

# MICHIGAN STATE H O C K E Y

## FAX TRANSMISSION COVER SHEET

Hockey Office Fax# 517 432-1879

DATE: \_\_\_\_\_

TO: \_\_\_\_\_

FROM: \_\_\_\_\_

FAX # \_\_\_\_\_

Number of pages (Including cover) \_\_\_\_\_



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*Book - The Power of Negative Thinking*

*Quot - "I have seen the enemy it is us"*

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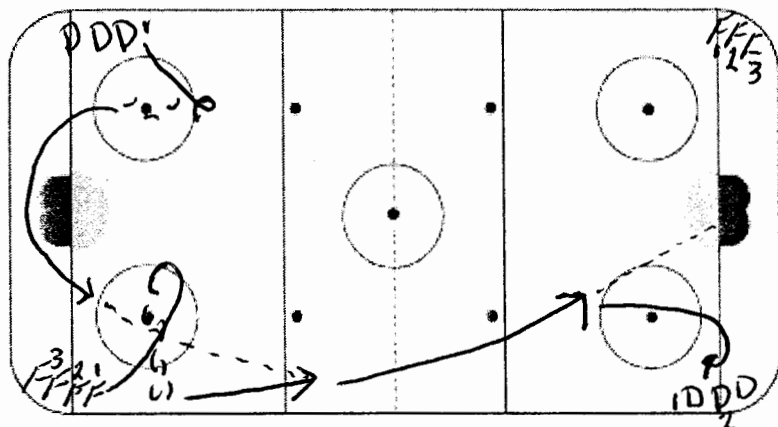
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# SYSTEM/DRILL

## Spruce Warm-up Drill



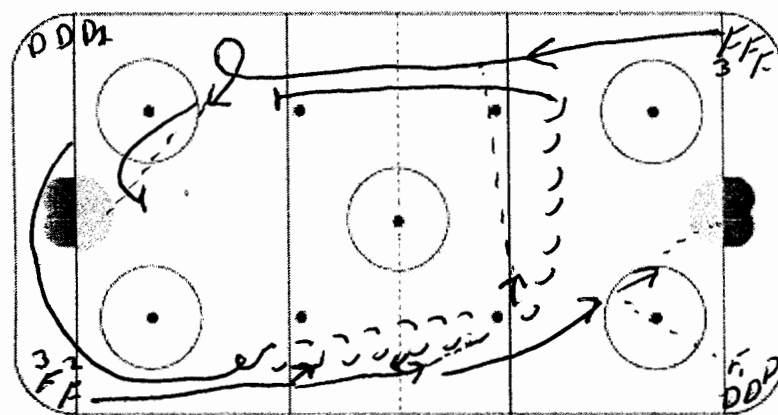
Notes/Systems

Description D1 forward over the top of circle transition to backwards-pivot-pick-up placed puck and skate net

-F1 forward to hash marks transition backwards to open up for D1.

-D1 snaps pass to F1.

-F1 hard down ice shot from top of circle



Notes/Systems

Description Continued  
D1 Turn to skate backwards  
F2 skates passes to D1.

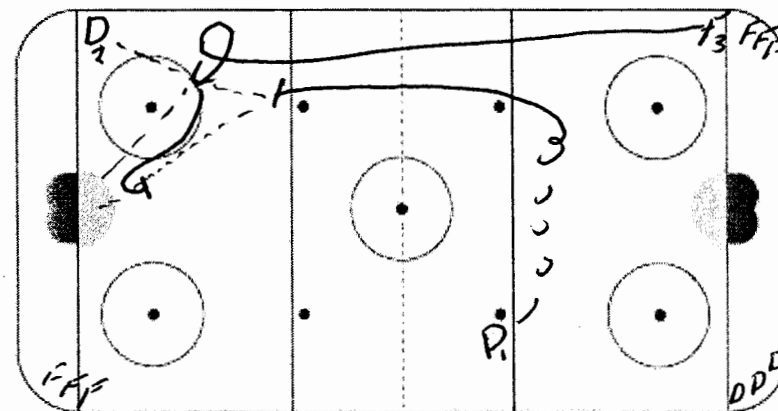
D1 gives it back

F2 gives it back

D1 at BL passes cross ice to moving F3

F2 continues forward gets pass from F1 for catch and shot

D1 travels across rink then back toward the other end



Notes/Systems

Description Continued  
F3 skates hard down wing turns up before top of circle shoots and goes to net to screen

