

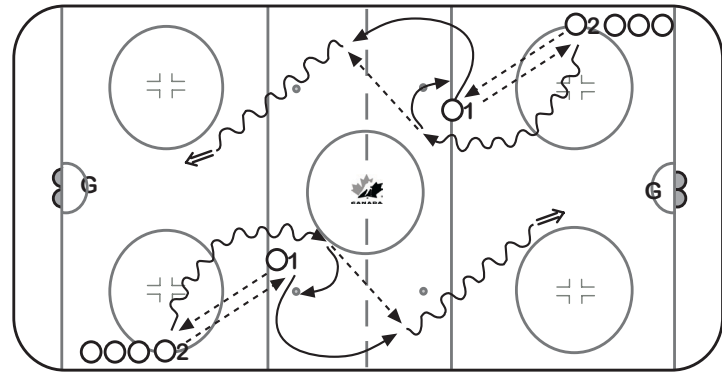
## 10 MIN

## L.A. PASS AND REPLACE

- O2 passes to O1, O1 passes back to O2.
- O1 skates to wall, O2 to NZ, passes to O1.
- O1 drives to net for shot.
- O2 replaces O1 to repeat.

## KEY TEACHING POINTS

- Drive Skate, shoot in stride
- One-touch, soft hands
- Communication



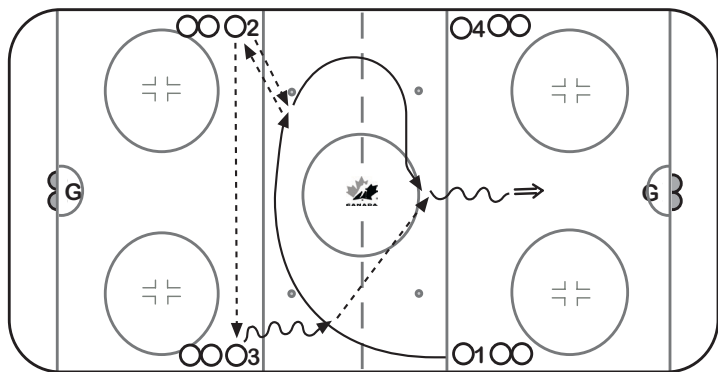
## 10 MIN

## DINO HEADMAN

- O1 swings through NZ below circle for pass from O2.
- O1 passes to O2, O1 stretches in NZ, O2 passes to O3.
- O3 steps up, passes to O1 in middle seam.
- O1 skates for shot on net.

## KEY TEACHING POINTS

- Timing
- Good passing angles
- Quick hands, one-touch



## KEY EXECUTION POINTS

- Diagonal lines start simultaneously on whistle

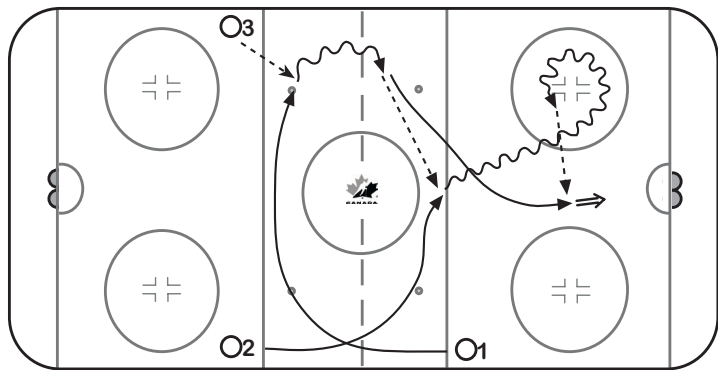
## 10 MIN

## BREAKAWAY RELAY

- O1 swings through NZ below circle, O2 stretches in NZ.
- O3 passes to O1, O2 breaks through seam.
- O1 carries puck to red line, passes to O2.
- O2 drives and delays, passes to O1 for shot.

## KEY TEACHING POINTS

- Timing, delay
- Head up
- Quick puck movement



## KEY EXECUTION POINTS

- Start on whistle
- Extra pucks in corner
- Progression: Diagonal sides start at same time

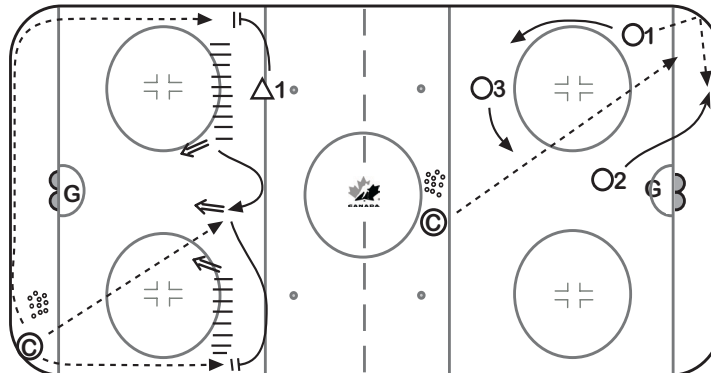
**10 MIN 1/2 ICE DRILLS - PART 1: FORWARD/DEFENSE**

**CYCLING**

- Dumps puck to corner.
- O1 cycles to corner, releases, becomes 3rd man high.
- O2 picks up puck and cycles to corner, etc.
- Continue until whistle, then take puck to net.
- Progression: Add defenders Rim & Shoot.
- Coach rims hard to D1, D1 stops puck, drags & shoots.
- D1 moves to middle for pass from coach, shoots.
- D1 moves to far wall for pass along boards from coach.
- D1 drags and shoots.
- D2 repeats.

**KEY TEACHING POINTS**

- Communicate
- Feet moving
- Take puck to net
- Shoulder check
- Use quiet zones
- Head on swivel



**KEY EXECUTION POINTS**

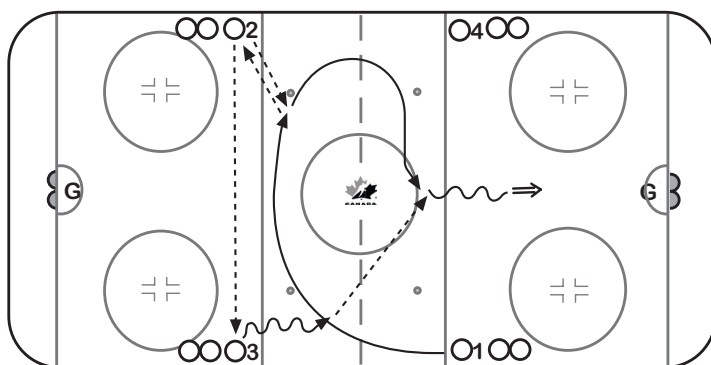
- Start on whistle
- Extra pucks in corner
- Progression: Diagonal sides start at same time

**10 MIN 2 ON 1, 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 TEACHING 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



**KEY EXECUTION POINTS**

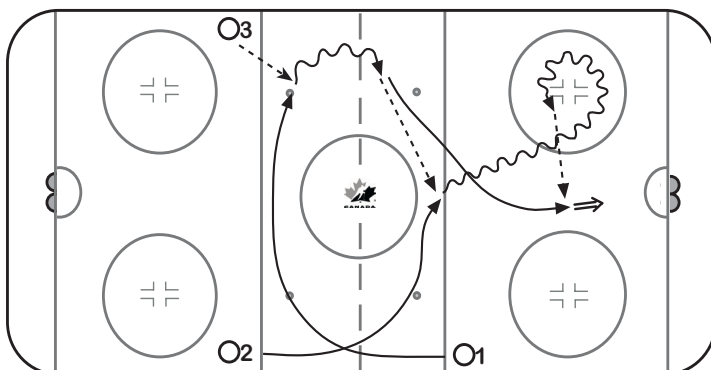
- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd D for 2-on-2

**10 MIN STAMPEDE ANGLING**

- Position nets in one corner.
- Play 2-on-2 in tight area.
- Change every 20 - 30 seconds.
- Players must tag up to change.

**KEY TEACHING POINTS**

- Competition
- Fun
- Shooting
- Move puck quickly
- Intensity



**KEY EXECUTION POINTS**

- Extra pucks with coach
- Stop on whistle