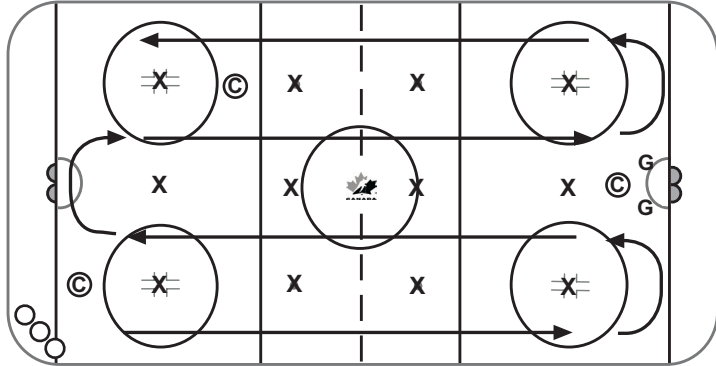


10 MIN

SKATING WARMUP

Players follow pattern performing skating moves.

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



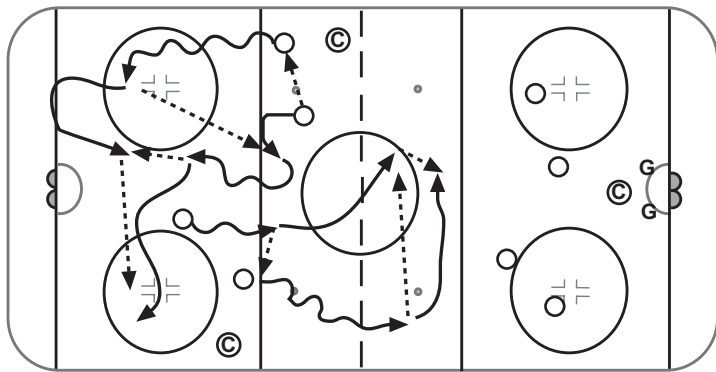
KEY EXECUTION POINTS

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

5 MIN

GIVE AND GO - LONG/SHORT PASS

- Players pair up, each pair should have 1 puck between them
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc
- Use the entire ice - players must keep their heads up and communicate with their partner



KEY EXECUTION POINTS

- Players must communicate
- Pass upon eye contact

15 MIN

SKILLS STATIONS

1. FRONT V START

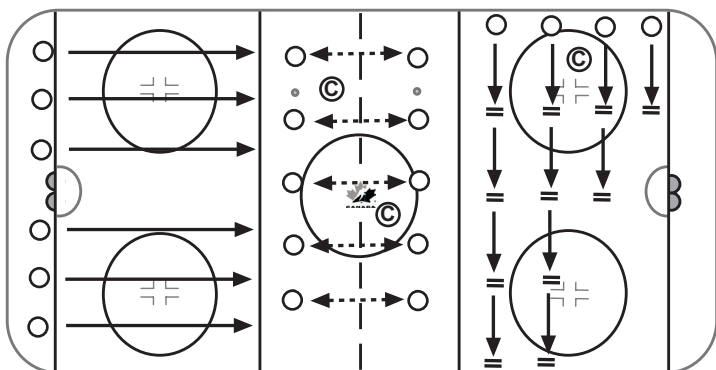
- Players line up along red line, and perform front V-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 - 5 times

2. STATIONARY PASSING

- Player partner up in neutral zone, and pass back and forth, using both forehand and backhand

3. TWO FOOT STOP

- Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop
- Resume basic stance, and do again 3 - 4 times to cross ice. Repeat 4- 5 times. Stop both ways
- Add puck if time permits



KEY EXECUTION POINTS

- Quick feet
- Roll wrists, follow through
- Come to complete stop

15 MIN

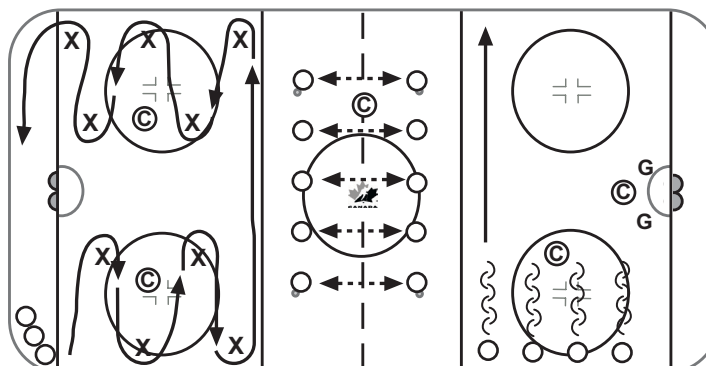
SKILLS STATIONS

1. TIGHT TURNS

- players skate around pylons as shown.
- tight turns
- heel to heel
- 360's
- pivots
- add a puck to work on various puck moves through the pylons.

2. STATIONARY PASSING

- forehand / backhand
- one touch forehand / backhand
- receive on backhand pass back on backhand
- receive on forehand, pull puck back through legs to return pass on backhand



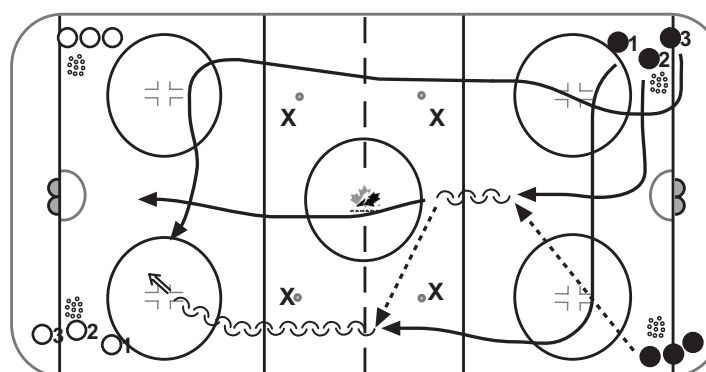
3. STARTING AND PIVOTS

- Forward and backwards starts with pivot in middle of ice
- T-starts / V starts
- Backward crossover start

10 MIN

3-0 MID LANE

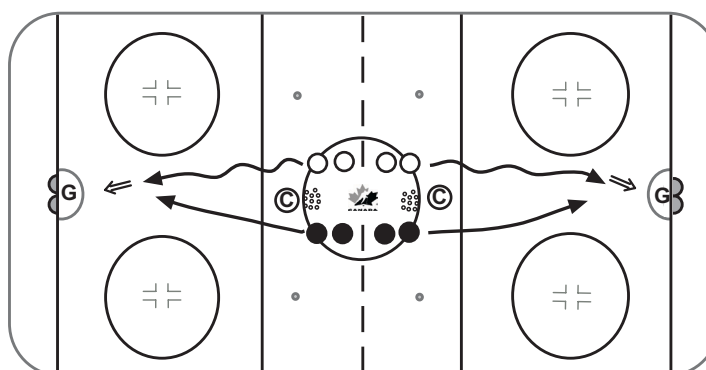
- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.



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