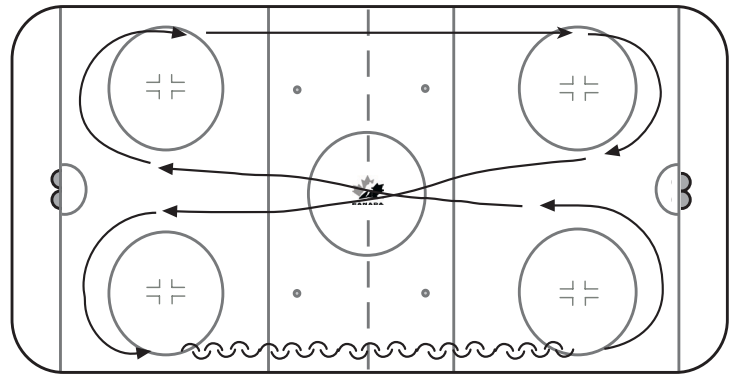


10 MIN WARM-UP

- 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

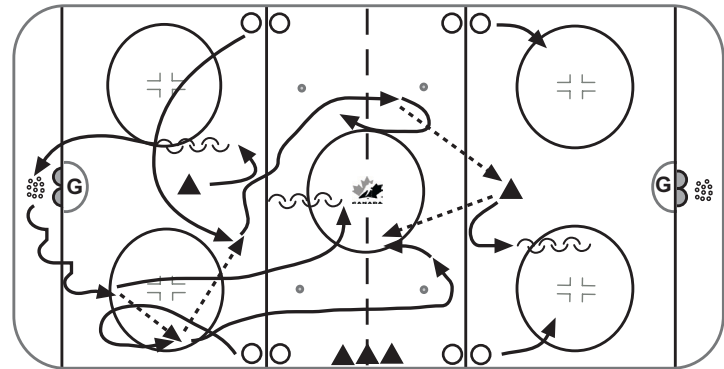
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

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

10 MIN CONTINUOUS 2 ON 1

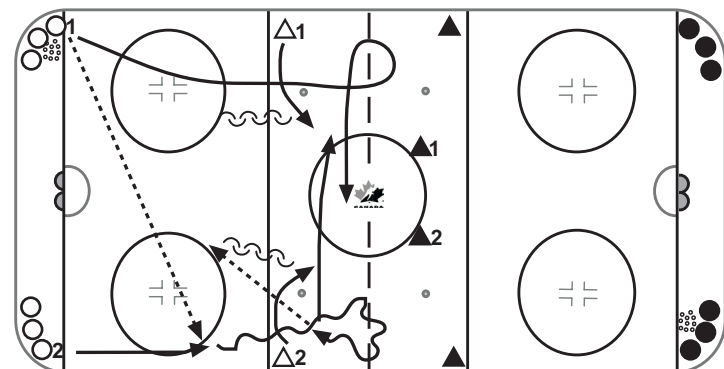
- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

**10 MIN MICHIGAN TECH, 2 ON 2**

- O1 passes to O2, both gain red line and counter.
- O's pass to D'back up to crossing O's.
- O1 & O2 attack 1 & 2.
- O's repeat sequence on whistle.

KEY TEACHING POINTS

- Gain speed through regroup
- Be an option - more than once
- D's step up in NZ as opportunity allows

**KEY EXECUTION POINTS**

- Rotation: Regroup, 2-on-2, rest

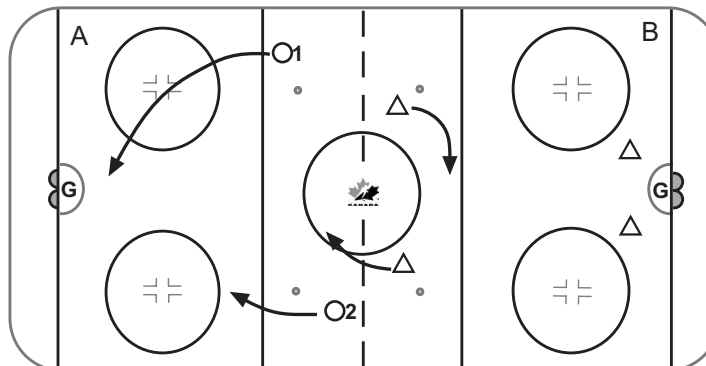
10 MIN PENALTY KILL FORECHECK, BOX

STATION A

- O1 sets s behind net, O2 pressures puck carrier.
- O1 circles to pressure 1st pass, O2 pressures 2nd pass.
- D1 steps up, eliminates long pass, A2 sets stagger.
- D's drop back as opposing team gains blue line.

STATION B

- Tight box: force PP to perimeter.



KEY EXECUTION POINTS

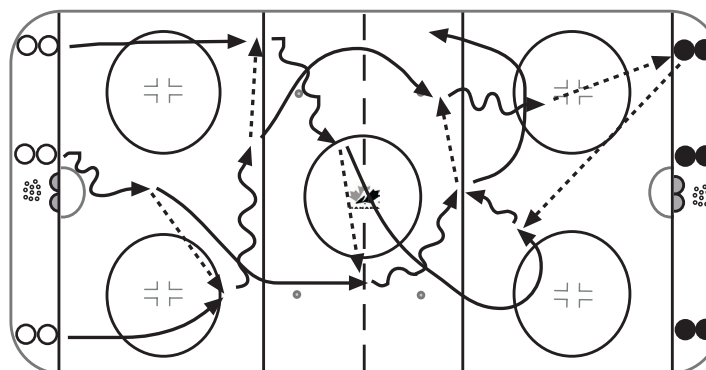
- Station B: Use active sticks to protect lanes

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

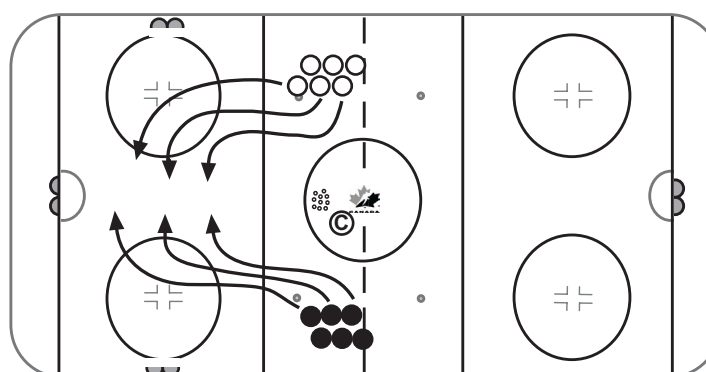
- Alternate ends on whistles
- Start slow and increase speed

10 MIN CROSS-ICE 3 ON 3, 2 ON 2, 1 ON 1

- Coach spots pucks and calls 3-on-3, 2-on-2 or 1-on-1.
- Full contact, as game-like as possible.

KEY TEACHING POINTS

- High intensity
- Short shifts



KEY EXECUTION POINTS

- 20 - 30 second intervals, keep pace high
- Coach spots new puck on goal or if puck leaves zone