

VIA FAX: 1-250-220-7887

Attn: Enio Saccilotto

Fr: Mark Holick

Re: DWC

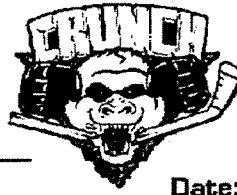
pages: (3)

Sorry they're late.

Say hi to Coop for me!
Good luck in play offs.

Holly

Syracuse Crunch



Focus: 1. Enis: Sorry it's late

2. _____

3. Book: "Gabby" - Bruce

4. _____

Boudreau

Date: _____

Time: _____

Duration: _____

① Individual Skill Drill (F/D)

(A) 1x1 small area: D v F. ③

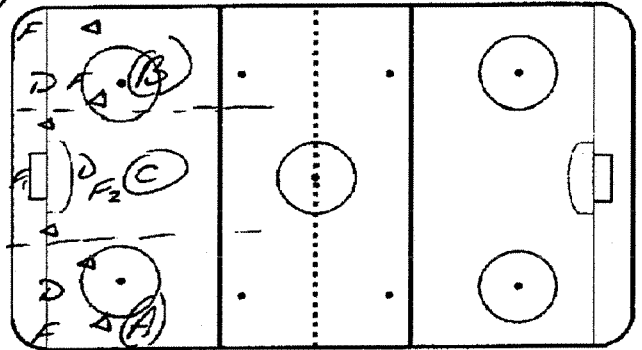
spots 1 puck at a time. We use 3 pucks 7-10 sec each

(B) 2x1 small area: 2F's v D below cones (3 pucks)

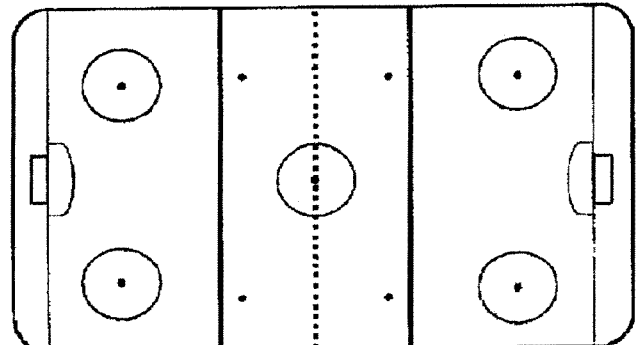
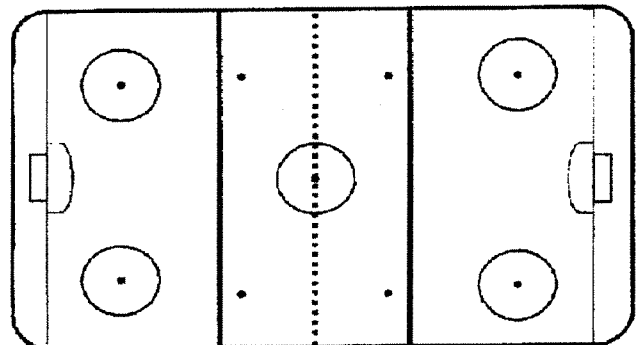
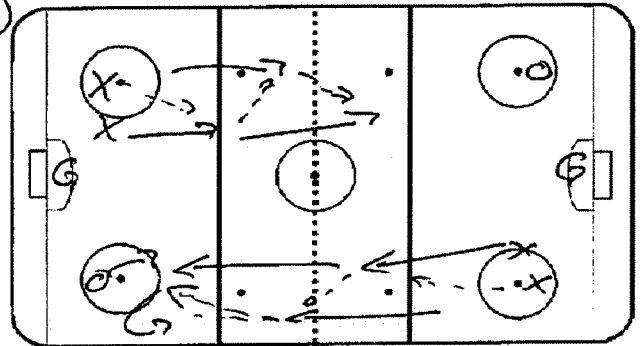
(C) 2x1 from behind net: F starts behind net w puck. F² in front D in front. F must stay below hash marks and between cones

→ real good to develop defending w stick in DZ and puck protection on offense.

①



②



② 4 dots warm up

Opposite corners at same time

a) partner passing down ice, one drops off, pick up new player

b) shuttle: frontwards one player backwards one player

c) cross and drop

d) follow your pass

→ goalies work their spots

Syracuse Crunch



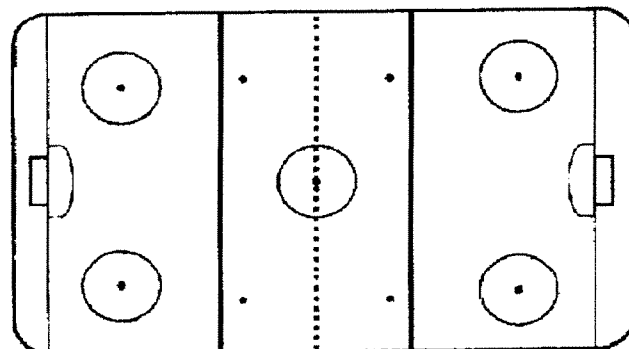
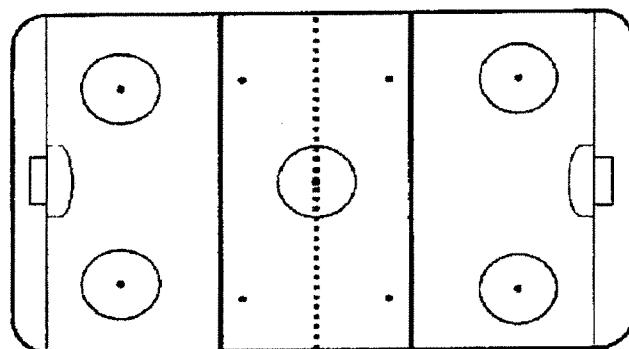
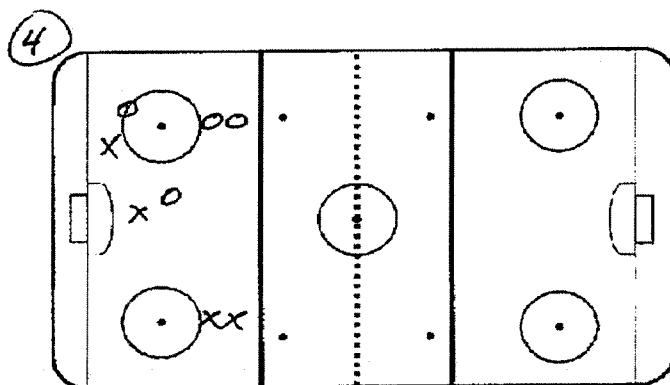
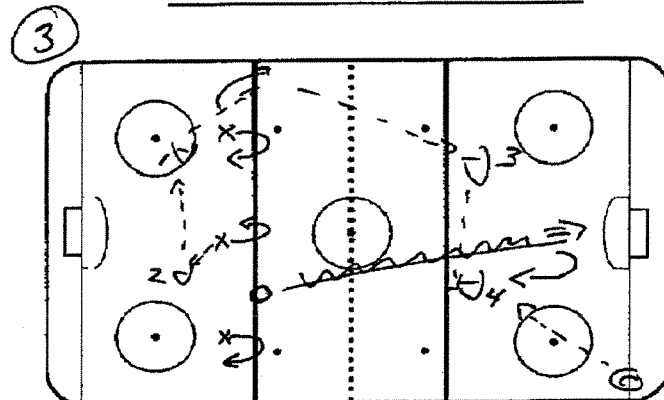
- Focus: 1. _____
 2. _____
 3. _____
 4. _____

Date: _____

Time: _____

Duration: _____

③ Dave King Backcheck Drill
 3 X's quick regroup @ BL and regroup w D's who use D to D option. X's now regroup w D's who use D to D option. X's attack D's 3x2. As this is happening, O goes down hard on breakaway and then tracks puck on the backcheck. O can send BC early / late to vary different game situations and your backcheck principles.



④ 2x2 game competition
 → takes place below tops of circles. 2 X's v 2 O's score off any attempt. No need to check up. Can only make a change when you have possession. Can also pass to next player in line but he can't move from there but can shoot or pass. Play to 3 and put something on the line.