

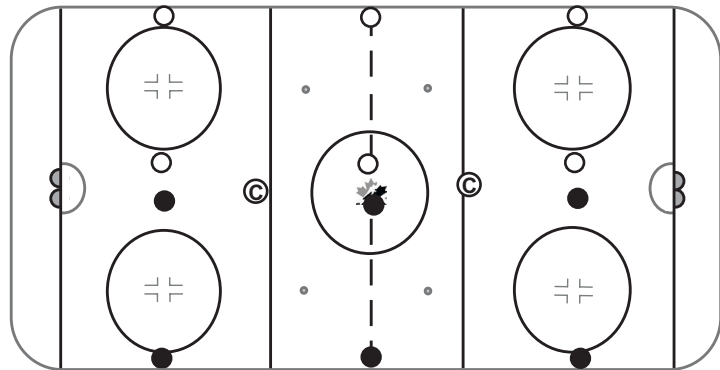
## 10 MIN

## MULTI 1-1 WARM-UP

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player
- Play 1 - 1 with other pair, 30 second shifts, switch roles

## KEY TEACHING POINTS

- Competition
- Puckhandling
- Warm-up



## KEY EXECUTION POINTS

- Coach whistles to switch roles
- Player acting as goal cannot move
- Low shots

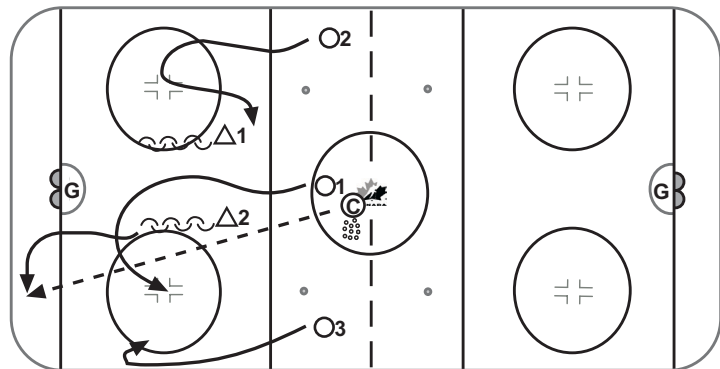
## 10 MIN

## HALF-ICE BREAKOUT DRILL

- 5-man unit executes 3 separate breakouts;
  - a) "up"
  - b) "middle"
  - c) "wheel"
  - d) "over"
- Finish with O's attacking 3-on-2 vs Δ's
- Both ends

## KEY TEACHING POINTS

- Position of O's "off puck"
- O's receive puck while in motion



## KEY EXECUTION POINTS

- Pass to next O or coach to spot puck for the next breakout
- Add breakout options (reverses, overs)

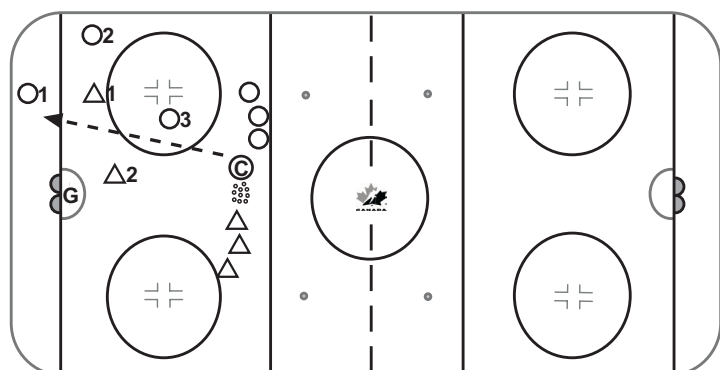
## 10 MIN

## LOW 3 ON 2

- Coach spots puck to offensive group for 3-on-2 in OZ
- Coach spots next puck as D's clear puck or goal is scored
- 20 second repetitions

