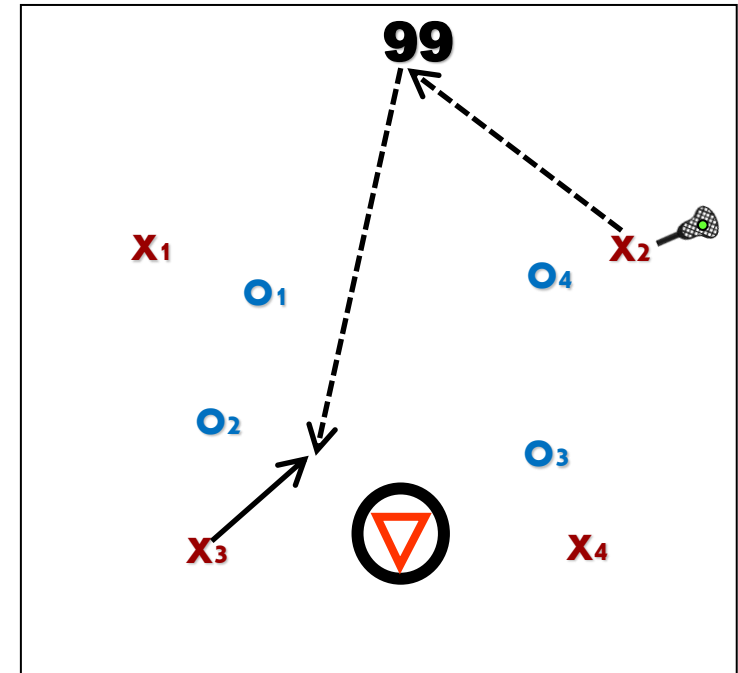


## Gretzky

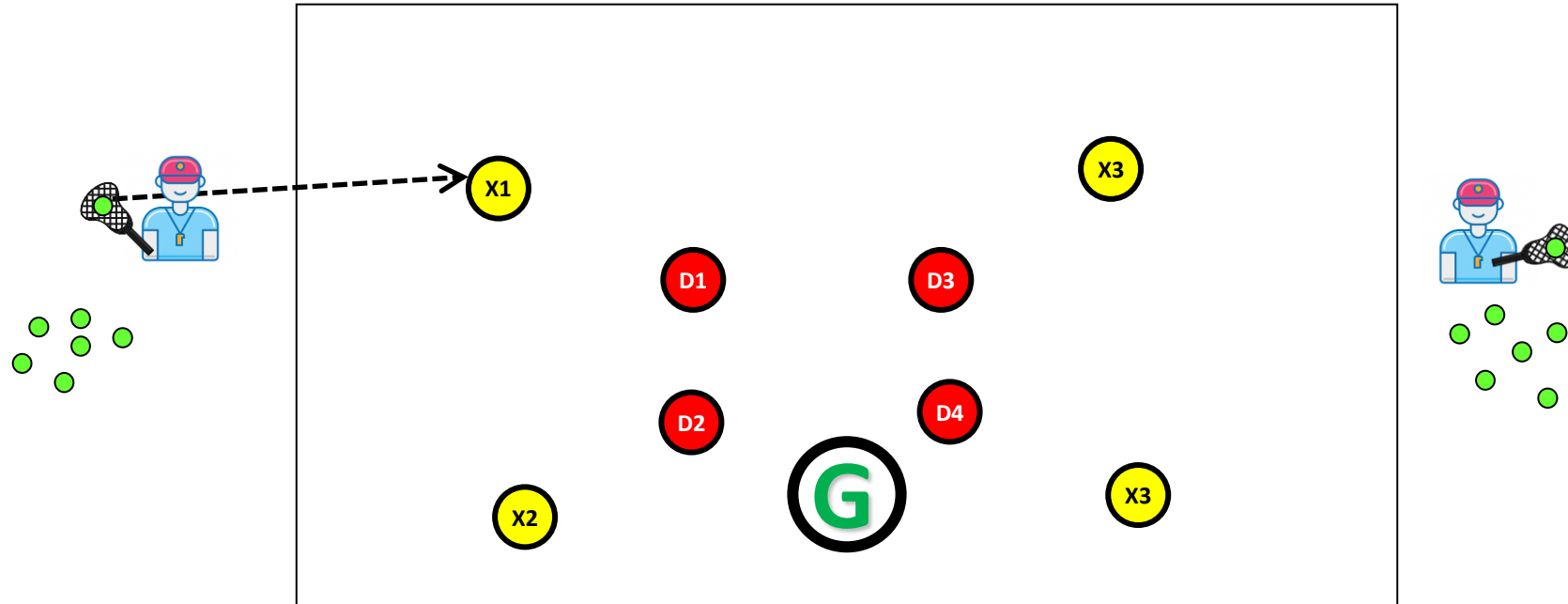
- Both sides play offense and defense
- Gretzky is a steady offensive player or a coach
- Every time there is a goal, a change of possession or a groundball:  
the ball must be passed to Gretzky before you go on offense or continue offense  
Players must move their feet and clear their stick to get the ball to Gretzky
- Once you have passed to Gretzky your team is on Offense
  
