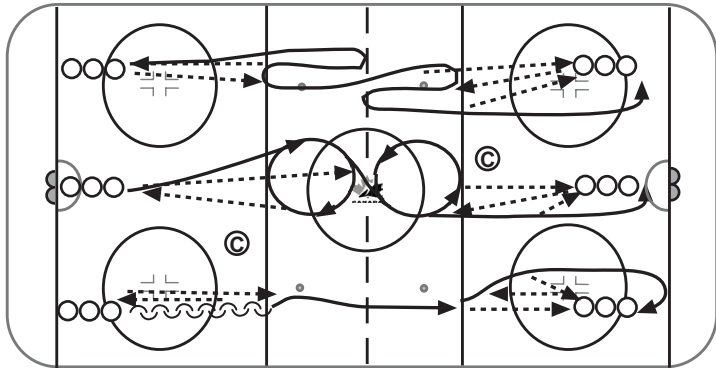


10 MIN 3 LINE WARM-UP

- Players line in groups to allow for 3 wide lanes
- Players execute a series of skating / puck control / and passing / receiving skills
- Give and Go
- Crossovers with Give and go
- Transition skates with give and go

KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving

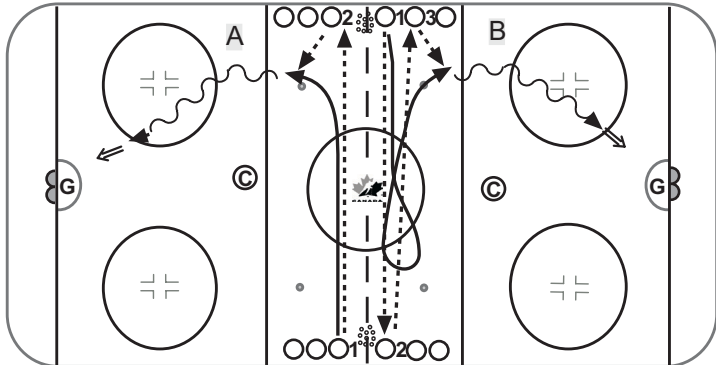


10 MIN NET DRIVE - CROSS ICE PASS

- A. 01 passes cross ice to 02, then skates cross ice to receive return pass and execute outside drive and shot
- B. 01 passes to 02, 02 passes to 03 as 01 executes a tight turn back toward 03. 03 returns pass to 01 who executes net drive and shot

KEY TEACHING POINTS

- Eye contact with cross ice player
- Accurate passing
- Present a target
- Execute an outside drive



KEY EXECUTION POINTS

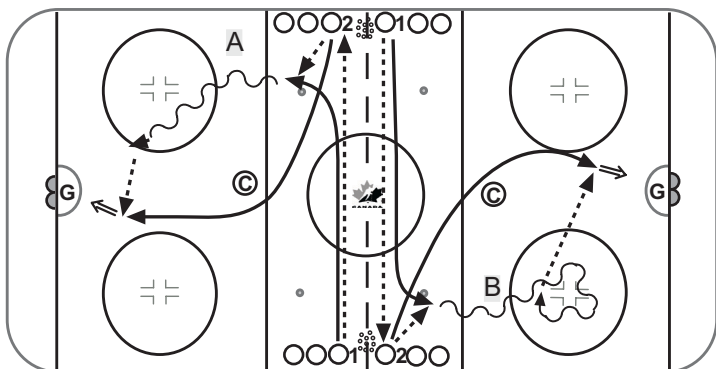
- Next player goes when first player receives return pass

10 MIN NET DRIVE - 2 ON 0/DELAY

- A. 01 passes to 02 and receives a return pass from 02 and executes outside drive. 02 jumps to inside lane and drives off the puck
- B. 01 continues as above and executes an outside delay. 02 drives to the net

KEY TEACHING POINTS

- Eye contact with cross ice player
- Accurate passes
- Drive the net



10 MIN 1 ON 1 GAP CONTROL

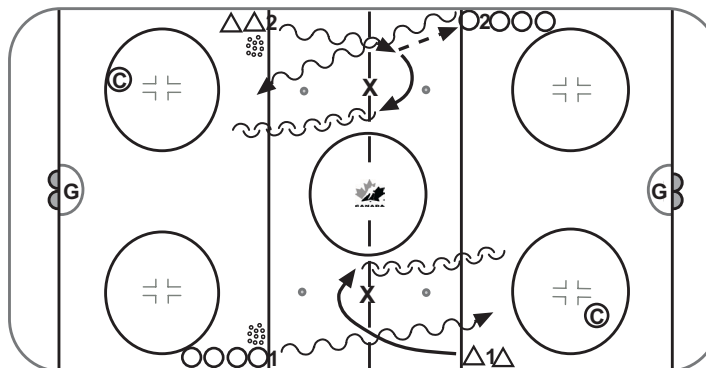
- D1 skates forward around pylon, pivots backward to face O1
- O1 attacks with puck when D1 pivots around pylon

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

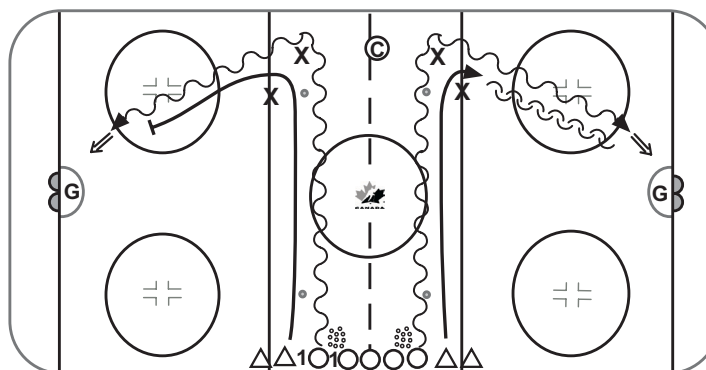
- Pylon position can dictate gap, accommodate for skill level of D

10 MIN NET DRIVE ANGLING

- O1 carries the puck around both pylons and drives to the net
- D1 leaves at the same time and must go between the pylons moving forwards, progress to backwards
- O1 must drive to the outside

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection Teaching



KEY EXECUTION POINTS

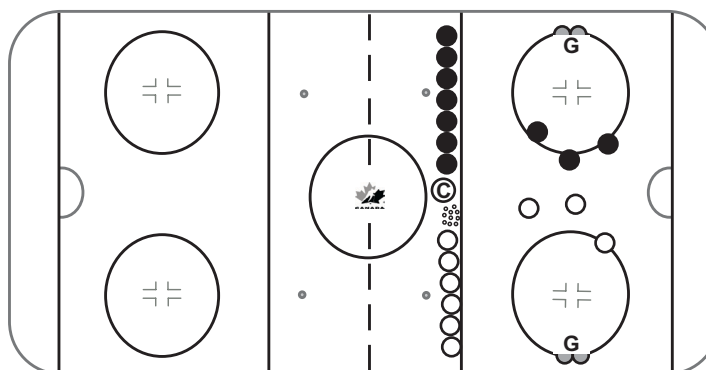
- Next group leaves as previous group enters the slot
- Coach reinforces the outside net drive at full speed

10 MIN CROSS-ICE SCRIMMAGE

- Coach calls out number of players, spots puck into zone
- Players scrimmage until next whistle, new number of players are called and enter zone

KEY TEACHING POINTS

- Communicate
- Game skills
- Competition



KEY EXECUTION POINTS

- Coach calls number of players
- New players on whistle