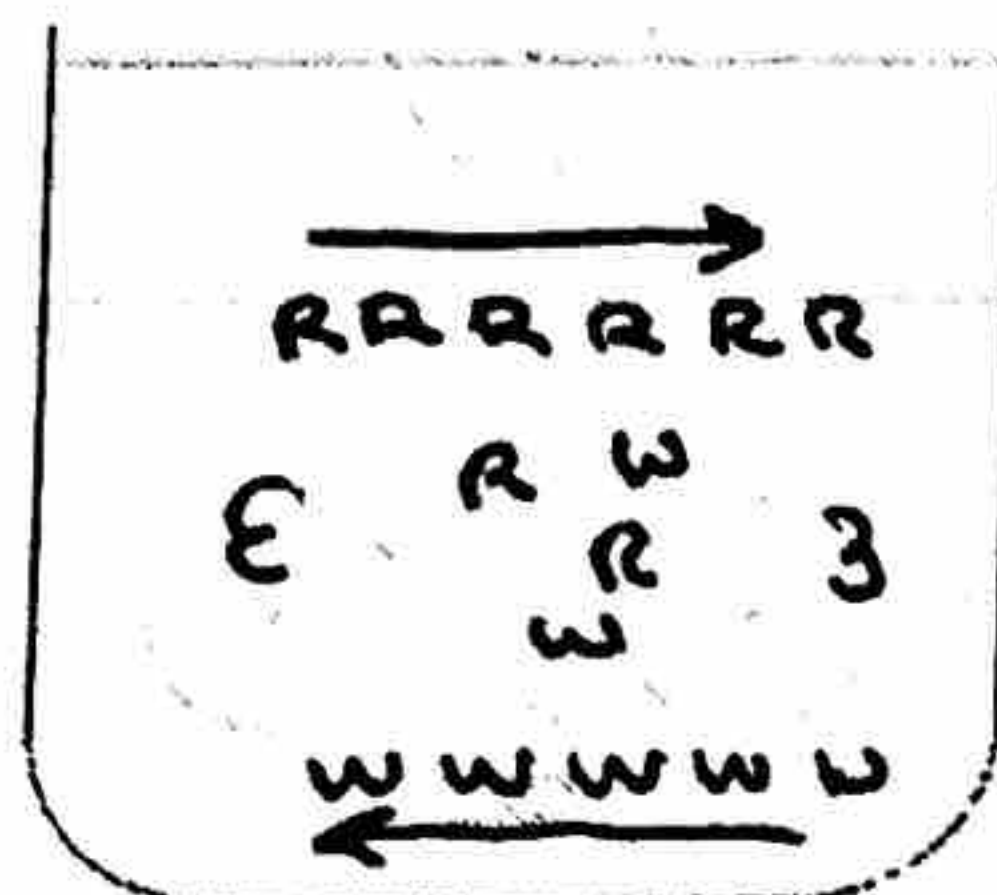


Podcast : Dr. Brene Brown : The Power of Vulnerability. (Ted talk)

Quote: "No one ever has to remind the flower it is time to bloom. It has prepared it's entire life for it. Be prepared for the sun to shine.

