



ROCHESTER HOCKEY

Wednesday, 12/3, 8:00-9:00pm, shared practice w/ PWB White, Graham 1, 4 nets

Next up: Thursday, 12/4, 6:30-7:30pm, solo practice, Graham 1, 4 nets



Focus: improve play away from puck

- 7:55 Habits warm-up—edges/passing—4 nets: goal lines @ dots
- 8:06 In-zone passing
- 8:12 2-2 continuous narrow—pass early
- 8:19 Split: 1-1, 2-2 corners
- 8:28 Pinch regroup
- 8:38 Pinch to O
- 8:47 2-2 circle
- 8:55 3-puck low, 3-3—away from puck
- 9:00 RESURFACE

Staff:

- Dave van Eijl (DvE)
- Andrew Hoffman (AH)
- Mike Vance (MV)
- Corey Sursely (CS)
- Tony Donahue (TD)
- Jon Fritz (JF)
- Nathan Mannix (NM)
- Ryan Pendergast (RP)
- Chris Fritsch (CF)
- Matt Notermann (MN)
- Will Fish (WF)

Team Fritz	Team Fritsch
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Seelhammer	Fritz	Hagan
Pendergast	Stacken	Notermann
Fritsch	Stephens	Sursely
Murphy		
Johnston	Darval	
Donahue	O'Sullivan	
	Penz/Mannix	

If hockey is life, passing is blood.

Mindwork:

- Some useful ways to look
 - Knowledge/Awareness—a key to insight and self-realization
 - Ability/Awareness—a key to skill/habit building
 - Importance/Urgency—a key to perspective and priority

Using the dots: **Forwards**
Defense

Blind c/F₃, OZ D gap, bluelines

Next: shooting, angling, coverage 2-2 - D2D Activate Stordahl, Regroup/shot, 5-5 Endline→3, winners rest, Laurence PP, O's races side-by-side Rim 2-2 3-option drive-shot w/F coming high, 3-1 zone entry, 3-3 cross-ice—pass behind net, 3-puck low, 3-3 one-touch 4-2 turnover 2-2 Angle game—activate 3rd if turnover by halfline Front crossovers—cross under Back crossovers—reach toward the dot Pioneer 1-1, 2-2 2-net variation

Solo: Headman 2-1, 2-1 continuous BORG Angle NZ Whatever 5-5 NZ scrum Compass/Compass 8s 2-2-2 regroup Pinch regroup

Hunter Darval—get well; partner support positioning

Easton Donahue—tight gap, inside-out

Landon Fritsch—get a guy and stick with him, shoot low

Jamison Fritz—support BO from below, distribute to build linemates, assess shifts by possession: which team had the puck after me?

Pierce Hagan—slashing, diagonal attack

Kody Johnston—get low on two feet; game stewardship; eyes-up, inside-out, body-first defending

