

February 20, 2011

Enio,

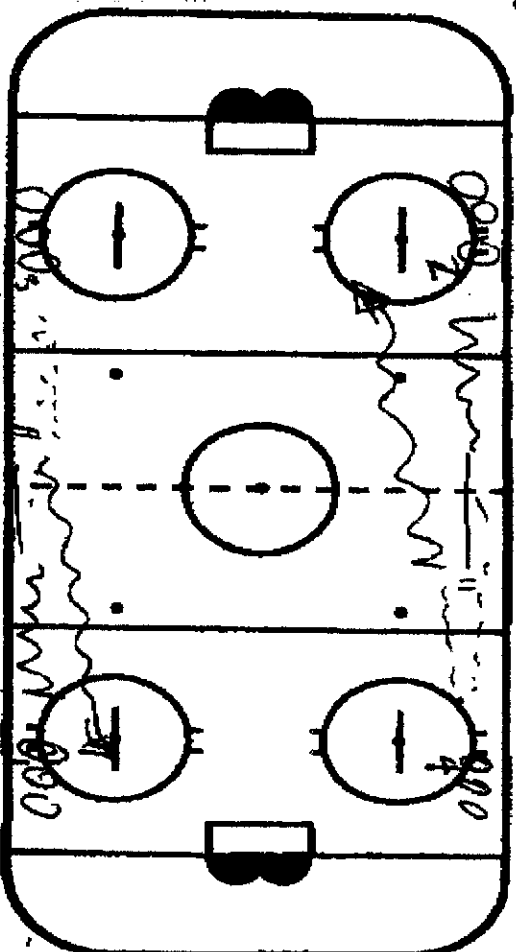
Thanks for a doing a great job of organizing the "Drill of the Week". Good luck to all the coaches in the playoffs.

