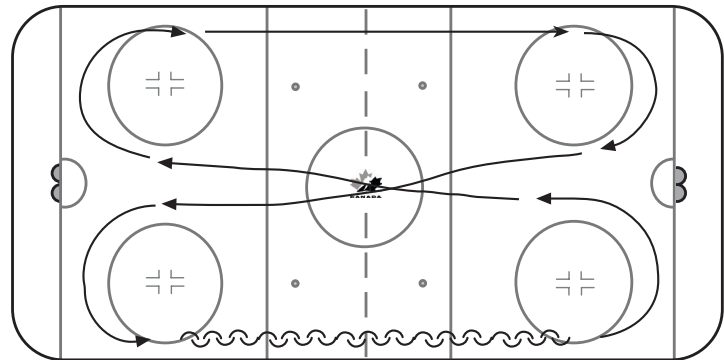


10 MIN WARM-UP

- 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 SKILLS CIRCUIT

STATION 1 - ONE TIME SHOOTING.

- Players receive pass from below goal line for one time shot on net

STATION 2 - LATERAL CROSSOVERS

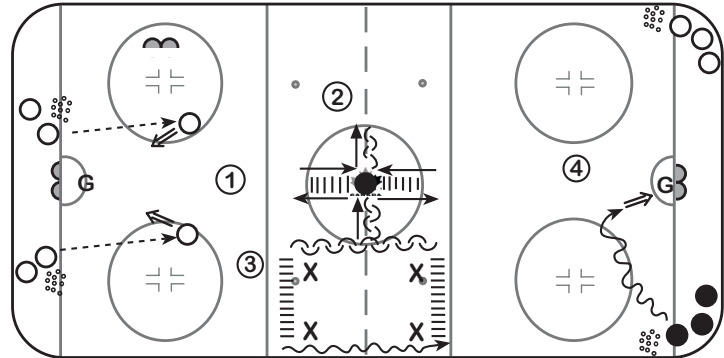
- Players perform lateral crossovers in each of the 4 directions within the circle

STATION 3 - AGILITY WITH PUCK

- With pucks, players skate forward to cone, laterally left to cone, backwards to cone, laterally right to cone.

STATION 4 - WALKOUT OF CORNER

- Players rotate walking out of corners for shot on goal.
- Next player starts when G has returned to post.

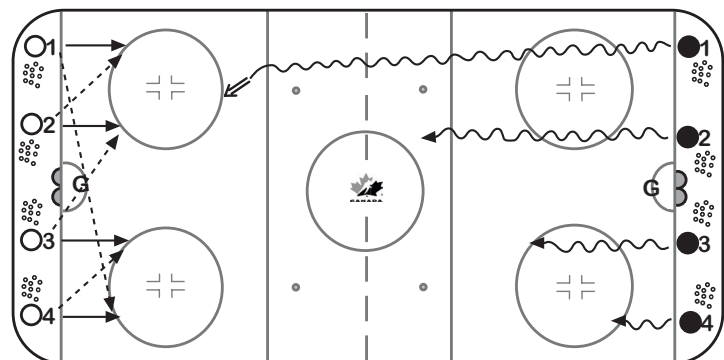


10 MIN 4 LINE SHOOTING, PASS PROGRESSION

- On whistle, O1 skates toward opposite end for long shot.
- O2 starts as O1 reaches top of circle, etc.
- Progression: O1 starts without puck, receives pass from O2, O2 receives pass from O3, O3 from O4, O4 from O1.

KEY TEACHING POINTS

- Long shots for Goaltender warm-up
- Full speed, shoot in stride
- Head fake at center line



KEY EXECUTION POINTS

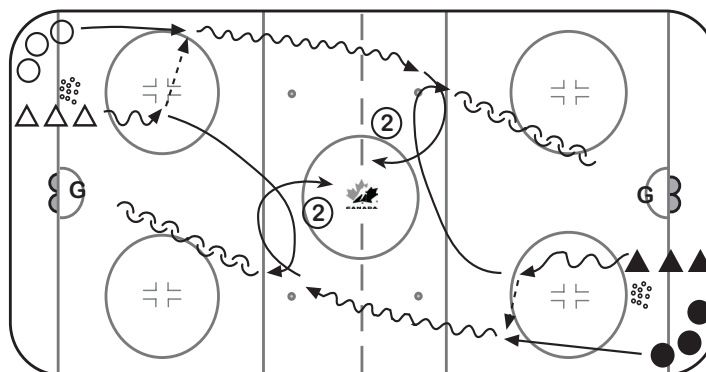
- Players to stay clear of net after shot to avoid interfering with next shot
- Stay in lanes

