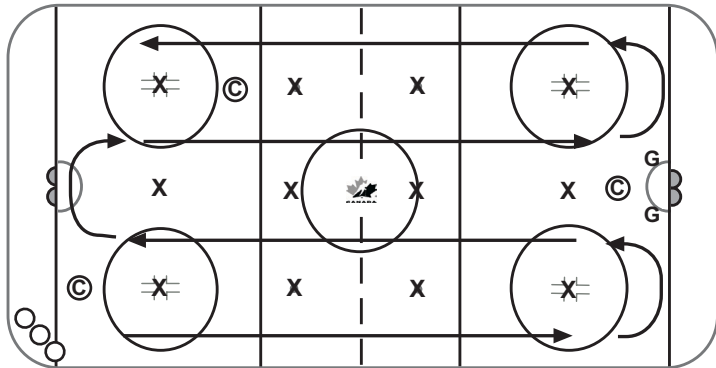


5 MIN

4 LANE SKATING CIRCUIT

Players follow pattern performing skating moves

- c-cuts
- forward striding
- backward c-cuts
- backward striding
- pivots at lines
- drop to knees on lines
- 3 crossovers one way, 3 crossovers the other



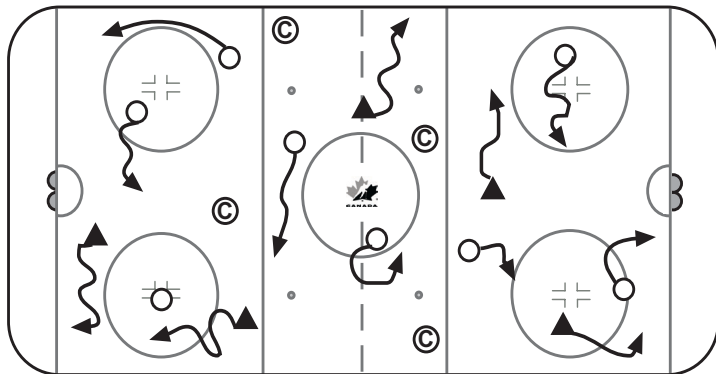
KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 MIN

CHAOS

- Players skate around the ice in any direction handling the puck
- Encourage players to try different stickhandling moves



KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

15 MIN

SKILLS STATIONS

1A. STATIONARY PASSING AND RECEIVING

1B. STATIONARY PASSING AND RECEIVING

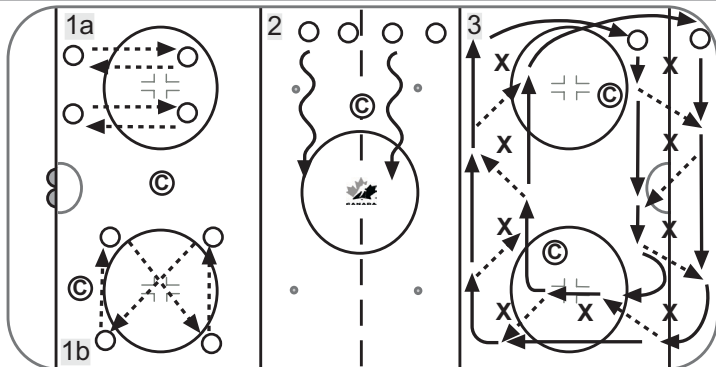
- Players form box formation around circle, and pass randomly to other players
- Add person in middle to try and intercept the pass

2. OPEN ICE CARRY

- Players start along boards, and skate to other side of the rink carrying the puck

3. PAIRS PASSING

- Form two lines in the corner, one on each side of the pylon
- Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand

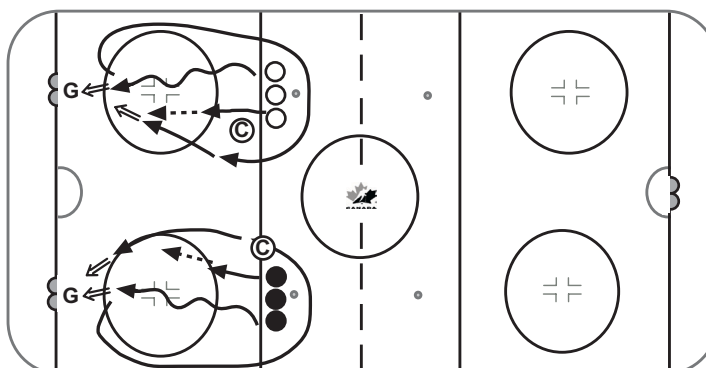


KEY EXECUTION POINTS

- Change stations every 8 minutes

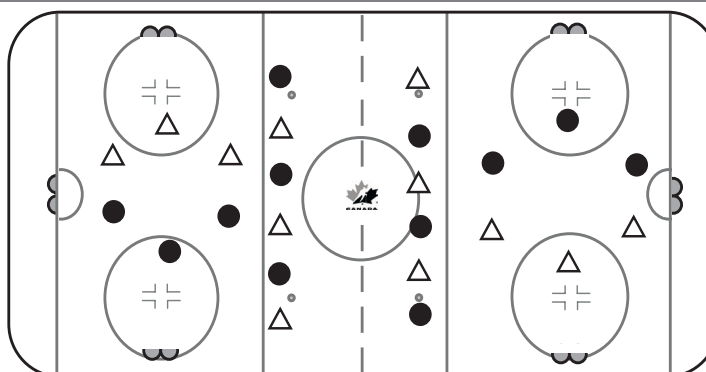
15 MIN 1, 2, 3 ON 0

- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored.



5 MIN SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams
- Play 2 games of 3 on 3 cross ice - one in each end zone
- Spare players line up along blue lines and switch on coach's signal
- Add rubs such as 3 passes before a shot on net, only backhand passes etc...

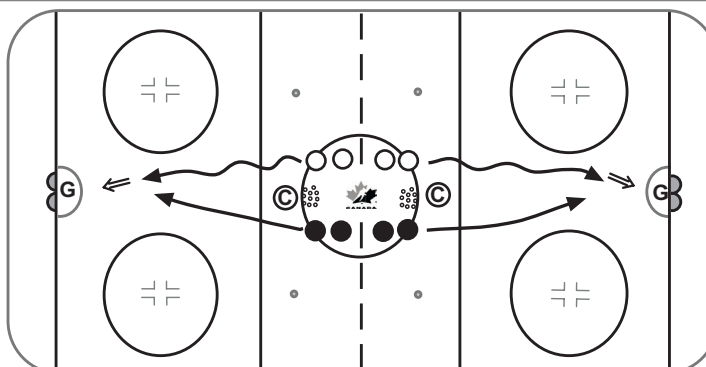


KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

5 MIN SHOOTOUT

- Have players line up in two lines at center ice. (Use both ends) One line has player standing with puck, the other line has the player starting on one knee
- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks
- If player takes puck away, then that player is on offense



KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt