

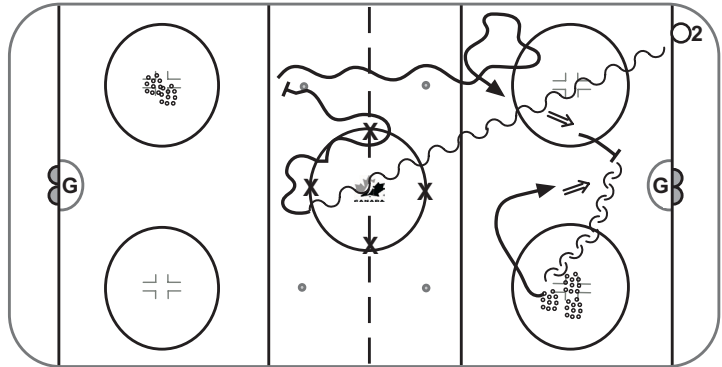
## 10 MIN

## NEUTRAL ZONE CONES

- O leaves corner with puck, weaves through pylons and skates forward to far blue line, stops and return to original zone, performs a drive delay and take shot on net.
- After shot, O follows shot for rebound, stops in front of net, skates backward to face off circle, gets another puck and takes second shot on net.

## KEY TEACHING POINTS

- Full speed and control skate on drive delay
- Quick shot, shoot to score



## KEY EXECUTION POINTS

- Both ends go at same time
- Option to have player receive pass for second shot on net

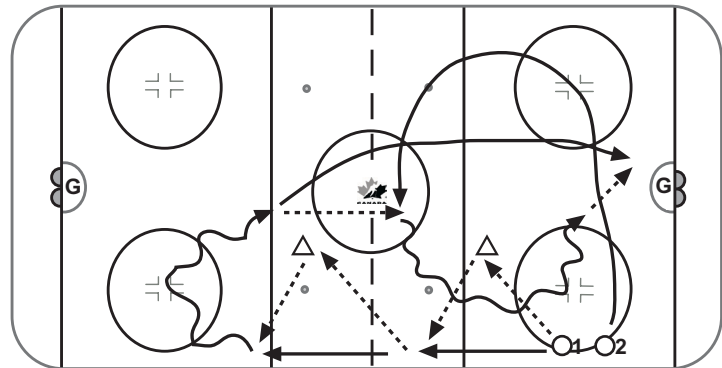
## 10 MIN

## 2 ON 0 STRETCH

- O1 leaves corner with puck for double give and go, regroups at far blue line and returns looking to make stretch pass to O2.
- O2 leaves at the same time and control skates, timing curl into neutral zone to receive stretch pass from O1.
- O1 and O2 go in for 2 on 0.

## KEY TEACHING POINTS

- Touch passes on give and go
- Lead stretch pass for O2



## KEY EXECUTION POINTS

- Passes must be on stick
- O2 must call for pass

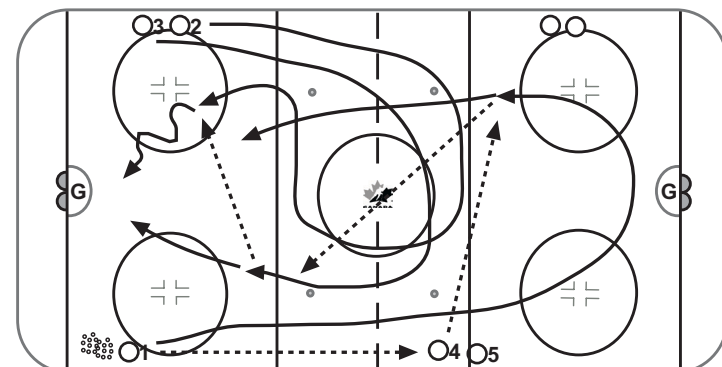
## 10 MIN

## BREAKOUT - QUICK UP PROGRESSION

- "UP" D, quick feet to top of circle down through dot
- Retrieve puck and up to forward who drops to hash mark.
- Forward goes down for shot and D joins
- Can exchange puck while going down ice.
- Go on whistle.