- When you are on **Offense**
- When someone on your team has passed to **Gretzky** your team is on offense
- Off-ball players must either **Pop** or **Cut** to get the ball
- Off ball players must call for the ball with a loud **“One More”** call
  
- When you are on **Defense**
- The defense can't shut off or cover Gretzky
- Defensive players must play the ball hard (ball pressure) to stop the offense from getting the ball to Gretzky
- Defense must check up quickly to prevent easy dunks
  
- **Variations**
- Gretzky up top
- Gretzky at X
- Gretzky up top and at X
- Gretzky on wings
- 1 v 1, 2 v 2, 3 v 3, 4 v 4, 5 v 5, 6 v 6
- Gretzky can be a coach or a player



## 4 v 4 Catch and Go's

Coaches alternate passing the ball in

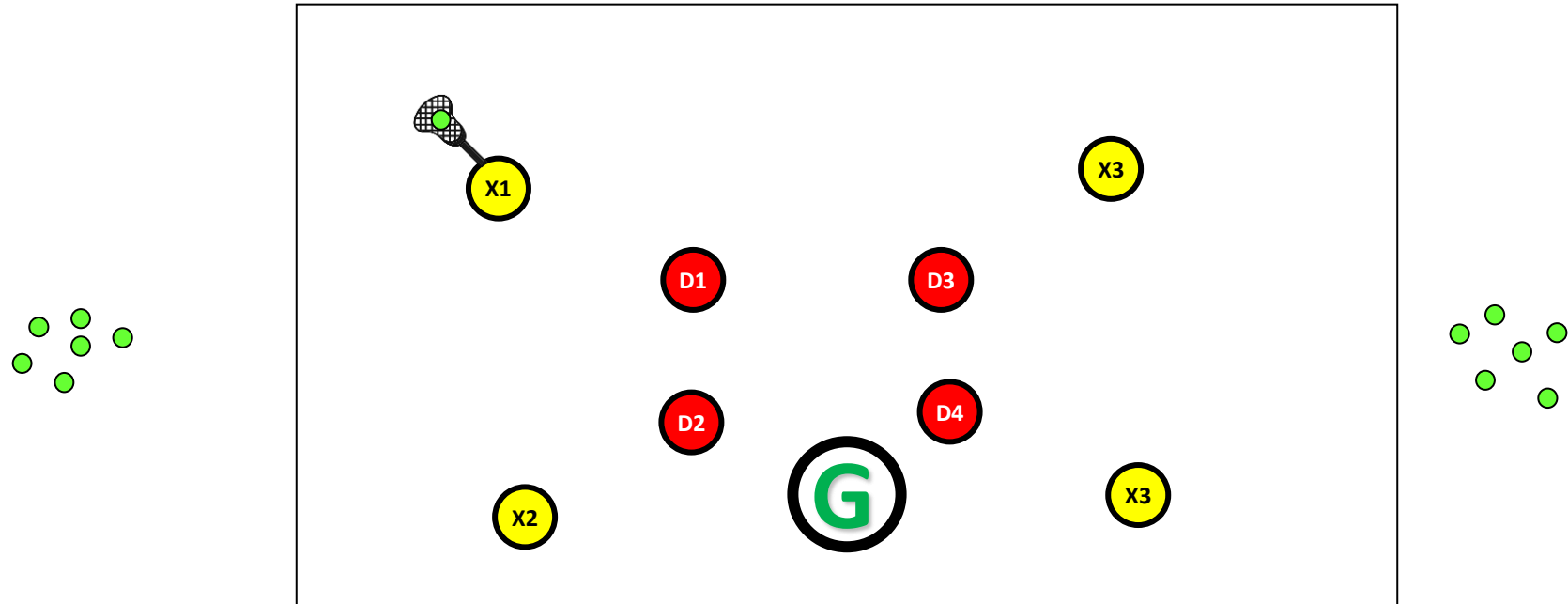
Coach passes the ball to a player and he must dodge immediately



