

**S MICHIGAN STATE UNIVERSITY
HOCKEY**

Member: Central Collegiate Hockey Association

Munn Ice Arena, East Lansing, MI 48824
(517) 355-1639 • Fax: (517) 432-1879

National Champions

1966, 1986, 2007

CCHA Champions

1985, 1986, 1989, 1990
1998, 1999, 2001

NCAA Frozen Four

1959,1966,1967,1984
1986,1987,1989,1992
1999,2001,2007

CCHA Tournament Champions

1982,1983,1984,1985,1987,1989
1990,1998,2000,2001,2006

TOM ANASTOS, HEAD COACH

Fax # 517 432-1879

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Great by Choice

Jim Collins

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COMMITMENT TO EXCELLENCE

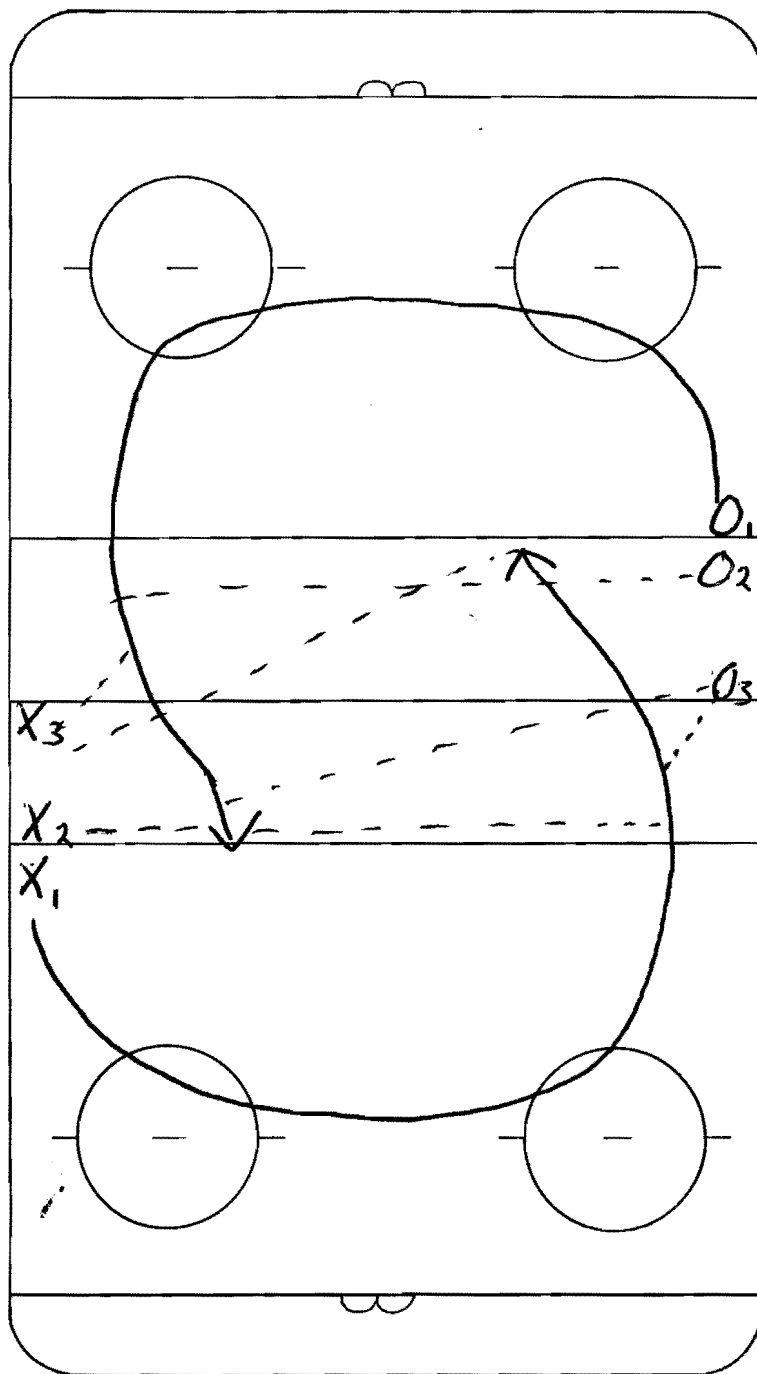
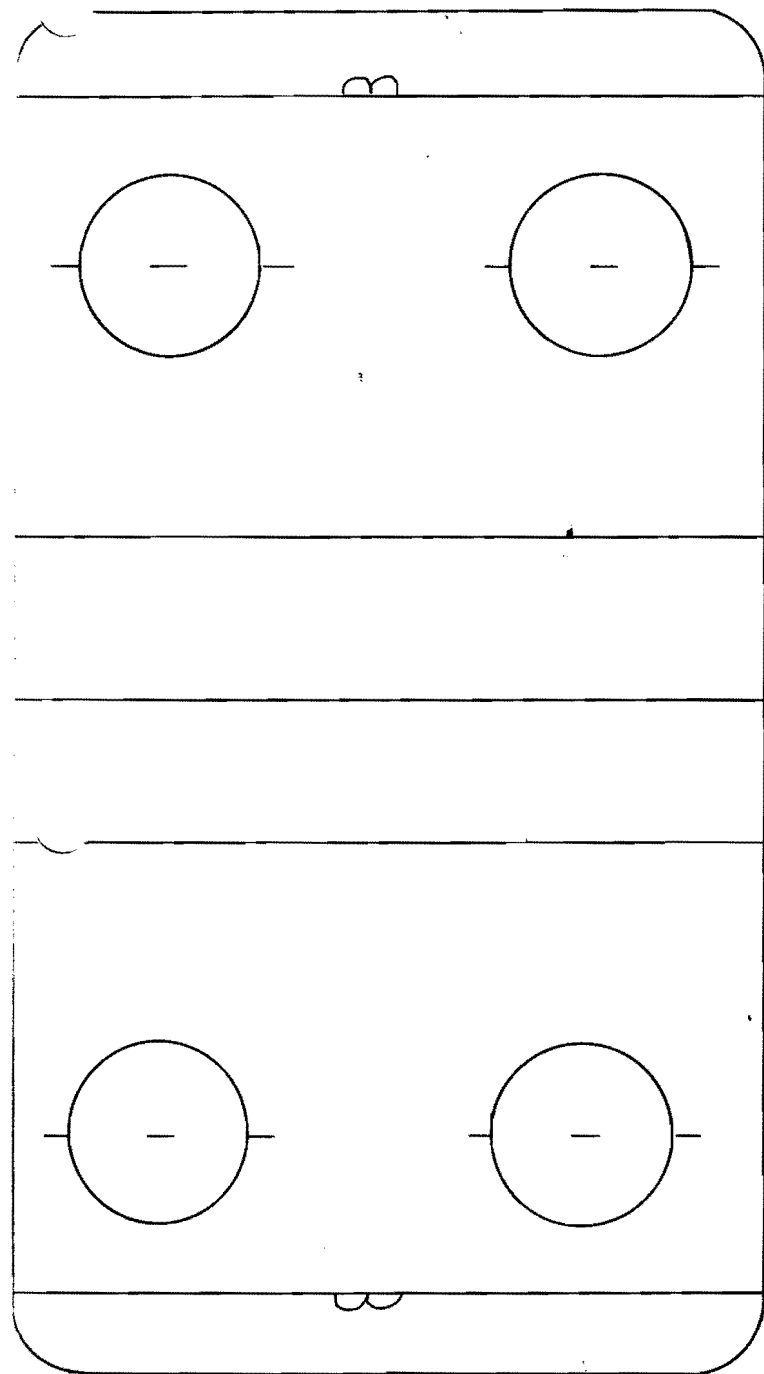
SPARTANS



