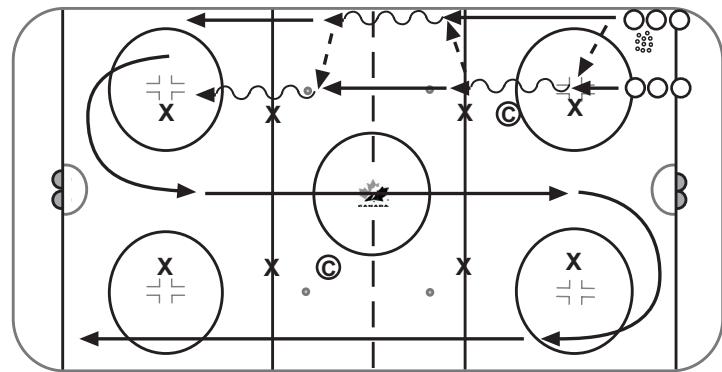


10 MIN PAIR PASSING

- 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

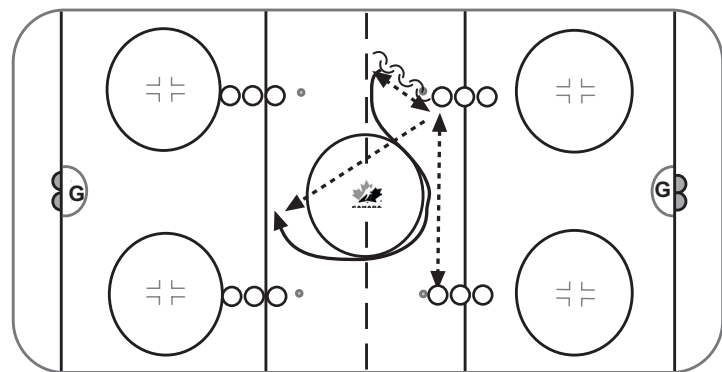
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

**KEY EXECUTION POINTS**

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

10 MIN NZ SUPPORT WARM-UP

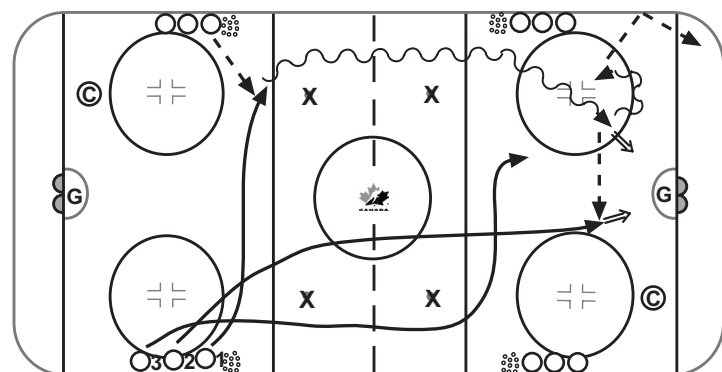
- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- 3) Person in line then passes along blueline to first person in adjacent line, who then gives it back.
- 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.

**10 MIN 1-2-3 OFFENSIVE ATTACK - DELAY**

- Progression through offensive attack:
 - a) 2-on-0, drive - drive
 - b) 3-on-0, I-up
 - c) 3-on-0, add delay option

KEY TEACHING POINTS

- Stop in the slot
- Timing: players off the puck must be aware

**KEY EXECUTION POINTS**

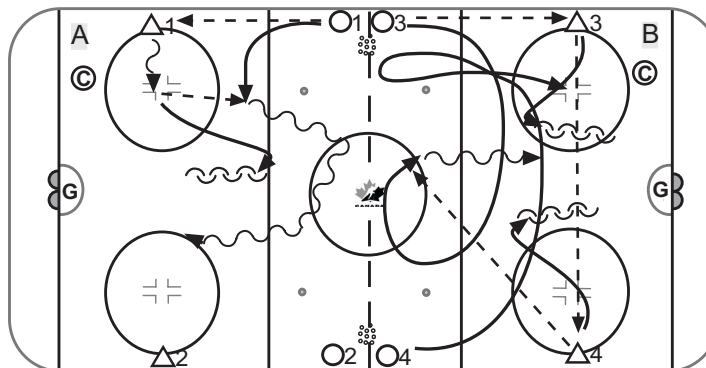
- Drive first, then delay
- Cycle the puck to the quiet zone if there is no play

