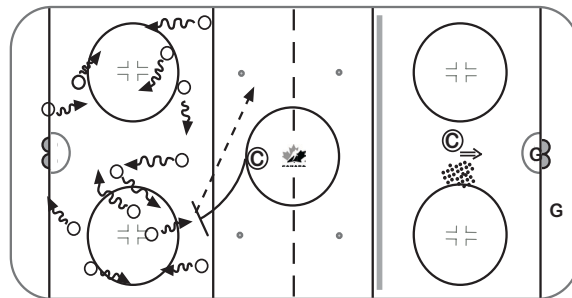


Session Objectives: Offensive fakes, Shooting in motion, Checking skills, Net drive

10 MIN WARM - UP

**WARM UP (5.1.4.1)**

Players stick handle all over zone. On whistle, Coach skates into zone and checks players - shooting pucks out of the zone. Checked players become checkers. Last puck carrier - wins. Goalie Zone with Coach.



**KEY EXECUTION POINTS**

- Head up, quick feet, protect puck, quick puck movement, move to open space.

20 MIN SKILL STATIONS #1

**1. OFFENSIVE FAKES (5.1.5.3/5.1.5.4/5.1.5.9/5.1.5.8/5.1.5.17)**

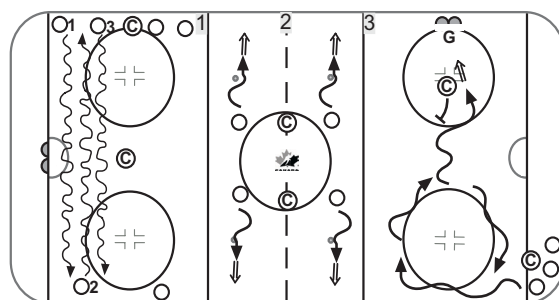
Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

**2. SHOOTING IN MOTION (3.2.05)**

Players spread out around zone, and practice wrist shots, and backhand shots. Have players skate towards boards, and shoot while moving.

**3. PUCK CONTROL/FAKES (5.1.5.13/5.1.5.2/5.1.5.1)**

Player skates around the circle one, makes a fake on the coach, then shoots on net. Have players use various fakes, including: leave puck - go around, attack triangle - puck between legs, attack triangle - puck under stick.



**KEY EXECUTION POINTS**

- Head up, weight shift, quick feet, accelerate after fake
- Make sure players are moving when releasing puck.
- Head up, weight shift, quick feet, accelerate after fake.

20 MIN SKILL STATIONS #2

**1. ASSESSING CHECKING SKILLS (3.1.02)**

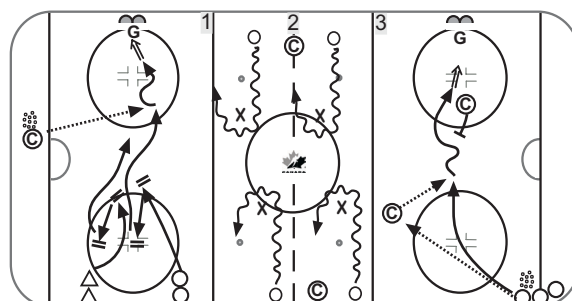
1 on 0 with backchecker. O and D stand a stick length apart. Coach blows whistle - O & D race to the top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible

**2. NET DRIVE PROGRESSION (5.4.1.1)**

Technical level. Have players skate around pylon protecting puck.

**3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)**

Player from corner passes to coach for "give and go". Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



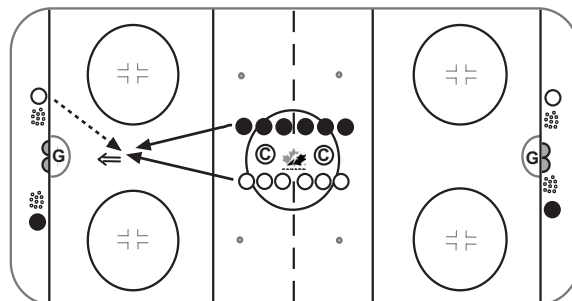
**KEY EXECUTION POINTS**

- Defensive side positioning, stops and starts, use stick checks, quick feet
- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving.
- Head up, accelerate after fake, quick feet, weight shift.