DRILL: _____

PRACTICE DRILLS

DRILL: *Finnish Give & Go*

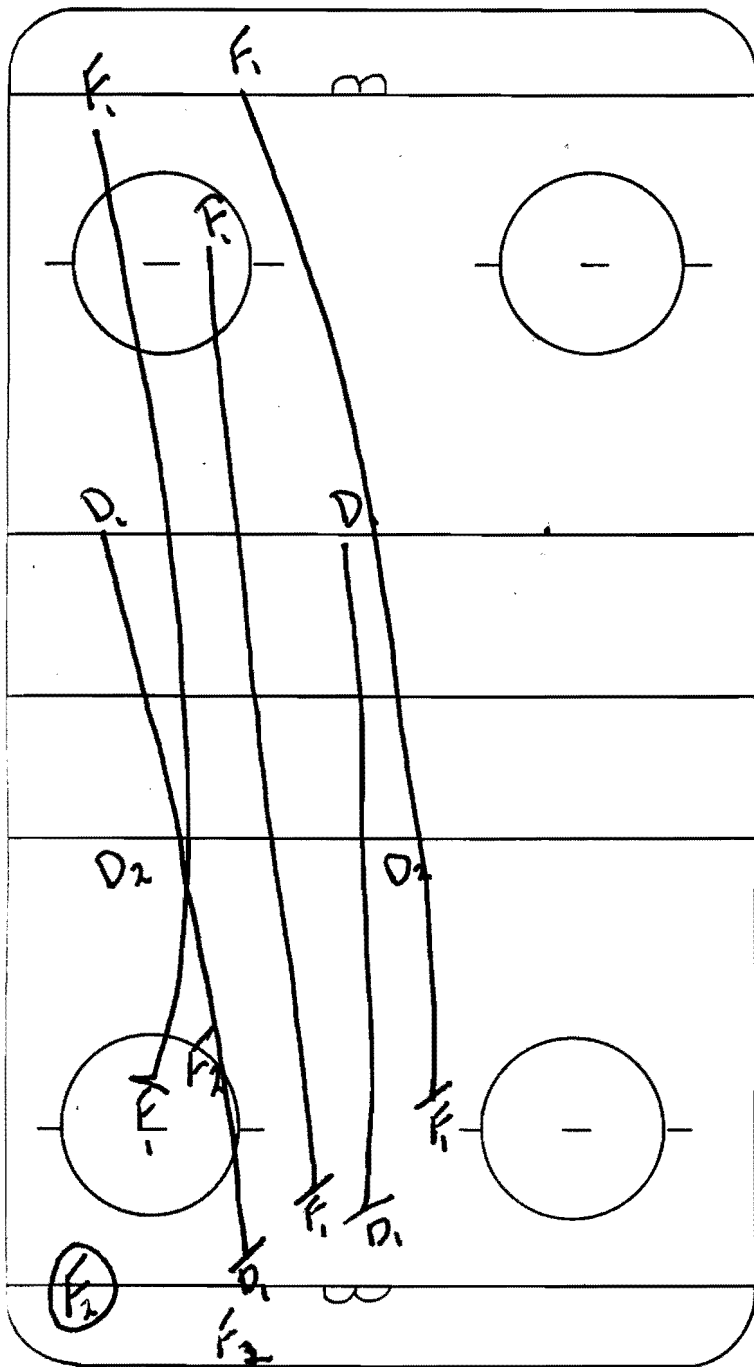


EXPLANATION:

*X₁ deep drop - gets cross ice pass from ● X₂ - X₁ passes to O₃ - O₃ hits O₁ - X₃ hits X₁ X₁ O₁ shoot
(X₁ becomes O₃ - O₃ - O₁ - O₂ - O₁)*

