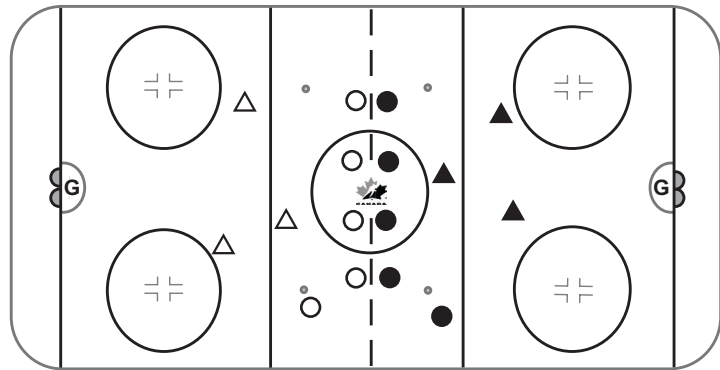


10 MIN 4 PUCK, WRONG HANDED SCRIMMAGE

- Split team into two teams
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed

KEY TEACHING POINTS

- Hand eye coordination
- Warm-up

**KEY EXECUTION POINTS**

- Play until all pucks are gone, coach can add pucks

10 MIN FORWARDS CYCLE/D RETRIEVAL**FORWARDS**

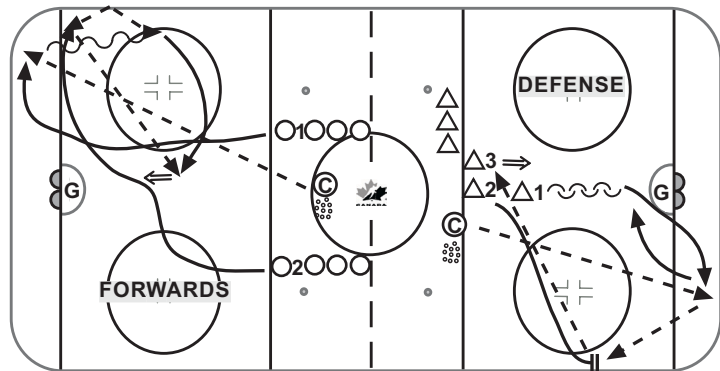
- Coach dumps puck, O1 picks it out of corner, skates up boards, cycles puck
- O2 follows, picks up cycled puck, passes to O1 going to net for shot
- Coach dumps 2nd puck and O2 starts cycle out of other corner with new forward

DEFENSE

- Coach dumps puck, D1 retrieves, passes to D2, who passes to D3 for shot on net, O1 heads to net for deflection

KEY TEACHING POINTS

- Support
- Timing
- Communication
- Deep Cycle

**KEY EXECUTION POINTS**

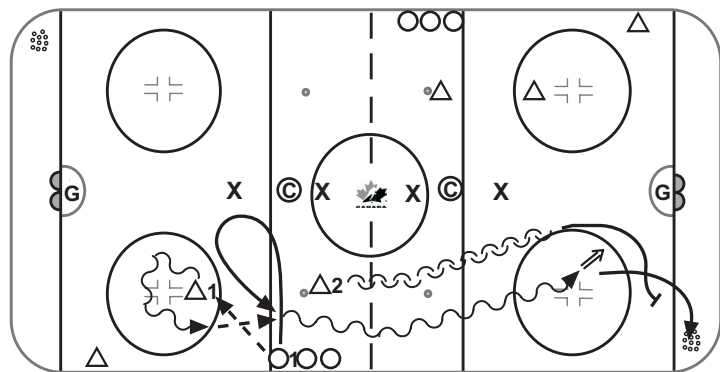
- Alternate sides
- O2 must call for cycle

10 MIN 1 ON 1 WITH 2ND PUCK

- O1 passes to D1
- D1 executes an escape move (tight turn) and returns a pass to O1
- O1 attacks D2 1 on 1
- After the initial attack, O1 retrieves 2nd puck from corner and attacks D2

KEY TEACHING POINTS

- Attacking net from drive and quiet zone
- Quick attack and change of attack

**KEY EXECUTION POINTS**

- Encourage the use of a variety of escape moves
- Net drive must be the primary offensive tactic
- O1 cannot take 2nd puck behind net

