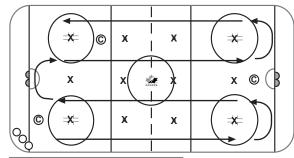
Session Objectives: Shooting, Give and go, Puck support, Fakes and Dekes

10 MIN

WARM - UP

WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



KEY EXECUTION POINTS

· Be creative with the different stick handling moves to try.

20 MIN

SKILL STATIONS #1

1. SHOOTING (3.2.05)

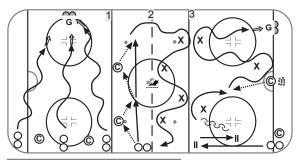
On whistle, 3 players skate length of the zone and shoot on goal. Ensure players are staggered into three lanes

2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)

Players line up on boards as shown. On coaches signal, player executes give and go with both coaches. On return, player weaves through pylons executing: forehand only, forehand - one hand, puck inside pylon - off stick, puck inside pylon - on stick.

3. COMBO - TECHNICAL SKILL DRILL (1.3.08/1.6.22/2.2.08/3.2.05)

O skates, stops and starts at blue line and hash marks as shown; then pivots, skates backward, pivots open to receive pass. Player weaves through cones, then shoots on net.



KEY EXECUTION POINTS

- Space lines, quick release and move out of way, allow time for goalie to recover after wave of 3, Give target for pass, heads up.
- · Finish with shot on goal, quick feet, eye contact, quick release, give target for pass.

20 MIN

SKILL STATIONS #2

1. FAKES/DEKES (5.1.1.1/5.1.1.2)

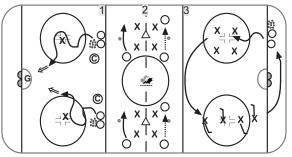
Player leaves with puck, makes a move on the cone, then drives net for shot. Alternate sides.

2. PUCK SUPPORT (5.1.6.1)

Spray paint or place 4 pylons on corners to make a box. Place stationary D in the middle. 2 O's must support O player with the puck - two options.

3. PUCK CONTROL

Players start in corner as shown. Player skates to puck control box and make a move on each cone in a random order. On return, player stickhandles through puck control sticks.



KEY EXECUTION POINTS

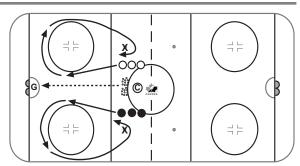
- Quick feet, follow up on goal for rebound, quick release.
- · No diagonal passes allowed, O's must get open to support puck carrier, Head up, creativity.

10 MIN

FUN GAME

CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

3 players from each side line up outside blue line. On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores. Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



KEY EXECUTION POINTS

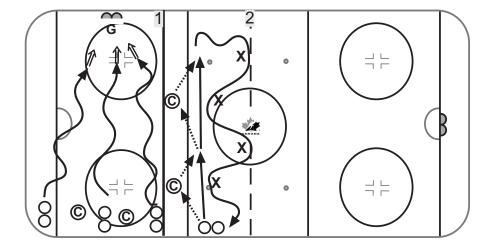
 \cdot Quick feet, puck pressure, man to man D, offensive team move to open space.

LESSON: 31

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.

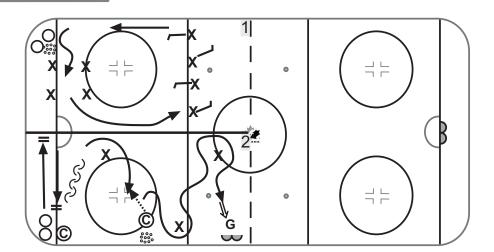
SKILL STATIONS #1

- 1. SHOOTING (3.2.05)
- 2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



SKILL STATIONS #2

- 1. PUCK CONTROL
- 2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



SKILL STATIONS #3

- 1. FAKES/DEKES (5.1.1.1/5.1.1.2)
- 2. PUCK SUPPORT (5.1.6.1)

