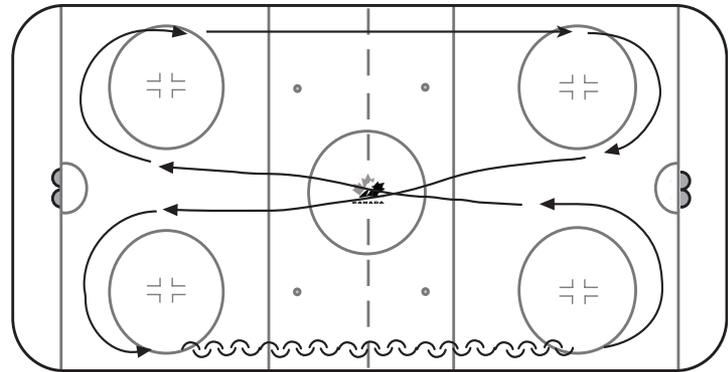


10 MIN WARM-UP

- 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

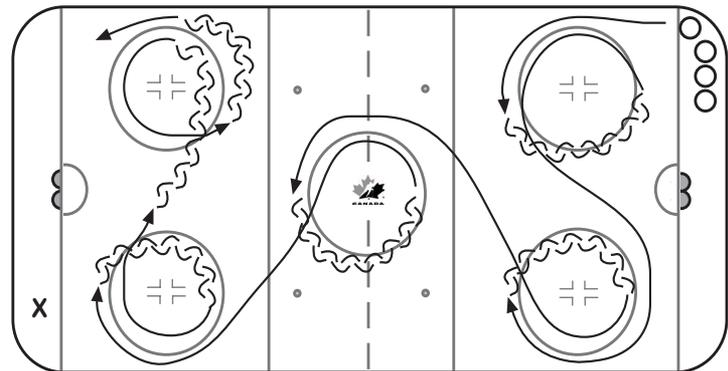
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CIRCLE PIVOT SKATE AND STRETCH

- Players in one corner, pylon in opposite corner.
- Players skate around all 5 circles, keeping chests facing the pylon at all times.
- Add pucks halfway.

KEY TEACHING POINTS

- Focus on good, strong pivots at full speed
- Control puck through transitional skating



KEY EXECUTION POINTS

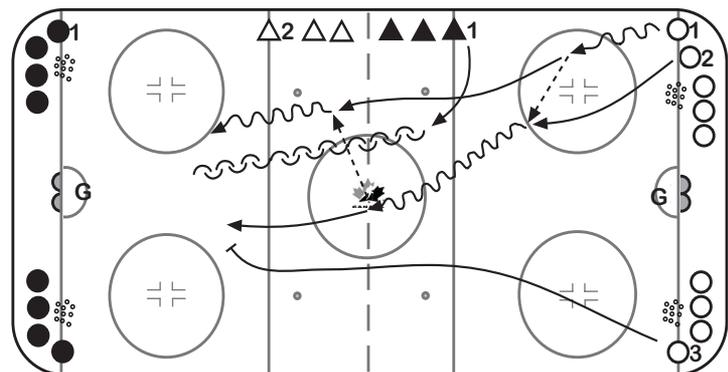
- 3 players at a time, next group starts as previous group clears first circle

10 MIN D ZONE COVERAGE

- O1 & O2 attack s1 on whistle, O3 backchecks.
- On whistle after attack, O3 turns to next player in either line, both attacking to opposite end vs 2.
- I1 backchecks.

KEY TEACHING POINTS

- Backchecker to try for inside positioning
- D1 to protect middle
- D to read and communicate with backchecker



KEY EXECUTION POINTS

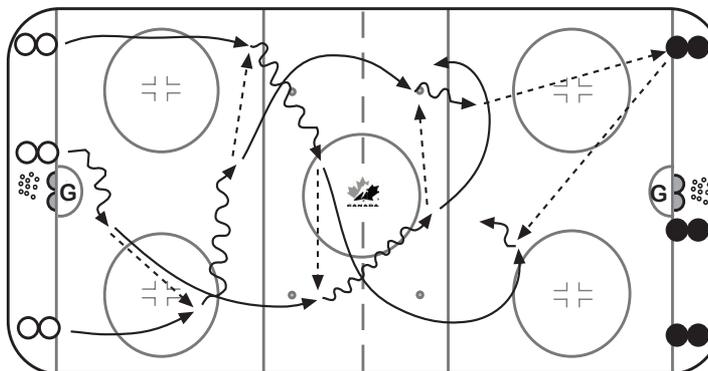
- Be ready in line
- Backchecker becomes offensive player on whistle
- New D each rush

10 MIN 3 ON 0 WEAVE WITH REGROUP

- 3-on-0 pass & follow.
- At far blue line, pass to first player in any line, receive return pass.
- Return to own end for shot/rebounds.

KEY TEACHING POINTS

- All three players drive net
- Full speed passing and receiving
- Control skate on regroup, avoid skating too far ahead



KEY EXECUTION POINTS

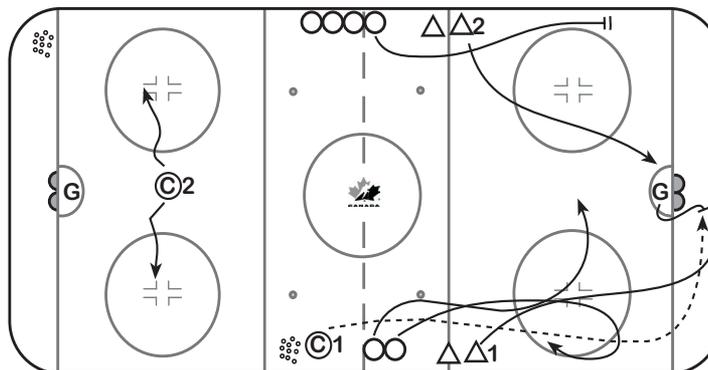
- Alternate ends on whistles
- Start slow and increase speed

10 MIN BREAKOUT AND REGROUP, 3 ON 2

- Coach1 dumps, unit breaks out 5-on-0.
- At red line, O's pass to Coach2, O's pressure Coach2.
- D1 & D2 move up ice for pass from Coach2.
- O's regroup in NZ, D-D then up.
- O's take shot and turn for pass from Coach2 in corner.
- O's attack D1 & D2 3-on-2.

KEY TEACHING POINTS

- D's jump quickly into NZ
- 3-on-2 triangulation



KEY EXECUTION POINTS

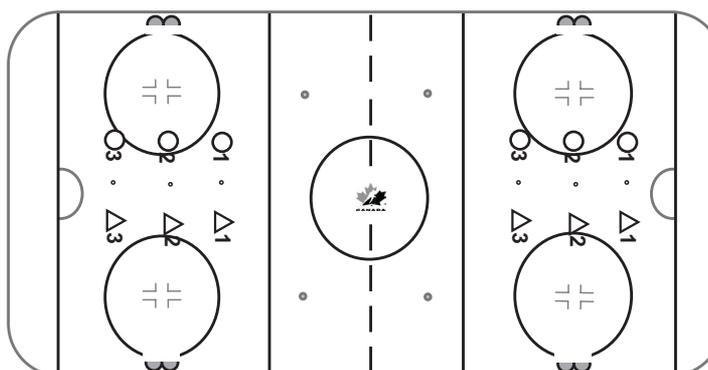
- Fill a lane on NZ regroup
- Clear out of zone quickly to make way for next unit

10 MIN 3 PUCK/3 ON 3 CROSS 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