

10 MIN

**SPOKANE WARMUP**

- 2 lines at each blueline in line with the dots

1.

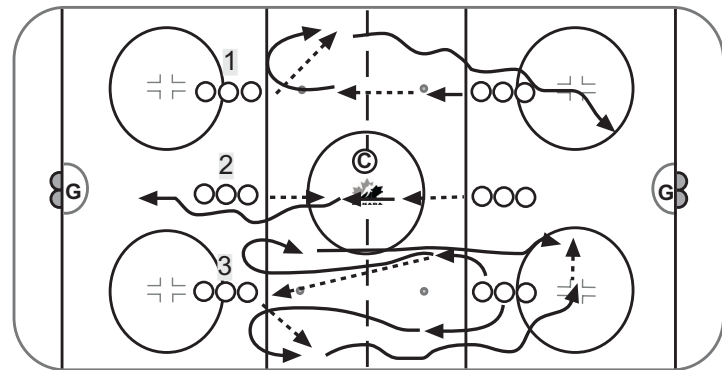
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

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.

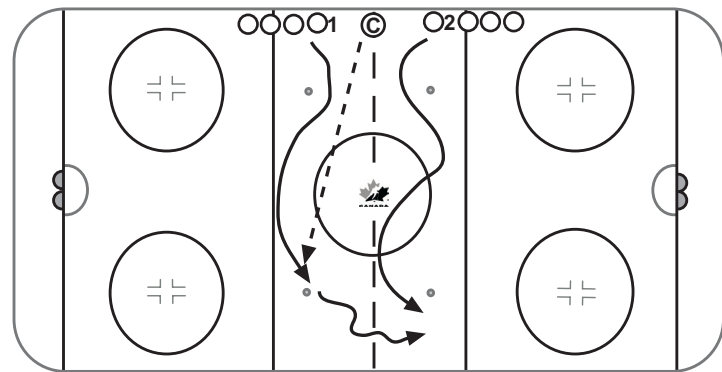
**KEY EXECUTION POINTS**

5 MIN

**STAMPEDE ANGLING**

Close quickly and angle the puck carrier to the outside and maintain speed

- Coach passes the puck anywhere on one side of the ice
- ○1 retrieves the puck, ○2 double touches the blueline, then closes the gap on ○2
- ○2 plays ○1 but if a turnover occurs, ○2 can move onto offence

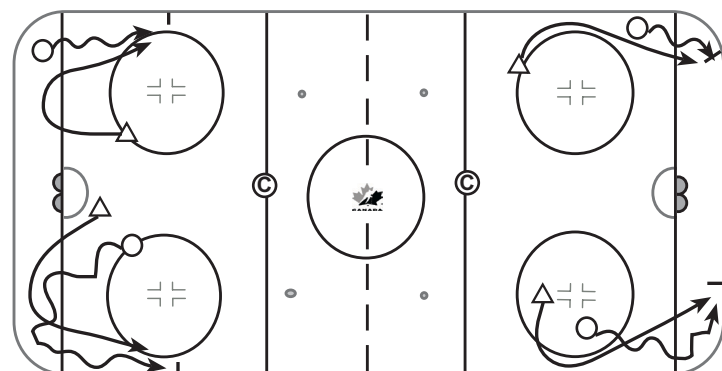
**KEY EXECUTION POINTS**

- close quickly, angle to outside
- no backward skating
- use speed and controlled skating

15 MIN

**ANGLE UP/ANGLE DOWN**

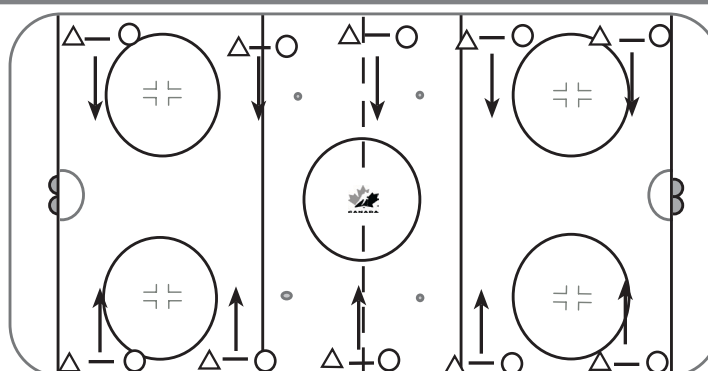
- To work on angling skills and work on positioning to separate puck carrier from the puck
- Δ positions with various gaps from ○ who has the puck
- On whistle, Δ j-skates quickly and controlled and steers ○ in desired direction
- Δ drives body between ○ and puck - aim for the stick shaft

**KEY EXECUTION POINTS**

**10 MIN PARTNER BUMPING**

To develop a solid base, to develop contact confidence and to develop the use of leg power

- Players interlock elbows
- Pairs move across ice bumping each other with shoulders
- Also implement bumping hips, bumping hips and shoulders and elbows not locked

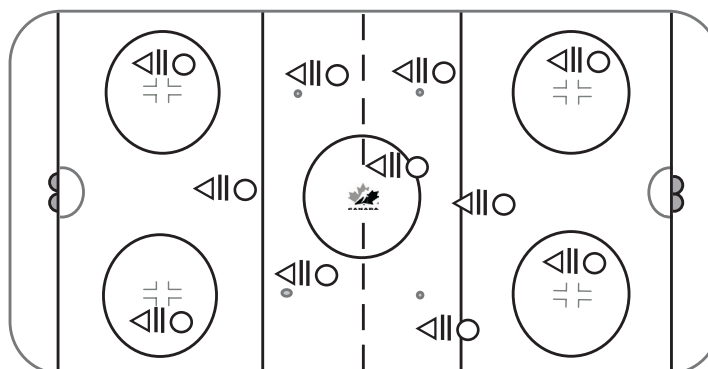


- Low, wide, strong position
- Initiate the bump with drive from the legs

**10 MIN OWN THE DOT**

To develop balance, stability and strength. Focus on use of leg power and developing contact confidence

- Players position themselves at the dots
- On whistle players bump each other trying to drive the other off of the dot
- Other options include side by side, protect the puck on the dot, face to face and back to face

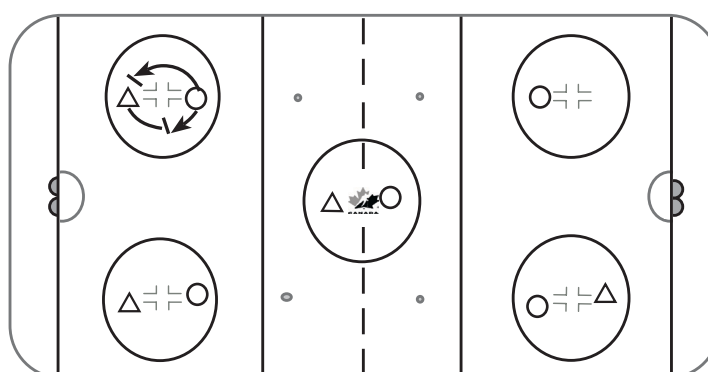


- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

**10 MIN BULL IN THE RING**

To introduce movement with contact, develop proper positioning and to reinforce driving through

- No sticks
- On whistle ○ tries to drive though Δ to get to edge of circle
- Δ protects the path and attempts to drive ○ back
- Switch roles



- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning