

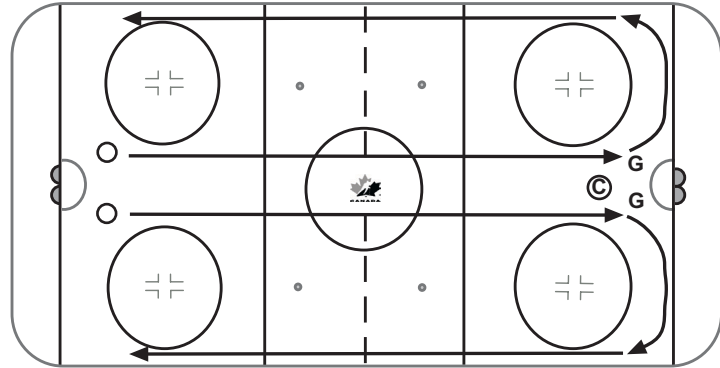
10 MIN

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

1. QUICK SPRINT PASS

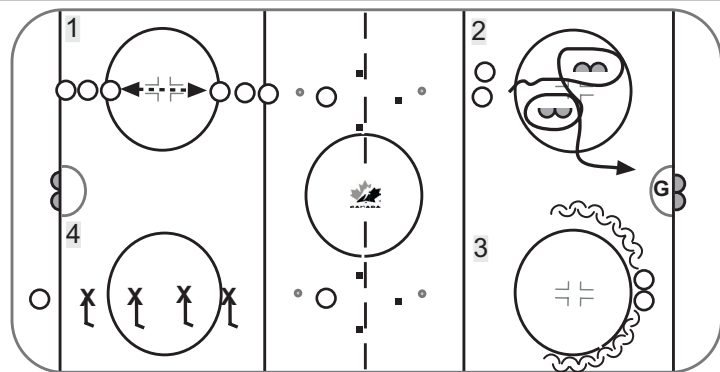
- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

2. AGILITY NETS

- Place two nets randomly in the corner and have players handle the puck around the nets in random fashion before taking a shot on net. Encourage deception, fast feet and fast hands

3. ALARM CLOCK

- Start with 2 players beside each other on circle, on signal they race forward to middle of circle, backwards to bottom, then forward to top of circle and backward back to bottom. Can also do with pucks



4. AGILITY STICKS

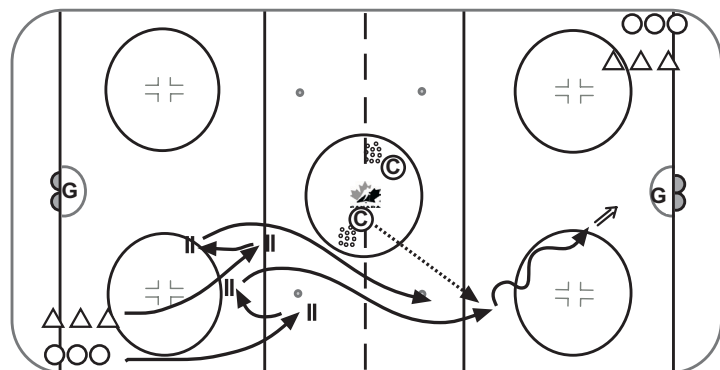
KEY EXECUTION POINTS

- Place sticks on top of pylons in a straight line and have players skate through them performing different moves with the puck working on quickness, later puck movement and creativity.

10 MIN

ASSESS CHECKING SKILLS

- 1 on 0 with Backchecker
- ○ and D stand a stick length apart
- Coach blows whistle - ○ & D race to the blueline, to top of circle, and ○ receives lead pass from coach
- Coach stays close to ○ and checks if possible

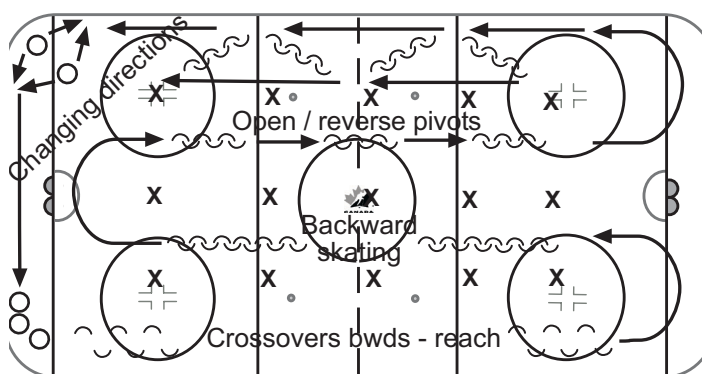


KEY EXECUTION POINTS

- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

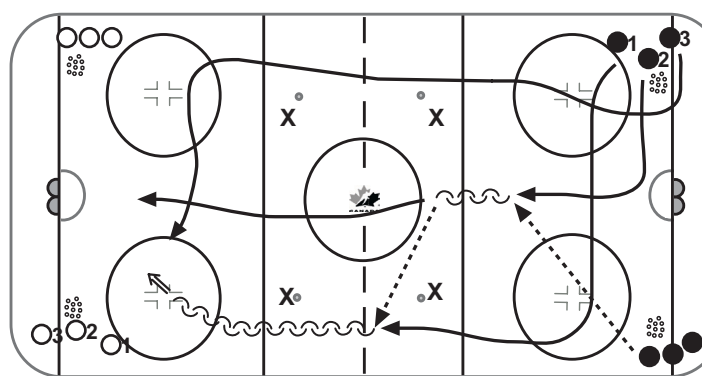
5 MIN BACKWARD SKATING

- Use backward crossover start – once skating down lane, use one crossover then reach each way.
- Backward skating / striding
- Open reverse pivots
- Transition pivots
- When player finishes 4th lane wait in corner for next player. Players must use lateral crossovers side to side to try and mirror each other. Players rotate in and out as they finish the lane.



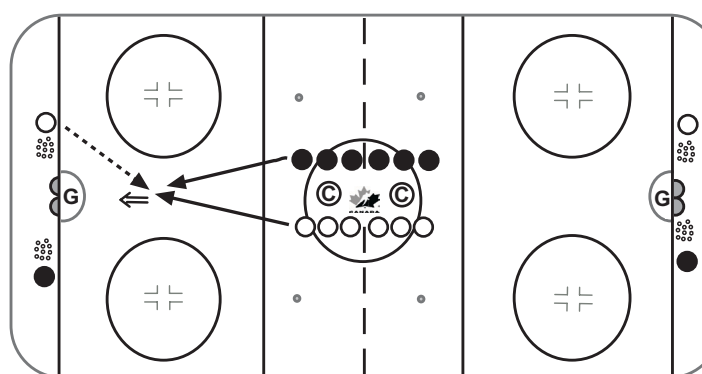
10 MIN 3-0 MID LANE DRIVE

- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.



5 MIN 1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center
- on whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal
- alternate who is on defence and offense



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot