



CAT FAX

DATE: Nov. 10/11

TO: Enio	FROM: D. FLYNN
FAX:	PHONE: (506) 382-5555
RE: DRILL/WEEK CLUB	FAX: (506) 858-2222

Number of pages including cover sheet: _____

☐ Urgent



For Review

☐ Please Comment

☐ Please Reply

☐ Please Recycle



Enio:

ENCLOSED ARE
MY DRILLS.

" ATTITUDE IS EVERYTHING "

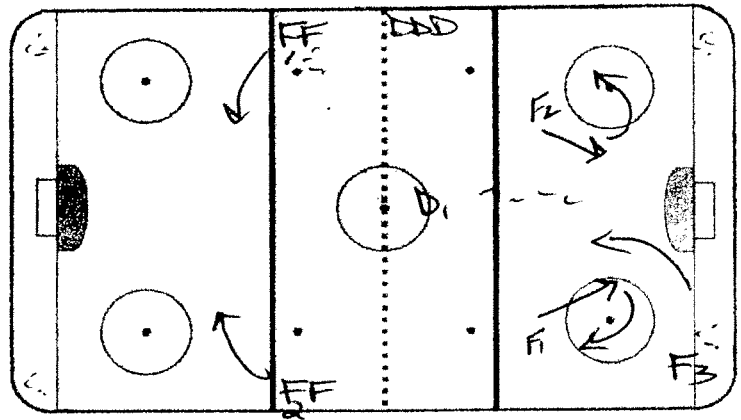


~ 09/10 SEASON TICKETS ~ FLEX PACKS ~
~ GROUP TICKETS ~ BIRTHDAYS ~ 7TH PLAYER ~
~ SKATE WITH THE CATS ~ CHARITY BEAR
~ SKILLS COMPETITION ~ READING IS WILD ~
~ AND MORE!! ~

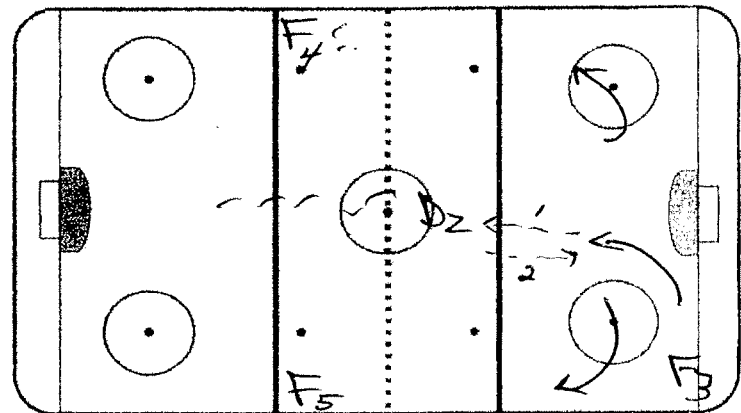
www.moncton-wildcats.com

2v1 / 3v1

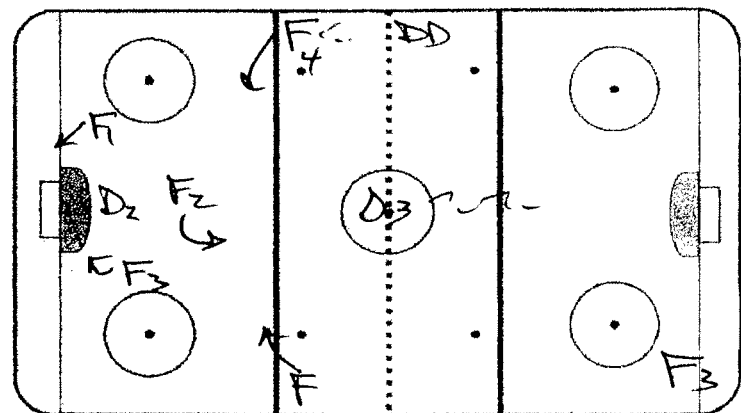
- F₁ F₂ cross : go 2v1 on D₁ / Shot
- F₁ F₂ curl up ice : F₃ brings 2nd puck



- F₁ & F₂ go 2v1 on D₂ ... center + dash with D₂
- on whistle, high man on 2v1 B/checked next 2v1

