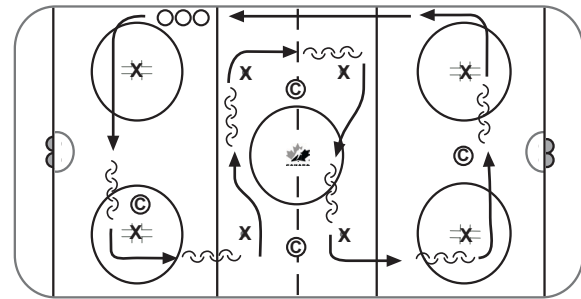


Session Objectives: Open Ice Angling, Intro to breakouts, Wrist shot, 3 man drives

### 10 MIN WARM - UP

#### MOE MANIA (1.6.21)

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Start with pucks for this session.



#### KEY EXECUTION POINTS

- Correct technique

### 20 MIN SKILL STATIONS #1

#### 1. FACING GOAL (4.3.04)

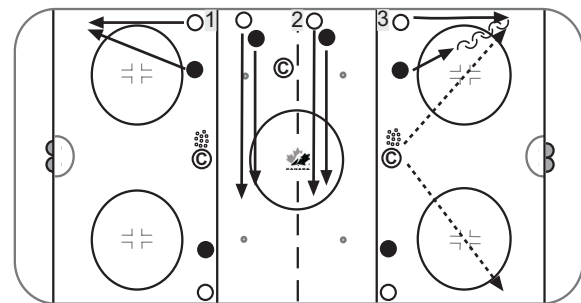
Players pair up with both facing the goal. Defender inside position and forces player to move board side. Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

#### 2. FACING INSIDE SHOULDER (4.1.02)

Players pair up with attacker facing the far boards and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move to the outside.

#### 3. FACING GOAL AND PIVOT (4.3.04)

Players pair up with both facing the goal. Defender inside position and forces player to move board side starting with front skating to pivot to back skating forcing player to move board side.



#### KEY EXECUTION POINTS

- Remind players of previous angling exercises

### 20 MIN SKILL STATIONS #2

#### 1. BREAKOUT INTRODUCTION (5.2.2.1)

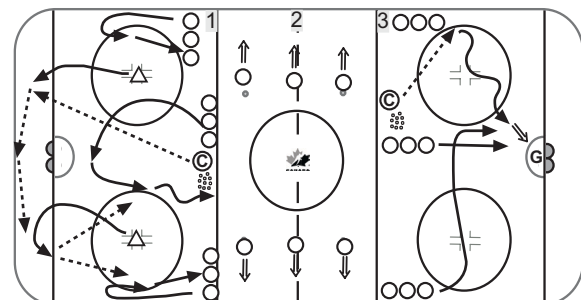
Explain basic breakout option. Have players get in formation as shown. Practice Breakout to each side as shown. Rotate players through all positions

#### 2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)

Players spread out around zone, and practice wrist shots, and backhand shots. Have players shoot high, but keeping puck below the glass

#### 3. 3 MAN DRIVE (5.4.1.5/5.4.1.6)

The goal of this drill is to build on the previous two man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle. Wingers accelerate and receive a pass from the coach in stride – coach can choose which winger to pass to. Once the pass has been received the player with the puck drives hard to the net. At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck. The winger without the puck drives the far post. The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, screen or rebound or they can pass across the ice to the winger on the other side.



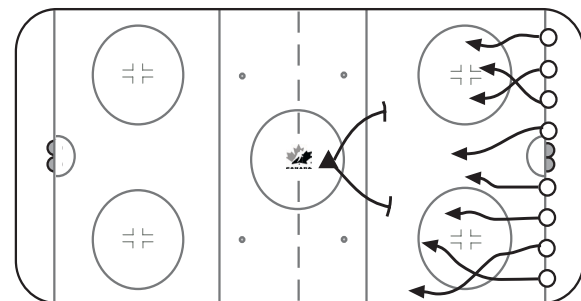
#### KEY EXECUTION POINTS

- Intro to drill, look for basic understanding and timing
- Follow through
- Encourage players to increase speed

### 10 MIN FUN GAME

#### BRITISH BULLDOG

Players line up at one end of ice, on coach's signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.



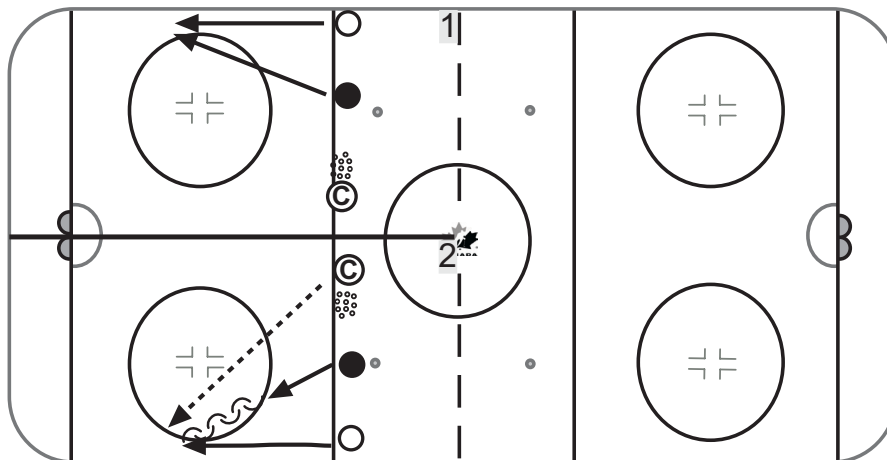
#### KEY EXECUTION POINTS

- Emphasize angling tips from previous angling drills

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

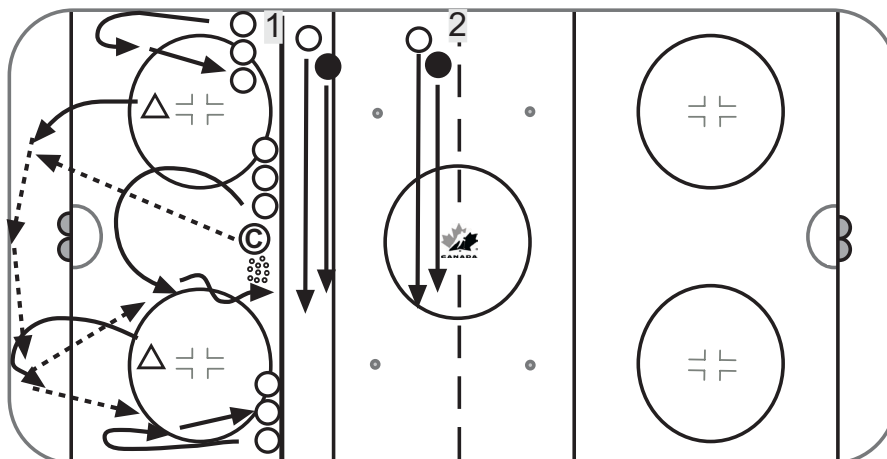
**SKILL STATIONS #1**

- 1. FACING GOAL (4.3.04)
- 2. FACING GOAL AND PIVOT (4.3.04)



**SKILL STATIONS #2**

- 1. BREAKOUT INTRODUCTION (5.2.2.1)
- 2. FACING INSIDE SHOULDER (4.1.02)



**SKILL STATIONS #3**

- 1. 3 MAN DRIVE (5.4.1.5/5.4.1.6)
- 2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)

