NORTHFIELD HOCKEY
Thursday, 2/15, solo practice, 4:15-4:45pm, Structure, team meal at George's after practice
Next up: Friday, 2/16, game v. Winona, 6:15pm, Structure

Gilbertson B Jenson Kennelly
Sorem Steward Benjamin
Stanford/Peters/Morrow/Muñoz
Van Sickle Bradley
Schmidt O Jenson
London

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

Focus: **Take good care of the puck.** **Tennis-ball catches—soft hands**
Playoffs— equipment, sticks, H_2O, mouthguards, spare hardware, etc.
Pre-ice: 6-5 OZFO
4:15 Passing—Narrow-wide
4:21 Passing—4 NZ dots
4:30 SAG:
4:42 Compass
4:45 RESURFACE—Push-ups: 3 x 10, leg raises: 3 x 15 seconds

Mindwork assignment:
D9 Tournament Bracket
Game pages links to video and analysis page for games

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
- Break someone down—find the 2-1
- Patiently relentless—make them stop/start, grind them, wolves circling a moose

The hay is in the barn,

Mindwork:
Game pages links to video and analysis page for games
Faceoffs Think Ahead
Hibbing thoughts—playing fast
Some key words and concepts
A worthwhile preseason video
Season Plan
***The Little Book of Talent* —on-line version**
Hidden Talents podcast. Trim the fat. Make mistakes at full-throttle. Correct them. Make new ones

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&F Square passing Moving square passing O's UND Holland 1-1, 2-1 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 regroups 3-option drive-shot Laurence PP Dasani Stordahl Poker 2v2 2-2-2 regroup Double regroup 2-1 3-2 Cont. w/BC Read the Rush 3-battle 5-5 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, 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 Playing off-handed?	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	Coverage and intentional backchecking3-3 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