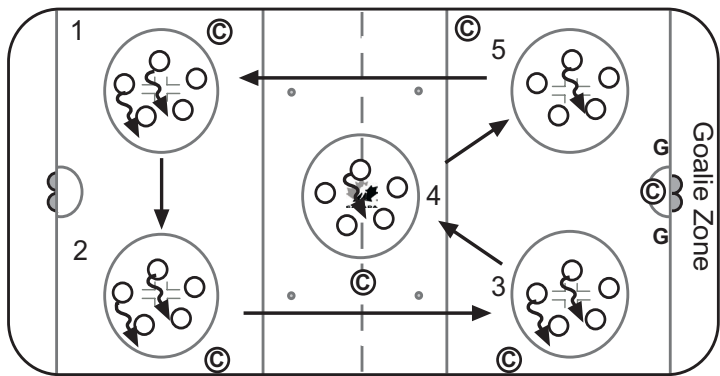


10 MIN 5 CIRCLE CHAOS

Divide players up into the 5 circles

In each circle they perform a different stickhandling move

1. Toe Drags
2. 1 handed
3. Puck in feet
4. Puck through legs from back



KEY EXECUTION POINTS

- On whistle, players move to next circle

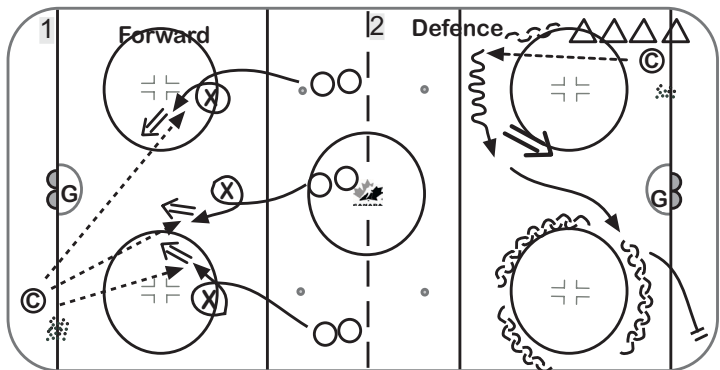
10 MIN SHOOTING AGILITY

FORWARDS:

- ○ skates 360° around pylon and receives pass from coach. Quick release wrist shots.

DEFENCE:

- skates backwards to blueline, pivots, receives pass from ©, shoots, skates the circle bwds.

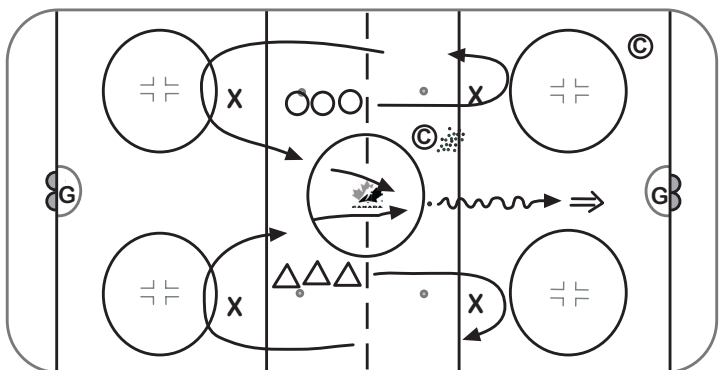


KEY EXECUTION POINTS

- Stick on the ice for pass reception
- Quick release
- Eyes on the target

10 MIN TIGHT TURN RACE

- Coach spots the puck at centre
- On the whistle, 2 players race around pylons and battle 1 on 1 all the way to the goal
- Alternate directions
- Goalies in the nets