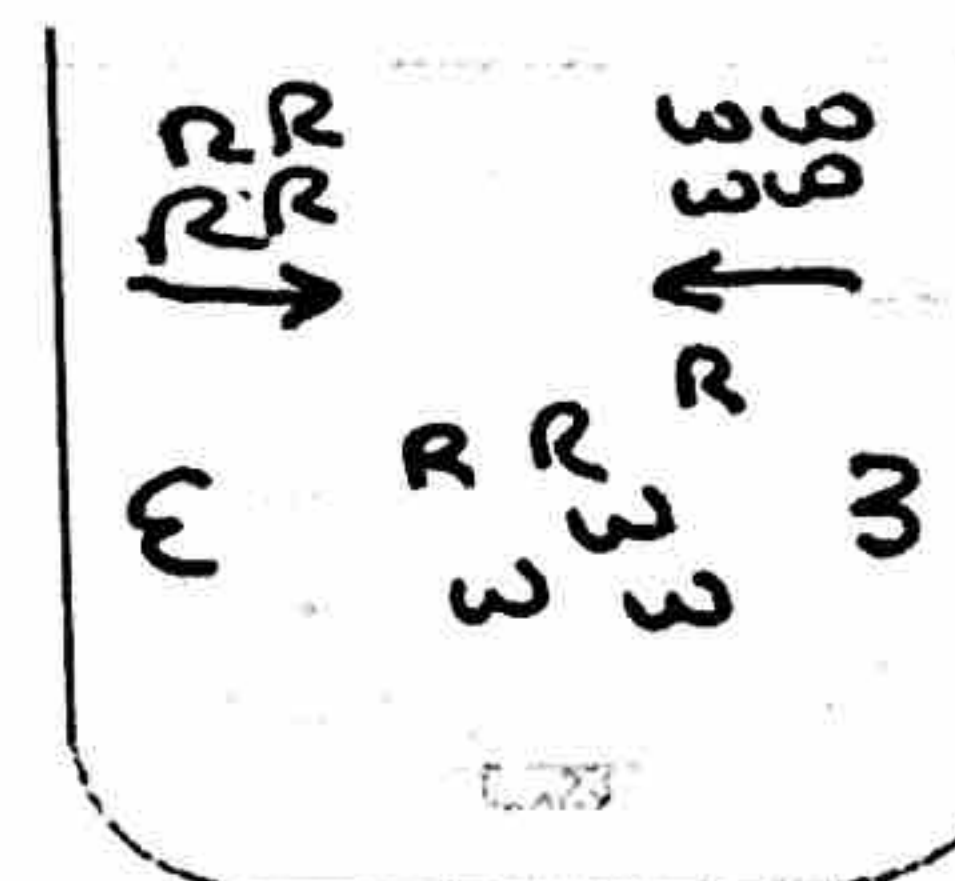


### Bloody Nose Alley

Red team on one side. White team on other. Sides can only shoot or shot tip

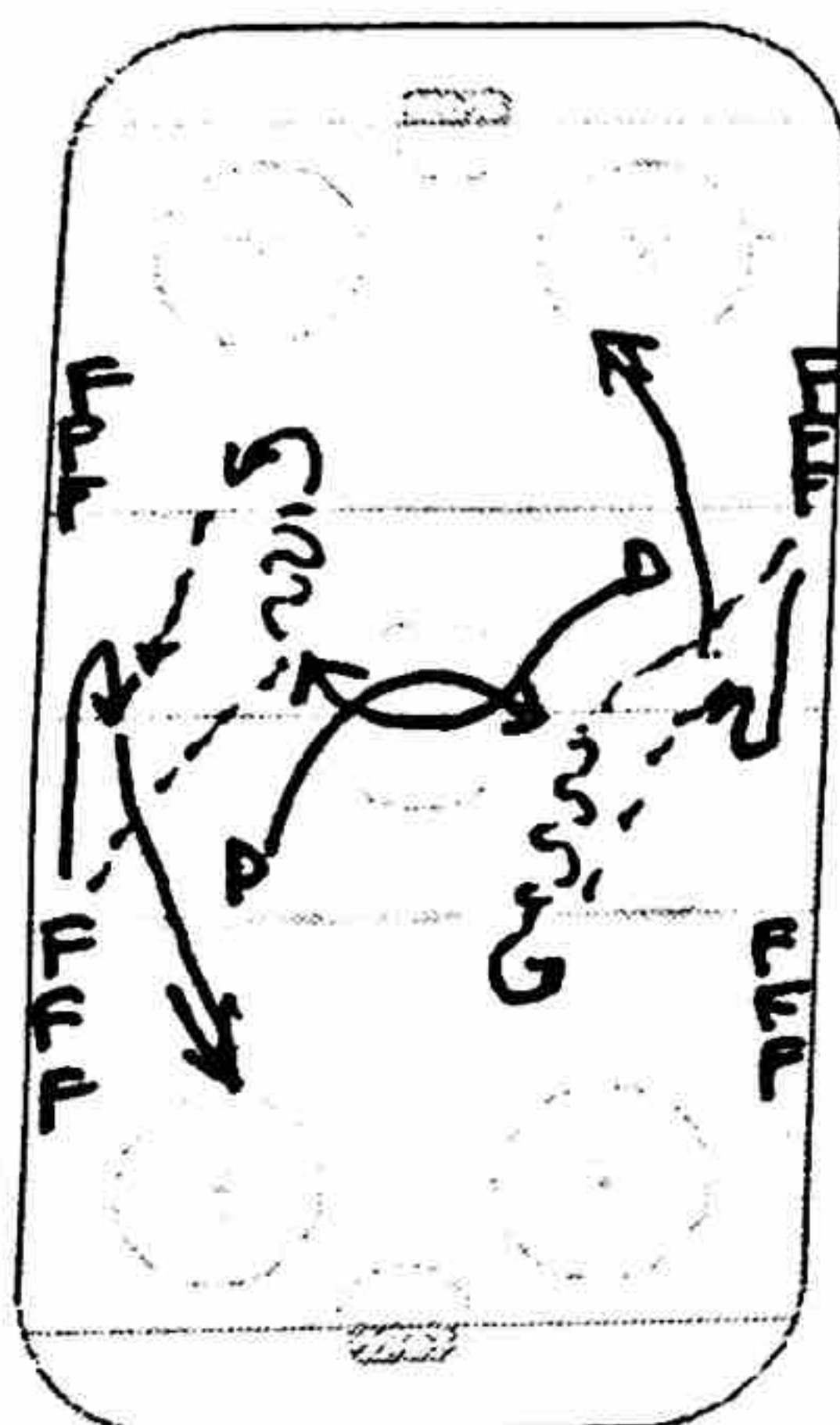
2v2 battle goes anywhere to score or tip/rebound

