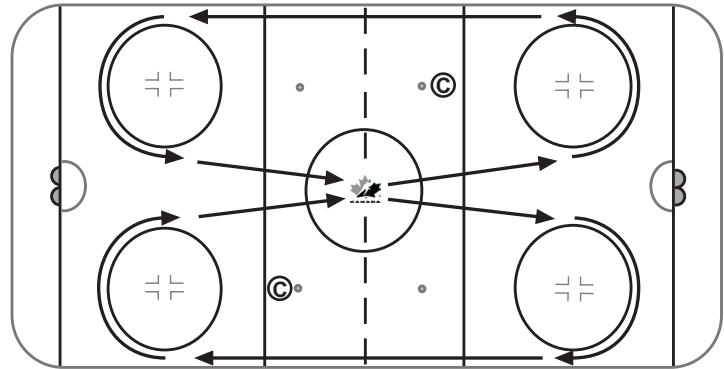


10 MIN BUTTERFLY WARM-UP

- 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

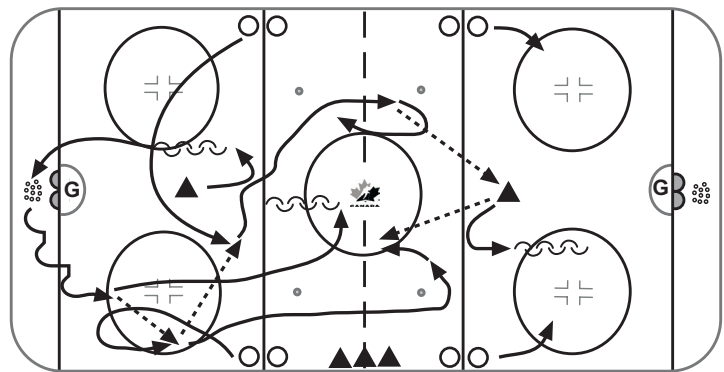
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**KEY EXECUTION POINTS**

- Coach demonstrates/calls out actions

10 MIN CONTINUOUS 2 ON 1

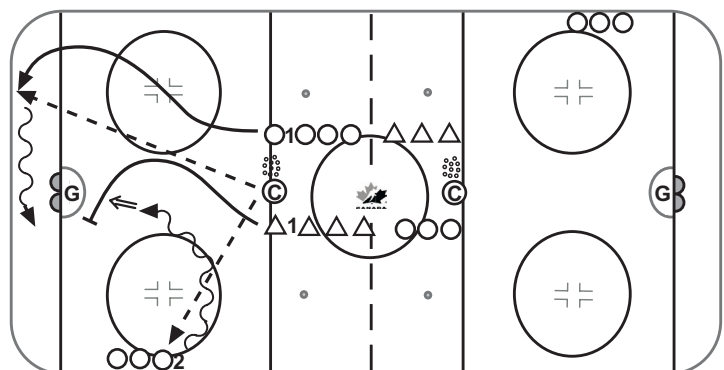
- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

**10 MIN HALF-ICE ANGLE**

- Coach spots puck deep in zone
- O1 retrieves puck, skates behind net and tries to escape out of zone
- D1 angles O1 and tries to prevent
- Coach passes 2nd puck to O2 who walks and shoots on goal

KEY TEACHING POINTS

- Good angle
- Control skate
- Evasive moves

**KEY EXECUTION POINTS**

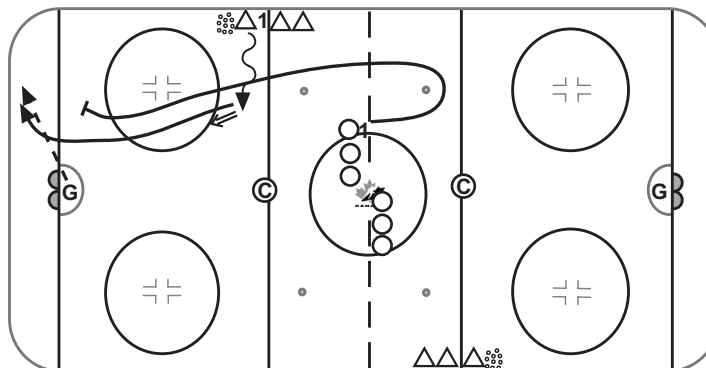
- Forward can not reverse

10 MIN OFFENSIVE ZONE FORECHECK 1 ON 1

- D1 drag & shoot at G1
- O1 skating in opposite direction, tight turns at offside dot, quick transition skates to pursue D1 with forecheck awareness
- G1 controls rebound, steers puck into corner
- D1 retrieves puck using shoulder check
- O1 pursues D1 by angling, sealing & pinning
- O1 finishes with shot

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot



KEY EXECUTION POINTS

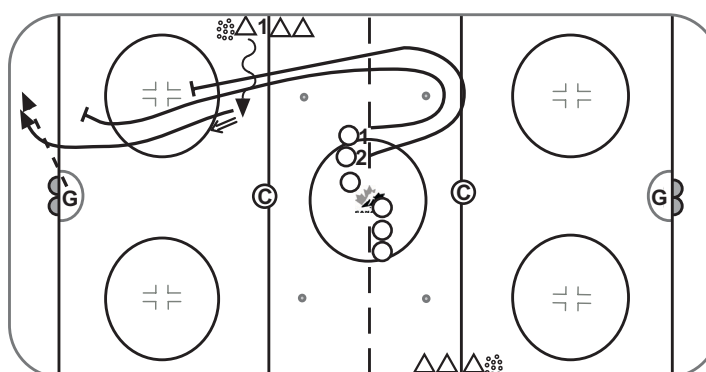
- Point Shot: Quick, low snap shot must hit net

10 MIN OFFENSIVE ZONE FORECHECK 1 ON 2

- D1 drag & shoot at G1
- O1 & O2 skate in opposite direction, tight turns at blue line, quick transition skate to pursue D1 with forecheck awareness
- G1 controls rebound, steers puck into corner
- D1 retrieves puck using shoulder check
- O1 pursues D1 by angling, sealing & pinning
- O2 grabs loose puck, finish with shot

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot



KEY EXECUTION POINTS

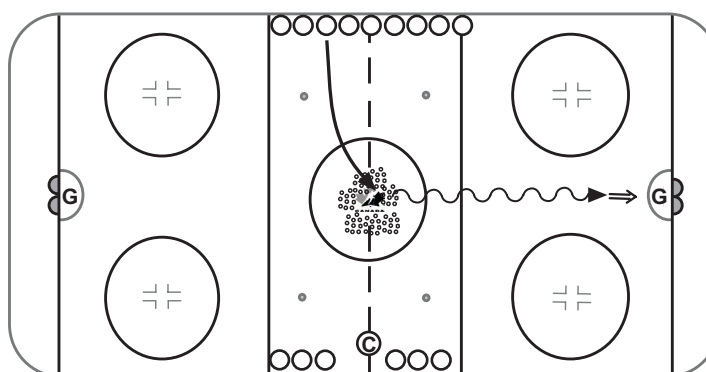
- Point Shot: Quick, low snap shot must hit net

10 MIN PLACE YOUR BET

- Coach selects a player
- Remaining players bet if shooter will score or miss
- Over & back for players losing the bet

KEY TEACHING POINTS

- Fun
- Competition



KEY EXECUTION POINTS

- Shooter tells teammates what move he will do