

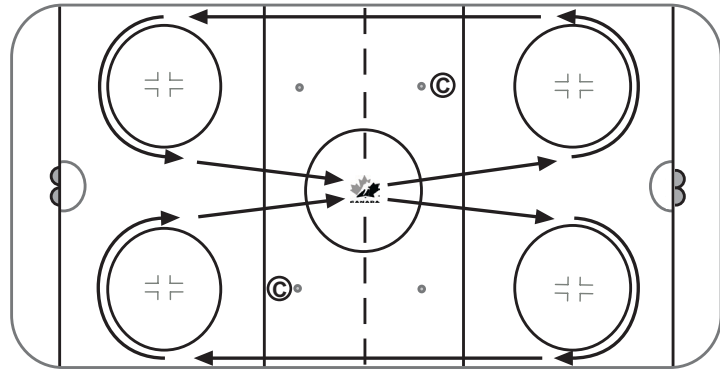
10 MIN

BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility



KEY EXECUTION POINTS

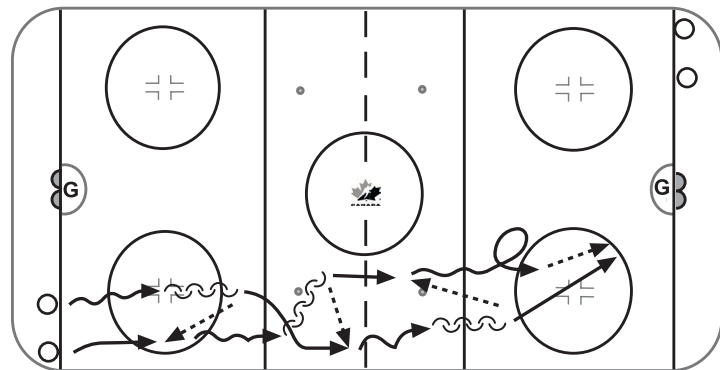
- Coach demonstrates/calls out actions

10 MIN

PASSING WARM-UP

Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up

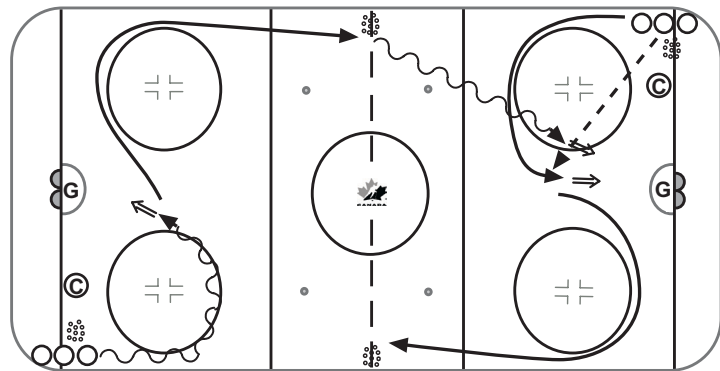
- 1) One touch
- 2) Pass and Follow
- 3) Cross and Drop
- 4) 1 fwd / 1 bwd
- 5) Transition skate and pass



10 MIN

2 SHOT SWING DRILL

- Divide players in opposite corners of either end
- A.
- O starts around the top of the circle with puck and shoots on goal. O continues under opposite circle and up the boards to retrieve second puck and finish with at shot on other goal.
- B.
- O receives pass from original corner and shoots on goal. O continues under opposite corner, and up boards to finish with second shot
 - Pylons can be added for players to skate through along the boards. Pile of pucks can be moved to accommodate pylons.
 - Coach can make passes from corner after 1st shot



