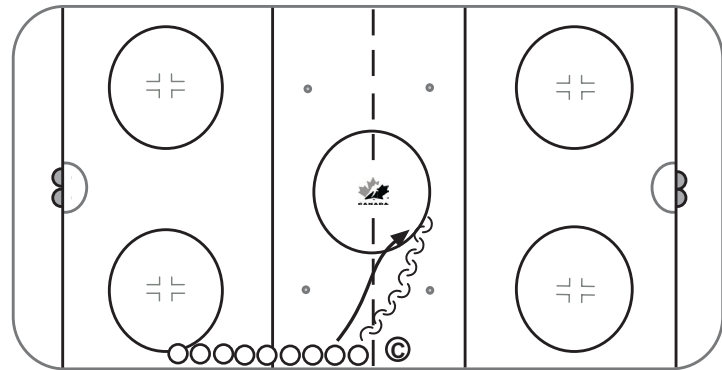


10 MIN WARM-UP TAG

- Players line up along boards
- On whistle, first player starts skating backwards, second player chases skating forward
- When backward skater is tag, roles reverse and becomes chaser skating forward
- Coach will signal when turn is over, multiple pairs are in motion at a time

KEY TEACHING POINTS

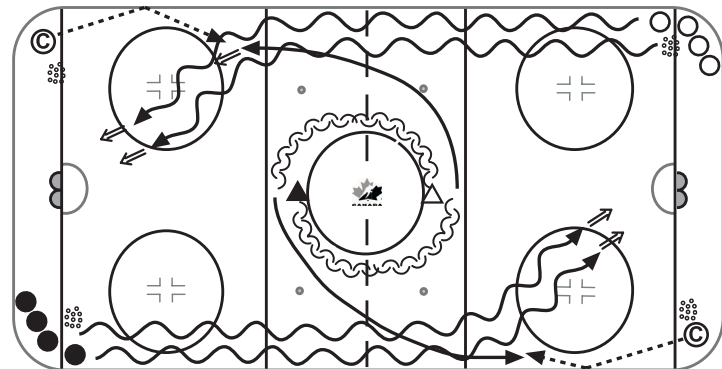
- Agility
- Heads up
- Quick tempo

**KEY EXECUTION POINTS**

- Players start and finish on Coach's command
- Use the entire sheet of ice

10 MIN 2 ON 0 WITH POINT SHOT

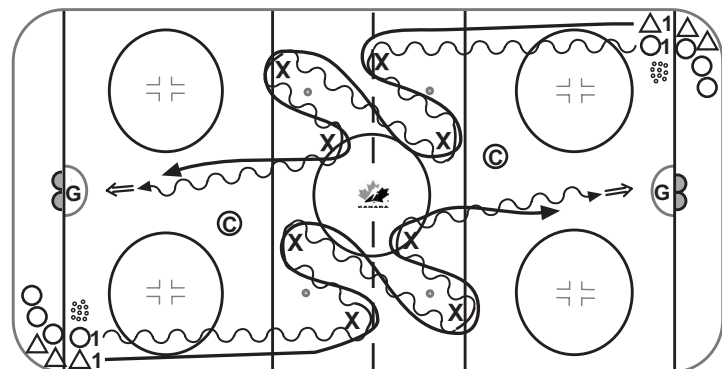
- 1) Pucks in all 4 corners.
- 2) Forwards in opposite corners.
- 3) Coach in opposite corners.
- 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- 6) Players from both ends go at the same time on the whistle.

**10 MIN TIGHT TURN SHOOTING WITH CHASER**

- O1 and D1 both start on Coach's whistle
- O1 protects puck from D1 while skating through pylons
- Whoever ends with puck takes a shot on goal

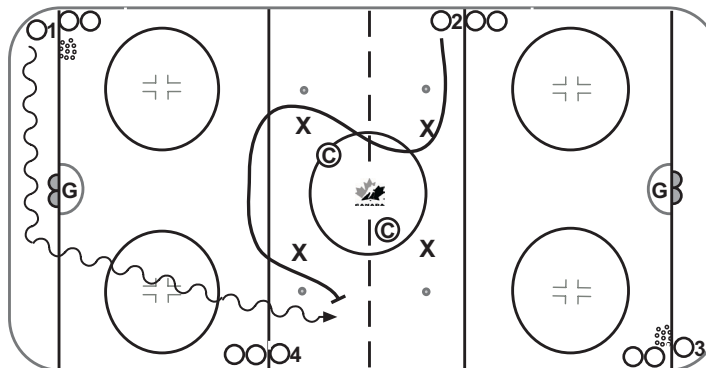
KEY TEACHING POINTS

- Puck protection
- Puck pursuit
- Stick checks
- Speed



10 MIN ANGLING GATE DRILL

- O1 and O2 begin on whistle
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1
- O2 attempts to force O1 outside the pylons, not giving up the middle lane

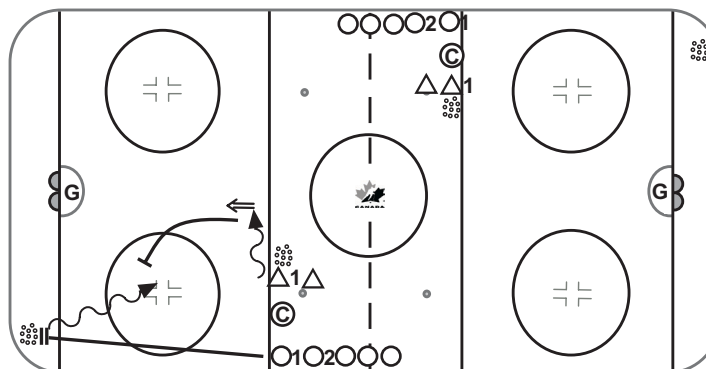


KEY TEACHING POINTS

- Maintain middle lane
- Control Skating

10 MIN 1 ON 1 FROM CORNER WITH HELP

- D1 Drags puck to center, shoots on goal
- O1 Skates to the corner and retrieves a loose puck
- O1 Plays 1 on 1 against D1
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help"
- O2 joins for 2 on 1 play



KEY TEACHING POINTS

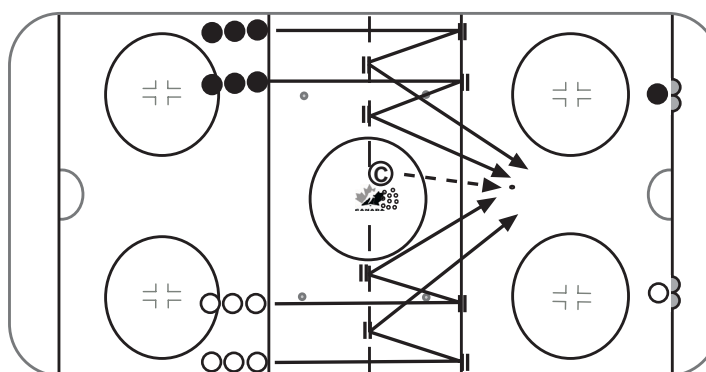
- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain

KEY EXECUTION POINTS

- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

10 MIN OLYMPIC BATTLE DRILL

- Divide team into two groups as shown
- On whistle, players perform different skating patterns in pairs
- Partners race for spotted puck near blue line
- Try to score on opposite nets



KEY TEACHING POINTS

- Intensity
- Puck support, protection
- Competition

KEY EXECUTION POINTS

- Players begin n 1st whistle, end on 2nd; next group begins