

5 MIN

**SPOKANE WARMUP**

- 2 lines at each blueline in line with the dots

1.

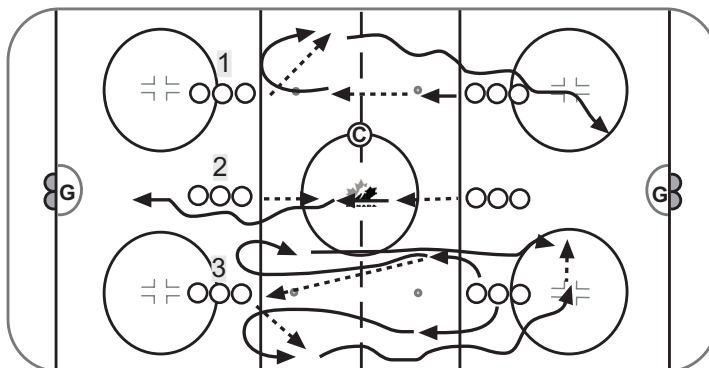
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

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.

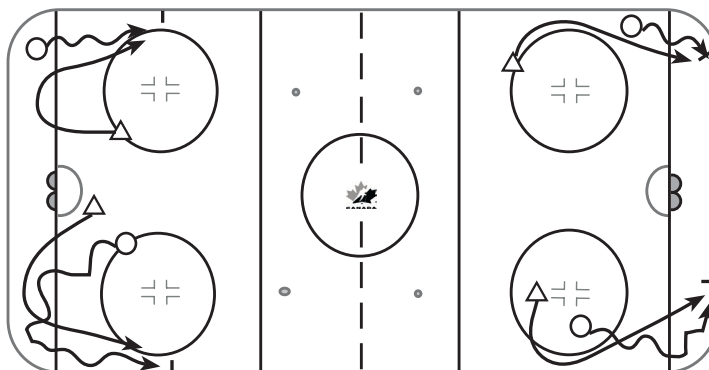
**KEY EXECUTION POINTS**

10 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
- Separate ○ from the puck

**KEY EXECUTION POINTS**

- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier

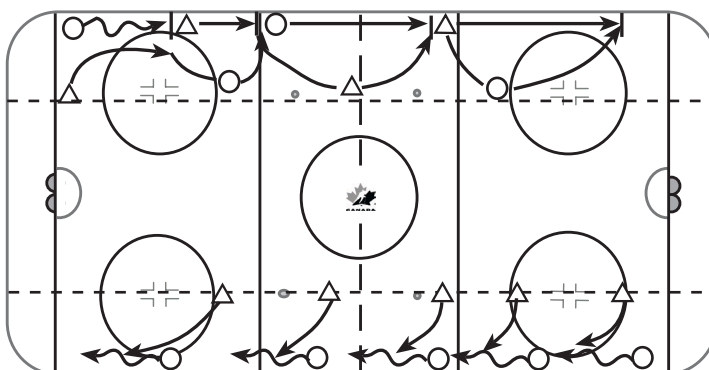
MIN

**PARTNER BUMP**

No sticks

To develop angling and positioning and to practice the execution of the shoulder or block check

- Players divided into pairs and placed spaciouly around the ice without sticks
- ○ against the boards, Δ by the faceoff dots
- ○ moves slowly along the boards while Δ angles and closes the gap
- Δ makes chosen body check then moves slowly along the boards. ○ rolls to the boards, rotates out and becomes the checker

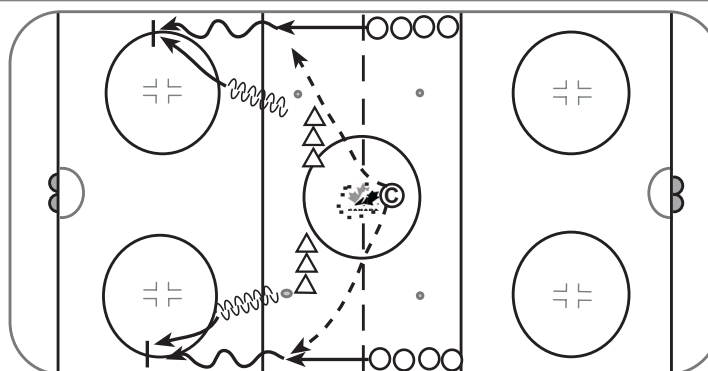
**KEY EXECUTION POINTS**

- Approach under control and at a good angle
- ○ collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

**MIN 1 ON 1 BODY CHECKING**

To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks

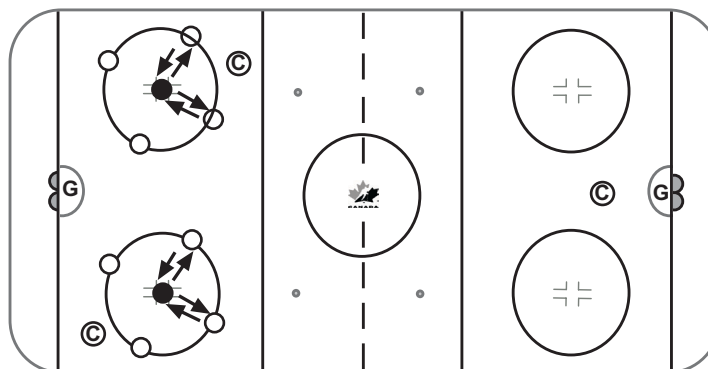
- ○ starts from behind the redline
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- ○ must stay along the boards, Δ angles and makes body check
- Both players go back to respective lines on opposite side of ice from original starting point



- Angle, use a controlled approach
- Hard but controlled, timing is key

**MIN CIRCLE BUMP**

- Place 4 players around the outside of the circle with inside foot on the circle and shoulder facing the centre dot
- One player on the dot in the middle of the circle
- On coaches signal, player in middle skates towards any of the players on the outside and tries to bump them off the circle using only the shoulder
- Both players must stay low and use shoulders to absorb hit.
- After player in middle hits each of the players on the outside, change players.



**MIN ANGLING GATE DRILL**

- Split players into 4 groups as shown. Place 4 pylons in the neutral zone as shown
- ○1 starts with puck and skates behind net picking up speed to attack the far net. ○2 leaves at same time and must weave through the pylons in the neutral zone to angle off ○1.
- Both ends go at same time.

