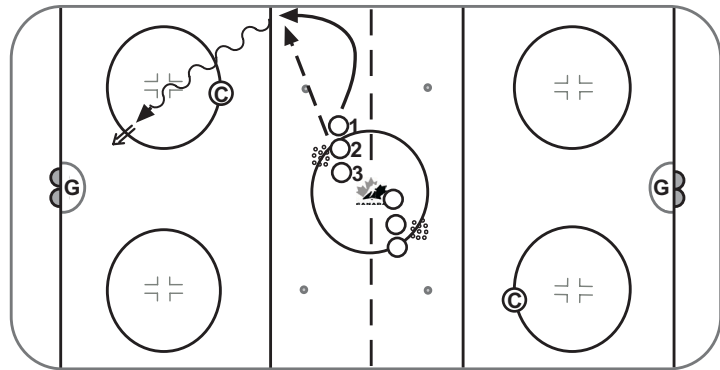


10 MIN U-18 WARM-UP

- O1 skates wide, receives pass from O2, O1 shoots
- O2 follows O1, receiving pass from O3, etc.

KEY TEACHING POINTS

- Change sides
- Warm up Goalies

**KEY EXECUTION POINTS**

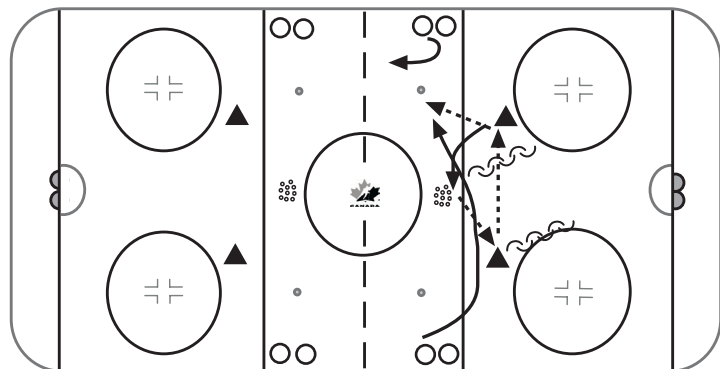
- Quick, accurate shots
- Hit the net

10 MIN D MAN MOBILITY WARM-UP 2

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 blueline in centre of ice
- 4) D picks up puck, backpeddles, 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, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

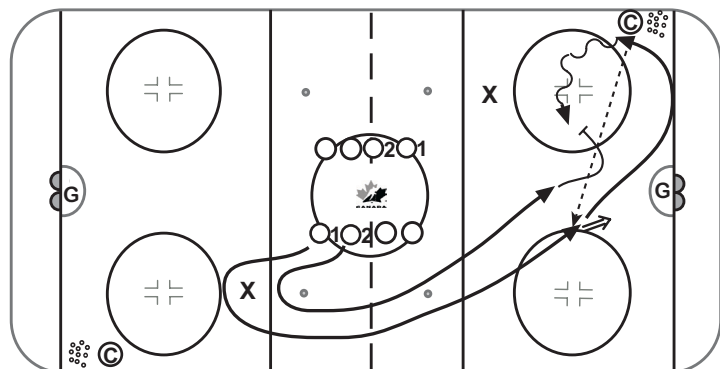
Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**10 MIN BACKSIDE 1 ON 1 DRILL**

- O1 skates around pylon and wide down boards
- O2 backchecks, keeping O1 to outside
- O1 finds an opening for pass from ©
- Coach may elect to shoot, then O1 goes to the rebound
- Coach spots a second puck for 1 on 1 between O1 and O2

KEY TEACHING POINTS

- Protect middle of ice
- Maintain defensive side positioning
- Tie up attacker's stick near net

