

Enio,

Thanks again for taking the time to do the club and to all of the coaches thank you for sharing.

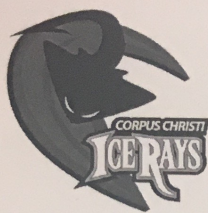
The books that I recommend are:

War Room - Michael Holly (about New England Patriots) How Good Do You Want To Be - Nick Saban I Can't Make This Up: Life Lessons - Kevin Hart (hilarious and sometimes as coaches we just need a good laugh lol)

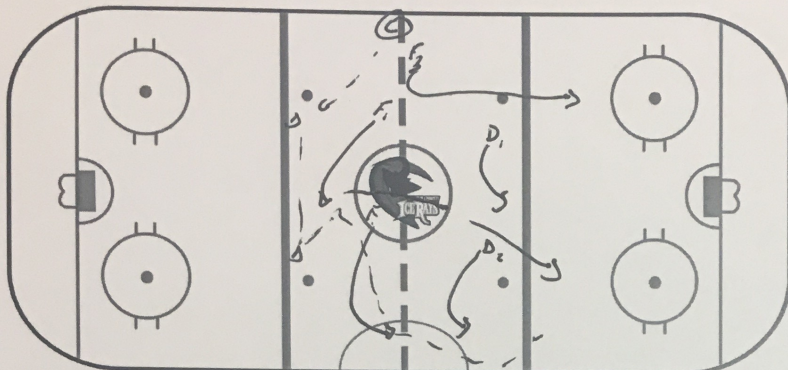
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Corpus Christi IceRays

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## SYSTEM/DRILL



Notes/Systems CHIP-ATTACK - Long Regroup - 2P Low.

### Description Rush + OZ

① Quick Regroup

D<sub>1</sub>/O<sub>2</sub> aggressive force chip

F<sub>1</sub>/F<sub>2</sub>/F<sub>3</sub> chip to recover

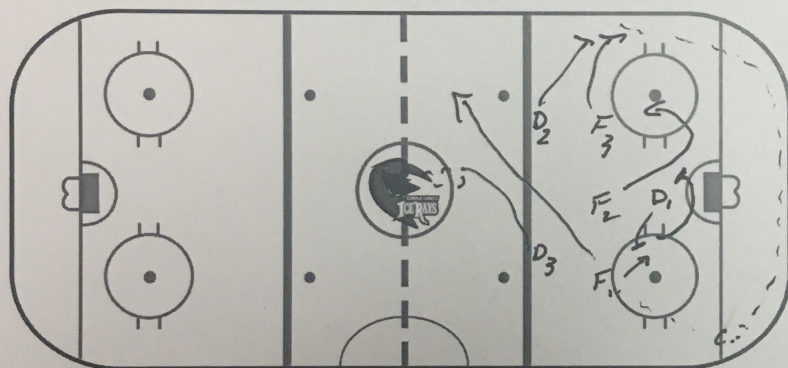
Quick Play

② 2P Long Regroup attack

A v Z

③ 3P low OZ play

- Low to High



Notes/Systems Wilkie Rim

### Description Board Work

① 3F's Top circle v D<sub>1</sub>

C pass to F Shot (D<sub>1</sub> Dummy)

② Whistle ③ Hard Rim

F<sub>3</sub> MAKE A PLAY ON boards

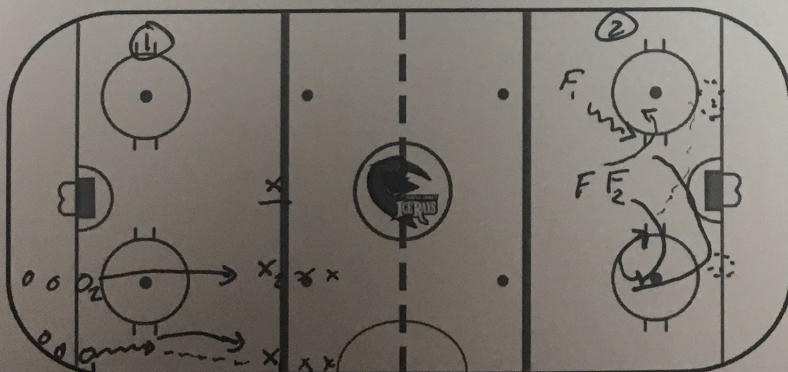
F<sub>2</sub> support low

F<sub>1</sub> slash / D<sub>1</sub> Net option

D<sub>2</sub> HARD Pinch

D<sub>3</sub> Pull out

③ 3v1 Rush F<sub>2</sub>/F<sub>1</sub>/D<sub>1</sub> v D<sub>3</sub>



Notes/Systems ① DW 2v2 / 3v2 GREY ZONE

② BF strip & Shoot

### Description

① DW. X's Boards / Dot lane

O's Boards / Dot LANE

• O<sub>1</sub> → HAST give to X<sub>1</sub> Press

O<sub>2</sub> → Read / CAN Press X<sub>2</sub> or Hold

- X's MAKE Plays NO T/O's.

\* CAN ADD 3rd X For 3v2

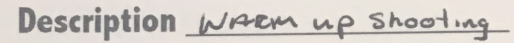
\* Play out 2v2 or 3v2 low

① F<sub>1</sub> walk in shoot pick up puck

opposite side 2v2 F<sub>2</sub> Follow

steal puck shoot. F<sub>2</sub> gets puck other side. CONT.





- ## Notes/Systems LA 2v0

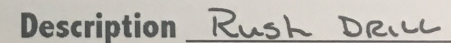
\* Both ends same time



- Notes/Systems Long / Short 2x1

### \* Short zur Quick Play

Down side PAINT has middle  
net Goalie has the stuff  
D closes. f wrap come across net.



- Notes/Systems ОМЛНА РИШ 4v2 / 3v1 / 3v0