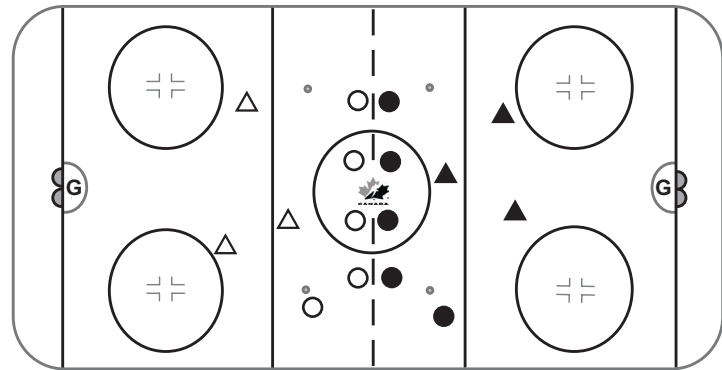


10 MIN 3 PUCK WRONG HAND SCRIMMAGE

- Player form 2 teams
- Players switch to wrong-handed sticks
- Play scrimmage with 3 pucks

KEY TEACHING POINTS

- Play wrong handed



KEY EXECUTION POINTS

- Fun

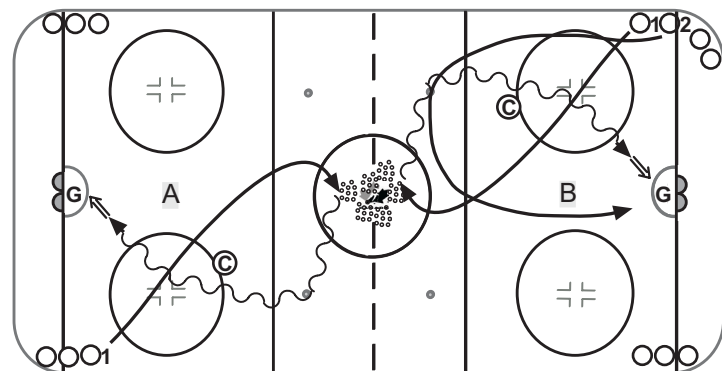
10 MIN NET DRIVE/DELAY

A.

- O1 retrieves puck at center ice
- Inside-out net drive
- Coach provides resistance

B.

- O1 repeats as in A
- O2 provides mid-lane support
- When puck is retrieved at center ice, next group begins



KEY EXECUTION POINTS

- Both sides/both ends - 4 groups

KEY TEACHING POINTS

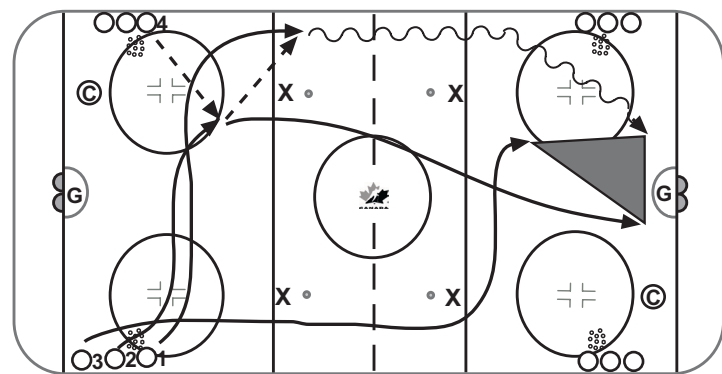
- Inside-out drive skate
- Puck protection
- Mid-lane support
- Timing

10 MIN PRINCIPLES OF ATTACK/DRIVE DELAY

- O1, O2, O3 initiate
- O1 drives to far lane
- O4 passes to O2 in mid-lane
- O2 punch passes to O1
- O3 provides high support

