



NORTHFIELD HOCKEY

Thursday, 8/7, 7:45-8:45am, practice, Structure, 3 nets

Next up: An excellent season

Focus: Game day

- 7:45 3-man weave—shot or pass at top of circle
- 7:52 3-3 keepaway→20 passes completed in/out of circles, best of 3
- 5-5 Endline→3, best of 3
- 3-3 QB→3, best of 5
- 2-2-2 regroup→3, best of 5
- 4-2 TO→3, best of 7
- 3-3 Handball→3, best of 3
- 8:45 RESURFACE

If hockey is life, passing is blood.

How can we SEE that we're outworking an opponent?

2-1 continuous/3-2 continuous, inside-out, hunt dots, 3-2 Cont. w/BC—D: talk, assign; O: talk, hunt dots—add RG on whistle, Scrums: 50-50 battles→5-5 both ends—pt. per zone/shot, Regroup/shot both ends, 3-option drive-shot, 2-2 Angle game—activate 3rd if turnover before half-line, Gap chase, Compass 8s, Pass-shot, Angling, 1-1/2-2 corners, Draws, 2-2-2, 3-3 cross-ice line-change, 1-1: D no stick, 2-1 corners—start w/Stepouts, Draws, Tips, Low PP options: , 3-option drive-shot 62 exchange—shot or pass at top of circles, Faceoffs→D-Zone Coverage/ Forecheck (F₃); Red Army 2-0, alternate sides; 3am PP; 3-puck low; 4-2 TO—1-second limit; Laurence PP—5-3: shift into 1-3-1, Double Regroup Gap-read—alternate ends, Holland 1-1, 2-1

LIBRARY

Mindwork:

Season Plan

A worthwhile preseason video

Think Ahead

Some key words and concepts

Hibbing thoughts—playing fast

Faceoffs

Game pages links to video and analysis page for games

The Little Book of Talent —on-line version

Hidden Talents podcast. Trim the fat.

Make mistakes at full-throttle. Correct them. Make new ones.

Mental exercise book

A good power play

Timing—5 minutes looking at Alex Debrincat, a slow smaller player who gets more shots than 94% of NHL players. The 3-second rule can help us get more and better shots. Find the space, and time it so you get to the lane when the puck does. You don't have to crash the net or take on defenders to support the puck very effectively.

What Coach Mulligan said

For home: Soft Hands training (link on team page)

- quick-quick-quick in front
- q-q-wide, q-q-wide in front
- q-q-q on the side
- q-q-q all the way around
- toe-pulls back and over

- Russian dribbling—blade stays on ice
- Figure 8 stationary—two pulls
- Figure 8 turning—protect puck
- Jump spin-w/puck in one place, quickly rotate body 180°
- Pendulum—one player behind, sweeping stick on ice as the standing

- player stickhandles and steps over the moving stick
- Bounce puck in the air and catch it on your blade—easier with a ball, but definitely builds eye-hand coordination and soft hands
- Fancy copers—amaze us

Drills

<p>3-zone warm-up Habits warm-up—edges and passing Backward chase—push-ups Compass 8s QH&F Puck protect 1-1 Square passing Moving square passing Circle passing In-zone passing Q1 UND Pass-shot warm-up Pass-shot drill Quick-shot cycles Sauer 3-line shoot/pass Puck protection sequence Competition Skate Swedish loop Holland 1-1, 2-1 E-D Doubling</p>	<p>Corner cycle-shot 3-option drive-shot Laurence PP Dasani Stordahl Board play 62 exchange 3 x 1-1 Quick cross 2-1 2-1 1/2-ice 2-0 w/BC 2-1 continuous Headman 2-1 2-2 - D2D Activate 2-2 Battle w/Regroup D: Continuous Breakout Pinch regroup Rim 2-2 Poker 2v2 3-3 1-touch 3-3 regroup</p>	<p>2-2-2 regroup Double regroup 2-1 3-2 Cont. w/BC Multi-shot Regroup Double Regroup Gap-read 2-2 2-way Read the Rush 3-battle 5-5 Endline 2-2 Angle game—activate 3rd if turnover before half-line Brett Hull/Larry Robinson cross-ice 3-4 BO w/counter-attack 2-3 half-zone—how long can 2 keep puck from 3? 4-2 Turnover 3-3 QB—hard out and sprint to other end after each rep 2-2-2 narrow, 1/2-ice if 1 Goalie Laurence PP Options 1/2/3 Low PP options: Red Army, 3am Backward chase 3-puck low—3-3 DZC Passing circles—chaos circle</p>	<p>Hunt the dots 3-3 QB—1 above circles, 3-second rule 5-3 PK and PP, including faceoffs—if we do any PP work, let's start with the PK in possession and work on getting the puck (and keeping it away) 4-4 Endline→3, winners rest D: Footwork: Step-outs v. crossovers, quiet v. loud/Continuous BO/Regroup/shot, 1-T wristers F: ? Rims, Angling Drills, Chute angling, 1-T technique (add from knee/bad pass), Draws, Screens/Tips, Hand passes?Stepouts 1-1 Race to the net Middle-Middle - 1-1 Figure 8 Puck Possession</p>	<p>Breakout-Regroup (BORG) Shoulder check/Rim support Regroup/shot Playing off-handed? Coverage and intentional backchecking 3-3 low 3-puck, Tikhonov 3-1 3-3 high 3-2 continuous Draw technique Face-offs PK/PP Something that keeps F3 from crowding net on offense Quick movement passing—4-2 TO, 6-2, etc. Angling Stordahl from DZC: Corner wing BO - D jump to fill lane 1-1→2-2→3-3—work on quick support, 3-2 high - working on correct rotation of F's on PK Goalie movement HS skills videos</p>
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Once A week:

