



TO: ENIO

FAX: 250 220 7887

FROM: Danny Flynn

Best Wishes For A Great Year...

Danny Flynn

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

" THE HARDEST PART OF COACHING IS
GETTING THE PLAYERS TO ALLOW THEMSELVES TO
BE COACHED "

PAT BURNS



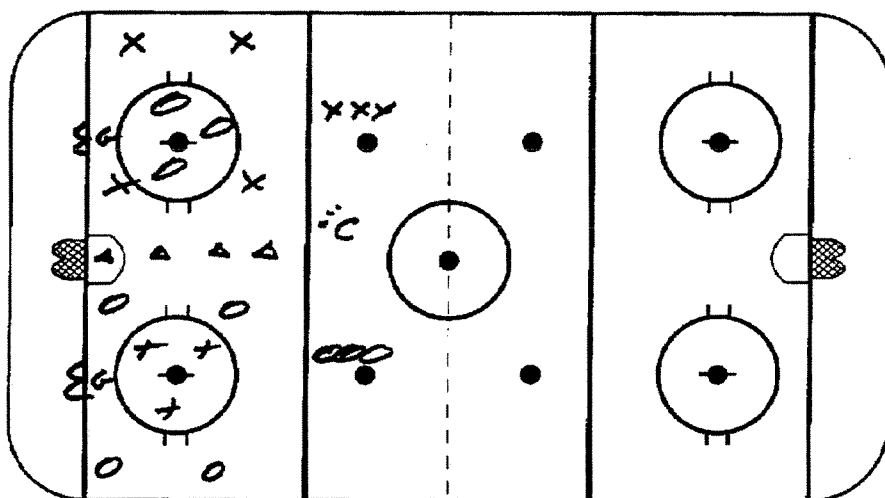
COACHING PROGRAM

Date: _____

Notes:

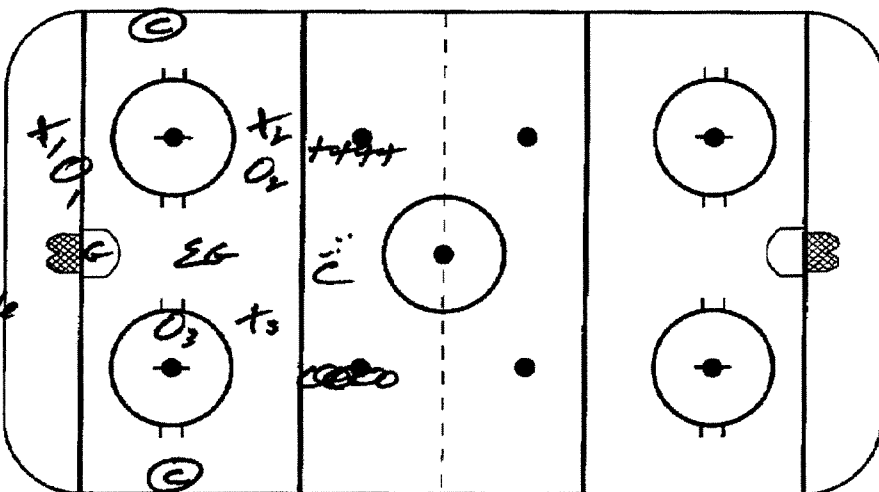
- ① SMALL SPACE 4V3X2
- PLAY 4V3 IN $\frac{1}{2}$ ZONE
 - 3 defenders pressure: RECOVER PUCK AND MOVE it to O's waiting in other $\frac{1}{2}$ of ZONE

* FUN - COMPETITIVE



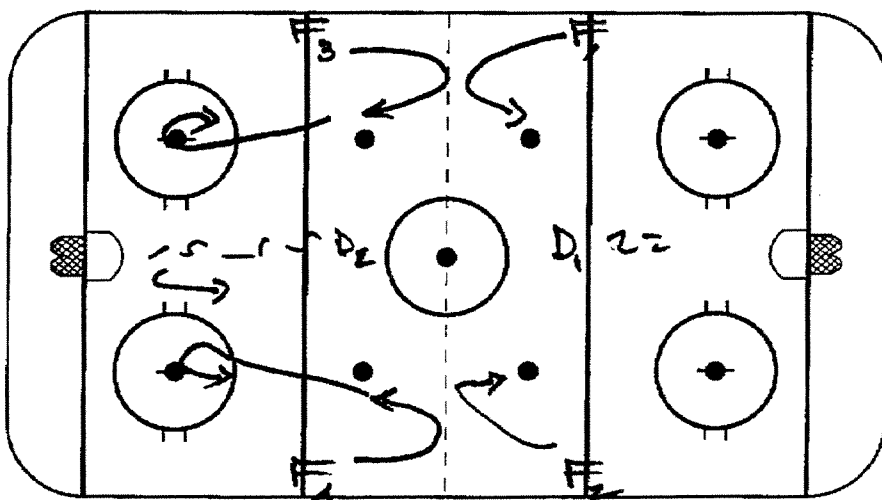
② 2 NET CHALLENGE

- 3 on 3... ③ ON HASH X2
 - CAN SCORE ON EITHER NET BUT MUST PASS PUCK TO COACH AT HASH ON EVERY TURNOVER
 - 30 SEC. SHIFTS. CHG ON ③
 - FUN • COMPETITIVE WHISTLE
- * 2ND NET PLACED IN HIGH SLOT



BUFF 2v1 / 3v3

- F3 F4 tag Red line; go 2v1 on D2
 - whistle after 2v1... D2 jumps in to Rush; F3 F4 B/CHK
 - at same time on whistle, F1 F2 tag R/ Line and attack D1 on 2v1
- * D2 is trying to join them to make it a 3v1; F3 F4 are B/c
- 2 way drill... good tempo





COACHING PROGRAM

Date: _____

Notes:

BC BAGGER (2v1 / PICK RACE)

- (A) • X₁ X₂ cross / 2v0 / turn up ice
- (B) • X₁ X₂ pick race to ctr after 2v0 shot
- (C) • WINNER OF PICK RACE (X₁) JUMPS UP TO PLAY 2v1 FROM O₁ O₂
- O₁ O₂ then PICK RACE TO PICK AT CTR.
- CONTINUOUS
- 'HIDDEN BAG-SKATE'

