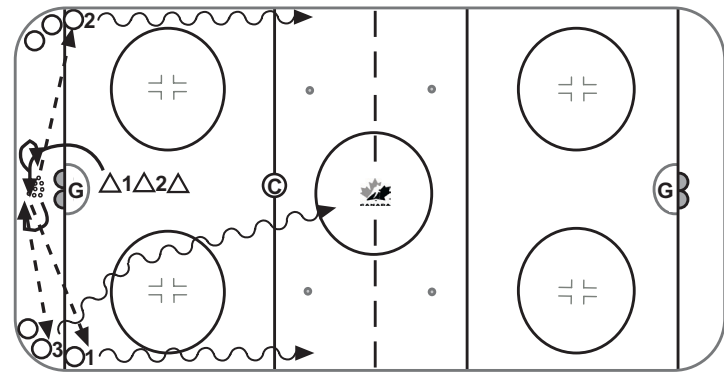


10 MIN DEFENSE - 3 QUICK PASSES

- D1 steps out, passes to O1 on hashmarks
- O1 down wall, shoots on goal
- D1 tight turns to behind net, passes to O2
- O2 down wall, shoots on goal
- D1 behind net to pass to O3, O3 down middle
- D2 repeats drill beginning with pass to O4

KEY TEACHING POINTS

- Warm up G's - low shots · O's shoot in stride
- D's evasive moves & quick feet
- Progression: D's can pivot instead of tight turns

**KEY EXECUTION POINTS**

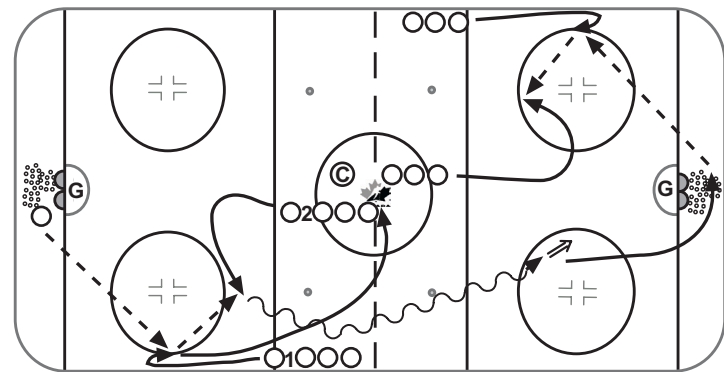
- O's remain at hashmarks until pass is completed
- D's keep drill flowing
- Goalie makes the pass to D2

10 MIN CANADA CUP DRILL

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks)
- O1 takes two strides and passes to O2
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition
- Switch sides

KEY TEACHING POINTS

- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception

**KEY EXECUTION POINTS**

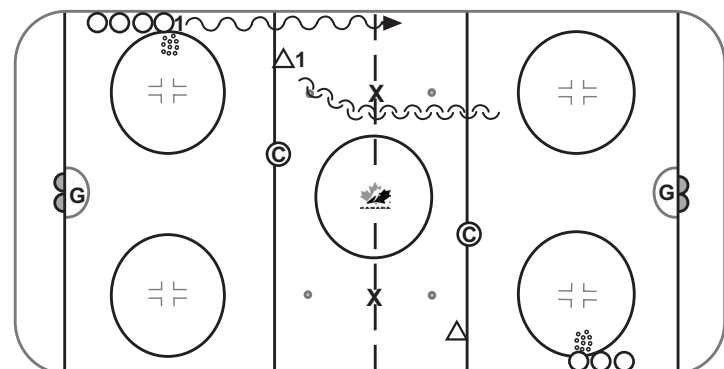
- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- Coach may control the release of O1 & O2 with verbal cue

10 MIN 1 ON 1 DEFENSE ON STOMACH

- D1 starts on stomach, on dot
- On whistle, O1 executes an outside drive
- D1, gets up, skate backwards around the pylon and defends 1 on 1 against the attacking O1

KEY TEACHING POINTS

- D's quick feet, crossovers start
- D's protect the mid lane
- O's drive right through to the net

