

From: Kuntz, Tyler <tyler.kuntz@ubc.ca>

Sent: Thursday, October 2, 2014 7:36 PM

To: Enio Sacilotto

Cc: Enio Sacilotto

Subject: Books and Quotes

Sorry I forgot to send you a couple of books and quotes.

Books:

The Score Takes Care of Itself ---- Bill Walsh

Perseverance: Life Lessons in Leadership and Teamwork ---- Marc Trestman

Quotes:

"If you're growing a garden, you need to pull out the weeds, but flowers will die if all you do is pick weeds. They need sunshine and water. People are the same. They need criticism, but they also require positive and substantive language and information and true support to really blossom."

----- Bill Walsh

"Motivation is simple. You eliminate those who are not motivated."

----- Lou Holtz

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**Categories**  
 Attacking/Defending

**Drill Title :** 1 v. 1 - 2 v. 2 Continuous

Tracking/Sorting

**Components :** \_\_\_\_\_

**Content elements :** \_\_\_\_\_

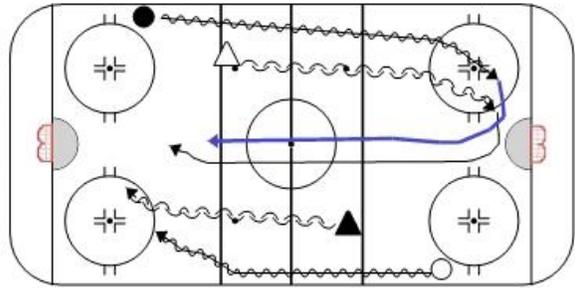
**Description**

Attack - Track - Rest

Defend - jump in rush - rest.

Starts with a 1 v. 1  
 After 1st rep becomes continuous 2 v. 2.

- Key Points**
- SHOOT 1ST
  - TRACK/SORT
  - STICK ON PUCK
  - NET DRIVES



**Title :** 1 v. 1 - 3 v. 3      **Category #1 :** SMALL AREA GAMES      **Category #2 :** TRANSITION

**Description**

Starts with a face-off 1 v. 1

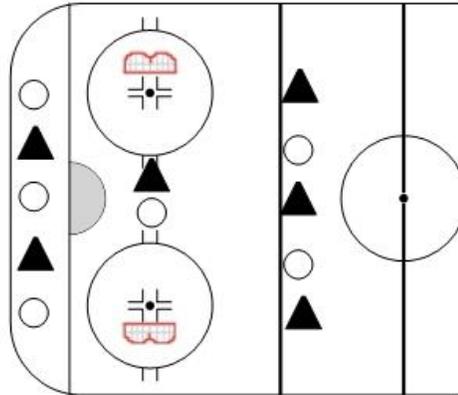
On transition, Offensive player must move to teammate on the side to create a 2 v. 1.

Then to a 2 v. 2, 3 v. 2, and finishing with a 3 v. 3.

Can only move to teammates on transition. Can never be outnumbered by 2, only one.

Transition attackers must keep feet outside the lines (goal line & blue line).

- Key points:**
- 3 second Rule
  - Puck Speed
  - Head Speed
  - Over shoot



**Categories**  
 HALF ICE GAMES

**Drill Title :** 2 v. 2 Puck Exchange/3 Puck 2v. 2 Net Battle

COMPETITION DRILLS

**Components :** \_\_\_\_\_

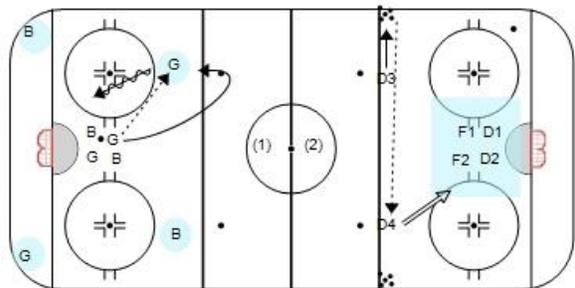
**Content elements :** \_\_\_\_\_

**Description**

(1) PUCK EXCHANGE  
 - 2 v. 2 in middle  
 - post players in corners (opposites)  
 - transition to post on turnovers or to spread out defenders, and replace.  
 - create odd man attacks.

