

To: ENNIS DRILL CLUB 2011

From Gardiner MacDougall

ENCLOSED DRILL FOR 2011 PLUS SOME QUOTES TO USE.  
THANKS FOR DRILLING TODAY FOR "HARDNESS" JW

1. "Nothing worth getting comes easy. There is a price to pay to achieve success in hockey as well as in life. The reward, however, is so worth the journey" Rob Blake - Stanley Cup Champion 2001 on Life lessons.
2. "The biggest thing I took away was to just really embrace the concept of focusing on what you do, not the result. What I mean by that is you shouldn't go out and try to score a goal; you should do all the little things that will lead up to scoring a goal. So you really have to focus on the task at hand versus looking ahead at what the reward might be" Kirk Muller, Montreal 1993
3. "Determination. It takes a lot of determination to reach your goals, whether they are in hockey or in life. To become a champion in hockey you have to pay the price. The Stanley Cup playoffs in general are really a test of your will. They are a test of your ability to stay strong and to deal with adversity. If you can do those things and persevere then you will be successful. It won't guarantee you a championship, but it will guarantee you an opportunity" - Steve Yzerman, Detroit 1997, 1998 and 2002.
4. "Their style has been contagious", added Scotty Bowman. "they've built a fire under the whole team. These young guys have desire and desire is the number one priority today. Everyone wants players who work, because it has been demonstrated that work can beat superior talent. I honestly can't say that I expected that much from either Risebrough or Tremblay, but that line has been the sparkplug of the club. They all play a good aggressive game and give the rest of the team a lift.....These kids never accept defeat." - The Kid line in Montreal in 1975 Tremblay, Risebrough and Lambert.....maybe the beginning of the "energy line we refer to today, but one also must remember the Philadelphia Flyers at this time. Montreal had to counter them with this type of play. The Kid Line helped transform the Canadians from a team that had relied solely on offense to a more balanced team with a renewed focus on the defensive side of the game. Bowman and Pollock (the brain) also got Gainey, Jarvis and Jim Roberts (Pollock was brilliant in getting Gainey and Jarvis)
5. Doug Jarvis was the final piece of the puzzle for the Canadians. Bowman had wanted Montreal to become a team that controlled the game through puck possession. As promised by Roger Neilson, Jarvis's faceoff skills were among the best in the league.

Funny, so many things that went on in the 70's still apply to the game today.

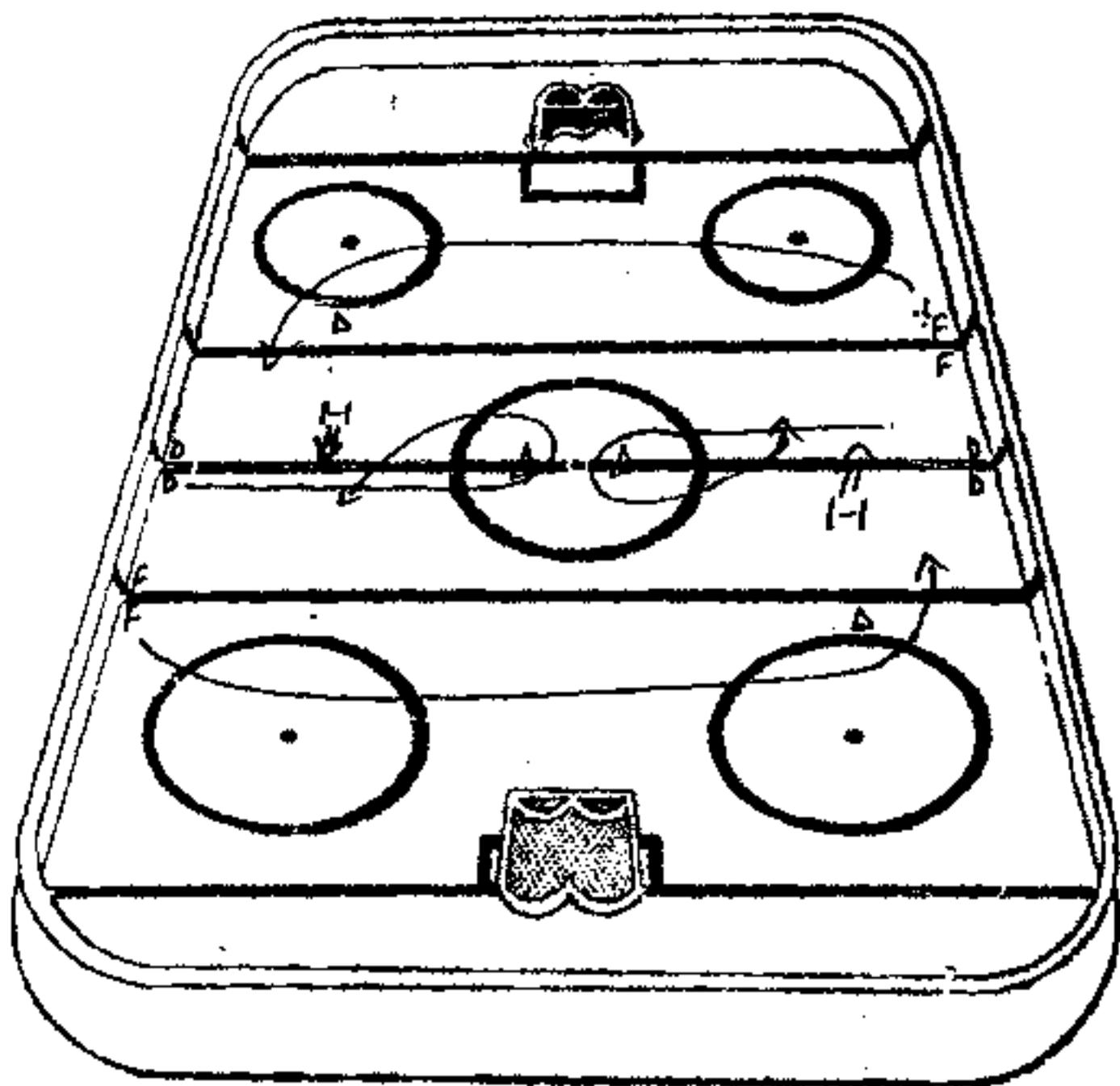
Have fun at your weeks work.

1 FINAL QUOTE

"ADVERSITY IS RULER OF THE WEAK  
AN INSTRUMENT OF THE STRONG"

