

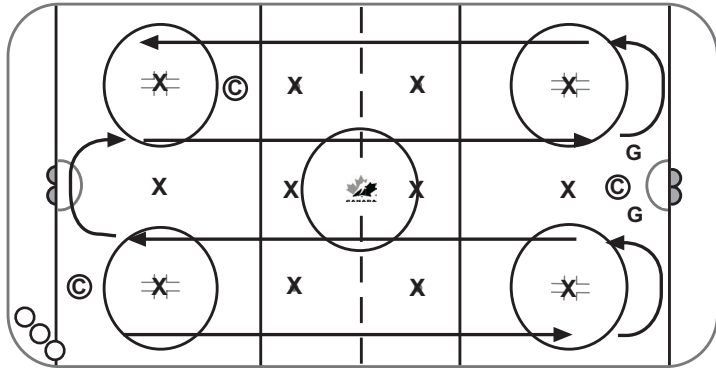
## 10 MIN

## 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

## 15 MIN

## SKILLS STATIONS

## 1. AGILITY STICKS

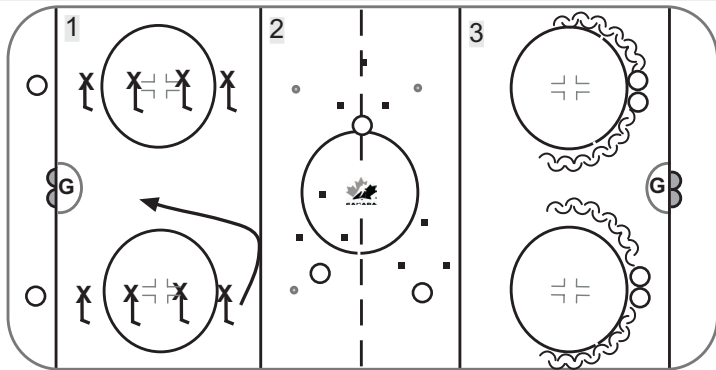
- Place sticks on top of pylons in a straight line and have players skate through them performing different moves with the puck working on quickness, later puck movement and creativity.

## 2. 3 PUCK STICKHANDLING

- Players in neutral zone, place 3 pucks in a triangle and work on fast hands, and puck movement.

## 3. ALARM CLOCK

- Players line up beside each other on bottom of circle and race fws to hashmarks, back to bottom of circle, fwd to top of circle and bwd to bottom. Add pucks



## KEY EXECUTION POINTS

## 10 MIN

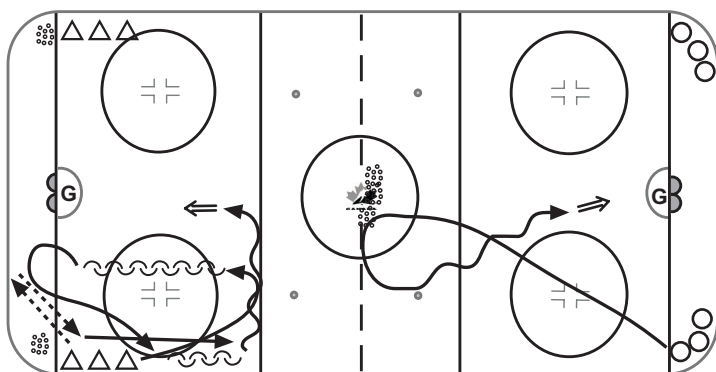
## QUICK UP OPTION/ NET DRIVE

## DEFENSE

- "UP" option x 2 D1 skates up and cuts blue line, backpeddles to top of circles, pivots and retrieves the puck.
- D turns puck up and passes to first Defense in line who spots it in the corner again.
- D1 repeats the "UP" and skates to blue line, receives a pass, drags it across blue line for a shot.
- Back quickly to pucks / Approach puck on an angle.
- Check your shoulder for pressure and outlet.

## FORWARDS

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and drive



## KEY EXECUTION POINTS

- Coach can act as static D for passive pressure

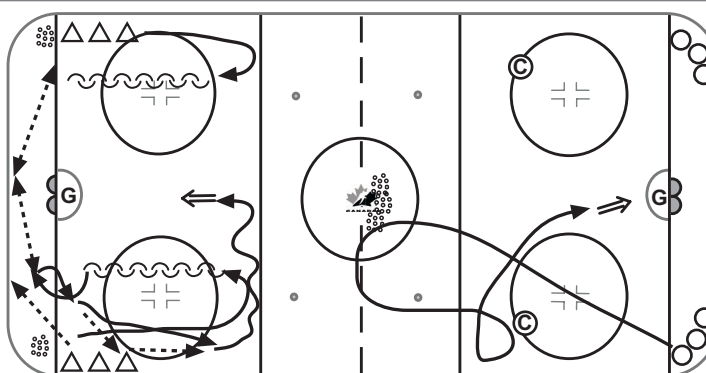
**10 MIN OVER OPTION X 2/HIGH DELAY**

**DEFENSE**

- Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.
- Back quickly, check shoulder / Communicate outlet.
- "OVER" the puck so it is off the boards and less difficult to play.

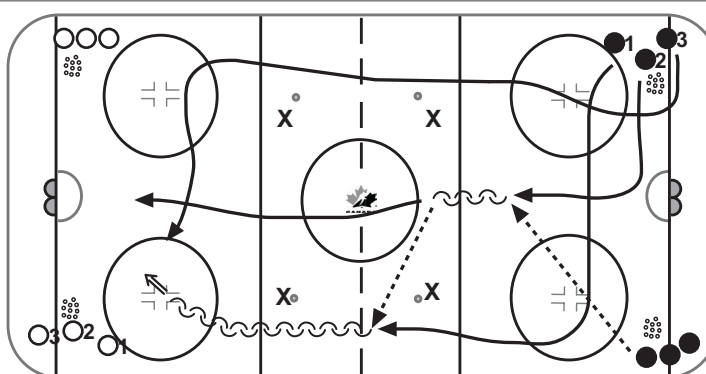
**FORWARDS**

- Same sequence as above but delay coming across Blueline then drive the net



**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.



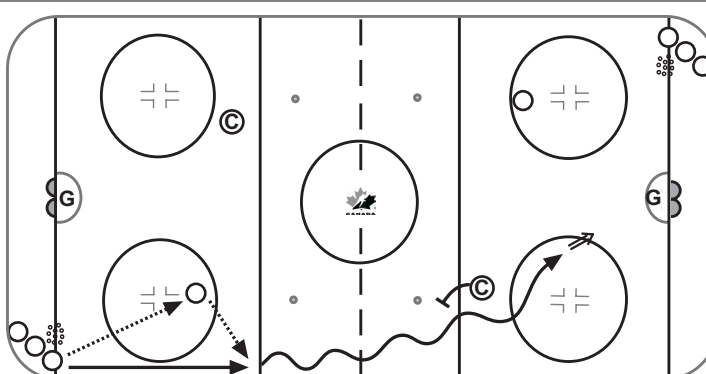
**KEY EXECUTION POINTS**

- Read and react with mid lane

**5 MIN NET DRIVE**

**TACTICAL LEVEL**

- Player from corner passes to ○ for "give and go".
- Puck carrier drives with speed, executing net drive at the blueline.
- Coach offers passive pressure.
- Alternate sides.



**KEY EXECUTION POINTS**

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