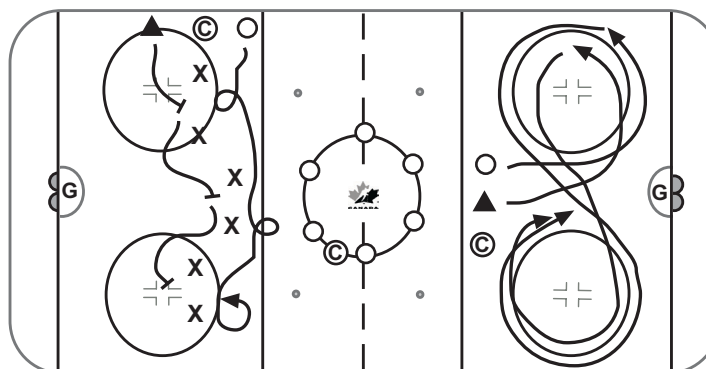
KEY EXECUTION POINTS

- Quick feet
- Quick release
- Acceleration

15 MIN CHECKING STATIONS

1. CONTAINMENT

- Place 3 sets of 2 pylons as shown. Fwd starts with puck and must attack a lane by going through a set of pylons.
- D has to jump up and contain and cut the fwd off before going through the pylons.
- Fwd stop start, change pace etc to lose D and get through for shot on net.



2. CIRCLE BUMP

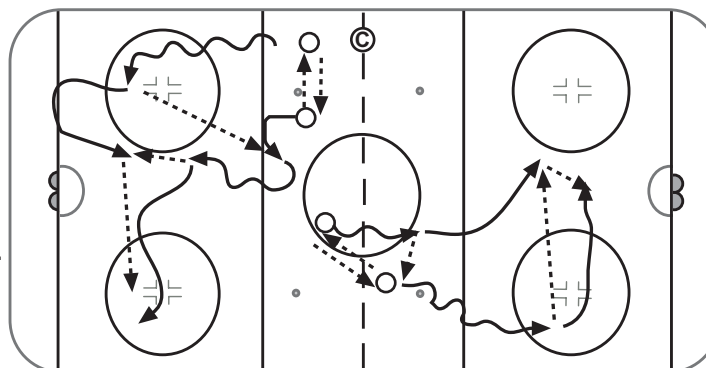
- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

3. MIRROR 1 ON 1

- Players start out near blue line. Fwd carries puck towards corner (Coach can also dump it in) D has to trail and mirror to contain the fwd as fwd carries puck around circle, then to other circle.
- D has to transition to keep shoulders square with fwd and always face chest to chest.
- As fwd skates around top of 2nd circle, it becomes 1 on 1 until a goal is scored.

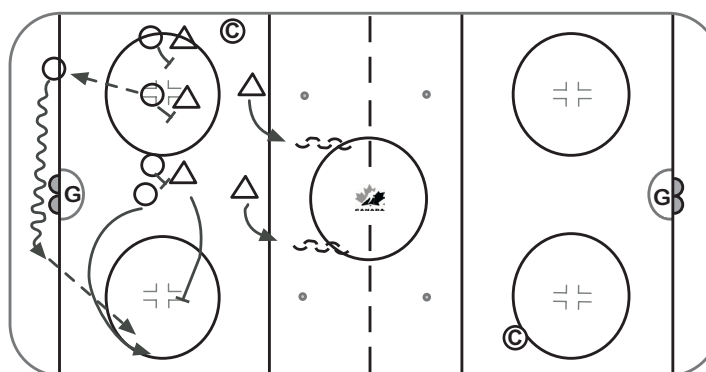
5 MIN SHORT PASS/LONG PASS

- Players partner up, with one puck between them.
- Partners skate anywhere on the ice passing back and forth to one another - first pass short/ close, second pass long/ far; always facing one another.
- On whistle, the player without the puck then chases the player with the puck to try and steal the puck away. On second whistle, go back to shot pass long pass.



10 MIN CONTROLLED SCRIMMAGE

- 5 on 5 stop on the ©'s whistle (controlled)
- Emphasis on:
 - faceoff alignments
 - defensive zone coverage



KEY EXECUTION POINTS

- Movement off the draw
- Offensive and defensive support