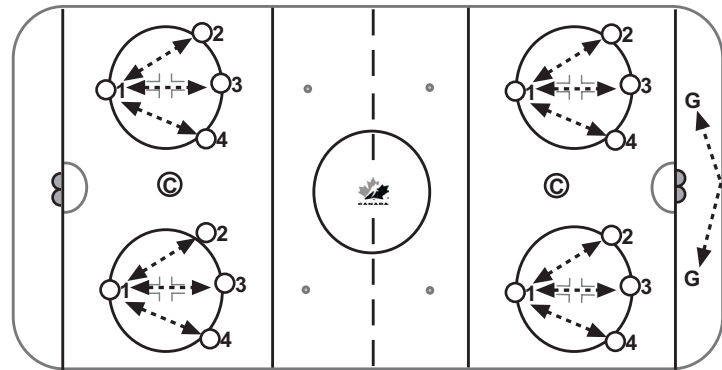


10 MIN PEPPER

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1
- Forehand, Backhand, one touch
- Give pass on forehand receive pass on backhand
- Give pass on backhand receive pass on forehand
- All players have turn as O1
- On coach's whistle, one hard lap and back to original circle



KEY TEACHING POINTS

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

10 MIN GOALIE DUMP

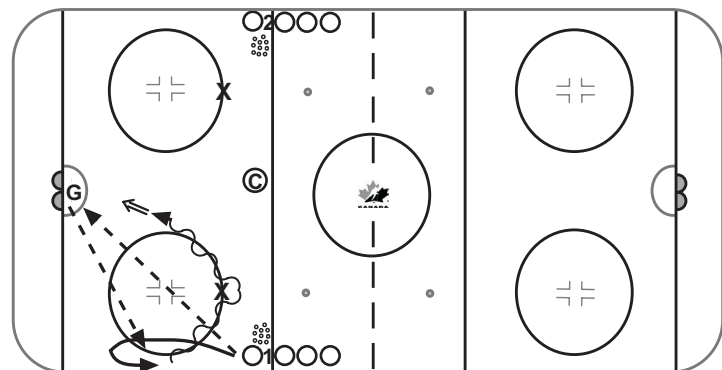
- O1 rims or dumps puck on goalie, goalie passes back to O1 anchor
- O1 skates the top of circle for a shot
- O2 then performs same execution

PROGRESSION:

- O1 and O2 begin at same time, one puck, goalie chooses anchor option, O1 and O2 skate top of circle for a 2 - 0 shot
- Both ends

KEY TEACHING POINTS

- Hit the net
- Accelerate around top of circle



KEY EXECUTION POINTS

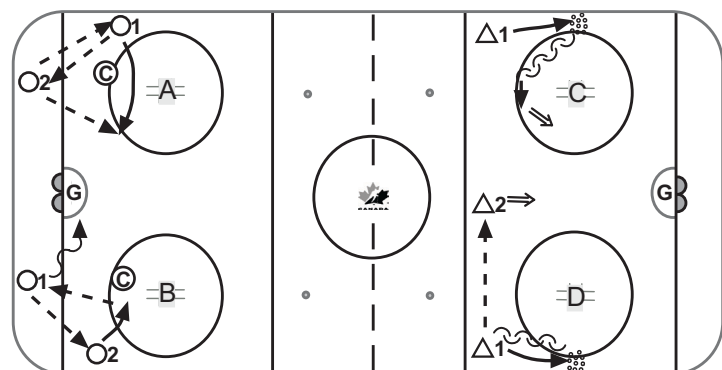
- Wait until G is ready for next shot
- Hit the net on dump

10 MIN POWER PLAY SKILL STATIONS

- O2 give-&-go with O1, O2 passes to O1, attacks net
- O2 executes give-&-go with O1, O2 passes to O1 for low forward walk-out
- D1 drags puck to middle and shoots
- D1 retrieves puck, passes to s2, shoots on net

KEY TEACHING POINTS

- O's One-touch passing, jump to holes, quick shot
- D's: Low shots, quick transition to mid ice



