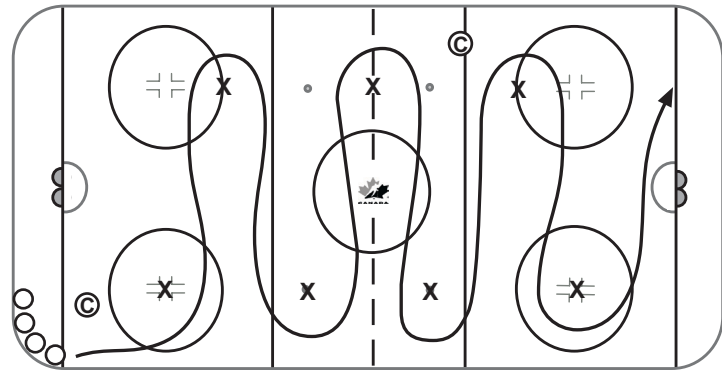


**10 MIN Crossover Snake**

- Crossovers around pylons
- Continuous crossovers, no forward striding
- Add pucks, and repeat the pattern

**KEY TEACHING POINTS**

- Quick feet
- Inside shoulder up when expecting contact
- Minimize handling of puck

**KEY EXECUTION POINTS**

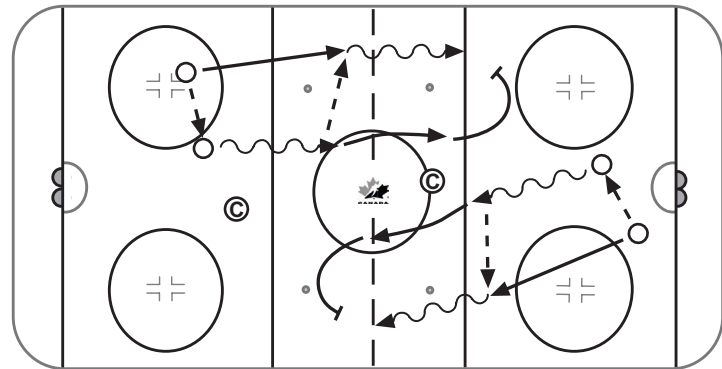
- No tight turns
- No forward striding
- 2nd player leaves as first passes the 2nd cone

**10 MIN 2 ON 0, 1 ON 1 CONFIRMED**

- Partners pass 2-on-0, circling the ice
- On the whistle, players play 1-on-1 in small area
- On the next whistle, revert to 2-on-0 passing, skating around the ice in the opposite direction

**KEY TEACHING POINTS**

- Consider puck protection vs. attacking triangle

**KEY EXECUTION POINTS**

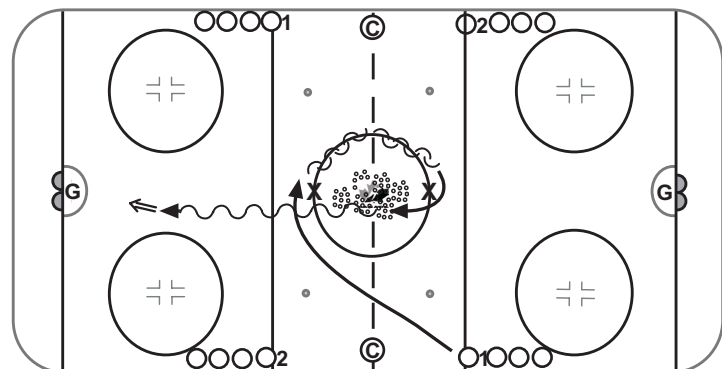
- Different puck protection techniques in different areas of the ice (boards, front of the net, corners)

**10 MIN NZ AGILITY**

- 4 lines of players at blue lines, opposite lines start on Coach's whistle
- Players skate around circle in different patterns
- Face one way, pick up puck in middle
- Tight turn before picking up puck
- Start with puck, drop it on red, pick of other players puck on red opposite red line, then shoot on goal

