

February 20, 2011

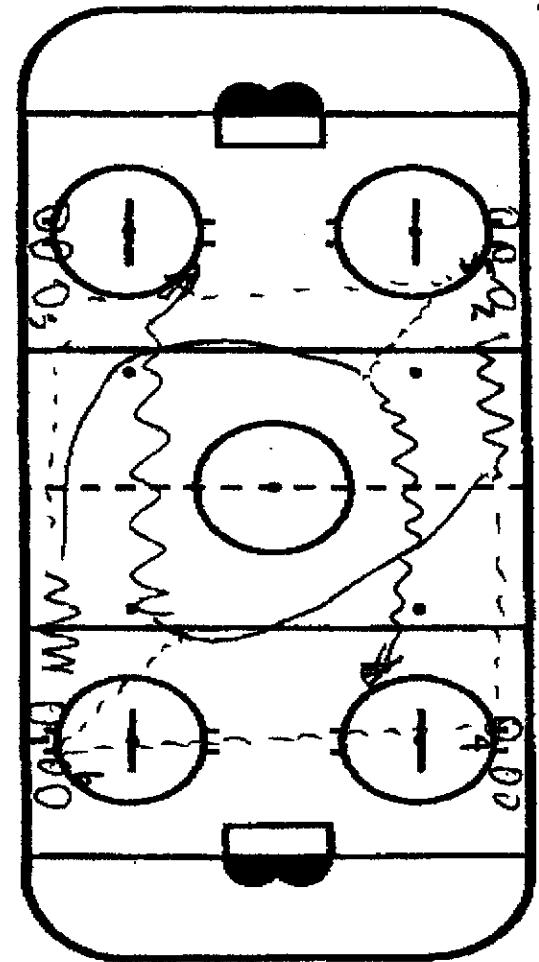
Enio,

Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

Book: *Undergrounders* by David Skuy

Quote: Practise does not make you perfect. Perfect practice makes you perfect – unknown.

Regards,
Troy Walkington

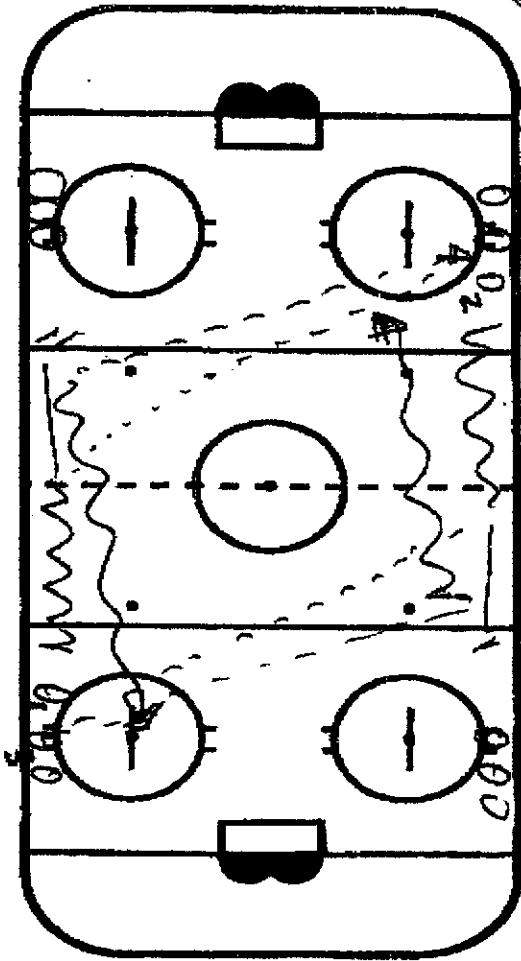


"MID LINE"

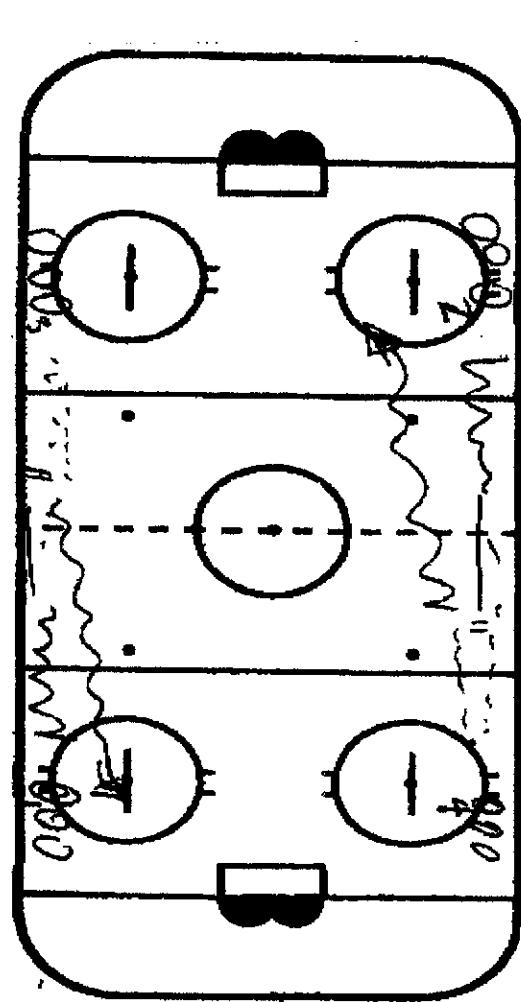
O1/O2 - SKATE DOWN BOTT
+ PASS TO O3/O4.

