

Stony Brook Pregame

Concept: The time before the actual game is often spent on line drills and shooting drills. Often there is little emphasis placed on full team pregame drills. Pregame drills should be efficient and precise. A well orchestrated full pregame drill can often promote team spirit and infuse a bit of mental fear in the psyche of the opponents. This is a ½ field set up that resembles actual play.

1. 5 lines with a goaltender in the cage
2. Midfield Line A scoops ball and tosses the ball to Attack Line C who is breaking for the ball. Midfielder A sets pick for Midfielder B
3. Attack Line C moves to X behind cage and tosses a pass to Attack Line D who is breaking for ball at goal line extended.
4. Attack Line D passes ball to Midfield Line B who is cutting off Midfield A's pick.
5. Midfield Line B receives pass from Attack Line D and tosses a ¼ speed overhand "shot" to goaltender.
6. Goaltender catches ¼ speed "shot", yells 'Break!' and tosses outlet pass to Defensive Line E
7. Defensive Line E is located outside the box and catches the ball over the shoulder. The defenseman gives caught ball to last man in Midfield Line A who rolls ball for the next midfielder in Line A..

