

Exemple de « Game Preparation Sheet » d'André Tourigny

Date	2/2/17
Time	7:00 PM

HALIFAX MOOSEHEADS
Game Preparation








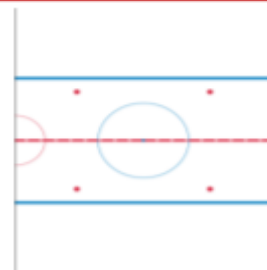








Game	#50
H/A	HOME

MOOSEHEADS

Overall record	GP	49	W	23	L	22	OTL	4	PTS	50	GF	182	GA	186	PP	21.6 (13 ^m)	PK	74.4 (13 ^m)																																	
Keys to success																																																			
<ul style="list-style-type: none"> ➤ SOLID DZC <ul style="list-style-type: none"> - We need hit and 2nd quick - Net front D gain time... slow down the play on CPA - W sprint! ➤ OZP <ul style="list-style-type: none"> - Puck carrier make early decision - Exploit the soft spot ➤ SPEED... PLAY FAST... WORK YOUR ASS OFF <ul style="list-style-type: none"> - Read the situation - Don't over anticipate 		<p style="text-align: center;">Goalies</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1 Gravel</td> <td style="width: 50%;">35 Mann-Dixon</td> </tr> <tr> <td colspan="2" style="text-align: center;">Left Def</td> </tr> <tr> <td>14 Mclsaac</td> <td>9 Aube</td> </tr> <tr> <td>79 Chainey</td> <td>5 Lepage</td> </tr> <tr> <td>4 Charlebois</td> <td>3 Flower</td> </tr> <tr> <td>17 Crossley</td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Right Def</td> </tr> <tr> <td colspan="2" style="text-align: center;">Center</td> </tr> <tr> <td colspan="2" style="text-align: center;">Right Winger</td> </tr> <tr> <td colspan="2" style="text-align: center;">Left Winger</td> </tr> <tr> <td>21 Durandean</td> <td>13 Hischer</td> <td>41 Fortier</td> </tr> <tr> <td>71 Moynihan</td> <td>89 Somppi</td> <td>23 Coughler</td> </tr> <tr> <td>28 Higgins</td> <td>61 Bishop</td> <td>2 Jones</td> </tr> <tr> <td>11 Rich</td> <td>19 Groulx</td> <td></td> </tr> </table>																		1 Gravel	35 Mann-Dixon	Left Def		14 Mclsaac	9 Aube	79 Chainey	5 Lepage	4 Charlebois	3 Flower	17 Crossley		Right Def		Center		Right Winger		Left Winger		21 Durandean	13 Hischer	41 Fortier	71 Moynihan	89 Somppi	23 Coughler	28 Higgins	61 Bishop	2 Jones	11 Rich	19 Groulx	
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Face Off	DEFENSE	OFFENSE
<p style="text-align: center;">DZ Face Off Moose</p> <p>BAT: Winger Switch for Slot Shot or shooter</p> <p><u>Win:</u> <u>Lost:</u> Communication on switches</p>	<p style="text-align: center;">Moose DZC</p> <p>BAT: High F3 / Put Puck Behind Net</p> <ul style="list-style-type: none"> - Hit-man angle away from the net - Net front D expend on F3 and play the 2 on 1 when the puck change side. - Identify the 2 on 1 quickly 	<p style="text-align: center;">Moose Breakout</p> <p>BAT: D Pinch / High F3</p> <ul style="list-style-type: none"> - D Move the Puck Hard - Low Support Under the Puck - Wingers High on the Walls
<p style="text-align: center;">NZ Face Off Moose</p> <p>BAT: 2 Forwards Jump</p> <p><u>Win:</u> Get Bumps, Wingers be Available <u>Lost:</u> 1-3-1</p>	<p style="text-align: center;">Moose Tracking</p> <p>BAT: Cross Ice Passes – Create Races</p> <ul style="list-style-type: none"> - F3 soft lock - Track Back Hard at 5 / Keep Play On One Side. - D keep the weak side winger in-front of you 	<p style="text-align: center;">Moose Rush and Entry</p> <p>BAT: Use Speed On Their D.</p> <ul style="list-style-type: none"> - Create 2 on 1's - F2 inside the D - Attack the space
<p style="text-align: center;">OZ Face Off Moose</p> <p>BAT: D-D Stretch Play <u>Win:</u> Have a plan <u>Lost:</u> Boardside Push</p>		<p style="text-align: center;">Moose OZP</p> <p>BAT: Strong Side W Cuts the Wall</p> <ul style="list-style-type: none"> - Exploit the soft spot - F3 be patient, find the Pocket - D2 Ready on CPA