10 MIN 1 ON 1 WITH REGROUP

- D passes to O while s passes to l at other end.
- O attacks s, l attacks D for 1-on-1 plays.
- Progression: On 2nd whistle, O & l regroup in NZ, O attacks D, while l attacks s

KEY TEACHING POINTS

- D's - good outside shoulder and inside positioning, protect middle
- Tighten gap quickly on regroup
- Defensive zone coverage



KEY EXECUTION POINTS

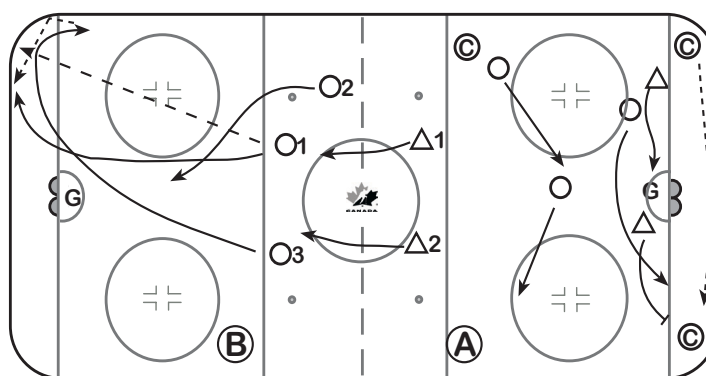
- Start on whistle

10 MIN D-ZONE COVERAGE

- A. Hit Zone: D bodychecks, seals player, do not get beat 1-on-1
- B. Support Zone: Stay between puck and net, quickly find loose puck or take man if D beat (Center)
- C. Net Zone: D feet pointing up ice, scan ice for loose player, lock only when player becomes a threat
- D. Slot Zone: Head on a swivel, watch back door, support Point Zone (Left Winger)
- E. Point Zone: Head on a swivel, feet pointing to b. line/boards (Right Winger)

KEY TEACHING POINTS

- Passive rotation to start, as coaches move puck around perimeter
- After establishing comfort level, play live with first group breaking out of zone, dumping and cycling to a shot, while next group goes passively through DZ



KEY EXECUTION POINTS

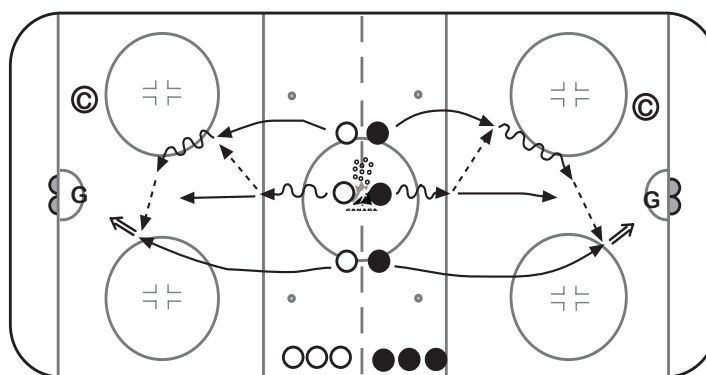
- Explain principles and roles of players
- On whistle, players stop where they are to receive feedback

10 MIN 3 ON 0 PUSH UP

- 3 players from each team start with on skate touching center line and attack Goal tender on whistle.
- Each player must touch puck inside blue line.
- Coach blows whistle when goal is scored, other team does push-ups.

KEY TEACHING POINTS

- Scoring under pressure
- Be on-side
- Progression: Add second attack, score twice



KEY EXECUTION POINTS

- Goaltenders cannot freeze pucks
- Entire losing team does push-ups