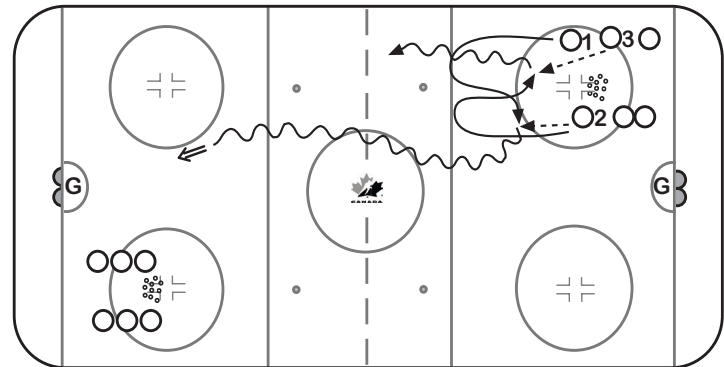


10 MIN DUDLEY TIGHT TURNS - WARM-UP

- On whistle, O1 touches blue line, tight turns back to circle top.
- O2 skates, passes to O1, O1 drives for shot.
- O2 repeats.
- Both sides at same time.

KEY TEACHING POINTS

- Quick, moving feet
- Quick passes

**KEY EXECUTION POINTS**

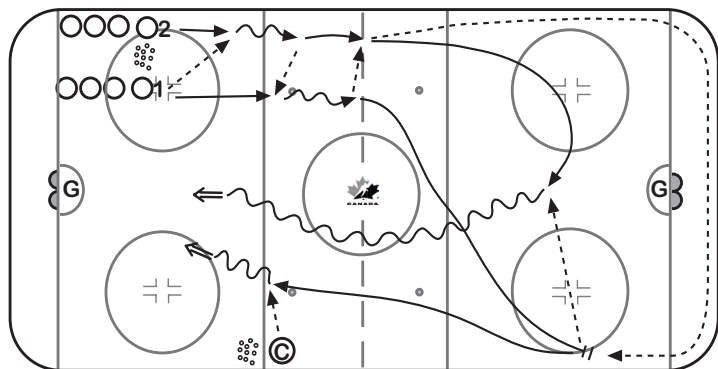
- No whistle required after drill begins

15 MIN GOALIE BREAKOUT

- On whistle, O1 & O2 give-and-go, at red line O2 rims puck into zone.
- O1 breaks hard to hashmarks, O2 swings through slot
- G leaves net, stops puck and initiates backcheck, passing to O1 to O2.
- O2 drives & shoots, coach spots 2nd puck to O1 for shot.

KEY TEACHING POINTS

- Timing & communication
- Get low on hashmarks
- Move puck quickly

**KEY EXECUTION POINTS**

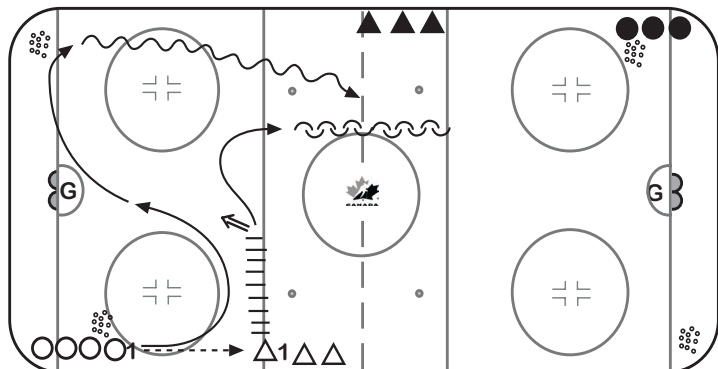
- Make sure G's return to net front
- Progression: Both sides start on whistle from blue line

10 MIN POINT SHOT TO 1 ON 1

- On whistle, D1 receives pass from O1, drags to middle for point shot.
- O1 skates around circle to net for possible rebound.
- O1 pick up puck from corner, attacks 1-on-1 vs D1.
- Work both sides, repeat on whistle.

KEY TEACHING POINTS

- Hunt rebounds
- Quick shots
- Gap control
- Change speeds

**KEY EXECUTION POINTS**

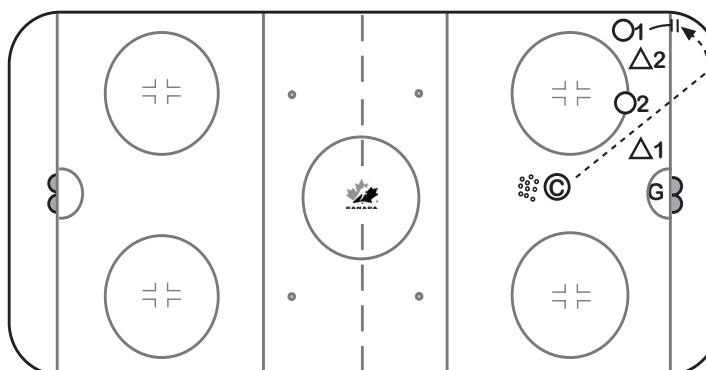
- Players with pucks, extra pucks in corner
- D's, 2 steps and shoot

10 MIN LOW D-ZONE 2 ON 2

- Dumps puck in corner, O1 retrieves puck.
- O1 & O2 play 2-on-2 vs D1 & D2.
- O's try to score, D's try to gain possession and skate puck out of zone.
- Play live 20 - 25 seconds, repeat with new players.

KEY TEACHING POINTS

- Battle
- Stay on defensive side between O & net
- Communication
- Identify player



KEY EXECUTION POINTS

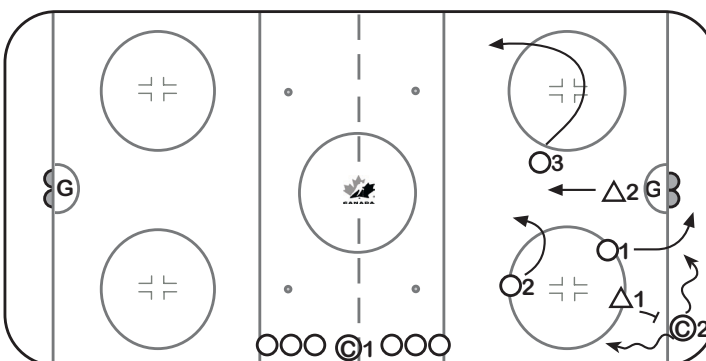
- Players take turns being O's and D's
- Both ends at same time
- Defending players start on knees

10 MIN 2 MAN CROSS

- Coach dumps puck in corner, all 5 players breakout.
- Coach whistles to signal turnover as players skate through NZ.
- Players leave puck and backcheck to D-zone positions.
- Coach 2 protects 2nd puck until pinned by defenders.
- On whistle, an O picks up puck for breakout 5-on-0.

KEY TEACHING POINTS

- Defensive side
- Identify player
- Head on swivel
- Communication
- Shoulder check



10 MIN DINO D-ZONE - PART 2

- After 5-on-0, coach spots new puck, O's attack back 3-on-2 vs D's.
- Repeat from opposite end.
- Use 2 coach's to move puck so players can defend.

KEY TEACHING POINTS

- Defensive side
- Identify player
- Head on swivel
- Communication
- Shoulder check

