

TO: ENIO 250-220-7087 (F)

FROM: Danny Fyfe

SAINT JOHN SEA DOGS

DATE: OCT. 6/15

Enio:

Thanks again for co-ordinating
the D.O.W.

Best Wishes To All for a solid

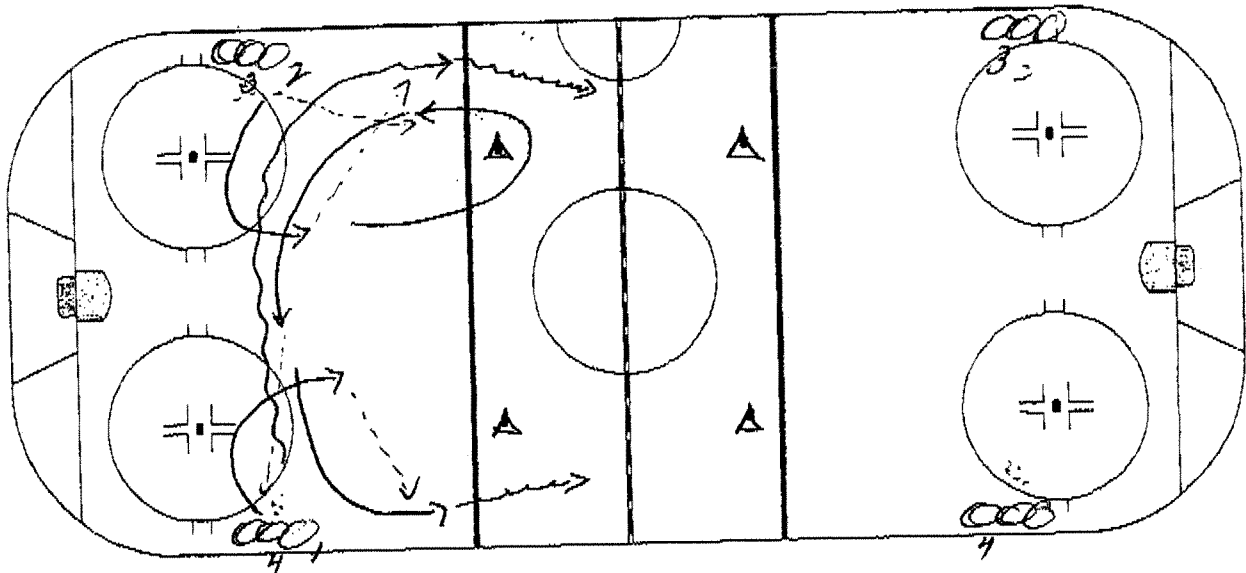
Season...

Danny Fyfe

QUOTE

" THERE IS A BIG DIFFERENCE
BETWEEN "WANTING TO" AND
" WILLING TO "...

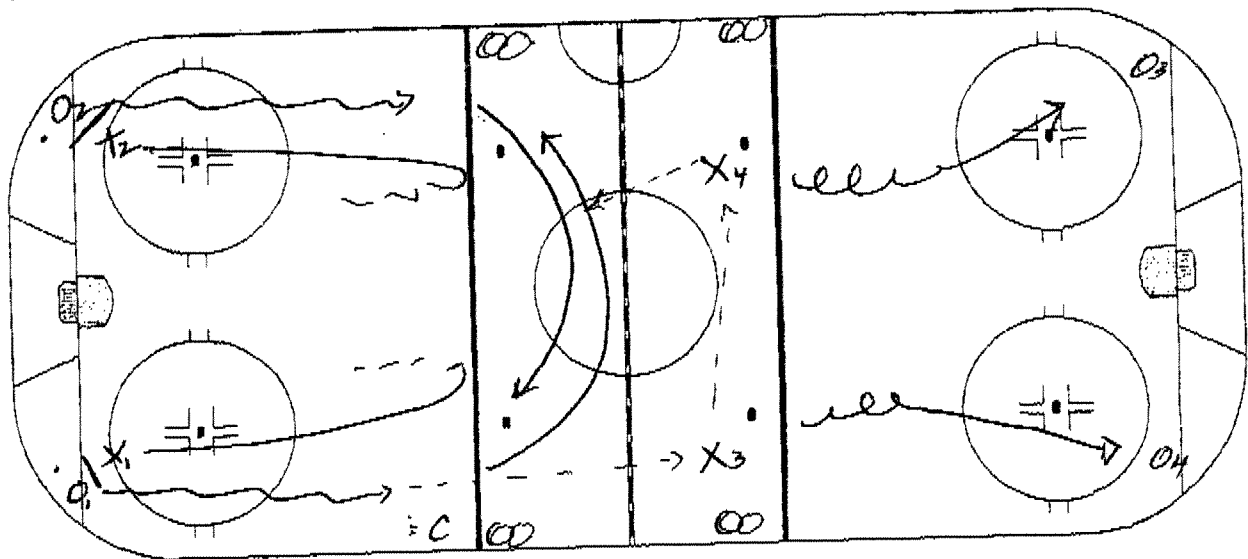
①



① "Chuckie" (show 1 end only)

- O₁ swings wide... O₂ jumps underneath... O₂ → O₁ / shoots
 - O₂ turns back around and towards O₃
 - O₃ → O₂
 - O₂ → O₁ → O₂ / shoot... O₁ then turns back around and etc.
- * great hands / flow early practice *

