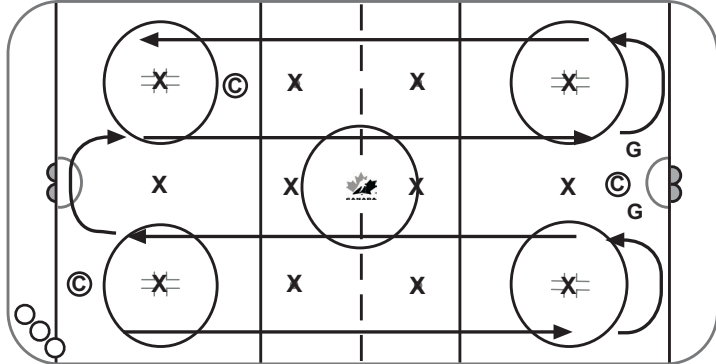


10 MIN PUCK CONTROL WARMUP

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 SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW PLAY

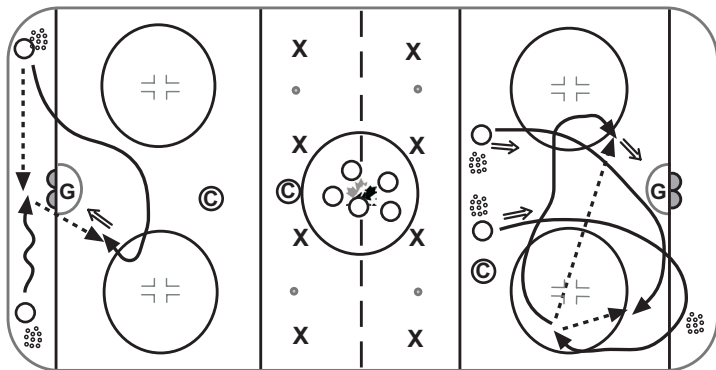
- Players in opposite corners with pucks. On whistle, both players skates towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.

2. PUCK CONTROL

- Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception

3. SHOOTING / SCORING - 2 SHOT DROP TO BACK DOOR

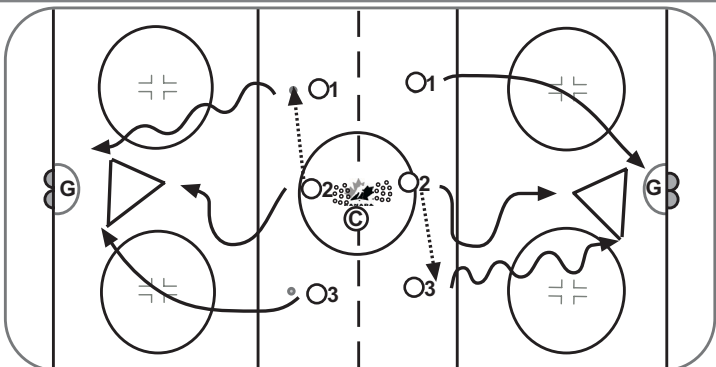
- 2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play



10 MIN 1,2,3 ATTACK PROGRESSION

TACTICAL LEVEL: OPTION #1

- 2 groups working 1/2 ice
- Coach walks each player through their responsibilities
- ○1 - Net drive (penetrate)
- ○2 - Support high slot (depth)
- ○3 - Support low slot (width)
- Repeat options 3 vs 0

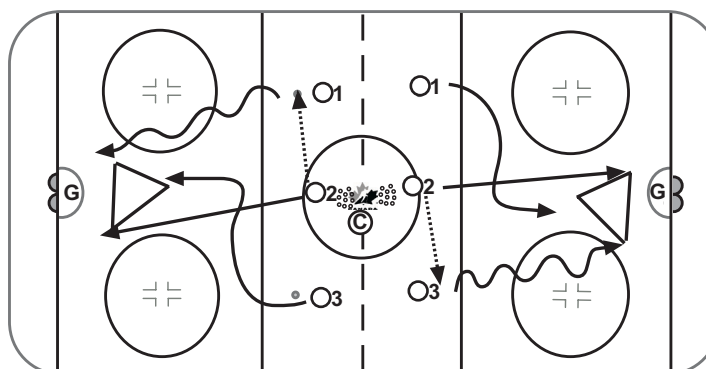


- Players exchange positions and roles
- Read and react

10 MIN 1,2,3 ATTACK PROGRESSION

TACTICAL LEVEL: OPTION #2

- ○1 - Net drive (width & penetrate)
- ○2 - Middle drive low slot (width)
- ○3 - Support high slot (depth)
- Repeat options 3 vs 0

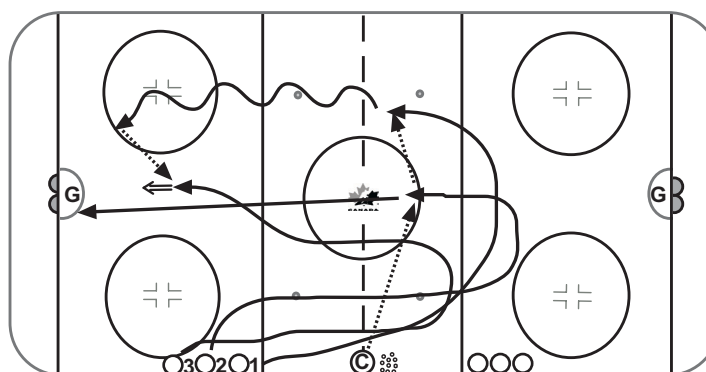


KEY EXECUTION POINTS

- Players exchange positions and roles
- Read and react

10 MIN 1,2,3 ATTACK PROGRESSION

- Efficient Level: No Defensive Pressure
- Emphasis on reading and reacting to the two attack triangle options
- 3 vs 0
- Alternate sides

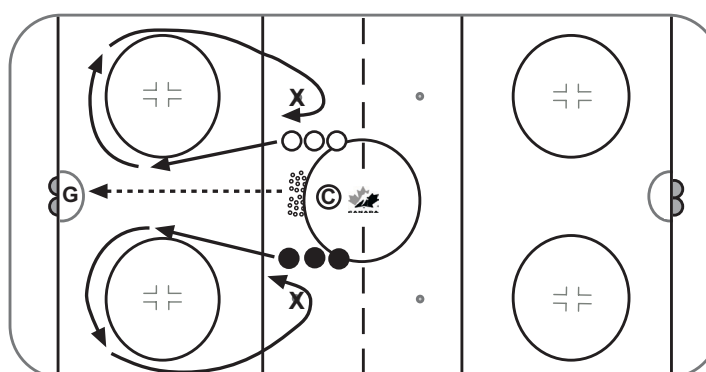


KEY EXECUTION POINTS

- Penetration with speed from ○1
- Width and depth from ○2 and ○3
- Timing

5 MIN CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline
- 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, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space