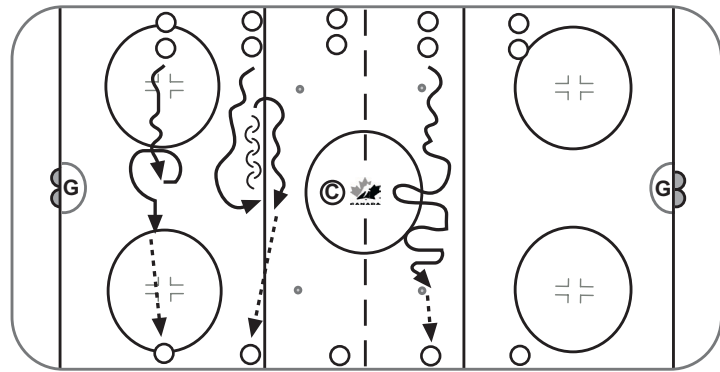


**10 MIN CROSS ICE SKILLS WARMUP**

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

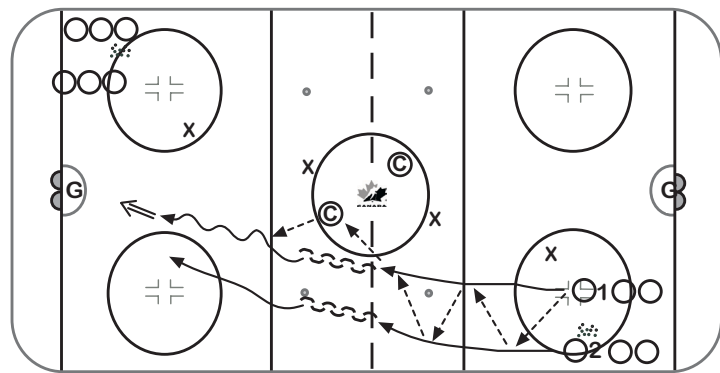
1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet



**10 MIN TRANSITION 2 ON 0**

- ○1 and ○2 pass back and forth.
- When ○1 and ○2 reach the center line, pass the puck to the coach.
- ○1 and ○2 stop and skate backwards to the blue line.
- Coach returns the puck to either player and they attack 2 on 0 using outside lane.

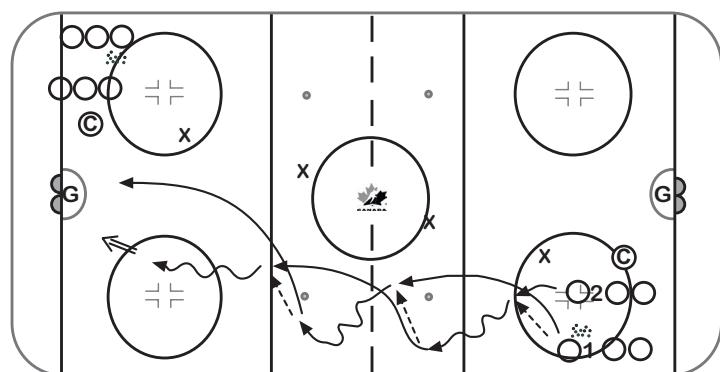


**KEY EXECUTION POINTS**

- Quick feet
- Present good target
- Head up
- Full stops at all times
- Stick on the ice

**10 MIN 2 ON 0 PASS AND FOLLOW**

- ○1 and ○2 pass back and forth.
- ○1 passes to ○2, and then crosses behind changing lanes.
- ○2 receives pass, and crosses into lane, ○1 just left.
- Go in for shot on net.

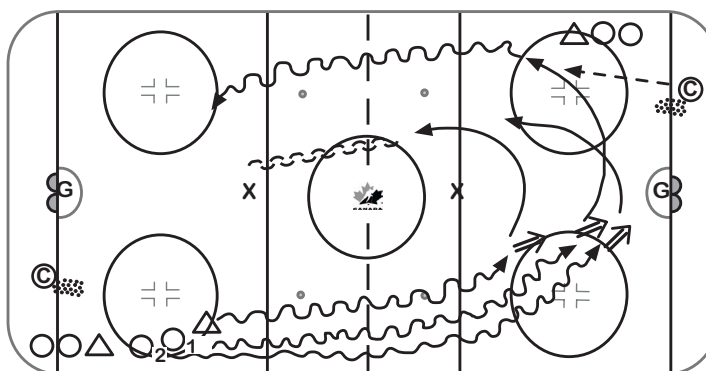


**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lanes after each attempt

**10 MIN RAPID SHOT - 2 ON 1 COMBO**

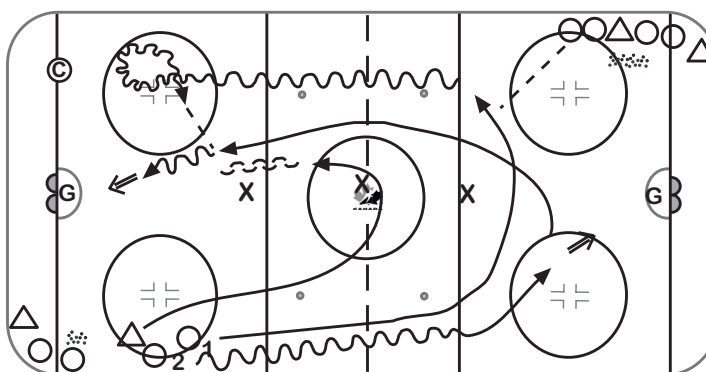
- On whistle, D, ○1, ○2 skate down the ice with a puck for shot on goal
- ○1 picks up 2nd puck from © and ○2 follows up for 2 on 1
- D pivots after shot and defends 2/1



- One side at a time or both ends at the same time
- Quick release
- Read and react
- Quick feet
- Communicate
- Support puck carrier

**10 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.



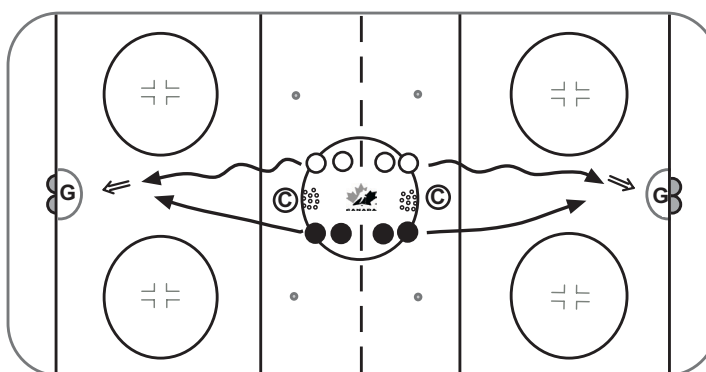
**KEY EXECUTION POINTS**

- Work both sides

**10 MIN SHOOTOUT**

Have players line up in two lines at center line. (use both ends) One line has players standing with puck, the other line has the player starting on one knee.

- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If players takes puck away, then that player is on offense.



**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt