

260-210-7987
To: ENIO (cenio e coach-enio.com)

From: Danny Flynn / Newton Wildcats

Enio:

Sorry for the delay... congrats on a
great job with the State Cup...

Danny

QUOTE:

" IF YOU CAN COUNT YOUR REAL FRIENDS
ON MORE THAN ONE HAND... COUNT AGAIN "

Don McAsm



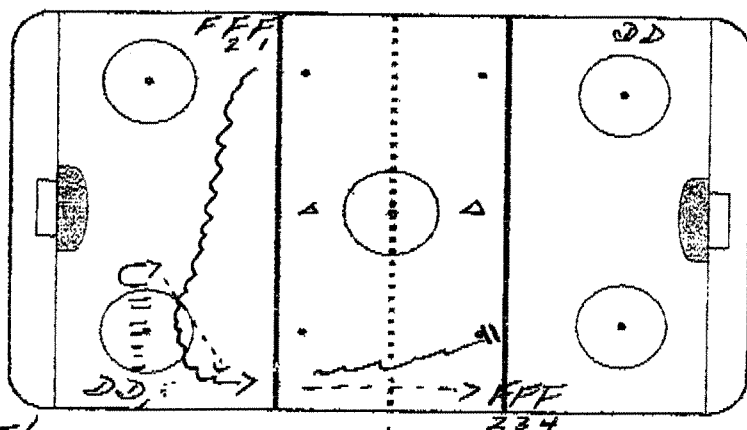
NEW YORK ISLANDERS



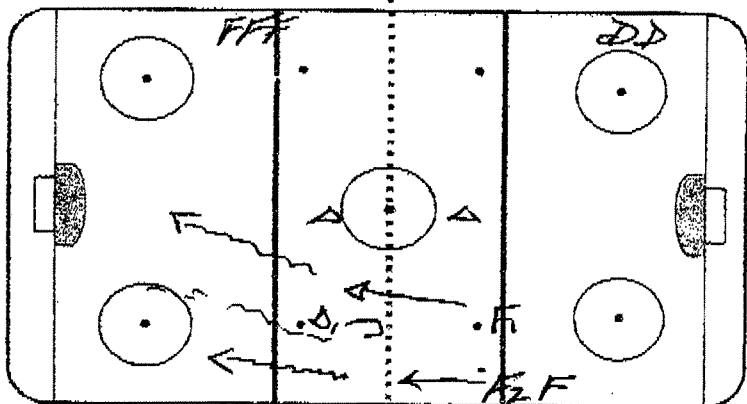
①

① OUTSIDE 2V1 (NET DRIVE HARD)

- D₁ starts on wall at back marks with a puck
- whistle, D₁ crosses with puck to net front back marks; F₁ comes across through top of circle
- D₁ → F₁ → F₂ stationary at B/L
- F₁ hand to B/L and stops BEHIND NZ DOT!

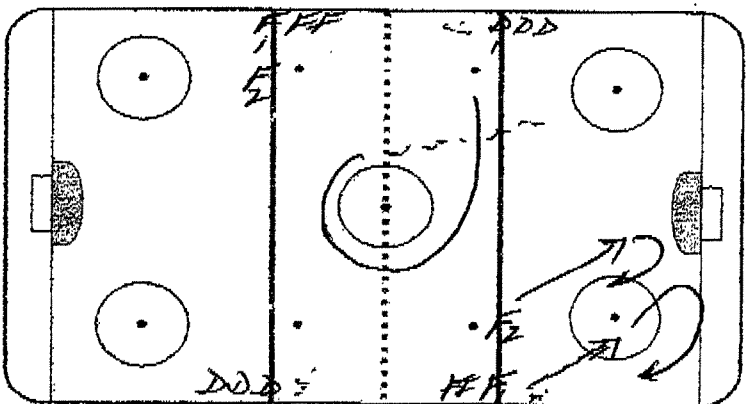


- * AS SOON AS F₁ stops at B/L line, F₂ ATTACKS WIDE AND F₁ MUST RECOVER and drive net
- D₁ must touch red line: defend
- CREATES OUTSIDE 2V1; F₂ MUST DECIDE SHOOT VS PASS
- BOTH SIDES/SAME TIME

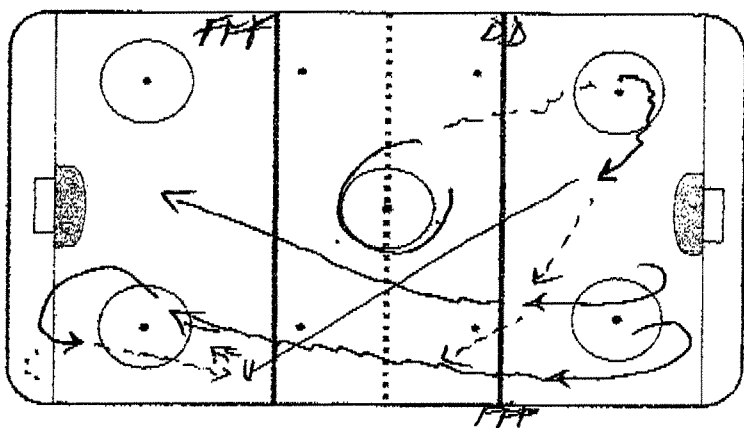


② 2V0 x 2 / D SHOT

- whistle, D₁ around circle with speed with puck
- AT SAME TIME F₁, F₂ 2V0 to net, OUTSIDE SHOT and crash net (max 1 REBOUND)
- AFTER 1 REBOUND, F₁, F₂ TURN UP ICE