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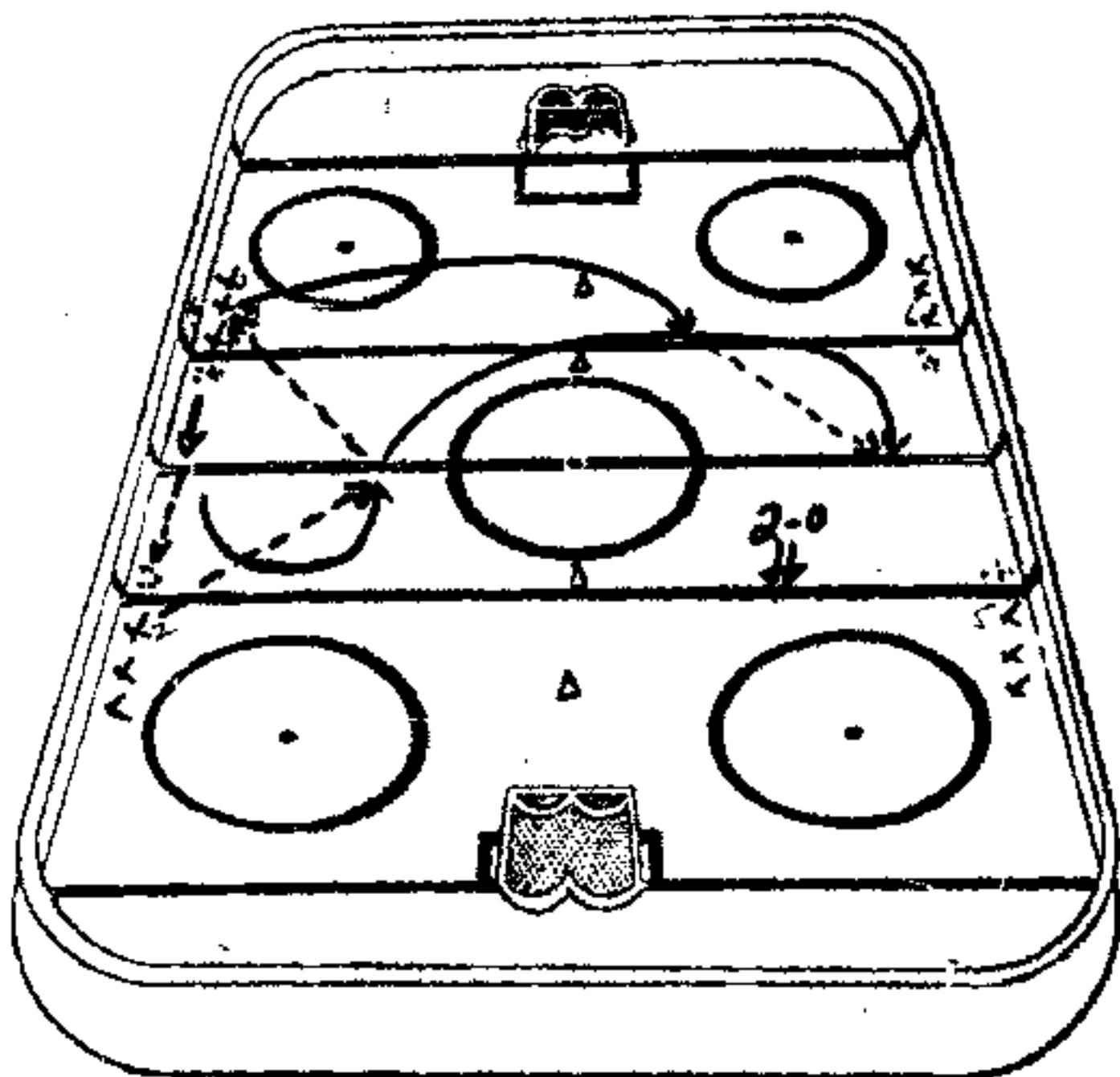
# ROSENBLU 1-1



→ ON WHISTLE F<sup>s</sup> SPURNT TO FAR WALL, PAST PYLONS. ATTACK D WITH SPEED 1-1.

→ D<sup>s</sup> SPURNT TO CENTRE ICE PYLON, THEN, THEN PIVOT TO PLAY 1-1 VS. F.