**KEY TEACHING POINTS**

- Quick feet
- Puck control

**KEY EXECUTION POINTS**

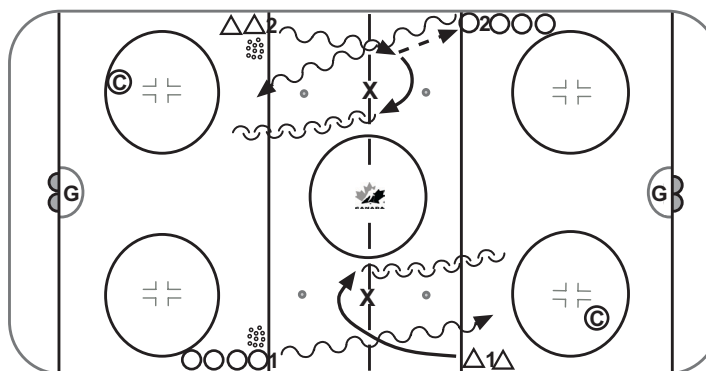
- Head up to avoid collision

**10 MIN 1 ON 1 GAP CONTROL**

- D1 skates forward around pylon, pivots backward to face O1
  - O1 attacks with puck when D1 pivots around pylon
- Progression:
- D2 starts with puck, passes to O2 when at pylon
  - O2 attacks 1 on 1

**KEY TEACHING POINTS**

- O's - Attack, change of speed
- Be creative
- D's - Good gap and stick position



**KEY EXECUTION POINTS**

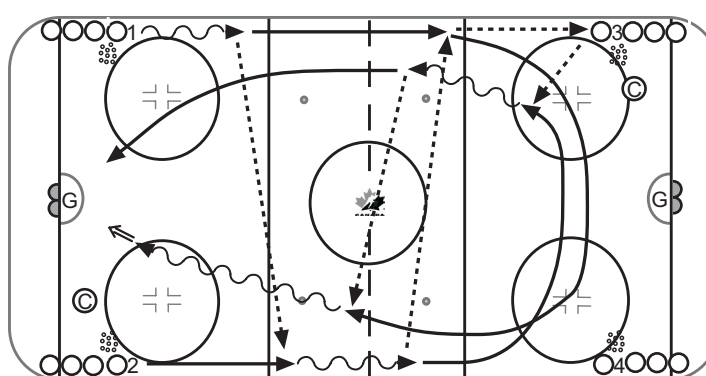
- Pylon position can dictate gap, accommodate for skill level of D

**10 MIN 4 CORNER 2 ON 0 WITH REGROUP**

- O1 & O2 exchange passes while skating the length of the ice
- Give the puck to O3 or O4 who return the pass to either O1 or O2
- O1 & O2 execute a 2 on 0
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill

**KEY TEACHING POINTS**

- Provide good target for receiving
- Narrow the lane between passes
- Good timing on regroup



**KEY EXECUTION POINTS**

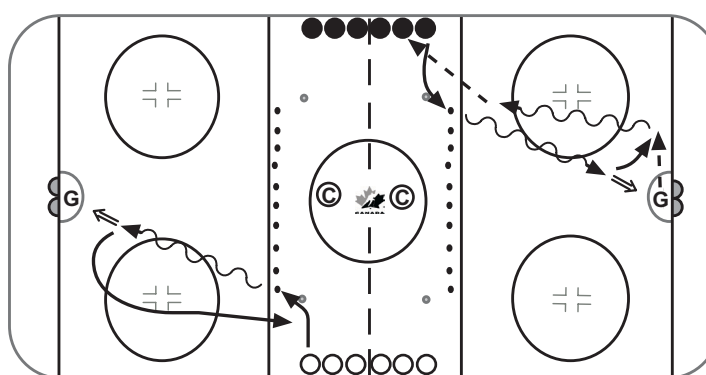
- Maintain high tempo throughout the duration
- Coach to monitor tempo and safety

**10 MIN 10 PUCK RELAY**

- Spot ten pucks on each blue line
- Divide team in half on either side boards
- On Coach's whistle first player on each team takes first puck in on goal and tries to score
- If scores, player must cross blue line before next player on team takes second puck for shot
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side
- First team to score all ten pucks wins

**KEY TEACHING POINTS**

- Shoot to score
- Be creative



**KEY EXECUTION POINTS**

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made