



NORTHFIELD HOCKEY

Friday, 12/20, practice w/SqA, 8:00-9:00 pm, Shattuck—Parise, 3 nets; Out: LS, BB

Next up: Saturday, 12/21, game v. Shakopee, 3pm, Structure, locker room 2pm

Hedding	Steward	Benjamin
VanSickle	Sewanan	
Wildebaum	Schmitt	Brodley
Puckett	Smith	
London	Hallman	



- Focus:** form good habits: **shoot for rebounds**—aim small miss small
- 8:00 Woodshedding—shooting low with power: follow-through low: **Pass-shot #1**—shots for rebounds, both corners
 - 8:07 **Corner cycle-shot**—shots for rebounds, both corners
 - 8:14 2-2 cross-ice, score in either net—shots for rebounds
 - 8:21 Backward chase
 - 8:26 3-3 QB—>5 shots; best of 3, winners rest
 - 8:33 Angling 2-1—shots for rebounds
 - 8:41 PP/PK 5-3, 5-4—find the 2-1
 - 8:52 4-2 TO, 1-sec. limit
 - 9:00 RESURFACE

DRYLAND:
Dryland warm-up
 Push-ups: 3 x 20

Dryland 7:15pm

Are you working to grow your craft? If you aren't, you shan't.

Mindwork: Put together a pre-ice plan for another team. What you want to have done vs. what you can get away with. Study **1-3-1 power play**—notice triangle options and reactions in support when puck moves. 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** 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 (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; 3-3 cross-ice tag-up—shots for rebounds

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 capers—amaze us

Drills

3-zone warm-up Standard warm-up—edges and passing Backward chase—push-ups QH&E Puck protect 1-1 Square passing Moving square passing Circle passing In-zone passing QI 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 62 exchange	3 x 1-1 2-1 ½-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 3-option drive-shot Laurence PP	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, ½-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)	4-4 Endline —3, winners rest D: Footwork: Step-outs v. passovers, 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	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 IHS skills videos
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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 Mulligan** and **Coach Fish**