KEY EXECUTION POINTS

- Change sides frequently
- Change Goalies half way

10 MIN POWER PLAY OVERLOAD OPTIONS

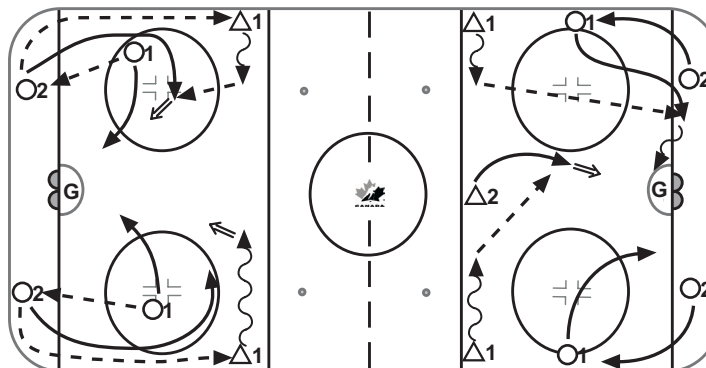
- O1 passes to O2, O2 to Δ1 and drags to middle

OPTIONS:

- D1 point shot
- D1 passes to O2 for a drive & shoot
- D1 passes to O2, O2 to O1 for low walk
- D1 to O2 to O1 to D
- D1 to O2 to D1 for point shot

KEY TEACHING POINTS

- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net



KEY EXECUTION POINTS

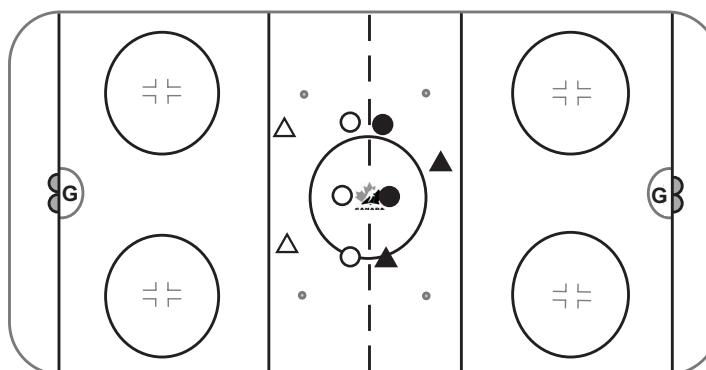
- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 MIN FULL ICE SPECIAL TEAMS

- Scrimmage: 5 - 4, 5 - 3

KEY TEACHING POINTS

- Game like situations
- Support
- Communication



KEY EXECUTION POINTS

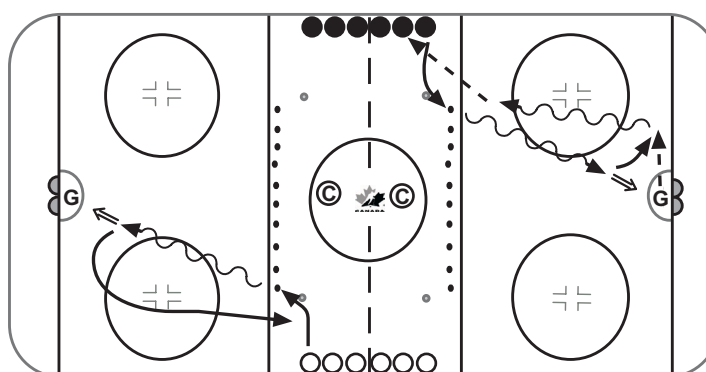
- Shifts 1 - 2 minutes long
- Change on whistle, face-off in different locations

10 MIN 10 PUCK RELAY

- Spot ten pucks on each blue line.
- Divide team in half on either side boards
- On coach's whistle first player on each team takes first puck in on goal and tries to score
- If scores, player must cross blue line before next player on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.

KEY TEACHING POINTS

- Shoot to score
- Be creative



KEY EXECUTION POINTS

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made