# SNITA DOUBLE DRIVE 2-0



$X_1 \rightarrow X_2$

$X_1$  opens up for return pass from  $X_2$

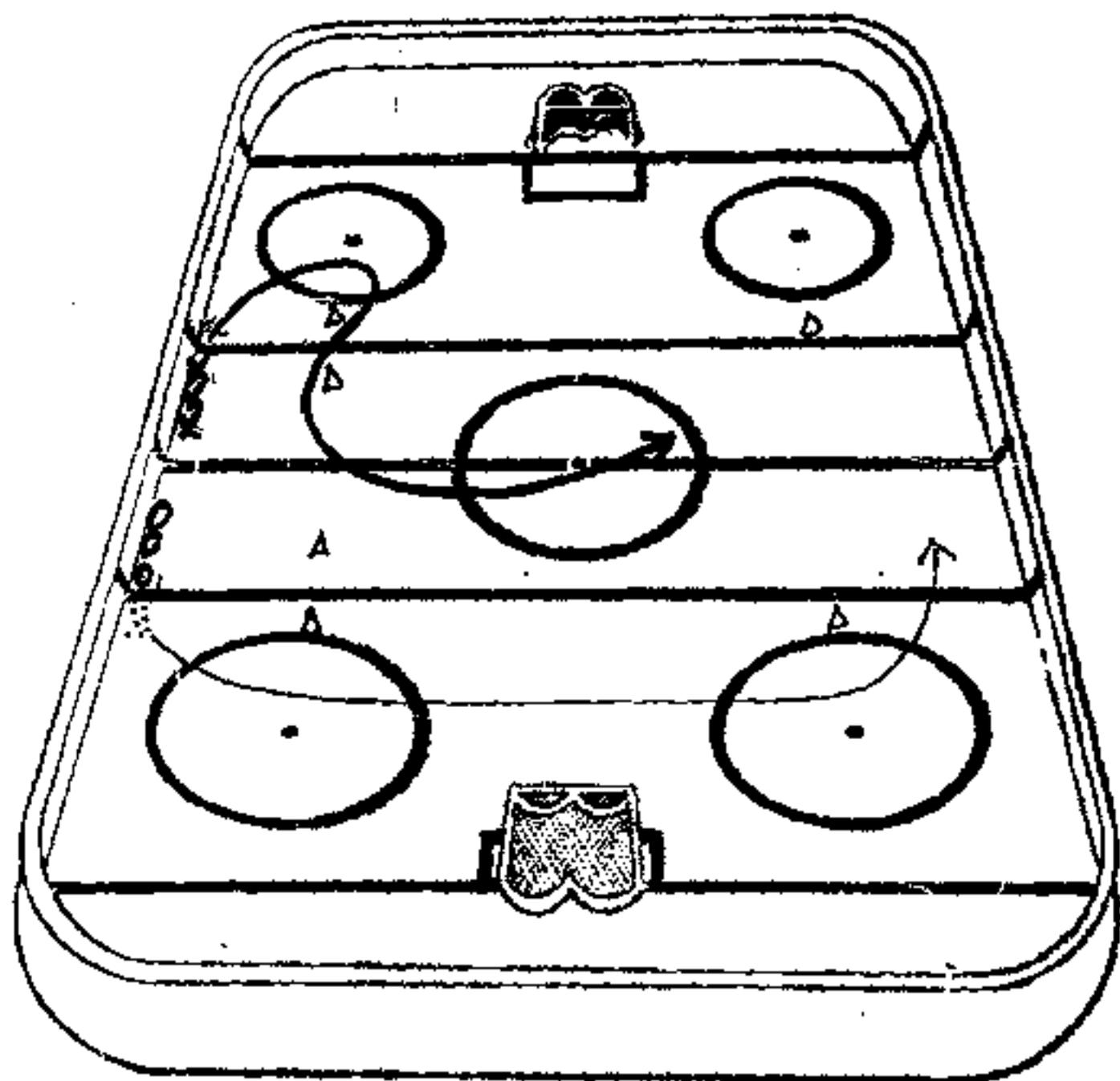
$X_1$  then back to  $X_3$  (next in line)

$X_1$  opens up thru pylons,  $X_3$  under pylon + passes to  $X_1$

$X_1 + X_3$  go 2x0 net  $X_1$  w shot

$X_5$  &  $X_6$  go same time from alternate side.

