



PORTLAND WINTERHAWKS HOCKEY CLUB



DATE: 17/18

PRACTICE/GAME DAY: _____

FOCUS: _____

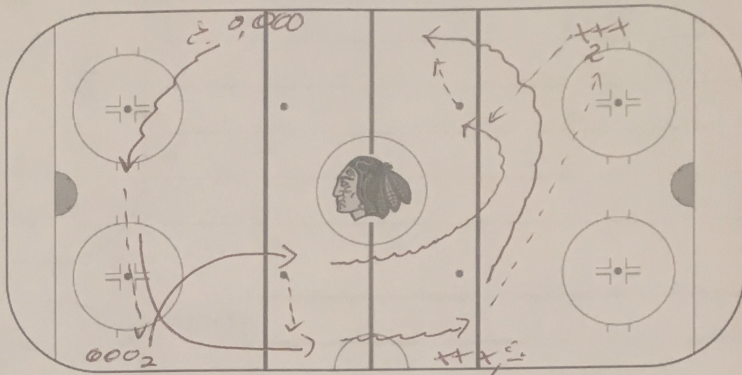
DRILL OF WEEK CLUB

D. FLYNN

P80 PASSING

Time: *good early*
FLOW

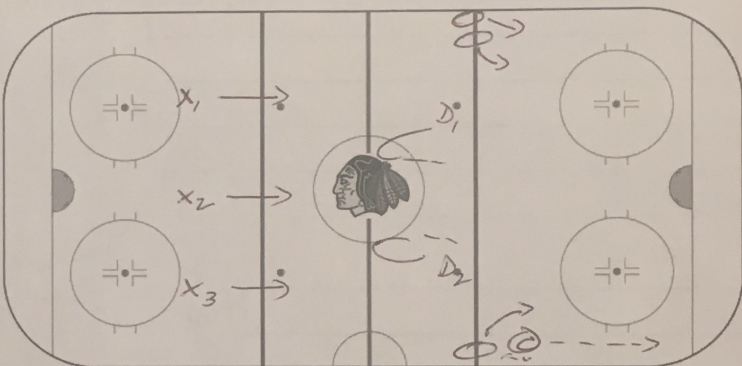
- O₁ → O₂ → O₃
- O₁ → X₂ → O₂ mid ice
- O₁ swings deep: wide
- O₂ cuts blue line
- X₂ → O₂
- O₁, O₂ 2v0 wide shot / rebound



3V2 + 2P + 5B/C

Time: _____

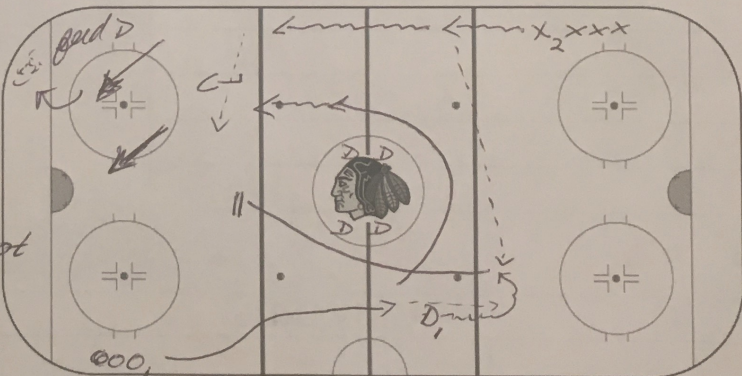
- whistle X₁₂₃ go 3V2 vs D₁, D₂
- whistle @ adds 2nd puck low
- play out (O₁, O₂, O₃) join on 2nd puck. D₂ is now X₁₂₃ vs O₁₂₃, D₁, D₂ (3v5)
- recover puck O₁₂₃ attack 4V2
- "regain puck in DZ and send 4V2" (continues)



PORTLAND ATTACK

Time: *2 sides*
Same line

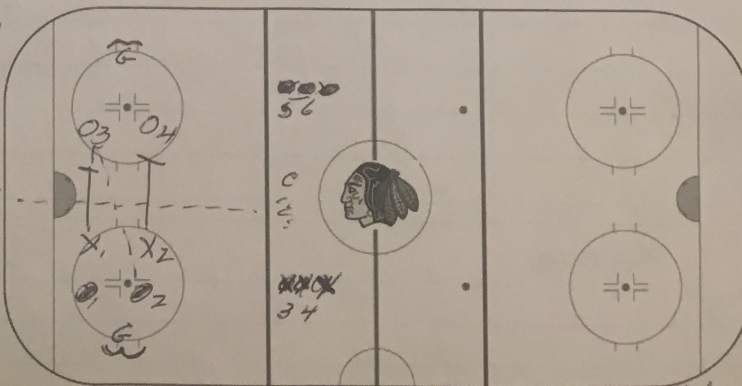
- O₁ → D₁ (3 touches)
- D₁ hits X₂ wide
- O₁ supports with timing (2V1@)
- 2V Coach D follows up for pt. shot
- (A) under stick / spot pass O₁, O₂ / shot
- (B) O₁, O₂ feed D₁ at pt. for shot (not shown)



OLLIE GAME

Time: *next game*

- start 2V2 1/2 ZONE / X₁, X₂ vs O₁, O₂
- O₁, O₂ must bump puck up to O₃, O₄ for 2V0 / X₁, X₂ must hurry back and play 2V2
- QUICK GAME -
- SEQUENCE "OFFENSE - DEFEND - OFF"
- @ add pucks when needed



MS 101 rotation