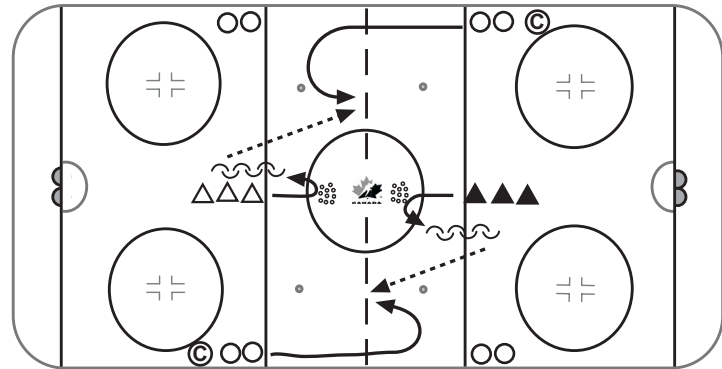


10 MIN

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

1A) MIRROR AGILITY

- Players start facing each other. One player is the leader the other has to follow to keep up and copy each of the movements of the other.

1B) IRON CROSS

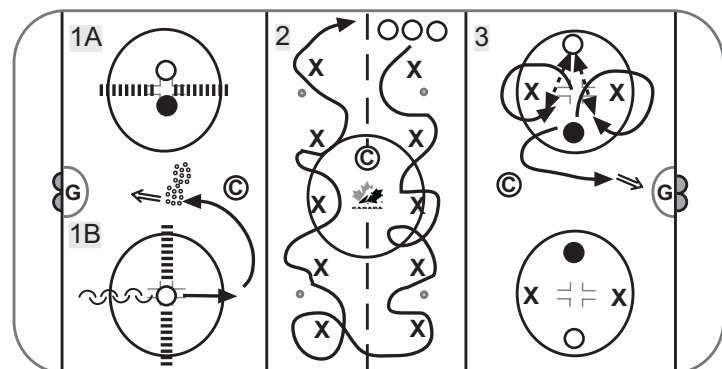
- Player started on the dot, and skates the “ Cross “ pattern, fwds / bwds / step overs / karioka

2. PYLON PUCK CONTROL AGILITY

- Place pylons in the neutral zone and have the players work on various moves, toe drags, backhand toe drags, deception and creativity.

3. FIGURE 8 PASSING

- Place two pylons within the circle, have a passer stand stationary with back to the boards. Skater has to skate in a figure 8 pattern passing and receiving.

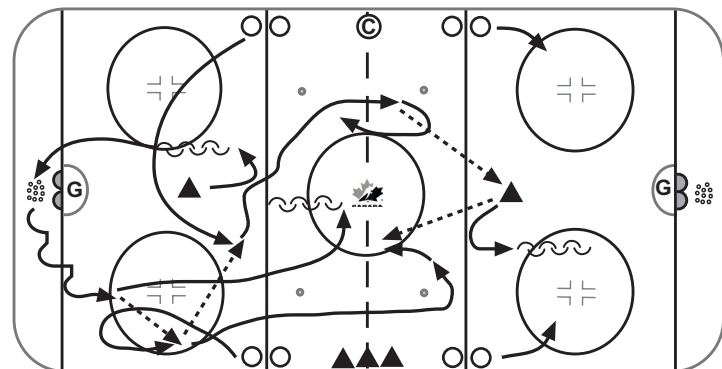


- a) all forwards
- b) transition
- c) 1 touch
- d) double pass

10 MIN

CONTINUOUS 2 ON 1

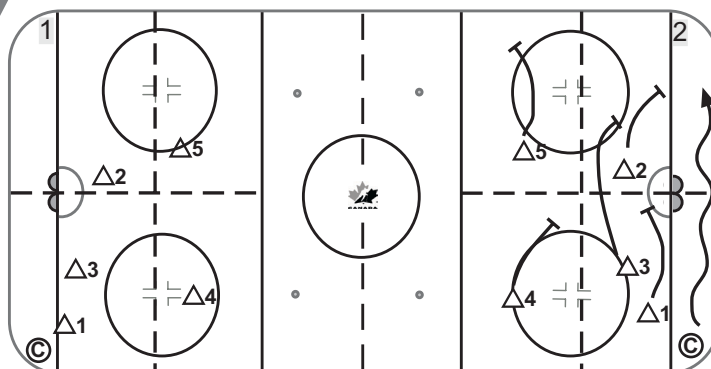
- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup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



15 MIN D ZONE COVERAGE

Positional responsibilities

- Walk players through zone responsibilities.
- 1/2 ice split- (maximize ice).
- Coach moves puck to opposite corner, all players react to new positions.
- ○1 -puck zone.
- ○2 -net zone.
- ○3 -support ○1 on the puck.
- ○4 -identify late threat as either slot or point.
- ○5 pick up last zone.

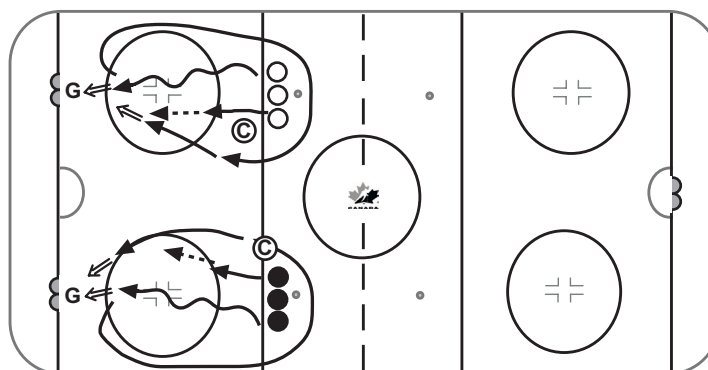


KEY EXECUTION POINTS

- Spray paint quadrants on ice

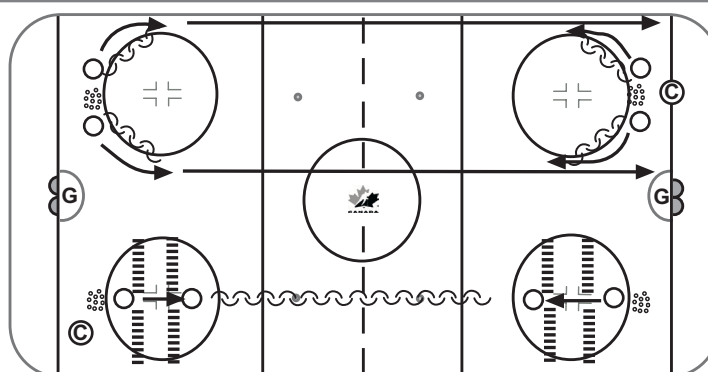
5 MIN 1, 2, 3 ON 0

- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored.



5 MIN CONTROLLED SCRIMMAGE

- Stop on the coach's whistle (controlled)
- Emphasis on:
- Faceoff alignments
 - Defensive zone coverage



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support