# 1x1 Rumble Angling

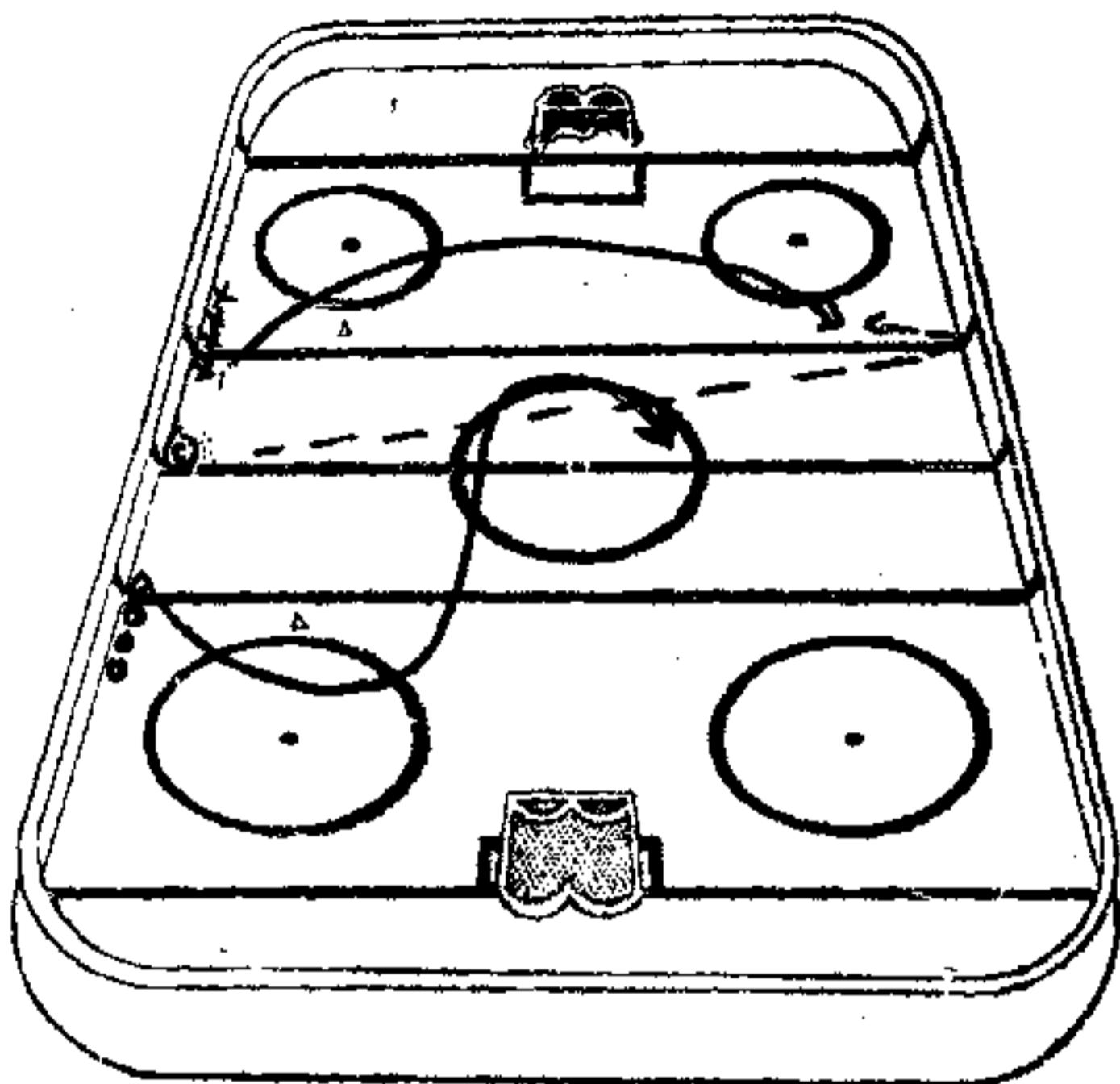


O<sub>1</sub> + D<sub>1</sub> START ON WHISTLE

D<sub>1</sub> Attacks far pylon wide, looks to score at far end

O<sub>1</sub> Goes thru 2 pylons, has angles to turn push over  
 \* PLAY TO THE WHISTLE