PRACTICE DRILLS

DRILL: Fraser Dr: 11

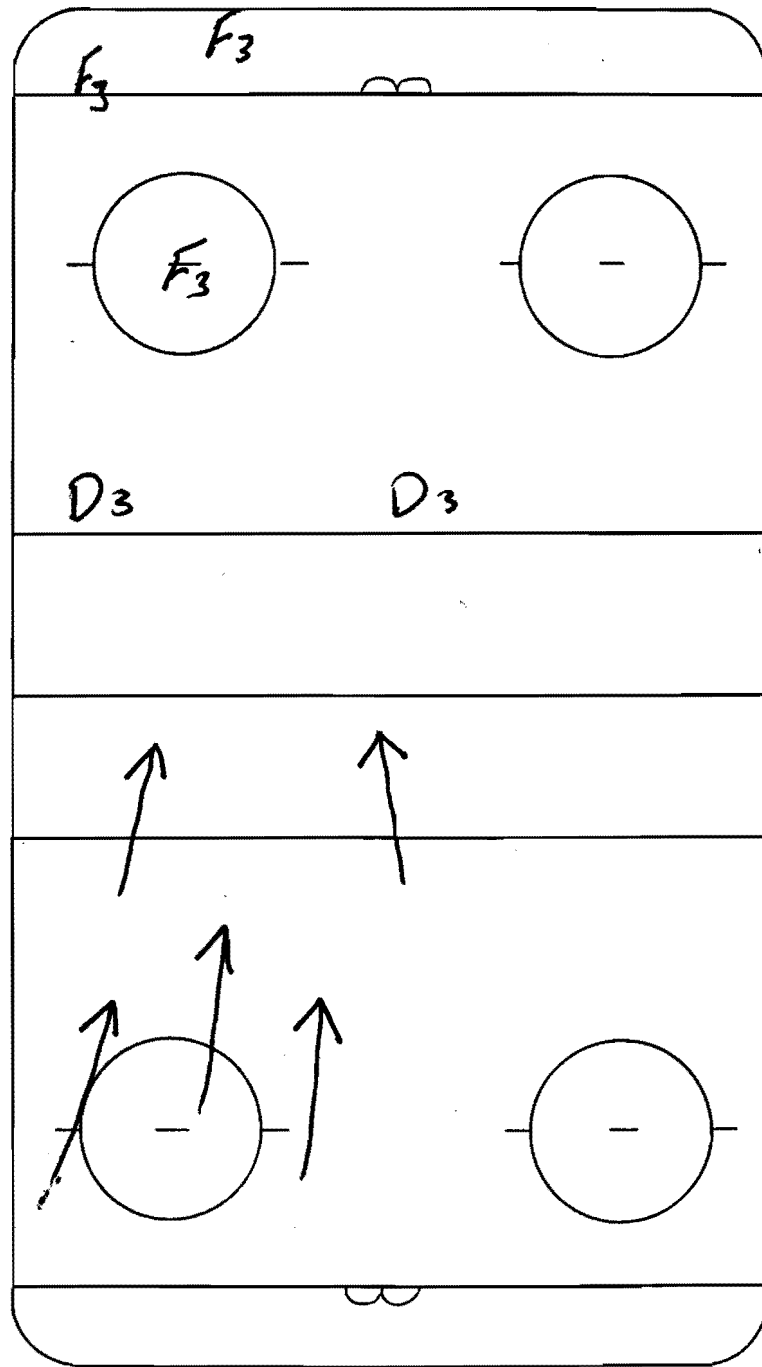


EXPLANATION:

Whistle

F, F, F, D, D, backcheck hard to the house STOP in the house (stick on ice, head on swivel, feet pointing right direction)

