



NORTHFIELD HOCKEY

Friday, 11/8, practice w/U15, 5:30-6:45pm, [Faribault Arena](#)—3 nets

Next up: Saturday, 11/9, game @ Dodge County, 10:15am, [Four Seasons Arena, Kasson](#), locker room 9:15am



Focus: form good habits: play as a team—same page

- 5:30 **Standard warm-up—edges**
- 5:36 **In-zone passing**—2-pucks: start w/1 & 3
- 5:42 **UND**—2 nets, 3 passes
- 5:48 1-1 corners, D no stick; 2-2 corners
- 5:55 **3-option drive-shot**—WS high & low
- 6:02 **Stordahl**—rims, C: talk
- 6:10 PK/PP
- 6:19 3-puck low
- 6:28 3-3 QB
- 6:37 4-2 turnover side-by side
- 6:45 **RESURFACE**—theory?

DRYLAND:

Push-ups: 3x15

Dryland 6:50-7pm

Managing time, practices

Vets: Bulldog, Salad, **Owen**, Ben-G, and the Big Rig

Mindwork assignment: 11-8-24

- Read **A theory about turkeys**, and
- watch first 90 seconds of the **New Prague game**

1-1: D no stick, 2-1 corners—start w/Stepouts
 NZ scrum→3-2, FC lanes: SSW→D, C→C, WSW read,→WSD
 Faceoffs→D-Zone Coverage/ Forecheck (F₃)
 3-2: L-support, DZC/PK
 JS BB: relaxation exercise

If hockey is life, passing is blood.

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](#)

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!

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 capers—amaze us

Drills

<p>3-zone warm-up Standard warm-up—edges and passing Backward chase—push-ups QH&F Puck protect 1-1 Square passing Moving square passing Circle passing In-zone passing OI UND Pass-shot warm-up Sauer 3-line shoot/pass Puck protection sequence Competition Skate Beard play Holland 1-1, 2-1 3 x 1-1 2-1 1/2-ice</p>	<p>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 Double Regroup Gap-read 2-2 2-way</p>	<p>Read the Rush 3-battle 3-3 Endline Brett Hull/Larry Robinson cross-ice 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 2-2-2 regroup 3-3 QB—1 above circles, 3-second rule 3-3 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</p>	<p>D: Footwork: Step-outs v. crossovers, quiet v. loud/Continuous BO/Regroup/shot, 1-T wrists F: ? Rims, Angling Drills, Chute angling, 1-T technique (add from knee/load 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 Playing off-handed?</p>	<p>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 IHS 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?
- Meeting?