

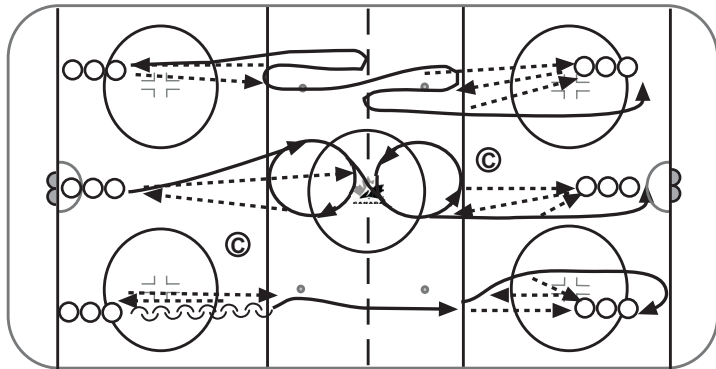
10 MIN

3 LINE WARM-UP

- Players line in groups to allow for 3 wide lanes
- Players execute a series of skating / puck control / and passing / receiving skills
- Give and Go
- Crossovers with Give and go
- Transition skates with give and go

KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving



10 MIN

PAIR PASSING

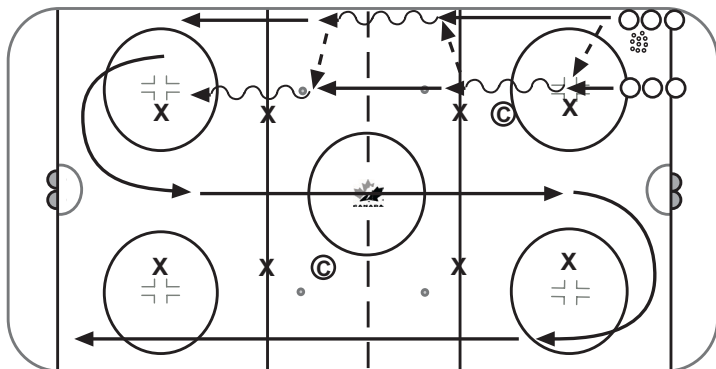
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall

VARIATIONS

- Both players skate forward
- Both players skate backward
- Weave
- One player forward, one backwards
- I-up drop passes, forehand and backhand

KEY TEACHING POINTS

- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level



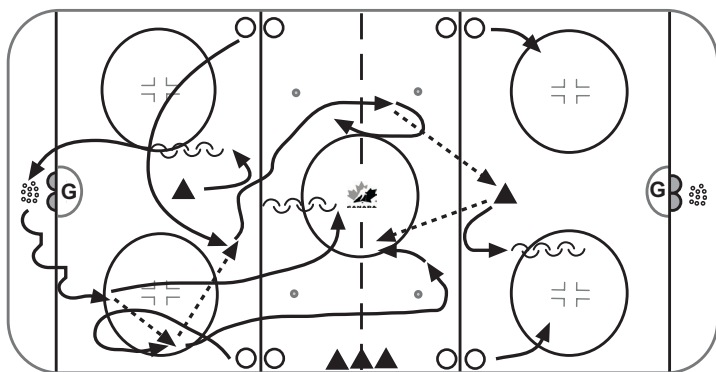
KEY EXECUTION POINTS

- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

10 MIN

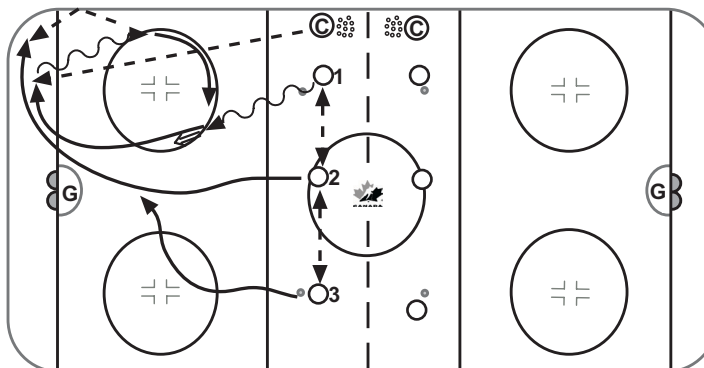
CONTINUOUS 2 ON 1

- 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 3 MAN CYCLE FROM THE NEUTRAL ZONE

