

10 MIN

PUCK CONTROL AGILITY

STATION #1

- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.

STATION #2

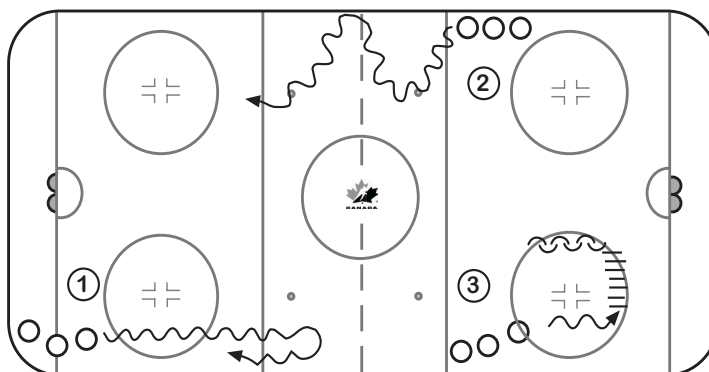
- Crossovers between blue lines.

STATION #3

- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.

KEY TEACHING POINTS

- Quick movements
- Challenge players to go faster than comfort level



KEY EXECUTION POINTS

- All players with pucks
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

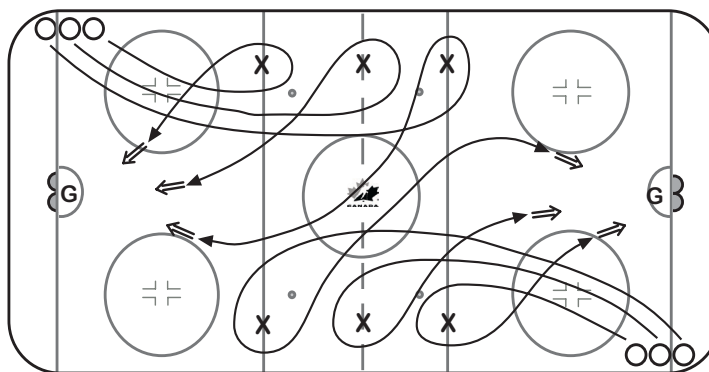
10 MIN

3 PLAYER, 4 PLAYER CORNER SHOOTING

- Alternate all 4 corners, player to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.

KEY TEACHING POINTS

- Warm up goaltenders
- Drive out of tight turn with puck



KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

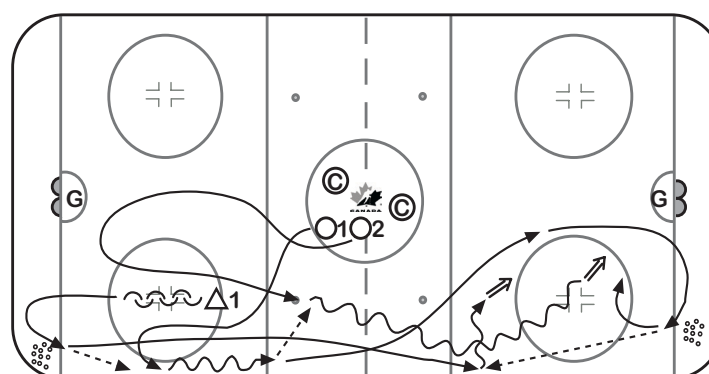
10 MIN

3 MAN BREAKOUT - CHIP

- D starts at top of circle, skates backwards to bottom of circle, pivots to forwards, picks up puck and passes to O1 at hashmarks.
- O2 swings low through middle, O1 skates, chips to O2.
- O1 & O2 attack 2-on-0 for shot, D follows.
- O1 or O2 picks up puck, passes to D for 2nd shot.

KEY TEACHING POINTS

- Double drive on 2-on-0
- Call for pass; good angle on chip pass
- Low shot from D



KEY EXECUTION POINTS

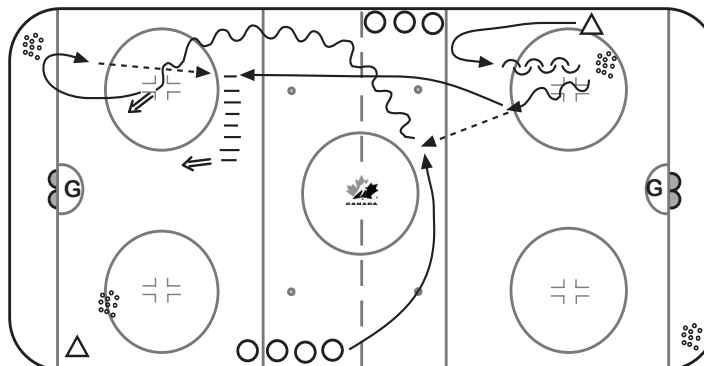
- Both ends start on whistle

10 MIN
D-MAN SUPPORT THE RUSH

- D touches blue line, backpeddles for loose puck, passes to O1 for net drive, D follows.
- O1 shoots, picks up puck from corner, passes to D.
- D drags and shoots, O1 at net for deflect & screen.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line


KEY EXECUTION POINTS

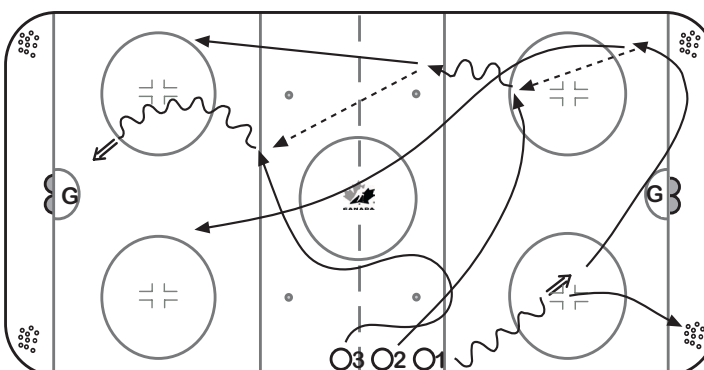
- Both ends at once on whistles

10 MIN
JACKHAMMER READ & REACT

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line


KEY EXECUTION POINTS

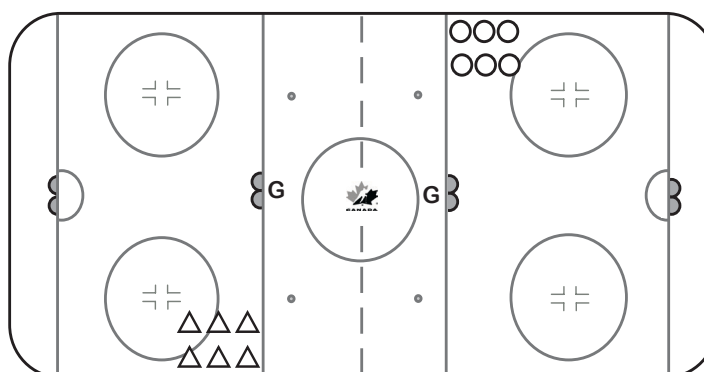
- Alternate sides on whistles

5 MIN
2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.

KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better


KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins