

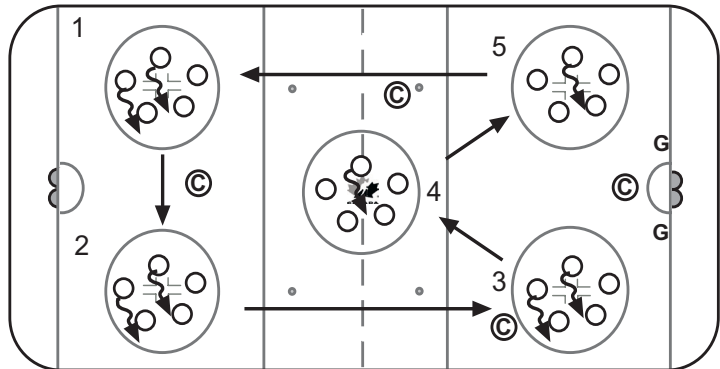
**10 MIN 5 CIRCLE CHAOS**

- Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- Quick Hands
  - Forehand / Backhand only
  - Scissors - fwd / bwd with puck
  - Toe Drags
  - Puck / Stick through legs
- Utilize a variety puck control skills

**KEY TEACHING POINTS**

- Quick hands
- Be creative

**KEY EXECUTION POINTS**

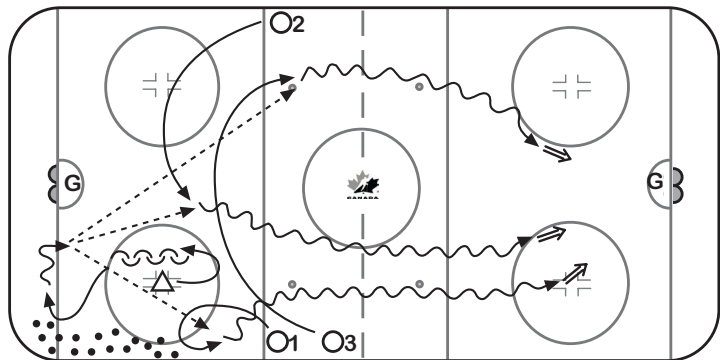
- Have players do dive and roll, drop to knees etc.. between circles
- 1 minute in each circle

**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**

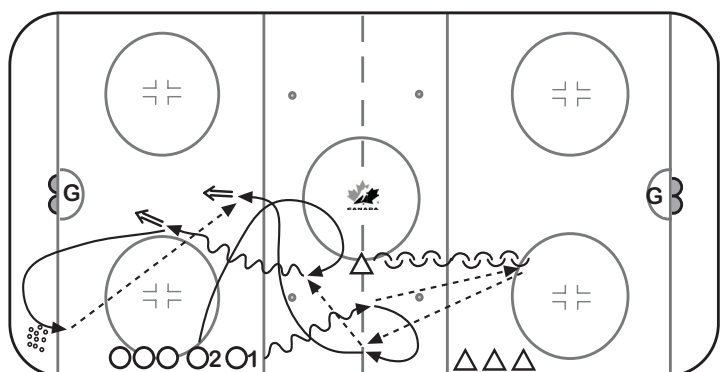
- O's to communicate with O's at other end
- O's start with D at top of circle
- Spread pucks from hashmarks to corner

**10 MIN NZ SUPPORT - PASSING & TIMING**

- O1 carries puck to red line, D backpeddles into DZ.
- O1 passes to D, curls to wall for return pass from D.
- O2 touches red line, curls back for pass from O1.
- O2 shoots on G, O1 follows.
- O2 retrieves puck from corner, passes to O1 for 2nd shot.

