

To: Enio Sacilotto FAX: 604-792-4656

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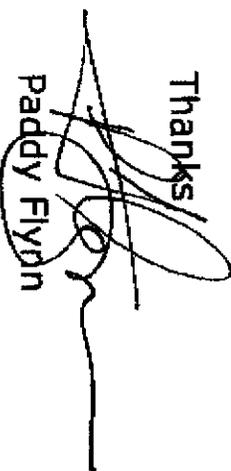
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Comments:

Really enjoying the drills and thanks for stay on top of me to get these in Enio.....I appreciate that.

Thanks



Paddy Flynn

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Four Drills:

1. Team Play - "Development of the 1 - 2 - 2 System"
2. Skill Drill - "2 on 0 Support / Net Drive"
3. Favourite - "Wrap Drill"
4. Fun / Competitive - "End Zone Activation"

Quote:



## Team Play

(2)

### "Development of the 1 – 2 – 2 System"

- The drill runs with 2 D-Men as shown and 2 Outlet Forwards as shown and stay stationary.
- D-Men can only partner pass or to the outlet on their side of the side (example: D1 to F1 or D1 to D2 to F2)
- 3 Forwards in the NZ Ice with Coach (with pucks).
- Drill design is to have the 3 forwards tag up at the blue line to complete three reps. Each time, a different F1.
- Stressing "Strong Post" and "Stick in the Lanes" and "Angle up Boards"
- F2 and F3 reads on F1's work and "Toe Caps"
- Focus on the strong "CAP Offs" and F2 position looking for opportunity to "Crash the Hash"

Diagram #1

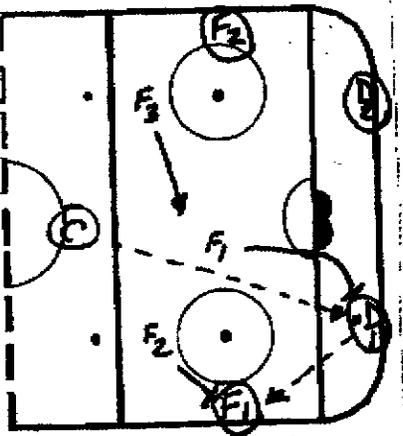
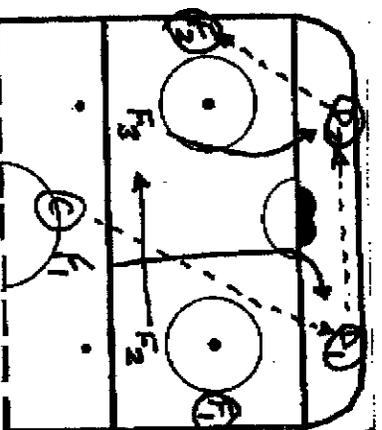


Diagram #2



Coach delivers the puck to D1

F1 provides pressure to try to force of the board. On rim /passed puck F2 "Crashes the Hash" from the "CAP OFF" position.

F3 weak side "Wedge" Support in the slot.

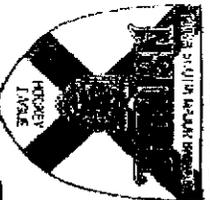
F2 and F3 read and react to what F1 shows.

Repeat of the drill, different situation.

F1 is unable to take away the partner pass.

F3 now forces the play with F2 Rotating across to support and fill the position.

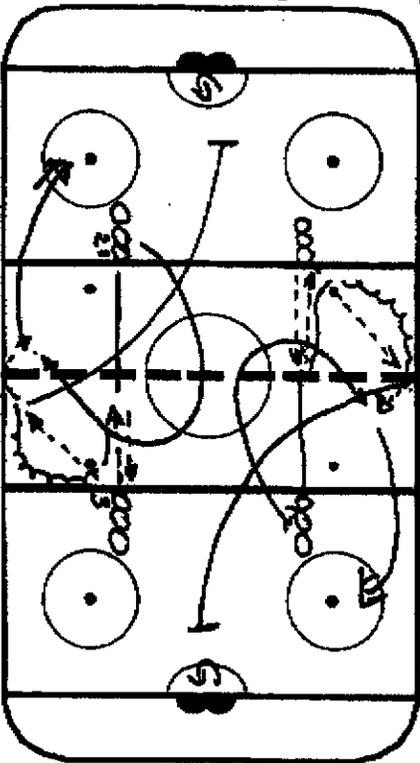
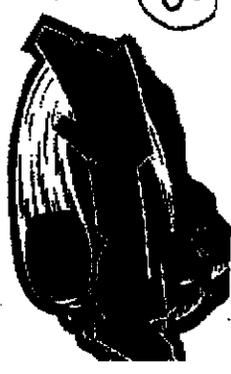
F1 rotates into the F3 (now) position.



PRACTICE # \_\_\_\_\_ FOCUS: \_\_\_\_\_

DATE: \_\_\_\_\_ PRACTICE TYPE: \_\_\_\_\_

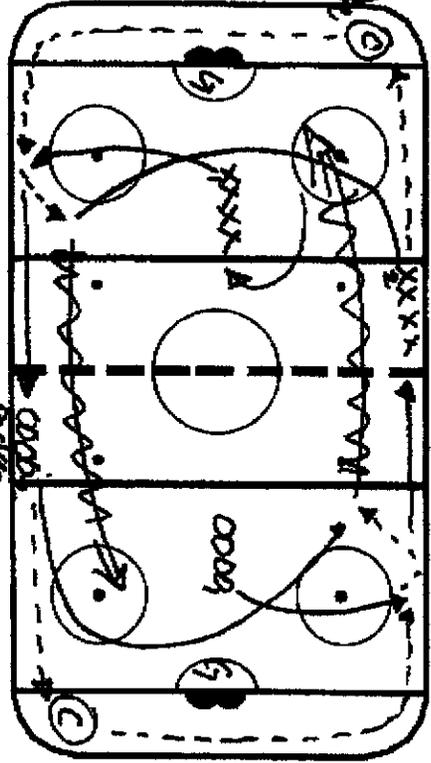
(3)



Notes / Systems Both Sides

Description "2 on 0 Support / Net Drive"

- O1 Others w/out puck O2 Pass (one touch)
- O1 Flows O2 Times ARRIVE for support
- receive fore chip or direct Pass.
- Execution / Communication on Key Feet of The Drive

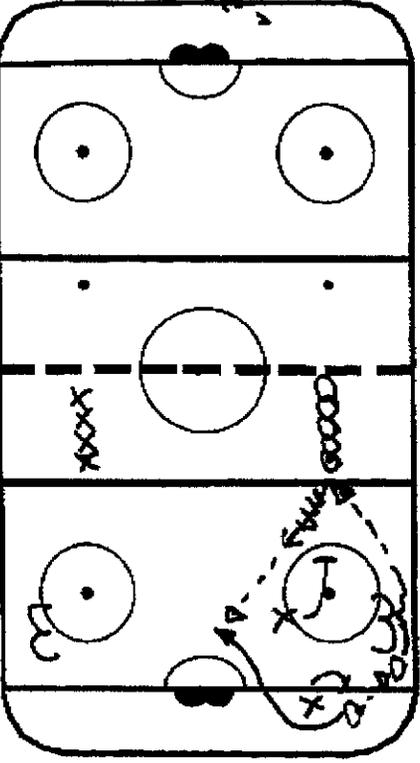


Notes / Systems

"WRAP - Pick up puck on Boards Skill"

Description "WRAP DRILL"

- "Great Warmup."
- Working on WRAPS/Support outlets.
- O2 Passes to O1 Cook control the speed of play
- O1 Reacts to get puck
- O2 Reads & Reads w/support
- Good Flow as well



Notes / Systems

"Put Something on the line"

Description "Activation Drill"

- In an End Zone
- Start w/2 on 2
- Battle for possession & to score.
- on possession that team can activate another teammate w/o to 4 on 4
- Good Fun & Pace

"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"