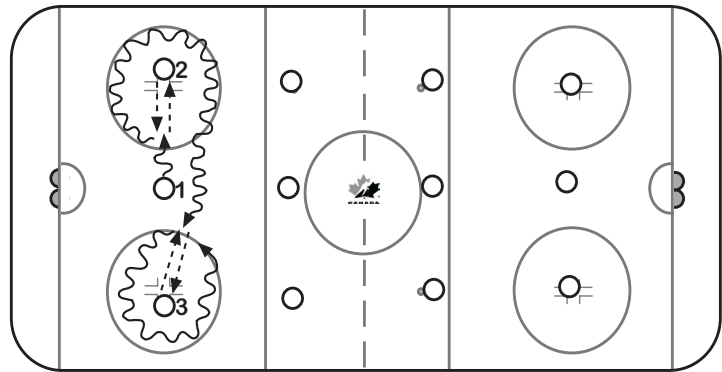


**10 MIN WARM-UP, FIGURE 8 SKATE**

- On whistle, O1 skates toward O2 and passes to O2.
- O2 one-touches to O1, O1 pivots around O2 toward O3.
- O1 passes to O3, O3 one-touches back to O1.
- O1 pivots around O3 and continues until whistle.
- Change positions on whistles.

**KEY TEACHING POINTS**

- Soft hands, moving feet
- Head up out of pivot
- Communication

**KEY EXECUTION POINTS**

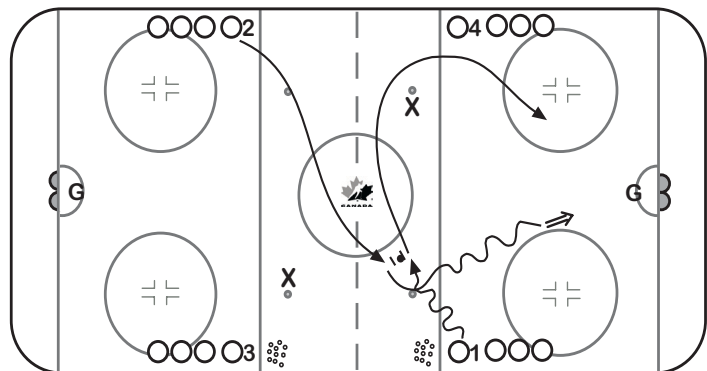
- Leave adequate space between groups for pivots
- Switch positions every 20 -30 seconds

**10 MIN DROP & DRIVE**

- On whistle, O1 carries puck through NZ to red line, while O2 cuts across ice.
- O1 drop-passes to O2 and drives wide around pylon to net.
- O2 attacks net in wide line for crease pass or shot.
- O3 & O4 go on next whistle.

**KEY TEACHING POINTS**

- Attack with speed
- Stay on-side
- Make drop-pass on red line
- Stop for rebound

**KEY EXECUTION POINTS**

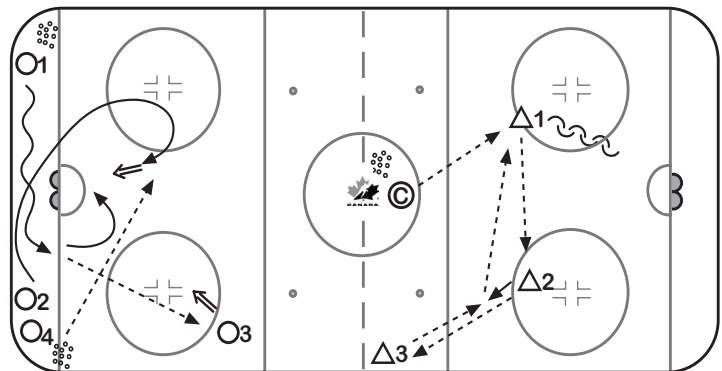
- 2 lines go on whistle (O1 & I1)
- Next 2 lines start as O1 crosses blue line

**10 MIN 1/2 ICE WORK - PART 1**

- Transition & Support
- Coach passes to D1, D2 staggers and supports D1.
- D1 passes to D2 and supports D2.
- D2 steps up, passes to coach or D3 and follows pass.
- Coach or D3 pass to D2, D2 passes to D1 and supports D1.
- 4 - 5 repetitions per group.
- O1 starts in corner with puck, skates behind net, passes to O3.
- O1 skates to net front for tip or rebound from O3 shot.
- O2 skates behind net, curls back into slot for pass from O4 and shoots.
- O1 provides screen or attempts tip / rebound.