## KEY TEACHING POINTS

- Head up, lead receiver
- Get in good receiving position



## KEY EXECUTION POINTS

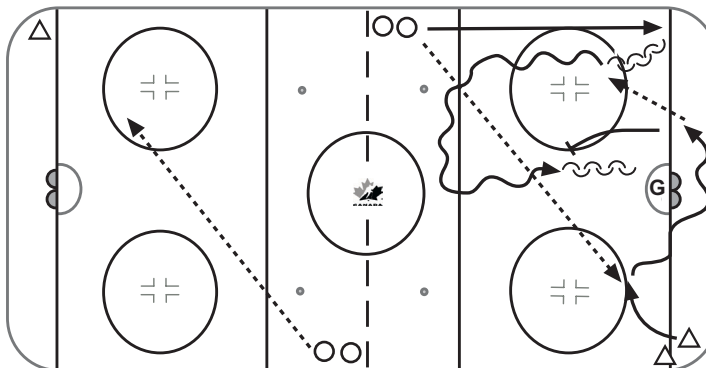
- Call for pass
- Saucer pass to simulate game situation

**10 MIN FRED'S 1 ON 1**

- O dumps puck in opposite corner and skates forward to near corner, reverse pivot and skates backward into centre of ice.
- D receives puck, skates behind net and feeds O with pass and then jumps out to face O in 1 on 1.

**KEY TEACHING POINTS**

- Hard dump and hustle into corner
- Attack D on 1 on 1



**KEY EXECUTION POINTS**

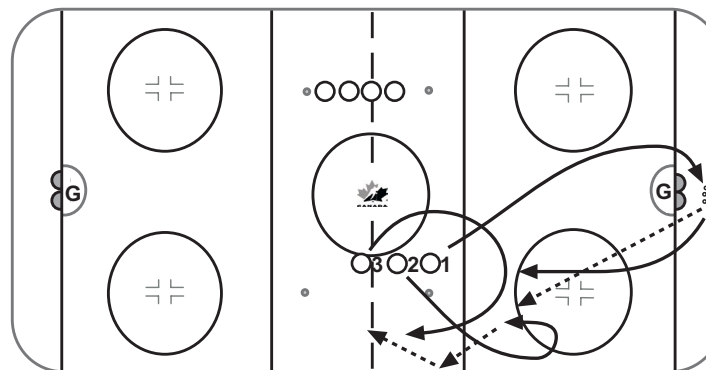
- Drive net, or use d for screen and shoot
- D must time pass so O is ready for it

**10 MIN BREAKOUT - CHIP 3 ON 0**

- O1 skates behind net to retrieve puck, passes to O2.
- O2 chips puck off boards to O3, all three attack far net 3 on 0.

**KEY TEACHING POINTS**

- O2 must be in position to chip puck
- O1, O2 follow with speed



**KEY EXECUTION POINTS**

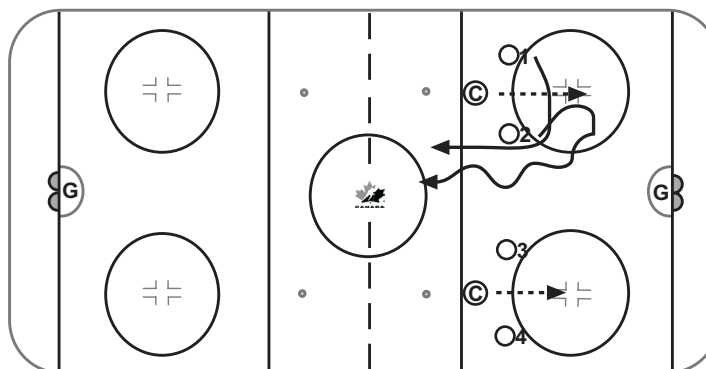
- O2, O3 must control skate to be in receiving position
- Pass or deflect puck for ship

**10 MIN HUSKY 1 ON 1**

- O's line up at top of circles, Coach spots puck, whoever gets puck is on offence, other player plays defence for 1 on 1 to far end

**KEY TEACHING POINTS**

- Get body position
- Quick transition



**KEY EXECUTION POINTS**

- Coach times spot so circles are alternating