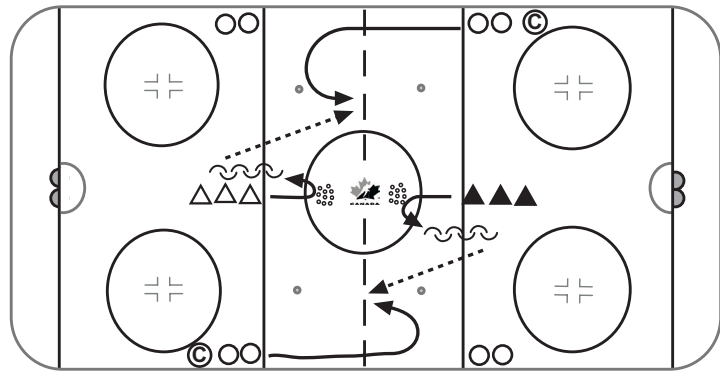


10 MIN

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. SHOOTING / SCORING - DOUBLE SHOT DROP

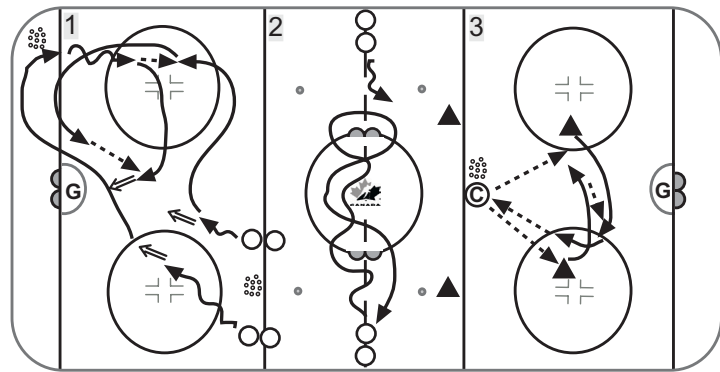
- Players start in 2 lines near blue line, both take shot on net. 1st player picks up puck from corner and skates up wall, 2nd player skates higher after shot and then comes down wall to get drop pass from Player 1, who then heads to net for pass from Player 2.

2. AGILITY NETS

- Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands

3. D MAN MOBILITY - OPEN ICE REVERSE

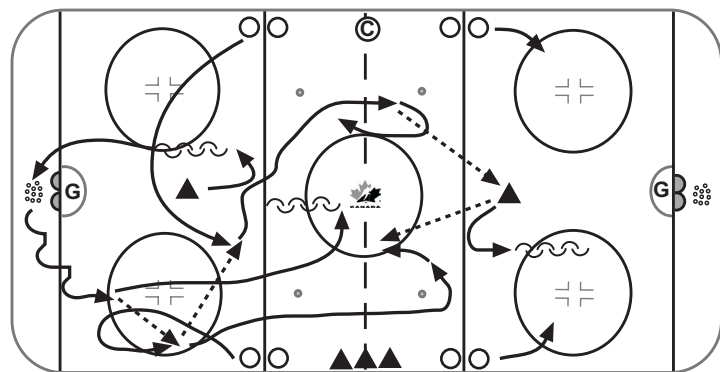
- 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 - 4 reps then switch D



10 MIN

CONTINUOUS 2 ON 1

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.



15 MIN INDIVIDUAL DEFENSIVE TACTICS

5 Stations - 4 mins at each station

1. GAP CONTROL

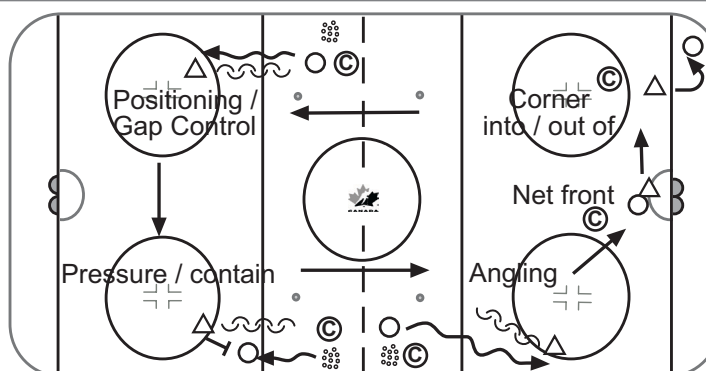
- 2 lines at centre red line - fwd skates with puck towards end goal line, defense has to play tight gap

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

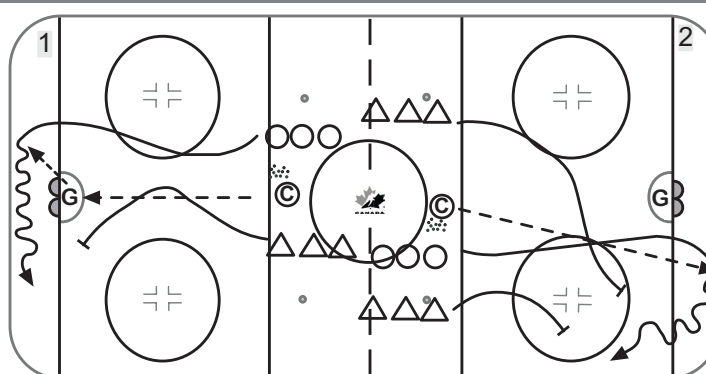
5 MIN 2 PLAYER PRESSURE

"2 Player Pressure" (1/2 ice)

1 vs 1 forecheck angling skills

- D angles ○, ○ tries to skate to neutral zone, D tries to score

2 vs 1 forecheck pressure

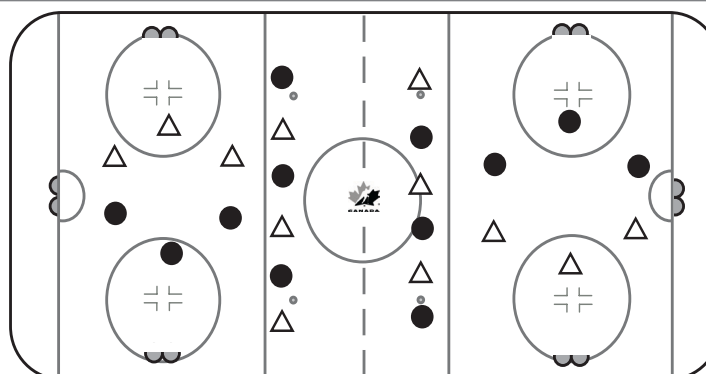


KEY EXECUTION POINTS

- D1 angles ○, while D2 provides close defensive support. If Ds get the puck, attack 2 on 1 against ○

5 MIN SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams
- Play 2 games of 3 on 3 cross ice - one in each end zone
- Spare players line up along blue lines and switch on coach's signal



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks