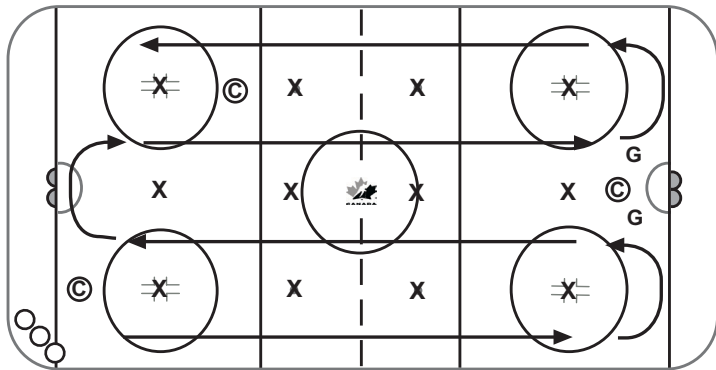


10 MIN PUCK CONTROL WARMUP

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

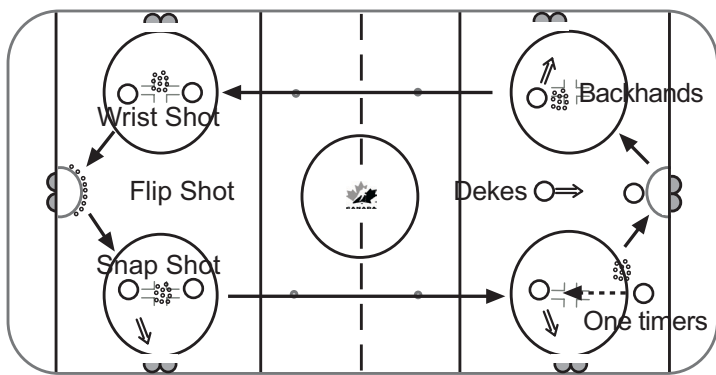
Utilize a variety puck control skills



15 MIN SHOOTING STATIONS

Form 6 stations on the ice - use extra nets if available, if not use boards. Start with 2-3 players at each station and rotate them around after they have each had a turn shooting about 10 pucks at each station.

1. Wrist Shot
2. Flip shots
3. Snap shot
4. One timers
5. Dekes
6. Backhands



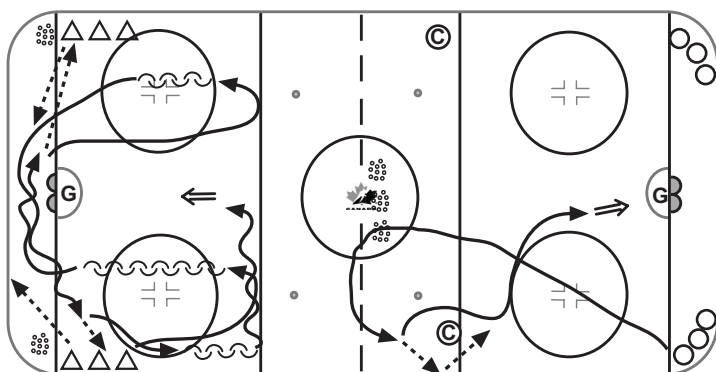
10 MIN WHEEL OPTION X 2/ CHIP AND CHASE

DEFENSE

- D begins same as previous practice
- Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.
- D touches up at blueline and completes same sequence on the other side finishing with shot on net.
- Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.

FORWARDS

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and chip off of boards to gain zone entry. Coach can act as static D for passive pressure



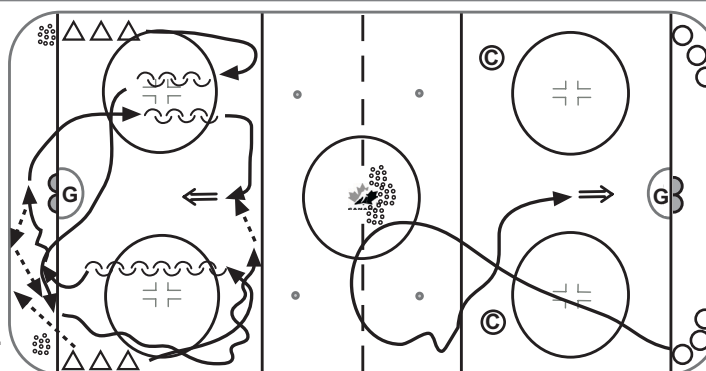
10 MIN REVERSE OPTION X 2 / 2 MAN CROSS

DEFENSE

- Same sequence as above.
- Back quickly / Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- Skate into puck. Finish with shot on net

FORWARDS

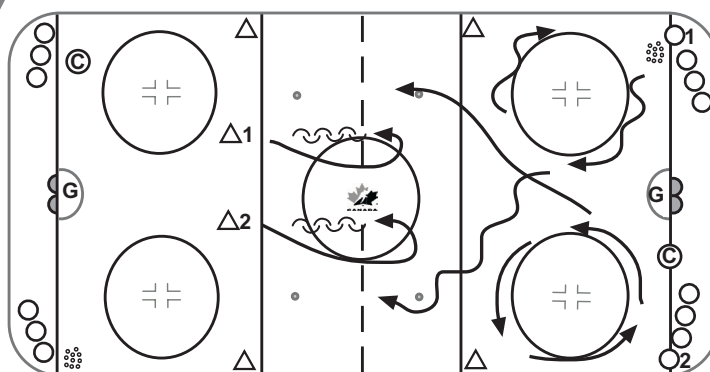
- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and fake outside move then cross into middle ice to gain zone entry.
- Coach can act as static D for passive pressure



10 MIN TEAM TACTICS 2 ON 2

Technical Level Drill: Cross

- ○1 & ○2 skate wide route and cross in front of stationary defender - coach
- ○1 & ○2 exchange puck 2 times on crosses, then attack net with shot on goal

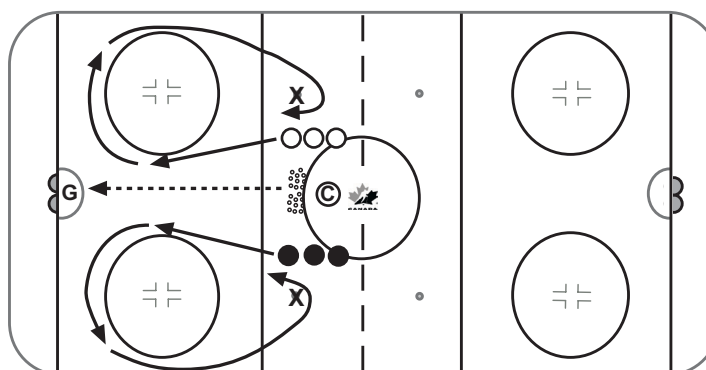


KEY EXECUTION POINTS

- Communicate
- Alternate forwards
- Control skate and go both ways
- Time cross and pass

5 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