- How are you feeling about your role on the team? 1-5. Explain
- Your play? Explain
- Team culture? Explain
- Thoughts, comments, concerns?
- Want a meeting? Coach Cloud and Coach Fish

Watch at least 2 minutes of Shattuck game—what do you notice? What do we need to do to compete with these guys?

First couple minutes of Hopkins game

1-1 Race to the net

Summer Goals

Mindwork: Using the dots: Forwards
Defense

Three main areas for improvement:

- Win puck battles,
- On-ice talk,
- Fully engage away from the puck

Some key words and concepts

Next year will be tougher. So will you.

Study 1-3-1 power play—notice triangle options



2-0 w/BC
2-0 x 5
2-1 ½-ice
2-1 continuous
2-2 - D2D Activate
2-2 2-way
2-2 Angle game—activate 3rd if turnover before half-line
2-2 Battle w/Regroup
2-2-2 narrow, ½-ice if 1 Goalie
2-2-2 regroup
2-3 half-zone—how long can 2 keep puck from 3?
3 x 1-1
3-0 Doubling
3-2 Cont. w/BC
3-2 continuous
3-3 1-touch
3-3 continuous cross-ice
3-3 high
3-3 low 3-puck, Tikhonov 3-1
3-3 QB—1 above circles, 3-second rule
3-3 QB—hard out and sprint to other end after each rep
3-3 regroup
3-4 BO w/counter-attack
3-battle
3-option drive-shot
3-puck low—3-3 DZC
3-zone warm-up
4-2 Turnover
5-3 PK and PP, including faceoffs—if we do any PP work, let's start with the PK in possession and work on getting the puck (and keeping it away)

5-5 Endline→3, winners rest
Angling Stordahl from DZC: Corner wing BO - D jump to fill lane 1-1→2-2→3-3--work on quick support, 3-2 high - working on correct rotation of F's on PK
<u>Backward Chase</u>
62 exchange
Board play
Breakout-Regroup (BORG)
<u>Brett Hull/Larry Robinson cross-ice</u>
<u>Bumper Cars</u>
<u>Circle passing</u>
<u>Compass 8s</u>
<u>Competition Skate</u>
Coverage and intentional backchecking3-3 low 3-puck, Tikhonov 3-1
D: Continuous Breakout
Corner cycle-shot
D: Footwork: Step-outs v. crossovers, quiet v. loud/Continuous BO/Regroup/shot,1-T wristers
Dasani
Double Regroup Gap-read
Double regroup 2-1
Draw technique
F: ? Rims, Angling Drills, Chute angling, 1-T technique (add from knee/bad pass), Draws, Screens/Tips, Hand passes?Stepouts
Face-offs
<u>Figure 8 Puck Possession</u>
<u>Gap Chase</u>
<u>Goalie movement</u>
<u>Habits warm-up—edges and passing</u>
Headman 2-1
Holland 1-1, 2-1

Hunt the dots
IHS skills videos
In-zone passing
Kaprizov Mohawks
Laurence PP
Laurence PP Options 1/2/3
Low PP options: Red Army, 3am Backward chase
Middle-Middle - 1-1
Moving square passing
Multi-shot Regroup
O3
Pass-shot drill
Pass-shot warm-up
Passing circles—chaos circle
Passing Square
Pinch regroup
PK/PP
Playing off-handed?
Poker 2v2
PP for offense
Puck protect 1-1
Puck protection sequence
QH&F
Quick cross 2-1
Quick movement passing—4-2 TO, 6-2, etc.
Quick-shot cycles
Read the Rush
Regroup/shot
Rim 2-2
Sauer 3-line shoot/pass

Shoulder check/Rim support

Something that keeps F3 from crowding net on offense

Square passing

Standard warm-up—edges and passing

[Stordahl](#)

Swedish loop

UND

[Whatever](#)