KEY TEACHING POINTS

- Net drive
- Mid-lane support
- High 1-up support



KEY EXECUTION POINTS

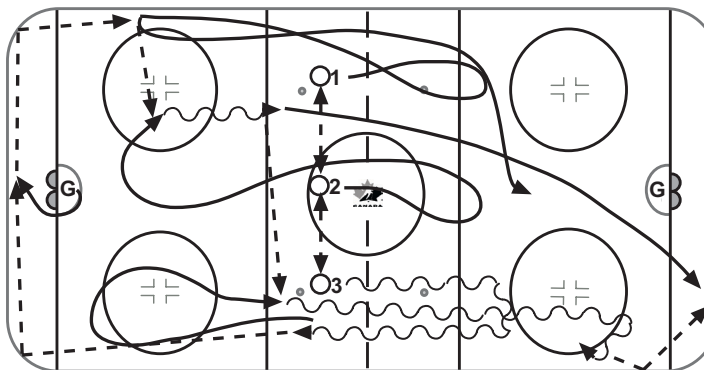
- Follow A-B-C-D sequence to initiate new group

10 MIN OFFENSIVE CYCLE/DRIVE DELAY

- O1, O2, O3 one-touch pass, on whistle touch up at blue line
- Soft rim dump to G1, controls puck, rim pass to O1 anchored low
- O1, O2, O3 breakout using 1-2-3 principles of attack
- O3 drive delay, O2 support, O3 high support
- On whistle, shot on net

KEY TEACHING POINTS

- 1-2-3 principles of attack
- Drive delay
- Cycle - puck possession



KEY EXECUTION POINTS

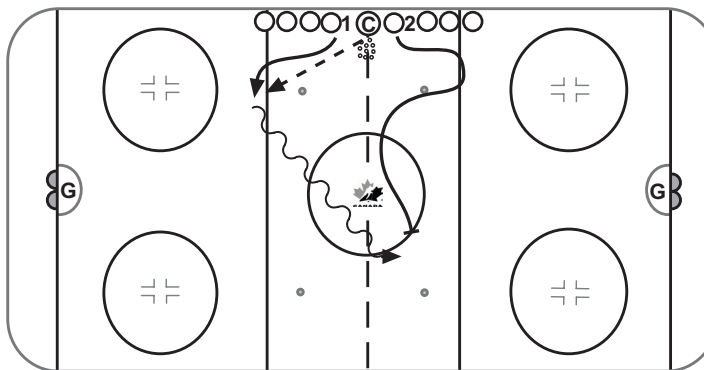
- Position of indicates end to touch up © at blue line
- G's must be at red alert

10 MIN OPEN ICE ANGLE

- O1, O2 leave from red line on "go" from coach
- O1, O2 skate straight down boards, turn at blue line
- Coach passes to one player
- Other player angles puck-carrier to middle
- Continues angle & pursuit across NZ

KEY TEACHING POINTS

- Angling
- Smart skating "angle"
- Seal & pin



KEY EXECUTION POINTS

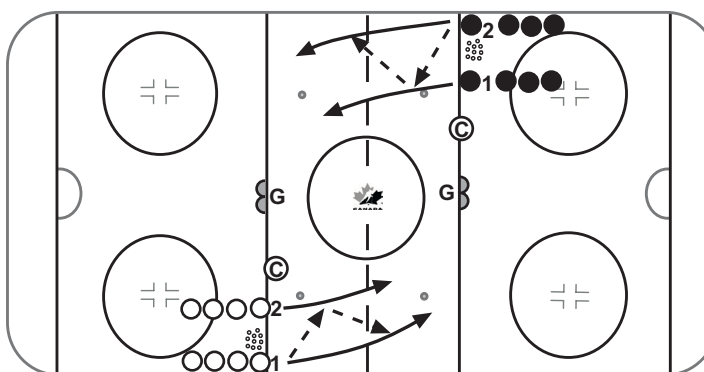
- O1, O2 start with one foot on red line
- Coach controls start of drill

10 MIN SHOWDOWN 2 ON 0

- O1 & O2 vs O1 & O2
- Coach initiates drill on whistle
- Players play 2-on-0 until a goal is scored
- Whistle ends play, players return to start
- Upon crossing blue line, next two players start

KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line



- First team to 10 wins