②

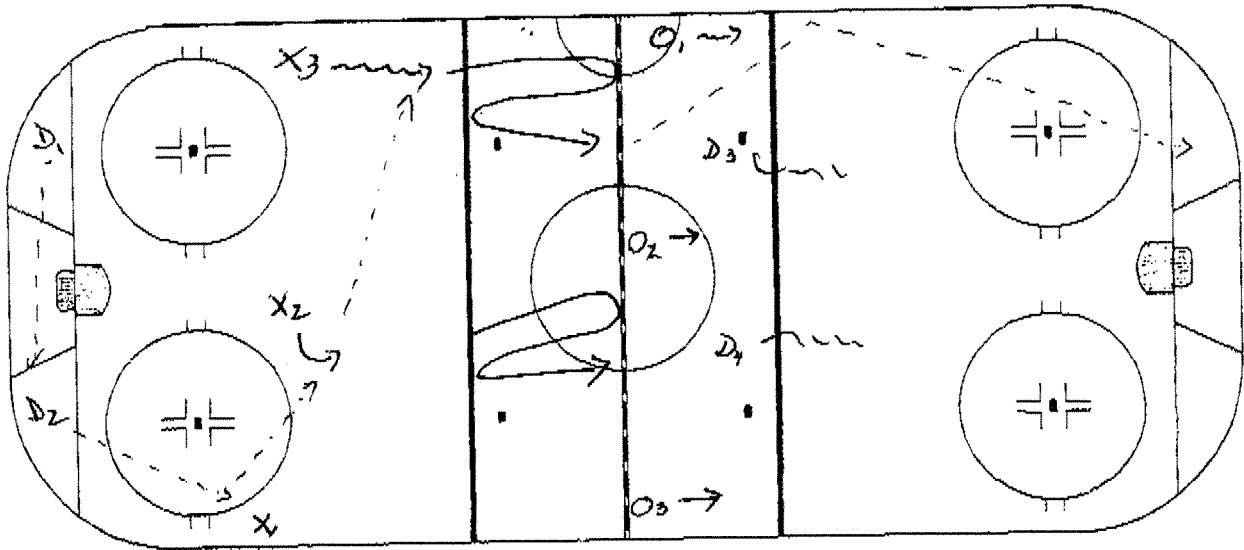


" IVIXZ - NZRG - 2VZ "

- O, X1 1V1 on whistle
- next whistle, ends O, X1 ; starts O2X2 1V1 from corner
- whistle; O, O2 Regroup with X3X4 ; go 2VZ vs X, X2
- after NZ Regroup; X3X4 sprint to corners to begin 1V1's from their end vs O3/O4

" 1V1's - regroup - 2VZ "

(3)



F2YNN Continuous FC2V5

• D, D2, X1,23 break pick out / $D_1 \rightarrow D_2 \rightarrow X_1 \rightarrow X_2 \rightarrow X_3$

* 1ST FWD TO TOUCH PICK ON B/O is "done" other 2 FWDs
tag R/LINE: B/LINE - dump; F/C 2V5 vs O1,2,3 D3,4

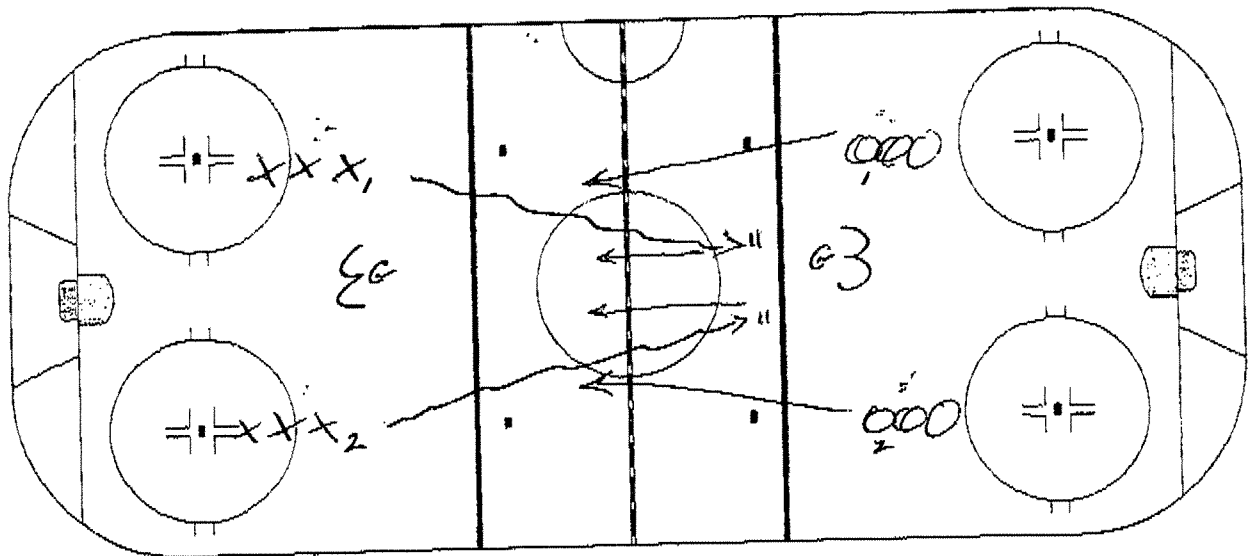
• Continuous B/OUTS... 1ST FWD TO TOUCH PICK ON B/O is
DONE

* dump at Red line

* 3/4 pressure by F/C ors

* D's no deeper than B/LINE

(4)



Buffered 2v0

• nets 15 ft. inside B/ line

• 4 lines even with nets in line with F/O dots

• X1, X2 go 2v0 hard to net

* NO passes below BLUE LINE

• whistle... O1, O2 attack 2v0 other way / X1, X2 stop at

net : B/c back to net

* continuous on whistle...

* 5 min game...

* drive net : stop at net - allowed 1 rebound chance

* secret bag skate

* scoring touch in light