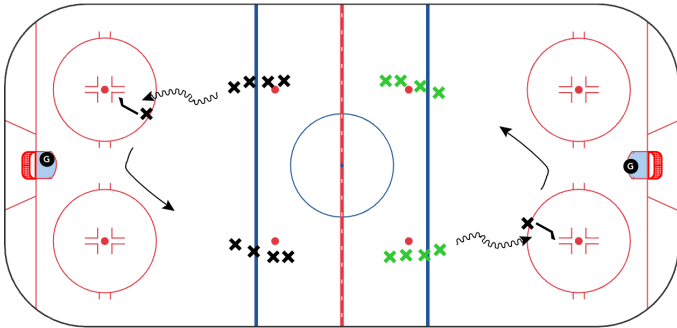


UofM Under Triangle Shooting

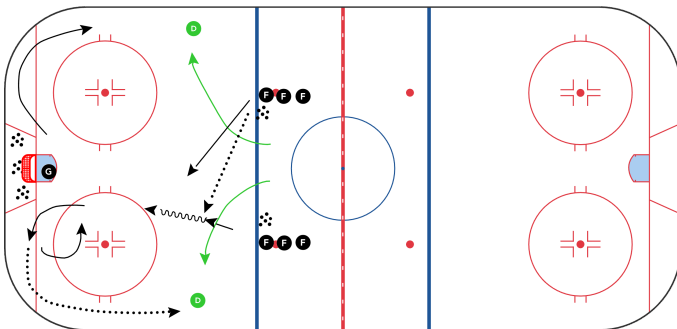
10 mins



Players skate off line and manipulate defender to shoot through triangle
 After shooting, gap up and defend
 Passive pressure

Michigan Side Pressure Shooting

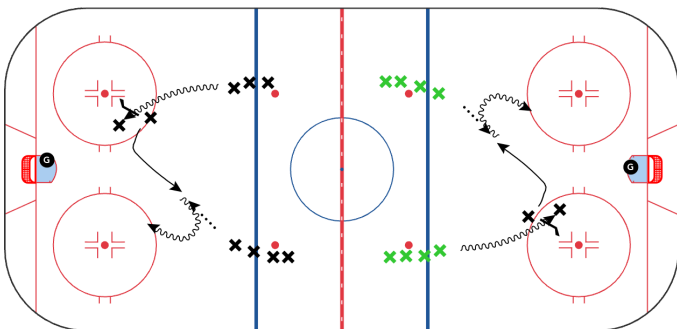
10 mins



Two forwards enter the zone, F1 passes to F2 and chases, F2 shoots
 Meanwhile two D enter zone through middle and flare out to anticipate pass
 F2 or forward who shoots collects second puck and rims low to high
 Strong side D passes to D who moves to middle of blue line while F1 flares out
 D passes to F1 for shot with F2 in front

UofM Back Pressure

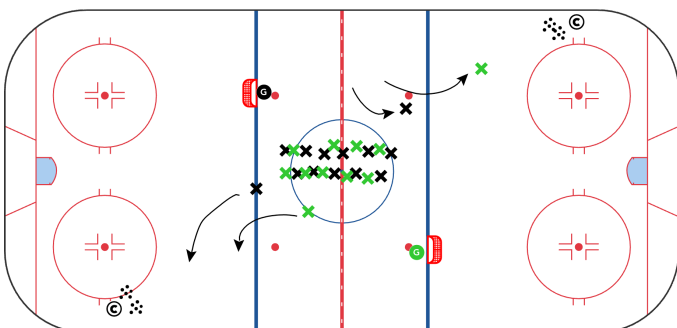
10 mins



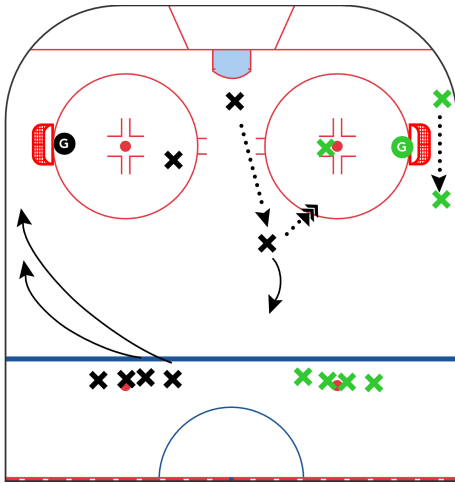
Players handle puck with back pressure
 After putting on back pressure, players gap up with other line and go in for shot

U-Mich Neutral Zone

8 mins



Offensive player picks up puck from coach
 Defensive player angles from inside out to shut play down at red line
 After play ends, new player from line steps out to play offence
 Previous defensive player gaps up and plays defence
 Always play offence, then defence, then done



Black starts on offence playing 3on1 vs green

Black can only score on a one-timer (or make one-timers count for two goals, normal shots count for one)

Green has two players positioned behind the goal line - when either of these players get the puck (after a shot or a pass), they pass D to D behind the net and then activate

Black has to change, sending one player to defend and two players behind their net

Green plays 3on1 vs. black until black gains possession