



To: Enio From: Terry Rhindress
Fax: 205 220 7887 Pages: 3
Phone: Date: 11/24/11
Re: CC:
☐ Urgent ☐ For Review ☐ Please Comment ☐ Please Reply ☐ Please Recycle

Enio,

Sorry to be late with the drills. Hope the season is going well for everyone, hope all is good for everyone.

Thank you,

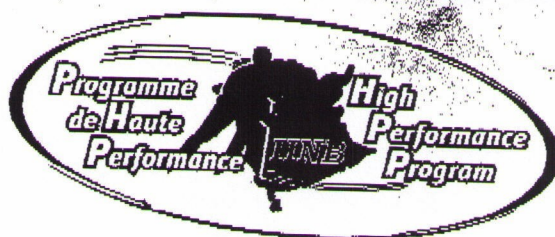

Terry Rhindress
902 529 1892
902 543 2599

QUOTE.
"THE DOOR TO SUCCESS SAYS PUSH
FORWARDS."

BOOK:
THE 17 Essential Qualities
OF A TEAM PLAYER
John Maxwell



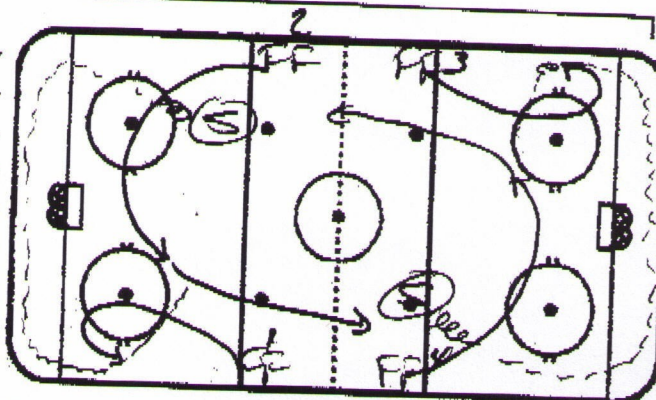
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Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: WARMUP RIM

⑤ ON BOTH ENDS, ③ WHISTLE RIM
PICK F¹ + F³ come but pick puck
UP OFF WALL F² + F⁴ will come
ACROSS SUPPORT AND RECEIVE PASS.
THEY SKATE TO 2nd & RIM
CONTINUOUS.



Key Teaching Points (KTP)

- PICKING PUCK OFF WALL
- COMMUNICATION
- SUPPORT

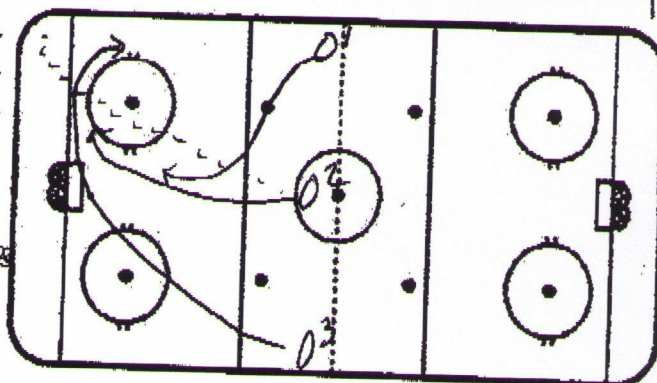
Key Execution Points (KEP)

file

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: 3V0 Cycle

FWD 1 starts pumps puck
IN CORNER D³ gets puck around
where chipping (cycling) puck
below goal line to D² D² up
cycles to D¹ once over one back
puck again - SHOOT / PASS



Key Teaching Points (KTP)

- CYCLE PUCK QUEL ZONE
- COMMUNICATION / SUPPORT

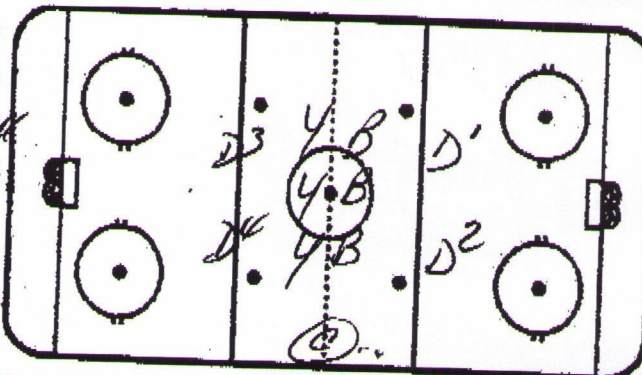
Key Execution Points (KEP)

file

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: FORBID

Y (YELLOW) B (BLUE). ③ DUMPS PUCK
IN BLUE ZONE BLUE BREAKS OUT. PUCK
CARRIER HITS BLUE PASSES TO YELLOW.
Y DUMPS PUCK, then they break back
while (B) BREAKS OUT. PUCK OUT
TO D¹ D¹ PUTS ANOTHER PUCK
IN ZONE.



