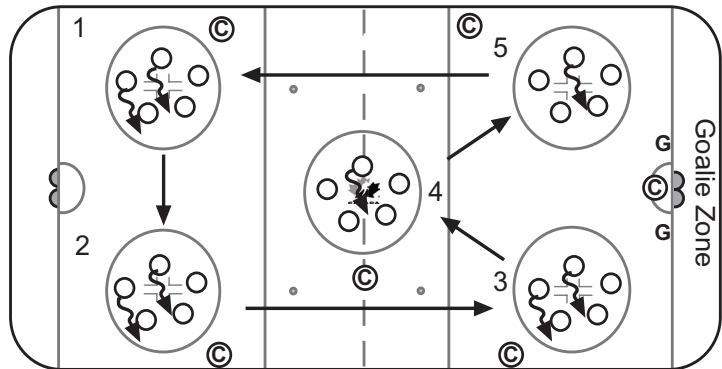


**10 MIN 5 CIRCLE CHAOS**

- 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
5. Stick and puck through legs

**KEY EXECUTION POINTS**

- On whistle players move to next circle

**15 MIN SKILLS STATIONS**

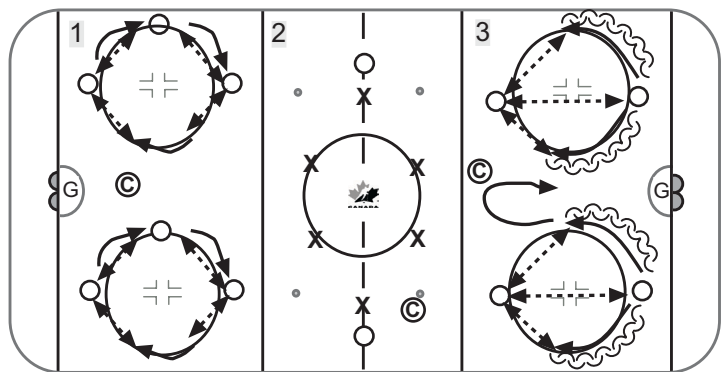
Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

**1. FACE THE PASSER**

- Place two passers on the outside of the circle. Skater skates around the circle giving and receiving a pass to each of the passers while never turning his back on the passer. Always face the passer by pivoting. Add 1 touch or double pass to make it harder.

**2. PYLON MIRROR AGILITY**

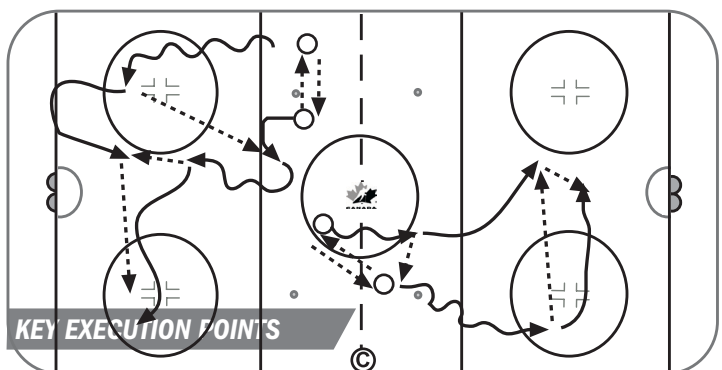
- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

**3. PASS AND MOVEMENTS**

- Place a stationary passer at the top of the circle. Skater starts on bottom and basically “give and go’s” with stationary passer. Sprint forward to hash mark - give and go - backwards to bottom of circle - give and go etc. On signal player at top of circle goes in for shot on net - rotate players through each side

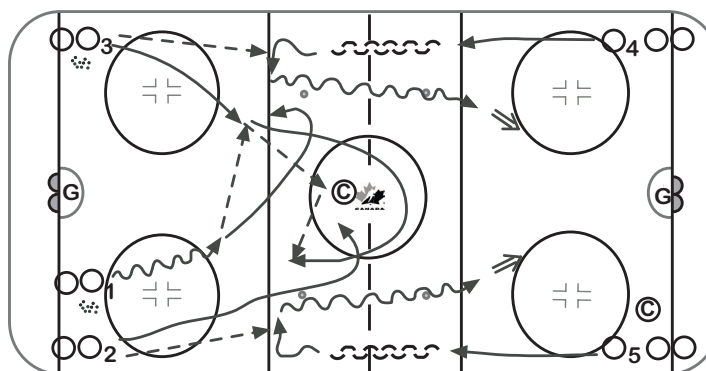
**5 MIN SHORT PASS/LONG PASS**

- 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 3 ON 0 SHOOTING COMBO DRILL**

- ○4 and ○5 skate fwd and bwd to far blueline, receive passes from ○2 and ○3 and return for shots
- ○1 then initiates weave with ○2 & ○3. Use give and go with © and attack 3 on 0
- Execute attack triangle



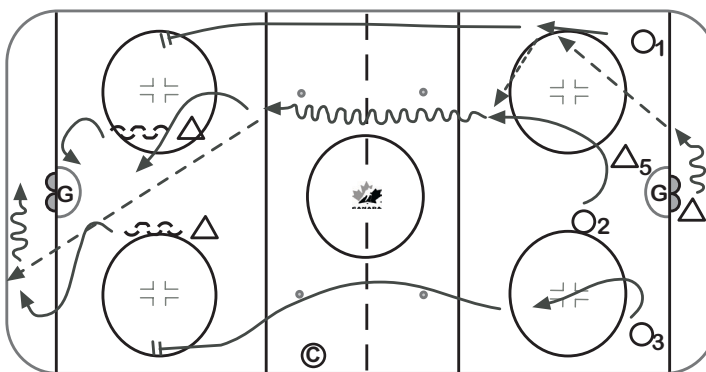
**KEY EXECUTION POINTS**

- Quick feet movement
- Attack triangle
- Quick puck
- Attack with speed
- Read & react
- Quick release

**10 MIN BREAKOUT 5 ON 0 TWICE**

Unit breaks out 5 on 0.

- In neutral zone, offensive unit dumps puck in and sets up for 2nd breakout.
- Dump in on second rush and go to the side boards.
- New unit ready to breakout.



**KEY EXECUTION POINTS**

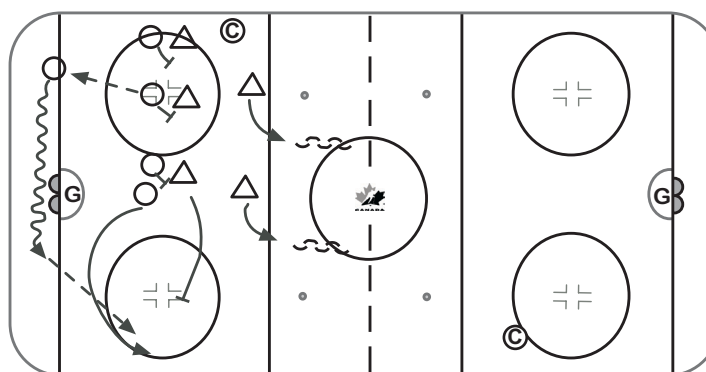
- Shoulder check
- D calls out breakout option
- Forwards to read options and position for breakout

**10 MIN CONTROLLED SCRIMMAGE**

5 on 5 stop on the ©'s whistle (controlled)

Emphasis on:

1. faceoff alignments
2. defensive zone coverage



**KEY EXECUTION POINTS**

- Movement off the draw
- Offensive and defensive support