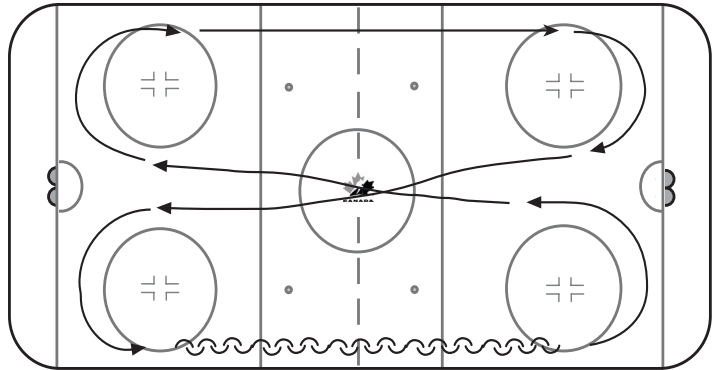


10 MIN WARM-UP

- 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 FORECHECK PROGRESSION - PART 1

1. INSIDE OUT PRESSURE.

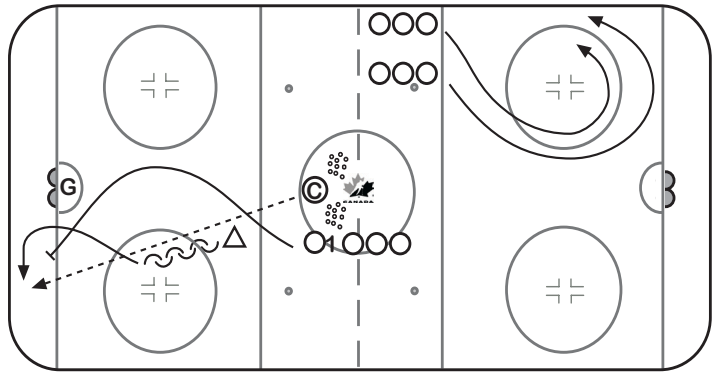
- D1 begins on one knee, coach spots puck
- D1 backwards, pivots, hard to puck
- O1 provides hard pressure, forcing inside-out attempting to finish check.

2. OPEN ICE ANGLING

- Inside out angle, return to line.

KEY TEACHING POINTS

- Inside-out pressure
- D Can't go behind the net



KEY EXECUTION POINTS

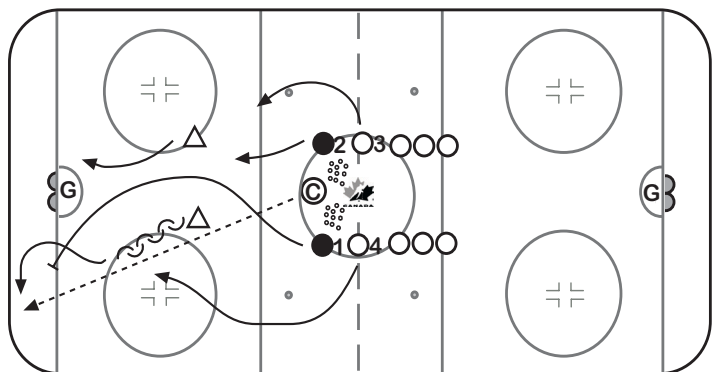
- Quick feet
- Forwards must take proper path

10 MIN FORECHECK PROGRESSION - PART 2

- Add a 2nd forechecker and another D
- O1 pressures, O2 reads D's
- O3 & O4 provide offensive support to D's (one end only), breakout to shot.
- O2 pressures after 1st pass.
- Add a 3rd forechecker high.

