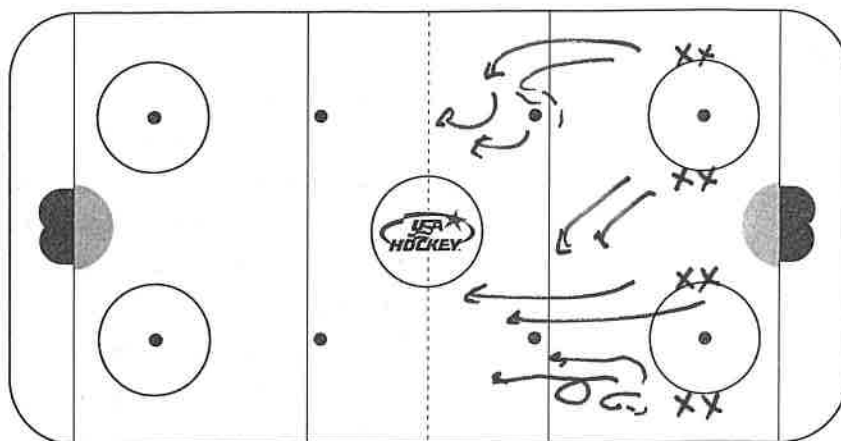




SYSTEM/DRILL DRILL of WEEK CLUB - DENNIS VICKERS RICE PREP HOCKEY

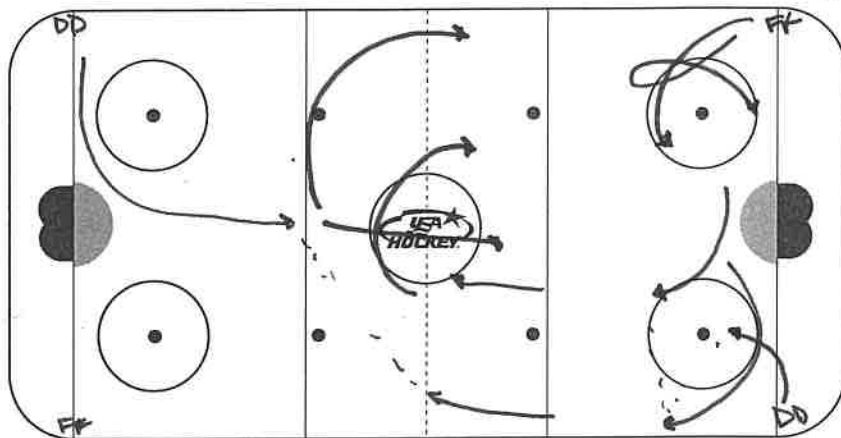


Notes/Systems _____

Description

SKATING - PUCK PROTECT WARM-UP

- CAN DO IN NZ OR HAZMARCK
- 3-4 LINES 1ST PERSON IN LINE SKATES WHEREVER THEY WANT PLAYER 2 IN LINE SHADOWS
- 15-20 SEC NEXT GROUP START ON WHISTLE
- PLAYERS GOING SKATE TO OPP END OR BACK IN TO LINE
- * VARIATION W/PUCK BUT DO NOT TAKE

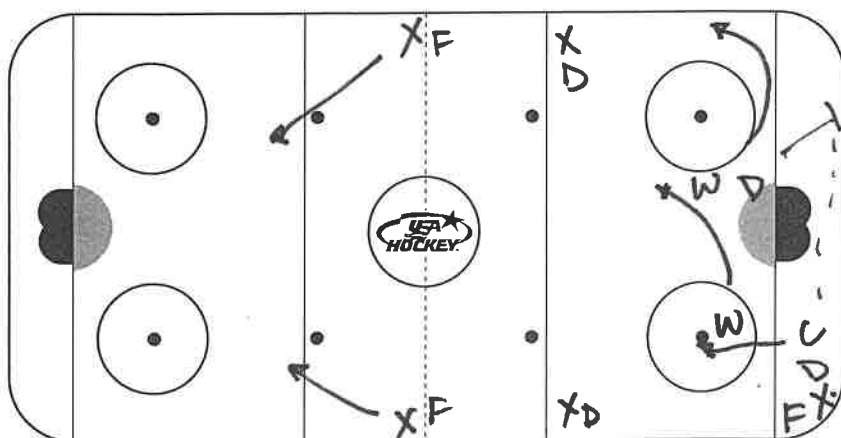


Notes/Systems _____

Description

AV'S FLOW

- BOTH SIDES GO SAME TIME
- F1 START W/PUCK FOR EXCHANGE W/F2
- QUICK ATTACK AT NET
- SWING THROUGH AND BREAKOUT W/D1
- F1 & F2 REGROUP W/D2 AND ATTACK OPP NET END
- D1 WOULD REGROUP AND JOIN F3 & F4 FROM OPP SIDE



