

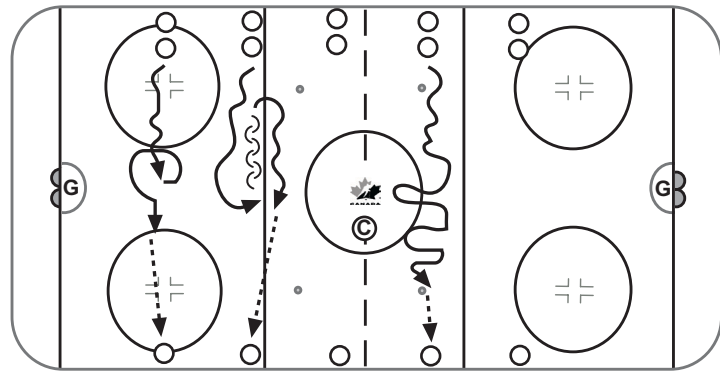
10 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - BEHIND NET PASS OUT

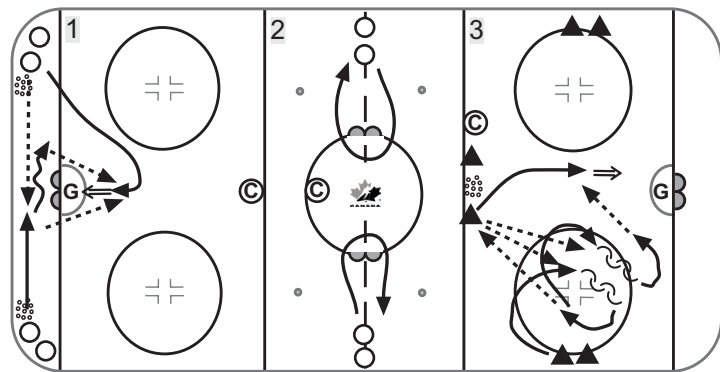
- Player in opposite corner, pass is made behind net, passer heads to net front for pass from behind net near side or far side.

2. AGILITY NETS

- Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.

3. D MAN MOBILITY

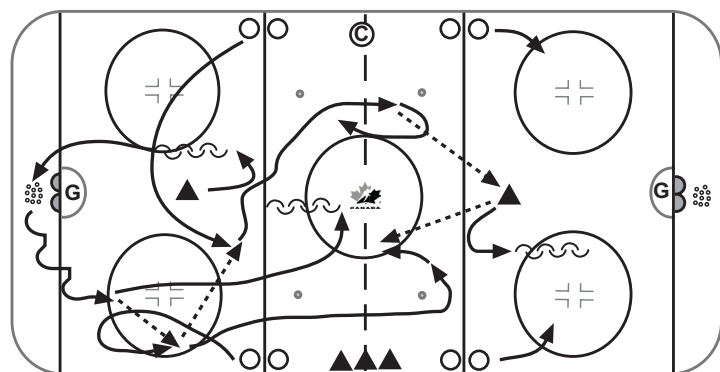
- D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



10 MIN

CONTINUOUS 2 ON 1

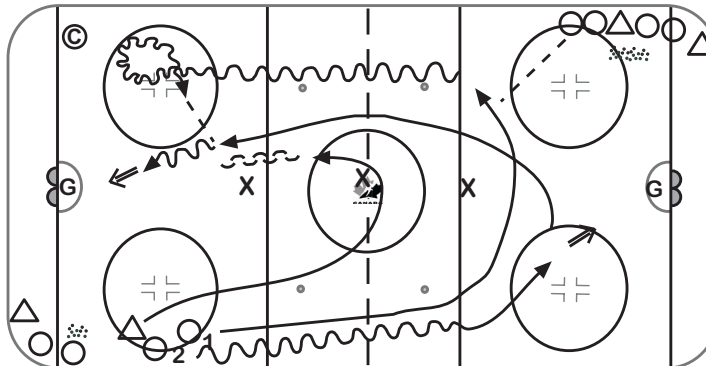
- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup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



10 MIN NET DRIVE DELAY

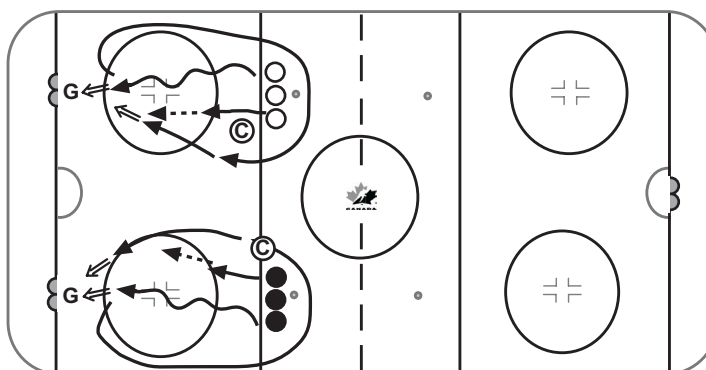
Efficient Level -

- 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.
- ○ goes around middle pylon and defends 1 on 1.
- ○1 creates time and space with puck.
- ○2 times entry into slot .



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



10 MIN SKATING/AGILITY/CONDITIONING

- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.

