

## Dry Session Notes

### Introductions

#### Plans for Competition:

- Domestics – times, meeting place, mobile phone no, email
- Bring –
  - Food (bananas, jelly babies, dried fruit) Easy to digest, avoid chocolate). Good carbohydrate meal night before.
  - Plenty of water/sports drink to avoid dehydrating
  - Something to read/do. 7-8 games over 9 hours = 15 minutes per game, ~1hr gap
  - Towel, baggy t-shirt etc to keep warm between games
  - Glove, hats (black and White), sticks, mouth guard
- Rules
  - Subbing – must be clear of water.
  - Do not dive into water.
  - Referee signals: goal, equal, free puck, penalty, fisting, un-gentlemanly conduct
  - Start with hand on wall
  - No head shots, but if they do not get out of the way of a flick it is their fault.
  - Only Captain should talk to ref (or VC if capt is out of water)
  - Keep playing until you hear the gong; ref may not have seen a foul/goal
  - Teams may be expected to provide a ref
- Tactics
  - Team formation 3-3?
  - Defending - Swing at the back to cover goal. Forwards back tackle, but keep out of back's way
  - Attacking - Run puck up the sides rather than up the middle
  - Flick puck onto goal from about 1m out; follow it in, rather than pushing it all the way. If opponent is in the way, centre puck in front of goal for team-mates.
  - Pass to opponent's feet if you cannot get passed them
  - Use subs and work at top rate – its only 15 min.
  - Work out who will sub with whom, e.g. 2 at front, 1 across the back? (Diagram/sticky pads)
- General skills
  - Turning, use to keep control of puck
  - Passing – NEVER into middle in front of own goal. To your own team, or forward to empty space.
  - Get control and move puck away from opposition when you get possession
  - Swim at an angle to the opposition, not at them, to make intercept harder and dummying easier
  - Tackling – knock puck away, or from behind, slide stick under opponent's stick