



# NORTHFIELD HOCKEY

## Summer Goals —puck battles, on-ice talk, engage away from the puck

Tuesday, 6/24, 8:30-8:45am, Mindwork (upstairs): common situations/terms, 9:00-9:45am skating/goalie practice, Structure, 1 net

**Next up:** Wednesday, 6/25, 7:45-8:45am, practice, Structure, 3 nets

**Focus:** form good habits: talk, engage away from the puck

**8:30 Mindwork: Communication**—common situations, good options, and the terms that can help; blindfolds

**9:00 Skating/goalie practice**

**9:45 RESURFACE**

**Mindwork: For Wednesday**—come up with a way to start practice that addresses one of the three main areas for improvement

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

**Tuesday:** skating is very important



**Goals:**

- Killer D
- Own the puck
- Gain zones

Do the right things. Do them right, then do them fast.

**Study 1-3-1 power play**—notice triangle options  
**How can we SEE that we're outworking an opponent?**

If hockey is life, passing is blood.

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 (F<sub>3</sub>); 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 Standard warm-up—edges and passing Backward chase—push-ups Compass 8s QH&amp;E Puck protect 1-1 Square passing Moving square passing Circle passing In-zone passing OZ UND Pass-shot warm-up Pass-shot drill Sauer 3-line shoot/pass Puck protection sequence Competition Skate Board play Corner cycle-shot Holland 1-1, 2-1</p>	<p>2-2 exchange 3 x 1-1 2-1 1/2-ice 2-0 x 5 2-0 w/BC 2-1 continuous Headman 2-1 2-2 D2D Activate 2-2 Battle w/Regroup D: Continuous Breakout Pinch regroup 3-option drive-shot Laurence PP Dasani Stordahl Poker 2v2 2-2-2 regroup Double regroup 2-1 3-2 Cont. w/BC Multi-shot Regroup</p>	<p>Double Regroup Gap-read 2-2 2-way Read the Rush 3-battle 5-5 Endline Brett Hull/Larry Robinson cross-ice 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 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) Hunt the dots</p>	<p>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, Shoulder checks, and Regroup-Shot for D BORG Read the Rush 1-1 Race to the net Middle-Middle - 1-1 Figure 8 Puck Possession Breakout-Regroup (BORG) Shoulder check/Rim support Regroup/shot Swedish loop</p>	<p>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