**KEY TEACHING POINTS**

- O1 open to D for pass
- O2 timing, stay at good angle for support
- Good passes

**KEY EXECUTION POINTS**

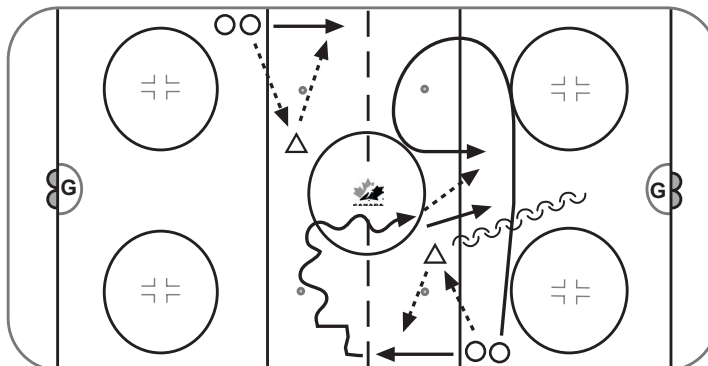
- On whistles
- Both sides at once
- Allow D time to get set

**10 MIN 2 ON 1 REGROUP**

- O1 passes to D, receives return pass and regroups in neutral zone
- O2 skates to far side, curls into mid ice for pass from O1 to attack 2 on 1

**KEY TEACHING POINTS**

- O2 must time pattern to stay outside
- D must recover to play 2 on 1



**KEY EXECUTION POINTS**

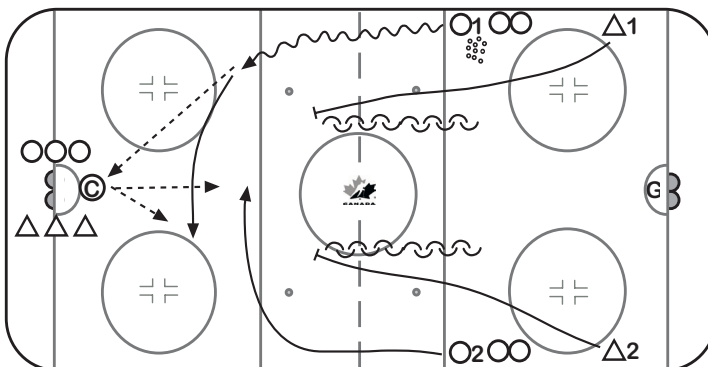
- Go out of both ends at the same time

**10 MIN READ THE RUSH & BACKCHECK**

- 2-on-2, O1 & O2 vs D1 & D2.
- Coach varies rush by sending extra O or D into play.
- D's must call out rush; 2-on-2, 3-on-2 or 2-on-3.

**KEY TEACHING POINTS**

- D to communicate early
- Close gap, protect middle



**KEY EXECUTION POINTS**

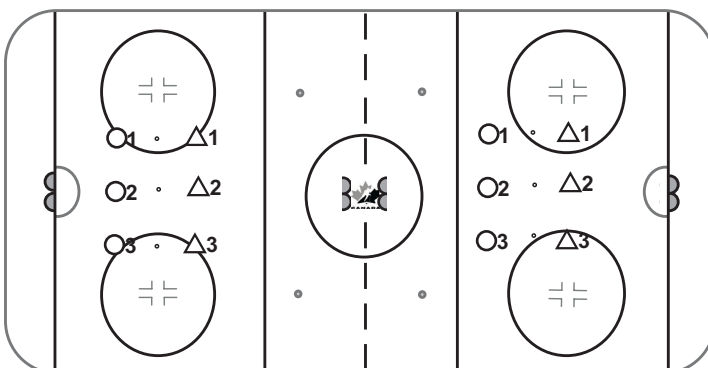
- D's must determine which line extra O or D is on

**10 MIN 3 PUCK - 1 ON 1**

- Player to half ice or cross ice games of 3 on 3 with 3 pucks.
- Starts as 3 - 1 on 1's, as a goal is scored the pair go help their partners to create a 2 on 2 and 1 on 1.

**KEY TEACHING POINTS**

- Players must read and react
- Keep heads up



**KEY EXECUTION POINTS**

- Play until all 3 pucks are in the net