O3/O4 PASSES TO O5/O6

O1/O2 CONTINUE TO FWD
PUSH + GET PUCK FROM
O5/O6 IN MID LINE



O1/O2 SKATE TO THE BLUE LINE
+ PASS TO O3/O4. STOP +
GET RETURN PASS + SHOT
+ ORBITAL TURN



"HOT POST"
O1/O2 - SKATE DOWN BOTT
WITH PUSH + PASS TO O3/O4.
STOP IN BETWEEN PREGAME
THE HUB LINE GET PUCK AND
+ SHOT @ GOAL LINE END

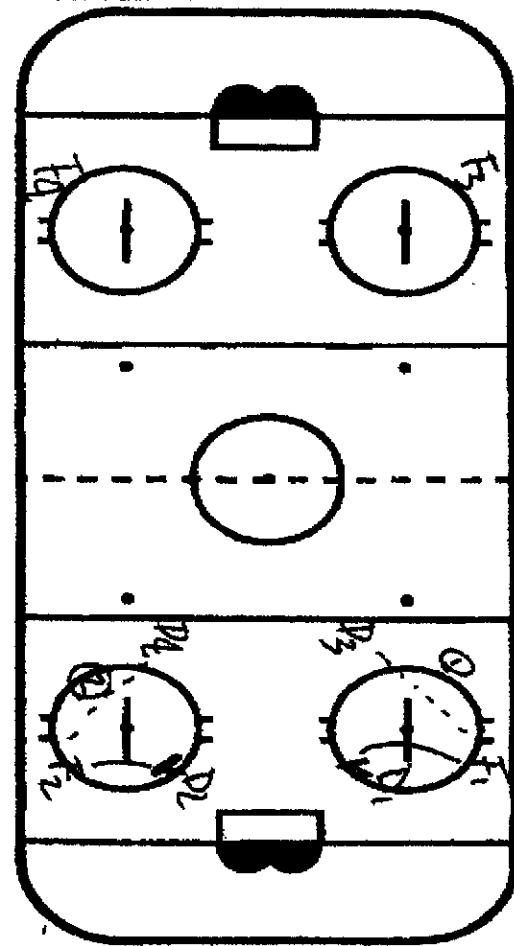
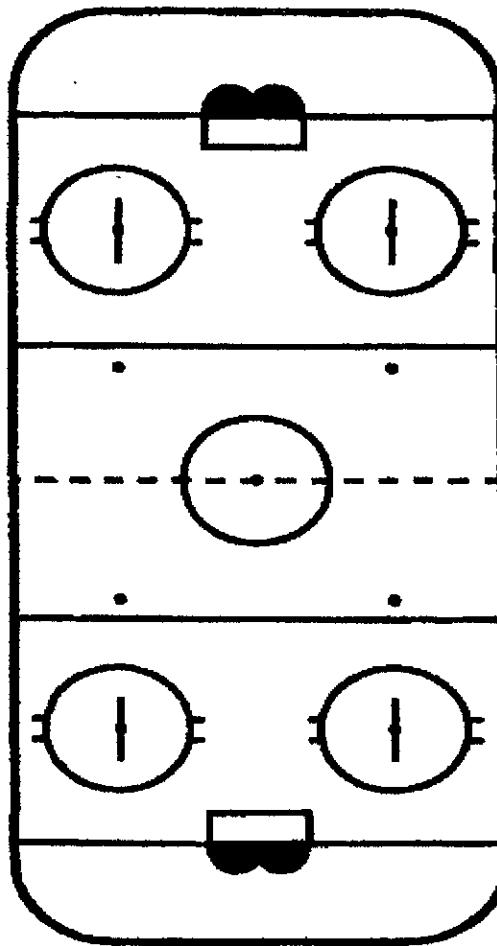
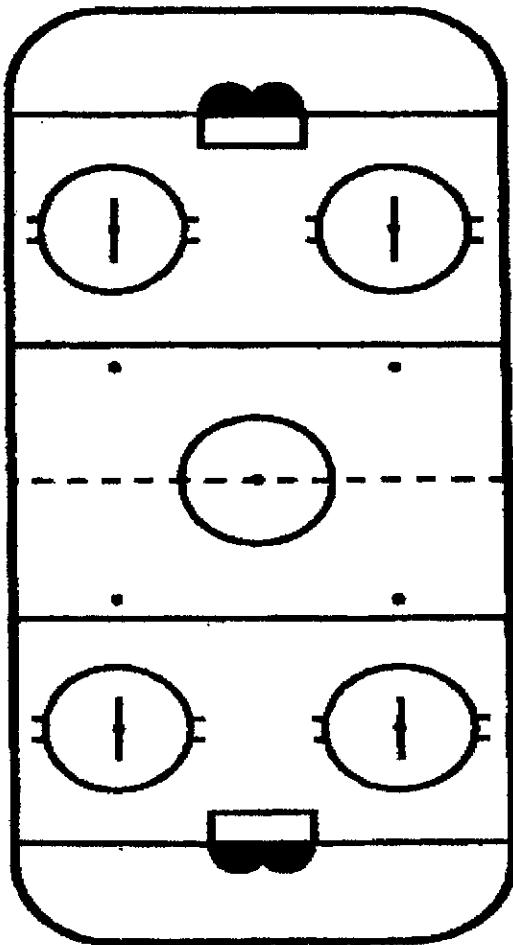
"WAVE + HOW"

BOX OUT DRILL

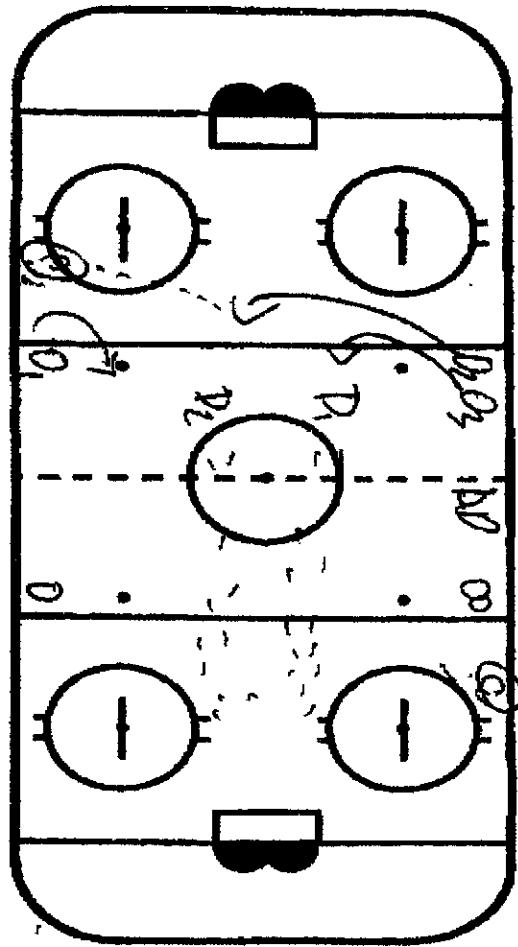
BOTH ENDS @ SAME TIME
F₁ PASSES PUCK TO D₃

F₁/F₂ GO TO NET
D₁/D₂ SEAL OR "BOX OUT"
D₃ SHOOTS OFF BACK WALL
OR ON NET.

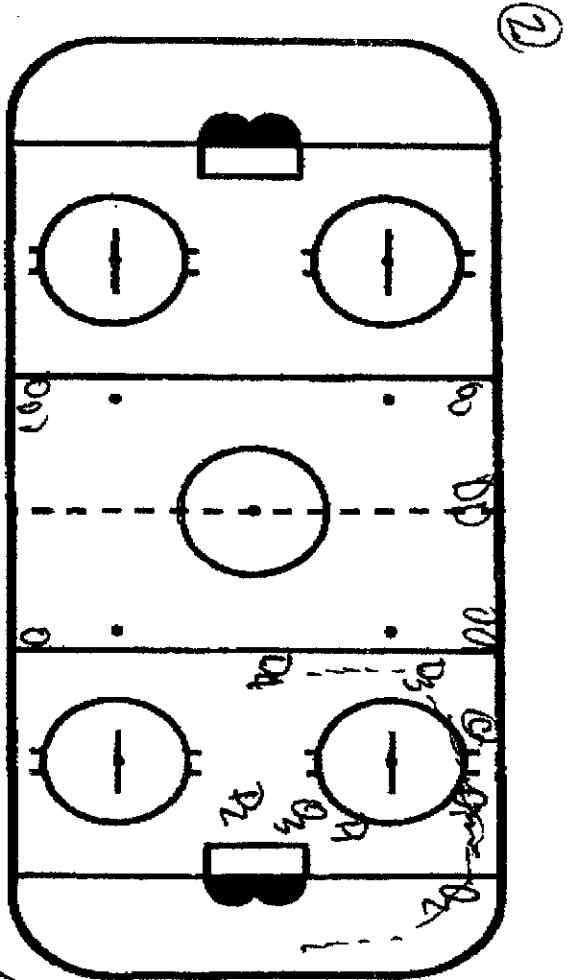
OR WHISTLE F₂ VACATES +
GET PUCK UP TO D₄
F₁ + F₂ TRY + REESTABLISH
POSITION.
D₁/D₂ "BOX OUT".



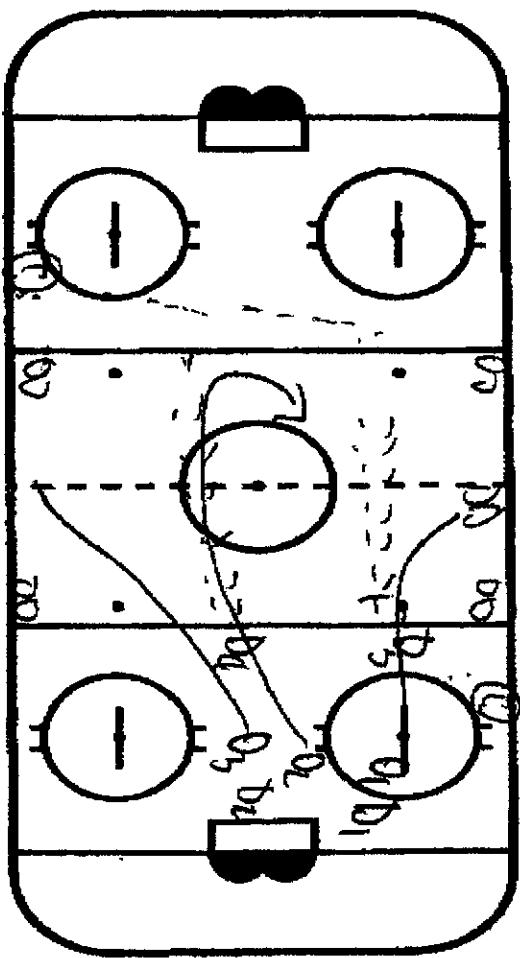
3 TYPES OF ZONE



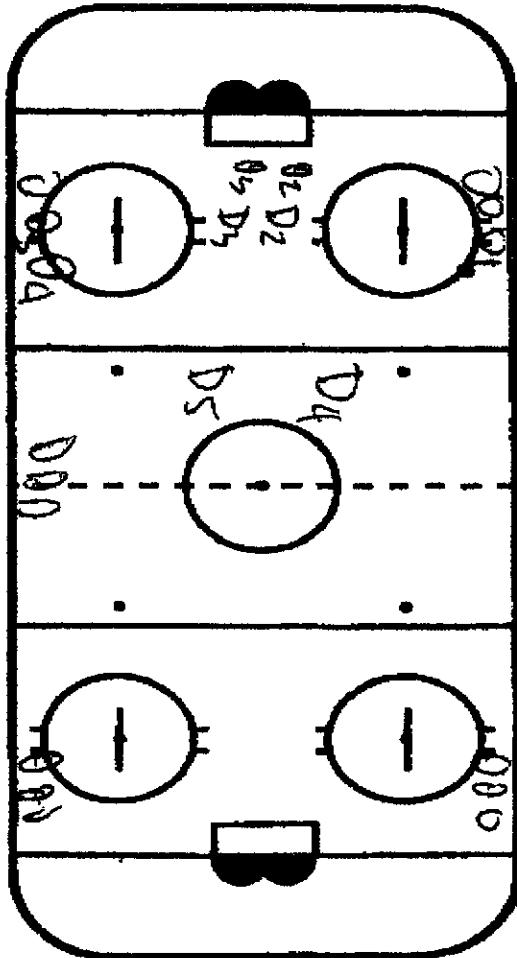
C PASSES PUCK TO
O₁/O₂ WHO ATTACK
ZONE + MAKE A PLAY
ON NET



