

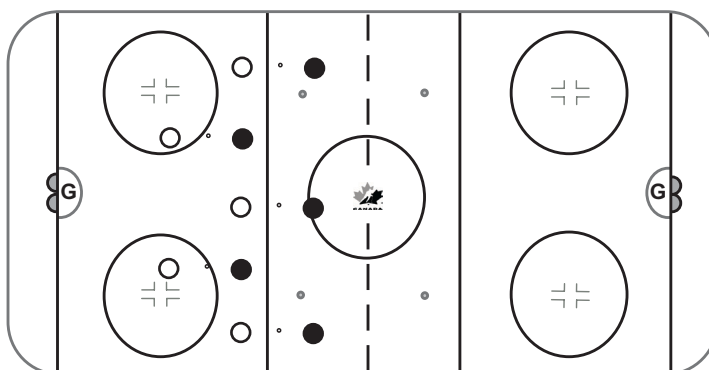
10 MIN

MULTIPLE 1 ON 1'S

- Same drill as end of previous lesson.
- Carry over score from previous practice for two game total.

KEY TEACHING POINTS

- Total goals wins



KEY EXECUTION POINTS

- Players decide the payment

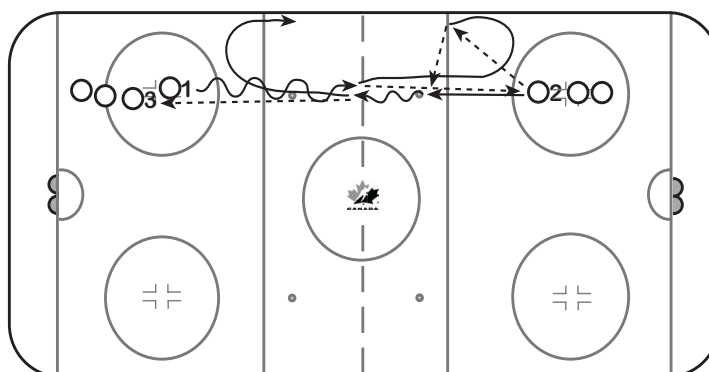
10 MIN

WARM-UP PASSING SEQUENCE

- O1 moving forward, passes to O2, open pivots to the boards and receives a return pass from O2.
- O1 & O2 exchange passes and when O2 is ready passes to O3 and repeats the sequence.
- Repeat players forwards & backwards.
- Repeat cross and drop.

KEY TEACHING POINTS

- Good tape-to-tape passes, with a focus on sound pass and receive techniques
- Quick feet, heads up, stick in the ready position at all times



KEY EXECUTION POINTS

- Next O in the drill must wait in a stationary position for the pass
- Drill can be run on both sides of the ice

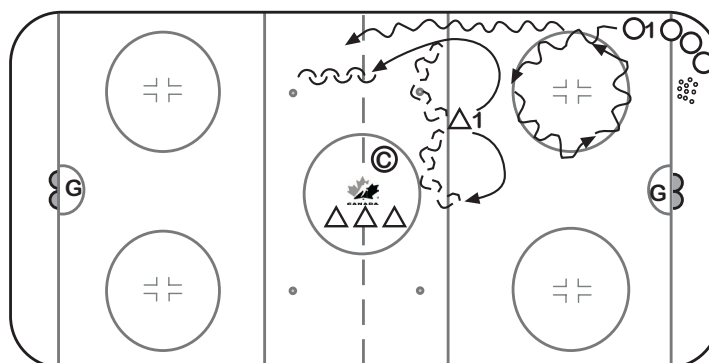
10 MIN

GAP CONTROL 1 ON 1

- D1 skates figure 8 to maintain gap & speed, while O1 carries puck around circle & watches coach.
- On signal from coach, O1 breaks down wall for 1-on-1 vs D1.

KEY TEACHING POINTS

- D to match speed & stay square to O
- Quick feet, good pivots



KEY EXECUTION POINTS

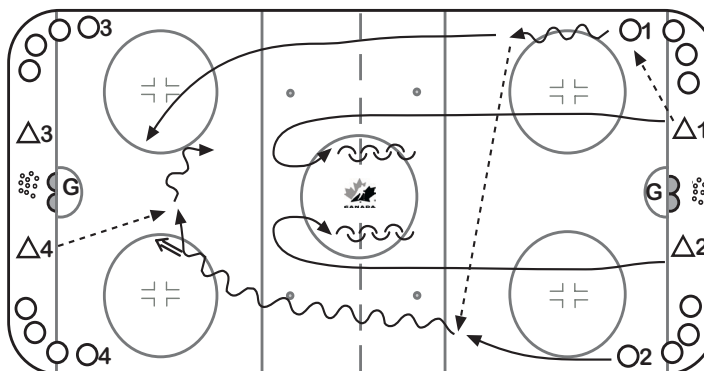
- Make sure O's continue challenging D's
- Do not let D's cheat by backing out early

10 MIN
FULL ICE 2 ON 0, 2 ON 2

- D1 passes to O1 to O2.
- O1 & O2 attack far net 2-on-0, D1 & D2 follow.
- After shot, D3 passes to O1 & O2.
- O1 & O2 play 2-on-2 back to other end vs D1 & D2.
- Repeat from other end.
- Variation: Play 2-on-2 both directions.

KEY TEACHING POINTS

- Attack with speed
- Good net drive
- Attack one D to create a 2-on-1; possibly cross inside blue line


KEY EXECUTION POINTS

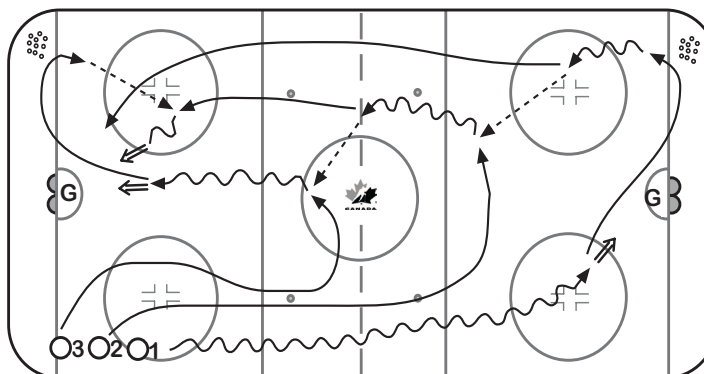
- D's close gap early, O's attack with speed
- O's to regroup if held up in NZ

10 MIN
3 ON 0 TIMING

- O1 skates full ice for shot, picks up puck in corner for pass to O2 to O3.
- O3 shoots, picks up puck, passes to O2 for shot.
- O1 skates to net for rebound.

KEY TEACHING POINTS

- Good support angle to receive pass
- Tape-to-tape passes


KEY EXECUTION POINTS

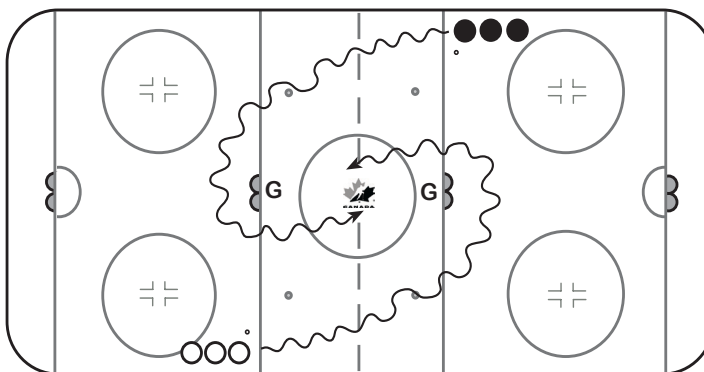
- On whistles
- Ensure support angles, do not let players get ahead

10 MIN
NEUTRAL ZONE 2 ON 0

- Move nets to blue lines, divide players into 2 teams.
- Players attack 2-on-0 vs Goaltender until score.
- 1st team to finish wins, losing team to pick up pucks.

KEY TEACHING POINTS

- Aggressive G's
- O's compete to score
- Provide encouragement


KEY EXECUTION POINTS

- Maintain fun & competition