

: FROM DAVE WHISTLE

- PURSUIT OF EXCELLENCE
- 250-681-1999

: HOPEFULLY EVERYONE IS HAVING
A GREAT SEASON.

: HOPEFULLY YOU CAN UNDERSTAND
MY CHICKEN SCRATCH.

: FR. BOB - FACING FRANKENSTEIN

- SPORTS PSYCHOLOGIST FROM BELFAST
- HE WORKED WITH SOME OF THE PLAYERS
WHEN I WAS COACHING THERE.

: QUOTE

: ITS A LACK OF FAITH THAT MAKES PEOPLE
AFRAID OF MEETING CHALLENGES, I BELIEVED
IN MYSELF

MUHAMMAD ALI

: WHEN YOU WIN - SAY NOTHING
WHEN YOU LOSE - SAY LESS

PAUL BROWN

: DON'T LET THE DOOR HIT YOU IN
THE ASS ON THE WAY OUT AFTER
GETTING FIRED.

DAVE WHISTLE



PURSUIT OF EXCELLENCE

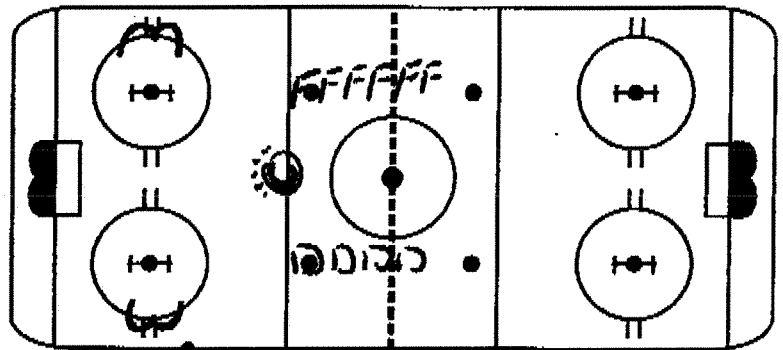
HOCKEY ACADEMY

DRILL WORKSHEET

TIME GAME: FWARDS VS 12 MEN

DATE: _____

- CROSS ICE GAME
- 3 F-WARDS VS 2 D-MEN
- IF A D-MAN SCORES ITS 2 PTS / F-WARD SCORES ITS WORTH 1 PT.
- GAME UP TO 6 OR 8



PART #1

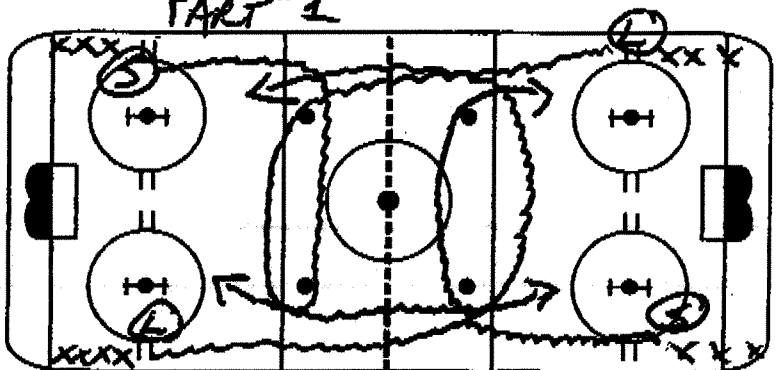
WARM-UP DRILL

- LONG & SHORT
- 4 PLAYERS GO ON THE WHISTLE.

