



MICHIGAN STATE UNIVERSITY HOCKEY

Member: Central Collegiate Hockey Association

Munn Ice Arena, East Lansing, MI 48824
(517) 355-1639 • Fax: (517) 432-1879

National Champions

1966, 1986, 2007

CCHA Champions

1985, 1986, 1989, 1990
1998, 1999, 2001

NCAA Frozen Four

1959, 1966, 1967, 1984
1986, 1987, 1989, 1992
1999, 2001, 2007

CCHA Tournament Champions

1982, 1983, 1984, 1985, 1987, 1989
1990, 1998, 2000, 2001, 2006

RICK COMLEY, HEAD COACH
National Coach of the Year - 1980-1991

Fax # 517 432-1879

FAX TRANSMISSION COVER SHEET

Number of pages (including cover) 3

DATE: 12/6/10

TO: Enio

FROM: Tom Newton

FAX # 604 792 4656

4-4-40

- just put this sequence of numbers on the
locker room board

- you get lots of guesses and lots of wondering
Answer - 4 lines going 40 sec at a time.

Book - Open by Andre Agassi

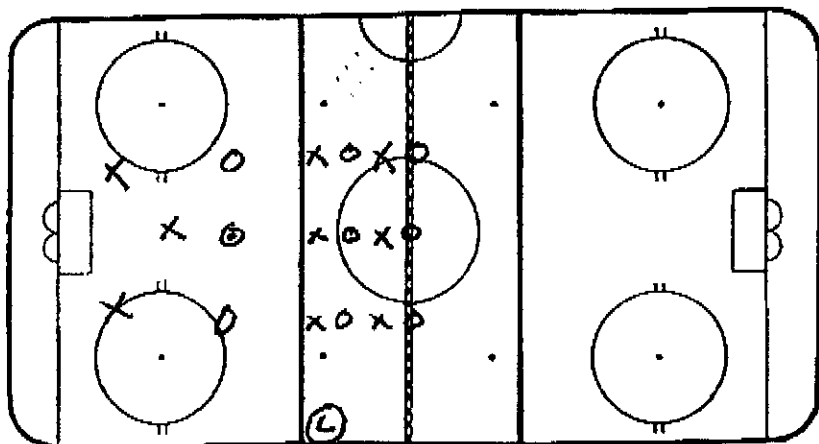
If you do not receive all pages from this transmission, or if you have any questions, please call
A/C 517 355-1639 or fax 517 432-1879.

**COMMITMENT TO
EXCELLENCE**

SPARTANS

System / Drill

Competitive
3v3 Continuous

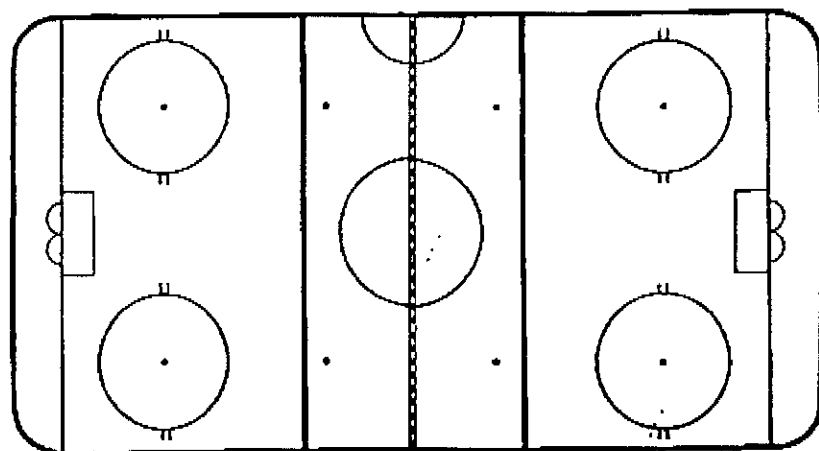


Notes/Comments

Description

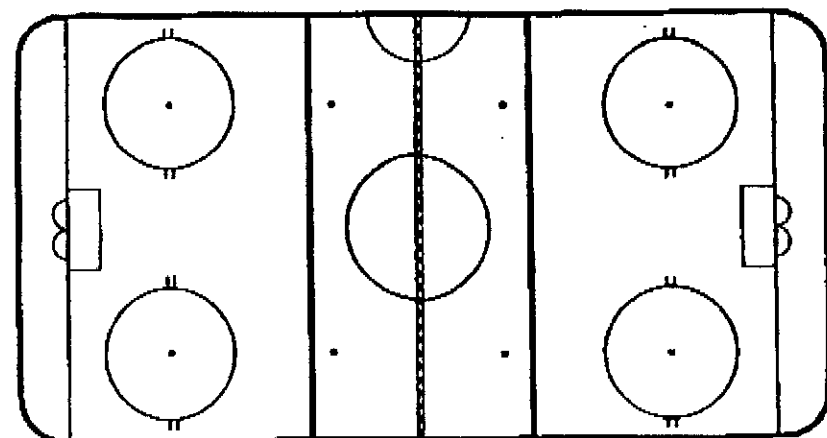
O's start on ~~left~~ offense. X's on Defense
X's must get puck and
make tape to tape pass
with X's in line
X's in line receive puck
attach O's 3v3.