10 MIN FUN GAME

**1 ON 1 BODY POSITION SHOOTOUT**

Players line up in two lines at center. On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



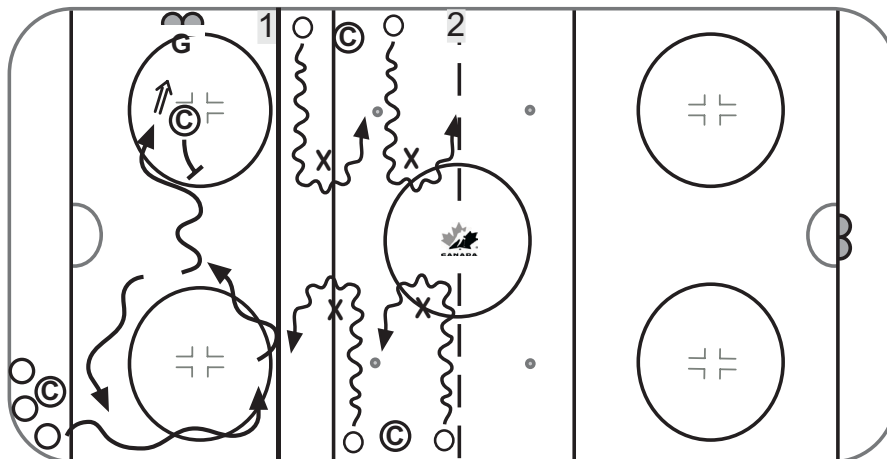
**KEY EXECUTION POINTS**

- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.

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.

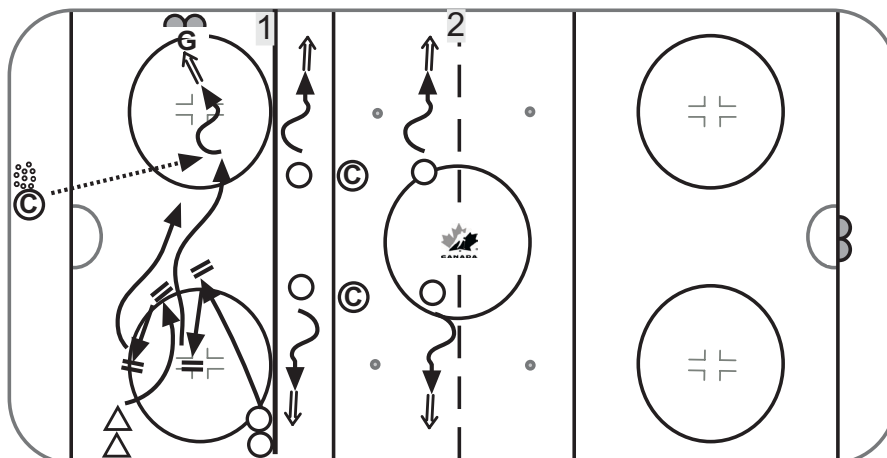
**SKILL STATIONS #1**

- 1. PUCK CONTROL/FAKES (5.1.5.13/5.1.5.2/5.1.5.1)
- 2. NET DRIVE PROGRESSION (5.4.1.1)



**SKILL STATIONS #2**

- 1. ASSESSING CHECKING SKILLS (3.1.02)
- 2. SHOOTING IN MOTION (3.2.05)



**SKILL STATIONS #3**

- 1. NET DRIVE - TACTICAL LEVEL (5.4.1.1)
- 2. ASSESSING CHECKING SKILLS (3.1.02)