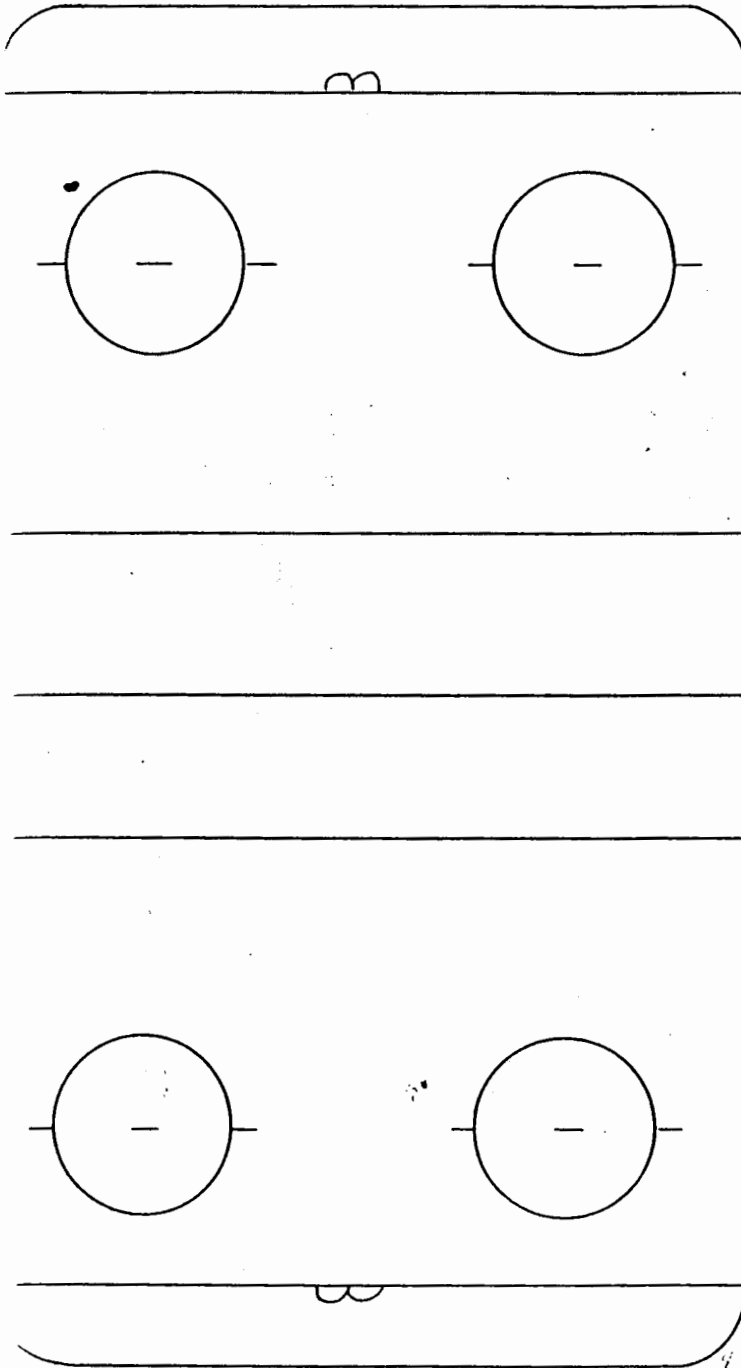
D2 pass to D1 for point shot

whistle starts Rep!

