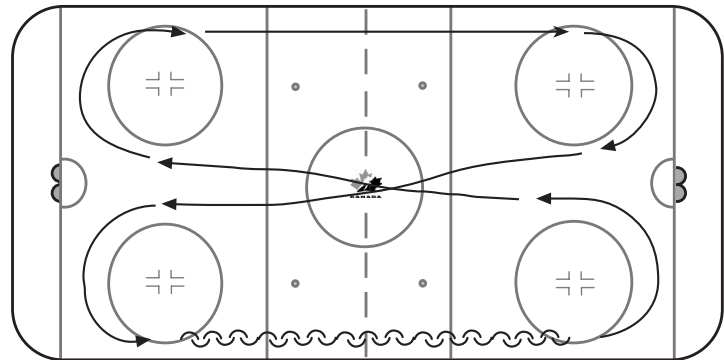


10 MIN WARM-UP

- 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**

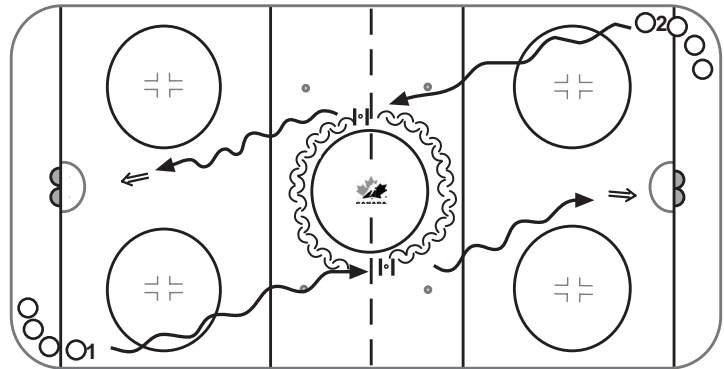
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CANUCK PIVOT

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.

KEY TEACHING POINTS

- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D

**KEY EXECUTION POINTS**

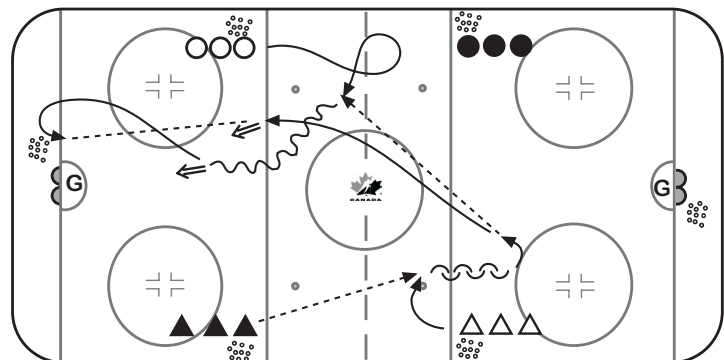
- High Tempo
- Change corners after 5 min

10 MIN D-MAN TRANSITION

- Steps out for pass from, while O loops into NZ saving ice.
- Passes to O and follows pass.
- O shoots, picks up 2nd puck, passes back to at b.line.
- O screens and deflects point shot.

KEY TEACHING POINTS

- D - Good puck control, passing while pivoting
- O - Saving ice, breaking into opening with speed while receiving pass

**KEY EXECUTION POINTS**

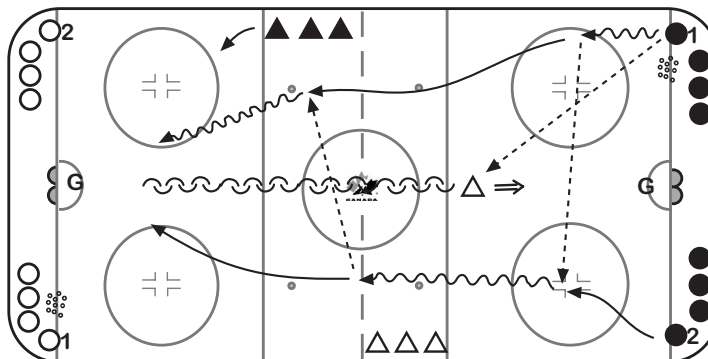
- Go on whistles
- Quick across ice to avoid interfering with
- Switch sides after 4 minutes

10 MIN SWEDISH 2 ON 1

- I1 passes to D, D shoots and retreats to play 2-on-1.
- I1 & I2 attack. D
- On whistle, D locks either I1 or I2.
- D at blue line slides to middle for a pass from O1 to repeat the drill in opposite direction.

KEY TEACHING POINTS

- D shoot quickly, fast transition to defence
- Net front battles
- Proper execution of 2-on-1



KEY EXECUTION POINTS

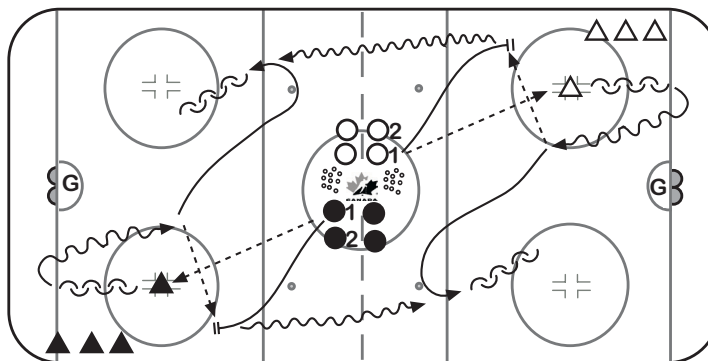
- Forwards must wait for shot before starting

10 MIN SLAVO 1 ON 1

- O1 passes to D
- D retreats to goal line as O1 enters zone.
- D passes to O1 and breaks hard to blue line as I1 attacks 1-on-1.
- Play 1-on-1 vs opposite end.

KEY TEACHING POINTS

- Quick breakout pass
- Quick transition from offense to defence for D's



KEY EXECUTION POINTS

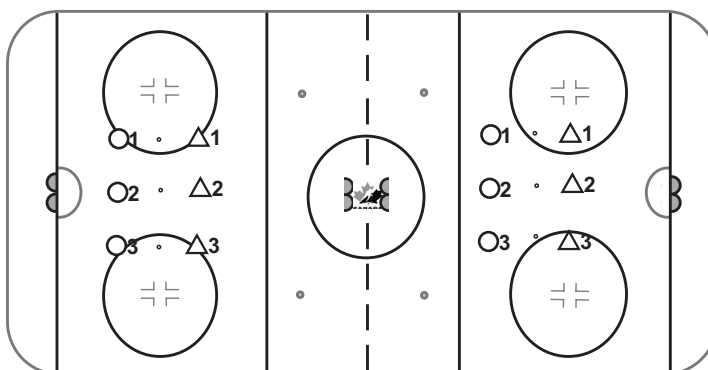
- O's must go inside circle to allow D at other end to tighten gap
- Both ends play at the same time

10 MIN 3 PUCK/3 ON 3 HALF ICE SCRIMMAGE

- 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