KEY EXECUTION POINTS

- Start on coach's whistle

KEY TEACHING POINTS

- Full speed
- Shoot in stride
- Head up shooting

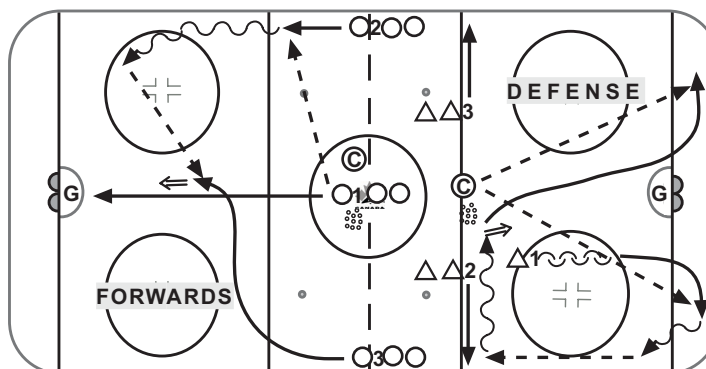
10 MIN FORWARDS/DEFENSE STATIONS

FORWARDS - 3 - 0

- O1 passes to either O2 or O3 and attack 3 - 0

DEFENSE

- D1 retrieves puck from corner
- D1 passes to D2 at blue line, who then takes shot on net with D1 looking for rebound or deflection
- After shot, D2 retrieves puck from opposite corner and passes to D3 for a shot, drill is continuous



KEY TEACHING POINTS

FORWARDS

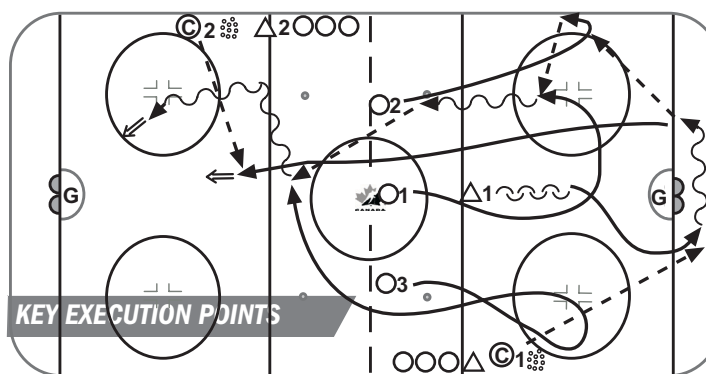
- Be creative
- Game-like passing

DEFENSE

- Hard shot, low
- Quick release

10 MIN 3 ON 0, 3 ON 1

- Coach 1 spots puck, D1 breakout, go option, O's attack 3 - 0
- D1 follows up to receive pass from Coach 2 for point shot and deflection
- Coach 2 spots second puck for O's to counter attack 3 - 1 to original end



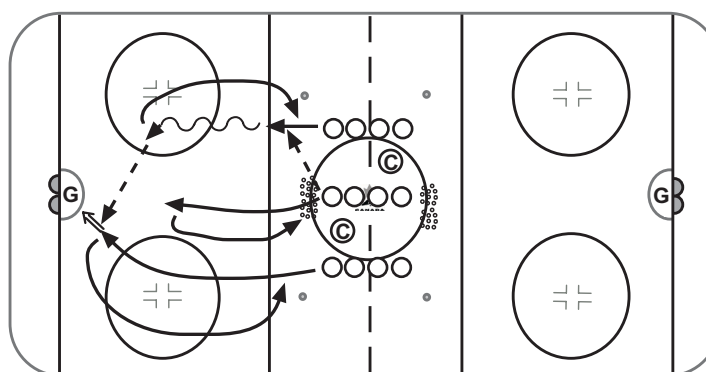
KEY EXECUTION POINTS

KEY EXECUTION POINTS

- Start on coach's whistle
- 2nd group be ready to jump in after 1st group enter original end

10 MIN 60 SECOND COMPETITION

- Players in groups of 3 enter zone on © whistle, take one shot only
- All three hustle back over blue line for another puck and second attack, continue for 60 seconds, or until Coach's whistle
- Keep score, run at both ends



KEY EXECUTION POINTS

- Keep score
- All three players must cross blue line inside
- Drill begins and ends on coach's whistle