10 MIN TURNBACKS, 1 ON 1 & 2 ON 2

- A. • O1 passes to Δ1 who moves laterally to the middle of the ice before returning the pass to O1
- O1 skates to the center line before attacking D1 1-on-1
- B. • O3 to D3 to D4 back to O3
- O3 and O4 turn back to the neutral zone before attacking D3 and D4 2-on-2

KEY TEACHING POINTS

- D's take back ice to close gap
- O's to read offensive gaps, cross or create 2-on-1 support (2-on-2)



KEY EXECUTION POINTS

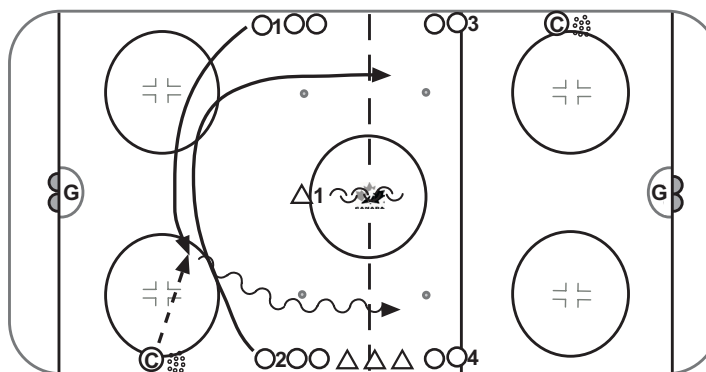
- A. • half ice, controlled by whistle
- B. • 1 zone at a time, next group begins on the whistle when the previous group crosses offensive blue line

10 MIN SASKATOON 2 ON 1 & 2 ON 2

- Coach passes to O1 for 2-on-1 with O2 vs D1
- O's try offensively changing point of attack in NZ
- O3 & O4 begin on whistle
- Progression: Coach skates behind rush, whistles & calls name of O to become backchecker with D1

KEY TEACHING POINTS

- D read rush, protect middle lane
- D to communicate with and direct backchecking O
- Change point of attack offensively



KEY EXECUTION POINTS

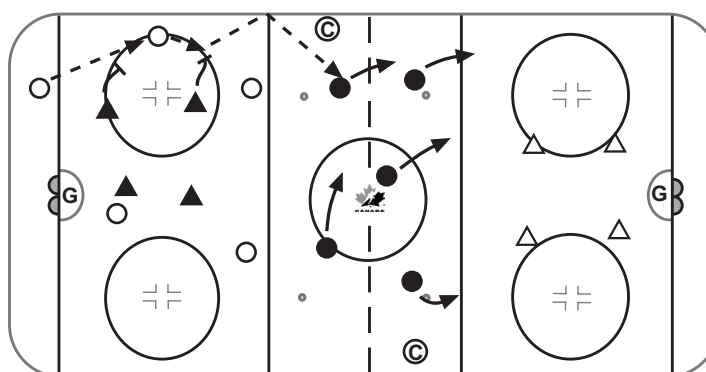
- Coach to call names clearly

10 MIN PP/PK COMPETITION

- 5 - 4: O's vs D's
- When D's get possession, make a pass to 's, who attack Δ's 5 - 4
- O's retreat to neutral zone and wait for pass from D's, then attack D's again 5 - 4

KEY TEACHING POINTS

- Full tempo
- Game-like habits
- PP options



KEY EXECUTION POINTS

- Continuous drill
- O's and 's must retreat to NZ quickly upon turnovers