DRILL: D-Zone Play



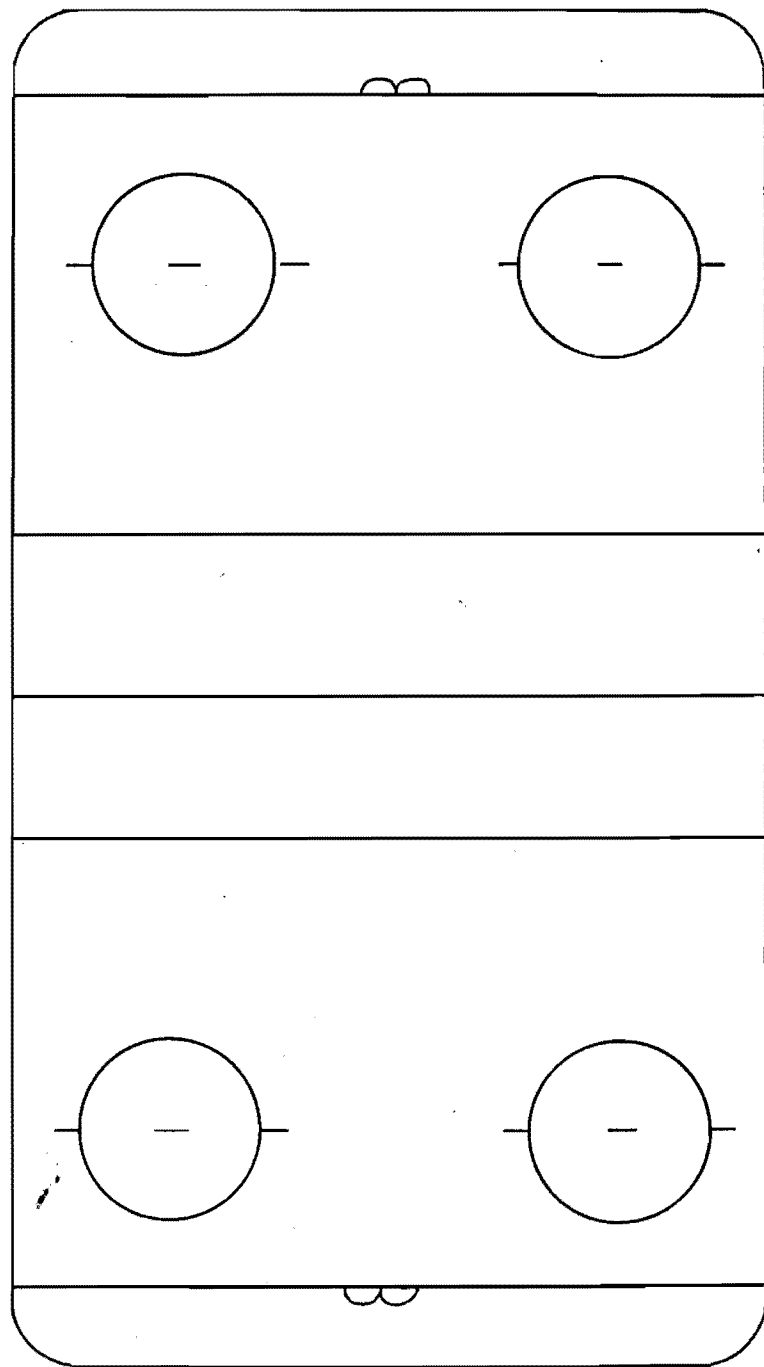
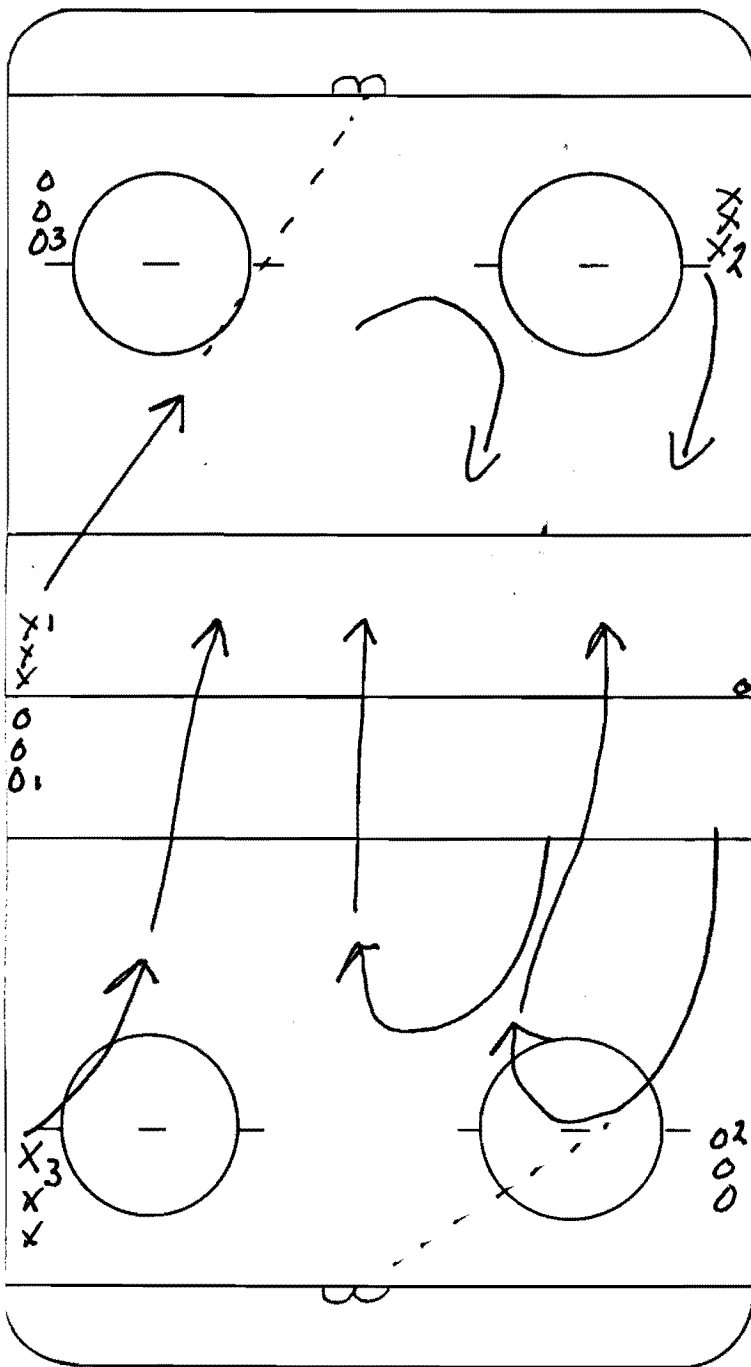
Whistle