**KEY EXECUTION POINTS**

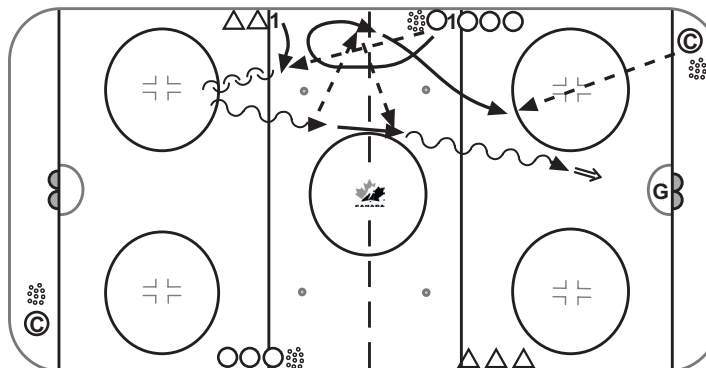
- D's must skate backwards for entire drill
- O's start below the hashmarks
- Change sides half way through the drill

10 MIN DEFENDER GIVE AND GO WITH 2ND SHOT

- O1 passes to D1, D1 steps out skating backwards
- O1 provides close support in preparation for a give and go with D1
- D1 accelerates, shoots on net
- O1 follows up, receives pass from coach, for a 2nd on net
- D1 stays in front of the net for a screen or deflection

KEY TEACHING POINTS

- Close support
- Give-and-go
- Defense jump up



KEY EXECUTION POINTS

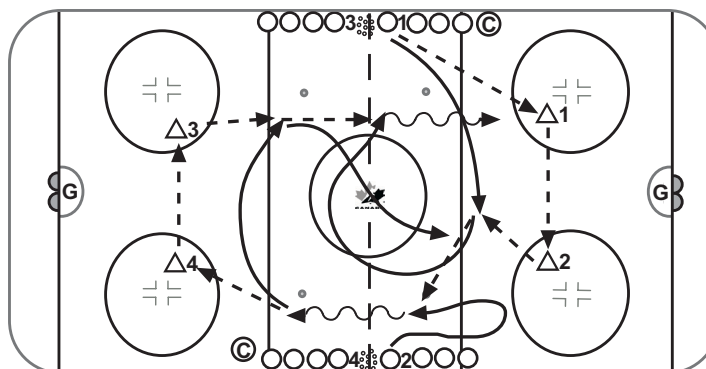
- Change sides
- Players to stay on designated side of ice
- Both sides of the ice at the same time

10 MIN 2 ON 2 WITH REGROUP

- O1 passes to D1 to D2 to O1
- O2 control skating, receives touch-pass from O1
- O2 passes to D3 to D4 to O1, or O2
- O1 & O2 attack D1 & D2
- O3 & O4 start next repetition

KEY TEACHING POINTS

- Keep a tight gap
- Defence to stagger, stay at same distance
- Communication between D's & O's



KEY EXECUTION POINTS

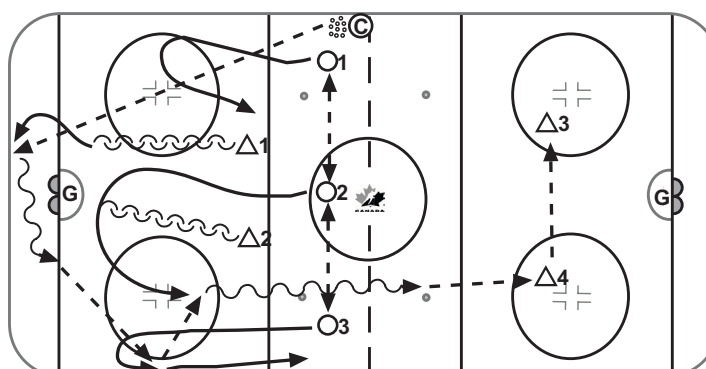
- One touch passing / accurate passing
- D's to support puck
- O's start on eye contact

10 MIN BREAKOUT 5 ON 2, REGROUP 3 ON 2

- O1, O2, O3 one-touch passing, D1, D2 x-overs
- Coach dumps puck, O1, O2, O3, D1, D2 breakout
- D1 & D2 jump up, one receives pass from 1st O over blue line
- O1, O2, O3 regroup for 3 on 2 vs D1 & D2
- Next line breakout from opposite end

KEY TEACHING POINTS

- Communicate on breakout
- Defence - close the gap
- Forwards speed through NZ
- Support the puck - close quick support



KEY EXECUTION POINTS

- Next line with puck, ready to start
- D3 & D4 to breakout next line