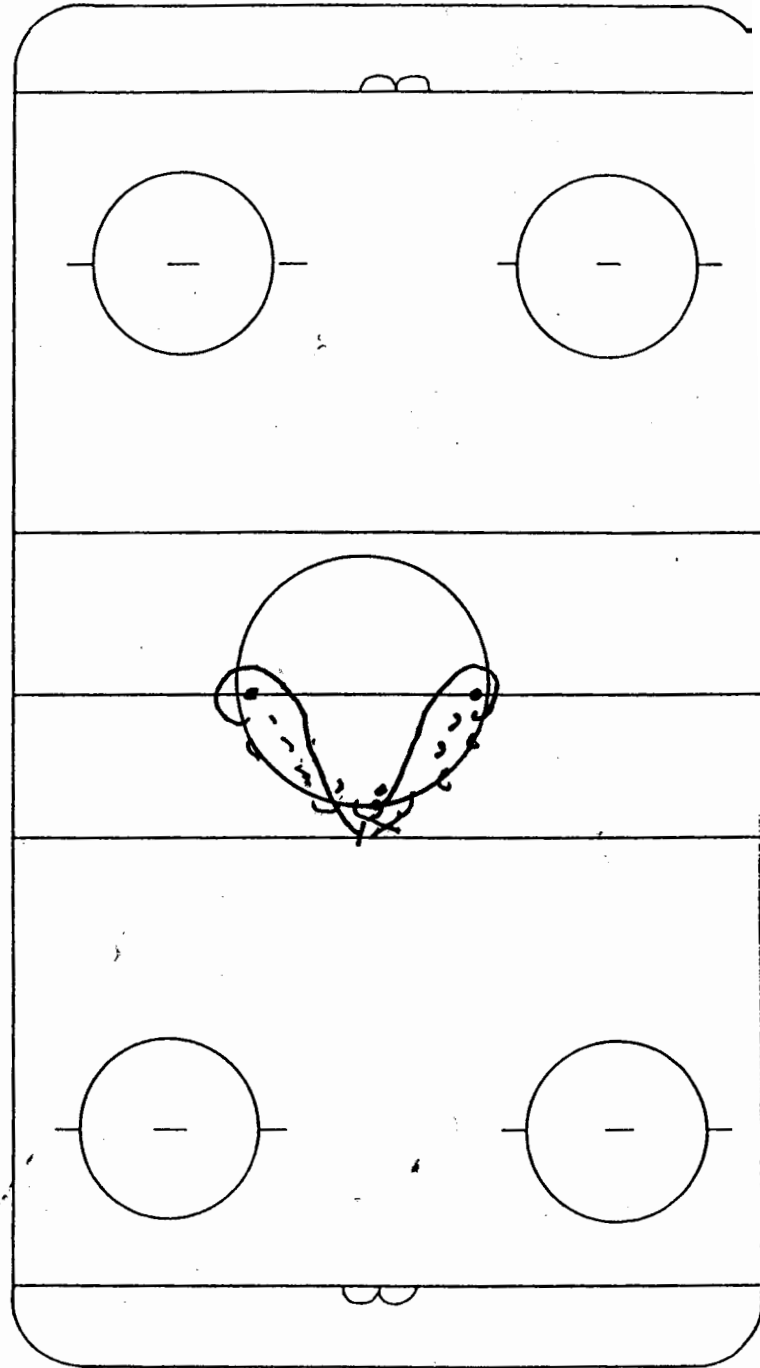
(This happens from both ends at the same time)

## PRACTICE DRILLS

DRILL: Individual Skill



DRILL: Escapes

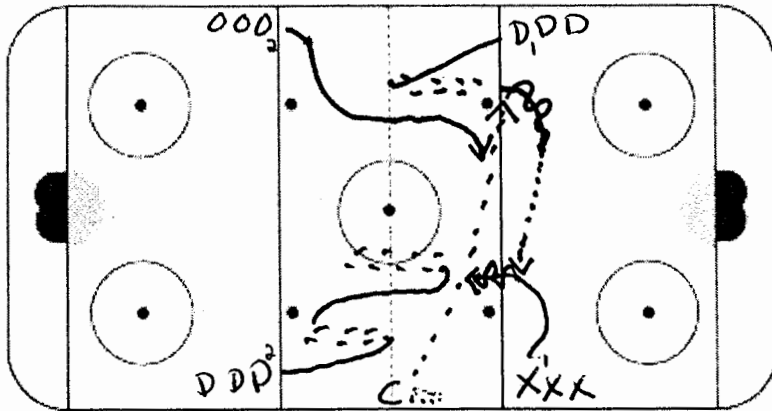


EXPLANATION:

- player starts at top of circle and skates backward with puck
- escapes to the outside of the circle coming back to top transitioning to backward going down other side