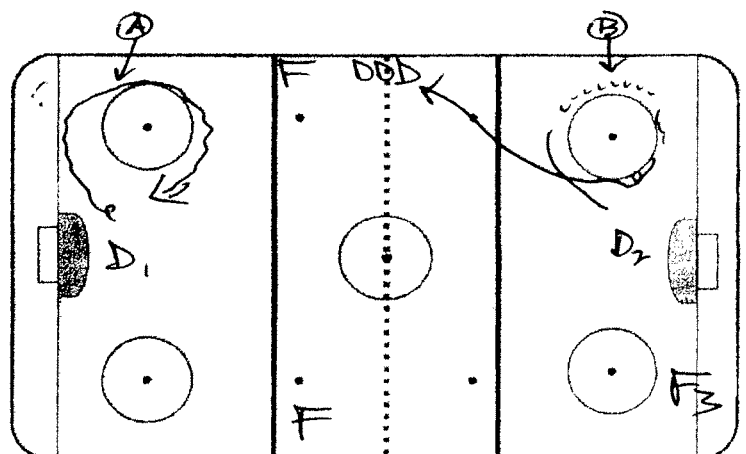


- F₄ F₅ go 2v1 on D₃
- high man (F₂) b/checked then fills F₃ line
- * after 2v1 / 3v1 D₁ will either [Ⓐ] jump to corner,



grab puck - walk circle : shoot or [Ⓑ] do quick feet on circle if scored on on the rush

- can also go 2v1 / 3v2 2v1 / 4v2



- great tempo drill -



NEW YORK ISLANDERS



2

CHIP DRIVE

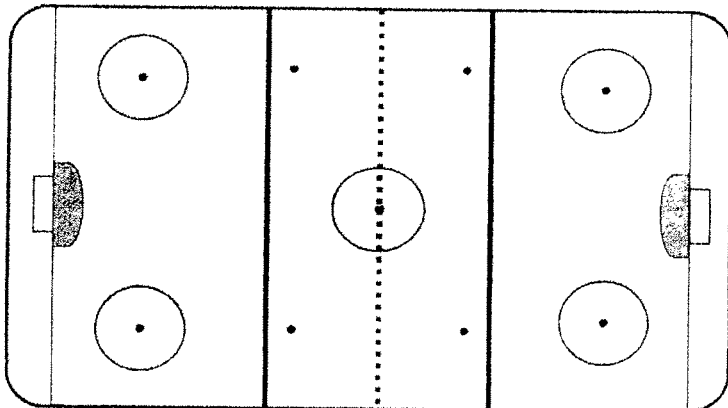
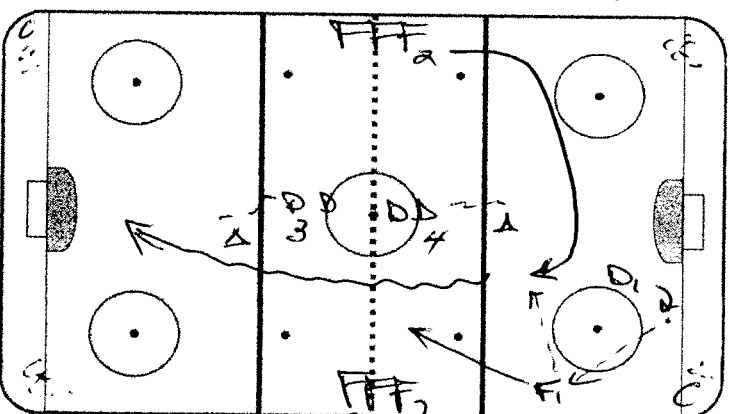
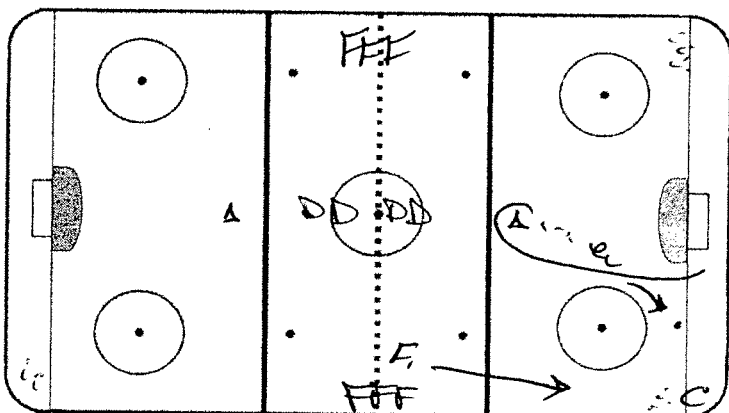
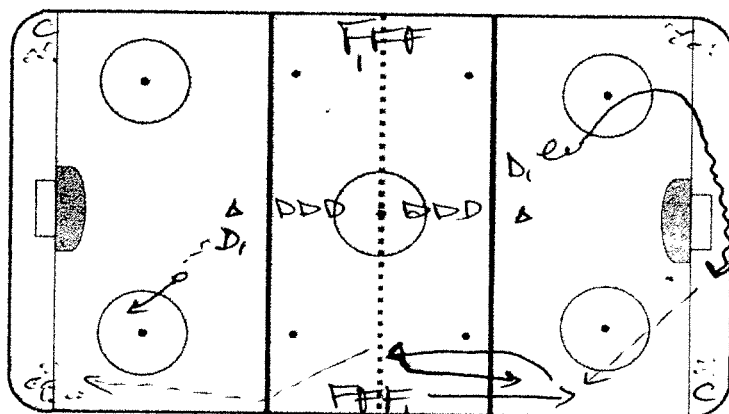
- D₁ buds. & pivots out & wheels with puck
- D₁ → F₁... F₁ hustles to red line & soft chips puck to corner & RETURNS to DEF. ZONE again



