

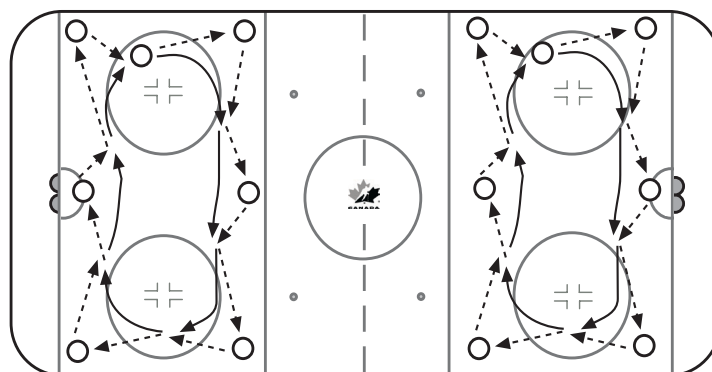
10 MIN

PASSING WARM-UP

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times
- If pass is missed, player starts over.

KEY TEACHING POINTS

- Provide a target
- Do not handle puck, true one-touch passes



KEY EXECUTION POINTS

- High speed not necessary
- Control pace to help ensure success

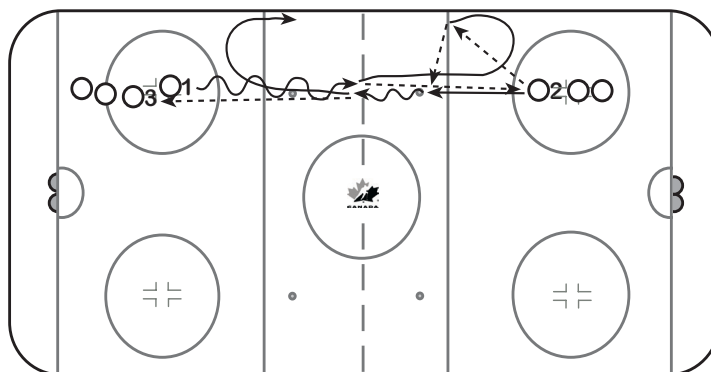
10 MIN

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

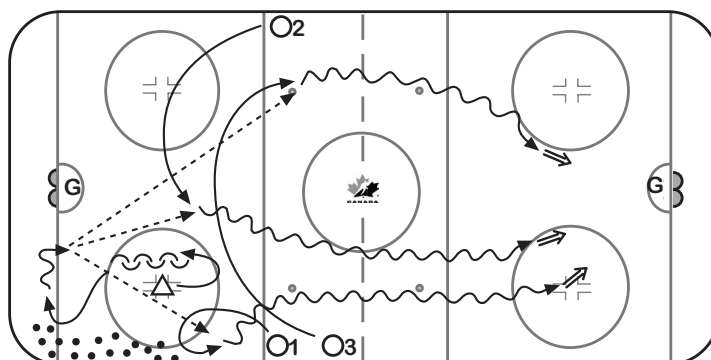
10 MIN

D - 3 UPS

- D tags top of circle, pivots, skates backward to bottom of circle, pivots, picks up puck in corner.
- O1 open pivots at hashmarks, D passes to O1 net drive.
- D repeats, passes to O2 low mid-ice.
- D repeats, passes to O3 wide.
- Both directions.

KEY TEACHING POINTS

- Outside-in pivot at top of circle
- Through the dot when picking up puck in corner
- Good tape-to-tape passes



KEY EXECUTION POINTS

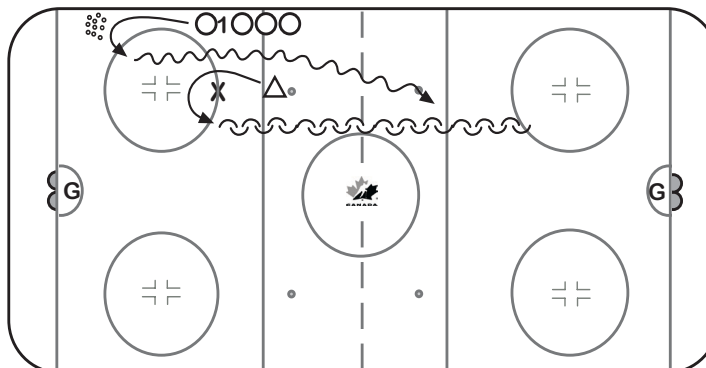
- O's to communicate with O's at other end
- O's start with D at top of circle
- Spread pucks from hashmarks to corner

10 MIN
TRANSITION 1 ON 1

- O1 picks up puck at hashmarks, D1 tags top of circle.
- O1 turns inside, D1 transitions to backwards skate.
- O1 attacks 1-on-1 vs D1.

KEY TEACHING POINTS

- D1 pivots outside-in to protect middle
- D1 to close gap early, pressure at blue line
- O1 to drive skate, protect the puck


KEY EXECUTION POINTS

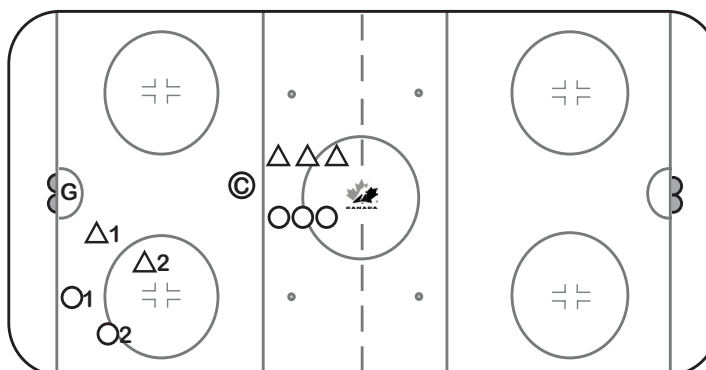
- Go on whistles
- Allow D to get set
- Continue to net front or corner

10 MIN
2 ON 2 DOWN LOW

- O1 & O2 attack 2-on-2 vs D1 & D2.
- O's attempt to score, D's to carry puck to blue line on turnover.
- Continue until signal from coach.

KEY TEACHING POINTS

- Read pressure or contain
- Protect middle of ice
- 2nd player to avoid getting tied up


KEY EXECUTION POINTS

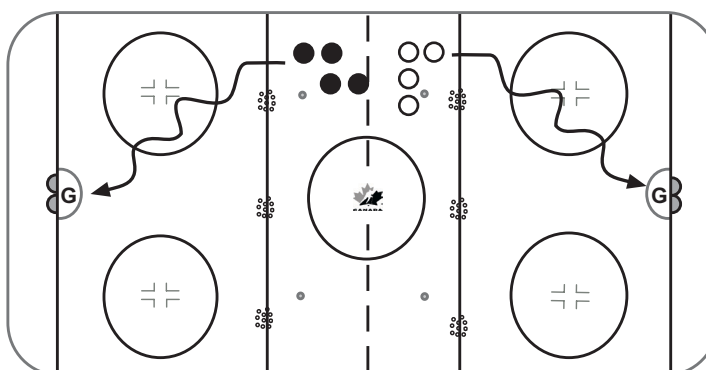
- 15 to 20 seconds
- Encourage competitiveness

10 MIN
10 GOAL RELAY

- Line 10 pucks up on each blue line
- Divide into two teams
- First team to score 10 goals wins

KEY TEACHING POINTS

- Goalies can't freeze puck


KEY EXECUTION POINTS

- Players shoot until they score