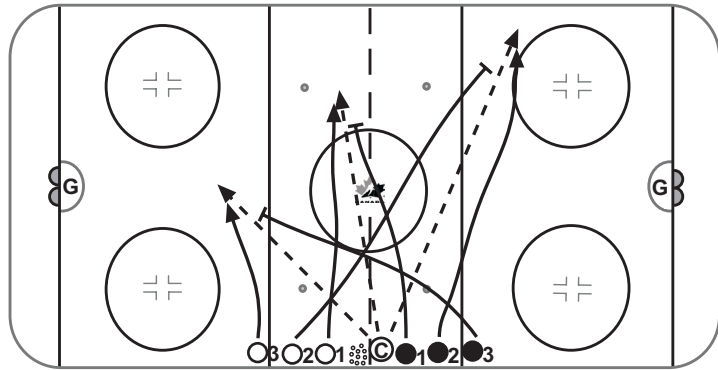


10 MIN MULTIPLE 1 ON 1 BATTLES

- Coach spots puck anywhere on ice
- O1 & 1 begin 1-on-1 play, then O2 & 2, etc.
- Up to 5 pairs at a time
- Play continues until goal is scored

KEY TEACHING POINTS

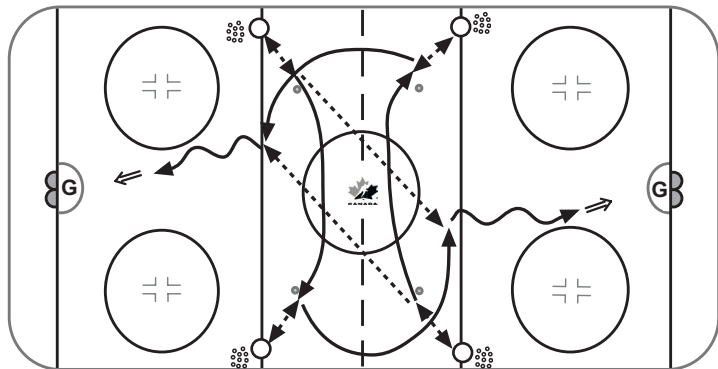
- Fun & Competition
- Goalie must maintain focus on all possibilities

**KEY EXECUTION POINTS**

- Keep head up, maintain overall awareness

10 MIN CZECH PASSING

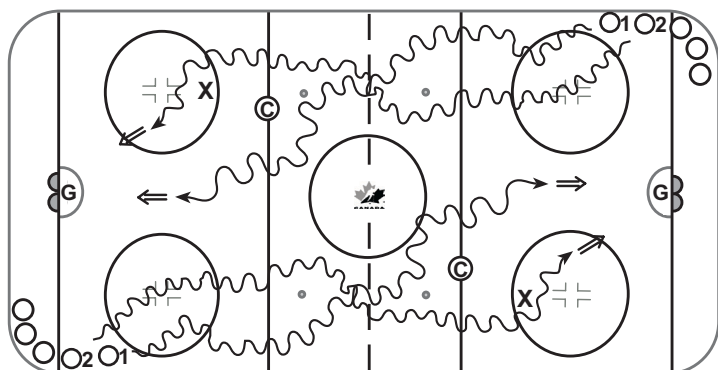
- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blue line and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle.

**10 MIN** OILER DRIVE DRILL 1 ON 0

- Pairs of O's control skate to center line and accelerate to offensive blue line
- O1 fakes, then drive skates outside pylon for shot
- O2 drives inside pylon, down mid land for shot
- Next 2 begin as previous pair reaches the far blue line

KEY TEACHING POINTS

- Shoot in stride
- Keep the head up while protecting puck
- Stop in the slot for rebounds

