

Notes: Book - LEGACY (James Kerr)

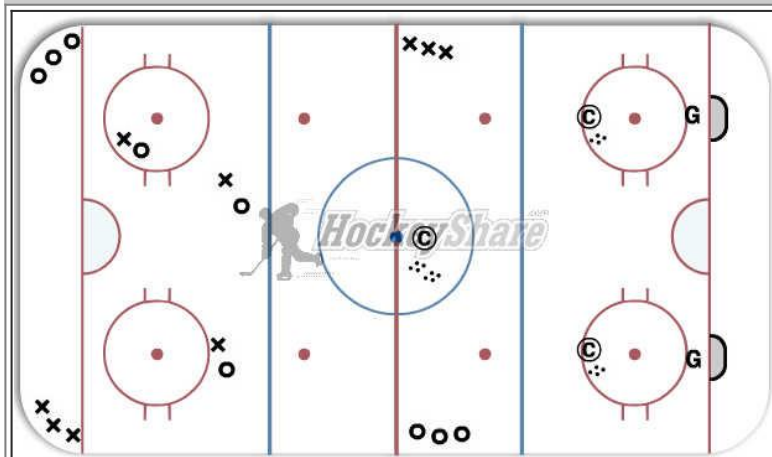


Quote

- Let someone else praise your virtues
- When you're on top of your game, change your game

Leaf 3 v 3 Warm-Up - 10 mins

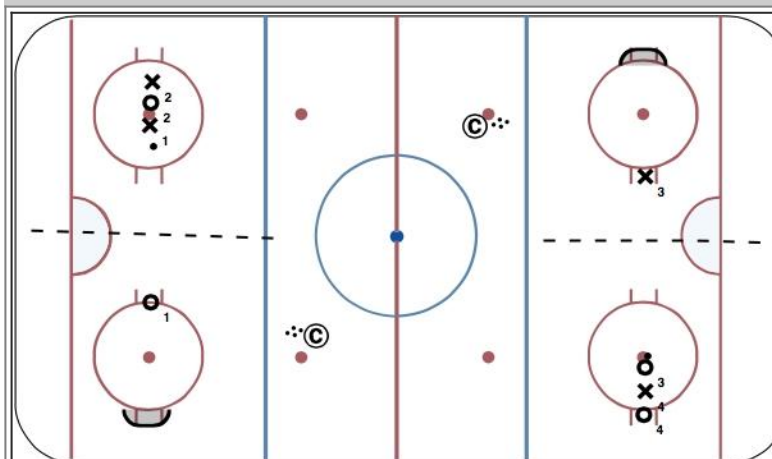
12:53pm



- 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!

CP 1- 1 v 1 (Both ends, 5 minute game) - 10 mins

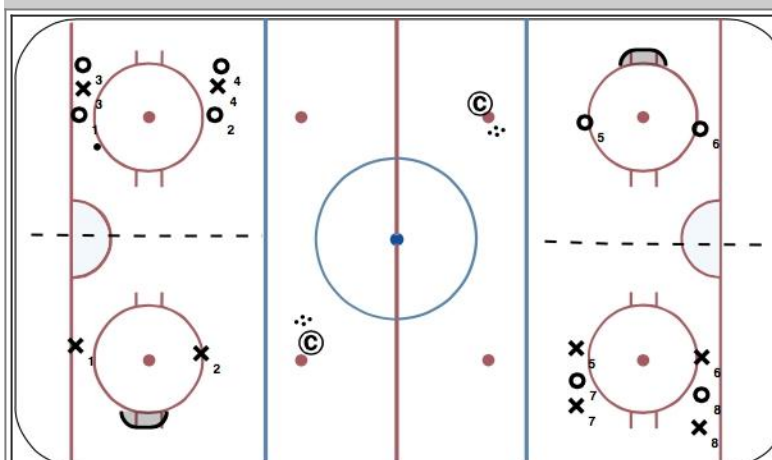
1:03pm



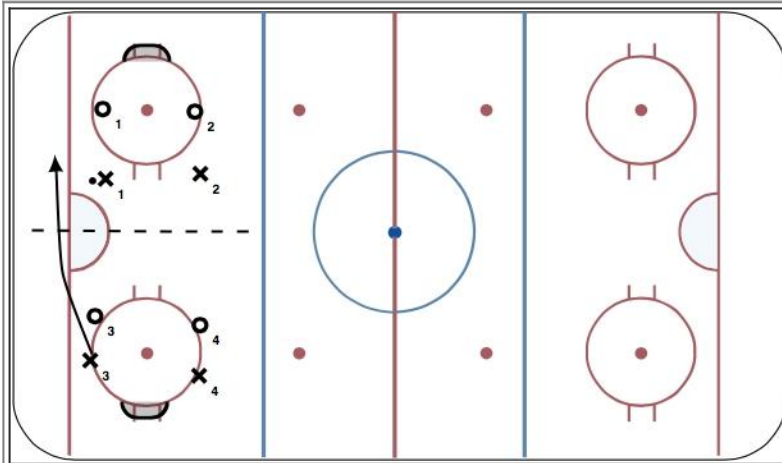
X=Black, O=White. On each end continuous 1 v 1. Defensive player works to make a breakout pass to line (who can move to receive pass), after a good pass he goes to end of line. Offensive works to score, once loses possession and a pass is made he becomes the defensive player. Defensive player can't defend past midline and must accept attack. Coaches keep pucks in play.

CP 2- 2 v 2 (Both ends) - 10 mins

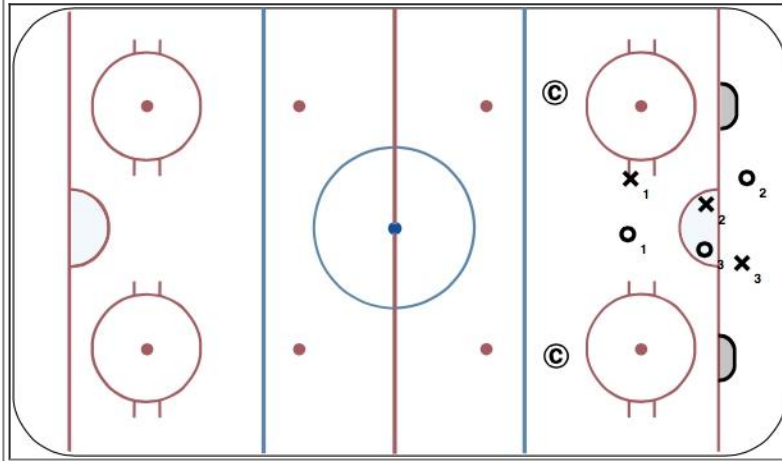
1:13pm



Same as 1 v 1.



6:00 minute game. 45 second shifts. 1 player from defensive side of ice can join rush to make it a 3 v 2. This will leave a 2 v 1 on defensive side, however, so one attacker needs to get back on turnover.



6:00 minute game. 45 second shifts. 3 v 3 down low, score on either goal. Must pass to coach to transition to offense.