- D₁ after initial pass, quickly jumps around glove at blue line & pivots out for 2nd puck near icing line spotted by Coach

- D₁ → F₁ (2nd time)
- F₂ (timing) comes across for chip/tuck pass
- F₁ follows for rebound

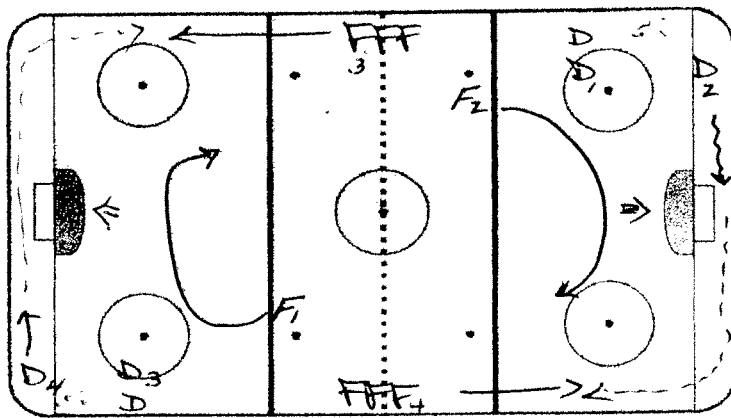
- both sides same time!
- D₃ D₄ begin buds. when shooter passes them!
- Drive is continuous



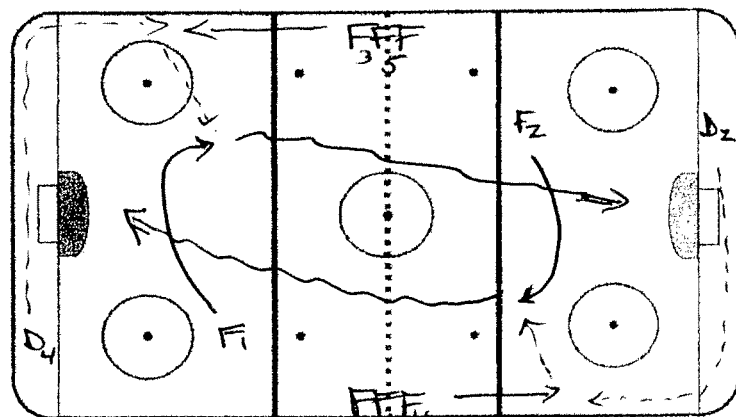
- ONLY DIAGRAMMED 1- SIDE -

HARD AROUND DRIVE

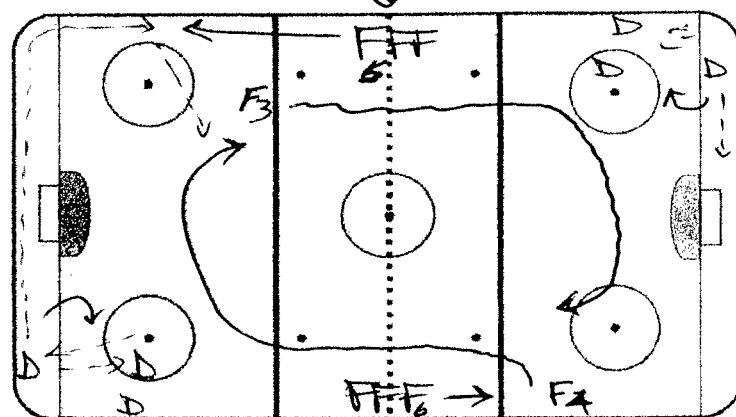
- both sides same time
- D₁ D₂ + D₃ D₄ 1- touch
puck back & forth
- after shot taken, D₂ D₄
enter TRAPEZOID & Rim Puck



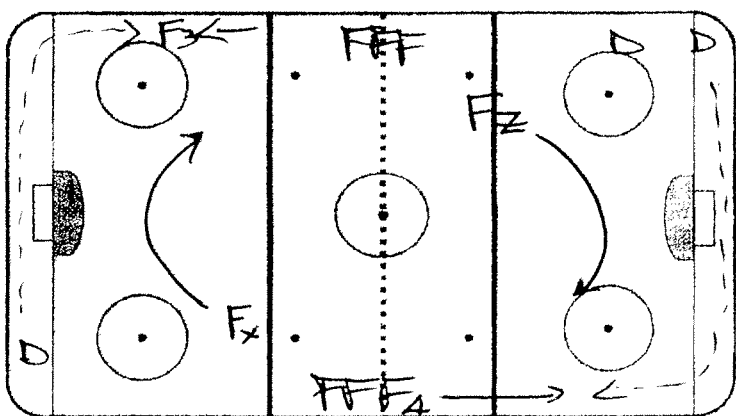
- F₃ F₄ take Rim; F₁ F₂
support puck for chip/
pass ... continue for shot
- * F₃ F₄ hustle up ice to
be support man for
next rim to F₅ F₆



- * D's rotate in their corner
& head to TRAPEZOID to
Rim after shots taken
- * F's always end up back
in their original line



- * F's sequence ... TAKE
Rim → FEED SUPPORT MAN →
BE SUPPORT MAN AT OTHER
END → SHOOT → BACK TO
ORIGINAL LINE
- *** need 2 support guys
(F_x F_z) on dots to begin drill then it flows...



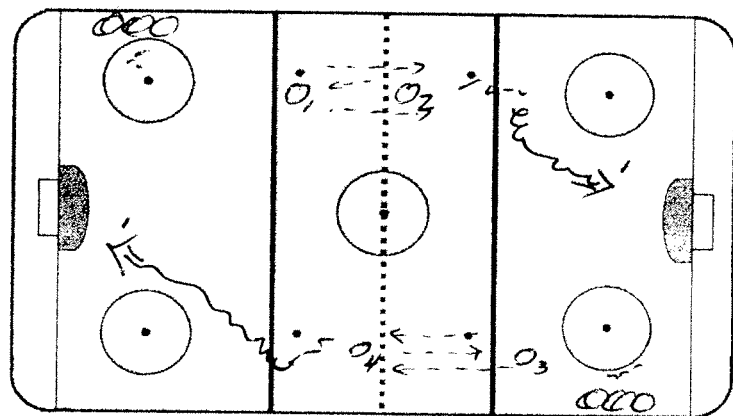


NEW YORK ISLANDERS

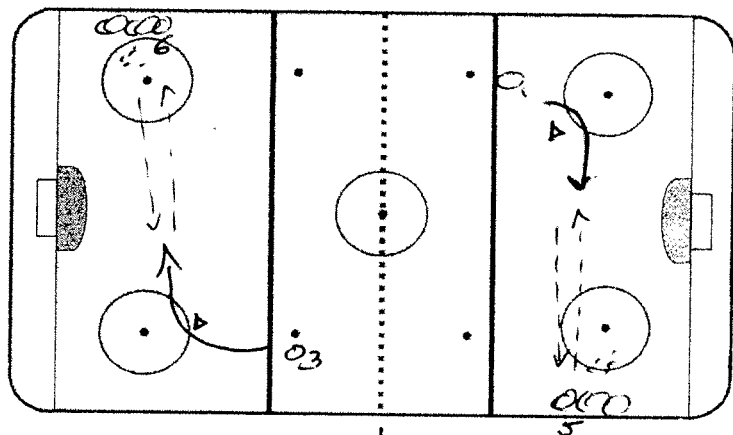


REEBOX Drill

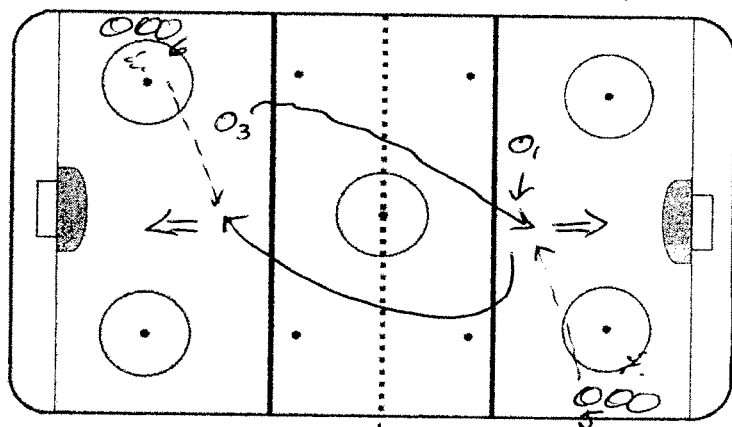
- $O_2 + O_3$ 3 touch passes in total. O_2 O_4 pivot out & shoot (#1)
- $O_2 + O_4$ - sk. buds
- $O_1 + O_3$ - sk. fuds



- O_1, O_3 touch top of circles & 1-touch pass back to O_2, O_4 a 2nd puck



- O_1, O_3 drive hard to the slot at far end & RECEIVE pass from O_2, O_4 for shot
- whistle O_2, O_4 start buds to continue drill etc.



* O_1/O_3 touch 3 different pucks

* good 1-touch drill

* drill starts with O_2, O_4 sk. buds; O_1, O_3 bring puck & sk. fuds (3 passes)