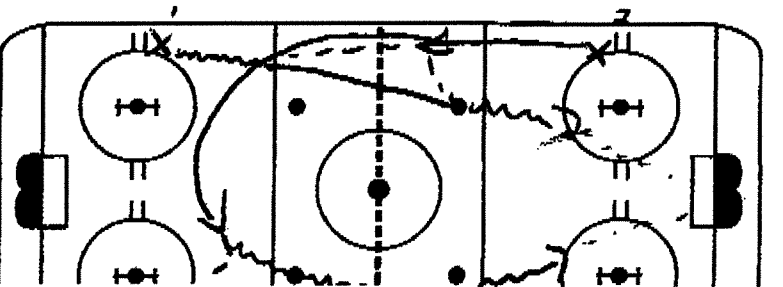
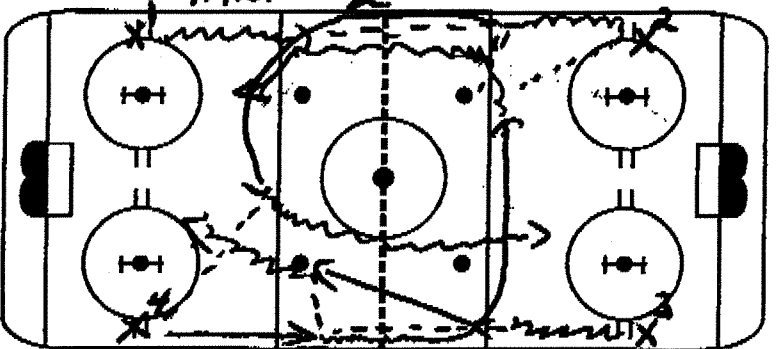
PART #2

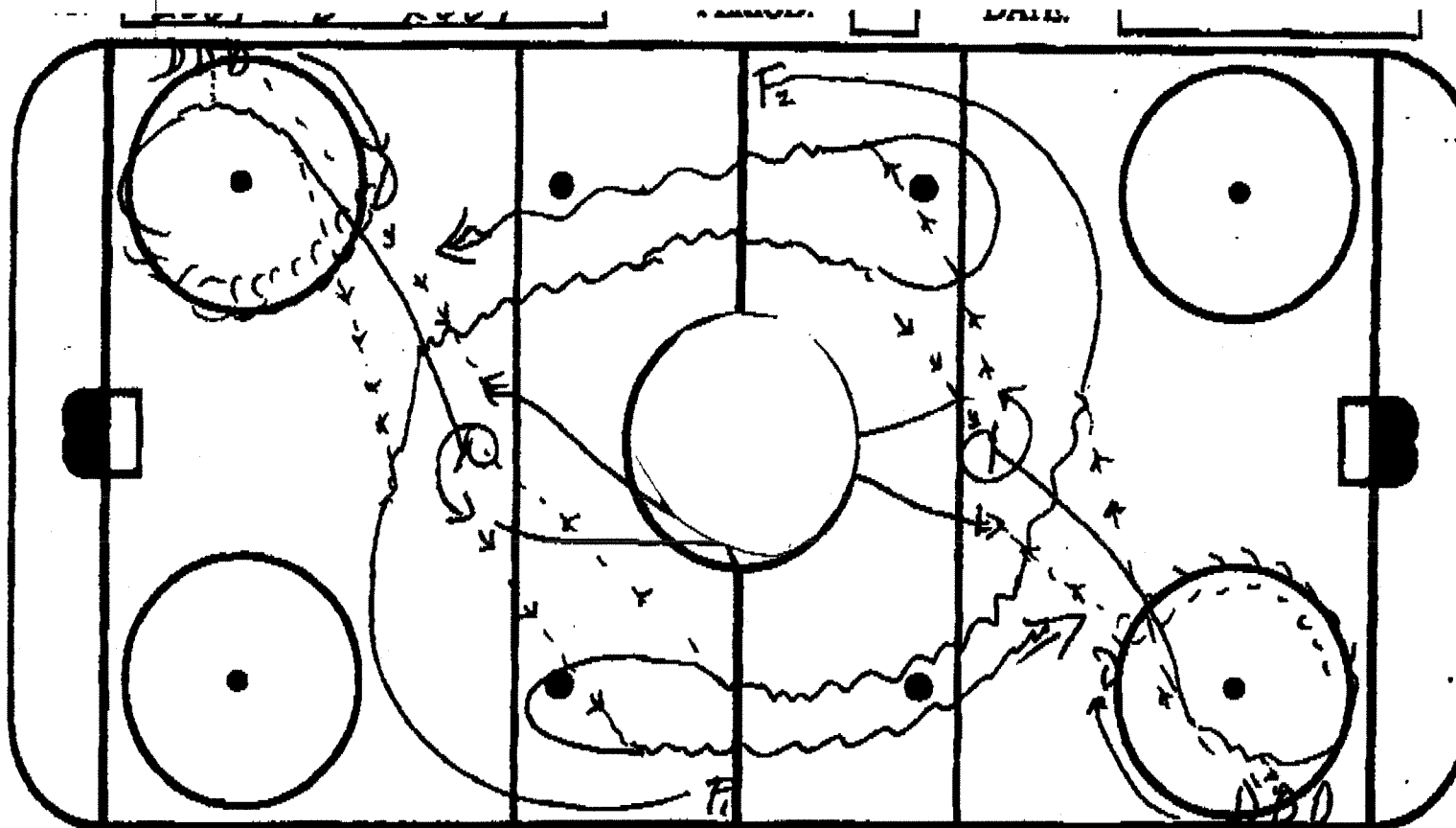
- PLAYER'S LEAVE ON WHISTLE
- X¹ & X² SKATE TOWARDS EACH OTHER.
- X¹ PASSES TO X² WHO BUMPS IT TO THE MIDDLE FOR X³ TO PICK UP, GO & SHOOT.
- X² GOES 10 FT BELOW BLUE SWINGING TOWARDS X⁴ LINE RECEIVING A PASS FROM THE PLAYER AT THE FRONT OF THE LINE.
- GO DOWN & SHOOT
- 4 PLAYERS GO AT THE SAME TIME.
- 2 SHOTS IN EACH END.