**4 v 4 Can Only Shoot off a pass**

Coaches alternate passing the ball in

Coach passes the ball to a player and he must dodge immediately



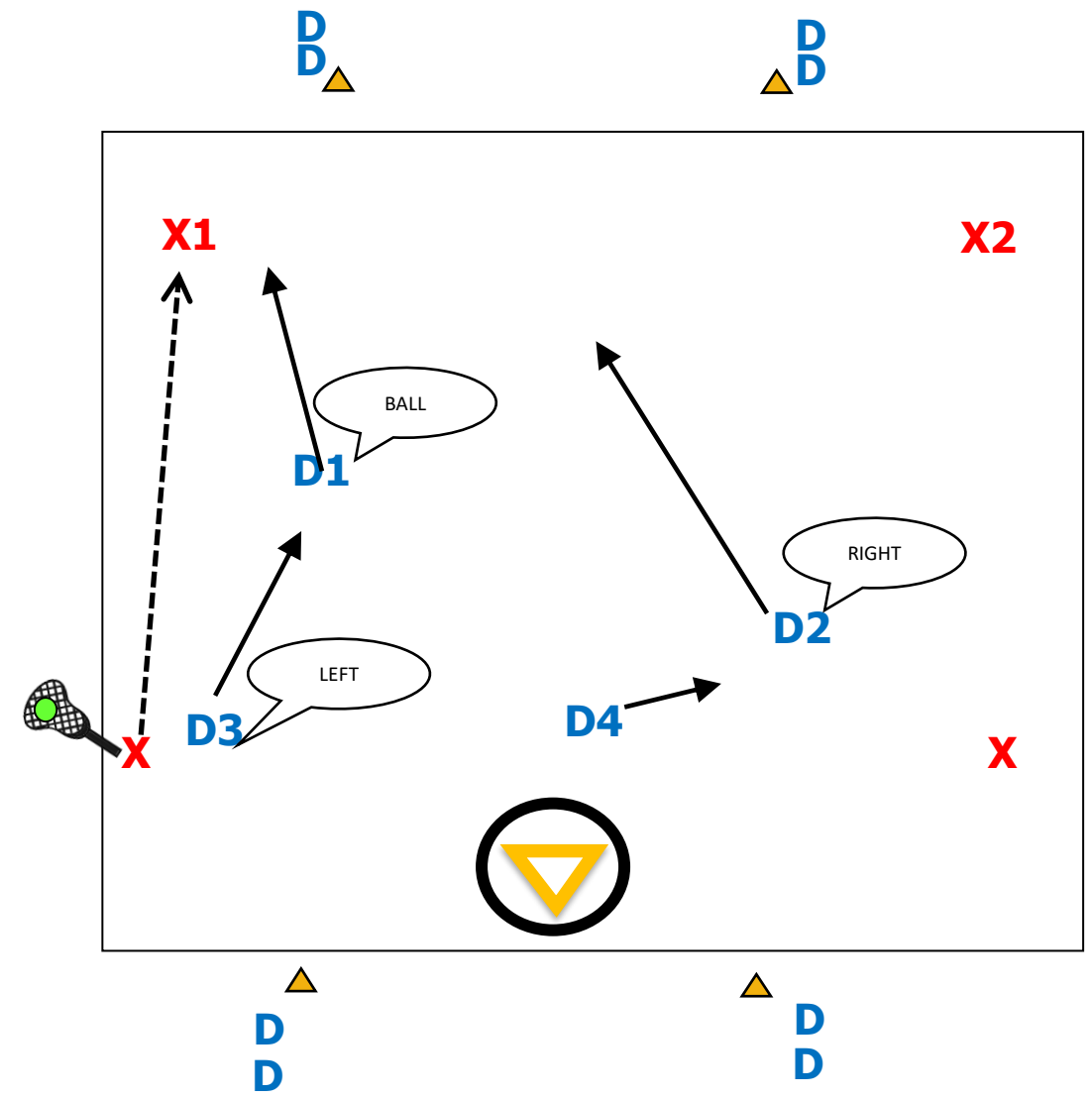
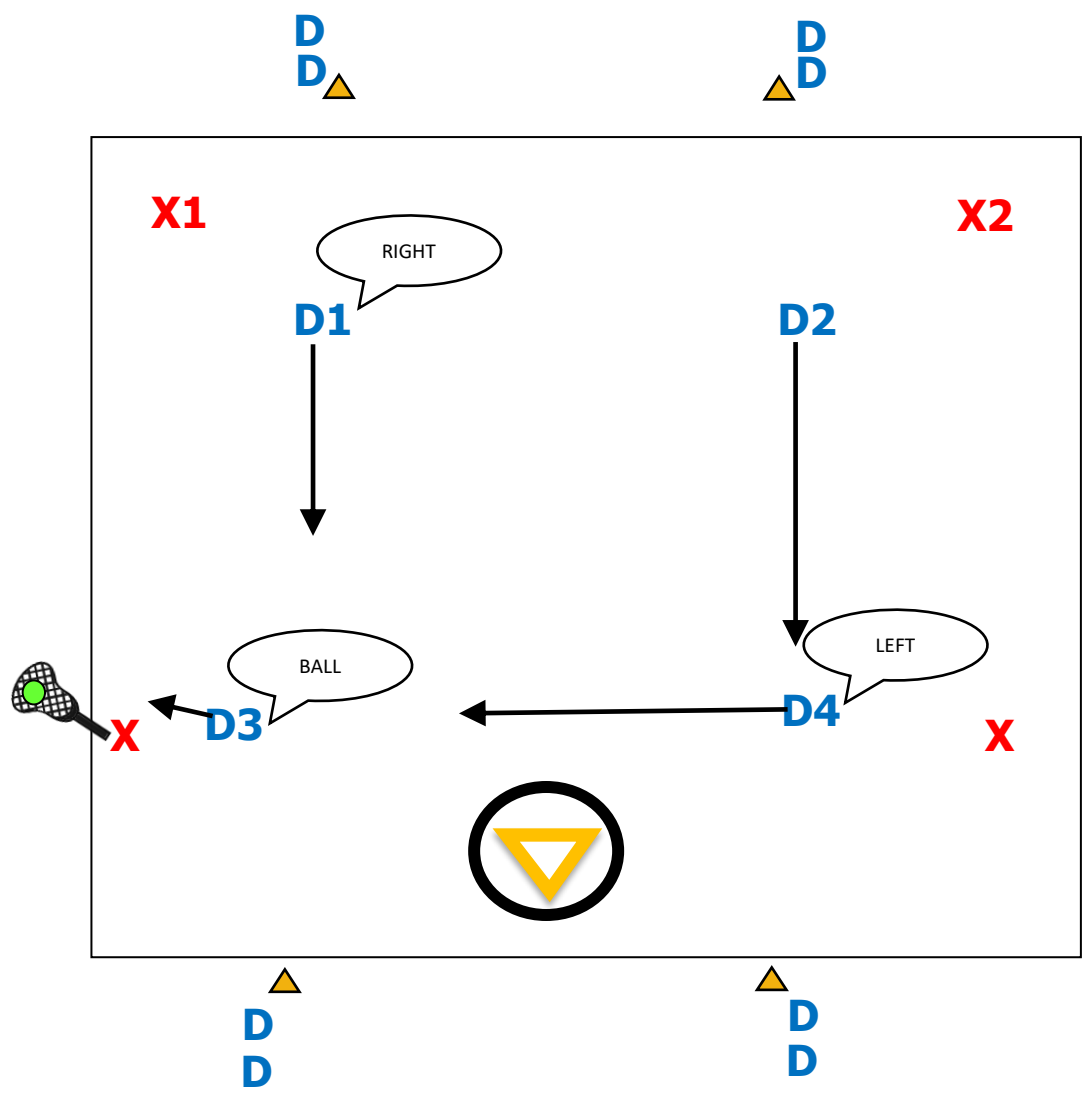
## SHOW DRILL – rep out sliding adjacent