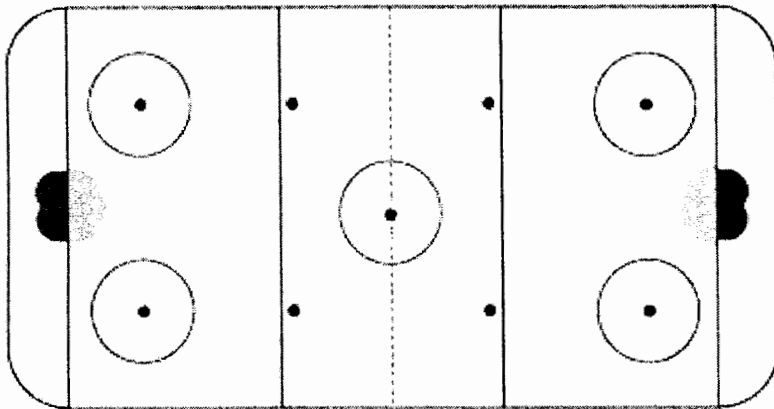
# SYSTEM/DRILL NZ Checking



Description J.L. 2 on 2

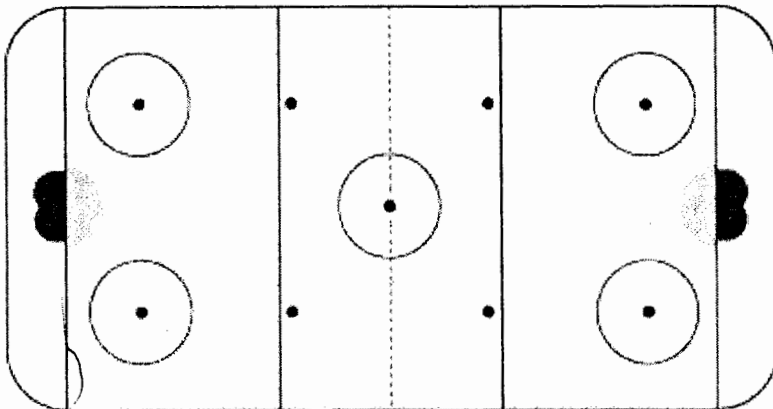
- $X_1$  and  $D_1$  are on same team
- $D_2$  and  $D_3$  are on same team
- on whistle,  $D_1$  +  $D_2$  gap up to Red line, then back skate
- $C$  passes to one of the  $D$
- opposing forward angles  $D$ , other forward supports puck.
- Defending  $D$  gaps on attacking forward
- Play until whistle

Notes/Systems \_\_\_\_\_



Description \_\_\_\_\_

Notes/Systems \_\_\_\_\_

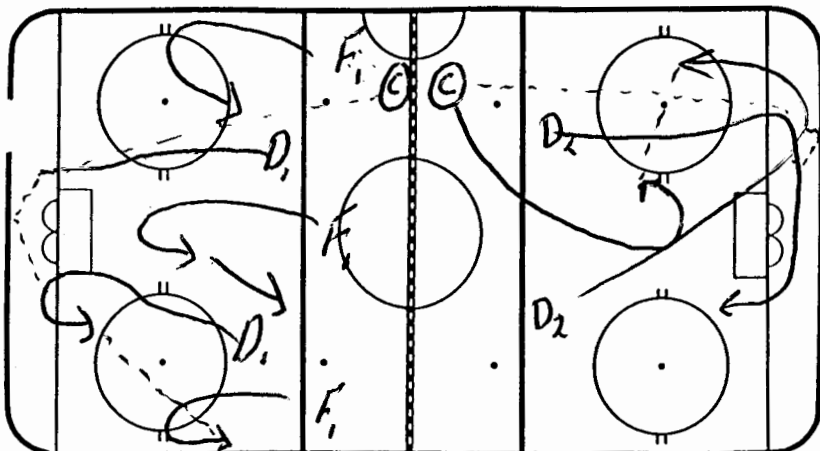


Description \_\_\_\_\_

Notes/Systems \_\_\_\_\_

# System / Drill

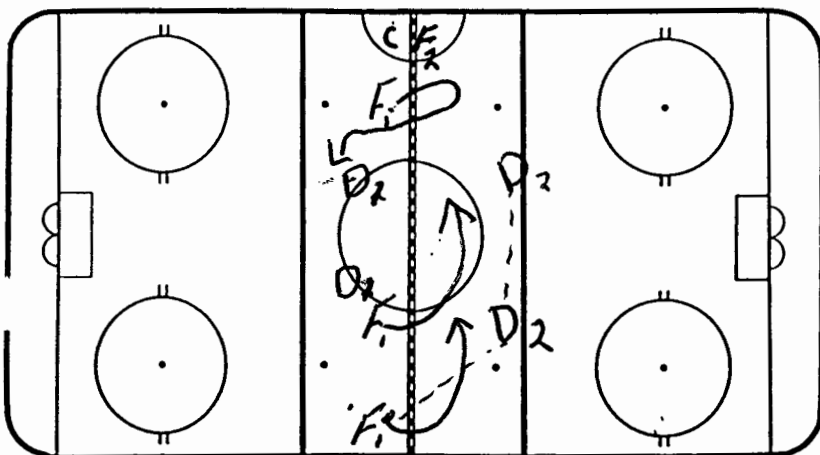
## Fort Drill (D-Zone Coverage)