PART #1



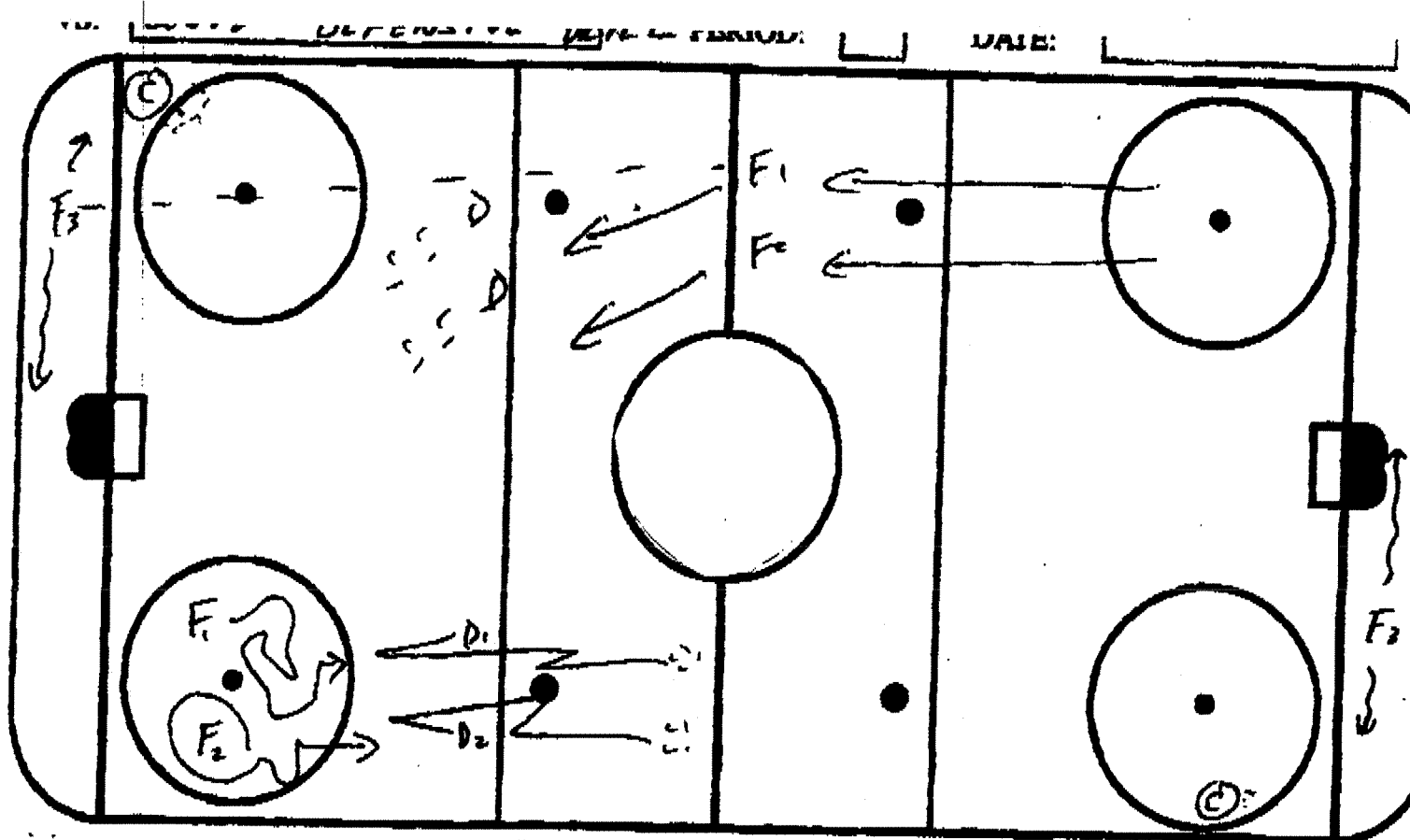
PART #2





* ON WHISTLE BOTH ENDS AT SAME TIME.

"D" UP AND AROUND CIRCLE, PICK UP P FROM NEXT D IN LINE AND HIT 'F' COMING THROUGH SHOT. 'F' CARRIES P TO FAR END AND PASSES TO OPPOSITE D, AND PIVOTS TO BOARDS FOR RETURN PASS. D MUST DO A SPIN EVASIVE MOVE BEFORE RETURN PASS TO F. F GETS PASS AND GOES DOWN AND SHOTS. D MOVES UP TO RED LINE AND STOPS, BACKWARDS + PIVOT TO OWN BLUE LINE FOR PASS FROM NEXT D IN LINE FOR POINT SHOT. F STAYS IN FRONT FOR TIP OR SCREEN.



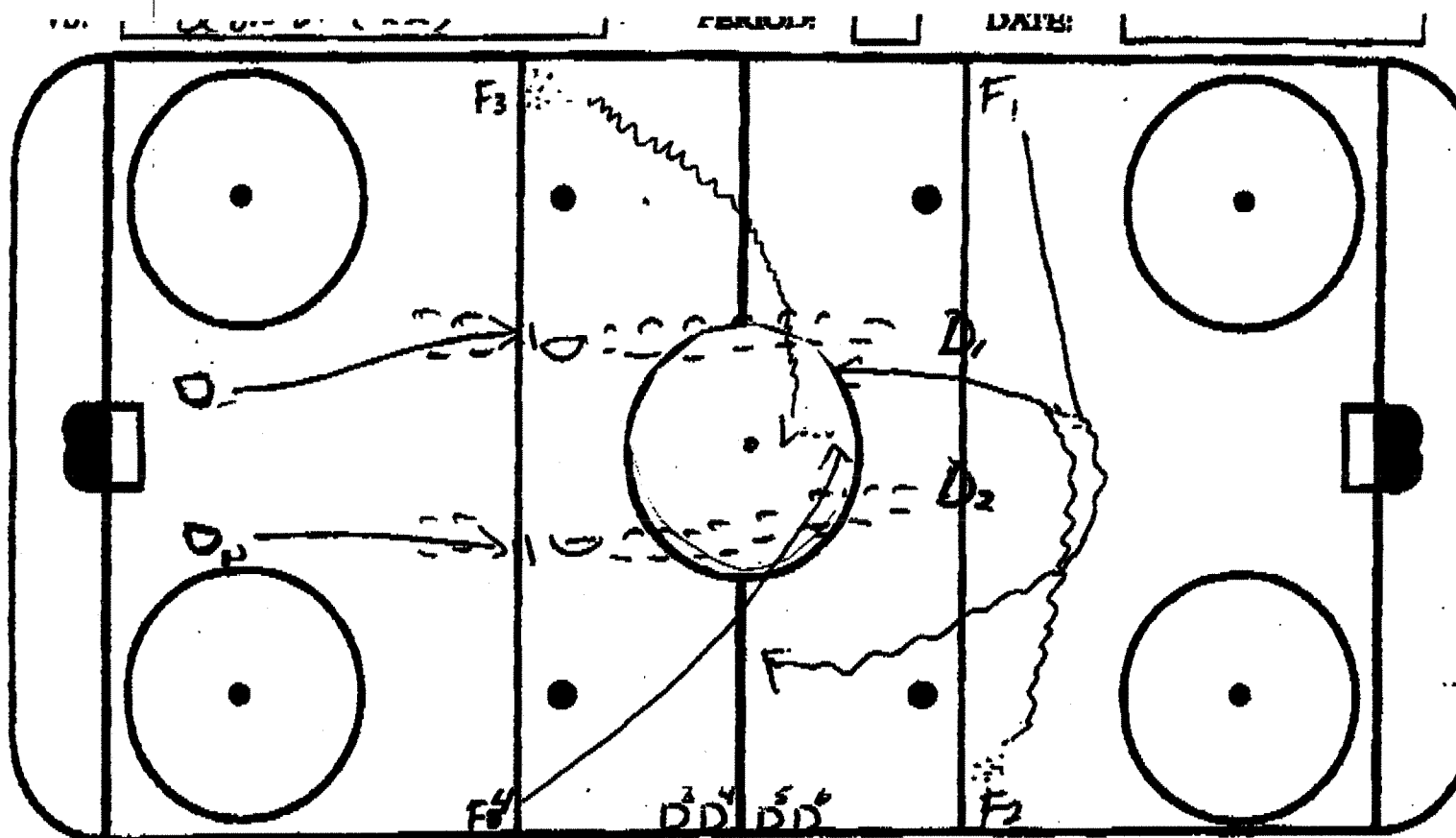
F₁ + F₂ MOVE AROUND CIRCLE PASSING \bar{P} TO EACH OTHER. D₁ + D₂ MOVE UP AND BACK.

ON ©'S WHISTLE, 2 F ATTACK 2 D - WHEN F'S GET TO RED LINE, THEY PASS \bar{P} TO F₃ BELOW GOAL LINE, AND THEN TRY TO GET OPEN FOR RETURN PASS IN SLOT. IF \bar{P} GOES OUT OF PLAY, © POSSES 2ND, 3RD, 4TH \bar{P} TO F₃ FOR CONTINUED PASSING PLAYS. F₃ MUST STAY BELOW GOAL LINE @ ALL TIMES.

* 'D' MUST TALK TO IDENTIFY MAN + SWITCHES IN COVERAGE, FORCES 'D' TO KEEP FEET "UP ICE" AND NOT FOCUS ON \bar{P} BELOW GOAL LINE.

* BOTH ENDS GO AT SAME TIME ON WHISTLE.

= THEN SWITCH SIDES AFTER 4, OR 5 MINUTES.



art a) $D_1 + D_2$ straddle blue line

on whistle) $F_1 + F_2$ X-over 10' below blue line
+ go 2 vs 2 vs. 2 D.

* D_1 can't leave blue line until F 's have crossed!

* ON WHISTLE D_1 & D_2 HAVE TO GET BACK UP TO THE BLUE TO CLOSE THE GAP ON SECOND 2 vs.

F_3 & F_4 GO ON THE WHISTLE AROUND THE MIDDLE DOT BACK 2 vs 2 AGAINST D_1 & D_2

* D_3 & D_4 COME OUT & IT GOES THE OPPOSITE WAY.

* Two - 2 vs 2