

10 MIN

SPOKANE WARMUP

- 2 lines at each blueline in line with the dots

1.

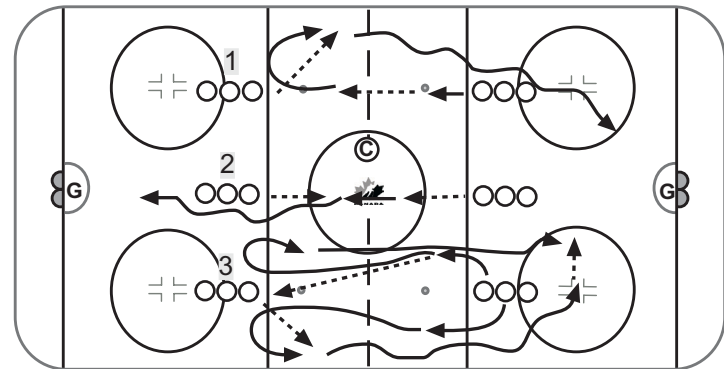
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

2.

- ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



KEY EXECUTION POINTS

15 MIN

SKILLS STATIONS

1. SHOOTING

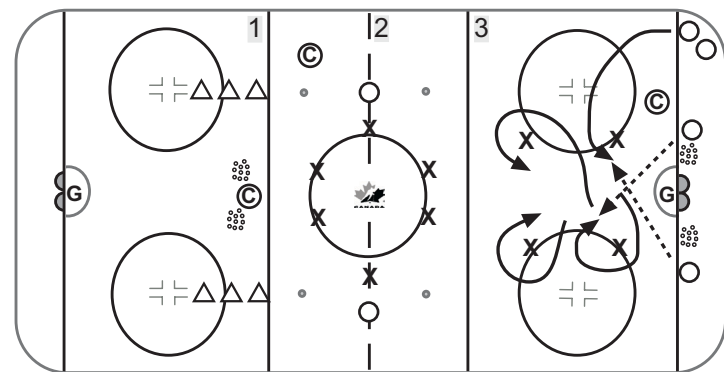
- Pucks in middle of ice. Lefties in one line, righties in the other. On signal from Coach, player must sprint to middle of ice grab a puck and then drag it back towards the wall for shot on net.

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. 4 SHOT SHOOTING

- Place a passer on each side of the net, below the goal line. Shooter can start from either side and



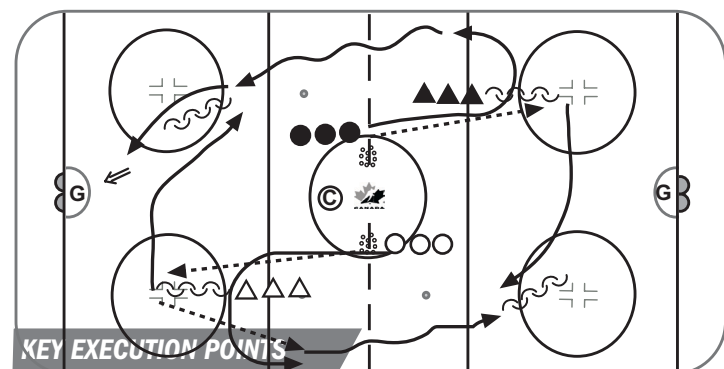
KEY EXECUTION POINTS

skates to slot for pass from either side. Skater must get 2 passes from each side, for a total of 4 shots. Must keep feet moving and always face the passers. Can add defender to make more difficult

5 MIN

1 ON 1 TRANSITION

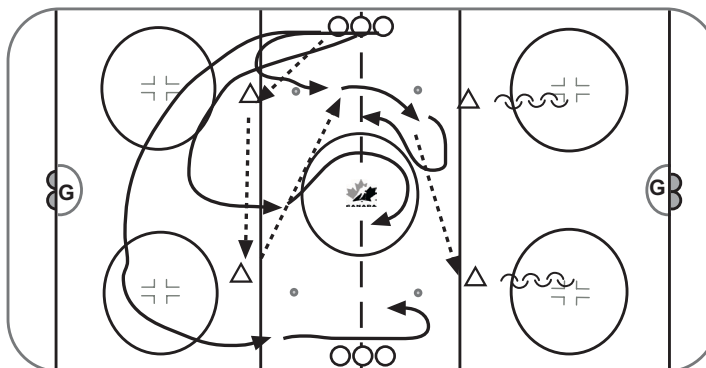
- D start on dots in Neutral zone – Forwards on side of centre circle.
- Fwd passes to D, skates down around line, opens up and receives pass from D.
- D then has to skate to far side, close gap and play 1 on 1 with forward coming from the other side.
- Add second forward who saves ice, skates in front of D line and make it a 2 on 1



KEY EXECUTION POINTS

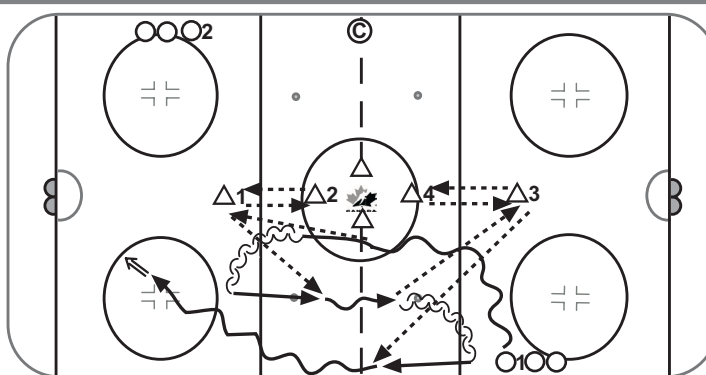
10 MIN NZ REGROUP ON WHISTLE

- 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 AND UP - B

- ○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. ○1 then skates toward Δ3 makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- 4. ○2 performs the same pattern on the opposite side



- Eye on the passer.
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.

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

