

Enio,

Thanks for organizing this again this year and allowing me to be a part of it. It's so awesome to be able to learn from all of the high level coaches!

BOOK: The Energy Bus by Jon Gordon

QUOTE:

"When you're riding, only the race in which you're riding is important."
Bill Shoemaker

This makes me think of only worrying about the task at hand.

All the best to everybody for a great rest of the season!

Stephen Brown

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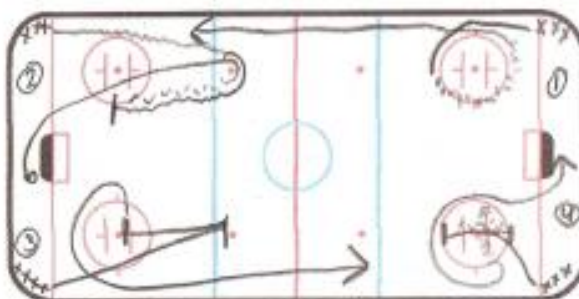
(607)280-3697

RPI

RPI ENGINEERS ACHA HOCKEY

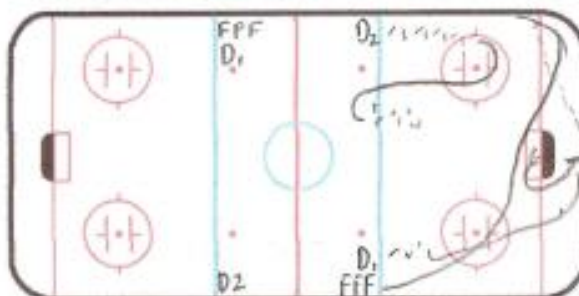


Date: _____, 2015-16 Goal DOW C
Key Points: _____



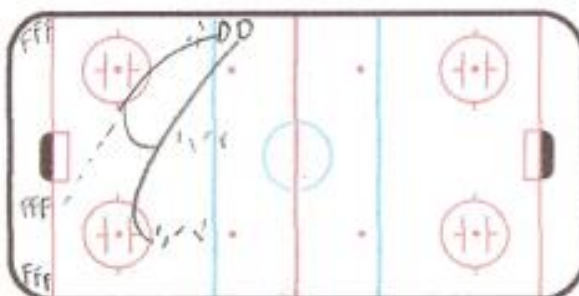
4 CORNER WARMUP (5-7 mins)

- ① Around circle FWD to BWD
 - ② FWD around dot, BWD back, AWD sprint
 - ③ FWD to STOP, FWD to STOP, BWD to turn
 - ④ Iron cross w/ crossover end
- All w/ Puck
 - Blow whistle every 10 seconds
 - Finish w/ sprint



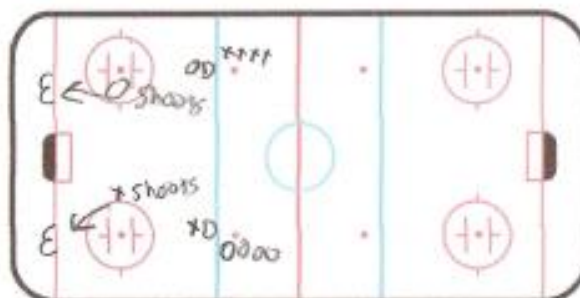
1 vs. 1 From WRAP (4-6 min)

- BOTH SIDES
- F Dumps puck
- D Retrieves from G, pass to F
- D skates backwards to Faceoff dot, turns forward and goes up for opposite F.



INTENSE 3 vs. 2 (8-10 mins)

- D starts skating and pass to F
- F goes 3 vs. 2 and play until whistle
- On whistle, D gives 2nd puck to D below goal line
- F forechecks and play again until whistle
- All 5 sprint back to F or blue



Point Shot Small AREA GAME

- 3 vs. 3 in zone + point man
- D dumps puck and teams work to gain possession
- Work puck to point and get traffic in front
- 45 Sec shifts