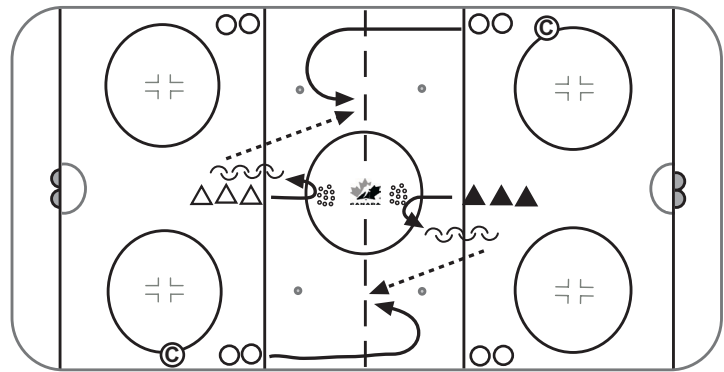


10 MIN

D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATIONS**1. GOALIE OUTLET PASS**

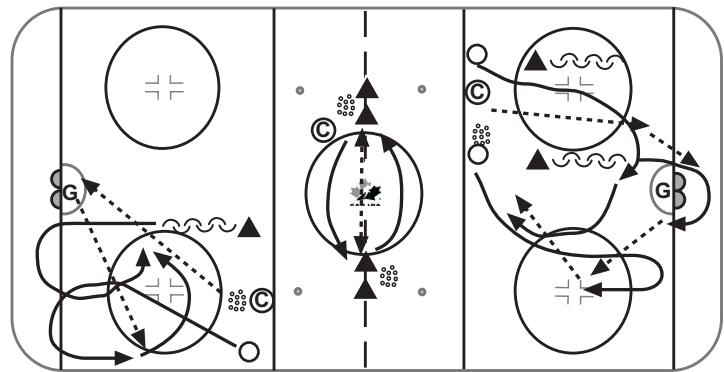
- Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.

2. QUICK SPRINT PASS

- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. 2 ON 2 BREAKOUT / REGROUP

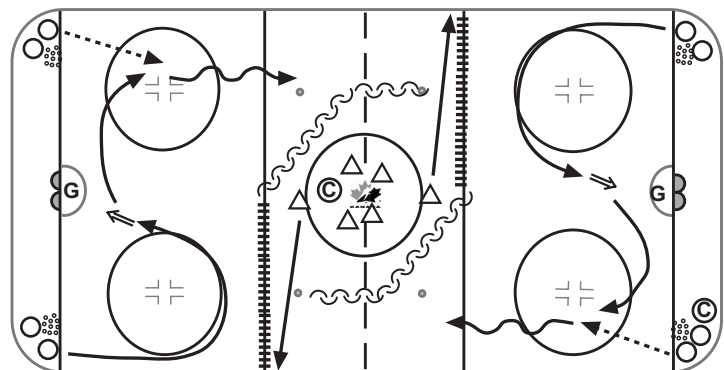
- Coach sots puck behind net for D to retrieve puck and make outlet pass to one of the 2 fwds. Fwds regroup and attack 2 on 2



10 MIN

OLYMPIC 1 ON 1

- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and/or second D.



15 MIN INDIVIDUAL DEFENSIVE TACTICS

5 Stations - 4 mins at each station

1. GAP CONTROL

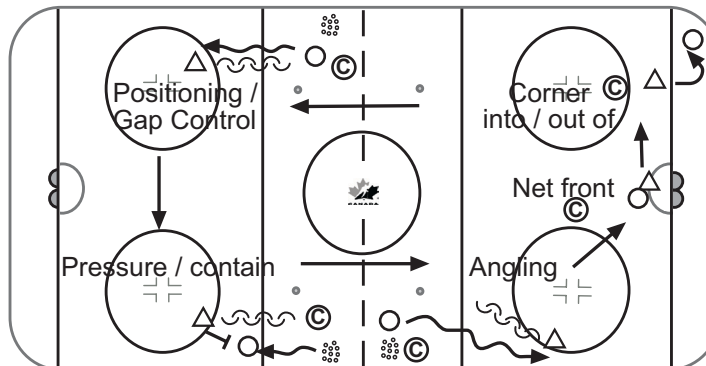
- 2 lines at centre red line - fwd skates with puck towards end goal line, defense has to play tight gap

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

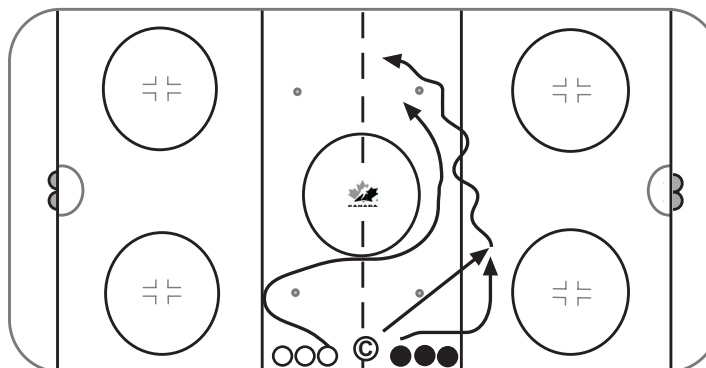
- place fwd and defense in front of net, coach shoots puck into goalie, players then battle for position to find rebound.

5. CORNER CONTAIN

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

5 MIN STAMPEDED ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.

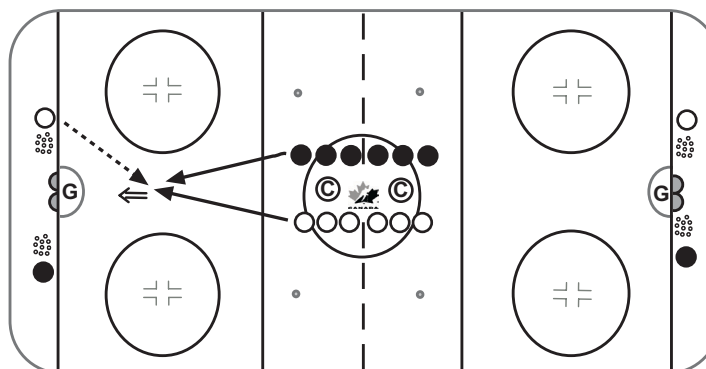


KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

15 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