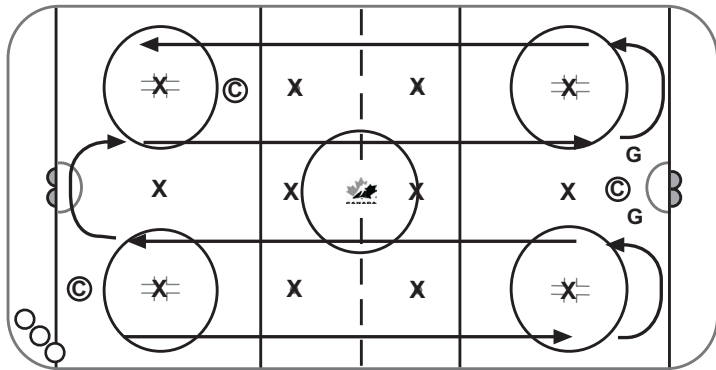


10 MIN PUCK CONTROL WARMUP

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. SHOOTING

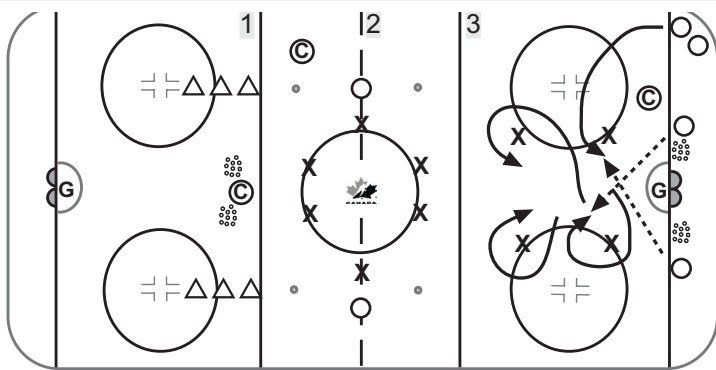
- Pucks in middle of ice. Lefties in one line, righties in the other. On signal from Coach, player must sprint to middle of ice grab a puck and then drag it back towards the wall for shot on net.

2. PYLON MIRROR AGILITY

- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

3. 4 SHOT SHOOTING

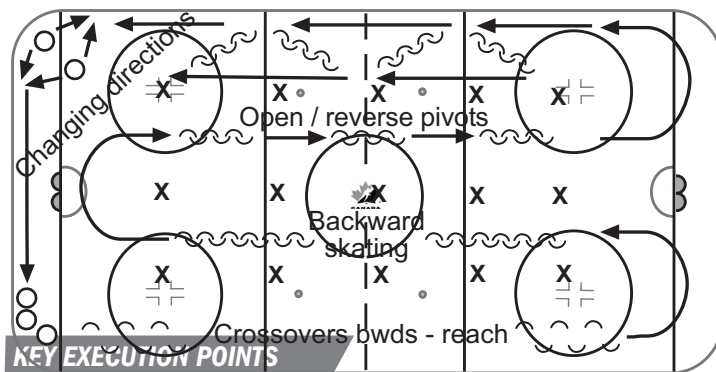
- Place a passer on each side of the net, below the goal line. Shooter can start from either side and skates to slot for pass from either side. Skater must get 2 passes from each side, for a total of 4 shots.



KEY EXECUTION POINTS
Must keep feet moving and always face the passers. Can add defender to make more difficult

10 MIN BACKWARDS SKATING

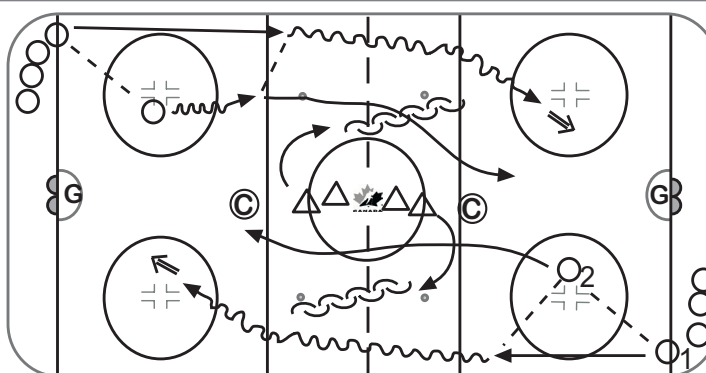
- Use backward crossover start - once skating down lane, use one crossover then reach each way.
- Backward skating / striding
- Open reverse pivots
- Transition pivots
- When player finishes 4th lane wait in corner for next player. Players must use lateral crossovers side to side to try and mirror each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



KEY EXECUTION POINTS

10 MIN TEAM TACTICS - 2 ON 1

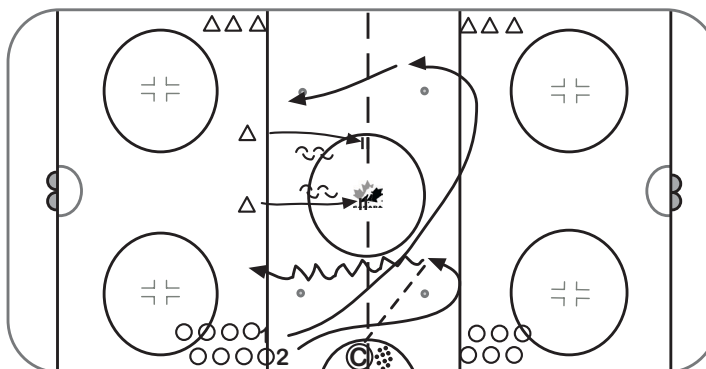
- Team Tactics Assessment (offensive play)
- On whistle, ○1 passes to ○2. ○2 has option to give 'n go with ○1 or carry and headman, then follow up for 2 on 1
- Alternate sides



- Eye contact with passer
- Give target on ice with stick
- Penetrate ○ zone with speed
- Support the puck carrier

10 MIN TEAM TACTICS - 2 ON 2

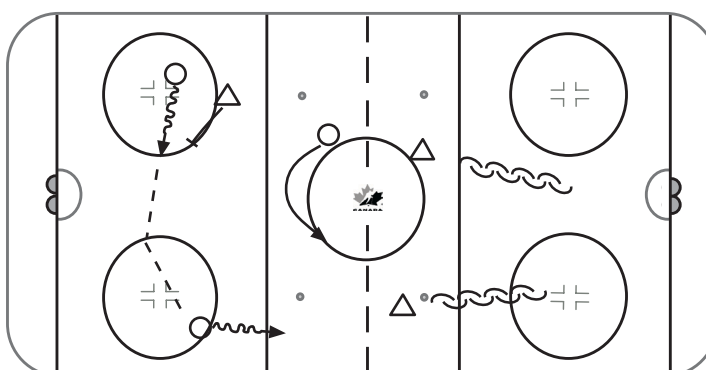
- Team Tactics Assessment (offensive play)
- On whistle, ○1 skates around far face off dot and ○2 near dot
- D1 & D2 skate to redline, pivot and defend against ○1 & ○2
- Coach passes to either ○1 or ○2



- Communicate
- Read gap, cross, or outside drive
- Enter zone with speed
- Headman pass if open

5 MIN SCRIMMAGE 3 ON 3

- Continuous play with quick change on the whistle
- Emphasis on checking technique - defensive position
- Assess offensive team tactics - give & go, headman, etc.



KEY EXECUTION POINTS

- ○ & D read and react skills
- ○: Quick puck movement
- D: Defensive side positioning