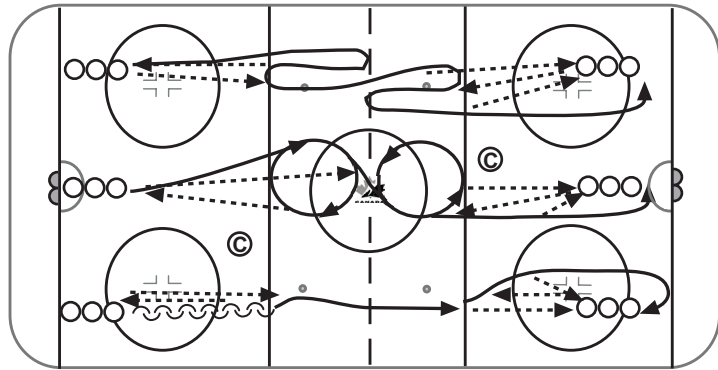


10 MIN 3 LINE WARM-UP

- 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

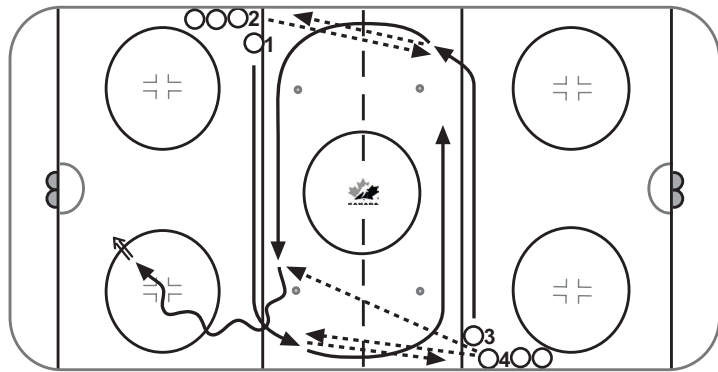


10 MIN GREYHOUND

- 1) 01 and 03 skate wide across the blueline.
- 2) 02 passes to 03 and 03 returns the pass.
- 3) 04 passes to 01 and 01 returns the pass.
- 4) 01 and 03 stay wide then accelerate into mid-ice for a pass from their original line (04 to 03; 02 to 01).
- 5) Drive wide for a shot.

KEY TEACHING POINTS

- One-touch passing.
- Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass.
- The passer must lead the receiver with the pass.

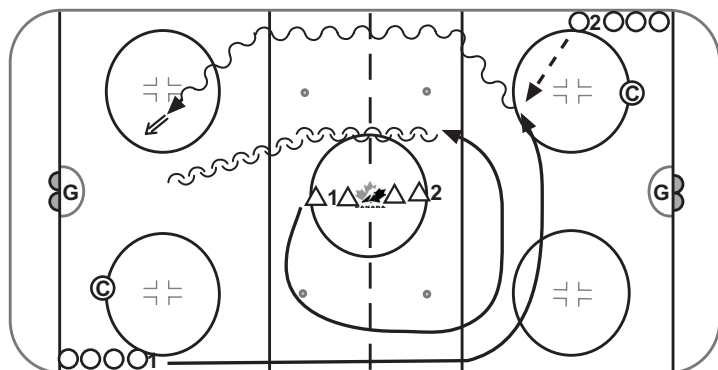


10 MIN FULL ICE HORSESHOE

- Players form a line in opposite corners
- First player from each line skates down the boards and receives pass in the high slot
- D1 mirrors O1, pivots and defends 1 - 1
- O2 and D2 skate same route; drill is continuous

KEY TEACHING POINTS

- O's create good passing angle
- Communication
- D's good gap, keep O's to outside



