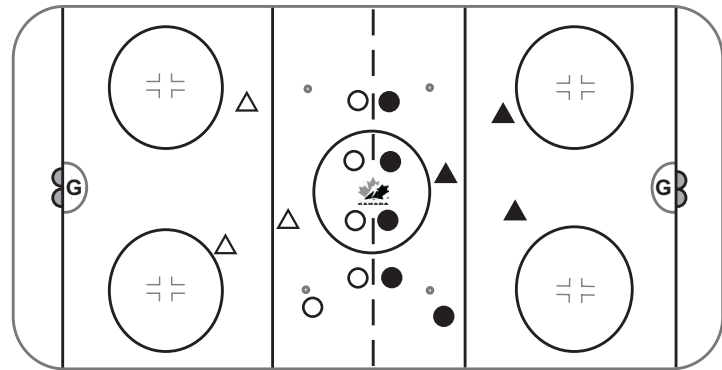


10 MIN 4 PUCK, WRONG HANDED SCRIMMAGE

- 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**

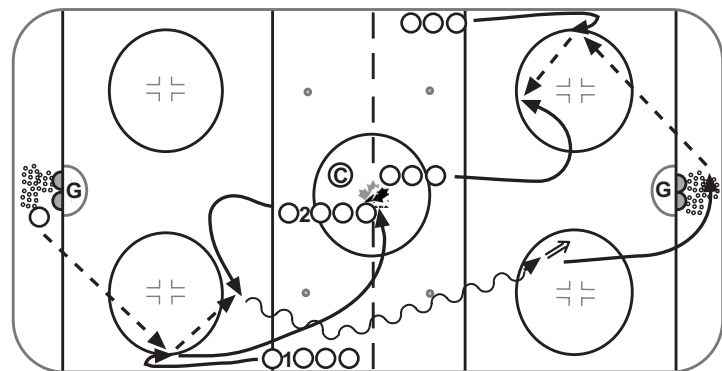
- Play until all pucks are gone, coach can add pucks

10 MIN 1 ON 0 / 2 ON 0

- A. O1 skates away from the line down below the blueline and around the face off dot, receiving a direct or bank pass from O2
- B. O1/O2 skate away from the line down below the blueline. O1 goes around the face off dot, receiving a direct or bank pass from O3. O2 goes deeper into the zone and drives through the middle

KEY TEACHING POINTS

- A. Both lines leaving at the same time
- B. Both players leave together with O2 taking a slightly longer route

**KEY EXECUTION POINTS**

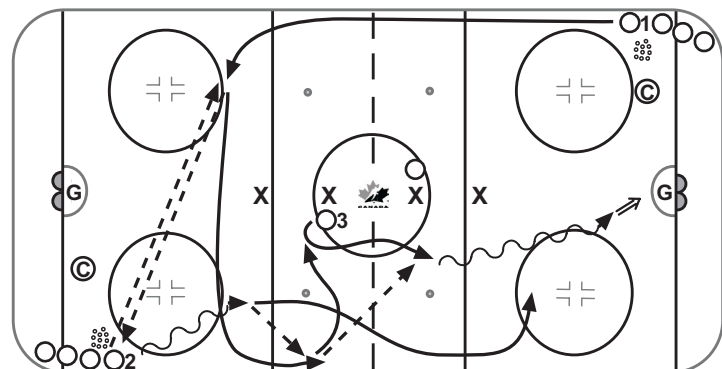
- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net (wrist shots)

10 MIN 4 PASS HORSESHOE

- O1 receives a pass from O2 and returns the pass
- O3 starts in mid lane and passes to O1
- O2 passes to O1 and headmans to O3
- O1 follows up for a rebound
- O2 moves to receive next pass

KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating

**KEY EXECUTION POINTS**

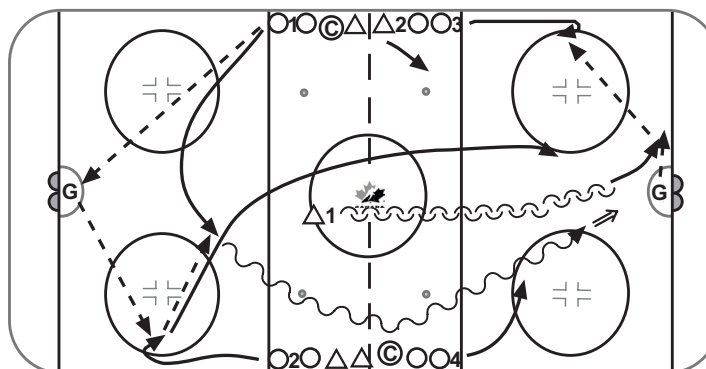
- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- Coach provides feedback on O2 on timing skate

10 MIN CONTINUOUS 2-1

- O1 and O2 attack D1, 2 on 1
- O3 and O4 follow play
- After 2 on 1 attack, D1 initiates breakout for O3 & O4
- D2 moves in to position to play O3 & O4
- Two new O's and one new D keep the drill continuous

KEY TEACHING POINTS

- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck



KEY EXECUTION POINTS

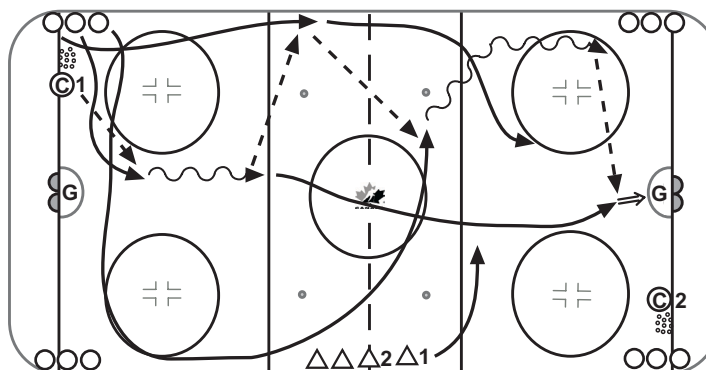
- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option

10 MIN RONALD MCDONALD DRILL

- One line of O's moves to fill the lanes
- Coach1 passes to one of the O's
- O's attack 3-on-0 for a shot on goal
- The O's receive a 2nd puck from Coach2 and attack D1, 3 on 1
- The O's receive a 3rd puck from Coach1 and attack D1 & D2, 3 on 2

KEY TEACHING POINTS

- Neutral zone support
- Establish 3 lanes of attack
- Triangulation



KEY EXECUTION POINTS

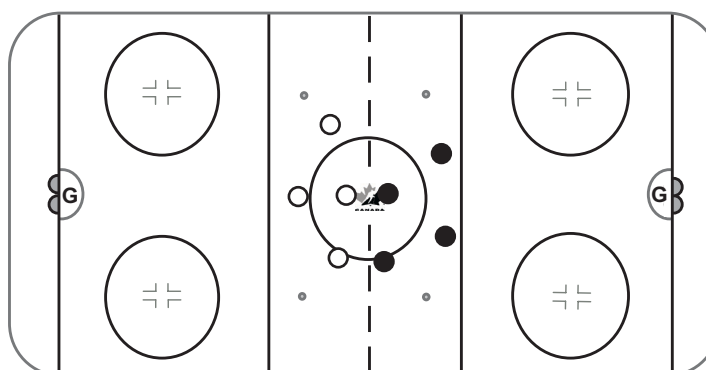
- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks

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

- Support - play off the puck (offensive and defensive)
- Communication



KEY EXECUTION POINTS

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