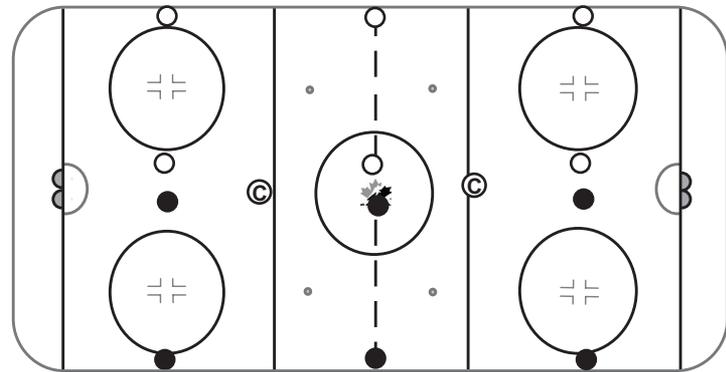


10 MIN MULTI 1 ON 1 WARM-UP

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player
- Play 1 - 1 with other pair, 30 second shifts, switch roles

KEY TEACHING POINTS

- Competition
- Puckhandling
- Warm-up

**KEY EXECUTION POINTS**

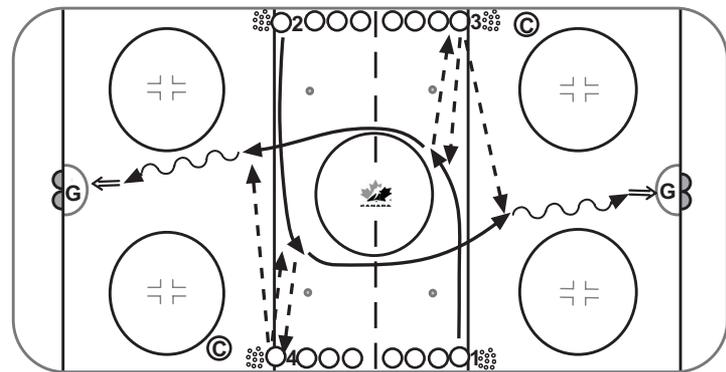
- Coach whistles to switch roles
- Player acting as goal cannot move
- Low shots

10 MIN BLAZER 1 ON 0

- O1 skates along blue line, receives and returns pass from O3
- O1 drives mid lane, receives pass from O4
- O1 shoots on net
- O1 & O2 goes at same time
- O3 & O4 goes next

KEY TEACHING POINTS

- Quick transition on breakout
- Creative timing
- Attack options using width and depth

**KEY EXECUTION POINTS**

- Middle drive
- Soft hands

10 MIN NET DRIVE 1 ON 0, 2 ON 0**A:**

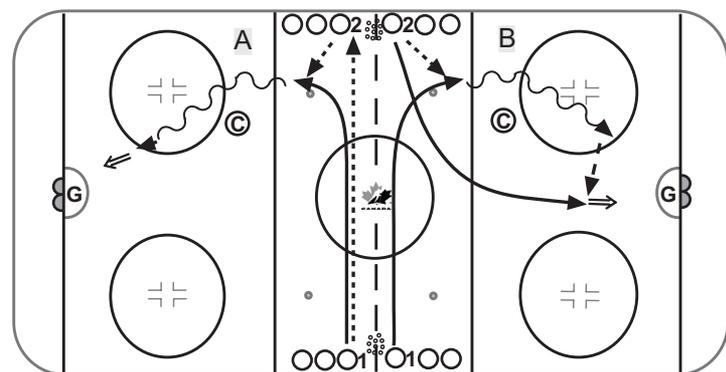
- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

B:

- O2 joins attack after pass to O1

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

**KEY EXECUTION POINTS**

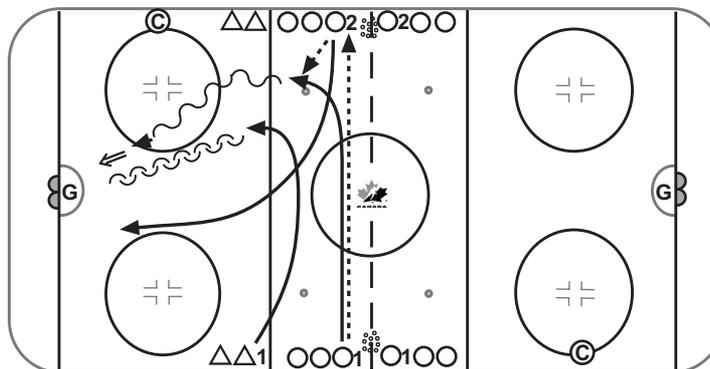
- Full speed back to line simulating backcheck

10 MIN NET DRIVE 2 - 1

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass, then joins the attack
- D1 mirrors O1 across the ice and defends 2 - 1

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- D, good gap



KEY EXECUTION POINTS

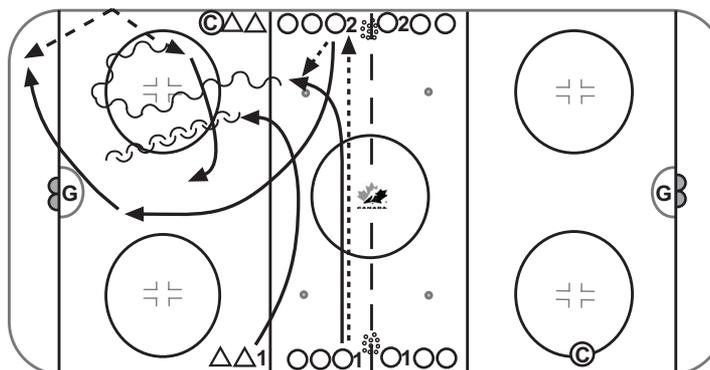
- O1 initiates with cross ice pass

10 MIN NET DRIVE 2 - 1 WITH DELAY & CIRCLE

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass, then joins the attack
- D1 mirrors O1 across the ice and defends 2 - 1
- O1 can elect to drive, delay, or cycle

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- O drive D before delay or cycle
- Keep feet moving during shooting
- D, good gap



10 MIN BASEBALL

- Players in corners shoot puck anywhere on half-ice, then skate around the pylon and back over the goal line before receiving players make 3 passes and score on goal
- 3 outs per inning
- 5 runs maximum per inning

KEY TEACHING POINTS

- Teamwork
- Fun