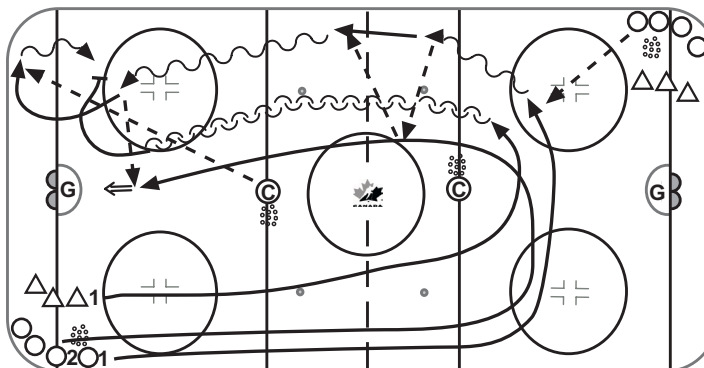
10 MIN

FULL-ICE LOW SUPPORT - MODIFIED HORSESHOE

- O1 and O2 curl to receive puck from opposite corner (pass from moving player)
- O1 and O2 play attack D1, 2 on 1
- After shot, coach spots new puck for a 2 on 1 low zone

KEY TEACHING POINTS

- Quick transition
- Aggressive attack
- Support



KEY EXECUTION POINTS

- One shot only on second puck
- Focus on the drive with first puck
- O2 in active support

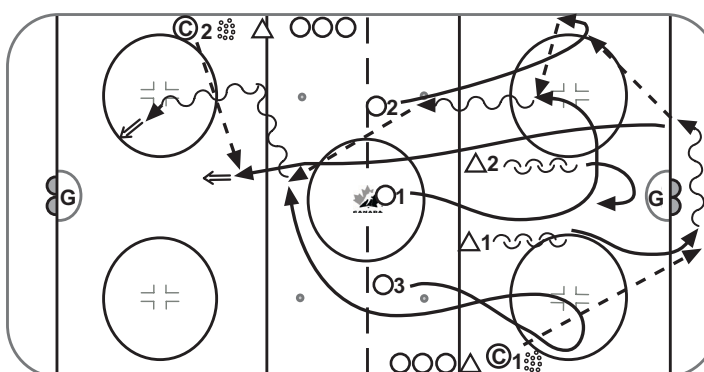
10 MIN

3 ON 0, 3 ON 2

- Coach1 spots puck, D1 and D2 breakout, go option, O's attack 3 - 0
- D's follow up to receive pass from Coach2 for point shot and deflection
- Coach2 spots second puck for O's to counter attack 3 - 2 to original end

KEY TEACHING POINTS

- Good passes
- Communication
- Attack with speed



KEY EXECUTION POINTS

- Start on coach's whistle
- 2nd group be ready to jump in after 1st group enter original end

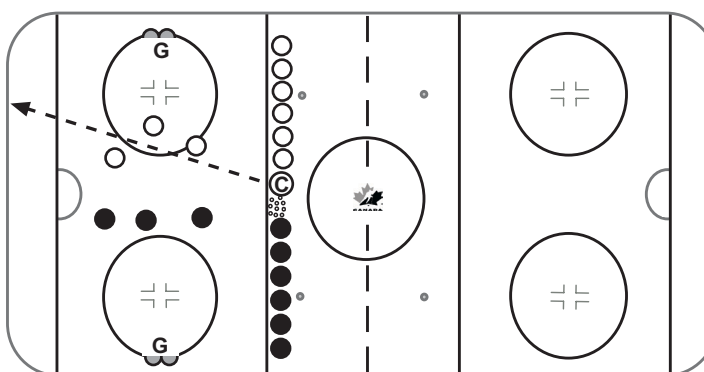
10 MIN

ZONE GAMES

- Coach spots a puck and calls 2, 3 or 4 players
- Players from each team enter for 45 second game
- Coach whistles to clear zone; next group is ready to go

KEY TEACHING POINTS

- Support
- Communication
- Aggressive attack



KEY EXECUTION POINTS

- Have extra players waiting at the blue line on one knee
- Coach encourages high tempo, quick puck movement and support options