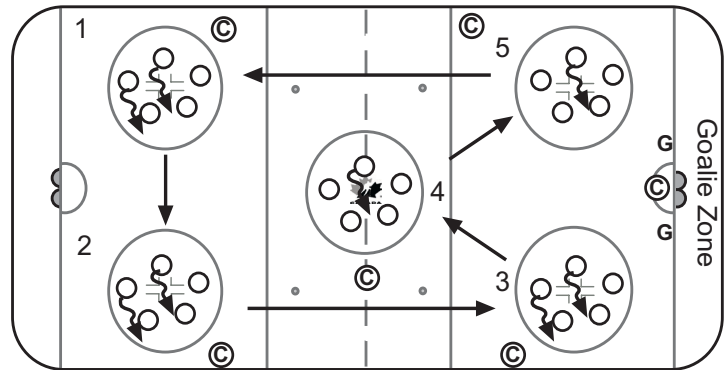


10 MIN 5 CIRCLE CHAOS

- 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

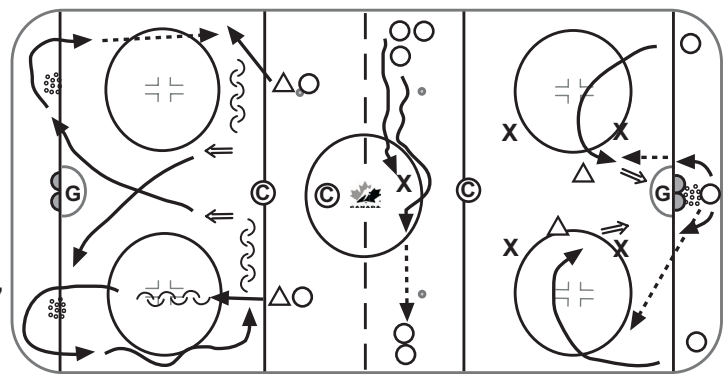
15 MIN SKILLS STATIONS

1. PUCK RETRIEVALS
2. CREATIVITY DRILL

- add chaser to keep speed up.

3. 3 ON 2 OFFENSIVE ATTACK.

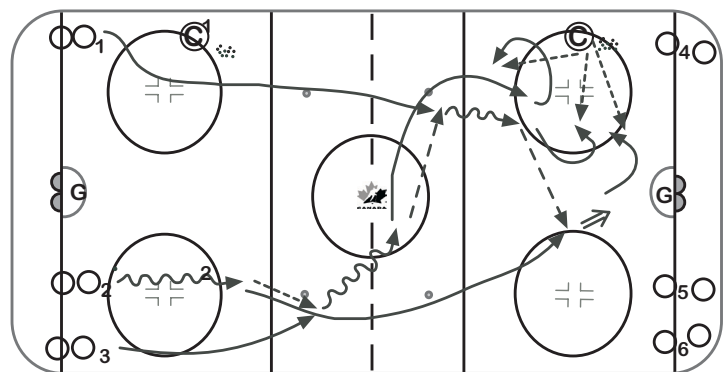
- Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receive pass from behind net walks out of corner and shoots or passes



KEY EXECUTION POINTS

10 MIN PASS & SHOOT COMBO

- ○1, ○2, ○3 skate 3 man weave, passing the puck and shooting
- after the attack, each receives a pass from the coach and returns for shots on goal
- ○4, ○5, ○6 leave after © makes 3rd pass to ○3, repeating the drill in the opposite direction

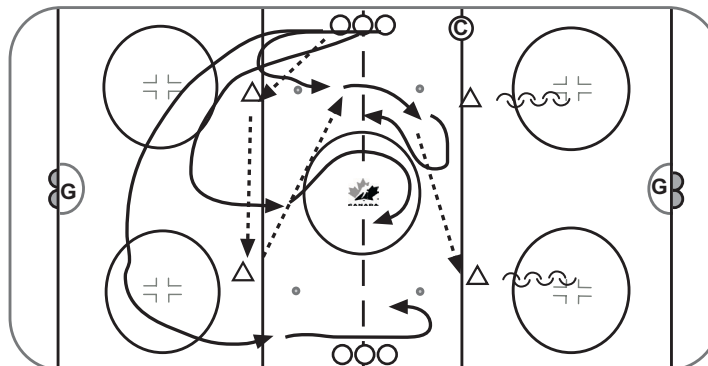


KEY EXECUTION POINTS

- Quick feet
- Communicate
- Accurate passing skills
- Headman passes
- Quick release shots

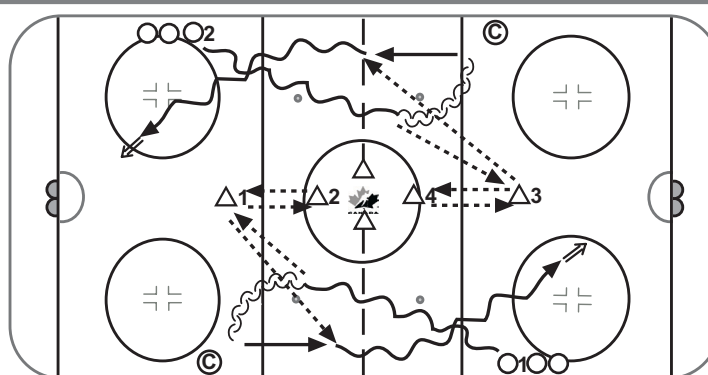
10 MIN NZ REGROUP ON WHISTLE

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



10 MIN PLUNGER 1 TOUCH UP - A

- ○1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to ○1 who uses an open pivot to receive the pass up the boards.
- ○2 goes at the same time passing to Δ3.



- Pass with feet moving
- Call for the puck
- Stop at net after shot

10 MIN PENETRATING PASS

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates outside zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time