Book: Undergrounders by David Skuy

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

Regards,
Troy Walkington

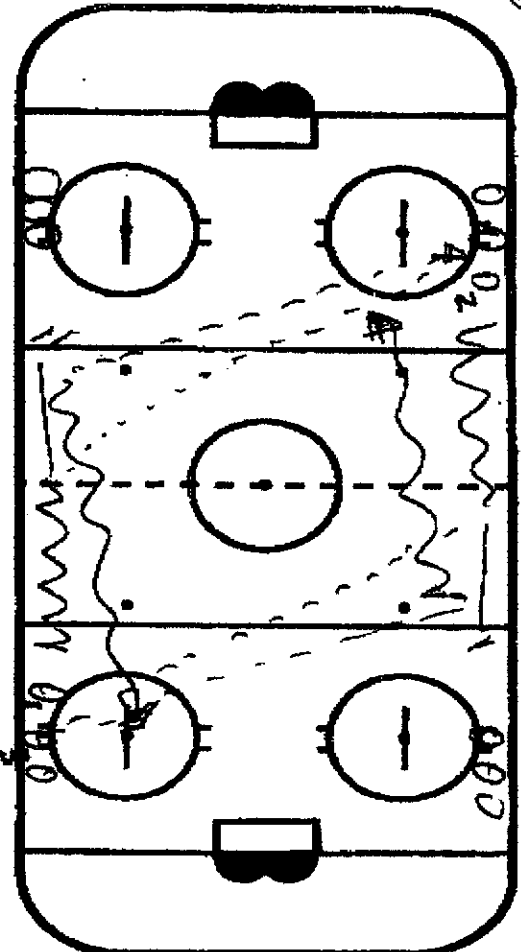
① Red Wide Shooting



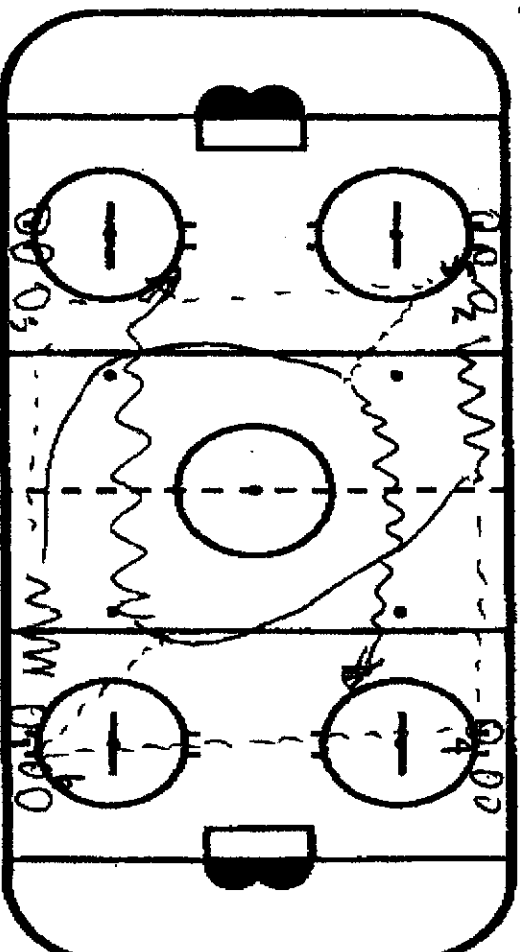
"First Post"
01/02 - Skate down wing
with Red + Pass to 03/04.
Stop in between red/blue
fall blue line get back BC
+ Shoot @ original EN

"Wide + Low"

04/02 Skate to Fall blue line
+ Pass to 03/04. Stop +
Get Red/blue Pass + Shoot
+ Original EN



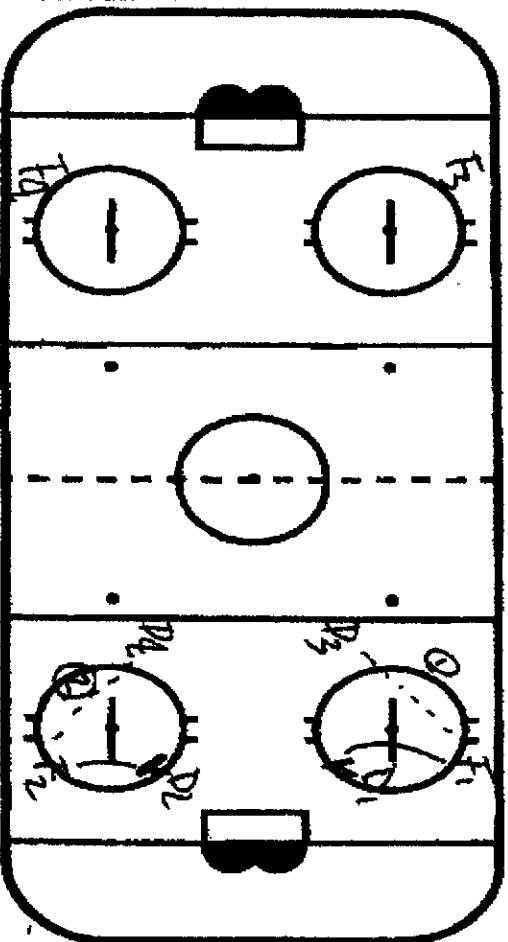
③



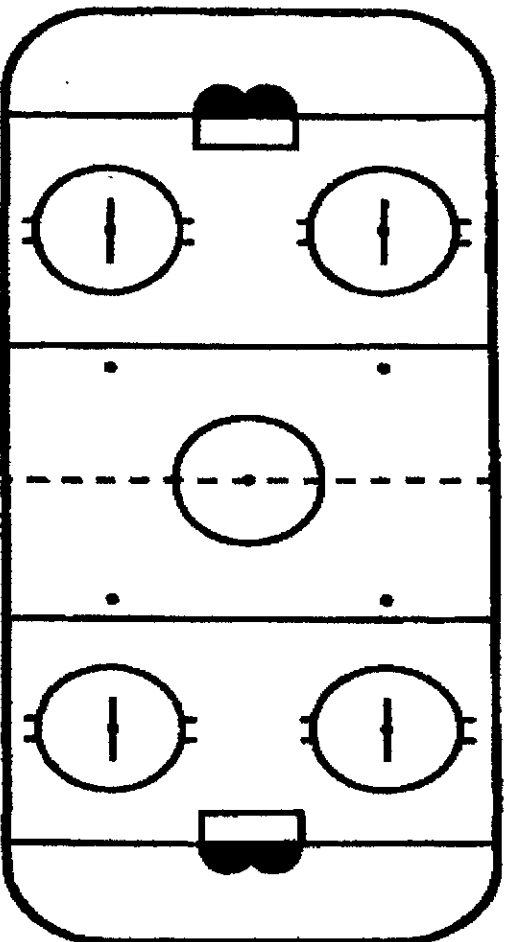
"Mid Lane"

