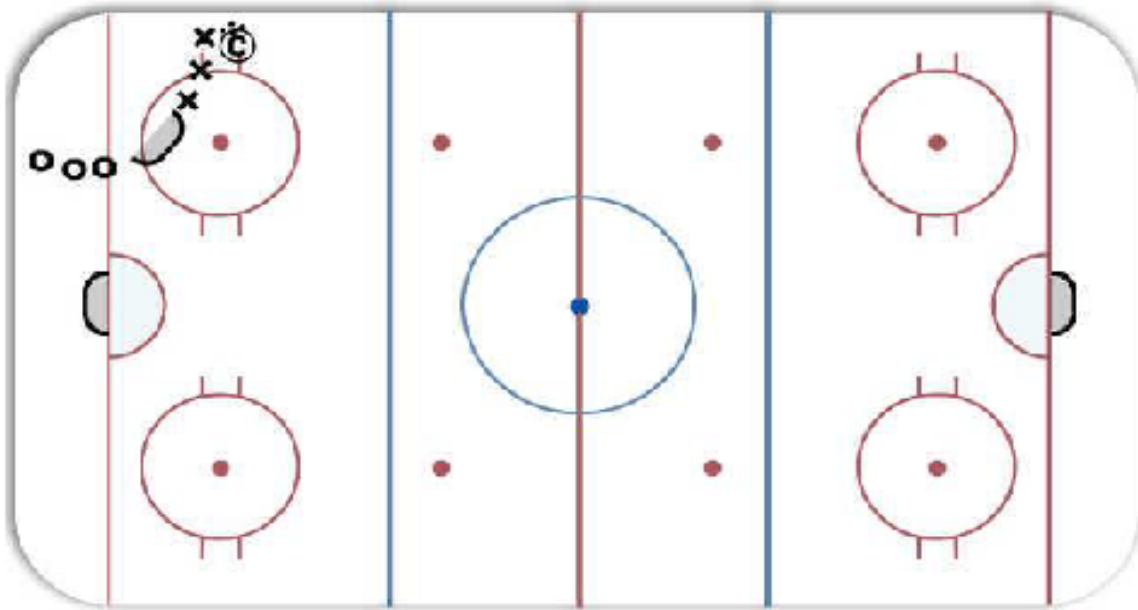
Tags: high tempo, execution, communication

The diagram illustrates the interaction of a photon with a crystal lattice. A photon (black wavy line) enters from the left and interacts with a lattice ion (red circle). The interaction is mediated by a virtual photon (red wavy line) which is absorbed by another lattice ion. The diagram shows the photon's path, the lattice ions, and the resulting electron transitions (C1, C2, C3, C4) and energy levels (D1, D2, D3, D4). Labels include RW, LW, and LW2.

Drill starts as BO, 5v2
D2 (or D1) MUST join the rush... D1 changes (after rush, D2 looks for opportunity to change)
C joins D3/D4 on defense after 1st scoring chance
LW2/RW2 join after 5-7 seconds to complete DZ coverage - becomes 5v5
Defensive group needs to gain possession and BO vs fresh D
Next C/LW/RW ready to jump in after rush
*Goal or whistle = automatic possession for Defensive group
*Double whistle = STOP, teaching moment

Tags: 1. Create quality scoring chance off rush, 2. Communicate in DZ, 3. D join rush then change

Thunderdome



Description

2 players (x/o) battle for puck in the dome - both can score
Players on outside keep puck in
C will add new puck if player scores or puck gets cleared

Tags: Body position, Stick on Puck, Quick release