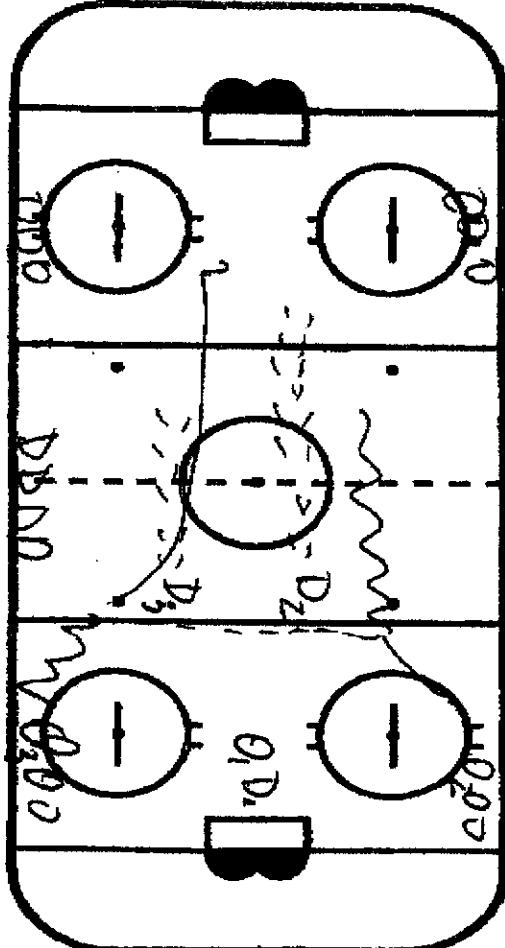
D₃ + D₄ SHOT IN FROM NE
③ SPOTS NEW PUCK IN CENTER
FOR D₁. O₁ PASSES TO D₃
D₃ CAN PASS TO O₂ OR
PICK UP PUCK AND SHOOT IT TO O₃ OR
CAN GO TO D₄. D₄ CAN
SHOOT OR TO O₂ OUT OF CYCLE
PLAY ZONE LOW C WINNING



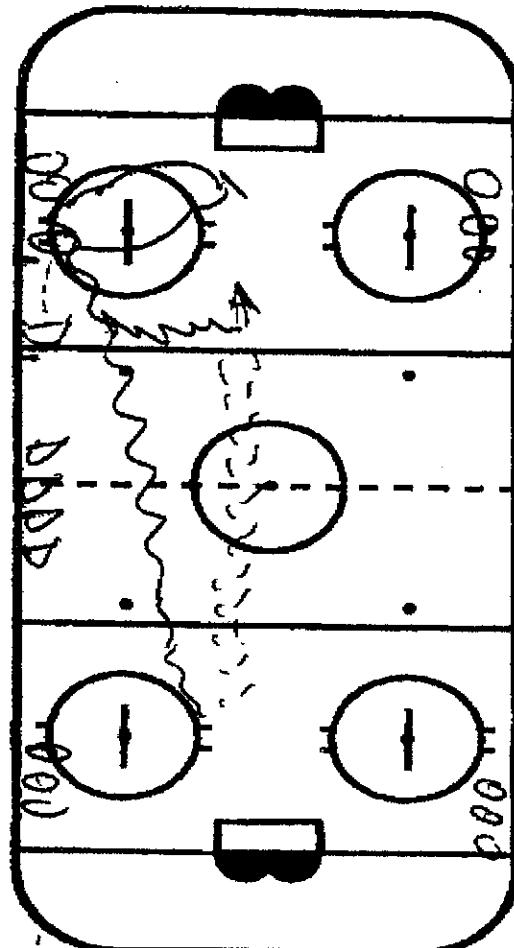
D₂ + D₄ DEFEND IN
NE + WATCH SHOTS NEW
PUCK. O₁/O₂ RECHARGE
D₃/D₄ + ATTACK D₁/D₂



DAT DS STEP OUT FROM
U-2 + CRASH BLACK WHISTLE
TO START 03/04/05
WITH A 3 ON 2. WHEN
3 ON 2 OUT - HIS 1 STOPS
ACMR.



$D_2 + D_3$ STEP OUT FROM U.E.
+ CORRECT BLACK WHISTLE TO
START D_2 / D_3 WITH A
 $Z_{m2} \cdot Z_{m2}$. WHEN Z_{m2}
REACHES TOP OF CIRCLE



D. PASSES D,
D. DRAGS + SHOOTS
D. GETS NEW PDA FROM
LINE + ATTACK D, DOWN
THE TEE. WHEN I AM!
RENDEZ TOP OF CIRCLE