KEY EXECUTION POINTS

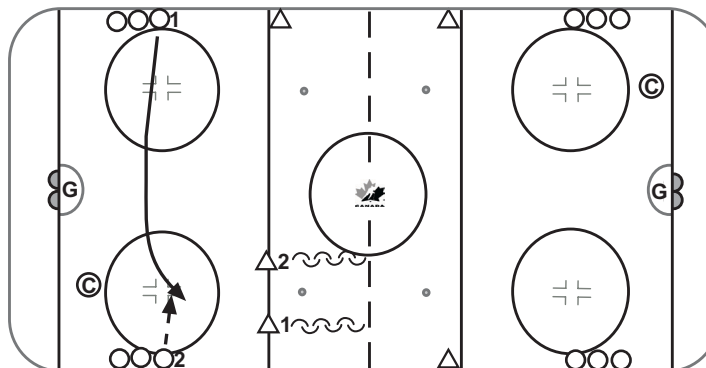
- Timing
- Call for pass
- Accurate passes

10 MIN 1 ON 2

- O1 skates across ice, receives pass from O2
- O1 vs D1 & D2
- D's angle O1 to wall or mid lane ASAP

KEY TEACHING POINTS

- Gap control
- Defense work together to angle to the boards or mid lane



KEY EXECUTION POINTS

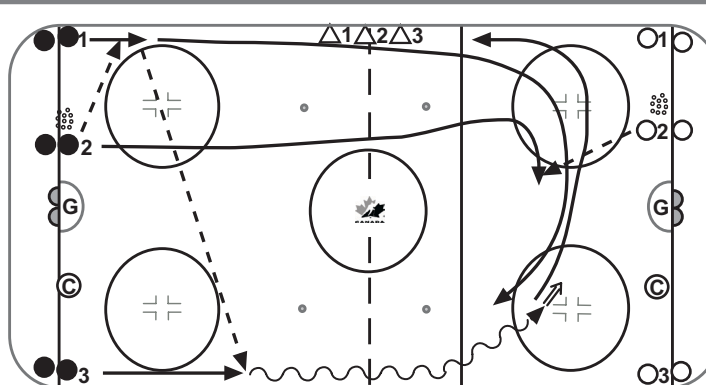
- O's accelerate with puck
- Clean hits

10 MIN 3 ON 0/3 ON 1/3 ON 2

- 1, 2, 3 attack 3 on 0
- After play, I's regroup with pass from O2 and go back 3 on 1 vs D1
- After the play, O's regroup with pass from O4 and attack 3 on 2 vs D2 & D3
- O1, O2 & O3 go next

KEY TEACHING POINTS

- Fill 3 lanes
- 1-2-3 principle of attack
- Support the puck
- communication
- Focus on sound passing technique



KEY EXECUTION POINTS

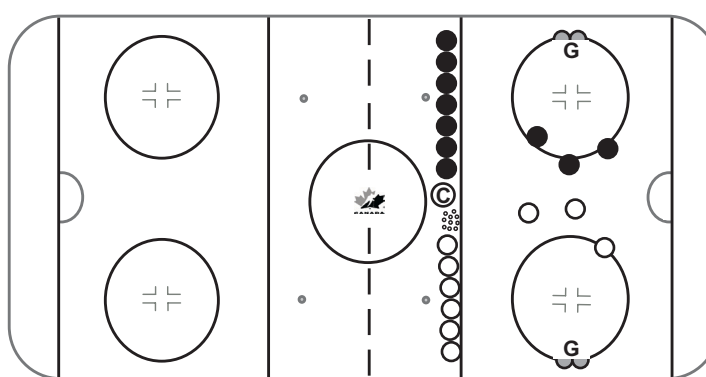
- Unit of 3 D's begin on the whistle
- Next two repetitions flow continuously with a pass

10 MIN CROSS-ICE 3 ON 3

- 3 on 3 in one zone, rest of players creating wall at blue line
- 40 - 50 second shifts
- Add specific number of pass, one touch passes etc.

KEY TEACHING POINTS

- Awareness
- Intensity
- Support
- Conditioning



KEY EXECUTION POINTS

- Can do out of both ends