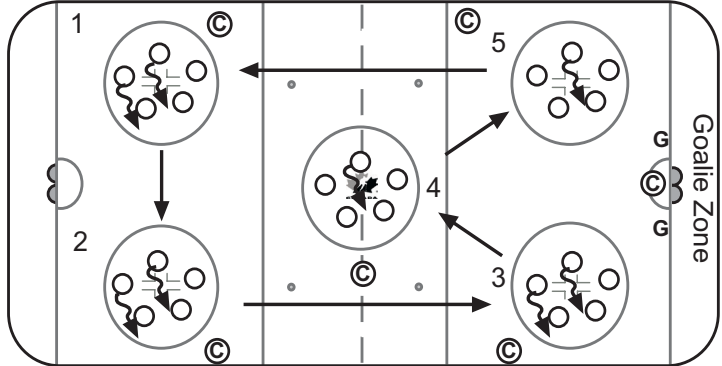


10 MIN 5 CIRCLE CHAOS

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.



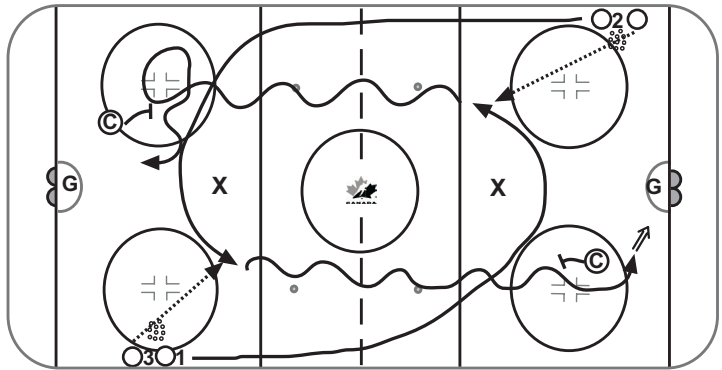
KEY EXECUTION POINTS

- On whistle players move to next circle

5 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

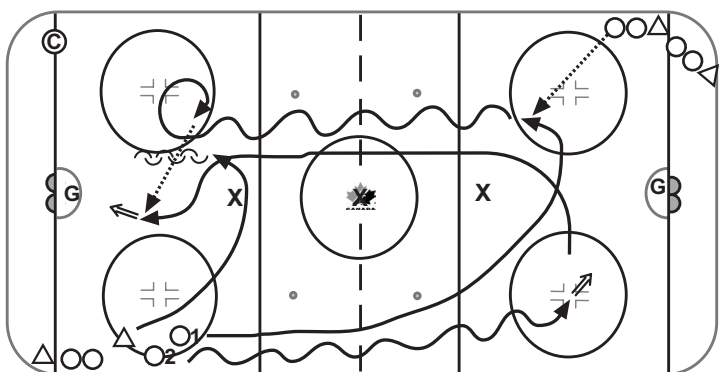


- Coach varies pressure, allowing ○ to read gap and react
- Attack with speed
- Switch sides

5 MIN NET DRIVE - DELAY

EFFICIENT LEVEL - DELAY OPT. #2

- 1 vs 0 with full pressure:
- ○1 receives pass, attacks with speed and pulls delay
- ○2 with puck, takes shot on goal then joins play as 2nd wave
- D goes around middle pylon and defends 1 on 1
- ○1 creates time and space with puck
- ○2 times entry into slot

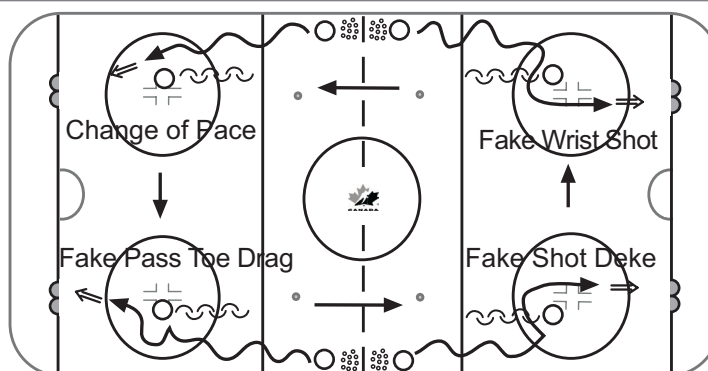


- Work both sides

20 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



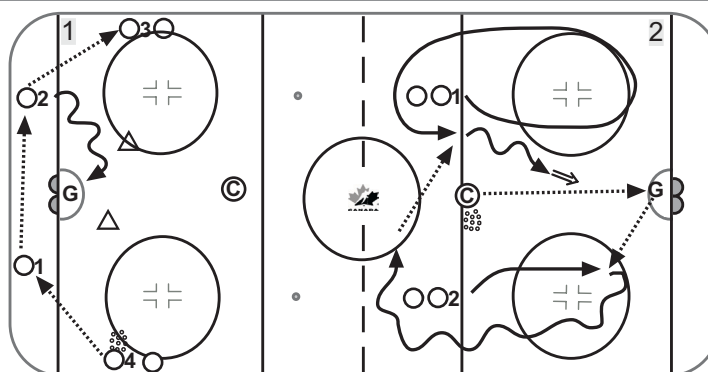
KEY EXECUTION POINTS

- 5 minutes at each station

10 MIN WALKOUTS/TURN UPS #2

TACTICAL LEVEL (1/2 ICE - 5 MINS EACH)

- ○1 and ○2 exchange pass and fake out D by faking pass to ○3 or ○4. When seam to net opens, ○ player attacks from behind net
- ○1 and ○2 pick up pass from G, turn up ice & attack back 2 on 0

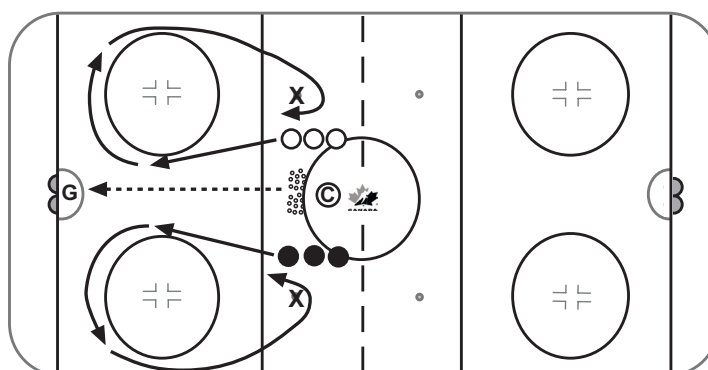


KEY EXECUTION POINTS

- Eye contact
- Deception
- Quick feet and hands

10 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