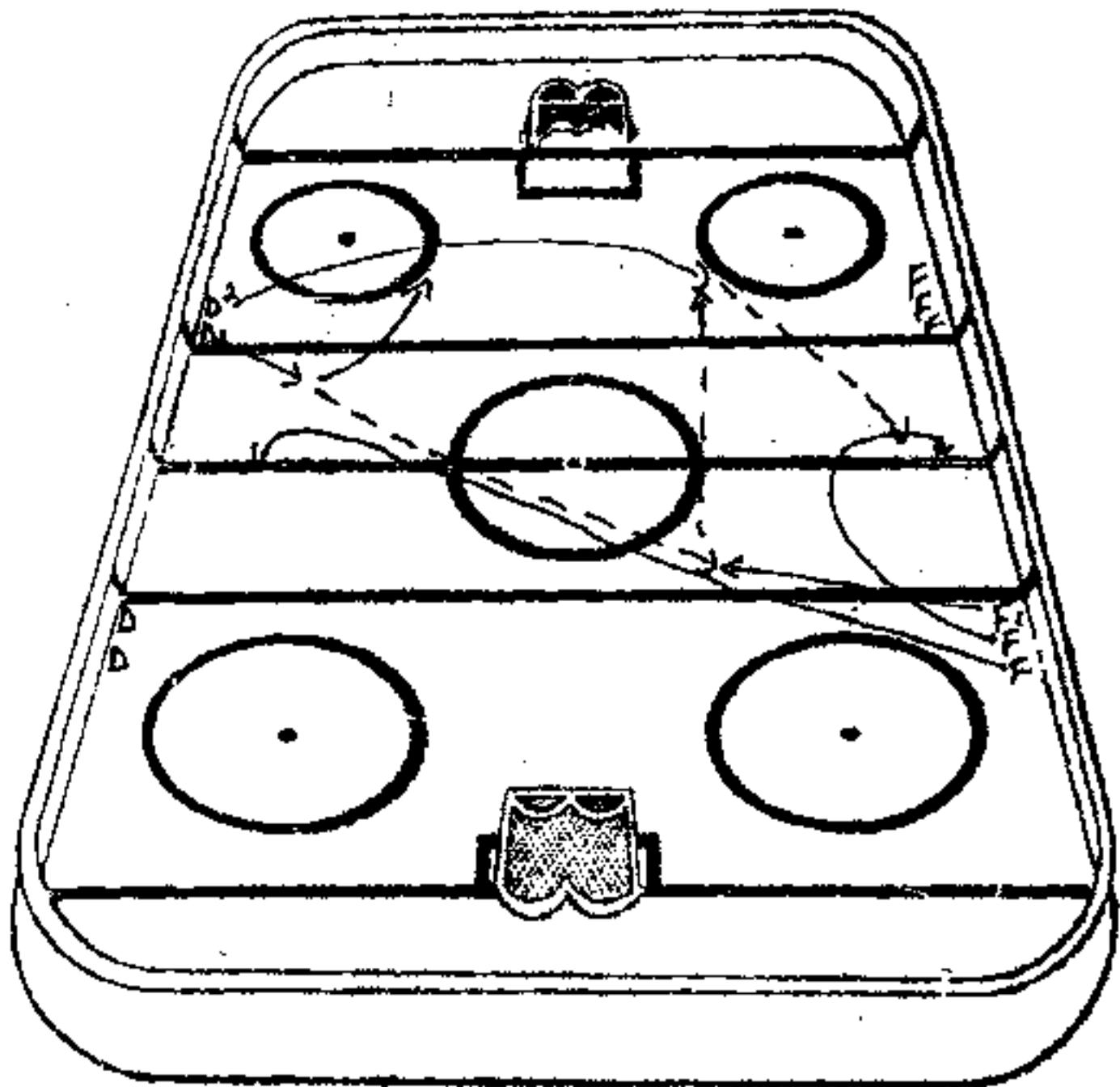
# MAGNETIC ANGLENG 1-1



X, goes wide drive with puck  
 O, angles around puck, cuts off mid-ice & plays 1-1 on Angle  
 Key: Keep feet up-ice  
 Rotate sides in each whistle  
 Option: 2 F's '2 Angles' to create 2x2's