KEY TEACHING POINTS

- Principles of pressure and attack
- Forecheck from middle



KEY EXECUTION POINTS

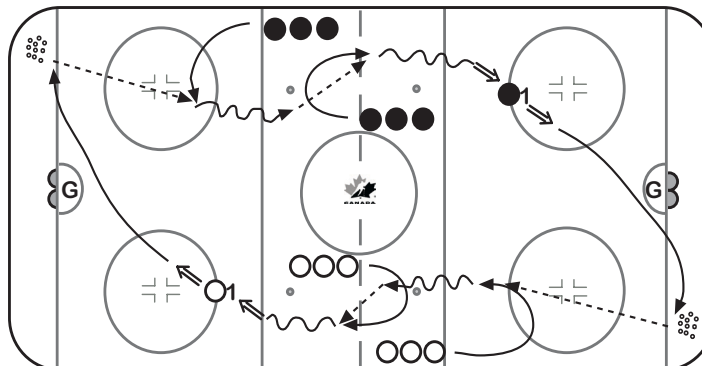
- Shot on same end 2-on-1
- Other players skate hard to center
- Coach starts drill with dump

10 MIN SWEDISH SHOOTING, CONTINUOUS

- Position O1 & I1 at top of the circle, one at each end, divide players evenly into 4 lines.
- O1 & I1 shoot, pick up pucks; O2 & I2 from blue lines cut into circles for passes from O1 & I1.
- O3 & I3 from center line cut into zones for passes from O2 & I2.
- O3 & I3 shoot from top of circles.

KEY TEACHING POINTS

- Reverse pivot, open up to passer
- Carry on if pass is missed, avoid stopping drill



KEY EXECUTION POINTS

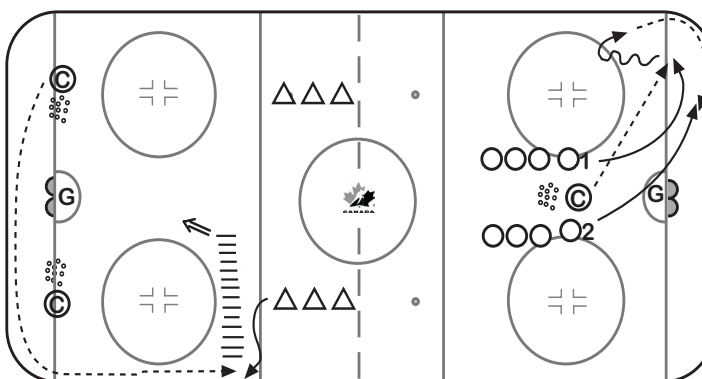
- Players begin on shot
- After pass, shooters go to back of line at blue line, blue line passers go to back of line at center

10 MIN O'S CYCLE DRILL, D'S DRAG & SHOOT

- Forwards:
- Coach spots puck into corner, provides passive resistance.
- O1 picks up, shoulder checks, cycles & drives to net; O2 walks out or looks for O1.
- Defencemen:
- Coach rims, varying low to glass.
- D's at dot, stop puck on rim, drag to middle for shot.

KEY TEACHING POINTS

- O's to use deception; if takes away cycle drive, read off of coach
- Non-puck carrying O to drive or pick coach
- D's to stop rim with any part of body, drag to middle quickly for hard, low shot



KEY EXECUTION POINTS

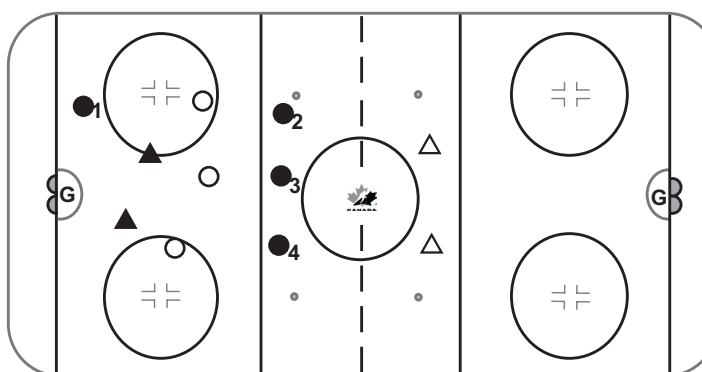
- Alternate sides

10 MIN OLYMPIC 1 ON 1

- O's with puck attempt to score on I1, s1 & s2.
- On gaining possession, I1 & s's pass to I2, I3 & I4 for attack on D1 & D2.
- Highest O comes back to play 3-on-3 at other end.
- Next three O's and two s's take position and await attack.

KEY TEACHING POINTS

- I2, I3 & I4 can move about but must remain in NZ
- Keep score
- Great team builder



KEY EXECUTION POINTS

- Coach to hustle next group onto ice once play has cleared NZ