New pucks from coach



### 3 v3 NO PASS

Players are not allowed to pass. Create your own shot and work for rebound position. Shoot asap once space created



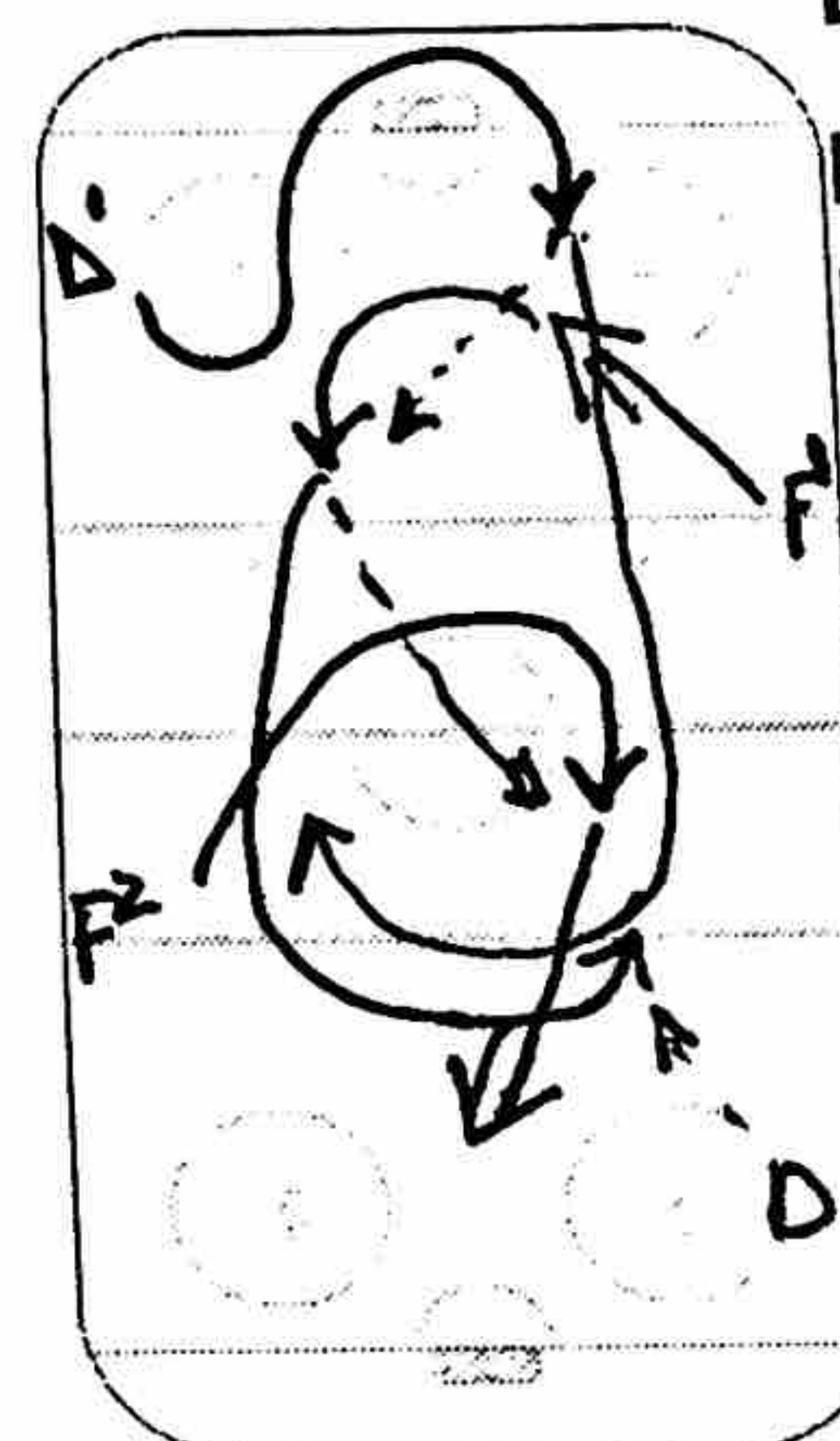
### RPI Def 2 pass

2 d men go simultaneously around center dot

Receive pass from fwd who comes back > gets open and receives pass from def

Fwd drive skates and goes in for shot

Def go 4 passes then roll into next 2 def



### Engineers 3 shot inside dots

F1 starts with shot as D1 goes up and behind net

D1 > F1 while F2 times the skate to receive from F2

F2 > shoots

D1 and F1 swoop back (receive pass from D2) and go back to end 2v0.

