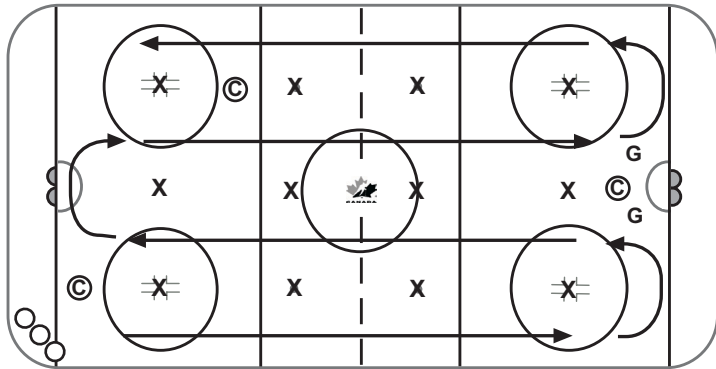


10 MIN PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

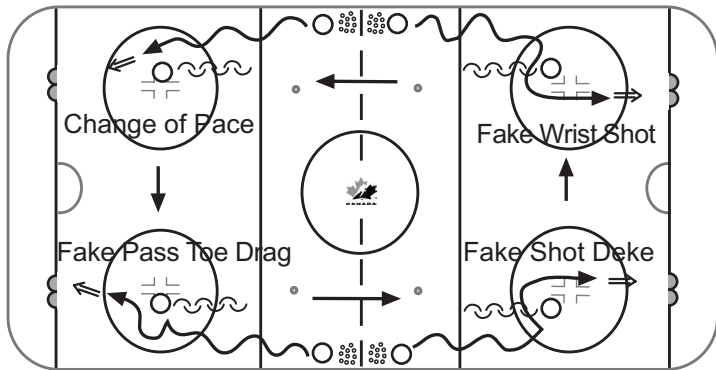
Utilize a variety puck control skills



15 MIN INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag

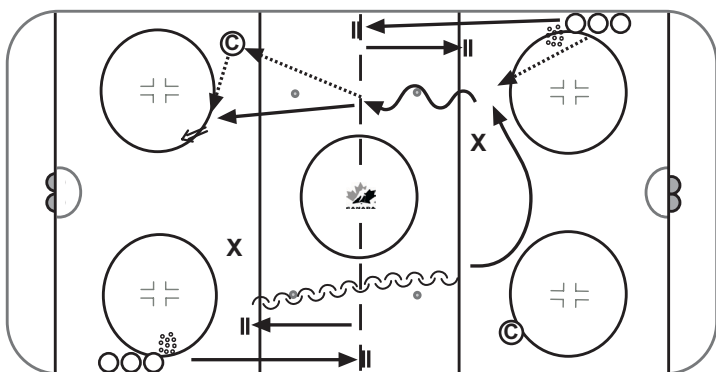


• 5 minutes at each station

5 MIN COMBO - TECHNICAL SKILL

DRILL #1

- Both ends start at the same time
- O skates, stops and starts at redline and blueline, pivots, skates backward, pivots open to pass, skates through neutral zone, executes give & go with coach
- Call for passes
- Stop at net after shot

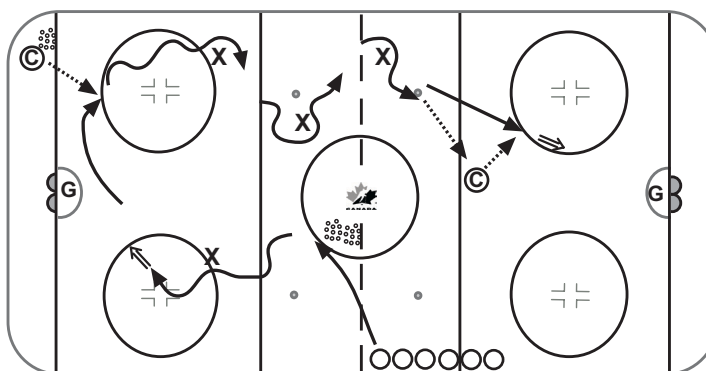


- Finish with shot on goal
- Quick feet
- Switch sides
- Eye contact
- Quick release
- Give target for pass

10 MIN COMBO - TECHNICAL SKILL

DRILL #2

- ○ picks up puck from center, drives outside and takes shot on goal
- After shot, receives pass from ©, controls puck through pylons, "give & go" with 2nd ©
- Finish with shot on goal



KEY EXECUTION POINTS

- Quick feet
- Follow up on goal for rebound
- Quick release
- Give target for pass

15 MIN PASS/RECEIVE CIRCUIT

1. MONTREAL DRILL

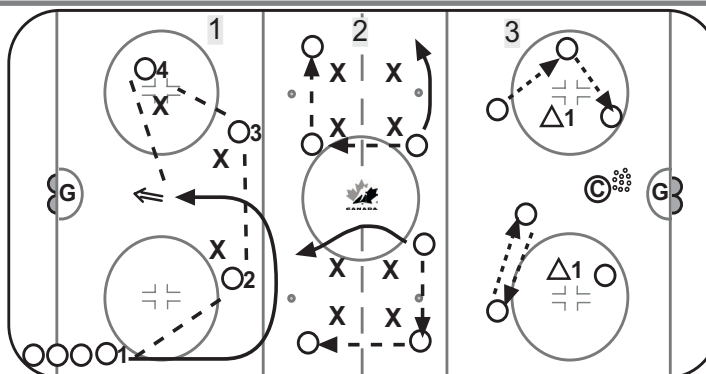
- ○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

2. PASS WITH ACCURACY

- Move laterally, giving and receiving puck on the outside of 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

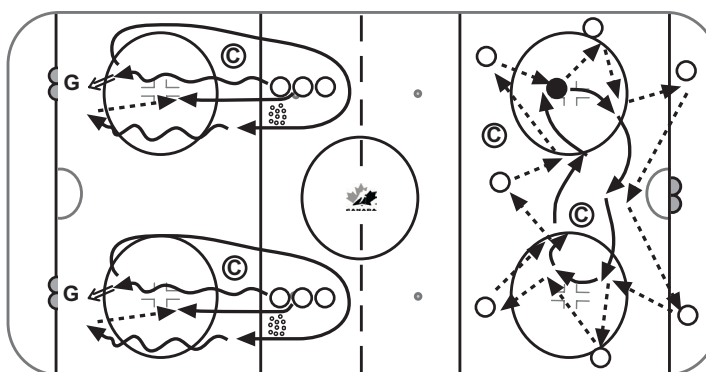


KEY EXECUTION POINTS

- 3 to 4 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 MIN 1,2,3 ON 0/1 TOUCH PASSING

- Move nets to each end, on goal line, below face off dots
- Players line up outside blue line in equal groups, each player with a puck
- 1st player goes in for shot, keeps going until goal is scored
- After goal, player skates back outside blue, next player joins in for 2 on 0
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over



KEY EXECUTION POINTS

- Use 4 nets if required.
- Each player must touch puck once before shot