Ian Mannix—hands forward, out and challenging, eyes up

Micah Murphy—quick hands game

William Notermann—balance on turns—shoulders level; quick release

Desmond O'Sullivan—manage injury, quick stepouts both ways

Jayson Pendergast—flat, quick, catchable passes; inside-out; keep moving quickly

Henry Penz—quick recovery

Logan Seelhammer—build on good protection skills, add quickness

Ansel Stacken—look for stretch, attack at angles, quick shots

Maxwell Stephens—refocus, good outlets

Carter Sursely—hands free from body, better ankle support, strong on puck



<p>Drills</p> <p>3-zone warm-up</p> <p>Habits warm-up—edges and passing</p> <p>Kaprizov Mohawks</p> <p>Mirror stopping Bumper Cars</p> <p>Backward Chase Gap Chase</p> <p>Move and Move II</p> <p>Iron Cross w/pucks QH&F</p> <p>Square pass Circle passing</p> <p>In-zone passing</p> <p>Pass-shot warm-up</p> <p>Passing Square</p> <p>Moving square pass</p> <p>Compass passing</p> <p>Pass-shot drill 3-0 Doubling</p> <p>O's UND Quick-shot cycles</p> <p>Huntsville D retrieval support</p>	<p>Board play 2-1 1/2-ice</p> <p>2-2 2-way Swedish loop</p> <p>Big Wheel passing Inside eggbeater</p> <p>Bruin warm-up Pencil 2-0</p> <p>Sauer 3-line shoot/pass</p> <p>2-0 x 5 2-0 BC Game</p> <p>Puck protection sequence Competition skate</p> <p>Bank Swing</p> <p>Old School 1-1, 2-1</p> <p>Danger Zone 1-1</p> <p>Puck protect 1-1</p> <p>1-1 Open-ice angling</p> <p>1-1 net front Mine 2-2 variation</p> <p>Quick-cross 2-1 Rim 2-2 2y2v2Gap</p> <p>2-2 Angle game—activate 3rd if turnover by halfline</p> <p>Lindenwood Anticipation</p>	<p>Holland 1-1, 2-1</p> <p>3 x 1-1 Board play</p> <p>2-1 1/2-ice 2-2 2-way</p> <p>2-0 w/BC 2-1 Quick RG</p> <p>2-1 continuous</p> <p>Headman 2-1</p> <p>Puck protection sequence</p> <p>2-3 continuous cross-ice</p> <p>2-2 - D2D Activate</p> <p>2-2 Battle w/Regroup</p> <p>D: Continuous Breakout</p> <p>Pinch regroup</p> <p>Pinch regroup</p> <p>Pioneer 1-1, 2-2</p> <p>3-option drive-shot</p> <p>Laurence PP Dasani</p> <p>Pinch to O</p>	<p>Stordahl Poker 2v2 2-2-2 regroup 3-2 Cont. w/BC</p> <p>Double regroup 2-1 Multi-shot Regroup 3-battle</p> <p>Double Regroup Gap-read Read the Rush</p> <p>3-3 1-touch 4-2 side-by-side Play Fast game</p> <p>2-1 continuous</p> <p>5-5 Endline 2-2 Point shots corner Whatever</p> <p>Countdown Rush Brett Hull/Larry Robinson cross-ice</p> <p>4-2 Turnover 3-3 QB—hard out and sprint to other end after each rep</p> <p>2-2 continuous narrow, 1/2-ice if 1 Goalie</p> <p>2-2 corner to 5-5 chase 5-5 Endline→3, winners rest</p> <p>Laurence PP Options 1/2/3 3-puck low→3-3 DZC</p> <p>Low PP options: Red Army, 3am</p> <p>Passing circles—chaos circle</p> <p>3-3 QB-1 above circles, 3-second rule</p> <p>5-3 PK and PP, including faceoffs—start w/ PK in possession—PP get the puck</p>	<p>Hunt the dots D: Footwork: Step-outs v. crossovers, quiet v. loud/Continuous</p> <p>BO/Regroup/shot, 1-T wristers Playing off-handed?</p> <p>Middle-Middle - 1-1 Figure 8 Puck Possession</p> <p>Breakout-Regroup BORG Shoulder check/Rim support Regroup/shot</p> <p>PP for offense Coverage/intentional backchecking</p> <p>3-3 low 3-puck, Tikhonov 3-1 1-1 Race to the net</p> <p>3-3 high 3-2 continuous Draw technique Face-offs PK/PP</p> <p>Something to keep F₁ from crowding net on offense</p> <p>Quick movement passing—4-2 TO, 6-2, etc.</p> <p>Angling Stordahl from DZC: Corner wing BO - D jump to fill lane</p> <p>1-1→2-2→3-3—work on quick support, 3-2 high - working on correct rotation of F's on PK 5-3 PP/PK</p> <p>F: ? Rims, Angling Drills, Chute angling, 1-T technique (add from knee/bad pass), Draws, Screens/Tips, Hand passes? Stepouts, Shoulder checks, and Regroup-Shot for D</p> <p>Goalie movement Goalie commands</p>
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Think of common situations and terms

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

Lessons from Florida's cup run

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

Become a Referee—give back to the game while learning it more deeply, work on skating and scanning skills, make bank

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, stationary
- 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 capers—amaze us

Power Play Habits

- Outwork them—Outnumber at any loose puck
- Face play—Clean, crisp forehand-to-forehand passes
- Don't stickhandle, pass, or shoot through them
- Work on our terms—set up quickly where we want to be
- Reset if we need to—no desp forces
- Break someone down—find the 2-1
- Patiently relentless—make them stop/start, grind them, wolves circling prey
- Put it in the rectangle!

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](#)

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.

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 Fish](#)