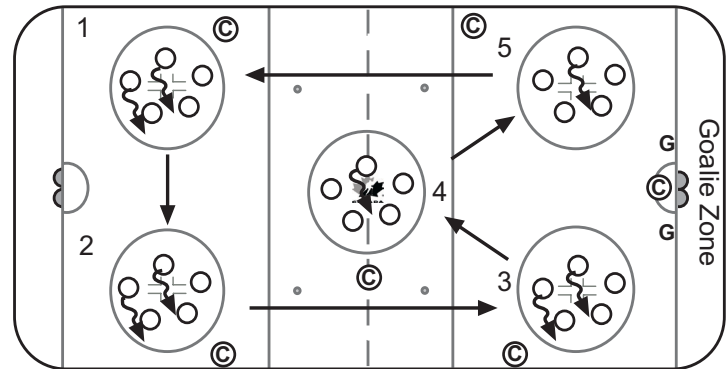


10 MIN PUCK CONTROL WARMUP

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.



15 MIN SKILLS STATIONS

1. CORNER CYCLE

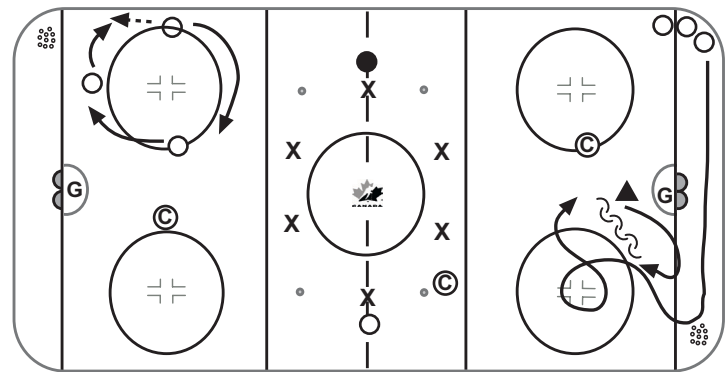
- 3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

2. PYLON AGILITY MIRROR

- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

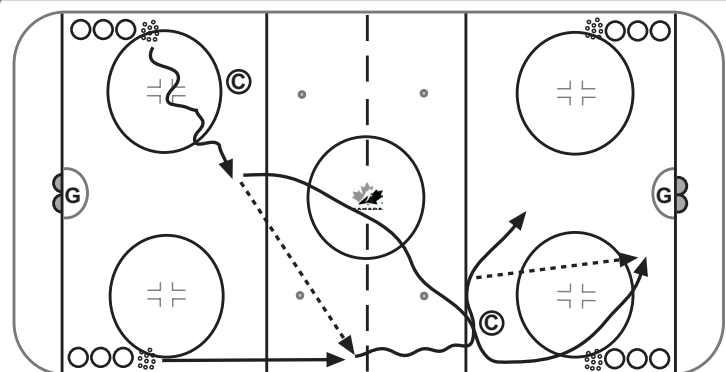
3. SHOOTING / SCORING - CORNER CONTAIN

- D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle



10 MIN 2 MAN CROSS

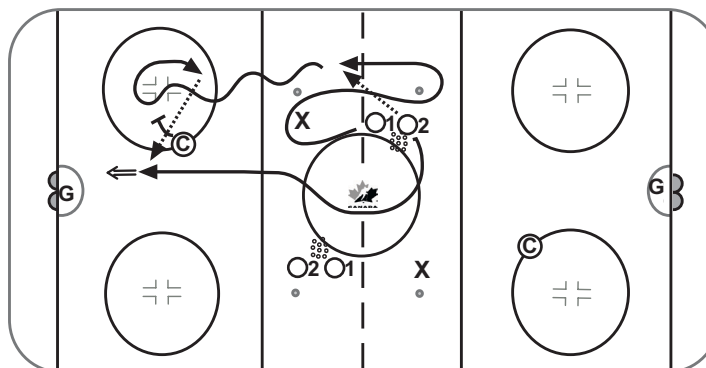
- Players in 4 lines in each corner.
- On whistle, ○1 skates across ice, passes to ○2 who drives the blueline, and crosses to the middle of the ice in front of the coach.
- ○2 who drives middle of ice crosses wide behind ○1 and in front of coach to drive net from outside.
- ○2 receives pass from ○1 and can shoot or take puck to the net.
- Both ends go at the same time.



- Play without puck support from behind on cross.
- There must be a net drive after the cross.

10 MIN DRIVE/DELAY

- ○1 tight turns around face off dots and gets pass from ○2, ○1 attacks. © - passive pressure - ○1 delays to the boards drawing ©
- ○2 times entry into high slot for pass from ○1 - ensure that defensive player commits to ○1.

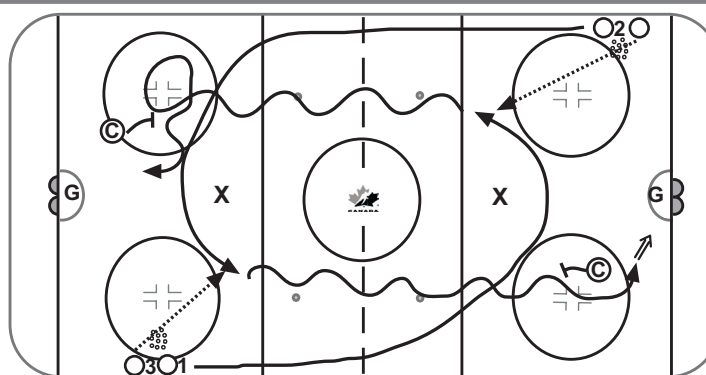


KEY EXECUTION POINTS

10 MIN NET DRIVE - DELAY

TACTICAL LEVEL - DELAY OPT. #1

- 1 vs 0 with minimum pressure:
- ○1 receives pass from ○2 and reads loose gap, therefore delays and drives to the slot for a shot
- ○2 reads tight gap and drives to the net
- Coach varies pressure, allowing ○ to read gap and react

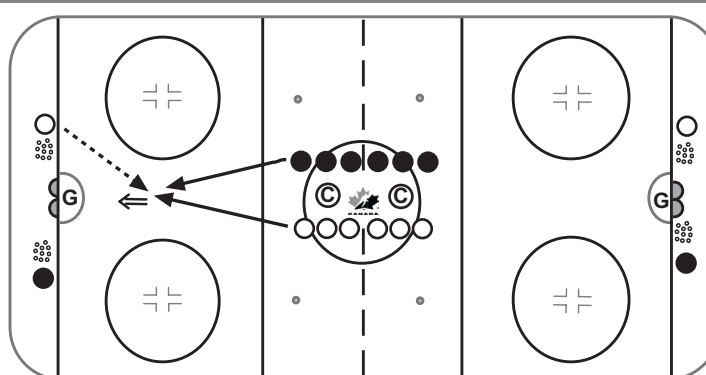


KEY EXECUTION POINTS

- Attack with speed
- Switch sides

5 MIN 1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center
- on whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal
- alternate who is on defence and offense



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot