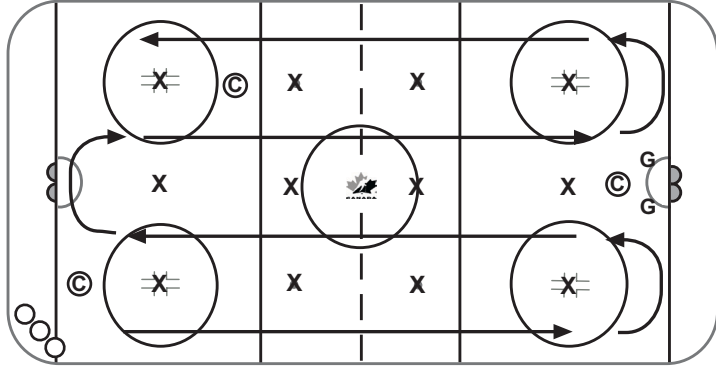


## 10 MIN

## 4 LANE SKATING CIRCUIT

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



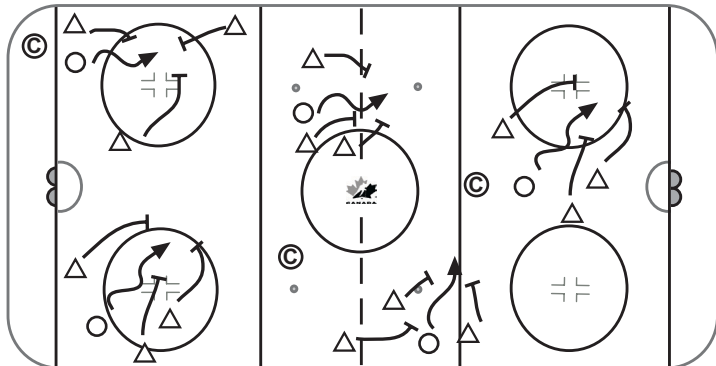
## KEY EXECUTION POINTS

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

## 5 MIN

## CHAOS WITH PRESSURE

- Players get in groups of 4.
- One player has the puck and is on offense, the other 3 players are on defence.
- On whistle, player with puck has to stickhandle and protect the puck from the 3 defenders.
- If defender steals puck, then defender goes to offense
- Whoever has the puck when the coach blows whistle again, is then on offense



## KEY EXECUTION POINTS

- Change directions

## KEY EXECUTION POINTS

- Goes for 15 seconds then stop - rest for 10 then go again.

## 20 MIN

## PASSING STATIONS

## 1. MONTREAL DRILL

- ○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

## 2. PASS WITH ACCURACY

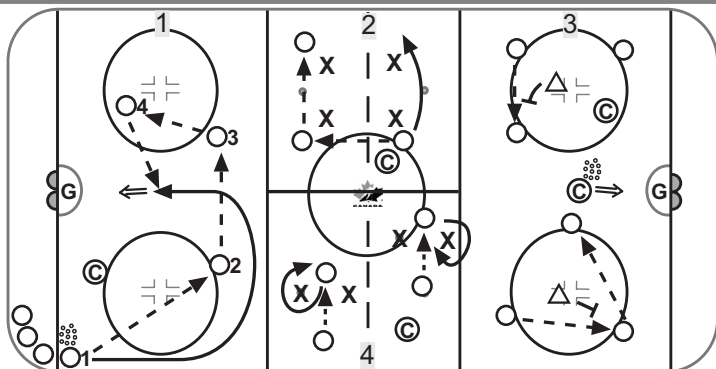
- move laterally giving and receiving passes on the outside of the cones