## KEY TEACHING POINTS

- Offensive support
- Picks, screens utilized
- O3 supports with depth



## KEY EXECUTION POINTS

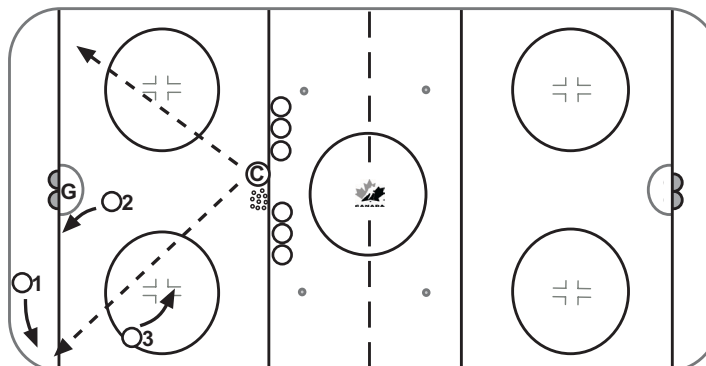
- Offensive group ready to shoot
- Maintain game-like tempo & competition with short repetitions

**10 MIN 1-2-3 CYCLE SHOOTING**

- Coach spots puck into corner, O's cycle until whistle
- O with possession of puck drives to the net
- Coach spots puck to remaining O's
- On the whistle, player with puck drives to the net
- Last O receives puck from the coach, waits for whistle to attack the net
- Both ends

**KEY TEACHING POINTS**

- Open up after cycle pass
- Cycle puck deep into quiet zone
- Walk to net with speed



**KEY EXECUTION POINTS**

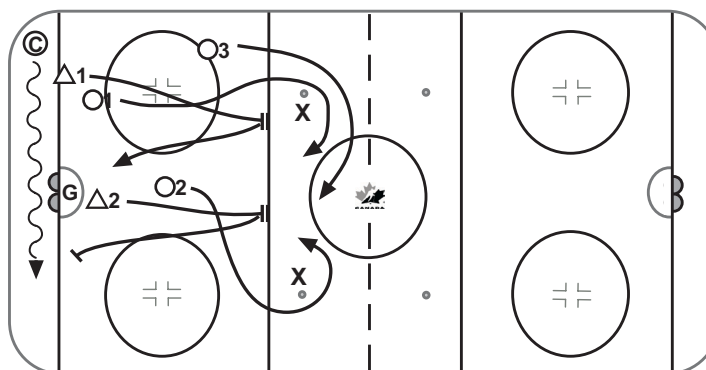
- Coach spots puck to vacant corner to begin new group

**10 MIN DEFENSIVE ZONE WALK THROUGH**

- 5-man unit assumes proper D-Zone coverage
- On whistle, O's skate around pylons, Δ's skate to blue line, unit sets up new D-Zone coverage
- Repeat 3 times and begin next group

**KEY TEACHING POINTS**

- Communication
- Position of skates
- Hit zone, support zone, net zone, slot zone, point zone



**KEY EXECUTION POINTS**

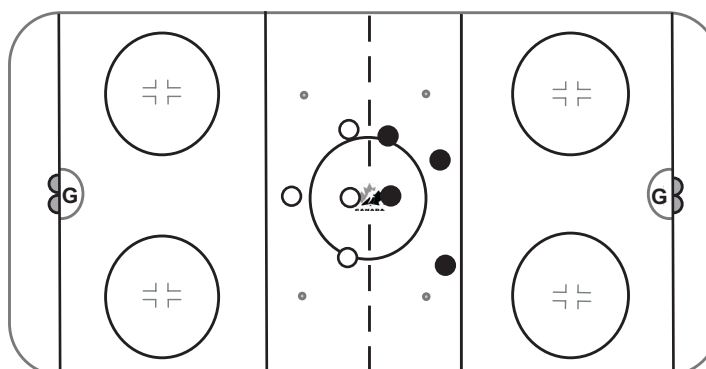
- Players "tag up" on whistle
- Coach provides feedback before next whistle

**10 MIN FRENCH SCRIMMAGE**

- Coach blows the whistle to indicate 'change on the fly'.
- The number of whistles equals the number of players that come on to the ice
- No offside/icing
- No set positions
- Everyone off before any players on for next shift

**KEY TEACHING POINTS**

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4



**KEY EXECUTION POINTS**

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4