(F2 has puck) 5v5 in zone F2's D2's vs F3's D3's 5v5 in zone when puck comes out or on whistle F2's D2's BLC hard to house stop F3's D3's in position

PRACTICE DRILLS

DRILL: 6 man shooting

DRILL: _____



EXPLANATION:

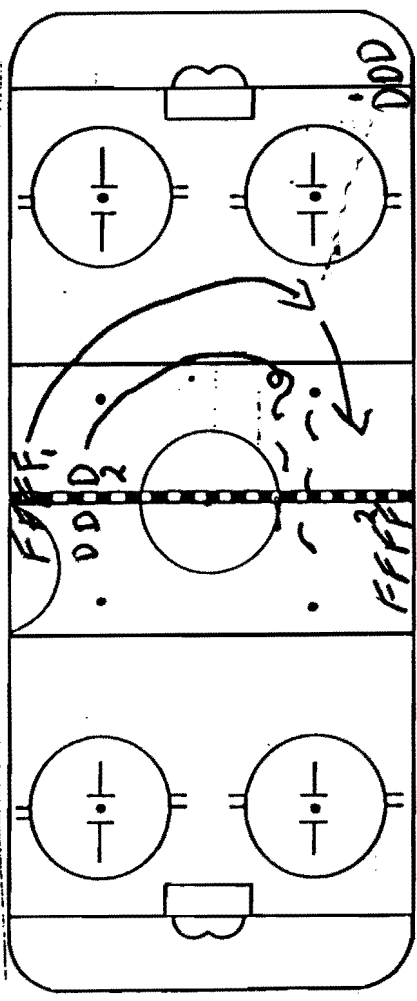
X₁ Carry puck shoot to score
 X₁X₂ 2-0 shot from outside
 X₁X₂X₃ 3-0 practice zone
 entry philosophy
 On Whistle O₁ starts

DRILL Wide Gap / Narrow Gap



DESCRIPTION: F₁ cuts for
pass and receives pass
from D₁ - D₂ gaps
up and plays F₁
1 v 1

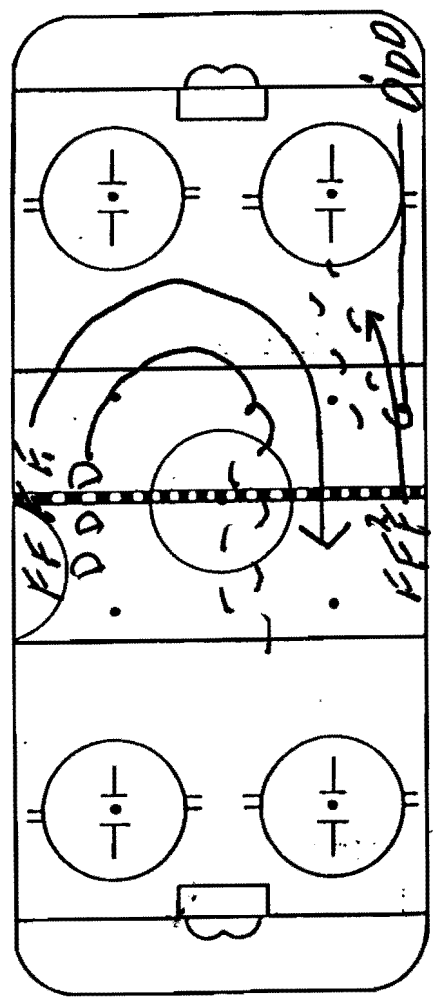
EXPLANATION:



KEY TEACHING POINTS:

D₁ after passing
takes his ice back
and eyes up on F₂
when he transitions
from forward to
backward F₂ attacks
him 1 v 1

2.



COMMENTS:

3.

