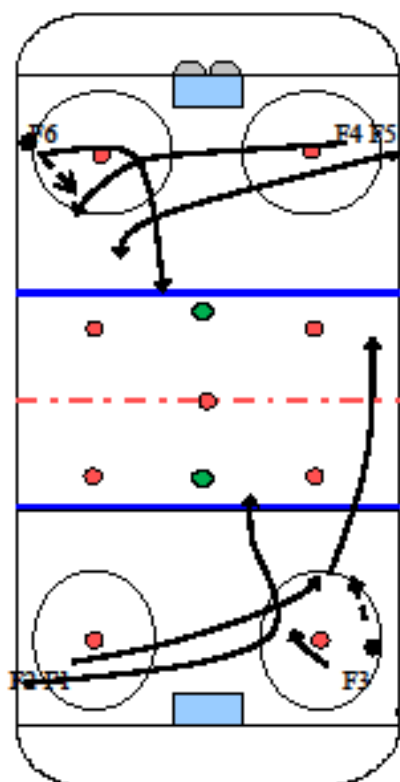


# Team Warm-Up The Big Red 3 on 0 Rush

Phase Two

## Phase One

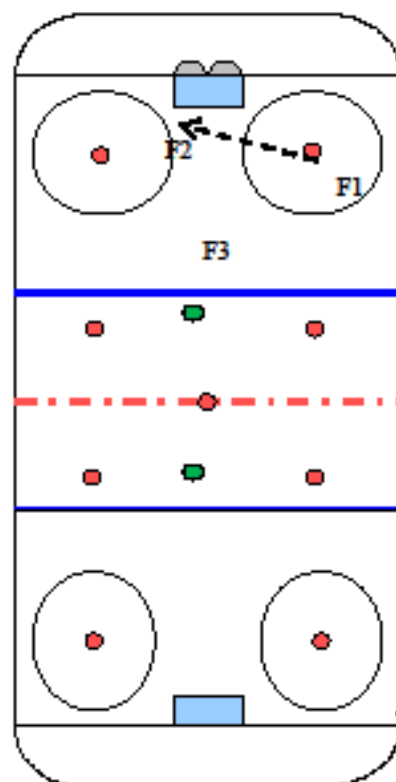
- 1) On the Whistle F1 and F2 Leave and get a pass from F3
- 2) F3 joins the rush
- 3) All 3 Fs attack offensive Blue line with pace



Great for working on Middle Lane Drive And Delays  
The drill is run out of Both Sides

### FOCUS

It is great to work on Middle Lane Drive or hitting the late guy  
-6 guys are moving so good pace and touches



## Book:

**Legacy**  
James Kerr(Author)

The Book is based on the Culture of the New Zealand All Blacks Rugby Team

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## Individual Skill Drill - The Ohio State Give n Go

1) X1 faces one direction and exchanges with X2 who is stationary

X1 and X2 make as many passes

Going around the circle 1.5 times

2) On the 2<sup>nd</sup> time around the circle

X1 gets off a quick release or

1 time shot

3) X1 continues to skate and pick up a puck in the far corner for a 2<sup>nd</sup> shot