« Game Preparation Sheet » d'André Tourigny

OPPONENT:		DATE:	
OZ FORECHECK 	SET. FORECHECK 	BREAKOUT 	Set BREAKOUT 
N-Zone FORECHECK 	TRACKING 	NZ REGROUP 	RUSH/ENTRIES 
D-Zone COVERAGE 	O-Z FACEOFF LOSS 	O-Zone PLAY 	O-Z FACEOFF WIN 
N-Z FACEOFF LOSS 	D-Z FACEOFF LOSS 	N-Z FACEOFF WIN 	D-Zone FACE-OFF WIN 

« Lineup Sheet » de David Evangelho

RSEQ
Collegial 1^{re} division



RSEQ
Collegial 1^{re} division

DATE:

Game evaluation: 1 (1 to 6) or 2 (6 to 10)

DAILY AGENDA

	In dressing room Sports clothing
	Team meeting
	Special teams meeting(s)
	Activation
	Warm up
	Last minute meeting Everyone ready
	COUGARS vs

COUGARS LINEUP

LW	C	RW

DG	DD

G

Injured Not dress

KEY POINTS

INDIVIDUAL MEETING(S)

ACCOUNTABILITY | PASSION | WORK ETHIC

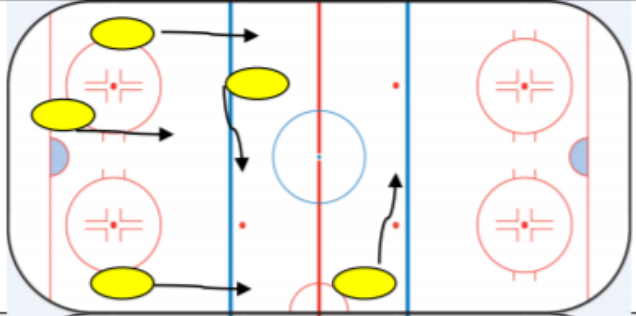
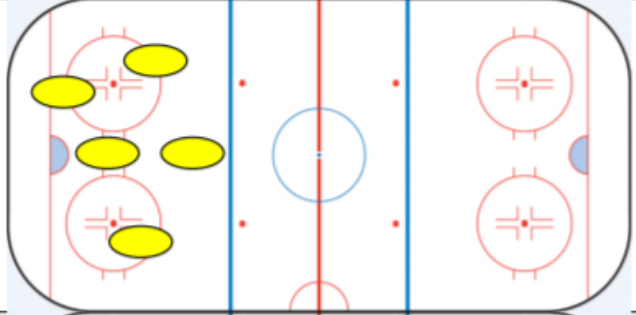
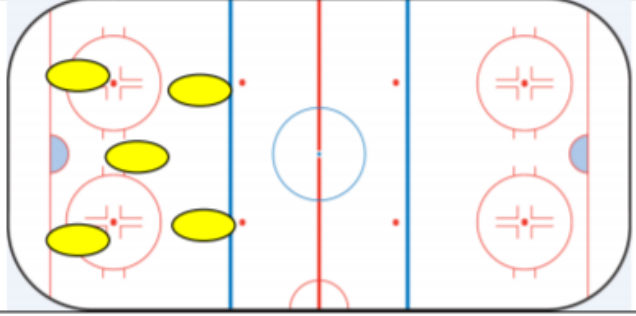
Let's make a difference together

Power Play & PK Sheet d'André Tourigny

Opponent:

Date:

Power Play Overall		
Power Play Last 5		

<p>Breakout:</p>	
<p>In Zone:</p>	
<p>3 vs 5:</p>	
<p>Keys to Success:</p>	