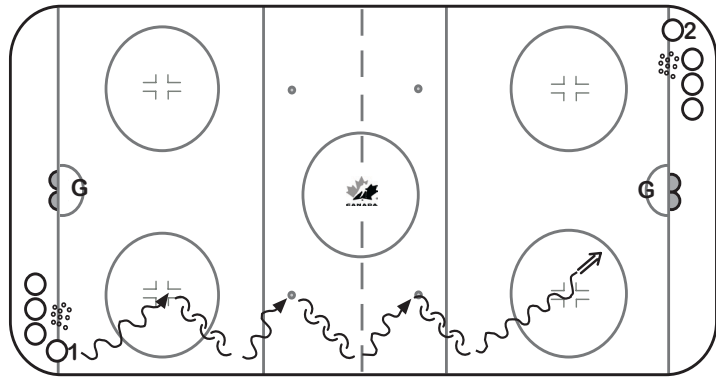


10 MIN WARM-UP, BASKETBALL PIVOTS

- 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 POWER PLAY OVERLOAD OPTIONS

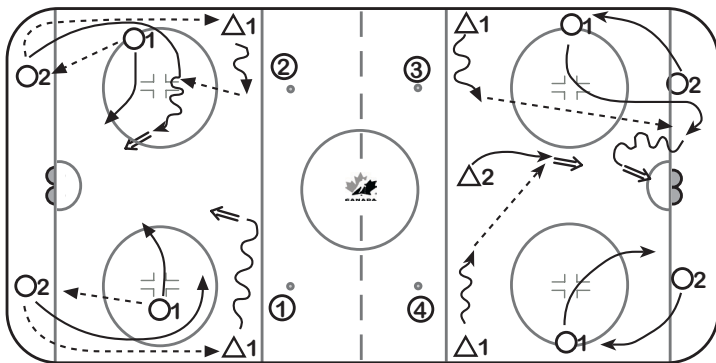
- O1 passes to O2, O2 to D1 and drags to middle.

OPTIONS:

- D1 point shot
- D1 passes to O2 for drive & shoot
- D1 passes to O2, O2 to O1 for low walk
- D1 to O2 to O1 to D
- D1 to O2 to D1 point shot

KEY TEACHING POINTS

- Support
- Stick on ice
- Quick puck movement
- Be a threat
- Tape-to-tape
- Drive lanes, attack net



KEY EXECUTION POINTS

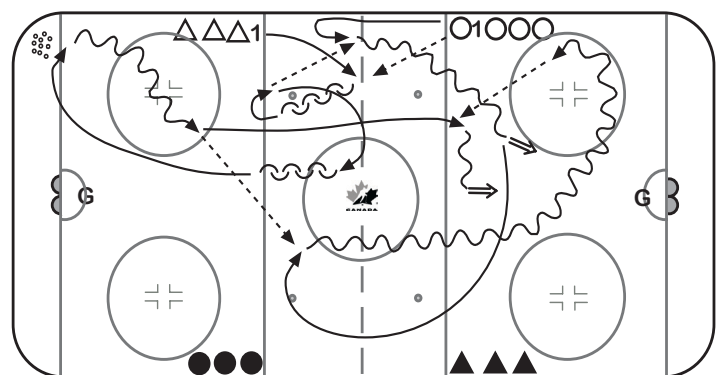
- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 MIN SALT LAKE OFFENSE/DEFENSE

- D1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- D1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- D1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to D1 for point shot.

KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check



KEY EXECUTION POINTS

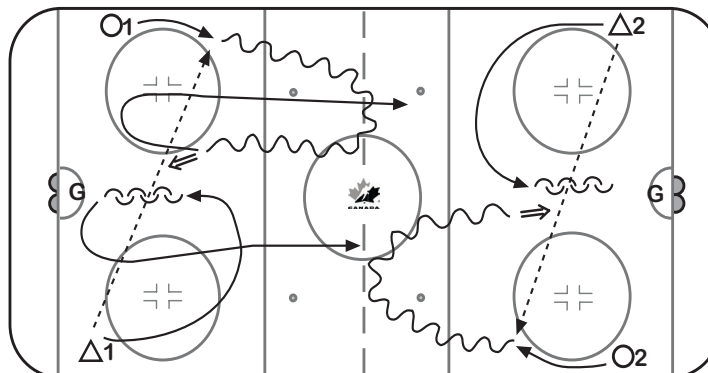
- Start on whistle
- One side at a time

10 MIN 2 ON 2 STAGGERED

- On whistle, D1 passes to O1, O1 skates to red line.
- D1 closes gap, O1 turns and attacks vs D1.
- Next whistle, D2 & O2 repeat.
- O1 & D1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .

KEY TEACHING POINTS

- Read rush
- Battle
- Communicate
- Gap control
- Identify player
- Body position



KEY EXECUTION POINTS

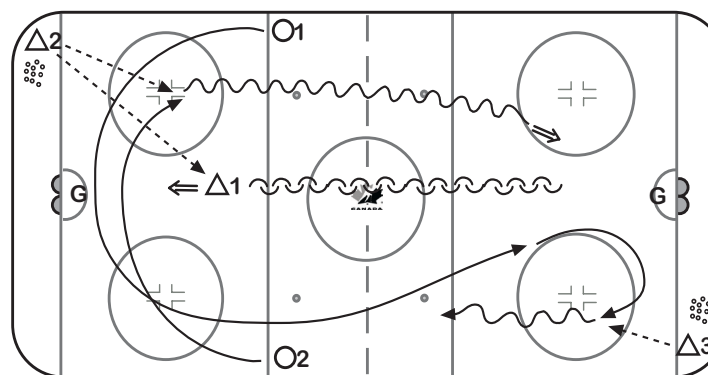
- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 MIN D3 PASS

- D2 to D1 for point shot, D1 backpeddles to far end.
- O1 & O2 skate into end zone, D2 passes to O2.
- O1 & O2 attack 2-on-1 vs D1.
- O1 swings to corner for pass from D3 and attacks back on breakaway as O2 & D1 battle at net.
- D3 passes to D2 for point shot, as O2 and D1 battle.

KEY TEACHING POINTS

- Drive skate
- Body position
- Communication
- Low shots
- Battle



KEY EXECUTION POINTS

- D2 follows up 2-on-1
- Start on whistle

10 MIN LAS VEGAS SHOWDOWN

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.

KEY TEACHING POINTS

- Fun
- Work Hard
- Team Work

