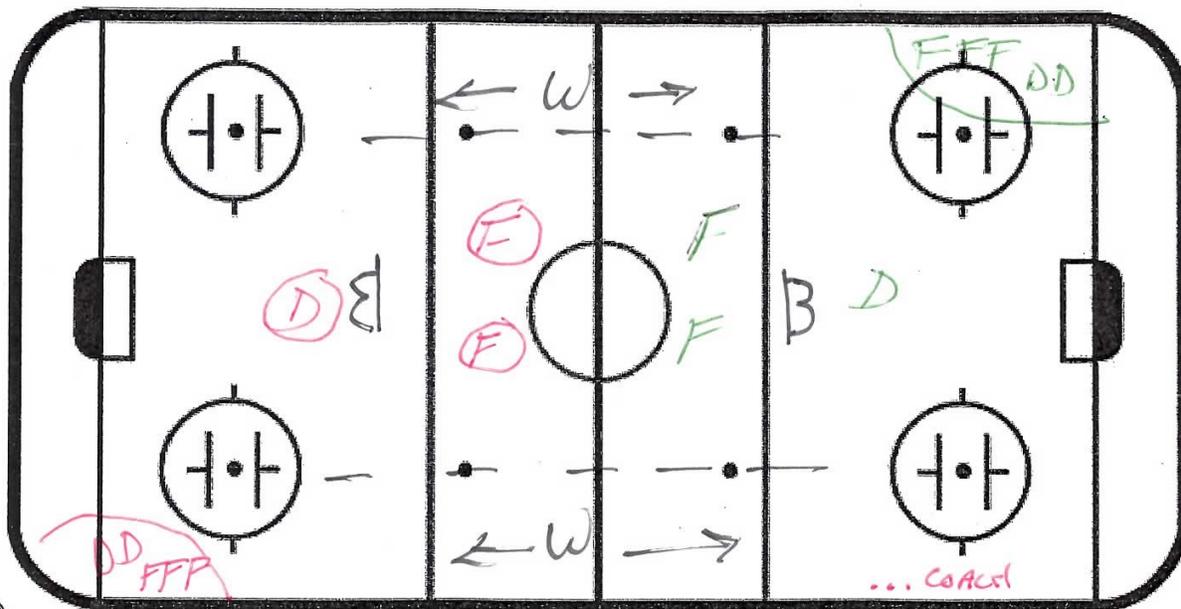


GAME CHANGE

THE LIFE AND DEATH OF
STEVE MONTADOR AND THE
FUTURE OF HOCKEY

by
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2017

DRILL: SAG PURPOSE TO REINFORCE BREAKOUT FIRST PASS,
WIDE SUPPORT, KICKOUTS, D JOINING RUSH



DIRECTIONS:

SAG 2 v2 with support to develop 5 v 2

Purpose to reinforce breakout pass, wide support, entry kickouts, D joining rush

2 v 2 in NZ inside dot lines

2 players who are outside dot lines in NZ; are support players for team with puck, position for breakout pass from D, skate up and down to receive wide passes from 2 inside players

once puck has crossed blue line, the passing W player can enter inside to create 3 v2 but once turnover occurs, must quickly skate back outside dot line to be ready for breakout pass or to skate up-ice with 2 inside players

each team starts with a D behind their net; D do not defend against 2 inside players. On turnover puck must go to D behind net to start breakout. D can pass to W players or inside to their two players. Once D makes first outlet pass, can support teammates by skating to NZ circle to become an option for a shot on net. D cannot challenge for loose pucks and on turn-overs must quickly return to back of net.