**KEY EXECUTION POINTS**

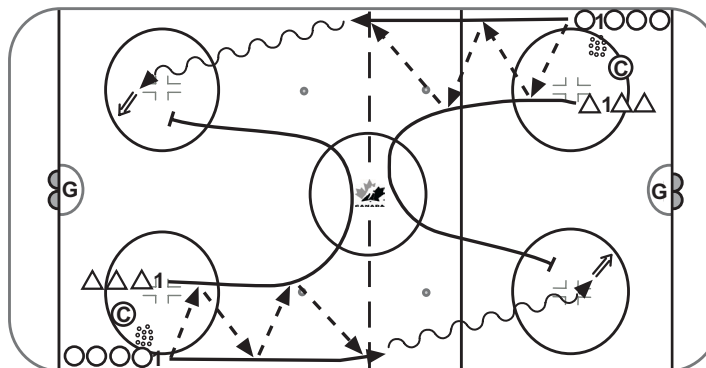
- No deking - shoot from drive skate
- After shot, O1 stops and faces O2
- O's should be finishing towards goal

10 MIN OUTSIDE DRIVE DRILL 1 ON 1

- O1 & D1 touch pass to center line
- O1 drives on goal, D2 angles from inside
- The next group begins on the whistle
- Switch sides half way through drill

KEY TEACHING POINTS

- O's to accelerate to maintain the advantage
- Puck protection while reading G's



KEY EXECUTION POINTS

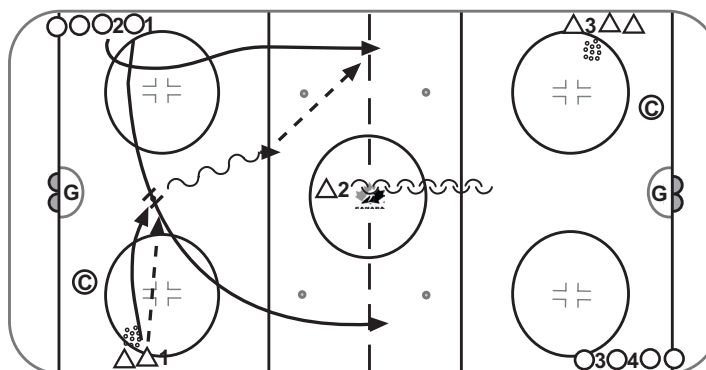
- Begin on the whistle to ensure timing
- Progression:
 - a) D's shadow only, no contact
 - b) add limited contact

10 MIN SPEED 2 ON 1

- O1 receives pass from D1
- O1 touches puck back to D1 & control skates wide
- D1 passes to O1 or O2 for 2-on-1 play
- O2 wide attack, drive delay
- O1 mid-lane drive support
- Attack G2

KEY TEACHING POINTS

- Drive puck to net until forced by D
- Accelerate into OZ



KEY EXECUTION POINTS

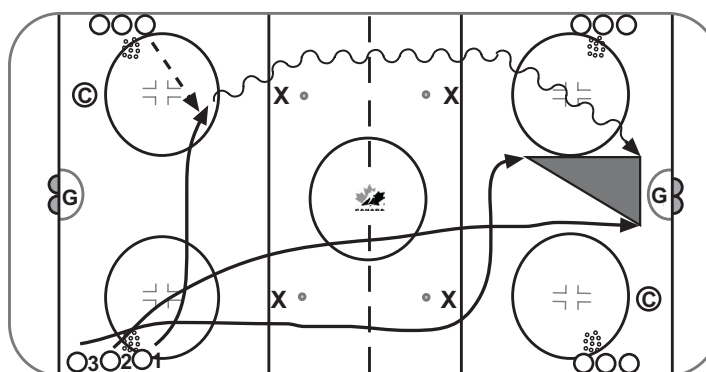
- Begin on the whistle
- Progression: add a regroup with D1 before the 2-on-1

10 MIN 1-2-3 OFFENSIVE ATTACK DRILL

- Combine outside net drive, mid lane drive & I-up support to create offensive attack triangle
- Progression:
 - a) O1 receives pass, drives net 1-on-0
 - b) add O2 supporting with middle lane for 2-on-0
 - c) add O3 on puck-side with I-up support, 3-on-0

KEY TEACHING POINTS

- Maintain good net drive habits
- Timing - accelerate to net, stick on the ice
- Timing - support behind puck



KEY EXECUTION POINTS

- 1-on-0 & 2-on-0: opposite corners on the whistle
- Coach feedback to each group in line
- 3-on-0: alternate ends or both ends on whistle