**KEY TEACHING POINTS**

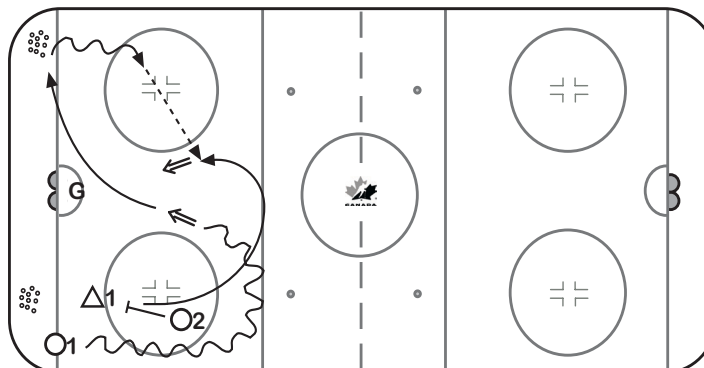
- Support to mid-ice /stagger
- Communication
- Head up, quick feet

**KEY EXECUTION POINTS**

- D1 & D2 to stay near blue line

**10 MIN 1/2 ICE WORK - PART 2**

- Picks
- On whistle, A1 softly defends O1, O2 picks A1.
- O1 rolls out above top of circle, drives to net for shot, retrieves 2nd puck from corner.
- O2 moves to slot for pass from O1 and shoots.
- Repeat both sides.
- Outside D dumps puck in corner, inside D skates back to retrieve puck.
- Outside D takes inside lane away from inside to D to force up the boards.
- Change lines after each attempt.
- Progression is to turn into a 1 on 1 battle, trying to get puck to net.



**KEY EXECUTION POINTS**

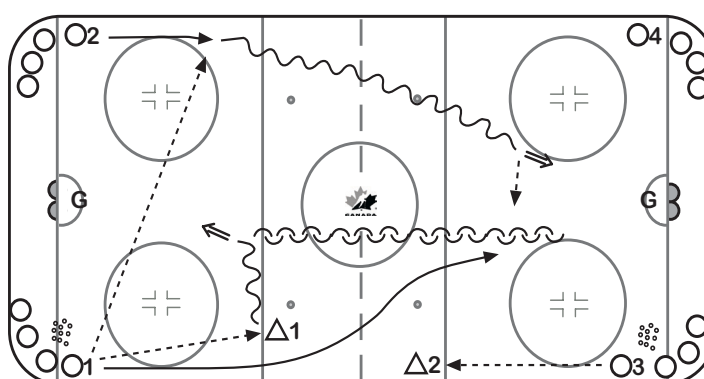
- Waiting players stay outside blue line

**KEY TEACHING POINTS**

- Communication
- Avoid aggression on pick
- Drive hard to net, shoot in stride

**10 MIN SIMULATED 2 ON 2**

- On whistle, O1 passes to D1 for point shot.
- After shot, D1 backpeddles to other end.
- O1 passes to O2. both players attack down ice for shot.
- O1 & O2 engage D1 for simulated 2-on-2 (no 2nd D).
- D1 to tie up stick of O1, play as if 2nd D was there.
- O3 passes to O2 to repeat.

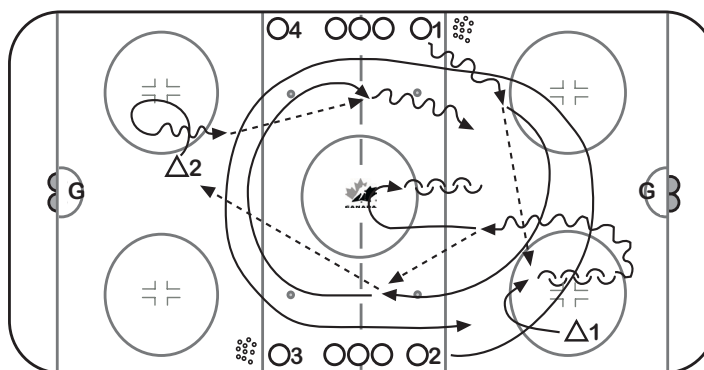


**KEY EXECUTION POINTS**

- O3 passes as O1 & D1 battle at net front (on whistle until players learn drill)

**10 MIN 2 ON 2, 2 ON 2 COUNTER ATTACKS**

- On whistle, D1 to top of circle for pass from O1.
- O1 & O2 skate through circle tops for pass from D1.
- O1, O2 & D1 skate through NZ, D1 backpeddles from red line returning to end zone.
- O1 or O2 passes to D2, D2 executes escape.
- O1 & O2 regroup with D2, attack 2-on-1 vs. D



**KEY EXECUTION POINTS**

- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd D for 2-on-2