*** regardless of where turn over is created, puck must go back to D behind net to start breakout; cannot shoot on net immediately after turnover

Part 3: Cycle, Scissor and Pass for Shot 3

After D shot, F1 recovers a new puck on opposite side or net and carries up wall towards D who has skated from mid-ice to wall

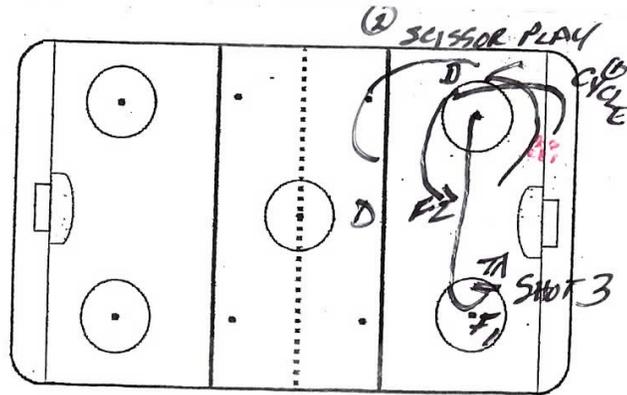
F2 follows in corner for LOW cycle from F1

F1 skates across ice to low position in opposite circle to ready for seam pass from D

F2 skates up wall with puck and leaves for D who is coming down for scissor play between top of circle and hash mark

D will make cross seam pass to F1 for shot

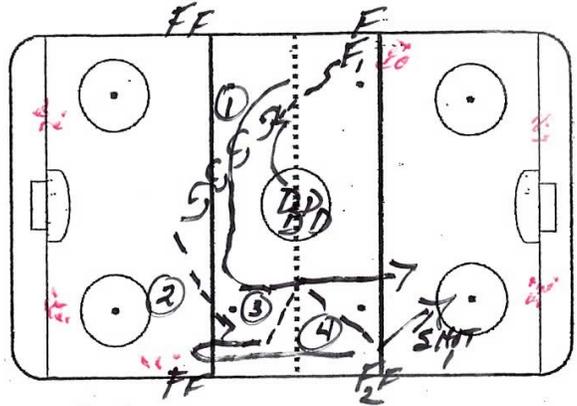
F2 skates to net for rebound



3 SHOTS FROM NZ REGROUP : ENTRY SHOT FROM KICK OUT
 D POINT SHOT OFF CYCLE
 LOW CIRCLE SHOT FROM SEAM PASS

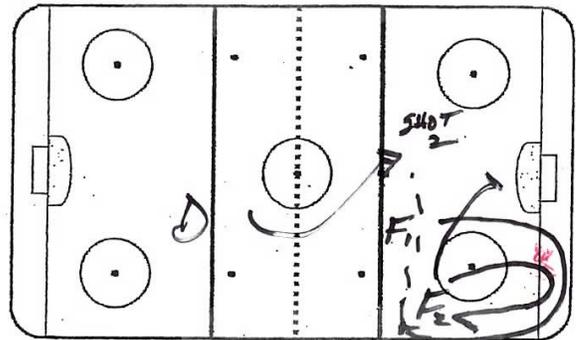
Part 1: Entry shot 1

F1 off wall with pass to D who has jumped out out NZ circle
 F1 follows pass and curls across ice to mirror pass from D to F2
 F2 starts across ice from F1 and enters NZ to receive pass from D
 F2 must skate to far blue line before opening to turn up ice to receive D pass
 F2 skates and passes to F1 at center ice line
 F1 kicks puck out to F2 at the blue line
 F2 shoots from dot line by top of circle
 F1 drives mid lane for rebound



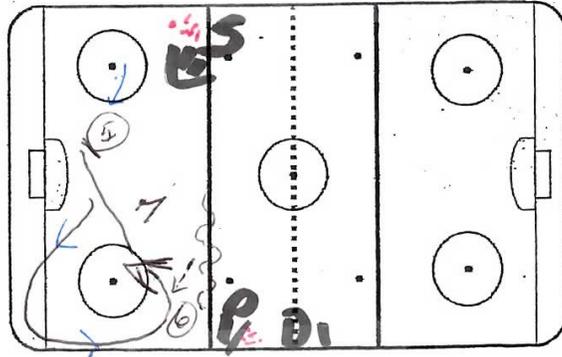
Part 2: Cycle and D shot 2

After shot F2 recovers a new puck on goal line and skates up wall to cycle puck down to F1 who has followed in corner
 F2 comes off cycle to drive to net front screen
 F1 skates up wall and passes to D who is mid-ice at blue line
 D has followed up ice after pass to F2 in NZ
 F1 after pass goes to net for rebound

