

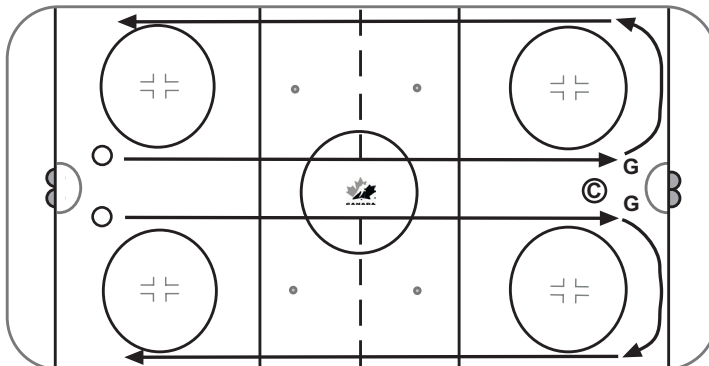
10 MIN

PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills



KEY EXECUTION POINTS

20 MIN

SKILLS STATIONS

Split players into 4 groups. Goalies go with goalie coach

1. 1 TOUCH FACE THE PASSER

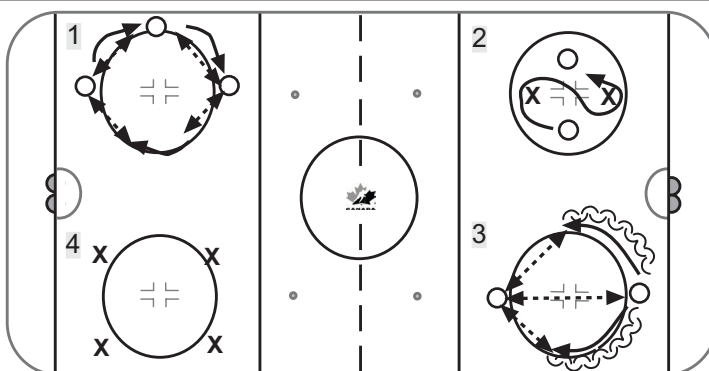
- two stationary players on outside of circle act as passers. Skater skates around outside of circle passing and receiving. Pivot after each pass so always facing the passer.

2. FIGURE 8 PASSING

- place two pylons inside circle. One player is receiver, other is the skater.
- skate figure 8 pattern going forwards - pass and receive in middle of pylons each time
- one touch transition - always face the receiver

3. PASS AND MOVE

- 1 player is receiver stationary at the top of the circle. Skater at the bottom of circle, must skate back and forth to the hash marks, while performing give and go with receiver. Fwds to hash mark, bwds back to bottom.

**4. 4 PYLON AGILITY**

- place 4 pylons around circle.
- skater starts in corner with puck and skates randomly around pylons using fast feet and fast hands.

- add second skater to make them avoid each other.

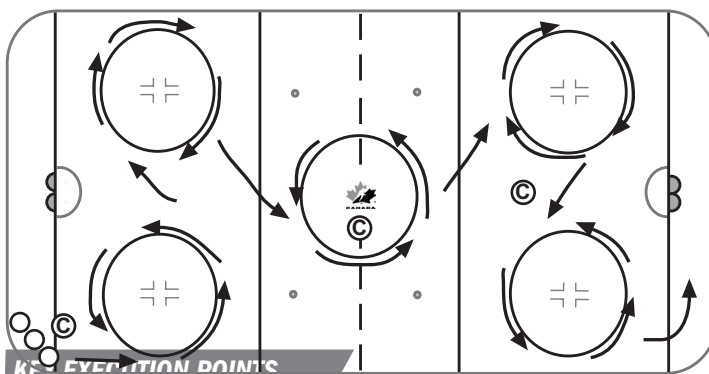
KEY EXECUTION POINTS

5 MIN

CIRCLE SKATE

Players start in corner and skate around all 5 circles performing various skating moves.

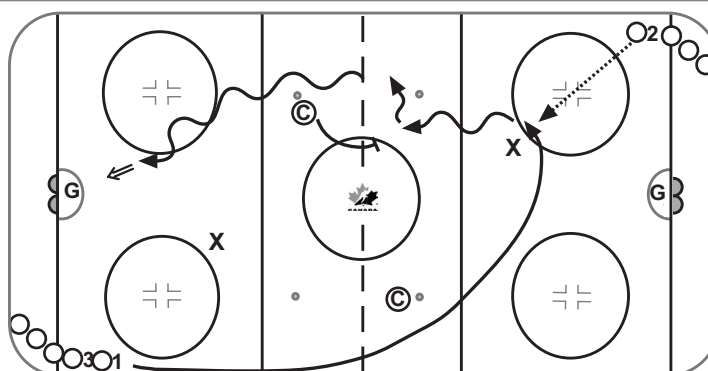
- Forward crossovers
- Backward crossovers
- crossunders
- heel to heel pivots
- add pucks



KEY EXECUTION POINTS

5 MIN COMBO SKATE PASS/SHOOT

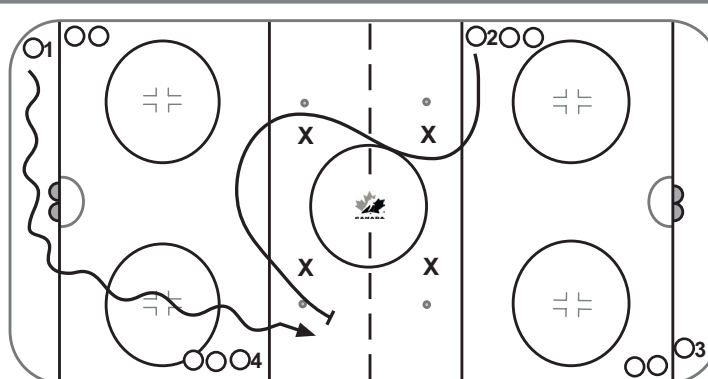
- ○1 skates around pylon and receives pass from ○2
- ○1 completes evasive move on © in the neutral zone and skates to offensive zone for shot
- ○2 repeats in the other direction
- Stop at net after each shot



- Eye contact
- Protect the puck
- Quick feet
- Read defensive positioning

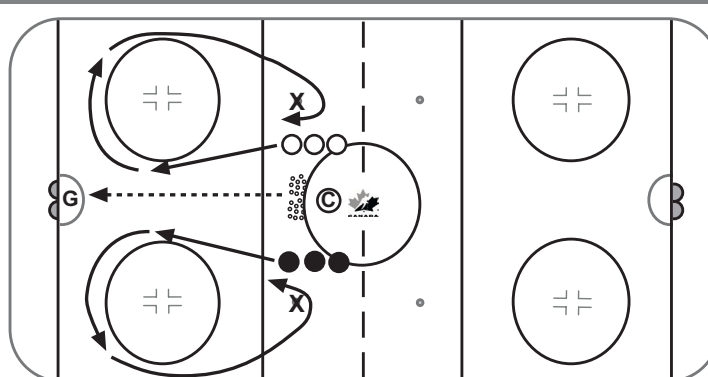
5 MIN ANGLING GATE DRILL

- 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.



10 MIN CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space