



# CAT FAX

DATE: DEC 4 /10

TO: BRINS ATTN: ENJO	FROM: Danny FLYNN
FAX: 604-792-4656	PHONE: (506) 382-5555
RE: DRILL CLUB	FAX: (506) 858-2222

Number of pages including cover sheet

☐ Urgent ☐ For Review ☐ Please Comment ☐ Please Reply ☐ Please Recycle

BEST OF LUCK IN THE

2ND HALF...

Danny

"THERE IS MORE TO LIFE THAN JUST  
HOCKEY... BUT THERE IS WAY MORE  
TO HOCKEY THAN JUST HOCKEY"

MONCTON  
**WildCATS**  
OF MONCTON

~ 10/11 SEASON TICKETS ~ FLEX PACKS ~  
GROUP TICKETS ~ BIRTHDAYS ~ 7<sup>TH</sup> PLAYER ~  
~ SKATE WITH THE CATS ~ CHARITY BEAR  
~ SKILLS COMPETITION ~ READING IS WILD ~  
~ AND MORE!! ~

[www.moncton-wildcats.com](http://www.moncton-wildcats.com)



# NEW YORK ISLANDERS

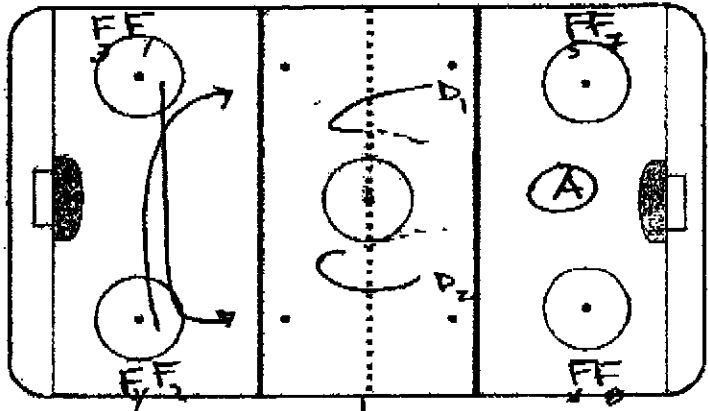


①

## 2u2x2

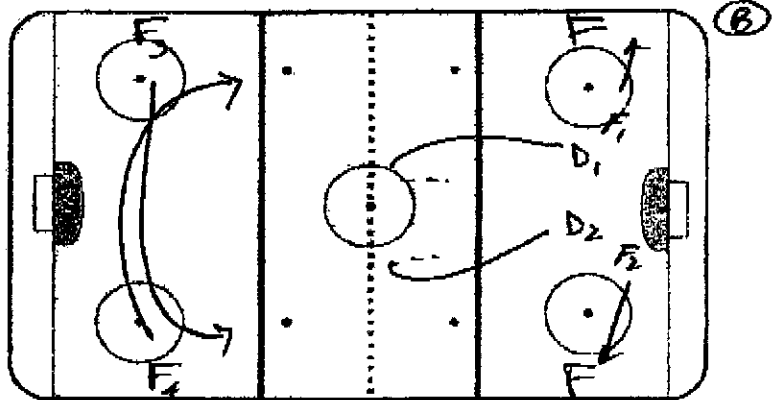
A/ F1F2 cross below ringette line  
; D1D2 get up for 2u2  
on whistle

B/ whistle to end 2u2; D1D2  
hustled to get up on 2 and  
2u2 from initial end (F3F4)



## \* ALTERNATE SIDS

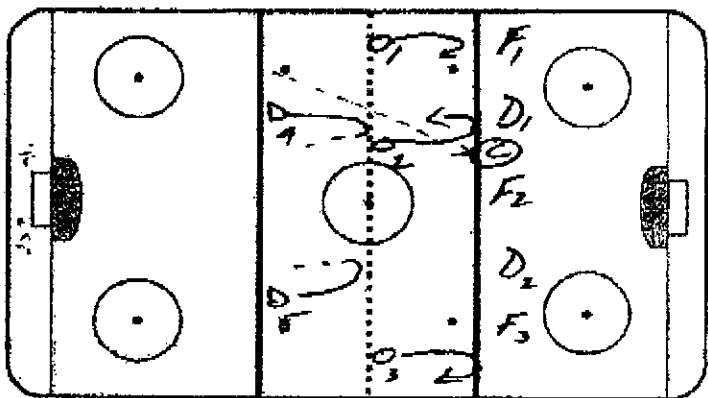
- great for D's 2u2 skills



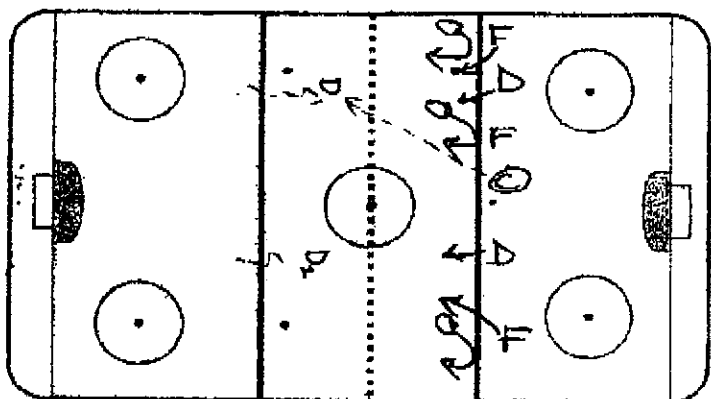
②

## N-Z. TURBACK DRILL

- O's wheel ; B/AST SVO  
(pucks behind net)
- O's give puck to ② when they  
reach 1st B/line
- O1,23 (F1,2,3) must tag for  
blue line; O4,5 must dash red



- ② spots puck / passes to O4,5  
and F1,2,3 D1,2 work N-Z F/C
- play out N-Z 60S / whistle
- O's head back to DZ ;  
breakout for 2 and time / F1,2  
go back to initial standing  
point for REPEAT REP



- EACH LIVE 2 REPS on O's D then change

5x5  
N/Z

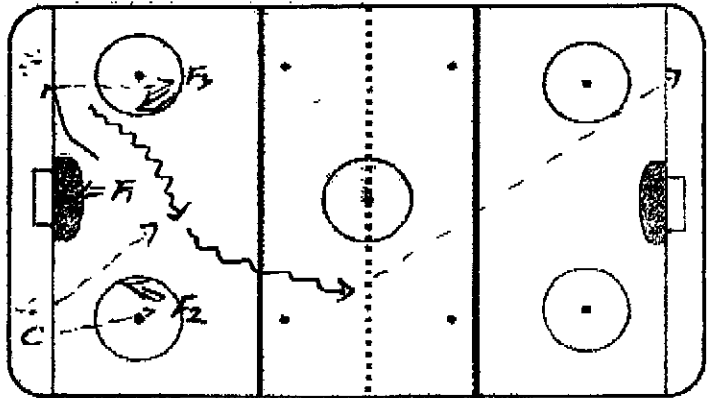


# NEW YORK ISLANDERS



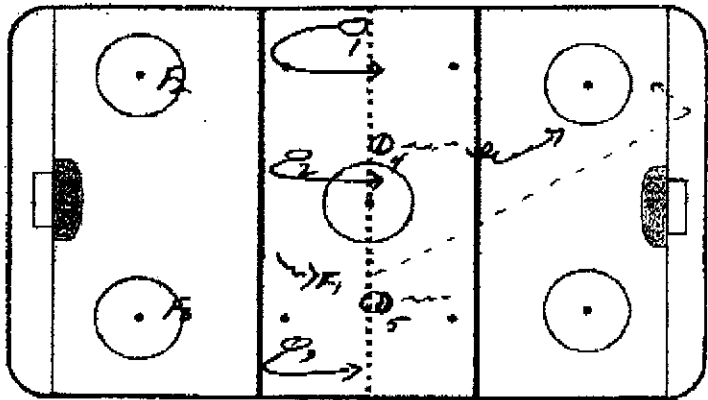
③ F/C X1/X2 CONTINUOUS DRILL

- F<sub>1</sub> shoots; becomes passes ft. corner
- O<sub>2</sub> → F<sub>2</sub>/shot... top of circles
- F<sub>1</sub> → F<sub>3</sub>/shot... top/circles
- F<sub>1</sub> cuts through slot; O<sub>2</sub> → F<sub>1</sub>
- F<sub>1</sub> dumps; FORCIBOX 105



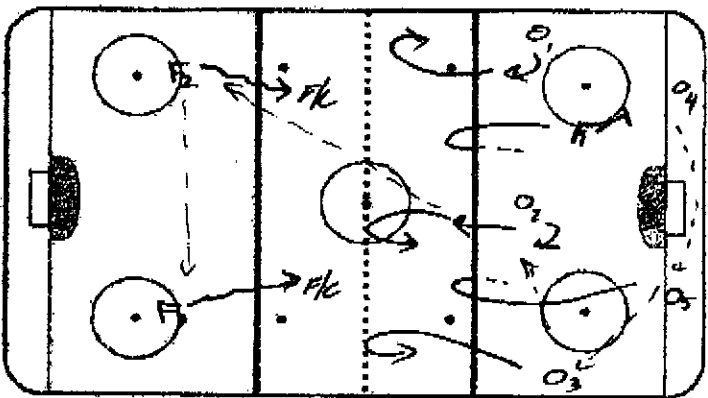
④

- F<sub>1</sub> FK 105 vs O<sub>12345</sub>
- O<sub>45</sub> must not be inside blue line before F<sub>1</sub> dump! (gap)
- O<sub>45123</sub> breakout / F<sub>1</sub> done
- O's give puck to F<sub>2</sub> & F<sub>3</sub> by red line



⑤

- F<sub>2</sub> F<sub>3</sub> make 1 pass then FK 205 (dump at red)
- O<sub>123</sub> must tag red line; O<sub>45</sub> must gap up to at least b/line
- F<sub>2</sub> F<sub>3</sub> F/C 205 vs O's
- \* O's D/OUT 2nd time / down ice FOR 3/shots, BECOME F/C ers



⑥ CIRCLES: DOTS WARMUP SHOOTING

- whistle; X<sub>1</sub> X<sub>2</sub> fr. 2 sides
- X<sub>1</sub> around dots/ shoot #1
- X<sub>2</sub> and circle (Fund-Bases-Funds) then head up ice for shot #2
- O's next whistle...
- stress 'quick ft' 'speed'