Key Teaching Points (KTP)

- 1-2-2
- 2-1-2
- REPS / REPS

Key Execution Points (KEP)

file

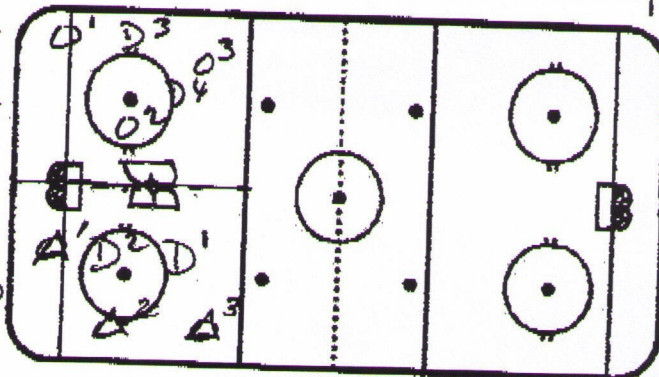


Time :

Drill Name:

3/2 HALF ICE.

O, O^2, O^3, D^2, D^1 WORK TOGETHER
 A^1, A^2, A^3, D^3, D^4 WORK TOGETHER
 (C) PUTS PUCK IN ONE SIDE DEF
 WORK WITH OFFENSE ON OTHER SIDE
 OF NET. 3/2 EACH SIDE. LET PUCK
 GO 40/45 SEC. (C) CAN PUT PUCK
 PUCK IN ZONE IF OUTSIDE BLUELINE.



Key Teaching Points (KTP)

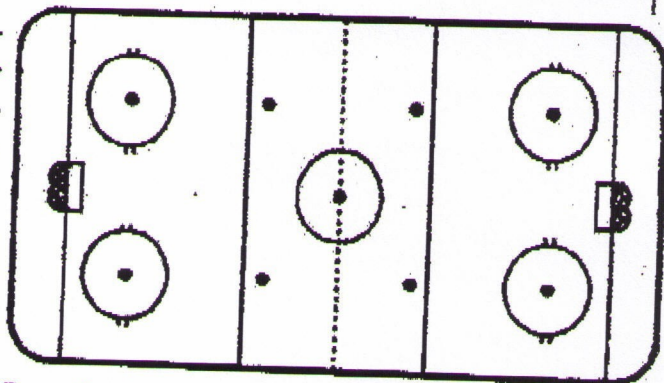
- CONFINED SPACE
- GOOD STOCK | DEFENDING
- COMMUNICATION.

Key Execution Points (KEP)

file

Date: _____ **Duration** _____ **(Minutes)**

7

Drill Name:

Key Teaching Points (KTP)

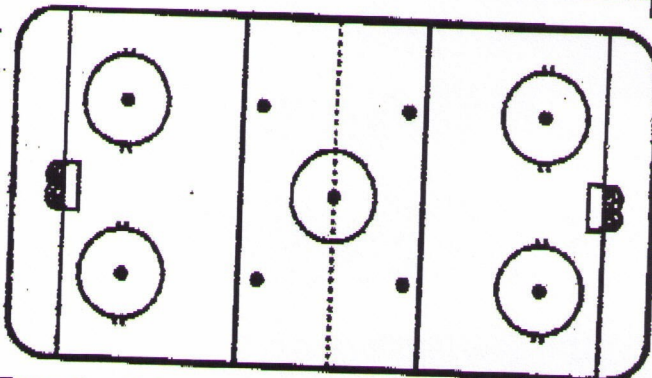
Key Execution Points (KEP)

file

Date: _____ Duration _____ (Minutes)

Time:

Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

File

FAX JOURNAL REPORT

TIME : 12/09/2011 16:00
 NAME : JEANNE SACILOTTO
 FAX : 17787371387
 TEL : 17783304905
 SER.# : 000G7J263235

NO.	DATE	TIME	FAX NO./NAME	DURATION	PAGE(S)	RESULT	COMMENT
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