

# CANISIUS

DAVE SMITH  
Time: 716-818-1119

Notes: Croke

"Your reputation was built yesterday"

Back: MINDSET

Forwards:


Defense:


Goalies:


www.gogriffs.com

Time:

Drill:

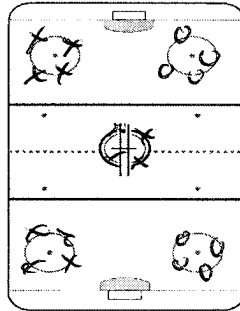
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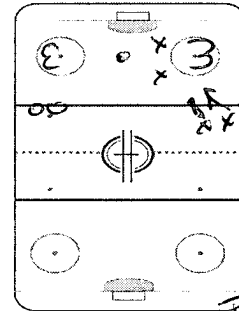


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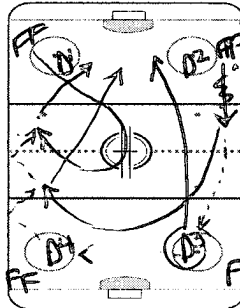
## Team Skill

CIRCLE PASSING  
F > Backhand  
B > Forehand  
Shuttle  
Give & Go's



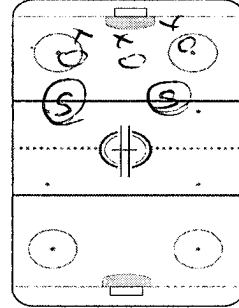
## REDWING-2v0

2x's go 2v0  
2o's go 2v0  
whoever scores  
1st gets ~~half~~ FREE  
middle puck  
to score again.  
If score 2nd DEFEND  
OTHER END



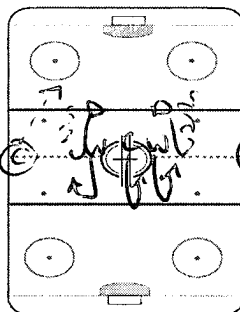
## Orange Jump!

F passes to D<sup>3</sup>  
D<sup>3</sup> > D<sup>4</sup>  
D<sup>3</sup> joins rush  
D<sup>4</sup> chips to F swing  
F chips to next F.



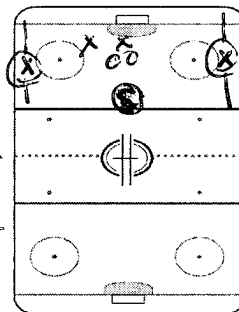
## 3v3 WALL OFF

S shooters are  
shot tips only  
X's must board  
O's score  
Defend drill/Box  
out



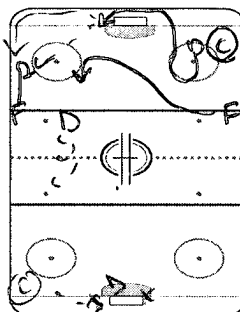
## BPM

NZ offense  
activates all sks  
C puts puck behind  
Def  
NZ offense  
can add F/C if  
choose



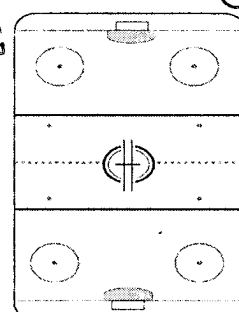
## 2v2 WALL OFF

X's are breakout  
options for Def  
X's on def must  
wall off on  
pt shot (tie up)  
O's try to score  
Shooter @ top can  
not pass.  
Shoot or high  
tip only



## Nashville 3v2v1

Puck 1: D-to-out  
to 2 Fwds  
who attack 2v1  
Full ice  
Puck 2: low attack  
2v1  
Puck 3: Fwd retrieve  
& pass to D for shot



## WOOLLY UP

D<sup>4</sup> passes to D<sup>3</sup>  
F posts up on dot  
F<sup>2</sup> times it  
D<sup>3</sup> > F<sup>2</sup> > F<sup>2</sup>  
F & F<sup>2</sup> go 2v0  
D B allows up for  
pt shot from F  
side.

