

Detroit Weekend Plan

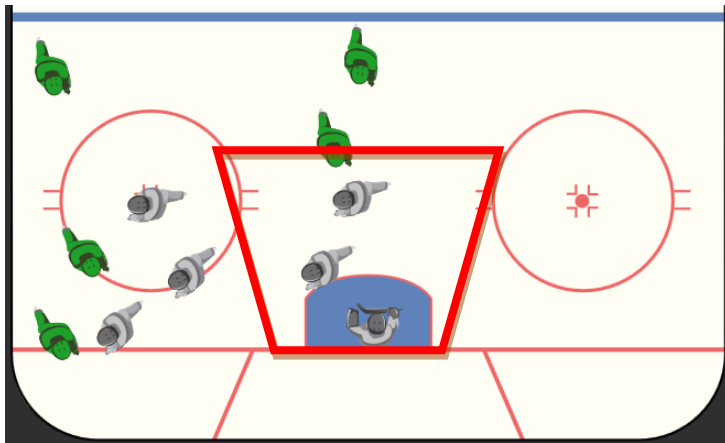
Goals to achieve:

Bench discipline, act like a PRO, we are positively loud!

Stick with the plan! Main goal is protect the middle.

Shoot low- crash the net for rebounds

DZ



Protect the House!

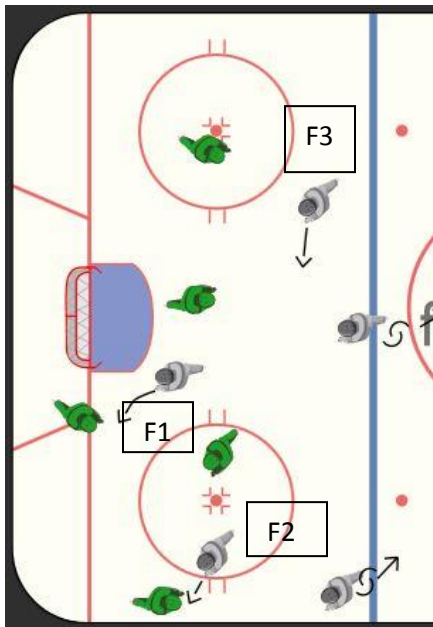
Play the body from D side, not behind

If under the pressure with puck, think to get it out hard!

Get to the puck quick!

Keel stick on the ice on 1-1

OZ



We see # we go!

F1 angle and play body on Body, Stick on Stick

F2 Take board away go for loose pucks

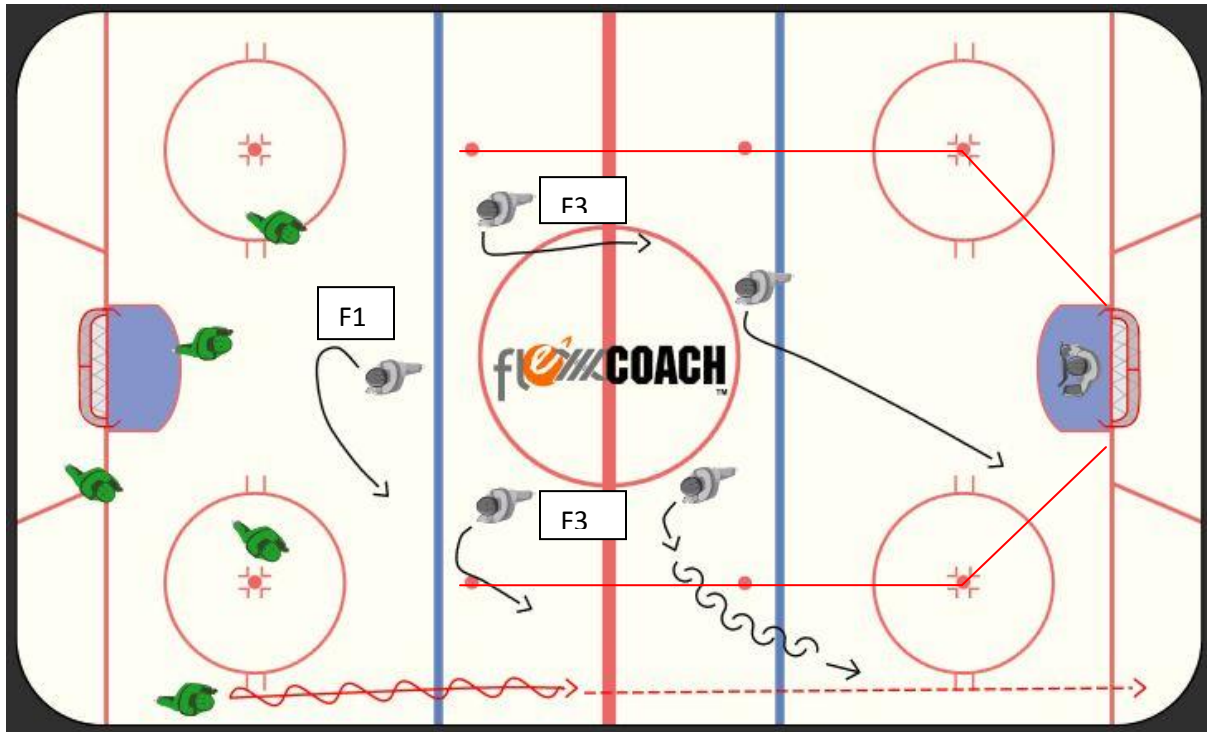
F3 stay above the circles is ready to be back or get stretch pass and score

D pinch only on loose pucks!

F1 F2 never give up to force

Hunt in 2!

NZ



We see Logos we stay back and trap!

F1- Angle and force play outside the dots (you cannot get beat to inside!)

F2- read F1 action and also angle play outside the dots to force a dump or turnover

F3- stay wide, take away cross passes, go all the way to the crease if necessary

D1- start between the dots read and reacts if to step up of back off. Play safe first!

D2- is ready to get to the dumps and move puck fast up. F3 should be a good option with hard rim.

Post up quick on turnovers

Be positive! One negative player can affect the attitude of the whole team