(2) 3 PUCK 2 v. 2  
 - spot puck for 2 v. 2 low  
 - 2nd puck D-D shot (box out-sticks)  
 - 3rd puck D-D shot (box out-sticks)

- Key Points**
- PUCK MOVEMENT
  - PROTECT HOUSE
  - ATTACK BLUE PAINT
  - BATTLE



Title : 2 v. 2 WALL BUMP TRANSITION

Category #1 :

SMALL AREA GAMES

Category #2 :

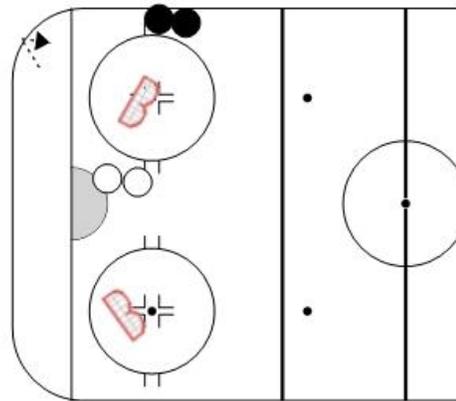
TRANSITION

**Description**

2 v. 2 at net front/corner

On transition players from defense to offense must use the wall to bump upon transition and then attack.

On whistle hard out to blue line.



Key points:

WALL PLAY

OVER SHOOT

PUCK PROTECTION

BLUE PAINT HABITS

Categories

Passing

Drill Title : CZECH FULL-ICE TIMING

TIMING DRILL

Components :

Content elements :

**Description**

1 goes up and back around dot; show forehand; receive pass; wheel tight around net; pass to 2.

2 passes to 1 and establishes controlled/flat skating to far side; speed below the puck; receives pass from 1.

3 skates outside-in around centre circle and receives pass from 2; drive net-shoot for teammates.

1/2 timing with 3 and drive net for

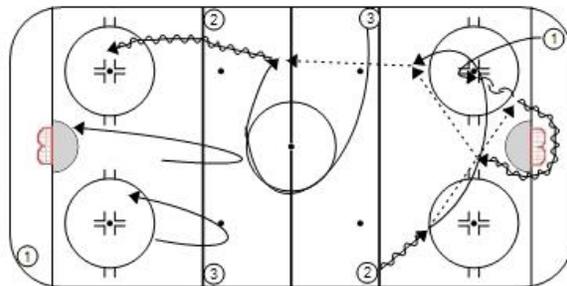
**Key Points**

PUCK SPEED

CONTROL SKATE

FLAT SKATE

FOREHAND



Categories

LINE RUSHES

Drill Title : DOUBLE GAP 2 v. 2

OFFENSIVE PLAY

Components :

Content elements :

**Description**

F1/F2 cross & drop below the blue line and attack D1/D2 2 v. 0

D1/D2 gap speed.

Whistle: F3/F4 cross & drop below the blue line and D1/D2 gap speed and accept F3/F4 on the attack.

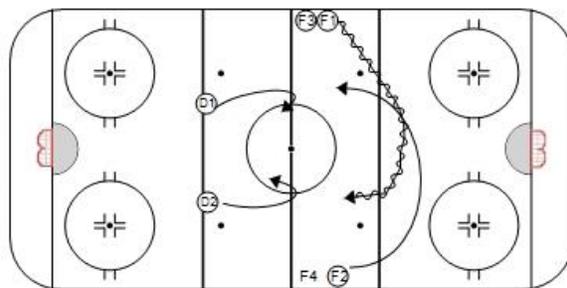
**Key Points**

GAP SPEED

INSIDE SHOULDER

FLAT STICKS

STICK ON PUCK



Categories  
PASSING

Drill Title : EAGLE STRETCH

OFFENSE

Components :

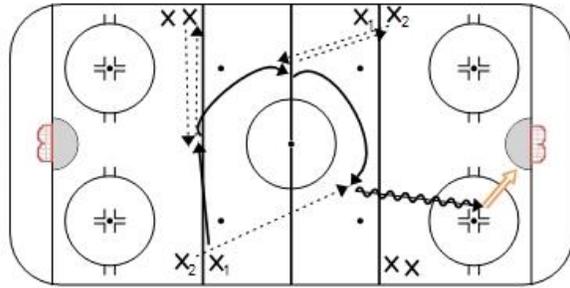
Content elements :

**Description**

- X1 skates towards X and exchanges passes.
- X1 continues around and exchanges passes with X2.
- X1 establishes mid-ice support and receives pass from X2 and attacks net.
- Shoot in stride.