Notes / Comments

### Description

- D<sub>1</sub>'s & F<sub>1</sub>'s break-out 5 vs 0
- D<sub>2</sub>'s break-out with © 2 vs 0



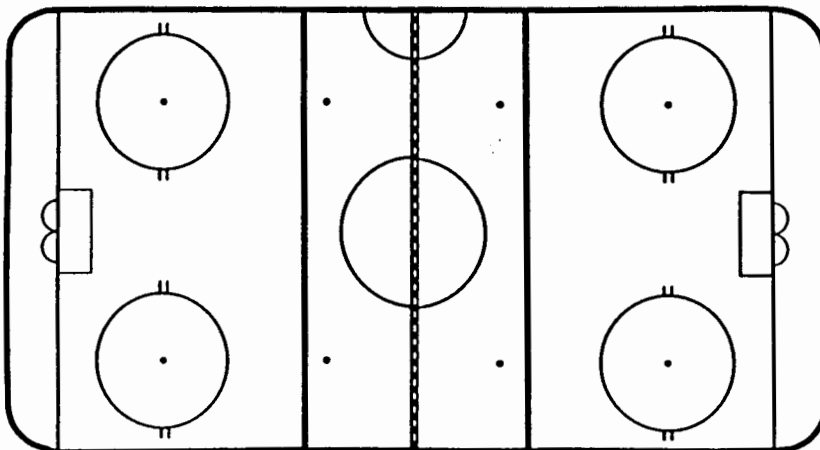
Notes / Comments

- coach may throw in a 2nd puck for more down low play

### Description

F<sub>1</sub>'s regroup with D<sub>1</sub>'s and attack D<sub>1</sub>'s 5 vs 2

- F<sub>2</sub> is standing next to © when OZ entry is made F<sub>2</sub> back and plays low 3 vs 3 D<sub>2</sub> are at the offensive BL (when puck goes to point stay with your man & get sticks up)