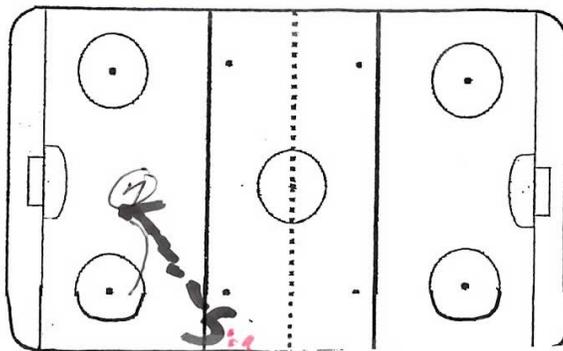


5. Player goes to net front to screen/tip point shot from same side D2

6. Player skates towards far corner and up wall to receive pass from D1 who has walked the puck to mid-ice; player shoots from top of circle to dot



7. Player skates to high slot mid-ice to deflect shot-pass from D2 with strong stick on ice



Individual skill drill for forwards

7 situational OZ shots

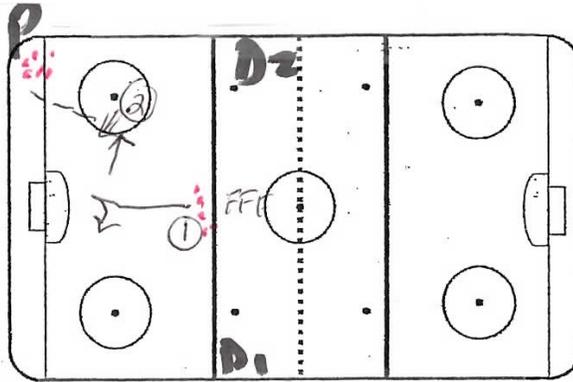
** can place Left shots in one end zone and Right shots in other end to allow players to be on forehand
D are passers and shooters

1. Breakaway

player starts mid-ice inside blue line

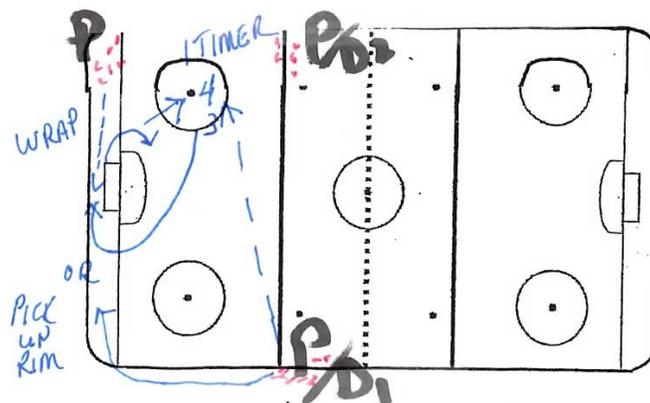
2. After shot or deke, player goes to circle to catch and quick release shot

pass comes from corner; shooter must position to receive pass across body, not facing corner and turning



3. After shot, player skates behind the net at far post to receive pass on forehand to wrap or walk out
**option would be for D1 at point to rim puck on dasher that player must catch to wrap or walk out

