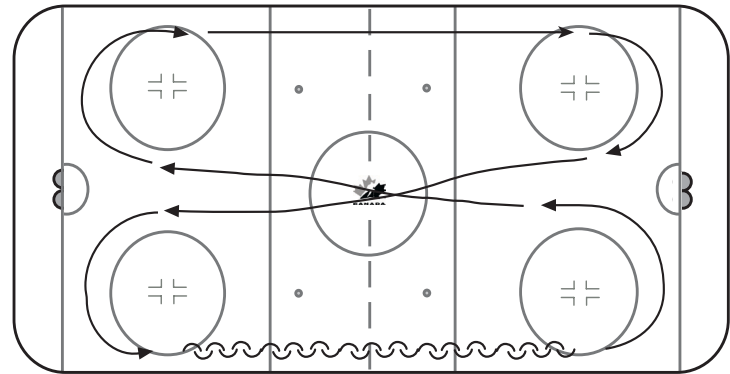


10 MIN WARM-UP

- 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

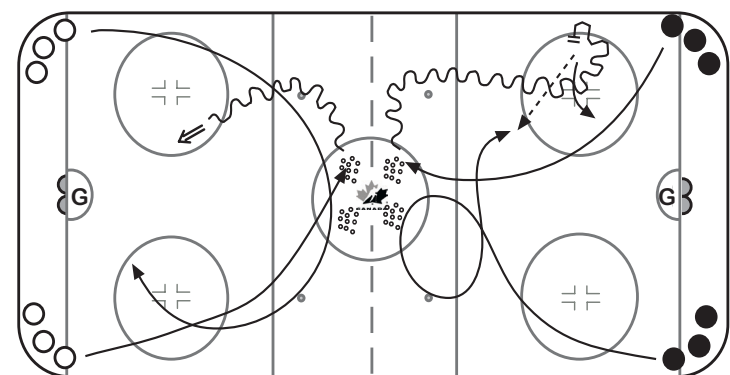
10 MIN

10 MIN 2 ON 0, PART 1

- A - Double Drive (4 minutes)
- Both Players cross, one picks up puck, the other drives hard to net.
- B - Delay/I-Up (4 minutes)
- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up.

KEY TEACHING POINTS

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay



KEY EXECUTION POINTS

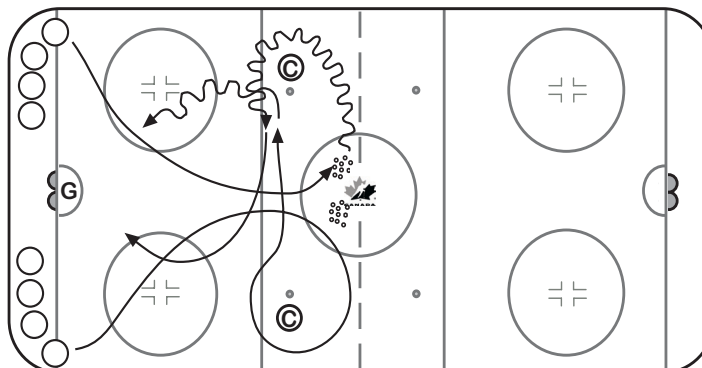
- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

10 MIN 2 ON 2, PART 2

- C - Cross Drop
- In pairs, players drive around coach's and cut flat inside blue line.
- Puck carrier drops for partner who cuts behind and drives net.

KEY TEACHING POINTS

- Attempt to spot puck, avoid passing
- Breakout/Drive delay



KEY EXECUTION POINTS

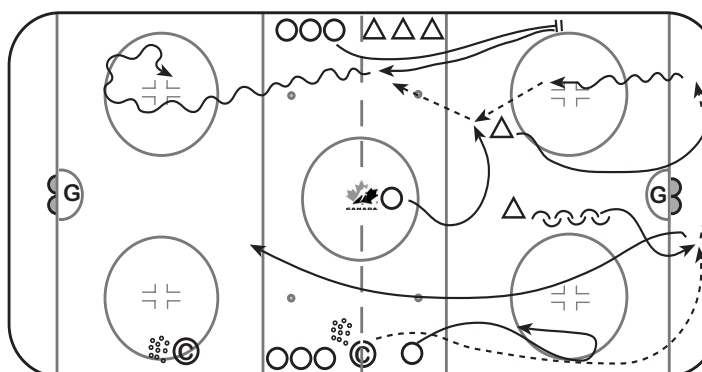
- Players must skate through center circle
- Both ends play at same time

10 MIN BREAKOUT

- Breakout 5-on-0.
- O1 with puck at red line breaks into zone, delays at hashmarks
- D1 jumps into attack at other end.
- O2 & O3 receive puck from coach, regroup and attack D2.

KEY TEACHING POINTS

- D1 breaks out, jumps in offensively
- O with puck at center line drives and delays



KEY EXECUTION POINTS

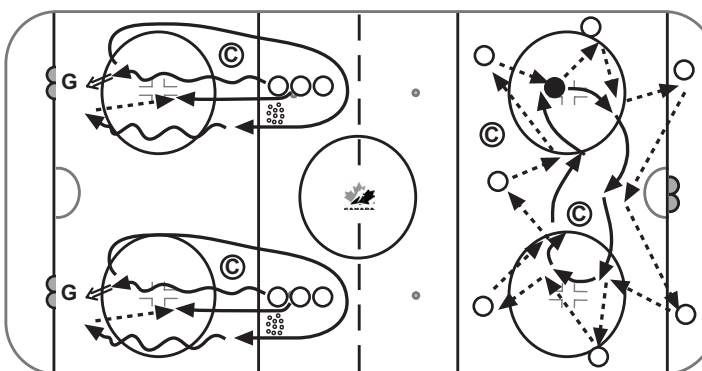
- Remaining players tight on boards

10 MIN 1, 2, 3 ON 0 RELAY

- Move nets to one end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.

KEY TEACHING POINTS

- Everyone must touch puck
- Quick passes
- Communicate



KEY EXECUTION POINTS

- First team to have all players score wins
- Must stay on side