D2 starts with F3 at other end

### PUCKMAN DZ

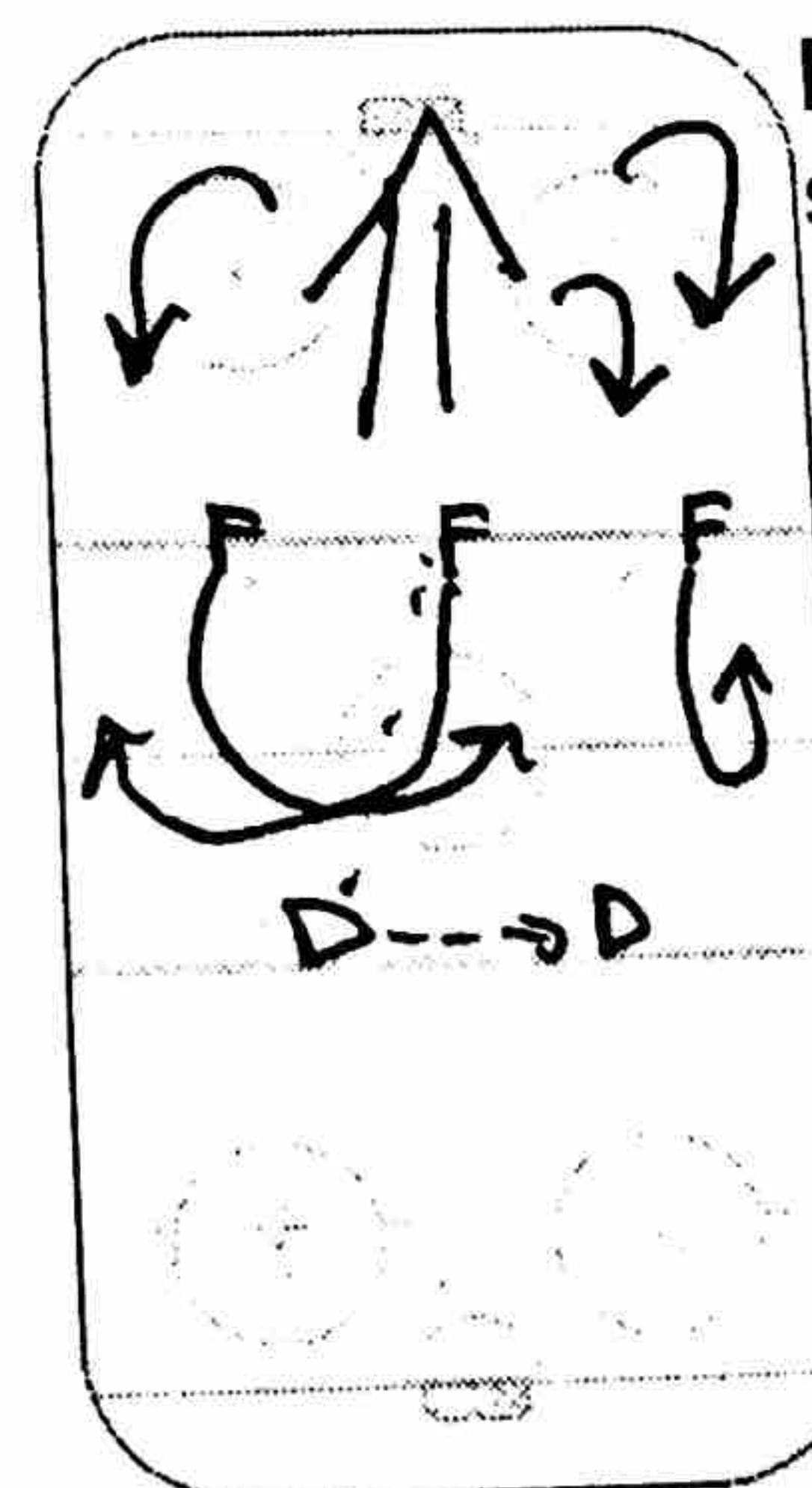
Split the DEF zone into 1/2. Puck 1 is on L - 3 offensive vs 5 def. (must stay on L)

Puck 2 is on R - 3 v 5 def.

Puck 3 starts on L but involves 5 v 5.

Encourage active def on each side. Defenders must play as if all involved

Slow puck from coach allows def to come back to other side aggressively...drill starts with offense touching puck.



### HEJJY nz attack and LRF series

Fwds start on blue. Def start on far blue.

Pucks to def and roll thru nz offense. Possess 3 v 0 and score off rush... immediate 2nd puck to original 3 on offense who now attack original def 3 v2. Score off rush