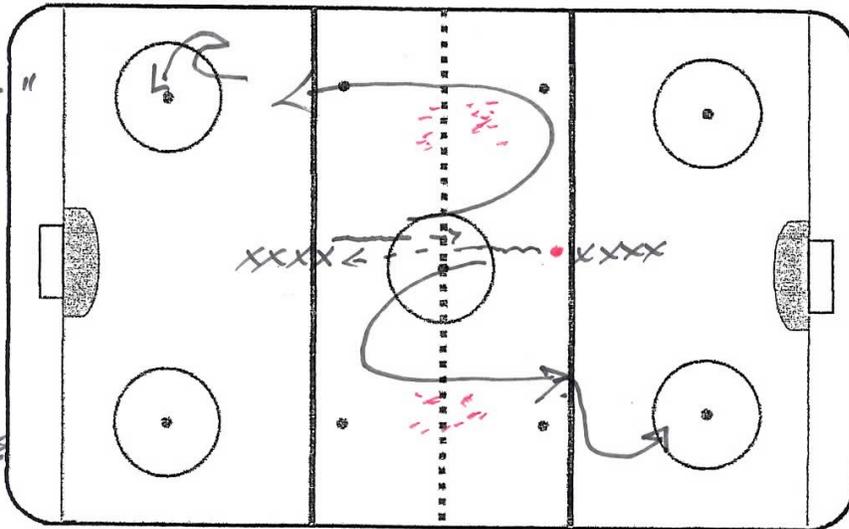
4. Player skates to circle dot on near side to receive pass from D1 at opposite point for 1 Timer



Practice Date: _____ Team: _____

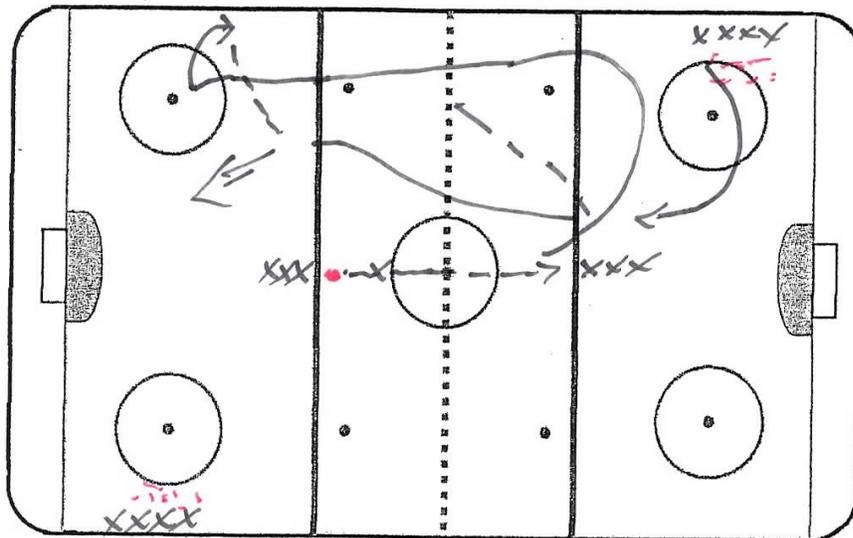
WARM UP DRILL TO EMPHASIZE PICK PROTECTION MOVES "OPTIONALITIES" ON ENTRIES

"OPTIONALITIES"
INSIDE/OUTSIDE
DRIVE
CROSBY 10-2
DE TIGHT TURN TO
WALL BACK
INSIDE
STUTTER STRIDE
TIGHT TURNS
GRAB THE BALL



ONLY 1 PUCK
IN MIDDLE
PASS TO NEXT
LINE BEFORE
CURLING TO
PICK UP PUCK
TO DRIVE

2 v 0 USING OPTIONALITIES ON ENTRY



1 PUCK IN
MIDDLE
PASS AND CURL
INSIDE/INSIDE
BLUE LINE OUT
TO WALL
X2 OFF WALL
INTO MID-ICE
PASS UP TO
X1

X1 MUST PERFORM
AN "OPTIONALITY" BEFORE
PASS TO X2 FOR SHOT