

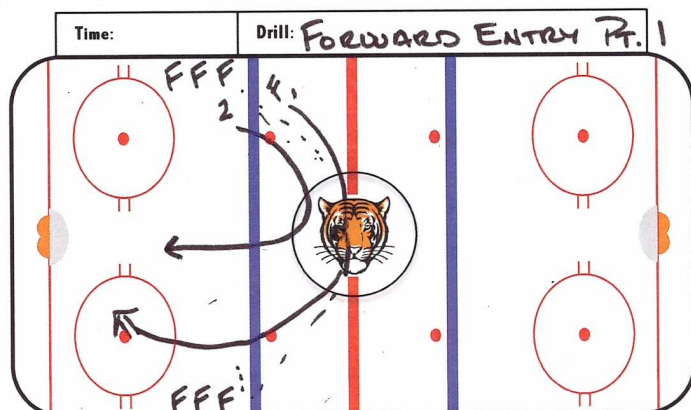


STAVROS PASKARIS - ASSISTANT COACH PRINCETON HOCKEY

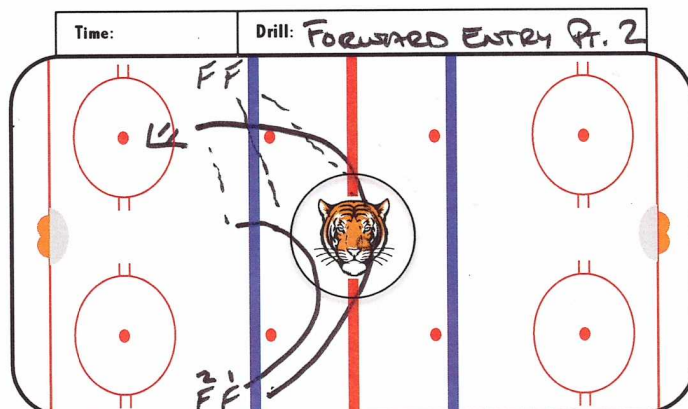


ON BOOKSHELF NOW: RANGE BY DAVID EPSTEIN

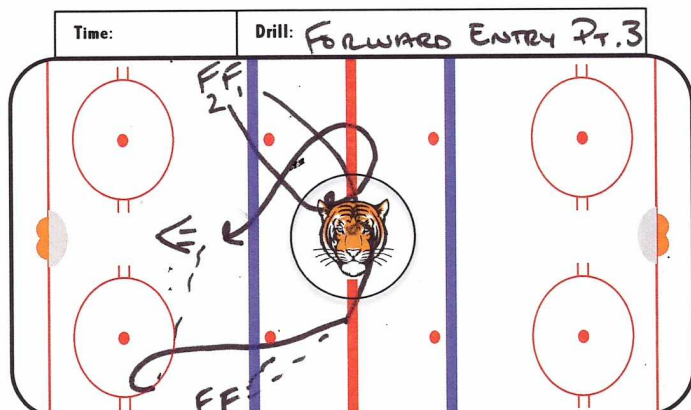
DATE: _____ DURATION: _____ FOCUS: _____



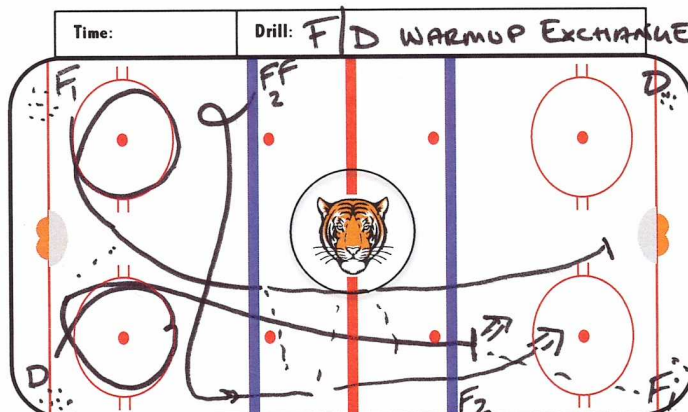
TOUCH PASS w/ Starting line,
open up → LINE: Go for
wide shot. F₂ DRIVES MIDDLE
OR AVAILABLE FOR DUMP OFF



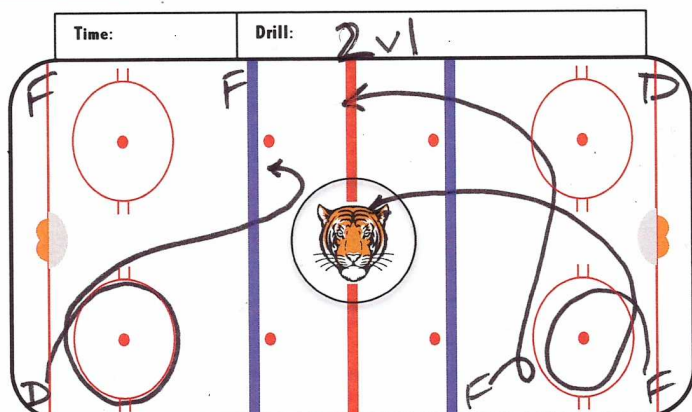
SAME START, FOLLOWING PASS
TO OPPOSITE LINE, PASS TO F₂ DRIVING
MIDDLE, KICK OUT FOR WIDE
SHOT



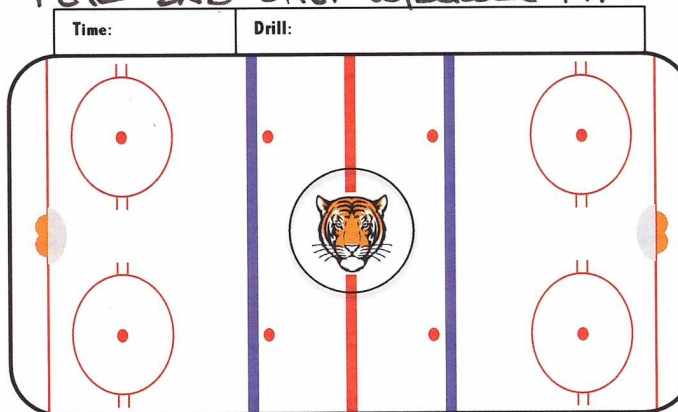
SAME START NOW F₂ FADES
AWAY CREATE DELAY. F₁ DRIVES
WIDE → PULL UP OR CUT BACK
TO LATE F₂ FOR SHOT



D: F₁ AROUND CIRCLE. F₂ DELAYS
THEN GETS TO OUTSIDE LANE. D MAKES
EXCHANGE w/ F₁ THEN KICKS OUT TO F₂
WIDE SHOT w/ NET DRIVE. D FOLLOWS
FOR 2ND SHOT w/ SCREEN TIP



CAN FINISH DRILL w/ DELAY
TO LATE D JOIN OR TURN
INTO 2v1



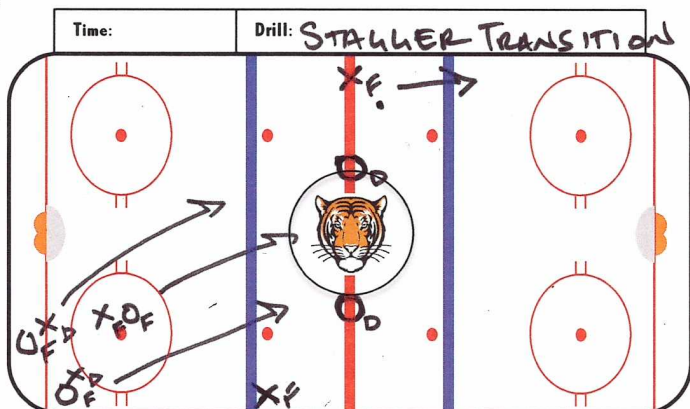


STAVROS PASKARIS - ASSISTANT COACH

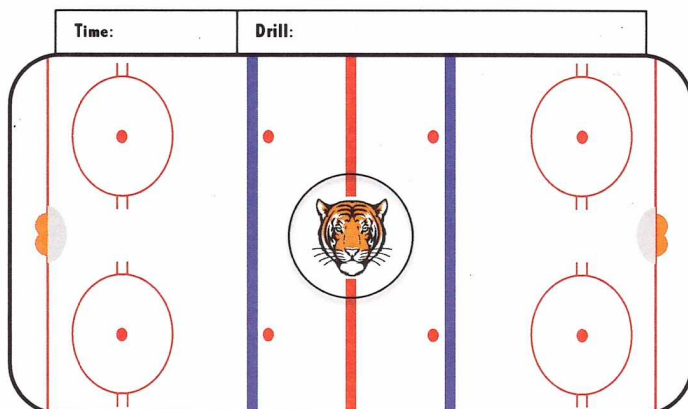
PRINCETON HOCKEY



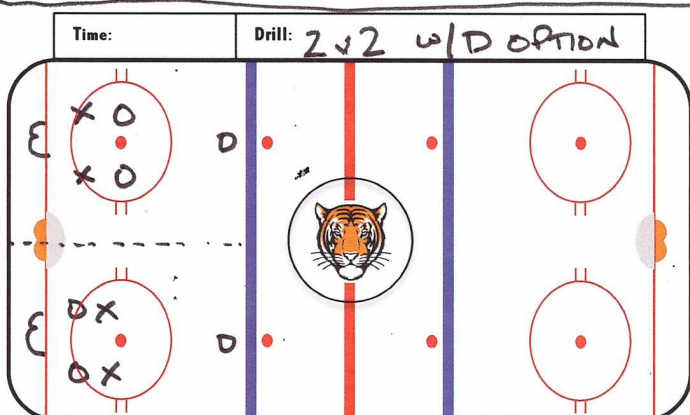
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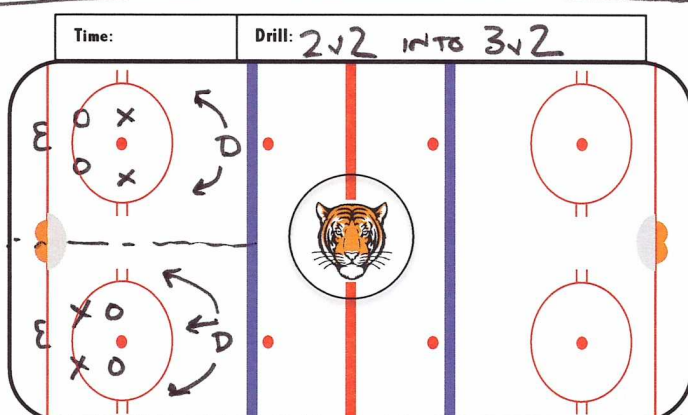
1ST WHISTLE 3v3 LOW PLAY
2ND WHISTLE XF WITH PUCK
ATTACKS. HAS TO GET PUCK
BELOW GOAL LINE BEFORE GOING TO NET



ENCOURAGE D TO JOIN, COMMUNICATE
AND IDENTIFY COMING BACK
INTO ZONE. SHOULDER CHECKS E1



2v2 SMALL AREA, DEFENDING
TEAM SENDS OVER TO OTHERSIDE



2ND PART -> D PUT INTO MOTION
TO CREATE 3v2 SITUATIONS
ON BOTH SIDES.

D AT POINT STATIONARY AND USED AS OUTLETS
AND FOR SHOTS

NOT ALLOWED TO CROSS MIDDLE