01/02 - Skate down Board
+ Pass to 03/04.
03/04 Passes to 05/06
01/02 continues to Fall
Blue + gets Blue Fall
05/06 w Mid Lane

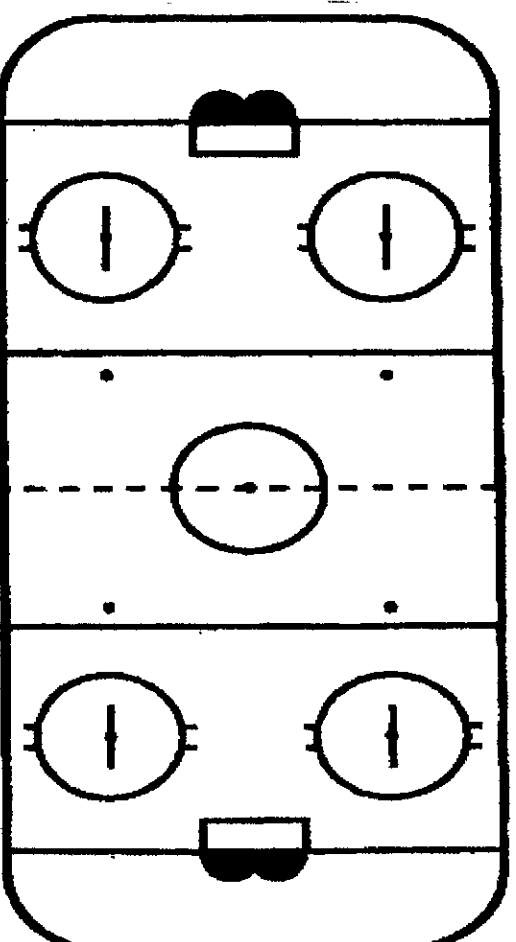
BOX OUT DRILL



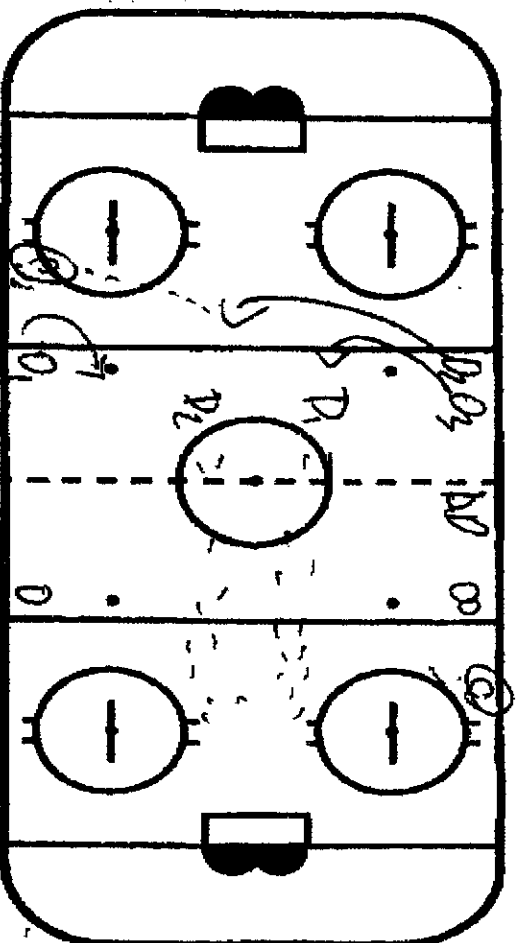
BOTH ENDS @ SAME TIME
 F1/F2 GO TO NET
 D1/D2 SEAL OR "BOX OUT"
 D3 SHOOTS OFF BACK WALL
 OR ON NET.



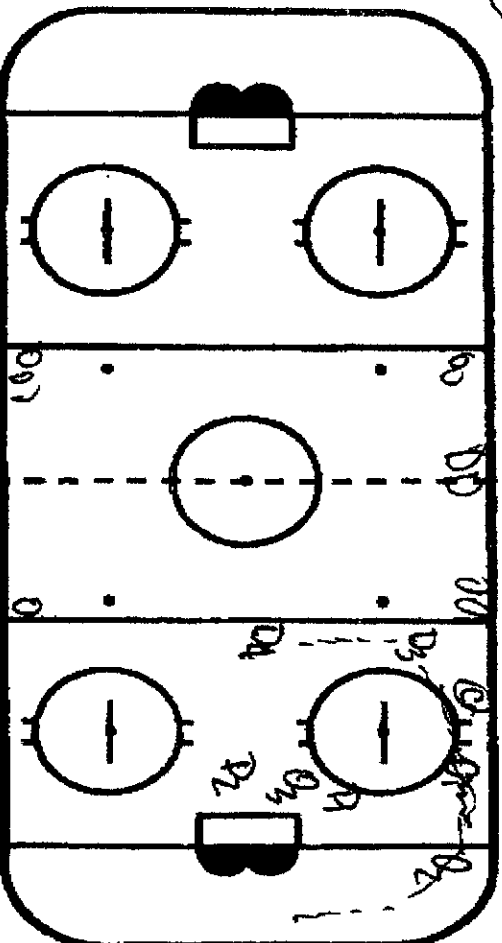
ON WHISTLE F2 VACATES +
 GET BACK UP TO D4
 F1 + F2 TRY + RE ESTABLISH
 POSITION.
 D1/D2 "BOX OUT".



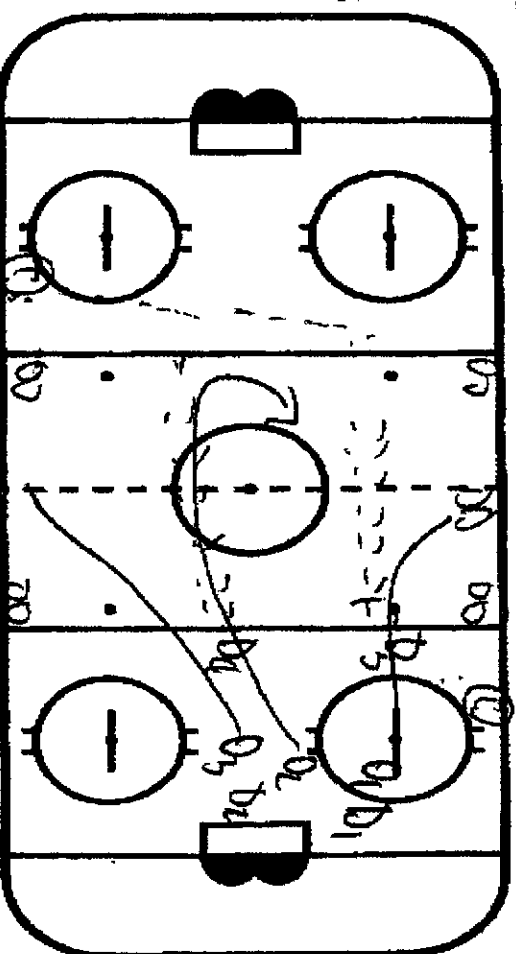
3 TYPES OF 3on2



① Passes Pick To
O1/O2/O3, who ATTACK
3on2 + MAKE A RUN
ON NET



D3 + D4 Jump In From 1/2.
② Spots NEW Pick In Column
For O1. O1 Passes To D3
D3 Can Pass To O2 OR
Return Net To O3 OR
Can Go To D4. D4 Can
Shoot OR To O2 out of cycle
Pick 3on2 how ③ WHISTLE



D3 + D4 Retreat In
ME + COACH Spots NEW
Pick. O1/O2/O3, Return Net
D3/D4 + ATTACK D1/D2

