



# RPI ENGINEERS

Practice No: 28



Date : 10/11/2018

Time : 12:30

Duration : 60min

Version no : \_\_\_\_\_

Prepared by : Mike Lysyj : Chuck Weber : Dan Jewell : Dave Smith

Objectives / Main tasks :

Pace &amp; Control ;

1/2 Ice BO	8min	CONT. 3v2	10min
OZFO > Shot	10min	PP BO (FO, BO, RG)	12min
Orlando Rim	10min	LEMONNEER & Fwd / D Split	15min

G	LD	RD	LW	C	RW
1	23	24	16	20	39
31	9	6	11	21	17
	3	4	07	19	29
	2	28	26	18	22
		27	25	8/13	12

Book ① The Captain Class By Sam Walker

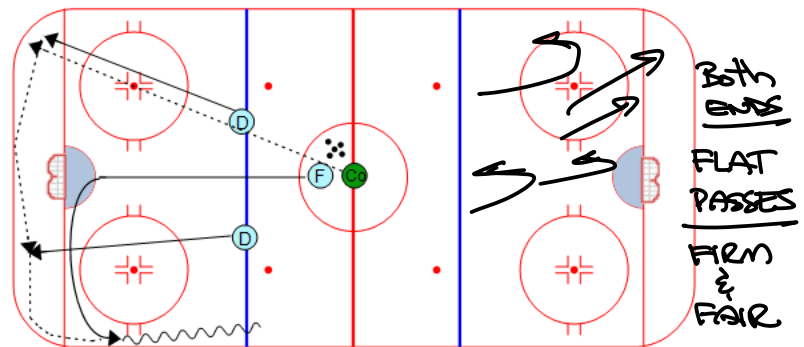
② The Culture Code. By Daniel Coyle

"Be Quick ; But don't Hurry" John Wooden

Title : Half Ice Breakout

Key Points : Get open, puck placement, low and quick support

1. Wall Call (Use of WSD)
2. Net Call
3. Goalie Call



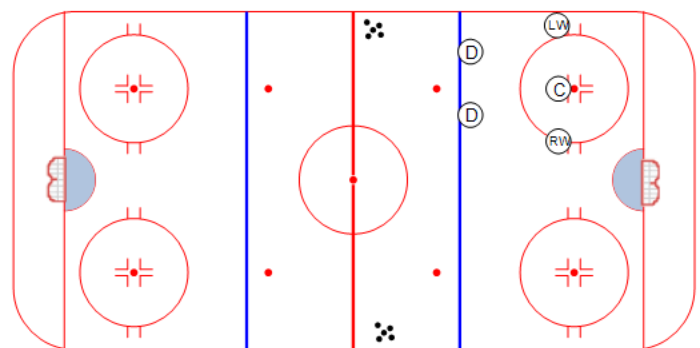
Title : OZFO &gt; Shot

Key Points : DETAILS ON SPARKING

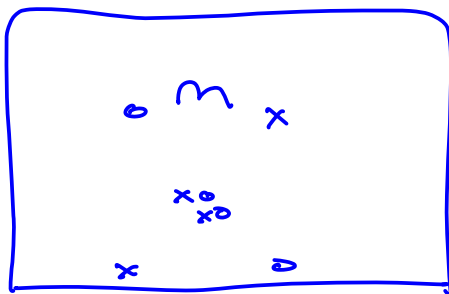
Both ends

2 Draws  
RED  
Dallas

Each F picks up puck opp corner fills lane w/head up for long shot. Stops in front.  
D pick up puck touch pass on their 1/2 of ice. Pt shot.



## Small game



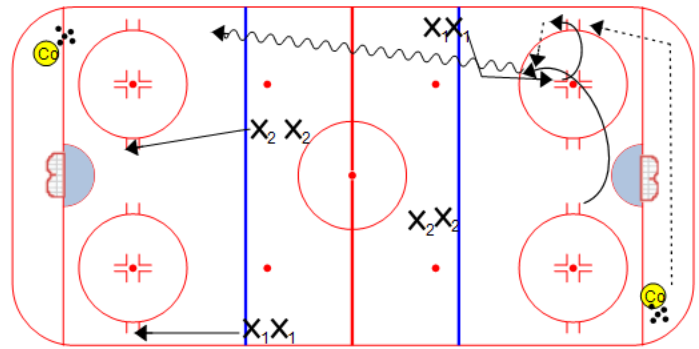
2v2 in zone  
Net front guy can only screen/deflect/reb/jam  
Blue line guy can only shoot or shot pass  
2v2 in middle are trying to score

Pg 1 of 2

**Title :** Orlando rim**Key Points :** wall play: Bump back under winger

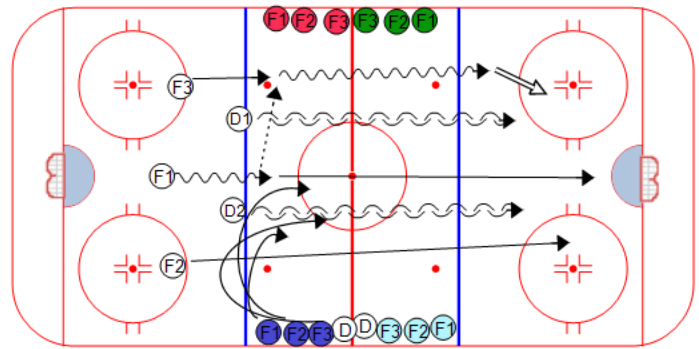
Both ends same time.  
 X2 takes shot to get started  
 Co wraps. X1 down dot line. picks up rim.  
 Makes play to X2 who goes down to shoot.  
 X2 drives net stays on side.  
 X1 goes to X2 line.

Can also have X1 come down wall and get pressure from next X1 make play under pressure.

**Title :** continuous 3v2**Key Points :** Drive net for 2nd shots. D seal net front. quick trans back

On whistle straight down 3v2  
 Next line goes around dot and tracks back into DZ to top circle and wait for

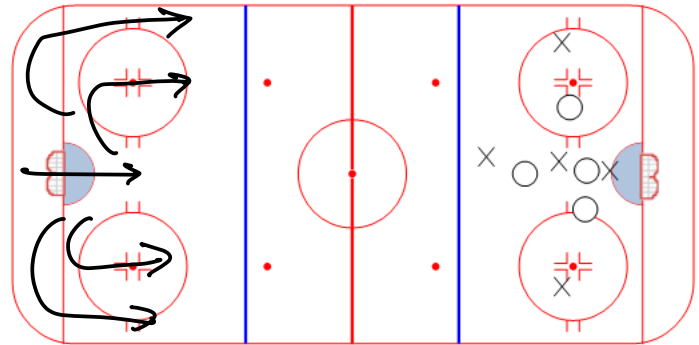
1st F back helps D low. Create turnover or whistle starts next 3v2 back  
 2 new D step out for 3v2 back.

**Title :** PP BO (FO,BO,RG)**Key Points :** Finish Routes deep : Great 200 ft clear on PK

PP starts live off FO

Pucks spotted either in NZ or behind own net for BO  
 total 3 pucks.

- 7sec score after H/O
- Finish Routes

**Title :** LEMONER & FWD / D split**Key Points :**

Shootout : *loser eats a lemon!*

Skills Work

Pace & Control

"Be Quick/Don't Hurry!"