On ball = Play the ball and Off ball = support the ball by “showing”

When you are SHOWING let your teammate know you are there and make the dodger SEE that you are there

Play the ball twice and then you are out

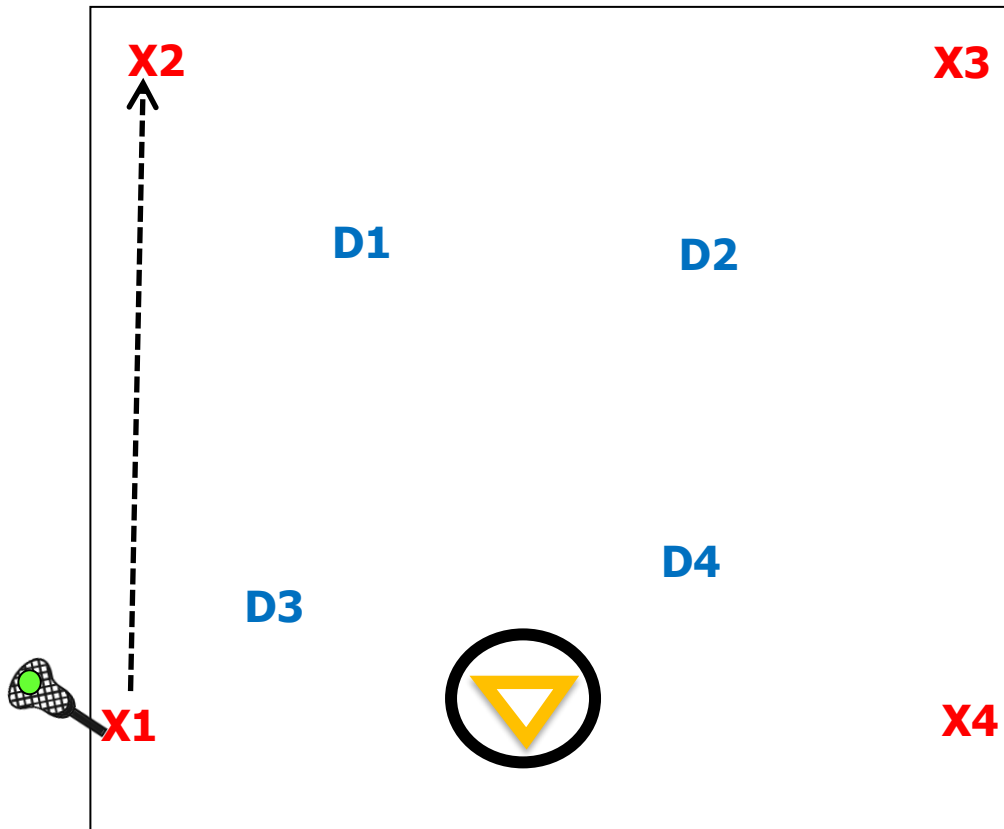
Lines to get in are at the top and bottom, after you play the ball rotate to a different line



## 4 v 4 x's 3 for ADJACENT SLIDING

X1 is the trigger for new phase

- 1) SNAPSHOT PHASE – offense catch the ball, hold it for 3 seconds, let the defense adjust and communicate
- 2) SHELL PHASE – offense catch the ball, one cradle and move it, let the defense adjust and communicate, just move it faster
- 3) PLAY LIVE PHASE – test dodge and move it



## 5 v 5 x's 3 for CREASE SLIDING

X1 is the trigger for new phase

- 1) SNAPSHOT PHASE – get the ball, hold it for 3 seconds, let the defense adjust
- 2) SHELL PHASE – get the ball, one cradle and move it, let the defense adjust, just move it faster
- 3) PLAY LIVE PHASE – test dodge and move it