GALLY ① 3-0

② 3-2 Regroup



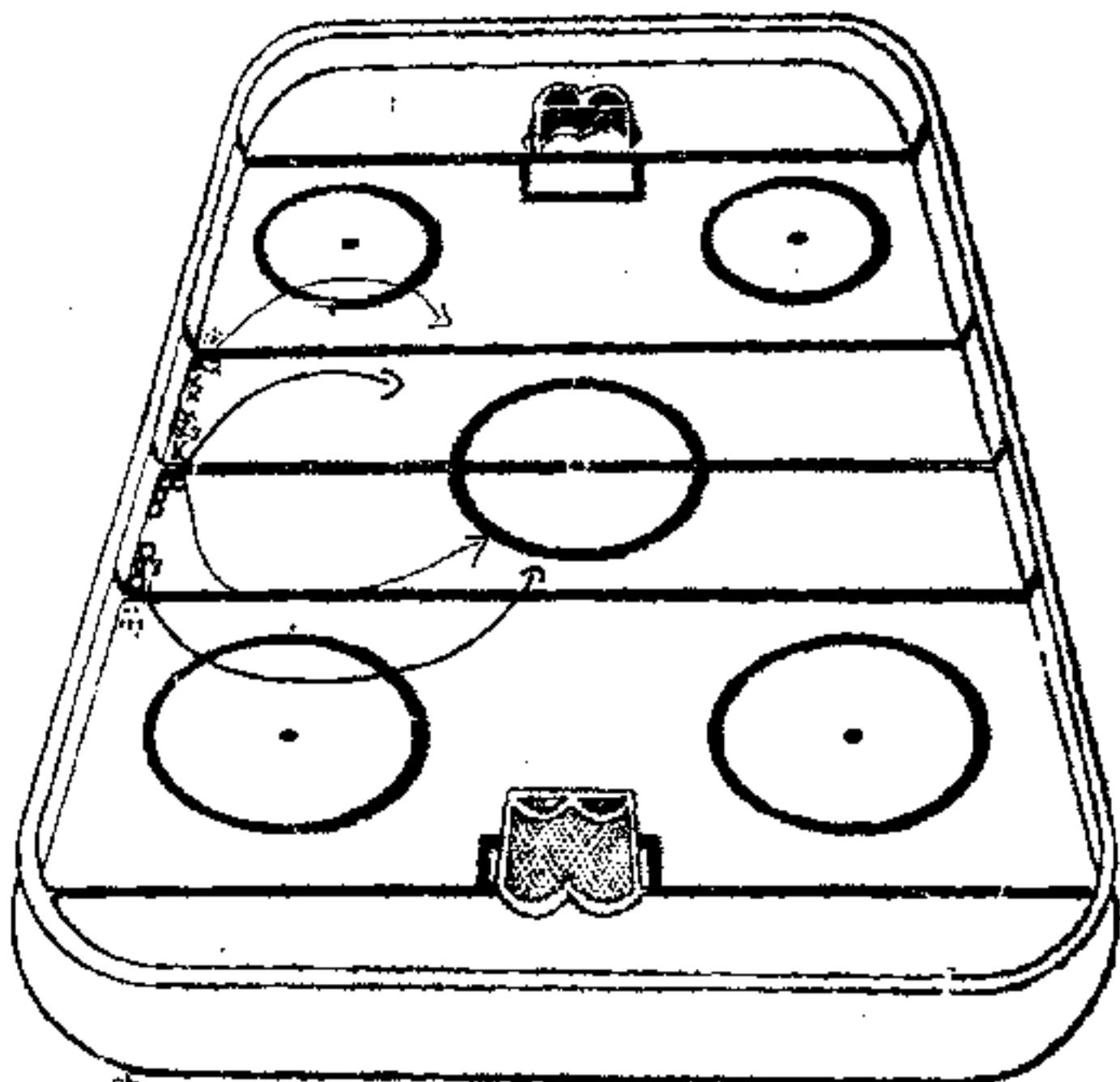
D<sub>1</sub> Steps out passes to F<sub>1</sub> (Centre), then pivots BWS into our zone

D<sub>2</sub> Skates to opposite side of ice for support

F<sub>1</sub> Passes to either D to start NZone Regroup

OPTIONS 1. UPS 2. OVERS 3. HINGES

# TOOTOO ANGLING 1-1, 2-2, 3-3



- 1st Whistle, O<sub>1</sub> skater w/ puck thru top of circle - looks to score at far end  
 X<sub>1</sub> leaves from Red Line - Angler + tries to turn puck over  
 (1-1)
- 2nd Whistle X<sub>2</sub> skater w/ puck from Blue Line  
 O<sub>2</sub> angles from Red Line  
 (2-2)
- 3rd Whistle O<sub>3</sub> "  
 X<sub>3</sub> "  
 (3-3)
- \* Players leave puck on whistles!!

