



# ROCHESTER HOCKEY

Saturday, 12/13, 6:45-8:00pm, solo practice, Graham 4, 2 nets

Next up: Saturday, 12/13, 6:45pm, Game v. Mankato Gray, Graham 2, Locker room 5:45pm



### Focus: improve play away from puck

- 6:40 Habits warm-up-edges/passing—4 nets: goal lines @ dots
- 6:51 Puck protect 1-1, 2-2, 2 nets at each end, lengthwise reps
- 6:59 Split: D—Continuous BO  
F—3-1, Hunt the dots
- 7:06 BORG
- 7:14 5-5 from NZ scrum
- 7:22 3-option drive-shot—3 Fs, 1 net—1 net NZ side, loose pucks
- 7:30 Laurence PP
- 7:38 3-3 keepaway
- 7:45 Headman 2-1
- 7:53 3-3 QB—away from puck
- 8:00 RESURFACE

Staff:

- 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:

- Trim the fat
- 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/F<sub>3</sub>, 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—legs independent of hands, long strides, partner support

Easton Donahue—tight gap, inside-out, find space

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 up and forward, out and challenging, eyes up; tough on loose pucks

Micah Murphy—quick hands game, higher cruise speed, strong on pucks, quickness in general

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

Desmond O'Sullivan—quick stepouts both ways; own the puck—quick shots, firm outlet/partner passes

Jayson Pendergast—flat quick passes; inside-out; strong on skates—keep moving quickly

Henry Penz—quick recovery

Logan Seelhammer—build on good protection skills, add quickness

Ansel Stacken—attack at angles, quick shots, find space to pass-&-go low

Maxwell Stephens—refocus, higher cruise speed; win battles, maintain D-side

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



### Drills

3-zone warm-up Habits warm-up-edges and passing Kaprizov Mohawks Mirror stopping Bumper Cars Backward Chase Gap Chase Move and Move it DZ Breaker Iron Cross w/pucks QH&F Square pass Circle passing In-zone passing Pass-shot warm-up Passing Square Moving square pass Compass passing Pass-shot drill 3-0 Doubling O's UND Quick-shot cycles	Huntsville D retrieval support Board play 2-2 2-way Swedish loop Big Wheel passing Inside eggbeater Bruin warm-up Pencil 2-0 Sauer 3-line shoot/pass 2-0 x 5 2-0 BC Game Puck protection sequence Competition skate Bank Swing Old School 1-1 2-1 Seabiscuit 1-1 Danger Zone 1-1 2-2 Hurricane Puck protect 1-1 Whip 1-1 1-1 Open-ice angling Russian 1-1 1-1 net front Mine, 2-2 variation Quick-cross 2-1 Rim 2-2 2v2v2Gap 2-2 Angle game—activate 3rd if turnover by halfline Lindenwood Anticipation Quick Strike 3-2	Holland 1-1 2-1 3 x 1-1 Board play 2-1 1/2-ice 2-2 2-way 2-1 Quick RG or 2-0 w/BC 2-1 continuous Headman 2-1 Pinch regroup 3-3 continuous cross-ice 2-2 D2D Activate 2-2 Battle w/Regroup D: Continuous Breakout Pinch regroup Pioneer 1-1 2-2 3-option drive-shot Laurence PP Dasoni	Stordahl Paker 2v2 2-2-2 regroup 3-2 Cont. w/BC Double regroup 2-1 Multi-shot Regroup 3-battle Double Regroup Gap-read Read the Rush 3-3 1-touch 4-2 side-by-side Play Fast game 5-5 Endline 2-2 Point shots corner Whatever Countdown Rush Brett Hull/Larry Robinson cross-ice 4-2 Turnover 3-3 QB-hard out and sprint to other end after each rep Pinch to O Sedin 3-2 2-2 continuous narrow, 1/2-ice if 1 Goalie 3-2 corner to 5-5 chase 5-5 Endline→3, winners rest Laurence PP Options 1/2/3 Low PP options: Red Army, 3am 3-puck low-3-3 DZC Passing circles—chaos circle 3-Puck Tip w/RG 3-3 QB-1 above circles, 3-second rule 5-3 PK/PP, w/FO—start w/ PK possession—PP get puck	Hunt the dots D: Footwork: Step-outs v. crossovers, quiet v. loud/Continuous BO/Regroup/shot, 1-T wristers Playing off-handed? Middle-Middle - 1-1 Figure 8 Puck Possession Breakout-Regroup BORG Shoulder check/Rim support Regroup-shot w/slot PP for offense Coverage/intentional backchecking 3-3 low 3-puck, Tikhonov 3-1 1-1 Race to the net 3-3 high 3-2 continuous Draw technique Face-offs PK/PP Something to keep F <sub>3</sub> from crowding net on offense Quick movement passing—4-2 TO, 6-2, etc. PP End-to-End 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 5-3 PP/PK Goalie movement Goalie commands 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 3-puck tip drill w/RG
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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