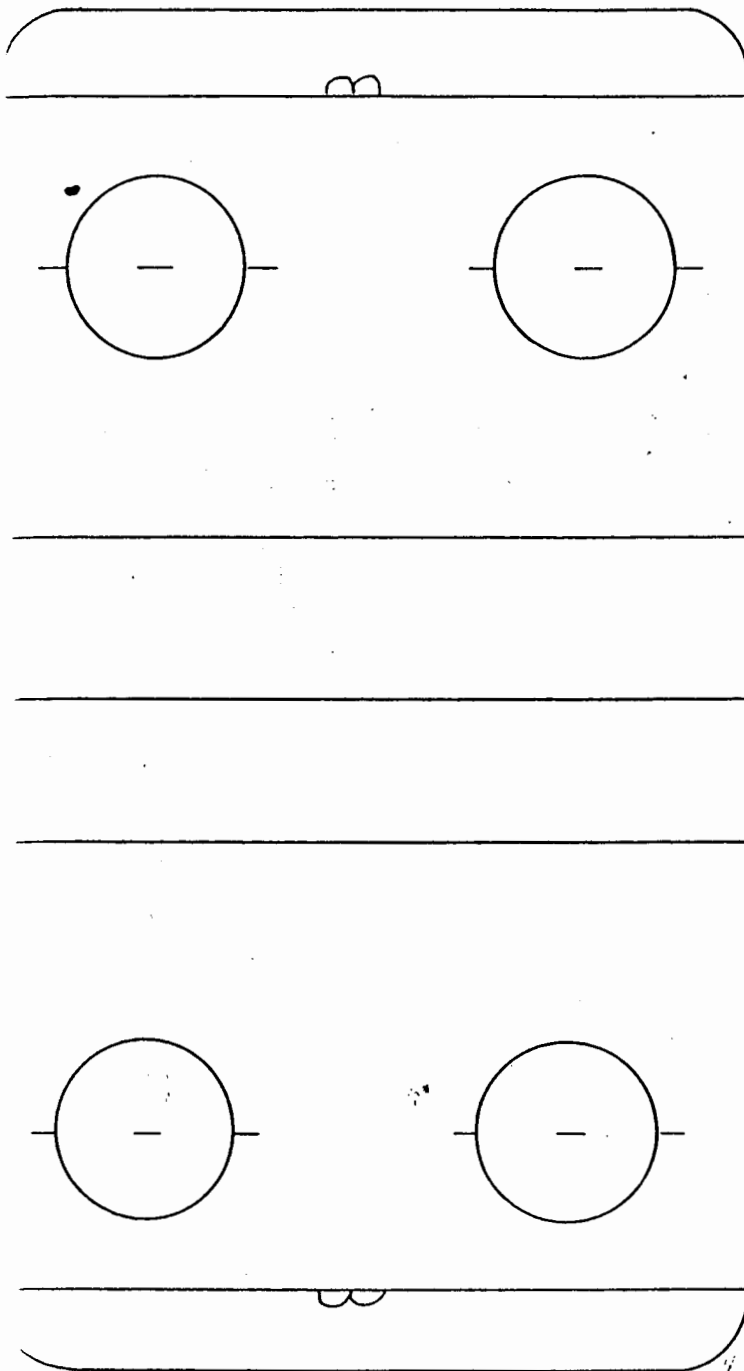


Notes / Comments

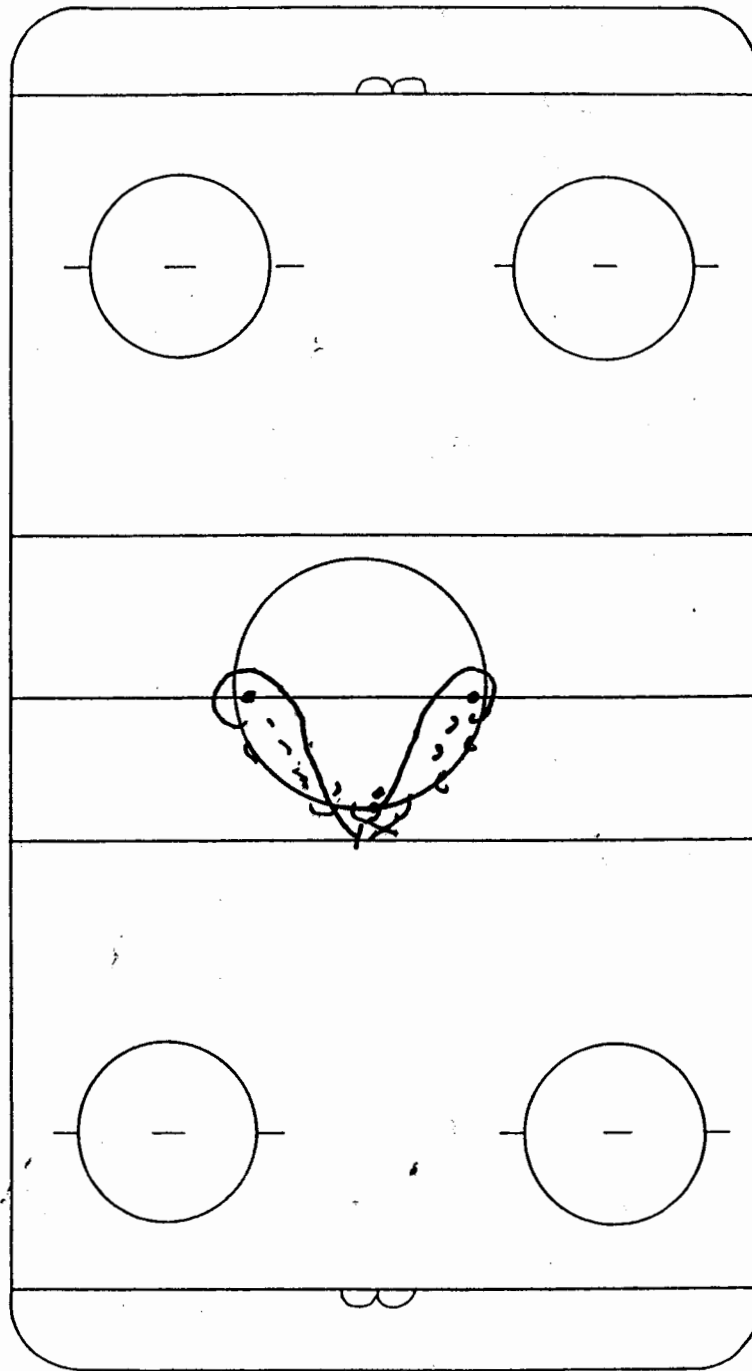
### Description

## PRACTICE DRILLS

DRILL: Individual Skill



DRILL: Escapes



EXPLANATION:

- player starts at top of circle and skates backward with puck
- escapes to the outside of the circle coming back to top transitioning to backward going down other side of circle escape to the outside