Around the top of the circle

-X1 can skate backwards or forwards

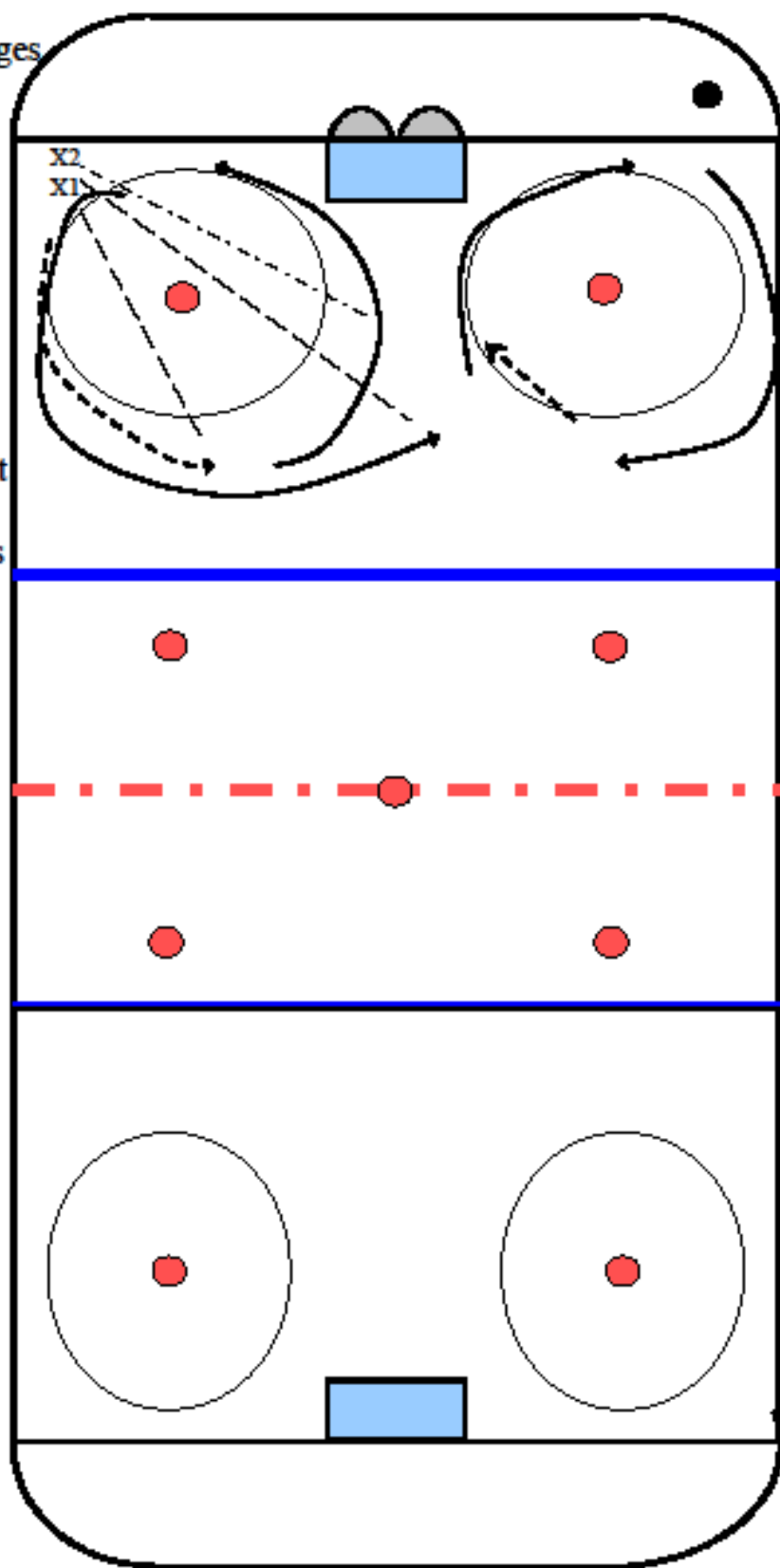
Coming off the wall

**Focus** - Both players keeping stick on the ice when the pass

-Eliminate x overs and Unnecessary foot movements

-quick shot releases

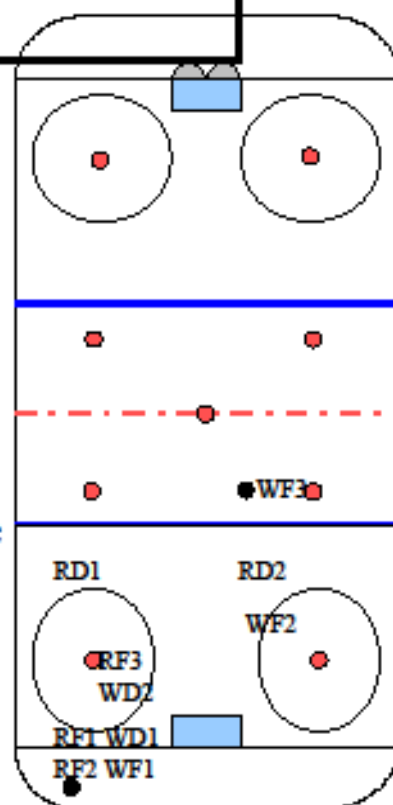
-hard flat passes



## Phase One

### The Caledonia – Team Transition (Offense and Defense)

It is 5 (offensive players) vs 4 (defensive players)  
5th Defensive player is outside the Blue line with a puck  
Coach spots a puck in corner and the 5 Red players work on  
Their offensive zone play  
There are 4 White Defenders working on their defensive zone  
Play  
RD1 can only shoot puck (if puck comes to him) as no one is  
defending him  
This part of the drill is played out until Coach blows the whistle  
Usually 10 seconds

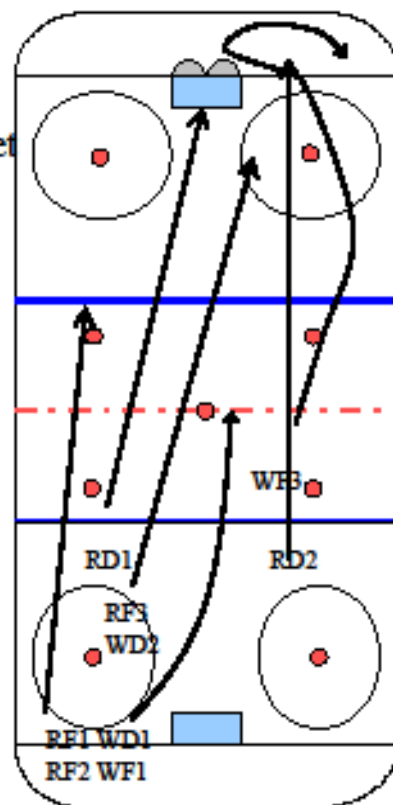


## Phase Two

On the whistle WF3 takes off with a 2nd puck and enters  
the offensive zone-he must skate into the corner or behind the net  
And delay for the other 4 Whites to join the offense  
After the Delay WF3 looks to attack with the other Whites  
All 5 Red players must transition from offense to defense  
As they backcheck and enter into their defensive zone and pick  
Up their guys  
The coach lets the drill play out for about 25 seconds

The entire rep of the drill should take about 35 seconds

**FOCUS** – Quick Transition/force the Reds to talk and  
Sort out their men(checks) as they enter the DZ  
Forces Whites to transition quickly to offense and try and  
Attack before the Reds can pick up defensively



## Cornell D Skills – Slot Drill

- 1) O1 is defending X1
- 2) X1 can pass to any of the Os or Xs on the outside in order to get free for a shot
- 3) Constant give n go's
- 4) O1 is trying to stick Jam X1 and not allow a shot to get off

### FOCUS

- O1 never wants to turn his Back to the man he is defender or the player on the outside with the puck
- great to work on stick Jams and quick feet
  - It is okay if X1 gets the pass but O1 never wants X1 to get the shot off
  - Could do it with as little as 2 guys and as many as 12