**Key Points**

- HANDS OUT
- PUCK SPEED
- SUPPORT
- COMMUNICATE



Categories  
Passing

Drill Title : Eagle Wing Support

Offense

Components :

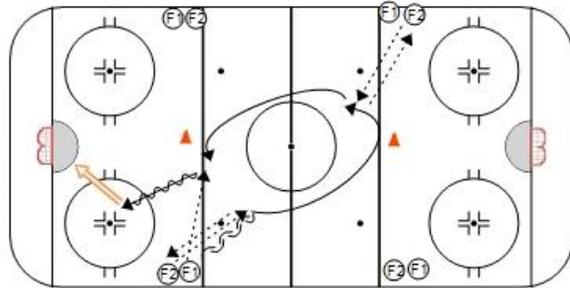
Content elements :

**Description**

- F1 backs up to RL and exchanges passes with F2.
- F1 pivots and continues to opposite side to exchange passes with F2 at other line.
- F1 continues around circle, gets inside cone and receives pass from F2; attacks and shoots in stride.
- Stop in front.

**Key Points**

- Tight Support
- Flat angles
- Puck Speed
- Shoot in stride



Categories  
Odd Man Attacking

Drill Title : Hurricane 2 on 2 to 4 on 2

Offensive Play

Components :

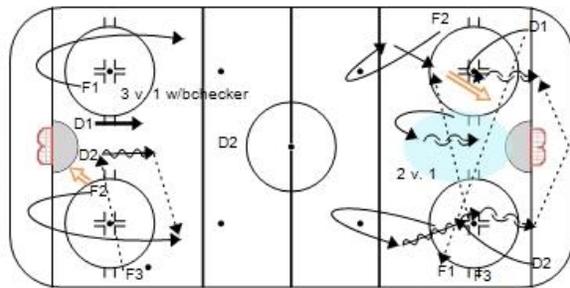
Content elements : F's at Tops; D @ hashmarks

**Description**

- D1/D2 up and back pass to F1.
- F1 and F2 curl back and attack 2 v. 1.
- F3 attacks mid-ice with F1 & F2 to other end 3 v. 1
- D1/D2 join the rush

**Key Points**

- ATTACK BLUE ICE
- SPEED OFF RUSH
- STOP IN FRONT
- NET DRIVE



Categories

PASSING

Drill Title : KODIAK PASSING

OFFENSE

Components :

Content elements :

Description

F1 backs up to circle and exchanges pass with F2.

F1 continues around circle and passes with F2 on opposite side.

F1 Finish with shot.

F2 springs backwards to circle and repeats the drill.

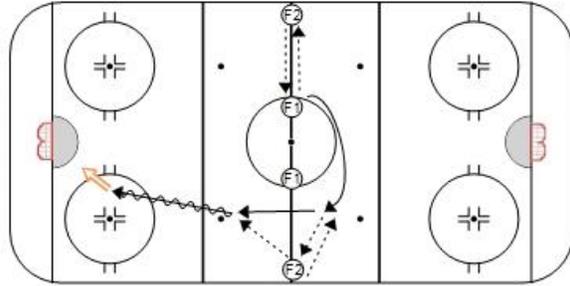
Key Points

TOUCH PASSING

HANDS OUT

QUICK FEET

SHOOT IN STRIDE



Title : MONTREAL 1 v. 1

Category #1 :

CHECKING

Category #2 :

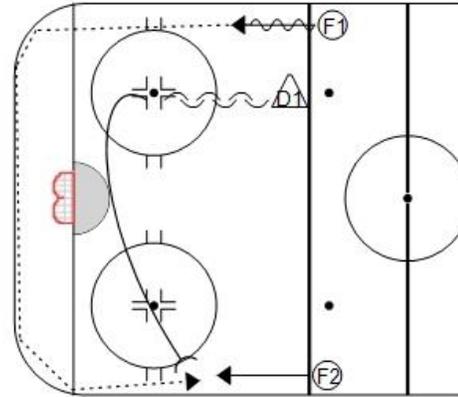
DEFENSIVE ZONE

Description

Attack and rm puck to far side.

D1 accept F2 and play 1 v. 1 against F2.

Can add D1/D2 with F1/F2 and play 2 v. 2 from a rim.



Key points:

FLAT/HEAVY STICKS

PUCK PROTECTION

STICK ON PUCK

SKATE THE PUCK