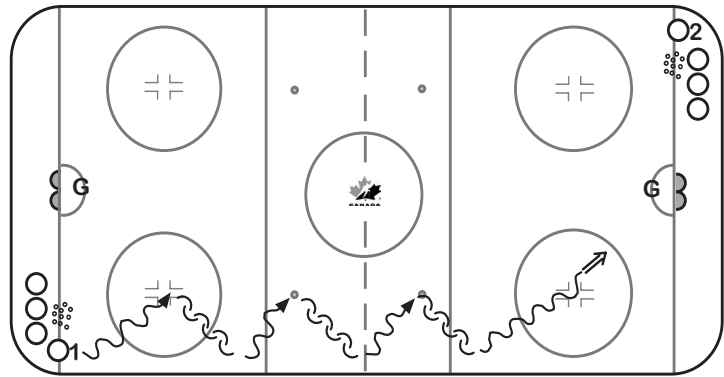


10 MIN WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.

KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration

**KEY EXECUTION POINTS**

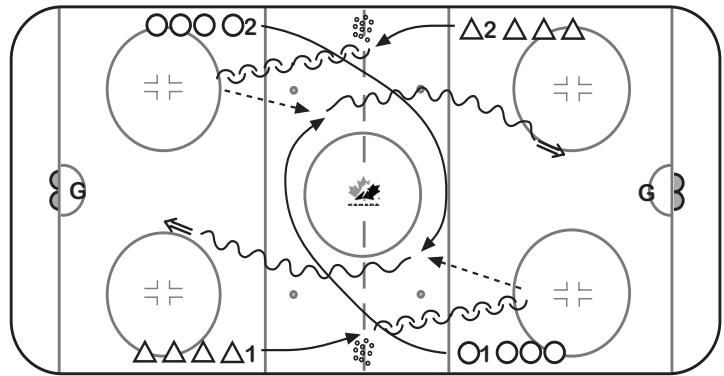
- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 MIN D AGILITY - PART 1, 1 ON 0

- On whistle, D1 picks up puck at red line, pivots and backpeddles across blue line.
- O1 swings below circle for pass from D1.
- O1 drives wide for shot.
- Option: D1 could follow up, receive a pass from the coach passing out from below the goal line.

KEY TEACHING POINTS

- Head up
- Tape-to-tape passes
- Communication

**KEY EXECUTION POINTS**

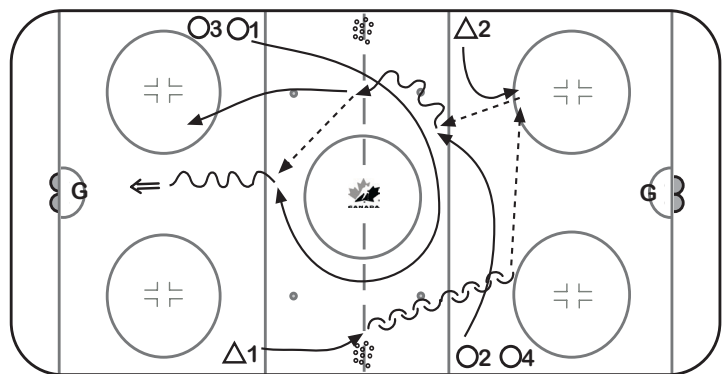
- Pile pucks against boards
- Both sides at same time

10 MIN D AGILITY - PART 2, 2 ON 0

- D1 picks up puck at red line, pivots, backpeddles across blue line.
- D1 passes to D2 as O1 skates & stretches through
- NZ, O2 starts across ice towards D2.
- D2 passes to O2, O2 passes at red line to O1 in seam.
- O1 & O2 attack 2-on-0.

KEY TEACHING POINTS

- Deception, look off pass
- Communication and timing
- Drive skating, speed

**KEY EXECUTION POINTS**

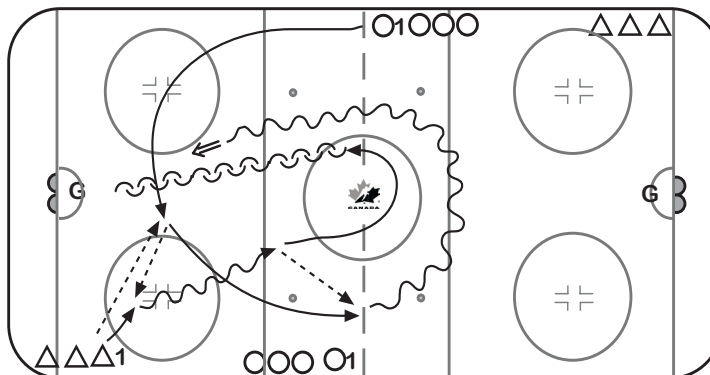
- Start on whistle
- Pile pucks against boards
- One side at a time

10 MIN CALGARY TWIN 1 ON 1

- On whistle, O1 swings into end zone for pass from D1.
- O1 passes back to D1, O1 swings wide.
- D1 passes to O1 in wide lane.
- D1 closes gap to red line, O1 touches blue line and attacks D1 1-on-1.
- Repeat on whistle.

KEY TEACHING POINTS

- Gap control
- Drive skate
- Protect puck
- One-touch passes
- Timing
- Body position



KEY EXECUTION POINTS

- Players wait against boards

10 MIN 1/2 ICE DRILL -FORWARDS/DEFENSE

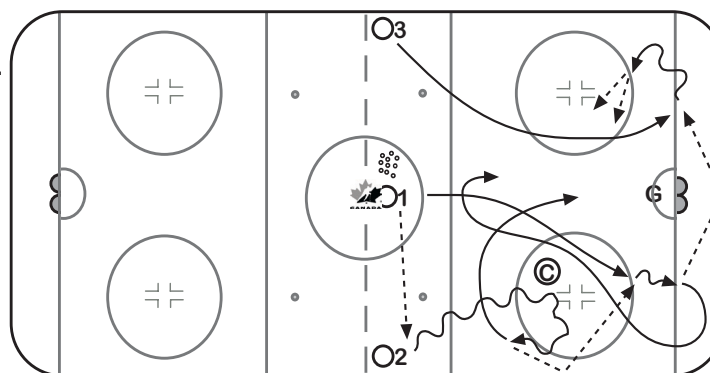
- O1 passes to O2, O2 drives & delays, coach pressures.
- O2 chips puck to quiet zone, drives to net.
- O1 cycles puck behind net, skates to high slot.
- O3 pick up loose puck, passes to O1 or O2 for shot.
- Repeat.

Breakouts

- D1 & D2 at top of circles; D3 & D4 simulate O's at hashmarks.
- Coach dumps, D1 & D2 quickly retrieve puck for breakout pass to D3 or D4.
- D3, D4 pass to coach, D1 & D2 move to the hash marks.

KEY TEACHING POINTS

- Communication
- Play rebound
- Go to net
- 3rd man high
- Use quiet zones
- Quick shots



KEY EXECUTION POINTS

- Coach dump puck softly into corner
- Repeat 4 or 5 times before changing players
- Options: a) Quick up b) D to D c) wheel d) reverse e) turn back

10 MIN 15 GOAL DRILL - PART 1

- O1 & O2 attack net 2-on-0, D1 to center ice and backpeddles down mid-lane to opposite zone.
- Coach passes to O1 & O2 for 2-on-1 at other end vs D1.
- O3 joins O1 & O2 returning to original end vs D2 with D1 backchecking.

KEY TEACHING POINTS

- Fun
- Competition
- Shoot to score

