



NORTHFIELD HOCKEY

Tuesday, 2/25, practice, 7:30-8:30pm, Structure, 2 nets

Next up: Thursday, 2/27, practice, 3:30-4:45pm, Structure, 2 nets



Focus: Hunt next play

- 7:30 **Larionov 2.0:** 5-3 (5: 1-touches, 3: possession)
- 7:36 3-3 QB→3, winners rest
- 7:43 2-2 layers w/outlet
- 7:51 **Double Regroup Gap-read**—goalies off after
- 7:59 **3 gates 3-3**—pt. for passing/skating through gate
- 8:07 **Man City**—pt. for passing into & out of NZ circle
- 8:15 **BORG** (ups, overs, reverses)—inside out, Ws sprint
- 8:22 **3am & Red Army** PP/ Draws/ D: **Shoulder checks**, nets down
- 8:30 RESURFACE

Dryland warm-up

Push-ups: 3 x 25 work triceps, hands in tight

Dryland 7pm

South Region Tournament Bracket
[Pagel Center, Minnetonka](#)

DRYLAND:

Mindwork: [Minot game analysis](#) [Cottage Grove game](#)

If hockey is life, passing is blood.

2-2 layers w/outlet 4-2 TO—inside the dots 3-3 QB, Sauer 2-lane passing Angling 1-1, 2-1, 2-2, D: double pumps, stepouts, passing, gap; F: Draws, Tips, Low PP options, **3-option drive-shot**, Faceoffs→D-Zone Coverage/ Forecheck (F₃); **Red Army** 2-0, alternate sides; **3am** PP; **Laurence PP**—5-3: shift into 1-3-1, —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](#)

Owning skills is like owning the weather. Can't be done. [You can borrow skills, but if you quit making the payments, they get repossessed.](#) [Levitation](#)

Do you know what is meant by these [key terms](#)? If not, ask. If you want to be excellent, don't accept the outs.

Study [1-3-1 power play](#)—notice triangle options and reactions in support when puck moves. Are you working to grow your craft? If you aren't, you shan't.

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

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!

Drills

<p>3-zone warm-up</p> <p>Standard warm-up—edges and passing</p> <p>Chaos warm-up</p> <p>Finnish 5-puck</p> <p>Random pass warm-up shots</p> <p>Backward chase—push-ups</p> <p>QH&E</p> <p>Puck protect 1-1</p> <p>Square passing</p> <p>Moving square passing</p> <p>Circle passing</p> <p>In-zone passing</p> <p>5/2 exchange</p> <p>OS</p> <p>JND</p> <p>Pass-shot warm-up</p> <p>Pass-shot drill</p> <p>Sauer 3-line shoot/pass</p> <p>Puck protection sequence / Competition Skate</p> <p>Board play</p> <p>Quick cross 2-1</p>	<p>Double Regroup 1-1</p> <p>Holland 1-1, 2-1</p> <p>1-1 Push the Pace</p> <p>3 x 1-1</p> <p>2-1 1/2-ice</p> <p>2-0 w/BC</p> <p>2-1 Choice</p> <p>2-1 continuous</p> <p>Headman 2-1</p> <p>2-2 - D2D Activate</p> <p>2-2 Battle w/Regroup</p> <p>D: Continuous Breakout</p> <p>Pinch regroup</p> <p>3-option drive-shot</p> <p>Laurence PP</p> <p>Dassani</p> <p>Stordahl</p> <p>Paker 2v2</p> <p>2-2-2 regroup</p> <p>Double regroup 2-1</p> <p>3-2 Cont. w/BC</p>	<p>Gap control drills</p> <p>Double Regroup Gap-read</p> <p>NZ Puck Races w/Support 3-2</p> <p>Corner cycle-shot</p> <p>Machine gun shots</p> <p>2-2 2-way</p> <p>Read the Rush</p> <p>3-battle</p> <p>Brett Hull/Larry Robinson cross-ice</p> <p>2-3 half-zone—how long can 2 keep puck from 3?</p> <p>4-2 Turnover</p> <p>3-3 QB—hard out and sprint to other end after each rep</p> <p>2-2-2 narrow, 1/2-ice if 1 Goalie</p> <p>Laurence PP Options 1/2/3</p> <p>Low PP options: Red Army, 3am Backward chase</p> <p>3-puck low—3-3 DZC</p> <p>Passing circles—chaos circle</p> <p>3-3 QB—1 above circles, 3-second rule</p> <p>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)</p>	<p>5-5/4-4 Endline→3, win rest</p> <p>D: Footwork: Step-outs v. crossovers, quiet v. loud /Continuous BO/Regroup/shot, 1-T writers</p> <p>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</p> <p>Read the Rush</p> <p>1-1 Race to the net</p> <p>Middle-Middle - 1-1</p> <p>Figure 8 Puck Possession</p> <p>Breakout-Regroup (BORG)</p> <p>Shoulder check/Rim support</p> <p>Regroup/shot</p> <p>Swedish loop</p>	<p>Multi-shot Regroup</p> <p>Playing off-handed?</p> <p>Coverage and intentional backchecking 3-3 low</p> <p>3-puck, Tikhonov 3-1</p> <p>3-3 high</p> <p>3-2 continuous</p> <p>Draw technique</p> <p>Face-offs</p> <p>PK/PP</p> <p>Something that keeps F3 from crowding net on offense</p> <p>Quick movement passing—4-2 TO, 6-2, etc.</p> <p>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</p> <p>Goalie movement</p> <p>IHS skills videos</p>
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Once a week:

- How are you feeling about your role on the team? 1-5.
- Your play? Explain
- Team culture? Explain
- Thoughts, comments, concerns?
- Want a meeting? [Coach Mulligan](#) and [Coach Fish](#)

Explain