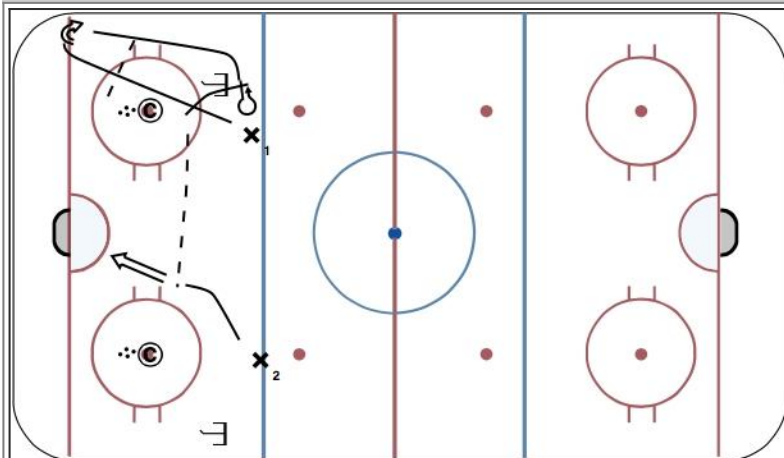




Notes: QUOTE - "If you want to WIN, do the ordinary things BETTER than anyone else does them day in and day out."- Chuck Noll, Pittsburgh Steelers

Catch and Shoot with Tran/Pro Turns - 10 mins

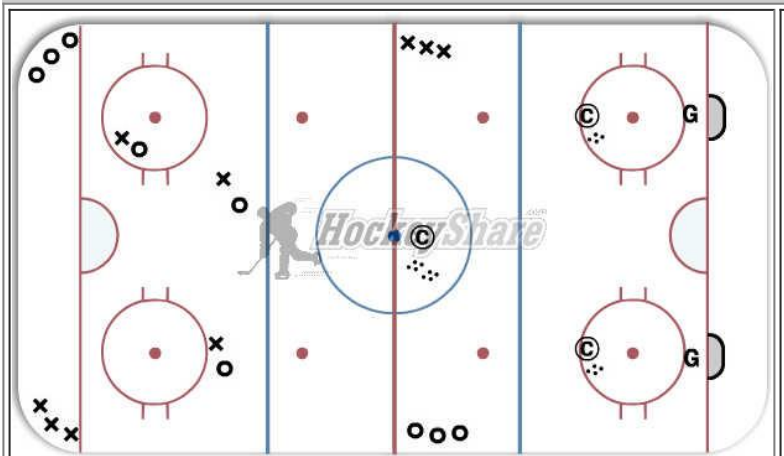
10:00am



X1 skates down into breakout position and opens up to receive pass from coach. X1 accelerates up boards and takes space and then cuts back, makes a move on obstacle and passes across to X2 attacking net. X2 receives pass cross body for a quick release and then starts drill in other corner.

Leaf 3 v 3 Warm-Up - 10 mins

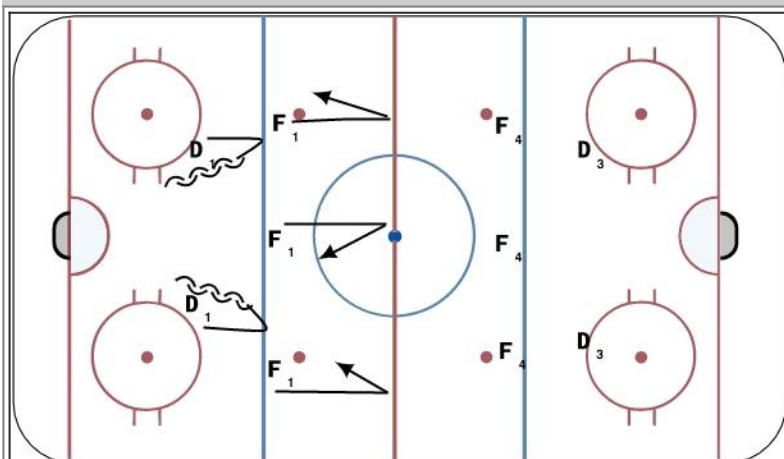
10:10am



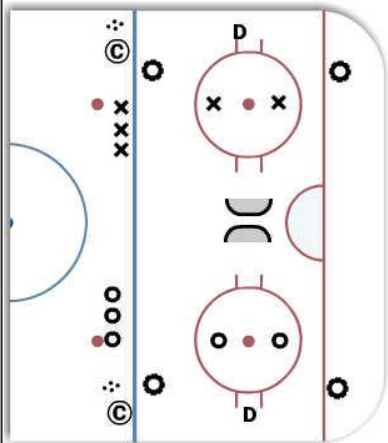
- Keep Away - players can only pass to your own lines or to your teammates
- Work on using your body to protect the puck
- Players without the puck are WORKING HARD TO BE A SUPPORT OPTION for puck-carrier
- Defensively - work to cover your man
- COMMUNICATE!

Michigan State NZ - 10 mins

10:20am



- Both sets of FWDs & both sets of D start at same time
- Skate the lines and both FWD lines attack 3v2 against D - play it out until the whistle
- On whistle, F1s & D1s are on same team, and F4s & D3s are on same team - race into NZ and find puck placed by coach
- One team will be in NZ regroup. The other group is in NZ forecheck.
- Play out until whistle

	<ul style="list-style-type: none"> - All players start on their knees - On whistle, both C's chip puck to the D along wall (must stay along wall below tires) - Both forechecks get up and try to retrieve puck from D - Once they get puck, they are attempting to score on their goal - Coach chips in new puck when leaves the zone or miss the net
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Key Points: , LEAD WITH STICK , STICK FIRST , BODY SECOND , GOOD ANGLES AND F1 LOOKS TO SEPARATE PUCK FROM D