**KEY EXECUTION POINTS**

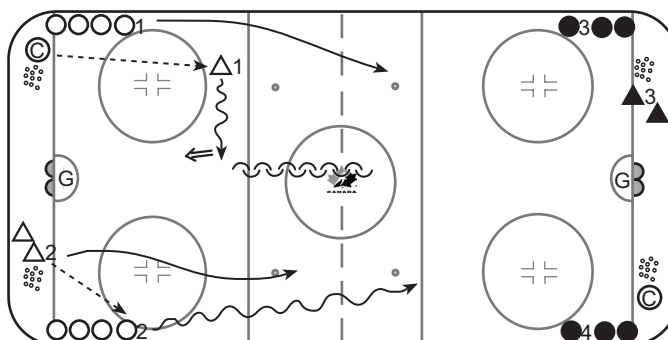
- Start the pairs on the whistle
- All contact and coverage must be legal
- D1 & O1 start at same time

10 MIN 2 ON 1 WITH 2ND SHOT

- Coach passes to D1 for shot on goal
- D2 passes to either O1 or O2 for 2-on-1 vs D1
- D2 follows up play
- After the 2-on-1, © passes to D2 for 2nd shot
- O1 & O2 remain in front of the net, D1 takes a check
- D3 passes to D3 & D4 for attack on D2

KEY TEACHING POINTS

- Box out - body position
- D's retreat quickly after point shot
- Communication



KEY EXECUTION POINTS

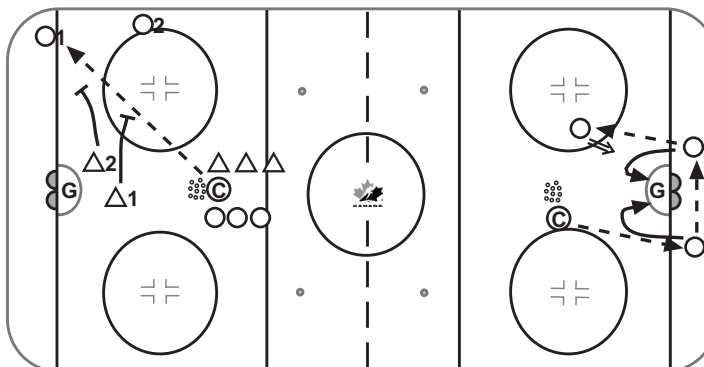
- Continuous drill
- O's stay on the hashmarks until D's jump out with puck

10 MIN 2 ON 2 DOWN LOW

- Coach dumps puck into corner
- O's vs D's 2 - 2, both teams trying to score
- G plays wraparound and point shots with o's at other end

KEY TEACHING POINTS

- Communication
- Competition
- Good defensive position



KEY EXECUTION POINTS

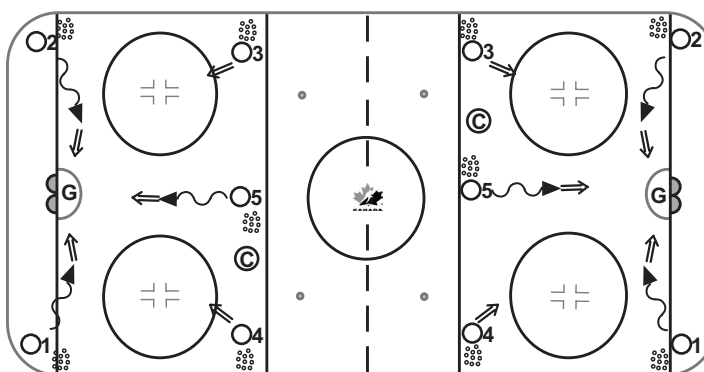
- Drill controlled by whistle
- Goalies switch half way

10 MIN GOALIE DRILL - 5 SHOTS

- O1 & O2 execute low walk-outs
- O3 & O4 take slap shots
- O5 executes in tight breakaway
- Keep rotating positions

KEY TEACHING POINTS

- Shuffles
- Challenge
- Play angles



KEY EXECUTION POINTS

- Allow enough time between shots