* if not a tape to tape
pass (C) puts in new
puck same players
* if goal is scored (C) puts
new puck in same players



Notes/Comments

Description

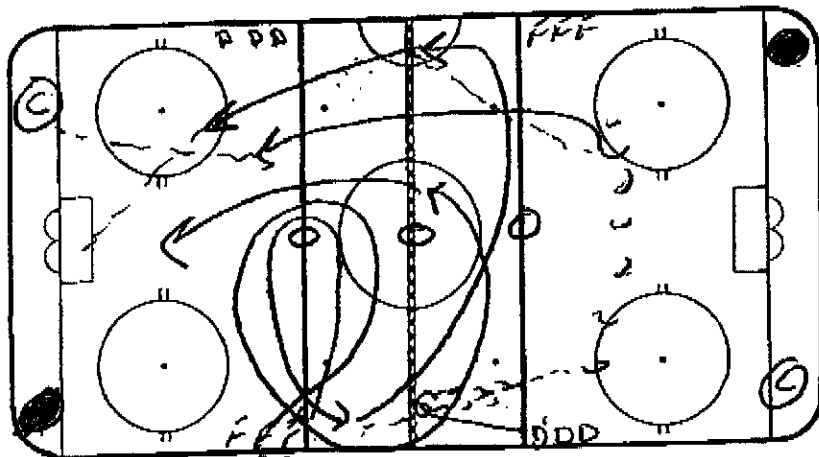


Notes/Comments

Description

System / Drill

J. Nights Drill (Skill)

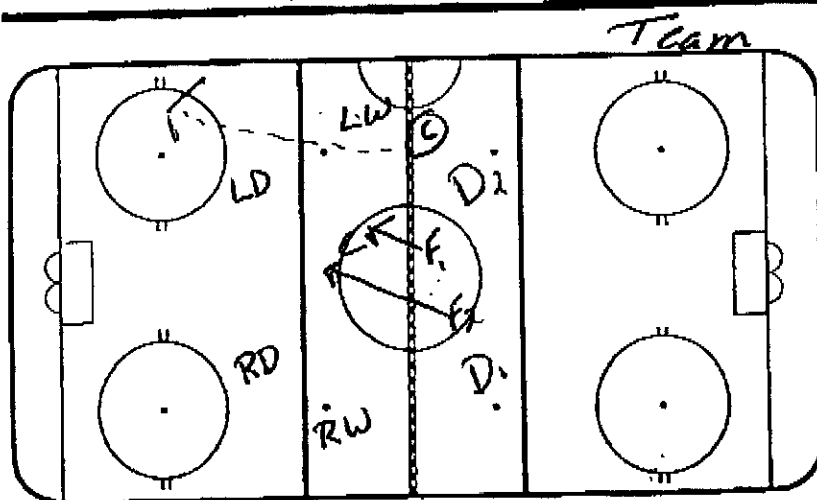


Notes/Comments

Both sides go at same time
start on whistle

Description

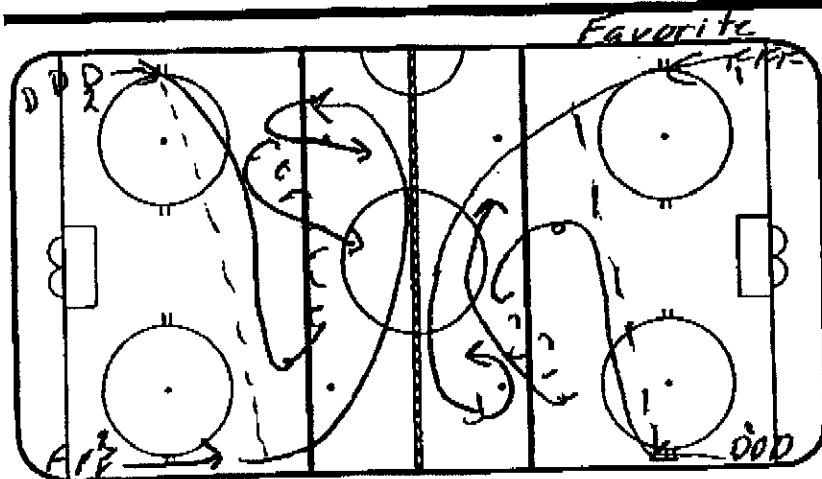
- F₁ around fire with puck
- F₂ follows him (no puck)
- D₁ up to RL transition back
- F₁ to D₁ who travels laterally
- F₁ to wall F₂ middle lane support D₁ to F₁ or F₂
- F₃ shot D₁ to B₁ pass from C



Notes/Comments good conditioning and
both offensive and defensive Team Play.

Description 5v4

- C Dumps Puck
- F₁ F₂ 4' Hard
- Unit of 5 Breaks out
- F₁ Comes back and makes it a 5v3 in the OZ (LD & RD must stay @ point)
- On Whistle unit of 5 comes back hard to B.D. on 2nd Dumps puck.
- F₁ & F₂ 4' hard again
- F₂ comes back hard to play 5v3 in the OZ



Notes/Comments

Description Loop 1v1 Transition Whistle.

- D take a couple step snaps puck to F
- F Loops in NZ
- D gaps up moves F and plays F 1v1
- Whistle!!
- F1 cuts back hard and attacks D2 1v1 D2 takes ice b
- F2 attacks D1 1v1
- could have 2 or 3 transitions