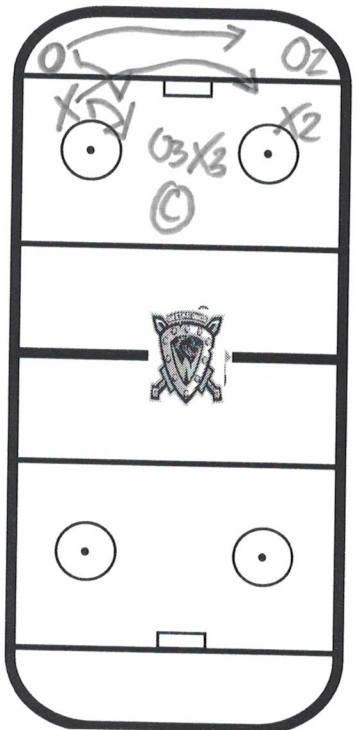
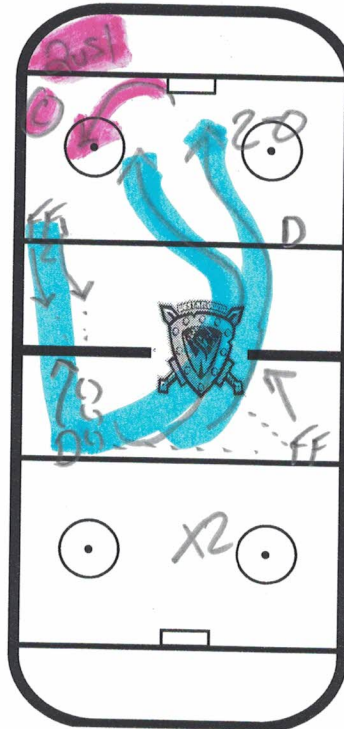
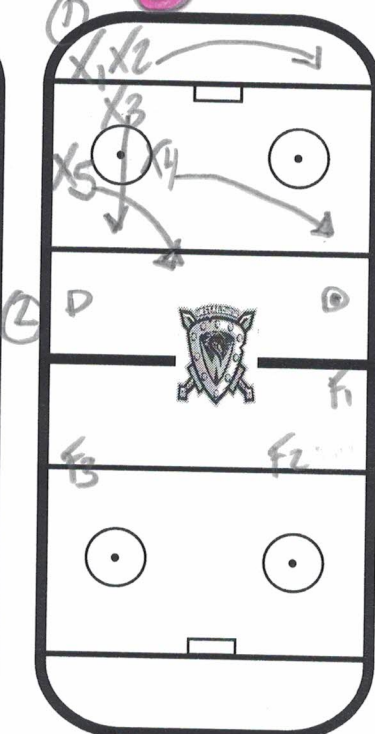
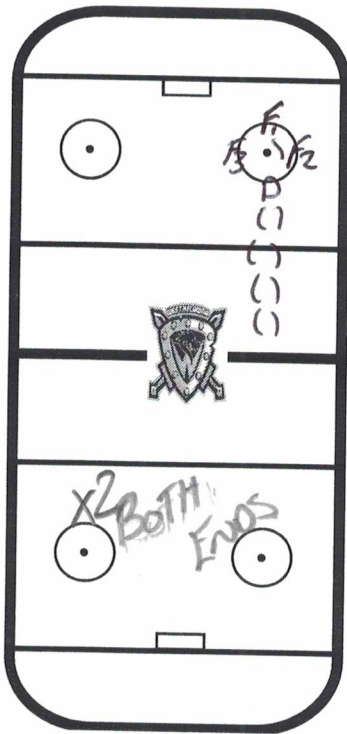


DRILL SHEET



"THE MAIN INGREDIENT IN STARDOM IS THE REST OF THE TEAM"



REBEL TRACK BACK

F1 PASSES TO F2 OR F3
THEN TRACKS BACK.
FOR 2US1 +1.

KEY POINTS -

MUST CHASE

BACK CARRIER

DEPENDING ON*

OUR BACKCHECKING

RULES THIS CAN
CHANGE

5-0/5-5 CONT.

① 5-0 B.O OFF
OF D-ZONE SCRUM
TAP BACK → ATTACK
5-0 → ② REGROUP
ATTACK 5-0

③ NEXT GROUP SETS

O-ZONE ③ GROUP

① MUST NOW BACKCHECK

PLAY 5USS

KEY POINTS - CONTINUOUS

VERY HARD DRILL

2-0/2US1/X2

① D- STEPS OUT
BACK PLAYS CATCH
F1 F2 D PASSES TO
OPPOSITE SIDE F
GET PASS GO 2-0
D- FOLLOWS UP

② REGROUP WITH

BACK 2US1

1US1/2US2/3US3

ON WHISTLE

O1 X1 1US1

NEXT WHISTLE

O2 X2 O1 X1

JOIN

NEXT WHISTLE

COACH SHOOTS PUCK

AT NET 3US3

KEY POINTS

OFFENSIVE FWD'S

PASS PUCKS