## 3. "PIG IN THE MIDDLE"

- one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer

## 4. FIGURE 8 PASSING

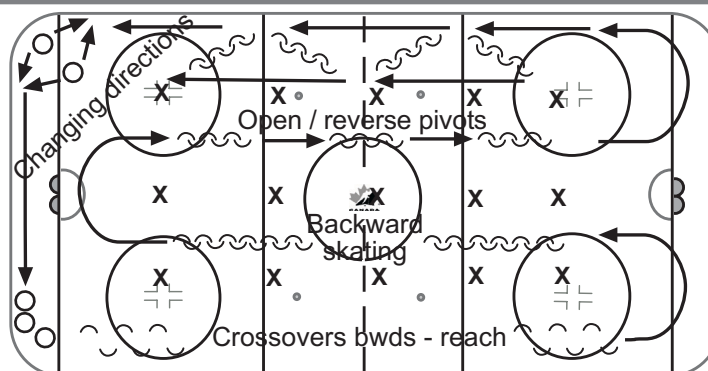
- one player passes to partner who performs figure 8 pattern around pylons. Pass receiver must maintain eye contact with the passer at all times. One touch passes or puck control around pylons before return pass is made.



## KEY EXECUTION POINTS

**10 MIN BACKWARD SKATING**

1. Use backward crossover start – once skating down lane, use one crossover then reach each way.
2. Backward skating / striding
3. Open reverse pivots
4. Transition pivots
5. When player finishes 4th lane wait in corner for next player. Players must use lateral crossovers side to side to try and mirror each other. Players rotate in and out as they finish the lane.



**KEY EXECUTION POINTS**

- Do circuit 4 times

**20 MIN INDIVIDUAL DEFENSIVE TACTICS**

5 Stations – 4 mins at each station

**1. GAP CONTROL**

- 2 lines at centre red line – fwd skates with puck towards end goal line, defense has to play tight gap

**2. PRESSURE / CONTAIN.**

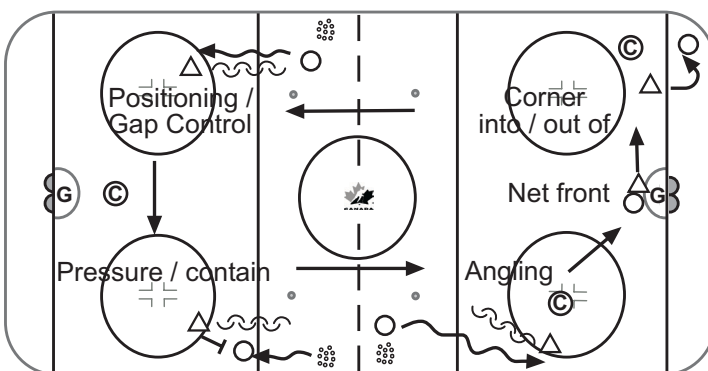
- 2 lines at centre red line – fwd skates into zone, and performs a delay. If defense has tight gap, then step up and pressure. If defense has loose gap, then contain.

**3. ANGLING**

- 2 lines at centre red line. Fwd skates towards end goal line, defense has to angle fwd towards the boards.

**4. NET FRONT**

- place fwd and defense in front of net, coach shoots



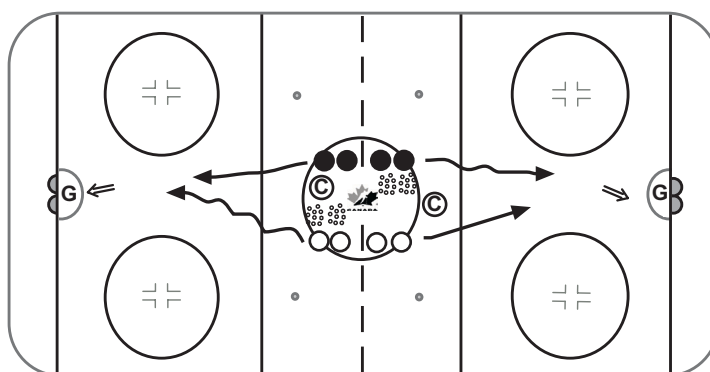
puck into goalie, players then battle for position to find rebound.

**5. CORNER CONTAIN**

- players start on the dot and coach dumps puck in corner, defender has to angle fwd up the wall

**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