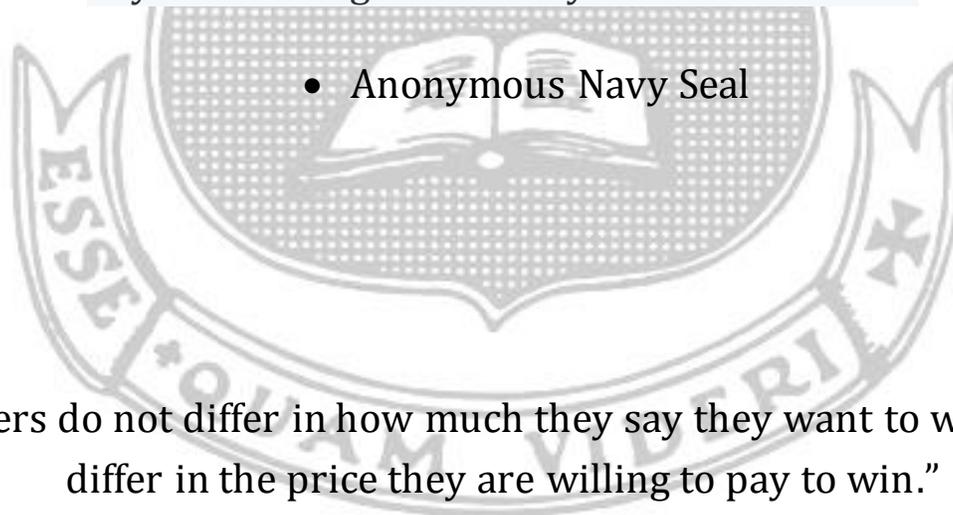


Andrew Will
Salisbury School

“Under pressure, you don't rise to the occasion, you sink to the level of your training. That's why we train so hard.”

- Anonymous Navy Seal

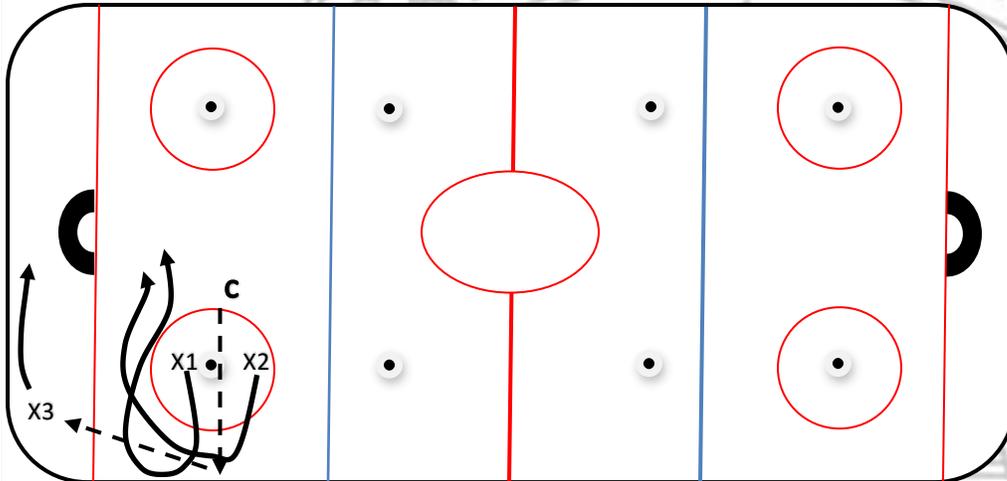


“Players do not differ in how much they say they want to win. They differ in the price they are willing to pay to win.”

- Gary Curneen

Mule 1v1 2v1 (low)

