

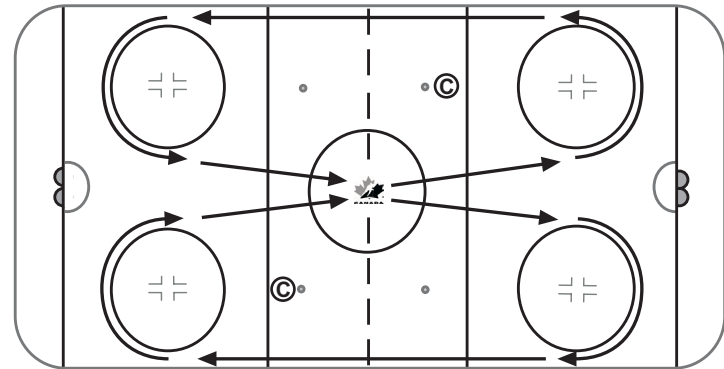
10 MIN

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

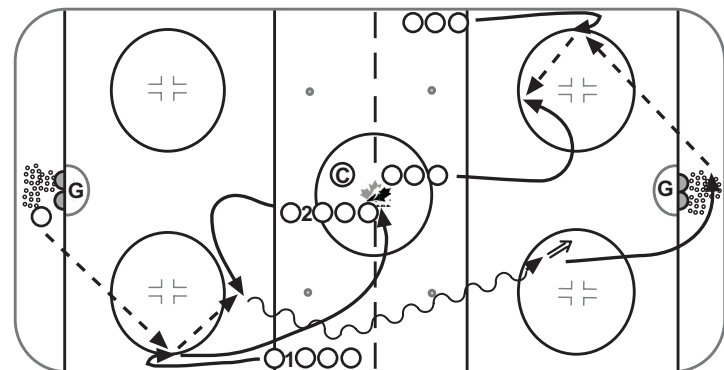
10 MIN

COQUAHALLA SWING DRILL

- Shooter retrieves loose puck from behind the net
- O1 anchors quick low support to receive pass
- O1 accelerates with the puck and passes to O2
- O2 executes outside net drive, while O1 follows up for rebound
- O2 retrieves loose puck and continues the drill

KEY TEACHING POINTS

- Timing
- Communication
- Support



KEY EXECUTION POINTS

- O2 skating onto the puck
- O2 Reads control from O1
- O1 Timing on previous O2, feedback on O2 timing

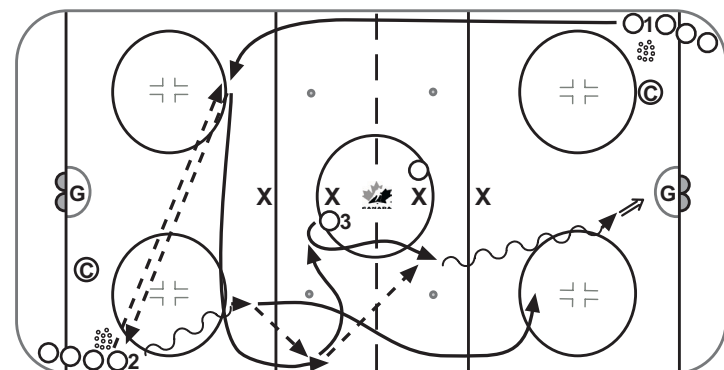
10 MIN

4 PASS HORSESHOE

- O1 receives a pass from O2 and returns the pass
- O3 starts in mid lane and passes to O1
- O2 passes to O1 and headmans to O3
- O1 follows up for a rebound
- O2 moves to receive next pass

KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating



KEY EXECUTION POINTS

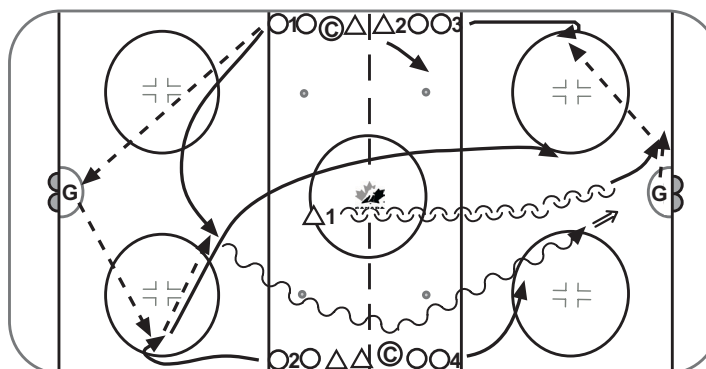
- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- Coach provides feedback on O2 on timing skate

10 MIN CONTINUOUS 2-1

- O1 and O2 attack D1, 2 on 1
- O3 and O4 follow play
- After 2 on 1 attack, D1 initiates breakout for O3 & O4
- D2 moves in to position to play O3 & O4
- Two new O's and one new D keep the drill continuous

KEY TEACHING POINTS

- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option



KEY EXECUTION POINTS

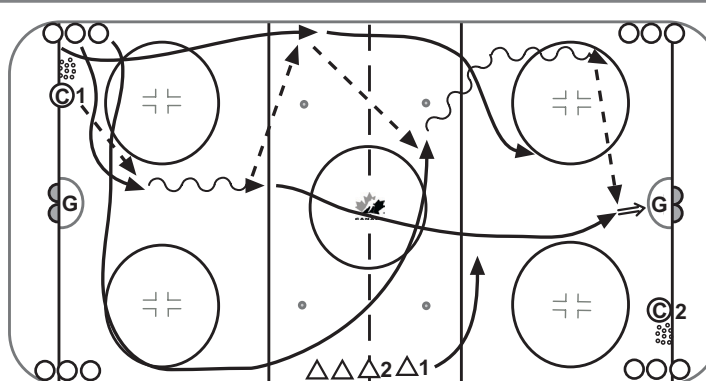
- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck

10 MIN RONALD MCDONALD DRILL

- One line of O's moves to fill the lanes
- Coach1 passes to one of the O's
- O's attack 3-on-0 for a shot on goal
- The O's receive a 2nd puck from coach2 and attack D1, 3 on 1
- The O's receive a 3rd puck from coach1 and attack D1 & D2, 3 on 2

KEY TEACHING POINTS

- No offside or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks



KEY EXECUTION POINTS

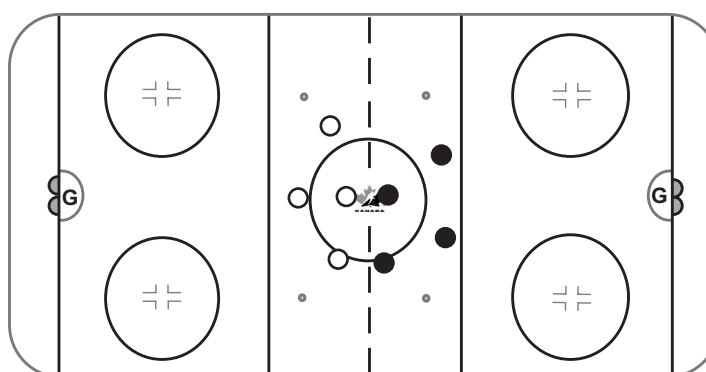
- Neutral zone support
- Establish 3 lanes of attack
- Triangulation

10 MIN FRENCH SCRIMMAGE

- Coach blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice
- No offside/icing
- No set positions
- Everyone off before any players on for next shift

KEY TEACHING POINTS

- Support - play off the puck (offensive and defensive)
- Communication



KEY EXECUTION POINTS

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4