- * AS F₁, F₂ TURN UP ICE, D₁ PIVOTS out and hits F₁, F₂ WIDE
- F₁, F₂ DRIVE: CRASH NET for 2ND TIME
- D₁ follows, F₁ after net traffic beats D₁ for 1st SHOT
- F₂ net screen





NEW YORK ISLANDERS

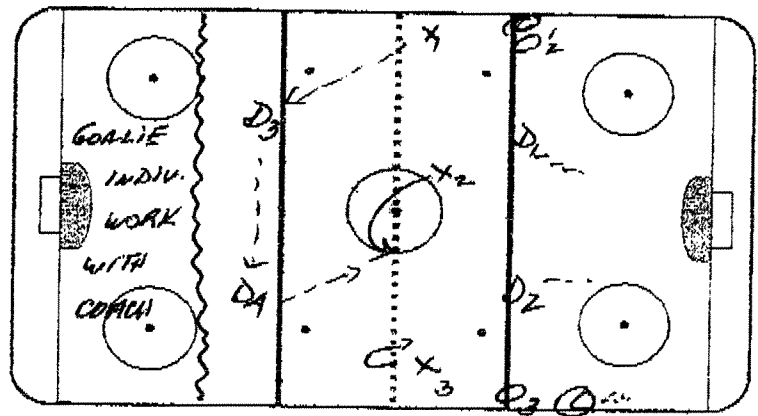


②

③

3/A ICE DZ COVERAGE

- X₁₂₃ NZRG WITH D₃D₄ and attack 3v2 on D₁D₂/shot
- ③ add 2nd puck to X₁X₂X₃ (must stay below top of circles)
- ③/2nd puck activates O₁O₂O₃

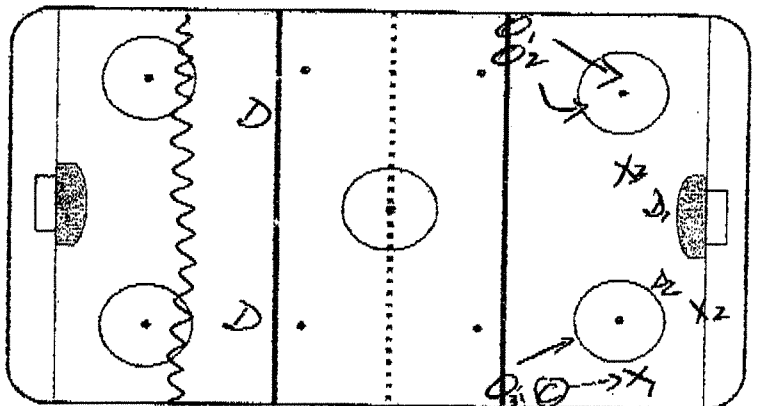


to join D₁D₂ in DZ vs X₁₂₃

- * ONCE O's RECOVER PUCK / ③ ends play - O's regroup in NZ with new D and RE ATTACK 3v2

- * ALLOWS YOU TO WORK NZ RE-GROUP: ATTACK PLUS DZ WHILE GIVING GOALIE

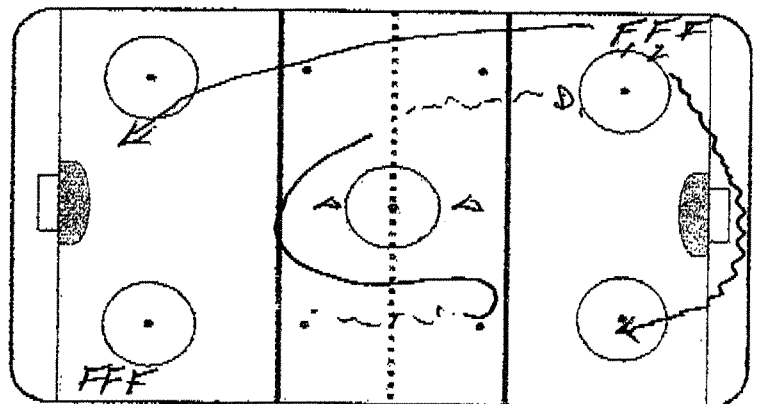
COMB TIME TO WORK AT FAR END w/GOALIE



④

1/V1 XZ - both sides, same time

- F₁ with puck on hash mark D₁ top of circle, above dot
- whistle, foot RACE, F₁ outside dot, D₁ inside dot
- 2nd whistle, D₁ leaves F₁ and must go around CIRCLE, get



as much ice back as he can and defend F₂ who went behind net from hash mark and the 2nd whistle

- * good foot drill for D