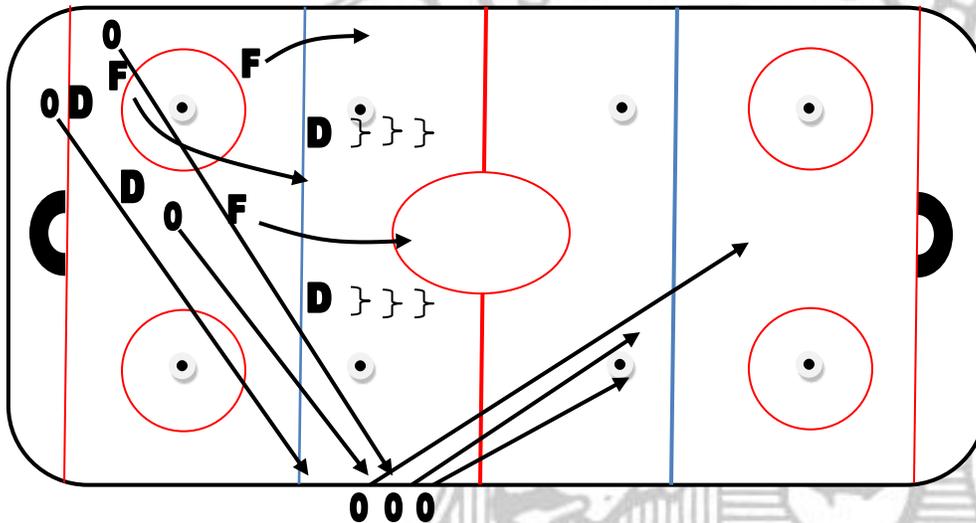
Points of emphasis: Winning battles, leading with stick, beating player off wall, not getting beat off wall, finding open ice



- Players start on knee(s) and coach chips puck to the wall
- Players race to win possession by chipping/passing low to X3
- Player that wins possession/battle (X1) now attacks net with X3 in a 2v1 with X2 defending
- Have 5 seconds to make a play to the goal
- Option – keep X3 below goal line or allow to attack above goal line

Pistol 3 v 3

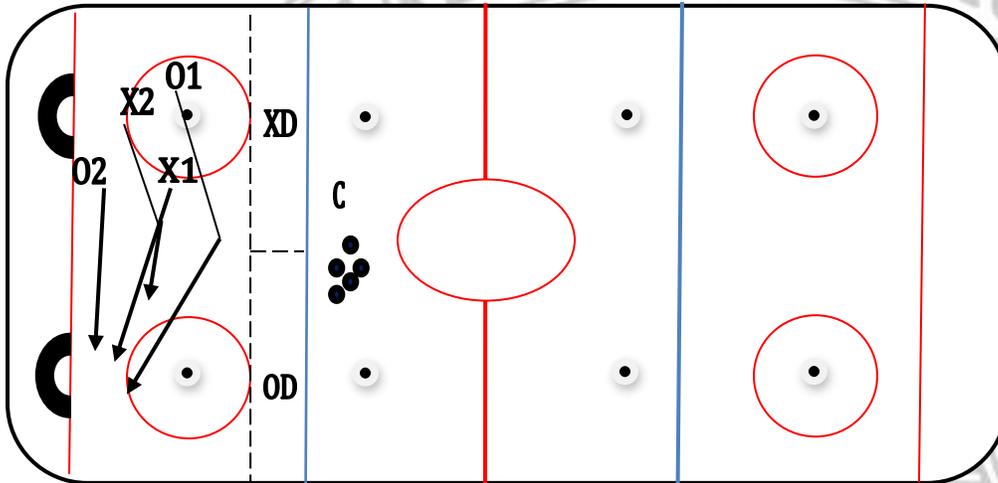
Points of emphasis: DZC, Breakouts, OZ entries, communication



- The drill begins 5 v 5 in the zone – usually do not allow OFF FWDs to use D (keep puck low)
- OFF FWDs are trying to score and the DEF team is looking to break the puck out of zone
- The high DEF forwards are moving to support the puck simulating DZC (skates up, stick down, etc.) but only get involved when the puck/player comes into their area
- DEF team breaks puck out 3v2 the other way
 - OFF FWDs hustle off – line change
 - Come back into DZ and take up their DZC positions
 - DEF D hustle off – new set of D
 - Hustle to the offensive blueline to play 3v2 the other way

2v2 Net Front

Points of emphasis: Puck protection, puck support, getting to net front, shooting with a purpose, defending low/net front



- The drill begins with Coach chipping puck into zone
- X's and O's battle for possession and are looking to make a pass to their supporting D-man (XD)
- X1 and X2 get to net front for tip/screen/outlet with XD looking for shot lanes and sticks
- O1 and O2 defend until they are able to get possession of puck. When they do, they pass to OD and get to the other net front. X1 and X2 defending
- Both D need to stay inside of their box