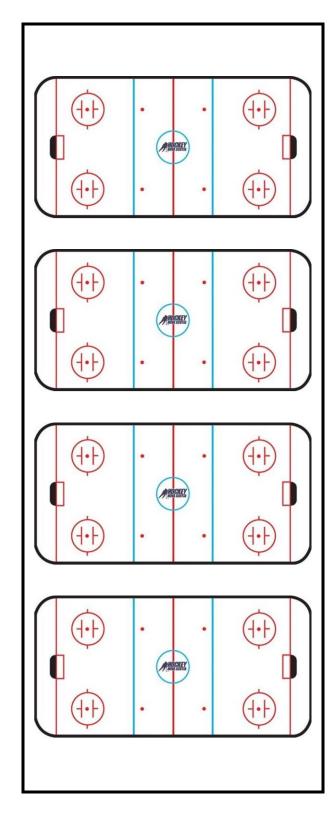
# **HOCKEY NOVA SCOTIA ROSTER** POS # NAME EVAL G G D D D D D F **GOALS FOR GOALS AGAINST**

OPPOS	ITION: <sub>.</sub>					
- - -						
L						
OPPOSITION KEY PLAYERS						
POS	#	NAME				
NOTES	6					

HOCKEY NOVA	SCOTIA HIGH PERFORMANCE PROGRAM
DATE:	
VS :	
POWERPLAY 1	
_	
POWERPLAY 2	
PENALTY KILL 1	
PENALTY KILL 2	
SHOOTOUT	
L	

1 <sup>st</sup> Period				
2 <sup>nd</sup> Period				
3 <sup>rd</sup> Period				
ОТ				
HOCKEY  ST. HOCKEY  1990  AND COMMITMENT EXPECTED.				
	WITMENT EX			



#### IN GAME ADJUSTMENTS

- 1. Discipline, Work Ethic, Commitment
- 2. Line Changes, Shift Length
- 3. Match ups
- 4. Positional Play

### A) Defensive Zone

- Coverage Low, Net Front, Point Coverage
- Blue Line, Reading Rush, Gaps
- Tracks, Reads, All back
- Breakouts, Support, Opponent Fore check
- Board Play, Defensive Side, Across Arms
- Turnovers, Communication

### B) Neutral Zone

- Gap Control
- Skating to Check, Stopping, Facing Play
- Counters, Transition, Getting to Position
- NZ Fore check, Opponent Tendencies
- Defensive, Offensive Gaps

# C) Entries / Offensive Zone

- Offensive Attack, Reads, Net Pressure
- Fore Check Pressure, Face Off FC,

# **Opposition Breakout**

- Dumps
- The Front- tips, screen, Standing around,

# Finding loose pucks

- Shooting driving the net
- Point Shots
- Pinching
- F3 Positioning, Locks
- 5. Face Offs, Offensive and Defensive
- 6. Checking Battles, Angling, Stick

#### Placement

7. Goaltending

