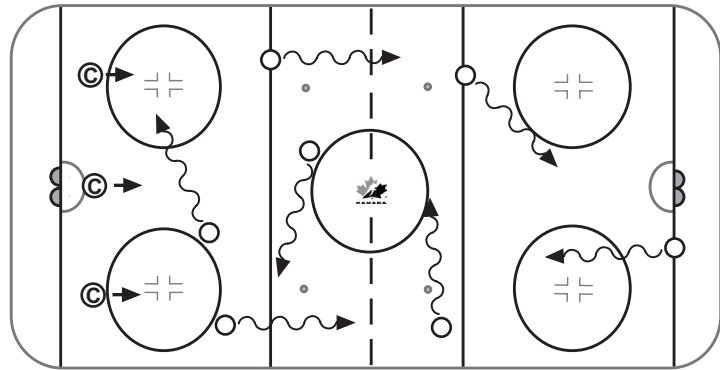


10 MIN DECREASING ZONES

- All players puckhandling around ice
- Coach gradually decreases ice until players are confined below goal line

KEY TEACHING POINTS

- Head up
- Quick hands
- Creativity
- Move feet

**10 MIN SKILLS STATIONS**

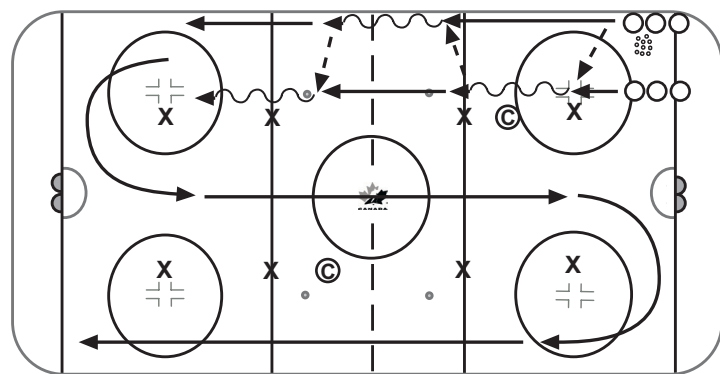
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall

VARIATIONS

- Both players skate forward
- Both players skate backward
- 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**

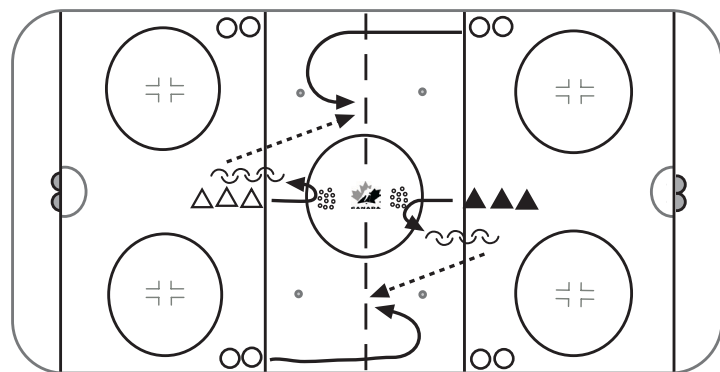
- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

10 MIN D MAN MOBILITY WARM-UP 1

Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blue line in centre of ice
- 4) D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass

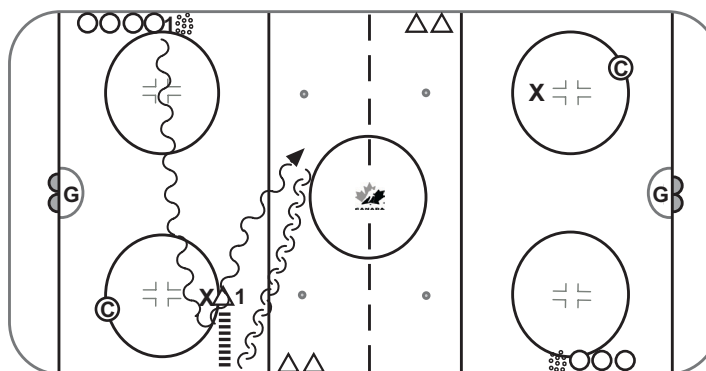


10 MIN 1 ON 1 WALL TOUCH

- On the whistle, O's skate across ice controlling a puck, drives around the pylon and go back to the far lane around the centre circle
- Ds start lined up with the pylon. On the whistle, D's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 - 1

KEY TEACHING POINTS

- Quick feet, head up
- Gap control
- Angle to the outside



KEY EXECUTION POINTS

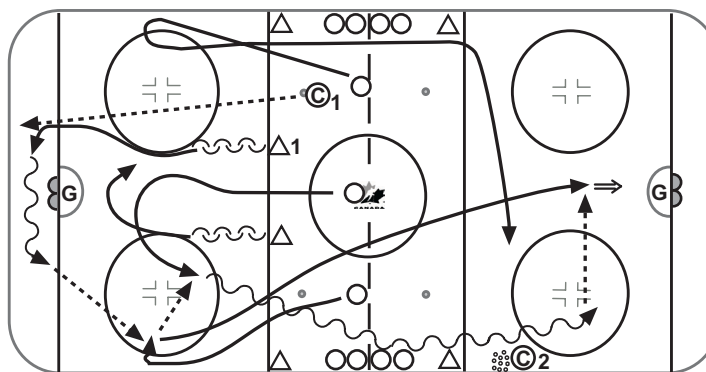
- O's must stay wide, beating the D's wide, while executing a net drive
- Synchronize both ends on the whistle

10 MIN CONTINUOUS BREAKOUT

- Coach1 spots puck deep and calls breakout option
- D1 retreats and executes breakout option
- O's support accordingly then play 5 on 0 up ice
- After shot on goal, coach2 spots another puck and O's attack D's 3 on 2
- New set of players jump out for new breakout

KEY TEACHING POINTS

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate



KEY EXECUTION POINTS

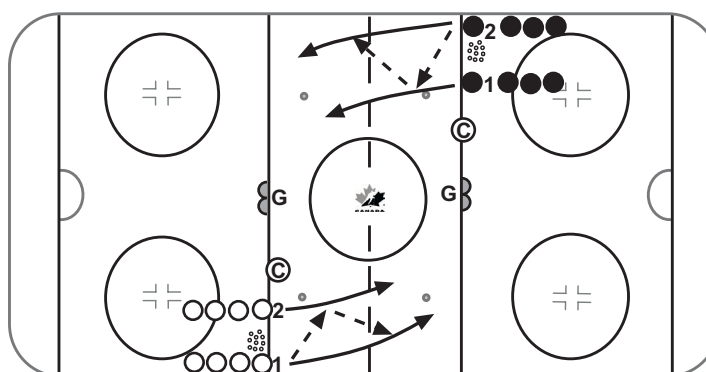
- Play until goal

10 MIN SHOWDOWN 2 ON 0

- ·1 & ·2 vs O1 & O2
- Coach initiates drill on whistle
- Players play 2-on-0 until a goal is scored
- Whistle ends play, players return to start
- Upon crossing blue line, next two players start

KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line



KEY EXECUTION POINTS

- First team to 10 wins