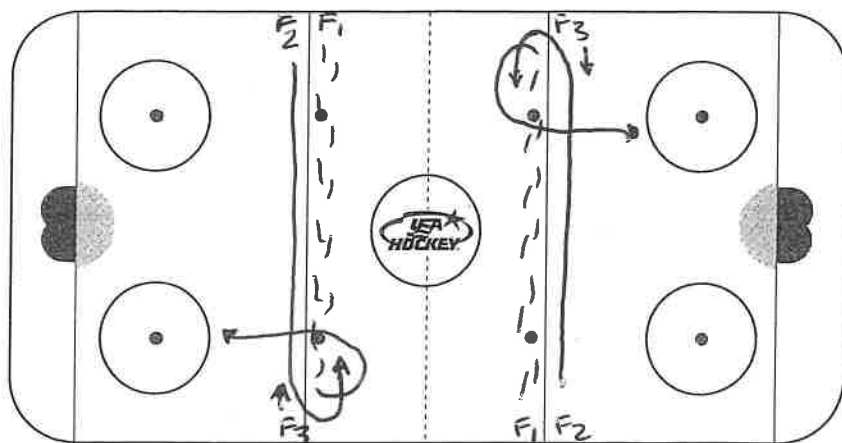




SYSTEM/DRILL DENNIS VICKERS - RICE MEMORIAL PREP

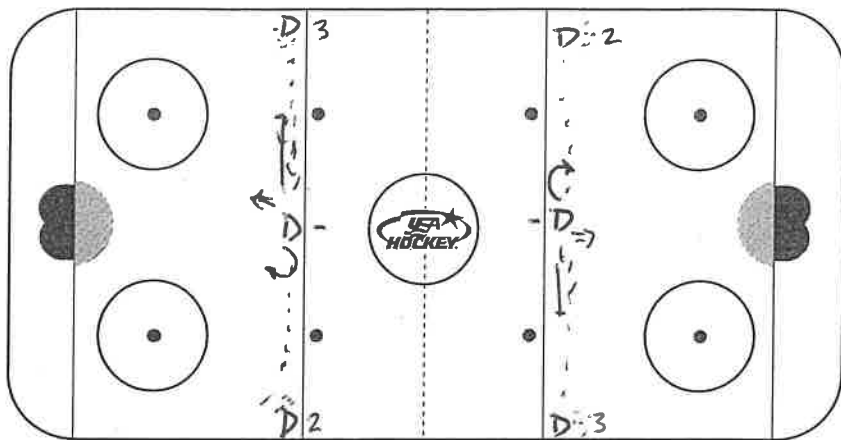
DRILL 4 WEEK CLUBS



Notes/Systems

Description

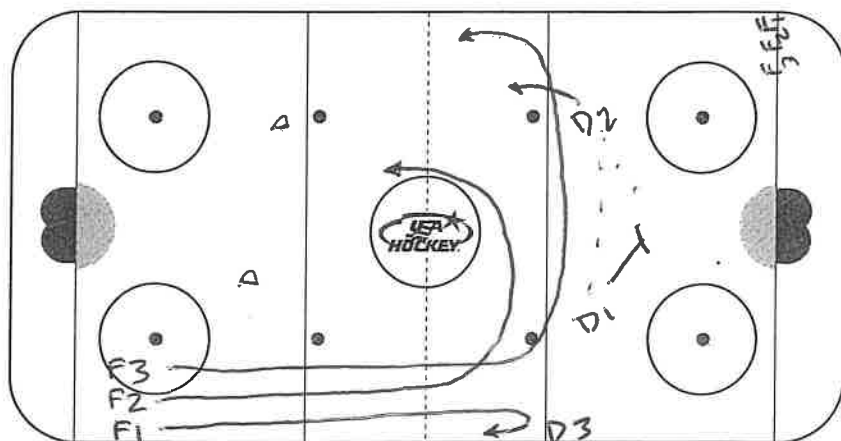
- FORWARD - DEFENSE SKILL
- FORWARD SKILL PUCK PROTECT
 - DRIVE DOTS FOR SHOT
 - F1 PUCK PROTECTS, MICHAWK, SHIELDS PUCK FROM F2 ACROSS BLUE LINE
 - F2 APPLIES LIGHT PRESSURE
 - AS F1 ESCAPES AND DRIVES FOR SHOT F2 BECOMES F1 AND F3 BECOMES F2 APPLYING PRESSURE
 - CONTINUOUS



Notes/Systems

Description

- FORWARD - DEFENSE SKILL
- DEFENSE ACTIVE FEET 4X
 - SHOT FROM POINT
 - D1 FACES RECEIVE PASS FROM D2
 - NO STICK HANDLE/RECEIVE LET HIPS AROUND PUCK AND SHOOT
 - D1 COUPLE STEPS TOWARDS D3 BACKPENDLE FOR ONE TIMER
 - REPEAT 2X

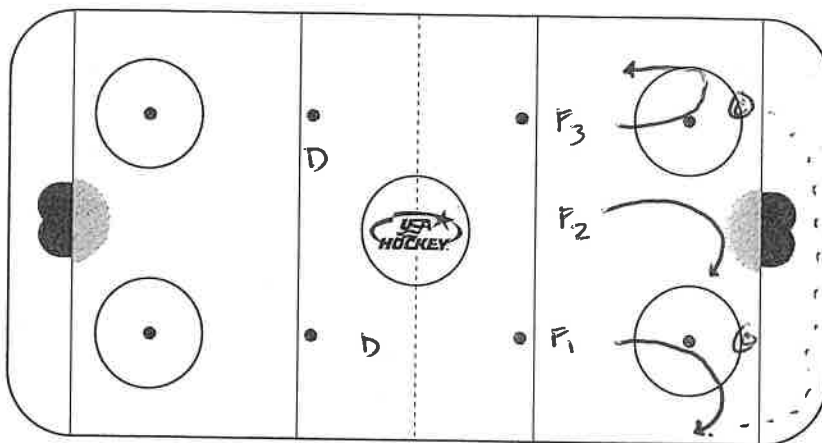


Notes/Systems - RUN BOTH SIDES SAME TIME
ONLY DRAW ONE SIDE

Description

- LA ROD REGROUP PROGRESSION
- F1 PASSES TO D1 AND POSTS UP LOW ON B/L
 - D1 PASSES TO D2 - D1 HINCHES BELOW FOR RETURN BACK TO F1
 - F2 PASSES TO D1 AND SWINGS LOW FOR PASS FROM D2 THROUGH MIDDLE
 - F3 PASSES TO D1 SWINGS WIDE FOR RETURN FROM D2 ATTACK TOGETHER 2ND
 - D3 REPLACE D1 - D1 REPLACE D2



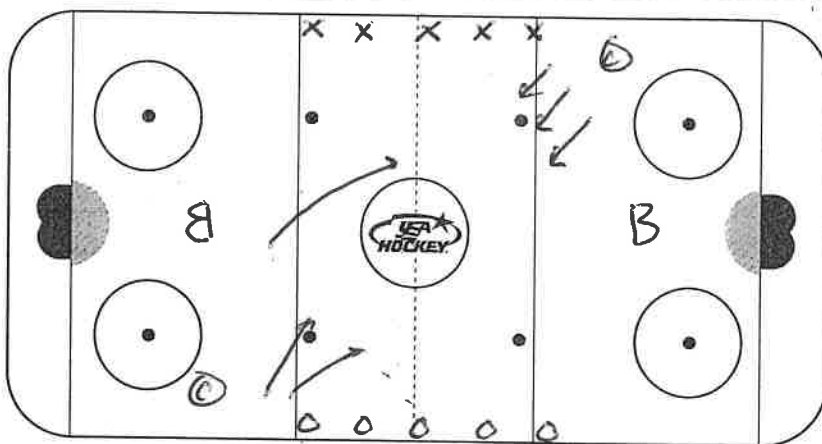


Notes/Systems

Description

UConn 3v0/3v2

- COACH PIMS PUCK FOR F1 TO RETRIEVE AND INITIATE BREAKOUT
- FOR BREAKOUT/REBOUND W/DEF IN NEUTRAL ZONE
- AFTER REBOUND ATTACK 3v0
- COACH PIMS 2ND PUCK FOR F3 TO INITIATE BREAKOUT AND ATTACK DEF 3v2

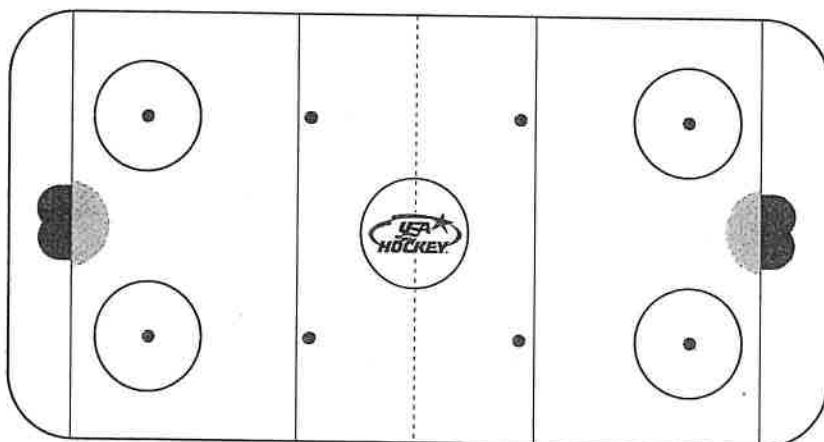


Notes/Systems

Description

Dakota 3v3 NEUTRAL ZONE

- FOCUS ON PUCK MOVEMENT AND ATTACK
- 3v3 IN NEUTRAL ZONE ON CHANGE OF POSSESSION HAVE TO PASS TO YOUR TEAM ALONG WALL BEFORE CAN ATTACK
- PUCK PUT IN PLAY ON MISSED SHOT PAST NET TO KEEP MOVING
- DEFENSE PLAY MAN ON MAN CANNOT DEFEND PLAYERS ON WALL



Notes/Systems

Description