Notes/Systems _____

Description

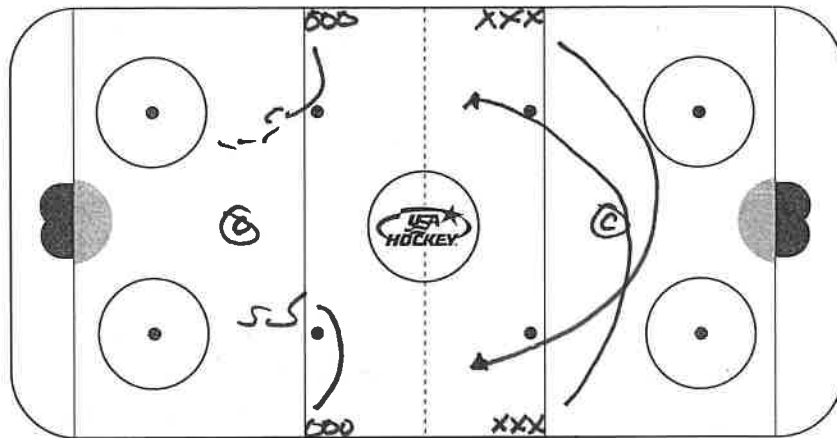
CHIEF DZONE ATTACK

- X IS ON OFF W/PUCK ON WHISTLE DET. CLOSSES AND SEPARATES FROM PUCK
- CENTER SUPPORT AND BREAKOUT SVZ W BACKCHECKER
- ONCE PUCK PASSES RED LINE
- AND DEFENDING TEAM ESTABLISH ZONE
- OTHER X'S BACKCHECK INTO ZONE TO PLAY 5VS LIVE





SYSTEM/DRILL _____

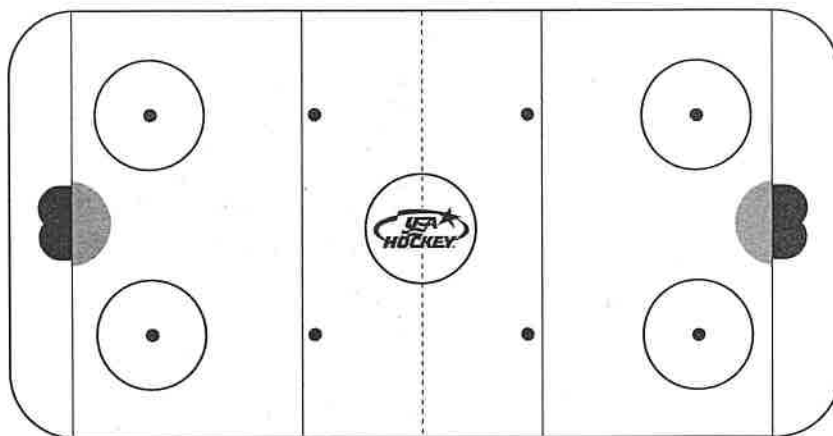


Notes/Systems _____

Description _____

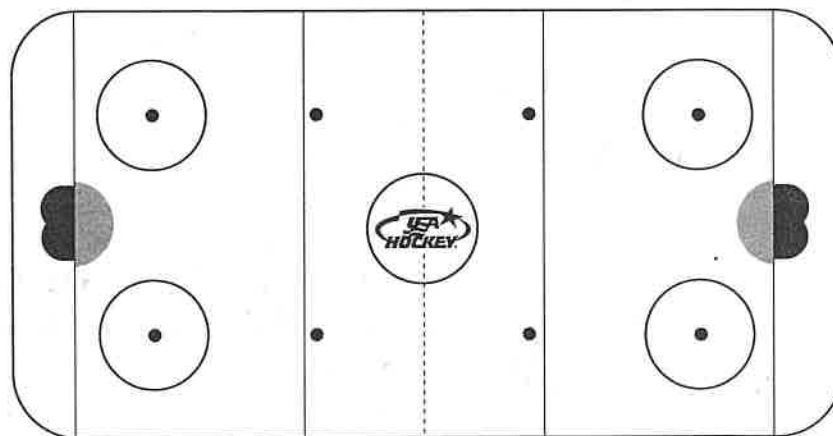
STL 2v2

- OFFENSE SWING THROUGH AND ATTACK 2v2 ON RUSH
- IF CANT SCORE ON RUSH OWN PACK AND MAKE LOW PLAY
- ON WHISTLE COACH SHOOTS PACK ON NET FOR 2v2 NET FRONT
- WHISTLE 2 NEW ATTACK OPP DIRECTION



Notes/Systems _____

Description _____



Notes/Systems _____

Description _____