- O1, O2 and O3 mill in the neutral zone with O1 controlling a puck
- O1 attacks the net for a shot on goal
- Coach spots the puck in either corner
- O1 retrieves the loose puck and carries up the boards before chipping it back to the corner
- O2 retrieves the puck and has 3 options: net drive & shot, pass to high slot, pass to O3 driving to the net



KEY TEACHING POINTS

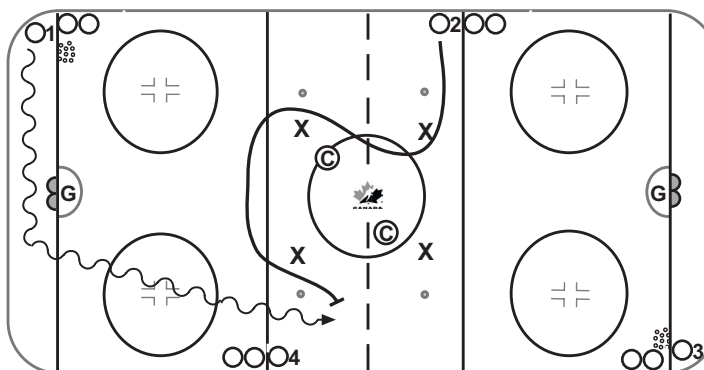
- Puck chipped to the quiet zone positioned between the body and the boards
- Head up - not looking back at the chipped puck

KEY EXECUTION POINTS

- Use whistle to initiate O1's net drive and shot
- Spot the loose puck as O1 releases shot
- Begin drill indicating the corner the puck is spotted

10 MIN OPEN ICE ANGLE "GATE DRILL"

- O1 & O2 begin on the 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 mid lane



KEY TEACHING POINTS

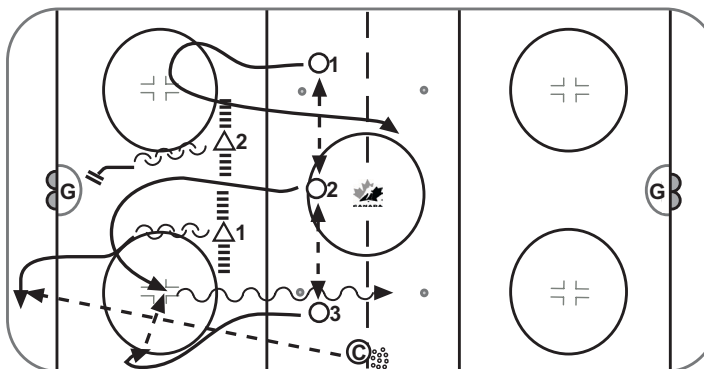
- Quick feet for O2 to close the gap
- Approach on the angle, maintaining speed
- Use body position and stick to steer

KEY EXECUTION POINTS

- Change lines each repetition
- This is an angling drill not an open ice hit drill

10 MIN BREAKOUT - 1, 2, 3 ATTACK

- Review break out options or © dictates option(s)
- D1 & D2 execute lateral crossovers at the blue line
- Coach spots the puck where ever necessary
- O1, O2, O3, D1 & D2 break out & attack 5 on 0
- Puck carrier drives wide with 3 options: net drive and shoot, pass to far post, pass to "I Up" in the slot



KEY TEACHING POINTS

- Communicate on the break out
- Drive the puck wide and with speed
- Middle drive to the net
- D up the ice quickly

KEY EXECUTION POINTS

- Alternate ends
- Full speed execution
- Attack triangle