

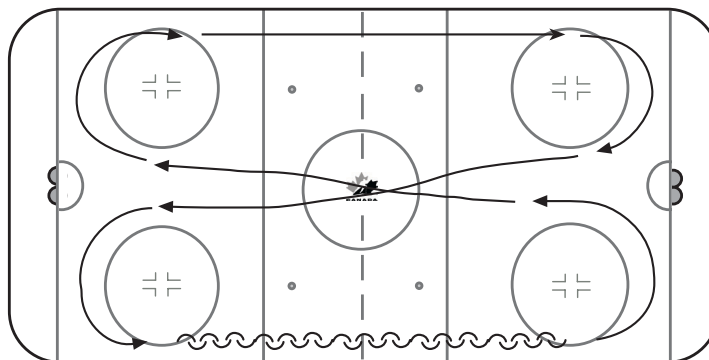
10 MIN

WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet. Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards



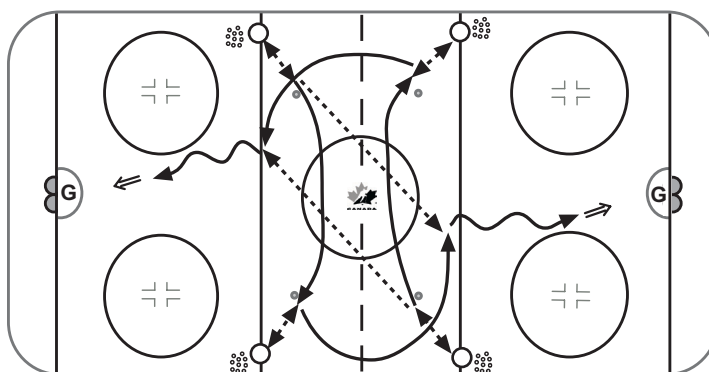
KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN

CZECH PASSING

- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blueline and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle



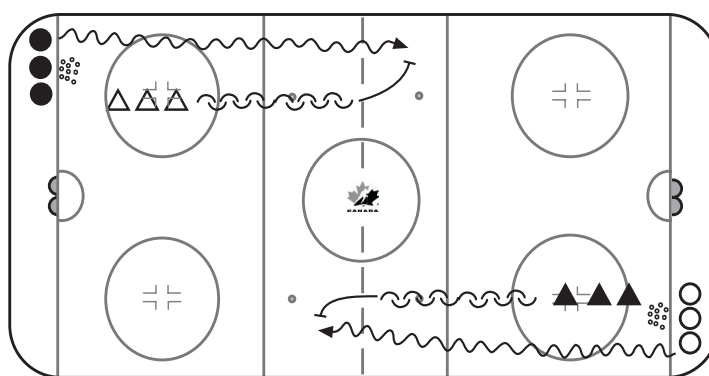
10 MIN

1 ON 1 FROM DOT (REPLACE)

- D's on dots, O's behind goal line.
- On whistle, D's retreat backwards through dots in NZ.
- O's skate wide to center line.

KEY TEACHING POINTS

- D's explode backwards
- O's attack 1-on-1, drive wide or cut to middle after crossing center red line



KEY EXECUTION POINTS

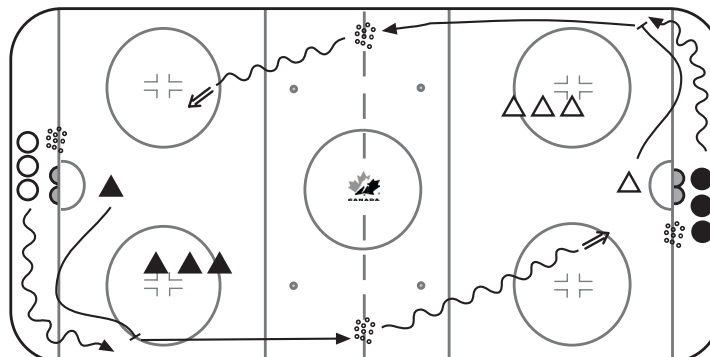
- D's feet must point towards goal line, they cannot pivot to skate forward until reaching the center red line

10 MIN 1 ON 1 ANGLING

- On whistle, O's skate into corner.
- D's angle O's attempting to pin.
- O's continue, picking up puck for shot on net.

KEY TEACHING POINTS

- D's move at same speed, staying one stride behind
- D's stop O's from cutting back, use stick position to block passes
- D's approach in an arc fashion running O's out of room



KEY EXECUTION POINTS

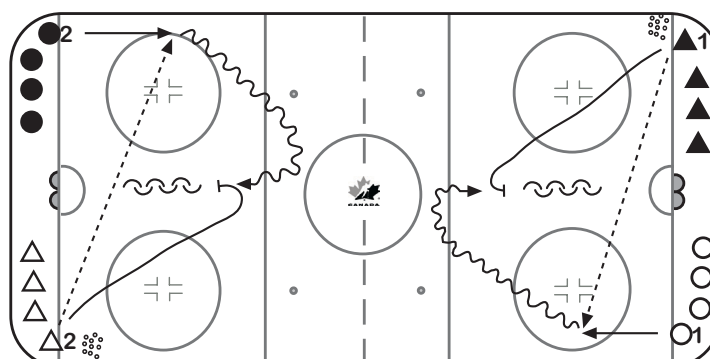
- Start at half speed

10 MIN CONTINUOUS 1 ON 1

- On whistle, D1 passes to O1.
- O1 skates through center circle, s1 hard to blue line for 1-on-1 vs O1.
- On 2nd whistle, I2 & D2 repeat play in opposite zone.
- D1 jumps in offensively with I2, O1 backchecks to support D2.

KEY TEACHING POINTS

- Quick transitions
- D's read the rush; 1-on-1, 2-on-1, 1-on-2 or 2-on-2



KEY EXECUTION POINTS

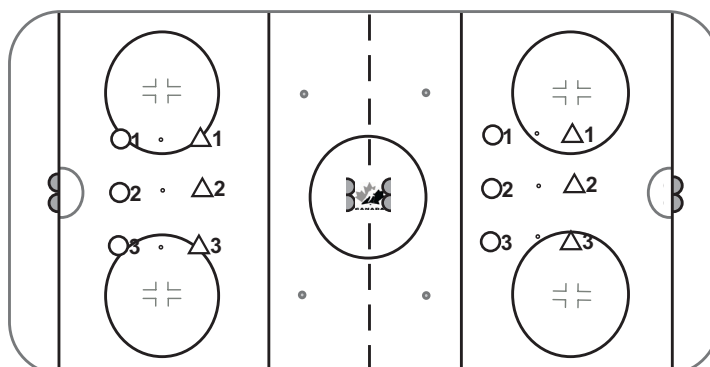
- O's must go through center circle
- Stay on-side
- Be ready in line

10 MIN OVER OPTION X 2/HIGH DELAY

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.

KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react



KEY EXECUTION POINTS

- Once all pucks are in net, bring in 6 new players
- First team to 10 wins