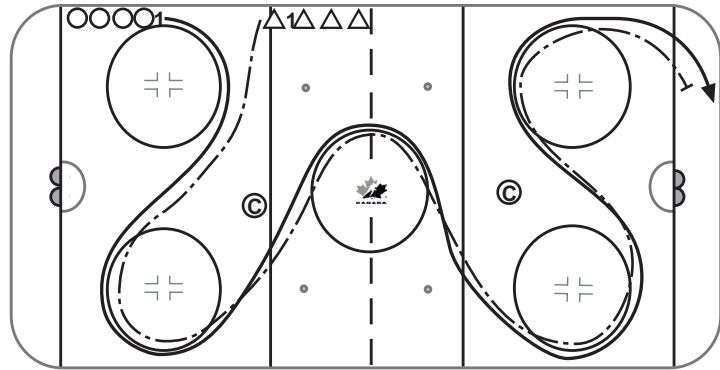


10 MIN MIRROR SKATE

- O1 traces the circles
- D1 mirrors staying on the defensive side
- Add pucks

KEY TEACHING POINTS

- Preparation for contact
- Puck protection
- Keep feet moving



KEY EXECUTION POINTS

- Limited contact

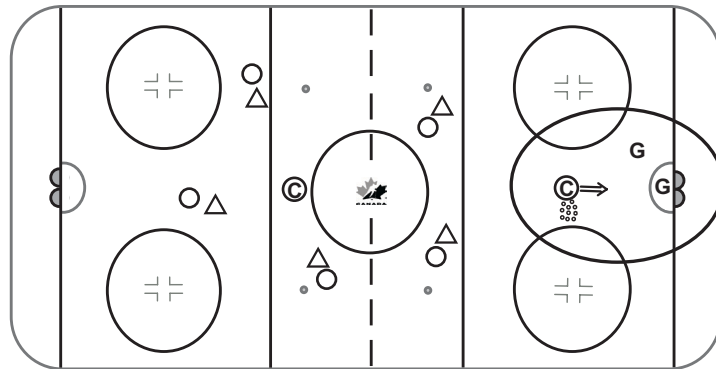
10 MIN PUCK PROTECTION

WORKING IN PAIRS:

- Stage One: Player defends puck from defender without touching puck. Players should position as if stickhandling
- Stage Two: May move puck only to maintain sound puck protection positioning

KEY TEACHING POINTS

- Coach reinforces passive pressure for Δ
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair



KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed

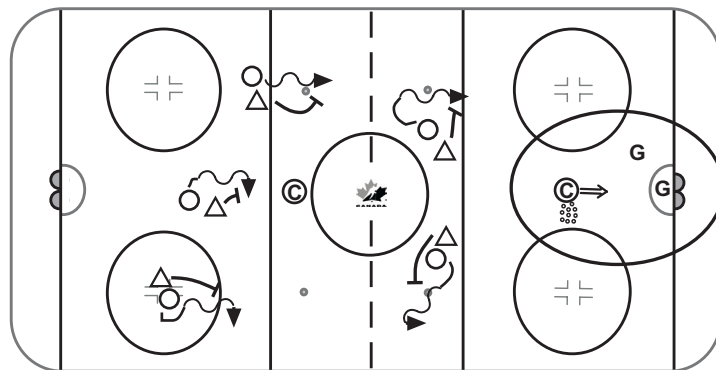
10 MIN PUCK PROTECTION PROGRESSION

CONTINUE WORKING IN PAIRS:

- Stage Three: Players may move anywhere, maintaining puck protection

KEY TEACHING POINTS

- Allow for increased pressure from D
- Focus on body positioning
- Repeat each stage twice per pair



KEY EXECUTION POINTS

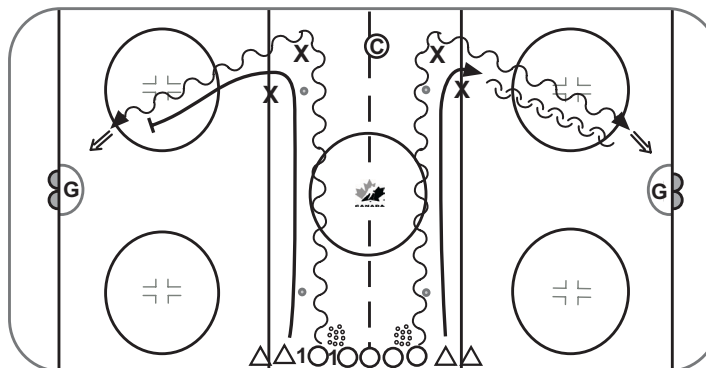
- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

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 forwards first, progress to backwards
- O1 must drive to the outside
- Switch sides

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection



KEY EXECUTION POINTS

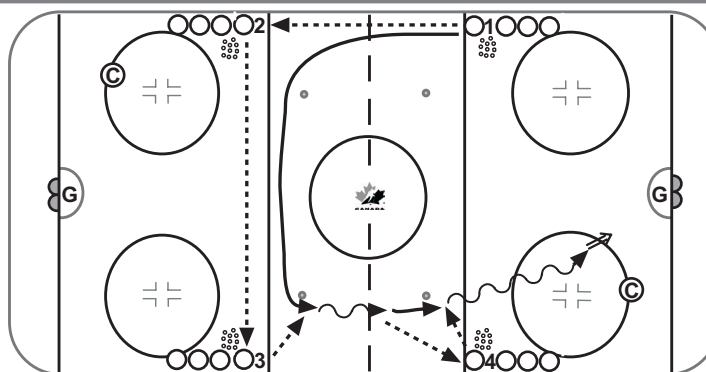
- Next group leaves as previous group enters the slot
- Coach reinforces the outside net drive at full speed

10 MIN SQUARE DANCE

- O1 begins with puck and passes to O2, O2 passes to O3
- O1 must support puck and receives pass from O3
- O1 then quickly executes give and go with O4 and finishes with shot on goal
- Have players execute chips off the boards to simulate game like situations, create anchor on boards

KEY TEACHING POINTS

- Go on whistle
- Timing
- Good passes



KEY EXECUTION POINTS

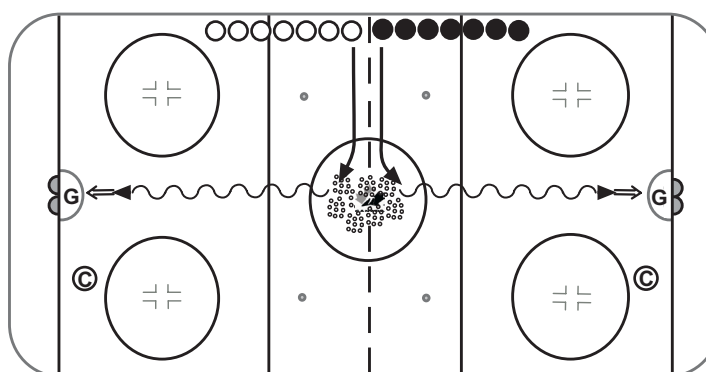
- Hard pass and follow

10 MIN 1, 2, 3 SHOWDOWN

- O's begin the game by attacking their respective goals 1 on 0.
- If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players.
- If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.

KEY TEACHING POINTS

- Head up
- Work on a variety of scoring techniques
- Have fun



KEY EXECUTION POINTS

- First team to 10 wins